

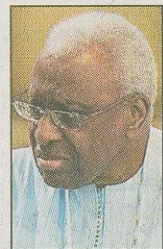
Track boss questions drug reports

Allegations
involve wins
back to 2001

By **SAMUEL PETREQUIN**

THE ASSOCIATED PRESS

PARIS — With his federation embattled by widespread doping allegations that could lead to a reshuffling of Olympic and world championship medals, the IAAF president defended his organization's record and dismissed the accusations as a "joke" on Monday.



DIACK

Lamine Diack, who will be stepping down later this month after 15 years at the helm of track and field's governing body, questioned the timing of the reports

IOC chief: 'Zero tolerance' on Olympic doping

By **STEPHEN WILSON**

THE ASSOCIATED PRESS

KUALA LUMPUR, Malaysia — The International Olympic Committee will take action against any Olympic athletes if they are found guilty of the latest doping allegations rocking the sport of track and field, IOC president Thomas Bach said Monday.

Bach said it is up to the World Anti-Doping Agency to investigate the allegations by

German broadcaster ARD and The Sunday Times newspaper in Britain, including that one-third of medals in endurance races at the Olympics and world championships from 2001 to 2012 were won by athletes who recorded suspicious blood tests.

The IOC has previously stripped medals from athletes who have been retroactively found guilty of doping offenses dating back to the time of the Games. The IOC also stores Olympic doping samples for 10 years

for possible retesting.

"If there should be cases involving results at Olympic Games, the IOC will react with zero tolerance with our usual policy," Bach said. "But at this time, we have nothing more than allegations. We have to respect the presumption of innocence of the athletes."

"We have full confidence in the inquiry by WADA," Bach said. "If needed, we will follow suit ... and do everything to protect clean athletes."

— which came out three weeks before the world championships.

"They are playing with the idea of a redistribution of medals," Diack said at the International Olympic Committee meeting in Malaysia. "It's possible, if we prove with the new techniques at our disposal that someone doped. Otherwise, it's a joke. Just three weeks before the world championships, there is something behind [this]."

Diack spoke after German broadcaster ARD and The Sunday Times newspaper in Britain said they obtained access to the results of 12,000 blood tests involving 5,000 athletes. The leaked files came from the database of the International Association of Athletics Federations.

The report found that 146 medals — including 55 golds — in disciplines ranging from the 800 meters to the

marathon at the Olympics and world championships were won by athletes who had suspicious test results.

The Sunday Times said that 10 medals at the 2012 London Olympics were won by athletes with suspicious results, and that in some finals every athlete in the medal positions had recorded a dubious blood test.

"There is a [broadcaster] and a

newspaper who are asking questions," said Diack. "We are going to answer them all. But it's not [just] because someone has a suspicious profile once that he was doped. When people say that there are medals to be redistributed from 2001 to 2012, it's just a farce."

Diack, who also suggested that the allegations were timed to overshadow the IAAF presidential election Aug. 19, did not specify which

countries could be interested in a redistribution of medals.

The reports also alleged that more than 80 of Russia's medals were won by athletes with suspicious tests.

The Russian athletics federation said it was "disturbed by the seriousness of the allegations."

Diack's comments appeared to leave former WADA President Dick Pound perplexed.

"I'm not sure what he meant. Whether he's worried about it's too long, too late to do some of those or who knows," said Pound, who is heading a WADA commission investigating the earlier allegations of widespread doping and cover-ups in Russia, particularly in track and field.

Anti-doping scientist Robin Parisotto, who reviewed the data obtained by the media outlets from the period covering 2001 to 2012 with blood doping expert Michael Ashenden, has been critical of IAAF, saying many athletes appeared to have doped with impunity.

£35m fund for Scots athletes to go for Rio gold

Record UK backing for 122 competitors part of bid to beat medal haul from London 2012

David Maddox

A £35 million training fund is to go to 122 Scottish athletes to help them in their bid for gold in the Rio Olympics next year.

The new funding from the UK government and the National Lottery is part of an ambitious attempt by British athletes to win more medals at the Olympics and Paralympics in Brazil than they did at the London Olympics in 2012.

The cash will go to sports stars including gymnasts Daniel Keatings and Daniel Purvis, swimmers Ross Murdoch and Hannah Miley, rower Katherine Grainger, hurdler Eilidh Child, canoeist David Florence and cyclist Katie Archibald.

The money – worth almost £300,000 per athlete – is aimed at providing support for competitors so they can focus

full-time on training and competing, as well as paying for coaching and the national bodies and organisations which back them up individually.

The announcement has come with one year to go before the start of the Rio Games.

Olympian and Scotland Commonwealth Games gold medallist Purvis said that his Rio preparations were currently focused on the forthcoming World Gymnastics Championships in Glasgow in October.

He said: "To be back competing in Glasgow will be amazing. Last year's Commonwealth Games competing for Team Scotland and winning two medals was unbelievable and



» Hurdler Eilidh Child is among the Scottish athletes who will benefit from the £35m training fund

the home crowd can definitely make a big difference to us again at the Worlds."

The UK government and the National Lottery, through UK Sport, funded 10 out of 16 of Scotland's Commonwealth Games gold medallists in Glasgow last year.

During the independence referendum Better Together and the pro-UK parties pointed out how being part of the UK has helped to underpin Scottish sporting success. The

UK's aim at the Rio Games is to beat the country's modern-day record haul of 65 Olympic medals and 120 Paralympic medals set in London 2012.

Ministers have agreed record funding for athletes to achieve the goal, with Scotland's 122 sports men and women making up more than one tenth of the UK elite squad.

Sports minister Tracey Crouch said: "The Rio Games are now on the horizon and the government and the National Lottery are backing our elite athletes with record investment to help them succeed

in Brazil. Elite sport in Britain continues to thrive and I know the whole country will be right behind Team GB and Paralympics GB in Rio."

UK Sport chief executive Liz Nichol said: "Thanks to the unprecedented investment from our government and the National Lottery for the Rio cycle, the elite sport legacy of London 2012 is in very good shape.

"It has allowed us to continue to aspire to make the nation proud through our athletes' performances, while building a stronger, more sustainable high performance system for future generations."

"The elite sport legacy of London 2012 is in very good shape"

Coe must take head out of the sand

Candidate for IAAF presidency is damaging athletics if he continues to go on defensive when quizzed about doping



Richard Moore

AT THE 2013 world athletics championships in Moscow, the subject of doping was a bigger topic of conversation than it had been 12 months earlier at the London Olympics. Which is to say, it was actually discussed.

There was no avoiding it. Some of the sport's biggest names had tested positive, including Tyson Gay and the Jamaicans Veronica Campbell-Brown, Asafa Powell and Sherone Simpson.

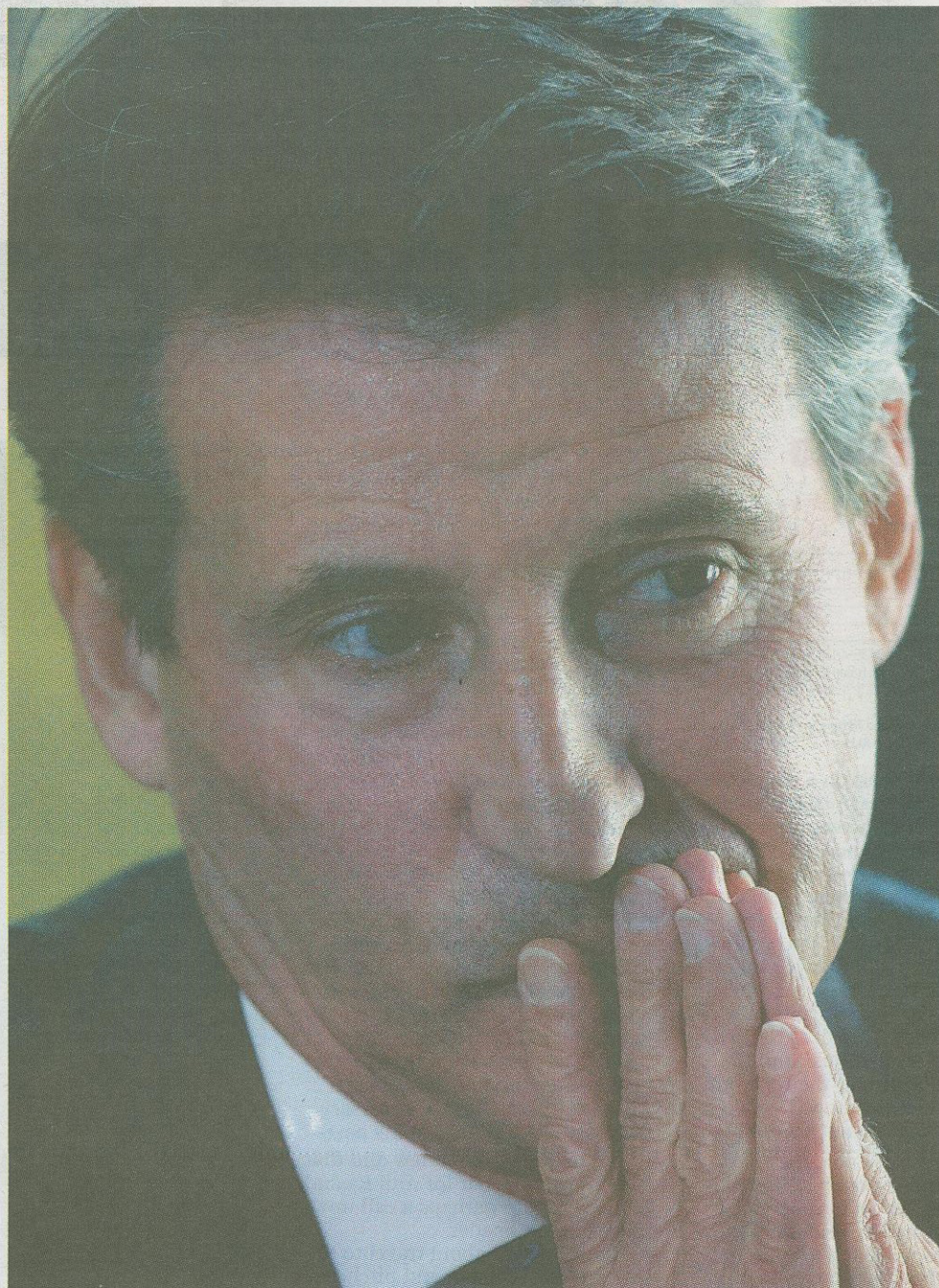
Although Campbell-Brown would later be cleared, and Powell and Simpson given reduced suspensions on appeal, the Jamaican team's head coach, Michael Clarke, was quizzed as he watched a training session and the island's athletes, including Usain Bolt, did their drills.

Clarke didn't seem to have a problem addressing the subject, until the team's press officer appeared at his shoulder and leant in to whisper: "Answer no questions about doping." Clarke turned back to the small group of reporters and said: "I've just been instructed by our media liaison person not to take any questions about doping."

Even if there was nothing sinister in this, it is a good example of the sport's clumsy – some might say inept, after last week's allegations – handling of a subject that poses an existential threat. Last year, when whistleblowers emerged with allegations of systematic and state-approved doping in Russia, Sebastian Coe, vice-president of the IAAF since 2007, said it would be inappropriate to comment. When he did comment, it was in passive aggressive language: "We must never be complacent and we can always be better, but I don't think our sport needs too many lectures about the efforts that it is taking."

In June, when a *Panorama* programme made serious allegations about Alberto Salazar, who coaches Mo Farah among others, Coe's response was just as defensive. He started by admitting that Salazar had questions to answer, then added: "I do know Alberto and I'm sure he will mount a stout defence."

Salazar, he went on, "is a good friend of



» Sebastian Coe described recent doping allegations as a 'declaration of war' on athletics. Photograph: Getty

mine". Coe continued: "Don't run away with the idea that this is a hole in the wall, circa 1970s Eastern Bloc operation. It's not."

So, on the one hand, Coe conceded that Salazar had questions to answer. On the other, he seemed to already know the answer. The important one, anyway.

Coe wasn't the only establishment figure to come out in support of Farah before – and this is the crucial point – some of the *Panorama* allegations had been investigated by UK Athletics (an interim report was published last week, clearing Farah; the full report is expected later this year and, according to a claim in the *Daily Mail* last week, may result in Farah and UKA severing ties with Salazar). But before the allegations had been studied, Steve Cram said: "It has begun to look like a bit of a witch-hunt against Mo. It seems as if some people are deliberately going after him and that is a shame."

Cram will be the BBC commentator at the world athletics championships in Beijing later this month. Like Coe, Cram is a Nike ambassador. Salazar and Farah are part of the Nike-sponsored Oregon Project. Which again isn't to imply anything sinister, but highlights the interconnectedness of the athletics family

and raises questions about the independence of someone running for IAAF president, as Coe is (though he recently hinted that he could give up his role with Nike if elected).

All of this is before we get to the far more serious allegations of the past week, which came courtesy of Hajo Seppelt, the German journalist who brought to light claims of endemic doping in Russia and Kenya, where he went undercover as an agent.

Seppelt, who works for German broadcaster ARD, is one of the few journalists in the world retained solely to investigate wrongdoing in sport. Doping has been his main focus. His latest exposé came from a data stick posted to him by an anonymous source. On it was an IAAF database with 12,000 blood tests from 5,000 athletes conducted between 2001 and 2012. Seppelt collaborated with the *Sunday Times*, engaging two of the world's leading anti-doping authorities, Michael Ashenden and Robin Parisotto, to study the samples. They concluded that 800 were suspicious. Parisotto said he had never seen such extreme blood values, which were strongly suggestive of blood doping. Ashenden agreed and said some of the readings were "grotesque".

Once again Coe came out fighting. "The

fightback has to start here," he said. "It is a declaration of war on my sport. There is nothing in our history of competence and integrity in drug testing that warrants this kind of attack."

The IAAF, meanwhile, mounted its own defence, pointing out that blood tests in isolation cannot be used as proof of doping. Since 2009, when the sport followed the example of cycling by introducing biological passports, which build up a profile of each athlete and his or her "normal" values, blood tests form part of a longitudinal study. Yet there are cases when the values are so extreme that, as Ashenden said, the only reasonable explanation can be blood doping.

The remarkable aspect in all this is how few doping cases appear to have been pursued on the basis of the 800 suspicious readings. "The results are there," said Parisotto. "Someone has been collecting the results, someone must have been overseeing the results, but someone has decided not to take any action on many of those results. To me, whoever... is responsible for managing these results, they have obviously not done a very good job."

A twist in this still unfolding story came on Friday when the World Anti-Doping Agency (WADA), who initially expressed horror at the revelations, seemed to do a volte-face, turning their fire on the journalists and scientists in possession of the leaked database. "WADA deplores the manner in which this data was obtained, leaked to the media and analysed," said the agency's president, Sir Craig Reedie.

The breach of athletes' right to confidentiality will be investigated, the statement continued, by an independent commission set up to look into the allegations made by Seppelt in his previous programme, broadcast at the end of last year. The commission will be chaired by Reedie's predecessor, Dick Pound. Yet, confusingly, Pound appeared in Seppelt's most recent programme, aired last Saturday. In it, Pound told Seppelt: "If all the facts that we're beginning to investigate turn out to be true then the problem is clearly bigger than anybody's ever admitted and bigger than the public at large would understand."

"Athletics is in the same diabolical position cycling was in 20 years ago," said Ashenden. There could be lessons for athletics in cycling, though. Seppelt compared the blood values of cyclists with those of athletes, noting that since 2006 the number of suspicious readings in cycling has declined dramatically.

The reason is that, in 2006, Operacion Puerto, which implicated so many of the world's top riders, posed an existential threat to cycling. Denial was no longer an option. Fundamental change was necessary or the sport would die. As this year's CIRC report made clear, cycling's governing body, the UCI, had a good idea about how bad the doping problem was, but instead of tackling it, tried to "contain" it.

It was a disastrous, suicidal strategy. When a sport allows itself to sink so far into the mire the worst response is denial. Defensiveness and aggression are hardly any better. "Answer no questions about doping" might have been an instruction given to riders at the Tour de France ten years ago. These days, questions about doping dominate. Athletics had better get used to it.

Twitter: @richardmoore73

'There are cases when the values are so extreme that the only reasonable explanation can be blood doping'

Founding father of RHS gymnastics

BY GREG TARTAGLIA
Sports Editor

The sustained success of the Ridgewood High School gymnastics program throughout the years began with Tony Napier.

The head coach of the Maroons' first-ever varsity team passed away on Aug. 13 at age 78. He was inducted into the RHS Athletic Hall of Fame in 2008, and according to his HOF bio "is considered the father of the gymnastics movement in Ridgewood."

Napier and Dom Nizza co-founded the Ridgewood boys gymnastics team, which began as a club in 1967 and became a varsity squad for the 1968-69 school year. The Maroons won three straight Bergen County championships from 1973-74 to 1975-76 and produced two-time county all-around champ John Cerf, who also captured the state pommel horse title in the 1974-75 season.

Cerf, who was inducted to the RHS Athletic Hall of Fame last year, confirmed that Napier had been battling lung cancer just prior to his passing. A wake was held Monday in Park Ridge, and a funeral Mass was celebrated Tuesday at Our Lady of Good Counsel Church in Napier's hometown of Washington Township.

"I have already lost both of my parents. Losing Mr. Napier feels the same," Cerf said in an email to *The Ridgewood News*. "I have many memories of Mr. Napier. He had strict rule of conduct, e.g. no profanity, but gave freedom to gymnasts during workouts to make it fun and easy to become addicted to the sport."

"I was fortunate that my son

also did gymnastics, and Mr. Napier frequently judged him, so our contact and friendship continued for many years," Cerf added. "I was privileged to be invited by his family to visit him during his final weeks and to speak at his wake."

In that speech, the 1976 RHS graduate credited Napier for his decorated gymnastics career, which included being part of the 1977 Springfield College (Mass.) men's gymnastics team that won the Division II National championship Team.

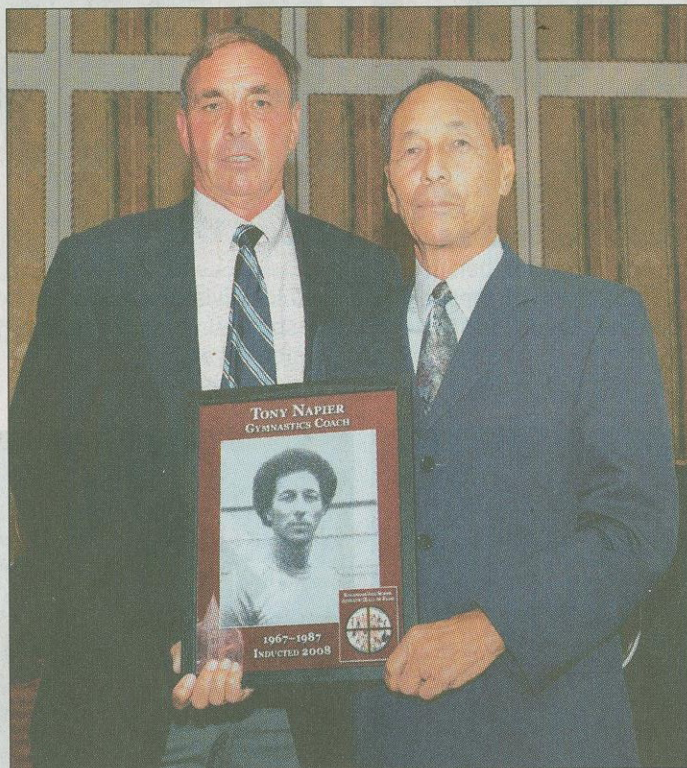
"I am just one of many whose life was positively impacted because of idolizing the guy with the perfect tan – the role model who could do it and could teach it," said Cerf.

Napier started the Ridgewood girls gymnastics team in 1976 and led the squad to victory in its first 50 dual meets, a win streak that lasted until 1979. The Maroons also won four straight North sectional titles led by a pair of 1980 graduates, Lucia Cancelmo (who won the state all-around champion as a junior) and Patty Capasso (county and sectional all-around champ as a sophomore).

Cancelmo and Capasso were inducted to the RHS Athletic Hall of Fame in 2008 and 2012, respectively.

Napier coached both the boys and girls teams at Ridgewood simultaneously during the 1977, 1978, 1979, 1980 and 1983 seasons, before the boys program was dropped in 1983. He remained as girls head coach until the end of the 1987 campaign, guiding the team to another undefeated record (10-0) in 1984.

To date, the Maroon girls have won 15 Bergen team championships all-time, more than any



RIDGEWOOD NEWS FILE PHOTO

Late Ridgewood High School gymnastics pioneer Tony Napier, right, with RHS Athletic Hall of Fame committee chairman Jeff Yearling at Napier's 2008 induction.

other school in the county, as well as 16 state-sectional titles.

For the past 28 years, Napier remained actively involved in the sport as a club coach and even returned to RHS as an assistant in the mid-2000s, helping '07 graduate Chelsea Steinberg on her way to three consecutive state all-around titles.

He was judging North Jersey varsity meets as recently as last season and was elected to the National Gymnastics Judges Hall of Fame in 1996. In addition, he was recognized as a distinguished alumnus of Montclair State

University's Panzer School of Physical Education for contributions to the sport.

Napier is survived by his wife, Beatrice – with whom he celebrated 50 years of marriage in 2011 – as well as five children and nine grandchildren. The family has requested that in lieu of flowers, donations be made either to the RHS Tony Napier Gymnastic Scholarship at gofundme.com/3vtvt358 or to Valley Hospice of Ridgewood.

For Tony Napier's obituary, see page B6

OBITUARIES

FRIDAY, AUGUST 21, 2015

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ura (Bob) Morris
and his daughter
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s brother, Walter
klin Lakes. Also
s eight grandchil-
nd Jill Hamlin,
David Busch,
s Hodge and Kel-
nd Emma Busch.

TOWNSHIP OF WASHINGTON
- Anthony E. Napier, 78, died on
Aug. 13.

Before retiring, Tony was a highly respected physical education teacher for the Ridgewood Public Schools for 29 years, where he was considered the father of the gymnastics movement. He founded The Boys Gymnastics Club in 1967 and for 20 years coached the boys', and eventually the girls' teams, producing many individual and team champions at the league, county, and state levels.

Tony was inducted into the Ridgewood Athletic Hall of Fame in 2008. Tony continued to be active in gymnastics, both nationally and internationally, as a renowned judge. He was elected to the National Gymnastic Judges Hall of Fame in 1996 and was recognized as a distinguished

Anthony E. Napier

alumnus of Montclair State University's Panzer School of Physical Education for contributions to the sport of gymnastics. He was also the owner of Tony Napier's Gymnastic School, introducing many more children to the sport of gymnastics.

Tony appeared on the Ed Sullivan Show in 1956, performing a trampoline act with a fellow gymnast and Army comrade. He continued to help others as a 13 year member of the WT Ambulance Corps.

Tony's first love was his family. He married his wife, Beatrice, on Aug. 19, 1961. Tony and Bea loved to dance, often turning the heads of onlookers who enjoyed watching their grace and impeccable timing on the dance floor.

He is survived by his wife Beat-

rice, his children Bernadette Orso (Richard), Emmanuel (Lyzette), Felicia Napier, Andrea Brazofsky (James), and Camille Napier and nine grandchildren; Kristy, Anthony, Rebekah, Nicholas, Daniel, Sara, Jimmy, Justin, and Philip. He is also survived by an aunt, Elena DelCampo, and cousins Gracie Rappa, Milo DelCampo, and Rica Carotenuto.

Funeral Mass was held on Aug. 18 at Our Lady of Good Counsel R. C. Church, Twp. Washington, Interment followed in George Washington Memorial Park, Paramus.

Arrangements were by the Robert Spearing Funeral Home, Inc. in Park Ridge.

Memorial donations may be made to the Tony Napier Gymnastic Scholarship (Ridgewood HS) at gofundme.com/3vtvt358 or to Valley Hospice.

Bolt's season over; eyes Games

By **RAF CASERT**
THE ASSOCIATED PRESS

BRUSSELS — With three more gold medals in the bag and his superiority proven beyond doubt, Usain Bolt declared his season over Monday.

The Jamaican pulled out of Van Damme Memorial scheduled to begin Friday. Bolt was unwilling to risk any injury problems that might compromise his preparations for next year's Rio de Janeiro Games, where he will seek a third Olympic sprint treble in a row.

"I am already thinking about next year and the 2016 Olympic Games in Rio," he said in a statement.

After winning three gold

medals at the world championships in Beijing, Bolt was supposed to focus on the season's top time in the 200 meters at the Diamond League meet in Brussels.

The King Baudouin Stadium has extra-wide curves that half-lap racers love and Bolt never has profited fully from the track facilities. Friday would have been the ideal opportunity.

Bolt has the world record of 19.19 seconds, but his best time at the Van Damme only stands at 19.57. In comparison, his teammate Yohan Blake ran the second-fastest 200 there by clocking 19.26.

TRACK AND FIELD

But after two seasons of injuries and a drawn-out recovery, Bolt knows the preparations for a big event like the Olympics starts a year in advance.

The 29-year-old said in a statement he was "happy to end the season without any injuries and ready to go for 2016."

And Brussels meet organizer Wilfried Meert said in a statement that "Bolt felt tired after Beijing and also was troubled by his left leg, with a pain radiating from his hip."

Bolt beat Justin Gatlin both in the 100 and 200 in Beijing before anchoring Jamaica to gold in the 4-x-100 relay.

With Bolt a no-show, Gatlin now will run both sprints in Brussels.

CROSS-COUNTRY

BOYS

BIG NORTH

RIDGEFIELD PARK 20, DUMONT 39

At: Garret Mountain. **Distance:** 3.1 miles
1. Derek Lewandowski (RP) 19:42; 2. Emanuel Gonzalez (RP) 19:42; 3. Frank Scalio (D) 19:56; 4. Timothy Strowbridge (RP) 20:24; 5. Dylan Scalio (D) 20:58.

BERGEN CATHOLIC 15, PARAMUS CATHOLIC 48, DEPAUL 50

At: Garret Mountain. **Distance:** 3.1 miles
1. Caleb Shaia (BC) 18:25; 2. Conor Secora (BC) 19:40; 3. Peter Theuerkauf (BC) 19:43; 4. Ryan Slattery (BC) 19:50; 5. Justin Greenberg (BC) 20:09; 6. Stefan Dela Riva (PC) 20:46; 7. Matt Lyons (BC) 21:12.

CLIFTON 15, EASTSIDE 50, KENNEDY 50

At: Garret Mountain. **Distance:** 3.1 miles
1. Jeron Jordan (K) 18:25; 2. Kevin Heredia (C) 19:01; 3. Carlos Polanco (C) 19:11; 4. Alexander Zapata (C) 19:17; 5. Kenneth Herrera (C) 19:27; 6. Adam Sulieman (K) 20:21; 7. Takashi Yuasa (C) 20:40.

DON BOSCO 15, ST. JOSEPH 50

At: Garret Mountain. **Distance:** 3.1 miles
1. Alex Zeepvat (DB) 18:49; 2. Justin Touhey (DB) 18:49; 3. Ryan Nicholson (DB) 18:50; 4. Matt Hartman (DB) 18:50; 5. Jun Omiya (DB) 19:08.

PASCACK VALLEY 20, BERGENFIELD 38

At: Garret Mountain. **Distance:** 3.1 miles
1. Jeff Roberts (PV) 19:28; 2. Zenon Calizar (B) 19:49; 3. John Coyle (PV) 20:10; 4. Evan Jones (PV) 20:46; 5. John McGrath (PV) 21:20.

BERGENFIELD 27, TEANECK 28

At: Garret Mountain. **Distance:** 3.1 miles
1. Calizar (B) 19:49; 2. Miguel Sosa (T) 20:50; 3. Tyrique Wilson (T) 21:27; 4. Nikko Reyes (B) 21:29; 5. Ryan Murphy (B) 21:58.

PASCACK VALLEY 18, TEANECK 41

At: Garret Mountain. **Distance:** 3.1 miles
1. Roberts (PV) 19:28; 2. Coyle (PV) 20:10; 3. Jones (PV) 20:46; 4. Sosa (T) 20:50; 5. McGrath (PV) 21:20.

WAYNE HILLS 15, PASSAIC VALLEY 50

At: Garret Mountain. **Distance:** 3.1 miles
1. Joseph Zisa (WH) 18:05; 2. George Galkin (WH) 18:21; 3. James Brennan (WH) 19:02; 4. Eric Solorzano (WH) 19:13; 5. Jared Millstein (WH) 19:31.

WEST MILFORD 15, PASSAIC VALLEY 50

At: Garret Mountain. **Distance:** 3.1 miles
1. Edward Woodcock (WM) 19:53; 2. Joey Cummings (WM) 21:02; 3. Matthew Filipek (WM) 21:31; 4. Lawrence Carnuccio (WM) 22:09; 5. Colton Prentzel (WM) 22:10.

WAYNE HILLS 15, WEST MILFORD 49

At: Garret Mountain. **Distance:** 3.1 miles
1. Joseph Zisa (WH) 18:05; 2. George Galkin (WH) 18:21; 3. James Brennan (WH) 19:02; 4.

Eric Solorzano (WH) 19:13; 5. Jared Millstein (WH) 19:31.

PASSAIC TECH 22, BERGEN TECH 35

At: Garret Mountain. **Distance:** 3.1 miles
1. Anthony Dilorio (BT) 18:27; 2. Tarin Nelson (PT) 18:59; 3. Alejandro Ibarguen (PT) 19:24; 4. Ephraim Kishen (PT) 19:43; 5. Jason Rodriguez (PT) 20:07.

PASCACK HILLS 19, MAHWAH 44

At: Darlington. **Distance:** 3.1 miles
1. Keith Petrellese (PH) 18:47; 2. James Nagotko (M) 18:54; 3. Anthony Michielini (PH) 18:58; 4. Joseph Tortora (PH) 19:24; 5. Jack Rossig (PH) 19:33.

MAHWAH 28, WESTWOOD 31

At: Darlington. **Distance:** 3.1 miles
1. Jake DiCuffa (W) 18:25; 2. Nagotko (M) 18:54; 3. Kristofer Bieri (W) 19:32; 4. Dan Kazlau (W) 19:36; 5. Henry Heller (M) 20:09.

PASCACK HILLS 22, WESTWOOD 37

At: Darlington. **Distance:** 3.1 miles
1. DiCuffa (W) 18:25; 2. Petrellese (PH) 18:47; 3. Michielini (PH) 18:58; 4. Tortora (PH) 19:24; 5. Bieri (W) 19:32;

GIRLS

BIG NORTH

WAYNE HILLS 15, PASSAIC VALLEY 50

WEST MILFORD 15, PASSAIC VALLEY 50

WAYNE HILLS 16, WEST MILFORD 46

At: Garret Mountain. **Distance:** 3.1 miles
1. Shea Brennan (WH) 22:46; 2. Katerina Zachmann (WH) 22:46; 3. Emily Becker (WH) 23:27; 4. Natalie Zawistowska (WH) 23:45; 5. Rachael Royer (WM) 24:45.

RIDGEFIELD PARK 24, DUMONT 33

At: Garret Mountain. **Distance:** 3.1 miles
1. Jessica Uben (RP) 25:22; 2. Veronica Couto (RP) 25:24; 3. Courtney Deloughery (D) 25:58; 4. Jodie Buri (RP) 26:59; 5. Maggie Booth (D) 27:47.

IHA 15, DEPAUL 50

At: Garret Mountain. **Distance:** 3.1 miles
1. Giavanna Tabbachino (IHA) 21:21; 2. Caitlin Mcpartland (IHA) 22:40; 3. Megan Brockmeier (IHA) 23:01; 4. Emily Bermudez (IHA) 23:56; 5. Julia Scherer (IHA) 24:19.

PARAMUS CATHOLIC 15, DEPAUL 50

At: Garret Mountain. **Distance:** 3.1 miles
1. Katerina Harte (PC) 22:46; 2. Erin O'Donnell (PC) 24:09; 3. Faith Sutton (PC) 27:14; 4. Celine Paulovich (PC) 30:00; 5. Lauren Presta (D) 30:23.

IHA 19, PARAMUS CATHOLIC 42

At: Garret Mountain. **Distance:** 3.1 miles
1. Tabbachino (IHA) 21:21; 2. Mcpartland (IHA) 22:40; 3. Harte (PC) 22:46; 4. Brockmeier (IHA) 23:01; 5. Bermudez (IHA) 23:56.

More Cross-Country, S-8

GIRLS CROSS-COUNTRY

PASSAIC TECH 26, BERGEN TECH 29

At: Garret Mountain. **Distance:** 3.1 miles
1. Abigail McLaughlin (BT) 21:01; 2. Sarah Shannon (PT) 22:06; 3. Gabriela Lai (BT) 23:20; 4. Meralis Mendez (PT) 24:07; 5. Sydney Shannon (PT) 24:22.

CLIFTON 15, KENNEDY 50, EASTSIDE 50

At: Garret Mountain. **Distance:** 3.1 miles
1. Meghan Jozefczyk (C) 24:21; 2. Anisha Khandakar (C) 24:38; 3. Allison Proszowski (C) 24:51; 4. Mollie Slanina (C) 25:03; 5. Megan Davey (C) 25:50; 6. Sarah Adams (C) 26:17; 7. Jordan Van Zyl (C) 26:48.

CLIFFSIDE PARK 26, FORT LEE 30

At: Darlington. **Distance:** 3.1 miles
1. Jennifer Polo (CP) 20:37; 2. Ilyada Erdal (CP) 22:44; 3. Teresa Lee (FL) 24:00; 4. Mavis Cao (CP) 24:25; 5. Jean Han (FL) 24:55.

PASCACK VALLEY 15, BERGENFIELD 50

At: Darlington. **Distance:** 3.1 miles
1. Ashley Evans (PV) 22:11; 2. Nikki Criscuolo (PV) 22:47; 3. Marlo Guastella (PV) 24:17; 4. Megan Thorn (PV) 25:35; 5. Elizabeth Nicholls (B) 26:26.

BERGENFIELD 15, TEANECK 50.

At: Darlington. **Distance:** 3.1 miles
1. Kayla White (B) 25:49; 2. Amanda Kearney (B) 25:52; 3. Elizabeth Nicholls (B) 26:26; 4. Toni James (T) 27:04; 5. Alicia Patino (T) 27:16.

PASCACK VALLEY 19, TEANECK 38

At: Darlington. **Distance:** 3.1 miles
1. Ashley Evans (PV) 22:11; 2. Nikki Criscuolo (PV) 22:47; 3. Marlo Guastella (PV) 24:17; 4. Megan Thorn (PV) 25:35; 5. Kayla White (B) 25:49.

BOYS CROSS-COUNTRY

NJIC

**NORTH ARLINGTON 26,
RIDGEFIELD 29**

SECAUCUS 20, NORTH ARLINGTON 42

SECAUCUS 19, RIDGEFIELD 42

WEDNESDAY

At: Garret. **Distance:** 3.1 miles

1. Adam Brulinski (NA) 21:20; 2. Daniel Pokras (S) 21:35; 3. Alex Leckie (R) 22:03; 4. Ming Liang Lin (S) 22:11; 5. Chris Bernabe (S) 22:16; 6. Keith Widen-er (S) 22:55; 7. Austin Hawxhurst (S) 23:09.

SADDLE BROOK 15, BECTON 50

SADDLE BROOK 15, ST. MARY 50

WEDNESDAY

At: Garret. **Distance:** 3.1 miles

1. Kelan Yalong (SB) 19:00; 2. Steven Halpin (SB) 20:09; 3. Sean Roberts (SB) 20:29; 4. Daniel Cruz (SB) 21:32; 5. Daw-id Gil (SB) 21:32; 6. C.J. Limatola (SB) 23:18; 7. Thomas Breedveld (SB) 24:03.

GIRLS CROSS-COUNTRY

NJIC

SECAUCUS 15, RIDGEFIELD 50

SECAUCUS 15, NORTH ARLINGTON 50

WEDNESDAY

At: Garret. **Distance:** 3.1 miles

1. Mehak Parikh (S) 24:49; 2. Victoria Saniko (S) 26:52; 3. Juliet Nowak (S) 27:09; 4. Saumya Parikh (S) 27:34; 5. Emma Bowers (S) 27:35; 6. Genevieve O'Brien (S) 29:00.

NV/Demarest making early case to be noticed

By **PAUL SCHWARTZ**
STAFF WRITER

The NV/Demarest boys weren't ranked in The Record preseason Top 25 and Norsemen coach Mike Theuerkauf didn't mind that. "I sort of like us being able to lurk in the weeds," said the NV/Demarest coach. "Anyway we only had one runner back from our top seven from last year."

But any chance of NV/Demarest being unheralded for long went away in the opening dual meet of the season Sept. 8, as the Norsemen stunned Tenaflly, then ranked No. 5, 22-37.

And it wasn't even NV/Demarest senior captain Robert Wilson who led the upset, although he finished a solid second, defeating Tenaflly's Max Zavidow, a sub-9:40 3,200-meter runner last spring.

Instead, it was junior Nathaniel Tirado who won the race with a personal best at Darlington County Park, running 17:18 for the 5,000 meters, 35 seconds faster than he ran last year in his best finish.

"He really bought in this summer to what we were doing and he worked really really hard," said Theuerkauf.

After the 1-2 finish of Wilson and Tirado, NV/Demarest got

Cross-country top 25

BOYS RANKING

1. Don Bosco
2. Indian Hills
3. River Dell
4. Ridgewood
5. Bogota
6. Hackensack
7. Tenaflly
8. NV/Demarest
9. NV/Old Tappan
10. Wayne Hills
11. Clifton
12. Northern Highlands
13. Bergen Catholic
14. Glen Rock
15. Lyndhurst
16. Passaic
17. Wayne Valley
18. Rutherford
19. Hasbrouck Heights
20. Kinnelon
21. Cliffside Park
22. Ramsey
23. Paramus
24. Pascack Hills
25. Dwight-Englewood

GIRLS RANKING

1. Ridgewood
2. Northern Highlands
3. IHA
4. Holy Angels
5. Wayne Hills
6. Indian Hills
7. NV/Old Tappan
8. Clifton
9. River Dell
10. Hasbrouck Heights
11. Glen Rock
12. Cresskill
13. Pascack Valley
14. Bergen Tech
15. Passaic Tech
16. Ramsey
17. NV/Demarest
18. Park Ridge/Emerson
19. Secaucus
20. Kinnelon
21. Tenaflly
22. West Milford
23. Wayne Valley
24. Lyndhurst
25. Bogota

great races from junior Ty Miller in fifth, sophomore Josh Munoz (sixth), sophomore Tim Larsen (eighth), junior Justin Nam (ninth) and sophomore Danny Markham (10th) — putting 10 runners ahead of Tenaflly's number four runner.

"We started captain's practices in late June and we went until official practice started Aug. 20," said Wilson, the only senior on the

varsity. "We went six days a week and got in about 40-50 miles a week, and mostly everyone showed up every day. It's going to give us a nice year."

It's too soon to get too excited about early season success in dual meets, but it's clear NV/Demarest is going to be a team to be reckoned with for at least the next two years.

AROUND THE COURSE

■ **Congratulations to Weehawken** and rookie head coach Kyle Mahoney, whose boys team won its first dual meet in its first season last week. Granted that Paterson Charter didn't field a full team at Garret Mountain, but the Indians did, so kudos to senior Michael Stepkovich, junior Daniel Sanchez, sophomore Adrian Castellanos, junior John Lin and senior Lukas Stever, the five scorers in the Weehawken win. Stepkovich and Lin improved their Garret Mountain times by more than 90 seconds in their second meet, when Weehawken lost to St. Mary's and North Arlington.

■ **Bergen Catholic and Immaculate Heart** made their major meet debuts Saturday at the Newark Academy Invitational impressive ones with blowout wins. Junior Caleb Shaia won the boys race by nearly 100 meters in 16:33 while junior Conor Secora (third), junior Peter Theuerkauf (seventh), junior Billy Rabah (eighth) and senior Tommy O'Boyle (ninth) led to a 28-55 win over the host school.

■ **IHA junior Giavanna Tabbachi-**

no beat classmate Caitlin McPartland by 100 meters in 20:03.0 with juniors Megan Brockmeier (sixth), Jill Neggia (eighth) and Julia Scherer (10th) following for an equally easy 27-48 win over Villa Walsh Academy.

■ **Ramsey and Ramapo** were supposed to make their debuts in the Randolph Invitational last Saturday but the meet was canceled because of the forecast.

■ Even without two of its top three runners missing because of college visits, **Secaucus** managed a fifth-place finish in the girls race at the CHSAA Developmental meet at Van Cortlandt Park, N.Y., as Mehek Parikh ran a solid 17:52 on the traditional 2½-mile course.

■ **Pascack Hills and Teaneck** ventured to Warwick Valley's Wave Mania in Warwick, N.Y. and the Cowgirls' Hannah Figueroa had the day's best local finish (31st) in the Girls Varsity 2 race.

■ Most North Jersey teams running this weekend are competing today at the Maroon Invitational at Garret Mountain, with the

large school varsity races at 4:10 and 4:25 and the small school races at 6 and 6:10.

■ Other races with a potential North Jersey presence including the Bernie Magee NJCTC Class race at Greystone Park and the Thompson Park class meet in Central Jersey.

NORTH JERSEY BOYS RUNNER OF THE YEAR WATCH:

Last week's most impressive runners included Shaia, and Season Opener race winners Marc Lugo of Hackensack, James Draney of Bogota and Matt Cohane of Indian Hills, with sophomore Derek Barney of Indian Hills getting honorable mention for his 16:08 runner-up Darlington effort.

NORTH JERSEY GIRLS RUNNER OF THE YEAR WATCH:

Tabbichino, and Season Opener race winners Monica Hebner of Northern Highlands and Alex Walter of Glen Rock are joined by Passaic Tech's Sarah Shannon (a Darlington personal-best of 19:44) and Old Tappan's Courtney Brunet.

— Paul Schwartz

MAROON INVITATIONAL

BOYS 1-2

Team scores

Bogota (B) 59; Wallkill Valley (WV) 59; North Warren (NW) 101; Whippany Park (WP) 119; Pascack Hills (PH) 162; Ridgefield Park (RP) 180; Rutherford (R) 184; Saddle Brook (SB) 215; Mater Dei (MD) 223; Pompton Lakes (PL) 238; Jefferson (J) 241; Fort Lee (FL) 272; Dumont (D) 318; Secaucus (S) 368.

Results

1. Luke Vanderhoff (WV) 16:52; 2. Sean Sullivan (R) 16:59; 3. Daniel Daurio (B) 17:04; 4. James Draney (B) 17:11; 5. Andy Jaipersaud (B) 17:29; 6. Joseph Thoma (WP) 17:38; 7. Craig Natoli (J) 17:40; 8. Mack Wilowski (WV) 17:43; 9. Cameron Gec (WV) 17:47; 10. Josh Magalhaes (NW) 17:49; 11. William Summers (NW) 17:58; 12. Nick Boyle (WV) 18:03; 13. Derek Lewandowski (RP) 18:06; 14. Nicholas Thoma (WP) 18:10; 15. Alaster Winter (NW) 18:12.

GIRLS 1-2

Team scores

North Warren Regional (NW) 67; Jefferson (J) 74; Cresskill (C) 110; Wallkill Valley (WV) 141; Bogota (B) 184; Pascack Hills (PH) 190; Whippany Park (WP) 198; Saddle Brook (SB) 204; Rutherford (R) 204; Fort Lee (FL) 211; Ridgefield Park (RP) 226; Pompton Lakes (PL) 235; Dumont (D) 345; Mater Dei (MD) 385.

Results

1. Nicole Ohannesian (NW) 21:01; 2. Madelyn McConnon (J) 21:07; 3. Emily Szalai (J) 21:17; 4. Ally Lame (WV) 21:23; 5. Christie Na (R) 21:27; 6. Summer Regan (R) 21:52; 7. Mehek Parikh (S) 22:06; 8. Jillian O'Brien (B) 22:13; 9. Grace DePalma (J) 22:13; 10. Roshni Patel (S) 22:19; 11. Katie Andrews (PL) 22:24; 12. Gabby Lorusso (NW) 22:36; 13. Angela Carisit (NW) 22:50; 14. Ashley McVeigh (SB) 22:56; 15. Emily Green (C) 23:03.

BOYS 3-4

Team scores

Ridgewood (R) 28; Hackensack (H) 91; Clifton (C) 116; Montville (M) 139; Kearny (K) 141; Cliffside Park (CP) 151; Passaic (P) 173; Passaic Tech (PT) 173; Wayne Valley (WV) 191; Union High (U) 197; Sparta (S) 293

Results

1. Kenneth Marshall (R) 16:50; 2. Jenks Hehmeyer (M) 16:51; 3. Nick Barnabic (R) 17:01; 4. Marc Lugo (H) 17:01; 5. Ben Zamboldi (R) 17:24; 6. Jonathan Mobisa (U) 17:28; 7. Jeron Jordan (Kennedy) 17:28; 8. Billy Byrne (R) 17:30; 9. Mark Alves (K) 17:30; 10. Kevin Avila (H) 17:38; 11. T.J. Herman (Livingston) 17:40; 12. Kevin Heredia (C) 17:46; 13. Jason Argueta (CP) 17:47; 14. Brad Rynkowski (R) 17:47; 15. Sid Wagh (R) 17:48.

GIRLS 3-4

Team scores

Montville (MV) 20; Kearny (K) 62; Holy Angels (HA) 80; Memorial (ME) 136; Ridgewood (R) 143; Livingston (L) 143; Sparta (S) 157; North Bergen (NB) 167.

Results

1. Anna George (MV) 20:08; 2. Cassandra Harasts (MV) 20:36; 3. Sarah Shannon (PCT) 20:37; 4. Michelle Golowko (MV) 20:52; 5. Jennifer Polo (CP) 21:06; 6. Rhiannon Novelli (HA) 21:13; 7. Kaitlyn McTernan (UH) 21:38; 8. Jaime Witner (MV) 21:59; 9. Grace Jannson (HA) 22:10; 10. Meralis Mendez (PCT) 22:29; 11. Jessica Cavalier (K) 22:38; 12. Ilyada Erdal (CP) 22:42; 13. Yessenia Martinez (K) 22:47; 14. Kelly DiCristina (WV) 22:57; 15. Cassan Gologorsky (MV) 23:05.

Ridgewood firing on all cylinders

By **PAUL SCHWARTZ**
STAFF WRITER

WOODLAND PARK — Two weeks into the cross-country season, the transition from longtime Ridgewood boys coach Mike Glynn, who retired last spring to rookie head coach Patrick Ryan appears seamless.

Credit of course goes to Glynn and Ryan, his assistant last year. But an equal amount of credit should go to the two veteran seniors at the front of the Maroons' pack, Kenny Marshall and Nick Barnabic.

As they have for much of the last three seasons, the duo were the top finishers for Ridgewood on Friday as the Maroons dominated the Group 3-4 race at the Ma-

roon Invitational at Garret Mountain, with Marshall, the defending North 1 Group 4 sectional champion winning in 16:50 on a steamy hot day, with Barnabic in third just 11 seconds back. The next four Ridgewood runners, sophs Ben Zamboldi and Sid Wagh and juniors Billy Bryne and Brad Rynkowski finished less than a minute behind Marshall and within the top 15 as the Maroons easily defeated Hackensack, 28-91, for the team title.

"Coach Ryan is keeping Coach Glynn's tactics and I think he's adding a new dynamic to the team and we're very, very deep this year, especially in the sophomore class," said Marshall.

"Kenny and I have been up toward the front since we started running varsity,"

added Barnabic. "But this year we're leading a team as seniors, and helping the new varsity runners by giving them the benefit of our experience from the last few years being on the team."

Ryan is very comfortable in his new role, despite the fact that he'd only been out of Monmouth University since June 2014 and is now studying for a Masters in history there. "I owe a lot of that to Coach Glynn," says Ryan, who was an excellent

CROSS-COUNTRY: MAROON INVITATIONAL

runner at Leonia High School and then at Monmouth. "I'm so comfortable being at Ridgewood. Last year working with Coach Glynn and Josh [track coach Saladino], Jacob [since-retired girls coach Brown] and Steve [new girls head coach Opemcak], all of whom have gone through the day-to-day stuff for so many years and are so good at it. "Plus I really love this -- it's been a part of my life for a long time. I may be a rookie coach but I'm a veteran runner."

Bogota returned only three varsity runners from last year's outstanding league and Bergen group championship team, but those three boys went 3-4-5 and sixth man Daniel Rivera finished just six seconds behind No. 5 Cole Geraghty and the

Bucs edged Wallkill Valley, their likely rival for a North 1 Group 1 sectional title in seven weeks, on a sixth-man tiebreaker for the Group 1-2 boys title.

"We probably went out too hard today," said junior Dan Daurio, the Bucs' No. 1 runner Friday, the third different Buc to lead the team in three meets. "We were excited to race today but it was too hot to go out as hard as we did."

So Daurio, who finished third, James Draney, who was fourth and Andy Jaipersaud who finished fifth, were passed in the final run up the mountain by Rutherford's Sean Sullivan, who just fell short of race winner Luke Vanderhoff of Wallkill Valley. But Daurio and Draney still took nearly 30 seconds off their previous best time at Garret.

BOYS CROSS COUNTRY

Skyland teams soar

By Jim Lambert
For The Star-Ledger

The Skyland Conference rocked the Greystone course on Saturday by winning eight of the 11 boys titles at the 36th NJCTC Bernie Magee Class Meet at Central Park in Morris Plains.

Voorhees, No. 10 in the state, led the charge as Robert Whitney won the Senior Division race in 16:10, the fastest time of the day, to spark the Vikings to the Senior Team Title with a 3-man average of 16:42.

Voorhees also won the second of the team Sophomore Division team titles and finished as the overall team champion. The team champion was decided by adding up the points in the sophomore, junior and seniors races.

In addition to its all victories, the average for Voorhees on the day when adding up its top 5 runners from the different races was 16:42.

The other winners from the Skyland Conference were Justin Cornetta of Hunterdon Central, Ray Sellaro of North Hunterdon, and Ryan Martins of Watchung Hills, and the Hunterdon Central freshman boys team.

Whitney said his time surprised him on such a hot day.

"I saw what Cornetta ran earlier and wasn't so sure I could go that fast," said Whitney. "But I felt pretty good out there and everything came together for me."

Earlier this week, Whitney lost to Sellaro in a dual meet.

"It was nice to come back today and get my confidence back after losing that race," said Whitney.

In other highlights, Jack Stanley of Mendham won the the freshman 2,500-meter

race in 8:28, one of the fastest times in course history!

Bergen Catholic, the winner at the Newark Academy Invitational last week, continued its strong start to the season by winning the Junior Division team title, and Columbia captured the first Sophomore Division team title.

Ridge wins girls title

Nadia Saponara burned up the course with the fastest time of the day, No. 7 Ridge won the overall team championship, Anna DiMarcello scored an impressive win, and Phillipsburg, IHA, and North Hunterdon won titles at the 36th NJCTC Bernie Magee Class Meet Saturday.

Hunterdon Central's Saponara shocked herself by running 19:15 to win the Senior Division race by 23 seconds.

The second fastest time of the meet was run by North Hunterdon's DiMarcello, who won the Junior Division race in 19:36. DiMarcello won the sophomore race a year ago.

"I'm ahead of where I was running this time last year," said DiMarcello. "So I'm happy about that, and I'm happy with how I ran and how our team did today. The team is what matters most."

It was a great day for the DiMarcello family as freshman Ellie DiMarcello also had a great race, running 9:49 (2,500 meters) to place second to spark the Lions to the Freshman Division team title.

In other highlights, Shelby Piccinic of Colonia won the Sophomore Division race in 19:45, and Hunterdon Central's Hannah Cella captured the Freshman Division title in 9:47.

BC, IHA run well in Morris County

By **PAUL SCHWARTZ**

STAFF WRITER

Bergen Catholic and IHA enjoyed excellent races at the Bernie Magee NJCTC Class meet at Central Park of Morris County in Morris Plains on Saturday, highlighting a weekend with North Jersey teams competing in four major invitationals across three states.

The junior BC trio of Caleb Shaia, Connor Secora and Peter Theuerkauf finished seventh, 12th and 14th, respectively, to lead the Crusaders to a 30-36 win over Westfield in the Junior Class race. Shaia ran 16:53.4 for the 5,000 meters at Central Park, with Secora at 17:15.6 and Theuerkauf at 17:24.7.

In the merged boys results, BC took eighth in the 40-team field with 250 points. Ramapo was 30th and Harrison was 36th.

IHA was even better in its junior race with Giavanna Tabbachino second in 20:05.2, Megan Brockmeier sixth in 20:45.2 and Caitlin McPartland 10th in 20:48.8 allowing IHA to beat overall race winner Ridge, 17-18, in the junior class scoring. Alexandra Harris of Ramapo was 11th in 20:52.5 with Emily Bermudez, Jill Neggia and Julia Scherer finishing 18-19-22 for IHA.

Arianna Lopez of Palisades Park was eighth in the senior race in 20:36.6, while Ramapo's Alyssa Gilligan was 24th. IHA was third in the overall scoring with 144 points, followed by Ramapo (17th) and Harrison (31st).

Ramapo made its seasonal debut at the Thompson Park Class meet in Jamesburg and the Rams girls were excellent in finishing second in the senior race, third in the sophomore event and third overall with 130 points.

Victoria Clinton was third in the junior race in a team-leading 20:39.67 with classmate Erinn McGahan 16th in 21:53.07. Elizabeth Flood was fifth in the sophomore race in 21:21.40 and Lindsay McNeill was ninth in 21:50.21, while Margaret Schiazza (21:53.71)

and Jacqueline Pesco (22:15.5) were 12th and 16th, respectively, in the senior race.

Brielle Eisler took 21st in the senior race for Paramus, 17th overall, while sophomores Linnea Gilligan (seventh, 21:38.00) and Samantha Biss (15th, 22:26.02) led Lakeland to 13th place overall.

Paramus ran well in the boys race at Thompson, with Alex Gee running seventh (16:52.51) in the senior race and classmate Chris O'Connell 19th (17:44.10). Nick Weuste took 10th (17:46.56) in the sophomore race as the Spartans were fifth overall. Junior Nick Kaczorowski of Ramsey was third (17:07.40) in his class race, while Andrew Biss of Lakeland was 21st (17:50.87) in the senior race. Ramsey and Lakeland were 17th and 18th, respectively, in the meet.

The results weren't quite as good at the Suffern Invitational at Bear Mountain State Park for locals, but Abigail McLaughlin of Bergen Tech was fifth in the girls Varsity A race in 19:19.2 for the three-mile distance. Mahwah was 13th, Bergen Tech 14th and Westwood 19th in that race. Teaneck and Lyndhurst went 9-10 in the Varsity B race.

Bergen Tech sophomore Anthony DiIorio was eighth in the boys A race in 17:07.1, as Tech finished 11th, Westwood 12th and Mahwah 16th. Isaiah Aviles (17:33.0) and Anthony Dellaquila (17:41.9) went 15-22 in the B race as Lyndhurst finished a solid fifth. Teaneck was 18th.

Hasbrouck Heights ventured to the Briarwood Invitational at the Belmont Plateau in Philadelphia's Fairmount Park and the girls posted a fourth-place finish in the Varsity 2 race. Hailey Ross was 19th in 22:43, with Danielle Dallara 20th in 22:52 and Brooke McKnight 22nd in 23:17. The boys finished 15th in their race.

CROSS-COUNTRY

CROSS-COUNTRY

BOYS

BERGEN CATHOLIC 15, ST. JOSEPH 50

At: Darlington. **Distance:** 3.1 miles

1. Caleb Shaia (BC) 16:31.96; 2. Conor Secora (BC) 16:48.12; 3. Peter Theuerkauf (BC) 16:51.99; 4. Will O'Connell (BC) 17:28.64; 5. Will Lenz (BC) 17:44.07.

DON BOSCO 17, PARAMUS CATHOLIC 43

At: Darlington. **Distance:** 3.1 miles

1. Joe Erskine (DB) 17:08.13; 2. Pat Donnelly (DB) 17:08.59; 3. Matt Hartman (DB) 17:09.04; 4. Jun Omiya (DB) 17:12.85; 5. Christopher Scerbak (PC) 17:46.16.

DUMONT 15, DWIGHT MORROW 50

At: Darlington. **Distance:** 3.1 miles

1. Frank Scallo (D) 18:04.44; 2. Dylan Scallo (D) 18:22.36; 3. Christopher Graham (D) 19:26.34; 4. Carlos Barquin (D) 20:47.91; 5. Ryan Aguillar (D) 20:57.86.

