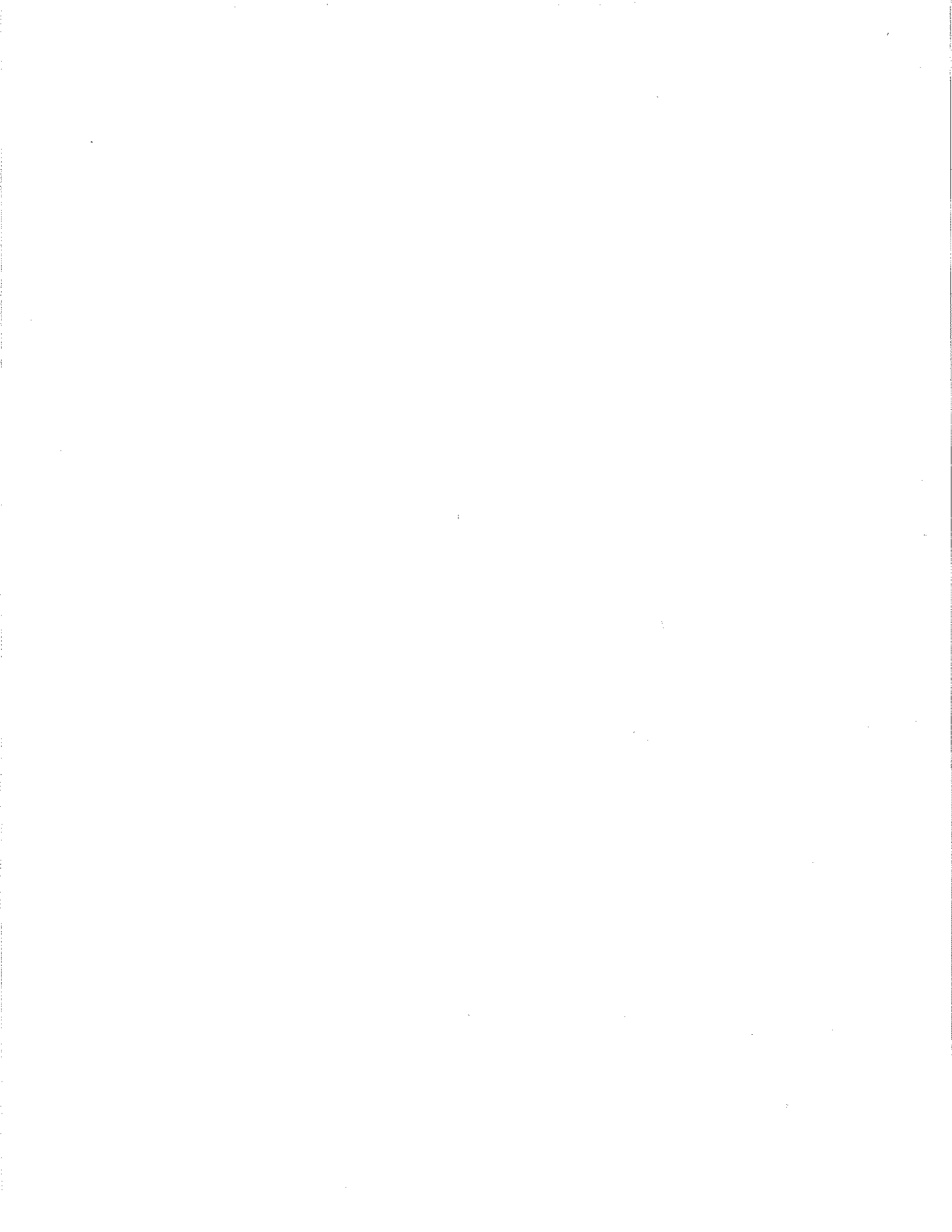


Ridgewood
Indoor Track & Field
2014-2015



INDOOR TRACK: SPIKED SHOE HOLIDAY FESTIVAL

Forbes warms up

Jamaica native has fine debut

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK — River Dell's Ebony Forbes didn't mind the 6 a.m. weightlifting sessions in the fall. And the transition from 30-inch hurdles outdoors to her first set of 33-inch high hurdles indoors went smoothly, as she showed in an impressive victory Monday night.

But nobody told her that winter track workouts are outside.

"I'm from Jamaica, where it's 90 degrees all year round," the Golden Hawks sophomore said after she dominated her first indoor 55-meter hurdle race at the Spiked Shoe Holiday Festival at the Armory Track and Field Center.

"I put on two layers of leggings, earmuffs and every piece of warm clothing I have when we go out for a run."

But other than that, the move from Kingston, Jamaica, to River Edge has gone well for Forbes and her senior sister, Krista-Gay, also a member of the River Dell track team.

"We moved here in August because there are more opportunities here," said Forbes, who started running in kindergarten and ran for St. Andrew's in Jamaica last year. "Being part of a team like this makes it much easier to get settled, but it's kind of surreal to be at a meet like this [with more than 1,000 athletes]."

"We had to climb four flights of stairs to get to the track," said Forbes who clocked 8.5 seconds for the easy win. "We don't have anything like this in Jamaica."

The River Dell program, like most others, uses the early-season meets as an introduction to track for younger athletes, and early-season training for others.

But that didn't stop the Golden Hawks from their outstanding night behind Forbes' auspicious debut.

Drew Tummino edged CBA's Andrew Liskowicz in the shot put, throwing an indoor personal-best 57 feet, 1 inch — No. 4 in the



TYSON TRISH/STAFF PHOTOGRAPHER

Ridgewood's Katie McKeown completing a long jump attempt Monday.

country and the top throw in New Jersey this season.

And senior Marina Reilly uncorked an indoor personal-best 17-0 $\frac{1}{2}$ on her last attempt to edge Paramus Catholic's Rosemary Menyhart in the long jump. Menyhart had won the triple jump with an indoor personal-best 37- $\frac{3}{4}$. Old Tappan's Marc Rienas used a different tactic than he usually does to win the boys 1,600.

The Northeastern-bound senior controlled the race from the opening gun, taking the field through a plodding 2:17 for the first 800.

He then picked up the pace in the next three laps, taking only CBA's Drake Anzano and Indian Hills' Matt Tuohy with him.

Anzano passed Rienas at the bell, but instead of trying to stay with him, Rienas let Anzano lead through most of the final 200 meters before exploding off the final turn and winning in an indoor personal-best 4:25.3.

"It felt good to know I'm healthy and my results in cross-country were because of my injury, not because of my training," said Rienas, who suffered a left-ankle sprain during the fall.

"It felt good to let it out again." Another excellent performance Monday included a school-record 25.9 in the 200 by Ramapo's Lauren Brzozowski, who anchored the Green Raiders to a second school record in winning the 4-x-200 in 1:48.5.

Spiked Shoe Invitational
@ NYC Armory

December 22, 2014

55m:

Frosh Boys: M. Tai **7.8/7.7**

Frosh Girls: R. Ban 8.1/8.0/7.9 – 3rd Place, E. Kotch 9.3 L. Kim 10.6, J. Lee 10.7, V. Wang 13.2

Novice Boys: S. Do **7.7/7.4/7/4** I. McTavish 8.1 A. Suh **8.2/8.1** G. Castano 8.3 M. Ronai 8.4

T. Shinozuka 8.5, B. Chung 8.4, A. Suh, M. Ronai

Novice Girls: A. Simpson 9.0

Varsity Boys: K. Grant **7.1/7.0** J. Norrell 7.5, A. Punjabi 8.0

Varsity Girls: R. Simoncini **8.5/8.3**, L. Monnerat 8.4, I. Park **8.6/8.5**, S. Kusel 8.8

55HH:

Frosh Boys: M. Bartlik **10.5/10.4 – 4th Place**

Frosh Girls: M. Leider **12.8**, O. Rau **12.8**

Novice Boys: Z. Stadulis **9.2/8.9** R. Harada 9.4, C. Perlman 10.7, L. Bontoux 11.5

Novice Girls: C. Shippee **10.1** S. Keppler **11.1** K. Callaghan **11.8**

Varsity Boys: A. Armatas 9.0

Varsity Girls: K. McKeon **8.9/9.0/9.3 – 6th Place** R. Simoncini 9.8, S. Montgomery 10.8, L. DeVita 10.1

1600m:

Frosh Girls: M. Adams **5:34.7 – 2nd Place**, H Fishbein 5:53.4, B. Schofield 6:24.7

Novice Boys: J. Bolduc 5:14.5, E. Tilyou 5:24.4, C. Koontz 5:34.4

Novice Girls: H. Driscoll 6:08.3, T. Cirillo 6:14.5

Varsity Boys: M. Thurston **4:32.0 – 6th Place**, K. Marshall 4:38.2, N. Barnabic 4:41.2, H. Seifert 4:53.6

C. Salamone 4:57.6 J. Byrne 5:10.4, B. Gilligan 5:20.8

Varsity Girls: S. Halvorsen **5:13.8 – 2nd Place**, C. Jeffers **5:14.2 – 3rd Place**, K. Cleary 5:29.7,

O. Martyn 5:40.3, L. Rosenfeld 5:42.6 A. Taylor 5:43.9

800m:

Frosh Boys: C. Branca 2:24.5 M. Olsen 2:31.2 M. Boogert 2:35.2, J. Drier 2:37.3 I. Dartley 2:42.3

Novice Boys: M. Robazza **2:13.9 – 6th Place**, H. Seifert 2:19.8, S. Ruhl 2:28.8 S. Basu 2:30.3

Novice Girls: T. Tai 2:43.8 K. Cirillo 2:46.4, L. Pagano 2:55.5 S. Catalano 2:56.7

Varsity Boys: K. Tamura 2:08.7

200m:

Frosh Boys: M. Tai **25.6 – 5th Place**

Frosh Girls: R. Ban **29.4 – 4th Place** E. Kotch 30.5 O. Rao 32.9 M. Leider 33.8, J. Lee 37.0, V. Wang 38.9,

Novice Boys: J. Miller 25.4, Z. Stadulis 25.9, S. Ruhl 25.8, S. Do 27.1, M. Ronai 27.4 B. Chung 27.5

I. McTavish 27.6 G. Castano 28.1,

Novice Girls: C. Shippee 29.4 A. Simpson 30.4

Varsity Boys: A. Armatas 25.1 K. Grant 25.5 K. Ward 26.0

Varsity Girls: R. Simoncini 27.7, L. Monnerat 28.1, I. Park 29.0

4x800m:

Varsity Boys: K. Marshall 2:08.9, J. Byrne 2:12.5, N. Barnabic 2:14.4, M. Thurston 1:58.8 8:33.7

Varsity Girls: M. Adams 2:32.6, L. Rosenfeld 2:32.4, K. Cirillo 2:43.1, K. Cleary 2:31.6

10:20.5 – 1st Place!

Long Jump:

Frosh Boys: M. Tai **12'8"**, M. Bartlik **14'3 ½"**

Frosh Girls: O. Rau **10'5"**

Novice Boys: R. Harada **17'5 ½" – 5th Place**, C. Perlman **16'9"** A. Suh **13'5"**

Novice Girls: C. Shippee, K. Callaghan

Varsity Boys: A. Punjabi **18'9"**

Varsity Girls: K. McKeon **16'3" – 6th Place**, S. Montgomery **14'10 ½"** I. Park **14'1"**, J. Long **12'9"**

R. Simoncini F

Triple Jump:

Frosh Boys: M. Bartlik **32' 7 ½"**

Frosh Girls: O. Rau **26'6" – 3rd Place**

Novice Boys: Z. Stadulis **36'7 ½" – 3rd Place** R. Harada **36'4 ½" – 4th Place**, C. Perlman **33'11"**

A. Suh **32' ½"**

Novice Girls: K. Callaghan F

Varsity Boys: A. Punjabi **38' ½"**

Varsity Girls: L. DeVita **32'10"** J. Long **31'4"** S. Montgomery **30'11"**a I. Park F

High Jump:

Varsity Boys: R. Harada F

Varsity Girls: S. Montgomery **4'8"**, L. DeVita **4'4**, S. Keppler **4'4**, K. Callaghan **4'4**, K. McKeon **4'4**

Pole Vault:

Varsity Boys: L. Bontoux **NH**

Shot Put:

Varsity Boys: B. Pastorious **42'4"**, M. Benjamin **37'2"**, S. McAves **31'8"**

Varsity Girls: K. McKeon **23'6"**

Comments:

Good first meet for the Maroons. That being said, this team showed that while we have a lot of potential we need to be more consistent.

Congratulations to everyone who left with a medal!

Next Meet: Track Universe Invitational on 12/30

Track Universe Invitational
@ NYC Armory

December 30, 2014

55mHH:

Boys: R. Harada **9.0** Z. Stadulis **9.1**, M. Bartlik **10.2**, L. Bonoux **10.8**, C. Perlman **10.8**

Girls: K. McKeon **9.3**, S. Montgomery **9.4**, L. DeVita **10.1**, C. Shippee **10.5**, R. Simoncini **10.5**,
S. Keppler **11.2** O. Rau **11.9**

55m:

Boys: K. Grant **6.8**, M Tai **6.9**, S. Ho **7.0**, S. Do **7.1**, G. Catano **7.3**

Girls: R. Simoncini **7.6**, L. Monnerat **7.6** S. Kusel **7.8** I. Park **7.8**, K. Callaghan **8.1**, V. Wang **8.5**

1600m Steeple Chase:

Boys: J. Byrne **5:08.7 – 1st Place - New School Record**, J. Bolduc **5:30.8**

Girls: K. Cleary **5:51.6 – 2nd Place – New School Record – New County Record**

L. Rosenfeld **5:56.3 – 3rd Place**

400m:

Boys: A. Armatas **55.8** Z. Stadulis **57.3**, K. Ward **57.8**, S. Basu **66.0**

Girls: R. Alvaro **DNF**

1600m:

Boys: N. Barnabic **4:42.3**, H. Seifert **5:22.3** E. Tilyou **5:25.6**, C. Branca **5:27.4**, M. Boogert **5:51.3**

K. Neville **5:52.4**, I. Dartley **6:10.7**

Girls: C. Jeffers **5:14.2 – 2nd Place**, O. Martyn **5:37.5**, A. Taylor **5:49.5** L. Pagano **6:00.4** T. Cirillo **6:02.2**,

H. Driscoll **6:06.7**, B. Schofield **6:44.5**

200m:

Boys: K. Grant **24.7**, M. Tai **24.9**, S. Ho **25.7** K. Ward **26.2**, G. Castano **26.3**, S. Do **26.7**

Girls: I. Park **18.2 (Wow! Kath Cl!)**, R. Simoncini **27.9**, L. Monnerat **28.2**, S. Kusel **29.2**, C. Shippee **29.8**,

O. Rau **32.3**, V. Wang **33.6**

800m:

Boys: K. Tamura **2:05.7**, J. Byrne **2:11.8**, S. Basu **2:29.8**

Girls: K. Cleary **2:27.5 – 2nd Place**, C. Jeffers **2:29.3**, L. Rosenfeld **2:32.7** E. Kotch **2:43.7**,

S. Catalano **2:44.6** T. Tai **2:44.8**

Sprint Medley:

Boys: Z. Stadulis **55.7**, K. Grant **25.8**, M. Tai **24.9**, N. Barnabic **2:11.8** **3:58.6**

Triple Jump:

Boys: A. Punjabi 41' ½" – **2nd Place** Z. Stadulis 37'2", R. Harada 36'5" M. Bartlik, C. Perlman F,
L. Bontoux F,

Girls: S. Montgomery 30'11" J. Long 30'9", C. Shippee 29'5 S. Keppler 28' ¾" L. DeVita F, I. Park F

Long Jump:

Boys: A. Punjabi 19'5 ½", R. Harada 17'0", C. Perlman 16'3, M. Tai 13'8" M. Bartlik ?

Girls: K. McKeon 15'1", I. Park 14'10 ½" L. DeVita 14'10" R. Simoncini 14'3", S. Montgomery 13'1"
C. Shippee 12'9", J. Long 11'9" O. Rao?

High Jump:

Boys: R. Harada 5'6", M. Bartlik NH

Girls: S. Montgomery 4'8", S. Keppler 4'6", L. DeVita 4'6" K. McKeon NH

Shot Put:

Boys: S. McAvey 31'7"

Girls: K. McKeon 23'6"

Pole Vault:

Boys: L. Bontoux NH

Frosh / Novice Big North Championship
@ RCC

January 6, 2015

55m:

Frosh Boys: M. Tai 7.3/7.1/7.1 – **2nd Place**

Frosh Girls: R. Ban 8.4/8.3/8.3 – **3rd Place** M. Leider **8.4** J. Lee **8.7**, L. Kim **8.6**, V. Wang **8.9**

Novice Boys: K. Grant 7.1/7.2/6.9 – **3rd Place** S. Ho **7.2/7.3**, S. Do **7.6**, B. Chung **8.0**

Novice Girls: R. Alvaro **8.3**, A. Simpson **8.5**, M. Earl **8.3**

55mHH:

Frosh Boys: M. Bartlik 10.7/10.7 – **5th Place**

Frosh Girls: O. Rao **11.4**

Novice Boys: R. Harada **10.1**, Z. Stadulis **9.8**, C. Perlman **10.9**, L. Bontoux **11.2**

Novice Girls: C. Shippee 10.6/10.5, S. Keppler **11.4**, K. Callaghan **11.6**

400m:

Frosh Girls: M. Adams 68.8 – **1st Place**

Novice Boys: Z. Stadulis 56.8 – **3rd Place**, S. Ruhl 57.9 – **4th Place**, J. Miller **58.6**, I. McTavish **59.8**,

M. Ronai **62.8**

4x800m:

Frosh Boys: M. Boegart **2:38.8**, I. Dartley **2:43.2**, J. Drier, C. Branca **DNF**

1600m:

Frosh Boys: C. Branca **5:35.4**, J. Dreier, **5:42.7** K. Neville **5:53.2**, M. Boegart **5:57.9**, I. Dartley **6:14.3**

Frosh Girls: H. Fishbein 5:59.7 – **4th Place**, B. Schofield **6:33.2**

Novice Boys: B. Byrne 4:59.4 – **1st Place**, C. Salamone 5:01.4 – **2nd Place**, B. Rynkowski **5:08.3**

J. Bolduc **5:19.6**, E. Tilyou **5:27.3**

Novice Girls: C. Cobb 5:56.2 – **2nd Place**, L. Pagano 6:11.3 – **3rd Place**

200m:

Frosh Boys: M. Tai 25.1 – **3rd Place**

Frosh Girls: R. Ban **30.2** O. Rau **33.6**, M. Leider **34.8**, J. Lee **35.5**, V. Wang **34.9**

Novice Boys: K. Grant **25.9**, J. Miller **25.9**, S. Ruhl **25.9**, S. Do **27.9** S. Ho **28.8**, M. Ronai **27.1**,

I. McTavish **27.8**, B. Chung **28.6**

Novice Girls: A. Simpson **30.3**, R. Alvaro **29.8**, M. Earl **32.0**,

800m:

Frosh Girls: M. Adams 2:36.2 – **2nd Place**

Novice Boys: B. Byrne 2:15.3 – **2nd Place**, M. Robazza **2:18.3**, H. Seifert **2:26.3**, C. Koontz **2:34.2**

Novice Girls: T. Tai **2:45.3** K. Reis **2:51.2** S. Catalano **2:52.2** L. Splander **2:59.3**

4x400m:

Frosh Boys:

K. Neville **66.9**
M. Boogart **70.5**
J. Drier **68.5**
C. Branca **67.1**
4:33.0

Frosh Girls:

R. Ban **70.5**
H. Fishbein **72.5**
M. Leider **77.8**
M. Adams **68.6**
4:50.0 – 3rd Place

Novice Girls:

R. Alvaro **70.9**
K. Callaghan **71.4**
C. Shippee **69.8**
M. Earl **76.5**
4:48.6 – 3rd Place

Novice Boys:

S. Ruhl **58.1**
M. Tai **56.5**
J. Miller **59.1**
Z. Stadulis **58.3**
3:51.9 – 1st Place

B. Byrne **61.5**
E. Tilyou **67.3**
S. Ruhl **65.1**
H. Ricatto **65.2**
4:19.7

Long Jump:

Frosh Boys: M. Tai **14'2"**

Frosh Girls: O. Rau **10'11"**

Novice Boys: R. Harada **18' ½"**

Novice Girls: K. Callaghan **14'4" -4th Place** C. Shippee **14' ½"**

Triple Jump:

Frosh Girls: O. Rau **F**

Novice Boys: R. Harada **36'2 ½" – 3rd Place** Z. Stadulis **35'11" – 4th Place** , C. Perlman **34' ½"**,
L. Bontoux **34'10"**

Novice Girls: C. Shippee **27'8"**, S. Keppler **27'1 ¾"**

High Jump:

Frosh Boys: M. Bartlik **4'10" – 3rd Place**

Novice Boys: R. Harada **5'2" 4th Place** , M. Thurston **5'0"**,

Pole Vault:

Novice Boys: L. Bontoux **9'0"**

Tummino preps for that day

River Dell thrower on path to being first in school to toss 60 feet

By PAUL SCHWARTZ
STAFF WRITER

Drew Tummino is not a flashy athlete, either on the football field or in the shot put circle.

But the River Dell senior, who is the top returning boys thrower in state track and field both indoors and outdoors, is on the path to become the first 60-foot thrower in school history.

