

**Ridgewood  
Boys Spring  
Track & Field**

**2015**

**Freshmen:**

Audette  
**Bartlik**  
 Branca  
 Brennan  
 Carver  
 Chhabra  
 Cody  
 Collier  
 Dartley  
 Dreier  
 Engelhardt  
 Gagan  
 Gluckow  
 Hareas  
 Henni  
 Iliev  
 Jennings  
 Kotrokois  
 Lung  
 Martin  
 Neville  
 Olson  
 Plasse  
 Reinke  
**Romero**  
 Shammass  
**Tai**  
 Boogaert  
 Wagh  
 Zamboldi

Parker  
**Max**  
 Charlie  
 Luke  
 Tommy  
 Dhruva  
 Ryan  
 Pat  
 Ian  
 Jason  
 Austin  
 William  
 Benjamin  
 Christopher  
 Matt  
 Nick  
 Nicholas  
 Demetri  
 Nathan  
 Calder  
 Kyle  
 Macrae  
 Nick  
 Luke  
**Danny**  
 Christopher  
**Matthew**  
 Max  
 Sidd  
 Ben

**Sophomores:**

Bolduc  
**Byrne**  
 Chu  
 Chung  
 Do  
 French  
 Gentile  
 Gomez  
 Gorman  
**Grant**  
**Harada**  
 Hong  
 Liebson  
**Mack**  
 McTavish  
 Morales  
 Naftzger  
 Perlman  
 Robazza  
**Rynkowski**  
**Schechter**  
**Stadulis**  
 Tilyou  
 Vimba  
 Witschonke

Joseph  
**William**  
 Jonathan  
 Ben  
 Sam  
 Will  
 Michael  
 Nick  
 Sean  
**Kobi**  
**Ray**  
 Anthony  
 Ben  
**Kyle**  
 Ian  
 Kevin  
 Jonah  
 Connor  
 Matteo  
**Brad**  
**Danny**  
**Zack**  
 Emmitt  
 Ryan  
 Connor

**Seniors:**

**Abernethy**  
**Armatas**  
**Calello**  
**Chan**  
**Davila**  
**Garcia**  
**Ndreu**  
**Norrell**  
**O'Keefe**  
**Pastorius**  
**Punjabi**  
**Ricatto**  
**Salamone**  
**Tamura**  
**Ward**

**Connor**  
**Alex**  
**Sam**  
**Brandon**  
**Jonathan**  
**Emman**  
**Marlin**  
**Jonathan**  
**Sean**  
**Ben**  
**Armand**  
**Henry**  
**Christopher**  
**Kotaro**  
**Kai**

**Juniors:**

**Barnabic**  
 Binstock  
**Bontoux**  
 Bragg  
 Chok  
 Cobb  
 Conboy  
**Ekert**  
 Garcia  
 Gilligan  
 Hadfield  
 Hartigan  
**Hughes**  
 Kendrick  
 Kusoffsky  
 Lee  
**Marshall**  
**McAvey**  
 Migliorelli  
 Rademacher  
 Rose  
 Rubin  
 Schablik  
 Seifert  
 Sofka  
**Taggart**  
**Thurston**  
 Warren  
**Westcott**  
 Wigginton  
 Yannella

**Nicholas**  
 Matt  
**Luc**  
 Eric  
 Lionel  
 Nico  
 Jimmy  
**Kenny**  
 Alec  
 Bradley  
 Jack  
 Christian  
**Brendan**  
 Michael  
 Tom  
 Minha  
**Kenny**  
**Spencer**  
 Will  
 Madison  
 Brian  
 Marc  
 Rob  
 Henry  
 Jack  
**Andrew**  
**Michael**  
 Mac  
**Evan**  
 James  
 Peter

**Coaches:**

Josh Saladino  
 Erica Davenport  
 Tommy DeVita  
 Dan Muro  
 Steve Opremcak  
 Patrick Ryan  
 Warren Schoepfer

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
Michael Thurston (11)	35	65	100
Ben Pastorius (12)	38	40	78
Kotaro Tamura (12)	30	41	71
Connon Abernethy (12)	34	36	70
Jon Davila (12)	39.33	30	69.33
Kyle Mack (10)	18.75	41	59.75
Jack Byrne (12)	21.75	38	59.75
Zack Stadulis (10)	21.5	35	56.5
Kenny Ekert (11)	26	24	50
Kobi Grant (10)	27	22	49
Kenny Marshall (11)	17	31	48
Matt Tai (9)	17.25	25	42.25
Ray Harada (10)	20	22	42
Armand Punjabi (12)	12	24	36
Billy Byrne (10)	13	16	29
Danny Romero (9)	19	6	25
Nick Barnabic (11)	13	5	18
Chris Salamone (12)	9	5	14
Evan Westcott (11)		12	12
Spencer McAvey (11)	1	11	12
Jon Norrell (12)		11	11
Danny Schechter (10)	4	5	9
Luc Bontoux (11)	3	5	8
Max Bartlik (9)		6	6
Andrew Taggart (11)		5	5
Brendan Hughes (11)		5	5
Brad Rynkowksi (10)		5	5
Matt Benjamin (12)	2	3	5
Jack Miller (10)	3.5		3.5
Kai Ward (12)	3.25		3.25
Connor Perlman (10)		3	3
Henry Ricatto (12)	2		2
Will French (10)	1		1

# SPRING PREVIEW 2015: BOYS TRACK & FIELD

## Around the divisions

The following is the key to the track and field events: S: sprints; D: distance events; T: throws; J: jumps; H: hurdles; MD: middle distance; PV: pole vault

### Notes to watch

**Andrew Accardi, Pompton Lakes, senior**  
Runner-up in the state Group 1 pole vault last spring was second this winter, though he jumped 14 feet, 18 inches higher. Also third at state Meet of Champs. The Passaic County and school records of 14-6 are in trouble.

**Frank Ahearn, Ramsey, senior**  
He had a monster winter, throwing 58-4 for an indoor school record and winning the state Group 2 title and taking eighth in the state Meet of Champions. He's also a very good discus thrower and headed for Wake Forest.

**Calob Hart, Hawthorne Christian, senior**  
The leading javelin thrower in the state and No. 17 in the country was the Non-Public B champ last spring (Hawthorne Christian's first boy state champ). The Passaic County record holder aims to be the first county thrower to break the 200-foot barrier with the javelin.

**Jairus Paul, Mahwah, senior**  
The state Group 2 long jump champ is top 20 all time in the long jump and the triple jump in Bergen County, and figures to be at or near the top 10 by season's end.

**Max Pepper, Ramsey, senior**  
Defending state Group 2 champion in the triple jump and Jr-up to Mahwah's Jairus Paul in the long jump is primed for a huge spring. The Monmouth signee was fourth in the state Meet of Champions in the long jump and ranks in the top 50 all time in both jumps.

**Qwasohn Powell, Kennedy, senior**  
Last spring he won the North 1 Group 4 sectional 400 and earned four sectional medals while running one of the top 20 400 times in Passaic history. This winter he won a pair of state Meet of Champions medals in the 200 and 400. This spring could be impressive.

**Marc Rienas, Old Tappan, senior**  
The Record Indoor Track Athlete of the Year had a good spring last year, too, winning the Group state 1,600 and taking second in the 800 with school record and top 25 all-time Bergen times. He's a threat to be the best 800 and/or 1,600 runner in the state.

**David Rosas, Don Bosco, sophomore**  
His first varsity outdoor season figures to be a very good one after finishing indoor season with a seventh place in the state Meet of Champions and a sensational 9:19.63 two mile for third in the Emerging Elite Nationals at the Army. If he runs the same time, it'll be faster than any North Jersey runner ran last spring.

**Michael Thurston, Ridgewood, junior**  
The only remaining member of the Maroon 4x-800 teams who earned back-to-back All-American honors, he had an excellent winter individually, earning a medal in the state Meet of Champions 800 and anchoring his team back to the Penn Relays with a great 1:54 leg.

### BIG NORTH

**United**  
**Bergen Catholic** is a division and county favorite, with seniors Kyle Elerson (S), Eddie Dehais (S), Tom Selvaggi (MD), Garrett Hessman (T) and Matt Morano (MD).

**DePaul** returns senior Anthony Palmisano (S) and sophomore Dayvon Robinson (S).

**Don Bosco** has a great shot to win its division this year led by seniors Bobby Gonzalez (D) and Zack Weland (D), sophomore David Rosas (D) and Patrick Sullivan (D), just a few of many top athletes on this squad.

**Paramus Catholic** hopes juniors Rashan Gary and Ya'Meer Lowery will fill the void left by the graduation of several Paladin throwers. The versatile seniors Kristian Bautista (S/J) and Abdul-Hassan Neblett (S) and junior Allyah Jackson (S) provide leadership for a team with significant upside in the United division.

**St. Joseph** seniors Andrew Pierre (S) and Jon Meli (S/J), and sophomore Hunter Hayek (S/J) are the top returnees. Seniors Greg and Dan Lacey (D) should contribute.

**Freedom**  
**Hackensack** has strong senior leadership, with Steven Villa (J), Michael Forbes (J), Tommy Stearns (MD), Brian Bilecky (MD) and Bryan Gonzalez (D).

**Indian Hills** seems to be solid year in and year out. Seniors Tom McPhee (D), Matt Tuohy (D) and Will Sidoros (H/J), juniors Matt Cohane (D) and Jack Kerin (MD/H), and sophomore Tom Holster (D) will help make this division the most competitive in the area.

**Northern Highlands** returns seniors Aaron Burshtein (S), Mike Florio (S) and Joshua Burshtein (S), juniors Frankie Richard (J), Conor Monchek (J) and Liam Moran (J), and sophomore Tim DeLorenzo (J).

**Paramus** returns seniors Wissam Esmail (T), Mike Bessette (S) and Arun Prad-hanjani (T), and junior Alex Gee (D) to an improving team.

**Ramapo** is on the younger side, with many of its most important competitors being underclassmen. Sophomores Matt Connor (T) and Noah Kilday (MD), along with freshman Ben Landel (MD), keep hope for the future.

**Ridgewood** lost a huge amount of talent and experience but is always a competitive team. Seniors Connor Abernethy (PV), Jon Davila (J), and Armand Punjabi (J) are tops for the Maroons in the field. Juniors Kobi Grant (S) and Matt Tal (S) will help, but the distance and mid-distance talent led by juniors Michael Thurston and Kenny Marshall and seniors Kotaro Tamura and Jack Byrne will determine the season.

**Independence**  
**Fair Lawn** returns key seniors Ron Mordkovich (MD), Sebastian Meherji (MD), Kyle Albonico (D) and Greg Borbon (H/J).  
**Lakeland** is led by All-Division sprinter Jordan Greene and some more excellent all-around juniors in Jake Catalotto and Sean Mullin.

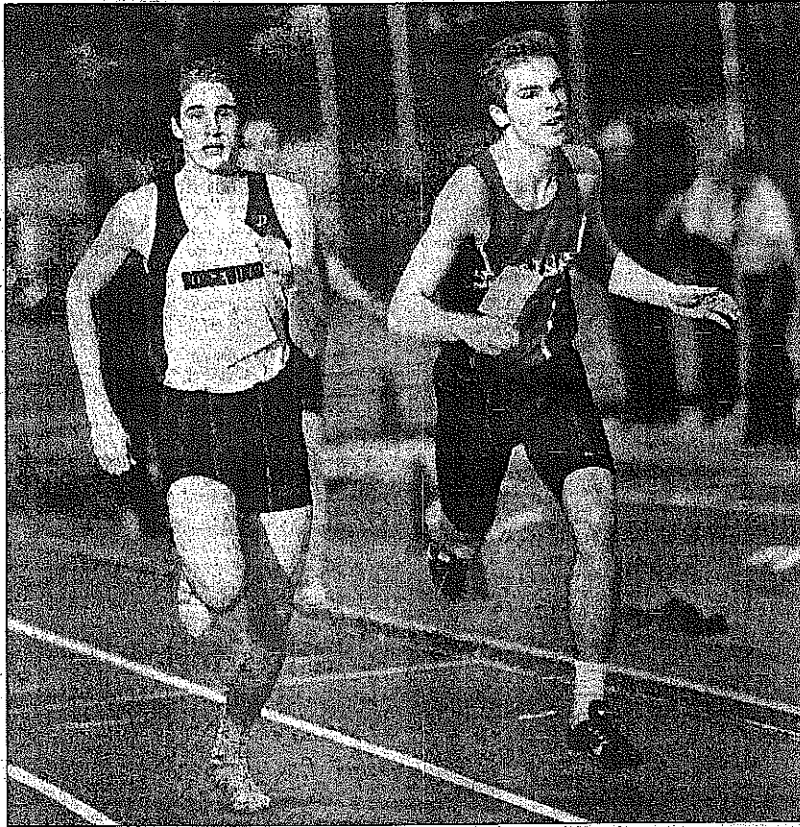
**Passaic Valley** is deep and versatile. Senior Joseph Lewicki (H/J) is the leader and embodies the team's versatility.  
**Wayne Hills** looks to seniors Justin Hogan (T), Kyle Brackett (T) and Rishi Jashnani (D) and junior George Galkin (MD) to lead the squad.

**Wayne Valley** is not short on leadership or talent. Seniors Adam Herskovits (MD), Mike Germinario (D), Vinnie Falato (D), Louis Ilhe (D), Tabansi Collins (S) and Aleks Vasilic (PV) will lead the Indians to contention in the division and Passaic County.

**West Milford** returns seniors St. Jacob Diodonet (S) and Kevin Kane (S).

**National**  
**Bergenfield** looks strongest in sprint events. Jaron Bossemper, Carlos Macon, Jamal Williams and Daniel Caton all compete in the 100 and 200 meters and will headline a team that is eager to learn and improve.

**Demarest** has some good returning talent with seniors Melo Swann (MD). Sam



Ridgewood's Michael Thurston, left, and Bergen Catholic's Matt Morano will look to lead their respective teams this upcoming season.

ing. Strengths could be their jumpers, with seniors Kyle Friedman, Andrew Warsoff, Ben Mandel, and Paul Yoo, and middle distance runners led by Nurlan Herburger.

**Teaneck** has a large number of returning letter winners and freshmen. The top performers are seniors Damien Guzman (D) and Chris Sneed (T), along with junior Christian Ozoria (S).

The sprints and distance events are **Tenafly's** strengths. Anthony Kardorsky, Dan Cho and Kenny Acquah are the team's elder sprinters. Max Zavidow, Ed Salaski and Frank Maloney, all juniors, are the key distance runners.

**Liberty**  
**Bergen Tech** returns seniors Dan Chrostowski (H/S), Kelvin Carino (T) and Haram Yang (J).

**Clifton** has senior lettermen Jay Pathak (D), Ariant Szimani (PV) and Rory Houston (MD) and junior Otto DeLeon (S) back.

**Eastside** welcomes back juniors Marco Joseph (H/S), Armon Kelley (S) and Raheem Roberts (S).

**Kennedy** returns senior Qwasohn Powell (S), who had a great winter season and leads a team with other strong athletes in D'Andre Miller (S/J), Nazier Wright (S/J) and Jacir Mack (S/J). Michael Sanchez (MD), Elijah Diallo (MD), Nazier Lovely (T) and Shareek Tyson (T) should also help.

**Passaic** looks to senior Mauricio Nazario (D) and junior Kelvin Leak (T) to stay competitive.

**Passaic Tech** has a ton of talent. Tyree Frazier (H/HJ), indoor long jump Passaic champion Zaire Weaver (J/S) and triple-

### Preseason Boys Top 25

- |                    |                    |
|--------------------|--------------------|
| 1. Old Tappan      | 14. Boonton        |
| 2. Bergen Catholic | 15. Cresskill      |
| 3. River Dell      | 16. Lakeland       |
| 4. Ramsey          | 17. Tenafly        |
| 5. Passaic Tech    | 18. No. Highlands  |
| 6. Hasbrouck Hgts. | 19. Hackensack     |
| 7. Wayne Valley    | 20. Dwt-Englewood  |
| 8. Don Bosco       | 21. Paramus Cath.  |
| 9. Kennedy         | 22. Pascack Valley |
| 10. Mahwah         | 23. North Bergen   |
| 11. Demarest       | 24. Ridgewood Park |
| 12. Ridgewood      | 25. Lyndhurst      |

jump county champion Drew Lindsay (J/T) are key seniors on a team that is well-balanced and deep. The junior class is strong, too, with Kevin Copper (J/H), Patrick Henry (T) and Tarin Nelson (MD).

**American**  
**Cliffside Park** had a strong indoor season and has five returning All-Division seniors: Adham Zivadeh (D), Harley Ruiz (D), Boyce Vass (T), Tommy Papatathanas (S/H/J) and Humberto Hilario (S/H/J).

**Dumont** returns juniors Dylan Scalfo (H) and Frank Scalfo (MD), both first-team All-Division selections, who will lead a Huskie squad that had one of its largest turnouts in years.

**Dwight Morrow** is rebuilding and hopes junior Savion Martin can lead.

**Fort Lee's** most notable returners are all sophomores: Michael Huertas (S), Eric Cho (H), Eric Hong (D) and Victor Hua (D). Junior Che Harris (S/T) has a chance to end up as the team's most important competitor.

**Ridgefield Park** is still a contender with big losses due to graduation. Olivieri (S/J), Jermal-Fevrier (J/S), Ornotayo Fatiregun (J/S), Aidian Kennedy (T), Freddy Garcia (T) and Casey Fasio (T) will keep them in it hunt.

**Patriot**  
**Mahwah** is heavy on seniors, with Paul (J), Joe Spinella (D) and Jake chak (T) filling major roles. Two-ten door 400 sectional champ senior I Kim (S) is doing outdoor for the first time.

**Pascack Hills** hopes seniors Jeka Hayes (D), Will Colgan (D) and Dar ncke (MD) will lead a team that can surprise in a tough division.

**Ramsey** could be among the best in North Jersey led by All-North Jr and state hopefuls Frank Ahearn (H) and state Group 2 triple jump champ I Pepper (J) and fellow seniors Rory Green Shields (D), Jack Winterhalt and Kevin Flood (MD).

**River Dell**, the state Group 2 indoor champions, have a shot at an out title, too, this time in Group 8. Sen Drew Tummino (T), Jack Vigneron Ken Klopf (H), Rob Klopf (MD), Jui Meyer (S), Sean Van De Weghe (H) Willem Glans (PV) all had solid winter seasons and the junior Daly twins and Will, have taken their place at among the state's elite in the 800 through 3,200.

**Westwood** looks to the Osterhus ers, Nate and Noah (MD), to go on a bang along with Jake DiCuffa (D) Zack Ruiz (T).

— Jim Hague and Dave

### Major meet schedule

- May 1: Big North American, Patriot and United Divisions, River Dell High School, Oradell
- May 3: Andy Washnik Pole Vault Festival, Mahwah High School
- May 7: Wayne Valley Co-ed Relays, Wayne Valley High School
- May 8: Red Litter Bergen County
- May 16: East Coast Relays, Randolph High School; Cavo Senior Showcase, Emerson High School
- May 20: Bergen County boys freshman championships, Ramsey High School
- May 22-23: North 1, Groups 2, 3, River Dell; North 1, Groups 1, 4, Randolph

### 2015 BOYS LEADING RETURNEES

- 100: Kyle Elerson, Bergen Catholic
- 200: Qwasohn Powell, Kennedy, 2'
- 400: Qwasohn Powell, Kennedy, 4'
- 800: Marc Rienas, Old Tappan, 1:5
- 1,600: Marc Rienas, Old Tappan, 4
- 3,200: Patrick Sullivan, Don Bosco

# Ridgewood 85.33 Northern Highlands 54.67

Event:	1st Place	2nd Place	3rd Place	Rwd	NH
400IH:	Morin NH - 58.2	Holleran - NH 59.8	Pfleizer - NH 61.4	0	9
100m:	Florio - NH 11.4	K. Grant - R 11.5	Vicari - NH 11.6	3	6
1600m:	K. Tamura - R 4:41	B. Byrne - R 4:45	J. Byrne - R 4:45	0	9
400m:	Thurston - R 50.8	M. Tai - R 52.9	J. Bush - NH 54.5	8	1
110HH:	Liam - NH 15.7	Ritho - NH 15.9	Pfleizer - NH 16.2	0	9
800m:	Thurston - R 2:06	Tamura - R 2:07	J. Byrne - R 2:11	9	0
200m:	Floria - NH 23.6	K. Grant - R 23.8	Vicario - NH 24.0	3	6
3200m:	B. Byrne - R 10:29	C. Salamone R 10:35	H. Ricatto - R 10:36	9	0
4x400m:	Ridgewood 3:41			5	0
Long Jump:	F. Richard - NH 19'2"	Davila - R 18'10.5"	Punjabi - R 17'10.25"	4	5
Triple Jump:	Morin NH 40'4"	F. Richard NH 40'1"	Punjabi - R 39'11"	1	8
High Jump:	Romero - R 5'8"	NH 5'8"	3 way tie Dav 5'4"	5.33	3.67
Shot Put	Pastorius R 42'1"	Ekert - R 40'7"	Benjamin R 38'3"	9	0
Discus:	K. Ekert R 121'9"	B. Pastorius R 119'0"	French R 102'6"	9	0
Javelin:	Abernethy R 127'6"	McEntee NH 127'3"	Gorn NH 112'8"	5	4
Pole Vault:	Abernethy 10'6"	Brown NH 10'0"	Schechter R 9'6"	6	3
Final Score:				85.3	54.7

Northern Highlands – 4/1/15

Non-Scoring

**400IH:** Zack Stadulis\_\_DQ\_\_ Evan Westcott\_\_67.7\_\_ Joey Whiting\_\_71.1\_\_

**100m:** Jon Davila\_\_12.1\_\_ Jon Norrell\_\_11.9\_\_

Sam Do\_\_12.4\_\_ Ben Chung\_\_13.1\_\_ Christian Hartigan\_\_13.0\_\_ Marc Rubin\_\_12.9\_\_

Lionel Choke\_\_ Robert Gomez\_\_12.9\_\_ Tony Hong\_\_ Matt Grabowski\_\_

Ben Liebson\_\_13.0\_\_ Dhruva Chkabra\_\_14.9\_\_ Matt Neheinni 13.9 Nico Cobb 13.0

Ben Jordan 13.1 Jon Chu 12.8 Luke 13.4

**1600m:**

Joe Germinario\_\_5:05\_\_ Brendan Hughes\_\_4:56\_\_ Sid Wagh\_\_5:04\_\_ Emmitt Tilyou\_\_5:27\_\_

J Rynkowski\_\_4:51\_\_ Kyle Neville\_\_5:15\_\_ Ian Dartley\_\_6:11\_\_ Ryan Cody\_\_6:24\_\_ J. Drier 5:34

**400m:** Jack Miller\_\_55.8\_\_ Kai Ward\_\_56.2\_\_ Sean O'Keefe\_\_58.6\_\_ Ian McTavish\_\_59.8\_\_

Ben Gluckow\_\_67.7\_\_ Nick Iliev\_\_70.9\_\_ J. Yang 72.0

**110HH:** Ray Harada\_\_18.0\_\_ Zack Stadulis\_\_18.8\_\_ Evan Westcott\_\_19.1\_\_

Danny Romero\_\_20.6\_\_ Max Bartlik\_\_20.4\_\_ Joey Whiting\_\_21.1\_\_ J. Conboy 21.1