FAIR LAWN 26, WEST MILFORD 30

At: Darlington. **Distance:** 3.1 miles

1. Jonathan Marcus (FL) 17:40.42; 2. Edward Woodcock (WM) 17:48.04; 3. Michael Fenton (FL) 17:54.87; 4. Joey Cummings (WM) 17:58.08; 5. Joseph Fernandez (FL) 19:10.44.

INDIAN HILLS 19, HACKENSACK 40

At: Garret. **Distance:** 3.1 miles

1. Matt Cohane (IH) 17:11; 2. Chris Corcoran (IH) 17:14; 3. Steven Fiumefreddo (IH) 17:16; 4. Marc Lugo (H) 17:18; 5. Derek Barney (IH) 17:21.

MAHWAH 25, RAMSEY 34

RIVER DELL 15, MAHWAH 49

RIVER DELL 17, RAMSEY 45

At: Garret. **Distance:** 3.1 miles

1. Patrick Robertson (RD) 17:57; 2. Will Daly (RD) 17:58; 3. Colin Daly (RD) 17:58; 4. Nick Kaczorowski (Rsy) 17:58; 5. Gary Wilhelm (RD) 18:18; 6. Dan Murray (RD) 18:19; 7. Chris Murray (RD) 18:21.

NORTHERN HIGHLANDS 22, PARAMUS 37

At: Darlington. **Distance:** 3.1 miles

1. Alex Gee (P) 17:14.51; 2. William McKee (NH) 17:19.09; 3. Declan Rozinsky (NH) 17:29.51; 4. Jack Weinberger (NH) 17:30.37; 5. Chris O'Connell (P) 17:32.79.

RIDGEFIELD PARK 25, CLIFFSIDE PARK 30

At: Darlington. **Distance:** 3.1 miles

1. Jason Argueta (CP) 17:19.12; 2. Derek Lewandowski (RP) 17:22.10; 3. Garrett Norcross (RP) 18:08.32; 4. Timothy Strowbridge (RP) 18:09.89; 5. Hunter Corcoran (CP) 18:14.05.

RIDGEWOOD 16, RAMAPO 47

At: Garret. **Distance:** 3.1 miles

1. Matteo Robazza (Ri) 16:59; 2. Ben Zamboldi (Ri) 17:58; 3. Sid Wagh (Ri) 17:58; 4. Andrew Taggart (Ri) 17:58; 5. Walter Tarr (Ra) 18:23.

TENAFLY 20, PASCACK VALLEY 41

At: Darlington. **Distance:** 3.1 miles

1. Jeff Roberts (PV) 16:57.77; 2. Ed Salaski (T) 17:21.82; 3. Frank Maloney (T) 17:26.25; 4. Michael Silverman (T) 17:36.14; 5. Joe Shin (T) 17:40.90.

WAYNE HILLS 17, LAKELAND 46

At: Garret. **Distance:** 3.1 miles

1. Joseph Zisa (WH) 17:12; 2. Eric Solorzano (WH) 17:28; 3. James Brennan (WH) 17:36; 4. Andrew Biss (L) 17:45; 5. Bryant O'Donohoe (WH) 17:58.

GIRLS

CLIFFSIDE PARK 20, RIDGEFIELD PARK 35

At: Darlington. **Distance:** 3.1 miles

1. Jennifer Polo (CP) 19:56.32; 2. Ilyada Erdal (CP) 21:18.34; 3. Veronica Couto (RP) 22:28.43; 4. Mavis Cao (CP) 22:49.94; 5. Erin O'Connor (CP) 23:02.14.

DUMONT 15, DWIGHT MORROW 50

At: Darlington. **Distance:** 3.1 miles

1. Courtney Deloughery (D) 22:24.40; 2. Zsafia Balog (D) 24:54.76; 3. Lauren Riquelme (D) 24:48.67; 4. Hannah Banzil (D) 25:18.82; 5. Maggie Booth (D) 26:19.92.

HOLY ANGELS 15, PARAMUS CATHOLIC 50

At: Darlington. **Distance:** 3.1 miles

1. Rhiannon Novelli (HA) 19:37; 2. Grace Jansson (HA) 20:25; 3. Mackenzie Hughes (HA) 21:20; 4. Courtney Dodds (HA) 22:15; 5. Catherine Wadders (HA) 22:27.

NORTHERN HIGHLANDS 15, PARAMUS 49

At: Darlington. **Distance:** 3.1 miles

1. Monica Hebner (NH) 19:11.74; 2. Isabel Hebner (NH) 19:28.25; 3. Paige Wilderotter (NH) 20:31.41; 4. Bridget Zimny (NH) 21:04.11; 5. Melina North (NH) 21:26.71.

PASCACK VALLEY 20, TENAFLY 39

At: Darlington. **Distance:** 3.1 miles

1. Ashley Evans (PV) 20:37.34; 2. Nikki Criscuolo (PV) 20:46.68; 3. Marlo Guastella (PV) 21:31.50; 4. Jessica Lapitan (T) 21:44.68; 5. Ines Greenway (T) 21:56.90.

WEST MILFORD 18, FAIR LAWN 39

At: Darlington. **Distance:** 3.1 miles

1. Rachael Royer (WM) 21:07.65; 2. Madeline Pluta (WM) 21:42.28; 3. Erin McCarthy (WM) 22:00.93; 4. Ann Shulkin (FL) 22:32.55; 5. Kayla Yuhass (WM) 22:46.30.

RAMSEY 17, MAHWAH 44

RIVER DELL 16, MAHWAH 47

RIVER DELL 24, RAMSEY 31

At: Garret. **Distance:** 3.1 miles

1. Shannon Gorla (RD) 20:19; 2. Ginger Pojednic (RD) 21:09; 3. Victoria Clinton (Rsy) 21:18; 4. Elizabeth Flood (Rsy) 21:23; 5. Erinn McGahan (Rsy) 21:43; 6. Mel Dougherty (RD) 21:51; 7. Nicole Muscat (RD) 21:59.

RIDGEWOOD 20, RAMAPO 43

At: Garret. **Distance:** 3.1 miles

1. Lexi Harris (Ra) 19:57; 2. Samantha Halvorsen (Ri) 20:35; 3. Olympia Martin (Ri) 20:45; 4. Meghan Adams (Ri) 20:51; 5. Sophia Sheehy (Ri) 21:07.

WAYNE HILLS 17, LAKELAND 46

At: Garret. **Distance:** 3.1 miles

1. Taylor Domico (WH) 20:54; 2. Emily Becker (WH) 21:06; 3. Katerina Zachmann (WH) 21:11; 4. Linnea Gilligan (L) 21:23; 5. Natalie Zawistowska (WH) 21:43.

INDIAN HILLS 19, HACKENSACK 43

At: Garret. **Distance:** 3.1 miles

1. Julia Guerra (IH) 19:48; 2. Serena Martinez (H) 21:05; 3. Madeline Daly (IH) 21:54; 4. Julia Miles (IH) 22:19; 5. Macy Kissel (IH) 22:24.

THE CROSS-COUNTRY REPORT

Downey draws double duty at IHA, Bergen C.

By PAUL SCHWARTZ
STAFF WRITER

It's not easy coaching two cross-country teams at two different schools, but John Downey is making it work at Immaculate Heart and Bergen Catholic.

Meet days probably are the easiest for Downey, the IHA athletic director, to manage as both teams go to the same meets — winning races at the Newark Academy Invitational two weeks ago and enjoying excellent performances at last weekend's Bernie Magee Class meet at Greystone Park.

"But I have great assistants at both places, Matt Joyce and Jessica Bunone at IHA, and Bill Magee and Bill Leonard at Bergen Catholic to handle the junior varsity and freshmen and Tiffany Schwartz helps me with both varsity teams," said Downey, who tries to schedule practices on soft surfaces equidistant from the schools, located about three miles apart in Oradell and Washington Township.

The IHA team probably is a little better, comparatively, with a junior-dominated squad led by All-Bergen County returnee Giavanna Tabbachino, Megan Brockmeier and Caitlin McPartland.

But Downey points to the senior leadership provided by Lauren Gallagher, Jackie Rogers and Brid-

Cross-country Top 25

Boys	Girls
1. Don Bosco	1. Ridgewood
2. Indian Hills	2. No. Highlands
3. Ridgewood	3. Immaculate Heart
4. River Dell	4. Wayne Hills
5. Bogota	5. Indian Hills
6. Hackensack	6. River Dell
7. Bergen Catholic	7. Ramsey
8. Tenafly	8. Holy Angels
9. NV/Demarest	9. NV/Old Tappan
10. NV/Old Tappan	10. Clifton
11. Wayne Hills	11. Hasbrouck Heights
12. Clifton	12. Ramapo
13. Paramus	13. Glen Rock
14. No. Highlands	14. Cresskill
15. Glen Rock	15. Pascack Valley
16. Cliffside Park	16. Passaic Tech
17. Passaic	17. NV/Demarest
18. Pascack Hills	18. Park Ridge/Emerson
19. Lyndhurst	19. Mahwah
20. Passaic Tech	20. Secaucus
21. Wayne Valley	21. Kinnelon
22. Kinnelon	22. Bergen Tech
23. Dwt.-Englewood	23. Tenafly
24. Ridgefield Park	24. Lakeland
25. Rutherford	25. Bogota

get Scanlon for this season's success.

"The seniors are awesome kids and I got lucky having them," said Downey. "They made sure the girls got their running in on the days we didn't have formal practice this year. Their passion really leads the team."

The boys have just one senior, Tom O'Boyle, who is battling ankle problems and missed Saturday's meet.

But the Crusader juniors, who had some disappointing results last year, have snapped back with some good races, paced by Caleb Shaia, Conor Secora and Peter Theuerkauf.

"They really want to do better and they've worked harder," said Downey.

"They're aware they underachieved last year and they have big goals this season."

Downey thinks the IHA team, a perennial contender for the state Meet of Champions, can make it again this year and battle Northern Highlands, Ridgewood and Holy Angels for the Bergen title.

"I'd like us to be in the top 10 at the state Meet of Champions."

The goal for the Crusaders is to be in position to make their first SMOC appearance since 1977, when BC finished second.

The schools won't make a major appearance until their Oct. 8 visit to Disney World.

AROUND THE COURSE

■ It's a busy week for major meets with nearly 50 North Jersey schools scheduled to run in six meets in three states.

■ Nationally ranked Don Bosco makes its debut Saturday in the Puma Challenge race at the Carlisle Invitational in Pennsylvania against excellent teams from four states.

■ The Ridgewood boys travel to the Bowdoin Invitational in Wappingers Falls, N.Y. to run on the course that serves as the site of the Nike Northeast Regionals in November against an outstanding multi-state field.

■ Friday, Bergen Tech, with Michelle Kubasek expected to make her major-meet debut, will compete in the Red Raider Run at Bear Mountain.

■ Lyndhurst and Sean Sullivan of Rutherford lead five North Jersey teams at the Stewart Memorial Invitational at

Greystone Park, where both the Golden Bears and Sullivan won North 2 titles last November.

■ Indian Hills' boys never have lost at the Wild Safari Invitational in Jackson in their first four appearances and the Braves look to make it five in a row in the C race Saturday. Other ranked teams at the meet include Indian Hills, Holy Angels, Mahwah, Park Ridge/Emerson, Lakeland, Ramsey, Kinnelon and Ramapo girls, and Kinnelon, Cliffside Park and Dwight-Englewood boys.

■ The oldest invitational meet in North Jersey holds its 49th renewal Saturday with more than 20 local teams and about 80 overall entered in the Passaic County Coaches Invitational at Garret Mountain with the first varsity race at 10:45 a.m.

— Paul Schwartz



STAFF FILE PHOTO BY CHRIS PEDOTA

Rutherford's Sean Sullivan will compete at Stewart Invitational.

CROSS-COUNTRY

PASSAIC COUNTY COACHES INVITATIONAL

AT WOODLAND PARK

BOYS

Group 1 team scoring

Mountain Lakes (ML) 40*, Bogota (B) 40, North Warren (NW) 74, Boonton 175, Cedar Grove (CG) 189, Kittatinny 202, Pequannock (P) 203, Pompton Lakes (PL) 205, Saddle Brook 219, Eastern Christian 254, Morris Catholic 274, Secaucus 298, Hopatcong 299, Keansburg 375.

1. James Draney (B), 16:55; 2. Dan Daurio (B), 17:09; 3. Nick DeGennaro (CG), 17:12; 4. Mark Cappuccitti (ML), 17:21; 5. Andy Jaipersaud (B), 17:28; 6. Jared Cooper (ML), 17:29; 7. Blake Dignes (ML), 17:29; 8. Alaster Winter (NW), 17:30; 9. William Summers (NW), 17:39; 10. Jared Libertelli (ML), 17:42; 11. Kurt Hill (P), 17:56; 12. Josh Magalhaes (NW), 17:57; 13. Jeremy Anderson (ML), 18:02; 14. Indrit Istefi (PL), 18:10; 15. Cole Geraghty (B), 18:12.

Group 2 team scoring

Newton (N) 77*, St. Benedict's (SB) 77, Governor Livingston (GL) 78, Glen Rock (GR) 117, High Point (HP) 120, Spotswood (S) 140, Sussex Tech (ST) 153, Westwood 172, Bishop Ahr 217, Morris Tech 253.

1. Joe Dragon (HP), 15:34; 2. Ronald Kigen (SB), 16:06; 3. Steven Payne (SB), 17:18; 4. Scott Bamberg (SB), 17:26; 5. Logan Calichman (GL), 17:29; 6. Matt Oscovitch (ST), 17:31; 7. Graham Doskoch (GL), 17:35; 8. Owen Davitt (GR), 17:36; 9. Dan Banas (HP), 17:41; 10. Bryan Deery (ST), 17:45; 11. Justin Dekovics (S), 17:46; 12. Joe McCabe (GR), 17:56; 13. Anthony Donatelli (N), 18:03; 14. Gavin DeYoung (N), 18:06; 15. Ryan Holzhauer (N), 18:06.

Group 3 team scoring

Wayne Hills (WH) 45, Highland (H) 56, Montville (M) 108, Wayne Valley 116, Sparta (S) 116, Paramus (P) 123, Mount Olive (MO) 127, Roxbury 178, West Milford 265

Joshua Clark (H), 16:31; 2. George Galkin (WH), 16:43; 3. Alex Gee (P), 16:57; 4. Jose Figueroa (H), 16:58; 5. Eric Solorzano (WH), 17:08; 6. Jenks Hehmeyer (M), 17:11; 7. Robert Hammond (MO), 17:17; 8. Ben Woodward (H), 17:23; 9. Michael Mysh (S) < 17:24; 10. Joseph Zisa (WH), 17:34; 11. James Brennan (WH), 17:43; 12. Ben Giugliano (S), 17:52; 13. Jonathan Kraft (M), 17:54; 14. Charles Roy (M), 18:02; 15. Amir Raimandi (MO), 18:02.

Group 4 team scoring

Morristown (M) 45, Hackensack (H) 105, Randolph (Ran) 112, Memorial (Mem) 117, Passaic Tech (PCT) 135, Clifton (C) 148, Montclair (Mon) 148, West Orange (WO) 171, Passaic (P) 184, Kennedy (K) 238, Union City 253, Bloomfield 271, Edison 352, Morris Knolls 383.

1. Evan Quinn (Mo), 16:14; 2. Eric Clay (Mo), 16:38; 3. Ben Edwards (Mo), 16:39; 4. Marc Lugo (H), 16:41; 5. Jeron Jordan (K), 16:49; 6. Jagger Garguilo (WO), 16:51; 7. Rafael Hernandez (Mem), 17:04; 8. Jose De La Cruz (Mem), 17:05; 9. Steven Casano (Ran), 17:07; 10. Alejandro Ibarguen (PCT), 17:08; 11. Geoff Minet (Mon), 17:13; 12. Joshua Holhan (Ran), 17:13; 13. Antonio Amaral (Ran), 17:17; 14. Kevin Avilia (H), 17:19; 15. Kevin Heredia (C), 17:30.

GIRLS

Group 1 team scoring

Mountain Lakes (ML) 22, North Warren (NW) 66, Kittatinny (K) 96, Bogota 146, Saddle Brook (SB) 157, Pompton Lakes (PL) 162, Secaucus (S) 172, Eastern Christian 183, Cedar Grove (CG) 215, Keansburg 250, Hopatcong 284, Paterson Charter 330.

1. Kyra Velock (ML), 20:35; 2. Nicole Ohannesian (NW), 20:36; 3. Therese Olshanski (ML), 20:56; 4. Izzi Gengaro (ML), 20:58; 5. Katie Martini (K), 21:51; 6. Ally Jin (ML), 22:07; 7. Roshni Patel (S), 22:14; 8. Jill Boehmcke (ML), 22:19; 9. Alexa Perra (K), 22:25; 10. Madison Gerard (CG), 22:28; 11. Angela Carisit (NW), 22:34; 12. Gabby Lorusso (NW), 22:36; 13. Katie Andrews (PL), 22:51; 14. Nicole McVeigh (SB), 22:54; 15. Brianna McCoy, Pequannock, 22:59.

Group 2 team scoring

Governor Livingston (GL) 27, Mt. St. Dominic (MSD) 82, High Point (HP) 107, Glen Rock (GR) 113, Lakeland (L) 132, Sussex Tech 146, Newton (N) 159, Morris Tech 170, Westwood 207.

1. Alex Walter (GR), 20:26; 2. Bridget Wolf (GL), 20:42; 3. Rose Ippolito (N), 20:46; 4. Cassandra Raia, Spotswood, 21:01; 5. Angela Bonetti (GL), 21:12; 6. Linnea Gilligan (L), 21:23; 7. Amanda Johnson (GL), 21:31; 8. Alexa Circelli (GL), 21:32; 9. Danielle Petryk (GL), 21:33; 10. Jane Burgoyne (GR), 21:44; 11. Katie Sause (MSD), 22:07; 12. Cristal Vilasoa (GL), 22:16; 13. Katherine Onello (MSD), 22:24; 14. Emily Sartori (MSD), 22:29; 15. Regina Hall (HP), 22:38.

Group 3 team scoring

Wayne Hills (WH) 37, Roxbury (Rox) 52, Montville (M) 65, Mount Olive (MO), 111, West Milford 121, Sparta (S) 152, Morris Hills (MH) 185.

1. Anna George (M), 19:33; 2. Taylor Domico (WH), 20:17; 3. Alexandra Christian (MO), 20:21; 4. Julia Herraiz (Rox), 20:25; 5. Katerina Zachmann (WH), 20:37; 6. Michelle Golowko (M), 20:49; 7. Shea Brennan (WH), 20:54; 8. Katie Mayer (Rox), 20:55; 9. Dominique Tye (Rox), 20:56; 10. Alex Palumbo (Rox), 21:04; 11. Emily Becker (WH), 21:12; 12. Natalie Zawistowska (WH), 21:22; 13. Julia Chang (MO), 21:25; 14. Jaime Wittner (M), 21:36; 15. Emmy Silberstein (S), 21:40.

Group 4 team scoring

Montclair (Mon) 16, Clifton (Cl) 57; Morristown (Mor) 65, Union City 92, Morris Knolls 137, Ridgewood 156, Bloomfield 192, Edison 194.

1. Juliet Kohli (Mon), 19:46; 2. Sarah Shannon, Passaic Tech, 20:14; 3. Lia Schattner (Mon), 20:21; 4. Alina Chant, West Orange, 20:30; 5. Serena Martinez, Hackensack, 20:55; 6. Amelis Lufrano (Mon), 21:04; 7. Meralis Mendez, Passaic Tech, 21:11; 8. Cindy Zaldana, Hackensack, 21:14; 9. Grace Harrison (Mon), 21:15; 10. Maggie Servais (Mor), 21:18; 11. Eliza Gentry (Mon), 21:19; 12. Kate Sullivan (Mor), 21:25; 13. Sydney Shannon, Passaic Tech, 21:53; 14. Meghan Jozefczyk (Cl), 21:58; 15. Mollie Slanina (Cl), 22:03.

*race decided by better sixth runner.

CROSS-COUNTRY: PASSAIC CTY. COACHES INVITATIONAL

Nothing can slow down Wayne Hills

By PAUL SCHWARTZ
STAFF WRITER

WOODLAND PARK — Over the last decade or so, the Wayne Hills cross-country teams have become one of the strongest programs year in and year out in North Jersey, winning multiple Passaic County championships in both genders and always contending for state sectional titles.

But the Patriots have suffered several blows in recent years beyond the normal graduation and rebuilding that any high school team goes through.

A preseason accident in 2014 may have cost the girls program a shot at a state group title, and the departure of first assistant coach Chris Monaco and then longtime head coach Rob Bell, the architects of the program, for professional reasons last year could have put an end to the growth of the program.

Not to worry.

Wayne Hills showed Saturday in

impressive race wins in the boys and girls Group 3 divisions of the Passaic County Coaches Invitational, that the departure of coaches, bad breaks and even the transfer of a potential county champion won't slow down the Patriots.

"The hardest thing to do is to live up to the expectations for the program that coach Bell and coach Monaco set," said first year head coach Jason Stagers, who coached with Bell last spring.

"I've talked to Bell several times since I took the job and I can't say enough about what he's done. And these kids have built upon that and have just gotten better."

The boys came first, placing five runners in the top 17, to defeat perennially strong Highland Regional, 45-56, led by senior George Galkin (second in 16:43) and one of the most improved runners in the area, senior Eric Solorzano (fifth in 17:08), who was more than a minute faster than he ran in the same race last year.

"I got an opportunity to apply myself last spring and I didn't want to let it get away," said Solorzano, who was Wayne Hills' sixth runner most of last year.

"This team wants to achieve a lot and we will."

A few minutes later, the girls might have even been better, putting five runners in the top 12 to beat Roxbury and Montville, 37-52-65, and stamping themselves as sectional and county contenders later in the month.

"I love these kids," said assistant coach Aly Pyper, who herself was part of a great Wayne Hills team three years ago.

"They remind me a lot of what we were like and they work hard like we did."

Taylor Domico led the Patriots in second at 20:17 and Katerina Zachmann was fifth.

Bogota's boys finished in a tie for the Group 1 race, but unlike last week, came up short in a sixth-man tiebreaker against Mountain Lakes,

despite a 1-2 finish by James Draney and Dan Daurio, with Draney breaking 17 minutes for the first time at Garret.

Glen Rock sophomore Alex Walter easily won the Group 2 girls race in 20:26, and hopes this race will be a springboard to another outstanding season.

"Things have been going very well and even though my legs got a little locked up as I finished the race, I'm going to try and stick with the plan and keep getting better," said Walter, who won the sectional title on the same course last November.

Other top finishes came from Marc Lugo of Hackensack (fourth, Group 4), Alex Gee of Paramus (third, Group 3) and Sarah Shannon of Passaic Tech (second, Group 4 girls).

But the best performance came from Joe Dragon of High Point, who won the Group 2 race in 15:34, fourth-fastest in the 35 year history of the course.

Indian Hills boys win fifth straight Safari title

For five years, the Indian Hills boys cross-country team has made the Wild Safari Invitational at Great Adventure in Jackson its own personal property.

Saturday, the Braves won their fifth consecutive Wild Safari championship, winning the Varsity C race, 30-75, over Delaware power Alexis DuPont, sweeping the first four positions with Matt Cohane, Chris Corcoran and Derek Barney finishing together in 16:26 for the 5,000-meter course. Soph Steve Fiumefreddo was fourth — 10 seconds behind his teammates — while Cliffside Park's Jason Argueta (17:04) was 10th in the same race. Mahwah was ninth, Ramapo 11th, Cliffside Park 13th and Lakeland 14th in the C race.

The Braves were the only North Jersey team winners across five other invitational across three states.

Meanwhile, Hussein Elmesahad of Leonia (second, 16:39), Chris Singer of Kinnelon (third, 16:44), Nick Kaczorowski of Ramsey (fifth, 16:54) and Andrew Sarrow of Park Ridge/Emerson (sixth, 16:55) were excellent races in the Wild Safari D race, with Kinnelon (eighth), Ramsey (ninth) and Leonia (12th) doing well in the team standings. Zane Diaz of Dwight-Englewood was 13th in the E race. Ramsey was fourth in the girls D race, one spot ahead of Kinnelon as Victoria Clinton was eighth in 19:45.

Indian Hills, Holy Angels, Ramapo, Cliffside Park and Mah-

CROSS-COUNTRY ROUNDUP

wah went 5-6-7-9-10 in the C division team competition. Rhiannon Novelli of Holy Angels was fifth (19:48), Jennifer Polo of Cliffside Park ninth (20:04) and Lexi Harris of Ramapo 10th (20:11).

In other events:

PUMA CHALLENGE (at Carlisle, Pa.) — Don Bosco made its seasonal debut a solid one, finishing second behind Downingtown West as David Rosas was third (15:39) and Patrick Sullivan 12th (16:07).

BOWDOIN INVITATIONAL (at Wappinger Falls, N.Y.) — Ridge-wood's boys ran a solid sixth in the Varsity 1 race, led by Ken Marshall's 16:45.11 clocking in eighth place.

STEWART INVITATIONAL (at Morris Plains) — Sean Sullivan won the Varsity B race (16:43.12) and helped his team to seventh place. Lyndhurst's Anthony Del'Aquila (seventh, 17:26.43), Isaiah Aviles (eighth, 17:28.04) and Xavier Locke (ninth, 17:32.49) helped the Golden Bears to second, 15 points behind Montclair-Kimberley. Kelvin Francisco of Fort Lee was 18th as the Bridgemen took eighth.

Summer Regan and Christie Na went 8-9 for Rutherford in the girls B race helping the Bulldogs to seventh as a team, one spot ahead of Lyndhurst and three ahead of Fort Lee.

CROSS-COUNTRY

BOYS

DEMAREST 15, BERGENFIELD 50

DEMAREST 25, OLD TAPPAN 30

DEMAREST 15, TEANECK 50

OLD TAPPAN 18, PASCACK VALLEY 41

OLD TAPPAN 15, TEANECK 50

TENAFLY 16, TEANECK 47

At: Darlington. **Distance:** 3.1 miles

1. James Weissenborn (OT) 16:55; 2. Nathaniel Tirado (D) 17:01; 3. Robert Wilson (D) 17:03; 4. Tim Larsen (D) 17:12; 5. Daniel Biggins (OT) 17:14; 6. Jeff Roberts (PV) 17:16; 7. William Dipolito (OT) 17:20; 8. Ty Miller (D) 17:31; 9. William Saiz (OT) 17:41; 10. Michael Silverman (Ten) 17:46.

DON BOSCO 18, BERGEN CATH. 37

At: Darlington. **Distance:** 3.1 miles

1. Connor Nicholson (DB) 16:20; 2. Justin Fuhrman (DB) 16:23; 3. Caleb Shaia (BC) 16:30; 4. William McNicholas (DB) 16:40; 5. Alex Zeepvat (DB) 16:42.

HACKENSACK 18, RAMAPO 43

NO. HIGHLANDS 24, HACKENSACK 31

NO. HIGHLANDS 17, RAMAPO 46

At: Garret. **Distance:** 3.1 miles

1. Marc Lugo (H) 17:48; 2. Declan Rozinsky (NH) 18:06; 3. Jack Weinberger (NH) 18:10; 4. William McKee (NH) 18:12; 5. Gideon Achirem (H) 18:21; 6. Walter Tarr (R) 18:22; 7. Ryan Grimsland (H) 18:26.

PARAMUS CATHOLIC 15, DePAUL 50

PARAMUS CATH. 28, ST. JOSEPH 29

ST. JOSEPH 15, DePAUL 50

At: Garret. **Distance:** 3.1 miles

1. Stefan Dela Riva (PC) 18:59; 2. Christopher Scerbak (PC) 18:59; 3. Steven Halko (SJ) 19:25; 4. Ryan Lairmore (PC) 19:35; 5. Alec Goodman (SJ) 19:50; 6. Gage Poindexter (SJ) 20:00; 7. Luke Plescia (SJ) 20:01.

PASSAIC TECH 21, KENNEDY 38

At: Darlington. **Distance:** 3.1 miles

1. Tarin Nelson (PT) 16:57; 2. Jeron Jordan (K) 17:00; 3. Jason Rodriguez (PT) 17:17; 4. Alejandro Ibarquen (PT) 17:45; 5. Ephraim Kishen (PT) 18:02.

RAMSEY 25, WESTWOOD 32

At: Darlington. **Distance:** 3.1 miles

1. Nick Kaczorowski (R) 17:28; 2. Jake DiCuffa (W) 17:40; 3. Ryan Salvo (R) 17:49; 4. Kristofer Bieri (W) 18:26; 5. Dan Kazlau (W) 18:52.

RIDGEWOOD 19, PARAMUS 40

At: Garret. **Distance:** 3.1 miles

1. Brad Rynkowski (R) 18:20; 2. Sid Wagh (R) 18:22; 3. Brendan Hughes (R) 18:23; 4. Chris O'Connel (P) 18:27; 5. Jonah Naftzger (R) 18:34.

RIVER DELL 15, PASCACK HILLS 45

At: Garret. **Distance:** 3.1 miles

1. Will Daly (RD) 17:59; 2. Colin Daly (RD) 17:59; 3. Chris Murray (RD) 18:23; 4. Gary Wilhelm (RD) 18:33; 5. Dan Murray (RD) 18:38.

GIRLS

DEMAREST 15, BERGENFIELD 50

OLD TAPPAN 17, DEMAREST 46

OLD TAPPAN 19, PASCACK VALLEY 44

OLD TAPPAN 16, TEANECK 47

TEANECK 15, BERGENFIELD 50

TENAFLY 26, TEANECK 30

At: Darlington. **Distance:** 3.1 miles

1. Courtney Brunet (OT) 19:49; 2. Ashley Evans (PV) 19:54; 3. Nicole Brougher (OT) 20:55; 4. Kristen Travers (OT) 21:02; 5. Courtney Geisenheimer (D) 21:10; 6. Mary Scrivanich (OT) 21:16; 7. Olivia Randolph (T) 21:21; 8. Aida de la Cruz (OT) 21:25; 9. Sari Abolafia (OT) 21:45; 10. Jessica Hall (OT) 21:55.

IHA 25, HOLY ANGELS 34

At: Darlington. **Distance:** 3.1 miles

1. Giavanna Tabbachino (IHA) 19:18; 2. Rhiannon Novelli (HA) 19:49; 3. Caitlin Mcpartland (IHA) 20:03; 4. Grace Jansson (HA) 20:08; 5. Mackenzie Hughes (HA) 20:17.

NO. HIGHLANDS 20, HACKENSACK 39

NO. HIGHLANDS 20, RAMAPO 39

RAMAPO 26, HACKENSACK 30

At: Garret. **Distance:** 3.1 miles

1. Monica Hebner (NH) 20:51; 2. Jodi Hinch (NH) 20:57; 3. Isabel Hebner (NH) 20:59; 4. Lexi Harris (R) 21:03; 5. Kadreya Simeon (H) 21:29; 6. Serena Martinez (H) 21:35; 7. Alyssa Gilligan (R) 22:18.

PARAMUS CATHOLIC 15, DePAUL 50

At: Garret. **Distance:** 3.1 miles

1. Erin O'Donnell (PC) 22:59; 2. Vanessa Vega (DP) 24:57; 3. Catherine Conti (DP) 25:55; 4. Lauren Presta (DP) 26:22; 5. Catherine Kluge (DP) 28:29.

PASSAIC TECH 21, KENNEDY 38

At: Darlington. **Distance:** 3.1 miles

1. Sarah Shannon (PT) 20:22; 2. Meralis Mendez (PT) 20:55; 3. Sydney Shannon (PT) 21:57; 4. Yalmin Encarnacion (PT) 22:55; 5. Ariana Diaz (K) 23:04.

RAMSEY 15, WESTWOOD 50

At: Darlington. **Distance:** 3.1 miles

1. Victoria Clinton (R) 22:45; 2. Elizabeth Flood (R) 22:45; 3. Erinn McGahan (R) 22:46; 4. Margaret Schiazza (R) 22:46; 5. Lindsay McNeill (R) 22:47.

RIDGEWOOD 15, PARAMUS 48

At: Garret. **Distance:** 3.1 miles

1. Cassie Keyes (R) 23:09; 2. Haley Driscoll (R) 23:30; 3. Quinn Daly (R) 23:55; 4. Sarah Catalano (R) 24:09; 5. Beatrice Davis (R) 24:20.

RIVER DELL 15, PASCACK HILLS 47

At: Garret. **Distance:** 3.1 miles

1. Shannon Gorla (RD) 20:13; 2. Ginger Pojednic (RD) 21:27; 3. Mel Dougherty (RD) 22:28; 4. Jen Bourdier (RD) 22:41; 5. Nicole Muscat (RD) 23:11.

CROSS-COUNTRY

BOYS

WAYNE VALLEY 22,

WEST MILFORD 36

At: Garret. **Distance:** 3.1 miles

1. Dean Astarita (WV) 18:50; 2. Edward Woodcock (WM) 19:10; 3. Matthew Nemery (WV) 19:12; 4. Joey Cummings (WM) 19:17; 5. Jake Scheidemann (WV) 19:25.

BERGEN TECH 15, EASTSIDE 50

PASSAIC 23, BERGEN TECH 38

PASSAIC 15, EASTSIDE 50

FAIR LAWN 27, LAKELAND 28

FAIR LAWN 19, PASSAIC VALLEY 38

LAKELAND 18, PASSAIC VALLEY 39

At: Garret. **Distance:** 3.1 miles

1. Jonathan Marcus (FL) 17:49; 2. Anthony Di Iorio (BT) 17:50; 3. Joel Garcia (P) 17:57; 4. Andrew Biss (L) 18:22; 5. Carlos Perez (P) 18:35; 6. Matthew Park (BT) 18:43; 7. Jose Barragan (P) 18:43; 8. Looando Bravo (P) 18:50; 9. Michael Fenton (FL) 18:55; 10. Mark Rodriguez (P) 19:19.

CLIFFSIDE PARK 25, DUMONT 34

At: Garret. **Distance:** 3.1 miles

1. Jason Argueta (CP) 18:19; 2. Frank Scallo (D) 18:44; 3. Dylan Scallo (D) 18:45; 4. Hunter Corcoran (CP) 19:01; 5. Gabriel Fermin (CP) 19:20.

RIDGEFIELD PARK 21, FORT LEE 34

At: Garret. **Distance:** 3.1 miles

1. Derek Lewandowski (RP) 18:09; 2. Victor Hua (FL) 18:52; 3. Emanuel Gonzalez (RP) 19:15; 4. Garrett Norcross (RP) 19:19; 5. Timothy Strowbridge (RP) 19:20.

GIRLS

WEST MILFORD 23,

WAYNE VALLEY 33

At: Garret. **Distance:** 3.1 miles

1. Rachael Royer (WM); 2. Kelly DiCristina (WV) 22:36; 3. Madeline Pluta (WM) 22:53; 4. Erin McCarthy (WM) 23:12; 5. Kristin McAtee (WV) 23:55.

FAIR LAWN 29, LAKELAND 30

FAIR LAWN 21, PASSAIC VALLEY 40

LAKELAND 21, PASSAIC VALLEY 36

At: Garret. **Distance:** 3.1 miles

1. Linnea Gilligan (L) 21:57; 2. Samantha Biss (L) 22:47; 3. Ann Shulkin (FL) 23:44; 4. Amanda Fanning (L) 23:55; 5. Nicole Ciani (PV) 24:19; 6. Illana Reznikov (FL) 24:37; 7. Daniella Gostev (FL) 25:00.

BERGEN TECH 22, PASSAIC 33

BERGEN TECH 15, EASTSIDE 50

PASSAIC 15, EASTSIDE 50

At: Garret. **Distance:** 3.1 miles

1. Michelle Kubasek (BT) 20:02; 2. Abigail McLaughlin (BT) 20:49; 3. Gabriela Lai (BT) 23:02; 4. Markiah Holmes (P) 23:31; 5. Nicole Sanchez (P) 23:31; 6. Sophia Wolmer (BT) 24:27; 7. Karen Correa (P) 24:31.

FORT LEE 28, RIDGEFIELD PARK 29

At: Garret. **Distance:** 3.1 miles

1. Veronica Couto (RP) 23:12; 2. Teresa Lee (FL) 23:28; 3. Josephine Wang (FL) 23:58; 4. Jessica Uben (RP) 24:17; 5. Ronika Jain (FL) 24:34.

CLIFFSIDE PARK 18, DUMONT 41

At: Garret. **Distance:** 3.1 miles

1. Jennifer Polo (CP) 20:48; 2. Ilyada Erdal (CP) 22:05; 3. Courtney Deloughery (D) 22:16; 4. Mavis Cao (CP) 22:28; 5. Tiffany Bueno (CP) 23:44.



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Samantha Halvorsen, center, missed spring track while she recovered from a concussion she suffered while snowboarding.

Long road to recovery

Ridgewood's Halvorsen back running after suffering concussion

RIDGEWOOD – Samantha Halvorsen couldn't understand a joke. She couldn't go to school. She couldn't read a book without falling asleep immediately afterward.

And she couldn't run.

The issue of concussions is one of the most important topics being examined in high school athletics. But for all the information and studies, there's a lot doctors still don't understand.

It is clear that concussions are more prevalent in so-called contact sports, such as football and soccer. Halvorsen, a Ridgewood senior is a runner. But she can laugh about it now – she gets the irony that her concussion took months to heal.

"Something like 97 percent of people would recover from the injury that I had in just a few weeks," she said earlier this month. "I just got unlucky."

Halvorsen, 17, was in the midst of a brilliant running career at Ridgewood. She was the indi-

vidual state champion at the freshman state cross-country championship, and as a sophomore, she was close to running sub-18 minutes at Darlington County Park in Mahwah.

In her junior cross-country season, she and close friend Carleen Jeffers gave the Maroons one of their best one-two combinations ever.

But fate intervened. Halvorsen was unlucky.

The Halvorsen family rents a house in Vermont every winter to go skiing. Sam was comfortable on the slopes, and recently had started snowboarding. One December morning, she chose a new path. She doesn't remember its name.

She remembers every part of the run though. Making a toe turn. Losing control on a patch of ice. Falling down. Head first.

"My board went flat, and my whole body went downhill," Halvorsen said.

She was wearing a helmet. And after a minute or so of laying in the snowpack, she composed herself, gathered her belongings and went to find her parents. The on-site medics told her she probably sustained a mild concussion.

At the time, she felt fine. She hung around the

house for a bit. But when the family went out to dinner later that night, it hit her. The lights of the restaurant. The noise. The talking.

It was all too much. She went to the hospital.

Growing up, Halvorsen had played a little bit of soccer, but whoever thinks of doing an ImPACT concussion test on a cross-country runner? So doctors had no baseline comparison for Halvorsen. They knew she was battling concussion-related symptoms, but they weren't sure why they wouldn't subside.

At its most basic level, a concussion is essentially a banged brain. But doctors aren't really sure what causes some brains to heal faster than others. Halvorsen didn't fall all that hard. But her brain wouldn't heal.

Halvorsen missed three months of school, then eased her way back, attending two classes a day. Her social interactions were limited. If anyone threw a new concept at her, it was fatiguing.

Her Nike Pegasus 30 running shoes sat idle.

"I began to realize in the winter when she wasn't being cleared that she was having difficulty fo-

See **COOPER** Page S-8



DARREN COOPER

LOCAL SPORTS
COLUMNIST

Cooper: Halvorsen's recovery

From Page S-7

cusing on her school work and that shed a whole different light on it," said Ridgewood cross-country coach Steve Opremcak.

Coaches hoped Halvorsen could return by spring. It didn't happen. It was still too much. The combination of school work and a track workout was overwhelming.

"I only had so much energy to give, and if I gave a certain amount of it for running, I had no more energy for extra stuff," Halvorsen said. "Physically I was recovered. I wasn't having headaches or having trouble with noises at the end of winter track, but I couldn't make up my school work and go to school every day

and do track."

Eventually doctors were able to see Halvorsen's progress and recovery. She got stronger. She was able to run again by the end of the spring. Over the summer, she increased her miles to 30-35 a week, laying the base for this season.

Incredibly, her times are almost right where she left off.

"She looks fantastic," Opremcak said. "She has always been a very competitive runner, but now she has more focus and passion. She's realized how important this is to her."

Halvorsen agrees that she doesn't take any run for granted after her injury. You haven't heard much about Ridgewood this fall

because its first real meet of the season is Saturday at the Shore Coaches Invitational at Holmdel Park.

Ask Halvorsen how she feels, and the answer is good. She can laugh at the joke her mother made about wearing a helmet in public. She is looking forward to taking some official college visits this fall. She would like to go somewhere with a nice trail she can train on.

Will she snowboard again? Yes, but probably not this winter.

Today, she's happy she can do her school work, call up a friend and ask her out to lunch and put in a five-mile run at a good tempo. Her mind is finally clear. Her legs are strong. Her heart is ready.

Daly twins commit to Penn

By **PAUL SCHWARTZ**

STAFF WRITER

Colin and Will Daly of River Dell first drew national attention last spring when they led the Golden Hawks to fifth place in the Penn Relays 4-x-800 meter relay at Franklin Field on the campus of the University of Pennsylvania.

So it's fitting that the senior twins announced their verbal commitment to the Quakers track and cross-country teams Wednesday.

CROSS-COUNTRY

"There's something about the first school that shows interest in you and coach [Steve] Dolan of Penn was the first coach to contact us last fall in cross-country," said Will Daly, who placed second in the state Meet of Champions 1,600 last spring. "We made our first unofficial visit there last year and I think we knew that it was going to

be the place for us."

Ivy League schools do not adhere to the National Letter of Intent, so the process, which actually started when the Dalys submitted their junior year transcripts for an Ivy pre-read before their official visit Sept. 18-19. Their early decision application is due Nov. 1, but if they apply earlier they can receive a "Likely" letter confirming their likely admittance before that date, with the official decision due Dec. 15.

BOYS CROSS-COUNTRY

MIDLAND PARK 15,

HAWTHORNE CHRISTIAN 50

MIDLAND PARK 15, SADDLE RIVER DAY 50

At: Garret. **Distance:** 3.1 miles

1. Tim Hagerty (MP) 19:43; 2. Steven Baker (MP) 20:32; 3. Luke Frederiks (HC) 22:31; 4. Athan Katsantonis (SRD) 22:36; 5. Jacob Hosier (MP) 22:57; 6. Sakai Yang (SRD) 23:43; 7. Josh Terpstra (MP) 24:03.

BOGOTA 15, BERGEN CHARTER 50

CRESSKILL 15, BERGEN CHARTER 48

BOGOTA 15, CRESSKILL 50

At: Garret. **Distance:** 3.1 miles

1. Andy Jaipersaud (B) 19:00; 2. Daniel Daurio (B) 19:01; 3. James Draney (B) 19:01; 4. Jose Nunez (B) 19:50; 5. Daniel Rivera (B) 19:53; 6. Cole Geraghty (B) 19:53; 7. Ryan White (B) 19:53.

PARK RIDGE/EMERSON 15, PAL. PARK 50

PARK RIDGE/EMERSON 15, WALDWICK 50

At: Garret. **Distance:** 3.1 miles

1. Carl Desrosiers (PP) 17:40; 2. Andrew Sarrow (PR/E) 17:54; 3. Dante Gonzalez (PP) 18:36; 4. Jin Kyu Kang (PP) 18:39; 5. Jake Cooper (PR/E) 18:53; 6. Michael Pantaleo (PR/E) 20:04; 7. Aldaberto Jimenez (PP) 20:10.

EASTERN CHRISTIAN 26, NEW MILFORD 29

POMPTON LAKES 21, EAST. CHRISTIAN 34

POMPTON LAKES 16, NEW MILFORD 39

At: Darlington. **Distance:** 3.1 miles

1. Nick Moullette (PL) 17:36; 2. Indrit Istrefi (PL) 17:40; 3. Carter Heerema (EC) 17:43; 4. Qichen Fan (EC) 18:47; 5. Jacob Nestle (PL) 18:58; 6. Ryan Polito (PL) 19:08; 7. Jay Guevarra (NM) 19:10.

LYNDHURST 22, LEONIA 37

RUTHERFORD 22, LEONIA 39

LYNDHURST 26, RUTHERFORD 30

At: Darlington. **Distance:** 3.1 miles

1. Sean Sullivan (R) 16:19; 2. Hussein Elmesad (Le) 16:37; 3. Xavier Locke (Ly) 17:29; 4. Isaiah Aviles (Ly) 17:30; 5. Anthony Dell Aquila (Ly) 17:34; 6. Yassin Salah (R) 17:47; 7. Gabriel Suarez (Le) 17:49.

GLEN ROCK 18, GARFIELD 42

GARFIELD 26, HARRISON 29

GLEN ROCK 16, HARRISON 44

At: Darlington. **Distance:** 3.1 miles

1. Owen Davitt (GR) 16:17; 2. Joe McCabe (GR) 17:40; 3. Steven Schwartz (GR) 17:45; 4. Gianfranco Gonzales (GR) 18:35; 5. Hunter Somers (GR) 18:40; 6. Usama Lahham (Gar) 18:41; 7. Alexis Vinanzaca (H) 18:43.

GIRLS CROSS-COUNTRY

BOGOTA 15, BERGEN CHARTER 50

CRESSKILL 15, BERGEN CHARTER 50

CRESSKILL 24, BOGOTA 34

At: Garret. **Distance:** 3.1 miles

1. Jillian O'Brien (B) 21:48; 2. Veronica Dunphy (C) 21:50; 3. Alanah O'Brien (B) 22:35; 4. Emily Green (C) 22:36; 5. Samantha Koch (C) 23:03; 6. Katherine Jesson (C) 23:13; 7. Samantha Connolly (C) 23:28.

PARK RIDGE/EMERSON 15, PAL. PARK 50

PARK RIDGE/EMERSON 15, WALDWICK 50

At: Garret. **Distance:** 3.1 miles

1. Arianna Lopez (PP) 21:07; 2. Nadia Itani (PR/E) 22:48; 3. Cara Mastrangelo (PR/E) 22:52; 4. Alexandra Miskulin (PP) 23:51; 5. Rachel Galdi (PR/E) 24:23; 6. Stephanie Nativio (PR/E) 24:30; 7. Julia Drennan (PR/E) 25:27.

SADDLE RIVER DAY, HAWTHORNE

CHRISTIAN, MIDLAND PARK

At: Garret. **Distance:** 3.1 miles

1. Jenny Jobson (HC) 23:11; 2. Maggie Kuntz (SRD) 23:33; 3. Alexis VanderWiele (MP) 23:33; 4. Christine Pelliccio (HC) 23:57; 5. Erin Kelly (MP) 24:49; 6. Sofia Taveras (SRD) 25:29; 7. Olivia Tafari (SRD) 25:51; 8. Sabrina VanderWiele (MP) 29:38; 9. Taylor Dublin (HC) 30:24; 10. Rachel Rypkema (HC) 30:46.

LYNDHURST 15, LEONIA 50

RUTHERFORD 15, LEONIA 43

LYNDHURST 26, RUTHERFORD 32

At: Darlington. **Distance:** 3.1 miles

1. Christie Na (R) 20:25; 2. Summer Regan (R)

20:41; 3. Megan Rudden (Ly) 22:39; 4. Kelly Weckstein (Ly) 22:58; 5. Julie Cappiello (Ly) 23:52; 6. Ana Pimental (Ly) 23:22; 7. Daniella Fernandez (R) 24:22.

DWIGHT-ENGLEWOOD 15, IMMAC. CONC. 50

DWIGHT-ENGLEWOOD 15, RIDGEFIELD 50

DWIGHT-ENGLEWOOD 15, ST. MARY 50

GLEN ROCK 26, GARFIELD 29

GARFIELD 15, HARRISON 48

GLEN ROCK 15, HARRISON 50

At: Darlington. **Distance:** 3.1 miles

1. Alex Walter (GR) 19:55; 2. Jane Burgoyne (GR) 20:29; 3. Tara Satnick (D-E) 21:05; 4. Leslie Rodriguez (GR) 21:21; 5. Chelsea Rosario (GR) 21:38; 6. McKensie Dill (GR) 21:45; 7. Desiree Martinez (Gar) 22:13; 8. Kornelia Jablonska (Gar) 22:14; 9. Rachel Bases (GR) 22:16; 10. Sydni Charney (Gar) 22:21.

SADDLE BROOK 15, PATERSON CHARTER 47

SECAUCUS 15, PATERSON CHARTER 48

PATERSON CHARTER 15, WEEHAWKEN 50

SECAUCUS 27, SADDLE BROOK 28

SADDLE BROOK 15, WEEHAWKEN 50

SECAUCUS 15, WEEHAWKEN 50

At: Darlington. **Distance:** 3.1 miles

1. Mehek Parikh (S) 21:05; 2. Roshni Patel (S) 21:22; 3. Nicole McVeigh (SB) 21:59; 4. Ashley McVeigh (SB) 22:27; 5. Samantha Lynch (SB) 23:48; 6. Erin Baker (SB) 24:14; 7. Victoria Saniko (S) 24:51; 8. Saumya Parikh (S) 24:59; 9. Emma Bowers (S) 25:10; 10. Bianca Ascencio (SB) 25:12.

CROSS-COUNTRY

BOYS

HASBROUCK HEIGHTS 15, BECTON 50

NORTH ARLINGTON 15, BECTON 50

**HASBROUCK HEIGHTS 18,
NORTH ARLINGTON 45**

WEDNESDAY

At: Darlington. **Distance:** 3.1 miles

1. Youssef Abubaker (HH) 18:09; 2. Abdallah Hammad (HH) 18:10; 3. Adam Brulinski (NA) 18:45; 4. Haider Pathan (HH) 18:47; 5. Dan Kalmowitz (HH) 19:11; 6. Melvin Tejada (HH) 19:17; 7. Bryan Cobcobo (HH) 19:19.

**SADDLE BROOK 15,
PATERSON CHARTER 50**

**SECAUCUS 15,
PATERSON CHARTER 50**

**WEEHAWKEN 15, PATERSON
CHARTER 50**

SADDLE BROOK 16, SECAUCUS 39

SADDLE BROOK 15, WEEHAWKEN 48

SECAUCUS 15, WEEHAWKEN 50

WEDNESDAY

At: Darlington. **Distance:** 3.1 miles

1. Kelan Yalong (SB) 17:52; 2. Steven Halpin (SB) 18:10; 3. Sean Roberts (SB) 19:04; 4. Daniel Cruz (SB) 19:09; 5. Daniel Pokras (S) 19:28; 6. Dawid Gil (SB) 19:37; 7. Ming Liang Lin (S) 19:40; 8. Adam Khriss (S) 20:06; 9. Keith Widen-er (S) 20:23; 10. Joe Lacap (S) 20:32.

**DWIGHT-ENGLEWOOD 18,
RIDGEFIELD 41**

WEDNESDAY

At: Darlington. **Distance:** 3.1 miles

1. David Khym (D-E) 17:51; 2. Zane Diaz (D-E) 17:52; 3. Jeremy Bronstein (D-E) 18:11; 4. Alex Leckie (R) 20:26; 5. Matthew Accordino (SM) 20:38.

GIRLS

HASBROUCK HEIGHTS 15, BECTON 50

**HASBROUCK HEIGHTS 15,
NO. ARLINGTON 50**

WEDNESDAY

At: Darlington. **Distance:** 3.1 miles

1. Hailey Ross (HH) 23:09; 2. Brooke Mcknight (HH) 23:10; 3. Danielle Dallara (HH) 23:10; 4. Giana DiLascio (HH) 23:11; 5. Kelsey Deininger (HH) 23:54; 6. Mariome Labarbera (HH) 24:01; 7. Sheridan Wheeler (HH) 24:06.

**EASTERN CHRISTIAN 21,
NEW MILFORD 34**

**EAST. CHRISTIAN 28,
POMPTON LAKES 29**

POMPTON LAKES 20, NEW MILFORD 41

WEDNESDAY

At: Darlington. **Distance:** 3.1 miles

1. Katie Andrews (PL) 21:07; 2. Haley McAveney (NM) 21:32; 3. Emily Byrne (EC) 22:19; 4. Allison Steinginga (EC) 22:23; 5. Stephanie Galindo (PL) 22:55; 6. Stephanie Cabral (EC) 22:56; 7. Kelly Bosloper (EC) 23:27.

THE CROSS-COUNTRY REPORT

Local runners make their college choices

By **PAUL SCHWARTZ**
STAFF WRITER

Many of North Jersey's top cross-country and track athletes are starting to commit to the colleges where they'll be continuing their athletic careers, in many cases before they've even competed in a major event in their senior year.

Colin and Will Daly of River Dell announced Wednesday their selection of the University of Pennsylvania with Colin likely to study economics and Will engineering.

The twins had made visits to Duke and Wake Forest and had planned to go to Princeton this weekend, but canceled that trip when they reached their decision.

"At first we thought we might go our separate ways," said Will. "But once we started to go to the visits together we figured the chances would be good that we'd stay together."

"We decided after our Penn visit that we knew where we wanted to go, and after thinking about it for about two weeks, we decided to commit now rather than wait."

Even though the Dalys haven't run a serious race yet this year (they'll even skip Saturday's Shore Invitational and debut at the Manhattan Invitational on Oct. 10), they're comfortable with their decision.

"We have so much faith in [Penn] coach [Steve] Dolan and his staff that they will do as good a job as anywhere else in the country training us," said Colin. "And we love the campus."

She doesn't run cross-country, but Northern Highlands senior Hilary McElwain also made her verbal commitment this week, as the intermediate hurdler/long sprinter committed to Lehigh, where she'll join longtime rival Noreen Byrne, who graduated from River Dell last year.

"The coaches and athletes were really nice and they have a great engineering program," said McElwain, who helped the Highlanders share the Group 3 state title last year and came within a spot of earning a state Meet of Champions medal in the intermediates.

"I've been looking at Lehigh since my sophomore year and even though Bucknell was interested too, I went with my gut and will sign when I can in November," she said.

Decision time is drawing near for two other North Jersey distance stars: two-time Bergen

Cross-country top 25 ranking

Boys	Girls
1. Don Bosco	1. Ridgewood
2. Indian Hills	2. No. Highlands
3. Ridgewood	3. IHA
4. River Dell	4. Wayne Hills
5. Wayne Hills	5. Ramsey
6. Bogota	6. Indian Hills
7. Hackensack	7. River Dell
8. Bergen Catholic	8. Kinnelon
9. Tenafly	9. Holy Angels
10. Demarest	10. Old Tappan
11. Old Tappan	11. Hasb. Hgts.
12. Passaic Tech	12. Ramapo
13. Clifton	13. Glen Rock
14. Paramus	14. Cliffside Park
15. No. Highlands	15. Cresskill
16. Passaic	16. Pascack Valley
17. Pascack Hills	17. Passaic Tech
18. Lyndhurst	18. Demarest
19. Wayne Valley	19. Mahwah
20. Ridgefield Park	20. Park Ridge/ Emerson
21. Glen Rock	21. West Milford
22. Cliffside Park	22. Secaucus
23. Rutherford	23. Bergen Tech
24. Kinnelon	24. Tenafly
25. Dwight-Englewood	25. Lakeland

County cross-country champion Patrick Sullivan of Don Bosco and multi state Meet of Champions medalist Julia Guerra of Indian Hills.

Guerra has the easier road, as she has completed her official visits to Wake Forest, the University of Washington and Penn State, and expects to make a decision in the next couple of weeks.

"I didn't think the visits would be so tiring," said Guerra. "And shopping for schools requires so many decisions to make. But I'm going to decide what's best for me academically, running and a place where I'll be happiest even if I can't run."

Sullivan's top choices appear to be West Point and the Air Force Academy, although the Clarkstown, N.Y. senior also might visit American University and the University of Kentucky.

Choosing a service academy requires a physical and passing a fitness test in addition to the traditional application and also requires a nomination from his Congressman, Senators or other eligible nominator.

"I'm trying to get my application complete by the end of the month," said Sullivan, who will run at Manhattan on Oct. 10. "I've done my official visits to West Point and the Air Force Academy, but now its time to concentrate on getting the applications done and running."

Around the course

■ With the boys' two wins Wednesday against Cresskill and Bergen Arts & Science and the girls' win over Bergen Arts & Science, Jay Mahoney's Bogota teams reached the 300-win mark in dual-meet victories. Mahoney has won 169 boys duals and 131 girls editions (since taking over in 1986 from the late Joe Feigel) and has 590 wins in boys basketball. His cross-country teams have won two girls Group 1 state titles, 14 combined Bergen division titles, eight sectionals and 17 league titles in addition to the dual-meet wins.