"I just go about my business and get my work done," said Tummino, after winning the Track Universe Invitational on Dec. 30 with a throw of 55 feet, 4 $\frac{3}{4}$ inches, be-

INDOOR TRACK NOTEBOOK

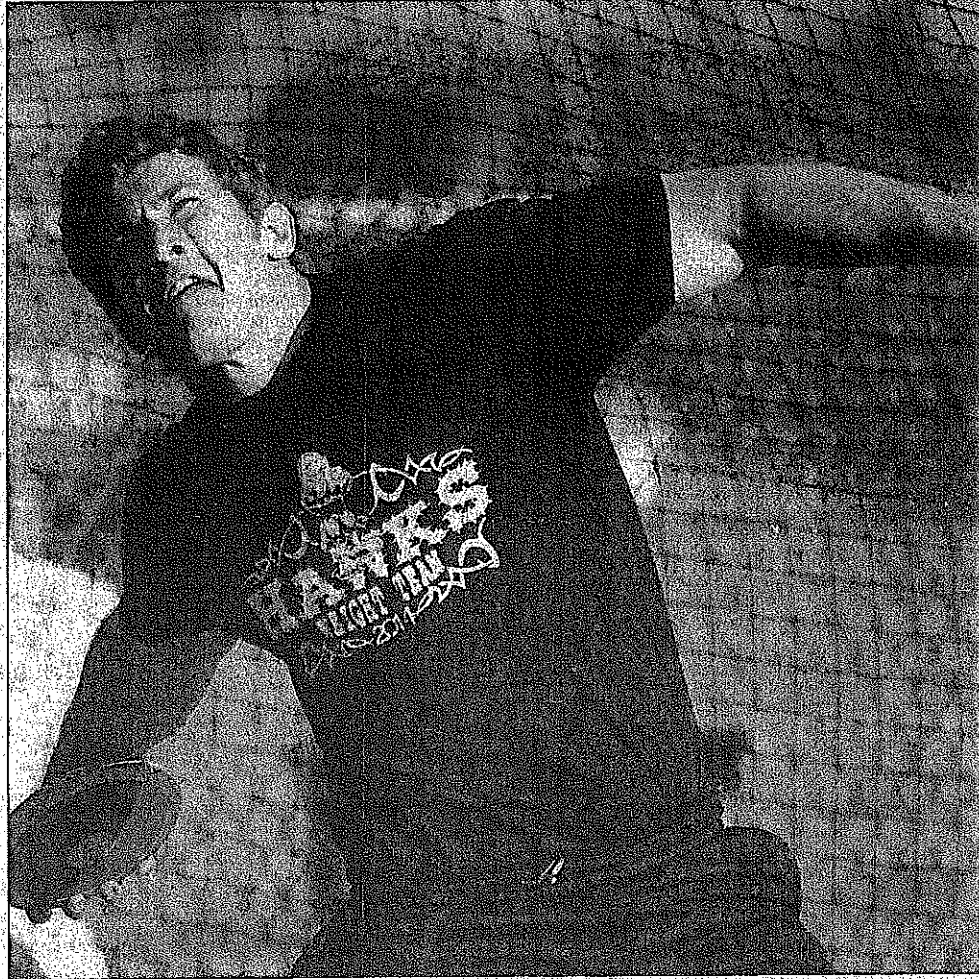
low his seasonal best of 57-1, but well ahead of the field. His indoor best this season puts him in a three-way battle for early-season state superiority with Sean Brennan of Union Catholic (57-5 $\frac{1}{4}$) and current state leader Andrew Lisowicz of CBA (58-0). His best of 59-3 $\frac{1}{4}$ ranks 22nd on the all-time Bergen outdoor list, while his 57-1 is 21st on the indoor list.

"But I think about throwing 60 feet at every meet," said Tummino, who has received interest from Rutgers, Monmouth, Northeastern, Bucknell and Connecticut. "Each practice I'm working on my form, to prepare for the big throws I know are coming."

A BIGGER HURDLE: Jack Byrne of Ridgewood won the second 1,600-meter steeplechase held at the Track Universe Invitational, running 5:09.1 while clearing 15, 33-inch barriers during the race. It was 10 seconds faster than he had run the race last season and more than six seconds faster than former teammate Robert Fischer's time of 5:15.4 was in winning last season.

In the girls race, Kelly Cleary of Ridgewood ran 5:51.8 for second to Hillsborough's Molly Doyle and lowered the Bergen County record of 5:57.0 set by teammate Leah Rosenfeld in last season's race.

A NEW MEET: Wayne Valley held its first high jump/shot put meet during the holiday break and five Passaic County



River Dell's Drew Tummino, here throwing the discus at the Bergen County Meet of Champions last year, is top returning boys thrower in the state, both indoors and outdoors.

schoools competed on Dec. 29. Mark Salvano of the host school won the boys shot at 41-9 and teammate Greg DePablo won the high jump with a leap of 5-6.

Melika Clarke of Passaic Tech edged her teammate Elasha Washington by two inches, throwing 31-6 to win the girls shot. Nicole Zisa of Wayne Hills won the high jump at 4-2.

LOOKING AHEAD: The week ahead is full of events as the season rolls into high gear. Tonight is the 21st annual Paul Schwartz Invitational at the Rothman Center featuring invitational 1,000-meter

and distance medley relay races.

Catherine Pagano of Northern Highlands, the national leader at 1,000 meters and the state leader at a mile turns to the 800 at the Hispanic Games on Saturday at the Armory Track Center in New York.

The first championship meet of the season follows Monday at the Armory with the Big North Freedom, National and United divisions. (The other four divisions are Jan. 18).

Wednesday's highlight is the Ridgewood Winter Games meet from Rock-

land Community College in Monmouth. The event, which started in 1980, one of the oldest continuously running door meets in the East. FDU hosts first of four field event meets at the Roman Center and some teams might tempt to qualify for high school event the Millrose Games on Feb. 14 by winning the trials, also on Wednesday.

Finally, on Thursday, the first of six sessions of the state Relays at the Ben Center in Toms River starts with the C Group 4 event. The meet continues through Sunday.

RECORD FILE PH

INDOOR TRACK PERFORMANCE LIST

BOYS

55 (automatic timing only): No entries.
55 hurdles (automatic timing only): Michael Ashbrook, Butler, 8.52; Liam Moran, Northern Highlands, 8.69; Brendan Holleran, Northern Highlands, 8.72.
200: Kyle Ellerson, Bergen Catholic, 22.5; Christian Ozoria, Teaneck, 22.6; Anthony Kardonsky, Tenafly, 23.0; St. Jacob Diodonet, West Milford and Allah Jackson, Paramus Catholic, 23.2.
300: Quashon Powell, Kennedy, 37.0.
400: Eddie Dehals, Bergen Catholic, 51.5; Justin Mayer, River Dell, 52.4; Eric Kim, Mahwah, 52.7; Gabe Lartigue, Don Bosco, 52.9.
600: AJ Hall, Passack Valley, 1:28.8.
800: Jack Kerin, Indian Hills, 2:02.7; Adam Herskovits, Wayne Valley, 2:04.7.
1,000: Nurlan Herburger, Passack Valley, 2:42.4.
1,600: Marc Rlenas, Old Tappan, 4:25.4; Matt Tuohy, Indian Hills, 4:30.3; Michael Thurston, Ridgewood, 4:32.0.
3,200: James Weissenborn, Old Tappan, 9:57.2.
Shot put: Drew Turmino, River Dell, 57-1; Frank Ahearn, Ramsey, 50-0 1/4; Chris Sneed, Teaneck, 48-7.
High jump: Kristian Bautista, Paramus Catholic, 6-0.
Long jump: Zaire Weaver, Passaic Tech, 21-11; Kevin Copper, Passaic Tech, 21-0 1/4; Tommy Smith, Hackensack, 20-10 1/4.
Triple jump: Jason Katz, Ramapo, 46-1; Will Sidaros, Indian Hills, 41-4 1/4; Armand Punjabi, Ridgewood, 41-0 1/4.
Pole vault: Calvin Gould, Lakeland, 13-6; Willem Glans, River Dell and Travis Fisher, North Arlington, 13-0.
4-x-200 relay: Bergen Catholic, 1:33.1; Paramus Catholic, 1:34.9; Teaneck, 1:36.2; Tenafly, 1:38.9; Passaic Tech, 1:39.3.
4-x-400 relay: Bergen Catholic, 3:25.9; River Dell, 3:36.7; Old Tappan, 3:38.9.
4-x-800 relay: River Dell, 8:11.5; Bergen Catholic, 8:14.6; North Bergen, 8:25.4; Old Tappan, 8:25.9; Indian Hills, 8:28.9.
Distance medley: Bergen Catholic, 10:59.0.

GIRLS

55 (automatic timing only): Alexis Washington, Passaic Tech, 7.50; Amanda Pook, Northern Highlands, 7.79; Robine Arami, Northern Highlands, 7.99.
55 hurdles (automatic timing only): Alexis Washington, Passaic Tech, 8.59; Mykalah Curry, Butler, 8.88; Melissa Mattson, Butler, 9.33; Mackenzie Holleran, Northern Highlands, 9.76; Courtney Micallef, Northern Highlands, 9.92.
200: Lauren Brzozowski, Ramapo, 25.6; Arminah Saraga, Teaneck, 26.2; Toni James, Teaneck, 26.5; Carleisha Forteau, Secaucus, 26.6; Lexi DeGizzo, Tenafly, 26.7.
300: Lexi DeGizzo, Tenafly, 42.4; Amanda Pook, Northern Highlands, 43.12.
400: Lauren Brzozowski, Ramapo, 59.4; Lexi DeGizzo, Tenafly, 59.7.
600: Hilary McElwain, Northern Highlands, 1:41.49; Robine Arami, Northern Highlands, 1:43.12; Kelsey Larkin, Ramsey, 1:43.5.
800: Caroline O'Sullivan, Old Tappan, 2:26.4; Samira Suljak, Tenafly, 2:27.1; Kelly Cleary, Ridgewood, 2:27.5; Caitlin Ubi, Old Tappan, 2:27.9; Ashlyn McKenna, Ramapo, 2:28.4.
1,000: Catherine Pagano, Northern Highlands, 2:52.19; Chelsea Lee, Passack Valley, 3:10.5; Katherine Rodriguez, Passaic, 3:11.4; Julia Guerra, Indian Hills, 3:13.5; Jodi Hitchen, Northern Highlands, 3:16.59.
1,600: Catherine Pagano, Northern Highlands, 4:51.49**; Sam Halvorsen, Ridgewood, 5:13.8; Carleen Jeffers, Ridgewood, 5:14.1; Veronica Rocco, Tenafly, 5:25.6.
3,200: Abigail McLaughlin, Bergen Tech, 11:42.7; Monica Hebrner, Northern Highlands, 12:06.5; Katherine Rodriguez, Passaic, 12:07.2; Courtney Brunet, Old Tappan, 12:11.7; Jodi Hitchen, Northern Highlands, 12:14.1.
Shot put: Jessica Molina, Westwood, 42-1 1/4; Amaris Berry, Hackensack, 39-5; Sam Leonessa, Rutherford, 35-7; Kayla Rosado, River Dell, 34-5 1/4; Amilynah Campbell, Teaneck, 34-2 1/2.
High jump: Miku Okada, River Dell, Alexis Washington, Passaic Tech, Olivia Pandolfo, Tenafly, Taylor Parcels, Old Tappan and Kayla Adams, Paramus Catholic, 5-0.
Long jump: Marina Reilly, River Dell, 17-0 1/4; Rosemary Menyhart, Paramus Catholic, 16-6 1/2; Lindsey Smith, Eastern Christian, 16-3 1/4; Katie McKeon, 16-3; Latoya Drakeford, Englewood, 16-1 1/4.
Triple jump: Rosemary Menyhart, Paramus Catholic, 37-3 1/4; Marina Reilly, River Dell, 35-0; Noreen Byrne, River Dell, 34-3 1/2; Lauren Bilal, Old Tappan, 34-1.
Pole vault: Catherine Rozalski, Queen of Peace, 11-3; Jenna Braun, Mahwah, 9-6; Julie Weismiller, IHA and Bridgette Muller, Mahwah, 9-0.
4-x-200 relay: Ramapo, 1:48.5; River Dell, 1:51.4.
4-x-400 relay: Paramus Catholic, 4:14.7; River Dell, 4:17.0; Old Tappan, 4:19.7.
4-x-800 relay: Northern Highlands, 9:44.54; River Dell, 10:15.9; Hasbrouck Heights, 10:16.9; Ridgewood, 10:20.5; Holy Angels, 10:25.4.
Distance medley: IHA, 12:50.7; Ramapo, 13:47.1.

* = converted

** = Bergen County record

Big North League Championship
@ NYC Armory

January 12, 2015

55m:

Boys: K. Grant 6.6/6.6 – 1st Place J. Norrell 6.9/7.1 – 6th Place, M. Tai 6.9

Girls: R. Simoncini 7.5/7.6 – 3rd Place, I. Park 7.7/7.9 – 6th Place, L. Monnerat 7.8

55HH:

Boys: A. Armatas 8.5, R. Harada 8.8, Z. Stadulis 8.7

Girls: K. McKeon 8.9/8.9 – 3rd Place, S. Montgomery 9.5, L. DeVita 9.8

3200m:

Boys: K. Marshall 9:58.2 – 4th Place N. Barnabic 10:17.2 – 6th Place, C. Salamone 10:43.7

Girls: C. Jeffers 10:56.4 – 2nd Place, C. Cobb 12:23.0 – 3rd Place, A. Taylor DQ – lap short

4x800m:

Boys: K. Tamura 2:06.5, B. Byrne 2:10.7, H. Ricatto 2:14.3 M. Thurston 1:57.1 8:30.7 – 1st Place

Girls: E. Kotch 2:38.2, T. Tai 2:45.2, K. Reis 2:39.8, T. Cirillo 2:47.8 10:38.5 – 3rd Place

400m:

Boys: Z. Stadulis 55.1 – 5th Place, A. Armatas 57.4, J. Norrell 58.5

Girls: L. Monnerat 62.3 – 5th Place, C. Shippee 65.3, S. Kusel 67.9

800m:

Boys: M. Thurston 1:59.3 – 1st Place, K. Tamura 2:07.5 – 5th Place, C. Salamone 2:19.8

Girls: K. Cleary 2:27.6 – 4th Place, L. Rosenfeld 2:30.0 – 6th Place K. Cirillo 2:39.8

200m:

Boys: M. Tai 24.3 – 6th Place, K. Grant 24.4, J. Miller 25.4

Girls: R. Simoncini 27.4 3rd Place, L. Monnerat 27.9, I. Park 28.9

1600m:

Boys: K. Marshall 4:44.3 – 4th Place B. Byrne 4:51.2, N. Barnabic DNF

Girls: C. Jeffers 5:22.5 – 2nd Place, M. Adams 5:33.7 – 4th Place, A. Taylor 5:40.6

4x400m:

Boys: Z. Stadulis 54.9, J. Miller 56.2, M. Tai 55.2, M. Thurston 51.7 3:37.9 – 1st Place

Girls: L. Rosenfeld 63.8, K. Cleary 66.8, C. Shippee 65.4, L. Monnerat 54.3 4:20.9 – 3rd Place

Long Jump:

Boys: R. Harada 16'1 ¼", C. Perlman 16'2 ¼"

Girls: K. McKeon 16'3" – 1st Place, K. Callaghan 15'2 ½" – 3rd Place, R. Simoncini 14'7 ¼" – 5th Place

Triple Jump:

Boys: A. Punjabi 40'5 ½" – 4th Place, Z. Stadulis 38'10", R. Harada 36'2 ½"

Girls: J. Long 33'4" – 1st Place, L. DeVita 31'3" – 4th Place, S. Montgomery 31'0" – 6th Place

High Jump:

Boys: R. Harada 5'4" -5th Place, M. Bartlik 5'4"

Girls: S. Montgomery 4'10" - 1st Place, S. Keppler 4'6" - 3rd Place, L. DeVita 4'4" - 6th Place

Pole Vault:

Boys: L. Bontoux 9'0" - 3rd Place

Shot Put:

Boys: B. Pastorious 43'2 ½" - 2nd Place, M. Benjamin 41'2 ½" - 6th Place, S. McAvey 31'8"

Girls: J. Long 19'6

Final Scores:

Boys:

Hackensack 107

Indian Hills 94

Ridgewood 77.5

Northern Highlands 75.83

Paramus 45.63

Ramapo 30

Girls:

Northern Highlands 138

Ridgewood 107

Ramapo 73

Indian Hills 50

Hackensack 44

Paramus 20

Comments:

A good event in a lot of areas but we came up short of our goal of winning the league championships. We left some points on the board in this meet and it is hard to win a championship when you do that. That being said this was our best meet of the year and we had a lot of improvement across the board.

FREEDOM**Team Scoring**

Northern Highlands (NH) 138, Ridgewood (RW) 107, Ramapo (RMP) 73, Indian Hills (IH) 50, Hackensack (H) 44, Paramus (P) 20.

55: 1. Lauren Brzozowski, (RMP), 7.3; 2. Amanda Pook, (NH), 7.6; 3. Olivia Florio, (NH), 7.6.

200: 1. Lauren Brzozowski, (RMP), 26.1; 2. Lily DiMartino, (IH), 27.0; 3. Reid Simoncini, (RW), 27.4.

400: 1. Lauren Brzozowski, (RMP), 59.4; 2. Amanda Pook, (NH), 1:00.4; 3. Lily DiMartino, (IH), 1:00.8.

800: 1. Catherine Pagano, (NH), 2:14.6; 2. Hillary McElwain (NH), 2:24.4; 3. Erin Racano, (RMP), 2:24.5.

1,600: 1. Julia Guerra, (IH), 5:18.7; 2. Carleen Jeffers, (RW), 5:22.5; 3. Jodi Hinchey, (NH), 5:33.0.

3,200: 1. Catherine Pagano, (NH), 10:47.5; 2. Carleen Jeffers (RW), 12:18.0; 3. Corina Cobb, (RW), 12:23.0.

55 HH: 1. Katherine Brzozowski, (RMP), 8.4; 2. Dana Lynch, (H), 8.6; 3. Katie McKeon, (RW), 8.9.

Shot Put: 1. Amarys Berry, (H), 44-9 $\frac{1}{2}$; 2. Jaimie Parisi, (H), 35-4; 3. Sara Dec, (NH), 34-5 $\frac{1}{4}$.

High Jump: 1. Sophie Montgomery, (RW), 4-10; 2. Jessica Chu, (NH), 4-8; 3. Christine Griffith, (NH), 4-6.

Long Jump: 1. Katie McKeon, (RW), 16-3 $\frac{1}{2}$; 2. Julia Healy, (NH), 15-11; 3. Kerry Callaghan, (RW), 15-2 $\frac{1}{2}$.

Triple Jump: 1. Jade Long, (RW), 33-4; 2. Julia Healy, (NH), 32-10; 3. Lily DiMartino, (IH), 32-1.

Pole Vault: 1. Amanda Katz, (RMP), 9-0; 2. Kayla Gandy, (IH), 8-6; 3. Camille Calupad, (P), 8-0.

4x400 Relay: 1. Northern Highlands (Amanda Pook, Hilary McElwain, Catherine Pagano, Robine Arami), 4:06.6; 2. Ramapo, 4:19.1; 3. Ridgewood, 4:20.9.

4x800 Meter Relay: 1. Northern Highlands (Karina North, Paige Wilderotter, Hilary McElwain, Jodi Hinchey), 10:02.3; 2. Indian Hills, 10:18.9; 3. Hackensack, 10:38.5.

INDEPENDENCE**FREEDOM****Team Scoring**

Hackensack (H) 107, Indian Hills (IH) 94, Ridgewood (RW) 77 $\frac{1}{2}$, Northern Highlands (NH) 75 $\frac{5}{6}$, Paramus (P) 45 $\frac{5}{6}$, Ramapo (RMP) 30.

55: 1. Kobi Grant, (RW), 6.6; 2. Michael Florio, (NH), 6.7; 3. Jéfani Ray Garvin, (NH), 6.7.

200: 1. Tommy Smith, (H), 23.4; 2. Anthony Lorenc, (IH), 23.8; 3. Aaron Burshtein, (NH), 24.0.

400: 1. Mike Bessette, (P), 53.52; 2. Aaron Burshtein, (NH), 53.9;

3. tie between Greg Fusco, and Michael Forbes, (H), 54.9.

800: 1. Michael Thurston, (RW), 1:59.3; 2. Jack Kerin, (IH), 2:00.7;

3. Brian Bilecky, (H), 2:07.0.

1,600: 1. Matt Tuohy, (IH), 4:39.5; 2. Tom McPhee, (IH), 4:40.9; 3. Matt Cohane, (IH), 4:43.8.

3,200: 1. Tom McPhee, (IH), 9:49.4; 2. Tom Holster, (IH), 9:53.9; 3. Kenny Marshall, (RW), 9:58.2.

55 HH: 1. Will Sidasos, (IH), 8.0; 2. Andre Grant, (H), 8.1; 3. Liam Moran, (NH), 8.1.

Shot Put: 1. Demar Stewart, (H), 49-2 $\frac{1}{4}$; 2. Ben Pastorius, (RW), 43-2 $\frac{1}{2}$; 3. Matt Connor, (RMP), 42-11.

