

*Ridgewood Boys Spring  
Track and Field*

**2014**

# 2014 Season Summary

<i>Ridgewood</i> 112	<i>Paramus</i> 28
<i>Ridgewood</i> 107.5	<i>Ramapo</i> 33.5
<i>Ridgewood</i> 92	<i>Northern Highlands</i> 48
<i>Ridgewood</i> 76	<i>Hackensack</i> 64
<i>Ridgewood</i> 85	<i>Indian Hills</i> 55

*County Relays*.....*Champions*  
*Big North Div 3*.....*Champions*  
*County Group A*.....*3<sup>rd</sup> Place*  
*State Sectional*.....*Champions*

*Five consecutive State Sectional Championships!!!*  
*New State Group 2V Record!!!*

## 2014 Boys Spring Track and Field

### Seniors:

Michael Antosiewicz  
Doug Barnes  
Emmett Berry  
Brian Collins  
Dante Consentino  
Luke Dublirer  
Robert Fischer  
David Frering  
Doohee Han  
Carter Hartmann  
Nicholas Higgins  
Bryce Joyner  
Tom Kennedy  
Spencer Llerandi  
Jamal Locke  
Paul Mallalieu  
Teddy Migliorelli  
Patrick Morgan  
Jake Sabatini  
William Wisener  
Allan Wong  
Sukmin Yoon  
Michael Zeno

### Coaches:

Josh Saladino  
Don Cooper  
Michael Glynn  
Holly Martin  
Steve Opremcek  
Torre Watson  
Matt Hendrickson

**Bold = Varsity Letter**

### Juniors:

Connor Abernethy  
Alex Armatas  
Colin Azzopardi  
**Matt Benjamin**  
Jack Byrne  
Sam Calello  
Brandon Chan  
Akash Chaurasia  
**Jon Davila**  
Emman Garcia  
Pat Jacoby  
**Jon Norrell**  
**Ben Pastorious**  
**Armand Punjabi**  
**Henry Ricatto**  
Chris Salamone  
Ted Shinozuka  
**Kotaro Tamura**  
Kai Ward

### Sophomores:

Shant Arzoumanian  
Nick Barnabic  
Bryan Bennett  
Matt Binstock  
Luc Bontoux  
Eric Bragg  
TJ Campanello  
Nico Cobb  
Sean Collins  
Kenny Ekert  
Brad Gilligan  
Jack Hadfield  
Christian Hartigan  
Brendan Hughes  
Tim Joo  
Ryo Kato  
Solomon Kim  
Tom Kusoffsky  
Rory Kyle  
**Erik Larsson**  
Minha Lee  
**Kenneth Marshall**  
William Migliorelli  
Michael Milo  
Paul Mondy  
George Pappas  
Michael Rabinowitz  
Madison Rademacher  
Matt Record  
Brian Rose  
Marc Rubin  
Robert Schablik  
Henry Seifert  
Jack Sofka  
Andrew Taggert  
**Michael Thurston**  
Evan Westcott  
James Wiggington  
Peter Yanella  
Jeff Zachem

### Freshmen:

Joe Bolduc  
Billy Byrne  
Alex Choi  
Ben Chung  
Sam Do  
William French  
Ethan Glenning  
Robert Gomez  
Kobi Grant  
Luke Grygier  
Ray Harada  
Anthony Hong  
Doug Lampone  
Ian McTavish  
Jonah Naftzger  
Connor Perlman  
Matteo Robazza  
Brad Rynkowski  
Danny Schechter  
**Zach Stadulis**  
Terrel Stephen  
Emmitt Tilyou  
Ryan Vimba

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
Michael Zeno (12)	43	62	105
Luke Dublirer (12)	8	95	103
Bryce Joyner (12)	44.5	56	100.5
Brian Collins (12)	24.25	71	95.25
Jake Sabatini (12)	40	52	92
David Frering (12)	13	67	80
Michael Thurston (10)	15	57	72
Doohee Han (12)	14	53	67
Michael Antosiewicz (12)	39	21	60
Emmett Berry (12)	19	39	58
Jamal Locke (12)	28	26	54
Nicholas Higgins (12)	21	33	54
Kotaro Tamura (11)	15	33	48
Spencer Llerandi (12)	18	29	47
Kenneth Marshall (10)	19	28	47
Allan Wong (12)	14	28	42
Patrick Morgan (12)	8	32	40
Jon Norrell (11)	17	22	39
Doug Barnes (12)	8	21	29
Armand Punjabi (11)	7	20	27
Jon Davila (11)	10	16	26
Robert Fischer (12)	1	20	21
Paul Mallalieu (12)	7	8	15
Connor Abernethy (11)	4	11	15
Matt Benjamin (11)	5	8	13
Erik Larsson (10)	1	10	11
Henry Ricatto (11)		10	10
Zach Stadulis (9)	1.25	8	9.25
Kai Ward (11)	5.25	3	8.25
Rory Kyle (10)	4		4
Ben Pastorius (11)	1	3	4
Evan Westcott (10)		3	3
Kenny Ekert (10)	3		3
Michael Rubinowicz (10)		3	3
Matt Record (10)		3	3
William Migliorelli (10)		3	3
Nick Barnabic (10)	2		2
Henry Seifert (10)	1		1

# SPRING PREVIEW 2014: BOYS TRACK AND FIELD

## Big North divisions

### Athletes to watch

**Zack Bazile, St. Joseph, senior**

Bazile is a talented jumper and hurdler who was an indoor track all-around first-team selection in the Big North United this winter. His 23-4 $\frac{1}{4}$  long jump at the Large School Division of the Bergen County Relay was fifth-best in the U.S. indoors and fourth-best in county history.

**Kenny Clarke, Ramapo, senior**

Clarke, a jumper, is coming off a great winter. He won the high jump at the Group 2 and 3 state meet. It was Ramapo's first event win in over 40 years and its first high jump win in over 50. He also finished third in the high jump at 6 feet 4 inches at the Eastern States Meet on March 1.

**Danny Cordeiro, North Arlington, senior**

Cordeiro, who's also a stellar soccer and basketball player, became North Arlington's first ever state champion just over a month ago. He won the Group 1 800-meter title in 1:58.29. He also won the 1,600m at the North 2 sectional but skipped it to prepare for the 800.

**Conor Davidson, River Dell, senior**

The sprinter took the 55m dash in the Group 2 North Jersey Section 1 championships this winter, winning in 6.70. He also participated in the 1,600m relay for River Dell, which finished first in 3:36.48. He was also part



**DAVIDSON**

of River Dell's 4x200 team at the Yale Track and Field Clas-

**Key:** S=sprints; H=hurdles; T=throws; D=Distance; MD=middle distance; J=jumps; PV=pole vault.

### UNITED

**Bergen Catholic** should be a contender with a solid corps of seniors led by Dan Lynch (MD), Joe Ludwig (MD) and De'Shaun Morris (T), but it's the junior class led by Matt Morano (D), Tom Selva-gi (MD), Garrett Hessman (T), Kyle Ellerson (S), Eddie Dehais (S) and Elovrm Akasreku (J) that will determine the course of the Crusaders' season.

**DePaul** has a solid senior class led by state indoor 800 champion Joe White, Marc Wright (H/400), Shariq Marshall (S), Markey Clarke (S), Joel Sanchez (H) and Clifford Jean-Louis (H).

**Don Bosco** welcomes coach Dave Lado and as usual will be contenders in every meet, led by senior state 3,200 champion Kyle Levermore and 1,600 medalist Mike Higgins. Other senior lettermen include Phil Ozuah (J), Schan Larigue (MD), Dallan Friend (S), Brendan Twumast (S), Rob Townsend (D) and Tim Alcide (D). Sophomore Patrick Sullivan (D) also adds depth.

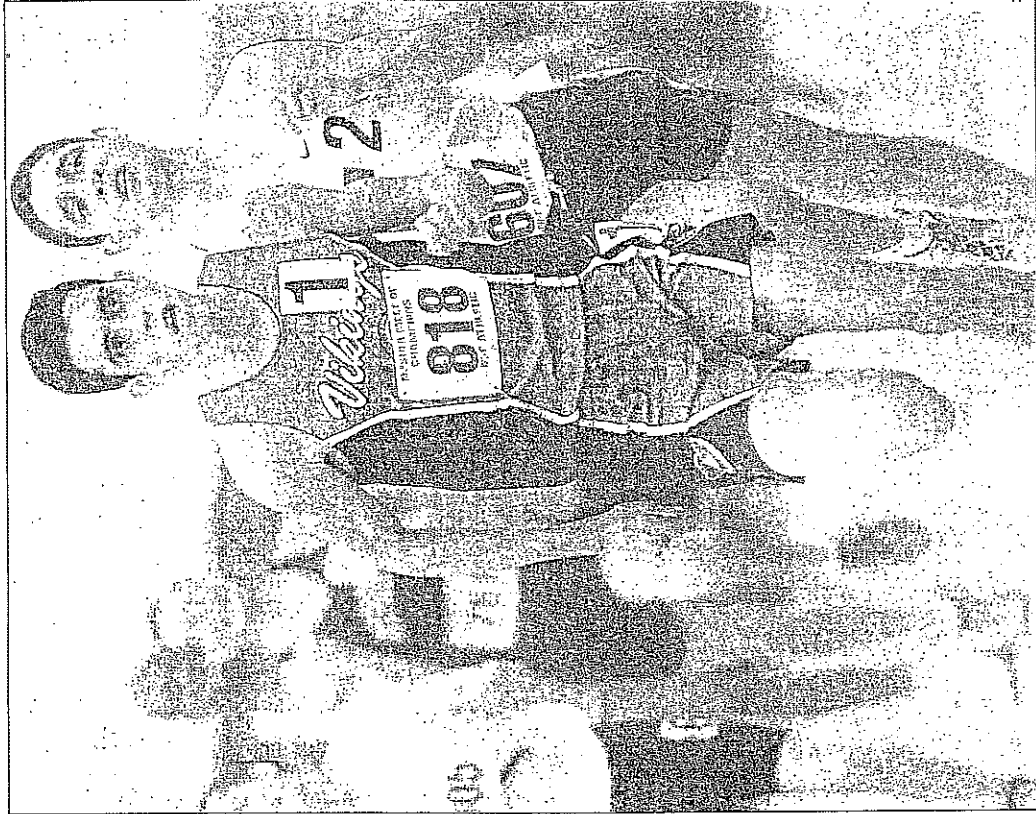
**Paramus Catholic** is more than just Jabrill Peppers, the defending state champion in the 100 and 200. Senior Paul Sheridan (javelin), juniors Abdul-Hassan Neblett (S) and Kristian Bautista (S/J) and sophomore Diego Gorrera-Tavarez (S) make the Paladins solid contenders.

**St. Joseph** has the area's best long jumper in Zack Bazile, who also sprints and is a solid hurdler. But he has company with sprinters Sherman Alston, C.J. Fitzpatrick and Quai Jefferson (all seniors) and juniors R.J. Edwards (S/J/discus), Andrew Pierre (J), Jon Mell (J) and Antonio Vilsaint (shot put).

### LIBERTY

**Bergen Tech** is an improving team with star 800-meter/400 intermediate hurdles runner Kevin Serrao, leading fellow seniors Aidan Kutner (S/H), Klevis Zyfi (multi) and Dan Zehrov (S), junior Daniel Chrostowski (S/H) and sophomore Haram Yang (multi-ple events).

**Clifton** returns seniors Dwyer Halliburton



MICHAEL KARAS/STAFF PHOTOGRAPHER

**Danny Cordeiro (818) of NJC's North Arlington and Jeremy Hernandez (607) of the Big North's Clifton will look to make noise in their respective divisions.**

Jumper Jason Katz (second in the state indoors at the triple jump) and has seniors Mike Gostkowski (D) and Ian Fayonsey (J/S).

**Ridgewood** is again the heavy favorite in this division and should be in the mix at the Bergen A and North 1, Group 4 meets. The Maroons have 14 senior lettermen all of

should contend for county and sectional titles. Seniors Cory Adelson (S), Dave Chamay (T), Brett Croen (vault), Anthony Doran (T), Wilmer Jovel (H), Kevin Layne (vault), Johnny O'Hanlon (D) and Peter Sender (S) provide support for Norsemen stars Kevin Rogovich (MD), Josh Landman (multiple events) and junior indoor

### Preseason Top 25 rankings

1. Ridgewood
2. Don Bosco
3. Demarest
4. Ramsey
5. Ridgewood Park
6. Passaic Tech
7. Old Tappan
8. River Dell
9. Mahwah
10. Paramus Catholic
11. North Bergen
12. Teaneck
13. Cresskill
14. Wayne Hills
15. Ramapo Heights
16. Hasbrouck Heights
17. Pascoack Valley
18. Clifton
19. Bergen Catholic
20. DePaul
21. Lakeland
22. Lyndhurst
23. Cliffside Park
24. Indian Hills
25. Hackensack

### New boys standards

The following are the minimum requirements for publication in The Record's track bests this season.

100 meters	11.3
200 meters	23.2
400 meters	52.8
800 meters	2:04
1,600 meters	4:40
3,200 meters	10:15
110 meter HH	16.0
400 meter IH	59.9
1,600 relay	3:37.5
Long jump	20-0
Triple jump	40-0
High jump	6-0
Pole vault	11-6
Discus	135-0
Javelin	160-0
Shot put	47-0

league title with seniors Kevin Mawwin (400), Raul Ferreira (vault), Luis Escarriet (vault), Christian Abril (H) and juniors Tyler Oliveira (high jump), Jermal Feviera (J), Chris Diaz (vault) and Tayo Fatiregun (J). But its newcomer Chris Estrella (S/J) who can help the Scarlets go for sectional and county titles after earning All-Raritan hon-

Estrella made All-Bergen in the 300m this year and put on a great performance at the North 1. Group 2 championships. He finished second in the high jump at 6-2 and second in the 55m dash in 6.67. He improved on his high jump mark at the indoor meet of 6-4. Champions, finishing fourth at 6-4.

**Jeremy Hernandez, Clifton, senior**  
Hernandez earned several good results this winter, finishing first at the Passaic County Championships in the 1,600 meter in 4:24.20. He's been running the 800m frequently this winter as well, with his best finish being second at the Big North Conference meet in 1:57.10.

**Kyle Levermore, Don Bosco, senior**  
Levermore, headed to Oregon in the fall, had an excellent winter in which he ran 9:15.49 for two miles (a personal best) at the Bishop Loughlin Games. He holds the outdoor Bergen County record at 8:55.41, and he's likely to break that mark this spring.

**Jabril Peppers, Paramus Catholic, senior**  
Last year's Track and Field Athlete of the Year ran a 10.8 in the 100m at the state Meet of Champions, 45 short of Jamal Erwin's mark set in 2000. Breaking that top goal will be one of Peppers' top goals this season before he heads to Michigan to play football.

**Jake Sabatini, Ridgewood, senior**  
The junior sprinter recently starred at the Bergen County Relays, which Ridgewood won. He helped the Maroons lock up the victory with his excellent 50.8 split in the 4-x-400. He earned the Alan Wedemeyer award for outstanding male athlete of the meet.

**Seth Zuidema, Midland Park, senior**  
Zuidema, who specializes in



**LEVERMORE**

Joseph (H). Seniors Tavonis Carter (H), Shaon Stephenson (H/J), Tyques Jackson (S), David Smith (T) and Richie Mota (S/J) and junior Jacir Mack (J) give Kennedy a solid team. Passaic has an outstanding senior thrower in Passaic indoor champion Ron Cuello and also has seniors Tomas Leon (D), Jevan Azevedo (400), Ralph Jones (T) and juniors Matrisio Nazario (D) and Angel Lopez (H).

**Passaic Tech** shoots for four straight, in the division and in Passaic County and with a terrific senior class led by Emmanuel Soriano (T), Travelle Curry (vault/J/S), David Gaynor (T), Thomas Jefferson (S/shot put) and Ken Bucsko (MD). Juniors Tyree Frazier (high jump/H), Drew Lindsay (J/javelin) and Zaire Weaver (S/J) make the Bulldogs a great contender for the quadruple win.

**FREEDOM**  
**Hackensack** has some fine performers, led by seniors Chris Mascetti (D), Eric Vandewilt (D), Kenny Jimenez (J/H), Tim Waanders (pole vault) and Harrison Escoffery (J/H). Juniors Kareem Dixon and Demar Stewart (T) add depth.

**Indian Hills** has a solid group of seniors led by Bobby Corcoran and Chris Evans (D). Keith Gandy (vault), Mike Mosconi (T), Mike Nowatzky (400/800) and Ryan Thompson (S). Juniors Will Sidaras (H/S), Matt Tuohy and Tom McPhee (D) will help the Braves be competitive.

**Northern Highlands** is rebuilding behind junior middle distance star J.P. Julian. Paramus hopes to improve behind seniors Erik Helstrom (D), Matt Alpher (high jump), Dom Smith (javelin), Josh Garcia (S) and Danny Paolazzi (D), junior Arun Prachnanang (T) and sophomore Alex Gee (MD).

**Ranapo** is also rebuilding but has a pair of stars in All-North Jersey high jumper Kenny Clarke (also a talented sprinter) and junior

(S), Nick Higgins (javelin), Spencer Ilerandi (vault), Jamal Locke (S/javelin), Pat Morgan (vault), Jake Sabatini (S), Allan Clarke (D), Tim Cooke (J), Dean Pella (T) and Jon Choi (J/S). Look for juniors Marc Rlenas (indoor state Group 3 800 clamp) and Marc Ocampo (vault) and sophomore Jordan Fuller (S) to also provide big points. Passaic Valley has some talent in All-Bergen sprinter Jaiel Felton, and juniors AJ Hall (S), Ben Mandel (J/H) and Jorge Cortes (S). Seniors Jake Creagh, Matt Salde, Scott Wagner and Derek Blankenbush add depth.

**Teaneck** is rebuilding, but with seniors Romeo Anderson (jumps), Dondre Heron (J), George Jenkins (MD) and junior Darren Guzman (D), the Highwaymen will threaten some of the more experienced teams.

**Tenafly** looks to seniors Dan Lehmann (400), Malcolm Leclair (D), Leo Kuwana (S/J) and junior sprinters Anthony Kardonsky and Dan Cho to be competitive. Hurler Jay Jung and jumper Jae Soon Jung should also contribute.

**AMERICAN**  
**Cliffside Park** is a contender with seniors Moe Abulebda (D), Rich Cameron (MD), Anthony D'Annunzio (800) and William Malley (T) and juniors Adham Ziyadeh (D) and Gary Polanco (S).

**Dumont** continues to rebuild with seniors Connor McKeary (D) and Mitul Shah (D) and juniors Justin Jusino (S) and Ianaz Patchedjev (S) the top returnees.

**Dwight Morrow** has four potential stars in Christopher Clarke (J), Julius Wingate (triple jump/S), John Robinson (high jump/400) and Sydney Dawkins (400).

**Fort Lee** returns seniors Chris Ashman (S) and Soichiro Itagaki (800) and welcomes freshman James Lin (long jump).

**Ridgefield Park** is favored to retain its distance runners Ryan McNeilly and Sean Sullivan could help make her first season a good one.

## NJC divisions

**Meadowlands**  
**Becton** is rebuilding with sophomore distance runner Michael Cabrera.

**Coach Rob Brady** has an amazing 19-year record at **Hasbrouck Heights** which includes a dual-meet record of 175-6-1 and 20 division, Bergen County group and state sectional titles. His team has lost a lot of star power the past three years but their depth will carry them. Seniors Marc Mastropietro (D), Darren Iurato (S/J/javelin), Javier Marte (S), Matt Danz (vault), Joe Fadden (T), Stephen Hodulik (D), Marquise Perez (H/J), Josh Paulino (H), Annel Rodriquez (S), Rich Rodriguez

Mahwah has star power in seniors James Buser (MD) and Spencer Ross (T) and junior Jairus Paul (J/S). The Thunderbirds' also court on seniors Nico Edwards (S), Mike Matos (400) and Neil Patel (H) to contribute points.

**Pascack Hills** courts on seniors Michael Guzman (D), Jason Lim (S/J), Brett Dietz (S/J) and juniors Vekabas Hayes (D), William Colgan (D), Dan Mahncke (MD), John Patalano (J) and Anthony Cortazzo (T) and could be a dark horse in the division.

**Ramsey** is strong again with seniors Patrick Watters (D), George Tihal (J), Anthony DeFranco (S), Anthony Salerno (H/400) and DJ Kleinbarb (H) and juniors Mike Pepper (J) and Kevin Flood (MD).

**River Dell** has the potential to win every meet it enters and perhaps muscle its way into the area's top five. Seniors Mike Boucher (J), Alejandro Capote (H), Connor Davidson (State Meet of Champions medalist in the 55 meters), Tyler Kane (J), Ryan Oellermann (H/S) and Chris VanDeWeghe (D) are all excellent but it's juniors Drew Tummino (T), Jack Vigneron (T), Justin Meyer (S) and All-Bergen cross-country standouts sophomores Will and Colin Daly (D) that give the Golden Hawks an edge.

**Westwood** returns only two seniors, Paul Antonick (D) and Joe Scotti (T), but has an excellent junior class led by Noah Osterhus (MD), Nathan Osterhus (S/J), Ryan Driftschal (D), Kyle Florio (S) and Jesse Mayer (S). Track newcomer Nolan Borgersen, the record-setting wide receiver, may be an intriguing story in his first year in the sport.

— Paul Schwartz

# Big North Track & Field Dual Meet

## Ridgewood vs Paramus - Boys

April 1, 2014

Total Score

Event	First Place	Second Place	Third Place	RWD PAR		Total Score	
				RWD	PAR	RWD	PAR
400H	Collins, RWD, 1:00.6	Joyner, RWD, 1:00.8	McGuire, PAR, 1:01.2	8	1	112	28
100m Dash	Locke, RWD, 11:1	Han, RWD, 11:4	Norrell, RWD, 11:5	9	0		
1600m Run	Thurston, RWD, 4:34.1	Dublirer, RWD, 4:40.8	Fischer, RWD, 4:47.5	9	0		
400m Dash	Sabatini, RWD, 51.5	Garcia, PAR, 51.7	Ward, RWD, 55.3	6	3		
110m Hurdles	Zeno, RWD, 15.9	Berry, RWD, 16.5	Joyner, RWD, 17.5	9	0		
800m Run	Frering, RWD, 206.9	Clarendon, RWD, 207.2	Ge, PAR, 210.4	8	1		
200m Dash	Garcia, PAR, 23.4	Roma, PAR, 23.5	Norrell, RWD, 23.9	1	8		
3200m Run	Tamura, RWD, 1005.1	Marshall, RWD, 1005.4	Helstron, PAR, 1014.3	8	1		
High Jump	Zeno, RWD, 6'	Alpher, PAR, 5'8"	Rice, PAR, 5'2"	5	4		
Pole Vault	Llerandi, RWD, 12'6"	Wong, RWD, 12'	Morgan, RWD, 11'	9	0		
Long Jump	Barnes, RWD, 20'1 1/2"	Joyner, RWD, 19'1 1/2"	Berry, RWD, 18'6 1/2"	9	0		
Triple Jump	Joyner, RWD, 42'4 3/4"	Punjabi, RWD, 41' 1/2"	Zeno, RWD, 39' 1 1/4"	9	0		
Discus	Antosiweicz, RWD, 116-9	Mallalieu, RWD, 115-1	Ghichlian, PAR, 107-11	8	1		
Shot Put	Antosiewicz, RWD, 41'4"	Aron P., PAR, 40'0"	<del>Yoon, RWD, 34'6"</del> <i>Dees</i>	6	3		
Javelin	Higgins, RWD, 176'11"	Locke, RWD, 175'2"	Praphan, PAR, 132'11"	8	1		
4X400relay	Paramus				5		

Comment:

# Big North Track & Field Dual Meet

## Ridgewood vs Ramapo - Boys

April 1, 2014

Total Score  
RWD RAM

Event	First Place	Second Place	Third Place	RWD RAM	
400H	Collins, RWD, 1:00.6	Joyner, RWD, 1:00.8	Anson, RAM, 1:03.5	8	1
100m Dash	Clark, RAM, 10.9	Locke, RWD, 11:1	Han, RWD, 11:4	4	5
1600m Run	Thurston, RWD, 4:34.1	Dublirer, RWD, 4:40.8	Gostkow, RAM, 4:44	8	1
400m Dash	Sabatini, RWD, 51.5	Ward, RWD, 55.3	Kyle, RWD, 56.4	9	0
110m Hurdles	Zeno, RWD, 15.9	Berry, RWD, 16.5	Tie-Joyner, RWD/Grover, RAM,	8.5	0.5
800m Run	Frering, RWD, 206.9	Clarendon, RWD, 207.2	Selfert, RWD, 216	9	0
200m Dash	Norrell, RWD, 23.9	Kyle, RWD, 25.8	Redmond, RAM, 25.8	8	1
3200m Run	Tamura, RWD, 1005.1	Marshall, RWD, 1005.4	Gostkow, RAM, 1033.7	8	1
High Jump	Clark, RAM, 6'	Zeno, RWD, 6'	Katz, RAM, 5'8"	4	5
Pole Vault	Lierandi, RWD, 12'6"	Wong, RWD, 12'	Morgan, RWD, 11'	9	0
Long Jump	Katz, RAM, 20'2 3/4"	Barnes, RWD, 20'1 1/2"	Fiersay, RAM, 19'8 1/2"	3	6
Triple Jump	Katz, RAM, 44'9 1/2"	Joyner, RWD, 42'4 3/4"	Punjabi, RWD, 41' 1/2"	4	5
Discus	Antosiewicz, RWD, 116-9	Mallaleu, RWD, 115-1	Raguseo, RAM, 111	8	1
Shot Put	Connor, RAM, 42'0"	Antosiewicz, RWD, 41'0"	Hogan, RAM, 39'10"	3	6
Javelin	Higgins, RWD, 176'11"	Locke, RWD, 175'2"	Raguseo, RAM, 130'2"	8	1
4X400relay	Ridgewood			5	

107 33.5



Dual Meet v. Ramapo and Paramus – Non Scoring  
@ Ridgewood

April 1, 2014

400IH: Z. Stadulis 65.9, E. Westcott 66.7

100m: R. Kyle 11.7 M. Rubinowitz 12.1, W. Migliorelli 12.5, K. Grant 12.5 M. Record 12.9,  
C. Hartigan 13.0, S. Do 13.3, M. Rubin 13.6, C. Azzopardi 13.7, B. Chung 13.9, R. Gomez 13.9  
T. Kusoffsky 14.1 I. McTavish 14.3 J. Ontiveros 14.3 J. Pappas 14.3 L. Grygier 14.4 A. Hong 14.6  
J. Hadfield 14.6

1600m: J. Byrne 4:51.4, H. Ricatto 5:00.9, C. Salamone 5:02, B. Hughes 5:02, B. Gilligan 5:05  
B. Chan 5:10,

400m: W. Migliorelli 58.1

110HH: E. Westcott 21.4 R. Harada 25.6

800m: E. Garcia 2:23.9 M. Binstock 2:18, M. Lee 2:23 Robert 2:37, Ethan 2:52

200m: Z. Stadulis 25.3, R. Grant 25.9, E. Westcott 29.5

3200m: Barnabic 10:40.1, S. Calello 11:14.5, B. Gilligan

4x400m: Z. Stadulis 59.6, B. Collins 53.1, K. Ward 55.4, B. Clarendon 53.1 3:40.8

High Jump: R. Harada 5'2", N. Gomez NH

Long Jump: A. Punjabi 18'6", J. Davila 18'3", R. Harada 15' ½", R. Gomez 14'4 ½", C. Abernethy F

Triple Jump: E. Berry 38'10 ½" D. Barnes F, R. Harada 33'10"

Javelin: C. Abernethy 117'10", P. Morgan 110'11" M. Benjamin 105'1"

Pole Vault: L. Bontoux 8'6", C. Abernethy NH

**Results of throws from Coach Martin:**

**Discus:**

Tosh – 116'9, Sukmin – 94'4, Benji – 100'1, Paul – 115'1, Nick – 93'11  
Milo – 57'6, Kennedy – 81'4, Shant – 53'6, Terrel – 52'8, Kenny – 95'3, Sean – 76'1, Mondy – 31'6, TJ –  
57'4, French – 55'1, Ben – 97'4

**Shot:**

Tosh – 41'4, Sukmin – 34'8, Benji – 38'11, Paul – 32'10, Kenny – 33'9  
Sean – 25'3, Ben 37'11, Milo – 23'3, TJ – 21'10, Terrel – 28'10, Shant – 24'4, Will – 27'11, Mondy – 25',  
Tommy – 30'10

## Pawlowski Relays

### 4x110HH:

E. Berry- 16.1 Z. Stadulis 20.1 E. Westcott 20.4 B. Joyner- 16.4 **1:13.2 – 6<sup>th</sup> Place**

### 4x1600m:

K. Tamura 4:44, R. Fischer 4:49, K. Marshall 4:45, B. Clarendon 4:54 **19:30 – 3<sup>rd</sup> Place**

H. Ricatto 4:55, B. Hughes 4:57, C. Salamone 5:11, J. Byrne 5:03

N. Barnabic 4:54, B. Rynkowski 5:15, B. Gilligan 5:28, S. Calello 5:23

### 4x100m:

Varsity: J. Norrell, J. Locke, R. Kyle, M. Rubinowitz = DQ

Novice: **50.9 – 6<sup>th</sup> Place**

### Distance Medley:

K. Tamura 3:26, R. Fischer 56.8, K. Marshall 2:09, B. Clarendon 4:49 **11:26.2 – 2<sup>nd</sup> Place**

H. Ricatto 3:39, C. Salamone 60, B. Hughes 2:15, J. Byrne 4:53

N. Barnabic 3:43, R. Schablek 65, B. Gilligan 2:29, S. Calello 5:18

### 4x200m:

Novice:

R. Kyle, M. Rubinowitz, W. Migliorelli, K. Ward- **1:40.2 – 1<sup>st</sup> Place**

E. Westcott, M. Record, C. Hartigan, M. Rubin- 1:47.29

T. Kusoffsky, J. Pappas, J. Hadfield, E. Bragg- 1:53.26

Frosh:

K. Grant, Z. Stadulis, S. Do, R. Harada- 1:55.78

### 4x800m:

Novice: M. Binstock 2:15, M. Lee 2:24, A. Taggart 2:18, E. Garcia 2:21 **9:20.7 – 5<sup>th</sup> Place**

### 3x400IH:

Varsity:

B. Joyner- 60.9

Z. Stadulis- 64.1

E. Larrison - 63.4 **3:07.9 – 1<sup>st</sup> Place**

### 4x400m:

Frosh

Overall Time = **4:16.5- 4<sup>th</sup> Place**

Novice

Andrew- 59.1 Mark- 62.4 Christian- 63.9 Evan- 60.9 Overall Time = 4:06.3

Novice B Team: 4:17.2

Rory- 57.5 Will- 58.7 Kai- 57.2 Norrell- 54.4 Overall Time = 3:47.7

Shot Put:

Sukmin - 31'1 1/2, Benji - 38'11 1/2, Kenny - 37'9 1/2,  
Milo - 25'2, Collins - 24'3  
Mondi - 24'5, Arzemonian - 23'3  
Terrel - 31', French - 26'6

Discus

Sukmin - 89'10, Benji - 101'5, Kenny - 91'6  
Terrel - 52'6, French - 62'3  
Mondi - 50'8, Shant - 65'4  
Collins - 85'5, Kennedy - 83'11

HJ

B. Joiner-5-3/ J. Davalia 5-0 10'6" - 6<sup>th</sup> Place  
R. Harada-/ N.Gomez-NH

LJ

J. Davila-19-4 1/2/ D. Barnes-19-1 1/2/ E. Berry-18-11 1/2 57'5 1/2" - 2<sup>nd</sup> Place  
R. Harada-15 1/4/ N. Gomez-14-9/ N. Gomez 14-6

TJ

B. Joiner-41-2/ A. Punjabi-41 1/2/ E. Berry 39-2 121'4 1/4" - 2<sup>nd</sup> Place  
J. Davilia-38-7 1/2 D. Barnes-F

Javelin:

J. Locke 157. C. Abernethy 108 M. Benjamin 110 - 372-3" - 4<sup>th</sup> Place

**THE PAWLOWSKI RELAYS**  
**Ridgewood's Track at BF**  
**Ridgewood, New Jersey**

**SATURDAY, April 5, 2014**

**Team Score:**

**BOYS**

**4X100m:** 1-Paramus Catholic, 44.4. 2-Memorial, 45.0. 3-Passaic Tech, 45.1. 4-Pascack Valley, 45.3. 5-Ridgewood, 45.4. 6-Ridgefield Park, 45.7. 7-Bloomfield, 46.0. 8-DePaul Catholic, 46.6. 9-Lakeland, 46.9. 10-Leonia, 47.3. 11-Union, 47.3. 12-CBA, 47.4. 13-Cresskill, 48.2. 14-PJ 48.4. 15-Mahwah, 48.5  
**4X200m:** 1-Memorial, 1:34.9. 2-Mahwah, 1:36.1. 3-Lakeland, 1:37.1. 4-Ridgefield Park, 1:37.4. 5-DePaul Catholic, 1:37.5. 6-Leonia, 1:38.2. 7-Union, 1:39.6. 8-Cresskill, 1:40.4. 9-Bloomfield, 1:41.4. 10-PJ, 1:41.7. 11-Pequannock, 1:47.1  
**4X400m:** 1-Ridgefield Park, 3:36.0. 2-PJ, 3:36.7. 3-Union, 3:42.9. 4-Pascack Valley, 3:44.4. 5-DePaul, 3:50.9. 6-Cresskill, 3:58.7. 7-Pequannock, 4:06.4  
**4X800m:** 1-CBA, 8:21.7. 2-Memorial, 8:22.1. 3-PJ 8:36.6. 4-Ridgefield Park, 8:35.5. 5-Bloomfield, 8:56.6. 6-Union, 8:59.9.  
**4X1600m:** 1-PJ, 18:37.00. 2-CBA, 19.01.8. 3-Ridgewood, 18:30.00. 4-Passaic Tech, 19:43.0. 5-Memorial 19.43.6. 6-Passaic 20.08.00. 7-Bloomfield, 20.55.7. 8-Ridgefield Park, 21.00.9. 9-Pequannock, 21.04.00. 10-Leonia, 21.04.6  
**Sprint Medley:** 1-Pascack Valley, 3:44.6. 2-Union 3:49.1. 3-Passaic Tech, 3:54.0. 4-Bloomfield, 3:54.7. 5-Ridgefield Park, 3:58.1. 6-Mahwah, 4:06.3. 7-Lyndhurst, 4:24.3. 8-PJ, 4:42.2  
**Distance Medley:** 1-Memorial, 11:08.7. 2-Ridgewood, 11:22.6. 3-PJ, 11:24.5. 4-Bloomfield, 11:24.8. 5-Passaic, 1:33.1. 6-Leonia, 11:51.5. 7-Cresskill, 11:54.0. 8-Pequannock, 12:05.6. 9-Ridgefield Park, 12:10.8. 10-Passaic Tech, 12:39.8.  
**4X110 HH:** 1-Bloomfield, 1:07.9. 2-CBA, 1:09.0. 3-Memorial, 1:01.1. 4-Lakeland, 1:11.5. 5-Ridgefield Park, 1:12.7. 6-Ridgewood, 1:13.2. 7-Pequannock, 1:28.8  
**3X400 IH:** 1-Ridgewood, 3:07.9. 2-Memorial, 3:08.1. 3-Passaic Tech, 3:08.6. 4-Bloomfield, 3:18.0. 5-Union, 3:19.3. 6-Ridgefield Park, 3:20.7  
**3X Long Jump:** 1-Passaic Tech, 58'10 1/2". 2-Ridgewood, 57'5 1/2". 3-Ridgefield Park, 57'1 1/2". 4-Union, 56' 1/2". 5-Mahwah, 55'11". 6-Cresskill, 55'8". 7-Bloomfield, 55'2". 8-Paramus Catholic, 54'7 1/2". 9-CBA 53'1 1/2". 10-Lakeland, 52'10 1/2". 11-PJ 52' 8 1/2". 12-Hawthorne, 50'2". 13-Pequannock, 50'2"  
**3X Triple Jump:** 1-Passaic Tech, 122'8 1/2". 2-Ridgewood, 121'4 1/2". 3-Ridgefield Park, 114'1". 4-Mahwah, 111'7". 5-Union, 111'6 1/2". 6-Paramus Catholic, 106'4 1/2". 7-Hawthorne, 104' 10". 8-CBA 101'11". 9-Cresskill, 75'7".  
**3X High Jump:** 1-Passaic Tech, 17'8". 2-Ridgefield Park, 16'11". 3-Union, 16'0". 4-Passaic, 11'6". 4-Paramus Catholic, 11'6". 6-Lakeland, 10'6". 6-Ridgewood, 10'6"  
**3X Pole Vault:** 1-Ridgefield Park, 36'6". 2-Lakeland, 33'. 2-Ridgewood, 33'. 4-Mahwah, 31'6". 5-CBA 24'. 6-Passaic Tech 22'  
**3X Shot Put:** 1-Cresskill, 132'6 1/2". 2-Passaic Tech, 128'7". 3-Union, 119'10". 4-Paramus Catholic, 119'6 1/2". 5-Pascack Valley, 118'2 1/2". 6-Ridgefield Park, 115' 7". 7-Memorial, 114'5". 8-PJ 113'2 3/4". 9-Mahwah, 109'9". 10-Ridgewood, 108'10 1/2". 11-CBA 104'3". 12-Pequannock, 98'5". 13-Pequannock, 84'2"  
**3X Discus:** 1-Paramus Catholic, 350.7. 2-CBA, 342.7. 3-Cresskill, 341.4. 4-PJ, 339.6. 5-Ridgefield Park, 319.4. 6-Passaic Tech, 303.11. 7-Pascack Valley, 301.6. 8-Memorial, 300.5. 9-Lakeland, 294.0. 10-Ridgewood, 282.9. 11-Union, 277.6. 12-Mahwah, 271.10. 13-Pequannock, 253.2  
**3X Javelin:** 1-Bloomfield, 432-4. 2-Ridgefield Park, 393-2. 3-Memorial, 391—8. 4-Ridgewood, 372-3. 5-PJ 356-3. 6-Lakeland, 352-8. 7-CBA, 352-6. 8-Paramus Catholic, 348-0.