**800m:** P. Yanella 2:13 M. Lee 2:22 H. Seifert 2:22 M. Olsen 2:30 J. Drier 2:37

**1500m:** Jon Norrell\_\_24.4\_\_ S. Do 25.8, B. Jordan 26.6, C. Hartigan 26.6, B. Chung 27.2, M. Rubin 27.4, R. Gomez 27.4  
M. Grabowski 27.6, J. Chu 27.9, B. Gluckow 28.3, M. Nehenni 29.0, J. Yang 31.2

**100m:** Sam Calello 10:44, B. Gilligan 11:18

**4x400m:** Z. Stadulis 55.9, M. Tai 54.9, K. Ward 56.9, M. Thurston 52.8

**Long Jump:** R. Harada 17'2.25, D. Romero 15'11.75, M. Bartlik 15'8", N. Cobb 14'10.25, S. Gorman 13'6", B. Leibson 13'4.5

**Triple Jump:** J. Davila 39'8.25, R. Harada 37'10.5, M. Bartlik 36'6", S. Gorman F, D. Romero F

**High Jump:** R. Harada 5'4", M. Bartlik 5'2", J. Conboy NH, S. Gorman NH

**Javelin:** Armand Punjabi, Jon Norrell, Mac Warren

**Shot Put:** S. McAvey 38'8", T. Stephen 34'4", M. Kendrick 33'10", B. Zhang 33'6" W. French 30'8", M. Gentile 29'2", R. Schablik 27'2", N. Plasse 25'7", K. Morales 25'6", C. Hareas 24'9", M. Warren 23'1"

**Discus:** M. Benjamin 101'9", T. Stephen 94'2", M. Gentile 83'2", S. McAvey 81'8", B. Zhang 80'10", M. Kendrick 78'4", N. Plasse 75'9", R. Schablik 73'3", M. Warren 72'7" K. Morales 48'10"

**Pole Vault:** Luc Bontoux 9'0", J. Sofka 8'0", C. Perman NH,

Pawlowski Relays  
@ Ridgewood

April 4, 2015

4x1600m:

Varsity: K. Tamura **4:43**, J. Byrne **4:50**, K. Marshall **4:40**, M. Thurston **4:34** – **18:57.6** – **2<sup>nd</sup> Place**

Shuttle Hurdles:

4x100HH Varsity: K. Mack **18.8**, Z. Stadulis **18.5**, E. Westcott **19.9** R. Harada **16.9** – **1:14.7** – **4<sup>th</sup> Place**

4x100m:

Varsity: J. Norrell, J. Miller, M. Tai, K. Grant **DQ**

4x800m:

Frosh: J. Drier **2:43**, I. Dartley **2:42**, R. Cody **2:58**, M. Olsen **2:28** – **10:51**

Novice: A: S. Calello **2:23**, B. Gilligan **2:26**, J. Bolduc **2:34**, B. Hughes **2:19** – **9:38**

B: M. Lee **2:26**, H. Seifert **2:20**, E. Tilyou **2:39**, H. Ricatto **2:20** – **9:50**

C: C. Salamone **2:17**, B. Chan **2:22**, K. Neville **2:32**, M. Robazza **2:20** – **9:33.5** – **5<sup>th</sup> Place**

4x200m:

Frosh: L. Reinke **28.2**, B. Gluckow **29.6**, J. Yang **36.2**, D. Chkabra **31.3** – **2:05.4**

Novice: A: S. Do **27.2**, K. Ward **26.4**, I. McTavish **27.7**, M. Rubin **26.8** – **1:44.2** – **5<sup>th</sup> Place**

B: S. O'Keefe **26.1**, C. Hartigan **27.3**, R. Gomez **28.6**, B. Chung **27.0** – **1:49.2**

J. Conboy **26.9**, A. Garcia **30.6**, B. Leibson **31.9** E. Westcott **25.9** – **1:52.4**

Varsity: K. Mack **24.3**, M. Tai **23.9**, J. Norrell **24.9**, K. Grant **23.6** – **1:36.3** – **5<sup>th</sup> Place**

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

Varsity Only: K. Mack **57.4**, Z. Stadulis **24.9**, J. Miller **24.9**, B. Byrne **2:12.4** – **3:59.2**

Distance Medley (1200-400-800-1600):

Varsity: B. Rynkowski **3:35**, C. Salamone **57.8**, H. Ricatto **2:13.8**, N. Barnabic **4:53** **11:40**

4x400m Relay:

Frosh: I. Dartley **69.7**, B. Gluckow **71.5**, J. Yang **71.7**, J. Drier **68.5** – **4:41.2**

A: I. McTavish **61.5**, S. Do **71.7**, M. Rubin **59.6**, K. Ward **55.9** – **3:58.6** – **2<sup>nd</sup> Place**

B: C. Hartigan **65.5**, S. O'Keefe **63.3**, B. Chung **61.9**, R. Gomez **63.4** – **4:14.0**

C: J. Whiting **65.6**, L. Choke **66.9**, B. Leibson **63.4**, J. Conboy **61.5** – **4:17.0**

Long Jump:

Frosh: M. Bartlik **14'7 ½"** B. Leibson **14'2 ½"**

Varsity: A. Punjabi **17'7 ¼"**, J. Davila **18'7 ½"**, R. Harada **18'4 ¼"** **54'7"** – **2<sup>nd</sup> Place**

Triple Jump:

Frosh: M. Bartlik **34'4 ½"**, C. Shammus **F**

Novice: B. Leibson **F**, S. Gorman **F**

Varsity: A. Punjabi **39'6"**, J. Davila **39'11"**, Z. Stadulis **36'9 ½"** – **116'2 ½"** – **3<sup>rd</sup> Place**

High Jump:

Varsity: J. Davila **NH**, R. Harada **5'8"**, M. Bartlik **5'2" – 10'10"**



Javelin:

Novice: E. Westcott, J. Norrell

Varsity: C. Abernathy, B. Pastorius, A. Punjabi

Shot Put:

Frosh: Still coming

Novice: Still coming

Varsity: K. Ekert **42'11"**, B. Pastorius **42'7"**, S. McAvey **41'2"** - **126'8 1/2"** - **3<sup>rd</sup> Place**

Discus:

Frosh: Still coming

Novice: Still coming

Varsity: K. Ekert **117'5"**, B. Pastorius **101'8"** W. French **87'5"**

Pole Vault:

Varsity: D. Schechter **9'6"**, C. Abernathy **9'0"**, L. Bontoux **9'0"** - **27'6"** - **4<sup>th</sup> Place**

Comments:

A good start to our invitational season. Balancing a lot of events in an invitational is not easy. Some of us succeeded while others struggled. We have two important dual meets today against Ramapo and Paramus. Our goal at this point of year stays the same. Improve over last meet and let the results take care of themselves.



Ridgewood coach Jacob Brown, center, enjoying a moment Saturday with son Shane and daughter Katherine at the Pawlowski Relays.

MARKO GEORGIEV/STAFF PHOTOGRAPHER

# Sign of respect

## Ridgewood names track for longtime coach

**RIDGEMOOD** — The track known as the Jacob Brown Track starts talking. I was very... I am behind Benjamin Franklin Middle School in Ridgewood was always Jacob Brown's vision, his dream. Now it will carry his name. Minutes before the start of Saturday's Pawlowski Relays, there was a brief, but touching ceremony during which Ridgewood boys track coach Josh Saladino told the crowd that the track would be named after the man who had coached them for so long.

Saladino went over some of Brown's highlights since he came to Ridgewood High School in 1971, including the 22-year unbeaten dual-meet string in cross-country and 28 Bergen Meet Championships titles.

"Jacob literally built track and field and cross-country for girls in Bergen County," said Saladino.

A paper banner was unfurled by Ridgewood principal Tom Gorman and Ridgewood superintendent Daniel Fishbein behind Brown reading, "Jacob Brown Track & Field Complex." A permanent marker/sign will be erected at a later date.

Brown, 69, put his hands to his mouth in surprise, then was even more stunned to see his two children.

See **COOPER** Page S-12



**DARREN COOPER**  
LOCAL SPORTS COLUMNIST

Cresskill bands together to take title

# Cooper: Track icon

From Page S-9

dren walking toward him — including son Shane, who had flown in from Boulder, Colo., on Friday night.

"Shane was the one who told me I needed to announce my retirement before the beginning of the season," said Brown. "I was not going to do that, but he convinced me, so that people could say goodbye. He was right."

Shane and his sister had been hiding among the crowd before the meet, careful not to be seen and spoil the surprise. Also in the crowd were many of Brown's former runners.

Officials then handed Brown the starter's pistol so he could begin the first race on the Jacob Brown Track & Field Complex: the 4-x-1,600-meter relay.

"This place had been his vision for decades," said Shane Brown. "This is where he wanted the track to be. He made so many compromises with the old track."

Jacob Brown is a true Title IX pioneer and has been a fireless advocate for girls sports and athletics in general.

He was teaching girls how to run and compete back when the whole idea was frowned upon. The Ridgewood Invitational cross-country championship that he started in 1975 was the first invitational meet for girls in the state.

And despite all the time and hours he has put in, he has somehow maintained his enthusiasm for coaching and teaching.

"He's younger at heart than any of us out here," said Ridgewood interim athletic director Keith Cook.

Brown still likes to travel and take photographs. He teaches kids how to ski and snowboard in the winter. He's well-known for bringing his mountain bike to cross-country races, to better see and feel the course and what his runners are doing.

He's also a renaissance man. His website, JacobBrown.com, remains a valuable source for the history of Bergen County athletics.

In fact, after watching the 4-x-1,600 and exhorting his girls from trackside, he was back in the so-called "barn" near the track (really just a large utility shed), helping set up the computer system to keep the scores correct and name cards printed out.

Getting the track named for him made Jacob Brown a bit reflective as he talked about the process in getting the place built and open in the spring of 2011. There were a lot of people he credited, but really, it was his vision.

The Pawlowski Relays had 22 teams from all over New Jersey, including vaunted Christian Brothers Academy. That was a testament to Brown's reputation. Brown was going to be there all day for the meet, then going to have dinner with his family, surely reliving the day's events and recounting times and performances by memory.

The ceremony, though, really did surprise him.

"He's very easy to pull things over on," laughed his wife, Liz O'Brien.

So maybe easy to fool, but in Bergen County athletics, Jacob Brown will certainly never be forgotten.

# Big North Track & Field Dual Meet

## Ridgewood vs Ramapo - Boys

April 6, 2015

Total Score

RHS 115

Ram. 25

Event	First Place	Second Place	Third Place	RHS	Ram
400H	Stadulis, R, 1:02.0	Anson, Ram, 1:03.7	Francis, Ram, 1:13.4	8	1
100m Dash	Grant, R, 11.4	Gordon, Ram, 11.5	Tai, R, 11.5	6	3
1600m Run	Marshall, R, 4:38.8	Tamura, R, 4:40.2	B. Byrne, R, 4:42.5	9	0
400m Dash	Thurston, R, 51.0	Tai, R, 55.2	Ward, R, 55.8	9	0
110m Hurdles	Grover, Ram, 16.4	Harada, R, 17.0	Stadulis, R, 18.2	4	5
800m Run	J. Byrne, R, 2:04.5	Tamura, R, 2:04.8	Marshall, R, 2:04.9	9	0
200m Dash	Mack, R, 23.5	Grant, R, 23.6	Gordon, Ram, 23.8	8	1
3200m Run	Barnabic, R, 10:30.2	Salamone, R, 10:32.2	Ricatto, R, 10:34.9	9	0
High Jump	Romero, R, 5-6	Harada, R, 5-4	Davila, R, 5-4	9	0
Pole Vault	Abermethy, R, 12-0	Peter, Ram, 10-0	Schecter, R, 9-6	6	3
Long Jump	Davila, R, 18-11.5	Harada, R, 18-5	Punjabi, R, 18-3.5	9	0
Triple Jump	Davila, R, 40-8	Punjabi, R, 39-8	Stadulis, R, 38-11.5	9	0
Discus	Matt, Ram, 127-3	Eckert, R, 118-11	Benjamin, R, 104.0	4	5
Shot Put	Pastorius, R, 43-9	Connor, Ram, 42-6	Eckert, R, 40-5.5	6	3
Javelin	Strauss, Ram, 141-11	Abermethy, R, 129-3	Pastorius, R, 123-1	5	4
4X400relay	Ridgewood, 3:34.6	Ramapo, 3:48.3		5	0

# Big North Track & Field Dual Meet

## Ridgewood vs Paramus - Boys

April 6, 2015

Total Score

RHS P

95 45

Event	First Place	Second Place	Third Place	RHS P
400H	Stadulis, R, 1:02.0	Rafferty, P, 1:02.2	Miller, R, 1:03.3	6 3
100m Dash	Grant, R, 11.4	Roma, P, 11.5	Tai, R, 11.5	6 3
1600m Run	Marshall, R, 4:38.8	Tamura, R, 4:40.2	B. Byrne, R, 4:42.5	9 0
400m Dash	Thurston, R, 51.0	Bessette, P, 52.8	Tai, R, 55.2	6 3
110m Hurdles	Viccaro, P, 16.1	Barner, P, 16.6	Harada, R, 17.0	1 8
800m Run	J. Byrne, R, 2:04.5	Tamura, R, 2:04.8	Marshall, R, 2:04.9	9 0
200m Dash	Roma, P, 23.2	Mack, R, 23.5	Grant, R, 23.6	4 5
3200m Run	Barnabic, R, 10:30.2	Salamone, R, 10:32.2	Gee, P, 10:33.2	8 1
High Jump	Ria, P, 6-0	Oduola, P, 5-8	Romero, R, 5-6	1 8
Pole Vault	Greg, P, 12-6	Abemethy, R, 12-0	Sun Woo, P, 10-0	3 6
Long Jump	Davila, R, 18-11.5	Harada, R, 18-5	Punjabi, R, 18-3.5	9 0
Triple Jump	Davila, R, 40-8	Punjabi, R, 39-8	Stadulis, R, 38-11.5	9 0
Discus	Eckert, R, 118-11	Bargt, P, 105-5	Nick, P, 105-1	5 4
Shot Put	Pastorius, R, 43-9	Eckert, R, 40-5.5	McAvey, R, 40-4.5	9 0
Javelin	Arun, P, 138-9	Abemethy, R, 129-3	Pastorius, R, 123-1	5 4
4X400relay	Ridgewood, 3:34.6	Paramus, 3:40.9		5 0

Comment:

**Paramus and Ramapo – Non Scoring**

**400m:** Evan Westcott **67.2** ; Tommy Carver **68.3**; Joey Whiting **70.5**

**100m:** Kyle Mack **11.6**, Jon Norrell **11.7** William Migliorelli **12.1** Matt Record **12.4** Danny Romero **12.5**

Sam Do **12.5** Christian Hartigan **12.7** Robert Gomez **12.8** Ben Jordan **12.9**

Marc Rubin **12.9** Matt Grabowski **13.2** Ben Chung **13.3** Jack Hadfield **13.3** Lionel Choke **13.5**

Tony Hong **14.7** Dhruva Chhabra **15.7**

**1600m:** Brad Rynkowski **4:51.1** Sidd Wagh **4:59.8** Brendan Hughes **5:01** Joe Germinario **5:03** Kyle Neville **5:03**

Ben Zamoldi **5:08** Brandon Chan **5:10** Emmett Tilyou **5:17** Madison Rademacher **5:17** Jason Drier **5:26**

Max Boogerts **5:32**

**400m:** Kai Ward **55.9** Jimmy Conboy **58.1**, Ben Gluckow **61.6** Tom Kusoffsky **62.1** Sean Gorman **63.1**, Nick Iliev **66.5**,

Josh Yang **68.3**

**110HH:** Evan Westcott **18.3** Jack Miller **18.9** Max Bartlik **19.7** Danny Romero **20.6** Joey Whiting **20.7**

**800m:** Matteo Robazza **2:09.2** Andrew Taggart **2:11** Peter Yanella **2:17** Minha Lee **2:18** Matt Binstock **2:19**

Brendan Hughes **2:23** Macrae Olsen **2:23** Henry Seifert **2:25** Parker Audette **2:33** Ian Dartley **2:36** Calder Martin **2:40**

Ryan Cody **2:47**

**200m:** Jon Norrell **24.1** Luke Eckels **24.4** Kai Ward **24.8** W. Migliorelli **25.1** S. Do **25.5** J. Conboy **25.6**, M. Record **25.9**

M. Rubin **25.9**, R. Gomez **26.5**, C. Hartigan **26.6** J. Hadfield **26.6** B. Leibson **26.9** N. Cobb **27.1** T. Carver **27.3**

B. Chung **27.5** T. Kusoffsky **27.5** M. Grabowski **27.7** B. Gluckow **27.8** D. Kotrokois **27.9** L. Chok **28.4** N. Iliev **29.3**

J. Yang **29.6** C. Witschonke **29.7**, D. Chhabra **32.2**

**3200m:** Sam Calello **10:35.6**, B. Gilligan **11:14.1** B. Chan **11:16.5**

**4x400m:** Kyle Mack **53.9**, Jack Byrne **54.2** J. Miller **56.3** M. Thurston **50.6** – **3:34.8**

**Long Jump:** Luke Eckels **16'3"**

**Pole Jump:** Luke Eckels **35'8 ½"**

**High Jump:** Max Bartlik **5'2"**

**Javelin:** Armand Punjabi 91'4"

**t Put:** Matt Benjamin 35'11" Terrel Stephen 35'8" Marlin Ndreu 34'11" Mike Kenrick 34'8" Michael Gentile 34'0"  
Brandon Zhang 32'0" Austin Engelhardt 28'7" Rob Schablik 27'7 1/2" Chris Hareas 26'3" Nick Plasse 25'11"  
Kevin Morales 25'10" Nathan Lung 22'2"

**Discus – results nearly impossible to read. Need a better recorder who uses first and last names:**

Ben Pastorius 100'3" Michael Gentile 96'1" Will French 94'2" Brandon Zhang 87'5" Marlin Ndreu 85'0"

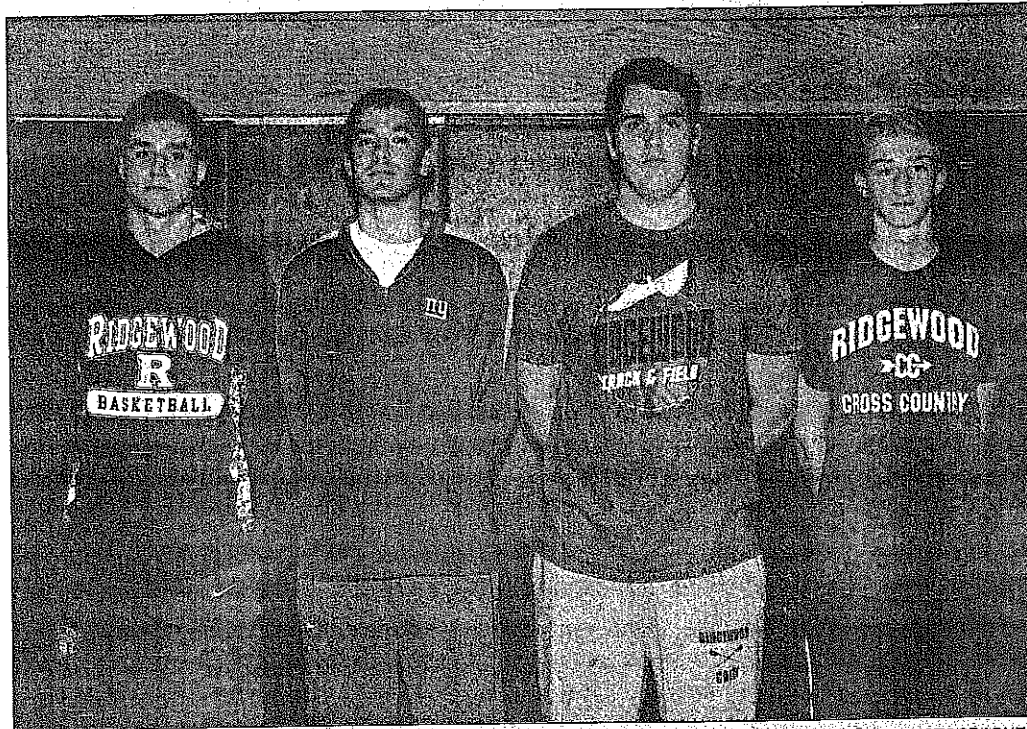
Rob Schablik 82'7" Terrell Stephen 72'7" Michael Kenrick 72'4" Kevin Morales 56'7" Chris Hareas 55'5"

Nathan Lung 49'9" Austin Engelhardt 47'3"

**Pole Vault:** Luc Bontoux 9'0" J. Sofka 8'6", Brian Rose 8'0", Nico Cobb 8'0" Ryan Vimba 8'0" Luke Reinke 7'6"

Connor Perlman 7'0", Connor Witschonke NH

# SPORTS



MARION BROWN/STAFF PHOTOGRAPHER

Senior captains Jonathan Davila, Armand Punjabi, Ben Pastorius and Sam Calello lead a Ridgewood squad that has its sights set on a sixth straight state-sectional title.

## BOYS TRACK & FIELD

# Young talent is the key to Maroons' title quest

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

RIDGEWOOD — Spring time is typically title time for the Ridgewood High School boys track team, so even though the program lost a number of key contributors to graduation, head coach Josh Saladino expects the squad to follow a schedule similar to years past.

“Even though we’re much younger and we’re not as experi-

last year who didn’t get much of a chance on varsity, and they’re in varsity roles this year and so far they’re rising to that challenge,” Saladino said.

RHS needs many newcomers and less experienced athletes to step up this season since the large and talented Class of 2014 departed after lifting the program to a fifth straight North 1, Group 4 championship last season.

Last year’s team also captured the Big North Freedom Division title and finished third in Group A at the Bergen County champi-

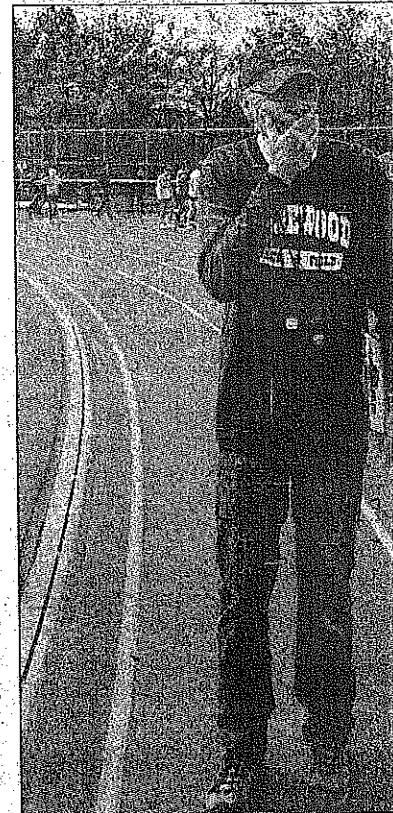
long jump, triple jump and high jump, also played on the Ridgewood football and basketball teams.