High Jump: 1. Daniel Pflueger, (NH), 5-10; 2. Jevaughn Fahie, (H), 5-8; 3. Steven Villa, (H), 5-08.

Long Jump: 1. Tommy Smith, (H), 21-2 $\frac{1}{4}$; 2. Jason Katz, (RMP), 20-11; 3. Will Sidasos, (IH), 20-5 $\frac{1}{2}$.

Triple Jump: 1. Jason Katz, (RMP), 46-9 $\frac{1}{2}$; 2. Tommy Smith, (H), 42-8; 3. John Proctor, (H), 40-8 $\frac{1}{4}$.

Pole Vault: 1. Michael Forbes, (H), 11-0; 2. Greg Fuerte, (P), 11-0; 3. Luc Bontoux, (RW), 9-0.

4x400 Relay: 1. Ridgewood (Zach Stadulis, Matt Taj, Jack Miller, Michael Thurston), 3:37.9; 2. Indian Hills, 3:39.4; 3. Northern Highlands, 3:40.2.

4x800 Relay: 1. Ridgewood (Michael Thurston, Kotaro Tamura, Henry Ricatto, Billy Byrne), 8:30.7; 2. Hackensack, 8:34.5; 3. Indian Hills, 8:49.4.

INDEPENDENCE**Team Scoring**

Ridgewood Winter Games
@ RCC

January 14, 2015

55m:

Varsity Boys: K. Grant **6.7**

Varsity Girls: I. Park **7.9/7.9 – 4th Place**, S. Kusel **8.2**

Novice Boys: S. Ho **7.2/7.0/7.0 – 2nd Place** S. Ruhl **7.1/7.1** S. Do **7.6**, B. Chung **7.7**

Novice Girls: R. Ban **8.0/8.1/8.1 – 5th Place** R. Alvaro **8.1/8.1** M. Earl **8.4/8.2**

Frosh Boys: M. Tai **7.1/6.9/6.9 – 1st Place**

Frosh Girls: J. Lee **9.4/9.2** V. Wang **10.7**,

55HH:

Varsity Boys: A. Armatas **9.3 – 1st Place**, R. Harada **9.8**, Z. Stadulis **9.9**

Varsity Girls: L. DeVita **10.4 – 5th Place**

Novice Boys: J. Miller **9.8/9.7 – 5th Place** C. Perlman **11.3**, L. Bontoux **11.4**

Novice Girls: C. Shippee **10.3/10.6**, S. Keppler **10.7/12.2 (fell)**, A. DeVera **10.9/10.5**

Frosh Boys: M. Bartlik **10.5 – 1st Place**

Frosh Girls: O. Rau **11.4 – 5th Place**, M. Leider **13.3**

Two Miles:

Varsity Boys: B. Byrne **10:09.3 – 1st Place**, C. Salamone **10:52.6 – 5th Place**

Varsity Girls: H. Driscoll **13:11.7**

600y:

Varsity Girls: C. Shippee **1:41.9**, T. Tai **1:45.3**

Novice Boys: A. Taggart **1:26.9 – 4th Place**, H. Seifert **1:28.8**

Frosh Girls: E. Kotch **1:39.4 – 2nd Place**

4x800m:

Varsity Boys: J. Byrne **2:11.8**, B. Rynkowski **2:18.3**, H. Ricato **2:18.6**, B. Byrne **2:14.6 – 9:04.1 – 1st Place**

Varsity Girls: A. Taylor **2:36.8**, V. Reis **2:45.9**, K. Reis **2:44.3**, K. Cirillo **2:50.8 – 10:58.4 – 4th Place**

300y:

Varsity Boys: A. Armatas **37.6**, K. Ward **37.8**, K. Grant **38.5**

Varsity Girls: I. Park **42.3** S. Kusel **42.9**

Novice Boys: S. Ruhl **36.9**, J. Miller **37.1**, I. McTavish **39.6** S. Do **39.9**

Novice Girls: R. Alvaro **43.1 – 2nd Place** K. Callaghan **44.7**, M. Earl **45.3**

Frosh Boys: M. Tai **35.6 – 1st Place**

Frosh Girls: R. Ban **43.5**, M. Leider **49.5**, V. Wang **50.9**, J. Lee **51.5**

1000y:

Varsity Boys: B. Gilligan **2:45.4**

Varsity Girls: A. Taylor **3:03.1 – 3rd Place**

1600m:

Varsity Boys: J. Byrne **5:12.6**, B. Rynkowski **5:14.2**

Varsity Girls: M. Adams **5:42.8 – 1st Place**,

Novice Boys: J. Bolduc **5:12.6** E. Tilyou **5:17.6** C. Koontz **5:40.2**

Novice Girls: T. Cirillo **6:06.4 – 5th Place** L. Pagano **6:09.6**, S. Catalano **6:13.9**

Frosh Boys: C. Branca **5:15.6**, S. Wagh **5:16.2** J. Drier **5:24.5**, K. Neville **5:34.2**, M. Boogert **5:34.8**,
M. Olsen **5:59.7** I. Dartley **6:05.2**

Frosh Girls: H. Fishbein **5:56.6 – 1st Place!**, B. Schofield **6:19.6**

4x400m:

Frosh Boys: K. Neville **65.5**, S. Wagh **63.5**, C. Branca **64.9**, M. Tai **64.8** **4:09.5 – 1st Place!**

Frosh Girls: R. Ban **68.7**, H. Fishbein **73.3**, E. Kotch **67.9**, M. Adams **67.8** **4:40.5 – 2nd Place**

Novice Boys: S. Ruhl **59.2**, K. Grant **62.2**, J. Miller **57.8**, Z. Stadulis **57.6** **3:56.7 – 2nd Place**

Varsity Boys: A. Taggart **59.8**, K. Ward **59.1**, H. Ricatto **62.6**, J. Byrne **56.8** **3:57.9**

Varsity Girls: S. Kusel **66.7**, R. Alvaro **67.9**, I. Park **66.7**, C. Shippee **68.8** **4:31.7**

High Jump:

Varsity Boys: R. Harada **5'2" – 5th Place**

Varsity Girls: S. Keppler **4'4**, L. DeVita **4'4**

Frosh Boys: M. Bartlik **5'0" – 3rd Place**

Long Jump:

Varsity Boys: A. Punjabi **18'1 ¼"**, R. Harada **17'7 ¼"**, C. Perlman **15'2 ½"**

Varsity Girls: K. Callaghan **15'7" – 2nd Place**

Frosh Boys: M. Bartlik **16'0" – 2nd Place**

Frosh Girls: O. Rao **12' ¼"**

Triple Jump:

Varsity Boys: A. Punjabi **37'1 ¼" – 5th Place**, R. Harada **36'3 ¼"**, Z. Stadulis **35'6"** C. Perlman **F**

Varsity Girls: C. Shippee **27'1"**, S. Keppler **26'3"**

Frosh Boys: M. Bartlik **32'7 ¼" – 2nd Place**

Frosh Girls: O. Rao **27'2" – 2nd Place**

Shot Put:

Varsity Boys: B. Pastorious **F**, M. Benjamin **39'0**, S. McAvey **35'10"**

Pole Vault:

Varsity Boys: L. Bontoux **9'**

Eastside junior enjoys resurgence

After missing last track season, Joseph starts strong at Ridgewood games

By DAVE MEISEL

SPECIAL TO THE RECORD

SUFFERN, N.Y. — Eastside's Marco Joseph, Ridgewood's Billy Byrne and Mahwah's jumpers were the stars at the Ridgewood Winter Games at Rockland Community College's Eugene Levy Fieldhouse on Wednesday. Joseph won the 55-meter hurdles in 8.2 seconds and placed third in the 600-meter dash with a 1:19.9.

The junior has enjoyed a resurgence that has carried over from the cross-country season, after his track seasons last school year were cut short by pulled hamstrings in both legs. He has a renewed focus on his fitness.

INDOOR TRACK

"I had to push myself especially this summer," said Joseph. "My workouts now include aerobics and plyometrics."

Eastside coach Terrence Gilbert worked Joseph much harder after he got back to full health, especially during the summer. "Running 5 miles a week this summer was challenging, but coach Gilbert has really pushed me," Joseph said.

"We're being conscious and careful with both those hamstrings," Gilbert said. "We've done a lot of

core and strength training with him. This meet was really preparation for the league meet coming up on Sunday.

"We're looking for Marco to make some noise."

Byrne won the 3,200 with a 10:09.3 and was part of Ridgewood's victorious 4 x 800 relay.

"It's been fun [to compete on the varsity level]," said Byrne. "I'm kind of already used to the preparation from cross-country season, I just make sure to stretch a lot."

Westwood's Noah Osterhus also won two gold medals, with a 1:18.7 in the 600 and a 2:32.1 in the 1,000.

Mahwah's girls won six medals in

the jumping events. Lauren Stern won the long jump with a jump of 15 feet, 8½ inches and Allie Kornberger placed second in the high jump with a 4-6. In the pole vault, Jenna Braun finished first and Bridget Mullen finished third, with respective jumps of 10-0 and 9-6. Stern also won the triple jump with a 33-10, and Kornberger's 32-2 earned her fifth place.

"It's tough to practice jumping in the winter but we have a good selection of poles, and even if we're not doing full vaults we're doing something every day," said coach Rob Pasek. "We do a lot of core training, plyometrics and cardio as well."

INDOOR TRACK & FIELD: BIG NORTH FREEDOM CHAMPIONSHIPS

Golden efforts lead Maro

Girls jump to best finish in three years

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

In its first big meet of the new year, the Ridgewood High School girls indoor track team jumped ahead of all but one of its competitors at Big North Freedom Championship meet on its way to the program's best finish at the event in three years on Monday at The Armory Track Center in New York.

Senior Katie McKeon bounded past the competition in the long jump, distancing 16 feet, 3½ inches, while classmate Jade Long's triple jump of 33-4 also was good enough for a gold. And Sophie Montgomery, another senior, leapt 4-10 to capture the high jump crown.

"That kept us in the meet and that really did give us a shot to stay close," RHS head coach Josh Saladino of his jumpers' performance.

The Maroons earned 107 points, 31 behind Northern Highlands, which won its third straight Freedom title. However, the second-place finish is Ridgewood's best since 2012, and the point total is the program's highest since the Maroons captured the crown with 137 in 2011.

"Losing to Northern Highlands, which is one of the better track teams in the state, there's no shame in that," Saladino said.

Ridgewood showed its depth beyond the top jumpers in each of three events, as junior Kerry Callaghan and senior Reid Simoncini finished third and fifth, respectively, in the long jump. Senior Libby DeVita and Montgomery took fourth and sixth in the triple jump. And junior Saskia Keppler and DeVita grabbed fourth and sixth in the high jump.

Saladino tipped his cap to jumps coach Steve Opremeck for the success in the three events.

"Coach Opremeck deserves a lot of credit for their performances," Saladino said. "Having three individuals score in



Ridgewood senior Katie McKeon, seen above competing in the Spiked Shoe Holiday Festival in New York this season, captured a gold medal in the long jump at the Big North Freedom Division meet on Monday.

all three of those jump disciplines is very difficult."

Although the jumpers paced Ridgewood — earning nearly half of the team's points — several Maroons performed well on the track to build on strong per-

formances prior to the new year.

Senior Carleen Jeffers contributed a pair of second-place finishes in the 1,600-meter race and the 3,200, to continue her impressive early success. She started the season by earning a bronze in

the 1,600 at the Spike Festival at The Armory then captured a silver in the 1,600 at the Track Universe I

See GIRLS 1

Boys lead Maroon squads

Boys team takes third in early test

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

The season's first championship meet for the Ridgewood High School boys indoor track team made apparent the roster turnover that had taken place over the past year while also providing a glimpse of the untapped potential the team hopes to harness as the winter moves on.

The Maroons finished third in the Big North Freedom Division meet, held Monday at The Armory Track Center in New York, with 77½ points, behind first-place Hackensack (107) and runner-up Indian Hills (94).

This season features a much younger Ridgewood team looking to replace a number of key contributors who helped last year's squad garner *The Record* team of the year honors after winning the Bergen County Relays and finishing second in the North 1 Group 4 meet.

The Maroons also cruised to the Freedom crown last season, defeating second-place Indian Hills by nearly 100 points. However, last year's seniors accounted for 154 of Ridgewood's 178 total points in that meet, leading to the conclusion that some sort of drop-off was probable this winter season.

"The goal is always to win the meets that we're in," RHS head coach Josh Saladino said. "But the boys team is very young."

This year's squad featured more balanced scoring across the four classes, which was evident on the team's two first-place relay teams.

Junior Michael Thurston anchored the 4-x-800-meter squad with a 1:57.1 split behind sophomore Billy Byrne and seniors Henry Ricatto and Kotaro Tamura to finish in 8:30.7, nearly four seconds ahead of runner-up Indian Hills.



TYSON TRISH/THE RECORD

Katie McKeon, seen above competing in the Spiked Shoe Holiday Festival in New York earlier this season, won a gold medal in the long jump at the Big North Freedom Division meet on Monday.

Disciplines is very important to the new year.

Senior Carleen Jeffers contributed a pair of second-place finishes in the 1,600-meter race and the 3,200, to continue her impressive early success. She started the season by earning a bronze in

the 1,600 at the Spiked Shoe Holiday Festival at The Armory on Dec. 22 and then captured a silver in the same event at the Track Universe Invitational, also

See **GIRLS TRACK**, page C4

See **BOYS TRACK**, page C4



FILE PHOTO

Ridgewood senior Michael Thurston, left, had a big day for the Maroons in the Freedom Division championship meet Monday, capturing gold in the 800-meter race and running on both the 4-x-400 and 4-x-800 first-place-winning relay squads.

BOYS TRACK from C1

Then Thurston also participated in the 4-x-400, along with freshman Matt Tai and sophomores Jack Miller and Zach Stadulis, who finished first ahead

of Indian Hills in 3:37.9.

In addition to the two relay triumphs, Thurston added a gold in the 800, while Tamura placed fifth in the race.

"Running three events, two 800s and a 400, within three hours, that's not something that a lot of kids can do," Saladino said of Thurston, who has recovered from injuries that hampered him during the cross-country season. The coach also praised Tamura for pulling off the "difficult double" of running two 800s in a one-day meet.

Sophomore Kobi Grant captured the Maroons' only other top finish in an individual event, taking the 55 crown in 6.6, just ahead of the Northern Highlands trio of Michael Florio, Jelani Ray Garvin and Joshua Burshtein. Saladino called the win a "major

accomplishment" for the sophomore, whose teammate senior Jonathan Norrell finished sixth in the race.

The junior tandem of Kenny Marshall and Nick Barnabic, who emerged as the Maroons' top two runners in cross-country this fall, also had a solid day.

Marshall finished third in the 3,200 and fourth in the 1,600, while Barnabic took sixth in the 3,200.

In the field events, Ben Pastorius came in second in the shot put with a distance of 43 feet, 2½ inches, exactly two feet better than teammate Matt Benjamin, who came in sixth.

Junior Luc Bontoux cleared 9 feet in the pole vault to take third, and senior Armand Punjabi, whom Saladino said was battling an ankle injury, jumped

40-5½ in the triple jump for a fourth-place finish.

While Saladino saw promise in his team's effort, he is hopeful that the squad can find another gear as the season progresses.

"Part of the process of a young team is that they need to know that to win championship meets, you have to be great," he said. "I do think that it was a good meet for us, but a good meet against other good teams in Hackensack and Indian Hills and Northern Highlands, you're not going to win."

The Maroons now will prepare for the Jan. 26 Bergen County Relays meet at The Armory.

"We're going to need them to continue to rise going forward, and the expectations that there will be a marked improvement," Saladino said.

Bag!



Call O'Neill Contracting today for details and to arrange Energy Consultation

GIRLS TRACK from C1

held at The Armory, on Dec. 30. Sophomore Corina Cobb followed right behind jeters with a bronze-medal effort in the 3,200, while freshman Meghan Adams (fourth) and Abby Taylor (sixth) placed in the 1,600.

Senior Kelly Cleary earned fifth in the 800 in 2:27.6 after finishing fourth in the same race at the Track Universe event, at which she also earned a silver in the 1,600-meter steeplechase, finishing in 5:51.8, less than six seconds ahead of teammate and third-place finisher Leah Rosenfeld.

Simoncini, the fifth-place long

jumper, added a fourth-place finish in the 55 and a bronze in the 200 at the Freedom meet.

The Maroons competed without top distance runner Sam Halvorsen — a *Ridgewood News* first-team All-Suburban selection in cross-country — who sustained a concussion last weekend.

"The other girls recognized there was added pressure on them to compete, and they came through," Saladino said.

The next championship meet for the Maroons will be the Bergen County Relays on Jan. 26 at The Armory, which the coach said will be a major measuring stick for how much the team

improves.

"One of the nice things about this league meet being early is you really know where you stand," Saladino said. "It gives some tangible evidence about how far or how close they are to be at the level they want to be at."

"The girls who won know where they stand and that can be a confidence boost," he continued. "But also it can be motivation if they want to stay at the top. They know they're going to need to improve for our team to have success going forward as well."

Email: birchough@northersey.com

Yale High School Classic
@ Coxe Cage, Connecticut

January 17, 2015

Girls 3000m: C. Jeffers **10:09.51 – 1st Place!!!**

Boys 3000m: K. Marshall **9:21.83**, N. Barnabic **9:24.18**

Girls 55m HH: K. McKeon **9.37**, S. Montgomery **9.72**

Boys 55m HH: Z. Stadius **9.06**

Girls 55m: R. Simoncini **7.77**, L. Monnerat **7.99**

Boys 55m: K. Grant **6.92**, M. Tai **7.04**

Boys 1 mile: M. Thurston **4:34.46**

Girls 400m: L. Monnerat **63.72**, R. Simoncini **65.58**

Boys 400m: M. Tai **54.76**, Z. Stadius **55.82**, K. Grant **60.09**

Girls 800m: K. Cleary **2:28.89**, L. Rosenfeld **2:29.01**

Boys 800m: K. Tamura **2:07.06**

Boys 4x200m: M. Tai **24.2**, K. Grant **25.7 (poor handoff)**, Z. Stadius **24.6**, M. Thurston **23.8** **1:38.65**

Girls Long Jump: K. McKeon **15'7"**

Girls High Jump: S. Montgomery **5'0" – 5th Place**

Congrats to Carleen on her win and Sophie on her fifth place finish at Yale!

Maroons' Jeffers stars at Yale Classic

Overcomes illness, cruises to win

By **PAUL SCHWARTZ**
STAFF WRITER

Carleen Jeffers woke up early Friday morning and thought her dreams of running in the Yale Track Classic were over.

"I got up in the middle of the night and I was sick and I thought 'Oh, no, I'm not going to be able to

INDOOR TRACK ROUNDUP

run," said the Ridgewood senior.

She waited until the Maroons got to Connecticut later Friday to tell coach Josh Saladino she wasn't feeling well, but told him, "I'm not going to let this get in the way of a great performance."

She had that great performance Saturday, pulling away from a field that included runners from a dozen states to win the 3,000 meters at the prestigious winter meet in 10:09.51, the second best time in the nation this season.

"The only girl I'd ever raced against before was Julia [Indian Hills junior Guerra], but I knew I wanted to run lap times of 40 or 41 seconds [for 200 meters]," said Jeffers, who opened a 30-meter lead on the fifth of 15 laps of 200 meters and held it until the final lap.

She won by more than 10 meters. Guerra finished seventh (10:16.56).

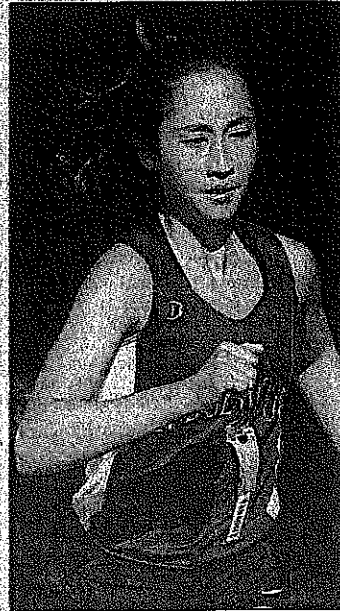
Ridgewood's Sophie Montgomery was fifth in the high jump at five feet.

Kyle Ellerson made his own bit of history in the boys 55, despite losing by an eyelash to Mark Doyley of Weaver, Conn.

The Bergen Catholic senior was clocked in 6.45 seconds, a time that trailed only former state champions Joe Dawkins of Hackensack (1995) and Derrick Horner of Don Bosco (1988) on the all-time Bergen list.

It is the fastest 55 run by a New Jersey runner this year.

Ellerson also teamed with Eddie Dehais (fourth in the 400 in 50.87),



RECORD FILE PHOTO

Ridgewood's Carleen Jeffers took the Yale Classic 3,000 meters in 10:09.51.

Anthony Leithauser and Brandon Hospie to take second in the 4-x-200 in 1:31.64, the top time in New Jersey this winter.

Matt Tuohy of Indian Hills won his 3,000 meter heat in 8:56.04 (the equivalent of a 9:33 in the 3,200) while Tom McPhee ran a 9:00.24.

