

*Ridgewood Winter
Track and Field*

2013-2014

Championships and Awards

Championships:

Boys Big North Freedom Division: Champions!!!

Girls Big North Freedom Division: 4th Place

Boys County Relays: Champions!!!

Girls County Relays: 5th Place

Boys State Sectional: Runners-Up

Girls State Sectional: Runners-Up

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

All-County:

1st Team:

Boys 4x800m: Michael Thurston, David Frering, Brian Collins, Luke Dublirer

2nd Team:

Boys 4x400m: D. Boresta, B. Collins, D. Frering, J. Sabatini, D. Han, L. Dublirer

Pentathlon: Michael Zeno

3200m: Carleen Jeffers

3rd Team:

800m: Luke Dublirer

Pole Vault: Spencer Llerandi

3200m: Sam Halvorsen

High Jump: Sophie Montgomery

Pentathlon: Katie McKeon

Honorable Mention:

Boys: Emmett Berry, Bryan Clarendon, David Frering, Doohee Han, Kenny Marshall, Jake Sabatini, Michael Thurston, Allan Wong

Girls: Kelly Cleary, Leah Rosenfeld

Freedom Division Boys

EVENT	FIRST TEAM	GRADE	SCHOOL	SECOND TEAM	GRADE	SCHOOL
3200 M Run	Chris Evans	SR	Indian Hills	Ryan Neville	SR	Ridgewood
3200 M Relay	Robert Fischer	SR	Ridgewood	Tom DiLandro	SR	Indian Hills
	David Frering	SR	Ridgewood	Jack Kerin	SO	Indian Hills
	Henry Seifert	SO	Ridgewood	Matt Tuohy	JR	Indian Hills
	Luke Dublirer	SR	Ridgewood	Tom McPhee	JR	Indian Hills
	Domenic Boresta	SR	Ridgewood	John Hartounian	SR	Indian Hills
400 M Dash	Domenic Boresta	SR	Ridgewood	John Hartounian	SR	Indian Hills
800 M Dash	Michael Thurston	SO	Ridgewood	Brian Collins	SR	Ridgewood
200 M Dash	Doohee Han	SR	Ridgewood	Mike Besette	JR	Paramus
1600 M Run	Chris Mascetti	SR	Hackensack	Matt Tuohy	JR	Indian Hills
1600 M Relay	Brian Collins	SR	Ridgewood	John Hartounian	SR	Indian Hills
	Bryan Clarendon	SR	Ridgewood	Tom DiLandro	SR	Indian Hills
	Jon Norrell	JR	Ridgewood	Brandon Rousseau	SR	Indian Hills
	Michael Thurston	SO	Ridgewood	Ryan Thompson	SR	Indian Hills
	Emmett Berry	SR	Ridgewood	Kenny Jimenez	SR	Hackensack
55 M Hurdles	Emmett Berry	SR	Ridgewood	Kenny Jimenez	SR	Hackensack
55 M Dash	Jake Sabatini	SR	Ridgewood	Josh Garcia	SR	Paramus
Shot Put	Michael Mosconi	SR	Indian Hills	Demar Stewart	SO	Hackensack
Pole Vault	Spencer Llerandi	SR	Ridgewood	Allan Wong	SR	Ridgewood
High Jump	Kenny Clarke	SR	Ramapo	Matt Alpher	SR	Paramus
Long Jump	Will Sidaros (tie)	JR	Indian Hills	Vincent Messina	SR	N. Highlands
Triple Jump	Michael Zeno	SR	Ridgewood	Ryan Thompson	SR	Indian Hills
All Around	Harrison Escoffery	SR	Hackensack	Josh Garcia	SR	Paramus

HONORABLE MENTION

Hackensack	Eric VanderWilt	SR
Indian Hills	Bobby Corcoran	SR
Northern	Robert Hinchin	SR
Paramus	Erik Helstrom	SR
Ramapo	Jason Katz	SR
Ridgewood	Teddy Migliorelli	SR

Coach of the Year: Josh Saladino -
Ridgewood

Sportsmanship: Indian Hills

Standings:	Ridgewood	178
	Indian Hills	82.5
	Hackensack	70
	Northern Highlands	55
	Paramus	24.5
	Ramapo	22

Freedom Division Girls

EVENT	FIRST TEAM	GRADE	SCHOOL	SECOND TEAM	GRADE	SCHOOL
3200 M Run	Carleen Jeffers	Jr	Ridgewood	Anna Richard	Sr	N. Highlands
3200 M Relay	Deanna Dilandro	Sr	Ramapo	Hilary McElwain	So	N. Highlands
	Melanie Intriago	Jr	Ramapo	Melina North	Fr	N. Highlands
	Suzanne Abribat	Jr	Ramapo	Julia Healy	Fr	N. Highlands
	Ashlyn McKenna	Jr	Ramapo	Karina North	So	N. Highlands
	Deanna Dilandro	Sr	Ramapo	Amanda Pook	So	N. Highlands
400 M Dash	Deanna Dilandro	Sr	Ramapo	Amanda Pook	So	N. Highlands
800 M Dash	Ashlyn McKenna	So	Ramapo	Suzanne Abribat	Sr	Ramapo
200 M Dash	Lauren Brzozowski	Jr	Ramapo	Dana Lynch	Jr	Hackensack
1600 M Run	Julia Guerra	So	Indian Hills	Samantha Halvorsen	So	Ridgewood
1600 M Relay	Melina North	Fr	N. Highlands	Isabel Park	So	Ridgewood
	Hilary McElwain	So	N. Highlands	Leah Rosenfeld	So	Ridgewood
	Amanda Pook	So	N. Highlands	Amanda Muccio	Sr	Ridgewood
	Oliva Florio	Fr	N. Highlands	Lauren Monnerat	Jr	Ridgewood
	Dana Lynch	Jr	Indian Hills	Kathleen McKeon	Jr	Ridgewood
55 M Hurdles	Dana Lynch	Jr	Indian Hills	Kathleen McKeon	Jr	Ridgewood
55 M Dash	Naomi Clarke	Sr	Hackensack	Isabel Park	So	Ridgewood
SHOT	Amarys Berry	So	Hackensack	Sara Dec	Jr	N. Highlands
Pole Vault	Megan Gambuti	Sr	Ramapo	Jordan Even-Chen	Jr	Ramapo
High Jump	Jenna Phillips	Sr	Ramapo	Amber Redmond	Jr	Hackensack
Long Jump	Claire Nam	Fr	N. Highlands	Reid Simoncini	Jr	Ridgewood
Triple Jump	Leah McDonagh	Sr	N. Highlands	Jade Long	Jr	Ridgewood
All Around	Catherine Pagano	Jr	N. Highlands	Olivia Florio	Fr	N. Highlands

HONORABLE MENTION

Hackensack	Kathryn Grant	Sr
Indian Hills	Kelly Buccisano	Sr
N. Highlands	Karina North	Jr
Paramus	Lindsey Lucas	Sr
Ramapo	Abbey Roberts	Sr
Ridgewood	Laura Weisberger	Sr

Coach of the Year: Tom Buono - N. Highlands

Sportsmanship: Ramapo

Sandings	Northern Highlands	117
	Ramapo	114.5
	Hackensack	76
	Ridgewood	72.5
	Paramus	27
	Indian Hills	25

Winter Track and Field

Seniors:

Berry, Emmett
Boresta, Domenic
Clarendon, Bryan
Collins, Brian
Dublirer, Luke
Fischer, Robert
Frering, David
Han, Doohee
Higgins, Nicholas
Llerandi, Spencer
Migliorelli, Teddy
Morgan, Patrick
Neville, Ryan
Sabatini, Jake
Wong, Allan
Zeno, Michael

Fishbein, Emily
Mucchio, Amanda
Simpson, Kylie
Weisberger, Laura

Freshman:

Basu, Soham
Choi, Alex
Gatens, James
Harada, Ray
Krusac, Connor
McTavish, Ian
Miller, Jack
Naftzger, Jonah
Ontiveros, Jack
Pascual, Leandro
Perlman, Connor
Robazza, Matteo
Ruhl, Sloan

Juniors:

Armatas, Alex
Byrne, Jack
Cho, Sung Woo
Michel, Andrew
Norrell, Jonathan
Palombo, Daniel
Ramirez, Andy
Ricatto, Henry
Salamone, Christopher
Syz, Jay
Tamura, Kotaro
Wang, Jacky
Ward, Kai

Cirillo, Katherine
Cleary, Kelly
Csorba, Julia
DeVera, Amanda
DeVita, Libby
Felsenstein, Genevieve
Jeffers, Carleen
Kakaulina, Elena
Kusel, Stephanie
Long, Jade
McKeon, Kathleen
Monnerat, Lauren
Montgomery, Sophie
Simoncini, Reid
Tai, Taylor
Taylor, Abigail
Witt, Nicole

Chen, Shannon
Cho, Clara
Faherty, Isabel
Farley, Cara
Legg, Alison
Martin, Olympia
Pagano, Lauren
Patel, Kavita
Record, Julia
Watanabe, Sally

Sophomores:

Barnabic, Nicholas
Gilligan, Brad
Hughes, Brendan
Kyle, Rory
Marshall, Kenneth
Rademacher, Madison
Seifert, Henry
Sofka, Jack
Thurston, Michael
Woo, Juheon

Ades, Jamie
Alvaro, Riley
Choi, Caroline
Halvorsen, Samantha
Kelley, Claire
Keppler, Saskia
Park, Isabel
Reis, Kathryn
Reis, Vanessa
Rosenfeld, Leah
Simpson, Alexandra
Tulsyani Sonal

Coaches:

Josh Saladino
Erica Cigolini
Steve Opremcsek
Holly Martin

the Lancers competitive

Passaic Valley should have an excellent year with seniors Paul Yun (S), Mike Predovic (D) and Justin Rivera (D), Juniors Chason Beebe (S/J), Anthony Rivera (D/S) and Chris Solis (D) and sophomores Mitko Bozhov (S), Gustavo Flores (SP) and Noral Branim (SP).

Wayne Hills can compete for the league title and be in the top five in Passaic County behind seniors Brendan Ungemach, The Record cross-country Runner of the Year (D), Seung Hwang (H/J), Troy Smith (J) and Ivan Zelenin (MD).

Wayne Valley has seniors Yungton Yang (MD), the All-Passaic indoor 800 champ last winter, Brett Csorny (H/S), Kendall Hughes (H/S) and Justin Plunkett (S) and juniors Mike Germinario (D) and Adam Herskovits (D), both All-Passaic cross-country standouts returning. Juniors Dean and Vinnie Falato (D) add depth. The Indians need field events help.

West Milford did not submit information.

FREEDOM

Hackensack is a young team with the only returning seniors being All-North Jersey cross-country runner Chris Mascetti (D), Erik Vanderwilt (D), Tim Waanders (PV) and Kenny Jimenez (H/J/S). Juniors Bryan Gonzalez (D), Tommy Stearns (D) and Harrison Escoffery (J) add depth.

Indian Hills has a good senior class, led by Bergen County cross-country champion Bobby Corcoran (D), Chris Evans (D), Ryan Thompson (S/J), Keith Gandy (PV), Mike Mosconi (SP) and Brandon Rousseau (MD). Junior All-North Jersey cross-country runner Matt Tuohy (D) is joined by fellow junior Tom McPhee (MD) and sophomore Jack Kerin (MD).

Northern Highlands looks to seniors Rob Hinchey (S/SP), Kyle Jacober (D), Vinnie Messina (D), Alejandro Onorato (D), Max DeCrosta (D) and George Moury (S) to stay competitive in the division.

Paramus looks to seniors Erik Helstrom (D), Steve McGuire (S/H), Josh Garcia (S) and Danny Paolazzi (D), along with junior Mike Merlino (MD) and sophomore Alex Gee (MD/D), to help the Spartans rebuild.

Ramapo returns only senior Kenny Clarke (S/J) from last season's varsity but has a host of newcomers, including spring track performers and converts from other sports.

Ridgewood, last year's sectional and large school Bergen relays champ, return a strong senior class including: Emmett Berry (H/J), Brian Collins (MD), Luke Dubliner (D), David Frering (D), Doohee Han (S), Spencer Llerandi (PV), Teddy Migliorelli (LS), Jake Sabatini (S), Allan Wong (PV), Michael Zeno (H/J) and Bryan Clarendon (D). Juniors Alex Armatas (H) and Kotaro Tamura (D) should also contribute.

LIBERTY

Bergen Tech did not submit information.

Clifton is a league and Passaic county contender with a senior-laden team led by Tim Bryant (J/S), Dwyer Haliburton (H/LS), Justin Tanayan (D), the North 1, Group 4 cross-country champ, Jeremy Hernandez (D), Octavio Sanchez (D/PV), Ryan Downes (J/S) and Isdael Leo (SP).

Eastside did not submit information.

Kennedy did not submit information.

Passaic has an excellent senior in All-Passaic cross-country runner Tomas Leon (D) and also returns senior Javan Acevedo (LS), junior Maurisio

Passaic Tech has a new winter head coach in Dean Campiglia but the same outstanding team that has won three straight league and Passaic County titles. Seniors Thomas Jefferson (S), David Gaylor (SP) and D'Andre Fernandez (D) all have All-Passaic potential. Senior Intashan Chowdhury and juniors Casey Green (MD), Chris Hornaza (H), Drew Lindsay (J) and Zaire Weaver (J/S) add depth with Lindsay and Weaver having All-Passaic hopes as well.

NATIONAL

Bergenfield did not submit information.

Demarest did not submit information.

Old Tappan should be a contender again with seniors Luke Annichiarico (PV), Brendan Davidson (H), Tim Cooke (J) and All-North Jersey cross-country runner Ian Clarke (D) leading the way. Seniors Kevin Lawlor (MD), Marc Ocampo (PV) and Jonathon Choi (S) are other potential point scorers while junior Marc Rienas (MD) and sophomores Will Rienas (MD) and James Weissenborn (D) add depth.

Pascack Valley did not submit information.

Teaneck should be competitive with seniors George Jenkins (LS), Sylvester DeVillar (D), Cameron Brown (MD), Romario Anderson (J) and Deandre Herron (J) leading the way. Juniors Darren Guzman (D), Chris Snead (SP) and Julius Williams (H) and sophomore Christian Ozoria (S) will probably determine just how good the Highwaymen are.

Tenafly is improving and seniors Dan Lehman (LS), Malcolm LeClair (D), Sean Uchida (S), Masa Ono (LS) and Leo Kuwana (S), juniors Dan Cho (S), Jay Jung (H) and Anthony Kardonsky (S) and sophomores Frank Maloney (D) and Mike Silverman (D) could lead to an interesting season.

PATRIOT

Mahwah returns two of New Jersey's best athletes in seniors James Buser (MD), the defending state Group 2 800 and 1,600 champion, and Spencer Ross (SP), the top returning thrower in Group 2. Seniors Nico Edwards (S) and Zach Mooney (S) add strength to the potential sectional team winner.

Pascack Hills has returning lettermen seniors Brett Deitz (S), Jason Lin (S), Cyrus Basseri (MD) and juniors Jekabs Hayes (D), Dan Mahncke (D) and sophomore Charlie DiPiazza (MD) back from last season.

Ramsey has an excellent senior class led by Patrick Watters (D), D.J. Kleinbard (H), Anthony DeFranco (S), Anthony Salemo (S), George Trival (J), Eugene Park (J), Sami Ellougani (D) and Garrett Cushing (MD).

River Dell returns seniors Mike Boucher (J), Alejandro Capote (H), Connor Davidson (LS), Brian Oellermann (S/H), Chris Van de Weghe (MD) and Musashi Nagai (LS) and juniors Drew Tummino (SP) and Matt Lanza (LJ). They should contend for the division title again.

Westwood has a strong junior class led by Noah Osterhus (MD), Kyle Florio (MD) and Jesse Mayer (LS), and adds senior Joey Scotto (SP) and sophomore Zackary Ruiz (SP) and newcomers John Bohlin and Cole Lukaszcyk.

AMERICAN

Cliffside Park had a great cross-country season and hopes to do as well in indoor track behind seniors Anthony D'Annunzio (MD), Rich Cameron (MD) and William Mailey (SP), and juniors Adham Ziyadeh (D) and Gary Polanco (S).

Dumont lost a lot to graduation but returns seniors Connor McKeary (D), Harrison Jeffs (S), Mitul Shah

sophomores Frank Scallo (J) and Dylan S. Englewood is young but has a pair of top jumpers in senior Kristopher Clarke and more Maurice West. **Fort Lee** is rebuilding led by seniors Sorik (D), Kevin Lu (MD) and Chris Ashman (J) and sophomore Hong (H).

Ridgely Park has a good senior class Raul Ferreira (PV), Chris Diaz (PV), Luis E (J), Kevin Mawyin (S), Christian Abril (S), Schreiber (D) and Cheick Haidara (D), and juniors Jevral Fevrier (J) and Tyler Olivier should contend for the league title.

NJIC

Cresskill did not submit information.

Dwight-Englewood did not submit information.

Garfield is rebuilding but returns seniors Gato (D), Eric Zuniga (S) and Eduardo Ca junior Loetavio Nunes (H/J) and sophomore Nolasco (J) and Matt Wierzba (J).

Glen Rock returns a solid senior class in Dooner (H/S), Steve Rivlin (S), Nile Slater tiste Grebonval (S), Kenny Vallespir (PV), oná (D) and Matt Mulchay (D).

Hasbrouck Heights is always a contend has lost a lot of talent to graduation. Sen Stephen Hodulik (D), Gokalp Yerdelen (L Rodriguez (LS), Angel Rodriguez (LS), Jo (SP), Matt Danz (PV), junior Matt Sprovier and sophomore Jason DiGiacinto (LS) will keep the Aviators on top.

Midland Park should have a good year with senior Jake Thomas (D/MD), juniors Craig (MD/D), Frank Dilorgi (S), Tyree Lee (S/J) Ganguzza (H) and sophomore Josh Terp

New Milford has a huge turnout and is led by seniors Miguel Aranas (LS), Oliver Gonzales Kobayashi (D), Diomar Ramos (H/LS) and Teets (MD) and junior Nick Ramirez (MD).

Queen of Peace did not submit information.

Park Ridge is rebuilding with seniors Da berg (S), Jonathan Hales (S) and Mike Ra juniors Eric Tis (SP) and sophomores Kyi ren (MD), Brandon Malloy (S/MD) and Stu (MD).

Pompton Lakes has its largest team ever seniors Migjen Istrefi (MD/D), Zariq Hewi or Andy Accardi (PV) and sophomores J (S) and Ryan Kelly (S).

Rutherford is rebuilding under first-year lianne Sundberg and hopes sophomore van (D), and seniors Darius Rosario (LS) Concannon can speed things along.

Saddle Brook has two good senior thro Hernan Acero and Devone-Marquis Johr good junior class led by David Plaza (LS) Salcedo (S), Evan Sutter (S) and Adrian T

Secaucus could contend for the league with an experienced team that came in second season and includes seniors Carlos Moco (H), Joe Mancuso (MS) and Michael Sha junior Shaun O'Brien (H/D) and sophomore Polanco (D).

Waldwick hopes to improve behind senior Franklyn Webster (S), Tyler Diamond (SP) DiCanio (D), Mike Markman (H) and Joe I

Jan. 18: State Relays, Group I & III, Bennett Center, Toms River

Jan. 19: State Relays, Groups II & Non-Public, Bennett Center, Toms River

Jan. 19: Big North Championships, Armory Track Center, New York

Jan. 20: Garfield high jump/shot put #2, Garfield H.S.

Jan. 22: FDU Field Events #2, Rothman Center, Hackensack

Jan. 22: Frosh/Novice Meet, Armory Track Center, New York

Jan. 24: New Balance Games, Armory Track Center, New York

Jan. 25: New Balance Games, Armory Track Center, New York

Jan. 26: Passaic County Championships, Armory Track Center, New York

Jan. 27: Bergen County Relays, Armory Track Center, New York

Jan. 29: FDU Field Events #3, Rothman Center, Hackensack

Jan. 29: Metropolitan Invitational, Armory Track Center, New York

Jan. 31: North Jersey Invitational, Rothman Center, Hackensack

Feb. 1: North 2 I & II, Bennett Center, Toms River

Feb. 2: North 1, Groups I & II, Bennett Center, Toms River

Feb. 3: Varsity Classic, Armory Track Center, New York

Feb. 5: FDU Field Events #4, Rothman Center, Hackensack

Feb. 6: Ed Church Invitational, Rothman Center, Hackensack

Feb. 7: Garfield high jump/shot put #3, Garfield H.S.

Feb. 9: North 1, Groups III & IV, Bennett Center, Toms River

Feb. 11: Lou Molino Invitational, Rothman Center, Hackensack

Feb. 14: State Groups I & IV, Bennett Center, Toms River

Feb. 15: State Groups II, III & Non-Public, Bennett Center, Toms River

Feb. 15: Millrose Games, Armory Track Center, New York

Feb. 18: Bergen County Championships, Armory Track Center, New York

Feb. 19: Bob Chiswell Classic, Garfield H.S.

Feb. 22: State Meet of Champions, Bennett Center, Toms River

Feb. 24: Eastern States Championships, Armory Track Center, New York

Mar. 14: New Balance Indoor Nationals, Armory Track Center, New York

Mar. 15: New Balance Indoor Nationals, Armory Track Center, New York

Mar. 16: New Balance Indoor Nationals, Armory Track Center, New York

Jersey Juniors Nicole Cignale (LJ), Alexandra Davies (S) and Miranda Diaz (SP) add strength in those events, and if the Patriots can find a jumper they could compete for the county title.