■ While the Dalys (Will and Colin) will miss the Shore Coaches Invitational, their River Dell teammates will compete in the Boys Varsity D race, weather permitting, one of about 20 North Jersey schools in the state's largest invitational meet at the state meet course Saturday in Holmdel.

■ North Jersey schools will compete in 12 of the 13 varsity races, with no one entered in the A-2 race at 2:35 p.m. The top local entrants include the Ridgewood

girls team, making its major meet debut in the A race at 3:35; Northern Highlands and Wayne Hills in the girls B race at 3:15, Old Tappan, Pascack Valley and Ramapo in girls C at 2:55, Ramsey and River Dell in girls D at 11:35 a.m. and Holy Angels in girls E at 11:35 a.m.

■ The highlight of the day at the Shore should be the Boys B race at 1:55 p.m., with Indian Hills, Ridgewood and Wayne Hills locking horns, with Demarest, Old Tappan and Pascack Valley in the Boys C race at 1:35 p.m.

■ The other major race on the calendar Saturday is the Brett Taylor Invitational, held for the 23rd time to honor the memory of the former Hackensack cross-country captain who died in 1992. The proceeds help finance scholarships awarded to Bergen County runners who must apply and complete an essay on how being part of a cross-country and track team has helped their development.

— Paul Schwartz

CROSS-COUNTRY

BRETT TAYLOR INVITATIONAL

AT DARLINGTON PARK, MAHWAH

BOYS

Division A

Team Scoring

Union City (UC) 64, Seton Hall (SH) 66, Paramus Catholic (PC) 81, Paramus (P) 96, Fair Lawn (FL) 132, Bergen Tech (BT) 141, Bayonne 146, North Bergen (NB) 150.

1. Ramses Leon (NB), 16:46; 2. Malik Kosanovich (SH), 16:55; 3. Jonathan Marcus (FL), 16:55; 4. Anthony Dilorio (BT), 17:02; 5. Nick Weuste (P), 17:06; 6. Carlos Perez, Passaic, 17:15; 7. Chris O'Connell (P), 17:26; 8. Stefan Dela Riva (PC), 17:29; 9. Raul Mendez (UC), 17:30; 10. Joel Garcia, Passaic, 17:32.

Division B

Team Scoring

Bogota (B) 23, Pascack Hills (PH) 57, Ridgefield Park (RP) 66, Westwood (W) 79.

1. Dan Daurio (B), 16:10; 2. James Draney (B), 16:14; 3. Andy Jaipersaud (B), 16:26; 4. Jake DiCuffa (W), 17:14; 5. Derek Lewandowski (RP), 17:18; 6. Dan Scherb, Waldwick, 17:29; 7. Kelvin Francisco, Fort Lee, 17:33; 8. Charles DiPiazza (PH), 17:33; 9. Cole Geraghty (B), 17:34; 10. Garrett Norcross (RP), 17:35.

GIRLS

Division A

Team Scoring

Union City (UC) 21, Fair Lawn (FL) 51, North Bergen (NB) 57

1. Julia Guerra, Indian Hills, 18:13; 2. Allison Guajala (UC), 20:51; 3. Hailee Scarafile (UC), 21:17; 4. Ashley Bustamante (UC), 21:41; 5. Brielle Eisler, Paramus, 21:55; 6. Vanessa Felice (NB), 22:13; 7. Leah Sussman, Indian Hills, 22:20; 8. Ann Shulkin (FL), 22:25; 9. Lynn Djombo (NB), 22:28; 10. Cristina Cazares (UC), 22:36.

Division B

Park Ridge-Emerson (PRE) 40, Mt. St. Dominic (MSD) 58, Pascack Hills 75, Bogota (B) 119, Fort Lee (FL) 123, Ridgefield Park 125, Westwood 141, Verona 171.

1. Samantha Green (PRE), 20:22; 2. Emily Sartori (MSD), 20:26; 3. Nadia Itani (PRE), 20:27; 4. Katherine Onello (MSD), 20:56; 5. Jillian O'Brien (B) 21:16; 6. Sophia Castronovo (PRE), 21:22; 7. Rachel Galdi (PRE), 21:28; 8. Haley McAveney, New Milford, 21:30; 9. Kaeli Rizzo (MSD), 21:36; 10. Teresa Lee (FL), 21:37.

SHORE COACHES INVITATIONAL

At Holmdel County Park, Holmdel

BOYS

Division A-1

Team Scoring

CBA 38, Southern 111, North Hunterdon 131; 16. Wayne Valley 420; 21. Teaneck 679

1. Owen Long, Haddon Township, 16:20;
2. Nicholas Pschunder, Eastern, 16:23;
3. Brandon Tubby, Hillsborough, 16:34;
4. Noah Yuro, CBA, 16:38; 5. Acazio Pinheiro, Wilberforce (NY), 16:40.

Division A-2

Team Scoring

Hunterdon Central (HC) 96, South Brunswick 99, West Windsor South (WWPS) 116.

1. Tim Bason, WWPS, 15:58; 2. JP Flavin, Toms River North, 16:14; 3. Justin Cornetta (HC), 16:15; 4. Nick Falk, Cherokee, 16:37; 5. Joseph Dougherty, Hammononton, 16:50.

Division B

Team Scoring

Indian Hills (IH) 51, Ridgewood (R) 114, Princeton 115, 9. Wayne Hills 258, 15. Northern Highlands 402.

1. Evan Quinn, Morristown, 16:30; 2. Kenny Marshall (R), 16:38; 3. Joshua Laprise, Toms River East, 16:44; 4. Chris Corcoran (IH), 16:45; 5. Ben Edwards, Morristown, 16:47; 7. Andrew Fiumefreddo (IH), 16:50; 8. Nick Barnabic (R), 16:51; 9. Matt Cohane (IH), 16:54; 14. Chris Leymeister (IH), 17:02; 17. Derek Barney (IH), 17:10; 20. Brad Rynkowski (R), 17:16; 22. Joe Zisa (WH), 17:20; 30. Tom Holster (IH), 17:31; 37. Matteo Robazza (R), 17:41; 43. Eric Solorzano (WH), 17:48; 48. Brendan Hughes (R), 17:56; 50. James Brennan (WH), 17:57.

Division C

Team Scoring

Voorhees (V) 22, Summit (S) 86, Chatham 165, 5. Demarest (D) 202; 13. Old Tappan (OT) 331; 20. Pascack Valley 560.

1. Robert Whitney (V), 16:14; 2. Chris Romero (V), 16:19; 3. Chris Heckelman (S), 16:43; 4. Brendan McGill (V), 16:45; 5. James Weissenborn (OT), 16:52; 16. Nathaniel Tirado (D), 17:24; 41. Tim Larsen (D), 18:05; 42. Ty Miller (D), 18:06.

Division D

Team Scoring

Lawrenceville School (LS) 89*, River Dell (RD) 89, Bernards 138; 17. Lakeland (L) 437.

1. Mike Ungvarsky, Cinnaminson, 16:25; 2. Marcus Trenfield (LS), 16:58; 3. Patrick Robertson (RD), 17:01; 4. Nick Hutchison, Bishop Eustace, 17:02; 5. Sam Noden (LS), 17:21; 17. Andrew Biss (L), 17:54; 18. Gary Wilhelm (RD), 17:58; 23. Matt Tina (RD), 18:10; 24. Dan Murray (RD), 18:12; 25. Chris Murray (RD), 18:12.

Division E

Team Scoring

Pennsville 72, Union Catholic 89, Robbinsville (Ro) 89, 11. Palisades Park (PP) 301.

1. Zach Michon (Ro), 16:21; 2. Ronald Kigen, St. Benedict's, 16:25; 3. Joey DeFeo, Delbarton, 16:35; 4. Bobby Hastie (Ro), 16:53; 5. Josiah Park, Rutgers Prep, 16:58; 30. Carl Desrosiers (PP), 18:07; 41. Dante Gonzalez (PP), 18:23.

Division F

Team Scoring

Mater Dei (MD) 54, Newark Academy (NA) 67, Schalick (Sch) 96, Cedar Grove (CG) 120.

1. Samuel Gerstenbacher (Sch), 16:50; 2. Nick DeGennaro (CG), 17:09; 3. Ian Moini, Pennington, 17:13; 4. Johnny Capobianco (NA), 17:32; 5. John Spinellic (MD), 17:49; 9. Xavier Locke, Lyndhurst, 18:25; 20. Jeremy Bronstein, Dwight-Englewood, 19:01; 23. Andrew Ellis, Lyndhurst, 19:37.

Open

4. Chris Singer, Kinnelon, 16:54; 7. Owen Davitt, Glen Rock, 17:19; 14. Andrew Sarrow, Park Ridge/Emerson, 17:48; 24. Joe McCabe, Glen Rock, 18:33.

GIRLS

Division A

Team Scoring

Hillsborough 115, West Windsor South (WWPS) 141, Ridgewood (R) 149.

1. Hannah Bonaguidi, Delaware Valley, 18:40; 2. Christina Rancan (WWPS), 19:03; 3. Niamh Hayes, Howell, 19:05; 4. Juliet Kohli, Montclair, 19:09; 5. Olympia Martin (R), 19:15; 6. Sam Halvorsen (R), 19:23; 27. Meghan Adams (R), 20:35; 50. Sophia Sheehy (R), 21:15.

Division B

Team Scoring

Ridge (RI) 61, Kingsway (K) 117, Shawnee (S) 162; 9. Wayne Hills (WH) 235; 10. Northern Highlands (NH) 254.

1. Alyssa Aldridge, Mainland, 18:20; 2. Katie Delidow, Millburn, 19:18; 3. Sophie Spring (RI), 19:32; 4. Rachel Vick (K), 19:38; 5. Kara Bonner (S), 19:41; 24. Monica Hebner (NH), 20:21; 30. Katerina Zachmann (WH), 20:33; 31. Jodi Hinchin (NH), 20:34; 32. Isabel Hebner (NH), 20:35; 37. Taylor Domico (WH), 20:38.

Division C

Team Scoring

Summit 78, Rumson-Fair Haven 98, Voorhees (V) 125; 5. Old Tappan (OT) 177; 12. Pascack Valley (PV) 315.

1. Sierra Castaneda, West Morris Central, 18:56; 2. Camille Bertholon, St. Dominic Academy, 19:37; 3. Lauren Wagner (V), 19:54; 4. Denise Grohn, Somerville, 20:00; 5. Alexa Clark, Timber Creek, 20:03; 13. Courtney Brunet (OT), 20:26; 16. Ashley Evans (PV), 20:39; 36. Mary Scrivanich (OT), 21:43; 38. Kristen Travers (OT), 21:44; 42. Aida de la Cruz (OT), 21:59; 47. Danielle Ludwig (OT), 22:09; 48. Nikki Criscuolo (PV), 22:12.

Division D

Team Scoring

Red Bank Catholic 55, River Dell (RD) 97, Gov. Livingston 100.

1. Shannon Gorla (RD), 19:27; 2. Rachel Kenny, Matawan, 20:04; 3. Ally Schlosser, Parsippany, 20:15; 4. Annie Skiles, Paul VI, 20:17; 5. Paige Petty, Bernards, 20:22; 7. Ginger Pojednic (RD), 20:44; 16. Linnea Gilligan, Lakeland, 21:17; 26. Samantha Biss, Lakeland, 21:51; 29. Nicole Muscat (RD), 22:03; 31. Jen Bourdier (RD), 22:10; 50. Mary Lombardi (RD), 24:08.

Division E

Team Scoring

New Providence (NP) 69, Union Catholic (UC) 73, Robbinsville (Ro) 79; 11. Holy Angels (HA) 244.

1. Lauren Kroepfl (Ro), 18:48; 2. Ella Ketchum, Poly Prep (NY), 19:32; 3. Amari Onque Shabazz (UC), 20:02; 4. Jillian Turner (NP), 20:06; 5. Casey Hopkins (Ro), 20:20; 6. Rhiannon Novelli (HA), 20:24.

Division F

Team Scoring

Villa Walsh (VW) 33, Pingry (P) 55, Kent Place (KP) 89, 8. Lyndhurst (L) 181.

1. Anna Wood (P), 20:32; 2. Mary Lynch (VW), 20:45; 3. Paige Reddington (KP), 20:56; 4. Erin Hollenbaugh (KP), 20:58; 5. Sophie Henderson (VW), 21:19; 7. Arianna Lopez, Palisades Park, 21:31; 21. Megan Rudden (L), 22:49.

Open

4. Alex Walter, Glen Rock, 21:07; 5. Angelina Tarabokija, Kinnelon, 21:19; 8. Hannah Rilovsky, Kinnelon, 21:47; 9. Cayla Mandel, Kinnelon, 21:57; 10. Hayden Burt, Kinnelon, 22:00; 11. Mel Dougherty, River Dell, 22:06

River Dell's Goria back in top form

Dominant performance
at Shore Invitational

By **JIM HAGUE**
SPECIAL TO THE RECORD

HOLMDEL – Shannon Goria acknowledged she had a tough freshman year. The River Dell cross-country standout just wanted to put the whole year behind her.

“I had a stress fracture in my foot and ankle,” Goria said. “Then I hurt my hamstring. I couldn’t run at all since March. The only thing I did was swimming. I swam a lot.”

When the cross-country season began in August, Goria was ready.

“I was finally healthy,” Goria said. “It was a tough time for me.”

CROSS-COUNTRY

Saturday, as Goria toed the starting line at the Shore Conference Coaches Invitational at Holmdel Park, she had just one thing in mind – and it wasn’t the brutal weather conditions.

“My coach [Briana Bayersdorfer] told me to pretend like it was the groups [championships],” Goria said. “She told me to just go out there and do my best.”

As it turned out, Goria would be at her best by about 40 seconds.

Goria blistered the field in winning the Girls Varsity D race, crossing the line in 19:27. It was the first time she broke the elusive 20-minute mark – and she did it by 33 seconds.

“I’m absolutely shocked,” Goria said. “I never expected this. I just wanted to beat my last time here [last fall at the Group 2 championships]. I never thought I’d beat it by 40 seconds. It’s amazing.”

Goria said that she felt strong despite the wicked wind, blowing rain and cold temperatures.

“I never let it bother me,” Goria said. “I just ran my race.”

Goria also didn’t realize she finished 37 seconds ahead of runner-up Rachel Kenny of Matawan.

“I always never look back,” Goria said. “I’m scared to see who might be there.”

The Indian Hills boys team won the highly competitive Varsity B race by a wide margin over Ridgewood, 51-114. Chris Corcoran led the way for the Braves by finishing fourth in 16:45, while Steven Fiumefreddo was seventh in 16:50.

“With all the Group 4 teams in our race, we didn’t know what to expect,” coach Brian McDonnell said. “They ran great. The first thing I told them was to run safe. But we had a good week of workouts preparing for this. We weren’t sure who won at first. The results took about a half-hour. But when we heard the margin, that’s a huge confidence booster.”

Corcoran said he allowed winner Evan Quinn of Morristown to run away with the race. Quinn finished in 16:30, with Kenny Marshall of Ridgewood second in 16:38.

Chris Leymeister chipped in with a 14th-place finish, and Derek Barney was 17th to aid the Braves’ cause.

The River Dell boys finished in a tie with Lawrenceville in Boys Varsity D, but lost the tiebreaker for the title.

Senior Patrick Robertson led the way for River Dell by finishing third in 17:01. Sophomore Gary Wilhelm was 18th in 17:57.

River Dell coach Steffan Del Piano was pleased with his team’s performance, especially because the team’s top two runners, Daly twins Will and Colin, did not compete because they were taking SATs, leaving Robertson to lead the way.

See **SHORE** Page **S-12**

Shore: RD’s Goria returns to form

From Page **S-11**

“Pat’s a guy who exists in the shadows of the Dalys,” Del Piano said. “Today was his day to shine. He ran very well. He wants to make the groups as an individual and it’s hard to do it when he has the Dalys on the same team. Our younger guys pulled the weight today.”

James Weissenborn of Old Tappan had a strong showing in Boys Varsity C, crossing the line in

16:51.19 for fifth.

Ridgewood coach Steve Opremcak can breathe a little easier after his Maroon girls took third in a strong A Division race behind defending state champ Hillsborough, and just eight points behind powerhouse West Windsor Plainsboro South.

“We’re thrilled with the race today,” said Opremcak, who replaced the retired Jacob Brown earlier this

year. “It’s a good race to start and we’re so happy for Sam [Halvorsen] in her first real race since December.”

Halvorsen, 10th in the State Meet of Champions last fall, finished sixth in 19:23 – among the top 10 times of the day. Junior teammate Olympia Martin had a personal-best 19:15 for fifth as the Maroons were the only team to have two runners crack the 19:30 mark at the state course.

CROSS-COUNTRY: BRETT TAYLOR INVITATIONAL



PHOTOS BY CHRIS PEDOTA/STAFF PHOTOGRAPHER

Left to right, Andy Jaipersaud, Dan Daurio and John Draney lead Bogota to victory at Darlington County Park on Saturday.

Green off to a fine start

Park Ridge freshman wins 1st race

By **PAUL SCHWARTZ**
STAFF WRITER



Park Ridge/Emerson's Samantha Green wins the girls Varsity B race in 20:22 on Saturday.

MAHWAH — In her short running career, freshman Samantha Green has found a way to make people sit up and notice her.

In the seventh grade at Park Ridge Middle School, she ran a mile in gym class in five minutes and 55 seconds. Suddenly, she became the standout of the Park Ridge Middle School track team, even though she had yet to join.

Last spring, she traveled to the National Scholastic Outdoor championships and finished 15th in the Junior High School championship mile, running more than 30 seconds faster than her initial effort a year earlier.

Saturday, after missing the first month of her first high school cross-country season with a stress fracture in her right leg, Green won the Varsity B race at the Brett Taylor Memorial Invitational, leading her Park Ridge/Emerson team to an impressive early-season team title.

"I was really upset that I couldn't run from the start of the season," said Green, who ran a solid 20:22 on the 5,000-meter Darlington County Park course. "I was training

all summer with [Pascack Valley distance coach] John Murtaugh until I got hurt, but he said to relax and that I'd be fine."

Green completes the lineup for a Park Ridge/Emerson team that could be a surprise in Bergen competition and next month in the Group 2 sectionals.

"We just to stay healthy and keep getting better," said Park Ridge/Emerson coach Mike Farrell. "We have great leaders in Nadia Itani and Cara Mastrangelo and we've got girls who really like to

run. And Samantha is one of those kids who can really be good."

Itani was third in the race in a Darlington PR of 20:26. She went through her own injury woes last spring, running track at Emerson, but is healthy now and it shows.

Sophia Castronovo and Rachel Galdi almost finished in the top 10 and Mastrangelo, who missed the Taylor race while taking the SATs, ran pretty well in the late afternoon open race at Holmdel.

Park Ridge/Emerson is favored in the Oct. 12 NJIC Patriot meet.

While Green was making her big meet debut, Indian Hills star Julia Guerra, who is hoping to become the first four-time, All-North Jersey cross-country runner, made her senior seasonal debut, running a sizzling 18:13, a time surpassed by just 12 runners in course history (including Guerra's 17:57 last fall).

"This is the best opener I've ever had and I was just flying over the sand," said Guerra, who ran a virtual time trial, finishing nearly a third of a mile ahead of the second-place runner. "There were puddles in a few places, and I felt a little tired in the second mile, but I really felt good finishing. It was probably an 80 percent effort."

Dan Daurio, James Draney and Andy Jaipersaud went 1-2-3 and Bogota ran the fastest team time by a Group 1 team on the Darlington course, a sizzling 16:48.4 average, with Daurio (16:10), Draney (16:14) and Jaipersaud (16:24) moving into the 9-10-11 slots on the Group 1 boys list.

"I didn't think we were going that fast," said Daurio, who is just four seconds off the school record set by Pat Rochford, the 2008 graduate that now assists the Buccaneers. "It wasn't a full effort but it was a beautiful day to run."

Ramses Leon of North Bergen had a 45-second personal best to win the Boys Varsity A title in 16:44 as the meet, in its 24th year, moved past the \$100,000 mark in scholarships awarded in memory of the former Hackensack captain Brett Taylor, who died of leukemia at age 28 in 1992.

CROSS-COUNTRY

BOYS

DEMAREST 16, PASCACK VALLEY 47

At: Darlington. **Distance:** 3.1 miles

1. Robert Wilson (D) 17:00; 2. Nathaniel Tirado (D) 17:05; 3. Tim Larsen (D) 17:06; 4. Josh Munoz (D) 17:33; 5. John Coyle (PV) 17:34.

FORT LEE 24, DUMONT 36

At: Darlington. **Distance:** 3.1 miles

1. Frank Scallo (D) 17:18; 2. Kelvin Francisco (FL) 17:42; 3. Dylan Scallo (D) 17:53; 4. Victor Hua (FL) 17:57; 5. Eric Hong (FL) 18:50.

HACKENSACK 21, PARAMUS 36

At: Garret. **Distance:** 3.1 miles

1. Marc Lugo (H) 17:30; 2. Kevin Avila (H) 17:36; 3. Gideon Achirem (H) 17:57; 4. Nick Weuste (P) 18:04; 5. Chris O'Connell (P) 18:11.

INDIAN HILLS 15,

NORTHERN HIGHLANDS 48

INDIAN HILLS 27, RIDGEWOOD 28

RIDGEWOOD 15, PASCACK VALLEY 50

At: Darlington. **Distance:** 3.1 miles

1. Matt Cohane (IH) 15:56; 2. Nick Barnabic (R) 16:06; 3. Kenneth Marshall (R) 16:07; 4. Chris Corcoran (IH) 16:10; 5. Billy Byrne (R) 16:11; 6. Derek Barney (IH) 16:13; 7. Steven Fiumefreddo (IH) 16:15.

OLD TAPPAN 15, BERGENFIELD 50

TENAFLY 15, BERGENFIELD 50

TENAFLY 25, OLD TAPPAN 32

At: Garret. **Distance:** 3.1 miles

1. James Weissenborn (OT) 16:52; 2. Max Zavidow (T) 17:35; 3. Daniel Biggins (OT) 17:49; 4. Michael Silverman (T) 17:52; 5. Ed Salaski (T) 17:55; 6. Frank Maloney (T) 17:58; 7. William Saiz (OT) 18:06.

PASCACK HILLS 25, RAMSEY 36

At: Garret. **Distance:** 3.1 miles

1. Nick Kaczorowski (R) 17:34; 2. Ryan Salvo (R) 18:17; 3. Anthony Michielini (PH) 18:22; 4. Nick Beutel (PH) 18:23; 5. Keith Petrellese (PH) 18:24.

RIVER DELL 17, WESTWOOD 46

At: Darlington. **Distance:** 3.1 miles

1. Gary Wilhelm (RD) 17:08; 2. Will Daly (RD) 17:09; 3. Patrick Robertson (RD) 17:10; 4. Jake DiCuffa (W) 17:11; 5. Colin Daly (RD) 17:13.

WEST MILFORD 25, LAKELAND 33

At: Garret. **Distance:** 3.1 miles

1. Andrew Biss (L) 17:59; 2. Joey Cummings (WM) 18:34; 3. Edward Woodcock (WM) 18:55; 4. Jared Wallace (L) 19:36; 5. Matthew Filipek (WM) 19:57.

GIRLS

DEMAREST 27, PASCACK VALLEY 30

At: Darlington. **Distance:** 3.1 miles

1. Ashley Evans (PV) 19:33; 2. Courtney Geisenheimer (D) 20:33; 3. Marlo Guastella (PV) 20:50; 4. Leah Woods-Bannan (D) 21:34; 5. Julia Amatrula (D) 21:34.

FORT LEE 22, DUMONT 37

At: Darlington. **Distance:** 3.1 miles

1. Teresa Lee (FL) 21:31; 2. Courtney Deloughery (D) 21:51; 3. Josephine Wang (FL) 22:51; 4. Zsafia Balog (D) 23:02; 5. Allison Leung (FL) 23:36.

HACKENSACK 22, PARAMUS 33

At: Garret. **Distance:** 3.1 miles

1. Kadreya Simeon (H) 22:42; 2. Serena Martinez (H) 22:42; 3. Brielle Eisler (P) 24:01; 4. Jenny Reyes-Bravo (H) 24:47; 5. Rebecca Gjini (P) 25:30.

NORTHERN HIGHLANDS 22,

INDIAN HILLS 36

RIDGEWOOD 20, INDIAN HILLS 43

RIDGEWOOD 27, NORTHERN

HIGHLANDS 30

At: Darlington. **Distance:** 3.1 miles

1. Olympia Martin (R) 18:32; 2. Samantha Halvorsen (R) 18:33; 3. Monica Hebner (NH) 18:47; 4. Isabel Hebner (NH) 19:25; 5. Jodi Hinchin (NH) 19:31; 6. Paige Wilderotter (NH) 19:35; 7. Meghan Adams (R) 19:46.

OLD TAPPAN 15, BERGENFIELD 50

OLD TAPPAN 15, TENAFLY 47

TENAFLY 15, BERGENFIELD 50

At: Garret. **Distance:** 3.1 miles

1. Courtney Brunet (OT) 20:45; 2. Nicole Brougher (OT) 21:03; 3. Mary Scrivanich (OT) 21:27; 4. Aida de la Cruz (OT) 21:38; 5. Kristen Travers (OT) 21:50; 6. Jessica Lapitan (T) 22:01; 7. Danielle Ludwig (OT) 22:13.

RAMSEY 16, PASCACK HILLS 43

At: Garret. **Distance:** 3.1 miles

1. Victoria Clinton (R) 21:04; 2. Elizabeth Flood (R) 21:39; 3. Lindsay McNeill (R) 21:59; 4. Erinn McGahan (R) 22:04; 5. Hannah Figueroa (PH) 22:26.

RIVER DELL 15, WESTWOOD 50

At: Darlington. **Distance:** 3.1 miles

1. Shannon Gorla (RD) 21:22; 2. Ginger Pojednic (RD) 21:27; 3. Mel Dougherty (RD) 21:30; 4. Nicole Muscat (RD) 21:44; 5. Jen Bourdier (RD) 21:47.

WEST MILFORD 28, LAKELAND 30

At: Garret. **Distance:** 3.1 miles

1. Linnea Gilligan (L) 20:57; 2. Samantha Biss (L) 21:40; 3. Rachael Royer (WM) 22:08; 4. Erin McCarthy (WM) 22:28; 5. Amanda Fanning (L) 22:50.

CROSS-COUNTRY

GIRLS

CLIFTON 15, PASSAIC 50

CLIFTON 26, PASSAIC TECH 30

PASSAIC TECH 15, PASSAIC 40

At: Garret. **Distance:** 3.1 miles

1. Sarah Shannon (PT) 20:25; 2. Meralis Mendez (PT) 21:05; 3. Mollie Slanina (C) 21:22; 4. Meghan Jozefczyk (C) 21:30; 5. Anisha Khandakar (C) 21:55; 6. Megan Davey (C) 22:00; 7. Sydney Shannon (PT) 22:21.

HOLY ANGELS 18, DEPAUL 44

At: Garret. **Distance:** 3.1 miles

1. Courtney Dodds (HA) 23:30; 2. Clare Hayes (HA) 24:16; 3. Vanessa Vega (DP) 25:05; 4. Zulay Figueroa (HA) 25:19; 5. Ryan Sargenti (HA) 25:22.

WAYNE HILLS 15, FAIR LAWN 50

WAYNE VALLEY 19, FAIR LAWN 37

WAYNE HILLS 15, WAYNE VALLEY 48

At: Garret. **Distance:** 3.1 miles

1. Katerina Zachmann (WH) 20:39; 2. Emily Becker (WH) 20:52; 3. Shea Brennan (WH) 21:03; 4. Taylor Domico (WH)

21:07; 5. Natalie Zawistowka (WH) 21:07; 6. Michelle Kubasek (BT) 21:09; 7. Abigail McLaughlin (BT) 21:10.

RIDGEFIELD PARK 15, DWIGHT MORROW 50

At: Garret. **Distance:** 3.1 miles

1. Veronica Couto (RP) 23:47; 2. Jodie Buri (RP) 25:01; 3. Lily Baffo (RP) 25:49; 4. Nayab Ahmed (RP) 26:00; 5. Collee Strowbridge (RP) 26:11.

BOYS

WAYNE HILLS 20, FAIR LAWN 41

WAYNE VALLEY 25, FAIR LAWN 34

WAYNE HILLS 15, WAYNE VALLEY 45

At: Garret. **Distance:** 3.1 miles

1. Jonathan Marcus (FL) 17:17; 2. Eric Solorzano (WH) 17:30; 3. James Brennan (WH) 17:35; 4. George Galkin (WH) 17:39; 5. Bryant O'Donohoe (WH) 18:07; 6. Joseph Zisa (WH) 18:17; 7. Dean Ashtarita (WV) 18:32.

DON BOSCO 15, DEPAUL 50

At: Garret. **Distance:** 3.1 miles

1. Jesse Mingalone (DB) 19:27; 2. Pat

Donnelly (DB) 19:27; 3. Jun Omiya (DB) 19:28; 4. Matt Hartman (DB) 19:28; 5. Will Kelly (DB) 19:34.

KENNEDY 25, BERGEN TECH 30

CLIFTON 23, PASSAIC 32

PASSAIC TECH 24, CLIFTON 32

PASSAIC TECH 22, PASSAIC 35

At: Garret. **Distance:** 3.1 miles

1. Tarin Nelson (PT) 17:21; 2. Jeron Jordan (K) 17:26; 3. Kevin Heredia (C) 17:33; 4. Anthony Di Iorio (BT) 17:36; 5. Alejandro Ibarguen (PT) 17:43; 6. Jason Rodriguez (PT) 17:47; 7. Ephraim Kishen (PT) 17:54; 8. Joel Garcia (P) 17:58; 9. Kenneth Herrera (C) 18:04; 10. Alexander Zapata (C) 18:09.

RIDGEFIELD PARK 15, DWIGHT MORROW 50

At: Garret. **Distance:** 3.1 miles

1. Derek Lewandowski (RP) 18:09; 2. Garrett Norcross (RP) 19:08; 3. Timothy Strowbridge (RP) 19:30; 4. Jared Delgado (RP) 19:45; 5. Bryant Escobar (RP) 19:48.

THE CROSS-COUNTRY REPORT

League championships preview

The NJIC and Big North league championships start Monday at Garret Mountain. Here's a look at the 14 divisional races to be run between Monday and Thursday. (Last year's team winner is in parentheses)

MONDAY (NJIC)

Colonial boys, 2:30 (Lyndhurst): Glen Rock edged Lyndhurst in their dual meet, but the defending champs, despite heavy graduation losses, are the slight favorites to retain its title. Sean Sullivan will win his third straight divisional race with Glen Rock's Owen Davitt and Leonia's Hussein Elmesad the next best.

Meadowlands girls, 2:40 (Secaucus): Hasbrouck Heights will likely end the Patriots' three-year streak, but Secaucus' Roshni Patel has a chance to win her third straight individual title with Tara Satnick of Dwight-Englewood, Nicole McVeigh of Saddle Brook and multiple Heights runners in the mix.

Patriot boys, 3:00 (Bogota): The only questions here are whether Bogota will sweep the top five spots (unlikely) and which Bogota boy will win the title among Dan Daurio, James Draney and Andy Jaipersaud, although Andrew Sarrow of Park Ridge/Emerson and Carl Desrosiers of Palisades Park will compete.

Colonial Girls, 3:10 (Glen Rock): The Panthers will easily repeat and Alex Walter of Glen Rock should get the individual title she just missed last year.

Meadowlands boys, 3:30 (Dwight-Englewood): Heights beat Dwight-Englewood in the opening dual meet to earn the favorite's role but Saddle Brook might also contend. Youssef Abubaker is Heights' best but DE frosh David Khym, Saddle Brook's Kelon Yelong and maybe Paterson Charter's Hector Cruz can also win.

Patriot girls, 3:40 (Cresskill): The Cougars are strong again but Park Ridge/Emerson has added frosh standout Samantha Green since its dual meet loss to Cresskill and that be enough to reverse it. Look for Green, Nadia Itani of PRE and 2013 champ Arianna Lopez of Pal Park to top the individual field.

TUESDAY (Big North (race order unknown))

Liberty boys (Passaic Tech): Passaic Tech edged Clifton in a dual meet but the Mustangs are always tough on Garret Mountain, Tarin Nelson of PCT, Kevin Heredia of Clifton, soph Anthony Dilorio of Bergen Tech and freshman Jeron Jordan of Kennedy can all win.

Liberty girls (Clifton): The Mustangs have won all five previous titles and were undefeated in duals but Bergen Tech and Passaic Tech are dangerous in this format. If healthy Michelle Kubasek of Bergen Tech should easily repeat, but if not it might be PCT junior Sarah Shannon's race.

Independence boys (Wayne Hills): The Patriots will win again, but George Galkin and Eric Solorenzo will have their hands full with Fair Lawn soph Jonathan Marcus.

Independence girls (Wayne Hills): The Patriots will breeze

Boys Top 25

1. Indian Hills
2. Don Bosco
3. Ridgewood
4. River Dell
5. Bogota
6. Wayne Hills
7. Hackensack
8. Bergen Catholic
9. NV/Demarest
10. Tenafly
11. NV/Old Tappan
12. Passaic Tech
13. Clifton
14. Paramus
15. Northern Highlands
16. Passaic
17. Pascack Hills
18. Lyndhurst
19. Wayne Valley
20. Ridgefield Park
21. Glen Rock
22. Cliffside Park
23. Rutherford
24. Kinnelon
25. Paramus Catholic

Girls Top 25

1. Ridgewood
2. Wayne Hills
3. Northern Highlands
4. River Dell
5. IHA
6. Ramsey
7. Indian Hills
8. Kinnelon
9. NV/Old Tappan
10. Holy Angels
11. Park Ridge/Emerson
12. Hasbrouck Heights
13. Ramapo
14. Glen Rock
15. Cliffside Park
16. Cresskill
17. Pascack Valley
18. Passaic Tech
19. NV/Demarest
20. Mahwah
21. West Milford
22. Secaucus
23. Bergen Tech
24. Tenafly
25. Lakeland

to a sixth straight win, and expect Patriot Katerina Zachmann to win her first individual race.

THURSDAY (Big Northrace order unknown)

Freedom boys (Ridgewood): The Maroons might win again but the hottest team in North Jersey is Indian Hills, which won a 27-28 dual on Monday against its rival. Matt Cohane of Indian Hills will battle Kenny Marshall and Nick Barnabic for the individual crown.

Freedom girls (Northern Highlands): The Highlanders upset four-time champ Ridgewood last year and nearly beat the Maroons in a dual on Monday. But the Highlanders must solve their fifth girl problem or Ridgewood will win again.

National boys (Pascack Valley): Demarest has led this division since opening day but don't count out Tenafly. James Weissenborn of Old Tappan has had a quietly effective early season and the 2014 all-North Jersey choice will up the ante here as the races get tougher.

National girls (Old Tappan): The Golden Knights will win a fourth straight team title with the duel between OT's Courtney Brunet and Pascack Valley's Ashley Evans an interesting one.

— Paul Schwartz

IHA has fun run at Disney meet

By **PAUL SCHWARTZ**
STAFF WRITER

The last major weekend of invitational races brought some mixed results for the teams that left the North Jersey area to compete.

Immaculate Heart Academy had a most successful trip to Disney World on Friday for the Disney Cross-Country Classic, on the grounds of the ESPN Wide World of Sports, winning the Varsity B (or Jasmine) race by placing six runners in the top 21 and defeating Ursuline School of New Rochelle, N.Y., and Lemon Bay of Florida, 63-67-87.

Giavanna Tabbachino led the Blue Eagles in third place in 19:48.5 for the 5,000 meter course. Caitlin McPartland (10th), Megan Brockmeier (13th), Emily Bermudez (19th), Jill Neggia (20th) and Julia Scherer (21st) completed the scoring.

Bergen Catholic was fourth in the Boys B (Robin Hood) division led by Caleb Shaia, 13th in 17:14.4.

Don Bosco was 10th for the second straight year in the Boys Eastern States race at the Manhattan Invitational at Van Cortlandt Park, led by David Rosas in 25th in 12:44.8 over the 2½ mile course. Will and Colin Daly of River Dell finished closely behind in 26th (12:45.5) and 27th (12:46.8) on the classic course. Marc Lugo of Hackensack was 12th in the Boys E race in 13:19.0, while Michelle Kubasek of Bergen Tech was 20th in Girls F.

Locally, Rhiannon Novelli of Holy Angels scored an impressive victory at the Garret Invitational at Garret Mountain in Woodland Park, defeating Jennifer Polo of Cliffside Park by more than 150 yards in the Girls Varsity A race in 19:55, a huge personal best at the site of next week's Big North Meets.

Novelli's win helped the Angels, slowly getting healthy, to a 37-62 win over Union City in the team scoring.

"[The injuries to my teammates] push me to try and do better and help us get better as a team," said

CROSS-COUNTRY ROUNDUP

Novelli, a sophomore from Waldwick. "I didn't think I had a sub-20-minute race today because I didn't think I was running that hard but after this I think I have a lot more in the tank."

Mahwah enjoyed a sensational day at the meet, sweeping both B team titles and getting first ever varsity wins by juniors Valerie Ervin and James Nagotko.

"I was surprised that I was able to win," said Ervin, whose 21:58 clocking at Garret was her personal best on the course by nearly half a minute. "But the coach had showed me that no one in my race had a faster time than me, so I knew it could happen. But when I took the lead it was a little tough, because there was no one else to help me stay in the lead."

Nagotko was pleased with his 17:37 clocking and his win, although he kept turning back as he approached the finish line, almost stunned that no one had passed him.

"It's a great tune-up for the [Patriot] league meet on Friday," Nagotko said. "This is the fastest race I've ever run anywhere."

Ridgewood, resting its top eight runners, still managed to win Boys Varsity A, 51-53, over Memorial.

Ramapo won the Varsity Small School girls title at the Greystone Invitational at Central Park in Parsippany on Friday, defeating Wallkill Valley, 56-69, with Lakeland fifth. Lexi Harris led Ramapo in second (19:56.7) while Alyssa Gilligan was sixth (21:14.6), and Elizabeth Wilson 11th in 22:07.4. Linnea Gilligan and Sam Biss were fifth and eighth, respectively, for Lakeland.

Passaic Tech finished fifth in the Large School girls meet as Sarah Shannon was eighth in 19:48.2.

On the boys side, Andy Biss of Lakeland was ninth in the Small School race in 17:37.4 while Alejandro Ibarguen of PCT was third in the Large School race in 16:50.9.

The Record North Jersey Sports

CROSS-COUNTRY: NJIC CHAMPIONSHIPS

Sterling Sullivan

Third straight title seized by Bulldogs senior

By **PAUL SCHWARTZ**
STAFF WRITER

WOODLAND PARK — There was history made all Monday afternoon at the sixth annual NJIC cross-country championships at Garret Mountain.

Rutherford senior Sean Sullivan became the first boy in conference history to win three straight division titles as he breezed to the Colonial Division crown.

Bogota coasted to its second straight Patriot boys crown, placing runners in five of the first six positions en route to an NJIC record-low 18 points, a standard for boys and girls and the lowest score in any of the five former leagues that now make up the NJIC since the Ramsey boys won the 1977 Bergen-Passaic Scholastic meet with 16 points.

But perhaps the most historical feat of all was the first league title in any sport — team or individual — at Paterson Charter. Hector Cruz defeated Dwight-Englewood freshman David Khym by about 60 yards to win the Meadowlands boys race in 18:06, a personal best for Cruz on a warm day not conducive to top performances.

"I work hard, I stay dedicated, and I keep moving forward," said Cruz, who joined the small school's club team as a sophomore and became its best runner when it transitioned to varsity last year. "I first started to run because I wanted to get in shape, but when I started working out, I did well so I kept working at it."

Cruz's performance was somewhat of a surprise. He had lost to multiple runners from Hasbrouck Heights and Saddle Brook at Garret during the dual-meet season that ended last week. He also finished fourth just two days earlier in the Varsity B meet at the Garret Invitational, which turned out to be the perfect preparation for Monday's win.

"I'm excited about winning and I'm looking forward to the rest of the season and moving forward some more," Cruz said.

Dwight-Englewood, with two freshmen finishing in the top six, held off Hasbrouck Heights, 41-52, to repeat as Meadowlands champ.

Sullivan's third straight win, in the day's fastest time of 16:47, was by 150 yards over



PHOTOS BY JIM ALCORN/SPECIAL TO THE RECORD

Rutherford senior standout Sean Sullivan, left, finishing in a meet-best 16:47, and Paterson Charter senior Hector Cruz making school history.

Glen Rock's Owen Davitt and had the Rutherford standout looking ahead.

"I sort of had the choice to go after the school record here or at Darlington [in the Bergen County championships] and decided to just try and win today," Sullivan said. "I have a lot of important meets coming over the next few weeks."

Lyndhurst, after losing many of its runners to graduation, edged Glen Rock, 54-56, for the Colonial title.

Bogota continued its fine season with an easy victory in the Patriot Division as Dan Daurio and James Draney finished one-two. The Bucs' fourth and fifth runners, Ryan White and Cole Geraghty, had season-best times.

Alex Walter and Jane Burgoyne finished one-two in Colonial Division girls as Glen Rock held off a balanced Garfield effort to win its second straight title, 51-61. Walter's 20:45 was about 35 yards ahead of Burgoyne, whom coach Stacie Gallo called "the hardest worker she's ever had." Burgoyne responded by running 20:54, a personal best at Garret.

Hasbrouck Heights won its first Meadowlands Division title since 2011, placing five runners in the top seven behind an ex-

cellent performance by Hailey Ross, the winner in 21:20.

The Patriot girls race, the final varsity event of the day, went to Park Ridge/Emerson, its first title since 2010, and Veronica Dunphy of Cresskill had the individual victory when the first girl across the line, Palisades Park senior Arianna Lopez, was disqualified. Lopez and runners from Cresskill and Park Ridge/Emerson did not follow the proper course.

Lopez, who finished first by about 100 yards, had weaved inside the large tree that serves as the guidepost for the final 150-yard sprint to the finish. The fence that usually runs from the tree to the finish line and protects the runners from spectators was down because of a Sunday festival, and Lopez was confused by the cones that served as the replacement, and a festival trailer that appeared to block the normal path.

Officials concluded that the pre-race instructions were appropriate.

For additional coverage of the NJIC Championships, log on to northjersey.com/varsityaces

FOOTBALL 10

TUE. 10.13.15



Rutherford senior
Sean Sullivan
dominates NJIC
cross-country
championships.

7

CROSS-COUNTRY

AT GARRET MOUNTAIN WOODLAND PARK

TUESDAY

BOYS

LIBERTY DIVISION

TEAM SCORES: Passaic Tech (PT) 40, Clifton (C) 48, Passaic (P) 69, (K) Kennedy 99, Bergen Tech (BT) 102.

1. Jeron Jordan (K) 16:48; 2. Anthony Di Iorio (BT) 17:20; 3. Kevin Heredia (C) 17:29; 4. Jason Rodriguez (PT) 17:29; 5. Alexander Zapata (C) 17:31; 6. Alejandro Ibarguen (PT) 17:46; 7. Tarin Nelson (PT) 17:53; 8. Ephraim Kishen (PT) 17:55; 9. Joel Garcia (P) 18:07; 10. Carlos Perez (P) 18:11; 11. Kenneth Herrera (C) 18:16; 12. Carlos Polanco (C) 18:24; 13. Leonardo Bravo (P) 18:29; 14. Jeremiah Goodwin (K) 18:35; 15. Jackson Burnett (PT) 18:37.

INDEPENDENCE DIVISION

TEAM SCORES: Wayne Hills (WH) 20, Wayne Valley (WV) 51, Fair Lawn (FL) 84, West Milford (WM) 101, Lakeland (L) 113, Passaic Valley (PV) 162.

1. George Galkin (WH) 17:00; 2. Joseph Zisa (WH) 17:11; 3. Jonathan Marcus (FL) 17:16; 4. James Brennan (WH) 17:33; 5. Dean Astarita (WV) 17:47; 6. Bryant O'Donohoe (WH) 18:03; 7. Eric Solorzano (WH) 18:08; 8. Andrew Biss (L) 18:18; 9. Andrew Lucchesi (WV) 18:22; 10. Nicholas Demarco (WV) 18:32; 11. Jake Scheidemann (WV) 18:37; 12. Joey Cummings (WM) 18:43; 13. Michael Fenton (FL) 18:49; 14. Edward Woodcock (WM) 18:52; 15. Richard Wisse Jr (WH) 19:01.

GIRLS

LIBERTY DIVISION

TEAM SCORES: Clifton (C) 39, Passaic Tech (PT) 42, Bergen Tech (BT) 50, Passaic (P) 96.

1. Michelle Kubasek (BT) 20:04; 2. Abigail McLaughlin (BT) 20:09; 3. Sarah Shannon (PT) 20:43; 4. Meralis Mendez (PT) 21:18; 5. Anisha Khandakar (C) 21:32; 6. Sydney Shannon (PT) 21:38; 7. Meghan Jozefczyk (C) 21:43; 8. Mollie Slanina (C) 21:53; 9. Megan Davey (C) 22:05; 10. Hadeel Alshujaieh (C) 22:19; 11. Sarah Adams (C) 22:28; 12. Gabriela Lai (BT) 22:29; 13. Nancy Habib (PT) 23:03; 14. Nicole Sanchez (P) 23:13; 15. Allison Proszowski (C) 23:22.

INDEPENDENCE DIVISION

TEAM SCORES: Wayne Hills (WH) 15, West Milford (WM) 76, Lakeland (L) 81, Wayne Valley (WV) 92, Fair Lawn (FL) 98.

1. Taylor Domico (WH) 20:25; 2. Emily Becker (WH) 20:48; 3. Katerina Zachmann (WH) 20:52; 4. Natalie Zawistowka (WH) 20:59; 5. Shea Brennan (WH) 21:04; 6. Linnea Gilligan (L) 21:20; 7. Samantha Biss (L) 21:52; 8. Anastasia Zelenin (WH) 22:16; 9. Madeline Pluta (WM) 22:30; 10. Serena Mancini (WV) 22:36; 11. Amanda Fanning (L) 22:52; 12. Rachael Royer (WM) 22:56; 13. Gessica Mongelli (WH) 23:10; 14. Erin McCarthy (WM) 23:17; 15. Kristin McAtee (WV) 23:20.

CROSS-COUNTRY

NJIC CHAMPIONSHIPS

AT GARRET MOUNTAIN, WOODLAND PARK

BOYS

COLONIAL DIVISION

TEAM SCORES: Lyndhurst (Ly) 54, Glen Rock (GR) 56, Rutherford (R) 81, Leonia (Le) 113, Pompton Lakes (PL) 127, Garfield (G) 158, Eastern Christian (EC) 160, New Milford (NM) 180, Harrison (H) 207.

1. Sean Sullivan (R) 16:47; 2. Owen Davitt (GR) 17:21; 3. Joe McCabe (GR) 17:57; 4. Hussein Elmeshad (Le) 17:58; 5. Gabriel Suarez (Le) 18:06; 6. Isaiiah Aviles (Ly) 18:11; 7. Indrit Istrefi (PL) 18:27; 8. Anthon Dell Aquila (Ly) 18:39; 9. Carter Heerema (EC) 18:46; 10. Andrew Ellis (Ly) 18:54; 11. Hunter Somers (GR) 19:00; 12. Nick Moullette (PL) 19:02; 13. Steven Schwartz (GR) 19:06; 14. Steven Schwartz (GR) 19:06; 15. Marcus Cabibbo (R) 19:06.

PATRIOT DIVISION

TEAM SCORES: Bogota (B) 18, Park Ridge/Emerson (PR/E) 55, Midland Park (MP) 95, Palisades Park (PP) 102, Cresskill (C) 110, Bergen Charter (BC) 155.

1. Daniel Daurio (B) 17:10; 2. James Draney (B) 17:25; 3. Andrew Sarrow (PR/E) 17:28; 4. Andy Jaipersaud (B) 18:02; 5. Ryan White (B) 18:18; 6. Cole Geraghty (B) 18:24; 7. Jake Cooper (PR/E) 18:38; 8. Dante Gonzalez (PP) 18:45; 9. Daniel Rivera (B) 18:45; 10. Dan Scherb (W) 18:56; 11. Matt Rossnagel (MP) 19:27; 12. Tim Hagerty (MP) 19:38; 13. Tyler Semus (W) 19:48; 14. Michael Pantaleo (PR/E) 19:50; 15. Aldaberto Jimenez (PP) 19:55.

MEADOWLANDS DIVISION

TEAM SCORES: Dwight-Englewood (DE) 41, Hasbrouck Heights (HH) 52, Saddle Brook (SB) 55, Secaucus (S) 100, North Arlington (NA) 154, St. Mary (SM) 182, Ridgefield (R) 182, Paterson Charter (PC) 202, Weehawken (W).

1. Hector Cruz (PC) 18:06; 2. David Khym (DE) 18:19; 3. Youssef Abubaker (HH) 18:48; 4. Zane Diaz (DE) 18:51; 5. Haider Pathan (HH) 18:57; 6. Jeremy Bronstein (DE) 19:03; 7. Steven Halpin (SB) 19:11; 8. Adam Brulinski (NA) 19:15; 9. Sean Roberts (SB) 19:25; 10. Jason Finn (DE) 19:39; 11. Chris Parodi (HH) 19:40; 12. Daniel Cruz (SB) 19:48; 13. Kelan Yalong (SB) 19:49; 14. Dawid Gil (SB) 19:56; 15. Daniel Pokras (S)

20:08

GIRLS

COLONIAL DIVISION

TEAM SCORES: Glen Rock (GR) 51, Garfield (G) 61, Lyndhurst (Ly) 66, Eastern Christian (EC) 113, Rutherford (R) 120, Pompton Lakes (PL) 132, New Milford (NM) 173, Leonia (Le) 207, Harrison (H) 216.

1. Alex Walter (GR) 20:46; 2. Jane Burgoyne (GR) 21:22; 3. Christie Na (R) 21:28; 4. Summer Regan (R) 22:18; 5. Megan Rudden (Ly) 22:19; 6. Katie Andrews (PL) 22:30; 7. Leslie Rodriguez (G) 22:41; 8. McKensie Dill (GR) 22:51; 9. Allison Steiging (EC) 23:02; 10. Kelly Weckstein (Ly) 23:07; 11. Lindsay Cirne (Ly) 23:19; 12. Desiree Martinez (G) 23:27; 13. Sydney Charney (G) 23:29; 14. Chelsea Rosario (G) 23:31; 15. Ewa Wos (G) 23:31.

PATRIOT DIVISION

TEAM SCORES: Park Ridge/Emerson (PR/E) 28, Cresskill (C) 34, Bogota (B) 62.

1. Veronica Dunphy (C) 22:21; 2. Nadia Itani (PR/E) 22:30; 3. Rachel Galdi (PR/E) 22:52; 4. Erin Scott (Waldwick) 23:02; 5. Jillian O'Brien (B) 23:12; 6. Katherine Jesson (C) 23:13; 7. Cara Mastrangelo (PR/E) 23:26; 8. Sophia Castronovo (PR/E) 23:28; 9. Maryam Hassan (C) 23:31; 10. Alexis VanderWiele (Midland Park) 23:41; 11. Sarah Peepall (Waldwick) 23:42; 12. Emily Green (C) 23:49; 13. Stephanie Nativo (PR/E) 23:59; 14. Christine Pellicio (Hawthorne Christian) 24:07; 15. Samantha Koch (C) 24:26.

MEADOWLANDS DIVISION

TEAM SCORES: Hasbrouck Heights (HH) 23, Secaucus (S) 54, Saddle Brook (SB) 74, Dwight-Englewood (DE) 81.

1. Hailey Ross (HH) 21:20; 2. Mehek Parikh (S) 21:48; 3. Tara Satnick (DE) 22:10; 4. Brooke Mcknight (HH) 22:43; 5. Giana DiLascio (HH) 22:50; 6. Danielle Dallara (HH) 22:53; 7. Mariome Labarbera (HH) 24:25; 8. Ashley McVeigh (SB) 24:42; 9. Nicole McVeigh (SB) 24:47; 10. Francesca Petruccio (North Arlington) 24:51; 11. Saumya Parikh (S) 24:54; 12. Marie Sedlmeir (HH) 24:56; 13. Sheridan Wheeler (HH) 25:35; 14. Genevieve O'Brien (S) 25:43; 15. Victoria Saniko (S) 26:10.

Domico leads Wayne Hills sweep

Patriots win Independence Division

By **PAUL SCHWARTZ**
STAFF WRITER

WOODLAND PARK – In the nearly 40 years since the inauguration of girls cross-country division championship meets, fewer than a dozen teams have scored a perfect score of 15 points in capturing the first five places.

Tuesday at Garret Mountain, Wayne Hills became the 11th team to pull off the sweep, taking the top five slots in the Big North Independence meet for a 15-76 win over West Milford in the first of three championship days in the conference.

"We talked about it before the race that we'd never won with a score of 15 before and we wanted to try and get it," said Taylor Domico, who won the race by nearly 100 yards with a time of 20:25 over the 5,000-meter course. "We've worked hard all year and have pushed the younger kids to work as hard as we do."

Domico led teammates Emily Becker, Katerina Zachmann, Natalie Zawistowska and Shea Brennan to fin-

CROSS-COUNTRY: BIG NORTH MEET

ish within 39 seconds of each other as Wayne Hills averaged 20:49.6, a time topped by only 10 Passaic County teams in the history of the course. The Patriots have won the Independence race all six years it's been run.

"We have our eyes set on November and some very specific goals," said coach Jason Stagers.

"We've never won the section and we hope that we can compete with Northern Highlands there."

Ironically, the last girls team to throw a shutout in a division meet, Clifton, won the Liberty, 39-42-50 over Passaic Tech and Bergen Tech despite nearly having no one in the top five.

The Mustangs, who swept the Liberty race in 2010 were led by junior

Anisha Khandakar, who finished fifth. Bergen Tech went 1-2 behind race-winner Michelle Kubasek, working her way back from a chronic shin splints problem.

Fellow senior Abigail McLaughlin who finished only 20 yards behind and then Passaic Tech went 3-4-6 led by Sarah Shannon. But Clifton took the next five spots after Passaic Tech's third and its gap from 1-6 was only 56 seconds, albeit about a minute slower than Wayne Hills' 1-5 margin.

"I'm really proud of this team," said Clifton coach John Pontes. "This might have been a surprise to some but knowing these girls like I do nothing surprises me."

"There's no animosity on this team and they always work together towards a common goal," said Pontes, whose girls team has won or shared a title in one division or another since 2004.

But the boys championship run,

which stretched back to 1999, ended at the hands of Passaic Tech, which put four kids in the top eight and got a terrific race by freshman Jackson Burnett in 15th to clinch a 40-48 win over the Mustangs.

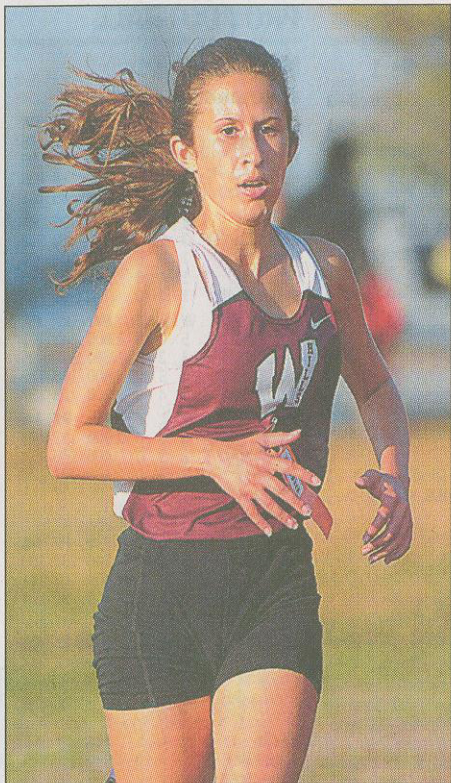
"We've had some issues with getting all our kids to the line in the same race," said Passaic Tech boys coach Dean Campiglia.

"But we found Jackson, who left soccer early in the season to come run and this was a nice win for our kids."

Kennedy's Jeron Jordan won the race in 16:48, and continues his quest to become the first freshman to win the Passaic County title, which will be run here Oct. 23.