The Ramapo team of Abby Adams, Katherine Brzozowski, Nicole Fortunato and Lauren Brzozowski was third out of an unseeded 4-x-400 heat at the groups State Relays Championships in Toms River, running 4:11.61.

The Mahwah duo of Jenna Braun and Brigitte Muller combined to clear 18-6 for third in the pole vault.

Also at the Toms River meet, the Pascack Hills quartet of William Colgan, Jekabs Hayes, Dan Mahnecke and Anthony Michielini was fourth in the boys distance medley (10:55.83) and sixth in the 4-x-800 (8:34.77).

Dante D'Agostaro cleared 12-6 and Justin Walker 11-6 as Mahwah was second in the boys pole vault.

New Balance Games
@ NYC Armory

January 24, 2015

Invitational Girls Mile:

Carleen Jeffers: **5:12.52 – 10th Place** (equivalent of 5:10.72 for 1600m)

Invitational Boys Mile:

Michael Thurston: **4:35.77**

Bergen County Relays
@ NYC Armory

4xShuttle Hurdles:

Boys: A. Armatas **8.1**, R. Harada **8.3**, M. Bartlik **9.9**, Z. Stadulis **8.4** – **34.4**

Girls: S. Montgomery **10.8 (fall)**, L. DeVita **8.4**, C. Shippee **8.8**, K. McKeon **8.1** – **36.3**

4x1600m:

Boys: K. Marshall **4:34.8**, N. Barnabic **4:48.2**, K. Tamura **4:47.2**, B. Byrne **4:39.7** – **18:52.7** – **4th Place**

Girls: M. Adams **5:40.7**, K. Cleary **5:24.7**, A. Taylor **5:32.4**, C. Jeffers **5:14.8** – **22:03.1** – **1st Place**

4x200m:

Boys: K. Grant **24.1**, A. Armatas **24.3**, Z. Stadulis **24.7**, M. Tai **23.5** – **1:36.8** – **4th Place**

Girls: L. Monnerat **27.8**, I. Park **27.4**, S. Kusel **28.4**, R. Simoncini **27.3** – **1:50.8** – **6th Place**

4x800m:

Boys: K. Marshall **2:06.5**, K. Tamura **2:07.8**, J. Byrne **2:06.2**, B. Byrne **2:09.7** – **8:30.8** – **4th Place**

Girls: E. Kotch **2:32.9**, K. Cirillo **2:37.5**, K. Cleary **2:33.2**, L. Rosenfeld **2:27.8** – **10:11.8** – **1st Place**

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

Boys: M. Tai **54.3**, K. Grant **24.9**, S. Ruhl **25.2**, M. Thurston **1:57.1** – **3:41.6** – **4th Place**

Girls: L. Monnerat **61.8**, I. Park **27.3**, R. Simoncini **27.2**, M. Adams **2:33.8** – **4:30.3**

Distance Medley:

Girls: A. Taylor **4:06.4**, S. Kusel **66.4**, K. Cleary **2:31.6**, C. Jeffers **5:15.5** – **13:01.9** – **1st Place**

4x400m:

Boys: Z. Stadulis **54.4**, J. Byrne **57.5**, J. Norrell **56.5**, M. Thurston **51.5** – **3:39.8**

Girls: L. Rosenfeld **63.5**, I. Park **64.7**, C. Shippee **65.2**, L. Monnerat **62.5** – **4:15.4** – **5th Place**

Long Jump:

Boys: A. Punjabi **18'9"**, R. Harada **18' 1 ½"** – **36'10 ½"** – **6th Place**

Girls: K. McKeon **16'6"**, K. Callaghan **14'2 ½"** – **30' 8 ½"** – **3rd Place**

Triple Jump:

Boys: A. Punjabi **39'3 ¼"**, Z. Stadulis **37'3 ¼"** – **76'7"** – **6th Place**

Girls: J. Long F, L. DeVita **34'1 ½"**

High Jump:

Boys: R. Harada **5'0"**, M. Bartlik **NH**

Girls: S. Montgomery **5'0"**, L. DeVita **4'4"** – **9'4"** – **tie 4th**

Pole Vault:

Boys: L. Bontoux **9'0"**, C. Perlman **NH**

Shot Put:

Boys: B. Pastorious F, M. Benjamin **37'8 ½"**

Comments:

In order to win the County Relays you need to be at your best. We had many performing at their best in this meet but not the entire team. Sectionals are coming up. If we perform at our best we will win sectional championships.

State Sectionals
@ Toms River

January 31, 2015

400m:

Boys: M. Tai **54.40**, Z. Stadulis **55.09**, J. Miller **56.42**

Girls: L. Monnerat **63.03 – 5th Place**, I. Park **64.59**, C. Shippee **65.82**

1600m:

Boys: M. Thurston **4:30.42 – 3rd Place**, K. Marshall **4:40.37**, B. Byrne **4:44.69**

55mHH:

Boys: A. Armatas **8.64**, R. Harada **9.32**, Z. Stadulis **9.71**

Girls: K. McKeon **9.42/9.09**, S. Montgomery **9.72**, L. DeVita **10.28**

1600m:

Girls: C. Jeffers **5:12.41 – 1st Place**, K. Cleary **5:25.35 – 5th Place**, A. Taylor **5:35.34**

800m:

Boys: M. Thurston **2:01.06 – 2nd Place**, K. Tamura **2:06.88**, J. Byrne **2:07.33**

55m:

Boys: K. Grant **7.09**, J. Norrell **7.24**, M. Tai **7.31**

Girls: R. Simoncini **7.91**, I. Park **7.95**, S. Kusel **8.11**

800m:

Girls: L. Rosenfeld **2:27.35 – 1st Place**, M. Adams **2:28.49 – 3rd Place**, E. Kotch **2:36.08**

3200m:

Boys: N. Barnabic **10:06.92 – 6th Place**, B. Byrne **10:09.14**, K. Marshall **10:29.18**

4x400m:

Boys: Z. Stadulis, M. Tai, A. Armatas, M. Thurston **3:41.40 – 6th Place**

3200m:

Girls: C. Jeffers **10:55.41 – 1st Place**, K. Cleary **11:55.75 – 6th Place**, A. Taylor **11:59.67**

4x400m:

Girls: L. Rosenfeld, I. Park, C. Shippee, L. Monnerat **4:20.00 – 4th Place**

High Jump:

Boys: R. Harada **NH**, M. Bartlik **NH**

Girls: S. Montgomery **4'10" – 2nd Place**, S. Keppler **4'6"**, L. DeVita **4'4"**

Shot Put:

Boys: B. Pastorius **38'10 ¼"**, S. McAvey **30'10"**

Pole Vault:

Boys: L. Bontoux **NH**, C. Perlman **NH**

Hasbrouck Heights in clean sweep

By PAUL SCHWARTZ
STAFF WRITER

TOMS RIVER — Hasbrouck Heights' boys and girls capped off an extraordinary 48 hours Saturday by winning both North 1, Group 1 indoor track championships at the Bennett Center.

The Aviator boys, who won the boys small school title Thursday at the Bergen County relays, scored in every event but the 400 meters and won their fifth title in the eight years of the event, 72³/₄-44 over Wallkill Valley.

The girls' win, their first, was much more dramatic. The Aviators trailed Newton for most of the meet, but pulled into a tie with the Sussex County school by taking three places in the shot put, the eighth of 10 events.

Newton went back ahead in the 3,200 when Emma Kline finished second behind race-winner Alex Walter of Glen Rock, but Danielle Dallara of Hasbrouck Heights ran what Heights coach Rob Brady said "were the best

INDOOR TRACK: STATE SECTIONALS

last six laps of her life" to take third and keep the team in position going into the 4-x-400 relay.

Then Jillian DiGiacinto, who already had taken second in the 800 and a narrow win in the 400, blistered the second leg of the relay in 1 minute, 1.5 seconds to give Heights a big lead. Sydney Fontalvo and Brooke McKnight finished it off with a 35-meter win as Newton finished fifth, making the final score 52-46 for the Aviators.

"We talked about how hard it was to come back after a tough loss (by three points to Ramsey in the Bergen Relays) and that we had to put it on the line [Saturday]," said Brady. "To get Gabby [Tuzzo] to get a two-foot [personal record] in the shot for second and freshman Victoria Viz-

zacchero to score in her first meet was big and Shellie Nielsen hung in there after barely making finals to take fifth."

Then DiGiacinto, who spent six months in a back brace after suffering a stress fracture last April, continued her recent run of success by running three terrific races, two days after earning the Lou Molino Award for outstanding girls performer at the Bergen Relays.

"She's our leader on the track and an unbelievable inspiration off of it," said Brady.

The boys team is solid without a star in the mix, winning just two races.

"We're just one big team," said junior Clarence Reyes, who won the 55 hurdles and took third in the 55 dash. "We have a close relationship on and off the track and are there to support each other, which helps keep the pressure off. We know we have to work hard to succeed and hard work pays off."

Hard work certainly is paying

off for Carleen Jeffers of Ridgewood, arguably the best athlete of the meet.

The Brown-bound Jeffers easily won the 1,600 in 5:12.41 and the 3,200 even more easily in a North 1, Group 4 record 10:55.41, coming within a few feet of lapping the field.

"Sometimes I zone out during a race because I get into a rhythm and don't hear anything going around me," said Jeffers. "My unspoken goal has been to win the state championship this winter and everything is going toward that goal."

Noah Osterhus of Westwood was the only triple winner, taking the Group 1 400 and 800, and anchoring the Cardinals' to a 4-x-400 win.

"I really wanted to try and win all three and I wanted to get the school record in the 400, but I just missed it," said The College of New Jersey-bound Osterhus, who missed the record by just .03 by running 51.67. "I'll try again at the [state group meet]."

HIGH SCHOOL INDOOR TRACK & FIELD

STATE SECTIONAL CHAMPIONSHIPS

BENNETT CENTER, TOMS RIVER

NORTH 1 BOYS, TOMS RIVER

Team Scoring: Hasbrouck Heights (HH) 734, Wallkill Valley (WV) 44, Westwood (W) 36, Saddle Brook (SB) 20, Glen Rock (GR) 26, Emerson (Em) 24, New Milford (NM) 18, Newton (N) 14, Pompton Lakes (PL) 10, Kinnelon (K) 6, Sussex Tech (ST) 6, Butler (BU), Cedar Grove (CG), and Hawthorne (Hw) 4, North Warren (NW) 3, Mountaint Lakes (ML) 2, Waldwick (W) 1.
55 H: 1. Louis O'Keefe (E), 6:54; 2. David Zambrano (N), 6:55; 3. Clarence Reyes (HH), 6:55; 4. Ali Awari (HW), 6:51; 5. Adam Taylor (ST), 6:54; 6. Raj Gulati (SB), 7:02.
55 H: 1. Clarence Reyes (HH), 8:10; 2. Dillon Fisher (HH), 8:11; 3. Bryant Yoshida (NM), 8:50; 4. Mike Ashbrook (E), 8:65; 5. Jason DiGiacinto (HH), 9:00; 6. Parker Chan (GR), 9:05.
400: 1. Noah Osterhus (W), 51.67; 2. Raj Gulati (SB), 53.04; 3. Louis O'Keefe (Em), 53.18; 4. Kyle Florio (W), 53.53; 5. Jack Palazzi (ML), 54.46; 6. Jeff Mate (GR), 54.67.
800: 1. Noah Osterhus (W), 2:03.42; 2. Owen Davitt (GR), 2:05.60; 3. Jason DiGiacinto (HH), 2:07.61; 4. Kelan Yalony (SB), 2:08.01; 5. Josh Magalanes (SB), 2:09.27; 6. Nilsen Mougilsetty (NW), 2:09.48.
1,600: 1. Craig Corti (WV), 4:31.75; 2. Luke Vanderhoff (WV), 4:35.93; 3. Ryan Vandervalk (GR), 4:37.59; 4. Youssef Abubaker (HH), 4:41.26; 5. Nick Ramirez (NM), 4:44.25; 6. Abdallah Hammad (HH), 4:44.51.
3,200: 1. Craig Corti (WV), 9:37.34; 2. Luke Vanderhoff (WV), 10:10.50; 3. Ryan Vandervalk (GR), 10:14.89; 4. Nick DeGennaro (CG), 10:17.57; 5. Youssef Abubaker (HH), 10:23.36; 6. Alaster Winter (NW), 10:29.39.
Shot put: 1. Steve Salerno (HH), 49.24; 2. Gio Gutierrez (SB), 47.9; 3. Pat Stewart (K), 41.8; 4. Scott Salerno (HH), 41.4; 5. Zachary Ruiz (W), 41.1; 6. Nate Ororato (HH), 39.4.
High jump: 1. Bryant Yoshida (NM), 5-10; 2. Brad Worthington (WV), 5-6; 3. Dillon Fisher (HH), 5-6; 4. Jacob Gallagher (N), 5-2; 5. tie between Danny Al-lagher (ML), Charlie Wysowaty (NW), David DeVries (K), and Geno Williams (HH), 5-2.
Pole vault: 1. Andrew Accardi (PL), 13-0; 2. Enea Peci (Em), 11-0; 3. Anthony Steraneli (HH), 10-6; 4. Mike Quartucci (ST), 9-6.
4-x-400 relay: 1. Westwood (Kris Bjern, Kyle Florio, Jesse Mayer, Noah Osterhus), 3:38.58; 2. Saddle Brook, 3:40.61; 3. Hasbrouck Heights, 3:40.66; 4. Glen Rock, 3:44.31; 5. Newton, 3:47.58; 6. Waldwick, 3:52.58.
GROUP 4
Team Scoring: Memorial (Me) 62, East Orange (EO) 54, West Orange (WO) 35, Kennedy (K) 25, Montclair (Mo) 24, Hackensack (H) 20, Livingston (L) 18, Ridgewood (R) 16, Eastside (E) 13, Bloomfield (Bl) 10, Passaic Tech (PCT) 9, North Bergen (NB) 8, Passaic (P) 6, Union City (UC) 5, Clifton (C) 4.
55: 1. Akeem Lindo (EO), 6:64; 2. Raheem Roberts (E), 6:71; 3. Onasi Cuevas (Me), 6:79; 4. D'Andre Miller (K), 6:81; 5. Isaac Alberto (UC), 6:85; 6. Armon Kelly (E), 6:88.
55 H: 1. Cory Poole (EO), 7:74; 2. Kelvin Almorita (Me), 7:85; 3. Andy Afful (Bl), 7:89; 4. Tyrad Beals (EO), 7:95; 5. Jeremia Ghini-Drayton (Mo), 8:19; 6. Saadi Powell (Mo), 8:30.
400: 1. Onasi Cuevas (Me), 50.73; 2. O'washington Powell (K), 50.86; 3. Cory Poole (EO), 50.99; 4. Raheem Roberts (E), 51.66; 5. Akeem Lindo (EO), 51.94; 6. Isalah Waters (Mo), 52.37.
800: 1. Anderson Heredia (Me), 2:01.00; 2. Michael Thurston (R), 2:01.06; 3. Grant Van Inwegen (Mo), 2:02.73; 4. Immyour Etienne (EO), 2:04.20; 5. Joseph Onubogu (WO), 2:04.49; 6. Jarin Nelson (PCT), 2:04.73.

1,600: 1. Jagger Gargallo (WO), 4:29.57; 2. Rafael Hernandez (M), 4:29.92; 3. Michael Thurston (R), 4:30.42; 4. Matthew Gonzalez (NB), 4:32.15; 5. Domingo Guillon (NB), 4:34.85; 6. Samuel Paredes (UC), 4:35.08.
3,200: 1. Rafael Hernandez (Me), 9:50.49; 2. Brian Gonzalez (L), 9:50.73; 3. Jagger Gargallo (WO), 9:52.21; 4. Mauricio Nazario (P), 10:02.26; 5. Mat Gonzalez (NB), 10:04.33; 6. Nick Bartholomew (R), 10:06.92.
Shot put: 1. Marcell Brown (Mo), 51.4; 2. Onidozie Burzile (WO), 49.0; 3. Demar Stewart (H), 48.7; 4. Lowell Kelly-Gamble (BL), 47.4; 5. Kelvin Leal (P), 45.7; 6. Patrick Henry (PCT), 43.92.
High jump: 1. Charon Jenkins (EO), 6-2; 2. tie between Kevin Copper (PCT) and Tim VanCauwenberge (WO), 6-0; 4. Jafir Mack (K), 6-0; 5. Isaac Alberto (UC), 5-8; 6. Roniel Johnson (K), 5-8.
Pole vault: 1. Matt Scavetta (L), 13-0; 2. Andrew Berger (L), 11-6; 3. Michael Forbes (H), 11-0; 4. Amani Saziman (C), 11-0; 5. Roniel Johnson (K), 10-6.
4-x-400 relay: 1. Memorial (Kelvin Almorita, Jose De la Cruz, Anderson Heredia, Onasi Cuevas), 3:41.76; 2. East Orange, 3:42.15; 3. Kennedy, 3:46.25; 4. Montclair, 3:39.15; 5. West Orange, 3:39.62; 6. Ridgewood, 3:41.40.

GIRLS, GROUP 1
Team Scoring: Hasbrouck Heights (HH) 52, Newton (N) 46, Saddle Brook (SB) 40, Butler (Bu) 39, Crosskill (Cr) 26, Glen Rock (GR) 24, Mountain Lakes (ML) 18, Kinnelon (K) 17, North Warren (NW), and Westwood (W) 16, Hawthorne (Hw) 14, Waldwick (Wa) 4.
55: 1. Kaitlin Salisbury (HW), 7:53; 2. Taja Lagomarsino (SB), 7:75; 3. Laine Seljas (ML), 7:79; 4. Jordan Zaikov (Cr), 7:89; 5. Kayleigh Furth (N), 7:81; 6. Sierra Leaverworth (K), 8:03.
55 H: 1. Mykalah Curry (B), 8:91; 2. Jordan Zaikov (Cr), 9:08; 3. Melissa Mattson (B), 9:39; 4. Kelsey Bergamini (GR), 9:43; 5. Jemi Chamalian (Cr), 9:51; 6. Brooke McKnight (HH), 9:52.
400: 1. Jillian DiGiacinto (HH), 1:01.85; 2. Taja Lagomarsino (SB), 1:01.87; 3. Kayleigh Furth (N), 1:02.43; 4. Julia Kelly (GR), 1:02.88; 5. Ashley McVeigh (SB), 1:03.06; 6. Mykalah Curry (B), 1:03.65.
800: 1. Olivia Weiss (N), 2:26.76; 2. Jillian DiGiacinto (HH), 2:27.98; 3. Nicole McVeigh (SB), 2:30.68; 4. Olivia Beitel (W), 2:32.15; 5. Brooke McKnight (HH), 2:32.48; 6. Kathryn Iannuzzi (BU), 2:32.89.
1,600: 1. Regina Duncan (NW), 5:24.73; 2. Olivia Weiss (N), 5:24.76; 3. Alex Walter (GR), 5:31.83; 4. Danielle Dallara (HH), 5:40.11; 5. Nicole McVeigh (SB), 5:40.38; 6. Olivia Beitel (W), 5:42.29.
3,200: 1. Alex Walter (GR), 12:12.07; 2. Emma Kline (N), 12:16.09; 3. Danielle Dallara (H), 12:38.70; 4. Regina Duncan (NW), 12:53.17; 5. Nicole Charneslan (NW), 12:53.23; 6. Jill Boehmcke (ML), 12:56.93.
Shot put: 1. Jessica Molina (W), 42-0; 2. Gabriella Tuzzo (HH), 39-9; 3. Morgan Santora (SB), 32-7; 4. Lisa Palazzi (ML), 31-4; 5. Shellee Nielsen (HH), 29-8; 6. Victoria Vizzacchero (HH), 29-4.
High jump: 1. Jordan Zaikov (Cr), 5-0; 2. Jemma Sokolik (K), 4-10; 3. Melissa Mattson (Bu), 4-8; 4. Anna Boddy (W), 4-8; 5. Michael Cohart (Cr), 4-8; 6. Alexa Castellana (ML), 4-8.
Pole vault: 1. Carley Dykstra (N), 10-7; 2. Caitann Johnson (K), 8-0; 3. Jessica Riccardi (ML), 7-0.
4-x-400 relay: 1. Hasbrouck Heights (Ashley Quinn, Jillian DiGiacinto, Sydney Fontalvo, Brooke McKnight), 4:12.91; 2. Saddle Brook, 4:20.6; 3. Butler, 4:24.05; 4. Hawthorne, 4:25.10; 5. Newton, 4:25.12; 6. Westwood, 4:29.44.