Wayne Valley may be a Passaic and league contender this year with an excellent senior class led by Allison Fournier (MD), Justine Cianci (S/J), Jessica Cusick (J/S), Julianna Falso (D), Julie Huber (D) and Fareeha Naim (H).

West Milford did not submit information.

FREEDOM
Hackensack has a deep and experienced team, led by seniors Adriana Nunez (D), Naomi Clarke (S), Reona Pettway (S/J), Kathryn Grant (MD) and Michelle Remache (J/S), juniors Dana Lynch (H/S), Amber Redmond (J) and Yanibel Pena (D) and sophomore Serena Martinez (D).

Indian Hills has a small turnout, led of course by sophomore All-North Jersey cross-country star Julia Guerra (D). The Braves also return some very good seniors in Kelly Buccisano (MD), Krissie Gaffney (D), Nellie Shaw (S) and Alysee Michaels (H/S).

Northern Highlands looks to defend its league title behind seniors Anna Richard (D), Kara DeLorenzo (S/J), Rebecca Kim (SP), Leah McDonagh (J), Kelly Tischbein (D), juniors Karina North (D) and Catherine Pagano (D), and sophomore Amanda Pook (S/J).

Paramus is rebuilding behind seniors Lindsey Lucas (D), Lauren Mihalik (D/MD), Indpreet Dhalijsan (SP) and Victoria Stabile (SP) and junior Erin Davis (MD).

Ramapo graduated some key contributors to last year's section and state championship team, but hope to again be competitive in the league, county, and state. Looking for major contributions from senior runners Deanna DiLandro (LS/MD), Suzie Aribat (MD/D), Abbey Roberts, Caroline Rickert, and Ashley Wellhoff, Jordan Even-Chen (PV), Megan Gambuti (PV), and Jenna and Vanessa Phillips (H/J). A large underclass turnout should help the Green Raiders to compete for titles again.

Ridgewood is the defending sectional champion and with seniors Emily Fishbein (D), Amanda Mucchio (S) and Laura Weisberger (D), juniors Kelly Cleary (D), All-North Jersey cross-country star Carleen Jeffers, Kate McKeon (H/J) and Sophie Montgomery (H/J), and sophomores All-North Jersey cross-country star Sam Halvorsen (D) and Vanessa Reis (D), the Maroons have a chance to be competitive again.

LIBERTY

Bergen Tech did not submit information.

Clifton is the defending county and league champion, but graduated most of their point scorers. Seniors Cassidy Cardone (PV/MD), Marla Minnella (SP), juniors Michelle Aplogan (H/J/LS), Sofiya Nedelcheva (D) and Olivia Rosenberg (LS) and sophomore Monica Dlugosz (SP) will try and keep the Mustangs competitive.

Eastside did not submit information.

Kennedy did not submit information.

leana Armendi (H/S) that will determine how good the team will be. Sophomore Nicola Kanaris (SP) will also contribute.

Old Tappan returns a solid core of seniors Taryn DeLeon (J/H/S) and Maxine McConnell (S), juniors Lauren Bilal (PV/S/J), Taylor Parcelis (S/H/J) and Caitlin Uhlir (MD), and sophs Courtney Brunet (D) and Tara Bailey (D).

Pascack Valley did not submit information.

Teaneck is very young with seniors Amanda Simms (H/J/S), Myricka Harding (SP) and Rim Elbeshbeshy (SP) the veterans. Simms is a potential star in the hurdles and high ump. Sophs Aminah Sarraga (S), Toni James (LS) and Nia Van Brocklin (J/S) should add some depth.

Tenafly leads with senior All-American Josette Norris (MD/D) and junior All-Bergen cross-country star Veronica Rocco (D) and also has seniors Molly Aronson (D), Annals Cummiskey (H), and Christina Migliore (S), juniors Samira Sujak (MD) and Lucy Kahn (LS), sophs Olivia Pandolfo (H/J) and Nikki Samer (H/PV) and a potential standout frosh in Lexi DelGizzo (S).

PATRIOT

Mahwah has a strong senior leadership trio in Lauren Michel (H/J), Jamie Pacilio (MD) and Mikayla Pacilio (D). Juniors Erica Nagotko (MD), Maggie Schultz (PV) and Jen Moutenot (MD) also should contribute.

Pascack Hills adds senior Amanda Tosi (D) to the indoor mix and immediately becomes a league contender. The Cowgirls also have seniors Christina Masciale (PV), Jen Wankmuller (J) and Taylor Muller (S), juniors Isabel Sella (LS), Jacqueline Oteri (H/J), Sere Tonuzi (H) and Victoria Geerfof (SP) and sophomores Ayo O'uhuru (S) and Brittany Van Velinburgh (SP) as potential scorers.

Ramsey is always one of the best teams in North Jersey and with seniors Kelly Redl (J/S), Kristen Webb (LS), Victoria Pesco (MD), Courtney Porfido (D) and Sam Bayles (SP) and juniors Megan Johnston (D) and Jenny Klein (S) should have another good year.

River Dell should again be a contender for relays, league and sectional honors behind seniors Emily Croonquist (MD), Jackie Dobak (MD), Nicole Burrowes (S) and Jess Duthie (SP), juniors Marina Reilly (S/J), Noreen Byrne (H/J), Maddie Bonavita (MD), and Nicole Weisenfeld (LS) and sophomores Kristen Choo (LS) and Emily Egazarian (SP).

Westwood has three senior standouts in Corinne Myers (MD), Alesia Passaro (LS) and Kailee Oakes (SP) and has some excellent underclasswomen in Emma Pramschke, Olivia Beutel, Victoria Sloezen, Olivia Salerno and Jessica Galano. Sophomore Jessica Molina (SP) is one of the top young throwers in the state.

AMERICAN

Cliffside Park is improving, and senior Maryem Khantri (D), junior Daniela Rodriguez (D) and sophomore Kelly Schmitt (S) should lead the progression.

Dumont has a solid senior group led by

Dwight-Englewood did not submit information.

Eastern Christian did not submit information.

Garfield has more than 60 girls on the team, looking to seniors Ann Bobbilee Beadle (J) and Dari for leadership. Juniors Kylie I and Dariana Rodriguez (D) and Leslie Rodriguez (MD) can be

Glenn Rock returns seniors Stacy (D), Samantha Moore (D) and Kelsey I (H/S), Ariana Felipe (S), Emily and Molly Smith (D).

Hasbrouck Heights could challenge for a second league title and with Daniella Macera (LS/MD), Je to (H/MD), Grace DiQuinzio (Georgatos (J), junior Gabby and sophomores Danielle De Jillion DiGiacinto (H/LS/J) has a chance to repeat.

Midland Park has potential in senior Lisa Carle (H/J), sophomore VanderWiele (D) and Chrissy and freshman Melissa Lein (S).

New Milford has a solid senior Meridith Farley (S), Brianna (S) and Marissa Harr with juniors Caroline Uribe (H/Tello (S) and sophomores Ju rdelli (MD) and Rachel Bowe have a good season.

Queen of Peace did not submit information.

Park Ridge returns juniors J (S), Alyssa Laxer (H/S), Sarah and Lizzy Werner (H/S) and Erica DeVincent (S) and Sophie (S), and adds first year senior cazar and Emily Kline.

Pompton Lakes has some talent with Melissa Hidalgo (MD/D), Stejzon (MD/D) and Taylor Iraggi

Rutherford has a star in All-country star Katie Sullivan (H) and good supporting cast in senior Sullivan and juniors Allison F becca Arnold (MD) and Kate

Saddle Brook returns senior pari and Aneta Nowak, and sophomore class, that includes A (MD), Nicole McVeigh (MD) and Sokolska (LS), will lead the F cess.

Secaucus may contend for the title, led by seniors Ivie Chihin Summer Kocerha (SP), junior Forteau (S/J) — one of the top North Jersey — and sophomore Parikh (D), Roshni Patel (D) and mon (S).

Waldwick has a good turnout that seniors Brianna Denyko Jans (S), Eunice Kim (D) and (H) can get help from juniors Reynolds (D), Isabella Ayvaz McHugh (SP) and a very large class.

Spiked Shoe Holiday Festival
@ 168th St. Armory

December 23, 2013

1600m:

Frosh Boys: J. Naftzger 5:24.6, M. Robazza 5:26.5

Frosh Girls: O. Martin **5:55.7 – 6th Place**, L. Pagano 6:37.4, S. Catalano 6:56

Novice Boys: C. Salamone 5:13.5, B. Hughes 5:20.7

Novice Girls: K. Reis 5:51.6, A. Taylor 5:59.8

Varsity Boys: D. Frering **4:31.7 – 2nd Place**, B. Clarendon 4:37.9, R. Neville 4:45.7, K. Marshall 4:47.5,

K. Tamura 4:48.9, H. Ricatto 4:59.2, J. Byrne 5:01.8

Varsity Girls: C. Jeffers 5:20.8, S. Halvorsen 5:21.9, L. Rosenfeld 5:36.2, G. Felsenstein 5:55.8,

E. Fishbein 5:58.4

55m HH:

Frosh Boys: C. Krusac **10.9 – 5th Place**, C. Perlman **11.0 – 6th Place**

Frosh Girls:

Novice Boys: D. Palombo

Novice Girls: R. Simoncini **9.8 – 5th Place**, S. Keppler, A. DeVera

Varsity Boys: M. Zeno, E. Berry, A. Armatas, B. Collins

Varsity Girls: K. McKeon, S. Montgomery,

55m Dash:

Frosh Boys: R. Horada, L. Ontiveros, L. Pascual, I. McTavish, A. Choi, C. Krusac, J. Gatens

Frosh Girls: S. Chen, C. Cho, Y. Wang

Novice Boys: J. Norrell, H. Sippel, B. Nolan, S. Ho, M. Barnes, A. Ramirez, D. Palombo, A. Wong,
P. Morgan

Novice Girls: C. Kelley, A. Simpson, J. Ades, S. Keppler, S. Tulsyani

Varsity Boys: D. Han, T. Migliorelli, D. Boresta

Varsity Girls: L. Monnerat, I. Park, S. Kusel

800m:

Frosh Boys: S. Ruhl 2:22.8, M. Robazza 2:27.1 J. Naftzger 2:27.6

Frosh Girls: L. Pagano 3:04.3, S. Catalano 3:05.1

Novice Boys: H. Seifert 2:19.6

Novice Girls: L. Weisberger 2:38.6, A. Mucchio 2:41.7, K. Cirillo 2:44.5, K. Reis 2:48.2, K. Simpson 2:53.5

Varsity Boys: M. Thurston 2:01.8, B. Collins 2:03.1, R. Fischer 2:07.2

Varsity Girls:

200m:

Frosh Boys: S. Ruhl 26.3, I. McTavish 27.9, A. Choi 28.9 C. Perlman 30.1, J. Ontiveros 30.2, L. Pascal 31.4,
J. Gatens 35.0

Frosh Girls: S. Chen 32.4, I. Faherty 33.1

Novice Boys: J. Norrell 25.3, S. Llerandi 26.2, K. Ward 26.3, D. Palomobo 26.4, B. Nolan 26.6,
M. Barnes 27.4 A. Ramirez 27.6, H. Sippel 29.9

Novice Girls: L. Weisberger 29.8, J. Ades 31.6, C. Kelly 31.7, A. Simpson 32.1, A. DeVera 32.2

Varsity Boys: D. Han 23.7, D. Boresta 23.9, A. Armatas 24.9

Varsity Girls: R. Simoncini 28.5, L. Monnerat 28.5, I. Park 29.2, S. Kusel 29.4, A. Mucchio 30.2

Long Jump:

Frosh Boys: C. Perlman 15'9 1/2" – 5th Place, R. Harada 15'3" – 6th Place

Varsity Boys: M. Zeno 17'3 1/2", E. Berry 17'2"

Varsity Girls: R. Simoncini 15'1 1/4", K. McKeon 14'9 3/4", S. Montgomery 14'8 1/2", I. Park 14'8",

L. DeVita 14'6 1/2", A. DeVera 14' 1/2", J. Long 14' 1/2"

Triple Jump:

Frosh Boys: C. Perlman 31'2 1/2" – 6th Place

Varsity Boys: E. Berry 38'7 1/2"

Varsity Girls: K. McKeon 32'6 3/4", L. DeVita 31'8", I. Park 31'5 1/2", J. Long 31'0", S. Montgomery 30'8 1/2",

A. DeVera 29'4 3/4"

High Jump:

Varsity Boys: M. Zeno 5'10", D. Boresta 5'6", N. Higgins 5'2"

Varsity Girls: S. Montgomery 4'10" - 6th Place, S. Keppler 4'4", L. DeVita 4'4"

Pole Vault:

Varsity Boys: A. Wong 13'6" – 4th Place, S. Llerandi 13'0" – 6th Place, P. Morgan 12'0"

Varsity Girls: R. Simoncini

Shot Put:

Varsity Boys: N. Higgins 39'5"

Comments:

Great first meet! Some terrific times and some suspect times in the 55 and HH. Most important to all of the coaches is that you all COMPETED. Im very excited by the maturity and effort this team put forth in our first meet.

Track Universe Invitational
@ NYC Armory

December 30th

1600m Steeplechase:

B: R. Fischer **5:15.4 – 2nd Place and school record!**, J. Byrne **5:19.5**,
G. L. Rosenfeld **5:56.0 – 1st Place – State Record!!!**

55m:

B: J. Sabatini **6.5 – 1st Place** D. Boresta **6.6 – 4th Place**, R. Harada 7.4, J. Norrell 7.4, D. Palombo 7.5,
A. Ramirez 8.1
G: I. Park **7.7 – tie 6th Place**, S. Kusel 7.9, L. Monnerat 8.0, C. Kelley 8.4, S. Chen 8.6, A. Simpson 8.7, J.
Record 11.2

55HH:

B: M. Zeno 8.2, E. Berry 11.1 (fell), A. Armatas 8.7, B. Collins 9.9, D. Palombo 10.5, C. Perlman 11.4
G: K. McKeon 9.3, R. Simoncini 10.1, L. DeVita 10.1, A. DeVera 10.1

1600m:

B: L. Dublirer **4:30.4 – 2nd Place**, M. Thurston 4:39.6, K. Tamura 4:46.2, K. Marshall 4:48.6,
H. Seifert 4:58.9, C. Salamone 5:04.3, B. Hughes 5:12.7, J. Naftzger 5:19.2, M. Robazzo 5:19.7
G: S. Halverson **5:23.5 – 2nd Place**, C. Jeffers **5:25.7 – 5th Place**, K. Cleary 5:32.1, V. Reis 5:52.3,
K. Reis 5:53.9, G. Felsenstein 5:57.7, A. Taylor 5:58.6, E. Fishbein 5:59.8, L. Pagano 6:19.8,
S. Catalano 6:52.6

400m:

B: D. Boresta **52.0 – 1st Place**, B. Collins **53.7**, A. Armatas 56.3, J. Norrell 56.5, K. Ward 58.5
G: A. Mucchio 64.8

800m:

B: K. Marshall 2:11.2, K. Tamura 2:11.3, H. Seifert 2:12.3, R. Fischer 2:13.5, J. Byrne 2:16.6,
B. Hughes 2:19.5, M. Robazzo 2:19.8, J. Naftzger 2:27.1
G: V. Reis 2:37.9, K. Reis 2:41.2, K. Simpson 2:43.6, K. Cirillo 2:44.9, A. Taylor 2:45.2, T. Tai 2:50.6,
L. Pagano 2:58.6, S. Catalano 3:07.7

200m:

B: J. Sabatini **23.5 – 4th Place**, T. Migliorelli 24.5, D. Palombo 26.1, M. Barnes 27.9, J. Gaitens 33.9
G: I. Park 28.3, S. Kusel 28.4, L. Monnerat 28.6, C. Kelley 30.7, A. Simpson 30.8, S. Chen 32.9,
J. Record 39.6

4x800m:

B:

M. Thurston – 31.3/30.2/30.6/28.8 – 2:00.9
B. Collins – 29.0/31.9/33.6/32.8 – 2:07.3
D. Frering – 31.3/31.5/30.8/32.1 – 2:06.2
L. Dublirer – 28.6/30.5/30.6/30.8 – 2:00.4

8:14.5 – 2nd Place

G:

C. Jeffers – 35.6/38.0/39.9/40.5 – 2:34.1

S. Halverson – 36.8/37.1/40.4/39.3 – 2:34.1

L. Rosenfeld – 37.3/37.7/38.6/37.9 – 2:31.6

K. Cleary – 37.4/39.0/38.5/38.5 – 2:33.4 10:13.2 – 2nd Place

Long Jump:

B: E. Berry 18'8", M. Zeno 16'2", C. Perlman 15'1"

G: R. Simoncini 15'5 ½", K. McKeon 15'1", I. Park 14'8", L. DeVita 14'2", A. DeVera 13'1", J. Long 12'11"

High Jump:

B: M. Zeno 5'10" – 3rd Place, R. Harada 5'6", N. Higgins 5'6", D. Boresta 5'2"

G: L. DeVita 4'10" – tie 5th Place, S. Keppler

Triple Jump:

B: E. Berry 38'2 ½", C. Perlman F

G: L. DeVita 31'2", J. Long 30'9", K. McKeon 30'4", A. DeVera 29'7", I. Park 29'5"

Shot Put:

B: N. Higgins 34'5"

Pole Vault:

B: A. Wong 13'6" – 2nd Place, S. Llerandi 13'6" – 3rd Place, P. Morgan 11'6"

G: R. Simoncini 8'0"

Meet Comments:

Great meet! A lot of personal bests at this meet. This team showed some potential with a few places and a lot of improvement from the Spiked Shoe Invitational. Congrats to our steeplechasers especially Leah Rosenfeld for setting a state record!

7/29

Buser, Katz sparkle at Track Universe

By PAUL SCHWARTZ
STAFF WRITER

INDOOR TRACK

NEW YORK — The Track Universe Invitational at the Armory Track Center on Monday was the perfect setting for a North Jersey All-American to show that he's ready to have an even better season this winter and for a potential star to showcase himself for the first time.

Mahwah senior James Buser, who was sixth in the New Balance Indoor National 800-meter run last winter, has set high goals for himself. After his wire-to-wire victory in 1:55.8 on Monday, those goals don't seem so outrageous.

"I think I'm going to have a better year this year," said Buser, who last winter won the state Group 2 800 and 1,600-meter runs and was capped by a 1:52.21 on the same track last March. "I think today proved in my own mind that I can break 1:50 this year and maybe even shoot for the national record [1:49.21]."

He had to use all of his skills to edge South Brunswick senior Morgan Murray at the line. Buser, usually a come-from-behind kicker, pushed right to the front and led the strong field through 200-meter splits of 28.0-57.9-1:27.9. By the final lap, he and Murray had pulled far away from the field and even accelerated, with Buser barely edging Murray.

"I ran against some great guys last year and it was actually surprising to run so fast this early," said Buser, a University of Pennsylvania commit. "I'm ready to push even harder to see where it takes me."

Ramapo junior Jason Katz, who jumped in the shadows of teammate James Ortiz last year, and didn't even compete indoors, made a sensational season debut, breaking Ortiz's indoor school record in the triple jump with a leap of 44 feet 4 inches. He also won the high jump (6-0) and was second in the long jump (20-8), all with personal bests.

"I trained all summer and fall at High Intensity Track in Oakland because I knew I had a chance to be very good," Katz said. "I've become a student of the event and I love to watch tape and work on my technique."

Katz sprouted 5 inches in the summer after his freshman year, despite recovering from a fractured ankle, and then grew 4 inches in the last year, now standing at 6 feet 1.

"I still had a lot of pain last spring [with a personal best of 41-11½], but now I'm completely healthy and I feel great."

Leah Rosenfeld of Ridgewood became the first Bergen County girl to run the 1,600-meter steeplechase, a new event on the track at the Armory, and won the race in 5:56.0. She's the first New Jersey girl under six minutes in the event.

Guerra, Ozoria excel

North Jersey athletes and teams combined to win five events at the Holiday Relay Carnival at the Jersey City Armory on Monday, led by Indian Hills sophomore Julia Guerra in the 1,000 meters, and a 55-meter sprint win in 6.7 seconds by Teaneck sophomore Christian Ozoria.

Guerra ran 3:05.8 on the slow track, winning by more than 60 meters, and then ran a leg on Indian Hills' winning 4-x-800 relay team. Eastern Christian's Lyndsey Smith won the girls 200 meters in 27.0 and Teaneck's Amanda Simms was second in the 55 hurdles (8.8), and ran legs on Teaneck's second place 4-x-400 and third place 4-x-200 relay teams.

Passaic took the two-man shot put. George Jenkins of Teaneck was second in the boys 600 in 1:27.3.

Matt Tuohy of Indian Hills was third in the 1,000 in 2:43.2.

Runners break down barriers

Indoor steeplechase is enjoyable challenge for Ridgewood trio

PAUL SCHWARTZ

STAFF WRITER

Ridgewood coach Josh Saladino stepped onto the team bus early on the morning of Dec. 30, and asked for volunteers to run a one-mile race at the Track Universe International that morning at the Armory Track Center in New York. "Just one other thing," he said to his team. "There are two 13-foot barriers 30-to-33 inches high and 100-meter intervals that you have to clear on each lap you run and they're not hurdles [which give you when struck], they're hard movable barriers."