**GIRLS**

**4X100m:** 1-Paramus Catholic, 49.7. 2-PJ, 50.0. 3-PCTI, 51.5. 4-Cresskill, 52.3. 5-Union, 52.5. 6-Ridgewood, 52.9. 7-Hawthorne, 53.7. 8-Ridgefield Park, 54.9. 9-Manchester, 55.2. 10-Pequannock, 56.0. 11-Pascack Valley, 56.9. 12-DePaul Catholic, 57.7. 13-Bloomfield, 59.1.  
**4X200m:** PCTI, 1:47.5. 2-Paramus Catholic, 1:48.6. 3-Cresskill, 1:54.0. 4-Hawthorne, 1:54.4. 5-Ridgefield Park, 1:57.5. 6-Manchester, 1:58.6. 7-Bloomfield, 1:59.5. 8-Pequannock, 2:01.1. 9-Union, 2:02.0. 10-DePaul, 2:10.7.  
**4X400m:** 1-PJ, 4:14.5. 2-Ridgewood, 4:17.6. 3-Paramus Catholic 4:18.2. 4-Elizabeth, 4:30.3. 5-Pascack Valley,

4:21.2. 6-Cresskill, 4:26.5. 7-Union, 4:31.8. 8-Pequannock, 4:34.4. 9-Passaic, 4:41.5. 10-Ridgefield Park, 4:51.2  
**4X800m:** 1-Elizabeth, 10:25.7. 2-PJ, 10:26.6. 3-Pequannock, 10:45.3. 4-Passaic, 10:45.5. 5-Ridgewood, 10:48.1.  
 6-Cresskill, 10:57.7. 7-PCTI 11:33.6. 8-Bloomfield, 11:35.0. 9-Ridgefield Park, 12:07.9  
**4X1600m:** 1-Pope John, 23.12.8. 2-Ridgewood, 23.39.6. 3-Elizabeth, 23.59.3. 4-Cresskill, 24.12.4. 5-PCTT,  
 25.17.8. 6-Union, 27.04.5. 7-Mahwah, 27.41.7. 8-Pequannock, 27.57.2. 9-  
**Sprint Medley:** 1-PJ, 4:20.9. 2-Ridgewood, 4:28.9. 3-DePaul Catholic, 4:31.9. 4-Union, 4:33.4. 5-Pascack Valley,  
 4:40.3. 6-Hawthorne, 4:48.7. 7-Pequannock, 4:53.2. 8-Cresskill, 4:54.3. 9-Ridgewood, 4:55.5. 10-5:08.1  
**Distance Medley:** 1-Elizabeth, 13:52.6. 2-Passaic, 14:05.5. 3-Cresskill, 1:22.4. 4-Leonia, 14:25.4. 5-PCTI, 14:47.0.  
 6-Ridgewood, 14:59.5. 7-Bloomfield, 15:35.4. 8-Ridgefield Park, 15:50.6. **4X100 HH:** 1-PJ 1:07.2. 2-PCT, 1:08.0.  
 3-Cresskill, 1:10.9. 4-Ridgewood, 1:11.5. 5-Paramus Catholic, 1:13.0. 6-Pequannock, 1:14.5. 7-Ridgefield Park,  
 1:16.4  
**3X400 IH:** 1-PJ, 3:33.1. 2-Cresskill, 3:50.3. 3-PCTI, 3:59.8. 4-Pequannock, 4:02.6. 5-DePaul Catholic, 4:04.1. 6-  
 Ridgefield Park, 4:08.8.  
**3X Long Jump:** 1-Ridgewood 46'2". 2-Paramus Catholic, 44'7". 3-Cresskill, 43'3". 4-Pascack Valley, 41.4 1/2".  
 5-Ridgefield Park, 41'1 1/2". 6-PJ, 40'11". 7-Union, 28'5". 8-DePaul, 23'7".  
**3X Triple Jump:** 1-Cresskill, 95'10". 2-Paramus Catholic, 94'3". 3-Ridgewood, 92'10.5". 4-Ridgefield Park, 89'3".  
 5-Union, 89'1 1/2". 6-Pequannock, 80'9". 7-Hawthorne, 62'9 1/4".  
**3X High Jump:** 1-Passaic Tech, 14'6". 2-Pascack Valley, 14'. 3-Ridgewood, 13'7". 4-Union, 13'6". 5-Ridgefield Park,  
 12'9.6". 6-Cresskill, 9'8". 7-Manchester, 8'6". 8-Pequannock, 4'10  
**3X Pole Vault:** 1-Mahwah, 25'6". 2-PJ, 19'6". 3-Cresskill, 8'. 4-Ridgewood, 7'. 4-Ridgefield Park, 7'  
**3X Shot Put:** 1-Union, 97'4". 2-PJ, 93'9". 3-PCTI, 84'4". 4-Pequannock, 83'9". 5-Cresskill, 79". 6-Hawthorne,  
 77'5". 7-Ridgefield Park, 74". 8-Ridgewood, 71'6". 9-Paramus Catholic, 70'4". 10-DePaul Catholic, 68'4"  
**3X Discus:** 1-Union, 295.1. 2-PJ, 252.1. 3-Pequannock, 242.1. 4-Cresskill, 224.3. 5-PCTI, 207.2. 6-Ridgewood,  
 206.4. 7-Ridgefield Park, 205.10. 8-Hawthorne, 194.10. 9-Paramus Catholic, 186.7. 10-DePaul 163.10  
**3X Javelin:** 1-Ridgefield Park, 275-1. 2-PJ, 244-11. 3-238-10. 4-Paramus Catholic, 228-6. 5-Cresskill, 212-9.  
 6-PCTI, 204-10. 7-Mahwah, 179-6.

#### NOVICE BOYS

**4X100m:** 1-Manchester, 48.9. 2-Passaic Tech, 49.2. 3-Passaic, 49.3. 4-Hawthorne, 49.6. 5-Pascack Valley, 50.9.  
 6-Ridgewood, 50.9. 7-Memorial, 51.9. 8-Lakeland, 52.6. 9-Pascack Valley, 52.8. 10-Leonia, 54.9. 11-Pequannock,  
 55.2. 12-Paramus Catholic, 55.2. 13-Lyndhurst, 55.4. 14-Passaic, 56.0.  
**4X200m:** 1-Ridgewood, 1:40.2. 2-Manchester, 1:41.4. 3-Passaic Tech, 1:42.1. 4-Passaic, 1:42.8. 5-Union,  
 1:43.4. 6-Lakeland, 1:44.1. 7-Pascack Valley, 1:46.0. 8-Pascack Valley, 1:46.8. 9-Paramus Catholic, 1:47.2.  
 10-Ridgewood, 1:47.3. 11-Leonia, 1:50.0. 12-Passaic, 1:50.4. 13-Lyndhurst, 1:50.6. 14-Ridgewood, 1:53.2.  
 15-Paramus Catholic, 1:59.3. 16-Pascack Valley, 1:59.8. 17-Hawthorne, 1:44  
**4X400m:** 1-Ridgewood, 3:47.6. 2-PJ "A", 3:54.6. 3-Passaic, 3:57.5. 4-Pascack Valley, 3:58.1. 5-Ridgewood, 4:06.1.  
 6-Lyndhurst, 4:07.6. 7-Passaic High, 4:14.6. 8-Union, 4:16.3. 9-Ridgewood, 4:17.0. 10-Passaic, 4:22.2.  
 11-Pequannock, 4:35.8  
**4X800m:** 1-Memorial, 8:47.3. 2-Pascack Valley, 9:01.2. 3-CBA, 9:18.8. 4-Ridgewood, 9:20.7. 5-Memorial, 9:28.9.  
 6-Passaic, 9:38.8. 7-Passaic High 9:50.6. 8-Lyndhurst, 9:59.8. 9-Cresskill, 10:11.0. 10-Bloomfield, 10:15.8.  
 11-PCHS, 10:17.4. 12-Hawthorne, 10:30.0. 13-Union, 10:34.0. 14-Leonia, 11:23.2  
**4X1600m:** 1-CBA, 18:36.00. 2-CBA, 18:48.00. 3-CBA, 18:52.5. 4-CBA, 18:59.9. 5-CBA, 19:00.9.  
 6-Ridgewood, 19.20.00. 7-Paramus Catholic, 20:10.00. 8-Lyndhurst, 20.10.00. 9-Mahwah, 21.00.00.  
**Distance Medley:** 1-Memorial 11:43.3. 2-Ridgewood, 11:48.3. 3-Mahwah, 12:13.2. 4-PCHS, 12:17.6. 5-Passaic,  
 12:21.1. 6-Lyndhurst, 12:24.9. 7-Lyndhurst, 12:26.3. 8-Ridgewood, 12:37.5. 9-Bloomfield, 13:10.0. 10-Union,  
 13:11.1. 11-Cresskill, 13:15.1. 12-Hawthorne, 13:16.5. 13-Manchester, 13:30.9. 14-Leonia, 14:36.3  
**4X110H:**  
**3X400H:** 1-Pequannock, 3:34.4. 2-Passaic, 3:37.0. 3-Union Boys, 3:37.2. 4-Lyndhurst, 3:41.2  
**2XHJ:**  
**2XLJ:**  
**2XTJ:** 1-Passaic Tech, 78'5 1/2". 2-Lyndhurst, 63'1". 3-PJ, 63'1". 4-Ridgewood, 39'1/2". 5-CBA 31'1/2"  
**2XPV:** 1-Mahwah, 19'6". 2-Pascack Valley, 18'. 3-Lakeland, 11'. 4-Ridgewood, 9'. 5-CBA, 8'

**2X Shot Put:** 1-Passaic, 80'1". 2-Cresskill, 72'7". 3-Pascack Valley, 71'3". 4-Pascack Valley, 71'. 5-Hawthorne, 69'8". 6-Lyndhurst, 52'8 1/2". 7-Ridgewood, 49'5". 8-Ridgefield Park, 68'2". 9-Union, 60'1". 10-Cresskill, 67'1/4". 11-Lyndhurst, 64'. 12-Pascack Valley, 60' 10 1/2". 13-Mahwah, 54'9".  
**2X Discus:** 1-Passaic, 223.5. 2-Hawthorne, 204.4. 3- Passaic, 181.5. 4-Ridgewood, 179.3. 5-Pascack Valley, 176.1. 6-Cresskill, 174.4. 7-Ridgefield Park, 173.3. 8-Paramus Catholic, 172.10. 9- Passaic Tech, 172.6. 10-Cresskill, 171.2  
**2X Javelin:** 1-Mahwah, 245.8. 2-Cresskill, 225.4. 3-Ridgefield Park, 199.1. 4-Pascack Valley, 192.1. 5-Union, 187.9. 6-Lyndhurst, 175.6. 7-Lakeland, 170.3. 8-Paramus Catholic, 165.2. 9-Pascack Valley, 160.2

#### NOVICE GIRLS

**4X100m:** 1-Paramus Catholic, 53. 2-East Orange "C", 56.7. 3-Union, 56.9. 4-Ridgewood, 57.7. 5-East Orange "A", 58.4. 6-Ridgewood, 58.6. 7-Ridgewood, 59.5. 8-Union, 59.6. 9-Hawthorne, 59.7. 10-Manchester, 1:00.8. 11-Pequannock, 1:02.6. 12-Lyndhurst, 1:03.4. 13-PJ, 1:03.7. 14-Perth Amboy, 1:04.2. 15-Ridgewood, 1:05.0. 16-Hawthorne, 1:05.6. 17-Paramus Catholic, 1:05.9. 18-PCTI, 1:07.3.  
**4X200m:** 1-Paramus Catholic, 1:55.8. 2-PJ, 1:58.6. 3-Elizabeth, 1:59.5. 4-Ridgewood, 1:59.8. 5-East Orange "A" 2:00.3. 6- East Orange "B", 2:01.5; 7- Perth Amboy, 2:03.3. 8-Union, 2:05.6. 9- East Orange "C" 2:05.9. 10- Ridgewood, 2:06.0. 11- PCTI, 2:06.1. 12- Passaic, 2:06.7. 13- Hawthorne, 2:07.2. 14- Pascack Valley, 2:08.0. 15-Manchester, 2:08.0. 16-Pequannock, 2:08.8. 17-Paramus Catholic, 2:13.5. 18-Lyndhurst, 2:13.7. 19-PJ "B", 2:14.4. 20-PCTI, 2:15.6. 21-Union, 2:16.8. 22-Lyndhurst, 2:17.1. 23-Passaic,, 2:17.7. 24-Perth Amboy, 2:18.3. 25-Union, 2:18.8. 26- Lyndhurst,, 2:19.1. 27-Ridgewood, 2:19.1. 28- PJ "C", 2:19.8. 29-Hawthorne, 2:22.6. 30-Paramus Catholic, 2:23.9.  
**4X400m:** 1-Ridgewood, 4:31.1. 2-East Orange "A" 4:43.9. 3-East Orange "B", 4:48.7. 4- Union, 4:56.9. 5-Pascack Valley, 4:57.8. 6-Elizabeth, 5:00.1. 7-Lyndhurst, 5:09.9. 8-Passaic, 5:10.5. 9-Lyndhurst, 5:20.5. 10-Union, 5:37.3  
**4X800m:**  
**4X1600m:**  
**Distance Medley:** 1-PJ, 14:50.2. 2-Mancheste, 15:19.8. 3-Perth Amboy, 15:23.8. 4-Passaic, 16:45.1. 5-Union, 19:11.4. 6-Elizabeth, 15:48.2  
**4X110H:**  
**3X400H:** 1-Union, 4:41.2  
**2XHJ:**  
**2XLJ:** 1-Ridgewood, 26'1/2". 2-Ridgewood, 25'11". 3-PJ, 25'3 1/2". 4-Pequannock, 24'6". 5-Union, 24'. 6-Manchester, 22'9 1/2". 7-Lyndhurst, 17'1/2".  
**2XTJ:** 1-Ridgewood, 62'1.2-Bloomfield, 59'.2. 3-Cresskill, 58'2.5". 4-PJ, 29'8". 5-Manchester, 25'8.5".  
**2XPV:** 1-Mahwah, 7'  
**2X Shot Put:**  
**2X Discus:**  
**2X Javelin:** 1-Manchester, 153.5. 2-PJ, 138.7. 3-Ridgewood, 133.10. 4- Lyndhurst, 106.3. 5-Paramus Catholic, 83.1. 6-Pequannock, 79.10.

#### FROSH BOYS

**4X100m:**  
**4X200m:**  
**4X400m:** 1-Manchester, 3:57.7. 2-PJ "A", 4:01.7. 3-Union, 4:07.7. 4-Ridgewood, 4:16.3. 5-Passaic High, 4:16.5. 6-PJ "B", 4:16.7. 7-Lyndhurst, 4:27.2  
**4X800m:** 1-CBA, 9:27.6. 2-PJ, 9:28.5. 3-CBA 9:54.0. 4-Passaic High, 9:55.3. 5-Memorial, 9:57.7. 6-Memorial, 10:19.5  
**Distance Medley:** 1-Memorial, 12:46.3. 2-PCHS, 13:47.1  
**4X110H:** 1-CBA, 1L22,0, 2-Union, 1.25.8. 3-PJ, 1:30.8  
**3X400H:**  
**2XHJ:**  
**2XLJ:**  
**2XTJ:**  
**2XPV:** 1-Mahwah, 16'. 2-Ridgefield Park, 14'. 2-PJ, 14'. 4-CBA, 7'  
**2X Shot Put:** 1-Passaic Tech, 59'3". 2-PJ "A" 52'10". 3-CBA 65'7". 4-PJ"B", 52'. 5-Hawthorne, 41'11". 6-Paramus Catholic, 45'6". 7-CBA 57'2"

# Ridgewood enjoys success

## Maroons off to flying start in Mobile, Ala. event

By **PAUL SCHWARTZ**  
STAFF WRITER

The Ridgewood boys track and field team traveled to the Mobile (Ala.) Challenge of Champions on Friday and Saturday and had some excellent early season performances in the meet, which drew nearly 2,000 athletes from nearly a dozen states.

Ridgewood's Nick Higgins set a personal record of 180 feet, eight inches in winning the Invitational javelin throw, and in the process got a qualifying throw to keep himself alive for an invitation to the Penn Relays later this month.

The Maroons' Bergen County indoor record setting 4-x-800 team had a solid early season outdoor time of 7:56.95, but came up about 10 meters short of Niceville, Fla. in the invitational event.

Sophomore Michael Thurston, who later in the afternoon ran a personal best of 1:58.30 for sixth in

the Invitational 800, led off the 4-x-800 in 1:59.7, and David Frering (2:01.9), Brian Collins (1:59.3) and Luke Dublirer (1:55.9) finished the effort.

Friday, in the Open Division, the Maroons won the 4-x-400 relay in 3:29.57, Spencer Llerandi took second in the pole vault (13-0) and Allan Wong was sixth in the same event (12-6). Jake Sabatini was fourth in the open 200 in 22.77.

Anthony Salerno of Ramsey won the 400 intermediate hurdles individual race at the Pirate Relays in Pearl River, N.Y., with a personal best of 56.45, defeating Glen Rock's Dan Dooner, who was second in 58.18. The Rams also won the rarely run 3-x-110 shuttle hurdles in 48.01, took second in the 4-x-800 (8:29.49) and fifth in the 4-x-400 (3:37.46).

William Colgan of Pascack Hills was third in the boys 3,000 meters in 9:39.91, one spot ahead

of Glen Rock's Ryan Vandervalk (9:44.29). Pascack Hills also took third in the 4-x-800 relay (8:34.05).

Pascack Hills' Amanda Tosi took fourth in the girls 3,000 in 11:02.18 and teammate Sere Tomuzi was fourth in the 400 hurdles (1:14.02), and Ramsey's 4-x-100 was fifth in 52.94.

Westwood's All-American sprint medley team of Victoria Sloezen, Emma Pranschke, Alesia Passero and Corinne Myers traveled to Icahn Stadium on Randall's Island in New York and took second behind national champion Columbia in the sprint medley at the Kings Relays.

The same quartet won the 4-x-800 in 10:03.43 and was third in the 4-x-400 (4:09.03). Jessica Molina won the shot (37-1) and javelin (103-1) for the Cardinals and the Westwood boys team of Ryan Dritschel, Jake DiPusa, Austin Pisani and John Dolan won the boys distance medley.

April 4-5<sup>th</sup>

**Mobile Challenge of Champions**  
@Mobile, AL

**Open Division:**

100m:

Jake Sabatini **11.31**

Doohee Han **11.76**

200m:

Jake Sabatini **22.77 - 4<sup>th</sup> Place**

Doohee Han **23.38**

400m:

Brian Collins **52.00**

110HH:

Michael Zeno **16.22**

4x400m:

B. Collins **52.2** J. Sabatini **52.1** D. Frering **53.3** L. Dublirer **51.6**

**3:29.57 - 1<sup>st</sup> Place**

Triple Jump:

Michael Zeno **40'10"**

High Jump:

Michael Zeno **5'10"**

Pole Vault:

Spencer Llerandi **13'0" - 2<sup>nd</sup> Place**

Allan Wong **12'6" - 6<sup>th</sup> Place**

Shot Put:

Nick Higgins **39'10"**

Michael Antosiewicz **No Mark**

Discus:

Michael Antosiewicz **No Mark**

**Invitational Division:**

4x800m:

M. Thurston **1:59.7** D. Frering **2:01.8** B. Collins **1:59.8** L. Dublirer **1:55.9** **7:56.95 - 2<sup>nd</sup> Place**

800m:

Michael Thurston **1:58.30 - 6<sup>th</sup> Place**

Two Mile:

David Frering **10:08.87**

Javelin:

Nick Higgins **180'8" - Mobile Challenge of Champions Champion!**

**Comments:**

Overall a very successful meet highlighted by Nick's win in the javelin and Nick's eating performance starting at Dreamland BBQ and carrying on through the weekend.



# Ridgewood 92 Northern Highlands 48

Event:	1st Place	2nd Place	3rd Place	Rwd	Opp
400IH:	B. Collins - R 59.6	B. Joyner - R 61.1	E. Larsson - R 61.5	9	0
100m:	J. Sabatini - R 11.1	D. Han - R 11.3	J. Norrell - R 11.5	9	0
1600m:	Julian - NH 4:30	K. Marshall - R 4:39	K. Tamura - R 4:39	4	5
400m:	Goldstein - NH 53.0	J. Locke - R 53.2	Goldstein - NH 54.5	3	6
110HH:	M. Zeno - R 15.7	Gillender - NH 15.8	E. Berry - R 16.3	6	3
800m:	Julian - NH 2:00	B. Clarendon - R 2:02	Holleran - NH 2:12	3	6
200m:	J. Sabatini - R 22.6	D. Han - R 22.8	J. Norrell - R 23.4	9	0
3200m:	Marshall - R 10:29	Barnabic - R 10:45	NH 11:00.1	8	1
4x400m:	N. Highlands 3:39			0	5
Long Jump:	J. Davila - R 19'4.5	Munchek - NH 19'2"	B. Joyner - R 19' .5"	6	3
Triple Jump:	N. Highlands 41'	N. Highlands 40'6"		1	8
High Jump:	M. Zeno - R 5'8"	J. Davila - R 5'6"	N. Higgins - R 5'4"	9	0
Shot Put	N. Highlands 41'	Antosiewicz - 40' 1/4"	N. Highlands 38'	3	6
Discus:	Antosiewicz - R 132'0	K. Ekert - R 98'1"	Quinn - NH 97'1"	8	1
Javelin:	J. Locke - R 158'9	McEntee - NH 140'10	Ferrara - NH 127'3	5	4
Pole Vault:	Morgan - R 11'6"	Abernethy R 11'6"	N. Highlands 9'6	8	1
Final Score:				92	48

Dual Meet v. Northern Highlands – Non Scoring  
@ Northern Highlands

April 8, 2014

400IH: Z. Stadulis **63.3**, E. Westcott **64.9**

100m: K. Grant **12.1** W. Migliorelli **12.1** R. Kyle **12.1**, M. Rubinowicz **12.2** M. Record **12.3** Tim **12.6** C. Hartigan **12.6** M. Rubin **13.3**, J. Hadfield **13.3** J. Pappas **13.3** E. Bragg **13.4** B. Chung **13.5** S. Do **13.6** J. Zachem **13.9** S. Kim **13.9** L. Grygier **14.1** T. Kussofsky **14.3**, A. Hong **14.6**

1600m: R. Fischer **4:47** N. Barnbic **4:53**, B. Hughes **4:54**, C. Salamone **5:01**, B. Rynkowski **5:11**, J. Naftger **5:16** B. Chan **5:17**, E. Tilyou **5:45**

400m: K. Ward **54.5**, W. Migliorelli **56.6**. A. Taggart **57.1** R. Kyle **57.3** M. Record **57.9**, M. Rubin **61.2**, E. Bragg **61.9**, T. Kussofsky **63.9**, J. Hadfield **64.2**. S. Do **64.3**. C. Hartigan **64.7**, T. Joo **65.3**, B. Chung **65.5**, L. Grygier **66.3**, J. Zachem **66.7**, S. Kim **68.5**

110HH: B. Joyner **16.8**, D. Barnes **18.1**, Z. Stadulis **19.8**, E. Westcott **20.6**

800m: H. Seifert **2:12**, H. Ricatto **2:13**, M. Binstock **2:14**, B. Hughes **2:15**, A. Taggart **2:18** M. Lee **2:21** M. Robazzo **2:23**, D. Cosentino **2:24** P. Yanella **2:32** B. Byren **2:36** E. Glenning **2:44**

200m: K. Grant **25.4**, E. Westcott **25.9**

3200m: B. Gilligan **11:02**

4x400m: K. Ward **55.1**, Z. Stadulis **55.6**, A. Taggart **57.6**, B. Clarendon **53.3** – **3:41.7**

High Jump: R. Harada **5-2**

Long Jump: D. Barnes **18-3/** E. Berry **17-5/** R. Harada **13 10/** N. Gomez **13-6 1/2/** A. Punjabi-F

Triple Jump: J. Davalia **40- 1/2/** A. Punjabi **39 3/** M. Zeno **38-6/** E. Berry

Javelin: C. Abernethy **101'**, T. Migliorelli **91'**,

Pole Vault: L. Bontoux **9'0"**,

Shot Put

S. Yoon – **34'10 ½** , K. Ekert – **35'11 ¼** , S. Arzoumanian – **26'9 ¼**

Discus:

S. Yoon – **76'1**, S. Collins – **86'3** T. Kennedy – **66'4**, W. French – **58'8**, T. Stephen – **60'7**, T. Campanello – **56'2**, P. Mondì – **54'**, M. Milo – **58'1**

SPRING TRACK & FIELD

# Ridgewood athletes are off and running

Girls team has record turnout

BY GREG TARTAGLIA  
Sports Editor

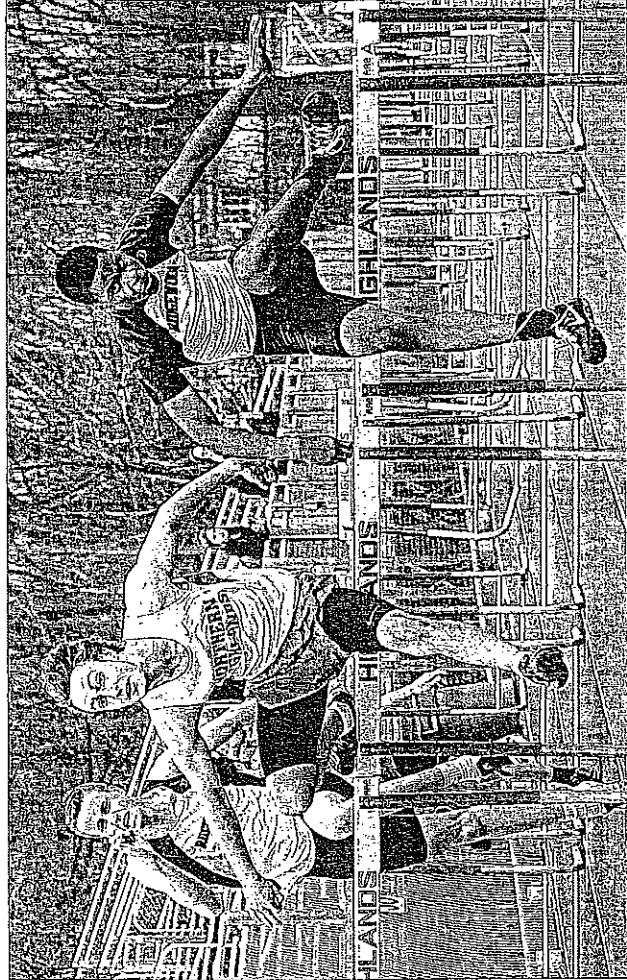
Jacob Brown has coached countless record-breakers in girls' track and field during his 43 seasons on the job. This spring, his Ridgewood High School team set a new standard that surprised even him.

"I have 100 girls on the track team," Brown said Wednesday when discussing the largest roster of his tenure. "I happen to have, from cross-country, a bunch of real-deal distance runners. We've also got some good jumpers."

That latter group is the latest to challenge one of the Maroons' more traditional records. The three-girl long jump relay of juniors Katie McKeon (15-foot-11½), Libby DeVita (15-6) and Sophie Montgomery (14-8½) combined for a gold-medal distance of 46 feet, two inches at last Saturday's Steve Pawlowski Ridgewood Relays.

"That's second on our all-time list," said Brown. "They did a very nice job. If they have a nice day this weekend, they could break the school record."

The trio will take aim at the RHS mark of 47-0½ at the Bergen County Relays, which take place today and tomorrow at River Dell. As for the team's distance corps,



PHOTOS/ROBIN GOTTESMAN

Ridgewood senior Michael Zeno, right, runs side-by-side with Northern Highlands' Alex Gilmer in the boys 10-meter hurdles during Tuesday's Big North Freedom Division dual meet in Allendale. Zeno clocked 15.7 seconds to win by 0.3.



Seniors add strength to boys squad

BY GREG TARTAGLIA  
Sports Editor

The captain of this year's Ridgewood High School boys track and field team is the Class of 2014.

The Maroons have close to 20 seniors that bring a wealth of experience and leadership to the arena, which made it nearly impossible for the squad to single out just a few.

Plus, according to 13th-year head coach Josh Saladino, "A lot of them can score in major meets. That's a big benefit."

How big? RHS was able to collect medals at both the Steve Pawlowski Ridgewood Relays and Mobile (Ala.) Challenge of Champions last weekend.

In Alabama, senior Nick Collins unleashed a career-best throw of 180 feet, eight inches to win gold in the Invitational javelin toss. The Maroon 4-x-800-meter relay grouping, which broke the Bergen County indoor record this winter, clocked 7:56.95 to finish runner-up to Niceville, Fla. (7:55.12). And sophomore Michael Thurston ran a personal-record 1:58.30 to take sixth in the Invitational 800.

"Nick Higgins was seeded ninth in the javelin competition and ended up winning," Saladino said. "It was encouraging to see how he

senior, with career jetterson, in junior was the Maroons' breakout star of cross-country season and opted to stick with running after playing softball last spring. Junior Kelly Cleary and sophomores Sam Halvorsen, Vanessa Reis and Katie Reis add strength to the group as well.

"It's kind of a mirror image of cross-country, because Halvorsen and jetterson are the best two distance runners," Brown said. "And Katie Reis gets added to the package, because she plays tennis in the fall, so she wasn't on cross-country."

Halvorsen anchored the 4-x-1,600 relay to a silver-medal 23:39.6 at the Pawlowski meet, in which Ridgewood finished runner-up to Pope John XXIII of Sparta in the large schools division, 125-87½, at Ben Franklin Middle School.

In addition, the Maroons finished second in the sprint medley (4:28.9) and 4-x-400 (4:17.6) relays on Saturday. Senior Amanda Muccio ran the leadoff 400-meter leg of the sprint medley, followed by junior Lauren Monnerat (200) and sophomores Isabel Park (200) and Leah Rosenfeld (800). Monnerat and Park joined with juniors Monica Vitig and Stephanie Kysel to produce the 4-x-400 silver.

Muccio, distance runners Emily Fishbein and Laura Weisberger and jumper Megan Lucky are the senior quart-captains. Classmates Emily Flynn (jumps), Sarah Davis (middle distance) and Courtney Cerasuolo (throws) also contributed in the early dual meets.

Junior Jade Long and sophomore Alex Formichella add depth in the jumps, and Long throws the javelin as well. McKeon won the javelin toss in an April 1 tri-meet with Paramus and Ramapo, and she won the 100-meter hurdles in 16.5 seconds Tuesday at Northern Highlands.

RHS went 1-2 against its first three Big North Freedom Division opponents, defeating Paramus, 97-45, before bowing to Ramapo, 82½-57½, and Highlands, 78-62.

"We're off to a less than typical Ridgewood start, but we're working on getting there," Brown said. "It's a long season, and we've still got a lot to do."