GROUP 4
Team Scoring: Livingston (L) 62, Montclair (Mo) 54, Ridgewood (R) 53, Passaic Tech (PCT) 30, West Orange (WO) 20, Kennedy (K) 24, Hackensack (H) 20, Bergen Tech (BT) 18, Clifton (C) 13, Kearny (Ky) 5, Union City (UC) 4.
55: 1. Alexis Washington (PCT), 7:38; 2. Etienne Jackson (H), 7:42; 3. Sabina Akinsola (WO), 7:55; 4. Ari Jones Davis

(L), 7:59; 5. Sabina Ozona (UC), 7:62; 6. Kendal Austin (M), 7:66.
55 H: 1. Etienne Jackson (K), 8:47; 2. Dana Lynch (H), 8:56; 3. Alexis Washington (PCT), 8:53; 4. Mariah Everett (WO), 9:03; 5. Michelle Aplogan (C), 9:05; 6. Chelsea Morand (MO), 9:07.
400: 1. Ari Jones Davis (L), 1:00.70; 2. Ashley Pearl (WO), 1:02.01; 3. Etienne Jackson (K), 1:02.72; 4. Anna Caylor (Ky), 1:02.98; 5. Lauren Monneratz (R), 1:03.03; 6. Sabina Ozona (UC), 1:03.88.
800: 1. Leah Rosenfeld (R), 2:27.35; 2. Eliza Gentry (MO), 2:27.54; 3. Meghan Adams (R), 2:28.29; 4. Kristi Kwak (L), 2:28.53; 5. Stephanie Hayes (MO), 2:29.24; 6. Jarline Garcia (UC), 2:32.64.
1,600: 1. Carleen Jeffers (R), 5:12.41; 2. Stephanie Hayes (MO), 5:16.19; 3. Michelle Kobasak (BT), 5:23.51; 4. Alligail McLaughlin (BT), 5:24.11; 5. Kelly Cleary (R), 5:25.25; 6. Serena Martinez (H), 5:26.04.
3,200: 1. Carleen Jeffers (R), 10:56.41; 2. Stephanie Hayes (MO), 11:34.57; 3. Alligail McLaughlin (BT), 11:34.71; 4. Juliet Konli (MO), 11:39.14; 5. Michelle Kobasak (BT), 11:43.32; 6. Kelly Cleary (R), 11:55.79.
Shot put: 1. Amarys Berry (H), 41-6; 2. Aigana Robinson (MO), 39-4; 3. Shelby Blasby (MO), 34-11; 4. Monika Dugan (C), 34-4; 5. Melika Clarke (PCT), 33-11; 6. Jaime Parisi (H), 33-7.
High jump: 1. Alexis Washington (PCT), 5-0; 2. Sophie Montgomery (R), 4-10; 3. Osasha London (L), 4-10; 4. Karri Dionno (L), 4-10; 5. Zoe McMeilan (MO), 4-10; 6. tie between Kiriya Ivashka (C) and Bianca Stover (WO), 4-8.
Pole vault: 1. Annie Werner (L), 8-5; 2. Karri Dionno (L), 8-6; 3. Morissa Chen (C), 8-6; 4. tie between Kristen Wong (C) and Allison Proszowski (C), 8-0; 5. tie between Kaori Suzuki (PCT) and Samantha Wong (C), 7-6.
4-x-400 relay: 1. Livingston (Osasha London, Karri Dionno, Kristi Kwak, Ari Jones Davis), 4:15.19; 2. West Orange, 4:16.89; 3. Montclair, 4:18.77; 4. Ridgewood, 4:20.00; 5. Passaic Tech, 4:23.55; 6. Kearny, 4:26.42.

NORTH 2 BOYS, GROUP 1
Team Scoring: Whippany Park 97, McNair 52, 4. North Arlington 27.
55: 1. Andrew Loth, Whippany Park, 6:42.
55 H: 1. Mike Matrisano, Whippany Park, 8:24; 2. Matt Symkowski, North Arlington, 9:84; 3. Mike Peralta, North Arlington, 10:62.
400: 1. Haig Rickerby, McNair, 52.32.
800: 1. Justin Dignan, G. Ridge, 2:05.51.
1,600: 1. Cameron Dignan, G. Ridge, 4:47.95.
3,200: 1. Cameron Dignan, G. Ridge, 10:40.24.
Shot put: 1. Christian Grund, Verona, 37-9; 2. Mike Carmett, N. Arnot, 35-5.
High jump: 1. Harold Boyd, Lin, 6-10.
Pole vault: 1. Travis Fisher, North Arlington, 12-6; 3. Sean McDermott, North Arlington, 10-0.
4-x-400 relay: 1. Whippany Park, 3:42.68.

GIRLS, GROUP 1
Team Scoring: Whippany Park 94, Verona 69, 5. Secaucus 22, 9. North Arlington 4.
55: 1. Amahri Boyce, North Star, 7:56; 4. Gia Isabella, Secaucus, 7:58.
55 H: 1. Danielle Cozzarelli, Whip. Pk., 8:06; 5. Alyssa Balletto, Secaucus, 9:00.
400: 1. Julia Ashley, Verona, 1:00.12.
800: 1. Julia Ashley, Verona, 2:23.18; 5. Alessandra Fontalvo, Secaucus, 2:27.94.
1,600: 1. Rachel Prndergrass, McNair, 5:36.25; 5. Rosni Patel, Secaucus, 5:54.87; 6. Samantha Neshelwat, Secaucus, 6:01.53.
3,200: 1. Eileen Flood, McNair, 12:22.13; Rosni Patel, Secaucus, 12:57.97.
Shot put: 1. Nicoletta Dunbar, Whippany Park, 45-11; 4. Kayleigh Lovornia, North Arlington, 26-11.
High jump: 1. Kristen Hall, Whip. Park, 5-0; 3. Carlislea Fontalvo, Secaucus, 4-8.
Pole vault: 1. Danielle Cozzarelli, Whip. Pk., 10-7.
4-x-400 relay: 1. Verona, 4:16.42.

GOLF

BOA Team Golf
 72 2704 D. Cal E-96

Ed Church Invitational
@ FDU

February 3, 2015

55m:

Boys Novice: S. Ho 7.1/6.9/6.9 – 1st Place!, S. Ruhl 7.3/7.1, B. Chung 7.5, S. Do 7.6

Girls Novice: R. Alvaro 8.2/8.2, A. Simpson 8.9

55mHH:

Girls Novice: A. deVera 10.4/10.1

Girls Frosh: O. Rao 11.3, M. Leider 14.6

1600m:

Boys Varsity: C. Salamone 4:59.3, B. Rynkowski 5:12.9, B. Hughes 5:14.8

Girls Varsity: H. Fishbein 6:02.8, C. Cobb 6:06.1, L. Pagano 6:08.2, H. Driscoll 6:14.8,, T. Cirillo 6:15.4

4x800m:

Boys Novice: J. Bolduc 2:28.7, B. Gilligan 2:28.7, S. Basu 2:28.6, M. Robazza 2:19.6 – 9:45.1

Boys Frosh: K. Neville 2:30.7, J. Drier 2:37.5, S. Wagh 2:19.5, C. Branca 2:28.6 – 9:58.1 - DQ

Girls Novice: T. Cirillo 2:49.3, H. Fishbein 2:48.1, T. Tai 2:43.6, K. Cirillo 2:46.6 – 11:07.6 – 2nd Place

400m:

Varsity Boys: S. Ruhl 56.5, K. Ward 59.1, A. Taggert 60.9

200m:

Boys Novice: S. Ruhl 25.6, I. McTavish 26.2 S. Do 26.8

Girls Novice: R. Alvero 29.6, A. Simpson 31.6

Girls Frosh: O. Rao 32.9, M. Leider 34.2, J. Lee 35.7

800m:

Boys Novice: M. Robazza 2:14.7 – 2nd Place, B. Rynkowski 2:24.8

Boys Frosh: M. Boogaert 2:37.1, J. Drier 2:39.8, I. Dartley 2:48.4

Girls Novice: S. Catalano 2:55.6

Girls Frosh: B. Schofield 2:58.5

4x400m:

Novice Boys: K. Ward 59.9, A. Taggert 59.9, I. McTavish 59.8, S. Ruhl 57.3 – 3:57.9 – 2nd Place

Comments:

Great meet. A lot of seasonal bests and a bunch of medals at this meet. Very good job by those who competed!

Varsity Classic
@ NYC Armory

Feb 2, 2015

55m:

Boys: K. Grant **6.6**, M. Tai **6.7**

Girls: R. Simoncini **7.5/7.6**, I. Park **7.8**

55mHH:

Boys: A. Armatas **8.9**

Girls: K. McKeon **8.8/9.2**, L. DeVita **9.3**, S. Montgomery **9.2**

Distance Medley:

Girls: K. Cleary **3:54.5**, L. Monnerat **62.5**, L. Rosenfeld **2:30.6**, C. Jeffers **5:08.8 12:36.4**

800m:

Girls: M. Adams **2:31.6**, A. Taylor **2:31.6**, E. Kotch **2:34.2**

400m:

Boys: Z. Stadulis **55.3**

Girls: I. Park **64.2**

4x800m:

Boys: K. Tamura **2:03.8**, J. Byrne **2:03.9**, K. Marshall **2:04.4**, M. Thurston **1:57.7 8:09.9**

200m:

Boys: M. Tai **23.8**, K. Grant **24.1**, A. Armatas **24.4**

Girls: R. Simoncini **27.5**

Triple Jump:

Boys: A. Punjabi **40'10 ½"**, Z. Stadulis **37' ¾"**

Girls: L. DeVita **33'9 ¾"**, J. Long **32'4 ½"**

Long Jump:

Boys: A. Punjabi **18'4"**

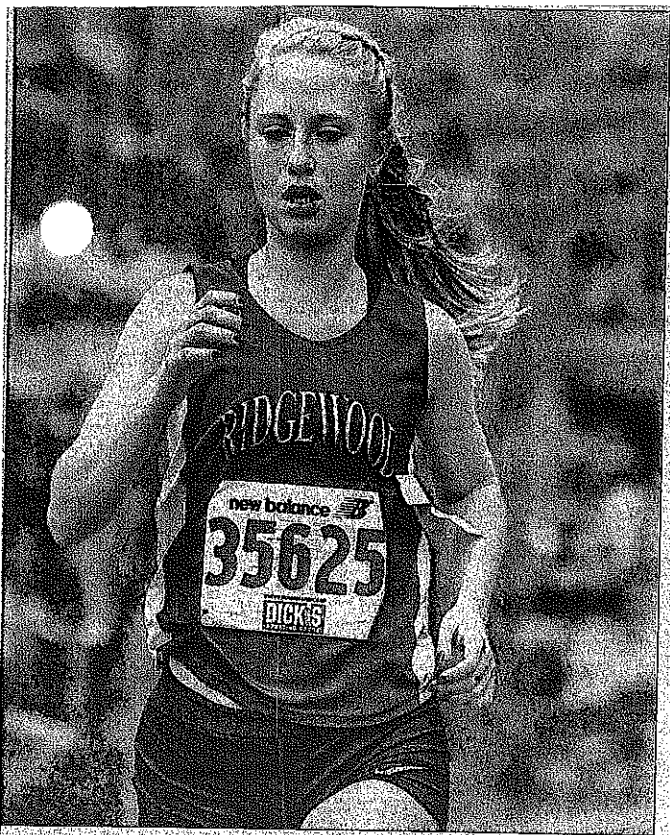
Girls: K. McKeon **16'9" – 6th Place**

High Jump:

Girls: S. Montgomery **NH**

Comments:

This is a very high level meet and for the most part we rose to the level of competition. This was a good meet overall for the Maroons.



FILE PHOTO/ROBIN GOTTESMAN

Senior Kelly Cleary led Ridgewood to a second-place team finish in the Bergen County Indoor Relays on Jan. 29, as part of three different distance relays: the 4-x-800, 4-x-1,600 and the distance medley.

GIRLS INDOOR TRACK

RHS in top 3 at key meets

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

Led by its reliable pack of distance runners, the Ridgewood High School girls indoor track team clinched a pair of top three finishes in two of the season's biggest meets.

The Maroons won three races at the Jan. 29 Bergen County Indoor Relays at The Armory Track Center in New York to secure a second-place finish.

The squad then bounced back in 31 and earned third place in the North 1, Group 4 meet and three gold-medal individual performances — two by senior Carleen Jeffers and one by junior Leah Rosenfeld.

The County Relays originally had been scheduled for Jan. 26 but were postponed to later in the week due to snow. The wait had little effect on the Maroons, whose 41.33 points ranked second only to River Dell's 61.

"River Dell has a very good track and field program and a very good girls team this year," Ridgewood coach Josh Saladino said. "In order to beat them, we're going to need to have a good meet and, overall, it was a good meet."

RHS finished first in the 800-meter, 4-x-1,600 and distance medley relays.

The headliner of that was for Kelly Cleary who ran in three, and that's a really difficult distance triple," Saladino said. "She ran the 800-meter distance medley relay, joined by Jeffers, Abby Taylor and freshman Meghan Adams in the 1,600, in which Ridgewood led 22:03.1, a pace 15 seconds faster than second-place Hackensack.

The 4-x-800 squad of Cleary, Tara Cirillo, Rosenfeld, freshman Evelyn Keitch led in 10:11.8, five seconds

of the distance medley with Cleary, Taylor and senior Stephanie Kasel.

"She ran two mile (races each) in under 5:15 in the same day. That's also not an easy double by any means," Saladino said of Jeffers.

In the field events, Katie McKeon maintained her solid season in the long jump — which has included a gold medal in the event at the Big North Freedom Division meet — with a silver-medal effort in the county relays. The senior leapt 16 feet, 6 inches, which slotted her behind Paramus Catholic's Rosie Menyhart (16-11).

"Katie's been very consistent for us," Saladino said. "She's done a great job in the long jump for us and also the hurdles all year. In the county meet (Feb. 17), she's going to compete in the pentathlon. She can hurdle, she can jump, she's a shot putter once in a while."

But while Saladino was pleased with his team's effort, he added that the Maroons missed some opportunities along the way.

"Coaches can always find these things but there were some areas where we thought we could have scored to try to close that gap and give ourselves a little bit more of a chance going into those final events," he said.

"In the shuttle hurdles, we had a girl fall. That eliminated us from contention there. In the girls triple jump, we had a girl foul three times. You can't have that many mistakes and expect to win a county championship."

Gold rush
Just two days later, the Maroons completed in Toms River at the state sectional meet, falling just shy of Livingston (62 points) and Montclair (54) with 53 points.
"It came down to the 4-x-400 relay, which was exciting," said Saladino. "Livingston, Montclair

including Ridgewood, exceeded their seeds and Livingston did it by the most and they ended up winning the meet."

Jeffers emerged as the star of the meet, racing to victories in the 1,600 in 5:12.41 and the 3,200 in 10:55.41.

"Those are two elite-level performances. The 10:55 is No. 2 in New Jersey right now for the 3,200 meters," Saladino said. "Winning two events in the sectional meet is very hard to do. And competing against the best kids in New Jersey, she really did a terrific job for us."

Ridgewood's third gold-medal performance came from Rosenfeld in the 800 meters, who was joined by teammate and third-place finisher Meghan Adams on the podium.

"The performances by the girls in the 800 were what we're looking for in this type of meet," Saladino said. "For them to go 1:31 in that, that gave us a chance in this meet. Livingston was 1:23 in the pole vault, and we had to find a way to counter that."

Rosenfeld entered the race seeded second with a time of 2:29.01, more than three seconds behind that of top-seeded Eliza Gentry of Montclair. The freshman Adams was seeded eighth, according to Saladino, but she burst out of the gate.

"Meghan ran a great race. She ran to win the race. She had the lead for almost the entire race," the coach said. "Rosenfeld clocked 2:27.55 to edge Gentry, while Adams finished in 2:28.49. Leah just wasn't going to be denied that race," said Saladino.

Senior Sophie Montgomery added a silver in the high jump to help Ridgewood stay in contention for the top spot.

"Overall, it was our best girls effort of the season in the state sectionals," Saladino said. "The girls continued their season yesterday at the Varsity Classic held at The Armory (after press deadline).

BOYS INDOOR TRACK

Young Maroons seeking consistency for late push

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

Two major championship meets over a busy three-day stretch yielded some top-notch individual performances but unsatisfactory team results for the Ridgewood High School boys indoor track squad.

"Our boys team is not very deep, so if someone is off or has a bad meet or a bad race, we don't have a lot of wiggle room to make that up. And that's what happened," RHS head coach Josh Saladino said earlier this week after his squad finished ninth at the Bergen County Indoor Relays on Jan. 29 and eighth in the North 1, Group 4 meet held Jan. 31.

The Maroons finished with 16 points in the County Relays, held at The Armory Track Center in New York. Bergen Catholic ran away with the large schools meet with 75.33 points, followed by River Dell (44), Hackensack (43) and Don Bosco (30).

The meet was originally scheduled for Jan. 26 but was postponed due to snow.

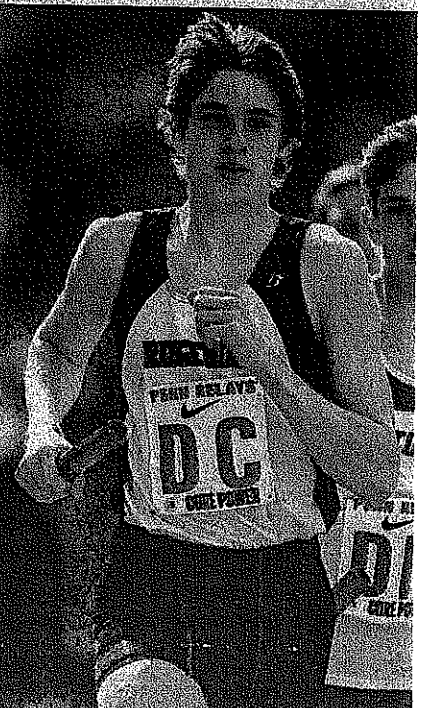
Ridgewood's 4-x-800-meter, 4-x-1,600 and 1,600 sprint medley relay teams each took fourth place, while the 4-x-200 squad came in fifth.

The sprint team is very young, but they are improving," Saladino said of the group which includes first-year varsity contributors in sophomores Kobi Grant and Zack Stajulis and freshman Matt Tai. "The three of them have run a bunch of sprints and relays for us, and they're doing a good job. They're getting fourths, fifths, sixths, and you'll take that from those guys."

Senior Armand Punjabi came in eighth in the long jump with a distance of 18 feet, 9 inches to help the Maroons take sixth in the event, and he added a seventh-place attempt in the triple jump to lead Ridgewood to another sixth-place showing.

Because of the postponement, the RHS coaches changed their approach later in the meet with an eye on the North 1, Group 4 meet just two days later.

"Bergen Catholic is an excellent team and they really dominated the field," Saladino said. "We were having an average meet and they were having an excellent meet. It was clear we weren't going to win. We did pull



KEVIN R. WEXLER/RECORD FILE PHOTO

Ridgewood junior Michael Thurston earned a silver medal in the 800 meters and a bronze in the 1,600 in the North 1, Group 4 meet last Saturday at Toms River.

back a little bit. We don't have a lot of depth in our distance kids.

"We figured we really weren't interested in fighting for fourth place or so if that's what it came down to," he added. "We decided we'd rather pull in the relays and give the state sectionals a go."

Close calls

The boys followed up the county relays with an eighth-place, 16-point finish in the North 1, Group 4 championship meet Jan. 31 in Toms River.

Several close calls characterized the way the meet went for the Maroons, according to their coach.

"Alex Armatas just missed making the [53 hurdles] finals by 0.1 seconds. In the 800 meters, Michael Thurston again missed winning by 0.06 seconds. Kotaro Tamura missed placing by two

spots," Saladino said. "All the near misses, they add up to not being competitive in the meet."

Thurston had a strong day! RHS, however, taking second the aforementioned 400 — 2:01.06, just behind Anderson Heredia of Memorial (West Nyack), who clocked in 2:01.00. Thurston added bronze-medal effort in the 1,600.

Memorial earned 62 points, outpace the rest of the field.

The Maroons were looking regroup in yesterday's Varsity Classic, originally scheduled for this past Monday but rescheduled due to another snow storm.

"It's really used to qualify if things like [the Eastern Sub Championships] and Nationals said Saladino, who referred to as a "high-powered meet."

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ON DECK

RBSA registration remains open

Registration for the Ridgewood Baseball Softball Association's (RBSA) 2015 spring season is still open, including for the following leagues:

■ **The RBSA high school recreational baseball program** allows high-schoolers to form their own teams of 16 to 20 players.

There is a restriction of no more than five high school players (freshman, JV and/or varsity level, inclusive) on any one team, and no such pitcher is allowed to pitch during his high school season and is limited in the rec league playoffs.

Teams play one weeknight and on Saturdays from April through May, with playoffs in June.

To sign up, visit www.rbsa.us, look at the Bonaville Senior rules and approved www.rbsa.us Doc.

for toddlers age 4 and 5 who are not yet in kindergarten and is designed to introduce them to baserunning, team play and the basic movements of baseball and softball in an enjoyable setting.

Pre-K Kickball will be held on Sunday afternoons for 50-minute sessions, which will run between 12 noon and 4 p.m. The dates are April 26 and May 3, 10, 17 and 31, and space is limited.

To register, log on www.ridgewoodbaseball.com or www.ridgewoodbaseball.com and click on "Spring Recreation 2015." Kickball will show up as an option for a child, provide that he or she will be entering kindergarten in Fall 2015 or 2016. For questions or more info, email the league commissioner, e.karn/walden@msn.com or visit www.rbsa.us.