Punjabi returns after finishing third in the triple jump at last year’s Bergen County championships and fourth in the event at the indoor divisional meet in January.

Ben Pastorius, who finished fourth in the Big North in the shot put last year, leads this year’s throwers.

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# RHS ho storied





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“Even though we’re much younger and we’re not as experienced as we’ve been in the past, the expectation is we’re going to contend for every major championship we’re in,” he said Monday evening following the Maroons’ tri-meet against Paramus and Ramapo.

The spring has begun promisingly for the Maroons, who knocked off Freedom Division rival Northern Highlands in an April 1 dual meet, 85-55.

Ridgewood then finished third in the Steve Pawlowski Relays held at Benjamin Franklin Middle School last Saturday, behind strong squads from Christian Brothers Academy (Lincroft) and Ramsey.

RHS improved its dual-meet record to 3-0 with victories over Paramus, 95-45, and Ramapo, 115-25, on Monday.

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last year who didn’t get much of a chance on varsity, and they’re in varsity roles this year and so far they’re rising to that challenge,” Saladino said.

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Last year’s team also captured the Big North Freedom Division title and finished third in Group A at the Bergen County championship meet, leaving this year’s team with lofty goals that Saladino said it is ready to meet.

“They’re not shying away from the fact that we’ve won five straight state-sectional championships” he said. “They’re not hiding from that. They know it, and they’re looking forward to continuing to build on it.”

After naming the entire Class of 2014 as captains of last year’s squad, Saladino chose four seniors to lead the Maroons this season.

Armand Punjabi and Jonathan Davila represent the sprinters and jumpers.

“They’ve done just a great job of leading this entire spring,” the coach said. “We needed some seniors to lead by example, not just vocally, and they’ve done that.”

Davila, who competes in the

long jump, triple jump and high jump, also played on the Ridgewood football and basketball teams.

Punjabi returns after finishing third in the triple jump at last year’s Bergen County championships and fourth in the event at the indoor divisional meet in January.

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“Ben was somebody who was a two-event thrower for us last year, and because of some losses to graduation, picked up the javelin and started working on that, so he’s a three-event thrower for us this year,” Saladino said. “He sees an opportunity to help out the team, he’s going to jump on it.”

Sam Calello, who also served as a captain of the cross-country team, leads the distance runners.

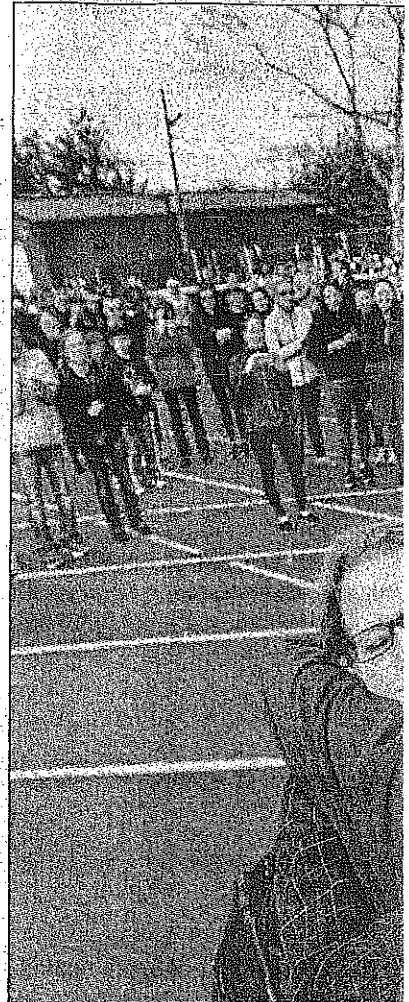
“He provides really good depth for us in some of these distances races, where a lot of the distance runners we have on the varsity are younger athletes,” Saladino said. “He knows how to handle the pressure of leadership.”

Other seniors include distance runners Kotaro Tamura and Jack Byrne, sprinter Jon Norell, hurdler Alex Armatas and thrower Matt Benjamin.

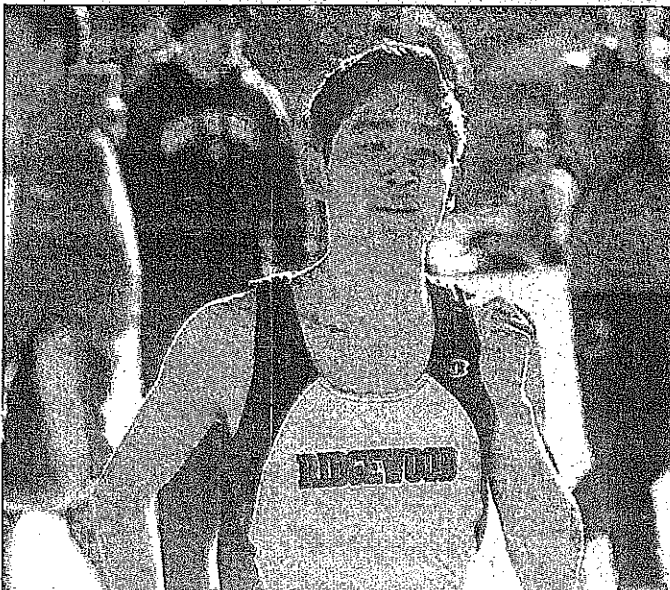
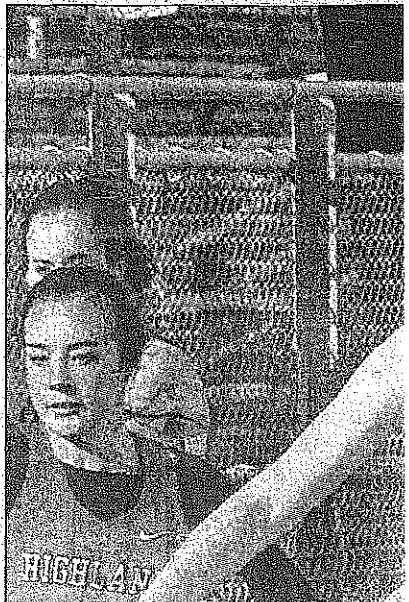
The Maroons will rely on several underclassmen, starting with junior Michael Thurston, the only returnee that registered points in Ridgewood’s state-sectional victory in 2014.

Last year, Thurston was part of the Ridgewood 4-x-800 relay team that earned All-American honors, and he is coming off an indoor season that included a fourth-place finish in the 800 at the State Group 4 meet and top three finishes in the 800 and 1,600 at the state-sectional meet, which helped vault him to the All-North Jersey first team.

“He started to make major improvements toward the end of the winter season,” Saladino said. “We’re looking forward to seeing how that plays out this spring, but Michael has certainly risen to the pressure of being one of the bet-



## HURDLING



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Junior Kenny Marshall, a All-North Jersey first-teamer in cross-country, also is a key distance runner for the Maroons in the 800, 1,600 and 3,200.

In the sprints, Ridgewood is counting on freshman Matt Tai and sophomore Kobi Grant, who had strong indoor seasons to earn honorable mention All-North Jersey accolades.

"There's a lot of potential there," Saladino said. "If we're going to be competitive in the counties and state sectionals going forward, we're going to need to continue to improve."

The Maroons will face a major



## HURDLING T

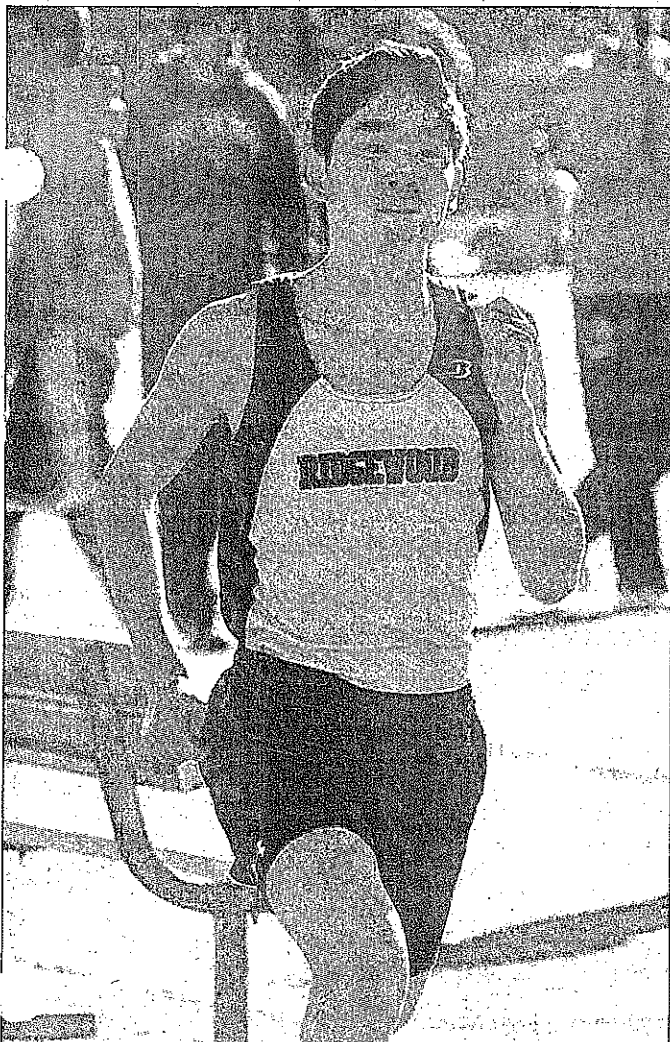


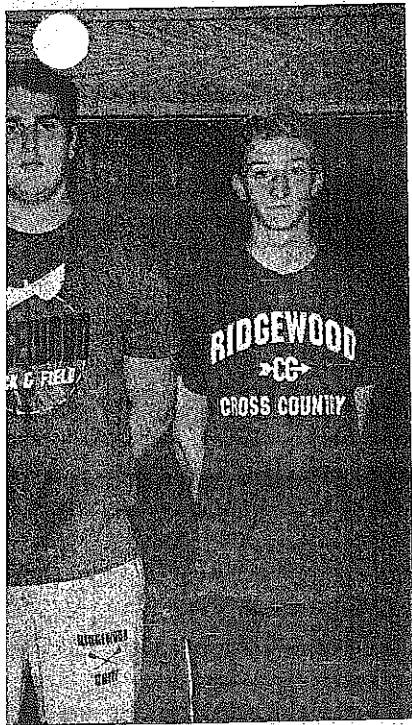
PHOTO COURTESY OF JACOB BROWN

Senior Kotaro Tamura will be a key distance runner for the Maroons this season.



See next week's edition of The Ridgewood the Ridgewood High School girls track team

# RHS honors coach's storied track record



MARION BROWN/STAFF PHOTOGRAPHER

Pastorius and Sam Calello lead a night state-sectional title.



Ridgewood honored longtime girls track and cross-country coach Jacob Brown last Saturday before the start of the Pawlowski Relays at the newly named Jacob Brown Track & Field Complex at Benjamin Franklin Middle School. Brown has coached the Maroons to 28 Bergen Meet of Champions titles since 1971 and his cross-country teams compiled a 22-year undefeated streak in dual meets. **LEFT:** Brown is surprised as Ridgewood officials unfurl a banner announcing the new name of the track facility. **BELOW:** Brown shares an embrace with his daughter Katherine and son Shane.

## is the key title quest

much of they're d so far long jump, triple jump and high jump, also played on the Ridgewood football and basketball teams.

comers etes to e large 2014 rogram Group on. Group captured Division Group champi- s year's Sa t. ay from on five champi- y're not now it, need to

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Sam Calello, who also served



Comet Relays  
@ Hackensack High School

April 11, 2015

2x400IH: K. Mack 63.5 E. Westcott 65.3

4x200m:

K. Mack 24.6 J. Norrell 23.6 W. Migliorelli 25.1 K. Ward 25.3 = 1:38.6

Missing Team = 1:46.0

B. Chung M. Grabowki T. Kussofsky S. Gorman = 1:49.9

L. Chok T. Hong N. Cobb C. Witschonke = 1:55.4

N. Live D. Chhabra J. Yang D. Kotrokois = 2:01.8

4x110HH:

Max 21.5 E. Westcott 17.8 Connor 20.7 R. Harada 18.9 = 1:18.8 – 4<sup>th</sup> Place

4x1600 Varsity

N. Barnabic 4:48, B. Hughes 5:00, B. Rynkowski 4:56, C. Salamone 4:58 – 19:44.5 – 3<sup>rd</sup> Place

4x800 Varsity

B. Byrne 2:11, H. Ricatto 2:19, M. Robazza 2:10, A. Taggart 2:13 – 8:56 – 5<sup>th</sup> Place

Novice A

M. Lee 2:17, B. Chan 2:18, H. Seifert 2:20, P. Yanella 2:17 – 9:12

Novice B

J. Bolduc 2:17, M. Rademacher 2:25, L. Brennan, J. Naftzger – 9:31

Frosh A

J. Germinario 2:19, B. Zamboldi 2:20, K. Neville, S. Wagh – 9:18

Frosh B

M. Olsen, I. Dartley, J. Drier, C. Branca – 9:56

Frosh C

C. Martin 2:40, R. Cody, M. Boogarts, P. Audette – 10:41

DMR Novice

H. Ricatto 3:43, M. Robazza 58.6, A. Taggart 2:20, S. Calello 5:04 – 12:07

Frosh

J. Germinario 3:50, K. Neville 59.2, B. Zamboldi 2:21, S. Wagh 5:02 – 12:12

High Jump:

Boys M. Bartlik 5-2/ J. Davala NH/ R. Harada NH

Long Jump:

vc J. Davala 18-2/ R. Harada 17-10/ M. Bartlik 16-3

Shot Put / Discus/ Javelin / Pole Vault – No Results

Shot Put: 124'11" – 5<sup>th</sup> Place

Javelin: 342'4" – 3<sup>rd</sup> Place

Arcadia Invitational  
@ Arcadia, CA

April 10-11, 2015

4x800m:

Kotaro Tamura **2:00.85**

Jack Byrne **2:05.10**

Kenny Marshall **2:04.17**

Michael Thurston **1:56.06 = 8:06.18**

Sprint Medley:

Kobi Grant **23.9**

Matt Tai **23.4**

Zack Stadulis **54.1**

Michael Thurston **1:56.6 = 3:37.88**

Triple Jump:

Armand Punjabi **40'2"**

Distance Medley:

Michael Thurston **3:11.0 (63.0 / 66.1 / 61.9)**

Matt Tai **53.3**

Kotaro Tamura **2:02.3 (59.0 / 63.3)**

Kenny Marshall **4:33.8 (64.4 / 68.9 / 68.7 / 71.6) = 10:40.08**

# Big North Track & Field Dual Meet

## Ridgewood vs Hackensack

April 13, 2015

Total Score  
 RHS HHS

79	61
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Event	First Place	Second Place	Third Place	RHS	HHS
400H	Zack Stadulis, R, 60:7	Kyle Mack, R, 61:3	Menah, H, 61:8	8	1
100m Dash	Smith, H, 11:6	Kobi Grant, R, 11:6	Taylor, H, 11:8	3	6
1600m Run	Kutaro Tamura, R, 4:34:6	Kenny Marshall, R, 4:35:7	Gideon, H, 4:41:9	8	1
400m Dash	Michael Thurston, R, 51:5	Matt Tai, R, 54:0	Kai Ward, R, 55:3	9	0
110m Hurdles	Grant, H, 16:7	Ray Harada, R, 16:9	Viola, H, 17:6	3	6
800m Run	Michael Thurston, R, 2:00:9	Kotaro Tamura, R, 2:04:0	Jack Byrne, R, 2:07:1	9	0
200m Dash	Smith, H, 23:1	Taylor, H, 23:3	Kyle Mack, R, 23:9	1	8
3200m Run	Gonzalas, H, 9:56:4	Nick Barnabic R, 10:08:8	Kenny Marshall, R, 10:10:4	4	5
High Jump	Villa, H, 5-10	Danny Romero, R, 5-8	Jon Davilla, R, 5-6	4	5
Pole Vault	Connor Abernethy, R, 13-0	Forbes, H, 11-0	Danny Schechter, R, 10-6	6	3
Long Jump	Smith, H, 20-8.75	Jon Davilla, R, 19-11.75	Proctor, H, 19-6	3	6
Triple Jump	Smith, H, 42-0	Jon Davilla, R, 41-6.5	Armand Punjabi, R, 40-5	4	5
Discus	Steven, H, 112-3	Kenny Eckert, R, 110	Demar, H, 109-1	3	6
Shot Put	Demar, H, 47-1	Ben Pastorius R, 43-11.5	Kenny Ekert, R, 41-5	4	5
Javelin	Ben Pastorius R, 135-8	Georgio, H, 125-11	Steven, H, 118-0	5	4
4X400relay	Ridgewood, 3:33:5			5	0

Comment:

Non-Scoring vs. Hackensack:

400IH: Evan Westcott **64.7** Tommy Carver **67.6**

100m: M. Tai **11.8**, J. Norrell **11.9**, S. Do **12.3** J. Chu **13.2** B. Leibson **13.2**, C. Hartigan **13.4**, B. Chung **13.5**  
T. Hong **13.6**, L. Chok **13.9**. D. Chhabra **15.4**

1600m: B. Byrne **4:45**, B. Rynkowski **4:51** B. Hughes **4:56** B. Zamboldi **5:00**, C. Branca **5:01**, S. Wagh **5:01**,  
K. Neville **5:02**, B. Chan **5:07**, M. Rademacher **5:10**, E. Garcia **5:11**, J. Drier **5:23** M. Boogerts **5:25**, L. Brennan **5:34**

400m: J. Conboy **58.1**, I. McTavish **58.5**, B. Gluckow **62.3** N. Iliev **66.5**

110HH: E. Westcott **17.7**, Z. Stadulis **18.2**, M. Bartlik **19.6**

800m: A. Taggert **2:07**, M. Robazza **2:08**, J. Naftzger **2:15**, B. Rynkowski **2:17**, M. Lee **2:18**, P. Yanella **2:18**,  
H. Seifert **2:20** J. Bolduc **2:21** P. Audette **2:30** C. Martin **2:35**, I. Dartley **2:35**, R. Cody **2:50**,

200m: K Grant **23.9** J. Norrell **24.0** W. Migliorelli **24.7** K. Ward **24.8** S. Do **25.3** J. Conboy **25.8**, M. Rubin **29.5**,  
I. McTavish **26.0**, B. Chung **26.1**, B. Leibson **26.2** J. Hadfield **26.2** C. Hartigan **26.3**, J. Chu **26.4**, B. Gluckow **27.1**,  
L. Chok **27.6** T. Hong **28.9**, N. Iliev **29.8**, M. Grabowski **27.3**, D. Chhabra **31.8**

3200m: B. Byrne **10:26**, C. Salamone **10:30**, S. Calello **10:32**, H. Ricatto **10:33**

400m: K. Mack **52.5**, J. Byrne **54.6**, Z. Stadulis **54.2**, M. Thurston **51.9** **3:33.4**

Long Jump: A. Punjabi **18'9 ½"**, D. Rombero **17'5 ¼"**, M. Bartlik **15'10"** R. Harada **F**

Triple Jump: Z. Stadulis **38'5"**, R. Harada **38'1"** M. Bartlik **35'6"**

High Jump: R. Harada **5'4"**, M. Bartlik **5'2"**

Javelin: C. Abernethy **115'5"**, A. Punjabi **105'5"**, M. Warren **93'0"**

Shot Put: S. McAvey **40'4 ½"**, M. Benjamin **38'6 ¼"**, M. Kendrick **35'6"**, W. French **34'4"**, M. Ndreau **33'11"**  
B. Zheng **33'7"** M. Gentile **32'9"** T. Stephen **32'4 ½"** A. Engelhardt **31'0"** N. Plasse **29'7"** R. Schablik **27'3"**  
K. Morales **26'0"**

Discus: B. Pastorius **108'5"** M. Benjamin **102'6"** M. Gentile **100'6"** W. French **97'11"** S. McAvey **87'10"** M. Kendrick  
**84'1"** T. Stephen **81'8"** B. Zhang **78'7"** R. Schablik **76'9"** N. Plasse **75'5"** A. Engelhardt **67'0"** M. Ndreau **63'10"** K.  
Morales **55'6"** N. Lung **53'0"**

Pole Vault: L. Bontoux **9'0"** N. Cobb **9'0"**, R. Vimba **9'0"** J. Sofka **9'0"** B. Rose **8'0"**, C. Perlman **NH** W. Gagan **NH**  
L. Reinke **NH**

# Heights ready to chase titles

## Aviator boys, girls on a roll

By DAVE MEISEL  
SPECIAL TO THE RECORD

HASBROUCK HEIGHTS - Hasbrouck Heights' team-oriented approach to track and field suits it well to compete in a loaded Group C this weekend at the Jack Yockers Bergen County Relays.

The Aviators have swept two major meets this year. They had a strong debut in the Season Opener Invitational, with the boys trouncing second-place Northern Highlands by a comfortable margin of 28.5 points and the girls edging Holy Cross by six. Heights also swept the Aviator Relays last week. The boys won comfortably, and the girls bested Cresskill by 22.

But this weekend at River Dell will be the Aviators' biggest challenge to date, as Ridgefield Park and Ramsey have moved from Group B to Group C.

Last year, the girls finished second to Cresskill in Group C after winning five straight division titles. The boys have won six straight relay titles - the first two in Group D and the most recent four in Group C.

### TRACK AND FIELD: BERGEN RELAYS PREVIEW

On both sides, Group C will be competitive this weekend.

"We try to make sure there's competition in every event," Hasbrouck Heights coach Rob Brady said. "Competition breeds excellence. Our philosophy is that this is a team sport based on individual performance. Track and field is very fair. Since it's based on measurements, everyone knows where they stand."

James Pitkowski, Scott Salerno, Steven Salerno and Mauro Altamura comprise the shot put, javelin and discus crews that are part of the reason the Aviators are such a threat. Pitkowski is more oriented toward the javelin, while Scott Salerno replaces him in the shot and discus.

"These guys are focused, [tough] and have the ability to make corrections on the fly. They always ask for advice and set goals every day," throwing coach Jim Valente said.

"We teach that every throw counts, and you are only as good as your worst throw. We like everyone to compete against the [team's] best throw in the last meet. In these relay meets, you're only as strong as your third guy."

Heights won the shot, discus and javelin at the Lyndhurst Invitational, the javelin at the Aviator Invitational and the javelin in the Season Opener Invitational.

But the Aviators need more than just their throwers.

"You can be successful in three or four events and not win," Brady said. "If everyone strives to have two or three good individual performances, it really helps the team and gives you a chance."

Group A on the girls' side usually is tight - only 32.5 points last season separated first-place Northern Highlands from sixth-place Immaculate Heart. River Dell is a favorite in Group B, but Holy Angels came up just five points short of the Hawks last year. Englewood also could be in the mix. Waldwick ran away with Group D last year, and it was a scrum for second place between Saddle Brook, Dwight-Englewood, Midland Park and Emerson.

The boys' Group A will be as tough as usual, with Don Bosco, Old Tappan, Bergen Catholic, Paramus Catholic and Ridgewood pushing each other. River Dell is the clear front-runner in Group B with Ridgefield Park and Ramsey dropping to C. In Group D, Emerson and Saddle Brook should fight for the top two spots after the Cavaliers topped the Falcons by nine last year.