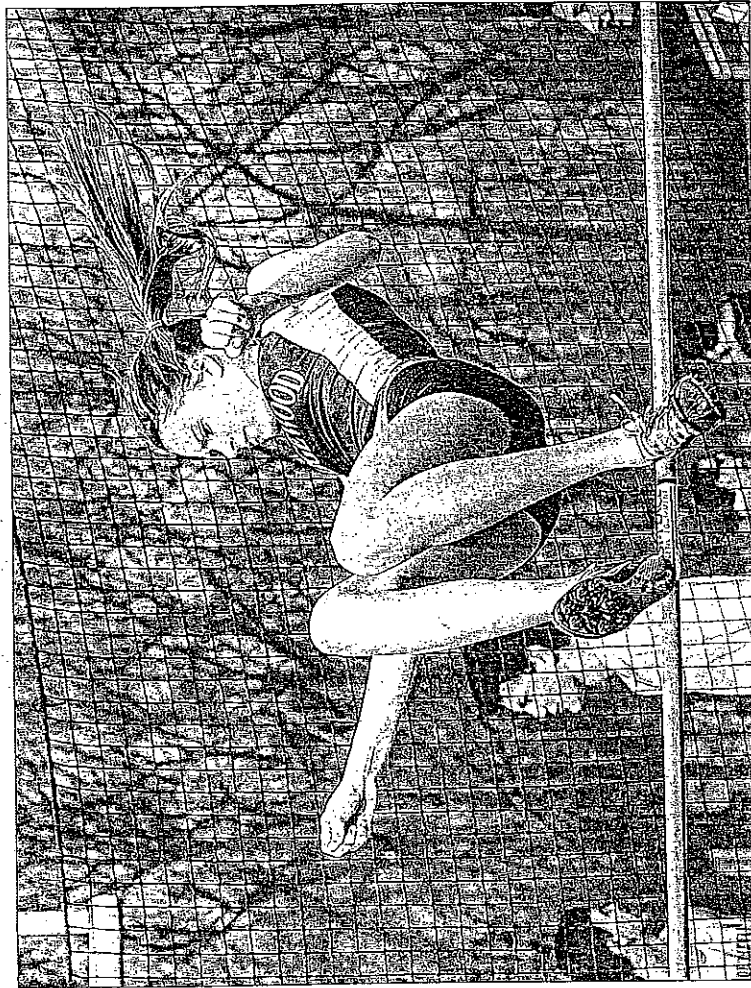
The Maroons host Hackensack at Ben Franklin on Tuesday and visit Indian Hills on April 22.



Senior Courtney Cerasuolo, shown competing in the shot put, is one of several experienced throwers for the Ridgewood girls track and field team.



Sophomore Kenny Marshall, who the 3,200 meters on Tuesday, is one of the top distance runners for the Ridgewood boys track and field team.



Sophomore Alex Formichella competes in the girls high jump at Northern Highlands in Tuesday's Big North Freedom Division dual meet.

the 4-x-800 quartet consisted of Thurston (1:59.7 split) and seniors David Frerking (2:01.9), Brian Collins (1:59.3) and Luke Dubliser (1:55.9). Those were the same four who lowered the indoor county record in the event to 7:48.82 at the Feb. 13th Millrose Games Eastern State Invitational.

"[Their] 7:56 [in Mobile] is a very strong early-season time," said Saladino. "Certainly, with all the success we had in the indoor season in the 4-x-8, they were going in there competing to win. We thought we had the best team, and sometimes another good team beats you."

Meanwhile, in the Pawlowski meet at Ben Franklin Middle School, senior Bryce Joyner led the RHS 3-x-400 intermediate hurdles squad to victory, combining with Eric Larson and Zach Stadluts for a time of 3:07.9. That, combined with silver medals in the distance medley, long jump, triple jump and pole vault relays, gave the Maroons second place to Passaic Tech, 92-83½, in the large schools division.

"Without 11 athletes who were in Alabama, for the rest of the team to come in second place in the Pawlowski Relays is certainly quite an accomplishment," said Saladino.

The next major meet for Ridgewood is this weekend's Bergen County Relays, which are being held a week earlier than usual due to the late occurrence of Easter (April 27). The schedule shift created a conflict that prevented the team from sending athletes to this weekend's Arcadia (Calif.) Invitational, normally an early-season staple for the Maroons.

But, with the opportunity arising in Mobile, several others took advantage. Seniors Spencer Llerandi (13 feet) and Allan Wong (12-foot-6) placed second and sixth, respectively, in the Open Division pole vault last Friday. Senior Jake Sabatini was fourth in the Open 200-meter dash (22.77) and helped the 4-x-400 relay to victory in 3:29.57.

Sabatini leads a sprint corps that also features seniors Doohee Han and Jamal Locke and junior Jonathan Norrell. Speedy senior Teddy Migliorelli is expected to be back in the mix after he recovers from a hamstring injury.

Joyner and seniors Michael Zenc, Emmett Berry and Doug

SPORTS

BOYS TRACK from C1

Barnes lead the way in the hurdles and jumps. Senior Patrick Morgan joins Lerand and Wong in strengthening the pole vault unit, and Ridgewood remains formidable in the distances with seniors Bryan Clarendon and Robert Fischer, junior Kotaro Tamura and sophomore Kenny Marshall on board.

Higgins and Locke are the team's top two javelin throwers while seniors Mike Antostewicz and Sukmin Yoon excel in the shot put. Senior Paul Mallien has come in the discus after an early-season injury, and junior Matt Benjamin adds depth to the group as well.

The Maroons won their first three dual meets in impressive fashion and have designs on repeating as Big North Freedom Division, Bergen County and North 1, Group 4 sectional

DATES TO REMEMBER

in Playoffs @ Darlington Golf Course.

ampionships @ Rockleigh Golf Course.

1st tournament @ Trump National Golf Club

county Team Championships @ Darlington

ships @ Hopewell Valley Golf Club (Hopewell),

County Individual Championships @ White

(Haworth), time TBA

g) @ Arcola Country Club (Paramus), time TBA

ence championships @ Overpeck Golf Course

is tournament @ Overpeck Golf Course, 1:30 p.m.

ournament @ Stanton Ridge Golf & Country Club

ampionships @ Cherry Valley Country Club

C2

Division 2 of the Big North and solidified that notion with the wins over Northern Highlands and Ramsey, their main divisional rivals along with Immaculate Heart. Now they'll just have to shrug off Tuesday's results which Quirk is confident that Maroons had a way to get a team score to a they can do.

were consid- Ennati: Favorites in tartaglia@northjersey.com

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RHS varsity spring track & field schedule

- REMARKS: DUAL CHAMPIONSHIP MEETS
Wednesday Bergen County Relays (field events only)
May 9-10 Bergen County Championships @ Old Tappan, 4 p.m./9 a.m.
May 16 Bergen County Meet of Champions @ Hackensack, 3:30 p.m.
May 23-24 North 1 Group 4 Championships @ Randolph H.S., 3:30 p.m./10 a.m.
May 30-31 State Group 4 Championships @ Egg Harbor Twp., 2:30 p.m./11 a.m.
June 4 State Meet of Champions @ Jost Field (South Plainfield), 2:30 p.m.
\*Schedule subject to change

- Today/Tomorrow Bergen County Relays @ River Dell, @ Ben Franklin H.S.
April 15 Hackensack, Ben Franklin, 4 p.m.
April 19 Comet Relays @ Hackensack H.S., 9 a.m.
April 22 at Indian Hills, 4 p.m.
April 24-25 Penn Relays @ Franklin Field, Philadelphia, TBA
May 1 Big North Freedom Division Meet @ Hackensack, 4 p.m.

very successful season last year," more about our team this week- Saladino said. "And those are the end with the County Relays," he added. "That's the first true test."

"We're going to know a lot Email: tartaglia@northjersey.com

or via the administrative offices at Bergen County Plaza.

Individual courses can be contacted at the following numbers:

- Mahwah: Darlington Golf Course, 201-327-8770
Paramus: Orchard Hills Golf Course, 201-447-3778
Teaneck: Overpeck Golf Course, 201-837-3070
Rockleigh: Rockleigh Golf Course, 201-664-5886
River Vale: Valley Brook Golf Course, 201-768-6353
Registrations and renewal may also be obtained at the Administration Office, Room 401, One Bergen County Plaza, Hackensack, N.J. 07601. Hours are from 9 a.m. to 4 p.m., Monday through Friday. For information, call the Bergen County Golf Line at 201-336-7259.

American Red Cross lifeguard courses

The YMCA of Greater Bergen County in Hackensack will offer American Red Cross lifeguard courses in April and May.

Participants must be 16 years or older and be able to complete a pre-swim test in order to register. Register for the pre-swim test at the YMCA, the fee is \$10. Once the pre-swim test is passed, participants can register for the course.

The lifeguard course fee is \$350, and participants must be able to attend all classes. For more info, download a flyer at ymcabgc.org, click on "Programs & Schedules," then "Water Safety Certifications."

Course 04: May 3-17
Course 05: May 4-18
For more information, contact Aquatic Director Ashley Mallette at amallette@ymcabgc.org or by calling 201-481-6600, Ext. 213.

Golf course registration

Registration is ongoing at all five Bergen County golf courses, or call

Let us know...

The Ridgewood News sports section would like to highlight your athletic achievements. Send us your accomplishments by Tuesday, 12 noon, for that week's edition. All copy may be e-mailed to Sports Editor Greg Tartaglia (tartaglia@northjersey.com). If you have an idea for a feature story, contact us via e-mail.

Y offers wellness coaching

The Wayne YMCA, located at 1 Pike Drive in Wayne, announces the following events and activities:

Wellness Coaching Program. The 12-week program includes learning how to set and achieve wellness goals, getting support by certified wellness coaches, and learning exercise in a safe environment. The program also includes two free sessions with a registered dietitian. Information Workshops are 6 p.m. every Tuesday. Wellness Coaching Program hours are 9 a.m. to 1 p.m. and 4 to 8 p.m. on Mondays, Wednesdays and Thursdays.

Bergen YMCA happenings

YWCA Bergen County is offering the following programs on upcoming dates. More information on each is available online at ywcabergen.org.

ON DECK from C3

non-perishable food donation to benefit Social Services. This date also marks the season opener for first- and second-grade softball, as well as first-grade baseball.

April 27: First- and second-grade softball clinic at Veterans Field Southeast, hosted by the Ridgewood 1401 Raiders travel softball team. First-graders will meet from 11 a.m. to 12:15 p.m., and second-graders will meet from 12:30 to 1:45 p.m.

The Raiders will have a game following the clinic at 3 p.m. for those interested in watching. Date TBA: Junior Umpire Training, open to all 7-12th graders. Must work Saturdays to participate.

Visit us at www.rbsa.us for the complete calendar, or find the RBSA on Facebook.

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County Relays  
@ Ridgewood and River Dell

April 9, 11, 12

Wednesday:

Discus:

M. Antosiewicz **126'10"**, P. Mallelieu **116'1"**, M. Benjamin **104'2"**      **347'1" – 2<sup>nd</sup> Place**

Pole Vault:

S. Llerandi **13'6"**, A. Wong **12'6"**, P. Morgan **11'6"**      **37'6" – 1<sup>st</sup> Place**

Friday:

3x400IH:

B. Collins **58.4**, B. Joyner **59.7**, E. Larsson **61.9**      **3:00.0 – 3<sup>rd</sup> Place**

4x200m:

J. Norrell **23.6**, J. Locke **22.2**, D. Han **22.5**, J. Sabatini **21.9**      **1:30.4 – 2<sup>nd</sup> Place**

4x1600m:

M. Thurston **4:34.3**, D. Frering **4:35.6**, K. Tamura **4:37.3**, L. Dublirer **4:28.2**      **18:15.1 – 3<sup>rd</sup> Place**

Triple Jump:

B. Joyner **43'1 ½"**, M. Zeno **42'7"**, A. Punjabi **41'9"**      **127'5 ½" – 1<sup>st</sup> Place – School Record**

Javelin:

N. Higgins **173'4"**, J. Locke **170'3"**, C. Abernethy **116'10"**      **460'5" – 1<sup>st</sup> Place – School Record**

Saturday:

4x110HH:

E. Berry **15.4**, D. Barnes **17.3**, B. Joyner **16.4**, M. Zeno **15.2**      **1:04.4 – 2<sup>nd</sup> Place**

4x100m:

J. Norrell, J. Locke, D. Han, J. Sabatini **43.7 – 2<sup>nd</sup> Place**

Distance Medley:

D. Frering **3:09.8**, J. Norrell **53.0**, B. Collins **1:58.4**, M. Thurston **4:35.5**      **10:34.4 – 4<sup>th</sup> Place**

Sprint Medley:

J. Sabatini **51.2**, D. Han **22.3**, J. Locke **22.6**, L. Dublirer **1:55.2**      **3:31.9 – 2<sup>nd</sup> Place**

4x800m:

B. Collins **2:00.7**, K. Tamura **2:02.8**, L. Dublirer **1:57.5**, D. Frering **2:01.2**      **8:03.1 – 1<sup>st</sup> Place**

Frosh 4x400m:

K. Grant **58.1**, M. Robazzo **60.9**, B. Rynkowski **63.1**, Z. Stadulis **55.5**      **3:56.6 – 5<sup>th</sup> Place**

4x400m:

B. Collins **52.9**, L. Dublirer **50.8**, J. Norrell **53.6**, J. Sabatini **51.3**      **3:28.6 – 4<sup>th</sup> Place**

Shot Put:

N. Higgins 39'7", M. Antosiewicz 37'9 ¼" K. Ekert 36'11 ¼" 114'3 ½"

Long Jump:

D. Barnes 20'3" B. Joyner 19'10 ¾", J. Davila 19'8 ½" 59'10 ¼' - 2<sup>nd</sup> Place

High Jump:

M. Zeno 5'10", J. Davila 5'4", N. Higgins 5'4" - 16'6" - 4<sup>th</sup> Place

Final Standings:

Top 5:

Ridgewood 112

Old Tappan 101

Don Bosco 65

Demarest 62.5

Paramus Catholic 42

Comments:

Congratulations on another Bergen County Relays Championship. There are always areas to work on but certainly we had a lot of highlights in this meet.

Top 4 places in 15 of 16 events and top 2 in 10 of 16 events:

First Place: 4 times

Second Place: 6 times

Third Place: 2 times

Fourth Place: 3 times

**BOYS A**

**TEAM SCORES**

Ridgewood 112, Old Tappan 101, Don Bosco 65, Demarest 62, Paramus Catholic 42, Bergen Catholic 37, Hackensack 21, Northern Highlands 18, Teaneck 17, Pascack Valley 11, Fair Lawn 5, Paramus 3, Bergen Tech 2.

**4x100:** 1. Paramus Catholic (Abdul Neblett, Kristian Bautista, Alljah Jackson, Jabrill Peppers), 42.2 (record, old record, 42.3 by Teaneck, 2008); 2. Ridgewood, 43.7; 3. Old Tappan, 43.9; 4. Bergen Catholic, 44.1; 5. Don Bosco, 44.6; 6. Demarest, 44.9.

**4x200:** 1. Paramus Catholic (Abdul Neblett, Kristian Bautista, Alljah Jackson, Jabrill Peppers), 1:29.5; 2. Ridgewood, 1:30.4; 3. Bergen Catholic, 1:31.3; 4. Pascack Valley, 1:31.7; 5. Don Bosco, 1:32.0; 6. Old Tappan, 1:32.6.

**4x400:** 1. Don Bosco (Dalton Friend, Brenden Twumasi-Ankrāh, Adam Ramos, Schan Lartigue), 3:23.0; 2. Bergen Catholic, 3:26.0; 3. Old Tappan, 3:28.4; 4. Ridgewood, 3:28.6; 5. Teaneck, 3:29.8; 6. Paramus, 3:35.7.

**4x800:** 1. Ridgewood (Kotaro Tamura, David Freing, Luke Dublirer, Brian Collins), 8:03.1; 2. Don Bosco, 8:10.8; 3. Demarest, 8:14.2; 4. Old Tappan, 8:17.2; 5. Teaneck, 8:23.2; 6. Fair Lawn, 8:37.3.

**4x1600:** 1. Don Bosco (Wilke Higgins, Patrick Sullivan, Rob Townsend, Kyle Levermore), 17:58.2; 2. Bergen Catholic, 18:05.1; 3. Ridgewood, 18:15.1; 4. Old Tappan, 18:22.3; 5. Demarest, 18:22.6; 6. Hackensack, 18:31.9.

**Sprint medley:** 1. Old Tappan (Will Rienas, Jordan Fuller, Pierce Lukas, Marc Rienas), 3:31.1; 2. Ridgewood, 3:31.9; 3. Don Bosco, 3:33.4; 4. Bergen Catholic, 3:36.2; 5. Bergen Tech, 3:37.7; 6. Pascack Valley, 3:38.1.

**Distance medley:** 1. Don Bosco (Bobby Gonzalez, Adam Ramos, Tim Alcide, Kyle Levermore), 10:19.6 (record, old record, 10:24.2 by Ridgewood, 2012); 2. Demarest, 10:24.2; 3. Old Tappan, 10:25.1; 4. Ridgewood, 10:34.4; 5. Teaneck, 10:49.0; 6. Hackensack, 10:56.8.

**Shuttle hurdles:** 1. Demarest (Wilmer Jovel, Tom Kupferschmidt, Andrew Pana, Cameron Koyoma), 1:03.6; 2. Ridgewood, 1:04.4; 3. Old Tappan,

1:05.9; 4. Don Bosco, 1:07.3; 5. Northern Highlands, 1:08.4; 6. Fair Lawn, 1:14.9.

**3x400 IH:** 1. Old Tappan (Brendan Davidson, Will Rienas, Joe Jordan), 2:51.7; 2. Don Bosco, 2:59.1; 3. Ridgewood, 3:00.0; 4. tie between Hackensack and Demarest, 3:02.2; 6. Bergen Catholic, 3:10.9.

**Shot put:** 1. Old Tappan (Dean Pella, Zachary Lucas, John Plcinich), 125-6/4; 2. Demarest, 124-4/4; 3. Paramus Catholic, 120-10/4; 4. Pascack Valley, 119-0/4; 5. Bergen Catholic, 118-6/6; Hackensack, 115-4/4.

**Discus:** 1. Old Tappan (Aidan Shin, Be-sart Kortoci, Ju Hyung Jeong), 352-9; 2. Ridgewood, 347-1; 3. Paramus Catholic, 337-9; 4. Teaneck, 320-5; 5. Fair Lawn, 310-5; 6. Pascack Valley, 310-2.

**Javelin:** 1. Ridgewood (Nick Higgins, Jathal Locke, Connor Abernathy), 460-5; 2. Demarest, 432-2; 3. Old Tappan, 406-10; 4. Bergen Catholic, 404-1; 5. Paramus, 392-6; 6. Fair Lawn, 389-4.

**High jump:** 1. Demarest (Josh Landsman, Anthony Dofan, Matt Uparini), 17-6; 2. tie between Hackensack and Old Tappan, 17-0; 4. Ridgewood, 16-6; 5. Northern Highlands, 15-10; 6. Don Bosco, 11-8.

**Long jump:** 1. Paramus Catholic (Jabrill Peppers, Abdul Neblett, Kristian Bautista), 60-9; 2. Ridgewood, 59-10/4; 3. Old Tappan, 59-3/4; 4. Hackensack, 59-2/4; 5. Demarest, 57-1/4; 6. Teaneck, 56-0.

**Triple jump:** 1. Ridgewood (Bruce Joyner, Michael Zeno, Armand Punjabi), 127-5/4; 2. Northern Highlands, 122-8/4; 3. Teaneck, 122-6; 4. Demarest, 119-10; 5. Don Bosco, 117-8; 6. Old Tappan, 116-3/4.

**Pole vault:** 1. Ridgewood (Spencer Llerandi, Allan Wong, Patrick Morgan), 37-6; 2. Old Tappan, 37-0; 3. Northern Highlands, 29-0; 4. Hackensack, 28-6; 5. Don Bosco, 28-0; 6. Pascack Valley, 27-0.

# Team effort lifts Emerson to title

By **PAUL SCHWARTZ**  
STAFF WRITER

## BERGEN COUNTY RELAYS

ORADELL — Latin is not taught at Emerson High School. But the Cynos boys track team follows a Latin motto given to them by Mark Ledgerwood when he took over as coach two years ago.

“Simul Vincimus” — “Together We Conquer.”

That phrase could apply to all four teams that captured divisional titles at the Bergen County Jack Yockers Relays on Saturday at River Dell. But it especially was sweet for Emerson, which captured the D division title, its first in program history. Emerson clinched the meet with a second-place finish in the final event, the 4-x-400 meter relay, 79½-70, over Saddle Brook.

The Cynos were joined by repeat A champion Ridgewood, a 112-101 winner over Old Tappan; B titlist River Dell, which held off Ramsey, 116-105, and perennial winner Hasbrouck Heights, which captured its sixth straight divisional title and second consecutive in C, 105-86, over Lodi.

“It was a team effort from the opening day of the season when I had our biggest turnout in many years, with more than 40 boys coming out for the team,” said Ledgerwood, who has been on staff for five years, which included three runner-up finishes in this event.

“The kids buy into what we’re trying to do and they’re dedicated to wanting to be part of something special,” said Ledgerwood. “Robbie Maggiulli was a medal winner in the state wrestling tournament at 205 pounds and he comes here and runs great legs on our 4-x-1,600 distance medley and 4-x-400 teams and anchors our winning 4-x-800 team, while a first-year runner like Louis O’Keefe runs

on our 4-x-100, 4-x-200, 4-x-400 and anchors our sprint medley running 2:03 in the first 800 he ever runs. Everybody on the team is just like them.”

Ridgewood came into the season as the top-ranked team in The Record preseason Top 25, and nothing the Maroons did this weekend made anyone change their mind.

“We always come into this season with a goal to win this event because it shows the consistency of your entire team and more kids medal in this meet than any other,” said Ridgewood coach Josh Saladino, who has five titles in 13 years as coach.

With 13 athletes winning gold medals in the four events Ridgewood won, and in placing in the top four in 15 of the 16 events, the Maroons dominated in what generally was considered the deepest and best meet in the 53-year history of the event.

“This is probably the biggest team accomplishment we can achieve and to do it with all the talent that we have in Bergen County this year is special,” said Saladino.

Hasbrouck Heights and River Dell had similar performances in winning their titles. The Aviators scored in every other event after getting disqualified for a false start in the first race of the meet, and River Dell won six events and scored in everything but the triple jump.

Marc Rienas of Old Tappan won the Bernard Smith Award for the top track performer, with a stellar 1:54.5 anchor 800 in the sprint medley. Seth Zuidema of Midland Park won the Steve Finley Award for the top field performer.

4/13



# Big North Track & Field Dual Meet

## Ridgewood vs Hackensack

Boys

April 16, 2014

Total Score

Event	First Place	Second Place	Third Place	RHS HHS		Total Score	
				RHS	HHS	RHS	HHS
400H	Collins, RHS, 58.9	Dixon, HHS, 61.4	Mersah, HHS, 62.9	5	4	76	64
100m Dash	Sabatini, RHS, 11.0	Norrell, RHS, 11.6	Guzman, HHS, 11.7	8	1		
1600m Run	Marshall, RHS, 4:39.6	Vanderwilt, HHS, 4:40.1	Tamura, RHS, 4:40.2	6	3		
400m Dash	Joyner, RHS, 53.1	Norrell, RHS, 53.9	Hernandez, HHS, 54.47	8	1		
100m Hurdles	Berry, RHS, 15.4	Escoffery, HHS, 15.5	Zeno, RHS, 15.6	6	3		
800m Run	Mascetti, HHS, 1:59.9	Tamura, RHS, 2:06.8	Losche, HHS, 2:08	3	6		
200m Dash	Sabatini, RHS, 22.5	Smith, HHS, 24.2	Norrell, RHS, 24.3	6	3		
3200m Run	Gonzalez, HHS, 10:11.8	Vanderwilt, HHS, 10:22.0	Barnabic, RHS, 10:22.8	1	8		
High Jump	Escoffery, HHS, 6'	Zeno, RHS, 5'10"	Davila, RHS, 5'4"	4	5		
Pole Vault	Wong, RHS, 12'6"	Llerandi, RHS, 12'6"	Morgan, RHS, 11'0"	9	0		
Long Jump	Escoffery, HHS, 20' 1 3/4"	Smith, HHS, 20' 1/2"	Joyner, RHS, 19' 9 1/2"	1	8		
Triple Jump	Escoffery, HHS, 41' 5 1/2"	Joyner, RHS, 40' 11 3/4"	Smith, HHS, 40' 10 1/2"	3	6		
Discus	Antoiewicz, RHS, 142'6"	Stuart, HHS, 123'11"	Mallalieu, RHS, 109'1"	6	3		
Shot Put	Stewart, HHS, 43'9"	Antosiewicz, RHS, 39'10"	Benjamin, RHS, 39'7"	4	5		
Javelin	Higgins, RHS, 168'2"	Shean, HHS, 140'8"	Abernethy, RHS, 110'3"	6	3		
4X400relay	Hackensack, 3:39.4			0	5		

Comment:

Dual meet v. Hackensack  
@ Ridgewood

April 16, 2014

400IH: Z. Stadulis **63.6**, E. Westcott **66.1**

100m: K. Grant **11.9**, M. Rubinowicz **12.0**, M. Record **12.1** W. Migliorelli **12.3**, M. Rubin **12.4** T. Joo **12.4**  
C. Hartigan **12.5** N. Cobb **12.7** E. Bragg **12.9**, J. Hadfield **13.1**, J. Zachem **13.3**, S. Do **13.3**, B. Chung **13.5**  
L. Grygier **13.7** J. Pappas **13.8** M. Oltamans **13.9**, A. Hong **14.3**

1600m: R. Fischer **4:49**, N. Barnabic **4:53**, C. Salamone **4:54** H. Ricatto **4:55**, B. Rynkowski **5:03**, E. Garcia  
**5:03** J. Neflezger **5:14** B. Chan **5:20** A. Chaurasia **5:34** E. Tilyou **5:43**

400m: K. Ward **54.0** W. Migliorelli **56.9**, A. Taggart **57.9** M. Rubin **60.3** E. Bragg **60.6** J. Hadfield **61.4**, T.  
Kussofsky **61.6** I. McTavish **62.6** B. Si **62.8**

110HH: A. Armatas **17.6**, E. Westcott **19.3**, C. Perlman **33.2 (fell)**

800m: H. Seifert **2:11**, A. Taggart **2:13**, D. Cosentino **2:15** M. Lee **2:17**, M. Robazza **2:19** P. Yanella **2:23**,  
B. Byrne **2:25** R. Schalbek **2:27**

200m: B. Collins **24.1**, K. Grant **24.5** Z. Stadulis **24.8** M. Rubin **24.8** M. Record **25.5** C. Hartigan **26.3** S. Do  
**27.1**, I. McTavish **27.2** T. Kusoffsky **27.2** J. Zachem **27.7**

3200m: K. Marshall **10:22**, B. Hughes **10:43**, S. Calello **10:47** B. Gilligan **11:15**

4x400m: K. Ward **55.0**, Z. Stadulis **56.4**, D. Barnes **55.3**, J. Norrell **53.3** = **3:39.9**

Long Jump:

D. Barnes **19'4 ½"**, E. Berry **18'8 ¾"** A. Punjabi **17'7 ½"**, C. Perlman **15'1 ½"**, R. Harada **14'11"**,  
N. Gomez **14'11"**

Triple Jump:

M. Zeno **40'3 ¼"**, A. Punjabi **39' ½"**, E. Berry **37'6 ½"** R. Harada **33' ½"**, C. Perlman **30'6"** D. Barnes F

High Jump: N. Higgins **5'4"** R. Harada **5'4"**

Javelin: M. Benjamin **104'5"** T. Migliorelli **93'2"** J. Wiggington **88'5"**

Shot Put:

K. Ekert **37'5"**, S. Yoon **34'4 ½"**, S. Arzoumanian - **25'6**, W. French - **26'9**, M. Milo - **24'3**, T. Kennedy -  
**35'4**, P. Mondy - **24'9**, S. Collins - **25'4**

Discus:

M. Benjamin **95'4"**, K. Ekert **91'0**, T. Kennedy - **73'6**, P. Mondy - **39'7**, S. Collins - **74'9**, M. Milo - **75'1**,  
W. French - **61'7**, S. Arzoumanian - **61'2**

Pole Vault: P. Morgan **11'0"** C. Abernethy **10'0"**, L. Bontoux **9'0"**

# SPORTS



PHOTOS COURTESY OF JACOB BROWN

Ridgewood senior David Frering takes the baton from classmate Luke Dublirer in the boys 4-x-800-meter relay last Saturday at the Jack Yockers Bergen County Relays. The Maroons won the event en route to their second straight Division A title.

## BOYS TRACK & FIELD: BERGEN COUNTY RELAYS

# RHS repeats in Division A

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

RIDGEWOOD - In its first major test of the young season, the Ridgewood High School boys track and field team responded by taking home the Division A championship at last week's Jack Yockers Bergen County Relays.

The Maroons matched the lofty expectations placed on them prior to the season by finishing in the top four in 15-of-16 events to score 112 out of a possible 160



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RIDGEWOOD - In its first major test of the young season, the Ridgewood High School boys track and field team responded by taking home the Division A championship at last week's Jockers Bergen County Relays.

The Maroons matched the lofty expectations placed on them prior to the season by finishing in the top four in 15-of-16 events to score 112 out of a possible 160 points and edge second-place Old Tappan by 11 points for the title.

"What excited me about the team was that we rose to expectations," said RHS head coach Josh Saladino. "We were the No. 1 team in North Jersey in *The Record's* rankings going into it, so the pressure was on our guys and they responded."

The victory marked the second straight year the Maroons won the meet.

"We were the defending champions, and the kids went into this meet with the expectation and the goal to defend their County Relays championship," Saladino said. "The kids have been through it before. They knew what to expect."

The meet, which occurs over the course of three days, can provide mental challenges for teams, especially those that get off to slow starts.

"There are things that can go wrong, and how you rebound from them usually is a telltale sign," Saladino said. "But, to be honest, not a lot of things went wrong for our team."

RHS started quickly April 9 and 11, the first two days of the meet, earning first place in the pole vault, triple jump and javelin.

The senior vaulting trio of Spencer Llerandi (personal best 13 feet, 6 inches), Allan Wong (12-6) and Patrick Morgan (11-6) claimed second, fourth and fifth place, respectively, to capture the gold. Their 37-6 combined height was good enough for the fifth-best total in Bergen County history, according to Saladino.

In the triple jump relay, seniors Bryce Joyner (43-1½) and Michael Zeno (42-7) and junior Armand Punjabi (41-9) each recorded personal records to finish second, third and fifth, respectively. Their total distance of 127-5½ bested second-place Northern Highlands by nearly five feet.

Seniors Nick Higgins (173-4) and Jamal Locke (170-3) placed 1-2 in the javelin relay, and junior Connor Abernathy (116-10) added a solid 25th-place showing to give Ridgewood a three-person total of 460-5, 28 feet better than second-place Demarest.

"The first two days, there are a possible 79 points, and we scored



Ridgewood junior Jonathan Norrell is hot on the heels of River Dell's Justin Meyer in the boys Division A/B 4-x-400 race. The Maroons finished fourth among Division A teams, while River Dell took first in Division B.



Jamal Locke, left, runs a leg of the Ridgewood boys' silver-medal 4-x-100 relay. The senior also placed second in the javelin throw to help the Maroons secure the top spot in that relay.

58 of them, so we got off to a very good start," Saladino said. "Something like the triple jump, where three kids are jumping and all three jump their personal best; when you do that enough times, it becomes hard to beat your team."

The Maroons also placed second in the long jump and discus.

Three top-10 efforts by Joyner, senior Doug Barnes and junior Jonathan Davila propelled the long jump squad to a distance of 59-10¼, less than a foot off the mark set by winner Paramus Catholic.

In the discus relay, Mike

Antosiewicz and Paul Mallalieu, both seniors, and junior Matthew Benjamin combined for a distance of 347-1 to place runner-up to Old Tappan.

In the final round of events on Saturday, the RHS 4-x-800-meter relay of seniors David Frering, Luke Dublirer and Brian Collins and junior Kotaro Tamura posted a time of 8:03.1, topping Don Bosco by more than seven seconds.

Tamura's performance signified a "big breakthrough," according to Saladino, who said the junior improved his personal best

time by five seconds in the race. "That was what really propelled us to the win in that event."

Also on the track, the Maroons finished second in the 4-x-100, 4-x-200, 4-x-100 shuttle hurdle and sprint medley relays.

"We can score everywhere: sprints, distances, hurdles, throws, jumps," Saladino said. "It helps give the kids the confidence to know it's a full team effort. There wasn't one event we needed to score a certain amount of points in, because we could score in so

See BOYS TRACK, page C3

opping runs within the divisio

"We're going t a rough stretch shortstop Nico S is committed to "We just have s need to clean up.

Offensively, have gotten off t scoring 57 runs in en games, includ more in each of t

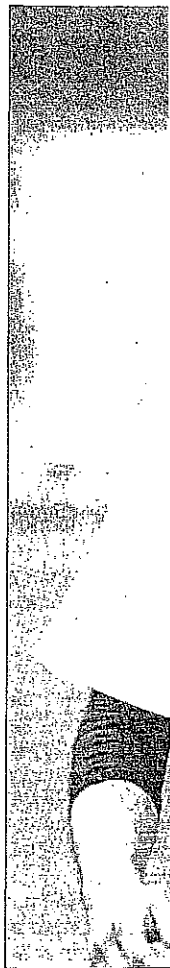
Symington le with nine runs be and senior center Kawahara, a Mai each have three Senior right field Caughty (Cir added a homer a

And Homme lineup to becom tent as the seas

"We didn't ge hits," Hommen sa recent stretch. "I swing the bat bett

On the other hurlers have been inning in each which included a at Indian Hills, against Paramus fourth at Norther

"You've got to



Senior catcher N run-scoring rallie Freedom Divisor

BOYS TRACK from C1

many areas."

While Ridgewood's silver-medal finishes were important contributions to the overall team title, Saladino acknowledged the bittersweet nature of the results.

"As a team, certainly we were encouraged by the six second-place finishes, but those second-place teams, they wanted to win as bad as everybody else," he said. "The attitude of the team is that they go out there and they expect to be competing for a win in every event they are entered in."

"They do understand the big picture, and the big picture is getting points," the coach added.

The County Relays were held a week earlier than usual due Easter falling on April 20, but Saladino said the scheduling

gave the Maroons a "good opportunity" to build off strong showings the weekend prior by team members at both the Mobile (Ala.) Challenge of Champions and the Steve Pawlowski Ridgewood Relays.

Following this Tuesday's final dual meet of the season at Indian Hills, Ridgewood will send teams for the 4-x-100, 4-x-400 and 4-x-800 to the Penn Relays next weekend in Philadelphia.

RHS then will prepare for the Big North Freedom Division meet to be held May 1 at Hackensack, where it will look to defend last year's division title.

"Our goal every year is to win all the major team championships," Saladino said.

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## Track: Boys and Girls Top 25 Rankings

by David Melsel

Wednesday, April 16, 2014 5:59 pm

Hello, everybody! Welcome to track and field season. As Paul Schwartz wrote this week, we're working on bringing you more content this season than those past. This weekend's Bergen County Relays gave us the first idea of how things are going to play out this year, so let's recap where each team stands.