GOATS AAU BASKETBALL
Spring BOYS & GIRLS team tryouts

Boys Tryouts	
Saturday February 21	Saturday February 28
@ Bethlehem Lutheran Church 155 Linwood Ave Ridgewood NJ	@ Bethlehem Lutheran Church 155 Linwood Ave Ridgewood NJ
3:00 pm 1st/2nd Grade	3:00 pm 1st/2nd Grade
4:00 pm 3rd/4th Grade	4:00 pm 3rd/4th Grade
5:00 pm 5th/6th Grade	5:00 pm 5th/6th Grade

State Group IV Championship
@ Toms River

February 15, 2015

1600m: K. Cleary **5:33.5**

800m: L. Rosenfeld **2:28.94**, M. Adams **2:33.26**

3200m: C. Jeffers **10:52.49 – 1st Place!!!**

High Jump: S. Montgomery **NH**

800m: M. Thurston **1:58.58 – 4th Place**

3200m: N. Barnabic **10:11.59**

Comments:

Great job by our two medal winners. Carleen is the first girls indoor group winner from Ridgewood since 1999!

INDOOR TRACK CHAMPIONSHIPS: GROUPS 1, 4

Ridgewood star Jeffers finds kick

By PAUL SCHWARTZ
STAFF WRITER

GIRLS

TOMS RIVER — Everybody kids Carleen Jeffers about her lack of speed. The Ridgewood senior is recognized as one of the state's top distance runners, finishing ninth in the state Meet of Champions cross-country meet last fall. But she doesn't have a great kick.

So she runs and wins her races with a relentless series of strong laps, eventually wearing down opponents.

But with about six laps to go in Sunday's Group 4 3,200 meters at the state indoor track championships, Jeffers found herself in a duel with Eve Glasergreen of North Hunterdon and Christina Rancan of West Windsor-Plainsboro South.

"I knew Eve likes to run the races the same way I do, but I thought Christina had a great kick, so I figured I had to push the pace," said Jeffers, who retook the lead with four laps to go and began to throw in a surge or two to open the gap over her pursuers. "I really try and stay at a consistent pace (all 16,200-meter laps ranged from 39.6-42.3 seconds) and I know my last two laps aren't really my strongest. So I try to go earlier."

Rancan, who earlier had won the 1,600 race that Jeffers skipped, fell away first. Then with 2½ laps to go, Jeffers did accelerate opening first five, then 10, then 15 meters over Glasergreen, the third-place finisher in the cross-country Meet of Champs whom Jeffers never had defeated. By the time the bell sounded for the final lap, the lead was 25, and by the finish, a sizzling 10 minutes, 52.29 seconds, the Brown-bound Jeffers had her first state championship.

"This one meant a lot," said Jeffers, whose best friend and running partner Sam Halvorsen has been

out most of the winter recovering from the effects on a concussion suffered in December. "We know Eve very well and Sam always tells me we can't beat her, so after I did, I texted her right away to let her know I had."

Hawthorne restarted its indoor program last winter, in part to showcase and develop great athletes Jenna Dyksen and Kaitlin Salisbury, who each earned medals in the state Meet of Champions long jump last spring. Dyksen now is starting at Calvin College in Michigan as a freshman, but Salisbury, now just a junior, gave their Bears their first indoor state champion with an impressive win in the Group 1 55 dash in 7.37 seconds, putting her in position to challenge for a medal in the state Meet of Champions on Saturday.

"It's really been a joy doing this since we started indoor track," said Salisbury, who has been working on her finishes after being edged out in several sprint races this winter. "I work out a couple of times a week at the Sports Conditioning Institute in Wyckoff in addition to school practice and I've been [leaning] too soon at the finish so we've worked on it a lot."

Salisbury perfectly leaned Sunday but didn't even need to as she won by 0.08 seconds.

"I was only seeded fourth coming in but I had my best start ever in the trials [and had the fastest qualifying time], so I thought, why not do that again," said Salisbury, who can use her preferred starting blocks at the Meet of Champions for the first time indoors.

"Because there's no long jump in the indoor [state meet] I can focus on just one event (the 55) and my focus has been great all season."

NA's Fisher wins title in pole vault

By PAUL SCHWARTZ
STAFF WRITER

BOYS

TOMS RIVER — They share a conference (North Jersey Interscholastic Conference), a vaulting club (Apex Vaulting) and have seemingly matched each other's personal bests all season, going from 13 feet to 13-6. Then, on Sunday, each cleared 14 feet at the state Group 1 indoor track championship at Bennett Center. They shared sixth place in Group 1 last winter. They even shared the good fortune of making 14 feet Sunday on vaults that rattled the crossbar and nearly fell.

But there can be only one state group champion and Travis Fisher of North Arlington bested Andrew Accardi of Pompton Lakes on misses to earn the only North Jersey boys championship at the final day of the three-day state indoor track marathon.

Both athletes came in at 12 feet, after most of the vaulters in the competition already had completed their vaults and clearly on their first attempts. Then both passed at 12-6, but Accardi missed his first attempt at 13 feet and Fisher cleared. Accardi missed once at 13-6 as Fisher stayed clean. New Providence senior Sebastien Camacho was also over 13-6 but had more total misses than either North Jersey vaulter.

Fisher was first up at 14 feet and hit the crossbar hard as he cleared the height. "I was lying in the pit looking up and I saw it barely hanging on to the peg. I couldn't

believe it stayed up."

Camacho missed three times at 14 feet and it was up to Accardi to keep the contest alive on his final attempt. He, too, hit the bar hard, but like his friend/rival, the bar stayed up and both had reached the coveted 14-foot clearance.

At 14-6, it was almost an anticlimax, although Accardi's second jump was fairly close, and when the Pompton Lakes senior ran through his final attempt, the two embraced and celebrated together.

"We'll always talk to each at the meets and if our coach isn't there we'll help each other," Accardi said. "He's my rival, but he's always my friend."

They go to Saturday's state Meet of Champions as two of just three vaulters who cleared 14 feet with a real chance for all-groups gold.

"That would be cool," said Fisher. "Maybe we can go 1-2 again."

Ridgewood's Michael Thurston had his best individual race of the season, taking fourth out of the unseeded heat in the Group 4 800-meter race in a personal best of 1:58.58. "The past couple of races haven't been good and I had to get some confidence back," said the junior.

"Then I was the young guy on the team and everyone else could pick me up. Now I have to learn to be the guy who leads and picks other people up."

Bergen County Championships
@NYC Armory

February 17, 2015

55m:

Boys: K. Grant **6.7/6.6**, M. Tai **6.7**, J. Norrell **6.9**, S. Do **7.0**

Girls: R. Simoncini **7.6/7.6** I. Park **7.8**, S. Kusel **7.9**

55mHH:

Boys: A. Armatas **8.3/8.4**, R. Harada **9.2**, J. Miller **9.3**

Girls: S. Montgomery **9.3**, L. DeVita **9.6**, C. Shippee **9.6**

3200m:

Boys: B. Byrne **10:00.3 – 2nd Place**, C. Salamone **10:49.4**

Girls: A. Taylor **12:03.4 – 3rd Place**

600m:

Boys: M. Thurston **1:22.0 – 1st Place**

Girls: L. Rosenfeld **1:45.5 – 6th Place**

Frosh 800m:

Girls: H. Fishbein **2:44.3**

1000m:

Girls: M. Adams **3:11.3 – 4th Place**, K. Cleary **3:13.7**

Novice 800m:

Boys: M. Robazza **2:12.6 – 2nd Place**, B. Hughes **2:16.9**, B. Rynkowski **2:16.9**

300m:

Boys: A. Armatas **38.5** S. Ruhl **39.1**, K. Grant **39.5**, S. Do **42.7**

Girls: I. Park **43.8**, L. Monnerat **43.9**, R. Simoncini **44.4** S. Kusel **45.3**

1600m:

Boys: K. Marshall **4:34.5 – 5th Place**, B. Byrne **4:49.2**

800m:

Boys: K. Tamura **2:04.6**, B. Byrne **2:06.8**

Frosh 300m:

Boys: M. Tai **37.2 – 2nd Place**

4x400m:

Girls: L. Rosenfeld **64.3**, I. Park **63.6** C. Shippee **65.2** L. Monnerat **62.9 – 4:16.2**

Long Jump:

Boys: A. Punjabi **17'7"**, R. Harada **15'3 ¼"**

Girls: L. DeVita **14'11 ½"** C. Shippee **14' ¼"**

Triple Jump:

Boys: A. Punjabi 42'5 ¼" – **4th Place**, R. Harada

Girls: J. Long **32'4"** L. DeVita **F**

High Jump:

Boys: R. Harada **5'8"**, M. Bartlik **NH**

Girls: S. Montgomery **4'8"**, L. DeVita **4'8"**, S. Keppler **4'8"**

Pole Vault:

Boys: L. Bontoux **NH**

Shot Put:

Boys: B. Pastorious **39'11"**, S. McAvey **29'6"**

Pentathlon:

Girls: K. McKeon

HH: 9.2, SP: 25'6", HJ: 4'6", LJ: 15'10" 800m: 2:47 **2,536 – 2nd Place!**

Comments:

Some very good performances – this might have been our best meet from top to bottom this season. We had many medal winners and even more personal bests. Congrats to Michael on his county championship and to Katie for competing well in the grueling pentathlon.

Westwood's Molina ties shot put mark

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — It's a low key meet, even though it's the Bergen County Indoor Track and Field Championships. The State Meet of Champions follows in a few days, and the top runners usually don't run their featured event at the county races, and some don't run at all. But the top field event performers strut their stuff, and for Jessica Molina of Westwood, the result was a share of the Bergen County record in the shot put.

Molina had three throws more than 45 feet before unleashing one for 48 feet, 6 1/2 inches on her fifth throw, tying the record set by Demarest's Kelly Fazekas, in her state championship year of 2005.

"I really needed to do something special tonight after I didn't have a great meet Sunday [Group 1]," said Molina

who was second to state leader Nickollette Dunbar of Whippany Park on Sunday.

"I'm comfortable here at the Armory, and this throw gives me a great boost going into the Meet of Champions [Saturday]."

Molina, Dunbar and Alyssa Wilson of Donovan Catholic have passed around the state lead all season, with Wilson throwing 48-6 1/2 last week and Dunbar a state-leading 48-11 1/4 Monday at the Randolph Invitational.

"I really think that at any time one of us, or all of us, could throw 50," said Molina. "I hope it's me, but if it's one of them, I'll be happy for them too."

The traditional indoor events, the 300-, 600- and 1,000-meter runs, are usually spotlighted at this meet, and Tuesday was no exception.

Colin and Will Daly warmed up for

their assault on the state 1,600-meter championship Saturday by running the fastest two 1,000-meter races of the year in New Jersey. Their times rank as numbers four and five in Bergen County history. With River Dell teammate Rob Knopf setting the pace in a remarkably even 29:59.129 for the first three laps, the Dalys took over at the 800-meter mark, with Colin, winning in 2:29.2 and Will second in 2:29.7.

"It was a workout for us, but a fast one," said Will. "We know we're going to have to go out fast on Saturday and we had a chance to work on that today."

"I was tired but confident at the end of the race," he added. "I think we're ready for Saturday. We want to be on [state favorite] Haddon Township's Luke Petela's shoulder with a lap to go and see what happens."

The boys' 600 was perhaps the most



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

River Dell brothers Colin, right, and Will Daly finish 1-2 in 1,000 meters.

dramatic race Tuesday night. In a very strong field, Matt Morano of Bergen Catholic led from the gun and went

See BERGEN Page S-9

Bergen: Champions

From Page S-7

fastest time in the state this winter through the 400 in 54.5 and then accelerated. He appeared to be holding off a fast-closing Michael Thurston of Ridgewood but began to wobble 30 meters from the finish and went down five meters from the line. Thurston won in 1:22.0, the fastest time in North Jersey this year and Morano was fifth.

"I had nothing left," said Morano. "I ran as fast as I could as long as I could, but I couldn't make it." Lexi DeGizzo ran the third fastest time in the state this winter and the third best in the county in the 300 meters, edging Aminah Sarraga of Teaneck in 40.5 seconds. Only multiple state champion Janine Davis of Quaker Peace and Myasia Jacobs of Parvus Catholic have run the event faster than the Tenafly sophomore.

"I'm glad Aminah got in the race," said DeGizzo. "It really helped. I came out faster than I did the other time I ran the race and tried to hang on. This was rough."

INDOOR TRACK

BERGEN COUNTY CHAMPIONSHIPS

AT THE ARMORY TRACK CENTER, NEW YORK

BOYS

55: 1. Kyle Ellerson, Bergen Catholic, 6:3; 2. Andrew Pierre, St. Joseph, 6:3; 3. Alliah Jackson, Paramus Catholic, 6:4; 4. Abdul-Hassan Neblett, Paramus Catholic, 6:6; 5. Jon Melli, St. Joseph, 6:9; 6. Dan Cato, Bergenfield, 6:9.

55 HH: 1. Jay Jung, Tenafly, 7:6; 2. Clarence Reyes, Hasbrouck Heights, 7:7; 3. Will Sidaros, Indian Hills, 7:8; 4. Dillon Fisher, Hasbrouck Heights, 8:1; 5. Ken Klopf, River Dell, 8:1; 6. Dylan Scalfo, Dumont, 8:7.

300: 1. Christian Ozoria, Teaneck, 35:1; 2. Louis O'Keefe, Emerson, 35:8; 3. Eric Kim, Mahwah, 37:2; 4. Andrew Schumacher, Old Tappan, and Gabe Lartigue, Don Bosco, 37:5; 6. Mike Besette, Paramus, 37:6.

400: 1. Noah Osterhus, Westwood, 50:4; 2. Eric Kim, Mahwah, 51:0; 3. Quentin Phahard, Paramus Catholic, 51:7; 4. Keith O'Shaughnessy, Bergen Tech, 51:8; 5. Kevin Deloughry, Bergen Catholic, 52:3; 6. Evan Bonfield, Mahwah, 53:3.

600: 1. Michael Thurston, Ridgewood, 1:22.0; 2. Jack Kerin, Indian Hills, 1:23.2; 3. Connor Lenahan, Don Bosco, 1:24.0; 4. AJ Hall, Pascack Valley, 1:24.5; 5. Matt Morano, Bergen Catholic, 1:25.8; 6. Dan Mahncke, Pascack Hills, 1:25.9.

800: 1. Ron Mordkovich, Fair Lawn, 1:58.6; 2. Jack Kerin, Indian Hills, 1:58.9; 3. AJ Hall, Pascack Valley, 2:01.2; 4. Donovan Tucker, Don Bosco, 2:02.1; 5. Nurlan Herburger, Pascack Valley, 2:03.5; 6. Caleb Shaia, Bergen Catholic, 2:04.2.

1,000: 1. Colin Daly, River Dell, 2:29.2; 2. Will Daly, River Dell, 2:29.7; 3. Tom Selvaggi, Bergen Catholic, 2:32.8; 4. Sean Sullivan, Rutherford, 2:35.6; 5. James Weissenborn, Old Tappan, 2:36.3; 6. Darren Guzman, Teaneck, 2:37.5.

1,600: 1. Sean Sullivan, Rutherford, 4:27.4; 2. Connor Nicholson, Don Bosco, 4:28.2; 3. Matt Cohane, Indian Hills, 4:31.8; 4. Jeff Roberts, Pascack Valley, 4:32.3; 5. Tom Holster, Indian Hills, 4:33.4; 6. Kenneth Marshall, Ridgewood, 4:34.7.

3,200: 1. Tom McPhee, Indian Hills, 9:39.9; 2. Billy Byrne, Ridgewood, 10:00.3; 3. Mark Lugo, Hackensack, 10:03.9; 4. Will Colgan, Pascack Hills, 10:05.0; 5. Joe Erskine, Don Bosco, 10:05.5; 6. Rory Greenshields, Ramsey, 10:09.8.

Shot put: 1. Andrew Turmino, River Dell, 57-11 $\frac{1}{2}$; 2. Frank Ahearn, Ramsey, 56-11 $\frac{1}{2}$; 3. Garrett Hessman, Bergen Catholic, 54-9 $\frac{1}{4}$; 4. Chris Snead, Teaneck, 50-2 $\frac{1}{4}$; 5. Demar Stewart, Hackensack, 49-6; 6. Steven Saferio, Hasbrouck Heights, 48-0.

High jump: 1. Tyler Olivieri, Ridgefield Park, 6-4; 2. Eric Kim, Mahwah, 6-0; 3. Peter McNally, Ramsey, 5-10; 4. Kristian Bautista, Paramus Catholic, 5-10; 5. Tim DeLorenzo, Northern Highlands, 5-10; 6. tie between John Fahie, Hackensack and Dan Pfeuger, Northern Highlands, 5-8.

Long jump: 1. Matt Wierzba, Garfield, 21-0 $\frac{1}{4}$; 2. Tommy Smith, Hackensack, 20-8 $\frac{1}{4}$; 3. Will Sidaros, 20-6 $\frac{1}{4}$; 4. Jermal Fevrier, Ridgefield Park, 20-1; 5. John Patalano, Pascack Hills, 19-4; 6. Jon Melli, St. Joseph, 19-2 $\frac{1}{4}$.

Triple jump: 1. Jason Katz, Ramapo, 47-4; 2. Tommy Smith, Hackensack, 43-8; 3. Matthew Wierzba, Garfield, 42-6 $\frac{1}{4}$; 4. Anand Punjabi, Ridgewood, 42-5 $\frac{1}{4}$; 5. Jermal Fevrier, Ridgefield Park, 42-1; 6. Will Sidaros, Indian Hills, 42-0.

Pole vault: 1. Sam Siegel, Demarest, 13-6; 2. Willem Glans, River Dell, 13-0; 3. tie between Travis Fisher, North Arlington, and Caleb Duffany, Demarest, 12-6.5; tie between Dante D'Agostaro, Mahwah, and Will Jenkins, Ramsey, 12-0.

4-x-400 relay: 1. Old Tappan (Andrew Schumacher, Mark Rienas, Tom Rienas, Will Rienas), 3:24.3; 2. River Dell, 3:27.5; 3. Westwood, 3:33.2; 4. Mahwah, 3:34.2; 5. Don Bosco, 3:35.5; 6. Hasbrouck Heights, 3:35.6.

Pentathlon: 1. Bryant Yoshida, New Milford 2,929 points (8.1 HH; SP: 5-10 HJ; 29-3 $\frac{1}{4}$ SP; 18-6 $\frac{1}{4}$ LJ; 3:07.1, 1,000); 2. Ben Mandel, Pascack Valley, 2,882; 3. Steve Nolasco, Garfield, 2,803; 4. Leotavio Nunes, Garfield, 2,755; 5. Steven Villa, Hackensack, 2,569; 6. Andre Grant, Hackensack, 2,568.

GIRLS

55: 1. Ayo O'uhuro, Pascack Hills, 7:2; 2. Ebony Forbes, River Dell, 7:3; 3. Maria Acosta, Paramus Catholic, 7:4; 4. Marissa Chakmakian, Demarest, 7:4; 5. Jacqueline Bracco, Tenafly, 7:5; 6. Grace Cepeda, River Dell, 7:5.

55 HH: 1. Kat Brzozowski, Ramapo, 8:4; 2. Rosemary Menyhart, Paramus Catholic, 8:5; 3. Dana Lynch, Hackensack, 8:6; 4. Quincy Kersbergen, Ramsey, 8:7; 5. Krista Forbes, River Dell, 8:7; 6. Olivia Pandolfo, Tenafly, 9:1.

300: 1. Lexi DelGizzo, Tenafly, 40:3; 2. Aminah Sarraga, Teaneck, 40:6; 3. Lily DeMartino, Indian Hills, 42:2; 4. Alicia Pena, Englewood, 42:2; 5. Amanda Pook, Northern Highlands, 42:4; 6. Taylor Paul, Ramapo, 43:2.

400: 1. Lauren Brzozowski, Ramapo, 57:8; 2. Maria Acosta, Paramus Catholic, 58:1; 3. Tajja Lagomarsino, Saddle Brook, 58:9; 4. Caitlin Ubi, Old Tappan, 59:1; 5. Ashlyn McKenna, Ramapo, 60:6; 6. Robine Arami, Northern Highlands, 60:7.

600: 1. Colleen Buckley, IHA, 1:36.5; 2. Noreen Byrne, River Dell, 1:37.3; 3. Kelsey Larkin, Ramsey, 1:37.5; 4. Caroline O'Sullivan, Old Tappan, 1:37.9; 5. Megan Brockmeier, IHA, 1:40.9; 6. Leah Rosenfeld, Ridgewood, 1:45.5.

800: 1. Christina Welzer, Demarest, 2:16.5; 2. Hilary McElwain, Northern Highlands, 2:22.2; 3. Olivia Randolph, Teaneck, 2:24.5; 4. Jodi Hitchen, Northern Highlands, 2:24.7; 5. Erica Nagotko, Mahwah, 2:25.0; 6. Nicole McVeigh, Saddle Brook, 2:26.0.

1,000: 1. Julia Guerra, Indian Hills, 3:01.1; 2. Chelsea Lee, Pascack Valley, 3:02.0; 3. Giavanna Tabbachino, IHA, 3:03.8; 4. Mary Watters, Holy Angels, 3:09.9; 5. Meghan Adams, Ridgewood, 3:11.4; 6. Danielle Dallara, Hasbrouck Heights, 3:12.2.

1,600: 1. Shannon Gorla, River Dell, 5:18.6; 2. Ashley Evans, Pascack Valley, 5:22.5; 3. Michelle Kubasek, Bergen Tech, 5:23.2; 4. Kylie Nugent, Garfield, 5:33.2; 5. Nikki Criscuolo, Pascack Valley, 5:34.7; 6. Paige Wilderotter, Northern Highlands, 5:35.2.