4/17



# THE TRACK AND FIELD REPORT: AROUND THE TRACK

**SIZZLING SCARLETS:** The Ridgefield Park boys track and field team took the Rich Pez-zola Lyndhurst Invitational on Saturday, reflecting that the Scarlets, despite graduating a lot of talent, could be a threat come championship season.

The team won five events at the meet: the 4-x-100 (45.2), the 4-x-800 (8:52.0), high jump (17-2), triple jump (118-1) and the long jump (59-10). Naturally, coach Dennis Murri has great confidence in his jump team.

"Despite losing some key guys, I like our chances going forward," Murri said. "Our event wins were spread across a variety of categories—sprints, jumps and a mid-distance event—so we are versatile."

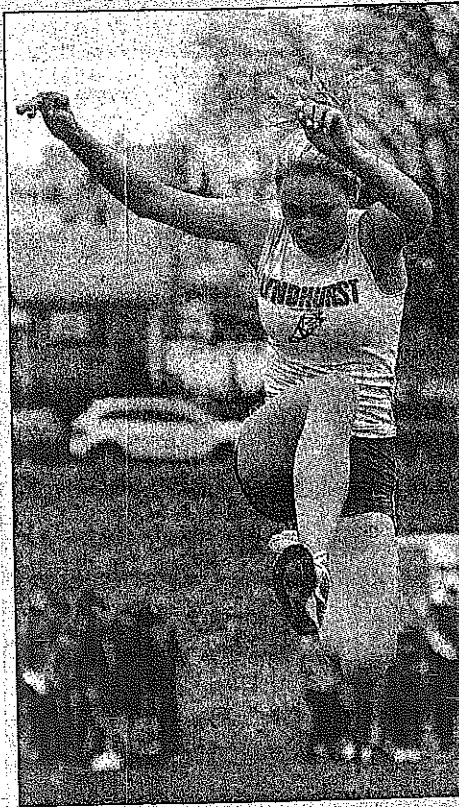
Tayo Fatiregun was part of the three jump wins and the 4-x-100 win, and Jermal Fevrier was part of the triple jump, long jump and 4-x-100. Tyler Olivieri, the All-Bergen indoor high jumper, also was a part of three gold medal teams: the 4-x-100, the high jump and the long jump.

**HAPPY HOSTS:** The Golden Bear girls clearly enjoyed hosting the Lyndhurst Invitational, as they scored in every event except the pole vault.

Seventeen competitors earned gold medals in the meet, as Lyndhurst won six events. It dominated the distance events in particular. Grace Cappiello, Mia Luna, Taylor Sanchez and Jessica Failace combined for a 4:29.6 to win the 4-x-400; Failace, Kelsey Kearns, Amanda Fulcher and Ana Pimenta combined for a 10:45.1 to win the 4-x-800; and Lindsay Cirne, Alexis Gerbasio, Natalie Tague and Gi-ana DiTonto combined for a 25:17.6 to win the 4-x-1,600.

"It's great to host this meet," said boys coach and meet director Tom Shoebridge. "And even though this weekend has become very busy with lots of meets, we still enjoy hosting and competing in it."

**NOT YOUR USUAL RUNNER:** The Hawthorne boys have two mainstays of their football team's offensive and defensive lines enjoying excellent early-season success. Junior Darius Bunch, at 6-foot-4 and 230 pounds, is off to a great start in a more traditional spot for a lineman, throwing more than 144 feet in the discus—the best throw by a Bear boy since Mike Terrizzi set the school record with a throw of 157-7 in 1966. But 6-foot-3, 215-pound guard/linebacker



DANIELLE PARHIZKARAN/STAFF PHOTOGRAPHER  
**Lyndhurst senior Jessica Failace and her Golden Bears teammates soared in their invitational, winning six events.**

Liam Morrissey is making his mark in a decidedly non-traditional lineman event, the 800, leading off the Hawthorne 4-x-800 team. He also anchored the sprint medley team to a second-place finish in the B division race and helped the Bears to a second-place team finish behind Lakeland in the smaller school division.

"I really like running the 800," says Morrissey, who is the probably the Bears' top 1,600 runner as well. "I had some success when I started running those distances, and I just stuck with it."

**SCHOOL RECORD SET:** Speaking of big guys chasing school records, Eastern Christian's Trent Braen got his school record in the discus at the Boverini Passaic County Relays on Saturday at Passaic Valley, throwing 151 feet to take two-time state Non-Public B

## The Record rankings

Boys Top 25	Girls Top 25
1. Old Tappan	1. Northern Highlands
2. Bergen Catholic	2. Demarest
3. River Dell	3. River Dell
4. Ramsey	4. IHA
5. Passaic Tech	5. Teaneck
6. Hasbrouck Heights	6. Holy Angels
7. Wayne Valley	7. Ridgewood
8. Don Bosco	8. Cresskill
9. Kennedy	9. Ramapo
10. Mahwah	10. Clifton
11. Demarest	11. Paramus Catholic
12. Ridgewood	12. Hasbrouck Heights
13. Park Ridge	13. Pequannock
14. Lakeland	14. Passaic Tech
15. Boonton	15. Ramsey
16. Cresskill	16. Tenafly
17. Tenafly	17. Old Tappan
18. Northern Highlands	18. Saddle Brook
19. Hackensack	19. Hawthorne
20. Dwight-Englewood	20. Wayne Valley
21. Paramus Catholic	21. Wayne Hills
22. Pascack Valley	22. Eastern Christian
23. North Bergen	23. Hackensack
24. Ridgefield Park	24. Mahwah
25. Lyndhurst	25. Butler

champ Ben de Waal Malefyt out of the record books.

**LOOKING AHEAD:** After a few field events held Wednesday at Ridgewood (Division A) and Mahwah (B), the 54th Jack Yockers Bergen County Relays gets under way today at River Dell with field events at 3:30 p.m. and running at 4 p.m. Defending champions are Ridgewood (two straight in A), River Dell (B), Hasbrouck Heights (two straight in C, six straight overall) and Emerson (D) for the boys and Northern Highlands (A), River Dell (two straight in B), Cresskill (C) and Waldwick (two straight in D) for the girls.

Also on the schedule is the Morris Hills Relays on Saturday and the 121st Penn Relays start Thursday at Franklin Field in Philadelphia.

— Dave Meisel and Paul Schwartz

4/17

County Relays  
@ RHS and River Dell

April 15, 17, 18

Wednesday:

Pole Vault: C. Abernethy 10'6", D. Schecter 10'0", L. Bontoux 9'0" 29'6" - 2nd Place

Discus: B. Pastorius 110'10" K. Ekert 106'5", M. Benjamin 99'4" 316'7" - 6th Place

Friday:

3x400IH: Z. Stadulis 61.0, K. Mack 61.3, E. Westcott 62.9 3:05.2 - 6th Place

4x200m: K. Grant 23.2, K. Mack 23.1, J. Norrell 23.7, M. Tai 22.8 1:32.8 - 6th Place

4x1600m: K. Marshall 4:31.8, B. Byrne 4:39.1, K. Tamura 4:35.1, M. Thurston 4:28.3 18:14.2 - 2nd Place

Javelin: B. Pastorius 146'2", K. Ekert 134'8" C. Abernethy 121'9" 402'7" - 3rd Place

Triple Jump: J. Davila 42'1.5" A. Punjabi 41'6.5", Z. Stadulis 38'3.75" 121'11.25" - 2nd Place

Saturday:

4x110HH: E. Westcott 18.1, R. Harada 16.3, Z. Stadulis 18.1, M. Bartlik 19.5 1:11.9 - 6th Place

4x100m: J. Norrell, W. Migliorelli, M. Tai, K. Grant 45.5

Distance Medley: K. Tamura 3:16.2, J. Norrell 54.6, J. Byrne 2:03.8, K. Marshall 4:35.8 10:50.9 - 3rd Place

Sprint Medley: K. Mack 51.5, K. Grant 22.9, M. Tai 23.1, M. Thurston 1:58.2 3:32.9 - 1st Place

4x800m: K. Marshall 2:03.7, J. Byrne 2:02.9, M. Thurston 1:58.5, K. Tamura 2:02.6 8:08.0 - 1st Place

4x400m: K. Mack 51.9, M. Tai 53.8, Z. Stadulis 53.5, M. Thurston 49.9 - 3:29.3 - 2nd Place

Shot Put: B. Pastorius 46'5.5", K. Eckert 42'7.5", S. McAvey 38'1" 126'7.25" - 2nd Place

Long Jump: J. Davila 19'10", A. Punjabi 18'8.5", D. Romero 18'3.75" 56'10.25 - 4th Place

High Jump: D. Romero 5'8" R. Harada 5'8" J. Davila 5'4" 16'8" - 4th Place

Top 5 Team Score:

Old Tappan 99.5

Ridgewood 80

Don Bosco 63

Northern Highlands 60

Bergen Catholic 55

Comments:

We had a poor start to the meet. You were challenged and responded well - as expected - to the challenge. Our level of intensity and focus was exceedingly better on the weekend. This will lead to championships down the line.

**ORTH JERSEY SPORTS**

**TRACK AND FIELD**

**JACK YOCKERS RELAYS**

**BOYS**

**DIVISION A**

**TEAM SCORING**

Old Tappan 99.5; Ridgewood 80; Don Bosco 63; Northern Highlands 60; Bergen Catholic 55; Paramus Catholic 45; Hackensack 34.5; Hackensack 19; Teaneck 16; Pascack Valley 16; Bergen Tech 4; Fair Lawn 3.

**Intermediate hurdles:** 1. Old Tappan (Joe Jordan, Will Rienas, Andrew Schurmacher), 2:47.8 (Bergen County and meet record, old Bergen County record 2:49.2 by Don Bosco, 1984; old meet record 2:49.4 by Demarest 1999); 2. Northern Highlands, 2:55.5; 3. Don Bosco, 2:57.2; 4. Bergen Catholic, 2:59.9; 5. Bergen Tech, 3:00.0; 6. Ridgewood, 3:05.2.

**Shuttle hurdles:** 1. Northern Highlands (Liam Moran, Dan Pflueger, Brendan Holleran, Francis Richard), 1:01.3; 2. Old Tappan, 1:02.4; t-3. Hackensack, 1:08.1; t-3. Paramus, 1:08.1; 5. Bergen Catholic, 1:11.0; 6. Ridgewood, 1:11.9.

**4x100 relay:** 1. Bergen Catholic (Kyle Ellerson, Eddie Dehals, Anthony Lelthaus, Kevin Jackson), 43.0; 2. Paramus Catholic, 43.4; 3. Old Tappan, 43.5; 4. Northern Highlands, 44.7; 5. Bergen Tech, 45.1; 6. Hackensack, 45.2.

**4x200 relay:** 1. Old Tappan (Pierce Lukas, Tom Rienas, Andrew Schurmacher, Jordan Fuller), 1:29.4; 2. Bergen Catholic, 1:29.9; 3. Paramus Catholic, 1:31.0; 4. Northern Highlands, 1:31.8; 5. Don Bosco, 1:32.3; 6. Ridgewood, 1:32.8.

**4x400 relay:** 1. Old Tappan (Andrew Schurmacher, Tom Rienas, Joe Jordan, Will Rienas), 3:22.0; 2. Paramus Catholic, 3:25.8; 3. Ridgewood, 3:29.3; 4. Bergen Catholic, 3:32.6; 5. Pascack Valley, 3:35.5; 6. Don Bosco, 3:35.5.

**4x800 relay:** 1. Ridgewood (Kenny Marshall, Jack Byrne, Michael Thurston, Kotaro Tamura), 8:08.0; 2. Don Bosco, 8:12.7; 3. Bergen Catholic, 8:17.0; 4. Hackensack, 8:24.0; 5. Pascack Valley, 9:04.3.

**4x1600 relay:** 1. Don Bosco (David Rosas, Pat Sullivan, Zack Weland, Conor Nicholson), 17:56.3; 2. Ridgewood, 18:14.2; 3. Old Tappan, 18:35.5; 4. Bergen Catholic, 18:36.0; 5. Pascack Valley, 18:47.9; 6. Hackensack, 18:55.3.

**Sprint medley:** 1. Ridgewood (Kyle Mack, Kobi Grant, Matt Tai, Michael Thurston), 3:32.9; 2. Bergen Catholic, 3:36.3; 3. Don Bosco, 3:38.2; 4. Old Tappan, 3:39.3; 5. Teaneck, 3:41.1; 6. Northern Highlands, 3:48.9.

**Distance medley:** 1. Don Bosco (Patrick Sullivan, JD Mender, Andrew Weland, Bobby Gonzalez), 10:30.4; 2. Pascack Valley, 10:41.2; 3. Ridgewood, 10:50.9; 4. Old Tappan, 10:55.9; 5. Hackensack, 11:20.4; 6. Hackensack, 11:20.4.

**Pole vault:** 1. Old Tappan (Jason Babbini, Seth Krichieff, Brett Franklin), 32-6; t-2. Ridgewood, 29-6; t-2. Hackensack, 29-6; t-2. Paramus, 29-6; 5. Pascack Valley, 29-0; 6. Don Bosco, 20-0.

**High jump:** 1. Northern Highlands (Timothy DeLorenzo, Francis Richard, Dan Pflueger), 17-6; 2. Paramus, 17-0; 3. Paramus Catholic, 17-0; 4. Ridgewood, 16-8; t-5. Hackensack, 16-4; t-5. Old Tappan, 16-4.

**Shot put:** 1. Don Bosco (Marcus Valdez, Miles Cobb, Nicholas Benfante), 130-9; 2. Ridgewood, 126-7/4; 3. Hackensack, 125-11/4; 4. Teaneck, 125-3/4; 5. Old Tappan, 124-11/4; 6. Bergen Catholic, 121-0.

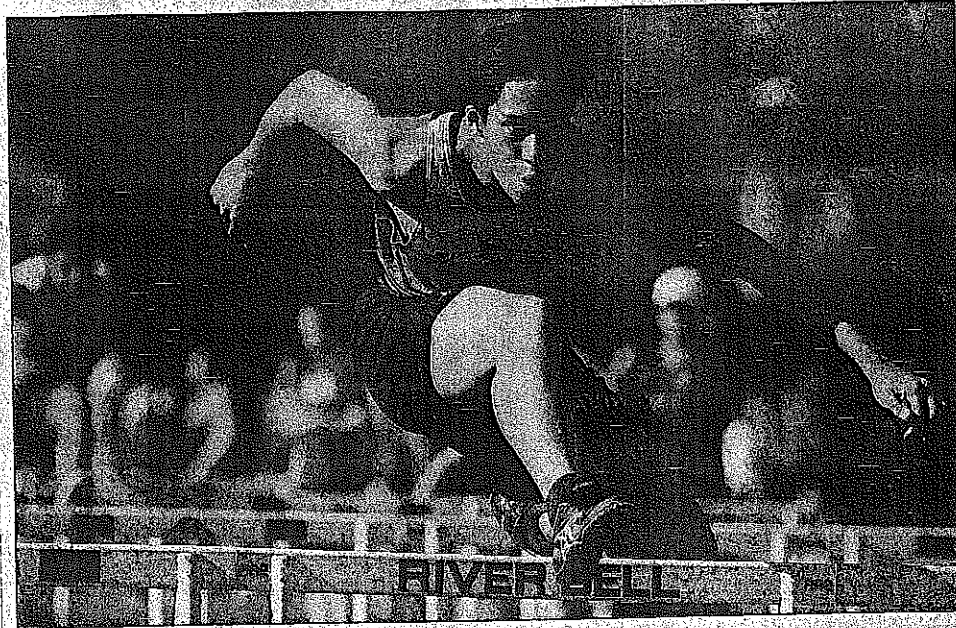
**Discus:** 1. Teaneck (Chris Snead, Justice Callis, Christian Pearson), 378-0; 2. Old Tappan, 363-7/3; 3. Don Bosco, 357-11/4; 4. Paramus Catholic, 335-10; 5. Hackensack, 325-8; 6. Ridgewood, 316-7.

**Javelin:** 1. Old Tappan (Jedh Downey, Zachary DeNike, James Kelly), 428-1; 2. Bergen Catholic, 412-8; 3. Ridgewood, 408-0; 4. Northern Highlands, 396-0; 5. Don Bosco, 383-0; 6. Paramus, 378-10.

**Triple jump:** 1. Northern Highlands (Francis Richard, Timothy DeLorenzo, Liam Moran), 125-4/4; 2. Ridgewood, 121-11/4; 3. Paramus Catholic, 118-1/4; 4. Hackensack, 114-5; 5. Fair Lawn, 114-1/4; 6. Don Bosco, 111-9/4.

**Long jump:** 1. Old Tappan (Jordan Fuller, Pierce Lukas, Justin Brown), 60-4; 2. Northern Highlands, 59-9/4; 3. Paramus Catholic, 57-9/4; 4. Ridgewood, 56-10/4; 5. Hackensack, 56-8/6; 6. Don Bosco, 56-8/6.

**JACK YOCKERS BERGEN COUNTY RELAYS**



MICHAEL KARAS/STAFF PHOTOGRAPHER

Hasbrouck Heights' Seth Remo on his way to finishing first in the shuttle hurdle relay Saturday. The Aviators won the Division C title (104 points) for the seventh straight year.

# Saddle Brook captures the Division D crown

By DAVE MEISEL  
SPECIAL TO THE RECORD

**ORADELL** — When Saddle Brook's Class of 2015 came into the school, the upward trend that the Falcons had waited for years to come finally began. On Saturday, the Falcons hit the pinnacle of their success by winning the Division D title at the Jack Yockers Bergen County Relays.

"We always know we have to compete at our best and perform at any meet, no matter what goes on in practice," said senior Raj Gulati, after posting a split of 51 seconds in the 4-x-400-meter relay. "It feels amazing knowing how hard we worked not just this year, but for four years."

"We wanted to get our name out there for the track team, because it's a sport and a team that doesn't get a lot of recognition," senior David Plaza said. "People have been saying nobody will ever top our great teams of the 1970s and 1980s, but we're out to prove them wrong and I think we can."

Gulati, Plaza, Will Salcedo and Brian Brooks form the core of the Falcons squad and remain confident heading into the Penn Relays.

"I haven't had a more balanced or dedicated team in the eight years I've been here," coach Ed Ci-

**BOYS TRACK**

Emerson (94.5 points) was the runner-up to Saddle Brook (103), and Park Ridge (71.5) finished third.

Hasbrouck Heights continues to refuse to lose, winning Division C with 104 points and giving the Aviators their seventh straight county title. It's exactly what coach Rob Brady wanted from his team.

"Group C was a great group this year. Our boys had a great, balanced meet," Brady said. "They work hard for each other, and listen to the coaches."

"I was comfortable with the boys [Saturday], and they did an excellent job. They were good in the shuttle hurdles, [the throws], and the 4-x-100. Going forward, staying healthy is how we continue to succeed," Brady added.

Ramsey (76 points) was the runner-up in Division C and Ridgefield Park (66) placed third.

Old Tappan continued where it left off Friday and won Division A, scoring 99.5 to Ridgewood's 80 and Don Bosco's 63. What made the win more impressive was Marc Rienas' absence after being injured Friday.

"This was an awesome team effort," Old Tappan coach Peter Dunn said. "Our entire lineup got changed up, and I told the kids to be ready to run anything today. Will Rienas usually sprints but ended up running the 1,200 leg of the distance medley. He kept us in the race, and we ended up getting fourth."

River Dell won Division B with 104 points, getting past Demarest (82) and Indian Hills (74). The Hawks won the intermediate hurdles, the 4-x-800, the 4-x-1,600, the discus and the shot put.

Michael Thurston of Ridgewood was named track athlete of the meet, splitting a 4:28.2 in the 4-x-1,600, a 1:55.2 in the sprint medley, a 1:57.8 in the 4-x-800 and a 49.9 in the 4-x-400. Ridgewood finished second, first, first and third in those four events, respectively.

Jairus Paul of Mahwah was field athlete of the meet, posting a 21-7/2 in the long jump, a 47-1/4 in the triple jump and a 6-0 in the high jump.

4/19/15  
Bergen  
News

# ATHLETES OF THE WEEK

By CHUCK O'DONNELL  
STAFF WRITER

You couldn't blame Michael Thurston for being tired after running in three races during the Jack Yockers Bergen County Relays in Oradell.

But two things managed to put a little spring back in the Ridgewood junior's stride Saturday as he got ready to run his fourth and final event, the 4-x-400.

First, he wanted to do his best. He knew his teammates were counting on him to help them hold on to second place in the Division A standings.

Then his coach, Josh Salachio, told him he had a good chance of being named the track athlete of the meet with another solid showing.

Thurston reached down and tapped into a reserve of energy. His 49.9 split helped him secure the honor. It also helped Ridgewood take third in the 4-x-400 and finish second in the team standings.

The Record Male Athlete of the Week had a great meet, splitting 4:28.2 in the 4-x-1,600, a 1:55.2 in the sprint medley and a 1:57.8 in the 4-x-800. The Maroons took second, first and first in those events, respectively, but he feels as if he left his best effort for his final race.

"I was pretty happy with my 400 time after running all my other races this weekend and still being as strong as I was," Thurston said. "It gives me a real positive outlook on things for the rest of the season."

Thurston said he's tried to take more of a leadership role on the team this year, because the Maroons lost many seniors to graduation. As he puts it, he wants to "set the tone" for the team.

Turns out, he's a leader of sorts away from the track, too.

Thurston is a member of the school's Adventure Leadership Peer Support program, or ALPS. In ALPS, Thurston and others mentor younger Ridgewood High School students. The adventure part of it is fun, too. The group is going white-water rafting next month.

"The goal is to just help them out and just being there if anyone needs anything in school or anything," he said.

Also nominated: Max Kosin of Fair Lawn for volleyball; James Paul of Mahwah for track; Chris Marriucci of Ridgeland; Dan Corvo of Pascack Valley; Eddie Nikeovic of Cliffside Park; Robbie Leuck of Emerson and Ryan Morrone of Wood-Ridge for baseball.



## MALE ATHLETE

Sport: Track Class: Junior Age: 17

**Accomplishment:** Thurston helped Ridgewood win two events and take second and third in two others during the Jack Yockers Bergen County Relays.

By CHUCK O'DONNELL  
STAFF WRITER

For Kelly Sim, each round of golf is like playing two games.

There's the one playing out on a well-manicured lawn that's measured in bogeys and birdies. And there's the one in her mind, where she tries to convince herself she can make a good shot every time.

"A lot of people think that if you want to improve, like with your swing, you have to go out and practice a lot," the Holy Angels freshman said. "But you really don't have to do that because it's really all mental."

"You have to just train yourself and tell yourself that you're the best, putter out there. It's just mental routines that I do that got me to where I am. With chipping and putting, it's all mental."

That mental discipline helped Sim put together an incredible start to her high school career.

The Record Female Athlete of the Week shot a 1-over-38 at the demanding Alpine Country Club course to help the Angels beat Bergen Tech on April 13, 204-210. The next day, she broke the school's nine-hole scoring record. Her 1-under-34 led Holy Angels past Westwood, 172-245.