Wayne Hills won its second straight boys title, 20-51, over Wayne Valley, as George Galkin led the Patriots to a 1-2-4-6-7 finish. Galkin wasn't pleased with his race, finishing in 17:00, about 60 meters ahead of teammate Joe Zisa.

"I just didn't feel 100 percent [Tuesday]," said Galkin. "I should be ready for [the county meet] next week, though."



MITSU YASUKAWA/STAFF PHOTOGRAPHER

Taylor Domico of Wayne Hills finishing first in 20:25 at Big North Independence meet Tuesday.

CROSS-COUNTRY

BIG NORTH FREEDOM/NATIONAL DIVISION CHAMPIONSHIPS

BOYS

FREEDOM DIVISION

TEAM SCORES

Indian Hills (IH) 29; Ridgewood (RI) 34; Hackensack (HA) 100; Northern Highlands (NH) 103; Paramus (PA) 118; Ramapo (RA) 170.

INDIVIDUAL RESULTS

1. Billy Byrne (RI), 16:24; 2. Matt Cohane (IH), 16:25; 3. Steven Fiumefreddo (IH), 16:31; 4. Kenneth Marshall (RI), 16:37; 5. Marc Lugo (HA), 16:38; 6. Nick Barnabic (RI), 16:38; 7. Chris Corcoran (IH), 16:44; 8. Derek Barney (IH), 16:49; 9. Thomas Holster (IH), 16:53; 10. Chris Leymeister (IH), 17:04; 11. Brad Rynkowski (RI), 17:11; 12. Jonah Natfzger (RI), 17:12; 13. Ben Zamboldi (RI), 17:15; 14. Alex Gee (PA), 17:18; 15. William McKee (NH), 17:19

NATIONAL DIVISION

TEAM SCORES

Tenafly (TF) 33; NV/Demarest (DE) 34; NV/Old Tappan (OT) 66; Pascack Valley

(PV) 120; Bergenfield (BE) 160; Teaneck (TN) 167.

INDIVIDUAL RESULTS

1. James Weissenborn (OT), 16:19; 2. Max Zavidow (TF), 16:37; 3. Robert Wilson (DE), 17:06; 4. Nathaniel Tirado (DE), 17:17; 5. Tim Larsen (DE), 17:17; 6. Michael Silverman (TF), 17:24; 7. Frank Maloney (TF), 17:25; 8. Ed Salaski (TF), 17:31; 9. Ty Miller (DE), 17:38; 10. Joe Shin (TF), 17:40; 11. Paul Greenway (TF), 17:41; 12. Daniel Biggins (OT), 17:42; 13. Josh Munoz (DE), 17:47; 14. Will Welzer (DE), 17:49; 15. Ben Stein (TF), 18:00

GIRLS

FREEDOM DIVISION

TEAM SCORES

Ridgewood 35; Northern Highlands 43; Indian Hills 86; Ramapo 98; Hackensack 109

INDIVIDUAL RESULTS

1. Julia Guerra (IH), 18:47; 2. Samantha Halvorsen (RI), 19:16; 3. Olympia Martin (RI), 19:18; 4. Monica Hebner (NH), 19:25; 5. Isabel Hebner (NH), 19:59; 6.

Lexi Harris (RA), 20:05; 7. Paige Wilderotter (NH), 20:32; 8. Serena Martinez (HA), 20:33; 9. Hannah Fishbein (RI), 20:41; 10. Cassie Keyes (RI), 20:53; 11. Leah Rosenfield (RI), 21:00; 12. Bridget Zimny (NH), 21:05; 13. Sophia Sheehy (RI), 21:10; 14. Meghan Adams (RI), 21:19; 15. Melina North (NH), 21:23.

NATIONAL DIVISION

TEAM SCORES

NV/Old Tappan 22; Pascack Valley 58; Tenafly 85; Demarest 90; Teaneck 116.

INDIVIDUAL RESULTS

1. Ashley Evans (PV), 19:43; 2. Courtney Brunet (OT), 20:21; 3. Kristen Travers (OT), 20:57; 4. Nicole Brougher (OT), 21:08; 5. Mary Scrivanich (OT), 21:16; 6. Ines Greenway (TF), 21:23; 7. Marlo Guastella (PV), 21:23; 8. Danielle Ludwig (OT), 21:32; 9. Aida de la Cruz (OT), 21:35; 10. Sari Abolafia (OT), 21:44; 11. Leah Woods-Bannan (DE), 21:48; 12. Jessica Lapitan (TF), 21:48; 13. Olivia Rudolph (TN), 21:49; 14. Hailey Fitzpatrick (DE), 21:59; 15. Nikki Criscuolo (PV), 22:24.

Some familiar faces in Big North title races

By **PAUL SCHWARTZ**

STAFF WRITER

CROSS-COUNTRY

Here's a race-by-race look at the final six Big North races, which are set for today at Garret Mountain in Woodland Park beginning at 4:15 p.m. (Last year's team winner is in parentheses):

AMERICAN BOYS, 4:15 (CLIFFSIDE PARK): Ridgefield Park upset Cliffside Park in their dual meet and could repeat the feat in the championship meet, ending a three-year streak by the Red Raiders. The individual race matches Jason Argueta of Cliffside Park against Derek Lewandowski of Ridgefield Park but don't count out Frank Scallo of Dumont.

UNITED BOYS, 4:25 (DON BOSCO): It's not certain which seven runners Don Bosco will put on the line, but it is certain that the Ironmen will win their sixth straight Big North title and extend their league winning streak to 20 years over three leagues and four different divisions. Connor Nicholson and Justin Fuhrman have won titles in the past but may not run today. The only boy who can break up the DB monopoly is junior Caleb Shaia of Bergen Catholic.

PATRIOT BOYS, 4:35 (RIVER DELL): River Dell will repeat here, with the only team question whether the division record of 29 points will fall. Will Daly has been called the winner each of the last two years while run-

ning step for step with twin brother Colin. That could happen again unless teammate Patrick Robertson beats them.

AMERICAN GIRLS, 4:40 (CLIFFSIDE PARK): The Red Raiders swept the dual meets and should have little trouble winning a fourth straight title, and their No. 1, Jennifer Polo, should repeat as individual champion.

UNITED GIRLS, 4:55 (IHA): IHA and Holy Angels have swapped league titles since the non-public schools separated out starting with the 2000 NNJIL meet, with IHA winning nine titles and the Angels five. Injuries make IHA the favorite in what is essentially a dual meet and look for Giavanna Tabbachino of IHA and Rhiannon Novelli of Holy Angels to battle for the individual title.

PATRIOT GIRLS, 5:10 (RAMSEY): Maybe the best team race of the day is the final race of the 2015 league season with River Dell looking for its first league title of any type since the 2000 BCSL American title. Current coach Briana Bayersdorfer led the Golden Hawks to victory that year, and after a dual meet win over three-time champion Ramsey earlier this year, may lead River Dell to victory again. Shannon Gorla of River Dell should easily repeat individually.

Cross-country rankings

BOYS TOP 25

1. Indian Hills
 2. Don Bosco
 3. Ridgewood
 4. River Dell
 5. Bogota
 6. Wayne Hills
 7. Hackensack
 8. Bergen Catholic
 9. NV/Demarest
 10. Tenaflly
 11. NV/Old Tappan
 12. Passaic Tech
 13. Clifton
 14. Paramus
 15. Northern Highlands
 16. Passaic
 17. Pascack Hills
 18. Lyndhurst
 19. Wayne Valley
 20. Ridgefield Park
 21. Glen Rock
 22. Cliffside Park
 23. Rutherford
 24. Kinnelon
 25. Paramus Catholic
- Not including Thursday's results

GIRLS TOP 25

1. Ridgewood
 2. Wayne Hills
 3. Northern Highlands
 4. River Dell
 5. IHA
 6. Ramsey
 7. Indian Hills
 8. Kinnelon
 9. Old Tappan
 10. Holy Angels
 11. Clifton
 12. Park Ridge/Emerson
 13. Glen Rock
 14. Passaic Tech
 15. Bergen Tech
 16. Hasbrouck Heights
 17. Ramapo
 18. Cliffside Park
 19. Garfield
 20. Pascack Valley
 21. Demarest
 22. Lyndhurst
 23. Cresskill
 24. Mahwah
 25. West Milford
- Not including Thursday's results

Ridgewood's plan leads to victory

By **DAVE MEISEL**

SPECIAL TO THE RECORD

WOODLAND PARK — Samantha Halvorsen and Olympia Martin took second and third place to vault the Ridgewood girls to the Big North Freedom Division cross-country championship Thursday.

Ridgewood coach Steve Opremcak praised his team's ability to stick to a plan as it scored 35 points at Garret Mountain Reservation to top Northern Highlands' 43 points.

"Obviously we want all seven girls running a perfect race, but that's hard to have that, so we worked together in two packs," Opremcak said. "I'm a numbers guy, and I always look at the splits, so we always know what we want to do."

Halvorsen (19:16) and Martin (19:18) were joined by Hannah Fishbein (ninth, 20:41), Cassie Keyes (20:53, 10th), Leah Rosenfield (11th, 21:00), Sophia Sheehy (13th, 21:10) and Meghan Adams (14th, 21:19).

"We are integrating new girls into the team, as really four of them are new to running together due to missing last season or being new to the team, but they're working hard together," Opremcak said. "If we run to our ability, we should qualify for [the Bergen Meet of Champions]."

Indian Hills' Julia Guerra raced to an 18:47 to capture the individual Freedom Division girls title.

Tenaflly used its experience at Garret Mountain to its advantage as it raced to the boys National Division championship.

Coach Dave Burns saw last week's meet with NV/Old Tappan and Bergenfield as a tuneup for the league meet, which Tenaflly won by just one point over second-place NV/Demarest, 33 to 34.

Despite a bloody nose before the race, Max Zavidow was able to lead Tenaflly, finishing second in 16:37.

"I told Max, 'If you don't feel

CROSS-COUNTRY: BIG NORTH CHAMPIONSHIPS

good enough, get second,' and it was great that he was able to do that because our goal was the team title," Burns said.

Seniors Michael Silverman (17:24), Frank Maloney (17:25) and Ed Salaski (17:31) were the next three up for Tenaflly, finishing sixth, seventh and eighth respectively.

James Weissenborn of NV/Old Tappan won the National Division race in 16:19.

Indian Hills edged Ridgewood in the boys' Freedom Division Championship, 29 to 34.

The Braves' confident bunch was led by Matt Cohane, who raced to a second-place finish (16:25). Teammate Steven Fiumefreddo (16:31) took third. Chris Corcoran (16:44), Derek Barney (16:49), Thomas Holster (16:53) and Chris Leymeister (17:04) finished seventh through 10th for Indian Hills.

Billy Byrne of Ridgewood edged Cohane (16:24) to win the race.

NV/Old Tappan had little experience at Garret Mountain this season due to scheduling changes, but managed to rout the competition, scoring 22 points to second-place Pascack Valley's 58. But the Indians' Ashley Evans (19:43) won the title.

Courtney Brunet (20:21), Kristen Travers (20:57), Nicole Brougher (21:08) and Mary Scrivanich (21:16) finished second through fifth to lead the Golden Knights.

"We knew we needed separation in the middle mile, and going around the lake, places two through six were pretty tight," coach Jeff Clark said. "But we did what we needed to do and ran well collectively. [Winner Ashley] Evans of Passaic Valley was a standout performer of this race, though."

Top five gives Scarlets a title

RP boys edge Cliffside Park

By **PAUL SCHWARTZ**

STAFF WRITER

WOODLAND PARK – Denis Murri didn't expect much from his Ridgefield Park boys cross-country team this season. The Scarlets hadn't beaten archrival Cliffside Park since 2011, and the Red Raiders went into the season favored to win their fourth straight Big North American title despite the graduation of four top senior runners.

But from the first day of practice Murri began to like his team more and more, and after the Scarlets upset an injury-riddled Cliffside Park team in a dual meet, he began to think this team could exceed expectations.

Friday, Ridgefield Park proved its coach to be correct, placing five runners in the top 12 and comfortably defeating the defending champions, 36-48, despite a close individual win by Jason Argueta of CP over RP sophomore Derek Lewandowski.

Ridgefield Park's boys were joined by the Don Bosco and River Dell boys and Cliffside Park, IHA and River Dell girls as division-winning teams on the final day of the three day Big North meet at Garret Mountain.

"These kids just kept working and working and got better each week," said Murri. "Derek reminds me of a young Brendan Conway [who won the 2011 league individual title for Ridgefield Park] and Brendan is helping train him now. Derek is tough and he could end up being the best cross-country runner I've coached."

The other five divisions went pretty much according to form, with individual performances by girls division winners Giavanna Tabbachino of IHA (United) and Shannon Gorla of River Dell (Patriot) the highlights.

Tabbachino ran 19:26, the third fastest time ever run at Garret for an IHA runner, and led the Blue Eagles to a 23-33 win over Holy Angels.

"I really wanted to win this," said Tabbachino, who ran behind now graduated all-North Jersey standouts Erin Ahearn and Colleen Buckley her first two years. "It's important for us to beat Holy Angels because they were

CROSS-COUNTRY: BIG NORTH CHAMPIONSHIPS

close to us in the dual meet."

"Our top seven are all sophomores and juniors and we're all close," said Tabbachino, a junior. "But I know I have to be the leader because I've run with Erin and Colleen in the past and I like it."

Then Gorla, a sophomore, stepped up and ran a sizzling 19:06 to lead River Dell to a 26-34 win over Ramsey in a battle of two of North Jersey's top teams. That time, the 18th fastest ever run by a Bergen girl at Garret, knocked Gorla's coach, Brianna Bayersdorfer out of the River Dell record book for the second time in 13 days. Gorla had run 19:27 to win a race at the Shore Invitational at Holmdel on Oct. 3, breaking Bayersdorfer's school record there as well.

Jennifer Polo of Cliffside Park was the other girls race winner, winning the American race by 300 meters in 21:00 over teammate Ilyada Erdal. But Polo was even more happy about her teammates, as the Red Raider girls won a fourth straight team title, 26-45 over Fort Lee.

"If I had to choose between winning individually and leading my team to a win, I'd want to lead my team to a win," said Polo, a senior. "It's my job to help us get better as a team."

Bosco beat Bergen Catholic, 17-42, for a sixth straight Big North United title, with Connor Nicholson edging Justin Fuhrman in identical 16:39 times for a second league title in three years.

"We can be the best Don Bosco team ever," said Nicholson, after the Ironmen sat five of its top runners. "I've struggled this year but this was my best race."

River Dell's boys, especially their back four runners, looked terrific in a 17-63 rout of Pascack Hills in the Patriot division. Colin Daly took the win from twin brother Will in identical 16:43 times with Patrick Robertson just behind. But the back four runners, all underclassmen, ran personal bests at Garret.

CROSS-COUNTRY

BIG NORTH CHAMPIONSHIPS

AT GARRET MOUNTAIN, WOODLAND PARK

Boys

AMERICAN

Team Scoring

Ridgefield Park (RP) 36, Cliffside Park (CP) 48, Fort Lee (FL) 61, Dumont (D) 83.

1. Jason Argueta (CP), 17:42; 2. Derek Lewandowski (RP), 17:43; 3. Frank Scallo (D), 18:09; 4. Garrett Norcross (RP), 18:12; 5. Dylan Scallo (D), 18:17; 6. Victor Hua (FL), 18:22; 7. Tim Strowbridge (RP), 18:23; 8. Mehmet Ekici (CP), 18:23; 9. Kelvin Francisco (FL), 18:42; 10. Gabriel Fermin (CP), 18:50.
11. Bryant Escobar (RP), 18:51; 12. Emanuel Gonzalez (RP), 18:52; 13. Eric Hong (FL), 18:53; 14. Chris Loughran (CP), 19:00; 15. Hunter Corcoran (CP), 19:17.

PATRIOT

Team Scoring

River Dell (RD) 17, Pascack Hills (PH) 63, Ramsey (R) 100, Westwood (W) 104, Mahwah 106.

1. Colin Daly (RD), 16:43; 2. Will Daly (RD), 16:43; 3. Patrick Robertson (RD), 16:50; 4. Nick Kaczorowski (R), 17:01; 5. Gary Wilhelm (RD), 17:36; 6. Dan Murray (RD), 17:38; 7. Chris Murray (RD), 17:38; 8. Jake DiCuffa (W), 17:48; 9. Anthony Michielini (PH), 17:53; 10. Ryan Salvo (R), 18:10.
11. Matt Tina (RD), 18:12; 12. Keith Petrellese (PH), 18:13; 13. Peter Skibin (PH), 18:15; 14. Nick Beutel (PH), 18:16; 15. Nick Curcio (PH), 18:17.

UNITED

Team Scoring

Don Bosco (DB) 17, Bergen Catholic (BC) 42, Paramus Catholic (PC) 89, St. Joseph 105, DePaul 152.

1. Connor Nicholson (DB), 16:39; 2. Justin Fuhrman (DB), 16:39; 3. Joe Erskine (DB), 16:47; 4. Will McNicholas (DB), 16:52; 5. Conor Secora (BC), 16:54; 6. Caleb Shaia (BC), 17:07; 7. Ryan Nicholson (DB), 17:17; 8. Peter Theuerkauf (BC), 17:20; 9. Justin Touhey (DB), 17:33; 10. Kieran Ungemach (DB), 17:39.
11. Billy Rabah (BC), 17:42; 12. Thomas O'Boyle (BC), 18:04; 13. Will Lenz (BC), 18:15; 14. Stefan Dela Riva (PC), 18:23; 15. Will O'Connell (BC), 18:32.

Girls

AMERICAN

Team Scoring

Cliffside Park (CP) 26, Fort Lee (FL) 45, Ridgefield Park (RP) 73, Dumont (D) 84, Englewood 155.

1. Jennifer Polo (CP), 21:00; 2. Ilyada Erdal (CP), 22:19; 3. Teresa Lee (FL), 22:30; 4. Mavis Cao (CP), 22:55; 5. Courtney Deloughery (D), 22:58; 6. Jessica Uben (RP), 23:00; 7. Josephine Wang (FL), 23:02; 8. Tiffany Burno (CP), 23:10; 9. Zsafia Balog (D), 23:31; 10. Kaiya Ho (FL), 23:40.
11. Erin O'Connor (CP), 23:44; 12. Ronika Jain (FL), 23:45; 13. Allison Leung (FL), 23:48; 14. Veronica Couto (RP), 23:55; 15. Jodie Buri (RP), 24:07.

PATRIOT

Team Scoring

River Dell (RD) 26, Ramsey (R) 34, Pascack Hills (PH) 78, Mahwah (M) 83.

1. Shannon Gorla (RD), 19:06; 2. Victoria Clinton (R), 20:05; 3. Ginger Pojednic (RD), 20:36; 4. Elizabeth Flood (R), 20:42; 5. Nicole Muscat (RD), 21:26; 6. Lindsay McNeill (R), 21:32; 7. Hannah Figueroa (PH), 21:34; 8. Mel Dougherty (RD), 21:41; 9. Jen Bourdier (RD), 21:45; 10. Erinn McGahan (R), 21:52.
11. Valerie Ervin (M), 22:02; 12. Jacqueline Pesco (R), 22:31; 13. Alex Mindich (PH), 22:44; 14. Grace Anzano (M), 22:48; 15. Nina Rubenstein (PH), 22:50.

UNITED

Team Scoring

IHA 23, Holy Angels (HA) 33, Paramus Catholic (PC) 79.

1. Giavanna Tabbachino (IHA), 19:26; 2. Rhiannon Novelli (HA), 20:00; 3. Caitlin McPartland (IHA), 20:15; 4. Megan Brockmeier (IHA), 20:17; 5. Mackenzie Hughes (HA), 20:22; 6. Grace Jansson (HA), 20:52; 7. Jill Neggia (IHA), 21:01; 8. Jazmin Bender (IHA), 21:45; 9. Olivia Mandella (HA), 21:59; 10. Julia Scherer (IHA), 22:08. 11. Kelly Mandella (HA), 22:13; 12. Katerina Harte (PC), 22:20; 13. Erin O'Donnell (PC), 22:25; 14. Emily Bermudez (IHA), 22:26; 15. Courtney Dodds (HA), 22:36.



JIM ANNESS/SPECIAL TO THE RECORD

Misa Tamura of Ridgewood, left, and Anthony Fatuzzo of Fair Lawn winning their 10K races Sunday.

Fatuzzo wins 3rd 10K in row

Tamura goes wire to wire

Different approaches produced similar results Sunday in the 37th annual Terri Roemer Paramus Run on a cool, sunny morning at Paramus Park.

Anthony Fatuzzo of Fair Lawn used a late surge and sprinted to his third straight Marty Roemer Memorial 10K in 33:14, holding off Clifton's Hector Rivera, who finished four seconds behind.

Jonathan Frieder of Hartsdale, N.Y., finished third in 33:54.

In the women's event, 2013 champion (and 2014 5K champion) Misa Tamura of Ridgewood set an early pace and won the event again in 40:24.

Tamura overcame what she called a discouraging final hill to best Elena Dale of Wyckoff, who finished in 43:17. Lisa Swain of Fair Lawn rounded out the top three in 43:21.

Top Paramus finishers in

PARAMUS RUN

the 10K were Andrew Lefer, 24, and Gina Cotter, 44, who also was the top Paramus finisher last year.

Thomas Young of Fort Lee went wire to wire to win the Lou Lanza Memorial 5K in 15:40. Young finished second in 2014. Miguel Galvez of Passaic was second in 16:19, and Tomas Lean of Clifton placed third in 16:38.

Alyssa Douma of Westwood won a close contest in the women's race with a 18:26. Hope Tiboni of Mendham finished second in 18:42 and Hortenua Aliaga of Garfield placed third in 19:30.

Paramus winners in the 5K were Danny Paolazzi, 19, who improved on his 2014 second-place finish and Erin Davis, 18, who was fourth in the event last year.

RESULTS

37th Annual Terri Roemer Paramus Run

LOU LANZALOTTO MEMORIAL 5K RACE

Men

Name	Hometown	Time
1. Thomas Young	Fort Lee	15:40
2. Miguel Galvez	Passaic	16:19
3. Tomas Lean	Clifton	16:38
4. Hector Rivera	Clifton	16:41
5. Hayrol Alvarez	Passaic	16:45

Women

1. Alyssa Douma	Westwood	18:26
2. Hope Tiboni	Mendham	18:42
3. Hortenua Aliaga	Garfield	19:30
4. Allison Lounsbury	Franklin L.	20:15
5. Lauren Pagano	Ridgewood	21:30

Masters, Men

1. Hector Rivera	Clifton	16:41
2. Rob Keve	Ridgewood	18:14
3. Akira Kobayashi	N. Milford	18:35

Masters, Women

1. Hortenua Aliaga	Clifton	19:30
2. Ayako Yamazaki	Chstnt R., NY	22:21
3. Theresa Riley	Harrington P.	23:58

Paramus Residents, Men

1. Danny Paolazzi	18:12
2. Conor O'Brien	19:31
3. Takaji Kuroyanagi	20:26

Paramus Residents, Women

1. Erin Davis	21:35
2. Laura Di Iorio	22:14
3. Lauren Mihalik	23:14

MARTY ROEMER 10K CHAMPIONSHIP

Men

1. Anthony Fatuzzo	Fair Lawn	33:14
2. Hector Rivera	Clifton	33:18
3. Jonathan Frieder	Hrtsdl, NY	33:54
4. Jared Tootell	Hoboken	36:22
5. Mark Anderson	Allendale	37:35

Women

1. Misa Tamura	Ridgewood	40:24
2. Elena Dale	Wyckoff	43:17
3. Lisa Swain	Fair Lawn	43:21
4. Linda Ludwowski	Sffrn NY	43:35
5. Barbara Willock	Woodcliff L.	44:12

Masters, Men

1. Hector Rivera	Clifton	33:18
2. Jonathan Frieder	Hrtsdle, NY	33:54
3. Marc Berkson	Teaneck	39:10

Masters, Women

1. Misa Tamura	Ridgewood	40:24
2. Elena Dale	Wyckoff	43:17
3..Lisa Swain	Fair Lawn	43:21

Paramus Residents, Men

1. Andrew Lefer	37:45
2. Norberto Alo Ramirez	47:53
3. Jason Basner	48:59

Paramus Residents, Women

1. Gina Cotter	45:49
2. Katherine Burns	49:33
3..Debbie Bessen	53:45

AGE GROUP WINNERS

5K (Male, Female)

14-and-under: Conor O'Brien, Paramus, 19:31; Allison Lounsbury, Franklin

Lakes, 20:15

15-19: Tomas Lean, Clifton, 16:38; Hope Tiboni, Mendham, 18:42

20-24: Miguel Galvez, Passaic, 16:19; Melissa Martinez, New Milford, 26:07

25-29: Hayrol Alvarez, Passaic, 16:45; Alyssa Douma, Westwood, 18:26

30-34: Elvis Cole, Hackensack, 17:55; Cathleen Doherty, Fair Lawn, 22:14

35-39: Thomas Young, Fort Lee, 15:40; Arielle Sheinbein, Bergenfield, 22:56

40-44: Hector Rivera, Clifton, 16:41; Hortenua Aliaga, 19:30

45-49: Anthony Malandra, Ramsey, 21:30; Theresa Riley, Harrington Park, 23:58

50-54: Sergio Cano, Kearny, 20:47; Janine Stuart, Paramus, 24:22

55-59: Akira Kobayashi, 18:35; Annemarie Uebbing, Kearny, 26:11

60-64: Charlie Slaughteter, Parsippany, 20:28; Lorna Yerkes, Waldwick, 27:58

65-69: Bob Roemer, Paramus, 22:46; Cindy Roemer, Paramus, 36:06

70-74: Paul Doxey, Mahwah, 23:35; no finishers

75-79: Michael Grimaldi, Dumont, 32:50; Sachiko Kawamura, Wyckoff, 40:18

80-and over: James Dugan, Cornwall, NY 34:59; no finishers

10K (Male, Female)

14-and-under: Yota Naruo, Paramus, 54:50; Kaitlin Morgan, Emerson, 56:17

15-19: Sam Tenenbaum, Jamesburg, 38:45; Aranka La Sala, Franklin Lakes, 56:29

20-24: Andrew Lefer, Paramus, 37:45; Emily Leonard, Ramsey, 55:17

25-29: Will Patterson, Philadelphia, PA, 38:27; Kevonna Ward, Maplewood, 52:11

30-34: Anthony Fatuzzo, Fair Lawn, 33:14; Katie Irwin, Oakland, 47:26

35-39: Jared Tootell, Hoboken, 36:22; Kelly Heaton, Washington Twp., 44:59

40-44: Hector Rivera, Clifton, 33:18; Elena Dale, Wyckoff, 43:17

45-49: Marc Berkson, Teaneck, 39:10; Sheila Courter, Westfield, 45:49

50-54: Sergio Cano, Kearny, 40:20; Misa Tamura, Ridgewood, 40:24

55-59: Christopher Kunkel, Oradell, 46:40; Lisa Swain, 43:21

60-64: Larry Kahm, Fort Lee, 46:09; Cami Klein, Glen Rock, 55:45

65-69: Bruce Langdenkamp, Wharton, 45:14; Orfelina Pena, Saddle Brook, 1:06:03

70-74: Tom Pena, Saddle Brook, 56:31; Rita Hoffman, West New York, 1:05:10

75-79: Mike Machuca, River Edge, 55:52; no female finishers

Molina to Wake Forest

By **PAUL SCHWARTZ**

STAFF WRITER

Bergen County indoor shot put record holder and multiple State Meet of Champions medalist Jessica Molina of Westwood verbally committed to accept a track and field scholarship next fall at Wake Forest University on Monday.

Molina, who set the county record indoors (48 feet, 10 inches) last winter in winning the Eastern States championship and finished sixth in the nationals, chose Wake Forest over South Carolina, Miami and Penn State.

Molina, last season's North Jersey Indoor Field Athlete of the Year, placed in both the indoor and outdoor State Meet of Champions in the shot put last season, and has career outdoor bests of 46-9 in the shot (second all-time Bergen), 139-5 in the discus (third) and 122-9 in the javelin.

ATHLETES OF THE WEEK

By **MARK J. CZERWINSKI**

STAFF WRITER

Life hasn't changed much for Jordan Fuller since the NV/Old Tappan All-America defensive back whittled down his list of potential colleges to eight.

Coaches still call to keep tabs. Emails and texts keep coming. And it probably will be that way right up until the day the highly sought-after Division I recruit makes his final decision.

"It's still kind of hectic," said Fuller, who earned The Record Male Athlete of the Week honor after leading the Golden Knights to a 42-14 victory over No. 2 Pascack Valley. "I still get a ton of calls, but it's OK. It's not overwhelming."

In case you missed it, Fuller's final list in no particular order is: Rutgers (which offered him a scholarship as an eighth-grader), UCLA (where his big brother, Devin, plays football), Notre Dame, TCU, Ohio State, Michigan, Penn State and Virginia Tech. Fuller said he still plans to take five official visits, but he still hasn't worked out the particulars.

Fuller said he doesn't think he's going to make a huge production out of announcing his final choice. He wants to keep things simple, telling his family and friends.

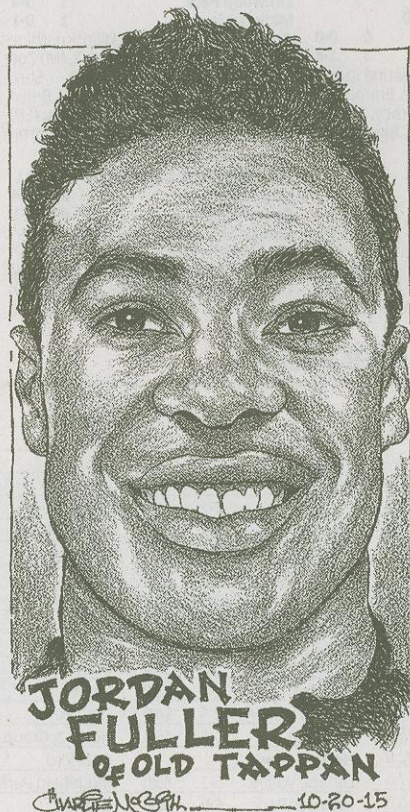
All that college speculation, however, is a worry for another day. Fuller said his main concern is this season, hoping to lead the unbeaten Golden Knights, the No. 1 team in The Record public Top 20, to a North 1, Group 4 sectional title.

"We've got to stay focused," said Fuller, who doesn't know what he'll study in college yet. "We can't get caught looking ahead or anything like that."

Fuller also plans to run track again this spring. When he's not playing football, Fuller said he's just like any other teenager, hanging out with his friends, playing video games, and listening to hip-hop and R&B.

"Ask my teammates and they'll tell you that I'm always laughing and having a good time," Fuller said. "I'm always laughing when I'm off the field. I'm just a happy kid."

Also nominated: Aveon Irving of Garfield, Nick Garcia of Pascack Hills, Josh Paez of Wood-Ridge, Alex Morales of Manchester, Pete Guerriero of Lyndhurst and Michael Bolwell of Becton for football.



MALE ATHLETE

Sport: Football **Class:** Senior **Age:** 18

Accomplishment: Fuller threw two TD passes, caught two passes for 45 yards, carried 10 times for 35 yards and a TD, and returned an interception 49 yards for a TD to lead NV/Old Tappan to a 42-14 win over Pascack Valley.

By **ED MILLS**

STAFF WRITER

Julia Guerra is one of the top long-distance runners in North Jersey in three sports – cross-country, indoor track and outdoor track and field.

Indian Hills' Guerra gave a prime example of her abilities last week when she doubled as a champion in two big races.

She won the Big North Freedom Division meet Thursday in 18:47, the fastest girls time at Garret Mountain this season. On Saturday, Guerra won her race in the "A" Division of the Northeast Cross-Country Championships at Brown in Rhode Island in 17:47, beating her closest competitor by more than 70 yards.

"Julia is clearly the best girl I've ever coached in my 42 years in the sport," coach Tom Zaccone said. "She's a genuine elite athlete, very naturally gifted, and her intensity and her focus are very, very strong. Once in a career, if you're lucky, you get to coach this type of quality runner." For her efforts, Guerra is The Record Female Athlete of the Week.

Guerra – who has an opportunity this season to become the first four-time, first-team All-North Jersey cross-country runner – clocked an 18:13 this month at the Brett Taylor Invitational at Darlington. It's a time only 12 runners have bested, including Guerra, who last fall ran a 17:57 at the Mahwah course.

A strong 1,600 and 3,200 competitor in indoor and outdoor track, Guerra was a first-team All-North Jersey pick in the 1,600 in the spring, taking second in the State Meet of Champions. She twice has been selected first-team All-North Jersey in outdoor track, and once in indoor track in 2014 as a sophomore, when she produced a sub-five-minute 1,600 at the State Meet of Champions.

But Guerra is about much more than track. She's a member of the National Honor Society. She works in the ambassador program at the Oakland school, helping incoming freshmen before and during the school year, checking in with them to make sure they're keeping up. She also tutors those who need help in various classes.

Guerra will choose from Washington, Penn State and Wake Forest to continue her academic and athletic career.

Also nominated: Jessica Rogers of Rutherford and Jenna Berry of Fair Lawn for volleyball; Joanna Seca of North Arlington for soccer; Roshni Patel of Secaucus and Giavana Tabbachino of IHA for cross-country.



FEMALE ATHLETE

Sport: Cross-country **Class:** Senior **Age:** 17

Accomplishment: Guerra won the Big North Freedom Division meet in 18:47, the fastest girls time at Garret Mountain this season. Two days later she won her race in the Northeast Cross-Country Championships at Brown in 17:47.

BERGEN COUNTY CROSS-COUNTRY CHAMPIONSHIPS

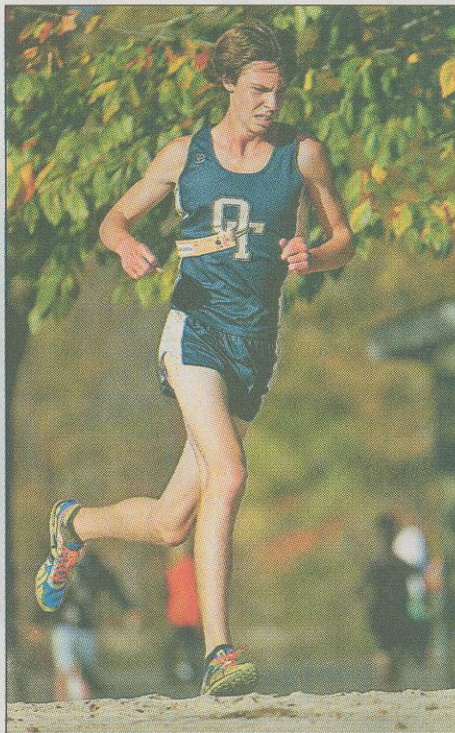
Saturday at Darlington County Park, Mahwah

BOYS

DIVISION A

Race starts: 10 a.m.**Teams:** Bergen Catholic, Don Bosco, Dwight-Englewood, Paramus Catholic, Queen of Peace, Saddle River Day, St. Joseph, St. Mary.**Favorites:** Don Bosco, Bergen Catholic, Dwight-Englewood.**Returning Top-10 finishers:** Patrick Sullivan, Don Bosco (1st); David Rosas, Don Bosco (4th); Justin Fuhrman, Don Bosco (7th).**Other contenders:** Caleb Shaia, Connor Secora and Peter Theuerkauf, Bergen Catholic; Connor Nicholson and Alex Zeepvat, Don Bosco; David Khym, Jeremy Bronstein and Zane Diaz, Dwight-Englewood.**How the race will go:** Don Bosco has won a record nine straight titles in this division when it included public schools, and should make it 10 without a problem in this new division. Bergen Catholic should take the second automatic slot while Dwight-Englewood, which would have contended for second place in the old Division D, probably will earn the third team medal slot but miss the Meet of Champions. Rosas is running better than Sullivan this year, but don't count out the defending champ.

DIVISION B

Race starts: 10:15 a.m.**Teams:** Bergenfield, Bergen Tech, Fair Lawn, Hackensack, Indian Hills, Northern Highlands, NV/Old Tappan, Paramus, Ridgewood, Teaneck.**Favorites:** Indian Hills, Ridgewood, NV/Old Tappan, Hackensack, Northern Highlands, Paramus.**Returning Top-10 finishers:** James Weissenborn, NV/Old Tappan (4th in A); Nick Barnabic, Ridgewood (6th in A); Kenny Marshall, Ridgewood (8th in A); Matt Cohane, Indian Hills (6th).**Other contenders:** Jonathan Marcus, Fair Lawn; Marc Lugo, Hackensack; Steve Fiumefreddo, Derek Barney, Chris Corcoran, Tom Holster and Chris Leymeister, Indian Hills; Billy Byrne, Ridgewood.**How the race will go:** Indian Hills has won nine of the past 11 Division B races, including the last two. And even with the addition of Ridgewood, NV/Old Tappan and Hackensack, the Braves should breeze to another win. Ridgewood should grab the second automatic slot, and NV/Old Tappan, Hacken-FILE PHOTO BY KEVIN R. WEXLER/
STAFF PHOTOGRAPHER**NV/Old Tappan's James Weissenborn is one of the favorites in Saturday's Division B race.**

sack, Northern Highlands and Paramus will fight for wild cards, although it's likely only two of the three wild cards will come from this group. Marshall, Byrne, Cohane and Barnabic are all capable of winning here, but Weissenborn made a statement at the Big North National meet and is the favorite.

DIVISION C

Race starts: 10:30 a.m.**Teams:** Cliffside Park, NV/Demarest, Englewood, Fort Lee, Garfield, Pascack Valley, Ramapo, Ridgefield Park, River Dell, Tenafly.**Favorites:** River Dell, Tenafly, NV/Demarest, Cliffside Park, Ridgefield Park.**Returning Top-10 finishers:** Colin Daly, River Dell (1st in B); Will Daly, River Dell (2nd in B); Patrick Robertson, River Dell (3rd in B); Walter Tarr, Ramapo (8th in B); Max Zavidow, Tenafly (9th in B).**Other contenders:** Nathaniel Tirado and Rob Wilson, NV/Demarest; Derek Lewandowski, Ridgefield Park; Jason Argueta, Cliffside Park; Frank Maloney and Ed Salaski, Tenafly.**How the race will go:** River Dell is a good

vision title in 20 years. If she's not, Ridgewood could win its sixth straight title and record 30th overall. NV/Old Tappan should grab a wild card, with Indian Hills and Bergen Tech in the mix for a wild card as well. Guerra is running as well as she ever has in her great career, and if the weather cooperates, could make a bid for the course record of 17:29.

DIVISION C

Race starts: 11:15 a.m.**Teams:** Cliffside Park, NV/Demarest, Dwight Morrow, Fort Lee, Garfield, Pascack Valley, Ramapo, Ridgefield Park, River Dell, Tenafly.**Favorites:** River Dell, Pascack Valley, Ramapo, Tenafly, NV/Demarest, Cliffside Park, Garfield.**Returning Top-10 finishers:** Alexandra Harris, Ramapo (4th in B); Ashley Evans, Pascack Valley (6th in B); Nikki Criscuolo, Pascack Valley (9th in B); Shannon Gorla, River Dell (10th in B).**Other contenders:** Ines Greenway, Tenafly; Courtney Geisenheimer, NV/Demarest; Ginger Pojednic and Nicole Muscat, River Dell; Jennifer Polo, Cliffside Park; Marlo Guastella, Pascack Valley.**How the race will go:** River Dell last won a county division title when it won Group 2 in 1985. The Golden Hawks should coast to the win this year. Pascack Valley has a slight edge over Ramapo, Tenafly, NV/Demarest and Cliffside Park for the second automatic spot. The scramble for the wild cards will be wild. Gorla already has broken the school record at Holmdel and Garret Mountain set by her coach, Briana Bayersdorfer, and on Saturday, should break the Darlington record of 19:19 run by Bayersdorfer in 1998 to win her first title.

DIVISION D

Race starts: 1:25 p.m.**Teams:** Dumont, Glen Rock, Leonia, Lyndhurst, Mahwah, New Milford, Park Ridge/Emerson, Pascack Hills, Ramsey, Rutherford, Westwood.

team and should win its first Bergen division title since 2002. Tenafly and NV/Demarest will battle for the second automatic slot, but the loser still should grab a wild card. The Dalys and Robertson should go 1-2-3 for the second straight year.

DIVISION D

Race starts: 12:55 p.m.**Teams:** Dumont, Glen Rock, Leonia, Lyndhurst, Mahwah, New Milford, Park Ridge/Emerson, Pascack Hills, Ramsey, Rutherford, Westwood.**Favorites:** Pascack Hills, Lyndhurst, Glen Rock, Rutherford.**Returning Top-10 finishers:** Sean Sullivan, Rutherford (2nd in C); Hussein Elmeshtad, Leonia (3rd in C).**Other contenders:** Dylan and Frank Scallo, Dumont; Owen Davitt, Glen Rock; Andrew Sarrow, Park Ridge/Emerson; Nick Kaczorowski, Ramsey; Jake DiCuffa, Westwood.**How the race will go:** The tightest of the five boys races, with Pascack Hills, Lyndhurst and Glen Rock all potential champions. Hills hasn't won since 2008, Glen Rock since 2001 and Lyndhurst has never won. One of them should break their drought. By contrast, Sullivan should breeze to a title and hopes to be the first Bulldog to break 16 minutes at Darlington.

DIVISION E

Race starts: 1:10 p.m.**Teams:** Becton, Bergen Charter, Bogota, Cresskill, Hasbrouck Heights, Midland Park, North Arlington, Palisades Park, Ridgefield, Saddle Brook, Waldwick.**Favorites:** Bogota, Hasbrouck Heights, Saddle Brook.**Returning Top-10 finishers:** Andy Jaipersaud, Bogota (1st in D); Dan Daurio, Bogota (3rd in D); James Draney, Bogota (5th in D); Youssef Abubaker, Hasbrouck Heights (7th in D); Abdallah Hammad, Hasbrouck Heights (8th in D).**Other contenders:** Ryan White and Cole Geraghty, Bogota.**How the race will go:** Bogota has bigger goals this season, but it starts with this meet, where the Bucs should win their fourth straight group title. Hasbrouck Heights and Saddle Brook will battle for the second automatic qualifying slot. Jaipersaud, Daurio and Draney likely will go 1-2-3 with Daurio a slight favorite for the individual title.

— Paul Schwartz

GIRLS

DIVISION A

Race starts: 10:45 a.m.**Teams:** Dwight-Englewood, Holy Angels, Immaculate Conception, IHA, Paramus Catholic, Queen of Peace, Saddle River Day, St. Mary.**Favorites:** IHA, Holy Angels, Paramus Catholic.**Returning Top-10 finishers:** Giavanna Tabachino, IHA (8th); Tara Lyons, Holy Angels (7th in B); Tara Satnick, Dwight-Englewood (5th in D).**Other contenders:** Megan Brockmeier, Jill Neggia and Caitlin McPartland, IHA; Rhianon Novelli, Mackenzie Hughes and Grace Jansson, Holy Angels; Katerina Harte, Paramus Catholic.**How the race will go:** IHA already has beaten Holy Angels twice this year, and in this smallest of groups (only four full teams are expected to run), could make it three straight. IHA should win its first division title since 2009 and Holy Angels might not win one for the first time since 2004.

DIVISION B

Race starts: 11 a.m.**Teams:** Bergenfield, Bergen Tech, Fair Lawn, Hackensack, Indian Hills, Northern Highlands, NV/Old Tappan, Paramus, Ridgewood, Teaneck.**Favorites:** Ridgewood, Northern Highlands, NV/Old Tappan, Indian Hills, Bergen Tech.**Returning Top-10 finishers:** Monica Hebner, Northern Highlands (3rd in B); Sam Halvorsen, Ridgewood (4th in B); Olympia Martin, Ridgewood (5th in B); Michelle Kubasek, Bergen Tech (7th in B); Jodi Hinchin, Northern Highlands (9th in B); Abigail McLaughlin, Bergen Tech (10th in B); Julia Guerra, Indian Hills (1st in B); Kadreya Simeon, Hackensack (5th in B at Tenafly last year).**Other contenders:** Courtney Brunet, NV/Old Tappan; Isabel Hebner and Paige Wilderotter, Northern Highlands; Serena Martinez, Hackensack.**How the race will go:** If Hinchin is healthy, the Highlanders have a shot at their first di-**Favorites:** Ramsey, Glen Rock, Park Ridge/Emerson, Pascack Hills, Mahwah.**Returning Top-10 finishers:** Alex Walter, Glen Rock (1st in C); Victoria Clinton, Ramsey (3rd in C); Jane Burgoyne, Glen Rock (5th in C); Elizabeth Flood, Ramsey (6th in C); Cara Mastrangelo, Park Ridge/Emerson (9th); Olivia Beutel, Westwood (10th in C).**Other contenders:** Lindsay McNeill, Ramsey; Hannah Figueroa, Pascack Hills; Christie Na and Summer Regan, Rutherford; Nadia Itani and Samantha Green, Park Ridge/Emerson.**How the race will go:** Ramsey has won 18 division titles in the past 23 years, including the past two in Division C. It probably will make it 19 of 24. Glen Rock and Park Ridge/Emerson will battle for the second automatic slot, with the loser in the large battle for the second and third wild cards. Walter is favored, but Clinton and perhaps the freshman Green from Park Ridge/Emerson, if she's healthy, will contend.

DIVISION E

Race starts: 1:40 p.m.**Teams:** Becton, Bergen Charter, Bogota, Cresskill, Hasbrouck Heights, Midland Park, North Arlington, Palisades Park, Ridgefield, Saddle Brook, Waldwick.**Favorites:** Hasbrouck Heights, Cresskill, Bogota.**Returning Top-10 finishers:** Nicole McVeigh, Saddle Brook (2nd in D); Danielle Dallara, Hasbrouck Heights (3rd in D); Arianna Lopez, Palisades Park (4th in D); Emily Green, Cresskill (6th in D); Hailey Ross, Hasbrouck Heights (8th in D); Jillian O'Brien, Bogota (10th in D).**Other contenders:** Brooke McKnight and Giana DiLascio, Hasbrouck Heights; Ashley McVeigh, Saddle Brook; Veronica Dunphy, Cresskill; Erin Scott, Waldwick.**How the race will go:** Hasbrouck Heights looks to end Cresskill's two-year streak as a division leader, although it's likely Cresskill will get the second automatic slot. Lopez should have little trouble winning the individual race.

— Paul Schwartz

PASSAIC COUNTY CROSS-COUNTRY CHAMPIONSHIPS PREVIEW

Time is now for PCT's Shannon

School's first girls champ is the goal

By **PAUL SCHWARTZ**
STAFF WRITER

In the 40 years since the Passaic County Cross-Country Championships added girls, not one from Passaic Tech has won the individual title.

Sarah Shannon hopes to end that streak in today's 4:30 p.m. race at Garret Mountain. And the junior has a very good chance.

"She's having a really great season and she's worked hard starting in the summer," Passaic Tech coach Charlie Weinpel said. "She's more hungry this year than in the past, is running with more intensity, and is mentally tougher."

Shannon has had success in the past, finishing eighth in the county as a freshman and third last year behind winner Meghan Jozefczyk of Clifton, with times around 20:45 at the Garret Mountain course.

But this year, she's set personal bests three times at the county and state sectional course. And she produced the fastest time ever by a Passaic Tech runner at Darlington, where she ran 19:44 in the Season Opener Invitational.

She's lowered her Garret best to 20:14, a PCT record and the fastest race by a Passaic County runner this year.

But Shannon's win is far from a foregone conclusion. Wayne Hills junior Taylor Domico, who won the Big North Independence meet, and Patriot senior Katerina Zachmann, who was Wayne Hills' No. 1 most of the season, also can prevail.

Then there's Jozefczyk, the junior defending champ, who is slowly recovering from an injury that ended her sophomore year soon after she won the title a year ago.

Wayne Hills is the prohibitive favorite to win its third team title in four years. It has a shot to break the county record of 21 points, set by the Patriots when they won in 2012.

Emily Becker, Shea Brennan and Natalie Zawistowska all can finish in the top 10, as can Passaic Tech's Meralis Mendez, Lakeland's Linnea Gilligan and Clifton's Mollie Slanina.

Look for PCT and Clifton to battle for second, with West Milford fourth and Lakeland, Passaic, Wayne Valley and Eastern Christian all in contention for the final spot.



RECORD FILE PHOTO

Sarah Shannon has set three personal bests at Garret Mountain this season.

On the boys side, the individual title seems to be between Wayne Hills senior George Galkin – second to county champ Rishi Jashnani last year – and Kennedy freshman Jaron Jordan, who hopes to be the first ninth-grader to win a boys county title.

Galkin has the year's fastest time at Garret for a Passaic County runner – 16:43 – but Jordan has broken 16:55 three times this year. Jordan ran about 10 seconds faster a week ago, when the two won separate divisional titles in the Big North meet.

Galkin and Jordan seem to be comfortably ahead of a group of about 10 runners, including Passaic Tech's Alejandro Ibarguen, Tarin Nelson and Jason Rodriguez; Wayne Hills' Joe Zisa, Eric Solorzano and James Brennan; Passaic's Carlos Perez; Lakeland's Andy Biss; and Clifton's Kevin Heredia.

Wayne Hills should win its second straight boys title and third in five years. It could be the first time the Patriots win both team titles in the same year, and the first time any team has swept since Clifton did it in 2008.

The Record cross-country rankings

Boys Top 25

1. Indian Hills	14. Clifton
2. Don Bosco	15. Paramus
3. Ridgewood	16. Pascack Hills
4. River Dell	17. Ridgefield Pk.
5. Tenafly	18. Wayne Vall.
6. NV/Demarest	19. Passaic
7. Bogota	20. Lyndhurst
8. Wayne Hills	21. Glen Rock
9. Bergen Cath.	22. Cliffside Park
10. Hackensack	23. Paramus Cath.
11. NV/Old Tapp.	24. Rutherford
12. No. Highlands	25. Kinnelon
13. Passaic Tech	

Girls Top 25

1. Ridgewood	14. Bergen Tech
2. No. Highlands	15. Glen Rock
3. IHA	16. PR/Emerson
4. Wayne Hills	17. Has. Hgts.
5. River Dell	18. Cliffside Park
6. NV/Old Tapp.	19. Ramapo
7. Holy Angels	20. Pascack Hills
8. Ramsey	21. Tenafly
9. Pascack Vall.	22. NV/Demarest
10. Kinnelon	23. Mahwah
11. Clifton	24. Garfield
12. Passaic Tech	25. Lyndhurst
13. Indian Hills	

CROSS-COUNTRY

PASSAIC COUNTY CHAMPIONSHIPS

AT GARRET MOUNTAIN, WOODLAND PARK

Boys

Team Scoring

Wayne Hills (WH) 46, Passaic Tech (PCT) 61, Clifton (C) 77, Passaic (P) 124, Wayne Valley (WV) 130, Kennedy (K) 157, Pompton Lakes (PL) 198, West Milford (WM) 200, Lakeland (L) 234, Eastern Christian (EC) 255, DePaul 322, Paterson Charter (PC) 347, Passaic Valley (PV) 356.

Results

1. George Galkin (WH), 16:35; 2. Joe Zisa (WH), 16:49; 3. Jaron Jordan (K), 17:02; 4. Alejandro Ibarguen (PCT), 17:09; 5. Kevin Heredia (C), 17:12; 6. Ephraim Kishen (PCT), 17:14; 7. Tarin Nelson (PCT), 17:17; 8. Alexander Zapata (C), 17:20; 9. Andrew Biss (L), 17:20; 10. James Brennan (WH), 17:21; 11. Kenneth Herrara (C), 17:24; 12. Jason Rodriguez (PCT), 17:24; 13. Joel Garcia (P), 17:31; 14. Dean Astarita (WV), 17:40; 15. Carlos Perez (P), 17:46; 16. Bryant O'Donohoe (WH), 17:51; 17. Eric Solorzano (WH), 17:53; 18. Nicholas Demarco (WV), 17:53; 19. Carter Herrema (EC), 17:54; 20. Indrit Istrefi (PL), 17:54; 21. Andrew Lucchesi (WV), 18:01; 22. Hector Cruz (PC), 18:04; 23. Joey Cummings (WM), 18:09; 24. Nick Moullette (PL), 18:10; 25. Carlos Polanco (C), 18:11.

Girls

Team Scoring

Wayne Hills (WH) 24, Clifton (C) 62, Passaic Tech (PCT) 69, Lakeland (L) 140, Wayne Valley (WV) 150, West Milford (WM) 155, Eastern Christian (EC) 175, Passaic 194, Pompton Lakes (PL) 197, Paterson Charter 306.

Results

1. Katerina Zachmann (WH), 19:28; 2. Sarah Shannon (PCT), 19:39; 3. Taylor Domico (WH), 19:47; 4. Meralis Mendez (PCT), 20:31; 5. Emily Becker (WH), 20:38; 6. Natalie Zawistowska (WH), 20:41; 7. Linnea Gilligan (L), 20:51; 8. Sydney Shannon (PCT), 20:53; 9. Shea Brennan (WH), 20:59; 10. Megan Jozefczyk (C), 21:05; 11. Hadeel Alshujaieh (C), 21:14; 12. Megan Davey (C), 21:16; 13. Mollie Slanina (C), 21:19; 14. Samantha Biss (L), 21:24; 15. Katie Andrews (PL), 21:26; 16. Anisha Khandakar (C), 21:44; 17. Anastasia Zelenin (WH), 21:47; 18. Sarah Adams (C), 21:57; 19. Madeline Pluta (WM), 22:04; 20. Serena Mancini (WV), 22:08; 21. Gessica Mongelli (WH), 22:13; 22. Rachael Royer (WM), 22:14; 23. Nancy Habib (PCT), 22:23; 24. Emily Byrne (EC), 22:24; 25. Jenny Jobson, Hawthorne Christian, 22:28.

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WH's Galkin gives his all for title

By **PAUL SCHWARTZ**
STAFF WRITER

WOODLAND PARK — It's one of the oldest and most over-used sports clichés.

"He gave everything he had today," goes the saying, and while it's always a compliment to the athlete being described, it's often a little bit overblown.

Friday, however that description might have been understated when applied to Wayne Hills senior George Galkin as he had captured the boys title at the Passaic County Cross-Country championships. Wayne Hills became just the second team in Passaic history to sweep the boys and girls team and individual titles, beating Passaic Tech, 46-61, for the boys team title and Clifton, 24-62, for the girls crown as Galkin's classmate Katerina Zachmann won the girls race in 19:28.

Galkin put on a huge surge at the start of the long final hill on the Garret Moun-

Leads Pats' sweep of Passaic meet

CROSS-COUNTRY

tain 5,000-meter course to break open what had been a tight race with Kennedy freshman Jaron Jordan, and with about 350 meters to go appeared to be cruising to an overwhelming victory and one of the 10 fastest times on the course in Passaic County history.

But the toll the sprint took on Galkin nearly cost him.

As he rounded the big tree that serves as the start of a 150-meter push to the finish line, he looked rubbery-legged and pale, but somehow managed to stagger to the finish line in a personal-best 16:35 for the victory and then collapsed, dehydrated by his effort. Jordan slipped to third behind Joe Zisa of Wayne Hills.

"I think I fiercely overdid [the sprint],"

said Galkin, who was tended to by the meet's trainer and Galkin's father, a veteran marathoner, for nearly a half hour. "I passed him as we came out of the woods and then I tried to crush him and take the kick out of him, and then I didn't realize how much ahead I had gotten and kept pushing. Then it hit me and when I went around the tree I was just trying to finish and not fall down until I did."

Galkin never got to see the girls race, although he had recovered enough from his ordeal to go out to dinner with his family three hours later.

He missed an equally stellar if less dramatic performance by Zachmann and her Patriot teammates, as they came close to breaking two school marks at Garret, one a county record.

Zachmann pulled away from Passaic Tech junior Sarah Shannon to win by about 50 meters over Shannon, second

in a huge personal best of 19:39. Taylor Domico of Wayne Hills was third in 19:47, marking just the third time three girls have broken 20 minutes at Garret in the same Passaic County race.

The Patriots, who also placed juniors Emily Becker (fifth), Natalie Zawistowska (sixth) and Shea Brennan (ninth) in the top 10, came within three points of breaking the Passaic County scoring record in the meet set by Wayne Hills with 21 in 2012.

They averaged 20:18.6 per girl, less than 10 seconds a girl away from the school record set by the 2013 team that was second in the state sectionals and is the 10th fastest team time run by a Passaic County team at Garret.