### BOYS

- 1. Ridgewood** – Ridgewood put together a clinical performance at the Bergen County Relays with strong performances in almost every event, too many to list here. Josh Saladino always gets the most out of his teams and this weekend showed this year won't be any different.
- 2. Old Tappan** – The runner-up to Ridgewood won the sprint medley behind **Will Rienas, Jordan Fuller, Pierce Lukas** and **Mark Rienas**. They will be one of the bigger threats to Ridgewood; the only question is how big a threat they will be.
- 3. River Dell** – The B champion showed prowess in the shot put, sprints, and hurdles in particular. River Dell did a commendable job fighting past Ramsey.
- 4. Ramsey** – Ramsey was beat out by River Dell by just 11 points. They cost themselves by not placing in the 4x100 but finished well in almost every event.
- 5. Don Bosco** – The Ironmen are clear-cut leaders of the Group A second tier, and that's saying quite a bit with the competition in their division, Ridgewood and Old Tappan. Their 65 points were third in the group at the Bergen County Relays.
- 6. Demarest** – See Don Bosco, with the only difference being Demarest's better in the field events, while Bosco's better in sprints and distance.
- 7. Passaic Tech** – Passaic Tech did particularly well in field events on their way to a victory at the Passaic County Relays.
- 8. Hasbrouck Heights** – Heights only won three events. It's a testament to how much depth they have year-in and year-out.
- 9. Lodi** – Edged by Hasbrouck Heights, they have perhaps more top-level talent but less depth. **Vishaldeep Singh** and **Keyshawn Fowler** both showed a lot at the Bergen County Relays, participating in Lodi's first-place finishes in the 4x200 and the triple jump.
- 10. Bergen-Catholic** – The Crusaders' 37 points and sixth-place finish reflect the strength of their division.
- 11. Ridgefield Park** – Even with **Chris Estrella** still injured, Ridgefield Park got off to an excellent start with a win at the Pawlowski Relays, and showed coach Dennis Murri some signs at the county meet.
- 12. Indian Hills** – No Julia Guerra on this side for Indian Hills, but they held their own, finishing third in the sprint medley and first in the distance medley in 10:35.0. Credit to **Chris Evans, Mike Nowatzky, Jack Kerin**, and **Matt Tuohy** for that win.

13. **Paramus Catholic** – All you can say at this point about Group A is that six of its teams are in our top 13. PC is another very strong team that suffers from being in a difficult division.
14. **Hackensack** – Hackensack didn't place many times, but had a respectable showing with a second-place finish in the high jump and fourth-place finishes in the intermediate hurdles and the long jump.
15. **Kennedy** – Kennedy placed second in Group A at the Passaic County Relays. It isn't on the level of Passaic Tech, but they were excellent in the sprints.
16. **Westwood** – Westwood finished third in Group C but was the best team in the distance events, winning the 4x1600 and distance medley.
17. **New Milford** – New Milford's part of that second tier in Group C with Westwood.
18. **Wayne Valley** – Wayne Valley finished tied for third (with Clifton) in Group A at the Passaic County Relays, coming up seven points short of Kennedy.
19. **Lyndhurst** – Lyndhurst finished with 53 points in Group C, two short of New Milford.
20. **Northern Highlands** – Like Lyndhurst, the Highlanders could have been higher but they finished just three points short of Paramus Catholic's 21 points.
21. **Clifton** – Clifton's tie with Wayne Valley showed that Clifton can hold its own in Passaic County.
22. **Mahwah** – Mahwah came in fifth in Group B with 38 points. They're an in-between team, as they finished 12 points short of Indian Hills but 10 points ahead of Ramapo.
23. **Teaneck** – Teaneck can compete with the likes of Highlands, Hackensack, and maybe Bergen Catholic in Group A.
24. **Cresskill** – Cresskill is part of that middle tier of Group C with Westwood, New Milford, and Lyndhurst.
25. **Emerson** – Emerson did a great job winning Group D, with good performances in every event.

April 19, 2014

Comet Relays  
@ Hackensack

4x1600m:  
K. Marsall 4:37.5, R. Fischer 4:48.3, H. Ricatto 4:56.8 K. Tamura 4:47.3 – 19:11.5 – 3<sup>rd</sup> Place  
J. Byrne 4:45.8, C. Salamone 5:01.3, E. Garcia 5:05.5, B. Hughes 4:55.3 – 19:47.7

Novice 2x400IH: E. Westcott 65.3, A. Armatas 61.5 – 2:06.8 – 1<sup>st</sup> Place

4x100m:

Varsity:

M. Rubinowicz M. Record, K. Ward, W. Migliorelli – 47.1

Novice:

C. Hartigan, E. Bragg, A. Taggert, E. Westcott – 51.1  
T. Kusoffsky, J. Hadfield, J. Zchem, M. Rubin – 52.7  
C. Azzopardi, T. Joo, J. Pappas, M. Binsock – 51.9

Frosh:

S. Do, R. Harada, I. McTavish, Z. Stadulis – 51.4 – 4<sup>th</sup> Place  
C. Perlman, L. Grygier, N. Gomez, B. Chung – 53.5 – 5<sup>th</sup> Place

4x800m:

Novice:

D. 2:17, A. Taggert 2:16, M. Lee 2:19, H. Seifert 2:16 – 9:07 – 4<sup>th</sup> Place  
P. Yanella 2:30, R. Schalbek 2:28, A. Chaurasia 2:44, M. Binstock 2:16 – 9:58

Frosh:

B. Rynkowski 2:15, B. Byrne 2:27, E. Tilyou 2:35 J. Neflezger 2:27 – 9:58 – 5<sup>th</sup> Place

4x200m:

Varsity:

M. Rubinowicz 25.0, M. Record 25.5, K. Ward 24.3, W. Migliorelli 24.8 1:39.8 – 5<sup>th</sup> Place

Novice:

C. Hartigan 26.3, E. Bragg 28.1, A. Taggert 27.3, E. Westcott 25.3 – 1:46.8  
T. Kusoffsky 27.2, J. Hadfield 27.0, J. Zchem 29.6, M. Rubin 26.7 – 1:50.3  
C. Azzopardi 28.4, T. Joo 27.0, J. Pappas 28.3, A. Armatas 24.2 – 1:47.5

Frosh:

S. Do 27.4, R. Harada 28.1, I. McTavish 26.9, Z. Stadulis 24.8 – 1:47.3 – 3<sup>rd</sup> Place  
C. Perlman 29.3, L. Grygier 28.6, N. Gomez 28.1 B. Chung 27.8 – 1:52.6 – 4<sup>th</sup> Place

Distance Medley:

Varsity:

K. Marshall 3:25, R. Fischer 56.8, H. Ricatto 2:18, K. Tamura 4:42 – 11:22.5 – 3<sup>rd</sup> Place

Novice:

J. Byrne 3:28, E. Garcia 59.7, C. Salamone 2:15, B. Hughes 5:08 – 11:52.1 – 4<sup>th</sup> Place  
A. Chaurasia 4:21.5, H. Seifert 62.3, D. Cosentino 2:20.8, B. Gilligan 5:24.8 – 13:09.4



Frosh:

J. Neflezger **3:52.6**, Z. Stadulis **57.8**, B. Byrne **2:32.3**, B. Rynkowski **5:00.9** – **12;23.8** – **3<sup>rd</sup> Place**

Long Jump:

Frosh: R. Harada **14'7"**, N. Gomez **14'6"** – **29'1"** – **2<sup>nd</sup> Place**

Triple Jump:

Frosh: R. Harada **32'6"**, C. Perlman **32'6"** – **65'0"** – **1<sup>st</sup> Place**

Javelin:

N. Higgins **163'8"**, E. Bragg **97'3"**, J. Wiggington **76'3"**

Pole Vault:

S. Llerandi **13'0"**, P. Morgan **12'0"**, A. Wong **NH** – **25'0"** – **5<sup>th</sup> Place**

**Meet Comments:**

**A lot of medals!!! Nice job!**

# Ridgewood 85 Indian Hills 55

Event:	1st Place	2nd Place	3rd Place	Rwd	IH
400IH:	B. Rousseau - IH 57.6	B. Collins - R 58.9	B. Joyner - R 60.3	4	5
100m:	J. Sabatini - R 11.0	J. Locke - R 11.2	D. Han - R 11.4	9	0
1600m:	M. Touhy - IH 4:33.2	T. McPhee IH 4:33.8	C. Evans IH 4:34.3	0	9
400m:	M. Nowatsky IH 50.0	L. Dublirer - R 50.4	J. Norrell - R 52.7	4	5
110HH:	M. Zeno - R 15.4	E. Berry - R 15.6	B. Joyner - R 16.4	9	0
800m:	M. Thurston - R 2:00.6	D. Frering - R 2:01.1	B. Rousseau -IH 2:01.6	8	1
200m:	J. Sabatini - R 22.7	D. Han - R 23.0	R. Thompson - IH 23.2	8	1
3200m:	Tuohy IH 10:05.5	Evans IH 10:10.7	McPhee IH 10:12.7	9	0
4x400m:	Indian Hills - 3:34.5			0	5
Long Jump:	B. Joyner - R 20'3 1/2	E. Berry - R 19'10"	IH	8	1
Triple Jump:	B. Joyner - R 41'7 3/4	A. Punjabi - R 41'1 1/4	Sidaros - IH 40'10 1/2"	8	1
High Jump:	M. Zeno - R 6'2"	IH - 5'8"	J. Davila - R 5'4"	6	3
Shot Put	IH - 41'1	M. Benjamin - R 38'7"	Pastorius - R 38' 3 1/2"	4	5
Discus:	Antosiewicz - R 135'2"	IH	IH	5	4
Javelin:	N. Higgins - R 171'9"	J. Locke - R 162'5"	IH	8	1
Pole Vault:	Gandy - IH 13'0"	S. Llerandi - R 13'0"	A. Wong - R 13'0"	4	5
Final Score:				85	55

Dual Meet v. Indian Hills – Non Scoring  
@ Indian Hills

April 22, 2014

400H: A. Armatas **61.4**, E. Larsson **62.6**

100m: R. Kyle **11.6** K. Grant **11.7** M. Rubinowicz **11.8** W. Migliorelli **11.9**, Z. Stadulis **12.2**, S. Do **12.6**,  
M. Record **12.6** T. Kussofsky **12.7**, M. Rubin **12.8**, C. Hartigan **12.9**, C. Azzopardi **13.0**, N. Cobb **13.0**,  
J. Hadfield **13.3**, L. Grygier **13.3**, B. Chung **13.3** J. Zachem **13.4**, S. King **13.5**,

1600m: Coach Glynn?

400m: K. Ward **53.3**, Z. Stadulis **56.8**, C. Hartigan **60.1**, E. Bragg **60.2**, I. McTavish **60.6**, T. Kussofsky **60.7**,  
J. Hadfield **61.8**, B. Chung **63.8**, L. Grygier **65.6**

110HH: A. Armatas **17.2**, C. Perlman **22.6**

800m: Coach Glynn?

200m: J. Norrell **24.3**, E. Larsson **24.6** R. Kyle **24.8**, W. Migliorelli **24.9**, M. Rubinowicz **25.0**,  
K. Grant **25.3**, Z. Stadulis **25.6** M. Rubin **25.7** T. Joo **25.8**, S. Do **26.4**, C. Azzopardi **26.8**, ??? **26.9**,  
S. Kim **27.7**, J. Zachem **28.3**, I. McTavish **28.6**

3200m: Coach Glynn?

4x400m: K. Ward **53.9**, W. Migliorelli **57.4**, E. Larsson **58.0**, B. Collins **53.8 – 3:43.4**

High Jump: R. Harada **5'0"**

Long Jump: D. Barnes 19-9/ J. Davila 19-2/ A. Punjabi 18-11 1/2/ R. Harada 16-9 1/2/ C. Pearlman 15-8/  
N. Gomez 14-9 1/4

Triple Jump: M. Zeno 39-1 3/4/ E. Berry 37-11 3/4/ C. Pearlman 35-1 1/4/ R. Herra 34-5 1/2

Javelin: T. Migliorelli **102'**,

Pole Vault: P. Morgan **12'6"** L. Bontoux **9'0"**,

Shot Put: M. Antosiewicz – 36'3, K. Ekert – 35', S. Yoon – 36'3, P. Mondy – 23'11, TJ Campanello – 21'8,  
M. Milo – 20'9, W. French – 27'8, T. Kennedy – 34'2, S. Collins – 23'8, S. Arzoumanian – 23'7

Discus: K. Ekert – 102'9 ½, P. Mallalieu – 111'2, M. Benjamin – 105'2, M. Antosiewicz – 135'2 ½, S.  
Yoon – 92'1

# Penn Relays preview

The 120th Penn Relays, today through Saturday at Franklin Field, Philadelphia

## GIRLS

### LONG JUMP

**When:** Today, 1:45 p.m.

**Local entrant:** Tatyanna Sanders, Paramus Catholic

**Local outlook:** Sanders competed last season and finished a respectable 12th. She has a great chance to make the final and is within 5½ inches of the Bergen County record of 19-4 set by Jen McDermott of Ridgewood in 1989.

### SHOT PUT

**When:** Today, 3:30 p.m.

**Local entrants:** Chyevenne Bellerand, Emerson; Nikolia Kanaris; Demarest; Jessica Molina, Westwood

**Local outlook:** Bellerand and Molina want 1-2 indoors at the state meet and, if they can approach their indoor throws, could make the final. Kanaris will get some great experience.

### ONE MILE

**When:** Today, 5:55 p.m.

**Local entrant:** Julia Guerra, Indian Hills

**Local outlook:** Guerra got some needed big-race experience at last week's Mt. SAC Relays. If she gets a better start in this star-studded field, she could be in contention for a medal.

### DISTANCE MEDLEY

**When:** Today, 6 p.m.

**Local entrant:** Northern Highlands. **Local outlook:** Catherine Pagano is eligible to run the anchor and has experience, having anchored Ridgewood in the 2012 and 2013 events. Anna Richard is the only recovered from the illness that has hampered her since late February. Amanda Pook and Hilary McElwain also are on the team and a sub-12-minute race is possible.

### 4-x-800 RELAY

**When:** Today, 10:30 a.m.

**Local entrants:** Ramapo, Tenafly, Westwood



**Local entrants:** Dwight-Englewood; North Bergen, Kennedy, Tenafly, Waldwick, Holy Angels, West Milford, Ramsey, Indian Hills, Paramus, Northern Highlands, Pequannock, Pascaack Hills, Cresskill, River Dell, Secaucus, Ramapo, Dwight Morrow, Demarest, Teaneck, Paramus Catholic, Wayne Hills, IHA, Wayne Valley, Ridgewood, Old Tappan, Westwood, Hasbrouck Heights

**Local outlook:** Each race has its own set of medals with the winner earning a "mini wheel" Penn Relays plaque. Ramapo won a plaque last year with the later the race usually meaning faster teams. Last year eight North Jersey teams ran faster than 4:08.0, led by Westwood's 4:01.02. Six teams won medals.

## BOYS

### JAVELIN

**When:** Friday, 2:45 p.m.

**Local entrant:** Seth Zuidema, Midland Park

**Local outlook:** The University of Connecticut signee would love to join his brother Caleb (the 2010 winner) as a Penn Relays champion but it's more likely that Seth will look for a personal best and a slot in the finals.

### SHOT PUT

**When:** Friday, 4:30 p.m.

**Local entrant:** Andrew Turmino, River Dell

**Local outlook:** With the withdrawal of Mahwah's Spencer Ross (sixth last year) because of an Achilles' problem, Turmino is the only entrant. The junior expects to make the finals and gain some experience for the rest of the season and next year.

### ONE MILE

**When:** Friday, 5:50 p.m.

**Local entrant:** Mike Higgins, Don Bosco

**Local outlook:** Higgins, who will run at North Carolina next fall, has been a part of several All-American distance teams at Don Bosco and will

get his first chance at individual glory. He could medal if he can approach 4:15 and stay out of a box early.

### 3,000 METERS

**When:** Friday, 5:55 p.m.

**Local entrant:** Kyle Levermore, Don Bosco

**Local outlook:** Levermore was sixth last year and then went on to win the state championship at 3:20.0, setting a Bergen County record. The Oregon recruit should be in contention for the title and could break the longstanding county record of 8:23.2 set by Ian Leavesley of Mahwah in 1980.

### POLE VAULT

**When:** Saturday, 10 a.m.

**Local entrant:** Luke Annichiarico, Old Tappan

**Local outlook:** The Bergen County indoor record holder at 15-6, Annichiarico shoots for the outdoor record of 15-4¼, set by Juan Andres Giglio of Ridgely Park in 2010. He is a medal contender.

### TRIPLE JUMP

**When:** Saturday, noon

**Local entrant:** Jason Katz, Ramapo

**Local outlook:** The junior, who broke one of the oldest school records in North Jersey history when he leaped 47-¼ indoors, will get great experience. If he can get his steps down, Katz can move into the top 20 all-time in Bergen County with a 47-foot jump outdoors.

### 4-x-800 RELAY

**When:** Friday, 9:40 a.m.

**Local entrants:** Bergen Catholic, Don Bosco, Ridgewood

**Local outlook:** The top 12 teams in Saturday afternoon and last year it took 7:55 to make the final. Ridgewood ran a Bergen County-record 7:48.82 at the Millrose Games and has a great chance to make the final. Bergen Catholic ran 7:55.95 indoors and could make the final if it

# Penn relays

than 44 seconds.

### 4-x-400 RELAY

**When:** Saturday, 9:10 a.m.

**Local entrants:** Mahwah, Hackensack, Ramsey, North Bergen, Indian Hills, Paramus, Waldwick, DePaul, Wayne Valley, Tenafly, West Milford, Secaucus, River Dell, Pascaack Hills, Northern Highlands, Dwight-Englewood, Pascaack Valley, Westwood, Ridgely Park, Paramus Catholic, Demarest, Old Tappan, Ridgewood, Bergen Catholic, Teaneck, Kennedy, Dwight Morrow, Don Bosco

**Local outlook:** Perhaps the centerpiece of the meet, there are separate sets of medals for each of the 47 races and the heats get faster later in the morning. Don Bosco is the fastest team in the area, but is in the fastest race. Indian Hills and Kennedy won plaques last year, and three other teams earned medals. Six teams broke 3:30.

-- Paul Schwartz

From Page S-9

can approach that.

### 4-x-100 RELAY

**When:** Friday, 10:40 a.m.

**Local entrants:** Bergen Catholic, DePaul, Don Bosco, Dwight-Englewood, Dwight Morrow, Eastside, Hackensack, Hasbrouck Heights, Indian Hills, Kennedy, Kinnelon, North Bergen, Paramus Catholic, Ramsey, Ridgely Park, Ridgewood, River Dell, Secaucus, Teaneck, Tenafly, Waldwick, West Milford

**Local outlook:** It'll probably take a trial time of less than 42.75 to qualify for any of the three finals and sub-42.25 to make the Championship of America final Saturday afternoon. The Paramus Catholic team of Abdiu Neblett, Kristian Bautista, Aijah Jackson and Jabrill Peppers already has run 42.2 and 42.6 this spring. Otherwise teams like Ridgewood, Old Tappan and River Dell expect to run faster

## TODAY'S HIGH SCHOOL SCHEDULE

# Ridgewood boys rally, barely miss 4-x-800 final

By PAUL SCHWARTZ  
STAFF WRITER



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Ridgewood's Michael Thurston, left, runs on the outside lane in the first leg of the boys 4-x-800 heat Friday.

PHILADELPHIA — Ridgewood won't be running in the Championship of America 4-x-800 boys final this afternoon at the Penn Relays. But it's likely that the Maroons were one of the top 12 teams in the field of more than 70 teams after their qualifying race Friday. And for 3,100 meters, Bergen Catholic was too.

Despite a fall 50 meters from the first handoff, Ridgewood came within 0.37 seconds of qualifying for the final, running a courageous 7:55.94 to finish third in its heat

and 13th overall.

Sophomore Michael Thurston was running with Bergen Catholic leadoff Tom Selvaggi in fourth and fifth places, respectively, in striking range of the leaders as they prepared to hand off.

"He [Thurston] tried to cut to the inside to get ready to pass the baton and he cut in a little too soon and hit my leg and went down," said Selvaggi, who stayed up and managed to pass to Dan Lynch without incident.

"I had gotten a bad start but I had recovered and I was just trying to get the stick to

See PENN Page S-13

## Penn: Ridgewood

From Page S-11

David [Frering] as quickly as I could," said Thurston. "I was a little wobbly but I hit something and went down."

"I saw him fall and then get up and when I got the stick, I thought it's time to get it back," said Frering, who with third leg Brian Collins, kept the Maroons relatively close although back in seventh or eighth place most of the time.

Meanwhile with Selvaggi, Dan Lynch and Matt Morano running stellar sub 1:59 legs, Bergen Catholic moved into the top three with Kingston College and Jamaica College, both from Jamaica, and when senior anchor Joe Ludwig got the stick, he quickly put the Crusaders in the lead.

"I felt I had a lot in me and maybe I got a little too aggressive," said Ludwig, who burst to the front with 500 meters to go and still had the lead with 200 left.

"I was moving well and then I hit the wall."

As Ludwig was slowing, Ridgewood anchor Luke Dublirer was flying. As he did when the Maroons set the Bergen indoor record of 7:48.82 at the Millrose Games three months ago, he started to pass people, moving from eighth to sixth and with about 300 to go, to fourth.

"I said to Brian while we were watching David run that we were still going to qualify," said Dublirer, who ran a 1:55 split, the 13th fastest split among the 70 teams. "I gave it what I had."

BC faded to 11th in 8:00.57, but Crusader coach Bill Magee wasn't upset.

"[Ludwig] was aggressive and I'll never fault that," Magee said.

Ridgewood lodged an informal protest, asking to be added as a 13th team. Meet referee Harry Lewis considered the Maroons' request but ruled that the contact was incidental and denied it.

"I'd love to have run because I thought we could have medalled," said Ridgewood coach Josh Saladino.

"But I appreciate their consideration and am proud of the way our kids reacted, both in the race and afterwards. Oh well."

Don Bosco seniors Kyle Levermore and Mike Higgins both took seventh place in the 3,000 meters and one mile run, respectively, and both seemed in position to medal or even win late in the races.

Levermore, who ran 8:26.86, less than two seconds from the Bergen County record, was in position with 800 to go, but when the pace quickened, Levermore couldn't quite keep up.

Higgins ran 4:19.12 off a slow first three laps, running 60.9 for the last lap. But with the leaders sprinting two to three seconds faster, Higgins wasn't able to move up.

Seth Zuidema of Midland Park was eighth in the javelin, throwing a personal best 190 feet.

"I came here with two goals, to PR and to make the finals and I did both," said Zuidema.

Penn Relays  
@ Philadelphia

April 25-26

4x800m:

Michael Thurston **2:00.93** -- fall

David Frering **1:59.50**

Brian Collins **2:00.30**

Luke Dublirer **1:55.15** - **7:55.94**

4x100m:

Jon Norrell, Jamal Locke, Doohee Han, Jake Sabatini – **DNF**

4x400m:

Brian Collins **52.74**

Jake Sabatini **51.50**

Doohee Han **51.88**

Luke Dublirer **50.47** - **3:26.58**

## BOYS TRACK: 120TH PENN RELAYS

# Despite fall, Maroons strong in 4-x-800

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

The Ridgewood High School boys 4-x-800-meter relay team finished just short of a chance at glory at last weekend's 120th Penn Relays at Franklin Field in Philadelphia.

But the effort it took to finish a heartbreaking 0.37 seconds out of 12th place (the final qualifying spot for the championship final) after the Maroons' first runner fell in the race showed determination that will benefit the squad down the road.

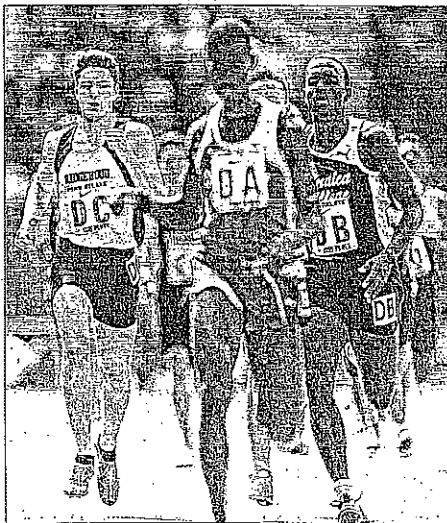
"You can't pretend it doesn't hurt to come up that short, but the effort they showed in how they responded to the fall will certainly carry us the rest of this year and was evidence that we have big things ahead of us," RHS head coach Josh Saladino said.

In last Friday's large schools qualifying heat, sophomore Michael Thurston stumbled about 50 meters shy of the first baton pass as a result of contact with another runner, leaving Ridgewood with a huge deficit to overcome in the final three legs of the race.

"He was running very well, about fourth place, when he had incidental contact. In track and field, sometimes it happens," Saladino said. "He went down and certainly lost three seconds or so in going down, rolling and getting himself back up."

By the time Thurston recovered, he had dropped to about 12th in the race, according to Saladino.

David Frering and Brian Collins, running the second and third legs, respectively, kept the Maroons in the race before handing off to anchor Luke Dublirer,



KEVIN R. WEXLER/THE RECORD

The Maroons' Luke Dublirer, left, ran a 1:55.15 anchor leg to help his team finish third in its large schools 4-x-800 meters heat and 13th overall, one place short of earning a spot in the relay final at the Penn Relays last weekend in Philadelphia.

who ran a 1:55.15 split, the 13th-fastest in the event, to help RHS finish third in the heat, behind Kingston College and Jamaica College, both from Jamaica.

"Those next three guys had every excuse in the book not to run well, but they didn't," said Saladino. "They didn't pack it in, but they could have. They showed a lot of heart, a lot of determination."

The Maroons' time of 7:55:94 was good enough for 13th overall in a field of 70 teams.

RHS issued a protest to be

added as a 13th team in the final, but the meet referee ruled the contact causing Thurston to fall was incidental.

Despite the disappointing outcome place-wise, Ridgewood's time represented a significant improvement on the 8:00.23 turned in at the Penn Relays by last year's 4-x-800 squad, which included Frering and Dublirer.

In all, the Maroons sent three squads to the Penn Relays.

The 4-x-100 team did not finish its race after senior Jamal Locke suffered a hamstring injury run-



Ridgewood sophomore Michael Thurston turned in a strong effort in the 4-x-800 meters, running a 2:00.93 leadoff leg despite falling to the ground before passing the baton.

ning his leg of the relay.

The 4-x-400 quartet of Collins, Jake Sabatini, Doohee Han and Dublirer ran 3:26.58 to finish 101st in a field of more than 500 schools.

Going forward, Saladino said his team's focus was on the Big North Freedom Division meet, which was scheduled to be held

yesterday at Hackensack, weather permitting.

The Maroons, ranked No. 1 in *The Record* Top 25, finished the season 5-0 in dual meets against Freedom rivals, but the coach said past results would have no bearing on the outcome of the divisional championships.

"The teams we've faced in dual

meets are the teams we go up against in the [division] meet, and we've had some competitive dual meets," he said. "It's a pretty deep [division], and any of these teams are capable of scoring a lot of points."

Email: birchenough@northjersey.com

May 1, 2014

Big North League Championship  
@ Hackensack

100m Trials: J. Sabatini 11.49/11.25 – 1<sup>st</sup> Place, D. Han 11.35/11.46 – 3<sup>rd</sup> Place,  
J. Norrell 11.78/11.88 – 5<sup>th</sup> Place

400IH: B. Collins 59.26 – 3<sup>rd</sup> Place, A. Armatas 65.28 E. Larsson 65.71

1600m: D. Frering 4:21.20 – 2<sup>nd</sup> Place, K. Marshall 4:35.89, J. Byrne 4:44.73

110HH Trials: M. Zeno 15.72/15.55 – 1<sup>st</sup> Place, E. Berry 16.10/16.37 – 3<sup>rd</sup> Place, D. Barnes 17.87

400m: L. Dublirer 50.55 – 2<sup>nd</sup> Place, J. Norrell 53.01 – 4<sup>th</sup> Place, K. Ward 54.71

800m: M. Thurston 1:58.14 – 1<sup>st</sup> Place, B. Collins 2:01.07 – 3<sup>rd</sup> Place, K. Tamura 2:01.80 – 3<sup>rd</sup> Place

200m: D. Han 22.83 – 1<sup>st</sup> Place, J. Sabatini 23.10 – 2<sup>nd</sup> Place J. Norrell 24.34

3200m: D. Frering 9:52.08 – 2<sup>nd</sup> Place, K. Marshall 9:59.13 – 5<sup>th</sup> Place, N. Barnabic 10:24.24

4x400m: B. Collins 51.9, M. Thurston 51.8, D. Han 51.9, L. Dublirer 50.3 – 3:26.12 – 1<sup>st</sup> Place

Shot Put: B. Pastorious 43'7 ¼" – 4<sup>th</sup> Place, M. Benjamin 40' ¼", M. Antosiewicz 39'5"

Discus: M. Antosiewicz 140'3 – 1<sup>st</sup> Place, P. Mallelieu 114'2" – 4<sup>th</sup> Place, M. Benjamin 104'3"

Javelin: N. Higgins 161'2" – 1<sup>st</sup> Place, C. Abernethy 123'6", T. Migliorelli 87'3"

Pole Vault: A. Wong 12'6" – 2<sup>nd</sup> Place, P. Morgan 12'6" – 3<sup>rd</sup> Place, S. Llerandi 12'0" – 4<sup>th</sup> Place

Long Jump: E. Berry 19'11 ¾" – 3<sup>rd</sup> Place, A. Punjabi 18'4", D. Barnes F

Triple Jump: M. Zeno 40'9 ½" – 2<sup>nd</sup> Place, E. Berry 40'8 ½" – 3<sup>rd</sup> Place, A. Punjabi 40'3"

High Jump: M. Zeno 6'0" – 2<sup>nd</sup> Place R. Harada NH

Final Score:

Ridgewood	191
Indian Hills	109
Hackensack	75
N. Highlands	51
Ramapo	41
Paramus	28

Comments:

Congrats on the league championship! Two Championships won so far this season. Some encouraging signs about our team's potential came from this meet. We won or were second place in 14 of 16 events. Well done.



# Annichiarico raises the mark

## OT senior sets Bergen record in pole vault

By PAUL SCHWARTZ  
STAFF WRITER

RIDGEWOOD — Luke Annichiarico had a feeling Thursday that something special might hap-

### BOYS TRACK

pen. Five days after he finished a disappointing sixth in the Penn Relays pole vault event in Philadelphia, he was on the runway again at Ridgewood's track for the Big North National division championship.

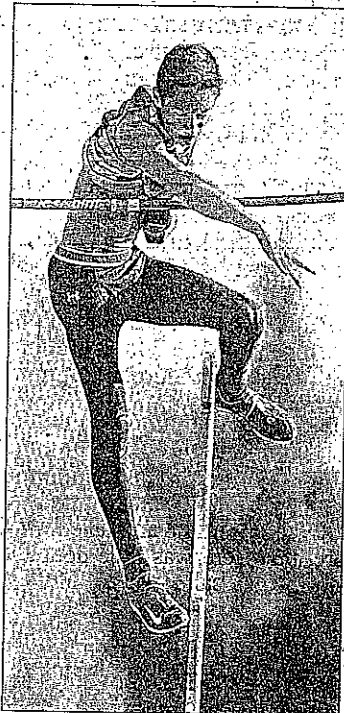
The Old Tappan senior came in at 13 feet, earlier than usual and made it easily. Clearances at 13-6, 14 feet and 14-6 followed quickly and then the bar was raised to 15 feet, 4½ inches, ¼-inch beyond the Bergen County record set by Juan Andres Giglio of Ridgewood Park in 2010.

Annichiarico waited for the height to be confirmed, took a deep breath and sped down the runway. He got high in the air, went over the bar brushing it as he cleared it. The bar shuddered, bounced and stayed up as he fell into the pit.

"I had it planned," said Annichiarico with a laugh. "I broke the indoor county record for the first time at the league meet and it was a perfect day to vault today, so I did it again."

The record helped the Golden Knights to a tight 174½-167 win over Demarest for the National title, while Ridgewood dominated the Freedom division, winning 191-109 over Indian Hills.

"It was the first time I made 15



STAFF PHOTO BY KEVIN R. WEXLER  
Old Tappan's Luke Annichiarico clears 15-4½ inches to set Bergen County pole vault record Thursday.

feet outdoors, but I had a lot of confidence today because I had jumped higher [15-6] indoors," said Annichiarico, who verbally committed to vault at Wake Forest last month and is expected to sign shortly. "Now I can come in a little higher in future meets and I still think I have a 16-foot vault in me this spring."

Ridgewood won six events to easily win its second straight Freedom title, and placed at least second in 13 of the 16 events. Seniors Jake Sabatini (100), Doohee Han (200), Mike Antosewicz (discus), and Nick Higgins (javelin) won events and sophomore Mike Thurston won the 800 and had a leg on the winning relay.

For coverage of the NJIC Championships, S-11

Big North Frosh Novice Championship  
@ Hackensack

May 5, 2014

100m:

Frosh: K. Grant 11.5/11.6/11.5 – 1<sup>st</sup> Place, S. Do 12.5, R. Kato 12.5 N. Gomez 12.6, B. Chung 12.9  
L. Grygier 13.5, T. Hong 13.9  
Novice: R. Kyle 11.7/11.7/11.5 – 3<sup>rd</sup> Place, W. Migliorelli 11.8/11.9/11.9 – 5<sup>th</sup> Place,  
M. Rubinowicz 11.8, T. Joo 12.4, M. Rubin 12.5, C. Hartigan 12.9, C. Azzopardi 13.3, S. Kim 13.4,  
J. Zachem 13.6

400IH:

Frosh: Z. Stadulis 62.5 – 1<sup>st</sup> Place  
Novice: E. Westcott 64.9 – 4<sup>th</sup> Place

1600m:

Frosh: B. Rynkowski 4:56.8 – 4<sup>th</sup> Place J. Naftzger 5:05.1 E. Tilyou 5:32 J. Bolduc 5:50  
Novice: J. Byrne 4:52.2-3<sup>rd</sup> Place C. Salamone 4:52.8 – 4<sup>th</sup> Place R. Fischer 4:56 B. Hughes 4:59,  
E. Garcia 5:06 B. Chan 5:12 A. Chaurasia 5:41 M. Rademacher 5:42

400m:

Frosh: Z. Stadulis 55.9 – 1<sup>st</sup> Place, I. McTavish 60.7 – 3<sup>rd</sup> Place  
Novice: C. Azzopardi 64.3, T. Kusoffsky 60.8, J. Hadfield 63.1

110HH:

Frosh: C. Perlman 22.7  
Novice: E. Westcott 18.9/19.1 – 4<sup>th</sup> Place

800m:

Frosh: M. Robazza 2:15.5 – 5<sup>th</sup> Place B. Byrne 2:26, E. Glenning 2:40  
Novice: J. Byrne 2:09.2 – 4<sup>th</sup> Place H. Seifert 2:10.8 A. Taggart 2:12 D. Cosentino 2:16 B Hughes 2:16  
C. Hartmann 2:17 M. Lee 2:18 P. Yanella 2:20 M. Binstock 2:21 R. Schablik 2:23

200m:

Frosh: K. Grant 24.1 – 1<sup>st</sup> Place, S. Do 25.6, N. Gomez 25.9, B. Chung 26.6, L. Grygier 28.9  
Novice: R. Kyle 23.9 – 1<sup>st</sup> Place, W. Migliorelli 24.4 – 5<sup>th</sup> Place, M. Rubin 25.9, T. Joo 26.1  
T. Kussofsky 26.2 C. Hartigan 27.3 J. Zachem 28.8

3200m:

Frosh:  
Novice: H. Ricatto 10:40 S. Calello 10:59 B. Gilligan 11:18

4x400m:

Frosh: K. Grant 59.5, I. McTavish 62.4, M. Robazza 60.1, Z. Stadulis 55.9 – 3:59.6 – 4<sup>th</sup> Place  
Novice: J. Byrne 55.4, R. Kyle 54.9, R. Fischer 56.2, W. Migliorelli 56.7 – 3:43.3 – 1<sup>st</sup> Place

Long Jump:

Frosh: N. Gomez 14'4", R. Harada 15'4 C. Perlman 14'9"  
Novice: M. Rubin 15'8" – 4<sup>th</sup> Place

Triple Jump:

Frosh: C. Perlman **35'10 ½"** R. Harada **35'6"**

Novice:

High Jump:

Frosh: R. Harada **5'2"**

Novice:

Pole Vault:

Frosh: D. Schecter **8'6" – 1<sup>st</sup> Place**, R. Vimba **7'0"**

Novice: C. Abernethy **13'6" – 1<sup>st</sup> Place**, W. Wisener **12'0" – 2<sup>nd</sup> Place**, L. Bontoux **10'0"**, J. Sofka **9'0"**,

B. Rose **NH**

Shot Put:

W. French – 30'3 / T. Stephen – 30'10

K. Ekert – 36' / M. Milo – 26' / S. Arzoumanian – 27'6 / T. Kennedy – 36'8 / S. Collins – 26'6

Discus:

K. Ekert – 94'7 / T. Kennedy – 98'7 / S. Collins – 80'8 / S. Arzoumanian – 66'4 / M. Milo – 64'5

Javelin:

Frosh:

Novice: C. Perlman **127'9"** T. Migliorelli **106'5"** E. Garcia **106'2"**

Comments:

**A lot of medals and a lot of personal bests! Great job!**



FILE PHOTOS/ROBIN GOTTESMAN

Ridgewood seniors Jake Sabatini, left, and Doohee Han, right, both medaled in the sprint races at last week's Big North Freedom Division championships. Sabatini earned gold in the 100 meters and silver in the 200, while Han took gold in the 200 and bronze in the 100.