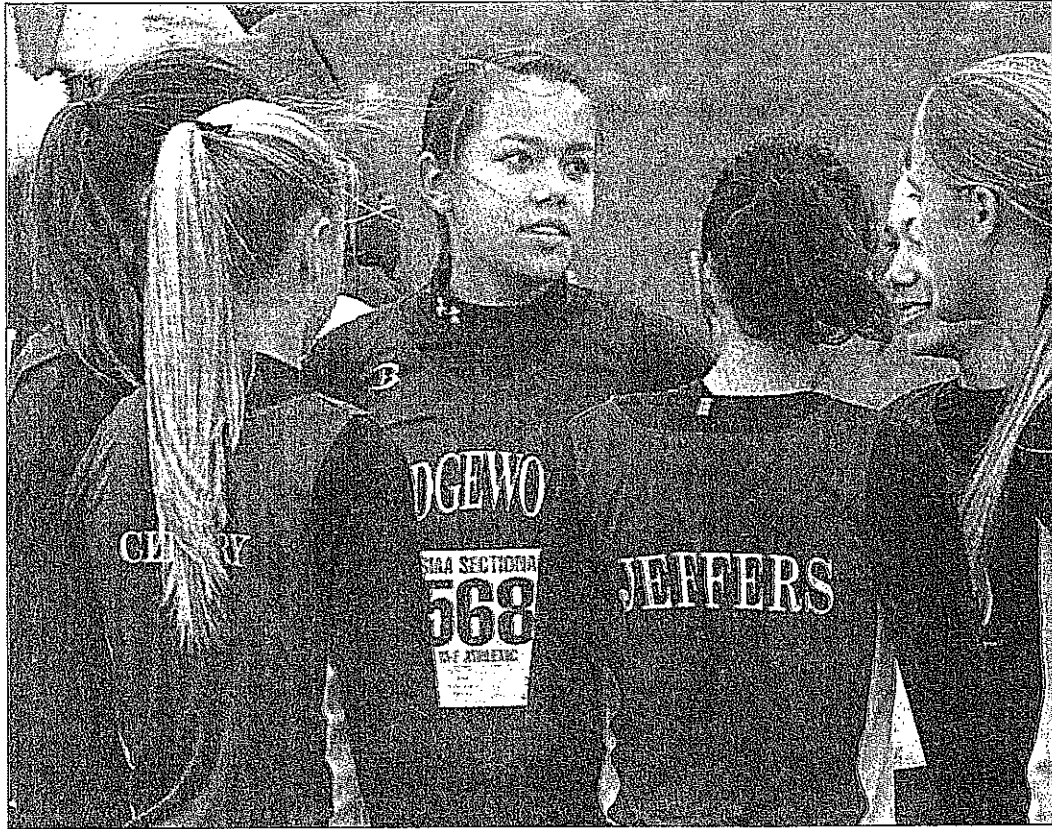
INDOOR TRACK NOTES

That didn't stop Leah Rosenfeld, Robert Fischer and Jack [name obscured] from volunteering to run the race. Even though none of the three had cleared a hurdle. As a result, Rosenfeld and Fischer now hold the initial Bergen County records in the indoor one-mile steeplechase.

"I've never heard of it being run indoors," said Rosenfeld, a sophomore and a mainstay of the outstanding Bergen County cross-country team, who led from the opening gun and won handily in 5:57.0. "But it looked like fun and I wanted to try it."

"I said to myself I've got to run at," said Fischer, a senior who had run this race for more than six of the eight laps before succumbing to a leg cramp. He was in charge from Sean Kelly of Ridgewater Raritan, who set a state record of 5:08.9 in the event. "It looked interesting, and I took it as a challenge." Fischer was second in 5:15.4. Byrne, a junior was third in 5:19.5.

The steeplechase is a staple of college and professional meets outdoors and is occasionally run outdoors at the traditional 3,000-meter and high school 2,000-meter races, with 35 barriers to be cleared in the 3,000-meter race, including seven water jumps. The indoor version is dry but having to clear 16 barriers isn't easy.



RECORD FILE PHOTO

Ridgewood cross-country star Leah Rosenfeld tried an indoor steeplechase and won easily.

"The first time around I stepped on top of the barrier [which is 4 inches wide] like I've seen on TV," said Fischer, who had to get over the 33-inch male barriers, three inches higher than in the girls race. "Then I got into better rhythm. I just didn't want to fall."

Even though Fischer and Rosenfeld never had gone over a hurdle before, Saladino felt both were good enough athletes to succeed in the race. From the looks of things, it won't be the last time either attempts the event, which has been run five times nationally, all in meets at the Armory.

"I tried to stay relaxed and have some fun," Rosenfeld said. "I want to try that again."

LOOKING AHEAD: It's only a couple of weeks into the long winter track season, but already action is heating up starting with tonight's Paul Schwartz Invitational at Rothman Center in Hackensack.

The first championship meet is Saturday night at 6:30 at the Ar-

mory Track Center with the NJIC Championships, featuring Hasbrouck Heights, which won boys and girls titles last year. The Aviators may be pressed by Secaucus in both meets.

The Big North follows Monday night with its first four divisions in championship meets also at the Armory. The defending champions are: American (Ridgefield Park boys, Cliffside Park girls); Freedom (Hackensack and Northern Highlands); Patriot (River Dell boys and girls) and United (Bergen Catholic and IHA).

Wednesday sees the first of four FDU field events meets at Rothman Center and the Ridgewood Winter Games at Rockland Community College in Monsey, N.Y., and Thursday is the first of four sessions that make up the state relays at Bennett Center in Toms River with the Boys Group IV championships. Saladino thinks his Ridgewood team might have a shot at winning the title.

Hackensack was the last North Jersey Group IV team to win the title, in 1999.

IN OTHER MEETS: There was a light North Jersey entry at the NJCTC Relays last Sunday at the Armory. Bergen Catholic medaled in eight events, winning the long jump with Elorm Akasreku and Mike McPherson with a combined distance of 36 feet 2 1/4 inches, taking second in the shot-put and triple-jump relays and taking third in the 4-x-800 relay with a good early season time of 8:09.5.

Kinnelon took second in the girls pole vault and third in the high jump at the Morris County Relays at Drew University on Monday and finished seventh in the team standings with 14 points. Mount Olive edged Mendham, 47.5-42, for the team title. Butler was fifth in the girls shuttle hurdles, and Kinnelon scored the only North Jersey points for the boys, taking sixth in the shot.

Big North League Championship
@NYC Armory

January 13, 2014

55mHH:

B: E. Berry 8.2/7.9 – 1st Place, M. Zeno 8.1/8.0 – 2nd Place A. Armatas 9.0/8.6 – 5th Place
G: K. McKeon 9.1/9.2 – 2nd Place S. Montgomery 9.6, L. DeVita 9.9

55m:

B: J. Sabatini 6.7/6.6 – 2nd Place J. Norrell 7.0/6.9 – 6th Place, D. Han 6.8
G: I. Park 7.7/7.7 – 5th Place, R. Simoncini 7.6, S. Kusel 7.9

3200m:

B: R. Neville 10:01.8 – 3rd Place K. Marshall 10:07.1 – 6th Place, K. Tamura 10:21.2
G: C. Jeffers 11:26.5 – 1st Place V. Reis 12:15.4 – 5th Place, S. Halvorsen DQ (11:30.2)

4x800m:

B: R. Fischer 2:11.1, D. Frering 2:02.1, H. Seifert 2:15.6 L. Dublirer 2:02.8 – 8:32.2 – 1st Place
G: L. Weisberger 2:32.9, K. Reis 2:37.3, K. Cirillo 2:38.8, K. Simpson 2:45.8 – 10:34.8 – 4th Place

400m:

B: D. Boresta 52.3 – 1st Place, J. Norrell 55.5 – 4th Place, T. Migliorelli 55.9 – 5th Place
G: L. Monnerat 63.8 – 6th Place A. Mucchio 65.1, S. Kusel 68.3

800m:

B: M. Thurston 1:59.4 – 1st Place, B. Collins 2:01.7 – 2nd Place, B. Clarendon 2:03.3 – 3rd Place
G: L. Rosenfeld 2:27.9 – 5th Place, K. Cleary 2:35.9 O. Martin 2:42.6

200m:

B: J. Sabatini 23.0 – 1st Place, D. Han 23.3 – 2nd Place, D. Boresta 24.6 – 4th Place
G: R. Simoncini 27.8 – 6th Place, I. Park 28.6 A. DeVera 30.1

1600m:

B: L. Dublirer 4:34.7 – 4th Place, D. Frering 4:40.7 – 5th Place, R. Neville 4:58.5
G: S. Halvorsen 5:31.5 – 3rd Place, C. Jeffers 5:31.9 – 4th Place V. Reis 5:47.1

4x400m:

B: B. Collins 53.1, B. Clarendon 53.9, J. Norrell 55.9, M. Thurston 52.5 – 3:35.3 – 1st Place
G: I. Park 65.5, L. Rosenfeld 63.7, A. Mucchio 64.4, L. Monnerat 64.4 – 4:17.7 – 2nd Place

PV:

B: S. Llerandi 13'6" – 1st Place, A. Wong 13'6" – 2nd Place P. Morgan 11'6" – 4th Place
G: R. Simoncini NH

UJ:

B: E. Berry 19'4" – 1st Place, M. Zeno 16'2 ¼" R. Harada 15'5"

G: K. McKeon 15'5" – 3rd Place R. Simoncini 15'0" – 6th Place, I. Park 13'11 ¾"

TJ:

B: M. Zeno 39'10" – 1st Place, E. Berry 39' ½" - 3rd Place, R. Harada 34'7 ¼"

G: J. Long 32 ¼" – 3rd Place, K. McKeon 31'8 ½" – 4th Place, L. DeVita 31'4 ¾" – 6th Place

HJ:

B: M. Zeno 5'8" – 5th Place, N. Higgins 5'4", R. Harada 5'4"

G: S. Montgomery 4'10" – 3rd Place, L. DeVita 4'8" – 6th Place, S. Keppler 4'6"

Shot Put:

B: N. Higgins 40'3 ½" – 4th Place

G: K. Simpson 23'3"

RESULTS:

Boys:

Ridgewood	178
Indian Hills	82.5
Hackensack	70
N. Highlands	55
Paramus	24.5
Ramapo	22

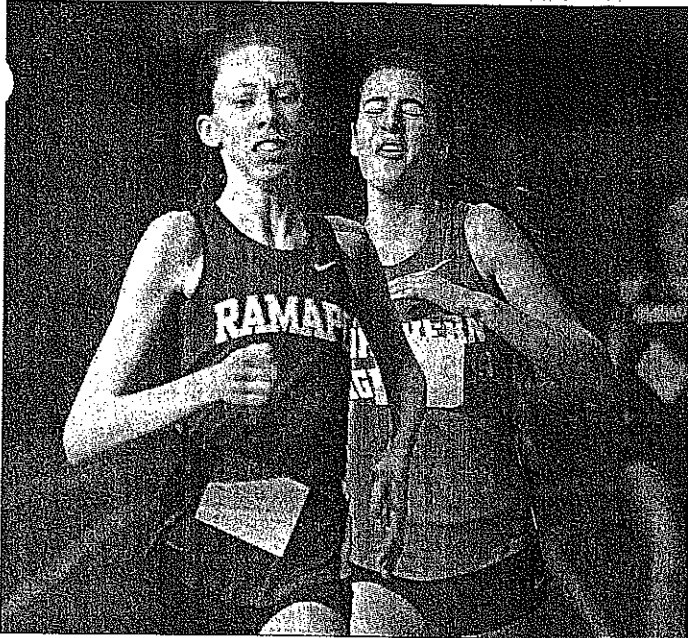
Girls:

N. Highlands	117
Ramapo	114.5
Hackensack	76
Ridgewood	72.5
Paramus	27
Indian Hills	25

Comments:

A dominating performance by the boys team. Ridgewood won 9 of 14 events. Very well done. Girls meet could have been a bit closer if we had some of our younger athletes rise to the occasion. A lot of personal bests on both sides and a good start to the championship meet season.

BIG NORTH INDOOR TRACK CHAMPIONSHIPS



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Ramapo's Ashlyn McKenna passing Catherine Pagano of Northern Highlands in the last stages of the 800 on Monday.

Ridgewood boys take total control

Earn dominant win in Freedom

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK - Nearly five hours of competition in the first four divisions of the Big North meet Monday night led to several conclusions:

1. Ridgewood has an outstanding and deep boys team.
2. Zack Bazile of St. Joseph and Chris Estrella of Ridgefield Park are very, very good athletes who not many may have heard of yet, but everyone may be talking about them by the time this season is over.

3. The rest of the divisions have at least two very good teams.

The Ridgewood boys team scored the only runaway win of the night, taking command of the Freedom Division in the meet's second event and going on to a 178-82½ win over Indian Hills. They were joined by Bergen Catholic (United), Ramsey (Patriot) and Ridgefield

Park (American) as boys teams winners.

Immaculate Heart (United), Northern Highlands (Freedom), River Dell (Patriot) and Cliffside Park (American) were the girls team champions, with Northern Highlands edging Ramapo by 2½ points after the Green Raiders were disqualified in the 4-x-400 relay.

"So far this year we're just deeper than we've been in the past," said Ridgewood coach Josh Saladino after his team's dominant victory. "We're much better in the field led by 13-6 pole vaulters Spencer Llerandi and Allan Wong, we have more depth in the sprints and we're fine in the distance, which is usually our strongest discipline."

"This was a meet for our seniors, like Emmett Berry and Michael Zeno [three firsts and 46 points], to excel."

It also was a meet for excellence.

See **BIG NORTH** Page S-9

Big North: Champs

From Page S-7

from North Jersey newest stars, Bazile and Estrella.

Bazile has been around the fringes of stardom, but with four wins in the United meet, including a 7.6 hand-timed hurdle win, a state-leading triple jump of 45-8 (setting a school record), the best long jump in North Jersey this season (22-6¾) and a 6-22 high jump, he announced his presence with authority. Both his long and triple jumps are among the 20 best in Bergen history.

"Coach [Nick] DeVito just pushed me to a big performance tonight," said Bazile, a Teaneck resident back from an official visit to the University of Rhode Island. "I study films of jumpers like [Olympic medalists] Will Claye and Christian Taylor, but my favorite is watching [four-time Olympic long

jump gold medalist] Carl Lewis."

Estrella has only been in the U.S. since July, arriving from his native Dominican Republic, but he's making his mark quickly in his first month of indoor track. He won the American Division 200 (22.4) and high jump (6-4) with North Jersey-leading marks, and also won the 400 (51.4) and long jump (21-3¾) with solid performances.

His English is coming around, as he needed the help of an interpreter to describe his joy at clearing 6-4 for the first time. But he's not new to sprinting success.

"I won the 200 in 21.7 [hand-kept time] last spring in an international meet against runners from Cuba, Panama, the D.R. and the United States," said Estrella, "But I like running indoor because the weather inside is always the same."

Ridgewood boys cruise to division title

Maroons secure first Freedom crown since 2011, young girls squad places fourth in league

BY GREG TARTAGLIA
Assistant Sports Editor

The Maroons unearthed the one jewel that was missing from their Triple Crown last season. Ridgewood High School won the 2013 North 1, Group 4 and Bergen County Relays titles for boys indoor track but wound up second in the Big North Freedom Division.

Monday at The Armory Track Center in Manhattan, Ridgewood reclaimed the top spot in the division with a convincing 178-82½-70 victory over Indian Hills and Hackensack at the Big North Championship meet. The Maroon girls team scored 72½ points to place fourth.

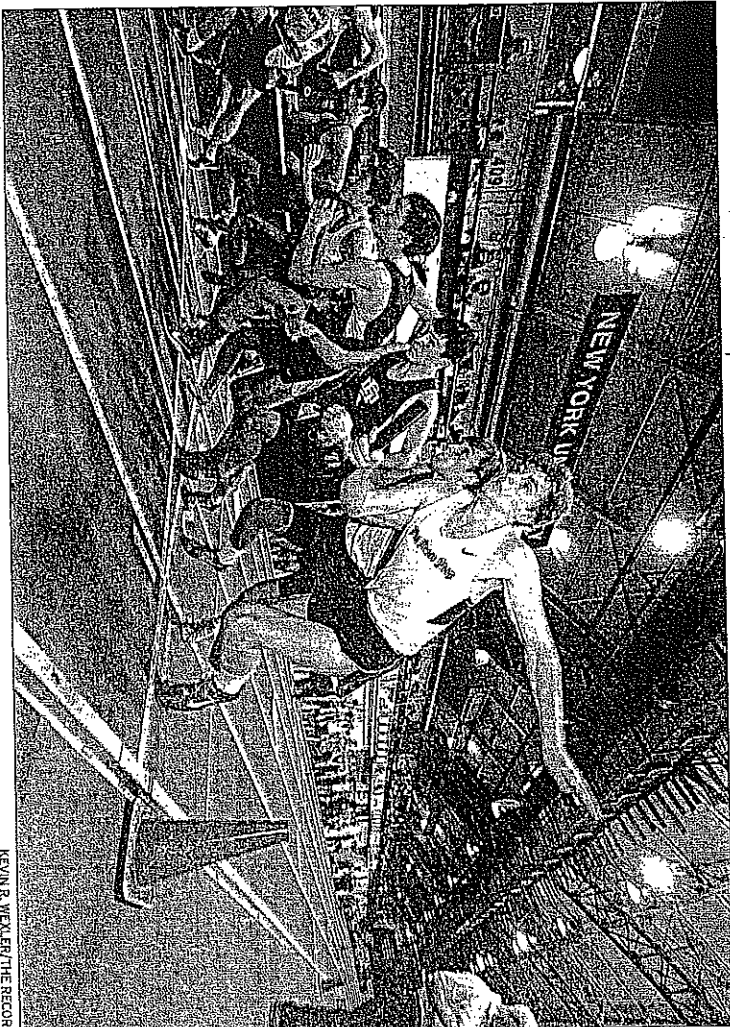
"Considering Hackensack won [the Freedom title] last year, the boys were anxious to get back out there and go after it," RHS head coach Josh Saladino said.

Ridgewood earned nine gold medals on the boys side, including a sweep of the relay races, to garner the division title for the first time since 2011. Senior Emmett Berry took first in the 55-meter hurdles (7.9 seconds) and long jump (19 feet, 4 inches), while sophomore Michael Thurston won the 800 meters (1:59.4) and anchored the 4-x-400 relay to victory in 3:35.4.

Equally as important was the bevy of top-six finishes that the Maroons tallied. They scored in all 14 events and in five of those, all three RHS entrants earned medals.

"This is a very deep and balanced team," said Saladino. "And in a single-day meet, when you have a deep team and can keep putting different kids out there, you're going to have a lot of success."

The win, he added, was "a compliment to the seniors. It's a senior-dominated team, and they



KEVIN R. WEAVER/THE RECORD

From right, Don Bosco senior Jack Costello and Ridgewood senior Robert Fischer break from the starting line in the boys 4-x-800 relay at Monday's Big North indoor track championships. Ridgewood finished first among Freedom Division teams, and Don Bosco was first in the United Division.

all performed very well. One of the keys for us is not only how well our seniors perform, but also that they compete hard, because that sets the tone for the younger kids, who also play a role.

Thurston and seniors Brian Collins and Bryan Clarendon completed a top-three sweep in the 800. The senior trio of Jake Sabatini, Doohee Han and Dom Boresta ran 1-2-4 in the 200, and the all-senior grouping of Spencer Llerandi, Allan Wong and Patrick Morgan finished in the same order in the pole vault, with Llerandi edging out Wong for gold on attempts after both cleared 13-foot-6.

Berry, senior Michael Zeno and junior Alex Armatas combined to go 1-2-3 in the hurdles, and Boresta led a 1-4-5 showing with Thurston on the winning fourth, followed by junior Jonathan Norrell and senior Teddy Magiorali.

Zeno added a gold-medal 39-10 in the triple jump and cleared 5-8 to place fifth in the high jump. Sabatini brought home a silver medal in the 55-meter dash (6.6), and classmate Ryan Neville earned bronze in the 3,200 (10:01.81).

Seniors Luke Dohbler and David Hering ran fourth and fifth, respectively, in the 1,600 and came back to boost the Ridgewood 4-x-800 quartet to a first-place 8:32.2, combined with Berry, senior Michael Zeno

and sophomore Robert Fischer and sophomore Henry Seifert. Collins, Clarendon and Norrell teamed with Thurston on the winning 4-x-400 effort.

The Maroons are now set up to defend their County Relays and state-sectional championships, although there is one extra major meet on their radar this winter. They entered the State Group 4 Relays yesterday (after press deadline) seeking their first-ever title in the event.

"The last Bergen County school to win that meet was Hackensack, I think, around the year 2000," Saladino noted on Wednesday. "To be competitive in Group 4 is going to be a challenge, but I expect that we're going to rise up to that challenge," but he added that the team is still in the "early challenge."

In the Freedom Division girls standings, RHS came within 3½ points of tying Hackensack for third place. Northern Highlands defeated Ramapo, 117-114½, for the title.

"To be honest, I thought we were going to be a spot better," said Saladino. "You're very young on the girls side. On the entire team, there are only four seniors."