"I wanted us to work as a team and then I wanted to run as fast as I could for them," said Zachmann, the only senior in the top 10 of the girls race. "This is the best feeling and it's unbelievable to think that we could work so hard and do this."



MICHAEL KARAS/STAFF PHOTOGRAPHER

Wayne Hills' George Galkin wins the Passaic County boys championship in 16:35 Friday at Garret Mountain.

CROSS-COUNTRY

BERGEN COUNTY DIVISION CHAMPIONSHIPS

at Darlington County Park, Mahwah

BOYS

DIVISION A

TEAM SCORING

Don Bosco (DB)* 15, Bergen Catholic (BC)* 51, Dwight-Englewood (DE) 88, St. Joseph (SJR) 111, Paramus Catholic (PC) 1322.

1. Luke Novak (DB), 16:08; 2. Will McNicholas (DB), 16:09; 3. Alex Zeepvat (DB), 16:09; 4. Justin Fuhrman (DB), 16:09; 5. Joe Erskine (DB), 16:10; 6. Justin Touhey (DB), 16:10; 7. David Rosas (DB), 16:10; 8. Caleb Shaia (BC), 16:22; 9. Conor Secora (BC), 16:26; 10. Peter Theuerkauf (BC), 16:51. 11. Billy Rabah (BC), 17:02; 12. David Khym (DE), 17:04*; 13. Will Lenz (BC), 17:12; 14. Will O'Connell (BC), 17:12; 15. Jeremy Bronstein (DE), 17:28; 16. Zane Diaz (DE), 17:28; 17. Chris Scerbak (PC), 17:41; 18. Justin Greenberg (BC), 17:51; 19. Alec Goodman (SJR), 17:54; 20. Michael Kavalier (DE), 17:57.

DIVISION B

TEAM SCORING

Indian Hills (IH)* 22, Ridgewood (RW)* 43, Northern Highlands (NH)* 118, Hackensack (H)* 118, NV/Old Tappan (OT) 125, Paramus (P) 138, Bergen Tech (BT) 196, Fair Lawn (FL) 205, Teaneck 271.

1. Matt Cohane (IH), 15:39; 2. Derek Barney (IH), 15:42; 3. Billy Byrne (RW), 15:46; 4. Tom Holster (IH), 15:54; 5. Nick Barnabic (RW), 15:56; 6. Steve Fiumefreddo (IH), 15:58; 7. James Weisenborn (OT), 15:58*; 8. Kenny Marshall (RW), 15:59; 9. Chris Corcoran (IH), 16:00; 10. Chris Leymeister (IH), 16:04. 11. Marc Lugo (H), 16:13; 12. William McKee (NH), 16:13; 13. Jonah Naftzger (RW), 16:16; 14. Brad Rynkowski (RW), 16:16; 15. Alex Gee (P), 16:22*; 16. Sid Wagh (RW), 16:28; 17. Anthony Dilorio (BT), 16:39*; 18. Jonathan Marcus (FL), 16:40*; 19. Jack Weinberger (NH), 16:44; 20. Ben Zamboldi (RW), 16:45. (23. William Saiz (OT), 16:54*; 24. Daniel Biggins (OT), 16:57*; 25. Nick Weuste (P), 16:59*; 26. Chris O'Connell (P), 17:10* qualified for Lou Molino Bergen Meet of Champions)

DIVISION C

TEAM SCORING

River Dell (RD)* 28, Tenafly (T)* 46, NV/Demarest (D)* 50, Cliffside Park (CP) 145, Ridgefield Park (RP) 156, Pascack Valley (PV) 164, Fort Lee (FL) 195, Ramapo (Rama) 195, Garfield 242.

1. Will Daly (RD), 16:04; 2. Colin Daly (RD), 16:04; 3. Max Zavidow (T), 16:16; 4. Rob Wilson (D), 16:29; 5. Nathaniel Tirado (D), 16:32; 6. Patrick Robertson (RD), 16:40; 7. Michael Silverman (T), 16:42; 8. Frank Maloney (T), 16:45; 9. Gary Wilhelm (RD), 16:46; 10. Dan Murray (RD), 16:48. 11. Ed Salaski (T), 16:48; 12. Tim Larsen (D), 16:49; 13. Jason Argueta (CP), 16:51*; 14. Josh Munoz (D), 16:52; 15. Ty Miller (D), 16:57; 16. Matthew Tina (RD), 16:58; 17. Ben Stein (T), 17:09; 18. Will Welzer (D), 17:10; 19. Derek Lewandowski (RP), 17:10*; 20. Walter Tarr (Rama), 17:17.

DIVISION D

TEAM SCORING

Pascack Hills (PH)* 97, Rutherford (Ru)* 102, Glen Rock 102(GR)**; Lyndhurst (Ly) 112, Park Ridge/Emerson (PRE) 161, Leonia (Le) 162, Mahwah (M) 168, Westwood (W) 180, Ramsey (Rams) 184. Dumont (D) 228, New Milford 240.

1. Sean Sullivan (Ru), 16:10; 2. Owen Davitt (GR), 16:20*; 3. Nick Kaczorowski (Rams), 16:26*; 4. Hussein Elmesad (Le), 16:37*; 5. Andrew Sarrow (PRE), 16:39*; 6. Xavier Locke (Ly), 17:00*; 7. Isaiah Aviles (Ly), 17:01*; 8. Frank Scallo (D), 17:05*; 9. Jake DiCuffa (W), 17:05*; 10. Gabriel Suarez (Le), 17:10*. 11. Joe McCabe (GR), 17:17; 12. Anthony Dell Aquila (Ly), 17:18; 13. James Nagotko (M), 17:23; 14. Ryan Salvo (Rams), 17:23; 15. Anthony Michielini (PH), 17:25; 16. Jake Cooper (PRE), 17:26; 17. Kristofer Bieri (W), 17:29; 18. Nick Curcio (PH), 17:32; 19. Nick Beutel (PH), 17:34; 20. Charles DiPiazza (PH), 17:41.

DIVISION E

TEAM SCORING

Bogota (B)* 19, Hasbrouck Heights (HH)* 68, Saddle Brook (SB) 78, Palisades Park (PP) 96, Cresskill (Cr) 130, Midland Park (MP) 133.

1. James Draney (B), 16:03; 2. Dan Daurio (B), 16:17; 3. Andy Jaipersaud (B), 16:38; 4. Youssef Abubaker (HH), 17:13; 5. Ryan White (B), 17:15; 6. Dan Scherb, Waldwick, 17:19*; 7. Dante Gonzalez (PP), 17:20*; 8. Jin Kyu Kang (PP), 17:20*; 9. Daniel Rivera (B), 17:31; 10. Cole Geraghty (B), 17:50. 11. Matt Rossnagel (MP), 17:57; 12. Daniel Cruz (SB), 18:09; 13. Melvin Tejada (HH), 18:10; 14. Steven Halpin (SB), 18:11; 15. Haider Pathan (HH), 18:12; 16. Sean Roberts (SB), 18:12; 17. Kelan Yalong (SB), 18:25; 18. Chris Parodi (HH), 18:28; 19. Joe Mioli (Cr), 18:30; 20. Aldaberto Jimenez (PP), 18:31.

GIRLS

DIVISION A

TEAM SCORING

IHA* 25, Holy Angels (HA)* 34, Paramus Catholic (PC) 90, Dwight-Englewood (DE) 94.

1. Giavanna Tabbachino (IHA), 18:44; 2. Rhiannon Novelli (HA), 19:00; 3. Mackenzie Hughes (HA), 19:32; 4. Caitlin McPartland (IHA), 19:33; 5. Megan Brockmeier (IHA), 19:52; 6. Grace Jansson (HA), 19:59; 7. Emily Bermudez (IHA), 20:27; 8. Jazmin Bender (IHA), 20:28; 9. Tara Lyons (HA), 20:41; 10. Jill Neggia (IHA), 20:50. 11. Tara Satnick (DE), 21:09*; 12. Katerina Harte (PC), 21:13; 13. Erin O'Donnell (PC), 21:15; 14. Kelly Mandella (HA), 21:29; 15. Olivia Mandella (HA), 21:46; 16. Courtney Dodds (HA), 21:47; 17. Julia Scherer (IHA), 22:08; 18. Isabella Bermudez (PC), 25:35; 19. Julia Beckett (DE), 26:31; 20. Noa Levin (DE), 26:56.

DIVISION B

TEAM SCORING

Ridgewood (RW)* 37, Northern Highlands (NH)* 60, NV/Old Tappan (OT)* 79, Indian Hills (IH)* 92, Hackensack (H) 146, Bergen Tech (BT) 152, Fair Lawn 170.

1. Julia Guerra (IH), 18:26; 2. Olympia Martin (RW), 18:33; 3. Monica Hebner (NH), 18:41; 4. Abigail McLaughlin (BT), 18:48*; 5. Sam Halvorsen (RW), 18:54; 6. Isabel Hebner (NH), 19:18; 7. Courtney Brunet (OT), 19:29; 8. Hannah Fishbein (RW), 19:44; 9. Serena Martinez (H), 19:47*; 10. Cassie Keyes (RW), 20:00. 11. Paige Wilderrotter (NH), 20:00; 12. Leah Rosenfeld (RW), 20:08; 13. Meghan Adams (RW), 20:12; 14. Danielle Ludwig (OT), 20:13; 15. Madeline Daly (IH), 20:13; 16. Mary Scrivanich (OT), 20:15; 17. Kadreya Simeon (H), 20:16*; 18. Julia Miles (IH), 20:20; 19. Bridget Zimny (NH), 20:21; 20. Aida de la Cruz (OT), 20:25. (24. Olivia Randolph, Teaneck, 20:46* qualified for Meet of Champions)

DIVISION C

TEAM SCORING

River Dell (RD)* 31, NV/Demarest (D)* 92, Pascack Valley (PV)* 93, Cliffside Park (CP) 120, Garfield (G) 130, Tenafly (T) 132, Ramapo (Rama) 153, Fort Lee (FL) 186, Ridgefield Park 194.

1. Shannon Gorla (RD), 18:12; 2. Ashley Evans (PV), 19:19; 3. Ginger Pojednic (RD), 19:29; 4. Lexi Harris (Rama), 19:40*; 5. Jennifer Polo (CP), 20:03*; 6. Nicole Muscat (RD), 20:25; 7. Ines Greenway (T), 20:35*; 8. Marlo Guastella (PV), 20:35; 9. Mel Dougherty (RD), 20:40; 10. Haile Fitzpatrick (D), 20:44. 11. Alyssa Gilligan (Rama), 20:47; 12. Kellie O'Donnell (RD), 21:01; 13. Ilyada Erdal (CP), 21:04*; 14. Jessica Lapitan (T), 21:09*; 15. Chelsea Rosario (G), 21:13; 16. Leah Woods-Bannan (D), 21:22; 17. Megan Thorn (PV), 21:23; 18. Teresa Lee (FL), 21:26; 19. Jen Bourdier (RD), 21:31; 20. Leslie Rodriguez (G), 21:39.

DIVISION D

TEAM SCORING

Ramsey (Ram)* 44; Glen Rock (GR)* 54, Mahwah (M) 100, Lyndhurst (Ly) 107.

Pascack Hills (PH) 110, Park Ridge/Emerson (PRE) 114, Westwood (W) 191, Rutherford (Ru) 227, Dumont 231, New Milford 281, Leonia 290.

1. Alex Walter (GR), 19:25; 2. Victoria Clinton (Ram), 19:32; 3. Nadia Itani (PRE), 20:19*; 4. Jane Burgoyne (GR), 20:26; 5. Valerie Ervin (M), 20:29*; 6. Hannah Figueroa (PH), 20:31*; 7. Lindsay McNeill (Ram), 20:36; 8. Summer Regan (Ru), 20:39*; 9. Erinn McGahan (Ram), 20:39; 10. McKensie Dill (GR), 20:52. 11. Megan Rudden (Ly), 20:54*; 12. Margaret Schiazza (Ram), 21:04; 13. Rachel Galdi (PRE), 21:09*; 14. Jacqueline Pesco (Ram), 21:12; 15. Lindsay Cirne (Ly), 21:15; 16. Siobhan Sousou (M), 21:18; 17. Sabina Sose (GR), 21:37; 18. Emily Prendergast (PH), 21:37; 19. Annalise Jarski (W), 21:38; 20. Kelly Weckstein (Ly), 21:40.

DIVISION E

TEAM SCORING

Hasbrouck Heights (HH)* 38, Cresskill (Cr)* 40, Saddle Brook (SB) 87, Palisades Park (PP) 87, Bogota (B) 98.

1. Arianna Lopez (PP), 20:01*; 2. Hailey Ross (HH), 20:44; 3. Brooke McKnight (HH), 20:55; 4. Danielle Dallara (HH), 21:06; 5. Emily Green (Cr), 21:06; 6. Veronica Dunphy (Cr), 21:11; 7. Erin Scott, Waldwick, 21:12*; 8. Maryam Hassan (Cr), 21:15; 9. Jillian O'Brien (B), 21:22*; 10. Sarah Peepall, Waldwick, 21:22*. 11. Giana DiLascio (HH), 21:23; 12. Samantha Koch (Cr), 21:27; 13. Nicole McVeigh (SB), 21:36; 14. Katherine Jesson (Cr), 21:42; 15. Ashley McVeigh (SB), 21:50; 16. Nicole Briones (PP), 22:11; 17. Samantha Connolly (Cr), 22:24; 18. Alexis VanderWiele (MP), 22:47; 19. Alexandra Miskulin (PP), 22:48; 20. Erin Kelly, Midland Park, 23:01.

* -- Team and individual qualifier for Lou Molino Meet of Champions, Oct. 31.

** -- Advances on sixth-runner tiebreak.

Record day for Goria, River Dell

Golden Hawks capture C title, thanks to soph

By **PAUL SCHWARTZ**

STAFF WRITER

MAHWAH — The smile on Shannon Goria's face Saturday said it all. The sophomore, who was just happy to break 20 minutes on the Darlington County Park course last year, (she finished with a personal best of 19:57.) had just run the same 5,000-meter course nearly two minutes faster than in 2014.

Her time of 18:12 in winning the Division C race was faster than all but 12 runners in the

CROSS-COUNTRY: BERGEN CHAMPIONSHIPS

23-year history of the Bergen County course. It knocked her coach, Brianna Bayersdorfer out of the River Dell record books by completing a sweep of the course school records at Holmdel, Garret Mountain and Darlington.

But what made it even better was that it led the Golden Hawks girls and coach Bayersdorfer to their first county title since 1985 and their first back-to-back Bergen Meet of Champions appearances since 1992-93.

"It's an exciting thing to be able to feel as good as I do, run as well as I did and be part of such a great team," said Goria, who ran the fastest girls time of the day and stamped herself as an individual contender at this Saturday's Lou Molino Bergen Meet of Champions.

River Dell, with five runners in the top 12, crushed NV/Demarest, 31-92, to take the C title, joining IHA in the Non-public Division A, Ridgewood, a comfortable winner in B, Ramsey in D and Hasbrouck Heights in E as girl team titlists.

Boys winners in addition to Indian Hills in B, were: Don Bosco, sweeping Non-public Division A; River Dell, winning its first title since 2002 in C, Pascack Hills in D and Bogota winning its fourth straight title, this time in the new E division.

Indian Hills senior Julia Guerra repeated in Division B, holding off Olympia Martin of Ridgewood by about 20 meters in the day's closest and fastest overall race. Guerra ran 18:26, well off her seasonal best as the first five finishers broke 19 minutes on the crisp day.

"I didn't feel great today and Olympia ran very well," said Guerra, who joined Glen Rock's Alex Walter (D) as the day's only girl re-

See **GIRLS** Page **S-13**



CHRIS PEDOTA/STAFF PHOTOGRAPHER

River Dell sophomore Shannon Goria is all smiles on her way to the finish line.

Indian Hills on path to glory

Cohane leads the pack for Group B kings

MAHWAH — When Indian Hills was ranked No. 1 in North Jersey for boys cross-country, it got people's attention.

Saturday, at the Bergen County cross-country championships, the Braves showed the attention was warranted. Six Braves broke 16 minutes and finished in the top 10 at a crisp Darlington County Park as they rolled to the Group B team title.



DARREN COOPER

LOCAL SPORTS
COLUMNIST

Leading the way for Indian Hills was senior Matt Cohane, who finished first in 15:39. Cohane is the lone senior in the pack, the team's spiritual leader and organizer of the team picture near the finish line.

"I think today we proved we should be up there," said Cohane, a Franklin Lakes resident. "I think [being ranked first] was a little unexpected, because when's the last time you saw Don Bosco not No. 1? But we didn't really let it affect us."

The Braves took over the top ranking after championship performances at the Shore Coaches Invitational and the Wild Safari Invitational. Next, they will run shoulder to shoulder with the Ironmen (who crushed the field in Group A, even without star Patrick Sullivan) at the Bergen Meet of Champions on Saturday at Darlington. It should be a great battle.

"We are definitely excited," said Indian Hills junior Derek Barney, who placed second in 15:41. "We are confident we should do very well."

"If we can beat them [Bosco], that would be the ultimate victory," said Indian Hills junior Thomas Holster, who was fourth in 15:54.

The Braves have always had a strong program, but rarely have they had this combination of depth and talent. Longtime Indian Hills coach Tom Zaccane called this team lightning in a bottle.

"I knew at the beginning of the



CHRIS PEDOTA/STAFF PHOTOGRAPHER

Derek Barney, left, Group B race winner Matt Cohane and Chris Corcoran running for Indian Hills on Saturday at the Bergen County cross-country championships.

season we had a lot of potential," said Cohane. "Just not a lot of experience, but every day since the summer, we were always meeting with each other and we knew that we could do something big this year. Everyone was good training-wise, and all of us got to high mileage that they'd never done before and everyone stayed injury free."

The only part of the training that the Braves changed was keeping their weekly mileage high even during the fall. Some coaches and trainers believe runners should cut back on their mileage to keep their legs fresh for races, but the Braves are still logging over 50 miles a week, according to Holster.

Saturday, the Braves approached the course confidently. Their biggest challenger in the group was Ridgewood, a team they had already beaten. NV/Old Tappan senior James Weissenborn led the race as they

first hit the sand, but had a bevy of Braves behind him.

"I felt pretty good," said Barney, "especially in that second mile. We got into a nice groove throughout the whole race."

"We came here a couple of days ago and there were acorns everywhere; they did a nice job of cleaning it up," said Cohane. "The sand is the sand — it wasn't too bad — but there were some bad parts."

By the time the runners were visible again, it was all Indian Hills white shirts coming around the bend, with Cohane breaking the tape first, and then waiting for his teammates to arrive.

The Braves have been so dynamic this season that the coaches wonder to one another about which runner will win, or which of the five boys will count. It seems like every race it's been different.

"Last year, we thought we had it made and it didn't happen," said

Holster. "No one expected this. Then the first race came and Derek and Matt were really good, everyone was under 17 minutes already, and it's such a bonus because if one person lets them down, another one can pick them up."

The Bergen Meet of Champions will be the Braves' biggest test to date. One they will be ready for.

"BMOC is always a great race," said Cohane. "Tons of fans here, and we just can't let that get us. How many times do you see people go out fast, and it's understandable, you come off the sand and there's this gigantic funnel of fans. Of course we care who's in the race, but you run your race and we will see what happens."

For a photo gallery of Saturday's meet, visit northjersey.com

Girls: Gorla paces River Dell to C crown

From Page S-11

peat winners. "I know next week is going to be a tough and I'm sure I'll be better then."

Walter outdueled Victoria Clinton of Ramsey in winning her second straight title, running 19:25 to win by 20 meters also.

"It's about 30 seconds slower than what I ran her last year," Walter said. "But it's the best race I've run all year and that gets me excited for the rest of the year."

IHA's Giavanna Tabbachino, who has run in the shadows of the

now-graduated Erin Ahearn and Colleen Buckley, stepped into the spotlight, winning her first division title in a personal-best 18:44 in the A race.

The boys races, outside of B, didn't produce spectacular performances, but that was mainly because the top runners and teams were saving themselves for later races.

Don Bosco, sitting out defending Bergen Meet of Champions tist Patrick Sullivan with an Achilles' issue, used the race as a tempo run with all seven runners

finishing nearly simultaneous in 16:08 to win A.

Will and Colin Daly also ran just hard enough to win, finishing together in 16:04 and helping River Dell's 4-5-6 runners all break 17 minutes for the first time in a 28-46-50 win over Tenafly and NV/Demarest in C.

Bogota saw James Draney break Pat Rochford's Darlington school record by winning E in 16:03, reversing recent losses to teammate Dan Daurio as Bogota coasted, 19-68, over Hasbrouck Heights.

The boys D race was perhaps the most competitive team and individual battle, with Sean Sullivan of Rutherford using his kick in the final 800 meters to pull away from Owen Davitt of Glen Rock by 50 meters in 16:10 and Pascack Hills placing its seven boys in a tight 40-second pack from 15th to 29th place to defeat Rutherford and Glen Rock, 97-102-102, for its first team title since 2008. It was the highest point total for a winning team since the meet split into divisions in 1973.

Don Bosco seeks 10th straight title

By **PAUL SCHWARTZ**
STAFF WRITER

The Lou Molino Bergen Meet of Champions has seemed more like the Don Bosco and Ridgewood Invitational for most of the last two decades, especially the last four years as the Bosco boys and Ridgewood girls have won easily each year.

But there's great intrigue surrounding this year's race, both in the team competitions and individually.

The boys race at 11 a.m. matches the nine-time defending champion Ironmen against an undefeated Indian Hills team that came within 10 seconds a man of setting a Darlington Park team record in winning last Saturday's B division title at the Bergen County Meet.

And while the Braves have been collecting titles at the Shore Invitational, Wild Safari and Brown Invitational races, Don Bosco has raced just twice, taking second at the Carlisle Invitational and 10th at the Eastern States and hasn't settled on a full-time lineup yet.

"We're going to let [junior] David Rosas and the seniors run Saturday and dictate their future," said Bosco coach Kevin Kilduff.

Defending individual champion Patrick Sullivan, bothered by an Achilles' problem this year will run along with Connor Nicholson, Justin Fuhrman, Alex Zeepvat, Will McNicholas and Luke Novak.

"If we stay together last week the way we did in what was essentially a tempo run [in sweeping the A division race], we can be very, very good," said Kilduff. "But if we break apart as we did in our other big races, Indian Hills will take us to school."

Indian Hills, a two-time runner-up has never won the Meet of Champs, but with a terrific top six — led by their only senior, Matt Cohane — is a formidable foe for Bosco even if the Ironmen run well. And Ridgewood, fresh off a school-record Darlington performance in taking second to Indian Hills is always a threat. River Dell, led by Colin and Will Daly and Patrick Robertson should take fourth for the second straight year, followed by Bogota, Demarest, Tenaflly and perhaps Bergen Catholic in a battle for fifth.

Rosas, the Dalys, Cohane and Sullivan are the likeliest top five finishers, although James Weisenborn of Old Tappan, Division D champ Sean Sullivan of Rutherford, Dan Daurio and James Draney of Bogota, Billy Byrne of Ridgewood and a dozen others from Bosco, Indian Hills and Ridgewood each can go under 16 minutes and place in the top 10.

In the girls race (11:40 a.m.), Ridgewood win likely win its fifth title and 29th overall under new head coach Steve Opremcak, but Northern Highlands and IHA are close enough to prevail if the Ma-

Cross-country top 25 rankings

Boys

1. Indian Hills
2. Don Bosco
3. Ridgewood
4. River Dell
5. Wayne Hills
6. Bogota
7. Tenaflly
8. Demarest
9. Passaic Tech
10. Bergen Catholic
11. Clifton
12. Northern Highlands
13. Hackensack
14. NV/Old Tappan
15. Paramus
16. Passaic
17. Pascack Hills
18. Rutherford
19. Ridgefield Park
20. Glen Rock
21. Wayne Valley
22. Dwight-Englewood
23. Lyndhurst
24. Cliffside Park
25. Ridgefield Park

Girls

1. Ridgewood
2. Wayne Hills
3. Northern Highlands
4. Immaculate Heart
5. River Dell
6. Holy Angels
7. NV/Old Tappan
8. Ramsey
9. Indian Hills
10. Kinnelon
11. Clifton
12. Passaic Tech
13. Glen Rock
14. NV/Demarest
15. Pascack Valley
16. Mahwah
17. Lyndhurst
18. Cliffside Park
19. Pascack Hills
20. Park Ridge/Emerson
21. Garfield
22. Tenaflly
23. Hasbrouck Heights
24. Lakeland
25. Wayne Valley

roons stumble. Freshman Cassie Keyes, sophs Meghan Adams and Hannah Fishbein and senior Leah Rosenfeld provide ample support for the county's best 1-2 punch, Sam Halvorsen and her new running mate, junior Olympia Martin.

But if the Maroons stumble, Northern Highlands and IHA are capable of winning the title, while Old Tappan, River Dell and Holy Angels are likely to battle for fourth. Ramsey and Indian Hills can also finish in the top five with a strong race.

Eight girls ran 19 minutes or better at the 5,000-meter Darlington course last weekend, with

sophomore Shannon Gorla of River Dell, the day's fastest at 18:12, B winner Julia Guerra of Indian Hills, Martin, Halvorsen, Hebner and A division winner Giavanna Tabbachino of IHA all potential winners. Guerra and Halvorsen went 2-3 last year behind race winner Catherine Pagano of Northern Highlands and both broke 18 minutes last fall.

Others in the top 10 mix include Abby McLaughlin of Bergen Tech, Rhiannon Novelli of Holy Angels, Isabel Hebner, D winner Alex Walter of Glen Rock and Ashley Evans of Pascack Valley.

Around the course

■ **Mary Harkins**, who started the **Holy Angels** track and cross-country programs in 1988, will be honored with admission to the school's Hall of Fame on Nov. 7 at the school. Harkins led the Angels into the Bergen Meet of Champions in her first year and retired from coaching in 1992.

■ **Passaic Tech** impressively swept both varsity races Monday at the annual New Jersey Tech Athletic Conference at Gloucester Tech in Sewell. The girls went 1-2-3 with Sarah Shannon winning in 19:51.07, followed by her sister Sydney (20:34.98) and Meralis Mendez (20:38.33) en route to a 25-53 win over Morris Tech. Nancy Habib was eighth in 21:59.66 and Yalmin Encarnacion was 11th in 22:47.17. The boys also won easily, 33-89, over Burlington Tech, led by Tarin Nelson in third in 16:54.26. Nelson was followed by Jason Rodriguez (fourth, 16:55.60), Ephraim Kishen (seventh, 17:34.01); Alejandro Ibarguen (eighth, 17:45.37) and Jackson Burnett (11th, 18:19.19).

■ **Clifton's** boys and girls teams tuned up for next week's sectionals by sweeping Garfield, JFK-Iselin, West Milford and Union City at Garret Mountain on Tuesday. The Mustang girls averaged 21:08 per girl, more than 10 seconds faster than they had run four days earlier in the Passaic County championships at the same site. Meghan Jozefczyk, slowly returning to her 2014 Passaic County championship form, ran 20:42, her best time of the year at Garret followed by Megan Davey at 21:05. The boys were led by Kevin Heredia at 17:32.

■ **Secaucus** senior Roshni Patel is in the midst of the best streak of running in her career. Patel took third in the New York City Cross-Country Festival at Van Cortlandt Park on Oct. 17, running 16:47 for the 2½-mile course and then won her second straight North Hudson championship on Oct. 23 at Stephen R. Gregg Park in Bayonne with a 5,000-meter best of 20:00.1.

"She's really running well and I'm excited to

see what she can do at the Hudson counties [Saturday at Stephen Gregg] and next week at the sectionals [at Greystone Park]," said Secaucus coach Stan Fryczynski. "NJIT, Pace and some other schools have expressed interest in her for next year." Patel and was joined at the North Hudson meet by fellow senior Mehek Parikh, who finished fourth in 20:44.4, and Fryczynski hopes his girls team can be healthy enough to qualify for the Group 1 states for the sixth straight year on Nov. 7.

■ **North Bergen's** girls team has been successful themselves, winning the varsity race at the NYC Cross-Country Festival and taking second in the North Hudson meet. Paula Heredia was 12th in the NYC race and 10th at North Hudson, while freshman Amy Rivas was 13th at NYC and seventh at North Hudson and junior Lynn Djombo was 17th at NYC and ninth at North Hudson.

Ramses Leon of North Bergen was fourth in the boys North Hudson race in 16:42.5.

— Paul Schwartz

CROSS-COUNTRY

LOU MOLINO BERGEN COUNTY MEET OF CHAMPIONS

AT DARLINGTON COUNTY PARK, MAHWAH BOYS

TEAM SCORING

Don Bosco (DB) 55, Indian Hills (H) 61, Ridgewood (RW) 78, River Dell (RD) 114, Demarest 176, Bogota (B) 181, Tenaflly (T) 196, Bergen Catholic 208, Hackensack (H) 216, Northern Highlands (NH) 222, Rutherford (Ru) 292, Pascack Hills 308, Hasbrouck Heights 381.

RESULTS

1. Colin Daly (RD), 15:09; 2. Will Daly (RD), 15:09; 3. David Rosas (DB), 15:22; 4. Patrick Sullivan (DB), 15:32; 5. Connor Nicholson (DB), 15:39; 6. Sean Sullivan (Ru), 15:42; 7. Matt Cohan (IH), 15:46; 8. Nick Barnabic (RW), 15:49; 9. Derek Barney (IH), 15:52; 10. Billy Byrne (RW), 15:53. 11. Kenny Marshall (RW), 15:56; 12. Dan Daurio (B), 15:57; 13. James Draney (B), 15:59; 14. James Weissenborn, Old Tappan, 16:01; 15. Chris Leymeister (IH), 16:01; 16. Tom Holster (IH), 16:02; 17. Chris Corcoran (IH), 16:03; 18. William McKee (NH), 16:03; 19. Max Zavidow (T), 16:08; 20. Marc Lugo (H), 16:08. 21. Alex Zeepvat (DB), 16:12; 22. Andy Jaipersaud (B), 16:13; 23. Steve Fiumefreddo (IH), 16:14; 24. Justin Fuhrman (DB), 16:14; 25. Sid Wagh (RW), 16:14.

GIRLS

TEAM SCORING

Ridgewood (RW) 54, Northern Highlands (NH) 110, Holy Angels (HA) 115, Old Tappan (OT) 116, River Dell (RD) 126, IHA 159, Ramsey (Ram) 173, Indian Hills (IH) 191, Glen Rock (GR) 237, Pascack Valley (PV) 257, Hasbrouck Heights 278, Demarest 294, Cresskill 301.

RESULTS

1. Shannon Gorla (RD), 17:55; 2. Olympia Martin (RW), 18:00; 3. Sam Halvorsen (RW), 18:10; 4. Julia Guerra (IH), 18:35; 5. Monica Hebner (NH), 18:36; 6. Abigail McLaughlin, Bergen Tech, 18:46; 7. Rhiannon Novelli (HA), 18:55; 8. Giavanna Tabbachino (IHA), 19:06; 9. Isabel Hebner (NH), 19:07; 10. Alex Walter (GR), 19:10. 11. Ashley Evans (PV), 19:12; 12. Hannah Fishbein (RW), 19:13; 13. Ginger Pojednic (RD), 19:16; 14. Lexi Harris, Ramapo, 19:17; 15. Courtney Brunet (OT), 19:23; 16. Paige Wilderotter (NH), 19:30; 17. Mackenzie Hughes (HA), 19:32; 18. Meghan Adams (RW), 19:43; 19. Jennifer Polo, Cliffside Park, 19:44; 20. Kristen Travers (OT), 19:46. 21. Caitlin McPartland (IHA), 19:48; 22. Victoria Clinton (Ram), 19:48; 23. Serena Martinez, Hackensack, 19:50; 24. Grace Jansson (HA), 19:55; 25. Julia Miles (IH), 20:00.



MICHAEL KARAS/ STAFF PHOTOGRAPHER

River Dell sophomore Shannon Gorla running toward a first-place finish Saturday at the Bergen Meet of Champions.

River Dell sophomore stands tall

Ridgewood takes team honors at Darlington

By **PAUL SCHWARTZ**
STAFF WRITER

MAHWAH – Runners who complete a 5,000-meter cross-country course show various emotions at the finish line: relief, elation, exhaustion, disappointment, satisfaction and even anger. Rarely does a runner show as much joy as Shannon Gorla has shown throughout her magical cross-country season.

BERGEN CROSS-COUNTRY MEET OF CHAMPIONS

The River Dell star continued her unbeaten year Saturday, becoming the first sophomore in 17 years to win the individual title at the Lou Molino Bergen Meet of Champions at Darlington County Park. Her 17:55 finish, putting Gorla about 20 meters ahead of runner-up Olympia Martin of Ridgewood, made her the sixth fastest runner in the history of the course. Ridgewood, completing a seamless transition from retired legendary coach Jacob Brown to Steve Opremcak, rolled to its fifth straight team title and 29th in the 38 years of the meet, 54-110 over Northern Highlands. The Maroons placed four runners in the top 18 and had six runners finish before any other team had four. But it was Gorla's pure joyous reaction that will be the lasting impression of this meet. "It's been so much fun this year, feeling good and being able to run the way I have," said Gorla, who seemed still to be processing what she had done nearly an hour after her race. "I'll realize it later tonight when I look at this trophy [awarded to the race winner] and think about the race." Gorla went out hard with Martin, Sam Halvorsen of Ridgewood, Julia Guerra of Indian Hills, Abigail McLaughlin of Bergen Tech and Monica Hebner of Northern Highlands, and the six runners stayed together for nearly the first half of the race. Coming out of the woods and into the sand, Gorla opened a little ground. As the pack went through the halfway mark and continued over the sand for the second time, she expanded her lead to about 40 meters and had little trouble holding off a fast-finishing Martin.

"Our team is one big family and they've been there for me since I started running last fall," said Gorla, who was 30th in this race last year in 19:57, but missed winter and spring seasons with a stress fracture and then a hamstring pull in her left leg. "I think I need a hot chocolate right now, See **GORIA** Page **S-13**

Goria: Rare feat for River Dell cross-country star

From Page **S-11**

and I'll go home and have a Snickers bar tonight and just enjoy this." The names may have changed, but the Ridgewood's domination remains unchanged as the Maroons rolled despite returning only three of their top seven back from

last year's winning team. "Our school has a tradition of excellence and I think the cross-country team is one of the biggest reasons," said senior Leah Rosenfeld, who returned to the Maroon varsity after missing most of last year with mononucleosis. "But

we're all such good friends and combined with the hard work we do, it spells success." Halvorsen, a part of the last three titles, said the transition from Brown to Opremcak, the former Indian Hills coach and Ridgewood assistant, was easy "because they

have a very similar coaching style, and we're able to stay focused and do what we need to do." Sophomore Hannah Fishbein was 12th, sophomore Meghan Adams 18th and freshman Cassie Keyes 28th – all in Darlington bests. "We've been very lucky here in

Ridgewood to have the coaches we have," said Halvorsen, who continued her comeback from a devastating injury last winter with a strong third-place finish. And the Ridgewood coaches are also lucky to have the kind of runners they've had over that time.

Dalys are double trouble

Senior twins Colin, Will of River Dell capture first and second

By **PAUL SCHWARTZ**
STAFF WRITER

MAHWAH – Perhaps it was inevitable.

When Colin and Will Daly were sophomores, they finished 3-4 in the Lou Molino Bergen Meet of Champions and last year as juniors they were second and third behind Patrick Sullivan of Don Bosco. So there was only one step left to take in the meet and the River Dell stars took that Saturday at Darlington County Park finishing first and second about 70 meters ahead of Don Bosco's David Rosas.

Colin was awarded the win although the two finished side by side in identical times of 15:09 on the 5,000-meter course, coming within four seconds of the course record set by Bob Keino of Ridgewood in 1993.

CROSS-COUNTRY BERGEN MEET OF CHAMPIONS

"I said to Colin before the race, it's just you and me and pretend there's no one else in the race and just go for it," said Will after the race.

"We wanted to give it our best shot and see if we could win and take down the course record," said Colin.

Don Bosco's team didn't take down the team course record either, but the Ironmen weathered the strongest challenge of their 10-year reign atop Bergen County, holding off a very strong Indian Hills team, 55-61, with Ridgewood (78) a solid third. Bosco's team time of 78:59 is third fastest in meet history while Indian Hills and Ridgewood also ran top 10

times.

But most eyes at the finish line were on the Daly twins, who verbally committed to the University of Pennsylvania in late September.

"Ironically we made our move at the same spot Patrick broke away from us last fall," said Colin.

That came about two-thirds through the race, as the trio, which had broken away from the rest of the pack shortly after the mile mark, headed up the small hill on the Darlington course past a playground.

"We had a definite plan and we stuck with it," said Will. "[Rosas] tried to make a couple of moves before that but we were

able to cover them and then we went. He couldn't stay with us."

"I should have let them lead more later in the race, instead of doing most of it," said Rosas, a junior, who clocked a personal-best 15:22, just ahead of Sullivan, the defending champion who was competing in his first race in nearly a month.

"But we won this today because of Connor Nicholson," said Bosco head coach Kevin Kilduff. "He's been battling himself and lacking confidence all year and he found a way to get through it today. Otherwise Indian Hills beats us and maybe Ridgewood does, too."

"I just stayed calm and relaxed," said Nicholson, who finished fifth with a personal-best 15:39. "I'm in amazing shape, I've put so many miles in this year and I'm sick of not running well in the



MICHAEL KARAS/STAFF PHOTOGRAPHER

Colin Day, right, and twin brother Will of River Dell en route to placing 1-2 in the Lou Molino Bergen Meet of Champions.

paces."

Indian Hills was tightly packed as usual, with Matt Cohane finishing seventh in 15:41 and Derek Barney (ninth), Chris Leymeister (15th), Tom Holster (16th) and Chris Corcoran (17th) completing the Braves' top five just 22 seconds later. But Bosco's 3-4-5 finish proved enough when Alex Zeepvat (21st) and Justin

Fuhrman (24th) crossed the line even though the Bosco pack was slower than they had been the week before.

"I think sometimes we overthink things," said Fuhrman. "We're a very close group of friends and we don't want to let each other down. We might put too much pressure on ourselves because we want to do so well."

Hawthorne star picks Bucknell

By **PAUL SCHWARTZ**
STAFF WRITER

Kaitlin Salisbury loves Hawthorne High School and her hometown. And on her official visit to Bucknell, she felt some of the same things she feels at home.

That might have been the clinching reason why the double state champion track and field star verbally committed to the Patriot League school Tuesday over Big Ten powers Penn State and Rutgers.

"The school felt a lot like my school now," said Salisbury, who will sign her full scholarship Nov. 11, the first day of the early college signing period. "The campus buildings are close together and everything seems to center around the quad – it's real homey – and it's like they put a part of Hawthorne in a school in Pennsyl-

vania."

Salisbury – who won the state Meet of Champions long and triple jumps last spring, the first North Jersey athlete to do so – is one of the most highly touted recruits in Bucknell history. The Bisons, led by now-graduated sprint star Kim Nagotko of Mahwah, won both the indoor and outdoor Patriot League titles last year.

Salisbury's high school numbers – 12.05 100, 25.08 200, 39-7 triple jump and 18-7¼ long jump – place her within striking range of Bucknell school records. She is expected to compete in all four events next year.

"I know the records at Rutgers and Penn State for my events are bet-

GIRLS TRACK

ter than at Bucknell and I always want to be challenged," said Salisbury, who won four Group 1 state titles last year and ranks second or third all-time in Passaic County in the 100, long and triple jumps with another year to go. "But after my campus experience at Bucknell and how great the academic experience is as well, I'm very excited to go there."

It hurt Salisbury to pass up Rutgers, a school she dreamed about attending as a child. "I built a bond with coach [James] Robinson and I told him I wished I could take him with me to Bucknell," said Salisbury, who intends to be a Studio Art major at Bucknell. "But my visit to Bucknell and the campus experience is something I can't pass up."

Indian Hills' Julia Guerra commits to Penn State. **S-8**



STAFF FILE PHOTO BY KEVIN R. WEXLER

Hawthorne's Kaitlin Salisbury captured the long and triple jump events at the Meet of Champions this year.

Guerra commits to Penn State

By **PAUL SCHWARTZ**
STAFF WRITER

In the end, it wasn't the big beautiful campus, the coaching, the academics or any of the showy things that led Indian Hills' Julia Guerra to Penn State University.

It might well have been just some girl talk.

"The first night at Penn State, I stayed in the dorm with two freshmen on the team, a girl from Pennsylvania and Caitlyn Poss of

TRACK AND FIELD

Freehold. We just sat around talking for a couple of hours and talking and laughing, and I felt like I did at home around my friends and my sister," said Guerra, the six-time All-North Jersey honoree in track and cross-country, who verbally committed to the Pennsylvania school Tuesday. "We had just really met and things just clicked.

"These are the people I'll be spending more time with than anyone else."

Guerra, whose final choices included Wake Forest and Washington, enjoyed the early part of the recruiting process, but not the final few days.

"September and early October [when she made her official visits] were really fun, but it got hectic in the last couple of weeks and the stress of having to make a choice really got to me," said Guerra, who finished fourth in the Lou Molino Bergen Meet of Champions cross-country race Saturday. "Discussing my future took a lot out of me, but now I have a good opportunity to relax knowing I'm set for next year. It definitely takes a lot pressure off.



CHRIS PEDOTA/STAFF PHOTOGRAPHER

Indian Hills' standout Julia Guerra committed to Penn State on Tuesday.

"I know Penn State is a big place, but I don't mind being one of the crowd," said Guerra, who will major in Kinesiology with an eye toward running her own Physical Therapy business one day. "I like the big school atmosphere and I've reached my goal of running for a good D-I program."

"Now I can get back to my goals in high school," said the five-time state Meet of Champions medalist (three outdoors and one each in indoor and cross-country). "I've got a lot left to do here."

RIENAS BROTHERS COMMIT TO HARVARD: Will and Tom Rienas of NV/Old Tappan, who made up half of the state's second best 4-x-400 meter relay team last spring, verbally committed to Harvard University on Tuesday. They will join older brother Marc, the state outdoor runner-up at 800 meters last spring, in the greater Boston area next year. Marc Rienas is a freshman at Northeastern University.

Will and Tom are also intermediate hurdlers and helped the Golden Knights to Bergen County records in the 3-x-400 hurdles and sprint medley relays last spring, in addition to running the third fastest 4-x-400 relay time in Bergen history.

Also on Tuesday, their teammate, Joe Jordan, an intermediate hurdler, committed to the University of Pennsylvania.

Boys cross-country: State sectionals preview

Saturday: North 1 at Garret Mountain, Woodland Park; North 2 at Morris County Central Park, Parsippany. Top five teams and top 10 individuals qualify for state group meet at Holmdel, Nov. 14.

North 1

Group 1

Starting time: 12:30 p.m.

New to the group: Pequannock, Kittatinny, Leonia.

Last year's champs: Wallkill Valley and Craig Corti, Wallkill Valley.

Top returning runners: Luke Vanderhoff, Wallkill Valley (2nd); Alastair Winter, North Warren (4th); Andy Jaipersaud, Bogota (5th); Mark Cappuccitti, Mountain Lakes (6th); Mack Wilowski, Wallkill Valley (7th); James Draney, Bogota (9th); Dan Daurio, Bogota (10th). (Hussein Elmesahad, Leonia was fourth in North 2, Group 2 last year).

Top 10 prediction: Chris Singer, Kinnelon; Daurio; Vanderhoff; Draney; Cappuccitti; Jared Cooper, Mountain Lakes; Wilowski; Cameron Gec, Wallkill Valley; Elmesahad; Jaipersaud.

Top five teams: Mountain Lakes, Bogota, Wallkill Valley, North Warren, Kinnelon.

How the race will go: The top three teams are closely matched and depending on the day, any of the three could win. It may come down to the fourth and fifth and even perhaps the sixth man tiebreaker. Leonia and Hasbrouck Heights have a shot at making the top five and qualifying for states at Holmdel. Singer has had a great year, but the Bogota duo of Draney and Daurio have been terrific, too, each breaking 16 minutes at Darlington last week. Vanderhoff also can win this.

Group 2

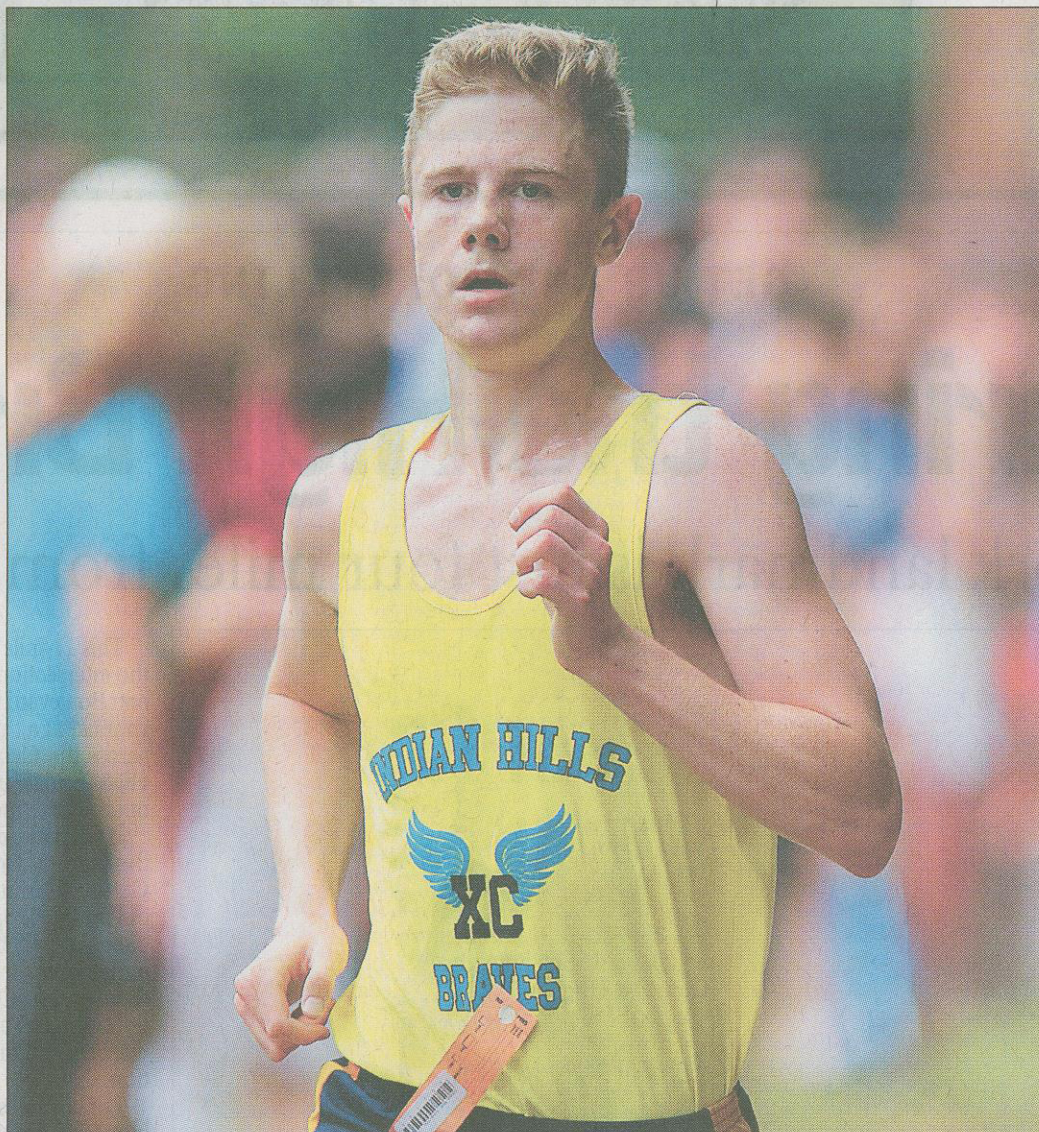
Starting time: 10:50 a.m.

New to the group: Vernon, Garfield, Demarest.

Last year's champs: River Dell and Joe Dragon, High Point.

Top returning runners: Dragon; Colin Daly, River Dell (2nd); Will Daly, River Dell (3rd); Patrick Robertson, River Dell (7th); Walter Tarr, Ramapo (9th).

Top 10 prediction: Dragon; Daly; Daly; Robertson; Owen Davitt, Glen Rock; Matt Oscovitch, Sussex Tech; Nick Kaczorowski, Ramsey; Robert Wilson, Demarest; Tim Larsen, Demarest; Craig Natoli, Jefferson; Andrew



FILE PHOTO BY CHRIS PEDOTA/STAFF PHOTOGRAPHER

Indian Hills' Matt Cohane will be one of the runners to watch in Saturday's North 1, Group 3 race.

Sarrow, Park Ridge/Emerson.

Top five teams: River Dell, Demarest, Newton, Glen Rock, Pascack Hills.

How the race will go: Demarest is probably the only team that can give the defending champion Golden Hawks any trouble and it would take a number of things for the Norsemen to win. High Point and Mahwah are likely the only teams that can crack the top five. Dragon has had a sensational season and might be the overall state champ on Nov. 21. The Dalys will try and carry their team to Garret bests and hopefully will run under 16 minutes. Andy Biss of Lakeland could crack the top 10.

Group 3

Starting time: 11:15 a.m.

New to the group: Fair Lawn, Cliffside Park.

Last year's champs: Indian Hills and Rishi Jashnani, Wayne Hills.

Top returning runners: James Weissenborn, Old Tappan (3rd); Jenks Hehmeyer, Montville (4th); George Galkin, Wayne Hills (5th); Max Zavidow, Tenaflly (8th).

Top 10 prediction: Matt Cohane, Indian Hills; Derek Barney, Indian Hills; Hehmeyer; Weissenborn; Galkin; Tom Holster, Indian Hills; Chris Corcoran, Indian Hills; Robert Hammond, Mount Olive; Jason Schweizer, Morris Hills; Zavidow.

Top five teams: Indian Hills, Mount Olive, Morris Hills, Wayne Hills, Tenaflly.

How the race will go: The Braves should win their fourth straight title without much pressure and hopefully will be in position to win their first state Group 3 title on Nov. 14. The next four teams could finish in any spot from second through fifth with Montville, Northern Highlands and Old Tappan ready to pounce if any of those teams falter. It should be a wide open individual race with Cohane, Barney, Hehmeyer and Weissenborn all potential winners.

Group 4

Starting time: 12:55 p.m.

New to the group: none.

Last year's champs: Ridgewood and Kenny Marshall, Ridgewood.

Top returning runners: Marshall; Jagger Garguilo, West Orange (2nd); Nick Barnabic, Ridgewood (3rd); Billy Byrne, Ridgewood (4th); Eric Clay, Morristown (5th); Rafael Hernandez, Memorial (6th); Ramses Leon, North Bergen (10th).

Top 10 prediction: Evan Quinn, Morristown; Marshall; Clay; Ben Edwards, Morristown; Barnabic; Byrne; Josh Holihan, Randolph; Hernandez; Garguilo.

Top five teams: Ridgewood, Morristown, Montclair, Passaic Tech, Clifton.

How the race will go: The Ridgewood-Morristown contest should be a classic and if the Maroons are to win a record-tying sixth sectional title, they will need to rely on their back four runners who appear better than Morristown's back four. After that there are seven teams for three spots including West Orange, Randolph, Memorial and Hackensack. It's likely the Ridgewood trio against the Morristown trio for the win with Quinn and Marshall likely to be racing for the line.

North 2

Group 1

Starting time: 12:30 p.m.

New to the group: Verona, Cedar Grove, Becton, Palisades Park.

Last year's champs: Lyndhurst and Jordan Price, New Providence.

Top returning runner: Price.

Top 10 prediction: Price; Nick DeGennaro, Cedar Grove; Peile Noguera, Glen Ridge; Mark Pasquariello, New Providence; Pat Smurla, Cedar Grove; Cameron Dignan, Glen Ridge; Dante Gonzalez, Palisades Park; Jin Kyu Yang, Palisades Park; Cheney Price, New Providence; Alexis Vinanzaca, Harrison.

Top five teams: New Providence, Glen Ridge, Cedar Grove, Palisades Park, Secaucus.

How the race will go: Three good teams should be at the front of the pack, but New Provi-

dence probably has the best pack. Verona, Harrison and Dayton should compete for the fifth slot at Holmdel. Price is perhaps the most overwhelming favorite in the state.

Group 2

Starting time: 10:50 a.m.

New to the group: Parsippany Hills, Lyndhurst. McNair.

Last year's champs: Bernards and Sean Sullivan, Rutherford.

Top returning runners: Sullivan; Richard Gruters, Bernards (2nd); Stuart Gruters, Bernards (8th); Joseph Thoma, Whippany Park (9th). (Xavier Locke, Lyndhurst was ninth in Group 1 last year).

Top 10 prediction: Sullivan; R. Gruters; S. Gruters; Thoma; Eric Schlosser, Parsippany; John Keating, Whippany Park; Steve Patracuolla, Parsippany; Locke; Isaiah Aviles, Lyndhurst; Xavier Rivera, Parsippany Hills.

Top five teams: Whippany Park, Bernards, Rutherford, Parsippany, Lyndhurst.

How the race will go: Whippany Park and Bernards are the class of this group with seven teams for the last three spots. Madison, Hanover Park, Ridgefield Park and McNair can all qualify with big races. Sullivan has some competition from the Gruters brothers and Thoma, but should repeat his title.

— Paul Schwartz

Cooper

From Page S-7

"The more schools we have from South Jersey, the more relief we can provide in the appropriate places in the schedule."

The NJSIAA probably would prefer not to split. And it's still possible the NJSIAA's Executive Committee will pull the vote when it meets Wednesday. It does have the power to set the final agenda.

The NJSFC made a strong first impression. It was organized. It was smart and creative. It looks like a good place for public school football programs in North Jersey.

For the non-public schools, it may not be enough.

Girls cross-country: State sectionals preview

Saturday: North 1 at Garret Mountain, Woodland Park; North 2 at Morris County Central Park, Parsippany (Top five teams and top 10 individuals qualify for state group meet at Holmdel, Nov. 14).

North 1

Group 1

Starting time: 11:40 a.m.

Last year's champs: North Warren and Regina Duncan, North Warren.

Top returning runners: Ally Lane, Wallkill Valley (2nd); Kyra Velock, Mountain Lakes (3rd); Ally Jin, Mountain Lakes (10th). (Katie Martin, Kittatinny was second in Group 2 last year)

Top 10 prediction: Angelina Tarabokija, Kinnelon; Velock; Lane; Nicole Ohnesian, North Warren; Therese Olshanski, Mountain Lakes; Jin; Izzi Gengaro, Mountain Lakes; Hannah Relovsky, Kinnelon; Cayla Mandel, Kinnelon; Hayley Burt, Kinnelon.

Top five teams: Mountain Lakes, Kinnelon, Cresskill, North Warren, Hasbrouck Heights.

How the race will go: Mountain Lakes and Kinnelon are ahead of the rest of this group and should be contenders for the Group 1 state title. Wallkill Valley and Kittatinny can break into the top five teams with good races. Tarabokija is just a freshman running against the experienced Lane and Velock, but looks to be too strong. Katie Andrews of Pompton Lakes could crack the top 10 with her best race of the year.

Group 2

Starting time: 10 a.m.

Last year's champs: Ramsey and Alex Walter, Glen Rock.

Top returning runners: Walter; Shannon Gorla, River Dell (3rd); McKenzie Delahanty, Lenape Valley (4th); Victoria Clinton, Ramsey (5th); Madelyn McConnon, Jefferson (6th); Lexi Harris, Ramapo (7th); Sam Biss, Lakeland (8th); Emma Kline, Newton (9th).

Top 10 prediction: Gorla; Walter; Clinton; Ginger Pojednic, River Dell; Rose Ippolito, Newton; Emily Szalai, Jefferson; Harris; Elizabeth Flood, Ramsey; Biss; Nadia Itani, Park Ridge/Emerson.

Top five teams: River Dell, Ramsey, Glen Rock, Demarest, Mahwah



CHRIS PEDOTA/STAFF PHOTOGRAPHER

River Dell's Shannon Gorla will try to add a sectional title to her list of accomplishments this season.

How the race will go: River Dell has beaten Ramsey three times this season and should make it four here for its first girls sectional title. It looks like an all-Bergen group here with Pascack Hills, Park Ridge/Emerson and Garfield in position to pick up a top five slot. Gorla will dethrone Walter as she keeps her unbeaten season alive. Hannah Figueroa of Pascack Hills and Jane Burgoyne of Glen Rock are possible top 10 finishers.