#### BOYS TRACK & FIELD: BIG NORTH FREEDOM MEET

# Ridgewood runs away with title

*Seven gold medals power team to its second major title of the season*

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

A change of venue caused by inclement weather gave the Ridgewood High School boys track and field team the opportunity to savor a championship in its own backyard.

The Maroons dominated the field in the May 1 Big North Freedom Division meet, which was moved to Ben Franklin Middle School after heavy rain inundated parts of Hackensack's facilities.

"We had a very good performance," RHS head coach Josh Saladino said. "We went up against some very good teams... Indian Hills and Hackensack and Northern Highlands — those are all teams that are ranked in the Top 25 in North Jersey."

Ridgewood, ranked No. 1 in *The Record* Top 25, finished the meet with 191 points, well ahead

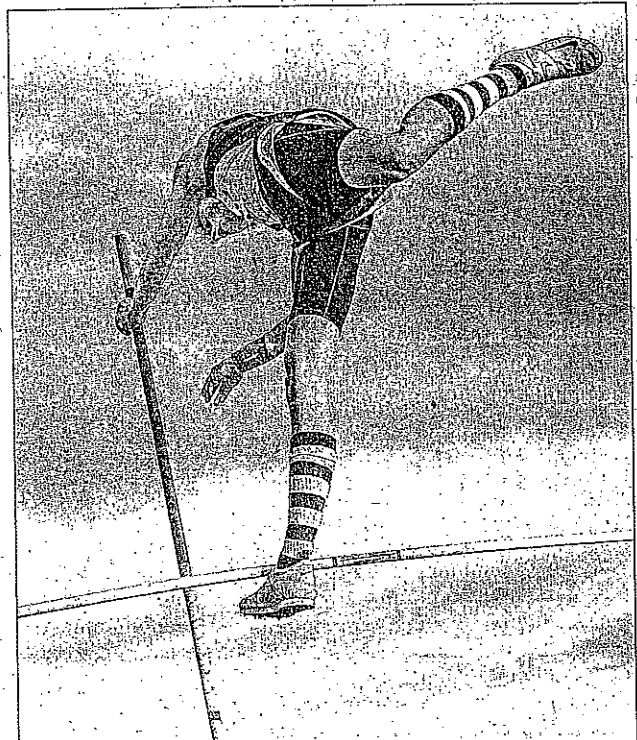
of second-place Indian Hills' 109.

"Our team executed very well, and when you do that, you're going to have a win of sizable amounts," Saladino said. "That's what we were able to leave with. But the goal going in was just to make sure we were performing at our best."

The meet capped off an impressive divisional campaign for the Maroons, who finished 5-0 in dual meets against Freedom rivals. The championship was their second of the season after they won Division A at last month's Jack Yockers Bergen County Relays.

Ridgewood received solid performances all around, as at least one Maroon finished in the top five in each of the division meet's 16 events.

RHS had a first- or second-place finisher in 13 events, including seven gold medals.



Ridgewood senior Patrick Morgan cleared 12-6 in the Big North Freedom Division pole vault to earn a bronze medal.

See BOYS TRACK page C4

## BOYS TRACK from C1

"We have a lot of depth on our team," Saladino said. "That's what got us through the County Relays, and it showed again in the league meet. It wasn't just about getting wins, which we got enough of. It was also about getting seconds, thirds and fourths... they do add up over time."

Senior Michael Zeno, who paced the Maroons with 26 points, earned gold in the 110-meter hurdles and silver in both the high jump and triple jump. "That's a lot of points in one day for one athlete," Saladino said. "He's versatile, but he also showed he can handle a one-day workload."

Senior Emmett Berry had the "misfortune" of competing against Zeno in two of his three events but still captured three bronze medals for RHS, finishing behind his teammate in the hurdles and triple jump and also placing in the

long jump.

In all, eight Maroons medaled in multiple events.

"That's a pretty nice accomplishment in a [division] meet, not just because of the level of competition, but because it's a one-day meet, so there isn't a lot of rest," the coach said.

Seniors Jake Sabatini and Doohee Han led Ridgewood in the sprints, with Sabatini taking the gold in the 100 meters and silver in the 200. Han won the 200 and finished third in the 100.

Luke Dublirer, another senior, finished second in the 400, while sophomore Michael Thurston and senior Brian Collins finished first and third, respectively, in the 800. Collins also finished third in the 400-meter hurdles.

Dublirer, Collins and Thurston teamed with Han to earn gold in the 4-x-400-meter relay, registering a time of 3:26.12 to beat Indian Hills by more than three seconds.

In the 1,600- and 3,200-meter races, senior David Frering turned in two silver-medal efforts, including a personal-best 4:21.2 in the 1,600, a feat lauded by Saladino.

"The distance events are much harder to double in than anything else," the coach said.

Collins, Dublirer, Frering and Thurston formed the Maroons' 4-x-800 relay squad that fell just short of qualifying for the event final April 25 at the Penn Relays. The athletes' ability to bounce back by earning multiple medals at the Freedom Division meet stood out for their coach.

"They know that the only race that you have to focus on is their next race, and that's what they're able to do," Saladino said. "There's no reason to harp on what could have been at Penn Relays. They've got bigger fish to fry in the future."

Of the Maroons' seven gold medals, two were earned in field events.

Mike Antosiewicz's discus throw of 140 feet, 3 inches beat that of his closest challenger by almost two feet, earning him the gold in the event. The senior showed significant improvement on his third-place throw of 126-10 at the County Relays last month.

Senior Nick Higgins, who finished first in the javelin throw at County Relays, struck gold again with a division-meet distance of 161-2, which was nearly nine feet better than the runner-up.

In the pole vault, seniors Allan Wong (12-6), Patrick Morgan (12-6) and Spencer Llerandi (12-0) placed 2-3-4 to earn Ridgewood 18 points in the event.

With a division championship now under their belts, the Maroons have turned their attention to this weekend's Bergen County championship meet, scheduled for 4 p.m. today and 9 a.m. tomorrow at Old Tappan.

"The county meet is the deepest meet we're going to have to deal with," Saladino said. "We're looking forward to the challenge of it, because there are so many good teams. It's the team that performs at their best that weekend that wins."

E-mail:

# Bogota has banner day

## First county title since '68

By PAUL SCHWARTZ  
STAFF WRITER

OLD TAPPAN - Bogota had an interested quartet of athletes watching the Division D 4-x-400 relay Saturday at the Red Litter Bergen County Group Meet.

The Bucs weren't even entered in the event, but seniors Johnathan Profit and Juan Castro and juniors Quinn Geraghty and Chris Rivera knew that the relay could determine their chances for winning their first Bergen division title since the 1968 Group county crown.

"We had no one left to run in the relay and we knew if North Arlington was third or worse in the relay, we'd win," said Geraghty, one of three Bucs to record victories in the meet.

A little more than 3 1/2 minutes later, when Park Ridge crossed in second place, about six seconds ahead of fourth-place finisher North Arlington, the Bucs finally had their long sought crown.

The Bucs entered just over half the events and had only eight athletes competing, but six of them scored and Bogota eked out a 78-74 1/2 win over North Arlington.

River Dell won a thrilling 4-x-400 relay to defeat Ramsey, 93-89, in Group B. Don Bosco won its first Division A title in three years, 92 1/2-81 1/2, over Old Tappan, sparked by an upset win by freshman discus thrower Marcus Valdez. Hasbrouck Heights won its sixth straight division title (two in C and four in D), 103 1/2-75, over Westwood.

Bogota's win was perhaps the most unexpected.

"I thought maybe after Friday's

events that we had a chance if our talented kids came through," Bogota coach Steve Kovdosky said.

But Geraghty, a cross-country star, wasn't so sure until after his comfortable 3,200-meter win late in the morning.

"I think when I won and Chris [Rivera] got fourth, it finally hit me that we had a chance," said Geraghty, who took third in Friday's 1,600.

Geraghty's win pulled them within 10 1/2 points of the lead with three events remaining. Profit added the triple jump title to his Friday-high jump win, and when Castro took third in the 110-meter hurdles, hope increased.

"This is such a big win for us," said Geraghty.

"It's something we missed out on last year [when Emerson captured the final event] and something we wanted to happen."

River Dell's shot at the Division B title was dependent upon the 4-x-400 relay, as the Golden Hawks were in an 83-85 tie with archrival Ramsey.

"When you think about it, it had to come down to the 4-x-400 with them," said senior Alejandro Capote. "We have confidence in ourselves and each other and we knew we could take them."

The first three legs saw Ramsey hanging on to River Dell. The anchor leg went to Ryan Oellerman for River Dell and Ramsey's Patrick Watters, who had earlier run personal bests in both the 800 and 1,600.

Oellerman held a slight lead until just before the final turn, when Watters went for the pass. But Oellerman held Watters and Englewood anchor John Robinson off and completed an



MICHAEL KARAS/STAFF PHOTOGRAPHER

Triple-jumper Peter Chamalian of Cresskill captured the top spot in Division C of the Bergen County Group Meet with a 44-10 1/2 leap.

impressive 3:27.34 win by about five meters.

"The state sectional meet is always our main focus," said Oellerman. "But when this one was there for us we went and got it."

Don Bosco got 20 points in the 3,200 and a win from Josh Floyd in the 110 hurdles to all but clinch the meet with two events.

But Don Bosco first-year coach Dave Lado pointed to Phil Ozaat's second-place finish in the triple jump and Valdez's stunning win on his final

throw as the turning points.

"I knew coming in how good Old Tappan and Ridgewood were, but when we got the great jump from Phil in the morning and Marcus bombed one on his last throw we were ready to go," said Lado.

Hasbrouck Heights made it look easy, scoring in 14 events in Division C, more than any boys team all week end, and getting field wins from Matt Danz (pole vault), Simon Shkreli (high jump) and Mauro Altamura (javelin)

to lead from the second event on.

May 13, 2014

Novice Championship  
@ Ridgewood

400IH:

E. Westcott **68.3 (fell)**

100m:

K. Grant **11.6/11.6/11.4 – 2<sup>nd</sup> Place**, R. Kyle **11.6/11.6/11.5 – 5<sup>th</sup> Place**, M. Rabinowicz **11.7/11.8**  
W. Migliorelli **11.7/11.8** A. Armatas **11.7/12.0** S. Do **12.1/12.3**, M. Rubin **12.3**, T. Joo **12.6**,  
J. Hadfield **12.6**, C. Hartigan **12.6**, S. Kim **12.9**, B. Chung **13.1**, L. Grygier **13.1**, J. Zachem **13.4**,  
J. Pappas **13.8**

400m:

K. Ward **53.9 – 5<sup>th</sup> Place**, A. Taggert **55.3**, T. Kusoffsky **59.7**, I. McTavish **59.8**

1600m:

J. Byrne **4:36.3 – 2<sup>nd</sup> Place**, R. Fischer **4:43.1 – 5<sup>th</sup> Place**, C. Salamone **4:47.3** B. Hughes **4:47.7** N. Barnabic  
**4:48.5**, H. Ricatto **4:50.5** B. Rynkowski **4:52.4** E. Garcia **4:56.7** S. Calello **4:59.9** B. Hughes **5:01.0** E. Tilyou  
**5:23.9** M. Rademacher **5:25.4** J. Naftzger **5:27.8** J. Bolduc **5:40.1** A. Chaurasia **5:49.2**

110HH:

E. Westcott **18.3**

800m: J. Byrne **2:07.9**, A. Taggert **2:08.7** H. Seifert **2:11.9**, M. Robazza **2:12.3** M. Binstock **2:12.9**,  
C. Hartmann **2:13.5** M. Lee **2:14.4** D. Consentino **2:15.9** P. Yanella **2:17.5** R. Schabik **2:19.8**  
B. Byrne **2:23.2** E. Glenning **2:36.6**

200m:

R. Kyle **23.9 – 2<sup>nd</sup> Place**, W. Migliorelli **24.4 – 5<sup>th</sup> Place**, C. Hartigan **26.1**, S. Do **26.2**, M. Rubin **26.7**  
T. Kusoffsky **26.8** J. Zachem **28.6** L. Grygier **28.9**

3200m: N. Barnabic **10:28**, B. Hughes **10:59**, B. Gilligan **11:03**

4x400m:

J. Byrne **54.8**, C. Hartmann **56.2**, R. Fischer **54.8**, K. Ward **53.8 – 3:39.6 – 2<sup>nd</sup> Place**

Long Jump:

R. Harada **16'11 1/2"** C. Perlman **14'11 1/2"**, M. Rubin **F**

Triple Jump:

R. Harada **36'4 3/4"** C Perlman **34'7"**

High Jump:

R. Harada **5'2"**

Pole Vault:

P. Morgan **13'0" – 1<sup>st</sup> Place**, W. Wisener **12'0" – 2<sup>nd</sup> Place**, L. Bountoux **10'0"**, D. Schechter **8'0"**  
R. Vimba **8'0"**, B. Rose **8'0"**, J. Sofka **7'0"**

**Javelin**

E. Garcia **104**, E. Bragg **101**, A. Taggert **84**, B. Bennett ? J. Wiggington ?

**Discus:**

K. Ekert **115'5"**, T. Kennedy **105'3"** M. Milo **74'0"**, S. Arzourmanian **72'5"** W. French **72'2"**

T. Stephen **71'4"** P. Mondri **61'11"**

**Shot Put:**

T. Kennedy **36'7"** K. Ekert **36'0"**, T. Stephen **28'7"** W. French **28'0"** M. Milo **25'10"** P. Mondri **23'5"** S.

Arzoumanian **23'2"**,

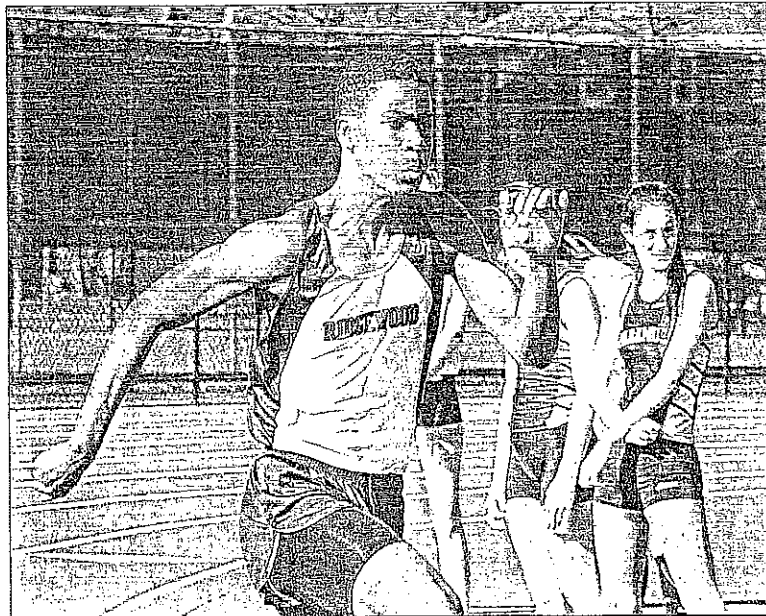
**Comments:**

**A great meet. A lot of personal bests and the novice season was capped off with a spectacular effort in the 4x400m. If you finished your season – great job and lets get to work on next year! If you finished your career – hats off!!!**



## BOYS TRACK &amp; FIELD: BERGEN COUNTY GROUP MEET

## Ridgewood takes third place in Division A



PHOTOS COURTESY OF JACOB BROWN

Ridgewood senior Michael Zeno won a silver medal in the Division A boys 110-meter hurdles and placed fifth in the boys high jump at the Bergen County championships held last Friday and Saturday in Old Tappan.

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

The Ridgewood High School boys track team came up short of defending its title at the Gene "Red" Littler Bergen County championships, finishing third in Division A last weekend at Old Tappan High School.

Meet champion Don Bosco finished with 92½ points, ahead of second-place Old Tappan's 81½ and the 72 scored by RHS at the meet held May 9 and 10.

"When you have that many good teams, you have to have a great meet," Maroons coach Josh Saladino said. "And we didn't have a great meet; we had a good meet. It certainly wasn't a disappointing meet overall, but coming in third place was certainly not our goal."

Ridgewood was seeking its third major team championship

on the season after winning Division A at last month's Jack Yockers Bergen County Relays and easily capturing the Big North Freedom Division title the previous weekend.

The Maroons also hoped to repeat as county champions after defeating Don Bosco by a narrow margin at last year's meet.

Despite falling short of their goal, the Maroons enjoyed several bright spots. Senior Nick Higgins earned the Ridgewood's lone gold medal in the javelin throw with a personal best throw of 184 feet, 8 inches.

"Throwing your best in these kinds of championships is what we need, and Nick was our only winner," Saladino said. "Nick's done a great job for us, and he's getting better and better."

Higgins also posted the longest distance among Division A athletes at the County Relays and at the Freedom Division meet.

RHS also put forth a solid

effort in the pole vault as Spencer Llerandi (13-foot-6), Allan Wong (13-0) and Connor Abernethy (13-0) finished 3-4-5 in the only event in which three Ridgewood athletes earned points.

"We've had four guys who have cleared 13 feet this season. That's a tremendous accomplishment," Saladino said of the trio and senior Patrick Morgan, who earned a bronze medal at the Freedom meet. "Three-four-five is actually better than a win. It gets you 12 points... it's nice to be able to have an event to rely on."

The Maroons also received strong performances from Armand Punjabi, whose triple jump of 43-1¾ set a personal best by a foot-and-a-half and secured a bronze medal, and senior Mike Antosiewicz, who eclipsed his personal best by 1½ feet with a discus throw of 142-10 to earn fourth place.

Sprinters Jake Sabatini and Dochee Han each scored in two



Ridgewood senior David Frering, right, placed sixth in the Division A boys 800-meter race at the Bergen County championships.

events, with Sabatini placing second in the 100 meters and fifth in the 200 and Han notching a pair of sixth-place finishes in the races.

Michael Zeno earned a silver medal in the 110-meter hurdles and fifth in the high jump.

In the 800 meters, Luke Dublirer (1:54.73) and David Frering (1:56.57) finished third and sixth, respectively, while Michael Thurston (1:57.23) placed eighth.

"The 800 is a great event in Bergen County this year," said Saladino. "We had three guys running personal bests there, and

that's what you want to do."

The Maroons also received a boost from Jamal Locke, who chipped in with a fourth-place effort in the javelin throw in his return from a hamstring injury suffered during the 4-x-100-meter relay at last month's Penn Relays in Philadelphia.

"Jamal did a great job. He's certainly a team-first guy," said Saladino, who added that while Locke is recovering from the injury he has not yet been able to sprint.

Despite the third-place finish, RHS remained in the No. 1 spot

in *The Record* Top 25.

Some Maroons will participate in the Bergen Meet of Champions at 3:30 p.m. today in Hackensack, and the team will compete in Monday's East Coast Relays at Randolph High School.

"We're looking forward to having one last good relay meet before next weekend when we go back to Randolph for our [North 1, Group 4] sectional," Saladino said of the meet to be held May 23 and 24.

Email: [birchenough@northjersey.com](mailto:birchenough@northjersey.com)

Bergen County Meet of Champions  
@ Hackensack High School

May 16, 2014

Triple Jump: B. Joyner **43'9 ¼"** – PR A. Punjabi **41'4 ¼"**

Pole Vault: P. Morgan **13'6" – 5<sup>th</sup> Place - PR** S. Llerandi **13'0"**, A. Wong **13'0"**, C. Abernethy **NH**

High Jump: M. Zeno **6'2" – 3<sup>rd</sup> Place - PR**

Discus: M. Antosiewicz **146'2" – 4<sup>th</sup> Place - PR**

110HH: M. Zeno **15'38**

100m: D. Han **11.64**

800m: M. Thurston **1:59.39**

3200m: K. Marshall **9:58.72**, K. Tamura **10:02.58 - PR**

East Coast Relays  
@ Randolph High School

May 19, 2014

4x100HH: E. Berry **15.8**, D. Barnes **16.8**, B. Joyner **15.9**, M. Zeno **15.4** – **64.05** – **9<sup>th</sup> Place**

Distance Medley: D. Frering **3:10.9**, B. Collins **51.1**, M. Thurston **1:58.3**, L. Dublirer **4:27.5**  
**10:27.57** – **2<sup>nd</sup> Place**

4x100m: B. Joyner, B. Collins, D. Han, J. Sabatini **44.74**

Long Jump: M. Zeno **19'4"** B. Joyner **19'1"**, D. Barnes **17'7"** – **56'0"** – **8<sup>th</sup> Place**

Triple Jump: A. Punjabi **43'5 ¼"**, M. Zeno **41'0"** B. Joyner **40' ½"** – **124'5 ¾"** – **2<sup>nd</sup> Place**

Pole Vault: A. Wong **13'6"**, S. Llerandi **13'0"**, P. Morgan **13'0"** –  
**39'6"** – **1<sup>st</sup> Place** – **New School Record and number 2 in Bergen County history**

Frosh County Championship  
@ Ramsey

May 21, 2014

100m: K. Grant 11.5/11.6/11.4 – 1<sup>st</sup> Place, S. Do 12.1/12.0 N. Gomez 12.6, B. Chung 12.6, T. Hong 13.3  
L. Grygier 13.7

400m: I. McTavish 59.6

1600m: B. Rynkowski 4:56.2 – 5<sup>th</sup> Place, J. Bolduc 5:33

110HH: C. Perlman 21.3

800m: M. Robazza 2:09.8 – 3<sup>rd</sup> Place, B. Byrne 2:16.6, E. Glenning 2:39.6

200m: N. Gomez 25.9, S. Do 25.9, B. Chung 26.9, L. Grygier 29.3

3200m: B. Rynkowski 10:55.2 – 5<sup>th</sup> Place

Long Jump: N. Gomez 13'6", C. Perlman F

Shot Put: W. French 29'5", T. Stephen 26'6"

Discus: W. French 79'3", T. Stephen 69'10"

Pole Vault: D. Schechter 8'6" – 3<sup>rd</sup> Place, R. Vimba 8'6" – 5<sup>th</sup> Place

**Comments:**

A great job competing. This team has a lot of potential going forward as there were a lot of personal bests and some medals in this meet as you competed against the best freshmen in Bergen County.

## Track and field state sectional championships

Friday and Saturday: North 1, Groups 1 and 4 at Randolph; North 1, Groups 2 and 3 at River Dell; North 2, Group 1 at Ridge; North 2, Group 2 at Plainfield, North Non-Public A and B at Mon. Donovan, Toms River. **Event keys:** HH: high hurdles; HJ: high jump; LJ: long jump; TJ: triple jump; PV: pole vault; SP: shot put; D: discus; J: javelin

### Boys preview

#### NORTH 1, GROUP 1

**Teams to watch:** Hopatcong vs. Hasbrouck Heights in a rematch of last year's championship, won by Hopatcong, 128-127.

**Returning champions:** Pete Chamalian, Cresskill (TJ); Chris Dugan, Hopatcong (1,600); Stephen Rogers, Hopatcong (HJ); Seth Zuidema, Midland Park (J). David Njoku, Cedar Grove, won TJ and HJ in North 2, Group 1.

**Events to watch:** Chamalian against Njoku and Jonathan Profit of Bogota in triple jump, and Heights' Matt Danz against Andrew Accardi of Pompton Lakes and Enea Peci of Emerson in pole vault.

#### NORTH 1, GROUP 2

**Teams to watch:** With last year's champion, River Dell, moving to Group 3, it figures to be Ramsey's depth against Mountain Lakes' three stars, Chris Luciano, Ben DeVenezia and Adam Franklin.

**Returning champions:** James Buser, Mahwah (800); Ben DeVenezia, Mountain Lakes (1,600-3,200); Adam Franklin, Mountain Lakes (100-200); Jairus Paul, Mahwah (LJ-TJ); George Trival, Ramsey (HJ).

**Events to watch:** DeVenezia against Buser and Ramsey's Patrick Watters in 800, and Westwood, Ramsey, Mountain Lakes and Dwight Morrow meet in a tight 4-x-400 relay.

#### NORTH 1, GROUP 3

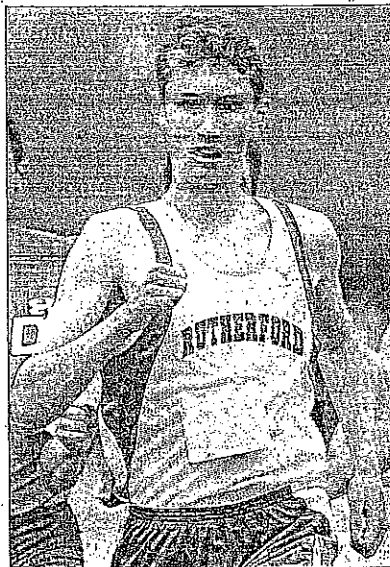
**Teams to watch:** Defending champion Demarest faces 2012 champ Old Tappan and 2013 Group 2 champ River Dell in a three-way duel.

**Returning champions:** Jaleel Felton, Pascack Valley (400); Seung Hwang, Wayne Hills (HH).

**Events to watch:** George Jenkins of Teaneck in the middle of battles at 400 with Felton and 800 with Marc Rienas of Old Tappan. The 1,600 features seven sub-4:25 runners and at least one won't move on to Group 3 championships.

#### NORTH 1, GROUP 4

**Teams to watch:** Four-time defend-



AMY NEWMAN/STAFF PHOTOGRAPHER

Sean Sullivan of Rutherford is a contender in the North 2, Group 2 800 meters.

ing champion Ridgewood can make it five, but Morris County champion Randolph and Essex champ West Orange are dangerous.

**Returning champion:** Jake Sabatini, Ridgewood (100).

**Events to watch:** Can Ridgewood sweep the pole vault with 13-foot-6-inch vaulters Spencer Llerandi, Patrick Morgan and Ailan Wong? Can Alex Ortega of North Bergen and Kevin Serrao of Bergen Tech break up a Randolph 400 hurdles sweep? There are seven sub-1:58 runners in 800 field, including Ridgewood's Dave Fering, Luke Dublirer and Mike Thurston and Clifton's Jeremy Hernandez.

#### NORTH 2, GROUP 1

**Teams to watch:** Shabazz replaces Newark Tech as Lyndhurst's top rival. North Arlington has some stars that could play a role in the final outcome.

**Returning North Jersey champions:** Mike Brazzel, North Arlington (J); Danny Cordeiro, North Arlington (1,600); Jonathan Mercado, Lyndhurst (SP-D).

**Events to watch:** Travis Fisher of North Arlington against Jose Polanco of Lyndhurst in pole vault. The 4-x-800 relay might be decisive with Lyndhurst

and Shabazz going head to head.

#### NORTH 2, GROUP 2

**Teams to watch:** Ridgely Park lost a close battle to Hanover Park last year. This year it appears to be the Scarlets against Summit with RP a slight favorite.

**Returning North Jersey champions:** Jermal Fievrier, Ridgely Park (TJ); Tyler Oliveiri, Ridgely Park (HJ).

**Events to watch:** Chris Estrella will battle David Connolly of Summit in 100 and 200, and wins might be the key to team triumph. Sean Sullivan of Rutherford and Rich Cameron of Cliffside Park face Mitchell Booth and Leiland Jones of Summit in 800. The record-setting Ridgely Park pole vault trio gets challenges from Abe Gertler of Madison and Dean McDonald of West Essex.

#### NORTH NON-PUBLIC A

**Teams to watch:** With Union Catholic shifting south, Don Bosco appears to be a heavy favorite to win for the third time in five years. Seton Hall and Pope John could be its only competition.

**Returning champions:** Mike Benz, Delbarton (PV); Kyle Levermore, Don Bosco (3,200); Jabrill Peppers, Paramus Catholic (100-200); Tommy Rhodes, Delbarton (SP); Paul Sheridan, Paramus Catholic (J); Joe White, DePaul (800).

**Events to watch:** Bergen champ Dalton Friend of Bosco could face Passaic champ White in 400. Can Don Bosco sweep the 3,200?

#### NORTH NON-PUBLIC B

**Teams to watch:** It looks like Dwight-Englewood could battle Newark Academy and defending champ Oratory for the title.

**Returning champions:** Michael Akanbi, Queen of Peace (HH); Vihar Desu, Newark Academy (TJ); Garrett Finn, Dwight-Englewood (100); Josiah Hanks, Trinity Christian (800-1,600-3,200); Kevin Mornohin, Queen of Peace (1H-200); Matt Van Eck, Eastern Christian (400).

**Events to watch:** Finn heads a strong 100 field. Hanks is questionable after a winter and spring filled with illness and injury.

— Paul Schwartz

# Zuidema wins javelin, keeps aiming higher

By BOB SHWALB  
SPECIAL TO THE RECORD

**RANDOLPH** -- Midland Park's Seth Zuidema recorded a personal best in winning the javelin throw at Friday's state North 1, Group 1 and 4 track and field championships.

"It just wasn't the personal best he was looking for.

"My goal is 200 feet," Zuidema said. "I'm happy with the win but I'm not satisfied."

Zuidema entered the Group 1 competition with a top mark of 194 feet, 11 inches and recorded throws of 195-5 and 196-10. He said the key to reaching 200 is his legs.

"Leg power is extremely important in the javelin," Zuidema said. "People wouldn't think that because it's a throwing event. Right now, I'm doing about 50 percent of what I need to do with my lower body. If I can get close to full potential with my legs, I'm definitely going to get to 200."

Another athlete who's been fine-tuning his legwork is Alex Ortega.

The North Bergen senior increased his speed from last year but said it's messed up his training in the hurdles.

"Any hurdle race is all about rhythm," Ortega said. "One mistake with your rhythm and it can really cost you. I'm a little faster this year so I've had to adjust."

Ortega made the adjustment in time for Friday's Group 4, 400 intermediate hurdles and won the race in a personal-best 58.05 seconds.

At the end of the Group 4 100-meter final, Jake Sabatini was too focused to notice. The Ridgewood senior stopped the clock in 11.13 seconds to win his second straight crown by just six-hundredths of a second.

"I didn't have a good start in

the preliminaries and I knew I couldn't let that happen again," Sabatini said. "In the finals, I had a good one ... at least good enough to win it."

## NORTH 1, GROUPS 1 & 4

### Dyksen wins hurdles

State sectional championships are nothing new to Hawthorne's Jenna Dyksen, who won last year's Group 1 triple jump and high hurdles.

Dyksen is aiming for four golds this weekend but one event she hadn't expected to win was the 400 hurdles.

"At the beginning of the year, I was doing it at dual meets," said Dyksen, who later won the triple jump (36-11).

"My coach was saying, 'Once the states and counties get here, you're not going to run this anymore.' As the season went on, he just kept saying, 'Ah ... just do it.'"

On Friday, Dyksen did it, crossing the line in 1:04.10 to take the gold.

She was one of three Hawthorne athletes to win on the meet's first day as Kaitlin Salisbury took the 100-meter title (12.49 seconds) and Sherika Dyer claimed the discus championship (118 feet, 2 inches).

Saddle Brook's Nicole McVeigh crossed the line in a personal-best 5:28.20 to win the Group 1 1,600. She started the final lap trailing Hasbrouck Heights' Danielle Dallara by 20 meters but sprinted past her to win by 1.6 seconds.

In the Group 1 high jump, Midland Park's Lisa Carle topped the field with a mark of 5 feet. Since tearing a leg muscle last spring, she's struggled to get back to her top height of 5-4.

# Duo is dynamic for Hawthorne

## Salisbury, Dyksen earn three golds, lift Bears

By DAVE MEISEL  
SPECIAL TO THE RECORD

RANDOLPH — Hawthorne battled Cresskill and Saddle Brook from start to finish at John I. Bauer Memorial Field and won the North 1 Group 1 girls track championship, thanks to Kaitlin Salisbury and Dyksen Dyksen.

Salisbury and Dyksen finished first and second in the long jump with jumps of 18 1/2 feet and 17-6, respectively. The 18 points they earned in that event pushed Hawthorne closer to victory, and then thanks to Salisbury's first-place finish in the 200 (25:70), the Hawks were able to clinch victory. They finished the meet with 91 points, edging Cresskill's 89.5 points and Saddle Brook's 82 points.

Dyksen had a prolific day with three gold medals, winning the high hurdles (15.51), the intermediate hurdles (1:04.10) and the triple jump (36-11). Salisbury also earned medals, also winning the 100 in 12.49.

Salisbury, a sophomore, credit-

## STATE TRACK SECTIONALS

ed Dyksen for helping make her the competitor she is today.

"Jenna has been a role model for me," Salisbury said. "We really go at it, especially in the long jump. I think how happy we get for each other pushes us. And it's not just Jenna. Each person on this team is outstanding."

Dyksen gave Salisbury equal praise.

"She's a great person to have on the team," Dyksen said. "We warm up together, and we compete against each other. It's great to see how Kaitlin has improved, since I just as a senior, it's kind of my role to give advice and support the underclassmen."

Cresskill's performance in the 4-x-100 was the most significant event result of the day. Naba

Sadiquilla, Jemini Chamalian, Sam Arrigale, and Jordan Zalkov posted a 50.90, breaking the North 1 Group 1 record set by Pequannock in 2013. The four bested Pequannock's mark by an .66 seconds.

"We have three girls who go under 13 seconds in the 4-x-100, and effectively a fourth in Jemini Chamalian, even though she doesn't run the 100," Cresskill coach Mike Pasciuto said. "They posted an amazing time."