On Wednesday, she finished first at the Fairleigh Dickinson Invitational at River Vale Country Club. Her 18-hole score of 74 was 10 strokes better than the nearest competitor. She finished her first week of high school with a 2-under-34 in a match against Paramus and Glen Rock at Paramus Golf Club.

Coach Pat Dunne said Sim's brilliant play has had a big impact on the rest of the Angels.

"Her playing well is kind of helping our team play better," he said. "It's like we know she's there to lead the team, and everybody else is more at ease and their games are getting better."

When Sim wants to take a break from pivots and divots, she turns to painting and drawing.

"I feel really relaxed whenever I can do anything that has to do with art," she said. "I really love art. It really expresses your life without having to write."

Also nominated: Marissa Semeraro of Ridgeland; Akilah Mouzon of Paramus Catholic; Carly Benjamin of Glen Rock; Julie Rodriguez of Old Tappan; KellyAnn Rubinov of Park Ridge and Diana Torres of Hasbrouck Heights for softball.



## FEMALE ATHLETE

Sport: Golf Class: Freshman Age: 15

**Accomplishment:** Sim led Holy Angels to a 4-0 start. She broke the school's nine-hole scoring record and won the Fairleigh Dickinson Invitational at River Vale Country Club.

... ..

# Ridgewood 64 Indian Hills 76

Event:	1st Place	2nd Place	3rd Place	Rwd	IH
400IH:	Sidaros IH - 57.7	IH 58.0	Stadulis - R 59.3	1	8
100m:	K. Grant - R 11.4	IH 11.5	W. Tai - R 11.6	6	3
1600m:	IH 4:25.6	IH 4:26.1	K. Tamura - R 4:29.7	1	8
400m:	IH 50.4	K. Mack - R 51.2	IH 53.3	3	6
110HH:	Sidaros IH 15.4	Harada - R 16.5	IH 17.7	3	6
800m:	J. Byrne - R 2:02.9	IH 2:05.1	K. Tamura - R 2:05.9	6	3
200m:	IH 23.2	M. Tai - R 23.4	K. Grant R 23.5	4	5
3200m:	IH 9:50.4	B. Byrne - R 9:50.6	K. Marshall - R 10:00.1	4	5
4x400m:	Indian Hills 3:32.9			0	5
Long Jump:	Sidaros IH 20'3.25	Davila R 20'5"	Coleburn IH 19'3.25	3	6
Triple Jump:	Davila - R 41'	Sidaros - IH 40'6.25	Punjabi - R 40'5.75	6	3
High Jump:	Romero - R 6'0"	Anderson IH 5'10"	Harada R 5'8"	6	3
Shot Put	Pastorius R 45'2.5	Watters IH 42'2.25	Ekert R 40'2.25	6	3
Discus:	Donnell IH 120'7	Watters IH 120'2"	Ekert 119'11"	1	8
Javelin:	Pastorius R 148'3	Anderson IH 136'10	Donnell IH 133'10	5	4
Pole Vault:	Abernethy R 12'6"	Bontoux R 10'0"	Schechter R 10'0"	9	0
Final Score:				64	76

dian Hills non-scoring

400IH: Evan Westcott **63.9** Tommy Carver **64.8**

100m: Will Migliorelli **11.9** Sam Do **12.4**, Christian Hartigan **12.6** Robert Gomez **12.6** Marc Rubin **12.7** Ben Chung **12.8**, Ben Leibson **12.8**, Jimmy Conboy **12.8** Jack Hadfield **13.1** Lionel Choke **13.2** C. Shamas **13.8**

1600m: Kenny Marshall **4:34**, Billy Byrne **4:38**, Brad Rynkowski **4:46**, Brendan Hughes **4:50**, Sid Wagh **4:50**, Charlie Branca **4:51**, Ben Zamboldi **4:51**, Sam Calello **4:51** Emman Garcia **4:51**, Madison Rademacher **5:00** Kyle Neville **5:00** Brandon Chan **5:02**, Emmit Tilyou **5:05**

400m: Jon Norrell **54.5** Kai Ward **55.1** Ian McTavish **58.7**, Ben Gluckow **62.1**, Nick Iliev **65.9**

110HH: Evan Westcott **17.8** Zack Stadulis **18.1** Max Bartlik **19.1**

800m: Andrew Taggart **2:08** Emman Garcia **2:13**, Jonah Naftzger **2:13**, Henry Seifert **2:16**, Macrae Olsen **2:16** Joe Germinario **2:16** Minha Lee **2:17**, Peter Yanella **2:19** Luke Brennan **2:24** Max Boogaert **2:27** Ian Dartley **2:28** Connor Martin **2:32**

200m: Kyle Mack **24.3**, Will Migliorelli **24.3** Sam Do **24.9**, Rober Gomez **25.6** Christian Hartigan **25.6** Ben Chung **25.6** Marc Rubin **25.6**, Jimmy Conboy **25.7** Ben Leibson **26.2** Jack Hadfield **26.2** Ian McTavish **26.3**, Tommy Carver **26.5** Nico Cobb **26.6** Ben Gluckow **26.9** Lionel Chok **27.6**, Tony Hong **27.7** C. Shammas **28.8** Nick Iliev **29.4** C. Witchonke **29.9**

200m: Nick Barnabic **10:12** Chris Salamone **10:24** Henry Ricatto **10:25** Brad Gilligan **11:31**

4x400m: Kotaro Tamura **55.8**, Zack Stadulis **52.7**, Kyle Mack **52.7**, Jack Byrne **53.7** **3:35.9**

Long Jump: Ray Harada **18'11.5"** Armand Punjabi **18'10.75"**, Danny Romero **17'11.5"** Max Bartlik **16'10.5"**

Triple Jump: Ray Harada **39'11"**, Max Bartlik **38'9.25"**, Zack Stadulis **38'7.5"**

High Jump: Jon Davila **5'4"** Max Bartlik **5'2"**

Javelin: Kenny Ekert **120'1"** Conner Abernethy **119'2"** M. Warren **102'7"**

Shot Put: Spencer McAvey **39'6"** Matt Benjamin **35'11"** Michael Kendrick **34'8"** Will French **34'6.5"** Marlin Ndreu **33'9"** Terrell Stephen **30'1"** Rob Schablik **29'6"** Chris Hareas **27'10"**, Nick Plasse **27'7"** Kevin Morales **24'6"**

Discus: Will French **113'4"**, Ben Pastorius **112'3.5"**, Matt Benjamin **103'5"**, Mike Gentil **97'7.5"** Rob Schablik **85'3"** Michael Kendrick **82'6"** Terrell Stephen **78'11"**, Nick Plasse **75'8"** Marlin Ndreu **67'7"** Chris Hareas **64'5.5"** Spencer McAvey **63'11"**, Kevin Morales **56'6.5"**

Pole Vault: Ryan Vimba **9'6"**, Jack Sofka **9'0"**, Brian Rose **9'0"**, Connor Perlman **8'6"**, Luke Reinke **8'0"** Nico Cobb **7'0"** Connor Witchonke **7'0"**, Will Gagan **NH**

# Penn: North Jersey athletes set for event

From Page S-9

## Boys

### SHOT PUT

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

**Local entrants:** Frank Ahearn, Ramsey; Garrett Hessman, Bergen Catholic; Drew Turmino, River Dell.

**Local outlook:** There are two stories here — both Ahearn and Turmino are trying to become the first 60-footers for their respective teams and if either or both can do it, medals will ensue. However, they may not have to throw 60 feet to get a medal. Hessman has his own goal — 55 feet, which could get him into the final.

### DISCUS

**When:** Friday, 12:45 p.m.

**Local entrant:** Jack Vigneron, River Dell

**Local outlook:** It might take a Golden Hawk school record of 171-3 for Vigneron to place in this always competitive event. But Vigneron, who threw 163-4 in his first meet of the year, might be capable of coming up big.

### POLE VAULT

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

**Local entrants:** Caleb Duffany and Sam Siegel, Demarest.

**Local outlook:** If Siegel is healthy, he could become North Jersey's (and Bergen County's) eighth 15-footer and contend for a medal. Duffany is looking to make the opening height (usually 13-9/4) and move on from that.

### TRIPLE JUMP

**When:** Saturday, noon

**Local entrant:** Jason Katz, Ramapo

**Local outlook:** Katz was hurt last year and missed the meet. This year, he's hoping to improve on his 46-6 outdoor best and perhaps make the eight-man final.

### 3,000 METERS

**When:** Friday, 6:05 p.m.

**Local entrants:** David Rosas and Patrick Sullivan, Don Bosco.

**Local outlook:** It's great feat for any school to put two runners in the final, and Don Bosco has done this twice in eight years. A sub 8:45 effort would probably be outstanding for either or both runners and might put them into the top 10. Both are underclassmen and may well be back.

### 4-x-800 RELAY

**When:** Friday, 9:30 a.m.

**Local entrants:** Indian Hills, Ridgewood, River Dell.

**Local outlook:** The early-morning chill usually allows any team that breaks eight minutes in the four heats to make Saturday's 4 p.m., 12-team final (Although Ridgewood just missed at 7:55.94 last year). River Dell appears to be the only local team that can break eight minutes and could be a dark horse to not only make the final, but medal.

### DISTANCE MEDLEY

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

**Local entrant:** Old Tappan

**Local outlook:** An injury to Marc Rienas has shuffled the line up with James Weisenborn running anchor and Will Rienas taking the 1,200-meter leg. Hopefully Marc can return next week division meets.

### 4-x-100 RELAY

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

**Local entrants:** Bergen Catholic, Don Bosco, Dwight-Englewood, Eastside, Garfield, Hackensack, Hasbrouck Heights, Indian Hills, Kennedy, Old Tappan, Paramus Catholic, Pascack Hills, Ramsey, Ridgefield Park, Ridgewood, River Dell, Secaucus, Teaneck, Tenafly, Waldwick, West Milford.

**Local outlook:** It'll take a sub 43-second time to make one of Saturday's three finals. And Paramus Catholic, which made the large school final last year, will try to break 43 and get back. Look for Bergen Catholic, Kennedy and Old Tappan to be others at or faster than 44 seconds.

### 4-x-400 RELAY

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

**Local entrants:** Bergen Catholic, Demarest, Don Bosco, Dwight-Englewood, Eastside, Fair Lawn, Hackensack, Hasbrouck Heights, Indian Hills, Kennedy, Mahwah, Northern Highlands, Old Tappan, Paramus, Paramus Catholic, Pascack Hills, Ramsey, Ridgefield Park, Ridgewood, River Dell, Secaucus, Teaneck, Tenafly, Waldwick, Wayne Valley, West Milford, Westwood.

**Local outlook:** Perhaps the centerpiece of the meet, there are separate sets of medals for each of the 47 heats and the heats get faster later in the morning. Bergen Catholic is the fastest team in the area, but is in the fastest race of the 27 North Jersey teams in the meet. Ramsey won the only plaque in 2014, but seven other teams took medals. Eight teams broke 3:30.

— Paul Schwartz

# Vets and youth star for Ridgewood boys

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

RIDGEWOOD — For Ridgewood last weekend, its top boys track athletes showed the team boasts talent both old — relatively speaking, of course — and new, as an experienced group captured 4-x-800 gold, while a young squad that included two sophomores and a freshman claimed first place in the sprint medley relay at the Jack Yockers Bergen County Relays.

The 4-x-800 team of seniors Kotaro Tamura and Jack Byrne and juniors Kenny Marshall and Michael Thurston — a group that has enjoyed previous success on the track and a championship pedigree in cross-country — finished in 8:08.0 to claim first in the Division A race.

The sprint medley foursome of Thurston, sophomores Kyle Mack and Kobi Grant and freshman Matt Tai ran the 1,600-meter race in 3:32.90, nearly four seconds ahead of runner-up Bergen Catholic.

“Now we know we belong in the meets like the county relays,” Tamura said of he and his teammates’ performances prior to practice on Monday. “We feel like we belong there and all we have to do is just run our best and everything will work out.”

Ridgewood’s 80-team points were good for second in Division A behind Old Tappan (98½).

“We, as a coaching staff, were more excited about how the kids performed and not as concerned with the place,” RHS head coach Josh Saladino said. “Obviously you go into the meet wanting to win. Old Tappan’s a great team. They performed like a great team. When that happens, it’s hard to beat a great team.”

The Golden Knights jumped

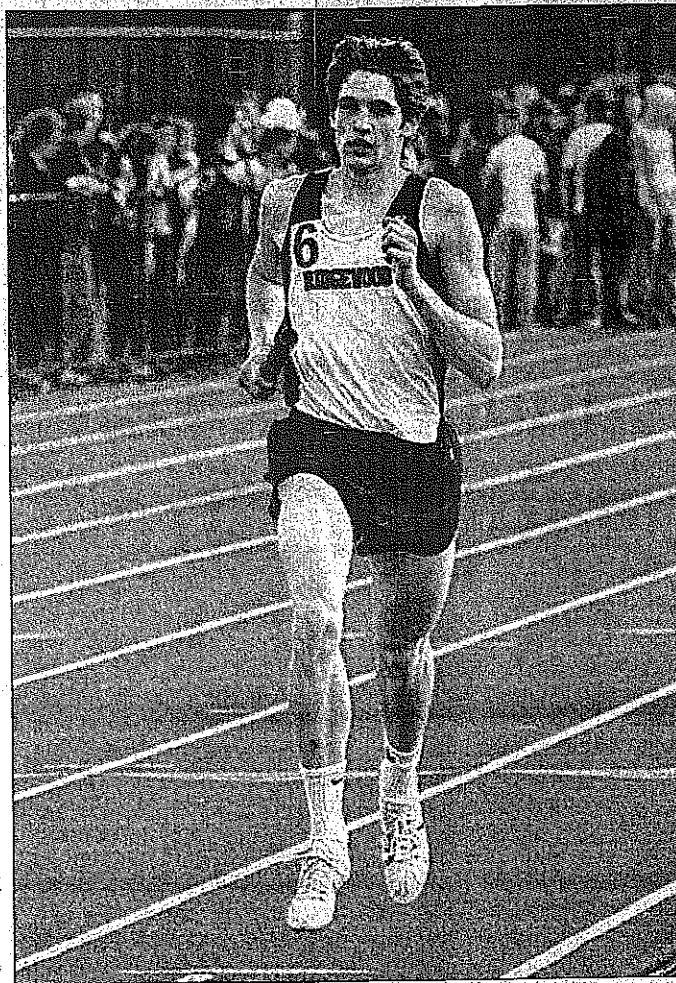


PHOTO COURTESY OF JACOB BROWN

Ridgewood junior Michael Thurston had a huge meet at last weekend’s Bergen County Relays, running in four events on his way to earning track athlete of the meet.

out to a big lead in the meet, which began April 15 at Ben Franklin Middle School and continued April 17-18 at River Dell, leaving the Maroons with an uphill climb to claim their third straight County Relays title.

“On Thursday [April 16], we challenged the kids to respond, and in challenging them to respond we said they needed to demand more of themselves for themselves and their teammates,”

Saladino said. “We came out Friday and had a much better Friday, and we continued to build on that on Saturday too.”

And although the Maroons couldn’t take home the meet title, the work of the squad’s upperclassmen provided encouraging signs for the rest of the season.

“Last year, we had a lot of seniors graduate,” Tamura said.

See **BOYS TRACK**, page C2



## BOYS TRACK from C1

"This senior class wants to show we're able to work and accomplish all the goals we want to."

Meanwhile, the sprint medley victory proved that some of Ridgewood's younger athletes are ready to contribute at an elite level, which is a necessity if the Maroons hope to win a record sixth-straight North 1, Group 4 title later this spring.

"We had a couple young guys just come out here and perform as they did, and we were just lucky to win the gold," said Grant, who ran one of the 200-meter legs in the race. "We're very satisfied. We knew that we had a young team from the beginning of the season, but we didn't expect us to finish so well as we did last year."

Thurston, the common denominator on both gold-medal relays, distinguished himself as the track athlete of the meet after competing in four events. His 4:28.2 split in the 4-x-1,600 helped the Maroons to a silver medal, while his 49.9 effort in the 4-x-400 helped his team earn bronze.

"Michael does whatever he can to help out the team," said Tamura, while Grant added that his junior teammate is a "good role model."

The Maroons received valiant efforts in the throws from senior captain Ben Pastorius, to take third in the javelin, second in the shot put and sixth in the discus.

"We had a disappointing discus relay on Wednesday, but he bounced back and led the guys very well," Saladino said. "He had our best javelin throw and best shot put, both with big per-

sonal bests: a 10-foot personal best in javelin and two-foot personal best in shot put. Those are big jumps to make."

Seniors Jonathan Davila and Armand Punjabi, both captains, helped Ridgewood to top-four finishes in the jump events.

Davila and Punjabi finished 2-4 in the triple jump, while sophomore Zack Stadulis took 14th place to give Ridgewood a combined 121-foot, 22 $\frac{1}{4}$ -inch distance, less than four feet behind gold-medal winning Northern Highlands.

In the long jump, Davila leapt 19-10, good enough for sixth, while Punjabi (14th) and freshman Danny Romero (19th) helped give the Maroons the fourth-best total in Division A.

Romero and sophomore Ray Harada gave Ridgewood's best efforts in the high jump, clearing 5-8 and tying for eighth. Davila added a 16th-place 5-4 to help the Maroons finish fourth.

Saladino was impressed with the efforts of both his veterans and younger jumpers.

"The seniors did a great job leading that young group, and that young group, they really improved all year," the coach said. "They didn't shy away from the varsity-level, county-level competition. They rose up to it and either jumped at or right near their personal bests."

The Maroons' next challenge will be at the Penn Relays at Franklin Field in Philadelphia, which began yesterday and continue through Saturday. Ridgewood teams will compete in the 4-x-100, 4-x-400 and 4-x-800.

"It's a chance for these kids to do one event, maybe two events and really shine," Saladino said.

## THE TRACK REPORT: AROUND THE BEND

**DRIVEN AND "ON FIRE":** In March, Mahwah senior Jaius Paul sent a text message to coach Bob Parker saying how ready he was for the season. That motivation showed at the Jack Yockers Bergen County Relays.

After posting a personal best (and state-leading) 47 feet, 0¾ inches in the triple jump, Paul scored a 21-7½ in the long jump.

"He's on fire right now," Parker said. "As a football player and an athlete, he's driven."

"Coming out of workouts and because of my junior year performance, I had really high expectations," Paul said. "My goal is always to jump a 50, but realistically I shoot for a 49-3."

Paul always is working on his form. "I just pound the track," he said. "My phase two [of the jump] is the biggest thing I'm working on. I have to remember to cycle my leg and hold my form."

### HIGHLANDS SHUTTLE CREW STARS:

Northern Highlands' boys shuttle hurdles crew had one of the more impressive performances of the county relays, posting a 1:01.3. It missed cracking the top 10 times in county history by a tenth of a second.

"We have a great group. We're really excited about it," coach Tom Viscardi said. "It's especially because we only have one senior in the shuttle hurdles. We felt really strong going in."

Liam Moran, Francis Richard, Dan Pflueger and Brendan Holleran make up the team.

"A lot of teams have one star who kind of pulls the team, but we're lucky in that we have four really solid guys," Viscardi said. "You also love to see that time and us competing for top four in our division because there's so much great competition with Paramus Catholic, Ridgewood, Bergen Catholic and Old Tappan."

### GREAT PERFORMANCES ABOUND:

There were a number of outstanding performances at the Bergen Relays last weekend that fell just short of winning an award. Westwood junior Jessica Molina had the day's best girls shot put performance (43-4½) and had top-five marks in the discus (111-1) and javelin (110-8).

Jordan Zaikov of Cresskill shared the top high jump performance at 5-2 and anchored

## Track rankings

### Boys

1. Old Tappan
2. Ridgewood
3. River Dell
4. Hasbrouck Heights
5. Don Bosco
6. Demarest
7. Northern Highlands
8. Bergen Catholic
9. Indian Hills
10. Ramsey
11. Ridgefield Park
12. Passaic Tech
13. New Milford
14. Paramus Catholic
15. Hackensack
16. Saddle Brook
17. Wayne Valley
18. Kenedy
19. Paramus
20. Lyndhurst
21. Emerson
22. Westwood
23. Lakeland
24. Tenafly
25. Boonton

### Girls

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

school record and winning performances in the 4-x-200 and shuttle hurdles. In all, the Cougars set seven school records at the meet, and Zaikov was part of three of them.

Jillian DiGiacinto led Hasbrouck Heights to a small-school meet record in the 3-x-400 intermediate hurdles with a personal best 63.5 and was part of the winning sprint medley team, clocking 2:22.0 for 800 in that event.

Junior Dylan Scallo was part of three medal-winning Dumont teams, clocking 56.3 in the 400 hurdles.

Old Tappan junior Andrew Schumacher was part of winning 4-x-200 and 4-x-400 teams and ran 56.1 as the second man as the Golden Knights set a Bergen County record in the 3-x-400 hurdles.

Jekabs Hayes of Pascack Hills was part of school-record teams in the 4-x-800 and 4-x-1,600, including a 1:59.0 split in the former event that helped the Cowboys break a record set in 1969.

Drew Tummino of River Dell (56-2 shot), Frank Ahearn of Ramsey (165-0 discus) and Frankie Richard of Northern Highlands (22-1¾ long jump) led all athletes in their events.

- Paul Schwartz and Dave Meisel

Penn Relays  
Philadelphia, PA

April 24-25<sup>th</sup>

4x800m:

Kotaro Tamura **2:01.22**

Jack Byrne **2:08.58**

Kenny Marshall **2:06.34**

Michael Thurston **1:58.58 - 8:14.71**

4x100m:

Jon Norrell, Will Migliorelli, Matt Tai, Kobi Grant **46.80**

4x400m:

Kyle Mack **55.08**

Matt Tai **54.22**

Zack Stadulis **54.50**

Michael Thurston **50.74 - 3:34.54**

Comments:

This was a disappointing effort.



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Jack Vigneron of River Dell getting ready to toss discus at Penn Relays on Friday.

## North Jersey boys teams suffer through tough day

By **PAUL SCHWARTZ** and **DARREN COOPER**  
STAFF WRITERS

PHILADELPHIA -- It wasn't the most successful day in Penn Relays history for North Jersey boys athletes Friday.

In fact after the River Dell boys 4-x-800 meter relay team qualified for today's Championship of America final with a stunning performance that makes them contenders for at least medals, things went downhill almost immediately.

Indian Hills also ran well in the same heat as River Dell, with the quartet of Matt Tuohy, Jack Kerin, Tom McPhee and Matt Cohan running a solid 8 minutes, 8.3 seconds, placing them in the upper half of the 70 teams who ran the race.

"I think next year we can come back and maybe do what River Dell did," said Cohan, who with Kerin will return next year with some good young talent in the wings. "We're happy with the way we ran and think we can do more this year, too."

But two heats later, Ridgewood's second

leg lost a shoe and a little of his poise, and the Maroons wasted a fine 1:58 anchor by Michael Thurston, finishing well back in 8:14.71.

Then in the discus Jack Vigneron struggled, sailing his first throw out of bounds and his second just about 40 meters (132 feet, 6 inches).