Group 3

Starting time: 10:25 a.m.

Last year's champs: Northern Highlands and Catherine Pagano, Northern Highlands.

Top returning runners: Julia Guerra, Indian Hills (2nd); Alexandra Christian,

Mount Olive (5th); Monica Hebner, Northern Highlands (7th); Emmy Silberstein, Sparta (8th); Cassandra Harasts, Montville (9th).

Top 10 prediction: Anna George, Montville; Guerra; Christian; Harasts; Hebner; Katerina Zachmann, Wayne Hills; Julia Herraiz, Roxbury; Alex Palumbo, Roxbury; Taylor Domico, Wayne Hills; Courtney Brunet, Old Tappan.

Top five teams: Wayne Hills, Roxbury, Northern Highlands, Old Tappan, Mount Olive.

How the race will go: Easily the most balanced group in the section, Wayne Hills shoots for its first sectional title against an outstanding Roxbury team. Montville and Indian Hills are not far

behind Mount Olive, and a good team or two might not make it to Holmdel. Guerra should be the favorite here but has struggled the last two weeks and can't afford a struggle against George, the talented freshman. But the Braves senior had her best race of the year in this meet last year and could come through again. Ashley Evans of Pascack Valley is good enough to crack the top 10 and advance.

Group 4

Starting time: 12:05 p.m.

Last year's champs: Ridgewood and Sam Halvorsen, Ridgewood.

Top returning runners: Halvorsen; Brooke Olson, Randolph (3rd); Juliet Kohli, Montclair (6th); Michelle Kubasek, Bergen Tech (7th); Olympia Martin, Ridgewood (8th).

Top 10 prediction: Abby Loveys, Randolph; Martin; Kohli; Halvorsen; Olson; Abigail McLaughlin, Bergen Tech; Sarah Shannon, Passaic Tech; Nora May McSorley, Randolph; Hannah Fishbein, Ridgewood; Kubasek.

Top five teams: Ridgewood, Randolph, Montclair, Clifton, Union City.

How the race will go: The annual Ridgewood-Randolph battle has a third player this year, Essex County champ Montclair, but the Maroons' depth should be enough to give them a record 22nd sectional title. Passaic Tech, Morristown and North Bergen could battle Clifton and Union City for the final two spots. Randolph has another great freshman in Loveys, and any of the top five could win the title including Essex County champ Kohli. Kubasek hasn't been healthy all year but will take a shot here.

North 2

Group 1

Starting time: 11:40 a.m.

Last year's champs: New Providence and Yaminah Smith, Weequahic.

Top returning runners: Megan Friscia, New Providence (2nd); Jillian Turner,

New Providence (3rd); Kelsey Turner, New Providence (4th); Rebecca Cadett, Weequahic (6th); Roshni Patel, Secaucus (9th). (Madison Gerard, Cedar Grove was seventh in North 1, Group 1 last year; Arianna Lopez, Palisades Park was ninth.)

Top 10 prediction: J. Turner; Friscia; K. Turner; Lopez; Sarah Zeto, New Providence; Gerard; Cadett; Patel; Sydney Peng, New Providence; Mehek Parikh, Secaucus.

Top five teams: New Providence, Secaucus, Palisades Park, Verona, Dayton.

How the race will go: New Providence and Jillian Turner should lap the field here but Palisades Park and Secaucus should be in the mix for second. Lopez might be able to break up the New Providence top three.

Group 2

Starting time: 10 a.m.

Last year's champs: Bernards and Paige Petty, Bernards.

Top returning runners: Petty; Ally Schlosser, Parsippany (2nd); Jacqueline McHale, Hanover Park (5th); Cara Smith, Madison (7th); Ava Cummings, Bernards (8th); Caroline Kranefuss, Madison (9th). (Eileen Flood, McNair was fifth in Group 1 last year; Rachel Prendergast, McNair was seventh.)

Top 10 prediction: Schlosser; Petty; Alexia Perez, West Essex; Christine Na, Rutherford; Cummings; Courtney Blount, West Essex; Christina Fernandez, Parsippany; Smith; Summer Regan, Rutherford; Danielle Buro, Whippany Park.

Top five teams: Parsippany, Bernards, Lyndhurst, Whippany Park, West Essex.

How the race will go: Parsippany should win easily in a rare down year for Bernards. Lyndhurst has its best team, led by Megan Rudden and Lindsay Cirne. Petty has not been running but is back now.

— Paul Schwartz

Cross-country rankings

Boys top 25

1. Don Bosco
2. Indian Hills
3. Ridgewood
4. River Dell
5. NV/Demarest
6. Bogota
7. Wayne Hills
8. Tenaflly
9. Bergen Catholic
10. Passaic Tech
11. Clifton
12. Hackensack
13. Northern Highlands
14. NV/Old Tappan
15. Paramus
16. Rutherford
17. Pascack Hills
18. Passaic
19. Glen Rock
20. Wayne Valley
21. Dwight-Englewood
22. Kinnelon
23. Lyndhurst
24. Cliffside Park
25. Ridgefield Park

Girls top 25

1. Ridgewood
2. Wayne Hills
3. Northern Highlands
4. Holy Angels
5. NV/Old Tappan
6. River Dell
7. Immaculate Heart
8. Ramsey
9. Indian Hills
10. Kinnelon
11. Clifton
12. Passaic Tech
13. Glen Rock
14. Pascack Valley
15. Hasbrouck Heights
16. NV/Demarest
17. Cresskill
18. Mahwah
19. North Bergen
20. Lyndhurst
21. Cliffside Park
22. Pascack Hills
23. Park Ridge/Emerson
24. Garfield
25. Tenaflly

CROSS-COUNTRY

State sectionals

NORTH 1

AT GARRET MOUNTAIN, WOODLAND PARK

Boys

GROUP 1

TEAM SCORING

Wallkill Valley* (WV) 52, Mountain Lakes* (ML) 68, Bogota* (B) 78, North Warren* (NW) 89, Kinnelon* (K) 158, Leonia (L) 219, Hasbrouck Heights (HH) 243, Pompton Lakes (PL) 246, Saddle Brook 262, Boonton 274, Kittatinny 279, Butler 314, Pequannock (P) 315, Hopatcong 350, New Milford 371, Cresskill 423.

RESULTS

1. James Draney (B), 16:39; 2. Cameron Gec (WV), 16:47; 3. Chris Singer (K), 16:57; 4. Hussein Elmesad (L), 16:58*; 5. Dan Daurio (B), 17:03; 6. Mack Wilowski (WV), 17:06; 7. Jared Cooper (ML), 17:06; 8. Josh Magalhaes (NW), 17:14; 9. William Summers (NW), 17:18; 10. Blake Dignes (ML), 17:18; 13. Andy Jaipersaud (B), 17:40; 14. Sam Roberts (K), 17:44; 18. Robert White (P), 17:50; 19. Gabe Tapia/Suarez (L), 18:01; 24. Indrit Istrefi (PL), 18:11; 25. Youssef Abubaker (HH), 18:15.

GROUP 2

TEAM SCORING

River Dell* (RD) 33, Northern Valley/Demarest* (NV/D) 53, Newton* (N) 120, Pascack Hills* (PH) 161, High Point* (HP) 175, Glen Rock 233, Westwood (W) 250, Mahwah 251, Sussex Tech (ST) 258, Ramsey (Ram) 273, Lakeland 288, Ramapo (Rama) 299, Vernon 327, Lenape Valley 365, Garfield 365, Jefferson 374, Dover 439, Dumont 524.

RESULTS

1. Joe Dragon (HP), 15:49; 2. Will Daly (RD), 16:40; 3. Colin Daly (RD), 16:49; 4. Matt Oscovitch (ST), 16:59*; 5. Patrick Robertson (RD), 17:01; 6. Rob Wilson (NV/D), 17:09; 7. Nick Kaczorowski (Ram), 17:10*; 8. Nathaniel Tirado (NV/D), 17:11; 9. Andrew Sarrow, Park Ridge/Emerson, 17:11*; 10. Tim Larsen (NV/D), 17:17; 11. Gary Wilhelm (RD), 17:26; 13. Josh Munoz (NV/D), 17:42; 14. Dan Murray (RD), 17:42; 15. Chris Murray (RD), 17:44; 16. Nick Beutel (PH), 17:46; 17. Jake DiCuffa (W), 17:48; 18. Matt Tina (RD), 17:48; 19. Ty Miller (NV/D), 17:48; 22. Jake Cooper, Park Ridge/Emerson, 17:52; 25. Walter Tarr (Rama), 17:56.

GROUP 3

TEAM SCORING

Indian Hills* (IH) 24, Tenafly* (T) 111, Morris Hills* 116, Wayne Hills* (WH) 124, Mount Olive* 124, Northern Highlands (NH) 154, NV/Old Tappan (NV/OT) 203, Montville (M) 213, Wayne Valley 265, Sparta (S) 285, Paramus (P) 297, Fair Lawn (FL) 338, Cliffside Park 350, Pascack Valley 358, Roxbury 395, West Milford 405.

RESULTS

1. George Galkin (WH), 16:25; 2. Matt Cohane (IH), 16:32; 3. Derek Barney (IH), 16:33; 4. Tom Holster (IH), 16:43; 5. James Weissenborn (NV/OT), 16:45*; 6. Jenks Hehmeyer (M), 16:48*; 7. Chris Corcoran (OT), 16:49; 8. Chris Leymeister (IH), 16:50; 9. Steve Fiumefreddo (IH), 16:53; 10. Joe Zisa (WH), 16:55; 12. Jake Weinberger (NH), 17:13; 13. Alex Gee (P), 17:14; 14. Jonathan Marcus (FL), 17:21; 17. Frank Maloney (T), 17:27; 18. Mike Silverman (T), 17:27; 19. Max Zavidow (T), 17:30; 20. Dan Biggins (NV/OT), 17:31; 22. James Brennan (WH), 17:32.

GROUP 4

TEAM SCORING

Ridgewood* (R) 46, Morristown* (M) 77, Montclair* 143, Clifton* (C) 170, Memorial* (Mem) 182, Hackensack (H) 186, Randolph 197, West Orange 207, Passaic 226, Passaic Tech (PCT) 272, Kearny 281, Livingston 317, Kennedy (K) 333, Union City 349, Bloomfield 381, North Bergen (NB) 401, Bergen Tech (BT) 408, Morris Knolls 479.

RESULTS

1. Evan Quinn (M), 16:07; 2. Nick Barnabic (R), 16:31; 3. Eric Clay (M), 16:34; 4. Ben Edwards (M), 16:35; 5. Billy Byrne (R), 16:41; 6. Marc Lugo (H), 16:46*; 7. Jose DeLaCruz (Mem), 16:55; 8. Kenny Marshall (R), 16:55; 9. Kevin Heredia (C), 16:57; 10. Rafael Hernandez (Mem), 16:59; 12. Jeron Jordan (K), 17:01; 15. Brad Rynkowski (R), 17:07; 16. Sid Wagh (R), 17:07; 19. Ramses Leon (NB), 17:19; 20. Jonah Nafztger (R), 17:22; 21. Anthony Dilorio (NB), 17:22; 24. Alexander Zapata (C), 17:24.

Girls

GROUP 1

TEAM SCORING

Mountain Lakes* (ML) 39, Kinnelon* (K) 43, North Warren* (NW) 86, Hasbrouck Heights* (HH) 141, Cresskill* (C) 149, Wallkill Valley (WV) 164, Kittatinny 169, Pompton Lakes 233, Bogota (B) 253, Saddle Brook 258, Butler (Bu) 285, Hopatcong 312, Leonia 331.

RESULTS

1. Nicole Ohannesian (NW), 19:47; 2. Angelica Tarabokija (K), 20:03; 3. Ally Lane (WV), 20:17*; 4. Therese Olshanski (ML), 20:29; 5. Izzi Gengaro (ML), 20:47; 6. Hailey Ross (HH), 21:12; 7. Hannah Relovsky (K), 21:15; 8. Cayla Mandel (K), 21:16; 8. Ally Jin (ML), 21:17; 10. Kyra Velock (ML), 21:23; 12. Hayden Burt (K), 21:33; 14. Emma Kline (K), 21:45; 18. Jillian O'Brien (B), 22:06; 19. Melissa Kunopinski (Bu), 22:06; 20. Veronica Dunphy (C), 22:12; 21. Claire Heckler (K), 22:17; 24. Erin Scott, Waldwick, 22:23; 25. Giana DiLascio (HH), 22:24.

GROUP 2

TEAM SCORING

River Dell* (RD) 45, Ramsey* (Rams) 81, Glen Rock* (GR) 146, NV/Demarest* (NV/D) 174, Park Ridge/Emerson* (PRE) 174, Jefferson (J) 189, High Point 210, Ramapo (Rama) 218, Pascack Hills (PH) 230, Lakeland (L) 230, Newton (N) 261, Mahwah 271, Garfield 285, Sussex Tech 313, Westwood 384, Lenape Valley 385, Dumont 422.

RESULTS

1. Shannon Gorla (RD), 18:33; 2. Ginger Pojednic (RD), 19:56; 3. Rose Ippolito (N), 20:13*; 4. Lexi Harris (RAMA), 20:18*; 5. Alex Walter (GR), 20:18; 6. Emily Szalai (J), 20:20*; 7. Victoria Clinton (Rams), 20:32; 8. Jane Burgoyne (GR), 20:55; 9. Linnea Gilligan (L), 20:58*; 10. Nadia Itani (PRE), 21:02; 11. Elizabeth Flood (Rams), 21:09; 12. Lindsay McNeill (Rams), 21:18; 13. Mel Dougherty (RD), 21:25; 14. Nicole Muscat (RD), 21:26; 15. Kellie O'Donnell

(RD), 21:31; 17. Hannah Figueroa (PH), 21:36; 18. Samantha Biss (L), 21:41; 19. Rachel Galdi (PRE), 21:43; 20. Alyssa Gilligan (Rama), 21:46; 21. Leah Woods-Bannan (NV/D), 21:47; 24. Haile Fitzpatrick (NV/D), 21:55; 25. Margaret Schiazza (Rams), 21:57.

GROUP 3

TEAM SCORING

Wayne Hills* (WH) 64, Northern Highlands* (NH) 78, Roxbury* (Rox) 91, NV/Old Tappan* (NV/OT) 103, Mount Olive* (MO) 141, Montville (M) 151, Indian Hills (IH) 212, Pascack Valley (PV) 236, Teaneck 268, West Milford 272, Cliffside Park (CP) 284, Wayne Valley 312, Tenafly 330, Morris Hills 354, Sparta 355, Fair Lawn 398.

RESULTS

1. Anna George (M), 19:08*; 2. Julia Guerra (IH), 19:15*; 3. Monica Hebner (NH), 19:15; 4. Taylor Domico (WH), 19:20; 5. Katerina Zachmann (WH), 19:21; 6. Julia Herraiz (Rox), 19:31; 7. Alexander Christian (MO), 19:35; 8. Cassandra Harasts (M), 19:45*; 9. Ashley Evans (PV), 19:51*; 10. Courtney Brunet (NV/OT), 19:52; 11. Isabel Hebner (NH), 20:00; 12. Natalie Zawistowska (WH), 20:21; 13. Jennifer Polo (CP), 20:21; 15. Paige Wilderotter (NH), 20:27; 18. Emily Becker (WH), 20:35; 20. Mary Scrivanich (NV/OT), 20:48; 22. Grace Hinch (NH), 21:05; 23. Danielle Ludwig (NV/OT), 21:07; 24. Aida deLa Cruz (NV/OT), 21:12; 25. Shea Brennan (WH), 21:15.

GROUP 4

TEAM SCORING

Ridgewood* (R) 57, Montclair* (M) 64, Randolph* (Ran) 67, Clifton* (C) 102, Passaic Tech* (PCT) 148, Morristown 216, Union City 219, Bergen Tech (BT) 242, Bloomfield 247, Kearny 298, Livingston 324, Memorial 325, Hackensack (H) 344, Passaic 377, North Bergen 384, West Orange (WO) 404, Morris Knolls 407.

RESULTS

1. Olympia Martin (R), 18:39; 2. Sam Halvorsen (R), 18:42; 3. Abby Loveys (Ran), 18:51; 4. Juliet Kohli (M), 18:52; 5. Abigail McLaughlin (BT), 19:30*; 6. Nora May McSorley (Ran), 19:32; 7. Brooke Olson (Ran), 19:44; 8. Lia Schattner (M), 19:46; 9. Alina Chant (WO), 19:54*; 10. Michelle Kubasek (BT), 19:55*; 11. Hannah Fishbein (R), 20:10; 12. Sarah Shannon (PCT), 20:18; 16. Hadeel Alshujaieh (C), 20:34; 17. Meghan Jozefczyk (C), 20:47; 19. Mollie Slanina (C), 20:51; 20. Meghan Adams (R), 20:53; 22. Serena Martinez (H), 21:03; 23. Cassie Keyes (R), 21:04; 24. Megan Davey (C), 21:04; 25. Leah Rosenfeld (R), 21:05.

* -- Qualified for state group meet at Holmdel, Nov. 14.

NORTH 2

AT CENTRAL PARK OF MORRIS COUNTY, MORRISTOWN

Girls

GROUP 1

TEAM SCORES

New Providence (NP) 21; Secaucus (SE) 74; Jonathan Dayton (JD) 81; Verona (VE) 101; Belvidere (BV) 114; Harrison (HA) 132

RESULTS

1. Jillian Turner (NP), 18:51.71; 2. Megan Friscia (NP), 19:44.41; 3. Kelsey Turner (NP), 20:04.28; 4. Arianna Lopez (PP), 20:41.33; 5. Roshni Patel (SE), 20:55.25; 6. Dianna Morganti (CG), 21:05.73; 7. Mehek Parikh (SE), 21:12.27; 8. Marlee Hornbaker (BV), 21:18.69; 9. Lauren Pope (NP), 21:25.11; 10. Sydney Peng (NP), 21:45.95; 16. Nicole Briones (PP), 23:20.80; 21. Saumya Parikh (SE), 24:41.27; 25. Victoria Saniko (SE), 25:00.07

GROUP 2

TEAM SCORES

Parsippany (PY) 54; Bernards (BE) 87; Lyndhurst (LY) 104; Morris Tech (MT) 141; West Essex (WE) 164; Whippany Park (WP) 167; Hanover Park (HP) 187; Rutherford (RU) 226; Parsippany Hills (PH) 246; Ridgefield Park (RP) 270; McNair Academic (MA) 298; Caldwell (CA) 302; Hackettstown (HT) 316; Fort Lee (FL) 319

RESULTS

1. Ally Schlosser (PY), 19:16.44; 2. Paige Petty (BE), 20:17.24; 3. Courtney Blount (WE), 20:25.29; 4. Christie Na (RU), 20:28.55; 5. Alexia Perez (WE), 20:31.98; 6. Cristina Fernandez (PY), 20:43.76; 7. Nicole Herrera (PY), 21:03.89; 8. Megan Rudden (LY), 21:07.92; 9. Olivia Weintraub (MT), 21:11.90; 10. Jacqueline McHale (HP), 21:19.27; 13. Summer Regan (RU), 21:38.16; 14. Lindsay Cirne (LY), 21:42.12; 19. Kelly Weckstein (LY), 21:53.04

Boys

GROUP 1

TEAM SCORES

New Providence (NP) 29; Glen Ridge (GR) 37; Cedar Grove (CG) 68; Jonathan Dayton (JD) 141; Verona (V) 146; Belvidere (BV) 155; Secaucus (SE) 168; Harrison (H) 211; Ridgefield Memorial (RM) 221; Essex Tech (ET) 300

RESULTS

1. Jordan Price (NP), 16:14.88; 2. Mark Pasquariello (NP), 16:33.57; 3. Nick DeGennaro (CG), 16:54.42; 4. Pelle Nogueira (GR), 17:03.89; 5. David Adams (NP), 17:31.22; 6. Pat Smurla (CG), 17:43.41; 7. Braden Keenan (BV), 17:46.62; 8. Cameron Dignan (GR), 17:48.78; 9. Dante Gonzalez (PP), 17:51.61; 10. Justin Dignan (GR), 17:52.72; 18. Jin Kyu Kang (PP), 18:16.47; 23. Daniel Pokras (SE), 18:58.25; 24. Aldaberto Jimenez (PP), 19:00.18

GROUP 2

TEAM SCORES

Bernards (BE) 53; Whippany Park (WP) 100; Parsippany (PY) 118; Rutherford (RU) 132; McNair Academic 151; Lyndhurst (LY) 151; Ridgefield Park (RP) 167; Hanover Park 171; Madison 193; Fort Lee (FL) 193; West Essex 303; Parsippany Hills 318; Morris Tech 352; Caldwell 380

RESULTS

1. Sean Sullivan (RU), 16:15.70; 2. Stuart Gruters (BE), 16:30.68; 3. Eric Schlosser (PY), 16:44.64; 4. Richard Gruters (BE), 16:46.43; 5. Joseph Thoma (WP), 16:56.42; 6. Xavier Locke (LY), 17:06.29; 7. Isaiah Aviles (LY), 17:08.15; 8. Nicholas Thoma (WP), 17:10.87; 9. Derek Lewandowski (RP), 17:15.07; 10. Steven Patracuolla (PY), 17:16.18; 13. Kelvin Francisco (FL), 17:37.98; 18. Ryan McNeilly (RU), 17:46.14; 23. Anthony Dell Aquila (LY), 17:58.66; 25. Victor Hua (FL), 18:04.16

Indian Hills dominates

Ridgewood, RD also win

By PAUL SCHWARTZ
STAFF WRITER

WOODLAND PARK – Indian Hills and River Dell have major goals next week in the New Jersey group cross-country championships at Holmdel Park.

Indian Hills expects to win its first state title, while River Dell aims for its first berth in the state Meet of Champions.

So the North 1 sectional championships at Garret Mountain were just the next step toward those goals for the Bergen County powers. Nothing they did Saturday gave any indication that the journey will not be a successful one as both teams cruised to sectional titles, Indian Hills winning its fourth straight Group 3 title in record-setting fashion and River Dell repeating in Group 2.

A third Bergen County power, Ridgewood, also expects to advance to the state Meet of Champions in the toughest group and impressively won its sixth straight Group 4 title (first under first-year head coach Patrick Ryan), pounding a good Morristown team despite yielding three of the first four spots in the race.

In all, 10 North Jersey boys teams and five individuals advanced to the group meet, and Bogota's James Draney (Group 1) and Wayne Hills' George Galkin (Group 3) won individual titles.

Indian Hills scored a record-breaking victory in Group 3, 24-111, over Tenafly. Six Braves finished in the top nine, behind race-winner Galkin, who outkicked Matt Cohane and Derek Barney by 35 meters to win in a personal-best 16:25.

"After last year (when the Braves finished second in Group 2 following



BRIAN HESTER/SPECIAL TO THE RECORD

River Dell twins Colin, left, and Will Daly heading to the finish line in North 1, Group 2 race Saturday.

a six win season), I put out a newsletter for the boys and told them in it that I thought that even though we had lost a lot, we had a chance to do the same thing this year," said Hills coach Tom Zaccane.

"But these guys have surprised even me with how well they've done all year."

From Cohane to sixth man Steven Fiumefreddo (who finished ninth), the spread was only 21 seconds. Even though the Braves ran a second per man slower than in their division-meet win three weeks ago, when Fiumefreddo crossed the line in 16:53 the Braves became the first team to place six runners faster than 17 min-

utes at the 5,000-meter Garret Mountain course.

River Dell's margin was closer, just 33-53 over Demarest in Group 2. But with the Bergen County champion Daly twins, Will and Colin, running at about 75 percent capacity behind race-winner and state favorite Joe Dragon of High Point, the Golden Hawks showed a seven-man pack that finished between second and 18th.

So it was left to Ridgewood to try and match the overall sectional record of six straight wins set by the 2002-07 Maroons.

And although Morristown went 1-3-4 with Evan Quinn winning in

16:05, the Maroons' depth paid off just as Ryan had expected.

"I told the guys the other day that it was going to come down to the fourth and fifth guys, and I pulled the sixth and seventh guys aside and told them they could beat Morristown's fourth and fifth, too, and put seven in front of their fourth."

So after Nick Barnabic (second), Billy Byrne (fifth) and Kenny Marshall (eighth) kept the Maroons close, Brad Rynkowski (15th), Sid Wagh (16th) and Jonah Naftzger (20th) put the hammer down for a 46-77 victory. Seventh man Matteo Robazza was six seconds behind Randolph's fourth but it made little difference.

River Dell, Wayne Hills girls triumph



BRIAN HESTER/SPECIAL TO THE RECORD

Olympia Martin, right, and Sam Halvorsen of Ridgewood running Saturday.

By PAUL SCHWARTZ
STAFF WRITER

WOODLAND PARK – While each program has had its share of successes over the years, River Dell and Wayne Hills girls never had won a North 1 cross-country title before Saturday's meet at Garret Mountain.

Ridgewood had won 21 girls sectional crowns – the most of any team in the state. But the Maroons never had won without the now-retired Jacob Brown as their head coach.

Ancient history.

The River Dell, Wayne Hills and Ridgewood girls scored historic and impressive wins Saturday at the North 1 championships, leading 14 North Jersey teams and seven individuals into

the state Group championships at Holmdel six days from today.

Shannon Gorla of River Dell won the Group 2 title and Olympia Martin of Ridgewood captured Group 4, both in times that cracked the all-time top 20 list at the Garret course.

River Dell's win came first, with Gorla continuing her perfect season and assault on the record books with a 18:33 clocking and a win by an astounding 500 meters over teammate Ginger Pojednic. But it was the Golden Hawks' 3-4-5 runners – junior Mel Dougherty, senior Nicole Muscat and Kellie O'Donnell – who in finishing 13-14-15 in Garret bests put an end to the three-year reign of Ramsey in Group 2, 45-81.

"When I started as a freshman, we had just eight girls on the

team, and sometimes we didn't have enough healthy kids to even run a dual meet," remembered Muscat, a catch in her voice. "But we kept working harder and getting more kids and more talent, and this year, my senior year, it was more important than anything."

River Dell alumnus and former All-Bergen star Briana Bayersdorfer "is so understanding of what we're going through, and such a great coach," said Dougherty. "She's like our second mom – a young, cool mom!"

Wayne Hills also had an alumnus who helped guide her team to its first title and one to whom the victory provided even more personal pride.

Aly Pyper, now a college junior, See **GIRLS** Page S-8

Girls: Enjoy a banner day

From Page **S-7**

was a major part of the 2012 team that missed the title by just three points and has been assisting Wayne Hills ever since.

The Patriots defeated two other state powers, Northern Highlands and Roxbury, by placing five runners in the top 25 and winning comfortably, 64-78-91, with Highlands second.

As they have all year, Taylor Domico and Katerina Zachmann were the leaders, finishing fourth and fifth. Natalie Zawistowska was 15th and Emily Becker 18th, with Shea Brennan providing the final points in 25th.

And for Ridgewood the transition from

Brown to Steve Opremcak continued successfully, as Martin and second-place finisher Sam Halvorsen went 1-2 to give the Maroons a leg up on Montclair and Randolph en route to a 57-64-67 win in a battle of top 15 state teams.

"This gets passed down from team to team," said Halvorsen, who ran a Garret personal best of 18:42, but lost her sectional crown to the Martin, a junior who ran 18:39 for the 20th fastest in course history and the fastest Ridgewood runner at Garret since 1984. "We only had three girls back from last year's varsity but the spirit and attitude just goes to the next group, like the previous group gave it to us."



BC track community mourns death of coach

By **PAUL SCHWARTZ**

STAFF WRITER

Bill Magee, the Bergen Catholic track coach and the Bergen County 2014-2015 Coach of the Year in indoor track and field, died early Friday morning at Holy Name Medical Center in Teaneck.

Magee, whose father, Bernie, had helped start the New Jersey Catholic Track Conference (NJCTC) in 1957, had coached at Bergen Catholic since 2008 and was the co-head coach in 2012 before being named the Crusaders' indoor and outdoor coach in 2013.

Magee, who graduated from Roselle Catholic High School in 1970 and Manhattan College four years later, led

OBITUARY

the Crusaders to four straight Big North United indoor titles and a Bergen Relays indoor win last winter, earning the Crusaders the honor of The Record boys indoor Team of the Year.

"His genius was building rapport across all generations," said BC assistant coach Bill Leonard, himself an All-Bergen standout in the 1970s. "He knew how to draw things together and you could always count on Bill, not only in athletics but in everything involving the school."

Magee, a Maywood resident, coached at Our Lady of Good Counsel in Newark and several small New York schools and was a longtime New Jersey track official before he returned to coaching at Bergen Catholic.

"He was masterful at the seams and was somebody who brought people together," said Leonard. "He got along great with the whole coaching staff at school, not just track, and got athletes from other sports who helped our program win."

The news came as a shock to the BC community, as Magee had been teaching religion as a fill-in teacher this semester as well.

"We had the kids in to tell them privately Friday evening," said Leonard. "And like most of us, there was not much for them to say [Friday]. But today [Saturday] at the NJCTC cross-country meet, they all started talking. And one after another they got up to speak about him and they gave the two magic words every adult would love to hear from a teenager — he cared."

IHA junior Giavanna Tabbachino, who knew Magee well, both because his son Ryan is a coach in the IHA program and because Bill drove a van as part of the IHA college tour last summer, won the girls race at the NJCTC meet Saturday at Central Park of Morris County in Parsippany.

"We all ran really hard for him," said Tabbachino, who was given the option not to compete Saturday but chose to run and honor his memory. "He was a wonderful man."

Funeral arrangements are still pending.

Sullivan captures triple crown

Rutherford senior adds sectional title to his résumé

By **DAVE MEISEL**

SPECIAL TO THE RECORD

PARSIPPANY – Sean Sullivan completed his triple crown with a victory at the North 2, Group 2 cross-country championships Saturday.

The Rutherford senior won the race in 16:15.70, an impressive mental and physical accomplishment.

"I was a little tired because of a week of travel visiting schools," Sullivan said. "I may have been spent, but it was important to me that the team performed well. I was also motivated today by the triple crown [league, county and sectional titles], which I've never won before."

Sullivan previously won the Bergen County Group D championship in 16:10 and the NJIC Colonial crown with a

CROSS-COUNTRY: NORTH 2 MEET

16:47.

Rutherford finished fourth Saturday with 132 points, with team winner Bernards scoring 53 at Central Park of Morris County.

Sullivan was not the only Rutherford runner with a sparkling performance. Christie Na finished fourth among the Group 2 girls. The senior met the expectations she and her coaches had set for herself.

"I learned a lot junior year," Na said. "The coaches said a lot to encourage me but at the same time they didn't want to

put pressure on me or psych me out."

Na stuck to her race strategy and finished in 20:28.55.

"I just wanted to keep up with the Bernards girls, to run smart and not get out too early. I wish I kicked a little harder, but I'm happy with how it worked out."

Ally Schlosser of ParsIPPany won the girls Group 2 race in 19:16.44, leading her team to the title with 54 points.

Lyndhurst's Megan Rudden had the second best showing among North Jersey Group 2 girls with an eighth place (21:07.92). Her team led North Jersey squads with 104 points, good for third place.

Lyndhurst's boys competed in their first Group 2 meet after switching from Group 1, earning 151 points. They tied for fifth with McNair Academic.

"It's different, there's stronger competition, but it's important that we got stronger as a team over the course of the season," said Xavier Locke, who was the top Lyndhurst runner with a 17:06.29, good for sixth place. Teammate Isaiah Aviles took seventh with a 17:08.15.

New Providence swept the Group 1 races. The Pioneer girls took the top three spots and finished with 21 points.

Secaucus was second with 74 points, led by Roshni Patel (fifth place, 20:55.25) and Mehek Parikh (seventh place, 21:12.27).

Palisades Park's Arianna Lopez finished fourth with a 20:41.33, the highest place in the girls event among North Jersey competitors.

Dante Gonzalez of Palisades Park (ninth, 17:51.61) was the top area Group 1 boys finisher and seventh-place Secaucus (168 points) was the top North Jersey team.



RECORD FILE PHOTO

Rutherford's Sean Sullivan finished first in the boys Group 2 cross-country championships Saturday.

A Sport Braces for the Findings of a Corruption Report

By CHRISTOPHER CLAREY

Track and field's profound crisis is expected to deepen on Monday when an independent commission appointed by the World Anti-Doping Agency presents its findings in Geneva.

This will come a week after French authorities placed Lamine Diack, the former president of track and field's world governing body, the International Association of Athletics Federations, under formal investigation on charges of corruption and money laundering, alleging that he demanded payments in exchange for suppressing positive drug tests.

The commission's extensive report has the potential to be a watershed moment.

"All I would say is: Pay attention to it," Craig Reedie, the president of WADA, said Sunday in an interview with BBC Radio. "I think it will be very robust in terms of what it was appointed to do."

The commission, led by WADA's founding president, Dick Pound, was appointed last December to investigate allegations made in a German television program of corruption and systematic doping in Russian track and field.

The sport has had no shortage of major doping scandals. But if the allegations of a cover-up

against Diack and Russian track and field officials prove founded, it will represent a new low for a sport that remains one of the centerpieces of the Olympics.

"This report is going to be a real game changer for sport," Richard McLaren, a prominent international sports lawyer who was one of the report's co-authors, said in a comment released by Western University in Canada on Friday. "Unlike FIFA where you have a bunch of old men who put a whole lot of extra money in their pockets, here you potentially have a bunch of old men who put a whole lot of extra money in their pockets — through extortion and bribes — but also caused significant changes to actual results and final standings of international athletics competitions. This is a whole different scale of corruption than the FIFA scandal or the I.O.C. scandal in respect to Salt Lake City."

The independent commission has no power to impose sanctions or make policy, but McLaren said he hoped its recommendations, to be announced Monday, would be rapidly implemented.

This crisis began in earnest last December with reports that a prominent Russian marathoner, Liliya Shobukhova, had alleged that Russian federation officials had extorted 450,000 euros from her in exchange for suppressing information concerning abnor-

malities in her biological passport. The alleged cover-up allowed her to compete at the 2012 London Olympics.

When she was eventually barred in 2014, Shobukhova is reported to have sought reimbursement from those she had accused of extortion. Her initial two-year ban was increased by 14 months on appeal from the I.A.A.F. to the Court of Arbitration for Sport. But WADA later reduced her ban by seven months after she provided what the organization called "substantial assistance." She was reinstated in August.

That month, the German network ARD and The Sunday Times, a British newspaper, released previously confidential results from an I.A.A.F. database and concluded that there was widespread doping in endurance events and that the I.A.A.F. had failed to follow up on suspicious blood results. The I.A.A.F. has disputed the allegation.

WADA also assigned Pound's independent commission to examine the veracity of those reports, but the commission is not expected to announce any findings related to that investigation on Monday.

The commission's initial inquiry into Russia already has had significant repercussions with Reedie confirming to the BBC that the commission had passed on information to Interpol, which

was then used by French law enforcement in its criminal investigation.

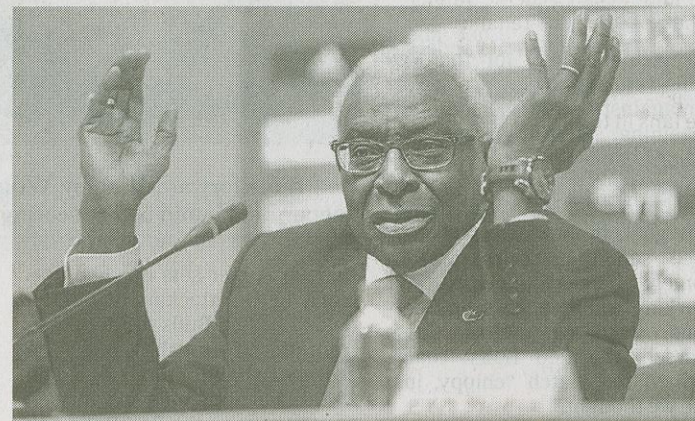
Eliane Houlette, France's national financial prosecutor, told The Associated Press last week that Diack had received "more than one million euros" with "this money seemingly transmitted through the Russian athletics federation," supposedly in exchange for suppressing results.

The French authorities were also investigating Gabriel Dollé, the former director of the I.A.A.F.'s antidoping department, and Habib Cissé, a former legal adviser to the I.A.A.F. Houlette said Diack's son Papa Massata Diack, a former adviser to the I.A.A.F., is also believed to have played a role and would have been arrested if he had traveled to France recently as planned.

The I.A.A.F.'s own ethics commission is investigating the Shobukhova case and has announced, after Sebastian Coe, the new I.A.A.F. president, lifted confidentiality restrictions, that Papa Massata Diack and Dollé were among those facing disciplinary charges.

The others are Valentin Balakhnichenov, the former president of Russia's track federation, and Alexei Melnikov, a Russian racewalking coach. A hearing has been scheduled for Dec. 16 to 18 in London.

An 82-year-old from Senegal,



LINTAO ZHANG/GETTY IMAGES

Lamine Diack, the former I.A.A.F. president, is suspected of accepting payments from Russia to defer doping sanctions.

Lamine Diack was president of the I.A.A.F. for 16 years before declining to run again this year. Coe, a former British middle-distance star who had served as an I.A.A.F. vice president for eight years, was elected president in August in Beijing shortly before the world championships. Coe later bid a warm public farewell to Lamine Diack, calling him the I.A.A.F.'s "spiritual president."

"I'm well aware I'm going to come in for some criticism for those remarks," Coe told BBC Radio on Sunday. "It does presume I had a list of allegations sitting in front of me at that moment. I didn't. Should we in hindsight have had systems in place, should we have known more? Yes, probably we should have done, and that's why I've acceler-

ated these reforms at breakneck pace this week."

Coe said on Sunday that he had no previous knowledge of any payments to Diack. Coe said his initial reaction was "clear shock, a great deal of anger and a lot of sadness."

He confirmed that he had freely provided information to French law enforcement officials when they pursued their investigation at I.A.A.F. headquarters in Monaco. Coe also did not rule out a competition ban on Russia, where he recently made an official visit, although he said he preferred engagement.

"These are dark days for our sport," he told the BBC. "But I'm more determined than ever to rebuild the trust in our sport. It's not going to be a short journey."

ATHLETES OF THE WEEK

By **CHUCK O'DONNELL**

STAFF WRITER

Drew Every has always prided himself on playing with an uncommon amount of passion.

After looking into the eyes of John Murphy, Scott Halper and some of the other seniors on the Indian Hills boys soccer team last week, however, he was able to summon an intensity he didn't know he had.

Every scored the game-winning goal last Tuesday as the Braves surprised second-seeded Pascack Valley in the first round of the North 1, Group 3 tournament. His goal on a feed from Murphy in the first overtime lifted Indian Hills to a 3-2 victory.

The Record Male Athlete of the Week then took another pass from Murphy and blasted a shot from about 20 yards that went high into the net with 8:53 remaining Friday to lead his team past No. 7 seed Passaic Valley, 2-1.

After scoring two game-winning goals in the state tournament, the junior still isn't sure he'd call himself a clutch player. He said he wanted to win for Murphy, Halper and the other seniors whose careers were on the line.

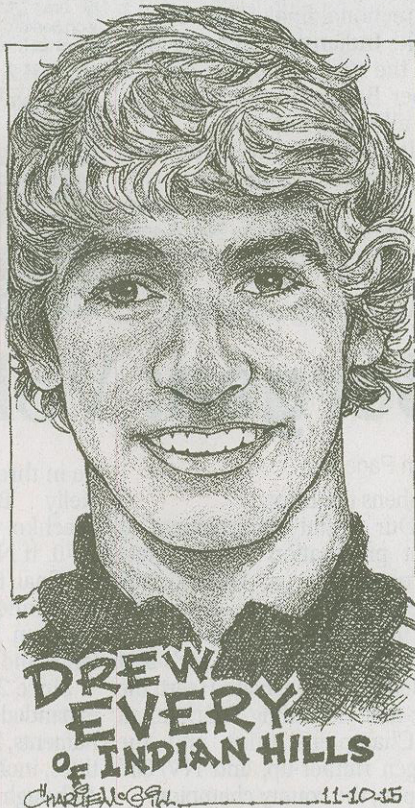
"During the overtime against Pascack Valley, our first state game, the look on their faces was like this might actually be their last time they set foot on a soccer field that actually meant something," the left midfielder said.

"That just turned some gear in my head and made me really want the game even more. Ever since then I've just wanted to keep going and prolong the season as long as possible."

When Every needs to get away from things, he'll spend time with his yellow labs, Emily and Blossom. Sometimes Emily will tag along on a jog or a hike through the woods.

"I might actually want to become a vet someday," Every said. "I have always loved being around and working with animals since I could remember."

Also nominated: Michael Manzo-Lewis of North Arlington and Austin Triglia of St. Joseph for football; Mike Cirilli of Ramsey for soccer; George Galkin of Wayne Hills for cross-country.



MALE ATHLETE

Sport: Soccer **Class:** Junior **Age:** 16

Accomplishment: Every scored the game-winning goals in Indian Hills' victories over Pascack Valley and Passaic Valley in the North 1, Group 3 boys soccer tournament.

By **CHUCK O'DONNELL**

STAFF WRITER

Shannon Gorla usually has some extra incentive to win.

The River Dell sophomore often has her family come to her races to root her on, and afterward, she gets to pick where they go for lunch.

She calls it "an exciting little gift" at the end of a hard day's work.

On Saturday, despite dominating the field in North 1, Group 2, and leading River Dell to its first cross-country sectional championship in school history, there was no special lunch waiting for her after the finish line. No celebratory salad or pat-on-the-back pizza.

"Sadly, [Saturday] all my family went home," The Record Female Athlete of the Week said with a laugh. "So I just went home and made myself a sandwich."

Gorla had worked up quite an appetite. Her time of 18:33 is the 16th best ever for a girl at Garret Mountain. She was shocked at the end of the race to find the next closest runner 500 meters behind.

"I never look back so I had no idea if anyone was close to me," Gorla said.

"I'm too scared to look back, usually. I keep going until the end and that's when I'll look back."

Gorla, who calls herself "one of the most superstitious" people she knows, adheres to a strict pre-race routine that includes waking up at the same time, wearing a ponytail in the same manner, and doing some lunges at just the right time before a race.

Plus, she always has to have that Nature Valley honey-roasted peanut bar.

"My routine keeps me sane," she said with a laugh. "It keeps me from going crazy."

Also nominated: Melissa Lein of Midland Park and Julia Maltby of Cresskill for soccer; Kelly Brogan of NV/Old Tappan and Jessica Rogers of Rutherford for volleyball; Giavana Tabbachino of Immaculate Heart and Olympia Martin of Ridgewood for cross-country; Samantha Marion of Ramapo for gymnastics.



FEMALE ATHLETE

Sport: Cross-country **Class:** Soph. **Age:** 16

Accomplishment: Gorla won the North 1, Group 2 championship in 18:33. She finished 500 meters ahead of the second-place finisher and paced River Dell to its first sectional title in school history.

Cross-country: state championship preview

Races Saturday at Holmdel Park, Holmdel

Boys

Group 1

Starting time: 3 p.m.

Last year's champions: Haddon Township and Craig Corti, Walkill Valley.

Top returning North Jersey finishers: James Draney, Bogota (39th); Dan Daurio, Bogota (49th).

Local entrants: Bogota; Kinnelon; Hussein Elmeshad, Leonia; Dante Gonzalez, Palisades Park.

Predicted winners: Haddon Township and Jordan Price, New Providence.

Predicted local qualifiers: Draney and Daurio.

Group 2

Starting time: 11 a.m.

Last year's champions: Haddonfield and Sean McPherson, Sterling.

Top returning North Jersey finishers: Will Daly, River Dell (second); Colin Daly, River Dell (third); Sean Sullivan, Rutherford (14th).

Local entrants: River Dell; NV/Demarest; Rutherford; Pascack Hills; Nick Kaczorowski, Ramsey; Andrew Sarrow, Park Ridge/Emerson; Xavier Locke and Isaiah Aviles, Lyndhurst; Derek Lewandowski, Ridgefield Park.

Predicted winners: Voorhees and Joe Dragon, High Point.

Predicted local qualifiers: River Dell and Sullivan.

Group 3

Starting time: 11:30 a.m.

Last year's champions: Summit and Leiland Jones, Summit.

Top returning North Jersey finishers: James Weissenborn, NV/Old Tappan (eighth); George Galkin, Wayne Hills (24th).

Local entrants: Indian Hills, Wayne Hills, Tenafly, Weissenborn.

Predicted winners: Indian Hills and Elliot Gindi, Ocean Township.

Predicted local qualifiers: Indian Hills, Galkin and Weissenborn.

Group 4

Starting time: 3:30 p.m.

Last year's champions: Cherry Hill East and Nikhil Pulimood, West Windsor-Plainsboro South.

Top returning North Jersey finishers: Kenny Marshall, Ridgewood (20th); Billy Byrne, Ridgewood (23rd).

Local entrants: Ridgewood; Clifton; Marc Lugo, Hackensack.

Predicted winners: Old Bridge and Matt Grossman, Millburn.

Predicted local qualifier: Ridgewood.

Non-Public A

Starting time: 1:30 p.m.

Last year's champions: CBA and Blaise Ferro, CBA.



RECORD FILE PHOTO

Alex Walter of Glen Rock finished 14th in Group 2 last year.

Top returning North Jersey finishers: Patrick Sullivan, Don Bosco (third); David Rosas, Don Bosco (fourth); Justin Fuhrman, Don Bosco (11th); Luke Novak, Don Bosco (15th).

Local entrants: Bergen Catholic, DePaul, Don Bosco, Paramus Catholic, St. Joseph.

Predicted winners: Don Bosco and Ferro.

Predicted local qualifier: Don Bosco.

Non-Public B

Starting time: 1 p.m.

Last year's champions: Montclair Kimberley and Drew Crichlow, Montclair-Kimberley.

Top returning North Jersey finisher: Carter Heerema, Eastern Christian (50th).

Local entrants: Dwight-Englewood and Eastern Christian.

Predicted winners: Newark Academy and Bill Massey, Montclair Kimberley.

Predicted local qualifiers: None.

Girls

Group 1

Starting time: 2 p.m.

Last year's champions: New Providence and Rachel Suss, Metuchen.

Top returning North Jersey finishers: Emily Green, Cresskill (28th) and Arianna Lopez, Palisades Park (32nd).

Local entrants: Kinnelon, Hasbrouck Heights, Cresskill, Secaucus, Lopez.

Predicted winners: Mountain Lakes and Suss.

Predicted local qualifier: Lopez.

Group 2

Starting time: 10 a.m.

Last year's champions: Voorhees and Marin Warner, Holmdel.

Top returning North Jersey finishers: Alex Walter, Glen Rock (14th) and Victoria Clinton, Ramsey (30th).

Local entrants: River Dell; Ramsey; Glen Rock; Lyndhurst; Park Ridge/Emerson;

NV/Demarest; Lexi Harris, Ramapo; Christie Na, Rutherford; Linnea Gilligan, Lakeland.

Predicted winners: Rumson-Fair Haven and Briana Gess, Haddonfield.

Predicted local qualifiers: River Dell, Walter and Clinton.

Group 3

Starting time: 10:30 a.m.

Last year's champions: Mendham and Sierra Castaneda, West Morris.

Top returning North Jersey finishers: Julia Guerra, Indian Hills (eighth) and Monica Hebner, Northern Highlands (21st).

Local entrants: Wayne Hills; Northern Highlands; NV/Old Tappan; Guerra; Ashley Evans, Pascack Valley.

Predicted winners: Mendham and Castaneda.

Predicted local qualifiers: Wayne Hills, Hebner, Guerra and Evans.

Group 4

Starting time: 2:30 p.m.

Last year's champions: Hillsborough and Eve Glasergreen, North Hunterdon.

Top returning North Jersey finishers: Sam Halvorsen, Ridgewood (third); Michelle Kubasek, Bergen Tech (16th).

Local entrants: Ridgewood; Clifton; Pascack Tech; Abigail McLaughlin, Bergen Tech; Kubasek.

Predicted winners: Kingsway and Niamh Hayes, Howell.

Predicted local qualifiers: Ridgewood and McLaughlin.

Non-Public A

Starting time: 12:30 p.m.

Last year's champions: Red Bank Catholic and Caitlin Glynn, Union Catholic.

Top returning North Jersey finishers: Giavanna Tabbachino, Immaculate Heart (13th); Megan Brockmeier, Immaculate Heart (17th); Caitlin McPartland, Immaculate Heart (21st).

Local entrants: IHA, Holy Angels and Paramus Catholic.

Predicted winners: Union Catholic and Amari Onque-Shabazz, Union Catholic.

Predicted local qualifiers: IHA and Rhianon Novelli, Holy Angels.

Non-Public B

Starting time: Noon

Last year's champions: Villa Walsh and Crystal Ortiz, Hudson Catholic.

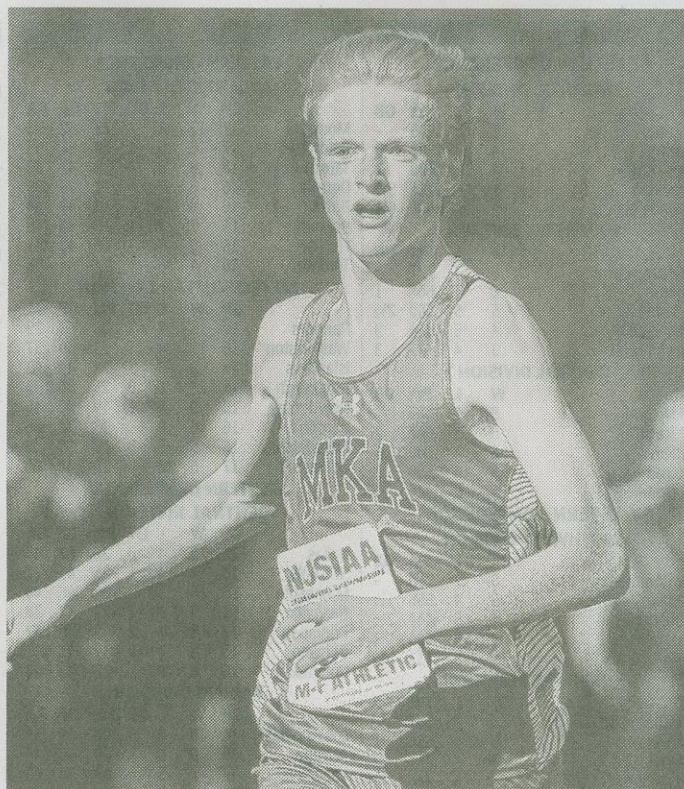
Top returning North Jersey finishers: Tara Satnick, Dwight-Englewood (sixth); Kelly Bosloper, Eastern Christian (21st); Jenny Jobson, Hawthorne Christian (25th).

Local entrants: Dwight-Englewood, Eastern Christian, St. Mary and Hawthorne Christian.

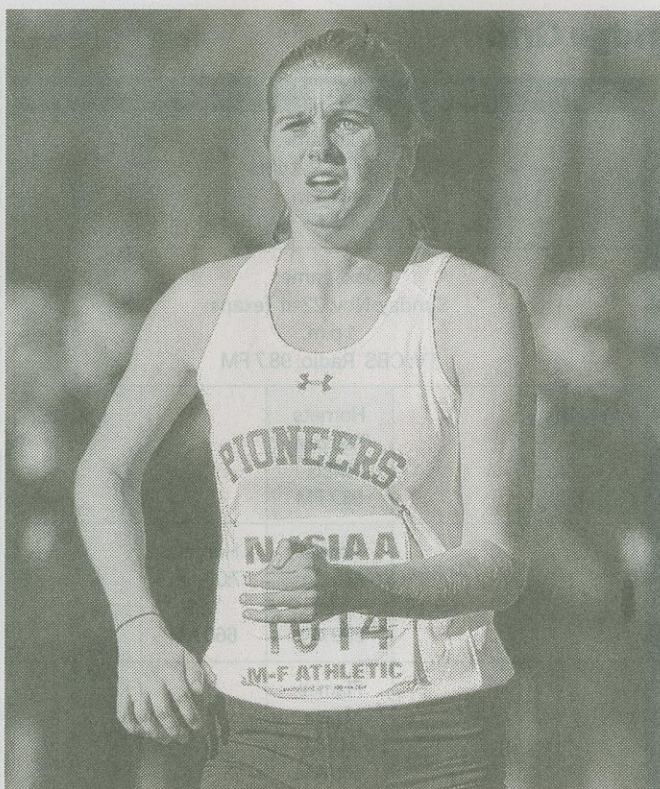
Predicted winners: Villa Walsh and Mary Lynch, Villa Walsh.

Predicted local qualifiers: None.

— Paul Schwartz



MKA's Billy Massey finishes first in the Non-Public B cross-country championships at Holmdel Park in Holmdel on Saturday. (ANDREW MILLER/FOR THE STAR-LEDGER)



New Providence's Jillian Turner was the first-place finisher in the Group 1 race on Saturday in the NJSIAA groups meet. (ANDREW MILLER/FOR THE STAR-LEDGER)

BOYS CROSS COUNTRY / GROUP CHAMPIONSHIPS

Don Bosco, Voorhees, Old Bridge sparkle

By Jim Lambert
For The Star-Ledger

Don Bosco Prep and Voorhees avenged heart-breaking losses last year with heart-pounding victories, Matt Grossman of Millburn ran one of the fastest times in meet and course history, and Old Bridge, Indian Hills, Metuchen, Newark Academy, Joe Dragon and Blaise Ferro also captured titles at Saturday's NJSIAA Group Championships at Holmdel Park.

The most hyped race of the meet resulted in another instant classic between Don Bosco, No. 3 in the state, and No. 1 Christian Brothers Academy in the Non-Public A race.

After CBA's Ferro won the race in 15:49, Don Bosco placed 2-3-4. CBA then went 5-6 before Bosco grabbed 8th

place. After CBA's 4th and 5th runners finished 11th and 12, Bosco's No. 5 man crossed in 16th place to give Don Bosco a dramatic 33-35 victory over CBA. Don Bosco averaged 16:30 and CBA 16:32.

The victory by Don Bosco, its first state title since 2009, avenged its loss to CBA last year that came on a sixth-runner tiebreaker and ended CBA's streak of five straight state titles.

"We knew we could do it," said Don Bosco senior Justin Fuhrman, fourth with a big Holmdel PR of 16:25. "After losing in such a heartbreaking way last year, we didn't want to feel like that again. We have had some close losses against CBA the last few years and we knew this was going to be another close one. We knew it would take our best race to beat them

and we rose to the occasion, and feel like we can do it again next week and win the Meet of Champions."

The Meet of Champions is next Saturday at Holmdel Park.

Another team that got some revenge was Voorhees.

After placing second by just six points to Haddonfield last year, Voorhees, No. 4 in the state, ran its best race ever at Holmdel Park by averaging 16:35 to win the Group 2 title, 46-60 over Haddonfield. It's the first state title for Voorhees since winning a third straight Group 3 title in 1983. Haddonfield won the previous two state titles.

Voorhees received several Holmdel personal bests, including a huge 32-second drop on the course by sophomore Joe Capone, who

was 13th in 16:50.

"We were obviously disappointed after losing last year when we felt we had a good shot to win, so ever since then this race has been on our minds," said Capone, the son of head coach Jeff Capone.

"We knew we had to run aggressive and just go after it and everyone came up with great races. We all clicked today and it's just such a great feeling to be able to finally win this title."

Another team that put on a remarkable show was No. 2 ranked Old Bridge, which threw down a 16:30 average on its way to a convincing 54-81 victory over defending champion Cherry Hill East to win the Group 4 title. Old Bridge had 1-5 spread of just 19 seconds as it captured its first state title since 2008.

GIRLS CROSS COUNTRY / GROUP CHAMPIONSHIPS

Ridge finally gets the better of No. Hunterdon

By Jim Lambert
For The Star-Ledger

Frustration turned into jubilation for Ridge when it finally got the better of North Hunterdon to win the Group 4 title at Saturday's NJSIAA Group Championships at Holmdel Park.

And Mendham, Villa Walsh and New Providence repeated as champions, Union Catholic won its first title, and Rumson reclaimed its Group 2 title

In the most eagerly awaited girls race of the day, Ridge, ranked No. 2 in the state, avenged two agonizingly close losses to No. 1 ranked North Hunterdon and topped the defending champion and No. 5 ranked Hillsborough in a Skyland Conference showdown to capture its first state Group 4 title since 2008.

When the dust settled, Ridge, which averaged a meet-best 19:46, was first with 110, Hillsborough was second with

125, and North Hunterdon third with 161.