3,200: 1. Michelle Kubasek, Bergen Tech, 11:38.9; 2. Monica Hebner, Northern Highlands, 12:06.0; 3. Abby Taylor, Ridgewood, 12:06.2; 4. Grace Jansson, Holy Angels, 12:07.3; 5. Isabel Hebner, Northern Highlands, 12:11.5; 6. Yanibel Pena, Hackensack, 12:11.7.

Shot put: 1. Jessica Molina, Westwood, 48-6 $\frac{1}{4}$; 2. Amaris Berry, Hackensack, 44-2 $\frac{1}{4}$; 3. Nikolla Kanaris, Demarest, 40-4 $\frac{1}{4}$; 4. Sam Ferrero, Demarest, 37-8; 5. Kayla Rosado, River Dell, 36-7 $\frac{1}{4}$; 6. Chanel Garcia, Englewood, 34-7 $\frac{1}{4}$.

High jump: 1. Miku Okada, River Dell, 5-4; 2. Jordan Zalkov, Cresskill, 5-2; 3. Ally Kornberger, Mahwah, 5-2; 4. Samantha Fellowes, Holy Angels, 5-0; 5. Liz Granger, River Dell, 4-10; 6. tie between Olivia Pandolfo, Tenafly, and Jeimi Chamallian, Cresskill, 4-10.

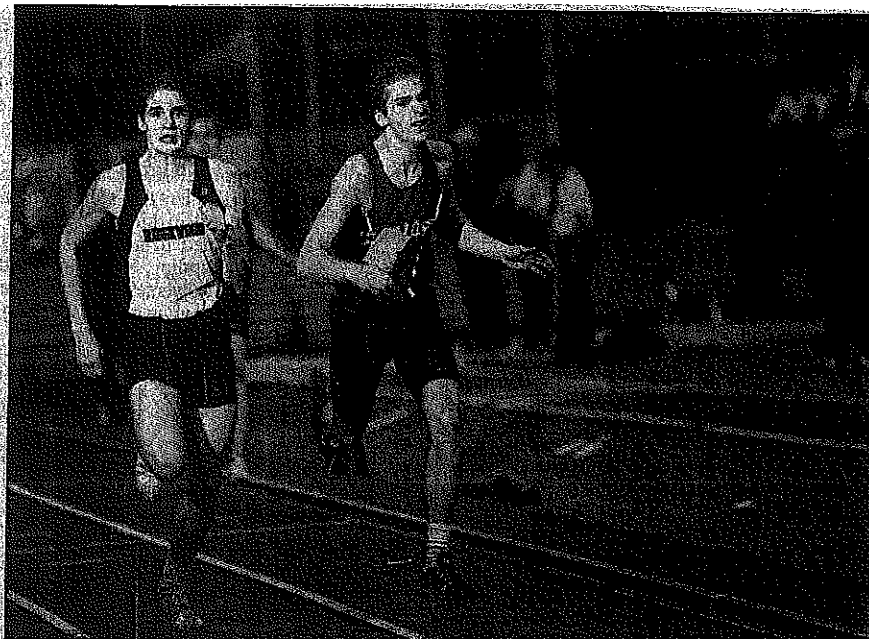
Long jump: 1. Maryam Hassan, Cresskill, 16-10 $\frac{1}{4}$; 2. Krista Forbes, River Dell, 16-8 $\frac{1}{4}$; 3. Marina Reilly, River Dell, 16-6; 4. Brooke McKnight, Hasbrouck Heights, 16-1 $\frac{1}{4}$; 5. Erin Hughes, River Dell, 16-1 $\frac{1}{4}$; 6. Alexis Trott, Paramus Catholic, 15-8 $\frac{1}{4}$.

Triple jump: 1. Rosemary Menyhart, Paramus Catholic, 37-10 $\frac{1}{4}$; 2. Marina Reilly, River Dell, 36-8 $\frac{1}{4}$; 3. Nia Van Brackie, Teaneck, 35-5 $\frac{1}{4}$; 4. Ally Kornberger, Mahwah, 34-2 $\frac{1}{4}$; 5. Maryam Hassan, Cresskill, 34-0 $\frac{1}{4}$; 6. Lauren Stern, Mahwah, 33-10.

Pole vault: 1. Catherine Rozalski, Queen of Peace, 11-0; 2. Lauren Bjall, Old Tappan, 10-6; 3. Jenna Braun, Mahwah, 10-0; 4. Bridgette Muller, Mahwah, 10-0; 5. Jessica Ippolito, Fair Lawn, 9-6; 6. Julie Weismiller, IHA, 9-0.

4-x-400 relay: 1. Ramapo (Abby Adams, Erin Racano, Ashlyn McKenna, Lauren Brzozowski), 4:02.4; 2. Northern Highlands, 4:02.9; 3. Paramus Catholic, 4:03.8; 4. River Dell, 4:06.2; 5. Hasbrouck Heights, 4:09.5; 6. Ramsey, 4:12.1.

Pentathlon: 1. Taylor Parcels, Old Tappan, 2,907 (8.8 HH; 29-0 SP; 5-3 HJ; 15-7 LJ; 2:47.6, 800); 2. Katie Mckeon, Ridgewood, 2,526; 3. Maggie Paragian, Bergen Tech, 2,488; 4. Amber Redmond, Hackensack, 2,486; 5. Kayla Pitaras, Paramus, 2,309; 6. Britney Del Mundo, Fair Lawn, 2,239.



KEVIN R. WEXLER/THE RECORD

Junior Michael Thurston of Ridgewood, left, surpasses Bergen Catholic's Matt Morano to win the 600-meter race at the Bergen County indoor track and field championships, held Tuesday at The Armory Track Center in New York.

Boys team hitting its stride

BY RON FOX
Correspondent

Some runners are sunk as soon as they learn where they are placed in pre-meet seedings, but not Ridgewood High School junior Michael Thurston.

"Michael came into the race seeded 11th and he finished fourth, which was impressive," coach Josh Saladino said of the boys 800 meters at last Saturday's State Group 4 indoor track meet in Toms River. "Two weeks earlier in the sectional meet, he didn't perform as well as he expected, but finished second. He felt he had something to prove this time and it's the strongest he's looked in a race."

Thurston was far from an unknown entering that race. He had attained high school All-

America status last year as a member of the Maroons' 4-x-800 relay team and was capable of plenty as an individual, which he proved at the state meet — where he erased his short-lived underdog status — and proved again at Tuesday's Bergen County championships, where he won the 600 meters in record time.

The Maroons finished in 24th in the Group 4 meet with four points, while East Orange (34 points) secured the title.

Junior Nick Barnabic, coming off a strong sectional meet, had something of an off day in the 3,200 meters during the state finals, running 10:11.59 and finishing 18th.

The boys indoor team has been regrouping since June's graduation ceremonies.

"We have a very young team, and unfortunately, we've performed that way at times," said

Saladino. "We lost a lot of senior leadership and now the kids who returned are learning what they need to do to win championships at this level of competition. They've had some fine performances, but the consistency hasn't been there yet."

However, led by Thurston's 600-meter performance, the Maroons rose up at Tuesday's county meet, in which individual champions are crowned.

"His time of 1:22 was the 10th best in Bergen County history," Saladino said. "He ran a great race, and that sets him up for this weekend's State Meet of Champions."

Junior Billy Byrne took a strong second place in the county 3,200 in 10:00.2. "It was Billy's personal best," Saladino said.

Senior Armand Punjabi fin-

See BOYS TRACK, page C3

BOYS TRACK from C1

ished fourth in the triple jump at 42 feet, 5³/₄ inches.

"An indoor personal best, and that sets him up for the Eastern States Championships in two weeks," the coach said of Punjabi's performance.

Junior Kenneth Marshall was sixth in the county 1,600 in 4:34.

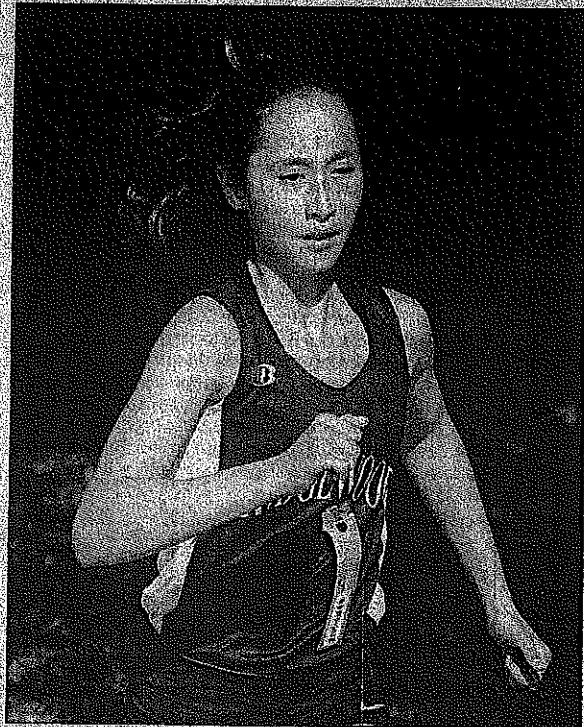
"It was a difficult race with runners bunched together," Saladino noted. "Kenneth's effort and competitiveness were there."

Consistency has become more of a realization for the boys team at the right time.

MAROON SENIOR PICKS UP the pace in historic way

Jeffers takes home 3,200-meter crown at State Group 4 meet

BY RON FOX
Correspondent



FILE PHOTO/JACOB BROWN

Ridgewood senior Carleen Jeffers captured gold in the 3,200 meters at last Saturday's State Group 4 championships in Toms River, becoming the first Maroon girl to capture an indoor track group title in 16 years.

place finisher Eve Glasergreen of North Hunterdon. Jeffers had run a 10:55.41 to win the North 1, Group 4 title previously.

As a team, the Maroons finished 10th in Group 4 with 10 points. West Windsor-Plainsboro South took home the overall crown with 39 points.

The efforts of three other Maroons also were noteworthy, although they did not medal. Junior Leah Rosenfeld was 18th

in the 800 meters, freshman Meghan Adams was 20th in the same race and senior Kelly Cleary was 16th in the 1,600.

"That was Leah's second-best time," Saladino said. "It's always encouraging when you can run one of your best races in such a big meet. Meghan ran 2:33.26. She had run five seconds faster before. She was third in the sec-

See GIRLS TRACK, page C3

GIRLS TRACK from C1

tion and that is impressive for a freshman to perform so well on one of the largest stages. Kelly has run much better. She ran 5:33.75 this time, but has 5:25 a few times."

Cleary clearly stamped her own stardom with outstanding performances in the Bergen County Indoor Relays earlier this season. Rosenfeld and Jeffers sparked in the North 1, Group 4 meet previously.

Hours after Saladino spoke, Ridgewood jumped into the Bergen County championships in Toms River, but without presumed winner Jeffers, who did not run at the meet with the coach's approval.

"Carleen is focusing on running the 3,200 in the State Meet of Champions this weekend," Saladino explained.

Instead, four Ridgewood girls earned county medals: senior Katie McKeon, second in the 1,600; senior Abby Taylor, third in the 3,200; freshman Meghan Adams, fifth in the 1,000; and junior Leah Rosenfeld, sixth in the 600.

Katie McKeon was third in the pentathlon last year, an

10 questions entering the indoor track state Meet of Champions

Saturday, 10 a.m., Bennett Center, Toms River

1. Can anyone come close to Catherine Pagano in girls 800 meters?

The Stanford-bound senior from Northern Highlands is as hot as any runner in the country off her record-breaking 800 on Friday in Group 3, followed by a wire-to-wire win at the Millrose Games girls high school mile. Her seed time of 2 minutes, 11.29 seconds nearly is five seconds faster than anyone else.

2. Is Kyle Ellerson the fastest boy in New Jersey?

The Yale-bound senior from Bergen Catholic has the fastest 55 time this winter of 6.44 (at Yale Invitational), but Caleb Williams of St. Joseph Hammonton (Non-Public B) and Jamique Mitchell of Newark Central (Group 2) were faster at group meets.

3. Can Kristina Langan become the first North Jersey girl to win the pole vault?

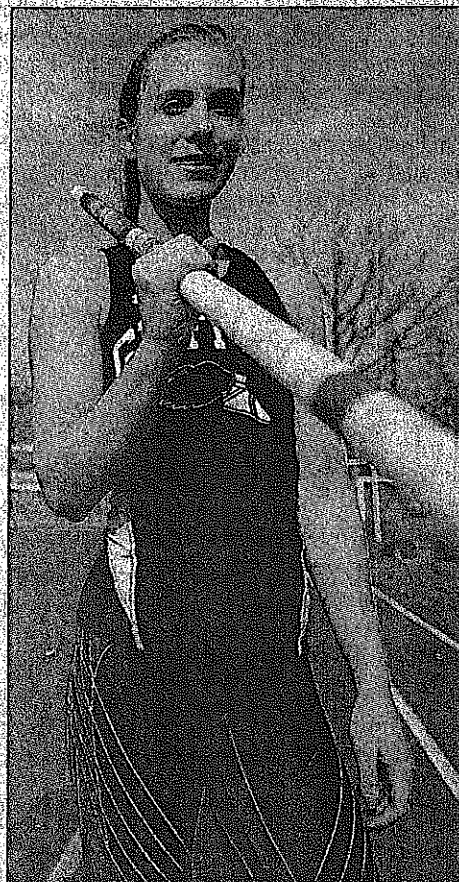
The Wayne Hills senior cleared 12 feet, 1 inch to win the Passaic County championship and is the only vaulter over 12 this winter. Katlyn Rymarzow of Pope John and Sabrina Anderson of Hunterdon Central equaled Langan's 11-6 at the group meet.

4. Can a North Jersey vaulter win the boys event?

Travis Fisher of North Arlington and Andrew Accardi of Pompton Lakes, the runner-up on misses, made 14 feet for the first time Sunday. And Willem Glans of River Dell, Calvin Gould of Lakeland and Caleb Duffany of Demarest are among several vaulters who have made 13-6 or 14 feet this winter.

5. Can Carleen Jeffers become Bergen County's first girl 3,200 champ?

The senior from Ridgewood pulled away from a stellar field to win Group 4 in 10:52.29. If she can top Group 3 winner Grace Dwyer of Hamilton and contenders Devon Grisbaum of Ocean City, Eve Glasergreen of North Hunterdon and Christina Rancan of West Windsor-Plainsboro South, Jeffers would be the first North Jersey winner since 1989.



RECORD FILE PHOTO

Queen of Peace's Catherine Rozalski (pole vault) is one of eight returning medalists for state Meet of Champions.

6. Who will be the first New Jersey boy to reach 60 feet this year and will that win the shot put Saturday?

Group 2 champ Frank Ahearn sits fourth in New Jersey with his personal best throw of 58-4¼, less than a foot behind state leader Luke Grodeska of St. Rose. Sean Brennan of Union Catholic, Andrew Liskowitz of CBA, Vlad Castillo Jr. of Montgomery and River Dell's Andrew Tummino also are over 57 feet.

7. What about the girls shot put?

For the first time three girls in New Jersey are over 47 feet indoors including Westwood junior Jessica Molina (47-2½), Nickolette Dunbar of Whippany Park seems to have taken a step forward with the state's second all-time best throw of 48-11¼.

8. Will Marc Rienas of Old Tappan win the boys 800?

Rancocas Valley junior Isaiah Curbeo has the top seed time and the Notre Dame pair of Matt Kamph and Franklin Arriguzoh have the fastest times in New Jersey this winter. So Rienas, a triple winner at the Group 3 meet, has his work cut out for him.

9. What other local qualifiers can pull off a surprise?

Colin and Will Daly of River Dell are contenders to win the 1,600. Qwashon Powell of Kennedy (400), Patrick Sullivan of Don Bosco (3,200) and the Bergen Catholic and Old Tappan 4-x-400 relays also are strong medal contenders for boys. Sprinters Ayo O'uhuru of Pascack Hills and Kaitlin Salisbury of Hawthorne, and hurdlers Ebony Forbes of River Dell, Ebonee Jackson of Kennedy and Kat Brzozowski of Ramapo are runners with medal aspirations. High jumpers Miku Okada of River Dell and Taylor Parcels of Old Tappan also have good medal chances on the girls' side.

10. Can North Jersey athletes bring home more medals than last year's record 28?

That's a big mountain to climb after last year's haul, which was nine more than any of the previous high of 19. There are eight returning medalists Christina Welzer of Demarest (800), Haley Steele of West Milford (PV), Catherine Rozalski of Queen of Peace (PV) and Patrick Sullivan of Don Bosco (3,200). Julia Guerra of Indian Hills was a medalist at 1,600 and will run the 3,200. There are 28 North Jersey athletes seeded in the top-eight medal positions. The odds probably are 50-50 of a record haul, but there's little doubt that North Jersey will bring home at least 20 medals for the second straight year.

— Paul Schwartz

State Meet of Champions
@ Toms River

Boys 800m: Michael Thurston 1:57.63 – 8th Place!!!

Girls 3200m: Carleen Jeffers 10:49.91 – 3rd Place!!!

Two medalists from Ridgewood. Well done!!!

Eastern States Invitational
@ NYC Armory

March 3, 2015

Girls 55m HH:

Kate McKeon **9.14**

Libby DeVita **9.90**

Girls 800m:

Kelly Cleary **2:27.99**

Girls 2 mile:

Carleen Jeffers **11:03.22 – 1st Place!**

Boys 4x800m:

Kotaro Tamura **2:05.23**

Jack Byrne **2:02.49**

Kenny Marshall **2:02.60**

Michael Thurston **1:56.15** **8:06.49**

Girls Long Jump:

Katie McKeon **16'5"**

Girls Triple Jump:

Jade Long **31'11 ¾"**

Libby DeVita **F**

Boys Long Jump:

Armand Punjabi **18'11 ½"**

Boys Triple Jump:

Armand Punjabi **39'6 ½"**

Comments:

A strong way to end the season for some of you. Others have something to build off of going into the Spring season.

New Balance Indoor National Championships
@ NYC Armory

March 13-15, 2015

Emerging Elite 4x800m:

Kotaro Tamura **2:03.76**

Jack Byrne **2:02.38**

Kenny Marshall **2:02.20**

Michael Thurston **1:54.67** **8:03.01 – 4th and 20th overall!**

Girls Distance Medley:

Kelly Cleary **3:55.02**

Lauren Monnerat **61.34**

Leah Rosenfeld **2:25.42**

Carleen Jeffers **5:09.21** **12:30.99 – 19th place!!!**

Girls 2 Mile:

Carleen Jeffers **10:51.37 – 15th Place and 4th best time in Bergen County History**

41.6/40.3/39.6/39.4 – 2:40.7

40.1/39.4/41.5/40.7 – 2:40.9 – 5:22.2 for the mile

40.6/41.6/41.1/40.9 – 2:44.2

41.2/42.1/41.1/40.3 – 2:44.7

Bosco's Rosas shows promise in two-mile run

By PAUL SCHWARTZ
STAFF WRITER

David Rosas continued his late-season improvement Friday on the first day of the New Balance Indoor Nationals at the Armory Track Center in New York, placing third in the emerging elite two-mile run.

He was one of three North Jersey athletes to place in the category on the first day of the meet which includes championship and freshman events.

But it was the 9:18.95 time by the Don Bosco sophomore that opened eyes. That is the fastest time by a sophomore in the event in the nation this winter. It ranks ninth all time on the Bergen County list just behind teammate Patrick Sullivan, who ran about a half-second faster earlier in the year but was sidelined for this meet with an Achilles strain.

"He's just a little guy with a big heart who competes for every step," said Kevin Kilduff, Don Bosco cross-country and distance coach.



ROSAS

INDOOR TRACK: NEW BALANCE NATIONALS

Bosco cross-country and distance coach. Rosas finished seventh in the 3,200 at the State Meet of Champions two weeks ago but took nearly 11 seconds off his time at throw of the winter.

Ridgewood grabbed the final set of medals of the day for North Jersey as the team of Kotaro Tamura, Jack Byrne, Kenny Marshall and Michael Thurston ran 8:05.01 for fourth in the emerging elite 4-x-

800 relay. They lowered their Eastern States time by nearly 3/2 seconds and probably clinched a Penn Relays berth.

There were other solid, but non-medal winning performances. The Ridgewood girls ran 12:30.99 in the championship distance meet, which was the second best North Jersey performance of the season. The Paramus Catholic girls won their emerging elite 4-x-400 heat impressively in 4:03.23, finishing 11th.

Garrett Hessemann of Bergen Catholic was 11th in the EE shot

put at 52-3/4, while Lauren Brzowski of Ramapo was 15th in the EE 400 in 58.49.

Today is the first full day of championship events. The top hopes for North Jersey medals are Amansy Berry of Hackensack and Jessica Molina of Westwood in the girls shot put, and Drew Tummino of River Dell and Frank Ahearn in the boys shot.

Several North Jersey teams will run the championship shuttle hurdles, with the River Dell girls team probably the best hope for a medal.

Good day for area athletes

NEW YORK — The final day of the New Balance Indoor Nationals on Sunday at the Armory Track Center didn't add any more North Jersey All-Americans to the two teams and one individual who achieved the honor with top-six finishes Saturday, but several individuals performed well and three achieved 2014-15 North Jersey indoor bests.