That put everything on his third throw and Vigneron unfurled a quality one that struck the grass just shy of the 50-meter line (164-0), but he was ruled to have stepped out of bounds. The red flag went up.

So the throw wasn't measured, and Vigneron did not advance out of the preliminaries.

"I stepped over, it was close," said an obviously disappointed Vigneron. "I felt good on that last throw, it was probably going to be a [personal record], but I stepped over. It was just a gaffe."

Then Bergen Catholic seemed on its way to a potential qualifying race in the 4-x-100 but the third handoff went awry and the baton hit the ground, spoiling any chance at a sub-44-second race and a spot in one of the three finals today.



To view a photo gallery on this story visit [northjersey.com](http://northjersey.com)

See PENN Page S-12

League Championship  
@ Hackensack:

April 30, 2015

100m: K. Grant 11.84/11.76 – 3<sup>rd</sup> Place, K. Mack **12.24**, W. Migliorelli **12.61**

400IH: Z. Stadulis 59.83 – 5<sup>th</sup> Place, E. Westcott **62.41**

1600m: M. Thurston 4:24.60 – 2<sup>nd</sup> Place, K Marshall 4:34.45 – 4<sup>th</sup> Place, K. Tamura 4:35.08 – 5<sup>th</sup> Place

110HH Trials: R. Harada **19.57**, E. Westcott **17.32**, M. Bartlik **19.57**

400m: K. Mack 52.87 – 4<sup>th</sup> Place, M. Tai **55.50**, Z. Stadulis **54.35**

800m: M. Thurston 1:59.03 – 1<sup>st</sup> Place, J. Byrne 2:01.64 – 2<sup>nd</sup> Place K. Tamura 2:01.87 – 3<sup>rd</sup> Place

200m: K. Grant 23.98 – 5<sup>th</sup> Place M. Tai 24.02 – 6<sup>th</sup> Place

3200m: B. Byrne 9:53.41 – 3<sup>rd</sup> Place, K. Marshall 10:04.71 – 6<sup>th</sup> Place, N. Barnabic **10:25.42**

4x400m: K. Mack **53.1**, J. Byrne **53.6**, Z. Stadulis **53.8**, M. Thurston **50.5** 3:31.29 – 1<sup>st</sup> Place

Shot Put: B. Pastorius 46' ¾" – 2<sup>nd</sup> Place, S. McAvey 43' ¾" – 6<sup>th</sup> Place K. Ekert **42' 8 ½"**

Discus: K. Ekert 116'6" – 5<sup>th</sup> Place, B. Pastorius 114'1" – 6<sup>th</sup> Place, W. French **102'9"**

Javelin: B. Pastorius 139'9" – 6<sup>th</sup> Place K. Ekert **125'5"** C. Abernethy **114'8"**

Long Jump: J. Davila 19'5 ½" – 4<sup>th</sup> Place, A. Punjabi 19'0" – 6<sup>th</sup> Place, R. Harada **18'0"**

Triple Jump: J. Davila 40'4 ½" – 5<sup>th</sup> Place, A. Punjabi 40'2" – 6<sup>th</sup> Place, R. Harada **37'8 ½"**

High Jump: R. Harada 5'8" 4<sup>th</sup> Place D. Romero **5'6"** M. Bartlik NH

Pole Vault: C. Abernethy 11'0" – 3<sup>rd</sup> Place, D. Schechter **10'0"**, L. Bontoux **10'0"**

#### Comments:

Like we talked about after the meet yesterday, if you want to win a championship you have to go out and preform at your best in every event. Good doesn't win championships – great wins them.

# Discus throwers land title for Braves

## Indian Hills boys win first BN title

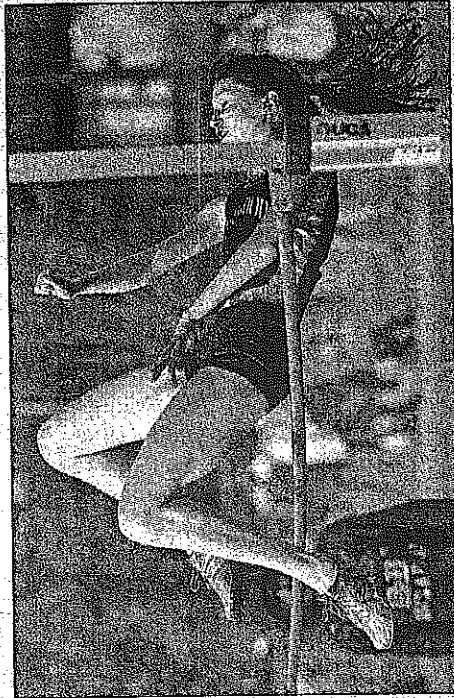
By PAUL SCHWARTZ  
STAFF WRITER

**HACKENSACK** — There were plenty of track and field stars Thursday night at the Big North Freedom and National divisions

### TRACK: BIG NORTH CHAMPIONSHIPS

meet, but the most important athletes of the meet turned out to be two Indian Hills discus throwers. Senior Liam Donnell and junior Marshall Waters didn't even throw personal bests in the Freedom Division; boys discus throw as darkness was enveloping the Hackensack athletic field. Their clutch throws in the final minutes of the meet, however, clinched a division championship for the Braves — their first since entering the Big North Conference in 2011. Their 2-3 finish propelled Indian Hills past Ridgewood, 106-101, and into second place in Thursday's championship meet, earning them the league title.

Northern Highlands won the Freedom meet Thursday, using terrific performances in the



VIORÉL FLORESCU/STAFF PHOTOGRAPHER

Sophie Montgomery competes in the girls high jump during the Big North Freedom and National divisions meet Thursday.

sprints, hurdles and jumps to score 124½ points. But the Highlanders lost three of their five dual meets, meaning undefeated Indian Hills could win the title outright if it could finish ahead of once-beaten Ridgewood in the meet standings.

With everything complete but the discus, Ridgewood held a six-point lead.

Both teams had two competitors in the seven-man final and going into the final two rounds, Ridgewood's throwers were ahead of Donnell and Waters, who were fifth and sixth, respectively.

Waters threw 124 feet to move into second place behind eventu-

ally held form with the undefeated dual teams in the Girls Freedom (Northern Highlands), Girls National (Deimarest) and Boys National (Old Tappan) winning their meets by margins of 30½ to 89 points.

Demarest's Christine Welzer had perhaps the best individual set of performances in a meet loaded with top-notch talent and performances.

She won the National 400 hurdles in a personal best and North Jersey leading 63.20 seconds, the second-best time in the state this year. She ran 15.33 to win the 100 hurdles, and then beat a terrific field to win the 800 before running a personal best 58-second split in the 400 to take her team from fourth to second in the 4-x-400 relay to end the meet.

"She's gone through a lot in her career, but I think she has used some of her struggles to help her be even better," said Deimarest coach Brendan Kenny. "She's a gamer and they don't come any better than her."

Coach (Brian) Rodak told me right before I went into the circle that I had to throw 118 feet for us to win the meet," said Donnell, who has a personal best of 129 feet, but was short of that on Thursday on his first five throws.

"Most of the time that doesn't work for me, but I knew this is one of my last big meets and my team needed me."

So Donnell delivered a throw of 123-7, a 10-foot improvement for the day and enough to move

cNovice League Championship  
@ Hackensack

May 4, 2015

100m:

Novice: W. Migliorelli **11.7**, J. Chu **12.1**, B. Leibson **12.4**, B. Chung **12.5**, J. Hadfield **12.9**,  
400IH: Frosh: Tommy Carver **64.4 – 2<sup>nd</sup> Place**

1600m:

Novice: B. Rynkowski **4:47 – 3<sup>rd</sup> Place**, J. Naftzer **4:53**, E. Garcia **4:53**, B. Chan **5:03**, M. Rademacher **5:22**  
E. Tilyou **5:24**  
Frosh: R. Neville **5:04**, M. Boogoert **5:34**

400m:

Novice: Kai Ward **55.6 – 1<sup>st</sup> Place** Ian McTavish **57.5**  
Frosh: Nick Iliev **66.8**

800m:

Frosh: S. Wagh **2:12.5 – 2<sup>nd</sup> Place**, C. Branca **2:16**, M. Olsen **2:18**, J. Drier **2:25**, L. Brennan **2:29**  
P. Audette **2:29** K. Neville **2:31**, I. Dartley **2:33**  
Novice:  
A. Taggart **2:06.3 – 1<sup>st</sup> Place**, M. Robazza **2:07.8 – 3<sup>rd</sup> Place**, H. Seifert **2:17**, M. Lee **2:18**, J. Bolduc **2:19**

200m:

Frosh: T. Carver **26.2**  
Novice: W. Migliorelli **24.3**, S. Do **24.7**, N. Gomez **25.3** B. Leibson **25.9** J. Hadfield **26.1** N. Cobb **26.3**  
J. Chu **26.8** T. Hong **27.4**, L. Chok **27.5** C. Witschonke **29.9**

3200m:

Novice: C. Salamone **10:27 – 2<sup>nd</sup> Place**, H. Ricatto **10:29 – 3<sup>rd</sup> Place**, S. Calello **10:36**, B. Gilligan **11:26**  
Frosh: B. Zamboldi **10:50 – 3<sup>rd</sup> Place**

4x400m:

Frosh: C. Branca **61.3**, S. Wagh **59.4**, R. Neville **60.7**, T. Carver **58.9 – 4:00.6**  
Novice: A. Taggart **56.3**, W. Migliorelli **57.8**, I. McTavish **56.6**, K. Ward **55.6 – 3:46.1 – 1<sup>st</sup> Place**

Long Jump:

Novice: R. Gomez **16'3"** C. Hartigan **16'1"**, A. Garcia **15'11 ½"**, S. Do **15'6"** S. Gorman **15'1"**,  
Frosh: M. Bartlik **17'9"** C. Shammus **16'7 ½"**

Triple Jump:

Novice: There rest were not reported  
Frosh: M. Bartlik **40'4" – 1<sup>st</sup> Place**

High Jump:

Novice: J. Conboy **5'4"**, Sean Gorman, NH  
Frosh: M. Bartlik **5'2"**

**Shot Put:**

Frosh: A. Englehardt **35'0"** – **2<sup>nd</sup> Place** N. Plasse **29'8"**, N. Lung **64'7"**

Novice: W. French **36'5"**, M. Kendrick **35'3 ½"** M. Gentile **34'8"** T. Stephen **33'4"**, M. Ndreu **34'2 ½"**  
R. Schablik **30'3 ½"**, K. Morales **25'2"**

**Discus:**

Frosh: A. Englehardt **80'11"** N. Plasse **67'0"**, N. Lung **64'9"**

Novice: M. Gentile **103'9"** R. Schablik **84'4 ½"** T. Stephen **77'10"** K. Morales **60'10"**

**Pole Vault:**

Novice: B. Rose **10'0"**, J. Sofka **9'0"**, R. Vimba **9'0"**, N. Cobb **8'0"**, C. Perlman **8'0"**, C. Witschonke **NH**

Frosh: L. Reinke **8'0"**, W. Gagan **7'0"**

Maroons

Pro News 5/8

really showed on by an three of them scoring."

Sheehy also runs the 800, "but she has an arm on her," according to her coach.

Although McKeon's throw wasn't the best of her season, Brown was encouraged with the

triple jumping response to athleticism. It's very hard to triple jump, and she's worked hard at it," Brown said. "It's just cool to have her be able to win the league to get the medal to show all her great success in it."

Two more Ridgewood seniors

made the girls with a distance of 16-0 1/2 just beating out the 16-0 by Ramapo's Katherine Brzozowski. Maroons junior Kerry Callaghan jumped 14-8 to take sixth.

[Jumps coach] Steve Oppencheck, feels that [Park is] really ready to pop a big one," Brown

while boys and Park narrowly out-jumped their counterparts from Ramapo, Earl tied with the Green Raiders' Kirsten Skead after both cleared 8-6 in the pole vault, a rare circumstance in championship meets.

"In a championship meet,

reach and they would have a lot if the coaches would agree to it, and we agreed because it didn't matter in the team standings.

"She won that one as far as I'm concerned," Brown said of Earl.

Ridgewood freshman vaulter Nicole Lester continued her

ity of track, Brown said. "I call, we want some points in the team score, but we also want some individual performances to get these kids in the championship meet."

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BOYS TRACK & FIELD

Maroons counting on big effort at counties

BY MATTHEW BIRCHENOUGH Assistant Sports Editor

Ridgewood High School boys track head coach Josh Saladino has known all along this season that he has a young team with the potential to grow.

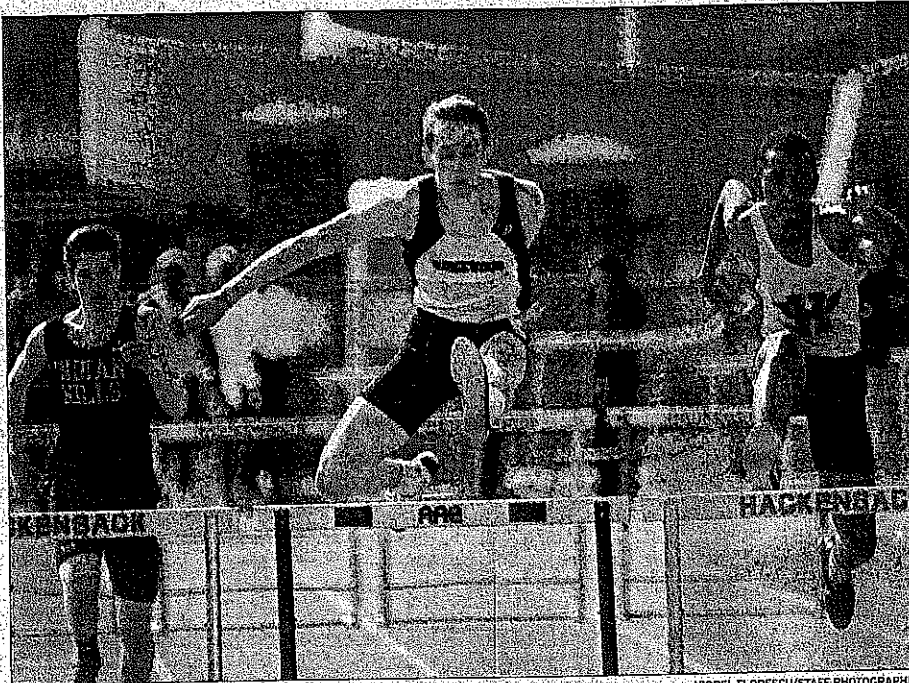
And the Maroons have grown, as a number of underclassmen have steadily become key parts of the program. But on the eve of this weekend's Gene "Red" Little Bergen County championships, Saladino is hoping for a major growth spurt.

"I want to see us perform at a level that we haven't performed at this year," Saladino said earlier this week after his team finished third at the Big North Freedom Division meet on April 30. The Maroons' 101 points fell short of Indian Hills (106) and Northern Highlands (124.5).

The third-place finish was disappointing because we missed out on a league championship by five points," said Saladino, whose team has lost just one dual meet this year, to Indian Hills on April 21. "We had to finish one spot ahead of Indian Hills to tie them for a league championship, so finishing five points back of sharing our league championship is a tough pill to swallow."

Saladino is hopeful that the county meet, which starts today and runs through tomorrow at C.I. Tappan, will be the perfect opportunity for his young squad to back.

What we're looking for as a team is to see how we rebound from the disappointment that we had in not winning a league championship," he said. "I want to see how guys rebound and compete with an intensity and a



VIORÉ FLORESCU/STAFF PHOTOGRAPHER

Sophomore Zack Stadulis leaps over a hurdle on his way to a fifth-place finish in the 400-meter race at the Big North Freedom Division meet last week at Hackensack. The Maroons finished third in the team competition.

desire to be at their best throughout the entire meet."

Some Maroons did show their best at the division meet held at Hackensack.

Junior Michael Thurston, just a couple weeks off earning track athlete of the meet at the Jack Yockers Bergen County Relays,

put together another solid performance with gold-medal efforts in the 800 meters and as part of the 4-x-400 relay and a second-place finish in the 1,600.

In fact, Thurston led a 1-2-3 Ridgewood trifecta in the 800 as seniors Jack Byrne and Kotaro Tamura finished second and third,

respectively, to give the team a whopping 24 points in the event.

"The 800 was the highlight for us," Saladino said. "The 1-2-3 in the 800 really got us back in the meet, because we were down to Indian Hills quite a bit... That really gave us a chance.

"It was Michael and Kotaro's

second race of the day; they did a nice job for us in the 1,600," the coach added. "Michael ran the best time he's ever run in the 1,600 meters. Kotaro giving us a fifth there was pretty solid."

Junior Kenny Marshall joined the duo by taking fourth in the 1,600.

Marshall also finished sixth in the 3,200, while sophomore Billy Byrne earned a bronze medal in the event.

Kyle Mack, Zack Stadulis and Jack Byrne teamed with Thurston in the 4-x-400, which finished in 3:31.29 ahead of runner-up Northern Highlands (3:32.39).

"Those guys knew they needed to win to have a chance," Saladino said. "To those guys' credit, they came through. They ran a pretty good time; 3:31 is a couple seconds off what we've run this year, but this was some of these guys' third or fourth events of the day."

In the sprints, the Maroons got a point from freshman Matt Tai, who finished sixth in the 200 in 24.02. His teammate, sophomore Kobi Grant, took fifth just ahead of him, clocking in at 23.98. Grant also finished third in the 100 behind a pair of sprinters from Northern Highlands, Matt Vicari and Mike Florio.

Mack, a sophomore, finished fourth in the 400, while his classmate Stadulis came in fifth in the 400 hurdles.

Ben Pastorius led all Maroons field athletes with 10 points, which included a silver-medal performance in the shot put and sixth-place efforts in the javelin and discus.

In the jumps, Ridgewood received points from Jonathan Davila and Armand Punjabi, who went fifth and sixth, respectively, in the triple jump and fourth and sixth in the long jump.

Senior Connor Abernethy cleared 11 feet to take third in the pole vault, and sophomore Ray Harada leapt 5-8 in the high jump to claim fourth.

The Maroons earned points in

See BOYS TRACK, page C2



Rec 5/8

## The Record track and field rankings

### Boys Top 25

1. Old Tappan
2. River Dell
3. Don Bosco
4. Passaic Tech
5. No. Highlands
6. Kennedy
7. Indian Hills
8. Ridgewood
9. Has. Heights
10. Ramsey
11. Bergen Cath.
12. Demarest
13. Paramus Cath.
14. Hackensack
15. Eastside
16. Mahwah
17. Wayne Valley
18. Ridgefield Park
19. Fair Lawn
20. West Milford
21. Saddle Brook
22. Boonton
23. Lyndhurst
24. Lakeland
25. Teaneck

### Girls Top 25

1. River Dell
2. No. Highlands
3. Demarest
4. Holy Angels
5. Has. Heights
6. Old Tappan
7. Ridgewood
8. IHA
9. Cresskill
10. Paramus Cath.
11. Passaic Tech
12. Ramapo
13. Hackensack
14. Teaneck
15. Tenafly
16. Ramsey
17. Clifton
18. Fair Lawn
19. Bergen Tech
20. Wayne Hills
21. Westwood
22. Lyndhurst
23. Glen Rock
24. Hawthorne
25. East Christian

County Championship  
@ Old Tappan

May 8-9<sup>th</sup>

Friday:

Shot Put: B. Pastorius 46'7" – 3<sup>rd</sup> Place K. Ekert 42'0", S. McAvey 40'4 ¼"

Long Jump: J. Davila 19'0", R. Harada 18'9", A. Punjabi 18'7 ½"

Pole Vault: C. Abernethy 12'0" – 4<sup>th</sup> Place, D. Schechter NH, L. Bontoux NH

Javelin: B. Pastorius 144'3", K. Ekert 124'11", M. Warren 87'4"

400IH: Z. Stadulis 60.02, E. Westcott 61.78

100m: K. Grant 11.82, M. Tai 11.96, J. Norrell 12.02

1600m: M. Thurston 4:23.31 – 3<sup>rd</sup> Place B. Byrne 4:49.21

400m: Z. Stadulis 55.04

4x800m: K. Mack 2:06.8, J. Byrne 2:02.4 K. Marshall 2:02.9, K. Tamura 2:01.5 8:13.33 – 3<sup>rd</sup> Place

Saturday:

110HH: R. Harada 17.79, E. Westcott 19.20, M. Bartlik 19.51

800m: M. Thurston 1:54.12 – 2<sup>nd</sup> Place, J. Byrne 1:59.56, K. Mack 2:07.61

3200m: B. Byrne 9:37.03 – 6<sup>th</sup> Place, K. Marshall 9:40.77, K. Tamura 9:43.19

4x100m: M. Tai, K. Mack, J. Davila, K. Grant 45.59 – 6<sup>th</sup> Place

200m: K. Grant 23.61, M. Tai 24.20

4x400m: M. Tai 53.1, J. Byrne 53.3, Z. Stadulis 53.4, K. Mack 51.9 3:32.22 – 6<sup>th</sup> Place

High Jump: D. Romero NH, R. Harada NH, M. Bartlik NH

Triple Jump: A. Punjabi 39'7", M. Bartlik 38'2", J. Davila F

Discus: B. Pastorius 129'0" K. Ekert 124'0", M. Gentile 109'1"

Novice North Jersey Championship  
@ Hackensack

May 12, 2015

100m:

W. Migliorelli **11.6/11.8**, D. Romero **12.1/11.9** S. Do **12.4/12.1**, B. Chung **12.3**, J. Chu **12.4** T. Hong **12.6**  
L. Chok **12.9**, B. Leibson **13.1**, J. Hadfield **13.2**

400IH: Tommy Carver **64.4 – 5<sup>th</sup> Place**

1600m:

Novice: B. Rynkowski **4:46 – 1<sup>st</sup> Place**, E. Garcia **4:51 – 3<sup>rd</sup> Place**, J. Nafleger **4:53 – 4<sup>th</sup> Place**,  
S. Wagh **4:52 – 5<sup>th</sup> Place**, B. Hughes **4:55 – 6<sup>th</sup> Place**, B. Chan **5:03**, J. Drier **5:24**, M. Olsen **5:26**  
M. Rademacher **5:27**, E. Tilyou **5:28**, M. Boogerts **5:32**, M. Binstock **5:36**

400m:

Kai Ward **55.9 – 4<sup>th</sup> Place** Ian McTavish **57.6**, P. Audette **67.6**

800m:

A. Taggart **2:06.8 – 1<sup>st</sup> Place**, M. Robazza **2:07.4 – 2<sup>nd</sup> Place**, M. Lee **2:12.4**, H. Seifert **2:14.8**,  
J. Bolduc **2:18.9**, I. Dartley **2:36.4**, C. Martin **2:37.5**, R. Cody **2:48.2**

110HH: M. Bartlik **18.9**

200m:

W. Migliorielli **24.1 – 6<sup>th</sup> Place**, S. Do **24.4**, M. Rubin **25.1** N. Gomez **25.2**, J. Cho **25.5** T. Carver **25.9**,  
B. Leibson **26.0**, J. Hadfield **26.9**, J. Chu **26.9**, T. Hong **27.0**, L. Chok **27.0**,

3200m:

C. Salamone **10:26.4 – 2<sup>nd</sup> Place**, H. Ricatto **10:27.4 – 3<sup>rd</sup> Place**, B. Zamboldi **10:30.5 – 3<sup>rd</sup> Place**  
S. Calello **10:44.5 – 4<sup>th</sup> Place**, B. Chan **11:17.3** C. Branca **11:24.4**, B. Hughes **11:25.8**, B. Gilligan **11:56.6**

4x400m:

A. Taggart **54.9**, W. Migliorelli **55.3**, M. Robazza **57.9**, K. Ward **53.9** **3:41.9 – 2<sup>nd</sup> Place**

Long Jump:

M. Rubin **16'8" – 5<sup>th</sup> Place**, D. Romero **16'7 ½" – 6<sup>th</sup> Place**, M. Bartlik **16'4 ½"**, A. Garcia **15'6 ½"**,  
N. Gomez **15'6"**, C. Shammus **15'3"**, S. Gorman **13'11"**

Triple Jump:

M. Bartlik **40'5" – 1<sup>st</sup> Place**, D. Romero **37'10 ½" – 2<sup>nd</sup> Place**, S. Gorman **33'7 ½"**, C. Shammus **33' ½"**

High Jump:

J. Conboy **5'4"**, M. Barlik **5'2"**

Shot Put:

W. French **36'8"**, M. Kendrick **35'1"** A. Engelhardt **34'6 ½"**, M. Gentile **34'6 ¼"**, T. Stephen **33'8"**,  
R. Schablik **31'5 ¼"** C. Hareas **29' ½"**, N. Plasse **28'3 ½"**, N. Lung **25' ¾"**

**Discus:**

M. Gentile 110'11" – 4<sup>th</sup> Place, W. French 105'11" – 6<sup>th</sup> Place, M. Kendrick 92'7", R. Schablik 82'0"  
T. Stephen 85'10" N. Plasse 72'5", A. Engelhardt 62'11", N. Lung 58'8" C. Hareas 56'2",

**Javelin:**

T. Stephen 81'2", M. Gentile 77'6"

**Pole Vault:**

D. Schecter 10'6" – 2<sup>nd</sup> Place, L. Bontoux 10'0" – 4<sup>th</sup> Place, R. Vimba 10'0" – 5<sup>th</sup> Place, J. Sofka 9'6"  
B. Rose 9'0", N. Cobb 9'0", L. Reinke 8'0", C. Perlman 8'0", C. Witschonke 8'0"

**Comments:**

Good performances and medals to end the season. Many seniors finished fine careers at RHS.