In its previous two meetings this season, Ridge lost by nine points to North Hunterdon at the Skyland Conference Championships last month, and was second to North Hunterdon at the North Jersey, Section 2 meet last week by four points.

"We never stopped believing that we could beat them (North Hunterdon)," said Ridge senior Sophie Spring, 10th in 19:18.

"Those losses were tough because of how close they were, but it also told us that were getting closer and motivated us to keep working hard. We knew if we all ran our best we had the potential to do this."

Ridge, North Hunterdon, and Hillsborough will clash yet again at the Meet of Champions next Saturday at Holmdel Park.

In the girls Group 2 race, Briana Gess of Haddonfield, who won the Group 2 title and the Meet of Champions as a freshman in 2013, regained her title by running 18:41 for the win. And Rumson, the 2013 team champion, recaptured the Group 2 title.

In the Group 1 race, Jillian Turner finished first in 19:41 to lead New Providence to its second straight title. Defending champion Rachel Suss of Metuchen, who was running right with Turner until the final 1,000 meters, fell down coming out of the woods and wasn't able to finish.

Union Catholic scored its biggest win in school history by knocking off two-time defending champion RBC in the Non-Public A race to win its first state title ever. Mary Lynch, second in the Non-Public B race last year, ran 20:13 to finish first and spark Villa Walsh to its second straight title.

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NOAH K. MURRAY/SPECIAL TO THE RECORD

Indian Hills' Matt Cohane, left, has a few words of encouragement for teammate Derek Barney.

Motivation abounds at Indian Hills

Cohane the dynamo behind a Group 3 title

By **PAUL SCHWARTZ**
STAFF WRITER

HOLMDEL — Matt Cohane was the fourth runner on the 2013 Indian Hills team that came up short of a State Meet of Champions berth with a fourth-place finish, and the fifth runner on the 2014 team that came up short of a Group 3 title with a second-place finish.

Saturday, he was the Braves' second runner to finish on a powerful team that came up short of nothing, routing the Group 3 competition and earning Indian Hills its first state title, 50-114, over Colts Neck.

Although junior teammate Tom

Holster led the Braves with a surprising third-place finish, it was clear who the driving athlete was on the Indian Hills bus.

"He kept me going when I wasn't sure if I was going to be as good as I wanted to be," said junior Derek Barney, 12th on Saturday and one place behind Cohane.

"We wanted to do it for Coach [Tom] Zaccane and for Matt," said Chris Corcoran, who finished 16th, two spots and five seconds ahead of

STATE BOYS CROSS-COUNTRY

Indian Hills' fifth scorer, Chris Leymeister. "We really wanted this from the beginning of the summer until now."

"Matt's been our captain and a fine leader all year," said a relieved Zaccane, who earned his first state title after 44 collective years at Hackensack and Indian Hills. "This team wouldn't allow itself to be pigeonholed into a certain order of finishers, and Matt kept us steady all year."

"I saw what Chris Evans and Bobby Corcoran did as captains when I joined the team, and what Matt Tuohy and the seniors did last year, and I tried to figure out what works and lead the team that way. We learned

that it wasn't just the training and the races that were important, but how to recover, too."

Indian Hills was the only North Jersey winner in Groups 2 and 3, but the River Dell boys and Wayne Hills girls scored their first berths in next week's State Meet of Champions.

Wayne Hills overcame a mental mistake — senior Katerina Zachmann forgot to pin on her scoring tag — and a difficult race for usually dependable fifth runner Shea Brennan to take second in girls Group 3 behind prohibitive favorite Mendham. The Patriots held off Seneca and Summit.

"I don't know what happened with Katerina [who finished 11th], but fortunately they had video back-

See **CROSS-COUNTRY** Page S-11

Don Bosco edges CBA for crown

Aggressive approach, teamwork lift Ironmen

By **DAVE MEISEL**
SPECIAL TO THE RECORD

HOLMDEL — Don Bosco's cross-country runners huddled near the Holmdel Park course finish line after the Non-Public A championships Saturday, with an elephant in the room and a monkey on their backs.

The Ironmen had lost on a tiebreaker in 2014 to Christian Brothers, and the schools each have won five of the last ten Non-Public A championships. Despite a great performance, the runners were uncertain of the result.

"We powered through the Bowl [a hill that is the most challenging part of the course] well," said top Bosco finisher David Rosas. "We really held well at the end there. I kept pushing because we knew CBA would be behind us."

"I fell off a little bit from David at the Bowl," said Bosco's Patrick Sullivan.

"I had to hang in there and stay tough. David ran a [great] race for us."

Murmurs started circling the finish line of a two-point Don Bosco win. The murmurs reached the ears of Rosas (second place in 15:58), Sullivan (third, 16:25), Justin Fuhrman (fourth, 16:25), Justin Tuohy (eighth, 16:47) and Alex Zeepvat (16th, 16:55), but they did not react. Then, the official announcement: Don Bosco finishing first with 33 points, two ahead of CBA.

It was only then that it became clear how tense the Ironmen had been as they exploded with joy.

"This year was different because our top three attacked Blaise [Ferro, the winner in 15:49]. We ran as a pack more unlike in the Bergen Meet of



FILE PHOTO BY MICHAEL KARAS/STAFF PHOTOGRAPHER

David Rosas of Don Bosco finished second in the Non-Public A race Saturday at Holmdel Park. Rosas finished in 15:58.

Champions. The difference this year really was we were stronger up front," said an ecstatic coach Kevin Kilduff.

Fuhrman and Tuohy, after steady development all year, each put together a complete race that Kilduff said was their best yet.

The Ironmen's fourth and fifth runners, Tuohy and Zeepvat, were major difference-makers.

"Tuohy had no experience but a lot of talent coming into the season. I'm not shocked at the result, but I am more than impressed with how he rose to the occasion," said Kilduff.

Rhiannon Novelli of Holy Angels took seventh place with a 20:48 in girls Non-Public A.

The large hill at Holmdel Park was the factor Novelli approached unconventionally.

"I usually go hard through the Bowl, but this time I went easier [and] stayed with the pace. I had more energy at the end."

Giavanna Tabbachino of Immaculate Heart also qualified for the state Meet of Champions, finishing 10th in 20:25.

Ridgewood's Martin had a good feeling at Holmdel

By **PAUL SCHWARTZ**
STAFF WRITER

HOLMDEL — Olympia Martin just knew she was going to win the Group 4 cross-country championship at Holmdel Park on Saturday.

She told Ridgewood coach Steve Opremcak. She told assistant coach Tom Hughes. She probably would have told each of the other 144 girls on the starting line if she had the opportunity — not because she's a braggart and not because she's overly confident all the time. But Saturday, she just knew.

"I was so excited to run today that I just knew I was going to win," said Martin, who delivered an 18:43 on the 5,000-meter course to join Margaret Scutro (1984), Jenna Rogers (1993), Celeste Sedo (1997)

and Clair Nowakowski (2001) as Maroons state champions. "I love this course and I always run well here."

Martin's perfectly executed race plan — staying with a large pack of 10 through the usually slow first mile, edging ever so slightly to the lead at the two-mile mark, then exploding up and through the treacherous and infamous "Bowl" with a little more than a half-mile remaining — let her pull away and win by about 35 meters over Juliet Kohli of Montclair. Kohli finished fourth last week when Martin won the sectional title at Garret Mountain.

Combined with Sam Halvorsen's sixth-place finish and career-best races by sophomore Hannah Fishbein and freshman Cassie Keyes, the Maroons grabbed a North Jersey-record 19th berth in

the State Meet of Champions, finishing fifth and taking the second of two wild cards for this week's upcoming meet.

"We weren't surprised at what Olympia could do, because she's been doing it for us all year," said Opremcak, who replaced the retired Jacob Brown before this season. "Sam is Sam, and Hannah and Cassie showed everyone what they can do. I think we can be even better."

The Ridgewood boys weren't as fortunate, coming up 17 points shy of a wild-card spot with a sixth-place finish in Group 4. Junior Billy Byrne earned a second straight wild-card berth with a 16th-place finish.

"It's disappointing because I know we could have done better," first-year coach Patrick Ryan said. "We were so close."

Cross-country: Indian Hills

From Page S-9

up to confirm her place," first-year coach Jason Stagers said. "We looked at things during the week and thought we could [get to the SMOC], and it's fantastic that we're the first team to get there. It was just the perfect storm and we just focused week to week to get there."

Junior Taylor Domico was 10th to lead the Patriots, and classmates Emily Becker (a first-year runner) and Natalie Zawistowska had huge Holmdel personal records to finish 35th and 37th. Brennan's 71st place clinched the berth.

Indian Hills' Julia Guerra snapped back from a recent slump and finished a strong second behind race-winner Alyssa Aldridge of Mainland in 18:45.

River Dell's boys earned their berth as Will Daly took second and brother Colin sixth to lead the Golden Hawks to third place in Group 2 behind Voorhees and Haddonfield, two of the state's top seven teams.

Will Daly had nothing but praise for the back of the Golden Hawks' pack. Three runners were within eight seconds and 11 places to secure the third-place finish by

48 points.

"The Murrays [Chris and Dan] were with Pat [Robertson], Colin and me every day during the summer, and Matt Tina and Gary Wilhelm, who had work commitments during the summer, showed us early in formal practice that they had put in the work and their fitness was there," said Will Daly, second behind race-winner Joe Dragon of High Point.

The River Dell girls nearly pulled off an SMOC double, led by second-place finisher Shannon Goria, but came up three points short of a first bid.

STATE GROUP CROSS-COUNTRY CHAMPIONSHIPS

AT HOLMDEL PARK, HOLMDEL

BOYS

GROUP 1

TEAM SCORES: Metuchen 112*, Wallkill Valley 113*, Haddon Twp. 121*, Pennsville 126, New Providence 151, BOGOTA 159, Mountain Lakes 171, North Warren 215, Schalick 262, Cedar Grove 321, KINNELON 322, Glen Ridge 328.

RESULTS: 1. Owen Long, Haddon Twp., 16:15; 2. Jordan Price, New Providence, 16:28*; 3. Adam Quann, Pennsville, 16:38*; 4. Patrick Walsh, South Amboy, 16:40*; 5. CHRIS SINGER, KINNELON, 16:43*; 6. Mark Pasquariello, New Providence, 16:45*; 7. Samuel Gerstenbacher, Schalick, 16:48*; 8. DANNY DAURIO, BOGOTA, 16:49*; 9. Nick DeGennaro, Cedar Grove, 16:52*; 10. Randy Ladd, Haddon Twp., 17:01; 12. JAMES DRANEY, BOGOTA, 17:09.

GROUP 2

TEAM SCORES: Voorhees 46*, Haddonfield 60*, RIVER DELL 136*, Robbinsville 184, NV/DEMAREST 193, Bernards 198, Holmdel 217, Pt. Pleasant Boro 244, Manasquan 253, West Deptford 288, RUTHERFORD 376, PASCACK HILLS 395

RESULTS: 1. Joe Dragon, High Point, 15:52*; 2. WILL DALY, RIVER DELL, 16:05; 3. Rob Whitney, Voorhees, 16:07; 4. Greg Pelose, Haddonfield, 16:11; 5. Chris Romero, Voorhees, 16:16; 6. COLIN DALY, RIVER DELL, 16:25; 7. Austin Stoner, Haddonfield, 16:28; 8. Mike Ungvarsky, Cinnaminson, 16:28*; 9. SEAN SULLIVAN, RUTHERFORD, 16:30*; 10. Devin Hart, Pt. Pleasant Boro 16:35*; 22. ROBERT WILSON, DEMAREST, 17:13.

GROUP 3

TEAM SCORES: INDIAN HILLS 50*, Colts Neck 114*, Middletown North 142*, Middletown South 193, West Windsor Plainsboro North 198, Ocean City 203, WAYNE HILLS 216, Highland 229, Ocean Twp. 265, Mount Olive 277, TENAFLY 306.

RESULTS: 1. Joshua Clark, Highland, 16:17*; 2. Jordan Brannan, Colts Neck, 16:25; 3. TOM HOLSTER, INDIAN HILLS, 16:32; 4. Joe Dougherty, Hammonton, 16:32*; 5. Matt Todaro, Middletown North, 16:35; 6. Teddy Meredith, Hopewell Valley, 16:38*; 7. GEORGE GALKIN, WAYNE HILLS, 16:42*; 8. Chris Heckelman, Summit, 16:43*; 9. Elliot Gindi, Ocean Twp., 16:46*; 10. Greg Manganelli, Middletown South, 16:47*; 11. MATT COHANE, INDIAN HILLS, 16:49; 12. DEREK BARNEY, INDIAN HILLS, 16:50; 16. CHRIS CORCORAN, INDIAN HILLS, 16:53; 18. CHRIS LEYMEISTER, INDIAN HILLS, 16:58.

GROUP 4

TEAM SCORES: Old Bridge 54*, Cherry Hill East 81*, Cherokee 135*, Westfield 166*, Princeton 185*, RIDGEWOOD 202, Morristown 205, Millburn 223, West Windsor Plainsboro South 224, South Brunswick 235, CLIFTON 503.

RESULTS: 1. Matt Grossman, Millburn, 15:32*; 2. Aaron Groff, Cherry Hill East, 15:37; 3. Tim Bason, West Windsor Plainsboro South, 16:00*; 4. Jack Shea, Cherokee, 16:03; 5. Brandon Tubby, Hillsborough, 16:10*; 6. Alexander Roth, Princeton, 16:11; 7. Ajay Sarathy, Montgomery, 16:13*; 8. JP Flavín, Toms River North, 16:18*; 9. Evan Quinn, Morristown, 16:21*; 10. Gerard Gill, Old Bridge, 16:21; 16. Billy Byrne, Ridgewood, 16:32*.

NON-PUBLIC A

TEAM SCORES: Don Bosco (DB) 33; Christian Brothers (CBA) 35; Saint Joseph's Metuchen (SJM) 148; Delbarton (DN) 164; Saint Peter's (SP) 164; Union Catholic (UC) 187; Bergen Catholic (BC) 210; Bishop Eustace 213; Camden Catholic (CC) 280; Pope John 292.

RESULTS: 1. Blaise Ferro, Christian Brothers Academy, 15:49; 2. DAVID ROSAS, DON BOSCO, 15:58; 3. PATRICK SULLIVAN, DON BOSCO, 16:25; 4. JUSTIN FURHMAN, DON BOSCO, 16:25; 5. Brian Dengler, Christian Brothers Academy, 16:30; 6. Paul Knepple, Christian Brothers Academy, 16:42; 7. Joey DeFeo, Delbarton, 16:44; 8. JUSTIN TUOHY, DON BOSCO, 16:47; 9. Will Delaney, Saint Peter's, 16:47; 10. Brendan McMenemy, Notre Dame, 16:48; 16. ALEX ZEEPVAT, DON BOSCO, 16:55; 19. CONNOR NICHOLSON, DON BOSCO, 17:07; 20. JOEY ERSKINE, DON BOSCO, 17:08

NON-PUBLIC B

TEAM SCORES: Newark Academy 70; Montclair Kimberley 88; Gill St. Bernard's 101; Pingry 134; Mater Dei 134; Saint Rose 150; DWIGHT-ENGLEWOOD 152; Roselle Catholic 227; Koinonia Academy 293; Rutgers Prep 312; EASTERN CHRISTIAN 348; ST. MARY, 545.

RESULTS: 1. Bill Massey, Montclair Kimberley, 16:52; 2. Acasio Pinheiro, Wilberforce, 16:54; 3. Josiah Park, Rutgers Prep, 17:03; 4. Bobby Tuzzio, Saint Rose, 17:16; 5. Johnny Capobianco, Newark Academy, 17:26; 6. Billy Hughes, Montclair Kimberley, 17:27; 7. Bobby D'Angelo, Gill St. Bernard's, 17:29; 8. Felix Andersen, Gill St. Bernard's, 17:38; 9. John Spinelli, Mater Dei, 17:38; 10. Nick Wilson, Montclair Kimberley, 17:41; 16. JEREMY BRONSTEIN, DWIGHT-ENGLEWOOD, 18:08; 19. ZANE DIAZ, DWIGHT-ENGLEWOOD, 18:11; 20. DAVID KHYM, DWIGHT-ENGLEWOOD, 18:15

GIRLS

GROUP 1

TEAM SCORES: New Providence 57*, Mountain Lakes 73*, KINNELON 78*, Metuchen 140, Haddon Township 150, Shore 167, North Warren 232, HASBROUCK HEIGHTS 242, Woodstown 263, CRESSKILL 267, SECAUCUS 373.

RESULTS: 1. Jillian Turner, New Providence, 19:41; 2. Nicole Ohannesian, North Warren, 20:17*; 3. Nora Grimm, Haddon Twp., 20:20*; 4. Ally Lame, Wallkill Valley, 20:24*; 5. Kelsey Turner, New Providence, 20:33; 6. Alyssa Bucino, Dunellen, 20:48*; 7. Megan Friscia, New Providence, 20:50*; 8. Therese Olshanski, Mountain Lakes, 20:51; 9. ANGELICA TARABOKIJA, KINNELON, 20:57; 10. Kyra Vello, Mountain Lakes, 21:01; 16. HAYDEN BURT, KINNELON, 21:25; 17. CAYLA MANDEL, KINNELON, 21:32; 20. EMMA KLINE, KINNELON, 21:40; 25. HANNAH RELOVSKY, KINNELON, 21:52.

GROUP 2

TEAM SCORES: Rumson-Fair Haven 91*, Voorhees 109*, Haddonfield 124*, RIVER DELL 127, Robbinsville 165, Cranford 170, Pt. Pleasant Boro 183, RAMSEY 228, Matawan 228, Parsippany 261, Cinnaminson 307, GLEN ROCK 307, West Essex 3833, Bernards 385, Morris Tech 392, NV/DEMAREST 423, Sterling 428, PARK RIDGE/EMERSON 432, LYNDHURST 448, Cedar Creek 501.

RESULTS: 1. Briana Gess, Haddonfield, 18:41; 2. SHANNON GORIA, RIVER DELL, 18:47*; 3. Hannah Bonaguidi, Delaware Valley, 18:58*; 4. Lauren Kroepl, Robbinsville, 19:06*; 5. Lauren Wagner, Voorhees, 19:33; 6. Rachel Kenny, Matawan, 19:46; 7. Katie Bragen, Pt. Pleasant Boro, 19:47*; 8. Alexandra Coghlan, Spotswood, 20:00*; 9. Daniella Velez, Matawan, 20:02*; 10. Emily Hellman, Rumson-Fair Haven, 20:07; 11. ALEX WALTER, GLEN ROCK, 20:13; 14. GINGER POJEDNIC, RIVER DELL, 20:29; 15. LEXI HARRIS, RAMAPO, 20:29; 20. VICTORIA CLINTON, RAMEY, 20:49.

GROUP 3

TEAM SCORES: Mendham 106*, WAYNE HILLS 130*, Seneca 153*, Summit 153, NORTHERN HIGHLANDS 183, Red Bank Regional 224, Roxbury 229, NV/OLD TAPPAN 238, West Morris Central 242, Middletown South 250.

RESULTS: 1. Alyssa Aldridge, Mainland, 18:13*; 2. JULIA GUERRA, INDIAN HILLS, 18:45*; 3. Sierra Castaneda, West Morris Central, 19:01*; 4. Anna George, Montville, 19:15*; 5. Alyssa Conde, Timber Creek, 19:25*; 6. Alexandra Christian, Mount Olive, 19:28*; 7. Alexa Weber, Ocean City, 19:34*; 8. Shelby Piccinic, Colonia, 19:35*; 10. TAYLOR DOMICO, WAYNE HILLS, 19:38*; 11. KATERINA ZACHMANN, WAYNE HILLS, 19:48*; 12. MONICA HEBNER, NORTHERN HIGHLANDS, 19:52*; 14. ISABEL HEBNER, NORTHERN HIGHLANDS, 19:57; 24. COURTNEY BRUNET, NV/OLD TAPPAN, 20:16.

GROUP 4

TEAM SCORES: Ridge 110*, Hillsborough 125*, North Hunterdon 161*, Southern 177*, Ridgewood 184*, Kingsway 187, Shawnee 219, West Windsor Plainsboro South 224, Montclair 242, Princeton 256, CLIFTON 412, PASSAIC TECH 544.

RESULTS: 1. OLYMPIA MARTIN, RIDGEWOOD, 18:43; 2. Juliet Kohli, Montclair, 18:50*; 3. Clara Roche, Freehold Twp., 18:53*; 4. Niamh Hayes, Howell, 18:57*; 5. Kara Bonner, Shawnee, 18:59*; SAM HALVORSEN, RIDGEWOOD, 19:04; 7. Abby Loveys, Randolph, 19:05; 8. Christina Rancan, West Windsor South, 19:12*; 9. Hannah Cella, Hunterdon Central, 19:16*; 10. Sophie Spring, Ridge, 19:18.

*denotes qualifier for State Meet of Champions.

NON-PUBLIC A

TEAM SCORES: Union Catholic 56; Red Bank Catholic 76; Pope John 92; HOLY ANGELS 135; IMMACULATE HEART ACADEMY 151; Kent

Place 177; Bishop Eustace 193; Mount Saint Dominic 216; Paul VI 237; Notre Dame 247; PARAMUS CATHOLIC 366.

RESULTS: 1. Nora Honrath, St. John Vianney, 19:23; 2. Ama Onque-Shabazz, Union Catholic, 19:48; 3. Anna Campbell, Pope John, 19:54; 4. Katy Storti, Bishop Eustace, 20:00; 5. Jerika Lufrano, Union Catholic, 20:03; 6. Erin Hollenbaugh, Kent Place, 20:12; 7. RHIANNON NOVELLI, HOLY ANGELS, 20:14; 8. Tressa Novack, Union Catholic, 20:15; 9. Caitlin O'Hare, Red Bank Catholic, 20:15; 10. GIAVANNA TAB-BACHINO, IMMACULATE HEART ACADEMY, 20:25; 15. CAITLIN McPARTLAND, IMMACULATE HEART ACADEMY, 20:39; 17. MACKENZIE HUGHES, HOLY ANGELS, 20:44; 20. MEGAN BROCKMEIER, IMMACULATE HEART ACADEMY, 20:53

NON-PUBLIC B

TEAM SCORES: Villa Walsh 28; Trinity Hall 104; Pingry 128; Gill St. Bernard's 140; Wildwood Catholic 178; Saint Dominic 197; Montclair Kimberley 212; Holy Cross 215; Saint Rose 225; EASTERN CHRISTIAN 238; DWIGHT-ENGLEWOOD 378; Mater Dei 442.

RESULTS: 1. Mary Lynch, Villa Walsh, 20:13; 2. Camille Bertholon, Saint Dominic, 20:37; 3. Sophie Henderson, Villa Walsh, 20:46; 4. Sahara Ensley, Gill St. Bernard's, 20:51; 5. Charley Link, Villa Walsh, 20:59; 6. Morgan Mehmle, Villa Walsh, 21:00; 7. Shana Fitzmaurice, Ranney, 21:04; 8. Sam Wood, Holy Cross, 21:16; 9. Kate McAndrew, Morris Catholic, 21:23; 10. Isabelle Pabon, Trinity Hall, 21:32; 15. TARA SATNICK, DWIGHT-ENGLEWOOD, 21:46.

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Bosco likes its chances for top prize

Building momentum heading into Meet of Champions

By **PAUL SCHWARTZ**
STAFF WRITER

CROSS-COUNTRY

A year ago, Don Bosco – fresh off a near upset of nationally ranked Christian Brothers Academy in the Non-Public A championship – appeared to be on the way to a high finish, if not a win at the state Meet of Champions.

Unfortunately, the Ironmen ran their worst race of the year and finished eighth as CBA won its record 21st state cross-country title.

Saturday, Don Bosco – which upset CBA last week to win the Non-Public A crown – is in an even better position than it was a year ago.

Will there be a different result?

Bosco coach Kevin Kilduff hopes so.

"We have a good chance if we can get our pack to run together for most, if not all, of the race," said Kilduff, who expects junior David Rosas to be in or near the top

10. "If we're together by the two-mile mark before we head into the bowl [at Holmdel Park] like we were last week, we've got a very good chance."

Of course Saturday's boys race will not be a strictly Don Bosco-CBA shootout.

Group 4 champion Old Bridge was so impressive last week that it is considered the favorite over both teams. Group 4 runner-up Cherry Hill East, Group 2 champ and runner-up Voorhees and Haddonfield and Group 3 champion Indian Hills also have a chance.

The top six teams earn medals. And the aforementioned seven teams, plus Cherokee, are expected to be the major contenders for the six top spots.

Indian Hills has the best pack of the eight contenders, with just 26 seconds sep-

arating its five scorers last week. But the Braves are the weakest at the front of the pack with no top 10 overall contenders.

The third North Jersey boys team, River Dell, has upfront power, with Will and Colin Daly expected to be in or near the top 10. The Golden Hawks would be thrilled with a top 10 finish in their inaugural MOC team race.

Millburn junior Matt Grossman propelled himself into the individual favorite's role with his win last week in Group 4. High Point's Joe Dragon and Aaron Groff of Cherry Hill East seem to be next. The Dalys and Rosas are the North Jersey runners with the best chance to crack the top 10 and maybe the top five.

Don Bosco's Patrick Sullivan and Justin Fuhrman, Rutherford's Sean Sullivan, Indian Hills' Tom Holster, Matt Cohane and Derek Barney, Ridgewood's Billy Byrne and Wayne Hills' George Galkin are candidates for the top 25 – with the

top 20 receiving medals.

Ridge, Hillsborough and North Hunterdon appear to be the class of the girls race, and each of those teams has beaten the other at times this year.

Ridgewood, third last year and sixth in 2013, has the best chance to crack the top three because of its upfront power with Group 4 champ Olympia Martin and Sam Halvorsen the top 1-2 punch in the state.

But the Maroons need a great back-of-the-pack effort to hold off Southern, Mendham, Union Catholic, defending champ Red Bank Catholic and Wayne Hills to earn one of the six medal positions. Wayne Hills needs a similar race from its back of the pack to earn its first set of medals.

Individually, 2013 champ Briana Gess of Haddonfield and 2014 runner-up Alyssa Aldridge of Mainland seem to have separated themselves from the rest of the field.

But the next three runners might well be North Jerseyans: Shannon Gorla of River Dell, Julia Guerra of Indian Hills

Cross-country state Meet of Champions

When: Saturday

Where: Holmdel Park, Holmdel

What: Girls race, 11 a.m.; boys race, 11:30 a.m.

Girls qualifiers: Teams: Kinnelon, Ridgewood and Wayne Hills. Individuals: Shannon Gorla, River Dell; Julia Guerra, Indian Hills; Monica Hebner, Northern Highlands; Rhianannon Novelli, Holy Angels; and Giavanna Tabbachino, IHA.

Boys qualifiers: Teams: Don Bosco, Indian Hills and River Dell. Individuals: Billy Byrne, Ridgewood; Danny Daurio, Bogota; George Galkin, Wayne Hills; and Sean Sullivan, Rutherford.

and Martin, with Halvorsen – 10th last year – in the hunt for the top 10 again.

Wayne Hills' Taylor Domico and Kate-rina Zachmann, Holy Angels' Rhianannon Novelli, IHA's Giavanna Tabbachino and Ridgewood's Hannah Fishbein are North Jersey top 25 hopefuls.

CROSS-COUNTRY

STATE MEET OF CHAMPIONS

AT HOLMDEL COUNTY PARK, HOLMDEL

Boys

TEAM SCORING

Christian Brothers Academy 87, DON BOSCO 92, Old Bridge 106, Haddonfield 145, Voorhees 160, INDIAN HILLS 208, Cherokee 214, Cherry Hill East 220, Colts Neck 237, Princeton 261, Westfield 282, RIVER DELL 291, Middletown North 294, Haddon Township 355, St. Joseph's (Metuchen) 373, Wallkill Valley 415, Metuchen 459, Newark Academy 503, Montclair Kimberley 541, Gill St. Bernards 563

RESULTS

1. Joshua Clark, Highland Reg., 15:33; 2. Blaise Ferro, CBA, 15:36; 3. Aaron Groff, Cherry Hill East, 15:44; 4. Matt Grossman, Millburn, 15:44; 5. Joe Dragon, High Point, 15:46; 6. Jack Shea, Cherokee, 15:46; 7. WILL DALY, RIVER DELL, 15:48; 8. Chris Romero, Voorhees, 15:57; 9. Tim Barton, West Windsor Plainsboro South, 15:58; 10. JP Flavin, Toms River North, 16:00.

15. DAVID ROSAS, DON BOSCO, 16:08; 19. CONNOR NICHOLSON, DON BOSCO, 16:15; 20. PATRICK SULLIVAN, DON BOSCO, 16:16; 25. BILLY BYRNE, RIDGEWOOD, 16:20; 28. SEAN SULLIVAN, RUTHERFORD, 16:23; 35. TOM HOLSTER, INDIAN HILLS, 16:28; 42. COLIN DALY, RIVER DELL, 16:35; 50. JUSTIN TUOHY, DON BOSCO, 16:43; 51. DANNY DAURIO, BOGOTA, 16:44; 62. ALEX ZEEPVAT, DON BOSCO, 16:51; 70. GEORGE GALKIN, WAYNE HILLS, 16:55; 75. STEVE FIUMEFREDDO, INDIAN HILLS, 16:57; 79. JOEY ERSKINE, DON BOSCO, 16:58; 80. MATT COHANE, INDIAN HILLS, 16:58; 82. CHRIS CORCORAN, INDIAN HILLS, 16:59; 85. DEREK BARNEY, INDIAN HILLS, 16:59; 86. CHRIS LEYMEISTER, INDIAN HILLS, 17:00; 99. CHRIS SINGER, KINNELON, 17:08; 119. MATT TINA, RIVER DELL, 17:34; 125. DAN MURRAY, RIVER DELL, 17:38; 135. JUSTIN FUHRMAN, DON BOSCO, 17:48; 139. PATRICK ROBERTSON, RIVER DELL, 17:51; 145. GARY WILHELM, RIVER DELL, 17:54; 166. GARRETT WARD, INDIAN HILLS, 18:33; 167. CHRIS MURRAY, RIVER DELL, 18:35.

Girls

TEAM SCORING

Ridge 72, Hillsborough 103, Southern 124, RIDGEWOOD 162, Union Catholic 166, Mendham 201, Seneca 204, North Hunterdon 213, Red Bank Catholic 216, WAYNE HILLS 262, Pope John 290, Haddonfield 310, Villa Walsh 335, New Providence 340, Rumson-Fair Haven 349, Voorhees 357, Mountain Lakes 385, KINNELON 424, Pingry 490, Trinity Hall 573.

RESULTS

1. Alyssa Aldridge, Mainland, 18:07; 2. OLYMPIA MARTIN, RIDGEWOOD, 18:25; 3. Briana Gess, Haddonfield, 18:25; 4. JULIA GUERRA, INDIAN HILLS, 18:28; 5. Hannah Bonaguidi, Delaware Valley, 18:28; 6. Ciara Roche, Freehold Township, 18:30; 7. Nora Honrath, St. John Vianney, 18:34; 8. Lauren Kroepfl, Robbinsville, 18:38; 9. SHANNON GORIA, RIVER DELL, 18:41; 10. Christina Rancan, West Windsor Plainsboro South, 18:42.

16. SAM HALVORSEN, RIDGEWOOD, 19:06; 24. KATERINA ZACHMANN, WAYNE HILLS, 19:21; 36. HANNAH FISHBEIN, RIDGEWOOD, 19:37; 37. TAYLOR DOMICO, WAYNE HILLS, 19:38; 65. ANGELINA TARABOKIJA, KINNELON, 20:08; 73. MONICA HEBNER, NORTHERN HIGHLANDS, 20:17; 95. EMILY BECKER, WAYNE HILLS, 20:36; 107. GIAVANNA TABBACHINO, IHA, 20:48; 110. MEGHAN ADAMS, RIDGEWOOD, 20:50; 123. CASSIE KEYES, RIDGEWOOD, 21:01; NATALIE ZAWISTOWSKA, WAYNE HILLS, 21:03; 126. CAYLA MANDEL, KINNELON, 21:09; 140. EMMA KLINE, KINNELON, 21:34; 142. LEAH ROSENFELD, RIDGEWOOD, 21:36; 144. SOPHIA SHEEHY, RIDGEWOOD, 21:38; 148. HAYDEN BURT, KINNELON, 21:45; 153. ANASTASIA ZELININ, WAYNE HILLS, 21:52; 155. HANNAH RELOVSKY, KINNELON, 21:57; 171. CLAIRE HECKLER, KINNELON, 22:41; 173. MCKENZIE ORR, KINNELON, 22:43; 180. GESSICA MONGELLI, WAYNE HILLS, 23:22; 186. SHEA BRENNAN, WAYNE HILLS, 24:42.

HIGH SCHOOL SPORTS



Josh Clark of Highland Regional finishes first in Saturday's NJSIAA Meet of Champions, followed by Blaise Ferro of Christian Brothers Academy and Aaron Groff of Cherry Hill East at Holmdel Park in Holmdel. (PHOTOS BY SCOTT FAYTOK/FOR THE STAR-LEDGER)

BOYS CROSS COUNTRY MEET OF CHAMPIONS

Huge final mile helps Clark erase doubts

By Jim Lambert
For The Star-Ledger

Despite being the only undefeated runner in the state coming into the race, there were lots of questions about how Josh Clark would do when he finally clashed with the state's best runners at Saturday's 44th NJSIAA Meet of Champions at Holmdel Park.

The senior at Highland Regional answered that question by making a huge move with about 1,000 meters left to seize the lead and then hammered the downhill in the back woods on his way to a stunning victory in 15:33 as Clark silenced all the doubters with the biggest victory of his career.

Blaise Ferro of CBA, 11th with 1,000 left in the race, rallied to place second in 15:36. Aaron Groff of Cherry Hill East was third in 15:39, and Matt Grossman of Millburn, the pre-race favorite, was fourth in 15:44. Nine runners broke 16 minutes.

Because Clark only ran 16:17 to win the Group 3 title last week (45 seconds slower than Grossman's meet best 15:32 to win Group 4), there were lots of people who wondered how Clark would handle a much faster pace, if he could cut that much time in a week, and how he would react to having people around him late in a race for once.

But Clark never had any doubts, "This was my goal from the beginning of the season," said Clark. "All my coaches told me on the first day of practice that I

could win this title. I didn't really have that many hard races all year, but the one that was the hardest I came out on top. I put the work in all season, and I knew with the training I could drop my times today and do this," said Clark. "I knew I could come out here and get the job done."

Clark, who joined Nate Miller (1998) as the only boys M of C cross country winners from Highland, hit two miles in 10:20 and was with a big pack of guys as Joe Dragon of High Point led the way.

"After the 2-mile we started to pick it up a bit, and right before the tennis courts Groff tried to make a little move and I saw (assistant coach Josh) Krowicki, and he told me that if I wanted to win I had to make that move sometime, and I felt like that was the time for me to go, so I made a little surge around the tennis courts and just put my head down and just decided that was going to win this race."

Now in control of the race in the lead with less than 1,000 meters left, Clark was very confident as he approached the big downhill in the back woods.

"I think I run downhills pretty well, so I didn't think anyone was going to pass me," said Clark. "Krowicki kept yelling out to me to hold the lead, hold the lead, and once we got to the opening (out of the woods) at the end I told myself that no one is taking this from me. This is mine!"

CBA takes team title in thrilling fashion

Over the years, Christian Brothers Academy has had its share of runners who have risen to the occasion when the team needed them the most by delivering clutch performances to help the program continue its remarkable legacy of greatness.

On Saturday, with its backs against the walls and its five-year winning streak in serious jeopardy, Blaise Ferro, Brian Dengler, Noah Yuro, Paul Knepple and Brian Hill etched their names in CBA lore with the best races of their lives to help the No. 3 ranked Colts avenge its loss last week with a thrilling 87-92 come-from-behind victory over No. 2 Don Bosco Prep at the 44th NJSIAA/NJschoolsports.com Meet of Champions at Holmdel Park.

No 1 ranked Old Bridge placed third with 107.

It's the sixth straight title for CBA and extended its state record to 21 M of C championships overall, all under legendary coach Tom Heath.

Don Bosco, seeking its first title since 2009, beat CBA 33-35, to capture the state Non-Public A title last week and looked like it very in great position to win again on Saturday.

For the second straight week, Bosco put three runners across the line before CBA's No. 2 to take a commanding 26-41 lead.

But then CBA's Knepple, a senior, finished 37th in 16:33 (nine seconds faster than he ran last week) and Hill, a sophomore, sliced 18 seconds off his time from last week to place 39th in 16:34 as both runners finished well ahead of Bosco's No. 4 man (50th in 16:43) to secure the heart-pounding comeback victory.

— Jim Lambert, for The Star-Ledger



Alyssa Aldridge of Mainland crosses the finish line in first place to win the NJSIAA Meet of Champions at Holmdel Park in Holmdel on Saturday.

GIRLS CROSS COUNTRY MEET OF CHAMPIONS

Aldridge wins crown thanks to big finish

By Jim Lambert
For The Star-Ledger

Alyssa Aldridge wasn't going to let it happen again.

A year after placing second, just two seconds away from victory, Aldridge found herself in that exact same position with about 1,000 meters left in Saturday's girls race at the 44th NJSIAA Meet of Champions at Holmdel Park.

With time running out, the sophomore from Mainland was behind 2013 winner Briana Gess of Haddonfield, so Aldridge knew he had to do something fast to avoid another runner-up finish.

She did.

Aldridge hit the gas as she headed into the back woods, reeling in Gess to take the lead and then refusing to give it up until she crossed the line first, stopping the clock at 18:07, No. 16 in course history. Gess struggled a bit down the final straightaway and was passed just before the line by Olympia Martin of Ridgewood, second in 18:25. Gess was third, also in 18:25. Julia Guerra of Indian Hills was 4th in 18:28, and Hannah Bonaguidi of Delaware Valley placed 5th in 18:28.

Aldridge said she knew she was running out of time.

"She (Gess) took the lead around the 2-mile mark until we back into the woods, and that's when I told myself that there is only a little bit left and that I had to push it," said Aldridge. "And I wound up catching up to her and then passing her just as we were going into the woods. After that I just went as hard as I

could the rest of the way. I was running for my life and kept telling myself that I had been training so hard for the last five to six months for this moment and I was going to let up now."

Aldridge knew the matchup with Gess, a junior, was going to be a tough race as the two squared off for the first time this season.

Both runners were undefeated against New Jersey competition coming into the race.

"I am just so excited," said Aldridge. "It's just a huge title and it was such a tight race and I knew that going into it no one really knew what the outcome was going to be."

"I am so so excited that I was able to keep pushing the whole way. It turned out to be my day today."

When Aldridge crossed the line, her mind became flooded with emotions.

"When I crossed the finish line I was finally able to take a deep breath and say 'oh my goodness, I just did that.'"

Aldridge said she has been motivated to win this race ever since placing second to Devon Grisbaum of Ocean City last year, 18:20 to 18:22.

"I definitely wanted to come back this year and win it and improve my time by a lot, so I was able to both of those things today and I am obviously very excited about that," said Aldridge, who will race in the Foot Locker Northeast Regional at Van Cortlandt Park in the Bronx next Saturday.

GIRLS VOLLEYBALL

Old Tappan, IHA advance to T of C final

Natalie Alechko had 17 kills and Julia Passante had nine kills, three coming in the match's final six points, as top-seeded Old Tappan, No. 1 in the NJ.com Top 20, defeated fourth-seeded River Dell, 25-8, 23-25, 25-21, in the NJSIAA/Wilson Sporting Goods Tournament of Champions semifinals at William Paterson University on Saturday.

Old Tappan (25-0) will face No. 2 Immaculate Heart Academy, the four-time defending Tournament of Champions winner, on today at 2 p.m. at William Paterson for the title. Old Tappan has won both prior matchups 2-0, once in the regular season and in the Bergen County final on Nov. 1.

No. 4 River Dell (26-2), which was seeking its first ever trip to the TofC final, defeated Bogota in the first round earlier on Saturday, 25-8, 23-25, 25-19.

Old Tappan trailed 16-12 in the third set when it made its comeback, tying the set three different times before Passante, a sophomore middle, put her team in front for good with a kill to make it 21-20.

After taking the first set from Hunterdon Central, IHA faced a resilient rally from its opponent before showing some toughness themselves to earn a 25-11, 23-25, 25-21 victory.

Ridge throws down its best race ever to win first M of C championship

Ridge came up with its greatest race ever when it needed it the most to score its biggest victory in school history at Saturday's 44th NJSIAA/NJschoolsports.com Meet of Champions at Holmdel Park.

With three runners dropping huge personal-best Holmdel times and a spread of just 25 seconds between its first and fifth runners, No. 1 ranked Ridge, so close to winning in the past, threw down a dominating performance to run away with its first girls title ever.

Ridge, which averaged a school record 19:38, outscored runner-up and Skyland Conference rival Hillsborough, 72-103. Southern was third with 124, Ridgewood fourth with 162, and Union Catholic fifth with 166.

Ridge put three runners ahead of Hillsborough's fourth runner and received a great race from the back of its pack.

"To do something we've never done before is just amazing," said senior Sophie Spring, Ridge's top finisher and 25th overall in 19:22. "I couldn't be more proud of everyone. Our team did just amazing all-around."

After Spring crossed the line, junior Claire Jones was next, 30th in 19:30. Then it was junior Shayna Bains, 35th in 19:35, junior Lexy Donaldson, 46th in 19:48, and junior Catherine Giuseffi, 56th in 19:55.

Jones, Baines and Donaldson all ran huge Holmdel PR's. Jones cut 14 seconds off her time last week in the Group 4 while Baines dropped 21 seconds, and Donaldson chopped 17 seconds off her time.

Ridge overcame a shaky start and delivered a fantastic finish.

"We didn't get out well as a pack," said Spring. "We were way far back, further back than we needed to be and we weren't together."

But Ridge then owned the second half of the race.

"Right after after the bowl (just passed the halfway mark of the race), we started to move up and passing a lot of people," said Jones. "Then the second half of the race we stayed focused and kept moving up."

A few weeks ago, Ridge wasn't sure if it could win the M of C. It placed second to Hillsborough at the Somerset County Championships, and finished second to North Hunterdon at both the Skyland Conference and North Jersey, Section 2 Championships.

But its victory Hillsborough and North Hunterdon to win the state Group 4 title last week set the stage for Saturday's M of C triumph.

"Winning Group 4 last week gave us a lot of confidence and made winning this become so much more believable," said Giuseffi. "And we knew that if all stay focused and worked together throughout the race that we could do it."

— Jim Lambert, for The Star-Ledger

Ridgewood's Martin second

Lifts Maroons to fourth place

By PAUL SCHWARTZ
STAFF WRITER

HOLMDEL – The transition for the Ridgewood girls cross-country team from coach Jacob Brown to coach Steve Opremcak was seamless. Well, almost seamless.

"We convinced 'Coach O' to let the seniors order the team shirts this year instead of letting Coach Brown do it," said Sam Halvorsen. "That didn't work out so well."

So when Ridgewood reached the stage at the state Meet of Champions on Saturday for the third straight time, not every member had their 2015 T-shirts yet.

No matter.

The Maroons added a fourth-place set of medals to their third-place finish last year and their sixth-place finish in 2013, capping one of North Jersey's best days at the annual meet at Holmdel Park.

Olympia Martin took second in the final stride from 2013 champion Briana Gess of Haddonfield lead Ridgewood into fourth with 162 points, behind Ridge, Hillsborough and Southern Regional. The third straight set of medals matches the 1992-94 Maroon team, which is the only other



NOAH K. MURRAY/SPECIAL TO THE RECORD

Olympia Martin of Ridgewood, left, crossing the finish line during state Meet of Champions. Martin finished in 18:25.

North Jersey program to medal three years in a row. Martin's time of 18 minutes, 25 seconds matches the second-fastest race run at Holmdel by a North Jersey runner, behind only the 18:12 by Josette Norris of Tenafly in 2013.

Indian Hills senior Julia Guerra capped her North Jersey cross-country career with a great comeback of her own, finishing fourth in 18:28, and Bergen champion Shannon Goria of River Dell was

ninth in 18:40. Halvorsen was 16th in 19:06, marking the first time four North Jersey girls were in the top 20 since 2001.

"When the season started I really didn't know if we could get back here," said Halvorsen, who with the junior Martin became the first North Jersey girls to earn three straight team medals. "But each week, we got better and better and when we beat Northern Highlands, our rival pretty easily

at the county groups meet I thought we had a chance."

"I told Jacob and [boys track coach] Josh Saladino and my wife back in August that I thought the team had a chance to be special," said Opremcak, whose Indian Hills teams were 10th (1998) and 15th (2003) in their trips to the MOC. "They interacted so well this year with each other and responded to the training."

None better than Martin, who was 12th at the mile and then tried to duplicate her strong finish last week that earned her the Group 4 title. Guerra, who ran much of the last half of the race with her friend and rival described the finish.

"Briana and [race-winner] Alyssa [Aldridge of Mainland] took off and then there was a pack of about eight girls with Olympia and Shannon [Goria] and a few others," said Guerra, ninth as a sophomore, but 76th last year. "We ran through the bowl past the tennis courts and I kept picking off runners until I got to Olympia, and the girl from Delaware Valley [Hannah Bonaguidi] as we came through the woods down the final hill. We both passed her but Olympia had more left than I did."

And Martin drove past Gess in the final 10 meters to take second.

"She has such amazing determination that's taken her to the heights," said senior Leah Rosenfeld. "She inspires all of us."

Don Bosco has to settle for second best to CBA

By PAUL SCHWARTZ
STAFF WRITER

HOLMDEL – Sometimes the storybook finish doesn't quite happen.

Don Bosco came up short of repeating last week's Non-Public A victory over Christian Brothers Academy on Saturday in the state Meet of Champions at Holmdel Park, falling to the Colts' back of the pack, 87-92. The Ironmen – who won titles in 1992, 2007 and 2009 – finished second for the fifth time in school history.

"The boys ran well especially up front, but we haven't been able to get all seven of our runners to run well in the same race and unfortunately, the same thing happened today," said Don Bosco coach Kevin Kilduff. "CBA just beat us today."

CBA's Blaise Ferro took second in the meet, behind Joshua Clark of Highland Regional, who clocked 15:33 for the 5,000-meter course. But Bosco, with David Rosas (15th), Connor Nicholson (19th) and Patrick Sullivan (20th), had three runners ahead of CBA's second, who finished in 33rd place in 16:25. But the Colts' next five runners finished within the next 12 seconds with the seventh placing 45th in 16:37. It proved to be too much for the Ironmen to make up.

Bosco's final two scorers finished 50th (Justin Touhy in 16:43) and 62nd (Alex Zeepvat in 16:51), ending hopes that the same group of freshmen who had beaten the

highly touted CBA freshmen (led by Ferro) in the State Freshman championship three years ago, would be able to pull it off again.

"Some of us even wore our freshman shirts under our uniform today," said Zeepvat, who along with Touhy improved slightly on their group meet time.

"Maybe we lost a little focus for just a minute and it cost us," said Zeepvat, whose team gets another chance at CBA and Downingtown West (Pa.) – which beat the Ironmen at the Carlisle Invitational earlier in the year – at next week's Nike Cross Nationals Northeast Regional at Bowdoin Park in New York. "It's very disappointing."

Indian Hills wasn't disappointed in its sixth-place finish, reaching the medal-winning stage for the first time and marking the first time two North Jersey boys teams had placed since Bosco and Ridgewood went 1-2 in 1992.

"I told the guys today to live in the moment, be grateful for what we've done but step it up today to reach that goal [to get on the stage]," said Matt Cohane, the only senior among the top six Braves runners. "We stayed together and got there."

"This is much different and better than the last time one of my teams placed," said Indian Hills coach Tom Zaccane, who coached the Hackensack boys to a 1998 fifth-place finish. "I'm 69 years old now and I wasn't sure I'd ever get back to this. But this team worked hard from the summer to now and I'm so proud of them."



NOAH K. MURRAY/SPECIAL TO THE RECORD

Don Bosco's David Rosas, right, finished 15th, but needed more help from his Ironmen teammates to topple CBA.

River Dell's Will Daly was seventh in the individual battle, running 15:48, a time beaten by only four boys in North Jersey history. But the performance was bittersweet as his twin and best friend, Colin, still suffering the effects of a lingering illness, fell off in the final mile and finished 42nd.

"It's not the same as it would have been to finish with Colin," said Will. "I'm happy to run as well as I did, but it's tough to see what happened to him."

ATHLETES OF THE WEEK

By **CHUCK O'DONNELL**

STAFF WRITER

Brian Kearns took full advantage of his time off. The St. Joseph senior rested his bumps and bruises after rushing for 233 yards and two touchdowns in the Green Knights' 37-27 victory over St. Peter's Prep on Friday.

It was the last break before the team begins to gear up for the Non-Public Group 4 championship game.

"We had the weekend off," The Record Male Athlete of the Week said.

"I was little sore on Saturday so I just iced up a little bit and went to the movies. I saw 'The Hunger Games,' the new one that came out. It was good."

Kearns and the Green Knights have already turned their focus toward their Dec. 4 showdown with Don Bosco at MetLife Stadium, but there probably are some people who were at Caven Point in Jersey City on Friday still talking about his two huge touchdown runs.

Early in the second quarter, he blasted through the middle of the line and ran 62 yards for a score. In the third quarter, he scored on an even longer and more spectacular run, dodging tacklers, tiptoeing down the sidelines, and willing himself into the end zone.

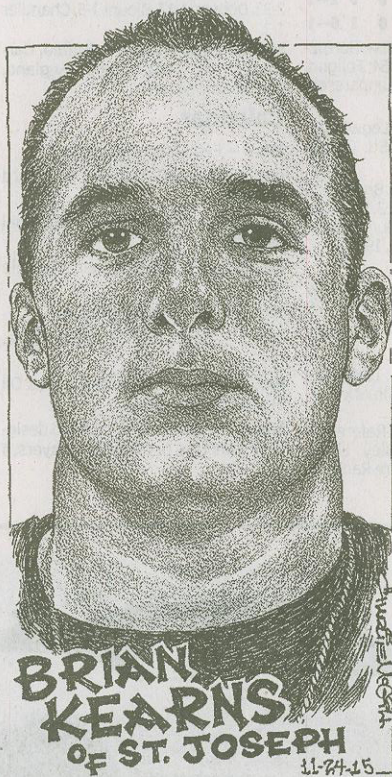
At one point, he was almost completely turned around, trying to stiff-arm a would-be tackler.

The sweep ended 83 yards later, but there was a point early in the run when Kearns said, "I just cut it up and I saw a bunch of kids there, and in my mind I didn't really think I had a chance to break it."

He gets a lot of guidance if not his gridiron greatness, from his dad, Brian Sr., who played football, basketball and baseball at Queen of Peace.

"He tells me to always just keep my head in there and never get too high or too down," Kearns said.

Also nominated: Matt Schlett of Glen Rock and Brendan Devera of Wayne Hills for football.



MALE ATHLETE

Sport: Football **Class:** Senior **Age:** 17

Accomplishment: Kearns rushed for 233 yards and two touchdowns on 13 carries to help lead St. Joseph to a 37-27 victory over St. Peter's Prep in the Non-Public Group 4 semifinals.

By **CHUCK O'DONNELL**

STAFF WRITER

Ridgewood's Olympia Martin was battling a talented field of cross-country runners – and the urge to let up – when something inside her said keep going.

She summoned one last burst of energy in the final inches of the State Meet of Champions on Saturday and passed 2013 champion Briana Gess to take second place at Holmdel Park.

"I was so exhausted by the end of the race," The Record Female Athlete of the Week said. "I really wanted to pass her. She was just right ahead of me. I just kept telling myself over and over again, 'Pass this girl,' and I did it. I don't know how I got that energy, but I did it."

Maybe the junior, whose time of 18 minutes, 25 seconds, matches the second-fastest race run at Holmdel by a North Jersey runner, heard her father's voice somewhere in the back of her mind.

She seemingly has inherited Andrew Martin's love of running. He's an ultramathoner who recently completed a 50-mile race.

Olympia said she began training with her dad when she was 12. They often run together during the summer.

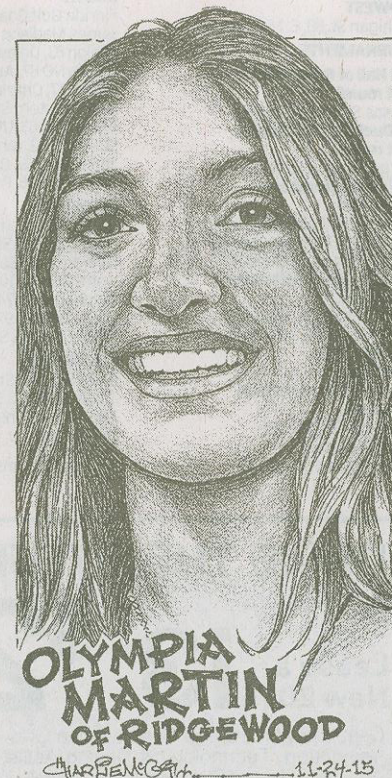
"I do think a big part of my success is because of him," she said. "He taught me how to love running and how to persist. I think it was because of him that I always sprint and give it my all at the end of the race."

When she needs a break, she opens a book and finds herself transported to another world. Her collection fills a bookshelf in her room and spills over onto a shelf downstairs.

Martin recently was reading J.R.R. Tolkien's "The Lord of the Rings," although her all-time favorite is "Dune" by Frank Herbert.

"I tend to focus on sci-fi and fantasy," Martin said, "but I try to read non-fiction and biographies a lot, too."

Also nominated: Annabel Reyes of Immaculate Heart for volleyball.



FEMALE ATHLETE

Sport: Cross-country **Class:** Jr. **Age:** 17

Accomplishment: Martin finished second at the State Meet of Champions in 18 minutes, 25 seconds. She helped Ridgewood take fourth in the team standings.

Ridgewood's Martin may earn trip to national meet

By **PAUL SCHWARTZ**

STAFF WRITER

CROSS-COUNTRY

WAPPINGERS FALLS, N.Y. — If she doesn't get the trip to Portland, Ore. for the Nike Cross Nationals on Dec. 4, Ridgewood's Olympia Martin can console herself with the fact that she ran the Bowdoin Park cross-country course faster Saturday than any other North Jersey girl ever has.

Martin finished 11th in 18:57.1 for 5,000 meters at the Nike Northeast Regional on Saturday against the best runners of seven other states and won't know until today whether she's earned a bid to the National Championships. The top five individuals not on a qualifying team advance to Portland and with Pennsbury (Pa.) and La Salle (R.I.) earning automatic team slots, the last qualifier out of the Northeast is eighth-place finisher Elisabeth Danis of Coe-Brown, who ran 18:47.4.

But Coe-Brown is a contender for a wildcard team berth as the New Hampshire team was third behind La Salle, losing on a tiebreaker and if Unionville (Pa.), a scant seven points behind in fourth, also gets a wildcard, Martin would be in since two Unionville runners finished ahead of Martin.

Martin's outstanding race broke the previous North Jersey-best mark of 19:03.4 run by IHA grad Sarah Pagano when she qualified for Nationals in 2008. Sam Halvorsen of

Ridgewood was 27th in 19:27.4 and Katerina Zachmann of Wayne Hills was 39th in 19:42.8 in the field of more than 200 runners. Ridgewood was ninth with 301 points and was the third New Jersey finisher, while Wayne Hills was 16th in a 28-team field.

Don Bosco apparently came up short again despite a fourth-place finish in the boys championship race with 195 points. Downingtown West (Pa.), which beat Bosco twice earlier this year, won with 97 points, ahead of CBA, the New Jersey champion with 140. Pinkerton Academy (N.H.) was third with 191 points, just four less than Bosco.

Bosco is still alive for an at-large bid but is behind Pinkerton in the selection process. The Ironmen received very good races from Patrick Sullivan, 20th in 16:26.6 and David Rosas, 21st in the same time as well as a comeback race from Justin Fuhrman, 40th in 16:49.2. Junior Tom Holster of Indian Hills was 28th in 16:40.9, leading the Braves into 13th place in a 35-team field.

Earlier, junior Dan Daurio of Bogota was fourth in the 459-runner Northeast boys Open race in 16:57.0 and classmate James Draney eighth in 17:03.5, both times that would have placed them in the top 60 in the championship race.

W E D . 1 2 . 0 9 . 1 5



Ridgewood's
Olympia Martin is
The Record
Runner of the
Year.