Junior Carleen Jeffers produced the Maroons' top finish, winning gold in the 3,200 (11:26.5). She and sophomore Sean Halvorsen were separated

BIG NORTH FREEDOM DIVISION MEET RESULTS

RIDGEWOOD INDIVIDUALS

BOYS

Team scores: 1. Ridgewood, 178; 2. Indian Hills, 82.5; 5.5; 2. Jake Sabatino, 6.6; 6. Jonathan Norrell, 6.9; 5.5; 1. Emmett Berry, 7.9; 2. Michael Zeno, 8.0; 5. Alex Armatas, 8.6; 200: 1. Sabatini, 23.0; 2. Doohee Han, 23.5; 4. Dom Boresta, 24.3; 400: 1. Boresta, 52.3; 4. Norrell, 55.5; 5. Teddy Magiorali, 55.9; 800: 1. Michael Thurston, 1:59.4; 2. Brian Collins, 2:01.7; 3. Bryan Clarendon, 2:03.3; 1,600: 4. Luke Dohbler, 4:40.7; 4.347: 5. David Hering, 4:40.7; 3,200: 3. Ryan Neville, 10:01.8; 6. Kenny Marshall, 10:07.4; Shot Put: 4. Nicholas Higgins, 40-3.5; Long Jump: 1. Berry, 19-4; Triple Jump: 1. Zeno, 39-10; 3. Berry, 39-0.5; High Jump: 5. Zeno, 5-8; Pole Vault: 1. Spencer Llerandi, 13-6; 2. Allan Wong, 13-6; 4. Patrick Morgan, 11-5; 4x400: 1. Ridgewood 3:35.4; 4x800: 1. Ridgewood 8:32.2.

GIRLS

Team scores: 1. NH Highlands, 117; 2. Ramapo, 114.5; 3. Hackensack, 76; 4. Ridgewood, 72.5; 5.5; 5. Isabel Park, 71; 5.5; 2. Katie McKean, 9.2; 200: 6. Reid Simonsen, 27.8; 400: 6. Lauren Monnet, 1:03.8; 800: 5. Leah Rosenfeld, 2:27.9; 1,600: 3. Sean Halvorsen, 5:31.5; 4. Carleen Jeffers, 5:31.9; 3,200: 1. Jeffers, 11:26.5; 5. Vanessa Reis, 12:15.4; Long Jump: 3. McKean, 15-5.5; Triple Jump: 3. Jade Long, 6. Simonelli, 15-0; 6. Simonelli, 15-0; 32-0.25; 4. McKean, 31-8.5; 6. Libby DeVita, 31-4.75; High Jump: 3. Sophie Montgomery, 4-10; 4-8; 4x400: 2. Ridgewood, 4:17.7; 4x800: 4. Ridgewood, 10:34.8.

by just 0.4 in the 1,600, as Halvorsen (5:31.5) edged out her

See BIG NORTH, page C4.

BIG NORTH from C1

next-door neighbor for the bronze. Katie McKean collected silver in the 55 hurdles (9.2) and bronze in the long jump (15-5½). The junior also helped Ridgewood gain big points in the triple jump, with a fourth-place distance of 51-8½ that slotted her just behind classmate Jade Long (third place, 32-0¼) and just ahead of Libby DeVita (sixth, 31-4¾). Junior Sophie Montgomery and DeVita placed 3-6 in the high jump.

"We're going to rely a lot on the younger kids, and certainly, they've gained some experience," Saladino said of the girls squad. "We also need them to rise up sooner rather than later, and we're looking for that to happen as we go forward in the championship season."

Email: tartaglia@northjersey.com

FREEDOM

Team scoring: Ridgewood (Rw) 178, Indian Hills (IH) 82½, Hackensack (H) 70, Northern Highlands (NH) 55, Paramus (P) 24½, Ramapo (Rm) 22.

55: 1. Kenny Clarke (Rm), 6.5; 2. Jake Sabatini (Rw), 6.6; 3. Vincent Messina (NH), 6.8.

55 HH: 1. Emmett Berry (Rw), 7.9; 2. Mike Zeno (Rw), 8.0; 3. Kenny Jimenez (H), 8.5.
200: 1. Jake Sabatini (Rw), 23.0; 2. Doohee Han (Rw), 23.3; 3. Vincent Messina (NH), 23.7.

400: 1. Dom Boresta (Rw), 52.3 (record, old rec. 52.5 by Kevin Halloran (IH), 2013); 2. John Hartounian (D), 53.4; 3. Rob Hitchen (NH), 54.7.

800: 1. Mike Thurston (Rw), 1:59.4 (record, old rec., 2:02.0 by Storm Dubliner (Rw), 2013); 2. Brian Collins (Rw), 2:01.7; 3. Bryan Clarendon (Rw), 2:03.3.

1,600: 1. Chris Mascetti (H), 4:24.0 (record, old rec., 4:33.9 by Pat Rynkowski (Rw), 2011); 2. Matt Tuohy (IH), 4:27.7; 3. John Julian (NH), 4:31.7.

3,200: 1. Chris Mascetti (H), 9:41.4 (record, old rec., 9:45.2 by Travis Spicer (Rw), 2012); 2. Chris Evans (IH), 9:42.3; 3. Ryan Neville (Rw), 10:01.8.

Shot put: 1. Mike Mosconi (IH), 47-9½; 2. Demar Stewart (H), 45-0; 3. Christopher Coles (H), 43-11¾.

High jump: 1. Kenny Clarke (Rm), 6-0; 2. Matt Alpher (P), 5-10; 3. Harrison Escoffrey (H), 5-10.

Long jump: 1. Emmett Berry (Rw), 19-4; 2. tie between Will Sidasos (IH), and Vincent Messina (NH), 18-11½.

Triple jump: 1. Mike Zeno (Rw), 39-10; 2. Ryan Thompson (IH), 39-5¾; 3. Emmett Berry (Rw), 39-0½.

Pole vault: 1. Spencer Llerandi (Rw), 13-6; 2. Allan Wong (Rw), 13-6; 3. Keith Gandy (IH), 13-0.

4-x-400 relay: 1. Ridgewood (Brian Collins, Bryan Clarendon, Jonathan Norrell, Mike Thurston), 3:35.4; 2. Indian Hills, 3:38.0; 3. Paramus, 3:42.1.

4-x-800 relay: 1. Ridgewood (Robert Fischer, David Frering, Henry Seifert, Luke Dubliner), 8:32.2 (record, old rec., 8:34.9 by Ridgewood, 2012); 2. Indian Hills, 8:33.2; 3. Hackensack, 8:50.8.

FREEDOM

Team scoring: Northern Highlands (NH) 117, Ramapo (Rm) 114½, Hackensack (H) 76, Ridgewood (Rw) 72½, Paramus (P) 27, Indian Hills (IH) 25.

55: 1. Naomi Clarke (H), 7.3; 2. Lauren Brzozowski (Rm), 7.5; 3. Amanda Pook (NH), 7.5.

55 HH: 1. Dana Lynch (H), 8.7 (record, old rec., 8.8 by several); 2. Kathleen McKeon (Rw), 9.2; 3. Abbey Roberts (Rm), 9.5.

200: 1. Lauren Brzozowski (Rm), 26.6; 2. Dana Lynch (H), 26.9; 3. Amanda Pook (NH), 26.9.

400: 1. Deanna DiLandro (Rm), 59.1; 2. Amanda Pook (NH), 1:01.1; 3. Kathryn Grant (H), 1:02.7.

800: 1. Ashlyn McKenna (Rm), 2:25.4; 2. Catherine Pagano (NH), 2:25.9; 3. Suzie Abribrat (Rm), 2:27.7.

1,600: 1. Julia Guerra (IH), 5:16.3 (record, old rec., 5:26.2 by Guerra, 2013); 2. Catherine Pagano (Rw), 5:23.4; 3. Samantha Halvorsen (Rw), 5:31.5.

3,200: 1. Carleen Jeffers (Rw), 11:26.5 (record, old rec., 11:30.8 by Emily Fishbein (Rw), 2012); 2. Anna Richard (NH), 11:30.9; 3. Catherine Pagano (NH), 11:57.3.

Shot put: Amarys Berry (H), 38-9; 2. Sara Dec (NH), 31-7; 3. Rebecca Fuchs (Rm), 29-5.

High jump: 1. Jenna Phillips (Rm), 5-3; 2. Amber Redmond (H), 5-0; 3. Sophie Montgomery (Rw), 4-10.

Long jump: 1. Jenna Phillips (Rm), 16-1½; 2. Claire Ham (NH), 15-10½; 3. Kathleen McKeon (Rw), 15-5½.

Triple jump: 1. Leah McDonagh (NH), 32-11½; 2. Amber Redmond (H) < 32-7¾; 3. Jade Long (Rw), 32-0¾.

Pole vault: 1. Megan Gambuti (Rm), 10-6; 2. Jordan Even-Chen (Rm), 10-6; 3. tie between Camille Calapud (P), Jasmine Pineda (P) and Norma Martinez (P), 7-0.

4-x-400 relay: 1. Northern Highlands (Melina North, Amanda Pook, Hilary McElwain, Olivia Florio), 4:13.5; 2. Ridgewood, 4:17.7; 3. Hackensack, 4:17.8.

4-x-800 relay: 1. Ramapo (Deanna DiLandro, Suzie Abribat, Melanie Intriago, Ashlynn McKenna), 9:49.5 (record, old rec., 10:26.5 by Northern Highlands, 2013); 2. Northern Highlands, 10:16.0; 3. Indian Hills, 10:17.1.

Ridgewood Winter Games
@ RCC

January 15, 2014

55m:

Frosh Boys: J. Miller **7.6**, L. Pasqual **8.2**
Frosh Girls: I. Faherty **8.9**, Y. Wang **9.9**, J. Record **10.1**
Novice Boys: S. Ho **7.5/7.4**, A. Ramirez **7.9**
Novice Girls: A. Simpson **8.9**, J. Ades **8.9**
Varsity Boys: J. Norrell **7.2**

55m HH:

Novice Boys: D. Palumbo **10.0**
Novice Girls: A. DeVera **10.2/10.0/10.7 – 5th Place**, R. Simoncini **10.4**

3200m:

B: H. Ricatto **10:50.4 – 2nd Place**, N. Barnabic **10:56.1 – 4th Place**

600 yards:

Frosh Boys: S. Ruhl
Frosh Girls: K. Patel, S. Wantanabe
Novice Girls: T. Tai
Varsity Boys: R. Fischer

4x800m:

B: B. Hughes, J. Byrne, B. Gilligan, H. Seifert **9:10 – 4th Place**
G: K. Cirillo, K. Reis, K. Simpson, E. Fishbein **11:01.6 – 2nd Place**

300 yards:

Frosh Boys: S. Ruhl **37.9**, J. Miller **39.7**, C. Krusac **40.6**, A. Choi **41.45**, L. Pascual **45.2**,
Frosh Girls: K. Patel **43.8 – 3rd Place**, S. Chen **47.1**, I. Faherty **49.6**, J. Record **56.8**
Novice Boys: K. Ward **36.8**, D. Palumbo **38.2**
Varsity Boys: J. Norrell **35.6**

1600m:

Frosh Boys: S. Basu **5:33.7**
Frosh Girls: L. Pagano **6:24.8 – 5th Place**
Novice Boys: J. Byrne **4:57.6 – 2nd Place**, C. Salamone **5:00.1 – 4th Place**, B. Hughes **5:08.6**,
M. Rademacher **5:37.6**
Novice Girls: A. Taylor **5:54.8 – 1st Place**, G. Felsenstein **6:03.8 – 2nd Place**
Varsity Girls: K. Reis **6:00.9 – 5th Place**

4x400m:

Frosh Boys: C. Krusac **63.5**, S. Basu **67.3**, J. Miller **60.5**, S. Ruhl **58.9 – 4:09.8 – 3rd Place**
Varsity Boys: K. Ward **57.6**, J. Byrne **65.1**, H. Seifert **66.2**, J. Norrell **58.5 4:07.4 – 2nd Place**

Shot Put:

Varsity Girls: N. Baum **25'9 ½"**

High Jump:

Frosh Boys: R. Harada 5'2" – 1st Place

Frosh Girls: S. Watanabe 4'3" – 2nd Place

Varsity Girls: S. Keppler 4'6" – 5th Place

Long Jump:

Frosh Boys: C. Perlman 14'10 ½", R. Harada 14'6"

Varsity Girls: R. Simoncini 14' ½", A. DeVera 13'2 ½", J. Long 12'8"

Triple Jump:

Frosh Boys: C. Perlman 33'8" – 2nd Place, R. Harada 33'4 ¼" – 3rd Place

Varsity Girls: A. DeVera 30'3"

Pole Vault:

B: P. Morgan 11'6" – 3rd Place

Comments:

We left with a lot of medals which is always a good sign! Highlight of the meet was the frosh boys 4x400m because (as Coach O stated) "they really pushed themselves". Everyone has to keep working hard and we should see some improvements going forward. Good meet.

State Group IV Relays
@ Toms River

January 16, 2014

Distance Medley (1200-400-800-1600)

M. Thurston 3:16.6, B. Clarendon 55.6, D. Frering 1:59.8, L. Dublirer 4:24.8 10:37.32 – 2nd Place

4x55mHH:

E. Berry 8.2, B. Collins 9.2, A. Armatas 8.2, M. Zeno 7.9 – 33.44

4x200m:

D. Han 23.9, A. Armatas 24.7, T. Migliorelli 24.9, J. Sabatini 22.8 1:36.78

4x800m:

B. Collins 2:03.5, D. Frering 2:02.8 B. Clarendon 2:06.9, L. Dublirer DNF

Sprint Medley (400-200-200-800)

D. Boresta 54.1, J. Sabatini 23.0, D. Han 23.7, M. Thurston 2:03.9 3:45.09 – 5th Place

Pole Vault:

A. Wong 13'0", S. Llerandi 12'0" 25'0" – 3rd Place – New School Record

High Jump:

M. Zeno 5'10", N. Higgins 5'2" 11'0"

Results:

South Brunswick 40

Old Bridge 36

Lenape 18

Ridgewood 16

Franklin 16

West Orange 13

All others 10 points and under

Comments:

Disappointing. The results prove you could be the best Group IV team in the state but we certainly didn't show it today. Most teams would be happy being the 4th best team in all of Group IV in the state of NJ. The expectations for this team are higher. Let's not waste opportunities going forward.

Yale Invitational
@ Coxe Cage, Yale University

January 18, 2014

Boys High Jump: Mike Zeno **6'0"**

Girls Long Jump: Kate McKeon **15'1"**

Boys Long Jump: Emmett Berry **19'3 ½"**

Boys Pole Vault: Spencer Llerandi **13'6" – 5th Place**, Allan Wong **13'0"**

3000m: Ryan Neville **9:26.89**, Kenny Marshall **9:27.85** Kotaro Tamura **9:31.73**

55 HH: Mike Zeno **8.34 / 8.36**, Emmett Berry **8.36 / 8.45**, Alex Armatas **8.62**, Brian Collins **9.90**

55 HH: Kate McKeon **9.84**, Sophie Montgomery **10.01**

55m: Jake Sabatini **6.78 / 6.72 / 6.67**, Doohee Han **6.93**

55m: Isabel Park **7.90**, Steph Kusel **8.09**

1 mile: Kelly Cleary **5:33.57**

1 mile: Luke Dublirer **4:23.81**, David Frering **4:33.41**

400m: Laura Weisberger **64.30** Isabel Park **65.61**, Amanda Mucchio **65.81**, Steph Kusel **66.91**

400m: Brian Collins **52.57**, Dom Boresta **52.75**, Jake Sabatini **53.06**, Teddy Migliorelli **56.91**

High Jump: Sophie Montgomery **5'0"**

800m: Leah Rosenfeld **2:28.83**

800m: Michael Thurston **1:59.57**, Bryan Clarendon **2:03.98**

Boys 4x200m: D. Han **23.4**, J. Sabatini **23.3**, A. Armatas **24.6**, B. Clarendon **24.7** **1:36.24**

Boys 4x800m: M. Thuston **2:00.3**, B. Collins **2:02.4**, D. Frering **2:01.3**, L. Dublirer **1:57.3**
8:01.53 – 1st Place!!!

Girls 4x400m: L. Weisberger **64.4**, I. Park **65.1**, A. Mucchio **67.1**, L. Rosenfeld **66.1** **4:23.21 – 2nd Place**

Comments:

A great meet for the Maroons. A lot of personal bests and a lot of seasonal bests. At this meet there was a step up in competition from the meets we had earlier this year and all of you rose to that challenge. This team showed it has a lot of potential as we get ready for the county relays next week and the championship season in February. Great job by all including the impressive "whirlpool" performance!

Locals star at Yale event

Ridgewood boys, NH girls make their marks in relays

By PAUL SCHWARTZ
STAFF WRITER

The Ridgewood boys and Northern Highlands girls all but punched their tickets to the Penn Relays at this weekend's Yale Track and Field Classic in New Haven, Conn.

The Ridgewood quartet of Mike Thurston (2:00.3), Brian Collins (2:02.4), Dave Frering (2:01.3) and Luke Dublirer (1:57.3) won the boys 4-x-800-meter championship in 8:01.53, edging Burnt Hills-Ballston Lake of New York and easily qualifying for the Penn Relays Large School 4-x-800 race in April.

Northern Highlands is in good position to earn a second straight Penn bid in the girls distance medley after Anna Richard (3:45.3), Amanda Pook (60.3), Karina North (2:26.3) and Catherine Pagano (5:03.3) ran 12:15.22 for third place in the event Friday. The time is the fourth fastest in the na-

tion this year.

River Dell's team of Alejandro Capote, Conor Davidson, Justin Meyer and Michael Boucher ran a North Jersey-leading time of 1:33.99 to win the Small Schools 4-x-200 race Friday, while Bobby Corcoran, John Hartounian, Brandon Rousseau and Matt Tuohy ran 10:51.62 for Indian Hills to win the Large Schools distance medley.

Julia Guerra of Indian Hills ran a stunning 10:06.00 in the 3,000 meters, tops in New Jersey this year, for sixth in a loaded field that included three All-Americans. Jake Sabatini of Ridgewood was fourth in the boys 55 final in a North Jersey-leading 6.67. Spencer Llerandi of Ridgewood was fifth in the vault at 13-6. Richard (2:20.72) and Thurston (1:59.57) had excellent early-season 800 races.

The Hasbrouck Heights boys

shot put team of Joe Fadden and Steve Salerno gave the Aviators their seventh win in nine years in the Group 1 state relays shot put Saturday at Bennett Center in Toms River. Kinnelon's pole vaulting pair of Marissa Rehberger and Cariann Johnson won the girls Group 1 vault for the only other North Jersey win among the first three groups to compete.

Thurston, Bryan Clarendon, Frering and Dublirer combined to take second in Thursday's Group 4 distance medley in 10:37.32. The Maroons also took third in the pole vault and fifth in the sprint medley to finish tied for fourth in the meet with 16 points.

Pascack Valley was the only North Jersey school to score in Saturday's Group 3 relays, taking sixth in the 4-x-200. Hasbrouck Heights added a third in the pole vault and fifth in the shuttle hurdles to finish with 18 points in Boys Group 1. The girls scored in four events to tally 12 points.

INDOOR TRACK

Bergen County Relays
@ NYC Armory

January 27, 2013

4xHH:

E. Berry, B. Collins, A. Armatas, M. Zeno **DQ**

S. Montgomery **9.1**, L. DeVita **9.3**, A. DeVera **9.5**, K. McKeon **8.5** **36.2**

4x1600:

D. Frering **4:31.1**, R. Neville **4:38.2**, B. Clarendon **3:39.6**, L. Dublirer **4:27.9** **18:17.2 – 2nd Place**

C. Jeffers **5:23.7**, L. Rosenfeld **5:37.8**, K. Cleary **5:27.3**, S. Halvorsen **5:28.7** **21:57.6 – 2nd Place**

4x200m:

D. Han **23.0**, D. Boresta **22.8**, T. Migliorelli **25.9**, J. Sabatini **22.1** **1:34.0 – 2nd Place tie**

R. Simoncini **27.4**, I. Park **27.9**, S. Kusel **28.5**, L. Monnerat **27.2** **1:50.3 – 3rd Place**

4x800m:

K. Marshall **2:08.8**, D. Frering **2:02.6**, K. Tamura **2:06.3**, B. Collins **2:02.8** **8:20.7 – 3rd Place**

K. Cirillo **2:37.8**, V. Reis **2:32.0**, K. Reis **2:37.5**, L. Weisberger **2:42.3** **10:32.8**

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

D. Boresta **51.9**, J. Sabatini **22.7**, D. Han **23.1**, L. Dublirer **2:00.4** **3:38.3 – 1st Place**

L. Monnerat **66.1**, R. Simoncini **28.2**, I. Park **27.8**, L. Rosenfeld **2:29.8** **4:31.3 – 3rd Place**

Distance Medley (1200-400-800-1600)

D. Frering **3:20.4** J. Norrell **53.7**, K. Tamura **2:07.6** B. Clarendon **4:55.9** **11:17.6 – 5th Place**

S. Halvorsen **3:56.9**, A. Mucchio **64.9**, K. Cleary **2:33.9**, C. Jeffers **5:33.6** **13:08.4 – 5th Place**

4x400m:

B. Collins **52.6**, D. Han **52.9**, L. Dublirer **50.6**, J. Sabatini **52.6** **3:28.9 – 2nd Place**

S. Kusel **66.8**, L. Weisberger **65.4**, I. Park **64.9**, L. Rosenfeld **64.9** **4:22.9**

Long Jump:

E. Berry **19'2 ½"** M. Zeno **19' ½"** **38'3" – 4th Place**

K. McKeon **15'1"**, R. Simoncini **15'0"** **30'1"**

Triple Jump:

M. Zeno **40'2.5"**, E. Berry **F**

J. Long **32'6"**, L. DeVita **30'8"** **63'2"**

High Jump:

M. Zeno **5'10"**, N. Higgins **5'0"** – **10'10" – 5th Place (tie)**

S. Montgomery **5'2"**, L. DeVita **4'10"** – **10'0" – 1st Place**

Pole Vault:

S. Llerandi 13'0", A. Wong 13'0" – 26'0" – 2nd Place – New School Record

Shot Put:

N. Higgins 39'10 ½", D. Boresta 29'2" 69' ½"

K. Simpson 21'11", L. Weisberger 18'6 ½" 40'5 ½"

Final Score – Top 5:

Boys:

Ridgewood 53

Don Bosco 46

Demarest 40

Bergen Catholic 34

Teaneck 33

Girls:

Northern Highlands 50

River Dell 45.33

Ramapo 45

Old Tappan 37

Ridgewood 30

Comments:

Congrats to the boys team on winning the county championship. This was a meet filled with errors as well as illness, and we were still able to win. This team has a lot of talent. If we put a great meet together... look out!