Bergen County Meet of Champions  
@ Hackensack High School

May 15, 2015

200m: Kobi Grant **23.36**

400m: Kyle Mack **52.64**

800m: Kotaro Tamura **2:02.55**, Jack Byrne **2:08.89**

1600m: Kenny Marshall **4:33.56**

3200m: Billy Byrne **9:48.29** – 4<sup>th</sup> Place

Triple Jump: Jonathan Davila **40'9"**

Pole Vault: Connor Abernathy **13'0"** – 5<sup>th</sup> Place

Shot Put: Ben Pastorius **49'2 ½"**

Frosh County Championships  
@ Ramsey High School

May 20, 2015

400IH: T. Carver 62.9 – 2<sup>nd</sup> Place

400m: M. Tai 53.4 – 1<sup>st</sup> Place, N. Iliev 65.3

1600m: B. Zamboldi 4:48.9 – 3<sup>rd</sup> Place S. Wagh 4:49.8 – 4<sup>th</sup> Place, C. Branca 4:58.3, J. Drier 5:20.2  
M. Boogarts 5:24.2, C. Martin 5:31.1, I. Dartley 5:51.9, R. Cody 6:04.3

110HH: M. Bartlik 18.9/19.4 – 3<sup>rd</sup> Place

800m: S. Wagh 2:17.3 – 6<sup>th</sup> Place, J. Drier 2:33.3, M. Boogarts 2:35.8, C. Martin 2:40.1, I. Dartley 2:42.9  
R. Cody 2:50.9

200m: M. Tai 23.7 – 1<sup>st</sup> Place, N. Iliev 29.5

3200m: B. Zamboldi 10:27.1 – 3<sup>rd</sup> Place, C. Branca 10:57.8 – 4<sup>th</sup> Place

4x400m: T. Carver 57.2, D. Romero 58.5, S. Wagh 57.5, M. Tai 52.8 3:46.1 – 2<sup>nd</sup> Place

Long Jump: M. Bartlik 16'11" – 6<sup>th</sup> Place, D. Romero 16'8", C. Shammus 15'7"

Triple Jump: M. Bartlik 39'1 ¼" – 1<sup>st</sup> Place, D. Romero 37'7 ½" – 3<sup>rd</sup> Place, C. Shammus 32'6 ½"

High Jump: D. Romero 5'4" – 2<sup>nd</sup> Place, M. Bartlik NH

Shot Put: A. Englehardt 40'9" – 3<sup>rd</sup> Place, N. Plasse 31'5 ¾", C. Hareas 28'8 ¼", N. Lung 26'10 ¼"

Discus: A. Englehardt 81'0", N. Plasse 74'4", N. Lung 73'3", C. Hareas 65'7"

Pole Vault: L. Reinke 8'6" – 6<sup>th</sup> Place

#### Team Score

Ridgewood 95

Indian Hills 81

Old Tappan 68

Don Bosco 49

#### Comments:

Great end to the season! A ton of personal bests and a great job competing at this meet. We scored across the board: sprints, distance, hurdles, throws, jumps. Well done. That's the sign of a complete track and field team.

State Sectional Championship  
@ Randolph High School

May 22-23

Friday:

400IH: Z. Stadulis **60.94** K. Mack **62.95**

1600m: M. Thurston **4:25.64 - 2nd Place**, K. Tamura **4:34.08**, K. Marshall **4:39.80**

100m: K. Grant **11.40/11.85**, M. Tai **11.78**, J. Norrell **11.90**

400m: K. Mack **51.90**

4x800m: K. Tamura **2:02.5**, J. Byrne **2:02.6**, A. Taggart **2:03.8**, M. Thurston **1:55.6** **8:06.92 - 1st Place**

Discus: B. Pastorius **121'2"**, K. Ekert **117'1"**, W. French **106'3"**

High Jump: D. Romero **5'6"**, R. Harada **5'6"**, M. Bartlik **NH**

Triple Jump: J. Davila **41'5"**, A. Punjabi **40'8 1/2"**, M. Bartlik **37'4 1/4"**

Saturday:

110HH: R. Harada **16.69** Z. Stadulis **17.64**

800m: M. Thurston **1:57.04 - 1st Place**, J. Byrne **2:01.90**, A. Taggart **2:03.32**

3200m: K. Tamura **9:51.66 - 6th Place** B. Byrne **9:57.27**, K. Marshall **10:21.89**

4x100m: M. Tai, K. Mack, J. Davila, K. Grant **44.87**

200m: K. Grant **23.84**

4x400m: K. Mack **52.2**, J. Byrne **53.5**, Z. Stadulis **53.5** M. Tai **52.2** **3:32.92**

Shot Put: B. Pastorius **47'10 1/2"**, S. McAvey **41'1 1/2"**, K. Ekert **40'8"**

Javelin: K. Ekert **115'10"**, M. Warren **104'9"**

Long Jump: J. Davila **19'5 1/2"**, R. Harada **19'1"**, A. Punjabi **18'9"**

Pole Vault: C. Abernethy **13'6" - 2nd Place**, L. Bontoux **11'0"**, D. Schechter **11'0"**

Comments:

**5th Place was not our goal coming into this meet. Like we talked about after the meet you need to perform at your best all of the time. Many ended with seasonal and personal bests. Great job!**

State Group IV Championship  
@ Egg Harbor

May 29-30

4x800m:

Kotaro Tamura **1:59.8**

Jack Byrne **2:01.5**

Andrew Taggart **2:02.8**

Michael Thurston **1:54.8 - 7:59.64 ... Qualified for SMOC**

800m:

Michael Thurston **1:57.55**

3200m:

Kotaro Tamura **10:03.84**

Pole Vault:

Connor Abernathy **13'0" - 4<sup>th</sup> Place!**

Shot Put:

Ben Pastorius **47'2 1/4"**

**Comments:**

**Great performances by Connor and Ben! Congrats to Connor and the 4x800 on qualifying for SMOC.**



Freedom Division All League Teams		
	First Team	Second Team
100 meters	Matt Vacarri - NH - 11	Mike Florio - NH - 12
200 meters	Joe Roma - Par - 12	Kobi Grant - Rid - 10
400 meters	Jack Kerin - IH - 11	Mike Besette - Par - 12
800 meters	Michael Thurston - Rid - 11	Jack Byrne - Rid - 12
1600 meters	Matt Tuohy - IH - 12	Kenny Marshall - Rid - 11
3200 meters	Tom McPhee - IH - 12	Billy Byrne - Rid - 10
110 highs	Andre Grant - Hack - 11	George Viccaro - Par - 12
400 Int Hur	Liam Moran - NH - 12	Kyle Bissell - NH - 12
1600 relay	Ridgewood	No. Highlands
	Kyle Mack - 10	Kyle Bissell - 12
	Matt Tai - 9	Liam Moran - 12
	Zack Stadulis - 10	Aaron Burshtein - 12
	Michael Thurston - 11	Jelani Garvin - 12
Shot	Demar Stewart - Hack - 11	Ben Pastorius - Rid - 12
Discus	Nick Ghichlian - Par - 11	Marshall Watters - IH - 11
Long Jump	Francis Richard - NH - 11	Jonathan Davila - Rid - 12
Triple Jump	Tommy Smith - Hack - 11	John Proctor - Hack - 11
Pole Vault	Michael Forbes - Hack - 12	Greg Fuerte - Par - 10
Javelin	Arun Pradhanang - Par - 12	Kevin Corn - NH - 12
High Jump	Derek Anderson - IH - 11	Timothy DeLorenzo - NH - 10
Honorable Mention		
No. Highlands	Dan McEntee - 12	
Hackensack	Bryan Gonzalez - 12	
Indian Hills	Will Sidaros - 12	
Ridgewood	Kotaro Tamura - 12	
Paramus	Wissam Esmail - 12	

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1975			Champions	2nd Place	Champions	
1976				3rd Place		
1977						
1978						
1979						
1980						
1981						
1982		2nd Place				
1983						
1984		3rd Place				
1985		3rd Place	3rd Place	3rd Place	3rd Place	
1986						
1987		Champions	Champions	Champions	2nd Place	
1988		Champions		3rd Place		
1989	7-1	2nd Place	Champions	2nd Place	Champions	9th Place
1990		2nd Place				
1991	5-3	2nd Place	3rd Place	2nd Place	2nd Place	
1992	5-3	5th Place	2nd Place	2nd Place	5th Place	
1993	7-1	3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1994	7-1	4th Place	2nd Place	3rd Place	3rd Place	
1995	7-1	4th Place	Champions (tie)	2nd Place	5th Place	
1996	5-3	5th Place	3rd Place	5th Place	5th Place	

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1997	8-0	6th Place	Champions	2nd Place	6th Place	
1998	8-0	3rd Place	Champions	2nd Place	2nd Place	
1999						
2000		2nd Place	3rd Place	3rd Place	2nd Place	
2001		3rd Place	Champions			
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)	
2003	5-1	3rd Place	Champions	Champions	Champions	6th Place
2004	6-0	3rd Place	Champions	2nd Place	Champions	5th Place
2005	8-0	Champions	Champions	Champions	2nd Place	8th Place
2006	8-0	Champions	Champions	2nd Place	3rd Place	2nd Place
2007	8-0	2nd Place	Champions	3rd Place	2nd Place	
2008	7-1	6th Place	Champions (tie)	8th Place	8th Place	
2009	8-0	2nd Place	Champions	2nd Place	4th Place	
2010	8-1	Champions	Champions	2nd Place	Champions	7th Place
2011	4-0	2nd Place	Champions	2nd Place	Champions	
2012	3-0-1	2nd Place	Champions	2nd Place	Champions	
2013	5-0	Champions	Champions	Champions	Champions	2nd Place
2014	5-0	Champions	Champions	3rd Place	Champions	
2015	4-1	2nd Place	2nd Place	6th Place	5th Place	

## Ridgewood High School All-Time Top 10 List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
<b>100m:</b>			
10.90	Chris Zeigler	State Meet of Champs	2007
10.99	Dusty Thomas	BMOC	1998
11.05	Jake Sabatini	County Championship	2013
11.11	Kevin Chung	State Group IV	2013
11.11	Matt Beausoleil	State Sectionals	2011
10.8	Matt Krever	BMOC	1991
10.9	Dan Cooper	NNJIL Championship	2000
11.20	Max Witt	NNJIL Championship	2009
11.25	Doohee Han	State Sectionals	2014
<b>11.40</b>	<b>Kobi Grant</b>	<b>State Sectionals</b>	<b>2015</b>
<b>200m:</b>			
21.7 / 22.05	Chris Zeigler	County / SMOC	2007
22.15	Dusty Thomas	BMOC	1998
22.0	Mike Henderson		1961
22.32	Jake Sabatini	County Championship	2013
22.1	Tim Geckler	NNJIL Championship	1989
22.53	Doohee Han	State Sectionals	2014
22.4	Matt Krever	NNJIL Championship	1991
22.77	InSoo Hwang	County Championship	2011
22.6	Max Witt	County Championship	2009
23.19	Kevin Chung	State Sectionals	2012
<b>400m:</b>			
48.7	Tim Geckler	NNJIL Championship	1989
49.41	Josh Kauke		1999
49.3	Jim Nepola		1970
49.57	Matt Grundy	State Sectionals	2010
49.4	Mike Henderson		1960
49.97	Juan Llinas	State Sectionals	2011
50.01	Storm Dublirer	State Sectionals	2013
50.10	Jon Riemer	State Group IV	2010
50.2	Dusty Thomas	County Championship	1998
50.4	Chris Perez	NNJIL Championship	2002
50.55	Luke Dublirer	League Championship	2014
<b>800m:</b>			
1:50.19	Josh Kauke		2000
1:51.61	Chris Rae	Golden West	1987
1:53.4	Bob Keino	BMOC	1994
<b>1:54.12</b>	<b>Michael Thurston</b>	<b>County Championship</b>	<b>2015</b>
1:54.0	John Parisi		1983
1:54.31	Storm Dublirer	State Group IV	2012
1:54.31	Levi Jennings	State Group IV	2011
1:54.2	Tom Rae		1971
1:54.4	John Lander		1985
1:54.73	Luke Dublirer	County Championship	2014
1:54.7	Byron Williams	Bernards Invite	2005

**1600m:**

4:09.35	Bob Keino	State Group IV	1994
4:11.9	Chris Sullivan		1985
4:12.0	Chris Rae		1987
4:12.71	Byron Williams	State Meet of Champs	2005
4:14.48	Levi Jennings	State Group IV	2011
4:15.4	Joe LeMay		1985
4:15.5	Ari Zamir	State Sectionals	2004
4:15.7	Eric Berntsen		1987
4:17.10	Michael Cator	BMOC	2006
4:17.1	Tom Tomai		1975
4:17.50	Luke Dublirer	State Sectionals	2014

**3200m:**

9:02.73	Bob Keino	Arcadia Invite	1993
9:05.7	Eric Berntsen		1987
9:08.82	Daniel Emont	State Meet of Champs	2007
9:08.91	Taro Shigenobu	State Meet of Champs	2009
9:12.8	Joe LeMay		1985
9:17.29	Eric Boucher	State Meet of Champs	1991
9:18.10	Ari Zamir	State Group IV	2004
9:18.65	Michael Cator	State Meet of Champs	2006
9:21.49	Travis Spicer	State Group IV	2012
9:22.4	Kevin McCabe		1987
9:24.9	Bruce Mason		1972
9:27.4	Ed Quinn		1976

**110HH:**

14.60	InSoo Hwang	County Championship	2011
14.68	Matt Beausoleil	State Meet of Champs	2011
14.4	Mike Rogers		1975
14.70	Steve Pawlowski		2001
14.5	Jeff Lane		1975
14.5	Rich Wankmuller		1976
14.75	Akira Monri	State Sectionals	2008
14.88	Kevin Chung	State Group IV	2013
15.01	Edward Blair IV	County Championship	2010
15.27	Michael Zeno	State Sectionals	2014
15.30	Steve Robinson	BMOC	1998

**400 IH:**

53.64	InSoo Hwang	State Meet of Champs	2010
53.9	John Parisi		1983
54.7	Dave Shultz		1987
55.2	Niall Buckely	County Championship	2007
55.4	Tim Kelley		1982
55.8	Dave Warton	County Championship	1998
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
56.8	Jason Lahita	NNJIL Championship	1993
57.2	Greg Corcoran	State Sectionals	2003

**200m splits:**

21.5	Chris Zeigler	East Coast Relays	2007
21.8	Dusty Thomas	County Relays	1998
21.9	Jake Sabatini	County Relays	2014
22.2 (leadoff)	Doohee Han	NB Outdoor Nationals	2014
22.2	Jamal Locke	County Relays	2014
22.2	Tim Geckler	County Relays	1989
22.4	Kevin Chung	NB Outdoor Nationals	2013

**300m splits:**

34.6	Doohee Han	NB Outdoor Nationals	2014
34.9	Jake Sabatini	NB Outdoor Nationals	2013

**400m splits:**

48.0	Tim Geckler	NNJIL Championship	1989
48.6	Matt Grundy	State Meet of Champs	2010
48.97	Storm Dublirer	NB Outdoor Nationals	2013
48.9	Niall Buckley	BMOC	2007
49.18	InSoo Hwang	NB Outdoor Nationals	2011
49.4 (leadoff)	Jon Riemer	State Meet of Champs	2010
49.6	Neil Schoff	State Sectionals	2012
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
49.7	Matt Krever	NNJIL Championship	1991
49.8	Juan Llinas	State Meet of Champs	2010
49.8	Luke Dublirer	State Sectionals	2014
<b>49.9</b>	<b>Michael Thurston</b>	<b>County Relays</b>	<b>2015</b>

**800m splits:**

1:51.84	Luke Dublirer	NB Outdoor Nationals	2014
1:52.48	Storm Dublirer	NB Outdoor Nationals	2013
1:52.6	Bob Keino	Penn Relays	1993
1:53.5	Christian Trautwein	Nike Outdoor Nationals	2008
1:53.66	David Frering	NB Outdoor Nationals	2014
1:54.8	Niall Buckley	Nike Outdoor Nationals	2006
<b>1:54.8</b>	<b>Michael Thurston</b>	<b>State Group IV</b>	<b>2015</b>
1:55.23	Juan Llinas	NB Outdoor Nationals	2011
1:55.4	Levi Jennings	East Coast Relays	2012
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

**1200m splits:**

3:03.83	Levi Jennings	NB Outdoor Nationals	2011
3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	Nike Outdoor Nationals	2006
3:06.0	Niall Buckley	Nike Outdoor Nationals	2007
3:08.6	Michael Cator	Nike Outdoor Nationals	2005
3:09.4	Andrew Fine	Penn Relays	2009
3:09.7	Bob Keino	Penn Relays	1992
3:09.8	David Frering	County Relays	2014

**1600m splits:**

4:08.2	Bob Keino	Penn Relays	1993
4:15.3	Byron Williams	Nike Outdoor Nationals	2005
4:16.7	Michael Cator	Nike Outdoor Nationals	2006
4:17.4	Patrick Rynkowski	Arcadia Invitational	2011
4:18.5	Daniel Emont	Nike Outdoor Nationals	2007

**Long Jump:**

22'10"	Evan Bartlik	Big North Championship	2012
22'10"	Craig Halyard	Arcadia Invite	1989
21'11"	Gabriel Knutson	State Sectionals	2004
21'5 1/2"	Dusty Thomas	County Championship	1998
21'3"	Bernard Mann	NNJIL Championship	2003
20'10 1/4"	Andrew Dolgin	County Championship	1998
20'10"	T.J. Crocker	NNJIL Championship	1989
20'9"	Bill Brown	B-PL Championship	1952
20'9"	Young Hoe Koo	Frosh Championship	2010
20'5 3/4"	Doug Randolph	County Relays	1993
20'5 1/2"	Chris Hamlin	State Sectionals	1989
20'3 1/2"	Bryce Joyner	State Sectionals	2014
20'3"	Doug Barnes	County Relays	2014

**Triple Jump:**

48'7"	Craig Halyard	Golden West	1989
46'3 1/2"	Evan Bartlik	County Championship	2012
45'8"	Gabriel Knutson	County Championship	2004
43'9 1/4"	Bryce Joyner	County Championship	2014
43'7"	Bernard Mann	NNJIL Championship	2003
43'5 1/4"	Armand Punjabi	East Coast Relays	2014
42'10"	Akira Monri	State Sectionals	2007
42'7"	Mike Zeno	County Relays	2014
42'5 1/2"	Andrew Dolgin	County Championship	1998
<b>42'1 1/2"</b>	<b>Jon Davila</b>	<b>County Relays</b>	<b>2015</b>
41'5 3/4"	Matt Beausoleil	County Relays	2011
41'1"	Tommy DeVita	County Relays	2010

**High Jump:**

6'8"	Tommy DeVita	State Group IV	2010
6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'6"	Evan Bartlik	BMOC	2011
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
6'2"	Michael Zeno	State Sectionals	2014
6'0"	Jeff Braden	County Championship	1997

**Pole Vault:**

15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Jon Wisener	East Coast Relays	2010
14'6"	Paul Kovach	BMOC	2006
14'0"	Dylan Downing	SMOC	2013
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champs	2002
13'6"	Allan Wong	East Coast Relays	2014
13'6"	Spencer Llerandi	County Relays	2014
13'6"	Patrick Morgan	BMOC	2014
<b>13'6"</b>	<b>Connor Abernethy</b>	<b>State Sectionals</b>	<b>2015</b>

**Shot Put:**

54'11"	Eric Bryant		1980
51'9 3/4"	J.D. Murdock	County Relays	1997
51'1 1/2"	Kevin Strahle	BMOC	2002
50'5"	Patrick Rae	NNJIL Championship	1989
50'1"	Sam Horowitz	BMOC	1993
50' 1/4"	Anthony Balboa	BMOC	2012
49'11"	Torre Watson	State Sectionals	1991
49'4"	Kassim Dawson	BMOC	1993
<b>49'2 1/2"</b>	<b>Ben Pastorius</b>	<b>BMOC</b>	<b>2015</b>
48'10"	Steven Abdallah	Bernards Invite	2005

**Discus:**

163'1"	Jack Simmons	County Relays	2010
157'11"	John Marshall		1971
151'5"	J.D. Murdock	County Relays	1998
150'5"	Glenn Hansen	BMOC	1994
148'1"	James Barnett	County Championship	2013
147'1"	Gabriel Knutson	County Championship	2004
146'2"	Michael Antosiewicz	BMOC	2014
144'3"	Brian Zuccala	NNJIL Championship	1998
143'8"	Ramone Hache	State Group IV	1991
143'3"	Michael Mosticchio	State Sectionals	2008
143'1"	Patrick Rae	County Championship	1989