The Record

All-North Jersey

GIRLS CROSS-COUNTRY

Martin one tough athlete

By **PAUL SCHWARTZ**
STAFF WRITER

Olympia Martin is one of the sweetest, kindest, most talented high school students you'll ever meet.

Until the gun goes off for a cross-country race; then the Ridgewood junior turns into one of the toughest competitors you'd ever want to see.

Until she crosses the finish line, then Martin morphs back into that sweet, kind, caring girl she is the rest of the time.

"I'm a very different person before a race than I usually am," said Martin, The Record girls cross-country Runner of the Year. "Before the race I just convince myself that I'm the strongest person these people have ever seen and there's nothing in my way to winning. Then as soon as the race is over, I

RUNNER OF THE YEAR Olympia Martin, Ridgewood

go back to the way I usually am, because there's no reason to be as competitive after that."

That wasn't always the case for Martin, who enjoyed one of the greatest seasons any North Jersey girl has had, capping her season with a Group 4 state title, second in the state Meet of Champions and a strong 11-place finish in the Nike Northeast Regional, missing a trip to Nationals by less than 10 seconds.

"Even though I'd been running with my dad since I was about 12, and I ran at Abbington Track Club [the pre-high school running club started by retired Ridgewood coach Jacob Brown], I didn't like competing too much at first," said Martin. "I

had always been a solo runner with my dad and I didn't know if I liked running with so many other people."

But that changed when Martin reached high school. "I think it's running with my team," said Martin. "I was very much influenced by [teammates] Carleen Jeffers and Sam Halvorsen when I was a freshman. They just gave me this grit — watching them run and compete — I just wanted to be like them."

Her biggest running role model remains her dad Andrew.

"We used to go on five- or six-mile runs together once a week when I was about 12 or 13 and then when I became 14, we would do some very long runs — as much

as 14 to 16 miles — and go different places and talk about everything during our runs — science, space, school, language, our lives."

The senior Martin was Pascack Hills' top runner in the 1986 cross-country season and still loves to compete in long distance runs. But Olympia doesn't get the chance to run much with her father anymore.

"He gets up way too early for me now," she says with a laugh.

Olympia was surprised at how competitive the Ridgewood girls program was, thinking it would be something to do when she wasn't studying or doing her art work (she's accomplished in charcoal pencils and digital art as well).

"I was torn between wanting to be a really good runner, a really good artist and a really good student," said Martin. "I realized last year I could be all three."



JIM ALCORN/SPECIAL TO THE RECORD

Olympia Martin ended the season strong, winning the Group 4 state title and finishing second at the Meet of Champions.

TEAM OF THE YEAR

Ridgewood

Maroons have new coach, same success

By **PAUL SCHWARTZ**
STAFF WRITER

The cupboard was hardly bare. But there were major changes in store for the Ridgewood girls cross-country program after the spectacular 2014 season that saw the Maroons place third in the state Meet of Champions.

Carleen Jeffers, The Record 2014 Runner of the Year, had moved on to Brown University. Kelly Cleary and Abby Taylor had also graduated and Samantha Halvorsen was recovering from a December snowboarding accident that had cost her the entire 2015 winter and spring track seasons. Jacob Brown, the only cross-country coach the Ridgewood girls had ever had, retired, ending a 42-year Hall of Fame career.

Twelve months later, it seems as if the only thing that really changed is the van driver. When Brown was the head coach, he was certified to drive the van that Ridgewood takes to the end of the year meets. But with new head coach Steve Opremcak not certified to drive it this fall, that role fell to Eileen Weiss.

Otherwise, not much has changed. Ridgewood won the Big North Freedom meet for the fifth time in its sixth running, won a Bergen group meet for a sixth straight year, the Lou Molino Bergen Meet of Champions for a fifth straight year (and a record 29th overall), won the North 1, Group 4 sectional for the fourth time in six years (and a record 23rd overall), and made it to the state Meet of Champions for a North Jersey record 19th time, finishing fourth this year.

And for the fifth straight time, Ridgewood is The Record girls

Final top 25 rankings

1. Ridgewood
2. Wayne Hills
3. Northern Highlands
4. River Dell
5. Holy Angels
6. NV/Old Tappan
7. Kinnelon
8. IHA
9. Clifton
10. Ramsey
11. Passaic Tech
12. Indian Hills
13. Glen Rock
14. Pascack Valley
15. Hasbrouck Heights
16. NV/Demarest
17. Bergen Tech
18. Park Ridge/Emerson
19. Lyndhurst
20. Cresskill
21. Ramapo
22. Pascack Hills
23. Cliffside Park
24. West Milford
25. Lakeland

cross-country Team of the Year.

Halvorsen came back as good as ever and junior Olympia Martin went from a No. 3 runner on Ridgewood to No. 2 in the state. After a slow start, sophomore Meghan Adams finished strongly as the third 2014 returnee and senior Leah Rosenfeld returned to be a dependable varsity runner after a year lost to illness and injury.

And varsity newcomers sophomore Hannah. Fishbein (who stepped into Martin's No. 3 role), freshman Cassie Keyes and junior Sophia Sheehy along with new assistant coach Tom Hughes lifted the Maroons back to accustomed heights.

COACH OF THE YEAR

Brianna Bayersdorfer, River Dell

Former River Dell great Brianna Bayersdorfer graduated from The College of New Jersey in 2006 and thought she'd left her running days behind. She had suffered through a series of injuries that ended her career.

She started teaching elementary school in Dumont in 2007, but then a series of fortuitous events occurred.

"I took an assistant track job at Dumont in the spring of 2012 and I kept running into [River Dell] coach [Mike] Urso at meets and he told me River Dell needed a girls cross-country coach," said Bayersdorfer, The Record girls cross-country Coach of the Year. "So I took the job."

It wasn't the best situation to walk into — River Dell hadn't qualified as a team for either the state or Bergen Meet of Champions

since 1993.

Her first season saw her with eight girls at times. "But I think having a female coach made a difference to them. They knew my background and saw my name on the record board at school and that helped," she said. "That first year, my one goal was to keep the program going."

In 2013, the Golden Hawks finished fifth in the Group 2 sectional and made it to Holmdel — a big surprise. And 2014 brought a return trip to Holmdel and a first trip to the BMOC since 1993, and then it all came together this fall.

League and county Group wins and a first state sectional title led to a fourth-place finish in Group 2, just three points from a first berth in the state Meet of Champions.

— Paul Schwartz

FIRST TEAM



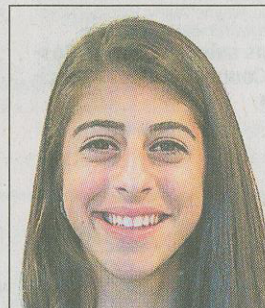
TAYLOR DOMICO
Wayne Hills, junior

The Patriots went from sixth place in North 1, Group 3 to 10th in the state Meet of Champions and Domico was a major reason, winning the Big North Independence race, taking third in Passaic County, fourth in the sectionals, 10th in state Group 3 and 37th in the state Meet of Champions.



SHANNON GORIA
River Dell, sophomore

A breakthrough year included wins in the Big North Patriot, Lou Molino Bergen Meet of Champions and Group 2 sectional races and a second-place finish in state Group 2. She finished ninth in the state Meet of Champions, and ranks sixth all-time at Darlington and 16th at Garret Mountain.



JULIA GUERRA
Indian Hills, senior

The first girl to earn All-North Jersey four times, she won the Big North Freedom and Bergen B titles, took second in North 1, Group 3 and states and was fourth in the Bergen Meet of Champions and state Meet of Champions, running the sixth fastest time in North Jersey history at Holmdel.



SAMANTHA HALVORSEN
Ridgewood, senior

A three-time selectee, she concluded her cross-country career with top-five finishes in league, County B, Bergen Meet of Champs and sectional Group 4 races, a sixth-place finish in the state Group 4 race and a 16th-place finish in the state Meet of Champs. Her Maroons earned team medals for a record-tying third straight year.



MONICA HEBNER
Northern Highlands, sophomore

She moved from second team on the strength of top-five finishes in Big North Patriot (fourth), Bergen B (third), Bergen Meet of Champions (fifth) and North 1, Group 3 (third) before earning a spot in the state Meet of Champions with a 12th-place finish in state Group 3.



OLYMPIA MARTIN
Ridgewood, junior

In six major races, she never finished lower than third, winning the North 1, Group 4 and state titles, taking second in the Bergen Meet of Champs and Bergen B races and third in the Big North Freedom before a terrific second place in the state Meet of Champions in the second fastest Holmdel time by a North Jersey runner.



RHIANNON NOVELLI
Holy Angels, sophomore

Another of the greatly improved young runners in North Jersey, she missed the state Meet of Champions with a hamstring problem that reared up when she finished seventh in the Non-Public A championship. Earlier she was second in the Big North United and Bergen A races and took seventh in the Bergen Meet of Champions.



GIAVANNA TABBACHINO
IHA, junior

She moves up from second team behind an excellent season buoyed by wins in the Big North United, Bergen A and New Jersey Catholic Track Conference meets, and an eighth place in the Bergen Meet of Champions. She qualified for her second straight state Meet of Champions with a 10th-place finish in Non-Public A.



KATERINA ZACHMANN
Wayne Hills, senior

The Patriots had their finest season, repeating as Passaic champs, winning their first sectional title and making their first state Meet of Champions appearance, led by the Passaic County individual champ. She was third in the Big North Independence race, fifth in North 1, Group 3, 11th in Group 3 and 24th in the state Meet of Champions.

ALL-BERGEN TEAM

HONORABLE MENTION

Michelle Kubasek, Bergen Tech; Hailey Fitzpatrick, NV/Demarest; Jane Burgoyne, Glen Rock; Kadreya Simeon, Hackensack; Hailey Ross, Hasbrouck Heights; Tara Lyons, Holy Angels; Madeline Daly and Julia Miles, Indian Hills; Jazmin Bender, Emily Bermudez and Jill Neggia, IHA; Megan Rudden, Lyndhurst; Valerie Ervin, Mahwah; Grace Hinchey and Bridget Zimny, Northern Highlands; Sari Abolafia, Tara Bailey, Nicole Brougher, Aida de la Cruz, Danielle Ludwig, Mary Scrivanich and Kristen Travers, NV/Old Tappan; Rachel Galdi, Samantha Green and Nadia Itani, Park Ridge/Emerson; Hannah Figueroa, Pascack Hills; Mario Guastella, Pascack Valley; Alyssa Gilligan, Ramapo; Elizabeth Flood and Erinn McGahan, Ramsey; Nicole Muscat, River Dell; Evelyn Kotch, Lauren Pagano, Brittany Schofield and Sophia Sheehy, Ridgewood; Christie Na and Summer Regan, Rutherford; Olivia Randolph, Teaneck; Ines Greenway, Tenafly.

Teams selected by the Bergen County Women Coaches Association

All-North Jersey lineup

Monday: Gymnastics and field hockey

Tuesday: Girls volleyball

Today: Girls cross-country

Thursday: Boys cross-country

Friday: Girls soccer

Saturday: Boys soccer

Dec. 13 and Dec. 14: Football

Subject to change.



ISABEL HEBNER
Northern Highlands, sophomore



ABIGAIL McLAUGHLIN
Bergen Tech, senior

FIRST TEAM

Shannon Goria, River Dell, sophomore
Julia Guerra, Indian Hills, senior
Samantha Halvorsen, Ridgewood, senior
Isabel Hebner, Northern Highlands, sophomore
Monica Hebner, Northern Highlands, sophomore

Olympia Martin, Ridgewood, junior
Abigail McLaughlin, Bergen Tech, senior
Rhiannon Novelli, Holy Angels, sophomore
Giavanna Tabbachino, IHA, junior
Coach of the year: Brianna Bayersdorfer, River Dell

Large school team of the year: Ridgewood
Small school team of the year: Ramsey

SECOND TEAM

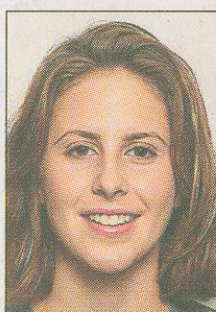
Courtney Brunet, NV/Old Tappan, senior

Victoria Clinton, Ramsey, junior
Ashley Evans, Pascack Valley, junior
Hannah Fishbein, Ridgewood, sophomore
Alexandra Harris, Ramapo, junior
Mackenzie Hughes, Holy Angels, freshman
Caitlin McPartland, IHA, junior
Ginger Pojednic, River Dell, junior
Alex Walter, Glen Rock, sophomore

THIRD TEAM

Meghan Adams, Ridgewood, sophomore
Megan Brockmeier, IHA, junior
Grace Jansson, Holy Angels, senior
Cassie Keyes, Ridgewood, freshman
Arianna Lopez, Palisades Park, senior
Serena Martinez, Hackensack, senior
Jennifer Polo, Cliffside Park, senior
Leah Rosenfeld, Ridgewood, senior
Paige Wilerdotter, Northern Highlands, sophomore

GIRLS CROSS-COUNTRY ALL-PASSAIC



EMILY BECKER
Wayne Hills,
junior



NATALIE ZAWISTOWSKA
Wayne Hills, junior



SHEA BRENNAN
Wayne Hills,
junior



SARAH SHANNON
Passaic Tech,
junior



SYDNEY SHANNON
Passaic Tech,
freshman



LINNEA GILLIGAN
Lakeland,
sophomore



MEGHAN JOZEFczyk
Clifton, junior



MERALIS MENDEZ
Passaic Tech,
sophomore

FIRST TEAM

Emily Becker, Wayne Hills, junior
Shea Brennan, Wayne Hills, junior
Taylor Domico, Wayne Hills, junior
Linnea Gilligan, Lakeland, sophomore
Meghan Jozefczyk, Clifton, junior
Meralis Mendez, Passaic Tech, sophomore
Sarah Shannon, Passaic Tech, junior
Sydney Shannon, Passaic Tech, sophomore
Katerina Zachmann, Wayne Hills, senior
Natalie Zawistowska, Wayne Hills, junior
Coach of the year: Jason Staggers, Wayne Hills

SECOND TEAM

Sarah Adams, Clifton, sophomore
Hadeel Alshujaieh, Clifton, sophomore
Katie Andrews, Pompton Lakes, junior
Samantha Biss, Lakeland, sophomore
Megan Davey, Clifton, senior
Anisah Khandakar, Clifton, junior
Serena Mancini, Wayne Valley, sophomore
Madeline Pluta, West Milford, senior
Mollie Slanina, Clifton, junior
Anastasia Zelinin, Wayne Hills, senior

HONORABLE MENTION

Allison Proszowski and Samantha Rozon, Clifton; Catherine Conti and Vanessa Vega, DePaul; Emily Byrne and Allison Steinginga, Eastern Christian; Shainys Ortiz and Maria Otero, Eastside; Jenny Jobson and Christine Pelliccio, Hawthorne Christian; Ariana Diaz and Jarin Nisha, Kennedy; Bonnie Bower and Amanda Fanning, Lakeland; Karen Correa and Markiah Holmes, Passaic; Julissa Rojas and Tatyana Torres, Paterson Charter; Yazmin Encarnacion and Nancy Habib, Passaic Tech; Stephanie Galindo and Meghan Keating, Pompton Lakes; Erin Hirz and Gessica Mongelli, Wayne Hills; Gabriella Acoury and Kristin McAtee, Wayne Valley; Rachael Royer and Kayla Yuhas, West Milford.

Teams selected by the Passaic County Coaches Association



Coach of the year:
JASON STAGGERS,
Wayne Hills

ALL-BIG NORTH GIRLS CROSS-COUNTRY

AMERICAN**FIRST TEAM**

Jennifer Polo, Cliffside Park
Ilyada Erdal, Cliffside Park
Teresa Lee, Fort Lee
Mavis Cao, Cliffside Park
Courtney Deloughery, Dumont
Jessica Uben, Ridgefield Park
Josephine Wang, Fort Lee
Coach of the year: Lindsey Reggo, Cliffside Park

SECOND TEAM

Tiffany Bueno, Cliffside Park
Zsafia Balog, Dumont
Kalya Ho, Fort Lee
Erin O'Connor, Cliffside Park
Ronika Jain, Fort Lee
Allison Leung, Fort Lee
Veronica Couto, Ridgefield Park

HONORABLE MENTION

Erjona Llukovi, Cliffside Park; Lauren Riquelme, Dumont; Jodie Buri, Ridgefield Park; Jean Han, Fort Lee; Anjali Patel, Dwight Morrow.

FREEDOM**FIRST TEAM**

Julia Guerra, Indian Hills
Samantha Halvorsen, Ridgewood
Olympia Martin, Ridgewood
Monica Hebner, Northern Highlands
Isabel Hebner, Northern Highlands
Lexi Harris, Ramapo
Paige Wilderotter, Northern Highlands
Coach of the year: Steve Opremcak, Ridgewood

SECOND TEAM

Serena Martinez, Hackensack
Hannah Fishbein, Ridgewood
Cassie Keyes, Ridgewood
Bridget Zimney, Northern Highlands
Sofia Sheehy, Ridgewood
Meghan Adams, Ridgewood
Leah Rosenfield, Ridgewood

HONORABLE MENTION

Brielle Eisler, Paramus; Melina North, Northern Highlands; Madeleine Daly, Indian Hills; Elizabeth Wilson, Ramapo; Erin Dwyer, Ridgewood; Kadreya Simeon, Hackensack.

INDEPENDENCE**FIRST TEAM**

Taylor Domico, Wayne Hills
Emily Becker, Wayne Hills
Katerina Zachmann, Wayne Hills
Natalie Zawistowska, Wayne Hills
Shea Brennan, Wayne Hills
Linnea Gilligan, Lakeland
Samantha Biss, Lakeland
Coach of the year: Jason Staggers, Wayne Hills

SECOND TEAM

Anastasia Zelenin, Wayne Hills
Madeline Pluta, West Milford
Serena Mancini, Wayne Valley
Amanda Fanning, Lakeland
Rachael Royer, West Milford
Gessica Mongelli, Wayne Hills
Erin McCarthy, West Milford

HONORABLE MENTION

Kelly DiCristina, Wayne Valley; Kayla Yuhas, West Milford; Nicole Cianci, Passaic Valley; Erin Hirz, Wayne Hills; Brooke Russo, Lakeland; Ann Shulkin, Fair Lawn.

LIBERTY**FIRST TEAM**

Michelle Kubasek, Bergen Tech
Abigail McLaughlin, Bergen Tech
Sarah Shannon, Passaic Tech
Meralis Mendez, Passaic Tech
Anisah Khandakar, Clifton
Sydney Shannon, Passaic Tech
Meghan Jozefczyk, Clifton
Coach of the Year: John Pontes, Clifton

SECOND TEAM

Mollie Slanina, Clifton
Megan Davey, Clifton
Hadeel Alshujaieh, Clifton
Sarah Adams, Clifton
Gabriela Lai, Bergen Tech
Nancy Habib, Passaic Tech

HONORABLE MENTION

Megan O'Leary, Bergen Tech; Allison Proszowski, Clifton; Shainys Ortiz, Eastside; Ariana Diaz, Kennedy; Markilah Holmes, Passaic; Yalmin Encarnacion, Passaic Tech.

NATIONAL**FIRST TEAM**

Ashley Evans, Pascack Valley
Courtney Brunet, NV/Old Tappan
Kristen Travers, NV/Old Tappan
Nicole Brounger, NV/Old Tappan
Mary Scrivanich, NV/Old Tappan
Ines Greenway, Tenafly
Courtney Geisenheimer, NV/Demarest
Coach of the Year: Jeff Clarke, NV/Old Tappan

SECOND TEAM

Marlo Guastella, Pascack Valley
Danielle Ludwig, NV/Old Tappan
Aida De La Cruz, NV/Old Tappan
Sari Abolafia, NV/Old Tappan
Leah Woods-Bannan, NV/Demarest
Jessica Lapitan, Tenafly
Olivia Randolph, Teaneck

HONORABLE MENTION

Nicole Cianci, Passaic Valley; Tara Bailey, Old Tappan; Melissa Hoffmann, Tenafly; Nikki Criscuolo, Pascack Valley; Elizabeth Nicholls, Bergenfield; Kayla White, Teaneck; Julia Amatrula, NV/Demarest.

PATRIOT**FIRST TEAM**

Shannon Gloria, River Dell
Victoria Clinton, Ramsey
Ginger Pojednic, River Dell
Elizabeth Flood, Ramsey
Nicole Muscat, River Dell
Lindsay McNeill, Ramsey
Hannah Figueroa, Pascack Hills

SECOND TEAM

Mel Dougherty, River Dell
Jen Bourdier, River Dell
Erinn McGahan, Ramsey
Valerie Revin, Mahwah
Jacqueline Pesco, Ramsey
Alex Mindich, Pascack Hills
Grace Anzano, Mahwah

HONORABLE MENTION

Siobhan Sousou, Mahwah, Fiona Flood, Ramsey; Annalise Jarski, Westwood; Ajo Matsumura, Pascack Hills; Mary Lombardi, River Dell.

ALL-NJIC GIRLS CROSS-COUNTRY

COLONIAL**FIRST TEAM**

Alex Walter, Glen Rock
Jane Burgoyne, Glen Rock
McKensie Dill, Glen Rock
Christie Na, Rutherford
Summer Regan, Rutherford
Megan Rudden, Lyndhurst
Katie Andrews, Pompton Lakes
Leslie Rodriguez, Garfield
Allison Steinginga, Eastern Christian

SECOND TEAM

Kelly Weckstein, Lyndhurst
Lindsay Cirne, Lyndhurst
Ana Pimenta, Lyndhurst
Desiree Martinez, Garfield
Sydni Charney, Garfield
Chelsea Rosario, Garfield
Ewa Wos, Garfield
Emily Byrne, Eastern Christian
Lauren Boos, Glen Rock

HONORABLE MENTION

Stephanie Cabral, Eastern Christian; Stephanie Galindo, Pompton Lakes; Kornelia Jablonska, Garfield; Haley McAvaney, New Milford; Yeisy Rojas, Harrison; Julie Cappiello, Lyndhurst; Rachel Bases, Glen Rock; Isabel Valdez, Leonia; Daniella Fernandez, Rutherford

MEADOWLANDS**FIRST TEAM**

Hailey Ross, Hasbrouck Heights
Brooke McKnight, Hasbrouck Heights
Giana DiLascio, Hasbrouck Heights
Danielle Dallara, Hasbrouck Heights
Mariome LaBarbera, Hasbrouck Heights
Mehek Parikh, Secaucus
Roshni Patel, Secaucus
Ashley McVeigh, Saddle Brook
Nicole McVeigh, Saddle Brook
Tara Satnick, Dwight-Englewood

SECOND TEAM

Saumya Parikh, Secaucus
Genevieve O'Brien, Secaucus
Victoria Saniko, Secaucus
Marie Sedlmeir, Hasbrouck Heights
Sheridan Wheeler, Hasbrouck Heights
Celina Faustini, Saddle Brook
Francesca Petrucci, North Arlington
Julia Beckett, Dwight-Englewood

HONORABLE MENTION

Emma Bowers, Abigail Collins, Secaucus; Emma Arang, Noa Levin, Dwight-Englewood; Erin Baker, Bianca Asencio, Samantha Lynch, Saddle Brook; Andrea Gil, Paterson Charter; Carly DiSclafani, Immaculate Conception; Natalia Ordonez, Weehawken; Arlene Madrid, St. Mary; Ileana Felix, Ridgefield

PATRIOT**FIRST TEAM**

Veronica Dunphy, Cresskill
Katherine Jesson, Cresskill
Maryam Hassan, Cresskill
Nadia Itani, Park Ridge/Emerson
Rachel Galdi, Park Ridge/Emerson
Cara Mastrangelo, Park Ridge/Emerson
Sophia Castronovo, Park Ridge/Emerson
Arianna Lopez, Palisades Park
Erin Scott, Waldwick
Jillian O'Brien, Bogota

SECOND TEAM

Emily Green, Cresskill
Samantha Koch, Cresskill
Samantha Connelly, Cresskill
Christine Pelliccio, Hawthorne Christian
Jenny Jobson, Hawthorne Christian
Alexis VanderWiele, Midland Park
Sarah Peepall, Waldwick
Stephanie Nativio, Park Ridge/Emerson

HONORABLE MENTION

Erin Kelly, Midland Park; Maggie Kuntz, Olivia Tafaro, Saddle River Day; Alexandra Miskulin, Palisades Park; Emma O'Brien, Emily Robbins, Alanah O'Brien, Bogota; Sabrina Lee, Julia Drennan, Park Ridge/Emerson

BOWLING

BOYS BOWLING**NJIC****N. ARLINGTON 7, PATERSON CHARTER 0****LYNDHURST 5, BECTON 2****HASBROUCK HEIGHTS 7, ST. MARY 0****WALLINGTON 7, WOOD-RIDGE 0**

High Games: Ryan Donohue, Lyndhurst, 268; Tom Ferrie, North Arlington, 251; James Podolski, Lyndhurst, 232, 205; Kenny Barrett, North Arlington, 224; Trevor Deliantis, Becton, 223; Vinny Kuprat, Becton, 213; Matt Zorro, North Arlington, 210; Kyle O'Connor, Hasbrouck Heights, 213; Albert Medina, Wallington, 201, 201.

High Series: Donohue, 640.**GARFIELD 7, POMPTON LAKES 0****GLEN ROCK 5, RUTHERFORD 2****MANCHESTER 5, MARY HELP 2**

High Games: David Neil, Pompton Lakes, 245; Dylan Petzko, Garfield, 233; Esteban Garcia, Pompton Lakes, 203.

High Series: David Neil, Pompton Lakes, 624.

PALISADES PARK 7, NEW MILFORD 0**QUEEN OF PEACE 7, BOGOTA 0****PARK RIDGE 5, HARRISON 2****BERGEN CHARTER 4, LEONIA 3**

HAWTHORNE CHRISTIAN 7, MIDLAND PARK 0
High Games: Chris Navarro, Bergen Charter, 267; George Arodes, Leonia, 233; Joshua Talban, Queen of Peace, 226; Joseph Biondi, Leonia, 204; Robert Jeune, Park Ridge, 202.
High Series: Navarro, 629.

BIG NORTH**FORT LEE 5, RIDGEFIELD PARK 2**

High Games: David Grant, Fort Lee, 268, 235, 210; Luke Athanassopoulos, Fort Lee, 248, 213; Derek Lewandowski, Ridgefield Park, 224, 201; Rafael Fernandez, Ridgefield Park, 223; Brandon Gerber, Ridgefield Park, 222, 200, Chris Park, Fort Lee, 217.

High series: Grant, 713, Lewandowski, 619, Athanassopoulos 614.

MAHWAH 7, TENAFLY 0

High Games: Alex Ernst, Mahwah, 246, 200; Tyler Klein, Mahwah, 214; Stefan Strauch,

Mahwah, 214.

High Series: Ernst, 621.

RAMSEY 7, RIVER DELL 0

High Games: Devin Crowley, Ramsey, 244; Chris Yee, River Dell, 221.

PASCACK VALLEY 5, TEANECK 2

High Games: Trenton Perrington, Teaneck, 227; Tom Smith, Pascack Valley, 203; Henry Tipping, Pascack Valley, 203.

High Series: Trenton Perrington 608.

GIRLS BOWLING**BIG NORTH****RIDGEFIELD PARK 7, FORT LEE 0****MAHWAH 7, TENAFLY 0****RAMSEY 7, RIVER DELL 0**

High Games: Angela Dinallo, Ramsey, 188.

TEANECK 6, PASCACK VALLEY 1

High Games: Marisol Fonseca, Teaneck, 220.

PARAMUS CATHOLIC 7, IHA 0

High Games: Kristen Kane, Paramus Catholic, 237; Abbey Zollo, Paramus Catholic, 204; Al-isha Khan, Paramus Catholic, 203, 200.



Will Daly of River
Dell is Boys
Cross-Country
Runner of the
Year.

All-North Jersey

BOYS CROSS-COUNTRY

Daly would rather share

By **PAUL SCHWARTZ**
STAFF WRITER

It's hard for Will Daly to talk about his outstanding cross-country season without continually using the word "we."

"We," of course, refers to Will and his twin brother, Colin, who have been primary components of a great run the last three years for the River Dell boys track and cross-country teams.

In cross-country, the Golden Hawks have won back-to-back state sectional titles for the first time in school history and earned their first trip to the state Meet of Champions.

Will and Colin ran side by side en route to the Lou Molino Bergen County Meet of Champions title in near-record times of 15:09 for the 5,000-meter race at

RUNNER OF THE YEAR

Will Daly, River Dell

Darlington, before an untimely illness struck Colin (who was awarded the Bergen win) just before the Group 2 championship. Will finished second in Group 2, then seventh in the state Meet of Champions the following week with Colin unable to keep pace. Will is The Record Boys Cross-Country Runner of the Year.

"Last winter I got sick before the indoor state Meet of Champions, and he had the better race," Will Daly said. "This time he had a more severe sickness that lasted longer. But it's different without Colin sitting next to me sharing this honor."

But it's probably fitting that

Will earns the cross-country honor on his own. After all, he had a one-year head start on his brother in the sport in high school, running his freshman year while Colin was playing soccer. Will finished 41st in the BMOC that year – best among all Bergen freshmen – and his 17:56 time at Garret Mountain in the state sectionals was faster than any other freshman in North 1.

"I even ran cross-country in middle school, and Colin did track in the spring when I played baseball," Will said. "I was going to play baseball in high school and Colin was going to do track,

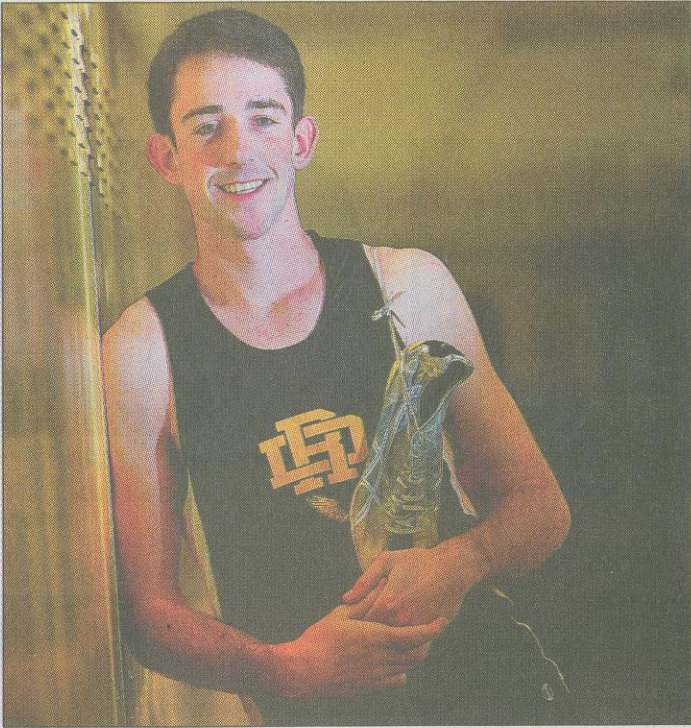
but as track came around, we realized we both wanted to do the same things."

That included switching from basketball to indoor track last winter. They will continue their careers at the University of Pennsylvania next fall.

With Colin's unfortunate late-season illness, Will ran the last two races of the state season on his own. And he responded by clocking a 15:48 at the state Meet of Champions.

"I had the most pride in our BMOC race, but I think I undervalue my SMOC race because I didn't finish with Colin," Will said. "But I think that race was really the best I ever raced."

"I'm glad he's fully healthy again because we're going to do some great things the rest of the year."



MITSU YASUKAWA/STAFF PHOTOGRAPHER

Will Daly of River Dell said his twin brother, Colin, is equally deserving of the The Record Runner of the Year honor.

TEAM OF THE YEAR

Indian Hills

Pack running pays for Braves

By **PAUL SCHWARTZ**
STAFF WRITER

More than two weeks after the greatest season in Indian Hills cross-country history had ended, the emotion in coach Tom Zacccone's voice was evident when he talked about this year's Braves team.

"I'm 69 years old and I didn't think this would ever happen," Zacccone, said of the first group title in his long coaching career after many near-misses, both at Indian Hills and his previous team, Hackensack. "Then to come back and make the podium [with a sixth-place finish] at the Meet of Champions the next week – what can I say?"

If the goal of a great cross-country team is to run tightly packed and win championships, no team in North Jersey achieved its goal as fully as the Braves, who are The Record boys cross-country Team of the Year.

The Braves went to the line in 10 major races, won eight of them, and in eight of the 10 had gaps between their first and fifth runners of 31 seconds or less, with seven of the eight having gaps between one and six of 46 seconds or less – an extraordinarily tight pack.

"I knew we'd have a good team, but when we won [the Shore Coaches] as easily as we did [by 65 points over runner-up Ridgewood], I said 'holy mackerel – this team might be special,'" said Zacccone.

Matt Cohane was the senior leader and captain, perhaps the best captain Zacccone has had.

"Until this year, he just ran on the team and didn't show any special leadership skills," said Zacccone. "But this year, I was so dependent on him that after a race I knew he would get the team to-

Final top 25 ranking

1. Don Bosco
2. Indian Hills
3. Ridgewood
4. River Dell
5. NV/Demarest
6. Wayne Hills
7. Bogota
8. Tenafly
9. Bergen Catholic
10. Clifton
11. Hackensack
12. Northern Highlands
13. NV/Old Tappan
14. Rutherford
15. Pascack Hills
16. Passaic Tech
17. Passaic
18. Paramus
19. Dwight-Englewood
20. Kinnelon
21. Lyndhurst
22. Wayne Valley
23. Ridgefield Park
24. Glen Rock
25. Cliffside Park

gether, do the cool-down and the kids would listen to him."

Cohane also won the Bergen B title and was seventh in the Lou Molino Meet of Champions.

Junior Derek Barney improved two minutes from one year to the next, Chris Corcoran got a minute better and then after early-season bouts with injury and hay fever, Tom Holster turned into the front-runner people thought he might become, finishing third in state Group 3. Sophomores Steve Fiumefreddo and Chris Leymeister completed a tremendous top six and senior Garrett Ward was the regular seventh man on the team and ran respectably all season.

COACH OF THE YEAR

Kevin Kilduff, Don Bosco

When Kevin Kilduff took the freshman cross-country job at Don Bosco for the 2000 season, he wasn't sure how it would work out.

"I had run a little bit in high school on the Pine Bush [N.Y.] and St. Raymond's JV teams, but I was basically a basketball player," said Kilduff, who started teaching at Don Bosco in 1983 and started coaching freshman baseball and football two years later. "Then I started coaching and fell in love with cross-country."

"I went to as many clinics as I could, and got help from coaches like Mike Glynn [of Ridgewood] and from our head coach at the time, John Nepolitan," said Kilduff. The Record boys cross-country Coach of the Year. "Mike was especially patient and understand-



ing even though he coached a team that was our biggest local rival."

Now, 11 years after he took the varsity job, Kilduff has turned the Ironmen into as strong a dynasty as there is in North Jersey sports. Ten straight Bergen Meet of Champions, five state Non-Public A and two state Meet of Champions titles later, Kilduff is still leading Bosco.

All-North Jersey selections Connor Nicholson, David Rosas and Patrick Sullivan led the way with Justin Touhey on second team and runners like Justin Fuhrman, Alex Zeepvat, Joe Erskine, Luke Novak and Will McNicholas playing roles during the season. All but Rosas, Touhey and Erskine were seniors.

— Paul Schwartz

The Record

FIRST TEAM



BILLY BYRNE
Ridgewood, junior

Byrne moves up from second team on the strength of a solid season that included a win at the Big North Freedom race, a third in Bergen B, 10th in the Lou Molino Bergen Meet of Champions, fifth in North 1, Group 4, 16th in the state Group 4 and 25th in the state Meet of Champions.



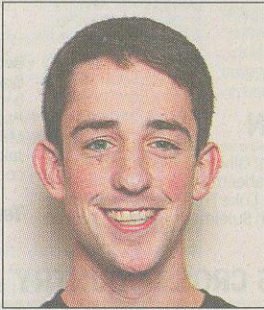
MATT COHANE
Indian Hills, senior

The unquestioned leader of the best Braves team ever, he led them to four invitational wins, and the first state group championship in school history. He was second in the Big North Freedom, won the Bergen B, was second in sectionals, seventh in the BMOC, and 11th in state Group 3.



COLIN DALY
River Dell, senior

An ill-timed illness cost the All-North Jersey repeater a top-10 finish in the state Meet of Champions after he won the Big North Patriot, took second in Bergen C, won the Bergen Meet of Champions, was third in North 1, Group 3 and sixth in state Group 2. He still managed 42nd in the state Meet of Champs as his team qualified for the first time.



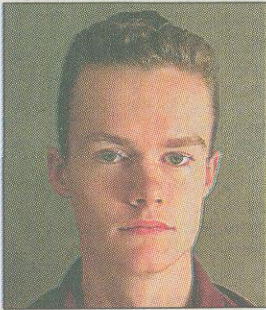
WILL DALY
River Dell, senior

A three-time All-North Jersey selection, just the fourth boy so honored, he led all North Jersey boys with a seventh-place finish in the state Meet of Champions, was second in Group 2, won Bergen C, and took second in the Big North Patriot, sectionals, and Bergen Meet of Champs and shares the second-fastest time in Darlington history.



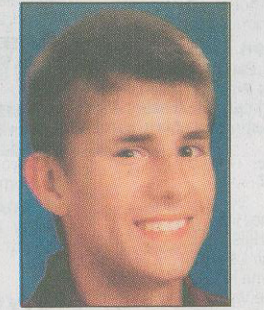
GEORGE GALKIN
Wayne Hills, senior

Just over a year after he ran junior varsity, Galkin won the Passaic County championship and North 1, Group 3 en route to just the 12th triple crown in county history. He also finished seventh in Group 3 and won the Big North Independence race.



CONNOR NICHOLSON
Don Bosco, senior

He struggled early and had an off race in Non-Public A, but seemed to run his best in the biggest races, winning the Big North United, fifth in the Bergen Meet of Champions and 19th in the state Meet of Champions, helping Don Bosco to a second-place finish.



DAVID ROSAS
Don Bosco, junior

He rose to the top spot on one of the state's top teams in good races in early-season invitationals, and reinforced that with a third-place finish in the Bergen Meet of Champions in the 10th best time in Darlington, then was second in the Non-Public A and 15th in the state Meet of Champions.



PATRICK SULLIVAN
Don Bosco, senior

The other Don Bosco repeater is headed for the Air Force Academy and has improved as the year has gone on. He was fourth in the Bergen Meet of Champions, was third in the Non-Public A meet and 20th in the state Meet of Champions, his best performance in that meet.



SEAN SULLIVAN
Rutherford, senior

George Washington, Boston College and Siena have entered the recruiting process for Sullivan, who upped the ante with a second straight sectional title, a third NJIC Colonial title, a Bergen D title, a sixth in the Bergen Meet of Champions, a ninth in Group 2 and 28th place in the state Meet of Champions.

SECOND TEAM

Nick Barnabic, Ridgewood, senior
Derek Barney, Indian Hills, junior
Chris Corcoran, Indian Hills, junior
Dan Daurio, Bogota, junior
James Draney, Bogota, junior
Tom Holster, Indian Hills, junior
Kenneth Marshall, Ridgewood, senior
Chris Singer, Kinnelon, junior
Justin Touhey, Don Bosco, junior
James Weissenborn, NV/Old Tappan, senior

ALL-BERGEN TEAM



NICK BARNABIC
Ridgewood, senior



Coach of the Year:
JAY MAHONEY
Bogota

HONORABLE MENTION

Connor Secora, Caleb Shaia and Peter Theuerkauf, Bergen Catholic; Andy Jaipersaud, Bogota; Anthony Dilorio, Bergen Tech; Pat Donnelly, Joe Erskine, Will McNicholas and Luke Novak, Don Bosco; Tim Larsen and Nathaniel Tirado, NV/Demarest; Jonathan Marcus, Fair Lawn; Gideon Achirem and Kevin Avila, Hackensack; Hussein Elmesnad, Leonia; Isaiiah Aviles and Xavier Locke, Lyndhurst; Jack Weinberger, Northern Highlands; Will Saiz, NV/Old Tappan; Alex Gee, Paramus; Andrew Sarrow, Park Ridge/Emerson; Nick Kaczorowski, Ramsey; Chris Murray, Dan Murray, Patrick Robertson, Matt Tina and Gary Wilhelm, River Dell; Jonah Naftzger, Matteo Robazza and Ben Zamboldi, Ridgewood; Frank Maloney, Joe Shin and Michael Silverman, Tenafly.

Teams selected by
the Bergen County Coaches Association

All-North Jersey lineup

Monday: Gymnastics and field hockey

Tuesday: Girls volleyball

Wednesday: Girls cross-country

Today: Boys cross-country

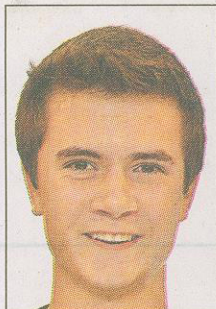
Friday: Girls soccer

Saturday: Boys soccer

Dec. 13 and Dec. 14: Football

Subject to change.

BOYS CROSS-COUNTRY ALL-PASSAIC



ANDREW BISS
Lakeland, senior



JAMES BRENNAN
Wayne Hills, junior



KEVIN HEREDIA
Clifton, sophomore



ALEJANDRO IBARGUEN
Passaic Tech, senior



JARON JORDAN
Kennedy, freshman



EPHRAIM KISHEN
Passaic Tech, senior



TARIN NELSON
Passaic Tech, senior



ALEXANDER ZAPATA
Clifton, senior

FIRST TEAM

Andrew Biss, Lakeland, senior
James Brennan, Wayne Hills, junior
George Galkin, Wayne Hills, senior
Kevin Heredia, Clifton, sophomore
Alejandro Ibarguen, Passaic Tech, senior
Jaron Jordan, Kennedy, freshman
Ephraim Kishen, Passaic Tech, senior
Tarin Nelson, Passaic Tech, senior
Alexander Zapata, Clifton, senior
Joseph Zisa, Wayne Hills, junior
Coach of the year: Jason Staggers, Wayne Hills

SECOND TEAM

Dean Astarita, Wayne Valley, junior
Nicholas Demarco, Wayne Valley, junior
Joel Garcia, Passaic, junior
Carter Heerema, Eastern Christian, senior
Kenneth Herrera, Clifton, senior
Indrit Istrefi, Pompton Lakes, senior
Bryant O'Donohoe, Wayne Hills, junior
Carlos Perez, Passaic, senior
Jason Rodriguez, Passaic Tech, junior
Eric Solorzano, Wayne Hills, senior

HONORABLE MENTION

Jake Cupoli and Carlos Polanco, Clifton; Oliver Alvarado and Anthony Francis, DePaul; Marco Joseph and Raheem Roberts, Eastside; Will Fan and Dan Kuder, Eastern Christian; Luke Fredericks, Hawthorne Christian, Jeremiah Goodwin and Adam Suleiman, Kennedy; Garrett



JOSEPH ZISA
Wayne Hills, junior



Coach of the year:
JASON STAGGERS,
Wayne Hills

Bergold and Jared Wallace, Lakeland; Jose Barragan and Leonardo Bravo, Passaic; Michael Farrell, Passaic Valley; Hector Cruz and Norberto Ramirez, Paterson Charter; Jackson Burnett and Oscar Garcia, Passaic Tech; Nick Moullette and Ryan Polito, Pompton Lakes; Jared Millstein and Richard Wisse Jr., Wayne Hills; Andrew Lucchesi and Jake Scheidemann, Wayne Valley; Joey Cummings and Edward Woodcock, West Milford.

Team picked by Passaic County Coaches Association

GIRLS CROSS-COUNTRY

ALL-BIG NORTH UNITED

FIRST TEAM

Giavanna Tabbachino, IHA
Rhiannon Novelli, Holy Angels
Caitlin McPartland, IHA
Megan Brockmeier, IHA
Mackenzie Hughes, Holy Angels
Grace Jansson, Holy Angels
Jill Neggia, IHA

SECOND TEAM

Jazmin Bender, IHA
Julia Scherer, IHA
Olivia Mandella, Holy Angels
Kelly Mandella, Holy Angels
Katrina Harte, Paramus Catholic
Erin O'Donnell, Paramus Catholic
Emily Bermudez, IHA

HONORABLE MENTION

Samantha Sutton, IHA; Courtney Dodds, Holy Angels; Magnolia Pilkington, Paramus Catholic, Vanessa Vega, DePaul

ALL-BIG NORTH BOYS CROSS-COUNTRY

AMERICAN

FIRST TEAM

Jason Argueta, Cliffside Park
Derek Lewandowski, Ridgefield Park
Frank Scallo, Dumont
Garrett Norcross, Ridgefield Park
Dylan Scallo, Dumont
Victor Hua, Fort Lee
Timothy Strowbridge, Ridgefield

SECOND TEAM

Mehmet Ekici, Cliffside Park
Kelvin Francisco, Fort Lee
Hunter Corcoran, Cliffside Park
Bryant Escobar, Ridgefield Park
Emanuel Gonzalez, Ridgefield Park
Eric Hong, Fort Lee
Chris Loughman, Cliffside Park

HONORABLE MENTION

Gabriel Fermin, Cliffside Park; Thomas Henderson, Dwight Morrow; Masahiro Oikawa, Fort Lee; Jared Delgado, Ridgefield Park; Christopher Graham, Dumont.

Coach of the year: Dennis Murri, Ridgefield Park

FREEDOM

FIRST TEAM

Billy Byrne, Ridgewood
Matt Cohane, Indian Hills
Steven Fiumefreddo, Indian Hills
Kenneth Marshal, Ridgewood
Marc Lugo, Hackensack
Nick Barnabic, Ridgewood
Chris Corcoran, Indian Hills

SECOND TEAM

Derek Barney, Indian Hills
Thomas Holster, Indian Hills
Chris Leymeister, Indian Hills
Brad Rynkowski, Ridgewood
Jonah Naftzger, Ridgewood
Ben Zamboldi, Ridgewood
Alex Gee, Paramus

HONORABLE MENTION

Gideon Achirem, Hackensack; Walter Tarr, Ramapo; Nick Weuste, Paramus; Garrett Ward, Indian Hills; William McKee, Northern Highlands; Sid Wagh, Ridgewood.

Coach of the year: Tom Zacccone, Indian Hills

LIBERTY

FIRST TEAM

Jeron Jordan, Kennedy
Anthony Dilorio, Bergen Tech
Kevin Heredia, Clifton
Jason Rodriguez, Passaic Tech
Alexander Zapata, Clifton
Alejandro Ibarguen, Passaic Tech

Tarin Nelson, Passaic Tech

SECOND TEAM

Ephraim Kishen, Passaic Tech
Joel Garcia, Passaic
Carlos Perez, Passaic
Kenneth Herrera, Clifton
Carlos Polanco, Clifton
Leonardo Bravo, Passaic
Jeremiah Goodwin, Kennedy

HONORABLE MENTION

Matthew Park, Bergen Tech; Jake Cupoli, Clifton; Marco Joseph, Eastside; Adam Suleiman, Kennedy; Manny Linares, Passaic; Jackson Burnett, Passaic Tech.

Coach of the year: Dean Campiglia, Passaic Tech

NATIONAL

FIRST TEAM

James Weissenborn, NV/Old Tappan
Max Zavidow, Tenaflly
Robert Wilson, NV/Demarest
Nathaniel Tirado, NV/Demarest
Tim Larsen, NV/Demarest
Michael Silverman, Tenaflly
Jeff Roberts, Pascack Valley

SECOND TEAM

Frank Maloney, Tenaflly
Ed Salaski, Tenaflly
Ty Miller, NV/Demarest
Joe Shin, Tenaflly
Paul Greenway, Tenaflly
Dan Biggins, NV/Old Tappan
Josh Munoz, NV/Demarest
Will Welzer, NV/Demarest

HONORABLE MENTION

Michael Ferrell, Passaic Valley; Nikko Reyes, Bergenfield; Evan Jones, Pascack Valley; William Saiz, NV/Old Tappan; Austin Perman, NV/Demarest ; Ben Stein, Tenaflly; Miguel Sosa, Teaneck.

Coach of the year: Dave Burns, Tenaflly

PATRIOT

FIRST TEAM

Colin Daly, River Dell
Will Daly, River Dell
Patrick Robertson, River Dell
Nick Kaczorowski, Ramsey
Gary Wilhelm, River Dell
Dan Murray, River Dell
Chris Murray, River Dell

SECOND TEAM

Jake DiCuffa, Westwood
Anthony Michielini, Pascack Hills
Ryan Salvo, Ramsey
Matthew Tina, River Dell
Keith Petrellese, Pascack Hills

Peter Skibin, Pascack Hills
Nick Beutel, Pascack Hills

HONORABLE MENTION

James Nagatko, Mahwah; Peter McNally, Ramsey; Kristofer Bieri, Westwood; Charles DiPiazza, Pascack Hills; John Forester, River Dell.

Coach of the Year: Steffan DelPiano, River Dell

UNITED

FIRST TEAM

Connor Nicholson, Don Bosco
Justin Fuhrman, Don Bosco
Joe Erskine, Don Bosco
William McNicholas, Don Bosco
Connor Secora, Bergen Catholic
Caleb Shaia, Bergen Catholic
Ryan Nicholson, Don Bosco

SECOND TEAM

Peter Theuerkauf, Bergen Catholic
Justin Touhey, Don Bosco
Kieran Ungemach, Don Bosco
Billy Rabah, Bergen Catholic
Thomas O'Boyle, Bergen Catholic
Will Lenz, Bergen Catholic
Stefan Dela Riva, Paramus Catholic

HONORABLE MENTION

Christopher Scerbak, Paramus Catholic; Oliver Alvarado, DePaul; Will O'Connell, Bergen Catholic; Alec Goodman, St. Joseph; Mike Shea, Don Bosco; Justin Greenberg, Bergen Catholic.

INDEPENDENCE

FIRST TEAM

George Galkin, Wayne Hills
Joseph Zisa, Wayne Hills
Jonathan Marcus, Fair Lawn
James Brennan, Wayne Hills
Dean Astarita, Wayne Valley
Bryant O'Donohoe, Wayne Hills
Eric Solorzano, Wayne Hills

SECOND TEAM

Andrew Biss, Lakeland
Andrew Lucchesi, Wayne Valley
Nicholas Demarco, Wayne Valley
Jake Scheidemann, Wayne Valley
Joey Cummings, West Milford
Michael Felton, Fair Lawn
Edward Woodcock, West Milford

HONORABLE MENTION

Marcus Boguszewski, West Milford; Michael Farrell, Passaic Valley; Matthew Nemery, Wayne Valley; Jared Wallace, Lakeland; Joe Fernandez, Fair Lawn; Jordan Leong, Wayne Hills.

ALL-NJIC BOYS CROSS-COUNTRY

COLONIAL

FIRST TEAM

Sean Sullivan, Rutherford
Owen Davitt, Glen Rock
Joe McCabe, Glen Rock
Hussein Elmesnad, Leonia
Gabriel Suarez, Leonia
Xavier Locke, Lyndhurst
Isaiah Aviles, Lyndhurst
Indrit Istrefi, Pompton Lakes
Anthony Dell Aquila, Lyndhurst
Coach of the year - Stacie Gallo, Glen Rock

SECOND TEAM

Carter Heerema, Eastern Christian
Andrew Ellis, Lyndhurst
Hunter Somers, Glen Rock
Nick Moullette, Pompton Lakes
Steven Schwartz, Glen Rock
Marcus Cabibbo, Rutherford
Gianfranco Gonzales, Garfield
Daniel Sullivan, Rutherford
Ryan McNeilly, Rutherford

HONORABLE MENTION

Qichen Fan, Eastern Christian; Alexis Vinanza-ca, Harrison; Paolo Turano, Lyndhurst; Usama Lahham, Garfield; Theo Grebonval, Glen Rock; William Van Sickell, Leonia; Jay Guevarra, New Milford; Yassin Salah, Rutherford; Ryan Polito, Pompton Lakes.

MEADOWLANDS

FIRST TEAM

Hector Cruz, Paterson Charter
David Khym, Dwight-Englewood
Youssef Abubaker, Hasbrouck Heights
Zane Diaz, Dwight-Englewood
Haider Pathan, Hasbrouck Heights
Jeremy Bronstein, Dwight-Englewood
Steven Halpin, Saddle Brook
Adam Brulinski, North Arlington
Abdallah Hammad, Hasbrouck Heights
Kelan Yalong, Saddle Brook
Coach of the year - Mike Ryan, Hasbrouck Heights and Dan Sussman, Dwight-Englewood

SECOND TEAM

Sean Roberts, Saddle Brook
Chris Parodi, Hasbrouck Heights
Daniel Cruz, Saddle Brook
Michael Kavalier, Dwight-Englewood
Dawid Gil, Saddle Brook
Daniel Pokras, Secaucus
Melvin Tejada, Hasbrouck Heights
Bryan Cobcobo, Hasbrouck Heights

HONORABLE MENTION

Jason Finn, Dwight-Englewood; Adam Khrriss, Secaucus; Ming Lin, Secaucus; Dan Kalmowitz, Hasbrouck Heights; C.J. Limatola, Saddle Brook; Suhail Kapoor, Secaucus; Joe Lacap, Secaucus; Matthew Accordinio, St. Mary; Alex Lecky, Ridgefield; Michael Stepkovich, Weehawken; Enzo Correa, North Arlington; Matthew Halat, Becton Regional.

PATRIOT

FIRST TEAM

Danny Daurio, Bogota
James Draney, Bogota
Andrew Sarrow, Park Ridge/Emerson
Andy Jaipersaud, Bogota
Ryan White, Bogota
Cole Geraghty, Bogota
Jake Cooper, Park Ridge/Emerson
Dante Gonzalez, Palisades Park
Daniel Rivera, Bogota
Dan Scherb, Waldwick
Coach of the year - Jay Mahoney, Bogota

SECOND TEAM

Matt Rossnagel, Midland Park
Tim Hagerty, Midland Park
Tyler Semus, Waldwick
Michael Pantaleo, Park Ridge/Emerson
Aldaberto Jimenez, Palisades Park
Jin Kyu Kang, Palisades Park
Steven Baker, Midland Park
Aidan Triana, Park Ridge/Emerson

HONORABLE MENTION

Matthew DiLorenzo, Julian Palacio, Park Ridge/Emerson; Joe Mioli, Dan Kim, Eddie Friedman, Noah Turbin, Cresskill; Jose Nunez, Bogota; Taha Gabra, Bergen Charter; Nick Mele, Saddle River Day

Longtime NM coach dies at 78

Bill Monaghan oversaw track

By **PAUL SCHWARTZ**

STAFF WRITER

The measure of Bill Monaghan's greatness lies in a plaque by the New Milford track and athletic field commemorating the Nov. 25, 1971, dedication of the William C. Monaghan Field.

The field was named for Monaghan, who died Dec. 2 at the age of 78, when he was just 34.

Monaghan, who retired to Lady Lake, Fla., several years ago, died of leukemia, according to his daughter, Linda Smith. He was predeceased by his wife of 57 years, Carolyn, on Sept. 29. In addition to his daughter, he is survived by his son, Douglas; seven grandchildren; and five great-grandchildren.

Monaghan was New Milford's athletic director from 1962-93, served as the very successful Green Knights boys track coach from 1960-73 and served as the girls track coach from 1976-85. He might have been best known for helping a 20-year-old Fairleigh Dickinson University basketball reserve from Paterson named Franklin Jacobs set the world indoor record for the high jump in 1978 — two years after Jacobs first tried the event.

Monaghan also coached former NCAA and Olympic Trials champion Benn Fields of Seton Hall.

But Monaghan's greatest athletic joy was coaching high school athletes — and high school coaches.

"He hired me to be the head boys track coach in 1977 at New Milford. I was 27 and had no coaching experience whatsoever," said Ray Harrison, who coached there from 1977 to 2008 before he retired. "I never went to a clinic and never had to, because whatever questions I had, I would walk down the hall to his office and I got a clinic every day."

In Monaghan's 14 years as the New Milford boys coach, he coached teams to 11 league championships, eight county group championships, seven sectional titles and the 1968 state Group 3 indoor team championship. His dual-meet record was 114-9-2.

After a couple of years break, he took over the girls team, and led it to the state sectional and Bergen group titles his last two years.

His body was cremated in Florida. Family and friends are planning a celebration of life in May to coincide with the Bergen County Meet of Champions weekend.

Condolences may be sent to: Linda Smith and family, 13738 County Road 109, Lady Lake, Fla. 32159.