Good job by the girls team coming in top 5 and staying close throughout the meet. Going forward, we are going to need some on this team to respond when challenged in order for our team to take the next step up in competition.

This is a difficult time to compete for a county title in the middle of midterms. That could have been an excuse to perform below expectations and it wasn't. I'm proud of you guys for wanting to compete!

INDOOR TRACK

BERGEN COUNTY RELAYS

AT THE ARMORY TRACK CENTER, NEW YORK

MONDAY

BOYS

Large Schools

Team Scoring: Ridgewood 53, Don Bosco 46, Demarest 40, Bergen Catholic 34, Teaneck 33, Old Tappan 32, River Dell 29, Indian Hills 21, Hackensack 19, Pascack Valley 16, Bergen Tech 14, Ramapo 12, Garfield and Tenafly 8, Paramus Catholic 4, Northern Highlands and Fair Lawn 1.

4-x-200: 1. Teaneck (George Jenkins, Michael Amoako, Jahbari Williamson, Christian Ozoria), 1:33.8; 2. tie between River Dell, Tenafly and Ridgewood, 1:34.0; Don Bosco, 1:34.1; 6. Northern Highlands, 1:36.5.

4-x-400: 1. Bergen Catholic (Kyle Ellerson, Eddie Dehais, Tom Selvaggi, Dan Lynch), 3:26.8; 2. Ridgewood, 3:28.9; 3. Pascack Valley, 3:30.2; 4. Teaneck, 3:32.8; 5. Tenafly, 3:35.5; 6. Bergen Tech, 3:38.0.

4-x-800: 1. Don Bosco (Schan Lartigue, Jack Costello, Kyle Levermore, Mike Higgins), 8:02.4 (record, old record, 8:03.5 by Don Bosco, 2004); 2. Bergen Catholic, 8:06.5; 3. Ridgewood, 8:20.7; 4. River Dell, 8:22.5; 5. Indian Hills, 8:35.2; 6. Teaneck, 8:51.9.

4-x-1,600: 1. Don Bosco (Patrick Sullivan, Mike Pallotta, Mike Higgins, Kyle Levermore), 18:12.9; 2. Ridgewood, 18:17.2; 3. Indian Hills, 18:20.5; 4. Demarest, 18:54.7; 5. Old Tappan, 19:03.3; 6. Hackensack, 19:39.7.

Sprint medley: 1. Ridgewood (Dom Boresta, Jake Sabatini, Doohee Han, Luke Dublirer), 3:38.3; 2. Bergen Tech, 3:40.3; 3. Don Bosco, 3:45.9; 4. Old Tappan, 3:51.8; 5. Indian Hills, 3:53.0; 6. River Dell, 3:53.9.

Distance medley: 1. Indian Hills (Chris Evans, John Hartounian, Brandon Rousseau, Matt Tuohy), 10:49.9; 2. Demarest, 10:53.4; 3. Don Bosco, 10:54.2; 4. Hackensack, 10:54.3; 5. Ridgewood, 11:17.6; 6. Bergen Catholic, 11:25.6.

Shuttle hurdles: 1. River Dell (Alejandro Capote, Ryan Oellerman, Ken Klop, Alex Koroglu), 32.1; 2. Demarest, 32.4; 3. Old Tappan, 32.9; 4. Paramus Catholic, 34.4; 5. Don Bosco, 34.5; 6. Fair Lawn, 35.8.

Shot put: 1. Bergen Catholic (Garrett Hessman, Doug Pula), 96-3/4; 2. River Dell, 93-1/4; 3. Demarest, 89-6/8; 4. Hackensack, 86-0/4; 5. Old Tappan, 84-10/4; 6. Indian Hills, 81-3/4.

High jump: 1. Ramapo (Kenny Clarke, Jason Katz), 12-4 (ties meet record); 2. Demarest, 11-8; 3. Hackensack, 11-4; 4. Don Bosco, 11-2-5/8; tie between Bergen Catholic, Old Tappan, and Ridgewood, 10-10-0.

Long jump: 1. Pascack Valley (Ben Mandel, Paul Yoo), 39-5/4; 2. Teaneck, 38-11/4; 3. Old Tappan, 38-5; 4. Ridgewood, 38-3; 5. Bergen Catholic, 38-0/4; 6. Bergen Tech, 38-0/4.

Triple jump: 1. Teaneck (Romareo Anderson, Dondre Heron), 82-7/4; 2. Garfield, 82-1/4; 3. Don Bosco, 79-5/4; 4. Bergen Tech, 78-7; 5. Ramapo, 78-0/4; 6. Old Tappan, 78-0/4.

Pole vault: 1. Old Tappan (Luke Annichiarico, Marc Ocampo), 27-6 (record, old record, 25-6 by Demarest, 2013); 2. Ridgewood, 26-0; 3. Demarest, 25-6; 4. Hackensack, 20-0; 5. Bergen Catholic, 19-6.

GIRLS

Large Schools

Team Scoring: Northern Highlands 50, River Dell 45 1/3, Ramapo 45, Old Tappan 37 1/2, Paramus Catholic and Ridgewood 30, IHA 28 1/3, Teaneck 25, Hackensack 19 1/3, Holy Angels 19, Demarest 18, Tenafly 10 1/2, Indian Hills 10, Bergen Tech and Paramus 2.

4-x-200: 1. Paramus Catholic (Maria Acosta, Rosemary Menyhart, Tatiana Jenkins, Tatiyanna Sanders), 1:47.2; 2. Hackensack, 1:48.1; 3. Teaneck, 1:48.4; 4. Ridgewood, 1:50.3; 5. Northern Highlands, 1:50.5; 6. Ramapo, 1:50.8.

4-x-400: 1. Northern Highlands (Amanda Pook, Anna Richard, Claire Narn, Hilary McElwain), 4:05.5; 2. Ramapo, 4:09.9; 3. River Dell, 4:12.7; 4. Teaneck, 4:14.3; 5. IHA, 4:17.4; 6. Old Tappan, 4:21.5.

4-x-800: 1. Ramapo (Suzie Abribat, Melanie Intrigato, Ashlyn McKenna, Deanna DiLandro), 9:30.8 (record, old record, 9:41.0 by IHA, 2008); 2. Northern Highlands, 9:48.8; 3. Holy Angels, 9:50.9; 4. IHA, 9:56.4; 5. River Dell, 10:06.5; 6. Demarest, 10:07.3.

4-x-1,600: 1. Northern Highlands (Anna Richard, Karina North, Melina North, Catherine Pagano), 21:51.5 (record, old record, 21:54.2 by Northern Highlands, 2013); 2. Ridgewood, 21:57.6; 3. Holy Angels, 22:30.8; 4. Indian Hills, 22:34.7; 5. IHA, 23:55.3; 6. Paramus, 24:01.3.

Sprint medley: 1. Northern Highlands (Hilary McElwain, Olivia Florio, Amanda Pook, Anna Richard), 4:21.1; 2. Old Tappan, 4:28.6; 3. Ridgewood, 4:31.3; 4. Ramapo, 4:32.3; 5. Teaneck, 4:37.5; 6. Hackensack, 4:39.0.

Distance medley: 1. Northern Highlands (Karina North, Amanda Pook, Melina North, Catherine Pagano), 12:43.9; 2. Ramapo, 12:49.8; 3. Indian Hills, 12:51.9; 4. Holy Angels, 13:00.7; 5. Ridgewood, 13:08.4; 6. IHA, 13:10.8.

Shuttle hurdles: 1. River Dell (Nicole Vigneron, Miku Okada, Erin Melvin), 33.7; 2. tie between IHA and Demarest, 33.9; 4. Ramapo, 34.4; 5. tie between Old Tappan and Tenafly, 34.6.

Shot put: 1. Demarest (Nikolia Kanaris, Sam Ferraro), 73-2; 2. River Dell, 67-7/4; 3. Hackensack, 65-2; 4. Teaneck, 61-6/4; 5. Bergen Tech, 58-1; 6. Old Tappan, 57-6/4.

High jump: 1. Ridgewood (Sophie Montgomery, Libby DeVita), 10-0; 2. Old Tappan, 9-10; 3. Tenafly, 9-4; 4. tie between IHA, Hackensack and River Dell, 8-10.

Long jump: 1. Paramus Catholic (Tatiyanna Sanders, Rosemary Menyhart), 33-4/2 (record, old record, 33-1/4 by IHA, 2012); 2. Old Tappan, 32-9/4; 3. River Dell, 32-8; 4. tie between Teaneck and Tenafly, 31-8; 6. Hackensack, 31-2/4.

Triple jump: 1. Paramus Catholic (Tatiyanna Sanders, Rosemary Menyhart), 71-10/4; 2. River Dell, 69-1; 3. Teaneck, 67-4/4; 4. Old Tappan, 66-7/4; 5. IHA, 65-10; 6. Hackensack, 64-2/4.

Pole vault: 1. Ramapo (Megan Gambuti, Jordan Even-Chen), 21-0 (ties meet record set by Ramapo, 2013); 2. IHA, 18-0; 3. Old Tappan, 15-0; 4. tie between River Dell and Holy Angels, 14-0; 6. Paramus, 13-6.

INDOOR TRACK: BERGEN COUNTY RELAYS

Big day for No. 1 Highlands girls

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — Northern Highlands won the girls Large School Division of the Bergen County Relays on Monday night, and there probably has never been a more popular champion.

Northern Highlands coach Tom Buono celebrated with his team and received congratulatory hugs from most of his opposing coaches, as the Highlanders came from behind with back-to-back wins in the distance medley and 4-x-400 relay races to overtake defending champion River Dell, 50-45½, with Ramapo third at 45 points.

The win came 10 days after the tragic death of 2013 New Jersey state 800 meter champion Madison Holleran, a significant part of last year's team. And while it was clear from talking with the coaching staff and the athletes that Holleran was on their minds, it was their legs that made the difference in the victory.

"The first person I ran into after the girls finished the 4-x-400

of a disqualification of Don Bosco in the 4-x-400 relay. Ramsey's boys and Hasbrouck Heights' girls easily won the small schools divisions.

But the focus was mainly on the Northern Highlands girls, who took an incredible anchor 1,600 leg in the distance medley by Catherine Pagano and then a stirring win by the quartet of sophomore Amanda Pook, senior Anna Richard, freshman Claire Nam and sophomore Hillary McElwain in 4:05.5 in the 4-x-400 relay, the fastest time of the year by any North Jersey team.

"Every single kid came out tonight to do whatever she needed to do to help us win," said Pagano, who came from more than a lap behind with a 5:02 in the 1,600 anchor leg to overtake Ramapo and win the distance medley, putting the Highlanders in the lead for the first time.

"It's too soon to talk about whether we felt Madison with us because I think we'd all break down if we started to talk about it. But we were all together

tonight for each other."

Tatiana Sanders of Paramus Catholic earned the Lou Molino Award with the top triple jump, long jump and 200 split as the Paladins won all three events. Demarest's Josh Landsman, a tremendous pentathlon candidate, earned the Alan Wedemeier Award for the boys top performance with a meet-leading high jump and quality performances in the long jump, shot put and hurdles.

St. Joseph senior Zach Bazile may have had the most outstanding single performance as his 23-4¾ long jump is the fifth best jump in the U.S. indoors and fourth best in Bergen history.

It appeared as if Don Bosco had reversed last year's last event loss to Ridgewood in the Large School boys meet when Dalton Friend ran a strong anchor leg to overtake both Bergen Catholic and Ridgewood. But officials ruled that there was interference during the final handoff, handing Bergen Catholic the race victory and Ridgewood the meet win over Don Bosco.



RECORD FILE PHOTO

St. Joseph's Zach Bazile enjoyed a good day with a 23-4¾ effort in the long jump.

[Madison's freshman brother] Brendan and he was all smiles," said Buono. "It's special for how focused the girls were in their events and how Brendan was able to spend his first day back with the track team."

Northern Highlands was joined as team champions by the Ridgewood boys, the beneficiary

Varsity Classic
@ NYC Armory

February 3, 2014

55m:

J. Sabatini **6.5**, D. Han **6.7**
R. Simoncini **7.5**, I. Park **7.6**, S. Kusel **7.9**

55mHH:

M. Zeno **8.2/8.1**, E. Berry **8.2/8.0**,
K. McKeon **9.4**, S. Montgomery **9.8**, L. DeVita **9.8**

Distance Medley

S. Halvorsen **3:52.9**, L. Rosenfeld **64.3**, K. Cleary **2:31.8**, C. Jeffers **5:23.8 12:51.7**

800m:

K. Marshall **2:09.4**, R. Neville **2:09.6** K. Tamura **2:10.1**
K. Cirillo **2:32.6** K. Reis **2:38.8**

400m:

D. Boresta **52.3** B. Clarendon **54.3**
A. Muccio **64.1**, L. Monnerat **64.9**, L. Weisberger **65.8**

4x800m:

M. Thurston **2:09.9**, B. Collins **2:00.8**, D. Frering **1:57.8**, L. Dublirer **1:56.8** **8:05.5 – 5th Place**

200m:

D. Han **23.4**
R. Simoncini **27.6**, I. Park **27.8**, S. Kusel **28.7**

Pole Vault:

S. Llerandi **NH**, A. Wong **NH**

High Jump:

M. Zeno **5'10"**
S. Montgomery **5'0" – 4th Place**, L. DeVita **NH**

Long Jump:

K. McKeon **15'7"**, R. Simoncini **15'2"**

Triple Jump:

J. Long **31'8 ½"**, K. McKeon **29'8"**

Comments:

Most of you let the distraction of a snow day get to you. This was not our best meet. A few good performances but on a whole below where we need to be.

State Sectional Championship

February 9, 2014

@ Toms River, NJ

400m:

G: A. Muccio **64.93** L. Monnerat **64.99**, L. Weisberger **67.05**
B: D. Boresta **52.42 – 3rd Place** B. Collins **53.73** M. Thurston **55.05**

1600m:

G: S. Halvorsen **5:26.93 – 2nd Place**, C. Jeffers **5:27.18 – 3rd Place**, K. Cleary **5:32.23 – 6th Place**
B: L. Dublirer **4:27.00 – 2nd Place**, D. Frering **4:32.78 – 6th Place**

55m HH:

G: K. McKeon **9.54/9.44 – 6th Place**, S. Montgomery **9.76**, L. DeVita **11.12**
B: M. Zeno **8.41/8.43**, A. Armatas **8.69**, E. Berry **8.82**

800m:

G: L. Rosenfeld **2:27.12 – 3rd Place**, K. Reis **2:36.97**, K. Cirillo **2:41.76**
B: L. Dublirer **2:00.69 – 5th Place**, M. Thurston **2:03.01**

55m:

G: R. Simoncini **7.83/7.82** I. Park **7.87**, S. Kusel **8.05**
B: J. Sabatini **6.83 / 6.72 – 1st Place**, D. Han **6.92/6.92**,

3200m:

G: C. Jeffers **11:17.61 – 1st Place**, S. Halvorsen **11:28.39 – 2nd Place**
B: D. Frering **9:58.52 – 5th Place**, K. Marshall **10:07.45**, K. Tamura **10:08.59**

4x400m:

G: A. Muccio **65.9**, I. Park **64.6**, K. McKeon **64.8**, L. Rosenfeld **63.9** **4:19.57 – 4th Place**
B: D. Boresta **55.3**, B. Collins **54.5**, D. Han **54.6**, L. Dublirer **52.2** **3:36.84 – 4th Place**

PV:

B: S. Llerandi **13'6" – 2nd Place**, A. Wong **12'6" – 3rd Place**, P. Morgan **11'6" – 5th Place**
G: R. Simoncini **8'0" – tie 2nd Place**

HJ:

G: S. Montgomery **5'0" – 4th Place**, L. DeVita **4'10"**, S. Keppler **4'4"**
B: M. Zeno **5'10" – 4th Place** N. Higgins **NH**

Shot Put:

B: N. Higgins **40'1 1/2"**

Final Scores for top 5 teams:

Girls:

PCT	65
Ridgewood	55
West Orange	53
Montclair	48
Livingston	22

Boys:

West Orange	62
Ridgewood	55
Memorial	53
Livingston	29
Hackensack	22

Comments:

A chance for both teams to win state sectional titles and neither team capitalized. An average meet overall on the girls side. A poor meet overall on the boys side. No reasons to sugar coat this one.

RIDGEWOOD INDOOR TRACK

Sabatini, Jeffers win state-sectional gold

Senior sprinter Jake Sabatini won a gold medal in the 55-meter dash, helping the Ridgewood High School boys indoor track and field team finish second at Sunday's North 1, Group 4 championships in Toms River.

Sabatini clocked 6.72 seconds to defeat Jonathan Ramirez of Memorial (West New York) by .05 at the John Bennett Indoor Athletic Complex. West Orange (62 points) held off Ridgewood (55) and Memorial (53) for the title.

The RHS girls squad also had one individual champ and placed second. Junior Carleen Jeffers won the 3,200 meters in 11:17.61, but Passaic Tech (65 points) did enough to stay ahead of Ridgewood (55) and West Orange (53).

In all, the Maroons had 16 athletes qualify automatically for another trip to the Bennett Center. Each placed in the top six of their sectional events to advance to today's State Group 4 finals at 4 p.m. (weather permitting).

On the boys side, senior Luke Dublirer earned a silver medal in the 1,600 with his time of 4:27.00 and ran a fifth-place 2:00.69 in the 800. Senior David Frering also competed in the 1,600, clocking a sixth-place 4:32.78, and added a fourth-place 9:58.52

in the 3,200.

Senior Dom Boresta ran a bronze-medal 52.42 in the open 400 and later combined with Dublirer, Brian Collins and Doohee Han to take fourth in the 4-x-400 relay (3:36.84).

Seniors Spencer Llerandi (13-foot-6), Allan Wong (12-6) and Patrick Morgan (11-6) finished 2-3-5 in the pole vault. Elsewhere in the field, senior Michael Zeno cleared 5-foot-10 in the high jump to place fourth.

For the girls, Jeffers and sophomore Sam Halvorsen (11:28.39) gave RHS a top-two sweep in the 3,200. The duo also led a 2-3-6 Maroon finish in the 1,600, which went Halvorsen (5:26.93), Jeffers (5:27.18) and junior Kelly Cleary (5:32.23) in order.

Junior Reid Simoncini cleared 8-0 to tie for second in the pole vault, and sophomore Leah Rosenfeld earned 800-meter bronze in 2:27.12. Juniors Sophie Montgomery (5-0 in high jump) and Katie McKeon (9.44 in 55 hurdles) placed fourth and sixth, respectively, in their events.

Rosenfeld and McKeon teamed with Isabel Park and Amanda Muccio to record a 4-x-400 time of 4:19.57, good for fourth.

SOURCE: fracing.com

Lou Molino Invitational
@ FDU:

February 11, 2014

55m:

Frosh Boys: C. Perlman 7.9, S. Ruhl 7.4/7.4

Frosh Girls: I. Faherty 8.7, J. Record 9.9

Novice Girls: A. Simpson 8.8, S. Keppler 8.8

Varsity Boys: J. Norrell 7.1

55mHH:

Frosh Boys: C. Perlman 11.2 C. Krusac 11.1

Distance Medley

Varsity Boys: H. Ricatto 3:38, J. Norrell 55.2, B. Hughes 2:15.5, N. Barnabic 5:16 **12:02.4 – 6th Place**

Varsity Girls: K. Simpson 4:44, K. Reis 71.3, L. Pagano 2:56, E. Fishbein 6:07 14:55

800m:

Frosh Boys: S. Ruhl 2:48.6

Frosh Girls: L. Pagano 2:56.4

300m:

Frosh Boys: S. Ruhl **41.1 – 6th Place**, C. Krusac 46.7

Novice Boys: K. Ward 42.9

Varsity Boys: J. Norrell 39.5

1600m:

Varsity Girls: A. Taylor 6:09.6

Varsity Boys: C. Salamone 5:05.6, B. Hughes 5:14.5

Maroons break Bergen 4-x-800 record

BY RON FOX
Correspondent

A priceless invitation gave the Ridgewood High School boys 4-x-800-meter relay team not only the opportunity of a lifetime, it also afforded them a chance to erase a bad memory.