"Even though we didn't win this meet, you've got to give credit to the team who weathered the storm, and Hawthorne was great with Dyksen and Salisbury."

Randolph was the clear favorite in North 1, Group 4 and took home the title comfortably with 95.5 points, 21.5 points better than runner-up Montclair. West Orange finished third with 62 points, and Passaic Tech, the area's highest-scoring team, finished with 56.5 points.

## Ridgewood boys win

Ridgewood senior Luke Dubhner led the way as the Maroons won the North 1, Group 4 title, their fifth straight.

Ridgewood's 104 points beat West Orange (77 points) and Randolph (71 points).

Individually, Dubhner won the 800 (1:56.57) and the 1,600 in 4:17.50. His most impressive victory came Saturday in the 800, in which he executed his plan perfectly.

"I intended to run a very tactical race," Dubhner said. "I wanted to find a good place to start my kick. I let the field go ahead of me a little bit, I stayed comfortable and busted outside."

"I got outside [Clifton's Jeremy] Hernandez and [Memorial's] Jonathan Matamoros] and finished the race. We've been working on these tactical moves, and I was happy with the result."

Dubhner also ran the anchor

leg in Ridgewood's victory in the 4-x-800. Michael Thurston, David Freang, Brian Collins, and Dubhner combined for a 7:59.38, a top-50 time in Bergen County history. Jake Sabatini also grabbed a title, winning the 100 in 11.13 Friday.

Also on Friday, Emerson's 4-x-800 relay team broke the North 1, Group 1 meet record it previously held.

Robbie Magguli, Shaifc Ham, Andrew Sarow, and Louis O'Keefe combined for a 8:22.13.

The dynamic, this relay team has is key to its success, according to Magguli.

"I think we can get our time down by three or four seconds, which means each of us should all work to drop a second," he said. "We keep each other in check, and we all motivate each other, because you can't run if your heart isn't in it."

Hasbrouck Heights fought tooth and nail against Hopkoning in North 1, Group 1, but the Avengers came up short, scoring 100.5 to Hopkoning's 112.

## NORTH 1, GROUP 4

**Team scoring:** Ridgewood (RI) 104; West Orange (WO) 77; Randolph (RA) 71; Passaic Tech (PT) 65; Livingston (LI) 39; Montclair (MTC) 33; Memorial WNY (ME); Clifton (CL) 28; Kennedy (JK) 28; North Bergen (NB) 25; Bloomfield (BL) 24; Hackensack (HA) 16; Bergen Tech (BT) 8; Fair Lawn (FL) 4; Passaic (PA) 2; Kearny (KE) 1; Morris Knolls (MK) 1.

**100:** 1. Jake Sabatini (RI) 11.13; 2. Jermaine Rivers (WO) 11.19; 3. Jahir Blanton (WO) 11.20; 4. Qwashon Powell (JK) 11.22; 5. Dee Han (RI) 11.25; 6. James Lienhardt (RA) 11.35.

**200:** 1. Donovan McDonald (MTC) 22.47; 2. Doohee Han (RI) 22.53; 3. Qwashon Powell (JK) 22.73; 4. Jahir Blanton (WO) 22.87; 5. Jake Sabatini (RI) 22.91; 6. Andre Blevins (MTC) 22.96; 8. Kareem Dixon (HA) 22.98.

**400:** 1. Qwashon Powell (JK) 49.32; 2. Greg Stickle (RA) 49.34; 3. Alex Ortega (NB) 49.91; 4. Donovan McDonald (TC) 50.23; 5. Stephen Nalbach (RA) 50.49; 6. Eli Simmons (BL) 51.94.

**800:** 1. Luke Dublirer (RI) 1:56.57; 2. Jhonathan Matamoros (ME) 1:57.74; 3. Jeremy Hernandez (CL) 1:58.44; 4. Michael Thurston (RI) 1:58.70; 5. David Frering (RI) 1:58.83; 6. Caleb Edgehill (RI) 1:58.92; 7. Kevin Serrao (BT) 2:00.84.

**1,600:** 1. Luke Dublirer (RI) 4:17.50; 2. Jeremy Hernandez (CL) 4:17.73; 3. Chris Mascetti (HA) 4:23.45; 4. Jhonathan Matamoros (ME) 4:24.53; 5. David Frering (RI) 4:25.97; 6. Siem Mehretu (WO) 4:26.25.

**3,200:** 1. Jeremy Hernandez (CL) 9:33.66; 2. Chris Mascetti (HA) 9:38.66; 3. Siem Mehretu (WO) 9:41.39; 4. Henry Whipple (MTC) 9:41.70; 5. Seamus Higgins (RA) 9:43.62; 6. Brian Gonzalez (HA) 9:44.82; 8. Justin Tanayan (CL) 9:48.21.

**110M:** 1. Barden Adams (WO) 14.86; 2. Alex Ortega (NB) 14.87; 3. Kelyin Almonte (ME) 14.91; 4. Andy Afful (BL) 15.10; 5. Tyree Frazier (PT) 15.27; 6. Michael Zeno (PT) 15.27; 7. Aidan Kutner (BT) 15.34.

**400H:** 1. Alex Ortega (NB) 54.18; 2. Stephen Nalbach (RA) 55.64; 3. Kevin Almonte (ME) 55.73; 4. Aidan Kutner (BT) 55.97; 5. Dan Leanza (RA) 56.35; 6. Ulysses Santos (BL) 56.60.

**Shot put:** 1. Chandler Balter (LI) 51-6 3/4; 2. David Vargas (RA) 51-0 1/4; 3. David Gaynor (PT) 46-7 3/4; 4. William Cardona (LI) 46-5; 5. Marcell Brown (MTC) 46-4; 6. Patrick Henry (PA) 45-1 3/4.

**Discus:** 1. Oliver Georges (BL) 151-0; 2. Michael Antosiewicz (RI) 145-9; 3. David

Gaynor (PT) 145-0; 4. Jacob Schofel (LI) 141-0; 5. Samuel Amorin (WO) 139-11; 6. Patrick Henry (PA) 136-6.

**Javelin:** 1. Chandler Balter (LI) 190-5; 2. Nicholas Higgins (RI) 184-4; 3. Emmanuel Soriano (PT) 171-0; 4. Jacob Schofel (LI) 168-2; 5. Victor Olapinsin (BL) 163-5; 6. Mike Thomas (MK) 162-7.

**High jump:** 1. Barden Adams (WO) 6-6; 2. Tyree Frazier (PT) 6-4; 3. Michael Zeno (RI) 6-2; 4. Anthony Zarro (RA) 6-0; 5. Elijah Robinson (MTC) 5-0; 6. Harrison Escoffery (HA) 4-0; 7. Malike Sizer (PT) 5-10.

**Long jump:** 1. Anthony Zarro (RA) 23-0 1/4; 2. Barden Adams (WO) 21-11 3/4; 3. Zaire Weaver (PT) 21-6 1/4; 4. Travelle Curry (PT) 21-6 1/4; 5. Greg Stickle (RA) 21-6 1/4; 6. Kevin Copper (PT) 21-3 1/2.

**Triple jump:** 1. Barden Adams (WO) 45-11; 2. Anthony Zarro (RA) 45-7; 3. Travelle Curry (PT) 43-6; 4. Drew Lindsay (PT) 43-2; 5. Zaire Weaver (PT) 43-1; 6. Bryce Joyner (RI) 42-9; 7. Michael Zeno (RI) 42-2 3/4; 8. Harrison Escoffery (HA) 41-10 1/4.

**Pole vault:** 1. Travelle Curry (PT) 13-0; 2. Allan Wong (RI) 13-0; 3. Patrick Morgan (RI) and Matt Scavetta (LI) 12-6; 5. Rob DiTonno (LI) 12-6; 6. Spencer Llerandi (RI) 12-0.

**4-x-100:** 1. West Orange (Robert Kirkland, Jahir Blanton, Jermaine Rivers, Davon Harper) 43.65; 2. Randolph 43.93; 3. Kennedy 44.55; 4. Passaic Tech 44.77; 5. Clifton 45.10; 6. Kearny 45.69.

**4-x-400:** 1. Montclair (Donovan McDonald, Andre Blevins, Elijah Robinson, Isaiah Waters) 3:20.56; 2. Randolph 3:21.66; 3. Ridgewood 3:25.20; 4. Bergen Tech 3:27.86; 5. Kennedy 3:29.14; 6. North Bergen 3:29.37.

**4-x-800:** 1. Ridgewood (Michael Thurston, David Frering, Brian Collins, Luke Dublirer) 7:59.38; 2. Memorial WNY 8:01.33; 3. Bloomfield 8:10.57; 4. Fair Lawn 8:11.36; 5. Clifton 8:13.24; 6. West Orange 8:15.80.



State Sectional Championship  
@ Randolph

May 23-24, 2014

Friday:

400IH: A. Armatas **59.91** B. Collins **61.32**

100m: J. Sabatini 11.18/11.13 – **1<sup>st</sup> Place**, D. Han 11.36/11.25 -**5<sup>th</sup> Place**

1600m: L. Dublirer 4:17.50 – **1<sup>st</sup> Place**, D. Frering 4:25.97 – **5<sup>th</sup> Place** M. Thurston 4:26.65

4x800m: M. Thurston **1:58.9**, D. Frering **2:01.7**, B. Collins **2:01.8**, L. Dublirer **1:56.5** 7:59.38 – **1<sup>st</sup> Place**

Shot Put: B. Pastorious **41'10 ¾"**, M. Antosiewicz **38'6"** M. Benjamin **34'9 ¾"**

Javelin: N. Higgins 184'4" – **2<sup>nd</sup> Place**

Long Jump: B. Joyner **20'3 ½"**, D. Barnes **19'1"**, E. Berry **19' ½"**

Pole Vault: A. Wong 13'0" – **2<sup>nd</sup> Place**, P. Morgan 3<sup>rd</sup> Place (tie), S. Llerandi 12'0"

Saturday:

110HH: M. Zeno 15.40/15.27 – **6<sup>th</sup> Place**, E. Berry **15.73**, B. Joyner **16.44**

800m: L. Dublirer 1:56.57 – **1<sup>st</sup> Place**, M. Thurston 1:58.70 – **4<sup>th</sup> Place**, D. Frering 1:58.83 – **5<sup>th</sup> Place**

4x100m: B. Joyner, B. Collins, D. Han, J. Sabatini **DQ**

200m: D. Han 22.53 – **2<sup>nd</sup> Place**, J. Sabatini 22.91 – **5<sup>th</sup> Place**

3200m: K. Marshall **9:49.99** D. Frering **9:58.08**, K. Tamura **10:00.93**

4x400m: D. Han **51.6** M. Thurston **51.9** B. Collins **51.2**, L. Dublirer **49.8** – 3:25.20 – **3<sup>rd</sup> Place**

Triple Jump: B. Joyner 42'9" – **6<sup>th</sup> Place**, M. Zeno **42'2 ¾"** A. Punjabi **40'0"**

High Jump: M. Zeno 6'2" – **3<sup>rd</sup> Place**

Discus: M. Antosiewicz 145'9" – **2<sup>nd</sup> Place**, K. Ekert **112'8"**

**Score:**

Ridgewood	104
West Orange	79
Randolph	71

**Comments:**

An outstanding job winning your fifth straight state sectional championship! Championships now become memories you talk about the rest of your lives. It took a complete team effort!

# Take five: Maroon title sets meet record

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

The large group of seniors leading the Ridgewood High School boys track team will never know what it's like to finish anywhere other than the top spot at the North 1, Group 4 state championships.

That's perfectly fine with them. "This team wanted to be part of history," head coach Josh Saladino said. "They knew if they won this that the seniors would have left here never losing a state-sectional championship. This is our fifth in a row."

RHS scored 104 points to win by a comfortable margin over second-place West Orange (77) at the event held last Friday and Saturday in Randolph. The fifth straight title is a meet record and put the Maroons one behind the overall North Section 1 mark of six straight titles held by Glen Rock, the North 1, Group 1 champ from 1999 to 2004.

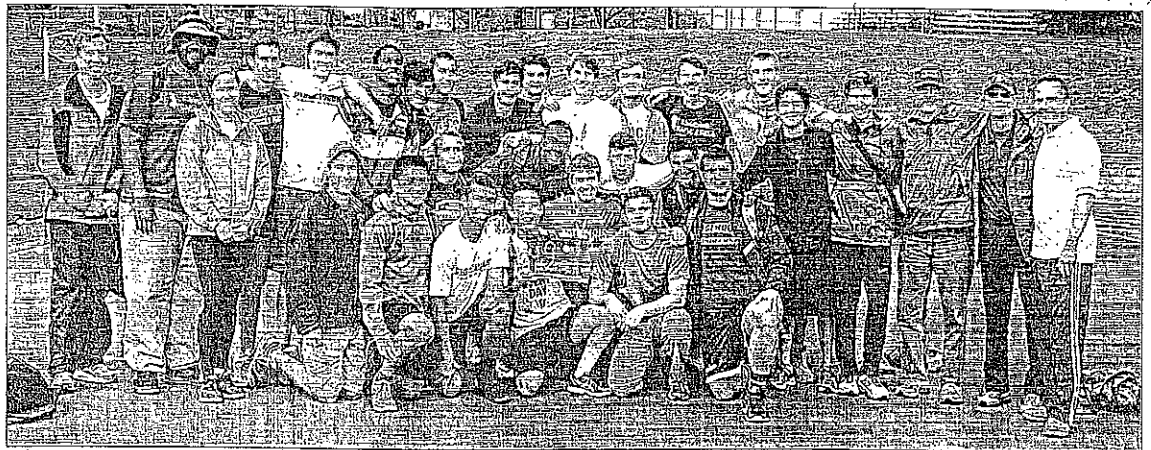
Last weekend, senior Luke Dublirer delivered the signature performance for the Maroons, capturing victories in the 800- and 1,600-meter races, anchoring the 4-x-800-meter relay team to a gold medal and running a leg for the third-place 4-x-400 relay.

"I don't remember the last time we had an athlete put together a performance at the sectionals the way he did with three gold medals and a bronze," Saladino said. "That's a lot of high-level performances in a very short span. Luke's always had a lot of talent, and he was able to showcase it this week."

In the 800, Dublirer's time of 1:56.57 bested that of Jhonathan Matamoros from Memorial (West New York) by 1.17 seconds, and he crossed the finish line nearly two seconds ahead of the Tigers' anchor in the 4-x-800.

Behind Dublirer, the Maroons erased memories of their disappointing third-place finish in Group A at the Bergen County Championships earlier this month.

"I really was proud of how they rebounded from the third-place finish in the Counties to come back and have what was really our best team effort of the year," Saladino said. "The team recognized that to earn championships, they're not just going to be given to



PHOTOS COURTESY OF JACOB BROWN

The Ridgewood High School boys track and field team celebrates with the championship trophy after winning an unprecedented fifth consecutive North 1, Group 4 title last Saturday in Randolph.

you. You have to go out and earn them with great performances."

Sophomore Michael Thurston and senior David Fering, who ran in the 4-x-800 as well, finished 4-5 in the open 800, respectively, to give Ridgewood a combined 16 points in the event.

The senior duo of Jake Sabatini and Doohee Han made its presence known in the sprinting events. Sabatini captured his second straight state sectional gold in the 100-meter dash — becoming the first RHS athlete to accomplish the feat — and finished fifth in the 200, while Han earned a silver medal in the 200 and took fifth in the 100.

"He [Sabatini] is also running at about 90 percent, which is why his 200s haven't been as good as his 100s," Saladino said. "He's been rehabbing from a series of nagging injuries all year. Doohee recognizes that and wasn't afraid to take the bull by the horns in the 200."

Han exceeded expectations in that race, entering as the eighth-seeded runner in the 200. "Coming in second place certainly surprised a lot of people, except for everybody on our team," said Saladino.

In Friday's field events, the Maroons earned 14 points in the pole vault, as seniors Allan Wong, Patrick Morgan and Spencer

Llerandi placed second, third and sixth, respectively.

"To be honest, those guys were disappointed in their performances, which is good," Saladino said. "They were expected to score more... but the next day, they rebounded and mentally were right there supporting our team."

Senior Nick Higgins notched a second-place finish in the javelin throw with a distance of 184 feet, 8 inches to follow up his gold medal performance at the county championships. Mike Antosiewicz also earned a silver medal in the discus throw, recording a personal-best distance of 145-9.

Michael Zeno, who finished sixth in the 110-meter high hurdles, added a bronze medal in the high jump. "Michael is someone who does anything we ask him to do," said Saladino. "He's all about trying to score points for the team."

Several Ridgewood athletes will be participating in the State Group 4 championships today at 2:30 p.m. and tomorrow at 11 a.m. in Egg Harbor Township.

"Placing at that meet is very difficult," Saladino said. "We're looking forward to it based on some of the high-level performances we had this week at sectionals."

However, with no more team competitions on the schedule, the



Ridgewood senior Luke Dublirer takes the baton from classmate Brian Collins to begin his leg of the 4-x-400 relay at the North 1, Group 4 championships last Saturday. The Maroons clocked a bronze-medal 3:25.20 in the race.

Maroons capped their season in the perfect fashion.

"State-sectional championships are always very special," said

Saladino. "It's the last major team championship of the year. The season ends on a win, which is what you want to

do in any sport." Email: birchenough@northjersey.com

May 30-31

State Group IV Championship  
@ Egg Harbor, NJ

100m: Jake Sabatini **11.20**, Doohee Han **11.42**

1600m: Luke Dublirer **DNF**

4x800m:

M. Thurston **1:56.5**

D. Frering **1:57.6**

B. Collins **1:59.3**

L. Dublirer **1:53.1**      **7:46.85 – 2<sup>nd</sup> Place**

Pole Vault: Patrick Morgan **13'6" – 5<sup>th</sup> Place**, Spencer Llerandi **13'0"**, Allan Wong **NH**

Discus: Nick Higgins **165'6"**

110HH: Michael Zeno **16.77**

800m: Luke Dublirer **1:54.79 – 4<sup>th</sup> Place**, David Frering **1:57.64**, Michael Thurston **1:57.79**

200m: Doohee Han **23.42**

Discus: Michael Antosiewicz **137'1"**

Triple Jump: Bryce Joyner **41'6"**

# Breakthrough successes

## Five local stars reach new bests

By PAUL SCHWARTZ  
STAFF WRITER

A Bergen County 60-foot shot putter for just the third time since 2000. The third-best boys javelin throw in Bergen County history. The fifth-fastest boys 4-x-800 meter relay in Bergen history. The fastest Passaic County boys 1,600

### BOYS TRACK

since 1986. And a javelin throw that won a state title and set a Passaic record by three feet.

All standout marks usually would be cause for headlines and further coverage at the group championships. But not this year, not when a record 40 state titles were earned by North Jersey athletes plus, the first Non-Public B team title for the Eastern Christian girls this past weekend in spectacular meets at South Plainfield for Groups 1, 3 and Non-Public B, and Egg Harbor Township for Groups 2, 4 and Non-Public A.

But the performances of Spencer Ross of Mahwah, Seth Zuidema of Midland Park, the Ridgewood 4-x-800 team, Jeremy Hernandez of Clifton and Caleb Hart of Hawthorne Christian deserve a closer look, even though only Hart's javelin win (189 feet,

### NORTH JERSEY STATE GROUP CHAMPIONS

#### BOYS

##### Group 1

Danny Cordeiro, North Arlington (800)

Johnathan Proffitt, Bogota (TJ)

##### Group 2

Chris Estrella, Ridgefield Park (100, 200)

Jairus Paul, Mahwah (LJ)

Mike Pepper, Ramsey (TJ)

##### Group 3

Luke Annichiarico, Old Tappan (PV)

Marc Rienas, Old Tappan (1,600)

##### Non-Public A

Zack Bazile, St. Joseph (LJ, TJ)

Kyle Levermore, Don Bosco (1,600)

Paramus Catholic 4-x-100 relay

Jabrill Peppers, Paramus Catholic (100, 200)

Joe White, DePaul (800)

##### Non-Public B

Caleb Hart, Hawthorne Christian (JT)

Kevin Momnolin, Queen of Peace (IH)

#### Girls

##### Group 1

Cheyenne Bellerand, Emerson (SP, DT)

Mykah Curry, Butler (HH)

Kristen DeCalzo, Hasbrouck Heights (PV)

##### Group 2

Jessica Molina, Westwood (SP)

Corinne Myers, Westwood (800)

Kadejah Sellers, Manchester (400)

Westwood 4-x-400 relay

##### Group 3

Lauren Brzozowski, Ramapo (400)

Taryn DeLeon, Old Tappan (HJ)

Kristina Langan, Wayne Hills (PV)

Josette Norris, Tenafly (1,600, 3,200)

Northern Highlands 4-x-400 relay

Catherine Pagano, Northern Highlands (800)

##### Group 4

Breaisha Morton, Passaic Tech (HJ)

##### Non-Public A

IHA 4-x-800 relay

Tatiyanna Sanders, Paramus Catholic (LJ, TJ)

##### Non-Public B

Eastern Christian (Team)

Catherine Rozalski, Queen of Peace (PV)

Lyndsey Smith, Eastern Christian (100, 200, 400)

10 inches) in Non-Public B was part of the record gold medal haul for local competitors.

For Ross and Zuidema, the round numbers of 60 feet in the shot and 200 feet in the javelin, respectively, were season and career goals that finally were met Friday.

Ross had thrown 59-6 at the Bergen Meet of Champions on May 17, but had struggled at times with a nagging hip injury all spring. He finally threw 60-5½ to

become the third Mahwah athlete and 18th in Bergen history to reach the mark, finishing third in a strong Group 2.

"It feels great to finally get it and the guys I was throwing against — [state leader Nick Pulli of West Deptford and Jason Bryan of Rumson-Fair Haven] are the best in the state," said Ross, who's headed to Dartmouth next year. "I get another chance with them Wednesday [at the State Meet of Champions]."

Zuidema broke 200 with his first throw Friday, a 203-foot effort, and later threw 207-7. He's behind only his brother, two-time state champion Kaleb, now at the University of South Carolina, and 2009 champ Kevin Steimle of Mahwah on the all-time list.

But his best effort still was eight feet behind state favorite Curtis Thompson of Florence, who won Group 1 for the second time.

"The whole season I've been trying to throw 200," Zuidema said. "It's the goal of every elite thrower. Now that I've finally done it, it's a huge weight off my shoulders."

Ridgewood's 4-x-800 team of Mike Thurston, David Frereng, Brian Collins and Luke Dublirer battled Franklin and ended up a stride short at the Group 4 meet, running 7:46.85. They were less than three seconds off of the Bergen County record of 7:44.30 set by the Maroons at last year's national championship with Collins replacing the graduated Storm Dublirer as the fourth leg.

"They battled all the way and I think there's a lot more for them before we're done," said Ridgewood coach Josh Saladino.

Clifton senior Jeremy Hernandez gave state leader Bill Dolan of Clearview all he could handle in the Group 4 1,600, running 4:14.36, just over one second slower than Curtis McNair's Passaic record of 4:13.1 set in 1986.

And for Hart, the 189-10 toss replaced Shaun Murray's 2008 throw of 186-11 for DePaul in the record books and made him a contender for one of the eight medals to be awarded Wednesday in the javelin.

# Sprinting to finish

## Lynch lifts BC to relay title, record

By BOB SHWALB  
SPECIAL TO THE RECORD

**SOUTH PLAINFIELD** — Dan Lynch could've used a rearview mirror.

At Wednesday's state Meet of Champions, the Bergen Catholic senior knew Ridgewood's Luke Dublirer was on his heels on the last leg of their 4-x-800 meter relay. Exactly where, he didn't know.

"I know [Dublirer] is an amazing runner and I was paranoid the whole race," Lynch said. "I felt him try to make a move with about 200 left and I was like, 'Oh man, this could be it!'"

"Fortunately, I found some extra strength from somewhere. I came up with a third wind and I was able to finish."

In a spectacular performance, Lynch followed teammates Joey Ludwig, Tom Selvaggi and Matt Morano in winning gold medals in a Bergen County-record time of 7:42.95.

Ridgewood's foursome of Michael Thurston, David Frering, Brian Collins and Dublirer crossed second in 7:44.09.

Bergen Catholic's victory was spearheaded by a superb second leg from Selvaggi, who missed last week's group meet in order to be at his confirmation. Selvaggi ran a best split of 1:54.9.

"I felt like I owed it to them," Selvaggi said. "When I got the baton, I put my head down to work. I knew if I gave it to my teammates in good position, they'd get it done."

Paramus Catholic's Jabrill Peppers also got it done in defending his 100 and 200 crowns.

In the not-to-distant future, the Michigan-bound phenom hopes to be running the 40-yard dash at the NFL Scouting Combine in Indianapolis.

"I don't like to look too far ahead," Peppers said. "But I'm going to wow a lot of people." In a much-anticipated showdown, Peppers wowed the crowd at Frank Jost Field by besting Ridgewood senior Chris Estrella in both sprints. Peppers posted winning times of 10.55 and 21.13, respectively, while Estrella grabbed the silvers in 10.68 and 21.48.

See BOYS Page S-10

To view a Tournament of Champions photo gallery please visit [northjersey.com](http://northjersey.com)



STAFF PHOTOS BY CHRIS PEDOTA/STAFF PHOTOGRAPHER

Paramus Catholic's Jabrill Peppers successfully defended his 100- and 200-meter titles. He won the 100 in 10.55 seconds and the 200 in 21.13.



Westwood senior Corinne Myers putting distance from the field as she races to the finish line to capture the 800 meters Wednesday.

## Westwood's Myers sets mark in 800

By PAUL SCHWARTZ  
STAFF WRITER

**SOUTH PLAINFIELD** — When Corinne Myers was a freshman at Westwood, her first goal was to finish all her races. As a sophomore, she tried to beg off the anchor legs on the Cardinals' 4-x-400 and 4-x-800 teams. She wasn't sure she even wanted to run in college.

Things change. Now Myers, who set a Bergen County record and decimated the field at the state Meet of Champions on Wednesday night, can't wait to run against anyone in the country.

But after her stunning 800-meter performance (2:05.80) to win by nearly 20 meters, there are probably a lot of athletes who don't want any part of her.

"I guess I can accept being in the same sentence as people like [Columbia's] Olivia Baker now," said Myers, who broke the 2:06.06 mark set by Janine Davis of Queen of Peace in 2005 in winning the state Meet of Champions. "It's a little surreal but I've learned how to deal with it."

As usual, Myers burst from the gun to the front, running through the first 400 in 60.0 and gradually pulling away from Jen Edobi of Union and Catherine Pagano of Northern Highlands for the victory.

"That's my strategy and it works for me, so I'm staying with it," said Myers, who will run at Northeastern next year and at Nationals in 10 days. "First I have my prom on Friday and then we'll get ready for nationals."

Myers was the only North Jersey girl to win on the track, but Cheyenne Bellerand of Emerson and Taryn DeLeon added wins in the discus and high jump, respectively.

For Bellerand, the win in the discus was a surprise, especially when she threw a seven-foot personal-best of 136-10.

"I just tried to relax and concentrate and get a good throw in the discus and then get back to the shot," said Bellerand, who missed a rare weight double by just 3½ inches, throwing an outdoor best of 43-3. "I wanted to win the shot, but I can't say I'm upset since I won the discus."

"This was my last high school meet, and my coach said this was the meet that will define my legacy."

And with a No. 4 all-time Bergen County ranking in the discus and No. 7 in the shot, Bellerand's legacy is secure.

So too, is DeLeon's, who completed

See GIRLS Page S-10

## Slade, IC repeat as champions

By JJ CONRAD  
STAFF WRITER

**NEWARK** — Immaculate Conception's Gabby Slade wasted no time getting the Blue Wolves going in Wednesday's North Non-Public B final against Eastern Christian.

The junior center fielder and first team All-Bergen selection stepped to the plate in the bottom of the first and deposited a no-doubt home run over the center field fence to give IC a quick one-run lead.

Slade's first leadoff home run ignited top-seeded Immaculate Conception's 12-0, five-inning win over Eastern Christian at Ivy Hill Park, as the defending Non-Public B champion Blue Wolves punched their ticket.

### SOFTBALL

**IMMACULATE CONCEPTION 12**  
**EASTERN CHRISTIAN 0**

### NORTH NON-PUBLIC B FINAL

et to Toms River for the second straight year.

As sophomore Sarah Piening put the finishing touches on a five-inning, three-hit shutout (eight strikeouts), the celebration was somewhat subdued.

For this Immaculate Conception squad, the sectional title is nice, but the Blue Wolves have their sights set on getting one more and defending their state crown.

"I think it was very important to get back to this point," said Slade, who led IC's 12-hit attack with a 3-for-4, three-run, two-RBI day and just missed a second home run in the third, flying out to the warning track in center.

"We want to make a statement to the school. Last year was great, but to do it again would be even better. I think this year will be much different. We're more relaxed and we've been in this situation already."

"We're still a young team, but we're showing we're capable of playing with anyone."

After Immaculate Conception (26-2) took a 2-0 lead in the first, the Blue Wolves tacked on four more in the second, getting an RBI single from freshman Ali Moran to score Slade (who reached with a single), Andee Lupica (2-for-3) ripped the first of two doubles and Nikki Kupersmith (3-for-3) followed with an RBI triple. Sam Krakower capped the scoring with an RBI single.

Immaculate Conception struck for six runs in the fourth, highlighted by a 17-pitch, bases-loaded walk from freshman Ashley Callahan to put the Blue Wolves up, 8-0.

Sam Krakower (fielder's choice), Gabby Fredette (sacrifice fly) and Slade (single) each provided an RBI in the inning as well.

Immaculate Conception coach Jeff Horohovich will be making his 18th career trip to Toms River for the state finals, after leading IHA to seven state championships from 1987-2003.

This year marks the third straight season in which Immaculate Conception will head to Toms River and fourth time in five years, losing the final in 2010 and 2012, and winning the program's first state championship last season.

"That's the tradition we had at IHA and that's the tradition we're trying to build here," said Horohovich.

...ence up and got a better start on rallies."

"My first serve is crucial to my

...ment in it," Wright said.

"In the beginning, I wasn't in the match," Chen said.

...point of the match," Wright said. "It was certainly the turning point of that set."

...great."

Email: schutta@northjersey.com

# End of an era for Immaculate Heart seniors

**E. CONRAD**  
STAFF WRITER

**SOUTH ORANGE** — It was a painful end for arguably the greatest senior class in Immaculate Heart softball history.

The Blue Eagles' season, and the careers of their record-breaking four-year starters — Steph Thomas, Daniella Ibarra, Angelina McGuire and Rachel Pollard — ended Wednesday night in a heartbreaking 2-1 loss to Mount St. Dominic in the North Non-Public A final.

After Thomas — the New Jersey

all-time wins leader with 113 — held the Lions to just two hits through the first six innings, Mount St. Dominic rallied for two runs in the top of the seventh, getting a game-tying RBI single from Olivia Gemma and a go-ahead RBI double from Sam Platt.

In the bottom half of the inning, IHA had the potential game-tying run tagged out at third for the final out of the game, igniting a wild Mount St. Dominic celebration at

**SOFTBALL**  
**MT. ST. DOMINIC 2**  
**IHA 1**  
**NORTH NON-PUBLIC A FINAL**

Ivy Hill Park at Seton Hall.

"IHA left everything out on that field today," said McGuire, bound for Fairfield next year after a record-breaking senior season ended with a school-record 63 RBI.

"We might not have come out on top, but we went down as a family and I'm so proud of my team and everything [we've] done this season.

"There's no reason to hang our heads. I love my team, and there's

no doubt they'll be back next year."

IHA had maintained its 1-0 lead after Rachel Pollard singled home Reese Guevarra in the bottom of the first. Pollard capped her career going 3-for-3.

After allowing one run on two hits in the first, Mount St. Dominic ace Kelsey Oh settled into a groove over the next six innings. She finished with a complete game seven-hitter with four strikeouts.

"Kelsey was fantastic," Platt said. "She shut them down. One run in the first inning, then after that, it was lights out."

# Boys: Levermore wins 1,600 title Girls

From Page S-9

"The thing people don't realize is, I don't train for track year-round," Peppers said. "If I did, who knows what kind of times I could do.

"I still don't know how to run, actually ... I'm doing it off sheer strength. The competition was great and those guys were right up on me, but I was able to pull through and get the wins."

After winning last year's 3,200 state title, Don Bosco senior Kyle Levermore went on a hunch and ran in Wednesday's 1,600 instead. His gut feeling proved right as he won the shorter race in 4:13.9.

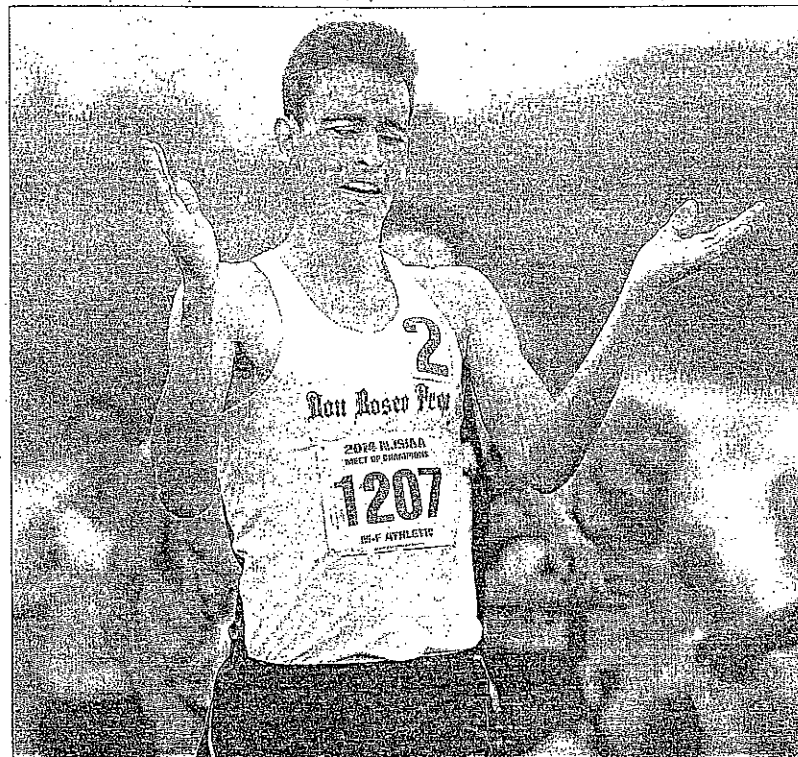
"I was out for a training run on Sunday and I just had this feeling," Levermore said. "I started getting excited thinking about the mile and I realized I wasn't getting excited about the 3,200.

"It was a huge risk ... I could've come away with nothing. But I dug down really deep and I believed in myself. I took a chance and I'm glad I did."

Another athlete thrilled with his performance was DePaul's Joe White. The Spartan senior capped off his high school career with a second-place finish in the 800, posting a Pas-saic County-record time of 1:49.08.

White finished last in the same event's seeded heat a year ago and said the lessons he learned that day were key.

"Last year I was really inexperienced ... that was my first race against kids who were better than me," White said. "I went out way too fast. I went out in 23 [seconds] in-



CHRIS PEDOTA/STAFF PHOTOGRAPHER

Kyle Levermore of Don Bosco winning the 1,600 meters at Wednesday's state Meet of Champions. He finished in 4:13.9.

stead of my usual 25 or 26.