**Javelin:**

202'0"	Steve Pierce	State Meet of Champs	2006
184'8"	Nick Higgins	County Championship	2014
177'8"	Adam Whitelaw	Bernards Invite	2003
170'3"	Jamal Locke	County Relays	2014
161'3"	Mark Maniaci	NJTCC Championship	2010
159'8"	YoungHoe Koo	County Championship	2012
159'8"	Matt Beausoleil	State Sectionals	2011
154'3"	Anthony Halwagy	NNJIL Championship	2003
153'1"	James Barnett	County Relays	2013



**Javelin (old jav - subtract 10%):**

198'8"	J.D. Murdock	County Championship	1998
187'2"	John Grubb		2000
170'5"	Thibaut van Marke	Bernards Invite	1993
168'5"	Brian Zuccala	County Championship	1998
164'0"	Rod Budelman	Thunderbird Invite	1991

## Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
<b>4x100m:</b>			
43.27	D. Han / J. Locke / K. Chung / J. Sabatini	E Coast Relays	2013
43.7	J. Norrell / J. Locke / D. Han / J. Sabatini	County Relays	2014
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007
44.2	J. Sabatini / J. Locke / T. Migliorelli / K. Chung	County Relays	2012
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989
<b>44.87</b>	<b>M. Tai / K. Mack / J. Davila / K. Grant</b>	<b>State Sectionals</b>	<b>2015</b>
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006
45.2	S. Oh / L. Chwe / D. Engel / A. Gelbaum	Bernards Invite	2005
45.3	M. Grundy / E. Blair IV / K. Lai / J. Riemer	County Relays	2010
<b>4x200m:</b>			
1:29.98	D. Han / K. Chung / N. Schoff / J. Sabatini	National Champs	2013
1:30.4	J. Norrell / J. Locke / D. Han / J. Sabatini	County Relays	2014
1:31.72	J. Sabatini / N. Schoff / E. Bartlik / K. Chung	E Coast Relays	2012
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989
<b>1:32.8</b>	<b>K. Grant / K. Mack / J. Norrell / M. Tai</b>	<b>County Relays</b>	<b>2015</b>
1:33.2	M. Grundy / W. Jacoby / L. Pietrantuono / M. Witt	County Relays	2009
1:33.9	A. Monri / M. Witt / I. Hwang / C. Trautwein	County Relays	2008
1:33.9	J. Moody / Z. Ontiveros / A. Monri / C. Zeigler	County Relays	2006
<b>4x400m:</b>			
3:16.91	J. Riemer / I. Hwang / J. Llinas / M. Grundy	SMOC	2010
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	State MOC	1988
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007
3:22.07	B. Collins / S. Dublirer / N. Schoff / J. Sabatini	BMOC	2013
3:22?			2000
3:22.96	S. Dublirer / E. Bartlik / B. Collins / N. Schoff	State Sectionals	2012
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006
3:25.20	D. Han / M. Thurston / B. Collins / L. Dublirer	State Sectionals	2014
3:25.50	A. Dolgin / D. Warton / J. O'Neill / D. Thomas	BMOC	1998
3:26.18	J. Riemer / N. Schoff / N. Tai / J. Llinas	League Champs	2011

**4x800m:**

7:39.57	M. Thurston / B. Collins / D. Frering / L. Dubliner	National Champs	2014
7:44.30	L. Dubliner / D. Frering / M. Thurston / S. Dubliner	National Champs	2013
7:48.9	D. Shultz / Williams / E. Berntsen / C. Rae		1987
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004
7:55.55	S. Dubliner / B. Collins / T. Spicer / L. Jennings	East Coast Rel	2012
7:57.9			1972
7:58.1			1976
<b>7:59.64</b>	<b>K. Tamura / J. Byrne / A. Taggart / M. Thurston</b>	<b>State Group IV</b>	<b>2015</b>
8:01.10	S. Alsaïdi / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994

**4x1600m:**

17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985
17:55.34*	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004
18:01.36*	P. Rynkowski / S. Spreitzer / L. Jennings / B. Cleary	National Champs	2010
18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006
18:02.96	A. Fine / S. Martyn / B. Cleary / T. Shigenobu	East Coast Rel	2009
18:08.3	S. Dubliner / N. Salamone / T. Spicer / L. Jennings	County Relays	2012
18:12.6	L. Jennings / W. Ades / M. Eid / P. Rynkowski	County Relays	2011
18:13.8	S. Alsaïdi / T. Ricart / T. Cotton / B. Keino	County Relays	1993
<b>18:14.2</b>	<b>K. Marshall / B. Byrne / K. Tamura / M. Thurston</b>	<b>County Relays</b>	<b>2015</b>
18:15.1	M. Thurston / D. Frering / L. Dubliner / K. Tamura	County Relays	2014
18:17.9	M. Thurston / N. Salamone / S. Dubliner / D. Frering	County Relays	2013

**Sprint Med (200-200-400-800):**

3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000
3:28.23	D. Han / J. Sabatini / B. Collins / S. Dubliner	National Champs	2013
3:28.38	D. Han / J. Sabatini / B. Collins / L. Dubliner	National Champs	2014
3:29.6			1987
3:30.39	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	National Champs	2008
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Champs	2007
3:31.36			1999
<b>3:32.9</b>	<b>K. Grant / M. Tai / K. Mack / M. Thurston</b>	<b>County Relays</b>	<b>2015</b>
3:33.3			1975
3:33.5	J. Sabatini / D. Han / N. Schoff / L. Jennings	County Relays	2012
3:35.1			1971
3:35.86	M. Beausoleil / N. Schoff / J. Llinas / L. Jennings	National Champs	2011

**Distance Medley:**

10:06.36	L. Jennings / I. Hwang / J. Llinas / P. Rynkowski	National Champs	2011
10:06.57	B. Williams / C. Zeigler / N. Buckley / M. Cator	National Champs	2006
10:07.97	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	National Champs	2007
10:11.1	C. Sullivan / Caminiti / Lander / J. LeMay	Penn Relays	1985
10:13.79	M. Cator / J. Schmidt / N. Buckley / B. Williams	National Champs	2005
10:16.2			1987
10:22.36	T. Cotton / J. Lahita / S. Alsaïdi / B. Keino	Penn Relays	1993
10:23.25	A. Fine / I. Hwang / B. Cleary / T. Shigenobu	Penn Relays	2009
10:24.24	L. Jennings / N. Schoff / S. Dubliner / T. Spicer	Arcadia Invite	2012
10:24.25	N. Salamone / J. Sabatini / S. Dubliner / D. Frering	Arcadia Invite	2013
10:27.57	D. Frering / B. Collins / M. Thurston / L. Dubliner	East Coast Relays	2014
10:29.67	E. Nygaard / N. Buckley / B. Williams / M. Cator	National Champs	2004

**Swedish Relay (100,200,300,400):**

1:58.14	K. Chung / D. Han / J. Sabatini / S. Dublirer	National Champs	2013
2:01.62	J. Locke / J. Sabatini / D. Han / L. Dublirer	National Champs	2014

**Shuttle Hurdles:**

59.2			1972
61.0	E. Blair IV / S. Mattson / M. Beausoleil / I. Hwang	County Relays	2010
63.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975
64.05	E. Berry / D. Barnes / B. Joyner / M. Zeno	E. Coast Relays	2014
64.1	M. Zeno / E. Berry / A. Armatas / K. Chung	Comet Relays	2013
64.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006
64.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995
65.2	E. Bartlik / K. Chung / J. Knight / M. Beausoleil	County Relays	2011
68.2	P. Nygaard / A. Mandarano / T. DeVita / A. Monri	County Relays	2008
68.2	P. Nygaard / L. Chwe / Z. Ontiveros / A. Monri	Comet Relays	2007
68.2	D. Warton / C. Rogers / J. Roth / S. Robinson	County Relays	1998

**3x400 IH:**

2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:55.1	I. Hwang / S. Mattson / E. Blair IV	County Relays	2010
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:56.9	N. Schoff / B. Collins / A. Armatas	County Relays	2013
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:58.9	N. Schoff / J. Knight / B. Collins	County Relays	2012
2:59.8	A. Monri / P. Nygaard / I. Hwang	County Relays	2008
3:00.0	B. Collins / B. Joyner / E. Larsson	County Relays	2014
3:00.1	D. Warton / S. Robinson / C. Rogers	Engelwood Rel	1998
3:01.7	C. Perez / J. Norton / G. Corcoran	County Relays	2002

**3XLJ:**

60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
59'10 1/4"	D. Barnes / B. Joyner / J. Davila	County Relays	2014
58'1"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
58' 3/4"	E. Bartlik / Y. Koo / H. Park	County Relays	2012
<b>56'10 3/4"</b>	<b>J. Davila / A. Punjabi / D. Romero</b>	<b>County Relays</b>	<b>2015</b>
56'9 3/4"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
55'11"	G. Knutson / H. Smith / K. Wanchoo	County Relays	2004
55'10 1/2"	P. Kovach / B. Clementi / A. Monri	County Relays	2006

**3xTJ:**

127'5 1/2"	B. Joyner / M. Zeno / A. Punjabi	County Relays	2014
125'10 1/4"	C. Halyard / T. Geckler / J. Chang	County Relays	1989
125'3 3/4"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
123'11 3/4"	E. Bartlik / J. Knight / Y. Koo	County Relays	2012
<b>121'11 1/4"</b>	<b>J. Davila / A. Punjabi / Z. Stadulis</b>	<b>County Relays</b>	<b>2015</b>
121'5 1/2"	T. DeVita / Y. Koo / E. Bartlik	County Relays	2010
120'4 1/2"	G. Knutson / H. Smith / B. Clementi	County Relays	2004
119'1"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard	County Relays	2007
117'1 1/2"	A. Punjabi / E. Berry / B. Joyner	County Relays	2013

**3xHJ:**

18'2"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
17'8"	E. Bartlik / Y. Koo / J. Knight	County Relays	2012
17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Rel	1995
17'2"	E. Bartlik / Y. Koo / J. Knight	Pawlowski Rel	2011
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Rel	2002
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays	2003
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Rel	1994
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Rel	1998
16'8"	J. Braden / S. Robinson / W. Byrne	County Relays	1996
<b>16'8"</b>	<b>D. Romero / R. Harada / J. Davila</b>	<b>County Relays</b>	<b>2015</b>

**3xPV:**

39'6"	A. Wong / S. Llerandi / P. Morgan	East Coast Relays	2014
38'0"	G. Knutson / J. Riccairdi / C. Jensen	County Relays	2004
35'0"	D. Downing / A. Wong / P. Morgan	County Relays	2013
34'0"	A. Wong / D. Downing / P. Morgan	County Relays	2012
34'0"	J. Wisener / M. Witt / A. Gramaglia	County Relays	2009
34'0"			1976
33'0"	J. Wisener / A. Gramaglia / T. DeVita	County Relays	2010
32'6"	D. Warton / D. Cooper / C. Rogers	County Relays	1998
32'0"	M. Witt / N. Stitt / J. Wisener	County Relays	2008
31'6"	J. Norton / J. Riccairdi / G. Knutson	County Relays	2002

**3XShot:**

146'8 1/2"	Pfund / Gautier / Laborde		1983
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla	County Relays	1998
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico	County Relays	1993
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson	County Relays	2006
129'3"	J. Barnett / A. Muller / N. Discepolo	County Relays	2013
129'3"	S. Abdallah / M. Flicker / B. Mercer	County Relays	2004
129'0"	J. Murdock / T. Zurla / F. Lockwood	Pawlowski Rel	1998
128'7 1/2"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
127'3 1/2"	M. Picarelli / C. Van Cleve / T. Steiner	County Relays	1995
126'10"	J. Simmons / S. Etna / A. Balboa	Pawlowski Rel	2010

**3xDisc:**

422'8"			1971
395'7"	J. Barnett / M. Antosiewicz / A. Muller	County Relays	2013
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
381'6"	J. Simmons / S. Etna / M. Henni	County Relays	2010
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005
352'11"	T. Li / D. Barry / C. Mala	County Relays	1995

**3xJavelin:**

460'5"	N. Higgins / J. Locke / C. Abernethy	County Relays	2014
452'11"	J. Barnett / N. Higgins / J. Locke	County Relays	2013
431'1"	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005
429'10"	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006
419'0"	M. Maniaci / M. Beausoleil / E. Blair IV	County Relays	2010
412'6"	Y. Koo / N. Higgins / J. Barnett	County Relays	2012
<b>402'7"</b>	<b>B. Pastorius / K. Ekert / C. Abernethy</b>	<b>County Relays</b>	<b>2015</b>
393'3"	M. Beausoleil / J. Barnett / Y. Koo	County Relays	2011
390'8"	M. Maniaci / T. Zulauf / M. Beausoleil	County Relays	2009
388'10"	K. Flaherty / M. Mosticchio / M. Maniaci	County Relays	2008

**3xJavelin (old jav - subtract 10%):**

442'8"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
417'11"	J. Murdock / B. Zuccala / P. Hans	County Relays	1996
404'1"	M. Picarelli / J. Murdock / D. Barry	County Relays	1995

**All-Decade Teams:**

**1980s**

**100m:**

Chris Hamlin (1989) 11.3

**200m:**

Tim Geckler (1989) 22.1

**400m:**

Tim Geckler (1989) 48.7

**800m:**

Chris Rae (1987) 1:51.61

John Parisi (1983) 1:54.0

John Lander (1985) 1:54.4

**1600m:**

Chris Sullivan (1985) 4:11.9

Chris Rae (1987) 4:12.0

Joe LeMay (1985) 4:15.0

**3200m:**

Eric Berntsen (1987) 9:05.7

Joe LeMay (1985) 9:12.8

Kevin McCabe (1987) 9:22.4

**110HH:**

**400IH:**

John Parisi (1983) 53.9

Dave Shultz (1987) 54.7

Tim Kelley (1982) 55.4

**400m Splits:**

Tim Geckler (1989) 48.0

**Other Splits:**

Chris Sullivan (1985) 3:03.7 (1200m)

**Long Jump:**

Craig Halyard (1989) 22'11"

T.J. Crocker (1989) 20'10"

Chris Hamlin (1989) 20'5 1/2"

**Triple Jump:**

Craig Halyard (1989) 48'7"

**High Jump:**

T.J. Crocker (1989) 6'2"

**Pole Vault:**

John Boylan (1980) 13'6"

**Shot Put:**

Eric Bryant (1980) 54'11"

Patrick Rae (1989) 50'5"

**Discus:**

Patrick Rae (1989) 143'1"

**Javelin:**

**All-Decade Teams:**

**1990s**

**100m:**

Dusty Thomas (1998) 10.99  
Matt Krever (1991) 10.8  
Ted Winfield (1997) 11.2

**400m:**

Dusty Thomas (1998) 50.2  
Josh Saladino (1995) 51.2  
Matt Krever (1991) 51.4

**1600m:**

Bob Keino (1994) 4:09.35  
Eric Boucher (1991) 4:19.9

**110HH:**

Steve Robinson (1998) 15.30  
Fletcher Rosenbach (1995) 15.3  
Jim Davis (1995) 15.55

**400m Splits:**

Matt Krever (1991) 49.7  
Dusty Thomas (1998) 50.0  
Dave Warton (1998) 50.5  
Josh Saladino (1995) 50.6

**Long Jump:**

Dusty Thomas (1998) 21'5 1/2"  
Andrew Dolgin (1998) 20'10 1/4"  
Doug Randolph (1993) 20'5 3/4"

**High Jump:**

Jim Davis (1995) 6'6"  
Fletcher Rosenbach (1995) 6'2"  
Jeff Braden (1997) 6'0"

**Shot Put:**

J.D. Murdoch (1997) 51'9 3/4"  
Sam Horowitz (1993) 50'1"  
Kassim Dawson (1993) 49'4"

**Javelin:**

J.D. Murdoch (1998) 198'8"  
Thibaut van Marke (1993) 170'5"  
Brian Zuccala (1998) 168'5"

**200m:**

Dusty Thomas (1998) 22.15  
Matt Krever (1991) 22.4  
Mike DiMauro (1995) 23.21

**800m:**

Bob Keino (1994) 1:53.4  
Ryan Cleary (1995) 1:58.4

**3200m:**

Bob Keino (1993) 9:02.73  
Eric Boucher (1991) 9:17.29

**400IH:**

Dave Warton (1998) 55.8  
Josh Saladino (1995) 56.7  
Jason Lahita (1993) 56.8

**Other Splits:**

Bob Keino (1993) 800m - 1:52.6  
Bob Keino (1993) 1600m - 4:08.2

**Triple Jump:**

Andrew Dolgin (1998) 42'5 1/2"  
Yusik Choi (1992) 40'10 1/2"  
Ted Winfield (1997) 40'10"

**Pole Vault:**

Vahe Hagopian (1993) 13'6"  
Dave Warton (1998) 13'0"  
Jim Davis (1995) 12'6"  
Mike Huang (1995) 12'6"

**Discus:**

J.D. Murdoch (1997) 151'5"  
Glenn Hansen (1994) 150'5"  
Brian Zuccala (1998) 144'3"



**All-Decade Teams:**

**2000s:**

**100m:**

Chris Zeigler (2007) 10.90  
Dan Cooper (2000) 10.9  
Max Witt (2009) 11.20

**400m:**

Josh Kauke (1999) 49.41  
Chris Perez (2002) 50.4  
Greg Corcoran (2003) 51.4

**1600m:**

Byron Williams (2005) 4:12.71  
Ari Zamir (2004) 4:15.5  
Michael Cator (2006) 4:17.10

**110HH:**

Steve Pawlowski (2001) 14.70  
Akira Monri (2008) 14.75  
John Moody (2006) 15.53  
Peter Nygaard (2008) 15.53

**400m Splits:**

Niall Buckley (2007) 48.9  
Chris Zeigler (2007) 49.6  
Byron Williams (2005) 50.2  
Akira Monri (2008) 50.6

**Long Jump:**

Gabe Knutson (2004) 21'11"  
Bernard Mann (2003) 21'3"  
Akira Monri (2007) 19'10"

**High Jump:**

Bernard Mann (2003) 6'7"

**Shot Put:**

Kevin Strahle (2001) 51'1 1/2"  
Ben Wilson (2008) 48'8 1/4"  
Adam Bair (2009) 48'7 1/4"

**Javelin:**

Steve Pierce (2006) 202'0"  
Adam Whitelaw (2003) 177'8"  
John Grubb (2000) 187'2" (old jav)

**200m:**

Chris Zeigler (2007) 22.07 / 21.7  
Max Witt (2009) 22.6  
Albert Gelbaum (2005) 23.2

**800m:**

Josh Kauke (2000) 1:50.19  
Byron Williams (2005) 1:54.7  
Niall Buckley (2007) 1:54.8

**3200m:**

Dan Emont (2007) 9:08.82  
Taro Shigenobu (2009) 9:08.91  
Ari Zamir (2004) 9:18.10

**400IH:**

Niall Buckley (2007) 55.2  
Akira Monri (2008) 56.59  
Greg Corcoran (2003) 57.2

**Other Splits:**

Christian Trautwein (2008) 800m - 1:53.5  
Niall Buckley (2006) 800m - 1:54.8  
Byron Williams (2006) 1200m - 3:04.6  
Niall Buckley (2007) 1200m - 3:06.0  
Byron Williams (2006) 1600m - 4:15.3  
Michael Cator (2006) 1600m - 4:16.7

**Triple Jump:**

Gabe Knutson (2004) 45'8"  
Bernard Mann (2003) 43'7"  
Akira Monri (2007) 42'10"

**Pole Vault:**

Gabe Knutson (2004) 15'1"  
Jacob Ricciardi (2005) 14'8"  
Dan Cooper (2000) 14'7"

**Discus:**

Gabe Knutson (2004) 147'1"  
Michael Mosticchio (2008) 143'3"  
Chris Wolfstirn (2003) 136'2"

**All-Decade Teams:**

**2010s:**

**100m:**

Jake Sabatini (2013) 11.05  
Kevin Chung (2013) 11.11  
Matt Beausoleil (2011) 11.11

**400m:**

Matt Grundy (2010) 49.57  
Juan Llinas (2011) 49.97  
Storm Dublirer (2010) 50.01

**1600m:**

Levi Jennings (2011) 4:14.48  
Luke Dublirer (2014) 4:17.50  
Patrick Rynkowski (2011) 4:18.60

**110HH:**

InSoo Hwang (2011) 14.60  
Matt Beausoleil (2011) 14.69  
Kevin Chung (2013) 14.88

**400m Splits:**

Matt Grundy (2010) 48.6  
Storm Dublirer (2013) 48.97  
InSoo Hwang (2011) 49.18  
Jon Riemer (2010) 49.4 (leadoff)  
Neil Schoff (2012) 49.6  
Juan Llinas (2010) 49.8  
Luke Dublirer (2014) 49.8  
**Michael Thurston (2015) 49.9**

**Long Jump:**

Evan Bartlik (2012) 22'10"  
Young Hoe Koo (2010) 20'9"  
Bryce Joyner (2014) 20'3 1/2"

**High Jump:**

Tommy Devita (2010) 6'8"  
Evan Bartlik (2011) 6'6"  
Mike Zeno (2014) 6'2"

**Shot Put:**

Anthony Balboa (2012) 50' 1/4"  
**Ben Pastorius (2015) 49'2 1/2"**  
James Barnett (2013) 48'9"

**Javelin:**

Nick Higgins (2014) 184'8"  
Jamal Locke (2014) 170'3"  
Mark Maniaci (2010) 161'3"

**200m:**

Jake Sabatini (2013) 22.32  
Doohee Han (2014) 22.53  
InSoo Hwang (2011) 22.77

**800m:**

**Michael Thurston (2015) 1:54.12**  
Levi Jennings (2011) 1:54.31  
Storm Dublirer (2012) 1:54.31

**3200m:**

Travis Spicer (2012) 9:21.49  
Levi Jennings (2011) 9:29.80  
Patrick Rynkowski (2011) 9:30.14

**400IH:**

InSoo Hwang (2010) 53.60  
Neil Schoff (2013) 57.80  
James Knight (2012) 58.08

**Other Splits:**

Jake Sabatini (2014) 200: 21.9  
Doohee Han (2014) 200: 22.2 (leadoff)  
Jamal Locke (2014) 200: 22.2  
Luke Dublirer (2014) 800: 1:51.84  
Storm Dublirer (2013) 800: 1:52.48  
David Frering (2013) 800: 1:53.66  
**Michael Thurston (2015) 800: 1:54.8**  
Juan Llinas (2011) 800: 1:55.23  
Levi Jennings (2011) 1200: 3:03.83

**Triple Jump:**

Evan Bartlik (2012) 46'3 1/2"  
Bryce Joyner (2014) 43'9 1/4"  
Armand Punjabi (2014) 43'5 1/4"

**Pole Vault:**

John Wisener (2010) 14'6"  
Dylan Downing (2013) 14'0"  
Allan Wong (2014) 13'6"  
Specner Llerandi (2014) 13'6"  
Patrick Morgan (2014) 13'6"  
**Connor Abernathy (2015) 13'6"**

**Discus:**

Jack Simmons (2010) 163'1"  
James Barnett (2013) 148'1"  
Michael Antosiewicz (2014) 146'2"