"They had finished second in the state-sectional meet, and that was somewhat disappointing for them," RHS indoor track coach Josh Saladino said after the relay unit broke the Bergen County record with a string performance at the Millrose Games Eastern State Invitational on Saturday. "They wanted to make up for that."

The blistering 7:48.82 effort by the foursome of seniors David Frering, Brian Collins and Luke Dublirer and sophomore Michael Thurston earned third place in the event at The Armory Track Center in Manhattan. But it had an even more far-reaching impact over a number of record books.

Not only did it erase by more than two seconds the 42-year-old county mark of 7:51.2 (set by Bergen Catholic in 1972), but also was the fourth-fastest in the nation this season. Note that three of the top finishes nationally this winter all came in that one Millrose race. Averill Park (Va.) won in 7:47.02 and State College (Pa.) was second in 7:47.75.

The Maroons' clocking also ranks as the No. 10 all-time in New Jersey and 45th all-time in the country.

"And they all responded to the challenge; rose to the occasion," Saladino said.

"They were excited about the opportunity to run in the Millrose

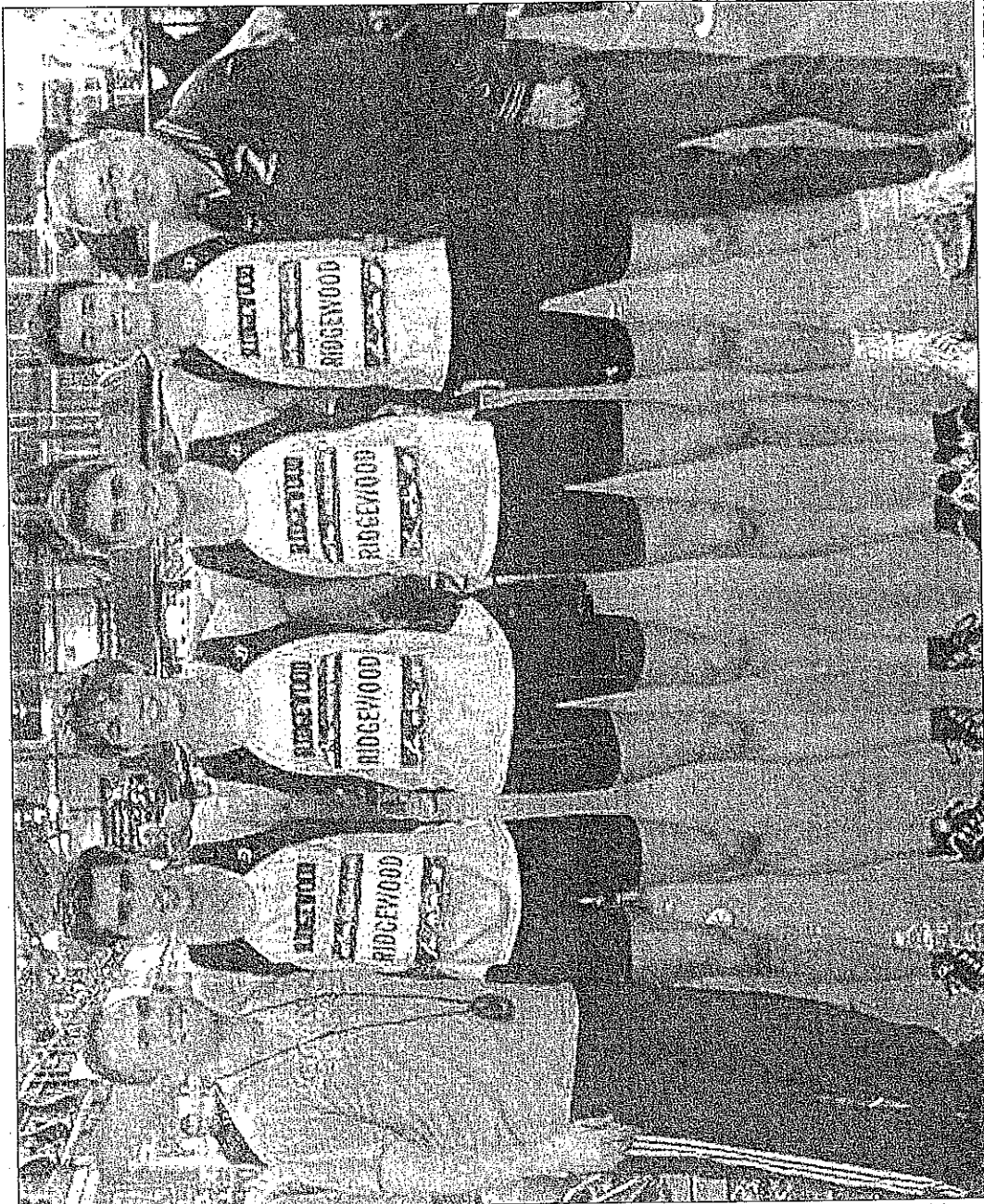


PHOTO COURTESY OF RHS BOYS TRACK TEAM

The Ridgewood High School boys 4-x-800-meter relay squad set a Bergen County record at the Millrose Games last Saturday in Manhattan, clocking 7:48.82. From left: head coach Josh Saladino, senior Brian Collins, sophomore Michael Thurston, senior Luke Dublirer, senior David Frering and distance coach Mike Glynn.

[Games], but more than that, they performance."

And how they did bounce back from that previous meet's

back from that previous meet's

their personal-best times — Dublirer 1:54.6.

Thurston split: 1:58.5, Frering

and Collins 1:59.6

and their best race if you're going to

break the county record," Saladino said with a laugh as he stated the obvious.

The coach pictured the race once again, relating what he saw: "Michael ran a very strong leadoff leg. The leadoff has to run a good race and keep us in contention. And when he passed the baton to David, we were in first place. David had a strong start and then pulled ahead over the last 200 meters. When he placed the baton in Brian's hand, we were first."

Thurston, Frering and Dublirer were members of the Maroon quartet that set the Bergen outdoor 4-x-800 record at New Balance Nationals last spring. The fourth member, Luke's brother Storm, graduated and is now at the University of Pennsylvania. Collins, a member of last year's All-American sprint medley relay at Nationals, was the choice to take Storm's spot, and the move has paid off.

"Brian has moved up from the 400 to the 800 and run well. Only one kid passed him before he turned the baton over to Luke," Saladino continued his rerun of the race. "Luke got out fast and ran down the kid from Warwick Valley [N.Y.]. He ran an exceptional 1:54.6, but the third and fourth runners both ran 1:53 and passed him. All four of the top teams broke the meet record, which shows how much talent there was in that race."

Dublirer was asked if there was nervousness prior to the race.

"A little, but I'm happy for the opportunity," he said. "You just want to relax and have fun. But I was amped up."

Like his coach, Dublirer was

See TRACK & FIELD, page C3

TRACK & FIELD from C1

asked to recall the race Tuesday, leg-by-leg, before the Maroons moved on to the Bergen County Meet of Champions later in the afternoon.

"When Michael ran, I knew right then we were going to do well," he recalled. "He set the tone right there. And when I saw David coming in, I verbally yelled, 'YES!' I knew we were having a great race, and he just blew it out. And Brian broke 2:00 for the first time, so that was a great milestone for him.

"I took it out at 300 meters, but the Virginia kid was able to cover it," Dublirer continued. "I just went for it. We knew we were capable of running around 7:50. Finishing third was a fabulous feeling."

"And they did it on the big stage," Saladino said. "People pack the Armory for the Millrose Games. There were 4,000 in attendance. They only invite the top 10 teams from the East Coast, so that shows how difficult it is to get in and how prestigious it is to

get that invitation. And we hadn't qualified in 10 years, which indicates how tough it is to be earn an invitation."

The Maroons were pleased that a rescheduling of the State Group 4 meet (originally slated for last Saturday) didn't interfere with the Millrose date. "We were fortunate that worked out for us," the coach noted. "We were able to do both anyway."

When the Group 4 finals were finally held on Monday, three RHS boys medaled. Dublirer ran third in the 800 (1:57.89), senior Jake Sabatini ran fifth in the 55-meter dash (6.73), and senior Spencer Llerandi tied for fifth in the pole vault (13-0).

"I wouldn't say setting the county [4-x-800] record was our goal," Dublirer added. "I hadn't even looked at the county record."

You had to look quickly, though, because suddenly it was gone. Shattered, in fact. It is now owned by Ridgewood's runners, who are becoming accustomed to breaking long-standing records, indoors or out.

State Group IV
@ Toms River

Feb 14, 2014

55m:

Jake Sabatini 6.74 / 6.73 – 5th Place

400m:

Dom Boresta 52.52

800m:

Luke Dublirer 1:57.89 – 3rd Place

1600m:

David Frering 4:29.59

Kelly Cleary 5:42

3200m:

Carleen Jeffers 11:12.00 – 3rd Place, Sam Halvorsen 11:17.89 – 5th Place

55mHH:

Kate McKeon 9.23

HJ:

Mike Zeno NH

Sophie Montgomery 4'10"

Pole Vault:

Spender Llerandi 13'0" – 5th (tie)

Allan Wong NH

Bergen County Championship
@ NYC Armory

February 18, 2014

55m:

G: I. Park **7.6/7.5**

55HH:

B: E. Berry **8.1/8.2**

G: S. Montgomery **9.6/13.3** L. DeVita **10.3**

3200m:

B: K. Marshall **10:05.3 – 6th Place**, H. Ricatto **10:45.7**

600m:

B: M. Thurston **1:25.8 – 5th Place**, B. Collins **1:26.1**

800m – Freshman:

G: S. Catalano **3:12.3**

400m:

B: J. Norrell **53.8**

G: L. Monnerat **62.7** L. Weisberger **63.4**, A. Muccio **64.8**,

1000m:

G: K. Cleary **3:13.8 - 4th Place**

800m – Novice:

B: B. Hughes **2:14.5** C. Salamone **2:16.8**,

G: K. Simpson **2:44.3**

300m:

B: J. Norrell **38.3**

1600m:

B: K. Tamura **4:47.7** B. Clarendon **4:54.8**

800m:

B: M. Thurston **2:01.1 – 4th Place**

G: K. Cirillo, K. Simpson

4x400m

B: D. Boresta **51.8**, D. Frering **52.3**, B. Collins **52.1**, L. Dublirer **50.6** **3:26.8 – 1st Place**

Long Jump:

B: E. Berry **18'4"**

G: J. Long **14'2"**, I. Park **14'3"**

Triple Jump:

B: E. Berry 39'7 1/2"

G: J. Long 29'9 3/4", I Park 31'10 1/2"

High Jump:

G: S. Montgomery 5'0" - 4th Place, L. DeVita NH

Pole Vault:

B: S. Llerandi 13'0" -4th Place, A. Wong 12'0", P. Morgan NH

Shot Put:

B: N. Higgins 40'1"

Pentathlon:

B: M. Zeno

55HH: 8.1

SP: 34'2 1/4"

LJ: 18'6 3/4"

HJ: 6'0"

1000m: 3:08.6

2nd Place

G: K. McKeon

9.2

23'8 1/2"

15'3"

4'10"

800m: 2:45.2

3rd Place

INDOOR TRACK

BERGEN CHAMPIONSHIPS

AT THE ARMORY TRACK CENTER

BOYS

55: 1. Sherman Alston, St. Joseph, 6.4; 2. Conor Davidson, River Dell, 6.4; 3. Kyle Ellerson, Bergen Catholic, 6.4; 4. Cory Adelson, Demarest, 6.7; 5. Abdul Hassan Neblett, Paramus Catholic, 6.7; 6. Anthon Salerno, Ramsey, 6.7.

55 HH: 1. Josh Floyd, Don Bosco, 7.7; 2. Brendan Davidson, Old Tappan, 7.9; 3. Ryan Oellermann, River Dell, 7.9; 4. Jay Jung, Tenafly, 8.0; 5. DJ Kleinbard, Ramsey, 8.1; 6. Dillon Fletcher, Hasbrouck Heights, 8.3.

300: 1. Jaleel Felton, Pascack Valley, 34.9; 2. Chris Estrella, Ridgeway Park, 35.1; 3. George Jenkins, Teaneck, 35.4; 4. Conor Davidson, River Dell, 35.7; 5. Cory Adelson, Demarest, 36.1; 6. Ryan Oellermann, River Dell, 36.3.

400: 1. Dan Lehman, Tenafly, 51.4; 2. Anthony DeFranco, Ramsey, 51.7; 3. Christian Abril, Ridgeway Park, 52.2; 4. Matt Morano, Bergen Catholic, 52.3; 5. Eric Kim, Mahwah, 52.4; 6. Justin Meyer, River Dell, 52.5.

600: 1. Jaleel Felton, Pascack Valley, 1:23.3; 2. Dan Lynch, Bergen Catholic, 1:23.5; 3. Kevin Rogovich, Demarest, 1:24.9; 4. Tom Selvaggi, Bergen Catholic, 1:25.6; 5. Michael Thurston, Ridgeway, 1:25.9; 6. Noah Osterhus, Westwood, 1:26.0.

800: 1. Kevin Serrao, Bergen Tech, 1:57.9; 2. Danny Cordeiro, North Arlington, 1:58.9; 3. Rich Cameron, Cliffside Park, 2:00.4; 4. Will Rianas, Old Tappan, 2:00.7; 5. Mike Thurston, Ridgeway, 2:01.2; 6. Kevin Flood, Ramsey, 2:02.9.

1,000: 1. Kevin Serrao, Bergen Tech, 2:31.9 (meet record, old record, 2:32.4 by Mike Belgiovine, Don Bosco, 2009); 2. James Busefi, Mahwah, 2:33.5; 3. Chris Mascetti, Hackensack, 2:35.6; 4. Ryan Semsel, Dwight-Englewood, 2:43.4; 5. Marc Rosenberg, Dwight-Englewood, 2:44.0; 6. Sean Van De Weghe, River Dell, 2:44.8.

1,600: 1. J.P. Julian, Northern Highlands, 4:28.4; 2. Pat Watters, Ramsey, 4:29.3; 3. Nuflan Herburger, Pascack Valley, 4:37.5; 4. Rob Knopf, River Dell, 4:39.9; 5.

Sam Eloughani, Ramsey, 4:41.7; 6. Tom McPhee, Indian Hills, 4:43.7.

3,200: 1. Rob Townsend, Don Bosco, 9:38.3; 2. Chris Evans, Indian Hills, 9:42.9; 3. Justin Fuhrman, Don Bosco, 9:55.4; 4. Luke Novak, Don Bosco, 9:59.9; 5. Bobby Corcoran, Indian Hills, 10:00.9; 6. Ken Marshall, Ridgeway, 10:05.4.

Shot put: 1. Spencer Ross, Mahwah, 60.5; 2. Drew Tummino, River Dell, 51.9; 3. Garrett Hessman, Bergen Catholic, 50.2; 4. Josh Landsman, Demarest, 49.54; 5. Joe Hernandez, Cresskill, 47.9; 6. Doug Pula, Bergen Catholic, 47.64.

High jump: 1. Chris Estrella, Ridgeway Park, 6-4; 2. Josh Landsman, Demarest, 6-2; 3. Phil Ozuah, Don Bosco, 6-0; 4. Anayo Hobuafir, Bergen Catholic, 5-10; 5. Tyler Olivieri, Ridgeway Park, 5-10; 6. Charles Parsons, Teaneck, 5-28.

Long jump: 1. Pete Chamalian, Cresskill, 21-4/4; 2. Mike Raja, Park Ridge, 21-3/4; 3. Nile Slater, Glen Rock, 20-0; 4. Danny Cordeiro, North Arlington, 19-6; 5. Will Sidaros, Indian Hills, 19-5/4; 6. Andrew Pierre, St. Joseph Regional, 19-4.

Triple jump: 1. Jason Katz, Ramapo, 47-1/4; 2. Pete Chamalian, Cresskill, 45-1/4; 3. Phil Ozuah, Don Bosco, 43-0/4; 4. Greg Borbon, Fair Lawn, 42-4/4; 5. Mike Raja, Park Ridge, 41-2/4; 6. Romareo Anderson, Teaneck, 41-1/4.

Pole vault: 1. Luke Annichiarico, Old Tappan, 14-0; 2. Sam Siegel, Demarest, 13-6; 3. Chris Diaz, Ridgeway Park, 13-0; 4. Spencer Llerandi, Ridgeway, 13-0; 5. tie between Marc Ocampo, Old Tappan, Luis Escarrett, Ridgeway Park and Allan Wong, Ridgeway, 12-0.

4-x-400 relay: 1. Ridgeway (Dom Boresta, David Frering, Brian Collins, Luke Dublirer), 3:26.8; 2. Bergen Catholic, 3:27.7; 3. Demarest, 3:32.7; 4. Bergen Tech, 3:32.9; 5. Ramsey, 3:33.1; 6. Indian Hills, 3:34.0.

Pentathlon: 1. Zach Bazile, St. Joseph, 3,206 points (7.6 HH; 45-9/4 SP; 6-0 HJ; 21-7 L; 3:43.1 1,000); 2. Mike Zeno, Ridgeway, 2,989; 3. Harrison Escoffery, Hackensack, 2,976; 4. Ben Mandel, Pascack Valley, 2,826; 5. Leotavio Nunes, Garfield, 2,629; 6. Steve Nolasco, Garfield, 2,411.

GIRLS

55: 1. Tatiyanna Sanders, Paramus Catholic, 7.3; 2. Naomi Clarke, Hackensack, 7.4; 3. Maxine McConnell, Old Tappan, 7.4; 4. Toni James, Teaneck, 7.5; 5. Alicia Pena, Englewood, 7.5; 6. Aida Ramirez, Bergenfield, 7.5.

55 HH: 1. Tatiyanna Sanders, Paramus Catholic, 8.3; 2. Christina Welzer, Demarest, 8.4; 3. Amanda Simms, Teaneck, 8.5; 4. Shaye Wisse, IHA, 8.6; 5. Dana Lynch, Hackensack, 8.6; 6. Olivia Pandolfo, Tenafly, 8.7.

300: 1. Alicia Pena, Englewood, 41.1; 2. Christina Welzer, Demarest, 42.0; 3. Maxine McConnell, Old Tappan, 42.7; 4. Shareen Al Sawwaf, Dwight-Englewood, 43.4; 5. Claire Nam, Northern Highlands, 44.3; 6. Kassi Reagan, Dumont, 44.6.

400: 1. Amanda Pook, Northern Highlands, 59.6; 2. Kathryn Grant, Hackensack, 1:00.8; 3. Caitlin Ubi, Old Tappan, 1:01.1; 4. Alesia Passaro, Westwood, 1:01.0; 5. Christina Migliore, Tenafly, 1:02.0; 6. tie between Kristen Sherlock, Holy Angels, and Ashley MVeigh, Saddle Brook, 1:02.2.

600: 1. Corinne Myers, Westwood, 1:33.9; 2. Colleen Buckley, IHA, 1:37.7; 3. Noreen Byrne, River Dell, 1:38.0; 4. Victoria Sloezen, Westwood, 1:41.6; 5. Kelsey Larkin, Indian Hills, 1:41.8; 6. Jen Moutenot, Mahwah, 1:44.0.

800: 1. Catherine Pagano, Northern Highlands, 2:23.1; 2. Maggie Sheehan, Holy Angels, 2:27.7; 3. Maddie Bonavita, River Dell, 2:28.5; 4. Hanna Jerome, Dwight-Englewood, 2:29.0; 5. Melanie Plattner, Fort Lee, 2:29.2; 6. Samira Sujak, Tenafly, 2:30.4.

1,000: 1. Anna Richard, Northern Highlands, 3:02.9; 2. Hanna Jerome, Dwight-Englewood, 3:12.4; 3. Melanie Plattner, Fort Lee, 3:13.5; 4. Kelly Cleary, Ridgeway, 3:13.8; 5. Danielle Dallara, Hasbrouck Heights, 3:14.5; 6. Megan Johnston, Ramsey, 3:21.2.

1,600: 1. Josette Norris, Tenafly, 5:05.5 (meet record, old record, 5:06.6 by Lisa Zimmer, Ramapo, 2012); 2. Amanda Tosi, Pascack Hills, 5:19.0; 3. Giavanna Tabbachino, IHA, 5:20.1; 4. Katie Sullivan, Rutherford, 5:22.7; 5. Karina North,

Northern Highlands, 5:25.0; 6. Mary Watters, Holy Angels, 5:32.4.

3,200: 1. Lydon Kersting, Holy Angels, 11:13.7; 2. Allison Regan, Rutherford, 12:25.3; 3. Lindsey Lucas, Paramus, 12:26.3; 4. Tara Bailey, Old Tappan, 12:36.6; 5. Courtney Brunet, Old Tappan, 12:37.5; 6. Tara Satrick, Dwight-Englewood, 12:40.6.

Shot put: 1. Jessica Molina, Westwood, 40-6/4; 2. Amarys Berry, Hackensack, 38-4/4; 3. Nikolia Kanaris, Demarest, 38-2/4; 4. Sam Ferrero, Demarest, 36-6; 5. Kayla Rosado, River Dell, 36-1/4; 6. Kailee Oakes, Westwood, 35-3/4.

High jump: 1. Taryn DeLeon, Old Tappan, 5-2; 2. tie between Sophie Montgomery, Ridgeway and Amber Redmond, Hackensack, 5-0; 4. Olivia Pandolfo, Tenafly, 5-0; 5. Mikku Okada, River Dell, 4-10.