"It was a rough day but I've been looking forward to coming back here and getting it right."

In Wednesday's race, White again ran his first 200 meters in 23 seconds. But this time he was "a little more ready for it" and continued blazing from there.

In the 400 hurdles, North Bergen senior Alex Ortega crossed second in

52.8. The Bruins' senior placed 11th in last year's race and made a vow to come back and win it all.

"After that race, I wrote on a piece of paper 'I want to be a state champion,'" Ortega said. "I put it up on the wall above where I sleep and I saw it every day. I worked hard and trained and here I am now.

"I didn't win, but second place is still pretty amazing."

From Page S-9

an undefeated outdoor season by winning the high jump, clearing 5-foot-6 without a miss to edge Passaic Tech's Breasha Morton, who had several misses at lower heights.

"I had some trouble in the past being consistent when I got to the higher heights," said DeLeon, who became the first North Jersey girl to win the high jump since Ramsey's Cheryl Burdick won her second straight in 1999. "But coach [Antonio] Marino moved my step back about a foot and it made all the difference."

It was the fourth straight meet DeLeon cleared 5-6, causing a little frustration for the Winthrop College-bound athlete, who jumped an inch higher last spring.

"But this definitely makes up for the frustrations in the winter and in not making 5-8," said DeLeon, looking at the gold medal. "This is great."

Josette Norris of Tenafly made a game effort at repeating in the 1,600, but came up short, falling to a great kick by Briana Gess of Haddonfield despite running 4:47.95.

"I tried to break the race open in the second and third laps," said Norris, who also took seventh in the 3,200. "I just couldn't get away."

State Meet of Champions  
@ South Plainfield

June 4, 2014

High Jump: Michael Zeno 6'2" 13<sup>th</sup> Place

Pole Vault: Spencer Llerandi 13'0" 20<sup>th</sup> Place  
Patrick Morgan NH

4x800m:

Michael Thurston 1:56.3

Brian Collins 1:58.9

David Frering 1:55.5

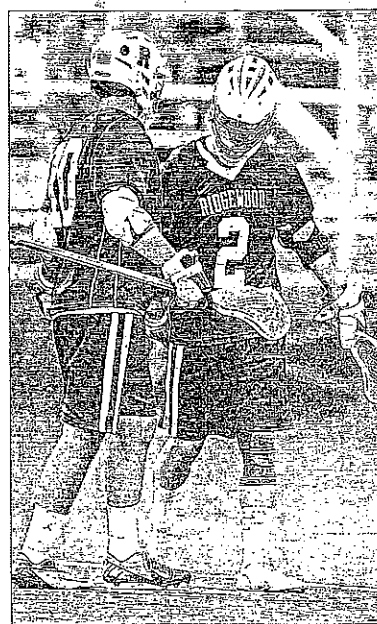
Luke Dublirer 1:52.9

7:44.09 – 2<sup>nd</sup> Place – New School Record

TRAGIC STATE MEET OF CHAMPIONS

- AT JARROL FIELDS, S. PLAINFIELD**
- BOYS**
- 100.1. JABRILL PEPPERS (Paramus Cath.), 10.55; 2. CHRISTOPHER ESTRELLA (Ridgefield Park), 10.58; 3. Rocco Grillo (Scotch Plains-Hamorton), 10.71; 4. Kashif Miller (Haddon Heights), 10.81; 5. Adonis Jemmer (Central-Newark), 10.84; 6. Devon Starling, 10.92; 7. Jamirius (Central-Newark), 10.94; 8. Armani Armstrong (Millville), 10.95.
- 200.1. JABRILL PEPPERS (Paramus Cath.), 21.12; 2. CHRISTOPHER ESTRELLA (Ridgefield Park), 21.46; 3. Kashif Miller (Haddon Heights), 21.73; 4. Jamaad Muse (Timber Creek), 21.78; 5. Nigel Sanchez (Woodrow Wilson), 21.85; 6. Stefano Moore-Green (Paul VI), 21.88; 7. Jamirius Mitchell (Central-Newark), 21.90; 8. Jordan Jamerson (Union Cath.), 21.91.
- 400.1. Jamaad Muse (Timber Creek), 47.07; 2. Taylor McLaughlin (Union Cath.), 47.74; 3. Nigel Sanchez (Woodrow Wilson), 48.02; 4. Donovan McDonald (Montclair), 48.18; 5. Adam Franklin (Memorial Lakes), 48.25; 6. GEORGE JENKINS (Teaneck), 48.28; 7. Jordan Jamerson (Union Cath.), 48.43; 8. Deshaunee Barton (Nutley), 48.52.
- 800.1. Ishmael Muhammad (Oakcrest), 1:48.52; 2. JOE WHITE (DePaul), 1:49.09 (Passaic County record of record, 1:48.95); by White 2013; 3. Morgan Murray (South Brunswick), 1:50.62; 4. Ross Clark (Franklin), 1:52.92; 5. Patrick Anderson (St. Bernard's), 1:53.05; 6. Phoranthan Metamorus (Memorial WY5), 1:53.32; 7. DANIEL CORDEIRO (North Arlington), 1:53.37; 8. Javon Pittman (Franklin), 1:53.84.
- 1600.1. KYLIE LEVERMORE (Don Bosco), 4:13.98; 2. Luke Petala (Haddon Twp.), 4:14.39; 3. Mike McClements (Christian Brothers), 4:14.58; 4. Bill DeRoin (Clearview), 4:15.70; 5. Josiah Hanko (Trinity Christian), 4:16.43; 6. Nicholas McFarland (Hillsborough), 4:17.12; 7. Ryan Rafferty (Jackson Memorial), 4:17.31; 8. Michael Campbell (Pope John), 4:17.25.
- 3200.1. Blaise Ferro (Christian Brothers), 9:00.02; 2. Tom Rooney (Christian Brothers), 9:10.28; 3. Leland Jones (Summit), 9:10.57; 4. NIKHIL TOLMAY (WVWP, South), 9:12.86; 5. Craig Curt (Wallkill Valley), 9:14.58; 6. Tommy Teatras (Hopewell Valley), 9:16.34; 7. Shawn Hutchison (Bishop Eusebio), 9:17.85; 8. Louis Corlano (Hamorton), 9:17.88.
- 110.1. Obafemi Amintshau (Union Cath.), 14.23; 2. Chais Hill (Highland Regional), 14.23; 3. Kyair Lambert (Phillipsburg), 14.27; 4. Dylan Anderson (Union Cath.), 14.29; 5. Steven Jones (Plainfield), 14.70; 6. Mat Richards (Madison), 14.76; 7. Rashawn Richardson (Paramus), 15.08; 8. Christian Patrick (Seton Hall), 15.10.
- 400.1. Mark Cooke (JP Stevens), 52.05; 2. ALEX ORTEGA (North Bergen), 52.80; 3. Obafemi Amintshau (Union Cath.), 53.62; 4. Clinton Bailey (Jackson Liberty), 53.84; 5. Bryan Walls (Camden Cath.), 53.86; 6. Chris Sweeney (Verona), 54.57; 7. Alex Barlett (Hamorton), 54.72; 8. Andrew Ghizzone (Union Cath.), 54.65.
- 800.1. Jason Bryan (Rumson Fair), 51.77; 2. Nick Pulli (W. Deptford), 51.77; 3. Nick Pulli (W. Deptford), 51.77; 4. Nick Pulli (W. Deptford), 51.77; 5. Nick Pulli (W. Deptford), 51.77; 6. Nick Pulli (W. Deptford), 51.77; 7. Nick Pulli (W. Deptford), 51.77; 8. Nick Pulli (W. Deptford), 51.77.
- 1600.1. Nick Pulli (W. Deptford), 1:04.50; 2. Kevin Brown (Toms River North), 1:07.71; 3. Sean Brennan (Union Cath.), 1:10.34; 4. Dan Gilligan (Toms River East), 1:10.34; 5. Stephen Greenlow (Toms River East), 1:11.33; 6. P. Prosper Melchior (Hillsdale), 1:12.07; 7. Vlad Castilho Jr. (Montgomery), 1:12.07; 8. Jason Bryan (Rumson Fair Haven), 1:13.27; 9. Curtis Thompson (Union Cath.), 1:13.27; 10. Chris Mirabile (Holy Cross), 1:13.27; 11. MICHAEL BRAZZER (North Arlington), 1:13.27; 12. SEITH ZURBACH (Central-Newark), 1:13.27; 13. Shane McNeill (Cinnaminson), 1:13.27; 14. Stephen Beronio (Cherry Hill East), 1:13.27; 15. Robert Mellor (Mantoloking), 1:13.27; 16. Derek Trout (Christian Brothers), 1:13.27.
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- Long Jump: 1. Mikhal Michaux (Eastern Regional), 24.3"; 2. Nicholas Melchior (Cedar Grove), 24.3"; 3. Miles Hartsfield (Paysonville), 23.2"; 4. Kinore Brown (Pennsauken), 22.4"; 5. Booker McLean (Monticello), 22.4"; 6. Miles Melchior (Cedar Grove), 22.4"; 7. Andre Bryan (Edison), 22.4"; 8. Tristan Wilson (Delsea), 22.2"; 9. Triple Jump: 1. Miles Hartsfield (Paysonville), 41.1"; 2. Barton Adams (Cinnaminson), 40.7"; 3. Eric Bethea (Piscataway), 47.4"; 4. MIKE PEPPER (Ramsey), 46.8"; 5. HASON KATZ (Ramsey), 46.8"; 6. MICHAEL C. BROPHY, 46.7"; 7. Daryl Hancock (Hamilton West), 46.1"; 8. Colin Latta (Somerville), 45.7".
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- GIRLS**
- 100.1. Torie Robinson (Winslow Twp.), 11.7; 2. Eric Saunders (Paysonville), 11.92; 3. Danielle Bernius (Deerpark), 11.95; 4. Madeleine Soto (University), 11.95; 5. Bra Mack (Williamstown), 12.05; 6. Kayla Grant (Mount Olive), 12.07; 7. Haisha Bisiolu (Union), 12.14; 8. Cleopatra Morrison (Long Branch), 12.22.
- 200.1. Eric Saunders (Paysonville), 24.05; 2. Olivia Baker (Columbia), 24.17; 3. Madeleine Soto (University), 24.26; 4. Haisha Bisiolu (Union), 24.60; 5. Marissa Evans (East Orange), 24.70; 6. Elizabeth Rowe (Penns Grove), 24.72; 7. Kiara Lester (Deerpark), 24.78; 8. Phyllis Gordon (Opton), 24.81.
- 400.1. Olivia Baker (Columbia), 53.52; 2. Brianna Pettus (Piscataway), 55.48; 3. Falesha Dowe (Penns Grove), 55.58; 4. Nadiah Sellers (Manchester), 56.18; 5. AUBRIEN BRZDOWSKI (Ramapo), 55.42; 6. Haimea Diawara (Toms River North), 55.52; 7. Dominique Watkins (Abramson), 56.58; 8. Sam Anderson (Madawan), 56.64.
- 800.1. CORINNE MYERS (Westwood), 2:02.60 (Bergen County record, old record, 2:02.60) by Janel Davis, Queen of Peace, 2:02.60; 2. Jennifer Eddoli (Union), 2:08.21; 3. CATHERINE PAGANO (J.P. Boardman), 2:08.75; 4. Rachel Stevens (Orange City), 2:09.94; 5. Jacqueline Bergamo (Hunterdon Central), 2:10.21; 6. Danielle Leventer (Lacey), 2:11.29; 7. Bridget Flynn (Orange City), 2:11.54; 8. Caleigh Higgins (Pope John), 2:12.20.
- 1600.1. Briana Guss (Haddonfield), 4:45.97; 2. JOCYETTE MORRIS (Cranford), 4:47.95; 3. Clara Roche (Freehold Twp.), 4:48.99; 4. Maria Warner (Holmdel), 4:49.88; 5. Rylena Cochrane West Morris Central, 4:52.72; 6. JULIA GLENN (Hillsdale), 4:53.15; 7. Katherine Wasserman (Spotswood), 4:55.28; 8. Nora McConroy (Randolph), 4:55.31.
- 3200.1. Courtney Thompson (Saint John Vianney), 10:22.87; 2. Grace Dwyer (Hill Twp.), 10:23.07; 3. Dana Klein (St. Bernard's), 10:23.33; 4. Katherine Barry (Mendham), 10:34.57; 5. Eve Glasgreen (H. Hunterdon), 10:36.47; 6. Euphany Grisham (Ocean City), 10:39.15; 7. JUSTICE MORRIS (Trenton), 10:42.94; 8. Rachel Suss (Metuchen), 10:42.94.
- 100.1. H. Sydney McLaughlin (Union Cath.), 14.23; 2. Chais Hill (Highland Regional), 14.23; 3. Kyair Lambert (Phillipsburg), 14.27; 4. Dylan Anderson (Union Cath.), 14.29; 5. Steven Jones (Plainfield), 14.70; 6. Mat Richards (Madison), 14.76; 7. Rashawn Richardson (Paramus), 15.08; 8. Christian Patrick (Seton Hall), 15.10.
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# Ridgewood can't stop Wave



Ross Andrews celebrating with Andrew Seiter, right, after Seiter scored against Delbarton.

## Falls to Delbarton in TOC semifinal

**By BRIAN A. GIUFFRÀ**  
**STAFF WRITER**

**BRIDGEWATER** — Dan Hurley ran around the field holding a maroon Ridgewood lacrosse flag in his right hand, has become all too familiar at this point of the season.

Despite another strong effort against another state power, the Maroons can't seem to get rid of the Tournament of Champions semifinal hex.

Delbarton senior attack JJ. McBride scored four goals and goalie Stephen Kovalsky made 11 saves to lead the top-seeded Green Wave to a 12-6 victory over No. 5 Ridgewood in the boys lacrosse TOC semifinals Wednesday night at Bridgewater-Raritan.

This is the third straight year the Maroons have lost in the TOC semis and the seventh time overall. They're still looking for their first state final appearance since 2002.

"I'm so proud of all of my teammates and the way we played," said Hurley, a senior defender. "This means everything to me. The name on the chest of this program, it's what you play for."

Ridgewood showed that passion and intensity in the first half, building a 5-4 lead behind a goal and an assist apiece from senior attack Matt Shippee and junior midfielder Matt LoPoro.

But Delbarton displayed its depth and

**BOYS LACROSSE**  
**DELBARTON** 12  
**RIDGEWOOD** 6

stamina in the second, scoring the first three goals to build a two-goal cushion and then pulling away in the fourth as the Maroons tried to force the issue on defense.

Delbarton advances to the TOC final for the second time in three years, where it faces No. 2 Summit on Saturday at Bridgewater-Raritan.

"They're a good team, and they have a good chance to win on Saturday," Ridgewood coach Mike Pounds said of Delbarton. "We kept trying to come up with defensive stops. But you can only do so much."

"We had to grind it out to get to this point. They had a little more than we did in the second half."

Ridgewood (15-8) senior attack Owen Smith opened the scoring for the Maroons with a lower left bounce shot on a pass from LoPoro.

Matt Donovan (turnaround righty bounce shot) and Shippee (righty drive from behind) scored 52 seconds apart to make it 2-2 five seconds before the end of the first quarter.

Delbarton tied it four seconds later on a fast break. But Ridgewood grabbed the lead back early in the second on a quick stick shot on the crease from Andrew Seiter and grabbed a one-goal edge before halftime on LoPoro's diving lefty bounce shot.

"These guys did not under achieve," Pounds said. "We had a lot of good things happen for us."

## SRD's Wright comes up just short

**By GREGORY SCHUTTA**  
**STAFF WRITER**

**WEST WINDSOR** — Daniel Wright did his best to stem the tide Wednesday. But in the end, it simply was too much for the Saddle River Day senior.

Second-seeded Michael Chen of Holmdel found his first serve late in the second set and outlasted the third-seeded Wright, 2-6, 6-4, 6-4, in the semifinals of the state boys tennis singles tournament.

"The first serve equals confidence," Wright said after suffering his first loss of the season in his first trip to the semifinals. "He got his confidence up and got a better start on rallies."

"My first serve is crucial to my

**STATE BOYS TENNIS**

game," Chen said after playing his second three-set marathon in as many days.

Chen's time on the court over the past two days looked like it was taking its toll in the first set. Wright, bound for Buckle in the fall, was able to take advantage of Chen's inability to get his powerful first serve in, jumping on the second and riding a strong return game to victory in the final four games to take the set.

"I was trying to keep it to his backhand because he wasn't very confident in it," Wright said.

"In the beginning, I wasn't in the match," Chen said.

"I didn't have any energy." That changed in the second set, as he broke Wright in the opening game and kept the pressure on by following each of Wright's two breaks with one of his own.

The biggest one was the second, coming in the ninth game of the set.

Wright had pulled off a huge break of his own, downing Chen in the eighth game to tie the score, 4-4, and prevent a situation in which Chen would have been serving for the set.

But Chen came right back to break Wright's serve and take a 5-4 lead, and then held serve to take the set, 6-4.

"I wouldn't say it was the turning point of the match," Wright said. "It was certainly the turning point of that set."

Chen took a 3-2 lead on Wright in the third set and held onto it for the rest of the way to take the match. He will face top-seeded Tyler Schick of Millburn, who dined Newark Academy's Chris Paradis, 6-0, 6-3, in the other semifinal, in today's final.

For Wright, it marked the end of a tremendous season and career for the Rebels.

"I'm really happy with the way I played," said Wright, who lost in the quarterfinals last year. "I don't always play my best tennis when I play high school tennis. But to come down here and accomplish what I accomplished when I may not be as experienced in these kind of matches is great."

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## End of an era for Immaculate Heart seniors

**By JJ CONRAD**  
**STAFF WRITER**

**SOUTH ORANGE** — It was a painful end for arguably the greatest senior class in Immaculate Heart softball history.

The Blue Eagles' season, and the careers of their record-breaking four-year starters — Steph Thomas, Daniela Ibarra, Angelina McGuire and Rachel Pollard — ended Wednesday night in a heartbreaking 2-1 loss to Mount St. Dominic in the North Non-Public A final.

After Thomas — the New Jersey

**SOFTBALL**  
**MT. ST. DOMINIC 2**  
**IHA** 1  
**NORTH NON-PUBLIC A FINAL**

all-time wins leader with 113 — held the Lions to just two hits through the first six innings, Mount St. Dominic rallied for two runs in the top of the seventh, getting a game-tying RBI single from Olivia Gemma and a go-ahead RBI double from Sam Platt.

In the bottom half of the inning, IHA had the potential game-tying run tagged out at third for the final out of the game, igniting a wild Mount St. Dominic celebration at

Hy Hill Park at Seton Hall.

"IHA left everything out on the field today," said McGuire, bound for Fairfield next year after a record-breaking senior season ended with a school record 63 RBI.

"We might not have come out on top, but we went down as a family and I'm so proud of my team and everything [we've] done this season."

"There's no reason to hang our heads. I love my team, and there's

no doubt they'll be back next year."

IHA had maintained its 1-0 lead after Rachel Pollard singled home Reese Guevarra in the bottom of the first. Pollard capped her career going 3-for-3.

After allowing one run on two hits in the first, Mount St. Dominic ace Kelsey Oh settled into a groove over the next six innings. She finished with a complete game seven-hitter with four strikeouts.

"Kelsey was fantastic," Platt said. "She shut them down. One run in the first inning, then after that, it was lights out."

## Boys: Levermore wins 1,600 title Girls

From Page S-9

"The thing people don't realize is, I don't train for track year-round," Peppers said. "If I did, who knows what kind of times I could do."

"I still don't know how to run, actually... I'm doing it off sheer strength. The competition was great and those guys were right up on me, but I was able to pull through and get the wins."

After winning last year's 3,200 state title, Don Rocco senior Kyle Lever-

more (Rancocas Valley, 5:55.65) won the boys 1,600-meter race, edging out second-place Ryan Jones (Rancocas Valley, 5:57.15).

Other boys winners included: 1,000 meters: Kyle Levermore (Rancocas Valley), 3:08.15; 500 meters: Kyle Levermore (Rancocas Valley), 1:34.15; 800 meters: Kyle Levermore (Rancocas Valley), 2:10.15; 1,500 meters: Kyle Levermore (Rancocas Valley), 4:01.15; 2,000 meters: Kyle Levermore (Rancocas Valley), 5:21.15; 3,000 meters: Kyle Levermore (Rancocas Valley), 8:11.15; 4,000 meters: Kyle Levermore (Rancocas Valley), 10:51.15; 5,000 meters: Kyle Levermore (Rancocas Valley), 13:41.15; 6,000 meters: Kyle Levermore (Rancocas Valley), 16:31.15; 7,000 meters: Kyle Levermore (Rancocas Valley), 19:21.15; 8,000 meters: Kyle Levermore (Rancocas Valley), 22:11.15; 9,000 meters: Kyle Levermore (Rancocas Valley), 25:01.15; 10,000 meters: Kyle Levermore (Rancocas Valley), 27:51.15; 11,000 meters: Kyle Levermore (Rancocas Valley), 30:41.15; 12,000 meters: Kyle Levermore (Rancocas Valley), 33:31.15; 13,000 meters: Kyle Levermore (Rancocas Valley), 36:21.15; 14,000 meters: Kyle Levermore (Rancocas Valley), 39:11.15; 15,000 meters: Kyle Levermore (Rancocas Valley), 42:01.15; 16,000 meters: Kyle Levermore (Rancocas Valley), 44:51.15; 17,000 meters: Kyle Levermore (Rancocas Valley), 47:41.15; 18,000 meters: Kyle Levermore (Rancocas Valley), 50:31.15; 19,000 meters: Kyle Levermore (Rancocas Valley), 53:21.15; 20,000 meters: Kyle Levermore (Rancocas Valley), 56:11.15; 21,000 meters: Kyle Levermore (Rancocas Valley), 59:01.15; 22,000 meters: Kyle Levermore (Rancocas Valley), 61:51.15; 23,000 meters: Kyle Levermore (Rancocas Valley), 64:41.15; 24,000 meters: Kyle Levermore (Rancocas Valley), 67:31.15; 25,000 meters: Kyle Levermore (Rancocas Valley), 70:21.15; 26,000 meters: Kyle Levermore (Rancocas Valley), 73:11.15; 27,000 meters: Kyle Levermore (Rancocas Valley), 76:01.15; 28,000 meters: Kyle Levermore (Rancocas Valley), 78:51.15; 29,000 meters: Kyle Levermore (Rancocas Valley), 81:41.15; 30,000 meters: Kyle Levermore (Rancocas Valley), 84:31.15; 31,000 meters: Kyle Levermore (Rancocas Valley), 87:21.15; 32,000 meters: Kyle Levermore (Rancocas Valley), 90:11.15; 33,000 meters: Kyle Levermore (Rancocas Valley), 93:01.15; 34,000 meters: Kyle Levermore (Rancocas Valley), 95:51.15; 35,000 meters: Kyle Levermore (Rancocas Valley), 98:41.15; 36,000 meters: Kyle Levermore (Rancocas Valley), 101:31.15; 37,000 meters: Kyle Levermore (Rancocas Valley), 104:21.15; 38,000 meters: Kyle Levermore (Rancocas Valley), 107:11.15; 39,000 meters: Kyle Levermore (Rancocas Valley), 110:01.15; 40,000 meters: Kyle Levermore (Rancocas Valley), 112:51.15; 41,000 meters: Kyle Levermore (Rancocas Valley), 115:41.15; 42,000 meters: Kyle Levermore (Rancocas Valley), 118:31.15; 43,000 meters: Kyle Levermore (Rancocas Valley), 121:21.15; 44,000 meters: Kyle Levermore (Rancocas Valley), 124:11.15; 45,000 meters: Kyle Levermore (Rancocas Valley), 127:01.15; 46,000 meters: Kyle Levermore (Rancocas Valley), 129:51.15; 47,000 meters: Kyle Levermore (Rancocas Valley), 132:41.15; 48,000 meters: Kyle Levermore (Rancocas Valley), 135:31.15; 49,000 meters: Kyle Levermore (Rancocas Valley), 138:21.15; 50,000 meters: Kyle Levermore (Rancocas Valley), 141:11.15; 51,000 meters: Kyle Levermore (Rancocas Valley), 144:01.15; 52,000 meters: Kyle Levermore (Rancocas Valley), 146:51.15; 53,000 meters: Kyle Levermore (Rancocas Valley), 149:41.15; 54,000 meters: Kyle Levermore (Rancocas Valley), 152:31.15; 55,000 meters: Kyle Levermore (Rancocas Valley), 155:21.15; 56,000 meters: Kyle Levermore (Rancocas Valley), 158:11.15; 57,000 meters: Kyle Levermore (Rancocas Valley), 161:01.15; 58,000 meters: Kyle Levermore (Rancocas Valley), 163:51.15; 59,000 meters: Kyle Levermore (Rancocas Valley), 166:41.15; 60,000 meters: Kyle Levermore (Rancocas Valley), 169:31.15; 61,000 meters: Kyle Levermore (Rancocas Valley), 172:21.15; 62,000 meters: Kyle Levermore (Rancocas Valley), 175:11.15; 63,000 meters: Kyle Levermore (Rancocas Valley), 178:01.15; 64,000 meters: Kyle Levermore (Rancocas Valley), 180:51.15; 65,000 meters: Kyle Levermore (Rancocas Valley), 183:41.15; 66,000 meters: Kyle Levermore (Rancocas Valley), 186:31.15; 67,000 meters: Kyle Levermore (Rancocas Valley), 189:21.15; 68,000 meters: Kyle Levermore (Rancocas Valley), 192:11.15; 69,000 meters: Kyle Levermore (Rancocas Valley), 195:01.15; 70,000 meters: Kyle Levermore (Rancocas Valley), 197:51.15; 71,000 meters: Kyle Levermore (Rancocas Valley), 200:41.15; 72,000 meters: Kyle Levermore (Rancocas Valley), 203:31.15; 73,000 meters: Kyle Levermore (Rancocas Valley), 206:21.15; 74,000 meters: Kyle Levermore (Rancocas Valley), 209:11.15; 75,000 meters: Kyle Levermore (Rancocas Valley), 212:01.15; 76,000 meters: Kyle Levermore (Rancocas Valley), 214:51.15; 77,000 meters: Kyle Levermore (Rancocas Valley), 217:41.15; 78,000 meters: Kyle Levermore (Rancocas Valley), 220:31.15; 79,000 meters: Kyle Levermore (Rancocas Valley), 223:21.15; 80,000 meters: Kyle Levermore (Rancocas Valley), 226:11.15; 81,000 meters: Kyle Levermore (Rancocas Valley), 229:01.15; 82,000 meters: Kyle Levermore (Rancocas Valley), 231:51.15; 83,000 meters: Kyle Levermore (Rancocas Valley), 234:41.15; 84,000 meters: Kyle Levermore (Rancocas Valley), 237:31.15; 85,000 meters: Kyle Levermore (Rancocas Valley), 240:21.15; 86,000 meters: Kyle Levermore (Rancocas Valley), 243:11.15; 87,000 meters: Kyle Levermore (Rancocas Valley), 246:01.15; 88,000 meters: Kyle Levermore (Rancocas Valley), 248:51.15; 89,000 meters: Kyle Levermore (Rancocas Valley), 251:41.15; 90,000 meters: Kyle Levermore (Rancocas Valley), 254:31.15; 91,000 meters: Kyle Levermore (Rancocas Valley), 257:21.15; 92,000 meters: Kyle Levermore (Rancocas Valley), 260:11.15; 93,000 meters: Kyle Levermore (Rancocas Valley), 263:01.15; 94,000 meters: Kyle Levermore (Rancocas Valley), 265:51.15; 95,000 meters: Kyle Levermore (Rancocas Valley), 268:41.15; 96,000 meters: Kyle Levermore (Rancocas Valley), 271:31.15; 97,000 meters: Kyle Levermore (Rancocas Valley), 274:21.15; 98,000 meters: Kyle Levermore (Rancocas Valley), 277:11.15; 99,000 meters: Kyle Levermore (Rancocas Valley), 280:01.15; 100,000 meters: Kyle Levermore (Rancocas Valley), 282:51.15; 101,000 meters: Kyle Levermore (Rancocas Valley), 285:41.15; 102,000 meters: Kyle Levermore (Rancocas Valley), 288:31.15; 103,000 meters: Kyle Levermore (Rancocas Valley), 291:21.15; 104,000 meters: Kyle Levermore (Rancocas Valley), 294:11.15; 105,000 meters: Kyle Levermore (Rancocas Valley), 297:01.15; 106,000 meters: Kyle Levermore (Rancocas Valley), 300:51.15; 107,000 meters: Kyle Levermore (Rancocas Valley), 303:41.15; 108,000 meters: Kyle Levermore (Rancocas Valley), 306:31.15; 109,000 meters: Kyle Levermore (Rancocas Valley), 309:21.15; 110,000 meters: Kyle Levermore (Rancocas Valley), 312:11.15; 111,000 meters: Kyle Levermore (Rancocas Valley), 315:01.15; 112,000 meters: Kyle Levermore (Rancocas Valley), 317:51.15; 113,000 meters: Kyle Levermore (Rancocas Valley), 320:41.15; 114,000 meters: Kyle Levermore (Rancocas Valley), 323:31.15; 115,000 meters: Kyle Levermore (Rancocas Valley), 326:21.15; 116,000 meters: Kyle Levermore (Rancocas Valley), 329:11.15; 117,000 meters: Kyle Levermore (Rancocas Valley), 332:01.15; 118,000 meters: Kyle Levermore (Rancocas Valley), 334:51.15; 119,000 meters: Kyle Levermore (Rancocas Valley), 337:



# Not all stellar performances earned gold

By **PAUL SCHWARTZ**  
and **BOB SHWALB**  
STAFF WRITERS

North Jersey athletes collected seven gold medals and 43 total medals at Wednesday's State Meet of Champions, just one medal from tying the all-time North Jersey record.

Here are some of the better non-winning performances:

**RECORD BROKEN:** The Ridgewood 4-x-800 team of Michael Thurston, Brian Collins, David Frering and Luke Dublirer bettered the previous Bergen County record in finishing second to

Bergen Catholic. The Maroons ran 7:44.09 while their rivals claimed the new county mark and the gold (7:42.95).

"It was pretty excruciating," Thurston said.

"After you hand off the baton, all you can do is cheer the other guys on. You can't help them in any way.

The Maroons get another chance to take back the record next week at the New Balance

## TRACK NOTEBOOK

Outdoor Nationals in North Carolina.

**OUT OF NOWHERE:** In the boys' pole vault, Old Tappan's Luke Annichiarico finished second to a relative new kid on the block.

Union Catholic's Andrew Ghizzone entered the competition with a personal-best mark of 14-6, but flew over 16 feet to claim the gold.

Annichiarico took silver, matching his indoor second place finish.

**NOW IT'S OUR TURN:** Juniors Kadejah Sellers of Manchester, the Group 2 champion, and Lauren Brzozowski of Ramapo, the Group 3 champ, finished 4-5 in

the girls 400, behind four-time state champion Olivia Baker of Columbia and two other seniors.

That makes them the early favorites for next year's race. Neither matched their Group winning times Wednesday, but both were pleased with their progress.

"I was happy with my year, because I kept improving," said Sellers.

"I'm just learning how to run this event," said Brzozowski. "But I'm going to keep at it.