Long jump: 1. Tatiyanna Sanders, Paramus Catholic, 18-1/4; 2. Marina Reilly, River Dell, 16-7/4; 3. Shaye Wisse, IHA, 16-3/4; 4. Rosemary Menyhart, Paramus Catholic, 16-0/4; 5. Erii Hughes, River Dell, 15-11/4; 6. Kelly Redl, Ramsey, 15-9/4.

Triple jump: 1. Rosemary Menyhart, Paramus Catholic, 36-8; 2. Marina Reilly, River Dell, 35-7/4; 3. Amber Redmond, Hackensack, 34-7/4; 4. Debbie Majkovicz, IHA, 34-5/5; 5. Lauren Michel, Mahwah, 34-3/4; 6. Kim Johnson, Dumont, 34-3/4.

Pole vault: 1. Christina Masciale, Pascack Hills, 10-6; 2. Linda Bilali, Old Tappan, 9-0; 3. Nikki Shaner, Tenafly, 8-6; 4. Kaela Gandy, Indian Hills, 8-0; 5. Jasmine Pineda, Paramus, 8-0.

4-x-400 relay: 1. Westwood (Corinne Myers, Victoria Sloezen, Emma Pranschke, Alesia Passaro), 4:03.3; 2. Northern Highlands, 4:10.3; 3. Hasbrouck Heights, 4:11.1; 4. Old Tappan, 4:13.4; 5. River Dell, 4:13.8; 6. Demarest, 4:15.2.

Pentathlon: 1. Taylor Parcells, Old Tappan, 2,835 points (9.0 HH; 28-3 SP; 5-0 HJ; 15-8/4 L; 2:41.6 800); 2. Lisa Carle, Midland Park, 2,651; 3. Katie McKee, Ridgeway, 2,609; 4. Christine Nardini, North Arlington, 2,544; 5. Christine Griffith, Northern Highlands, 2,291; 6. Kayla Pitunas, Paramus, 2,279.

Eastern States Invitational
@ NYC Armory

February 24, 2014

55mHH:

B: M. Zeno **8.14**, E. Berry **8.27**

G: K. McKeon **9.27**, S. Montgomery **9.69**

55m:

G: R. Simoncini **7.72**

Distance Medley:

D. Frering **3:11.1**, D. Boresta **52.4**, B. Collins **1:59.6**, L. Dublifer **DNF**

4x400m:

D. Boresta **51.9**, D. Frering **52.3**, B. Collins **51.7**, L. Dublifer **50.6** **3:26.71**

Long Jump:

B: E. Berry **19'1"**

G: K. McKeon **15'6"**, R. Simoncini **14'1 1/4"**

Triple Jump:

B: M. Zeno **F**

G: J. Long **31'6 1/2"**

High Jump:

G: S. Montgomery **NH**

State Meet of Champions
@ Toms River

March 1, 2014

55m:

Jake Sabatini 6.68

800m:

Luke Dublirer 1:57.68

3200m:

Carleen Jeffers 11:18.45, Sam Halvorsen 11:16.43

Pole Vault:

Spender Llerandi 13'6"

Comments:

A lot of personal and seasonal bests at this meet which is a good way to end our individual season.
Great job by all who competed today.

National Indoor Championships
@ NYC Armory

March 15, 2014

Sprint Medley:

D. Han **23.0**

J. Sabatini **22.3**

D. Boresta **51.64**

L. Dublirer **1:56.32** **3:33.55 – 13th Place**

4x800m:

M. Thurston **1:57.67**

D. Frering **1:57.13**

B. Collins **1:59.77**

L. Dublirer **1:57.33** **7:51.90 – 7th Place**

Pasack Hills



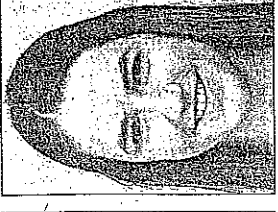
ROSEMARY MENYHART
Paramus Cath.

Teaneck



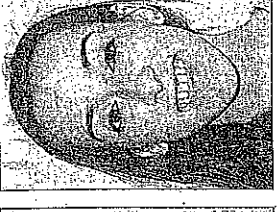
CATHERINE ROZALSKI
Queen of Peace

Dwight Morrow



TAYLOR PARCELLS
Old Tappan

Immaculate Heart



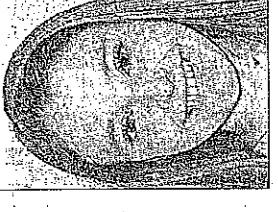
ALESIA PASSARO
Westwood

Stuyvesant



EMMA PRANSCHKE
Westwood

Stuyvesant



VICTORIA SLOEZEN
Westwood

Game at 51 with a wide-open layup.

Three turnovers in the final 45 seconds wasn't fun, but we found a way to tie it up again," Silver said. "That says a lot about the character of this team."

The Lady Tigers (24-8) had 7.7 seconds to move the ball up the court after Wilmoth's basket. Clara Bennett took the inbound pass, picking up speed at midcourt as she drove into the key.

Two IHA players were blocking her path to the basket, so Bennett turned and passed the ball back to Sellers who let fly as time expired, slamming the curtain down on IHA's season.

"We forced her to pass," Silver said. "That was one hell of a shot the young lady made."

The game began with an explosion of activity as the Lady Tigers quickly set the pace. Woodrow Wilson opened up the game up from the first possession, and while the Blue Eagles have the

had eight points, eight rebounds and three blocked shots while Caitlin Roche scored 11 points.

Sellers finished with 17 points. Lyashia Stevens 15, and Clemson-bound Chanelle Perry had 15 points, five rebounds and three blocked shots.

"We went toe-to-toe with them," said Silver, whose team beat Woodrow Wilson in December at the Eastside Christmas tournament. "I would've loved to win. I would've loved to see some overtime."

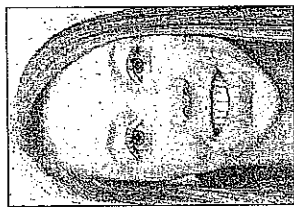
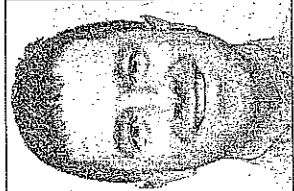
"That didn't happen, but I'm proud."

WOODROW WILSON (CAMDEN) 54
Woodrow Wilson 16 10 9 19-54
Immaculate Heart 9 11 15 16-51
Woodrow Wilson: Shanayah Allen 2-1-5; Clara Bennett 1-0-2; Chanelle Perry 3-15-15; Sanjurjo 0-0-0; Tamara Sellers 6-0-17; Lyashia Stevens 5-3-15. Totals: 17-13-54
Immaculate Heart: Emille Cieslak 0-0-0; Alyx McKiernan 0-0-0; Alexandria Mesrobian 1-0-3; Katia Oge 4-0-8; Stephanie Olear 0-0-0; Caitlin Roche 3-2-10; Lindsey Rogers 8-1-17; Jordan Wilmoth 5-1-13. Totals: 21-4-51
Three-point goals (WW) Sellers 5; Stevens 2. (IHA) Roche 2; Wilmoth 2; Mesrobian.

GIRLS INDOOR TRACK: TOP PERFORMANCES

- 55 (automatic timing only): Teriyama Sanders, Paramus Catholic, 7:35; Alexis Washington, Passaic Tech, 7:37; Ayo O'Churu, Pasack Hills, 7:40; Caroline Herrera, North Bergen, 7:51; Lauren Brozowski, Ramapo, 7:53.
- 55 hurdles (automatic timing only): Breasha Morton, Passaic Tech, 8:27; Washington, 8:31; Shaye Wisse, IHA, 8:58; Amanda Simms, Teaneck, 8:59; Jenna Dyksen, Hawthorne, 8:77.
- 200: Sanders, 2:55; Washington, 2:52; Brzowski, 2:53; Aminah Saraga, Teaneck, 2:54; Ebonye Jackson, Kennedy and Toni James, Teaneck, 2:55.
- 300: Alicia Pena, Englewood, 4:11; Saraga, 4:18; Morton, 4:18; Christina Weizer, Demarest, 4:20; Lyndsey Smith, Eastern Christian, 4:25.
- 400: Morton, 5:28; Deanna DiLandro, Ramapo, 5:50; Noreen Byrne, River Dell, 5:59; Amanda Pook, Northern Highlands, 5:56; Nicole Signac, Wayne Hills, 5:58.
- 600: Corinne Myers, Westwood, 1:33; Colleen Buckley, IHA, 1:37; Byrne, 1:38; Victoria Sioezen, Westwood, 1:41; Kelsey Larkin, Ramsey, 1:41.8.
- 800: Myers, 2:05.02; DiLandro, 2:12.32; Weizer, 2:14.20; Stephanie Bitcon, Wayne Hills, 2:17.87; Anna Richard, Northern Highlands, 2:18.82.
- 1,000: Myers, 2:56.41; Richard, 3:02.9; Julia Guerra, Indian Hills, 3:03.2; Catherine Pagano, Northern Highlands, 3:05.0; Buckley, 3:10.2.
- 1,600: Guerra, 4:54.63; Myers, 4:59.73; Pagano, 5:01.66; Josekte Norris, Tenafly, 5:05.5; Bitcon, 5:08.99.
- 3,200: Guerra, 10:51.25; Lydon Kersting, Holy Angels, 10:57.60; Carleen Jeffers, Ridgewood, 11:12.00; Sam Halvorsen, Ridgewood, 11:16.23.
- *—Converted times

Coach of the Year: TOM BUONO
Northern Highlands



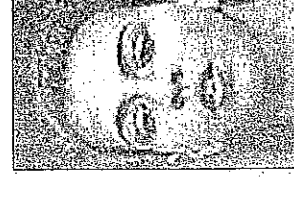
ASHLYNN MCKENNA
Ramapo



MELANIE INTRIAGO
Ramapo



SUZANNE ABRIEAT
Ramapo



KARINA NORTH
Northern Highlands

- 4x100 relay: Jillian DiGiacinto, Hasbrouck Heights, sophomore
4x100 relay: Jenna DiGiacinto, Hasbrouck Heights, senior
4x200 relay: Daniella Macera, Hasbrouck Heights, senior
4x400 relay: Sydney Fontalvo, Hasbrouck Heights, freshman
4x600 relay: Grace Jansson, Holy Angels, sophomore
4x800 relay: Maggie Sheehan, Holy Angels, senior
4x1,000 relay: Mary Watters, Holy Angels, senior
4x1,600 relay: Julia Spaar, Holy Angels, senior
- HONORABLE MENTION**
Alia Ramirez, Bergenfield; Abigail McLaughlin, Bergen Tech; Jordan Zaikov, Cresskill; Sam Ferrero, Kelsey Gelsenheimer and Dani Trifoglio, Demarest; Kim Johnson and Kassi Reagan, Dumont; Tara Satick, Dwight-Dwight Morrow; Latoya Drake, Ford, Dwight Morrow; Britney Del Mundo, Fair Lawn; Melanie Plathner, Fort Lee; Amarnys Berry and Kathryn Grant, Hackensack; Danielle Dallara and Jillian DiGiacinto, Hasbrouck Heights; Maggie Sheehan, Kristen Shenlock, Julia Spaar and Mary Watters, Holy Angels; Desbie Majovicz, IHA; Kylla McCavit, Natalie Miller and Julie Weismiller, Kelly Brouse and Kaela Gandy, Indian Hills; Lauren Micheli, Jen Moutenot and Maggie Schultz, Mahwah; Christina Nardini, North Arlington; Christine Griffith, Hillary McEwan, Claire Nam and Karina Brunet, Northern Highlands; Tara Bailey, Lauren Blalk, Courtney Phreda and Kayla Pituras, Paramus; Maria Acosta and Tatiana Jenkins, Paramus Catholic; Alice Urbel, Pasack Valley; Suzanne Abribat, Lauren Brozowski and Melanie Intriago, Ramapo; Megan Johnston and Kelly Redl, Ramsey; Fatima Hamme and Madison Owens, Ridgely Park; Kelly Cleary and Leah Rosenfeld, Ridgewood; Middlebrook, Emily Egazar, Ian, Ed Hughes, Miko Okada and Kavia Rosado, River Dell; Al-James, Teaneck; Christina Migliore, Josekte Norris, Veronica Rocco and Nikki Dmyro, Tenafly; Amelia Aggar, Melissa Cowie and Brianna Stryker, Kaillee Oakes, Alesia Passaro and Victoria Sioezen, Westwood.
- 300: Maxine McConnell, Old Tappan, senior
400: Amanda Pook, Northern Highlands, sophomore
600: Noreen Byrne, River Dell, junior
800: Anna Richard, Northern Highlands, senior
1,000: Hanna Jerome, Dwight-Dwight Morrow, senior
1,600: Catherine Pagano, Northern Highlands, junior
3,200: Carleen Jeffers, Ridgewood, junior
Shot Put: Jessica Molina, Westwood, sophomore
High Jump: Jenna Phillips, Ramapo, senior
Long Jump: Shaye Wisse, IHA, senior
Triple Jump: Amber Redmond, Hackensack, junior
Pole Vault: Megan Garbutt, Ramapo, senior
Pentathlon: Lisa Carl, Midland Park, senior
4x100 relay: Kelsey Larkin, Ramsey, sophomore
4x200 relay: Lindsay Mulhere, Ramsey, junior
4x400 relay: Kelly Redl, Ramsey, senior
4x600 relay: Kristen Webb, Ramsey, senior
- THIRD TEAM**
55: Aminah Saraga, Teaneck, sophomore
55 hurdles: Dana Lynch, Hackensack, junior
300: Shereen Al-Sawwar, Dwight-Dwight Morrow, junior
400: Kristen Webb, Ramsey, senior
600: Kelsey Larkin, Ramsey, sophomore
800: Katie Sullivan, Rutherford, senior
800: Ashlyn McKenna, Ramapo, sophomore
1,000: Amanda Tosi, Pasack Hills, senior
3,200: Samantha Taboachino, IHA, freshman
Shot Put: Nikollia Hanaris, Demarest, sophomore
High Jump: Olivia Pandolfo, Tenafly, senior
Long Jump: Sophie Montgomery, Ridgewood, junior
Triple Jump: Nia Van Brackle, Teaneck, sophomore
Pole Vault: Jordan Even-Chen, Ramapo, senior
Pentathlon: Katie McKeon, Ridgewood, junior
- 55: Ayo O'Churu, Pasack Hills, sophomore
55 hurdles: Amanda Simms, Teaneck, senior
300: Alicia Pena, Dwight Morrow, junior
400: Deanna DiLandro, Ramapo, senior
600: Colleen Buckley, IHA, junior
800: Christina Weizer, Demarest, junior
800: Corinne Myers, Indian Hills, sophomore
1,000: Julia Guerra, Indian Hills, sophomore
3,200: Lydon Kersting, Holy Angels, senior
Shot Put: Cheyenne Bellerand, Emerson, senior
High Jump: Taryn DeLeon, Old Tappan, senior
Long Jump: Takyama Sanders, Paramus Catholic, junior
Triple Jump: Rosemary Menyhart, Paramus Catholic, junior
Pole Vault: Catherine Rozalski, Queen of Peace, junior
Pentathlon: Taylor Parcells, Old Tappan, junior
4x100 relay: Emma Pranschke, Westwood, senior
4x200 relay: Victoria Sioezen, Westwood, sophomore
4x400 relay: Corinne Myers, Westwood, junior
4x600 relay: Karina North, Northern Highlands, junior
4x800 relay: Hillary McEwan, Northern Highlands, junior
4x1,000 relay: Catherine Pagano, Northern Highlands, junior
4x1,600 relay: Alesia Passaro, Ramapo, senior
4x2,000 relay: Deanna DiLandro, Ramapo, senior
4x2,400 relay: Anna Richard, Northern Highlands, junior
Team of the Year (at large schools): Northern Highlands and Ramapo
- Team of the Year (small schools):** Hasbrouck Heights
Coach of the Year: Tom Buono, Northern Highlands
Triple Jump: Marina Reilly, River Dell, junior
Pole Vault: Jordan Even-Chen, Ramapo, senior
Pentathlon: Katie McKeon, Ridgewood, junior

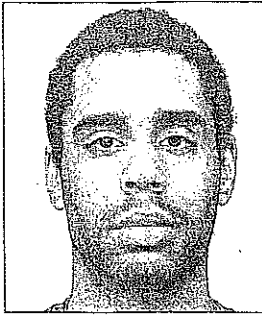
SECOND TEAM

- 55: Naomi Clarke, Hackensack, senior
55 hurdles: Shaye Wisse, IHA, junior

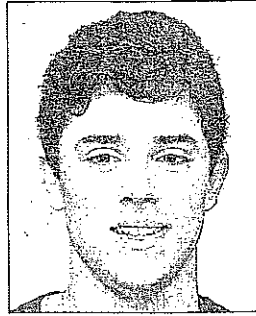
RIDGEWOOD FIRST TEAM



MATT BUSER
Shot put, senior
Runner-up for Penn State at All-North Jersey Meet for last winter. He won major 800 titles, his second Group 2 state title, third in the State Championships five times, winning Eastern and won the Big North 1,600 and 800 races. He was 1,000 in Bergen 1,000.



KENNY CLARKE
High jump, senior
Clarke came within one jump of winning the State Meet of Champions in the high jump before losing in a jump-off. He won Ramapo's first boys state group championship in 44 years, capturing the Group 2 title. He also won the sectional Big North Freedom titles and was third at the Eastern States. He also won three major 55 sprint titles and had a personal best clearance of 6-6.



CONOR DAVIDSON
100m dash, senior
He didn't win the Bergen championship and made the State Meet of Champions by earning a wild card after a seventh-place finish in Group 2. But he showed his mettle by taking fourth in the Eastern States' 55 meters and then fourth in the State Meet of Champions, running 6.60 for the distance, eighth best in Bergen history.



SPENCER ROSS
Shot put, senior
In light of his season-to-be winning the County shot put championship by becoming 10th Bergen shot putter to clear the 60-foot barrier with a toss of 60-also won Big North 1,600 and Group 2 titles, was third in 2 and fourth in 3 Meet of Champions will throw at Dartmouth next year.



KEVIN SERRAO
Shot put, senior
He seemed to take the lead in nearly every race he ran and won most of them, including a splendid 800-1,000 double at the Bergen championships and an 800-1,600 double at the Big North Liberty. But it was in some races he didn't win that he showed his strength, taking second in the state Group 4 800, and fourth in the Varsity Classic, Eastern States and State Meet of Champions against great competition.



JOE WHITE
Shot put, senior
Barely a year after his first 800 race, he won the state title by running a sizzling race out of the slowest of three State Meet of Champions heats and was the only non-Bergen athlete on first team. He won the State Non-Public B 800 in a tactical race, took second in Easterns and was third in the Varsity Classic. The Georgetown-bound star broke 1:54 twice this year.

ALL-NORTH JERSEY SECOND TEAM

- PETER CHAMALIAN, Cresskill, senior
- DANNY CORDEIRO, North Arlington, senior
- RON CUELLO, Passaic, senior
- CHRISTOPHER ESTRELLA, Ridgefield Park, senior
- JALEEL FELTON, Pascack Valley, senior
- JEREMY HERNANDEZ, Clifton, senior

TEAM OF THE YEAR

Ridgewood

Teamwork helped Maroons succeed

By **PAUL SCHWARTZ**
STAFF WRITER

There's an old saying that the whole is greater than the sum of its parts. That's very true of the Ridgewood squad that was The Record Boys Indoor Track Team of the Year.

No individual Ridgewood athletes made All-North Jersey First Team or Second Team and nobody was selected All-Bergen First Team.

Yet the Maroons were the best team in North Jersey, with an overwhelming victory at the Big North Freedom meet and a seven-point win in the Bergen County Relays large school division. And despite losing by seven to West Orange in the Group 4 sectionals, the Maroons were still worthy of the honor.

"When some of our better athletes didn't perform up to expectations, others stepped up," Ridgewood coach Josh Saladino said. "Maybe our best performances came after a bad meet as our kids

rebounded from meet to meet."

That was never clearer than when the quartet of Michael Thurston, David Frering, Brian Collins, and Luke Dublirer stepped to the line at the Millrose Games on Feb. 15. Less than a week earlier was the Maroons' sectionals disappointment, where none of the quartet had achieved expectations. Before that, they had a did-not-finish result at the state relays.

But at Millrose, before a packed house at the Armory and some of track's greatest stars, they produced, finishing third after leading most of the way with a Bergen record 7:48.82.

"Kids like Luke and David sacrificed all year individually to run great relays," Saladino said. "They don't mind that. That's why I think the indoor relays are the most important event of the winter."

Mike Zeno (Second Team All-Bergen pentathlon) and Emmett Berry, the Maroons' senior jumper/hurdles, showed great lead-

See **TEAM** Page S-8

COACH OF THE YEAR

Mike Theuerkauf, Demarest

When the Demarest freshman boys track team won the freshman Bergen County championships in the spring of 2011, Mike Theuerkauf thought the 2013-14 winter and spring teams might be special.

And even after shot putter Andrew Trumbetti, the favorite to win the state and national championships this winter, chose to enter Notre Dame early to pursue his football dreams, that vision came true this winter. As a result, Theuerkauf,

al. But he didn't have the individual success he deserved."

That went to Landsman, who won the 55 dash, high jump, 55 hurdles and took second in the shot put, outscoring every other team in the Group 3 sectional.

Seniors Johnny O'Hanlon (distance), Cory Adelson (sprints), Dave Chima (shot), Wilmer Jovel (high hurdles) and Peter Sender (sprints) led the team. The pole-vaulting trio of junior Sam Siegel

(seventh in the State Meet of Champions), and seniors Brett Croen and Kevin Layne scored the most points in the sectional.

Demarest was a strong third in the Bergen relays, and was Big North National champion.

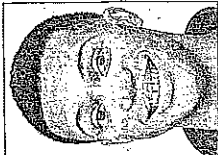
Theuerkauf credits his coaching staff for making sure the team was



BOYS INDOOR TRACK ALL-BERGEN COUNTY



CHRISTOPHER ESTRELLA
Ridgefield Park



GEORGE JENKINS IV
Teaneck



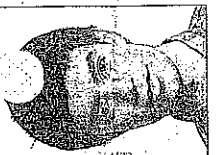
JALEEL FELTON
Pascack Valley



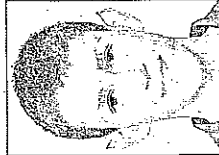
RYAN OELLERMAN
River Dell



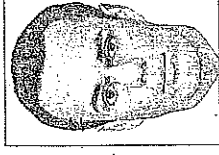
JOSH LANDSMAN
Demarest



PETER CHAMALIAN
Cresskill



JASON KATZ
Ramapo



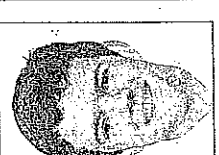
KYLE ELLERSON
Bergen Catholic



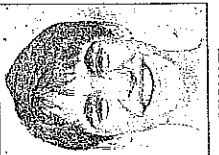
TOM SELVAGGI
Bergen Catholic



EDDIE DEHAIS
Bergen Catholic



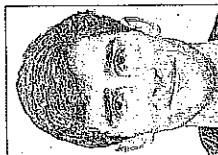
DAN LYNCH
Bergen Catholic



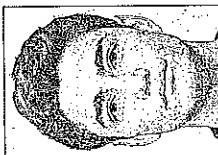
MICHAEL THURSTON
Ridgewood



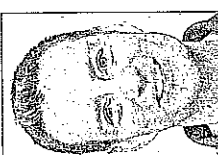
DAVID FRERING
Ridgewood



BRIAN COLLINS
Ridgewood



LUKE DUBLIER
Ridgewood



Coach of the Year: MATTHEW WYNNIE
Ramsey

Myers added another accomplishment to her résumé Thursday night.

Myers, the senior track star from Westwood, was named the Record Female Athlete of the Season at the Bergen County Women Coaches Association dinner.

The Northeast-bound Myers was the state champion in the 800 meters and third in the event at the New Balance Indoor Nationals, which granted her All-American status.

She was the first girl to win four events (including relays) at a sectional championship in indoor track. She ranks in the top 10 all time in Bergen

North Jersey flavor at All-Star games

Five boys and eight girls basketball players from Bergen County and Passaic County schools will represent the North in the NISCA North-South All-Star games Sunday at Rider University.

Bergen Catholic center Nadi Beciri, DePaul guard Juwan Carter, Don Bosco guard Paul Jorgensen, Elmwood Park guard VeShawn Polite and Passaic Valley forward Stefan Minc are on the 17-player boys roster.

The girls game is scheduled to start at noon at Rider's Alumni Gym.

The girls game will follow at 2:30 p.m.

Tickets cost \$5. — Keith Idec

Team: Ridgewood

From Page S-7 vaulters seniors Spencer Llerandi and Allan Wong and junior Patrick Morgan, who scored specialties. Another senior, Doohee Han, was a fierce competitor in the for points in every big meet.

"Not a lot of teams have three good vaulters indoors but we could always count on them for big points," said Saladino, who is an outfielder in the spring.

And the Maroons only got a partial season from senior sprinter Jake Sabatini, who made it to the State Meet of Champions in the 55 meters despite battling hamstring problems all winter.

And then there were the pole tribune."

COACHING OPENINGS

Cresskill is looking for a head varsity girls soccer coach. Please contact Beth Del Vecchio, athletic director, at the college is seeking a head cross country coach. Please send resume to herman@bergen.edu. Bergen Catholic is seeking an assistant football coach. All interested candidates should send resumes to Jack McGovern, athletic director, at mcgovern@bergen.edu. North Arlington is seeking a head girls basketball coach. Please send letter of interest and resume to David Hutchinson, athletic director, North Arlington High School, 422 Ridge Rd, North Arlington, N.J. 07061.

HONORABLE MENTION

Anayo Ibañetafor, Joe Luciw, Matt Worano, Doug Pula, Tom Salvaggio and Matt Troy, Bergen Catholic; Hiram Yang, Bergen Tech; Rich Cameron and Gary Polanco, Cliffside Park; Joe Hernandez, Cresskill; Brett Green, Wilmet Jovel, Kevin Layne and Johnny O'Hanlon, Demarest; Dalton Friend, Coner Nicholson, Luke Novak, Adam Ramos, Rob Townsend and Brenton Twymusi-Anohah, Don Bosco; Dylan Scallio, Doremi David Lyko and Marco Rosenberg, Dwight-Englewood; Brock Metcalfe, Joe Miele, Patrick Garcia, Barry Lanza, Maria, Clarence Reeves and Rich Rodriguez, Maroon Brook Heights; Bobby Corcoran, John Harounian, Mike Mosconi, Dan Meehan and Will Stazars, Indian Hills; Eric Kim, Alexander Mabe and Kevin Teates, New Milford; John Juan and Vincent Messina, Northern Highlands; Jon Choi, Tim Cooke, Brendan Davidson, Marc Ocampo, Marc Rietens and Will Rietens, Old Tappan; Mike Alpher, Paramus; Kristian Bautista and Abdul-Hasan Nesbitt, Paramus Catholic; Leo Tarnata, Park Ridge; Jibous Hayes, Pascack Hills; AJ Jishi, Nurtan-Hurberger and Ben Warkentin, Northway; Salim Sami El-Doughani, Twin Rivers; Michael Koczkodan, Northway; Christian Abel, Chris Diaz, Luis Esquivel, Kevin Mawrin, Tyler Oliveira, Ridgefield Park; Emmet Berry, Bryan Clarendon, David Frerling, Doohee Han, Ken Marshall, Jake Sabatini, Michael Thurston and Allan Wong, Ridgewood; Mike Boucher, Alejandro Caputo, Martin Gross, Rob Knopf, Justin Meyer and Sean Vardella, River Dell; Andrew Pierre, St. Joseph; Christian Ozoria and Charles Parsons, Teaneck; Jay Jung, Timothy Markman, Walidwick, Nyle Florio and Kiah Osterweis, Westwood.

FIRST TEAM

550M Connor Davidson, River Dell, senior
400M Corey Jenkins IV, Teaneck, senior
600M Jaleel Felton, Pascack Valley, senior
800M Kevin Serrao, Bergen Tech, senior
1000M Willie Higgins, Don Bosco, senior
1500M Infielder Ryan Oellerman, River Dell, senior
5000M Infielder Peter Chamsian, Demarest, senior
High jumper: Peter Chamsian, Demarest, senior
Long jumper: Peter Chamsian, Cresskill, senior
Triple jumper: Zachary Bazzia, St. Joseph, senior
Pole vaulter: Zachary Bazzia, St. Joseph, senior
4x100M relay: Kyle Ellerson, Bergen Catholic, junior
4x400M relay: Tom Salvaggio, Bergen Catholic, junior
4x800M relay: Kyle Ellerson, Bergen Catholic, junior
4x1000M relay: Kyle Ellerson, Bergen Catholic, junior
4x1500M relay: Kyle Ellerson, Bergen Catholic, junior
4x2000M relay: Kyle Ellerson, Bergen Catholic, junior
4x2500M relay: Kyle Ellerson, Bergen Catholic, junior
4x3000M relay: Kyle Ellerson, Bergen Catholic, junior
4x3500M relay: Kyle Ellerson, Bergen Catholic, junior
4x4000M relay: Kyle Ellerson, Bergen Catholic, junior
4x4500M relay: Kyle Ellerson, Bergen Catholic, junior
4x5000M relay: Kyle Ellerson, Bergen Catholic, junior
4x5500M relay: Kyle Ellerson, Bergen Catholic, junior
4x6000M relay: Kyle Ellerson, Bergen Catholic, junior
4x6500M relay: Kyle Ellerson, Bergen Catholic, junior
4x7000M relay: Kyle Ellerson, Bergen Catholic, junior
4x7500M relay: Kyle Ellerson, Bergen Catholic, junior
4x8000M relay: Kyle Ellerson, Bergen Catholic, junior
4x8500M relay: Kyle Ellerson, Bergen Catholic, junior
4x9000M relay: Kyle Ellerson, Bergen Catholic, junior
4x9500M relay: Kyle Ellerson, Bergen Catholic, junior
4x10000M relay: Kyle Ellerson, Bergen Catholic, junior
4x10500M relay: Kyle Ellerson, Bergen Catholic, junior
4x11000M relay: Kyle Ellerson, Bergen Catholic, junior
4x11500M relay: Kyle Ellerson, Bergen Catholic, junior
4x12000M relay: Kyle Ellerson, Bergen Catholic, junior
4x12500M relay: Kyle Ellerson, Bergen Catholic, junior
4x13000M relay: Kyle Ellerson, Bergen Catholic, junior
4x13500M relay: Kyle Ellerson, Bergen Catholic, junior
4x14000M relay: Kyle Ellerson, Bergen Catholic, junior
4x14500M relay: Kyle Ellerson, Bergen Catholic, junior
4x15000M relay: Kyle Ellerson, Bergen Catholic, junior
4x15500M relay: Kyle Ellerson, Bergen Catholic, junior
4x16000M relay: Kyle Ellerson, Bergen Catholic, junior
4x16500M relay: Kyle Ellerson, Bergen Catholic, junior
4x17000M relay: Kyle Ellerson, Bergen Catholic, junior
4x17500M relay: Kyle Ellerson, Bergen Catholic, junior
4x18000M relay: Kyle Ellerson, Bergen Catholic, junior
4x18500M relay: Kyle Ellerson, Bergen Catholic, junior
4x19000M relay: Kyle Ellerson, Bergen Catholic, junior
4x19500M relay: Kyle Ellerson, Bergen Catholic, junior
4x20000M relay: Kyle Ellerson, Bergen Catholic, junior

SECOND TEAM

550M Ryan Serrao, Bergen Tech, senior
400M Corey Jenkins IV, Teaneck, senior
600M Jaleel Felton, Pascack Valley, senior
800M Kevin Serrao, Bergen Tech, senior
1000M Willie Higgins, Don Bosco, senior
1500M Infielder Ryan Oellerman, River Dell, senior
5000M Infielder Peter Chamsian, Demarest, senior
High jumper: Peter Chamsian, Demarest, senior
Long jumper: Peter Chamsian, Cresskill, senior
Triple jumper: Zachary Bazzia, St. Joseph, senior
Pole vaulter: Zachary Bazzia, St. Joseph, senior
4x100M relay: Kyle Ellerson, Bergen Catholic, junior
4x400M relay: Tom Salvaggio, Bergen Catholic, junior
4x800M relay: Kyle Ellerson, Bergen Catholic, junior
4x1000M relay: Kyle Ellerson, Bergen Catholic, junior
4x1500M relay: Kyle Ellerson, Bergen Catholic, junior
4x2000M relay: Kyle Ellerson, Bergen Catholic, junior
4x2500M relay: Kyle Ellerson, Bergen Catholic, junior
4x3000M relay: Kyle Ellerson, Bergen Catholic, junior
4x3500M relay: Kyle Ellerson, Bergen Catholic, junior
4x4000M relay: Kyle Ellerson, Bergen Catholic, junior
4x4500M relay: Kyle Ellerson, Bergen Catholic, junior
4x5000M relay: Kyle Ellerson, Bergen Catholic, junior
4x5500M relay: Kyle Ellerson, Bergen Catholic, junior
4x6000M relay: Kyle Ellerson, Bergen Catholic, junior
4x6500M relay: Kyle Ellerson, Bergen Catholic, junior
4x7000M relay: Kyle Ellerson, Bergen Catholic, junior
4x7500M relay: Kyle Ellerson, Bergen Catholic, junior
4x8000M relay: Kyle Ellerson, Bergen Catholic, junior
4x8500M relay: Kyle Ellerson, Bergen Catholic, junior
4x9000M relay: Kyle Ellerson, Bergen Catholic, junior
4x9500M relay: Kyle Ellerson, Bergen Catholic, junior
4x10000M relay: Kyle Ellerson, Bergen Catholic, junior
4x10500M relay: Kyle Ellerson, Bergen Catholic, junior
4x11000M relay: Kyle Ellerson, Bergen Catholic, junior
4x11500M relay: Kyle Ellerson, Bergen Catholic, junior
4x12000M relay: Kyle Ellerson, Bergen Catholic, junior
4x12500M relay: Kyle Ellerson, Bergen Catholic, junior
4x13000M relay: Kyle Ellerson, Bergen Catholic, junior
4x13500M relay: Kyle Ellerson, Bergen Catholic, junior
4x14000M relay: Kyle Ellerson, Bergen Catholic, junior
4x14500M relay: Kyle Ellerson, Bergen Catholic, junior
4x15000M relay: Kyle Ellerson, Bergen Catholic, junior
4x15500M relay: Kyle Ellerson, Bergen Catholic, junior
4x16000M relay: Kyle Ellerson, Bergen Catholic, junior
4x16500M relay: Kyle Ellerson, Bergen Catholic, junior
4x17000M relay: Kyle Ellerson, Bergen Catholic, junior
4x17500M relay: Kyle Ellerson, Bergen Catholic, junior
4x18000M relay: Kyle Ellerson, Bergen Catholic, junior
4x18500M relay: Kyle Ellerson, Bergen Catholic, junior
4x19000M relay: Kyle Ellerson, Bergen Catholic, junior
4x19500M relay: Kyle Ellerson, Bergen Catholic, junior
4x20000M relay: Kyle Ellerson, Bergen Catholic, junior

Ridgewood High School Indoor Boys Relay Records

<u>Event</u>	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
<u>4x200m:</u> 1:32.9	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	Indoor Nationals	2007
<u>4x400m:</u> 3:25.21	C. Zeigler / Z. Ontiveros / C. Trautwein / N. Buckley	Easterns	2007
<u>4x800m:</u> 7:48.82	M. Thurston / D. Frering / B. Collins / L. Dublirer	Millrose Games	2014
<u>4x 1mile:</u> 17:45:19	E. Nygaard / M. Cator / D. Maher / A. Zamir	Indoor Nationals	2004
<u>Sprint Medley: (200-200-400-800):</u> 3:31.10	D. Cooper / A. Dolgin / C. DiPasquale / J. Kauke	Indoor Nationals	2000
<u>Distance Medley:</u> 10:17.39	L. Jennings / N. Schoff / J. Llians / P. Rynkowski	Indoor Nationals	2011
<u>4x55 HH:</u> 30.7	J. Nagano-Gerace / J. Moody / S. Pierce / A. Monri	County Relays	2006
<u>4x55HH (5 flights):</u> 32.63	M. Zeno / E. Berry / A. Armatas / K. Chung	Indoor Nationals	2013
<u>Shot Put:</u> 97'3"	Kearns / Bryant		1981
<u>High Jump:</u> 12'2"	J. Davis / F. Rosenbach	State Group IV Relays	1995
<u>Long Jump:</u> 40'10 1/2"	Hong / Darrow	County Relays	1987
<u>Triple Jump:</u> 84'9 3/4"	Hong / Halyard	County Relays	1987
<u>Pole Vault:</u> 26'0"	S. Llerandi / A. Wong	County Relays	2014

Ridgewood High School Indoor Girls Relay Records

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

Ridgewood High School All-Time Indoor List

<u>55m:</u>	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
6.64	Chris Zeigler	168 Armory	2007
6.67	Jake Sabatini	Yale Track Classic	2014
6.70	Akira Monri	Toms River - State Sectional	2008
6.72	Max Witt	Toms River - State Sectional	2009
6.5h	Phil McGillicuddy		1971
<u>200m:</u>			
23.0	Jake Sabatini	168 Armory - League Championship	2014
23.0	Akira Monri	168 Armory	2008
23.3	Doohee Han	168 Armory - League Championship	2014
23.5	Matt Beausoleil	168 Armory	2010
23.5	Edward Blair IV	168 Armory	2010
<u>300y:</u>			
32.9	Matt Krever	Rockland Community College	1991
<u>300m:</u>			
35.8	InSoo Hwang	168 Armory	2010
36.4	Akira Monri	168 Armory	2008
36.7	Dan Cooper	168 Armory	2000
<u>400m:</u>			
50.31	Tim Geckler	Annapolis	1989
51.4	InSoo Hwang	Toms River - State Sectional	2011
51.66	Juan Llinas	Toms River - State Sectional	2011
52.03	Neil Schoff	Toms River - State Sectional	2012
52.0	Matt Krever	Rockland Community College	1991
52.1	Domenic Boresta	168 Armory - League Championship	2014
<u>500m:</u>			
69.6	Charles Cortellesi	West Point	1983
<u>600y:</u>			
1:15.5	Tim Geckler	Princeton	1989

600m:

1:21.4	Josh Kauke	168 Armory	2000
1:22.3	Niall Buckely	168 Armory	2007
1:24.2	Storm Dublirer	168 Armory - County Champs	2013
1:24.4	Juan Llians	168 Armory	2011
1:24.8	Christian Trautwein	168 Armory	2008
1:25.1	Jeremy Schmidt	168 Armory	2006
1:25.6	Byron Williams	168 Armory	2005
1:25.9	Michael Thurston	168 Armory - County Champs	2014
1:25.9	Sadek Alseddi	Farleigh Dickinson	1993
1:26.0	Bryan Clarendon	168 Armory - County Champs	2013
1:26.1	Brian Collins	168 Armory - County Champs	2014

800m:

1:54.1	Josh Kauke	168 Armory	2000
1:55.49	John Parisi		1983
1:56.9	Niall Buckley	168 Armory	2005
1:57.68	Luke Dublirer	Toms River - SMOC	2014
1:58.44	Byron Williams	168 Armory	2005
1:58.55	Chris Rae		1987
1:58.89	Christian Trautwein	168 Armory	2008
1:59.44	Chris Perez	168 Armory	2001
1:59.4	Michael Thurston	168 Armory - League Championship	2011

1000y:

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

1000m:

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

1500m:

4:00.4 Bob Keino Farleigh Dickinson 1993

1600m / Mile:

4:12.81* Bob Keino MSG - Milrose Mile 1994
4:14.23* Ari Zamir MSG - Milrose Mile 2004
4:17.32* Byron Williams 168 Armory - New Balance Games 2006
4:18.23* Michael Cator 168 Armory - New Balance Games 2006
4:22.04 Levi Jennings 2011
4:22.28* Luke Dublirer Yale Track Classic 2014
4:22.3 Chris Sullivan 1985
4:23.12* Taro Shigenobu 2009
4:23.9 Eric Boucher 1991
4:24.4* Chris Rae 1986

Mile Walk:

8:36.0 Ed Landers Rockland Community College 1985

3000m:

8:25.28 Bob Keino Princeton 1993

3200m / .2mile:

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

55m HH:

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

High Jump:

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

Long Jump:

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

Triple Jump:

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

Pole Vault:

15'0"	Gabe Knutson	168 Armory - Easterns	2004
14'6"	John Wisener		2010
14'3 3/4"	Dan Cooper	Reno - PV Summit	2000
13'6"	Spencer Llerandi	Toms River - SMOC	2014
13'6"	Allan Wong	168 Armory - County Relays	2014
13'6"	Dylan Downing	168 Armory - League Championship	2013
13'3"	John Boylan		1983
13'3"	Jake Riccairdi		2004
13'0"	Vahe Hagopian		1993

Shot Put:

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

Pentathlon:

3259	Gabe Knutson	168 Armory - County Champs	2004
2989	Michael Zeno	168 Armory - County Champs	2014

Ridgewood High School All-Time Indoor List

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

600m:

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

800m:

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

1000y:

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

1000m:

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

1500m:

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

1600m / Mile:

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

3000m:

10:03.12	Jennifer Hughes	Yale - Yale Classic	1988
----------	-----------------	---------------------	------

3200m / 2mile:

10:40.96	Patti Mileski	Harvard	1983
10:55.09	Celeste Sedo		1998
11:04.5	Jenna Rogers		1994
11:05.34	Jean Hughes		1989
11:11.3	Jen Hughes		1988
11:12.00	Carleen Jeffers	Toms River - State Group IV	2014
11:14.94	Kelly Cleary	Toms River - State Group IV	2013
11:16.23	Samantha Halvorsen	Toms River - SMOC	2014
11:22.58	Norine D'Arcy		1986
11:23.6	Meredith Jones		2005
11:30.8	Emily Fishbein		2012

55m HH:

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

High Jump:

5'8 1/4"	Becky Deetz	Syracuse	1974
5'4"	Renee Pavelski		1993
5'4"	Sarah DeVita	Toms River - State Groups	2011
5'2"	Sophie Montgomery	168 Armory - County Relays	2011
5'2"	Haley Roche	168 Armory - County Champs	2011

Long Jump:

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

Triple Jump:

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

Pole Vault:

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

Shot Put:

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

Pentathlon:

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