**SUCCESSFUL FINISH:** Somehow Catherine Pagano of Northern Highlands had never earned a

See **TRACK** Page **S-10**

**All-Decade Teams:**

**1980s**

**100m:**

Chris Hamlin (1989) 11.3

**200m:**

Tim Geckler (1989) 22.1

**400m:**

Tim Geckler (1989) 48.7

**800m:**

Chris Rae (1987) 1:51.61  
John Parisi (1983) 1:54.0  
John Lander (1985) 1:54.4

**1600m:**

Chris Sullivan (1985) 4:11.9  
Chris Rae (1987) 4:12.0  
Joe LeMay (1985) 4:15.0

**3200m:**

Eric Berntsen (1987) 9:05.7  
Joe LeMay (1985) 9:12.8  
Kevin McCabe (1987) 9:22.4

**110HH:**

**400IH:**

John Parisi (1983) 53.9  
Dave Shultz (1987) 54.7  
Tim Kelley (1982) 55.4

**400m Splits:**

Tim Geckler (1989) 48.0

**Other Splits:**

Chris Sullivan (1985) 3:03.7 (1200m)

**Long Jump:**

Craig Halyard (1989) 22'11"  
T.J. Crocker (1989) 20'10"  
Chris Hamlin (1989) 20'5 1/2"

**Triple Jump:**

Craig Halyard (1989) 48'7"

**High Jump:**

T.J. Crocker (1989) 6'2"

**Pole Vault:**

John Boylan (1980) 13'6"

**Shot Put:**

Eric Bryant (1980) 54'11"  
Patrick Rae (1989) 50'5"

**Discus:**

Patrick Rae (1989) 143'1"

**Javelin:**

## **All-Decade Teams:**

### **1990s**

#### **100m:**

Dusty Thomas (1998) 10.99  
Matt Krever (1991) 10.8  
Ted Winfield (1997) 11.2

#### **400m:**

Dusty Thomas (1998) 50.2  
Josh Saladino (1995) 51.2  
Matt Krever (1991) 51.4

#### **1600m:**

Bob Keino (1994) 4:09.35  
Eric Boucher (1991) 4:19.9

#### **110HH:**

Steve Robinson (1998) 15.30  
Fletcher Rosenbach (1995) 15.3  
Jim Davis (1995) 15.55

#### **400m Splits:**

Matt Krever (1991) 49.7  
Dusty Thomas (1998) 50.0  
Dave Warton (1998) 50.5  
Josh Saladino (1995) 50.6

#### **Long Jump:**

Dusty Thomas (1998) 21'5 1/2"  
Andrew Dolgin (1998) 20'10 1/4"  
Doug Randolph (1993) 20'5 3/4"

#### **High Jump:**

Jim Davis (1995) 6'6"  
Fletcher Rosenbach (1995) 6'2"  
Jeff Braden (1997) 6'0"

#### **Shot Put:**

J.D. Murdoch (1997) 51'9 3/4"  
Sam Horowitz (1993) 50'1"  
Kassim Dawson (1993) 49'4"

#### **Javelin:**

J.D. Murdoch (1998) 198'8"  
Thibaut van Marke (1993) 170'5"  
Brian Zuccala (1998) 168'5"

#### **200m:**

Dusty Thomas (1998) 22.15  
Matt Krever (1991) 22.4  
Mike DiMauro (1995) 23.21

#### **800m:**

Bob Keino (1994) 1:53.4  
Ryan Cleary (1995) 1:58.4

#### **3200m:**

Bob Keino (1993) 9:02.73  
Eric Boucher (1991) 9:17.29

#### **400IH:**

Dave Warton (1998) 55.8  
Josh Saladino (1995) 56.7  
Jason Lahita (1993) 56.8

#### **Other Splits:**

Bob Keino (1993) 800m - 1:52.6  
Bob Keino (1993) 1600m - 4:08.2

#### **Triple Jump:**

Andrew Dolgin (1998) 42'5 1/2"  
Yusik Choi (1992) 40'10 1/2"  
Ted Winfield (1997) 40'10"

#### **Pole Vault:**

Vahe Hagopian (1993) 13'6"  
Dave Warton (1998) 13'0"  
Jim Davis (1995) 12'6"  
Mike Huang (1995) 12'6"

#### **Discus:**

J.D. Murdoch (1997) 151'5"  
Glenn Hansen (1994) 150'5"  
Brian Zuccala (1998) 144'3"

## All-Decade Teams:

### 2000s:

#### 100m:

Chris Zeigler (2007) 10.90  
Dan Cooper (2000) 10.9  
Max Witt (2009) 11.20

#### 400m:

Josh Kauke (1999) 49.41  
Chris Perez (2002) 50.4  
Greg Corcoran (2003) 51.4

#### 1600m:

Byron Williams (2005) 4:12.71  
Ari Zamir (2004) 4:15.5  
Michael Cator (2006) 4:17.10

#### 110HH:

Steve Pawlowski (2001) 14.70  
Akira Monri (2008) 14.75  
John Moody (2006) 15.53  
Peter Nygaard (2008) 15.53

#### 400m Splits:

Niall Buckley (2007) 48.9  
Chris Zeigler (2007) 49.6  
Byron Williams (2005) 50.2  
Akira Monri (2008) 50.6

#### Long Jump:

Gabe Knutson (2004) 21'11"  
Bernard Mann (2003) 21'3"  
Akira Monri (2007) 19'10"

#### High Jump:

Bernard Mann (2003) 6'7"

#### Shot Put:

Kevin Strahle (2001) 51'1 1/2"  
Ben Wilson (2008) 48'8 1/4"  
Adam Bair (2009) 48'7 1/4"

#### Javelin:

Steve Pierce (2006) 202'0"  
Adam Whitelaw (2003) 177'8"  
John Grubb (2000) 187'2" (old jav)

#### 200m:

Chris Zeigler (2007) 22.07 / 21.7  
Max Witt (2009) 22.6  
Albert Gelbaum (2005) 23.2

#### 800m:

Josh Kauke (2000) 1:50.19  
Byron Williams (2005) 1:54.7  
Niall Buckley (2007) 1:54.8

#### 3200m:

Dan Emont (2007) 9:08.82  
Taro Shigenobu (2009) 9:08.91  
Ari Zamir (2004) 9:18.10

#### 400IH:

Niall Buckley (2007) 55.2  
Akira Monri (2008) 56.59  
Greg Corcoran (2003) 57.2

#### Other Splits:

Christian Trautwein (2008) 800m - 1:53.5  
Niall Buckley (2006) 800m - 1:54.8  
Byron Williams (2006) 1200m - 3:04.6  
Niall Buckley (2007) 1200m - 3:06.0  
Byron Williams (2006) 1600m - 4:15.3  
Michael Cator (2006) 1600m - 4:16.7

#### Triple Jump:

Gabe Knutson (2004) 45'8"  
Bernard Mann (2003) 43'7"  
Akira Monri (2007) 42'10"

#### Pole Vault:

Gabe Knutson (2004) 15'1"  
Jacob Ricciardi (2005) 14'8"  
Dan Cooper (2000) 14'7"

#### Discus:

Gabe Knutson (2004) 147'1"  
Michael Mosticchio (2008) 143'3"  
Chris Wolfstim (2003) 136'2"

**All-Decade Teams:**

**2010s:**

**100m:**

Jake Sabatini (2013) 11.05  
Kevin Chung (2013) 11.11  
Matt Beausoleil (2011) 11.11

**400m:**

Matt Grundy (2010) 49.57  
Juan Llinas (2011) 49.97  
Storm Dublirer (2010) 50.01

**1600m:**

Levi Jennings (2011) 4:14.48  
**Luke Dublirer (2014) 4:17.50**  
Patrick Rynkowski (2011) 4:18.60

**110HH:**

InSoo Hwang (2011) 14.60  
Matt Beausoleil (2011) 14.69  
Kevin Chung (2013) 14.88

**400m Splits:**

Matt Grundy (2010) 48.6  
Storm Dublirer (2013) 48.97  
InSoo Hwang (2011) 49.18  
Jon Riemer (2010) 49.4 (leadoff)  
Neil Schoff (2012) 49.6  
Juan Llinas (2010) 49.8  
**Luke Dublirer (2014) 49.8**

**Long Jump:**

Evan Bartlik (2012) 22'10"  
Young Hoe Koo (2010) 20'9"  
**Bryce Joyner (2014) 20'3 1/2"**

**High Jump:**

Tommy Devita (2010) 6'8"  
Evan Bartlik (2011) 6'6"  
**Mike Zeno (2014) 6'2"**

**Shot Put:**

Anthony Balboa (2012) 50' 1/4"  
James Barnett (2013) 48'9"  
Jack Simmons (2010) 48'4"

**Javelin:**

**Nick Higgins (2014) 184'8"**  
**Jamal Locke (2014) 170'3"**

**200m:**

Jake Sabatini (2013) 22.32  
**Doohee Han (2014) 22.53**  
InSoo Hwang (2011) 22.77

**800m:**

Levi Jennings (2011) 1:54.31  
Storm Dublirer (2012) 1:54.31  
**Luke Dublirer (2014) 1:54.73**

**3200m:**

Travis Spicer (2012) 9:21.49  
Levi Jennings (2011) 9:29.80  
Patrick Rynkowski (2011) 9:30.14

**400IH:**

InSoo Hwang (2010) 53.60  
Neil Schoff (2013) 57.80  
James Knight (2012) 58.08

**Other Splits:**

**Jake Sabatini (2014) 200: 21.9**  
**Jamal Locke (2014) 200: 22.2**  
**Doohee Han (2014) 200: 22.3**  
Storm Dublirer (2013) 800: 1:52.48  
**Luke Dublirer (2014) 800: 1:52.9**  
David Frering (2013) 800: 1:55.17  
Juan Llinas (2011) 800: 1:55.23  
Levi Jennings (2011) 1200: 3:03.83

**Triple Jump:**

Evan Bartlik (2012) 46'3 1/2"  
**Bryce Joyner (2014) 43'9 1/4"**  
**Armand Punjabi (2014) 43'5 1/4"**

**Pole Vault:**

John Wisener (2010) 14'6"  
Dylan Downing (2013) 14'0"  
**Allan Wong (2014) 13'6"**  
**Specner Llerandi (2014) 13'6"**  
**Patrick Morgan (2014) 13'6"**

**Discus:**

Jack Simmons (2010) 163'1"  
**James Barnett (2013) 148'1"**  
**Michael Antosiewicz (2014) 146'2"**

Mark Maniaci (2010) 161'3"

## Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
<b>4x100m:</b>			
43.27	D. Han / J. Locke / K. Chung / J. Sabatini	E Coast Relays	2013
<b>43.7</b>	<b>J. Norrell / J. Locke / D. Han / J. Sabatini</b>	<b>County Relays</b>	<b>2014</b>
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007
44.2	J. Sabatini / J. Locke / T. Migliorelli / K. Chung	County Relays	2012
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006
45.2	S. Oh / L. Chwe / D. Engel / A. Gelbaum	Bernards Invite	2005
45.3	M. Grundy / E. Blair IV / K. Lai / J. Riemer	County Relays	2010
45.9	D. Cooper / D. Warton / S. Robinson / D. Thomas	Penn Relays	1998
<b>4x200m:</b>			
1:29.98	D. Han / K. Chung / N. Schoff / J. Sabatini	National Champs	2013
<b>1:30.4</b>	<b>J. Norrell / J. Locke / D. Han / J. Sabatini</b>	<b>County Relays</b>	<b>2014</b>
1:31.72	J. Sabatini / N. Schoff / E. Bartlik / K. Chung	E Coast Relays	2012
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989
1:33.2	M. Grundy / W. Jacoby / L. Pietrantuono / M. Witt	County Relays	2009
1:33.9	A. Monri / M. Witt / I. Hwang / C. Trautwein	County Relays	2008
1:33.9	J. Moody / Z. Ontiveros / A. Monri / C. Zeigler	County Relays	2006
1:34.1	M. Grundy / M. Beausoleil / K. Lai / J. Riemer	County Relays	2010
1:34.2	J. Sabatini / J. Llinas / N. Tai / K. Chung	County Relays	2011
<b>4x400m:</b>			
3:16.91	J. Riemer / I. Hwang / J. Llinas / M. Grundy	SMOC	2010
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	State MOC	1988
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007
3:22.07	B. Collins / S. Dublirer / N. Schoff / J. Sabatini	BMOC	2013
3:22?			2000
3:22.96	S. Dublirer / E. Bartlik / B. Collins / N. Schoff	State Sectionals	2012
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006
<b>3:25.20</b>	<b>D. Han / M. Thurston / B. Collins / L. Dublirer</b>	<b>State Sectionals</b>	<b>2014</b>
3:25.50	A. Dolgin / D. Warton / J. O'Neill / D. Thomas	BMOC	1998
3:26.18	J. Riemer / N. Schoff / N. Tai / J. Llinas	League Champs	2011

**4x800m:**

<b>7:44.09</b>	<b>M. Thurston / B. Collins / D. Frering / L. Dublirer</b>	<b>State MOC</b>	<b>2014</b>
7:44.30	L. Dublirer / D. Frering / M. Thurston / S. Dublirer	National Champs	2013
7:48.9	D. Shultz / Williams / E. Berntsen / C. Rae		1987
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004
7:55.55	S. Dublirer / B. Collins / T. Spicer / L. Jennings	East Coast Rel	2012
7:57.9			1972
7:58.1			1976
8:01.10	S. Alsaïdi / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994
8:05.3	J. Fronefield / S. Alsaïdi / D. Connors / B. Keino	Penn Relays	1992
8:05.5	E. Boucher / W. McCann / D. Connors / D. Culver	Penn Relays	1991

**4x1600m:**

17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985
17:55.34*	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004
18:01.36*	P. Rynkowski / S. Spreitzer / L. Jennings / B. Cleary	National Champs	2010
18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006
18:02.96	A. Fine / S. Martyn / B. Cleary / T. Shigenobu	East Coast Rel	2009
18:08.3	S. Dublirer / N. Salamone / T. Spicer / L. Jennings	County Relays	2012
18:12.6	L. Jennings / W. Ades / M. Eid / P. Rynkowski	County Relays	2011
18:13.8	S. Alsaïdi / T. Ricart / T. Cotton / B. Keino	County Relays	1993
<b>18:15.1</b>	<b>M. Thurston / D. Frering / L. Dublirer / K. Tamura</b>	<b>County Relays</b>	<b>2014</b>
18:17.9	M. Thurston / N. Salamone / S. Dublirer / D. Frering	County Relays	2013
18:21.4	M. Cator / D. Emont / B. Williams / J. Pfeiffer	County Relays	2005

**Sprint Med (200-200-400-800):**

3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000
3:28.23	D. Han / J. Sabatini / B. Collins / S. Dublirer	National Champs	2013
3:29.6			1987
3:30.39	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	National Champs	2008
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Champs	2007
3:31.36			1999
<b>3:31.9</b>	<b>D. Han / J. Locke / J. Sabatini / L. Dublirer</b>	<b>County Relays</b>	<b>2014</b>
3:33.3			1975
3:33.5	J. Sabatini / D. Han / N. Schoff / L. Jennings	County Relays	2012
3:35.1			1971
3:35.86	M. Beausoleil / N. Schoff / J. Llinas / L. Jennings	National Champs	2011

**Distance Medley:**

10:06.36	L. Jennings / I. Hwang / J. Llinas / P. Rynkowski	National Champs	2011
10:06.57	B. Williams / C. Zeigler / N. Buckley / M. Cator	National Champs	2006
10:07.97	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	National Champs	2007
10:11.1	C. Sullivan / Caminiti / Lander / J. LeMay	Penn Relays	1985
10:13.79	M. Cator / J. Schmidt / N. Buckley / B. Williams	National Champs	2005
10:16.2			1987
10:22.36	T. Cotton / J. Lahita / S. Alsaïdi / B. Keino	Penn Relays	1993
10:23.25	A. Fine / I. Hwang / B. Cleary / T. Shigenobu	Penn Relays	2009
10:24.24	L. Jennings / N. Schoff / S. Dublirer / T. Spicer	Arcadia Invite	2012
10:24.25	N. Salamone / J. Sabatini / S. Dublirer / D. Frering	Arcadia Invite	2013
<b>10:27.57</b>	<b>D. Frering / B. Collins / M. Thurston / L. Dublirer</b>	<b>East Coast Relays</b>	<b>2014</b>
10:29.67	E. Nygaard / N. Buckley / B. Williams / M. Cator	National Champs	2004



**Swedish Relay (100,200,300,400):**

1:58.14	K. Chung / D. Han / J. Sabatini / S. Dublirer	National Champs	2013
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**Shuttle Hurdles:**

59.2			1972
61.0	E. Blair IV / S. Mattson / M. Beausoleil / I. Hwang	County Relays	2010
63.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975
<b>64.05</b>	<b>E. Berry / D. Barnes / B. Joyner / M. Zeno</b>	<b>E. Coast Relays</b>	<b>2014</b>
64.1	M. Zeno / E. Berry / A. Armatas / K. Chung	Comet Relays	2013
64.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006
64.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995
65.2	E. Bartlik / K. Chung / J. Knight / M. Beausoleil	County Relays	2011
68.2	P. Nygaard / A. Mandarano / T. DeVita / A. Monri	County Relays	2008
68.2	P. Nygaard / L. Chwe / Z. Ontiveros / A. Monri	Comet Relays	2007
68.2	D. Warton / C. Rogers / J. Roth / S. Robinson	County Relays	1998

**3x400 IH:**

2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:55.1	I. Hwang / S. Mattson / E. Blair IV	County Relays	2010
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:56.9	N. Schoff / B. Collins / A. Armatas	County Relays	2013
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:58.9	N. Schoff / J. Knight / B. Collins	County Relays	2012
2:59.8	A. Monri / P. Nygaard / I. Hwang	County Relays	2008
<b>3:00.0</b>	<b>B. Collins / B. Joyner / E. Larsson</b>	<b>County Relays</b>	<b>2014</b>
3:00.1	D. Warton / S. Robinson / C. Rogers	Engelwood Rel	1998
3:01.7	C. Perez / J. Norton / G. Corcoran	County Relays	2002

**3XLJ:**

60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
<b>59'10 1/4"</b>	<b>D. Barnes / B. Joyner / J. Davila</b>	<b>County Relays</b>	<b>2014</b>
58'1"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
58' 3/4"	E. Bartlik / Y. Koo / H. Park	County Relays	2012
56'9 3/4"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
55'11"	G. Knutson / H. Smith / K. Wanchoo	County Relays	2004
55'10 1/2"	P. Kovach / B. Clementi / A. Monri	County Relays	2006
55'9 3/4"	D. Randolph / S. Aps / T. van Marke	County Relays	1993

**3xTJ:**

127'5 1/2"  
 125'10 1/4"  
 125'3 3/4"  
 123'11 3/4"  
 121'5 1/2"  
 120'4 1/2"  
 119'1"  
 118'1 1/4"  
 117'1 1/2"  
 116'8"  
 115'1 3/4"  
 114'11 3/4"

**B. Joyner / M. Zeno / A. Punjabi**  
 C. Halyard / T. Geckler / J. Chang  
 E. Bartlik / M. Beausoleil / Y. Koo  
 E. Bartlik / J. Knight / Y. Koo  
 T. DeVita / Y. Koo / E. Bartlik  
 G. Knutson / H. Smith / B. Clementi  
 B. Mann / G. Knutson / K. Wanchoo  
 A. Monri / L. Chwe / P. Nygaard  
 A. Punjabi / E. Berry / B. Joyner  
 A. Dolgin / S. Robinson / D. Warton  
 B. Clementi / S. Oh / J. Moody  
 T. Winfield / A. Dolgin / S. Robinson

**County Relays 2014**  
 County Relays 1989  
 County Relays 2011  
 County Relays 2012  
 County Relays 2010  
 County Relays 2004  
 County Relays 2003  
 County Relays 2007  
 County Relays 2013  
 County Relays 1998  
 County Relays 2005  
 County Relays 1997

**3xHJ:**

18'2"  
 17'8"  
 17'6"  
 17'2"  
 17'1"  
 16'10"  
 16'9"  
 16'9"  
 16'8"  
 16'6"  
 16'6"

T. DeVita / E. Bartlik / Y. Koo  
 E. Bartlik / Y. Koo / J. Knight  
 J. Davis / F. Rosenbach / J. Braden  
 E. Bartlik / Y. Koo / J. Knight  
 B. Mann / H. Smith / K. Engelken  
 B. Mann / K. Engelken / G. Knutson  
 F. Rosenbach / J. Davis / J. Braden  
 S. Robinson / B. Reese / J. Roth  
 J. Braden / S. Robinson / W. Byrne  
**M. Zeno / N. Higgins / J. Davila**  
 T. DeVita / M. Beausoleil / M. Levitsky

County Relays 2010  
 County Relays 2012  
 Pawlowski Rel 1995  
 Pawlowski Rel 2011  
 Pawlowski Rel 2002  
 County Relays 2003  
 Pawlowski Rel 1994  
 Pawlowski Rel 1998  
 County Relays 1996  
**County Relays 2014**  
 County Relays 2009

**3xPV:**

39'6"  
 38'0"  
 35'0"  
 34'0"  
 34'0"  
 34'0"  
 33'0"  
 32'6"  
 32'0"  
 31'6"

**A. Wong / S. Llerandi / P. Morgan**  
 G. Knutson / J. Riccardi / C. Jensen  
 D. Downing / A. Wong / P. Morgan  
 A. Wong / D. Downing / P. Morgan  
 J. Wisener / M. Witt / A. Gramaglia  
 J. Wisener / A. Gramaglia / T. DeVita  
 D. Warton / D. Cooper / C. Rogers  
 M. Witt / N. Stitt / J. Wisener  
 J. Norton / J. Riccardi / G. Knutson

**East Coast Relays 2014**  
 County Relays 2004  
 County Relays 2013  
 County Relays 2012  
 County Relays 2009  
 1976  
 County Relays 2010  
 County Relays 1998  
 County Relays 2008  
 County Relays 2002

**3XShot:**

146'8 1/2"  
 132'5 1/2"  
 130'7 3/4"  
 130'3 1/4"  
 129'3"  
 129'3"  
 129'0"  
 128'7 1/2"  
 127'3 1/2"  
 126'10"

Pfund / Gautier / Laborde  
 B. Zuccala / J. Murdock / T. Zurla  
 S. Horowitz / K. Dawson / A. Greico  
 B. Wilson / M. Mosticchio / N. Dawson  
 J. Barnett / A. Muller / N. Discepolo  
 S. Abdallah / M. Flicker / B. Mercer  
 J. Murdock / T. Zurla / F. Lockwood  
 M. Mosticchio / J. Simmons / T. Borgman  
 M. Picarelli / C. Van Cleve / T. Steiner  
 J. Simmons / S. Etna / A. Balboa

1983  
 County Relays 1998  
 County Relays 1993  
 County Relays 2006  
 County Relays 2013  
 County Relays 2004  
 Pawlowski Rel 1998  
 County Relays 2008  
 County Relays 1995  
 Pawlowski Rel 2010

**3xDisc:**

422'8"			1971
395'7"	J. Barnett / M. Antosiewicz / A. Muller	County Relays	2013
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
381'6"	J. Simmons / S. Etna / M. Henni	County Relays	2010
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005
352'11"	T. Li / D. Barry / C. Mala	County Relays	1995

**3xJavelin:**

460'5"	<b>N. Higgins / J. Locke / C. Abernethy</b>	<b>County Relays</b>	<b>2014</b>
452'11"	J. Barnett / N. Higgins / J. Locke	County Relays	2013
431'1"	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005
429'10"	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006
419'0"	M. Maniaci / M. Beausoleil / E. Blair IV	County Relays	2010
412'6"	Y. Koo / N. Higgins / J. Barnett	County Relays	2012
393'3"	M. Beausoleil / J. Barnett / Y. Koo	County Relays	2011
390'8"	M. Maniaci / T. Zulauf / M. Beausoleil	County Relays	2009
388'10"	K. Flaherty / M. Mosticchio / M. Maniaci	County Relays	2008

**3xJavelin (old jav - subtract 10%):**

442'8"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
417'11"	J. Murdock / B. Zuccala / P. Hans	County Relays	1996
404'1"	M. Picarelli / J. Murdock / D. Barry	County Relays	1995

## Ridgewood High School All-Time Top 10 List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
<b>100m:</b>			
10.90	Chris Zeigler	State Meet of Champs	2007
10.99	Dusty Thomas	BMOC	1998
11.05	Jake Sabatini	County Championship	2013
11.11	Kevin Chung	State Group IV	2013
11.11	Matt Beausoleil	State Sectionals	2011
10.8	Matt Krever	BMOC	1991
10.9	Dan Cooper	NNJIL Championship	2000
11.20	Max Witt	NNJIL Championship	2009
<b>11.25</b>	<b>Doohee Han</b>	<b>State Sectionals</b>	<b>2014</b>
11.2	Ted Winfield	NNJIL Championship	1997
<b>200m:</b>			
21.7 / 22.05	Chris Zeigler	County / SMOC	2007
22.15	Dusty Thomas	BMOC	1998
22.0	Mike Henderson		1961
22.32	Jake Sabatini	County Championship	2013
22.1	Tim Geckler	NNJIL Championship	1989
<b>22.53</b>	<b>Doohee Han</b>	<b>State Sectionals</b>	<b>2014</b>
22.4	Matt Krever	NNJIL Championship	1991
22.77	InSoo Hwang	County Championship	2011
22.6	Max Witt	County Championship	2009
23.19	Kevin Chung	State Sectionals	2012
<b>400m:</b>			
48.7	Tim Geckler	NNJIL Championship	1989
49.41	Josh Kauke		1999
49.3	Jim Nepola		1970
49.57	Matt Grundy	State Sectionals	2010
49.4	Mike Henderson		1960
49.97	Juan Llinas	State Sectionals	2011
50.01	Storm Dublirer	State Sectionals	2013
50.10	Jon Riemer	State Group IV	2010
50.2	Dusty Thomas	County Championship	1998
50.4	Chris Perez	NNJIL Championship	2002
<b>50.55</b>	<b>Luke Dublirer</b>	<b>League Championship</b>	<b>2014</b>
<b>800m:</b>			
1:50.19	Josh Kauke		2000
1:51.61	Chris Rae	Golden West	1987
1:53.4	Bob Keino	BMOC	1994
1:54.0	John Parisi		1983
1:54.31	Storm Dublirer	State Group IV	2012
1:54.31	Levi Jennings	State Group IV	2011
1:54.2	Tom Rae		1971
1:54.4	John Lander		1985
<b>1:54.73</b>	<b>Luke Dublirer</b>	<b>County Championship</b>	<b>2014</b>
1:54.7	Byron Williams	Bernards Invite	2005
1:54.8	Niall Buckley	County Championship	2007

**1600m:**

4:09.35	Bob Keino	State Group IV	1994
4:11.9	Chris Sullivan		1985
4:12.0	Chris Rae		1987
4:12.71	Byron Williams	State Meet of Champs	2005
4:14.48	Levi Jennings	State Group IV	2011
4:15.4	Joe LeMay		1985
4:15.5	Ari Zamir	State Sectionals	2004
4:15.7	Eric Berntsen		1987
4:17.10	Michael Cator	BMOC	2006
4:17.1	Tom Tomai		1975
<b>4:17.50</b>	<b>Luke Dublirer</b>	<b>State Sectionals</b>	<b>2014</b>

**3200m:**

9:02.73	Bob Keino	Arcadia Invite	1993
9:05.7	Eric Berntsen		1987
9:08.82	Daniel Emont	State Meet of Champs	2007
9:08.91	Taro Shigenobu	State Meet of Champs	2009
9:12.8	Joe LeMay		1985
9:17.29	Eric Boucher	State Meet of Champs	1991
9:18.10	Ari Zamir	State Group IV	2004
9:18.65	Michael Cator	State Meet of Champs	2006
9:21.49	Travis Spicer	State Group IV	2012
9:22.4	Kevin McCabe		1987
9:24.9	Bruce Mason		1972
9:27.4	Ed Quinn		1976

**110HH:**

14.60	InSoo Hwang	County Championship	2011
14.68	Matt Beausoleil	State Meet of Champs	2011
14.4	Mike Rogers		1975
14.70	Steve Pawlowski		2001
14.5	Jeff Lane		1975
14.5	Rich Wankmuller		1976
14.75	Akira Monri	State Sectionals	2008
14.88	Kevin Chung	State Group IV	2013
15.01	Edward Blair IV	County Championship	2010
<b>15.27</b>	<b>Michael Zeno</b>	<b>State Sectionals</b>	<b>2014</b>
15.30	Steve Robinson	BMOC	1998

**400 IH:**

53.64	InSoo Hwang	State Meet of Champs	2010
53.9	John Parisi		1983
54.7	Dave Shultz		1987
55.2	Niall Buckely	County Championship	2007
55.4	Tim Kelley		1982
55.8	Dave Warton	County Championship	1998
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
56.8	Jason Lahita	NNJIL Championship	1993
57.2	Greg Corcoran	State Sectionals	2003

**200m splits:**

21.5	Chris Zeigler	East Coast Relays	2007
21.8	Dusty Thomas	County Relays	1998
<b>21.9</b>	<b>Jake Sabatini</b>	<b>County Relays</b>	<b>2014</b>
<b>22.2</b>	<b>Jamal Locke</b>	<b>County Relays</b>	<b>2014</b>
22.2	Tim Geckler	County Relays	1989
<b>22.3</b>	<b>Doohee Han</b>	<b>County Relays</b>	<b>2014</b>
22.4	Kevin Chung	NB Outdoor Nationals	2013

**300m splits:**

34.9	Jake Sabatini	NB Outdoor Nationals	2013
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**400m splits:**

48.0	Tim Geckler	NNJIL Championship	1989
48.6	Matt Grundy	State Meet of Champs	2010
48.97	Storm Dublirer	NB Outdoor Nationals	2013
48.9	Niall Buckley	BMOOC	2007
49.18	InSoo Hwang	NB Outdoor Nationals	2011
49.4 (leadoff)	Jon Riemer	State Meet of Champs	2010
49.6	Neil Schoff	State Sectionals	2012
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
49.7	Matt Krever	NNJIL Championship	1991
49.8	Juan Llinas	State Meet of Champs	2010
<b>49.8</b>	<b>Luke Dublirer</b>	<b>State Sectionals</b>	<b>2014</b>

**800m splits:**

1:52.48	Storm Dublirer	NB Outdoor Nationals	2013
1:52.6	Bob Keino	Penn Relays	1993
<b>1:52.9</b>	<b>Luke Dublirer</b>	<b>State Meet of Champions</b>	<b>2014</b>
1:53.5	Christian Trautwein	Nike Outdoor Nationals	2008
1:54.8	Niall Buckley	Nike Outdoor Nationals	2006
1:55.17	David Frering	NB Outdoor Nationals	2013
1:55.23	Juan Llinas	NB Outdoor Nationals	2011
1:55.4	Levi Jennings	East Coast Relays	2012
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

**1200m splits:**

3:03.83	Levi Jennings	NB Outdoor Nationals	2011
3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	Nike Outdoor Nationals	2006
3:06.0	Niall Buckley	Nike Outdoor Nationals	2007
3:08.6	Michael Cator	Nike Outdoor Nationals	2005
3:09.4	Andrew Fine	Penn Relays	2009
3:09.7	Bob Keino	Penn Relays	1992
<b>3:09.8</b>	<b>David Frering</b>	<b>County Relays</b>	<b>2014</b>

**1600m splits:**

4:08.2	Bob Keino	Penn Relays	1993
4:15.3	Byron Williams	Nike Outdoor Nationals	2005
4:16.7	Michael Cator	Nike Outdoor Nationals	2006
4:17.4	Patrick Rynkowski	Arcadia Invitational	2011
4:18.5	Daniel Emont	Nike Outdoor Nationals	2007

**Long Jump:**

22'10"	Evan Bartlik	Big North Championship	2012
22'10"	Craig Halyard	Arcadia Invite	1989
21'11"	Gabriel Knutson	State Sectionals	2004
21'5 1/2"	Dusty Thomas	County Championship	1998
21'3"	Bernard Mann	NNJIL Championship	2003
20'10 1/4"	Andrew Dolgin	County Championship	1998
20'10"	T.J. Crocker	NNJIL Championship	1989
20'9"	Bill Brown	B-PL Championship	1952
20'9"	Young Hoe Koo	Frosh Championship	2010
20'5 3/4"	Doug Randolph	County Relays	1993
20'5 1/2"	Chris Hamlin	State Sectionals	1989
<b>20'3 1/2"</b>	<b>Bryce Joyner</b>	<b>State Sectionals</b>	<b>2014</b>
<b>20'3"</b>	<b>Doug Barnes</b>	<b>County Relays</b>	<b>2014</b>

**Triple Jump:**

48'7"	Craig Halyard	Golden West	1989
46'3 1/2"	Evan Bartlik	County Championship	2012
45'8"	Gabriel Knutson	County Championship	2004
<b>43'9 1/4"</b>	<b>Bryce Joyner</b>	<b>County Championship</b>	<b>2014</b>
43'7"	Bernard Mann	NNJIL Championship	2003
<b>43'5 1/4"</b>	<b>Armand Punjabi</b>	<b>East Coast Relays</b>	<b>2014</b>
42'10"	Akira Monri	State Sectionals	2007
<b>42'7"</b>	<b>Mike Zeno</b>	<b>County Relays</b>	<b>2014</b>
42'5 1/2"	Andrew Dolgin	County Championship	1998
41'5 3/4"	Matt Beausoleil	County Relays	2011
41'1"	Tommy DeVita	County Relays	2010
40'10 1/2"	Yusik Choi	County Championship	1992
<b>40'8 1/2"</b>	<b>Emmett Berry</b>	<b>League Championship</b>	<b>2014</b>

**High Jump:**

6'8"	Tommy DeVita	State Group IV	2010
6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'6"	Evan Bartlik	BMOC	2011
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
<b>6'2"</b>	<b>Michael Zeno</b>	<b>State Sectionals</b>	<b>2014</b>
6'0"	Jeff Braden	County Championship	1997

**Pole Vault:**

15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Jon Wisener	East Coast Relays	2010
14'6"	Paul Kovach	BMOC	2006
14'0"	Dylan Downing	SMOC	2013
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champs	2002
<b>13'6"</b>	<b>Allan Wong</b>	<b>East Coast Relays</b>	<b>2014</b>
<b>13'6"</b>	<b>Spencer Llerandi</b>	<b>County Relays</b>	<b>2014</b>
<b>13'6"</b>	<b>Patrick Morgan</b>	<b>BMOC</b>	<b>2014</b>

**Shot Put:**

54'11"	Eric Bryant		1980
51'9 3/4"	J.D. Murdock	County Relays	1997
51'1 1/2"	Kevin Strahle	BMOC	2002
50'5"	Patrick Rae	NNJIL Championship	1989
50'1"	Sam Horowitz	BMOC	1993
50' 1/4"	Anthony Balboa	BMOC	2012
49'4"	Kassim Dawson	BMOC	1993
48'11"	Torre Watson	State Sectionals	1991
48'10"	Steven Abdallah	Bernards Invite	2005
48'9"	James Barnett	Big North Championship	2013
48'8 1/4"	Ben Wilson	County Championship	2006

**Discus:**

163'1"	Jack Simmons	County Relays	2010
157'11"	John Marshall		1971
151'5"	J.D. Murdock	County Relays	1998
150'5"	Glenn Hansen	BMOC	1994
148'1"	James Barnett	County Championship	2013
147'1"	Gabriel Knutson	County Championship	2004
<b>146'2"</b>	<b>Michael Antosiewicz</b>	<b>BMOC</b>	<b>2014</b>
144'3"	Brian Zuccala	NNJIL Championship	1998
143'8"	Ramone Hache	State Group IV	1991
143'3"	Michael Mosticchio	State Sectionals	2008
143'1"	Patrick Rae	County Championship	1989

**Javelin:**

202'0"	Steve Pierce	State Meet of Champs	2006
<b>184'8"</b>	<b>Nick Higgins</b>	<b>County Championship</b>	<b>2014</b>
177'8"	Adam Whitelaw	Bernards Invite	2003
<b>170'3"</b>	<b>Jamal Locke</b>	<b>County Relays</b>	<b>2014</b>
161'3"	Mark Maniaci	NJTCC Championship	2010
159'8"	YoungHoe Koo	County Championship	2012
159'8"	Matt Beausoleil	State Sectionals	2011
154'3"	Anthony Halway	NNJIL Championship	2003
153'1"	James Barnett	County Relays	2013



**Javelin (old jav - subtract 10%):**

198'8"	J.D. Murdock	County Championship	1998
187'2"	John Grubb		2000
170'5"	Thibaut van Marke	Bernards Invite	1993
168'5"	Brian Zuccala	County Championship	1998
164'0"	Rod Budelman	Thunderbird Invite	1991

### Team History:

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1975			Champions	2nd Place	Champions	
1976				3rd Place		
1977						
1978						
1979						
1980				3rd Place		
1981				3rd Place		
1982		2nd Place		3rd Place		
1983				3rd Place	3rd Place	
1984		3rd Place			3rd Place	
1985		3rd Place	3rd Place	3rd Place	3rd Place	
1986						
1987		Champions	Champions	Champions	2nd Place	
1988		Champions		3rd Place		
1989	7-1	2nd Place	Champions	2nd Place	Champions	9th Place
1990		2nd Place				
1991	5-3	2nd Place	3rd Place	2nd Place	2nd Place	
1992	5-3	5th Place	2nd Place	2nd Place	5th Place	
1993	7-1	3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1994	7-1	4th Place	2nd Place	3rd Place	3rd Place	
1995	7-1	4th Place	Champions (tie)	2nd Place	5th Place	
1996	5-3	5th Place	3rd Place	5th Place	5th Place	

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1997	8-0	6th Place	Champions	2nd Place	6th Place	
1998	8-0	3rd Place	Champions	2nd Place	2nd Place	
1999						
2000		2nd Place	3rd Place	3rd Place	2nd Place	
2001		3rd Place	Champions			
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)	6th Place
2003	5-1	3rd Place	Champions	Champions	Champions	5th Place
2004	6-0	3rd Place	Champions	2nd Place	Champions	8th Place
2005	8-0	Champions	Champions	Champions	2nd Place	2nd Place
2006	8-0	Champions	Champions	2nd Place	3rd Place	
2007	8-0	2nd Place	Champions	3rd Place	2nd Place	
2008	7-1	6th Place	Champions (tie)	8th Place	8th Place	
2009	8-0	2nd Place	Champions	2nd Place	4th Place	
2010	8-1	Champions	Champions	2nd Place	Champions	7th Place
2011	4-0	2nd Place	Champions	2nd Place	Champions	
2012	3-0-1	2nd Place	Champions	2nd Place	Champions	
2013	5-0	Champions	Champions	Champions	Champions	2nd Place
2014	5-0	Champions	Champions	3rd Place	Champions	