INDOOR TRACK

Catherine Pagano of Northern Highlands finished seventh in the girls 800 in 2:11.17.

Sophomore Sammy Watson of Henrietta, N.Y., won the race in 2:08.13, with 2014 runner-up Ersula Farrow of Detroit second again.

Jason Katz of Ramapo had an indoor best of 47 feet, five inches to take 12th in the triple jump, the top North Jersey performance of the year in that event, while Carleen Jeffers of Ridgewood was 15th in the girls two mile at 10:51.37. Converted to 3,200 meters, it was a touch better than Pagano's 3,200 best of 10:47.5 earlier this year and ranks fourth in Bergen history.

State pole vault champion Kristina Langan of Wayne Hills cleared 12-4 3/4, adding nearly four inches to her previous personal best and finished 14th. Rosemary Menhart of Paramus Catholic was 19th in the triple jump at 37-7/4.

— Paul Schwartz

NEW BALANCE INDOOR NATIONALS

RHS girls, boys excel on the

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

One last meet on the biggest of stages provided eight Ridgewood High School runners a nice send-off into the upcoming spring track season.

The Maroons finished up the indoor season with solid showings from senior Carleen Jeffers in the two-mile, as well as the girls distance medley relay and the boys 4-x-800 team at last weekend's New Balance Indoor Nationals at The Armory Track Center.

"Qualifying for Nationals is not something that comes easy. It's a result of all their dedication and hard work that goes into it," RHS head coach Josh Saladino said. "For some of them, it was their first time on the big stage and what was encouraging to me was they all rose to the occasion. No one was content just being there."

Jeffers, who has been the team's headliner all year, finished 15th in the two-mile as the Maroons' lone individual competitor.

"Running against the best in the country and hanging in there and battling with them is an accomplishment in itself," Saladino said of the senior's performance. "She's as mentally tough as they come. To beat her, you've got to give your best, because she's not going to give you an inch, and she proved that again in that race."

Jeffers' time of 10:51.37, when converted to 3,200 meters, repre-



PHOTO COURTESY OF

The Ridgewood High School boys 4-x-800 relay team finished fourth in the New Balance Indoor Nationals Eastern Division last Friday at The Armory Track Center in New York. From left, head coach Josh Saladino, Kenny Ma Tamura, Jack Byrne and Michael Thurston.

sented a 2.5-second improvement on her personal-best mark.

"She ended up with the fourth-best time in Bergen County history in that race. That's really an impressive achievement," said Saladino.

The Nationals appearance capped a season in which Jeffers won silver in the 1,600 and 3,200 in the Freedom Division, gold in

both races at the North 1, Group 4 meet and gold in the 3,200 at the State Group 4 finals, where she became Ridgewood's first girls indoor group champ since 1999. Jeffers' performance at Nationals also shattered her gold-medal two-mile time of 11:03.22 from the Eastern States Championships on March 3.

"She's really had one of the best

distance seasons in Ridgewood High School girls' history, and that's really saying something with the storied program that [girls spring track and cross-country coach] Jacob Brown has built here," Saladino said.

Jeffers also teamed with fellow seniors Kelly Cleary and Lauren Monnerat and junior Leah Rosenfeld to finish 19th in a time of

12:30.99 in relay.

"There's a top 20 performance off the relay, and that's really saying something with the storied program that [girls spring track and cross-country coach] Jacob Brown has built here," Saladino said.

Jeffers also teamed with fellow seniors Kelly Cleary and Lauren Monnerat and junior Leah Rosenfeld to finish 19th in a time of

Boys excel on the big stage

ran the 400, Rosenfeld the 800, Cleary the 1,200 and Jeffers the 1,600.

"You can only control what you can control, and they ran their best and whatever place that gets them, that's a good job," their coach said.

The boys 4-x-800 squad of Kotaro Tamura, Kenny Marshall, Jack Byrne and Michael Thurston took fourth place in the Emerging Elite Division, clocking in at 8:03.1. Three of the four runners recorded personal-best indoor times.

"Coming into that, they were working hard to try to qualify for the Penn Relays," Saladino said. "You never really know what the qualifying time is for Penn Relays, but their time of 8:03.1 has been good enough almost all of the years in the past."

The Emerging Elite events are for individuals or relays that missed the qualifying standards necessary to reach the Championship Division. However, when merging the results from the Emerging Elite and Championship divisions, the Maroons finished an impressive 20th.

"That was a really great race for those guys," Saladino said. "Coming off the success the county record indoors, the county record outdoors — these guys didn't back down from that challenge, either."

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PHOTO COURTESY OF TOM THURSTON

col boys 4-x-800 relay team finished fourth in the New Balance Indoor Nationals Emerging Elite Army Track Center in New York. From left, head coach Josh Saladino, Kenny Marshall, Kotaro Michael Thurston.

distance seasons in Ridgewood High School girls history, and that's really saying something with a top 20 performance. Equally important, they knocked six seconds off their previous relay best they ran at the Varsity Classic [held Feb. 2]," Saladino said.

Furthermore, each of the girls ran a personal best time in their respective distances, as Monnerat and junior Leah Rosenfeld to finish 19th in a time of 12:30.99 in the distance medley relay.

There's certainly no shame in their performance. Equally important, they knocked six seconds off their previous relay best they ran at the Varsity Classic [held Feb. 2]," Saladino said.

both races at the North I. Group 4-meet and gold in the 3,200 at the State Group 4 finals, where she became Ridgewood's first girls indoor group champ since 1999. Jeffers' performance at Nationals also shattered her gold-medal here," Saladino said. Jeffers also teamed with fellow seniors Kelly Cleary and Lauren Monnerat and junior Leah Rosenfeld to finish 19th in a time of 3,200 on March 3.

"She's really had one of the best years in the Eastern States Championships

Freedom Division Boys

EVENT	FIRST TEAM	GRADE	SCHOOL	SECOND TEAM	GRADE
3200 M Run	Tom McPhee	Sr	Indian Hills	Tom Holster	So
3200 M Relay	Michael Thurston Kotaro Tamura Henry Ricatto Billy Byrne	Jr Sr Sr So	Ridgewood Ridgewood Ridgewood Ridgewood	Tommy Stearns Gideon Achirem Zach Borsina Joey Lopez	Sr Jr Jr Sr
400 M Dash	Mike Bessette	Sr	Paramus	Aaron Burshtein	Sr
800 M Dash	Michael Thurston	Jr	Ridgewood	Brian Bilecky	Sr
200 M Dash	Anthony Lorenc	So	Indian Hills	Jelani Garvin	Sr
1600 M Run	Matt Tuohy	Sr	Indian Hills	Matt Cohane	Jr
1600 M Relay	Zach Stadulis Matt Tai Jack Miller	So Fr So	Ridgewood Ridgewood Ridgewood	Jack Kerin Will Sidaros Corey Girard	Jr Sr Fr
	Michael Thurston	Jr	Ridgewood	Josh Freund	Sr
55 M Hurdles	Will Sidaros	Sr	Ramapo	Andre Grant	Jr
55 M Dash	Kobi Grant	So	Ridgewood	Michael Florio	Sr
Shot Put	Demar Stewart	Jr	Hackensack	Ben Pastorius	Sr
Pole Vault	Michael Forbes	Sr	Hackensack	Greg Fuerte	So
High Jump	Daniel Pflueger	Jr	Highlands	Steven Villa	Sr
Long Jump	Tommy Smith	Jr	Hackensack	Brendan Holleran	So
Triple Jump	Jason Katz	Sr	Ramapo	John Proctor	Jr
All Around	Jack Kerin	Jr	Indian Hills	Liam Moran	Sr
Honorable Mention			Hackensack	Bryan Gonzalez	Sr
			Indian Hills	Marshal Watters	Jr
			Northern Highlands	Joshua Burshtein	Sr
			Paramus	Alex Gee	Jr
			Ramapo	Anson Grover	Sr
			Ridgewood	Armand Punjabi	Sr
Coach of the Year	Jim Levitzke		Hackensack		
Sportsmanship	Indian Hills				
Results	Hackensack Indian Hills Ridgewood Northern Highlands Paramus Ramapo				

Freedom Division Girls

EVENT	FIRST TEAM	GRADE	SCHOOL	SECOND TEAM	GRADE
3200 M Run	Catherine Pagano	Sr	Northern Highlands	Monica Hebner	Fr
3200 M Relay	Karina North	Sr	Northern Highlands	Kate Holland	Jr
	Hilary McElwain	Jr	Northern Highlands	Julia Guerra	Jr
	Jodi Hinchon	Jr	Northern Highlands	Leah Sussman	Fr
	Paige Wilderotter	Fr	Northern Highlands	Madeline Daly	So
400 M Dash	Lauren Brzozowski	Sr	Ramapo	Robine Arami	So
800 M Dash	Hilary McElwain	Jr	Northern Highlands	Erin Racano	Jr
200 M Dash	Lily DiMartino	So	Indian Hills	Reid Simoncini	Sr
1600 M Run	Julia Guerra	Jr	Indian Hills	Jodi Hinchon	Jr
1600 M Relay	Amanda Pook	Jr	Northern Highlands	Abby Adams	Jr
	Hilary McElwain	Jr	Northern Highlands	Erin Racano	Jr
	Robine Arami	So	Northern Highlands	Lauren Brzozowski	Sr
	Catherine Pagano	Sr	Northern Highlands	Ashlyn McKenna	Jr
55 M Hurdles	Katherine Brzozowski	Sr	Ramapo	Dana Lynch	Sr
55 M Dash	Amanda Pook	Jr	Northern Highlands	Olivia Florio	So
SHOT	Amarys Berry	Jr	Hackensack	Jaimie Parisi	Jr
Pole Vault	Amanda Katz	Fr	Ramapo	Kayla Gandy	Sr
High Jump	Montgomery	Sr	Ridgewood	Jessica Chu	So
Long Jump	Katie McKeon	Sr	Ridgewood	Kerry Callaghan	Jr
Triple Jump	Jade Long	Sr	Ridgewood	Julia Healy	So
All Around	Carleen Jeffers	Sr	Ridgewood	Christine Griffith	Sr
Honorable Mention			Hackensack	Serena Martinez	Jr
			Indian Hills	Breanne Glaser	Fr
			Northern Highlands	Sara Dec	Sr
			Paramus	Amanda Matesic	Sr
			Ramapo	Caroline Conklin	Sr
			Ridgewood	Lauren Monnerat	Sr
Coach of the Year	Tom Buono	NH			
Sportsmanship	Ridgewood				

ALL-NORTH JERSEY FIRST TEAM

Lead Gold

By PAUL SCHWARTZ
STAFF WRITER



AMARYS BERRY
Hackensack, junior

The epicenter of girls shot putting has been in North Jersey for several years and Berry is one of the reasons. She won four major titles, including Big North Freedom and North 1, Group 4, took second in a strong Varsity Classic field, was second in Bergen County and Eastern States, and took seventh in state Meet of Champions. She already is sixth on all-time Bergen list.



EBONY FORBES
River Dell, sophomore

Came from Jamaica with her sister, Krista, and immediately made a huge impression, winning five major 55-meter hurdles titles, including Big North Patriot, North 1, Group 2 and Group 2. She took fifth in state Meet of Champions and Eastern States, and already is fourth-fastest indoor hurdler in Bergen history.



EBONEE JACKSON Kennedy, junior

One of the most versatile athletes in North Jersey, she scored in the 55, 55 hurdles, 200 and 400 races, winning Big North Liberty 400, finishing second in three Passaic County events and placing in three state sectional races, including winning Group 4 high hurdles. She was fifth in Group 4 hurdles and made Eastern States hurdles final, running a stunning 8.28 seconds in semis.



CARLEEN JEFFERS
Ridgewood, senior

Her close friend and training partner Sam Halvorsen missed most of the season with a concussion, but it didn't stop the Brown-bound Jeffers, who won North 1, Group 4 1,600 and 3,200, Group 4 3,200, Yale Invitational 3,000, and Eastern States two-mile title. She was third in state Meet of Champions 3,200.



NIKOLIA KANARIS
Demarest, junior

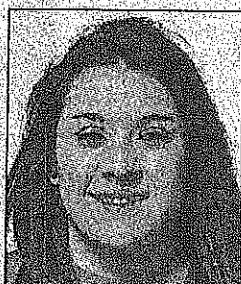
No North Jersey girl has won three indoor state shot put titles, but Nikolia can become the first next season after repeating her Group 3 title. She won North 1, Group 3 title, was second in Big North National and third at Varsity Classic, Bergen and state Meet of Champions. She ranks ninth in Bergen history.

River Dell is captain of the field team while being the head Golden Hawks. say that there's ship on the River. On our team our seniors to Urso. "Almost a leader of a pre teaches the ne warm up and let and this year we year, varsity left have been terrific Noreen Byrn and Maddie Bo letter-winners, formed on the field and led th ended teamma onships in North Big North Pat school Bergen C For those ac River Dell is Th Indoor Track Te



KRISTINA LANGAN
Wayne Hills, senior

Her only pole vault loss came at Eastern States where she didn't make at least 11 feet, 6 inches for the only time. She was the only New Jersey vaulter over 12 feet, making a meet-record 12-1 to win Passaic title and 12 feet to win state Meet of Champions. She won Big North Independence, North 1, Group 3 and Group 3 titles.



JESSICA MOLINA
Westwood, junior

One of two repeaters, she had a spectacular year, capping it by a win in Eastern States with a Bergen County record-setting throw of 48-10, fourth best in the nation. Before that she won eight major titles, including Bergen, North 1, Group 1, Varsity Classic and Patriot crowns. Her only losses came in Group 1 and state Meet of Champions to friend and rival Nickolette Dunbar of Whippany Park.



AYO O'UHURU
Pascack Hills, junior

The sprinter was the fastest girl in North Jersey, and finished seventh in state Meet of Champions and sixth in Eastern States. She won Bergen and Big North Patriot 55 titles, and took second in North 1, Group 2 and Group 2 meets. She won Patriot 200 and her best time of 7.3 seconds is tied for 12th all time in Bergen.



CATHERINE PAGANO
Northern Highlands, senior

The North Jersey Cross-Country Runner of the Year didn't miss a beat, winning Group 3 and state Meet of Champions 800 titles, setting a meet record in the former event. She reduced her Bergen mile record to 4:50.65 in winning Millrose Games mile and finished her indoor career ranked in the top five in county history in four events.



KAITLIN SALISBURY
Hawthorne, junior

The winner of Passaic County long jump with the top North Jersey leap, 17-9 1/4, she showed her versatility by placing in 55, 200 and triple jump, jumping 35-4 in her first attempt. She won North 1, Group 1 and Group 1 55 titles, just missing finals at Meet of Champions. She was third in Eastern States long jump.

"They're not but they were th for the sprints [Reilly] and dista," said Urso. The Golden strong returning

GO Ma

Matt Wynne had t man girls turnout l years at Ramsey f and five new soph the program. But t pear to be enough with the always pc brock Heights pr gram for the small schools Bergen C Relays title. "We had a lot of r girls and most of seniors had never been expected to the kind of athlete you needed to su ceed at that level, said Wynne. "But had a dream mee



SECOND TEAM

- Maria Acosta, Paramus Catholic, junior
- Katherine Brzozowski, Ramapo, senior
- Lauren Brzozowski, Ramapo, senior
- Colleen Buckley, Immaculate Heart, senior
- Rosemary Menyhart, Paramus Catholic, senior
- Miku Okada, River Dell, sophomore

NORTHERN HIGHLANDS 4 X 800 RELAY

GIRLS INDOOR TRACK ALL-BERGEN COUNTY



LEXI DELGIZZO
Tenafly



LAUREN BRZOZOWSKI
Ramapo



COLLEEN BUCKLEY
Immaculate Heart



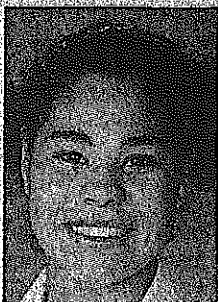
CHELSEA LEE
Pascack Valley



JULIA GUERRA
Indian Hills



MIKU OKADA
River Dell



ROSEMARY MENYHART
Paramus Cath.



CATHERINE ROZALSKI
Queen of Peace



MARINA REILLY
River Dell



TAYLOR PARCELLS
Old Tappan



ERIN RACANO
Ramapo



ASHLYN MCKENNA
Ramapo

FIRST TEAM

55: Ayodele Ouhuru, Pascack Hills, junior
100: Ebony Forbes, River Dell, sophomore
300: Lexi DelGizzo, Tenafly, sophomore
400: Lauren Brzozowski, Ramapo, senior
600: Colleen Buckley, IHA, senior
800: Catherine Pagano, Northern Highlands, senior
1,000: Chelsea Lee, Pascack Valley, junior
1,600: Julia Guerra, Indian Hills, senior
3,200: Carleen Jeffers, Ridgewood, senior
Shot put: Jessica Molina, Westwood, junior
High jump: Miku Okada, River Dell, sophomore
Long jump: Marina Reilly, River Dell, senior
Triple jump: Rosemary Menyhart, Paramus Catholic, senior
Pole vault: Catherine Rozalski, Queen of Peace, senior
Pentathlon: Taylor Parcels, Old Tappan, senior
4-x-400 relay: Ramapo (Erin Racano, junior; Ashlyn McKenna, junior; Abby Adams, junior; Lauren Brzozowski, senior)
4-x-800 relay: Northern Highlands (Hillary McElwain, junior; Josi Hinchey, junior; Catherine Pagano, junior; Karina North, senior)
Coach of the Year: Mike Urso, River Dell
Large School Team of the Year: River Dell
Small School Team of the Year: Ramsey

SECOND TEAM

55: Toni James, Teaneck, junior
100: Katherine Brzozowski, Ramapo, senior
300: Aminah Sarraga, Teaneck, junior
400: Maria Acosta, Paramus Catholic, junior
600: Noreen Byrne, River Dell, senior
800: Christina Welzer, Demarest, senior
1,000: Giavanna Tabbachino, IHA, sophomore
1,600: Shannon Gonia, River Dell, freshman
3,200: Veronica Rocco, Tenafly, senior
Shot put: Amays Berry, Hackensack, junior
High jump: Jordan Zaikov, Cresskill, senior
Long jump: Krista Forbes, River Dell, senior
Triple jump: Maryam Hassan, Cresskill, junior
Pole vault: Lauren Bliali, Old Tappan, senior
Pentathlon: Katie McKee, Ridgewood, senior
4-x-400 relay: Northern Highlands (Amanda Pook, junior; Hillary McElwain, junior; Robine Amani, sophomore; Catherine Pagano, senior)

4-x-800 relay: Old Tappan (Mary Scrivanich, freshman; Caroline O'Sullivan, freshman; Caitlin Ubi, senior; Courtney Brunet, senior)

THIRD TEAM

55: Jacqueline Bracco, Tenafly, junior
100: Dana Lynch, Hackensack, senior
300: Lily DeMartino, Indian Hills, sophomore
400: Talia Lagomarsino, Saddle Brook, junior
600: Kelsey Larkin, Ramsey, junior
800: Caroline O'Sullivan, Old Tappan, freshman
1,000: Mary Watters, Holy Angels, senior
1,600: Michelle Kubasek, Bergen Tech, junior
3,200: Monica Hebner, Northern Highlands, freshman
3,200: Abigail McLaughlin, Bergen Tech, freshman
Shot put: Nikolia Kanaris, Demarest, junior
High jump: Alexandra Kornberger, Mahwah, senior
Long jump: Alexis Trott, Paramus Catholic, sophomore
Triple jump: Nia Van Brackle, Teaneck, junior
Pole vault: Bridgette Muller, Mahwah, junior
Pentathlon: Maggie Paragian, Bergen Tech, senior
4-x-400 relay: Paramus Catholic (Rosemary Menyhart, senior; Faith Sutton, junior; Maria Acosta, junior; Daira Tavares, junior)

HONORABLE MENTION

Sonya Sachdev, Bergen Tech; Darcy Perez, Bergenfield; Jemi Chamallan and Naba Sadgulla, Cresskill; Marissa Chakmakian, Jazzin Clark, Sam Ferrero and Michelle Rubinetti, Demarest; Latoya Drakeford, Chanel Garcia, Tanijua Malcolm and Alicia Pena, Dwight Morrow; Britney Del Mundo and Jessica Ippolito, Fair Lawn; Victoria Martinez, Fort Lee; Hajara Abubakar, Lidia Chery and Kylie Nugent, Garfield; Alex Walter, Glen Rock; Serena Martinez, Jaime Paris, Yanibel Pena and Amber Redmond, Hackensack; Danielle Dallara, Jillian DiGiacinto and Brooke McKnight, Hasbrouck Heights; Samantha Fel-lows and Grace Janssen, Holy Angels; Megan Brockmoler, Caitlin Danilelo, Deb Majkowicz and Julie Weismiller, IHA; Jenna Braun, Erica Nagotko and Lauren Stern, Mahwah; Robine Arami, Sara Dec, Olivia Florio, Julia Healy, Isabel Hebner, Jodi Hinchey, Hillary McElwain and Paige Widerotter, Northern



ABBY ADAMS
Ramapo



Coach of the Year: MIKE URSO
River Dell

Highlands; Courtney Brunet and Caitlin Ubi, Old Tappan; Kayla Pitaras, Paramus; Kayla Adams, Paramus Catholic; Hannah Figueroa, Pascack Hills; Ashley Evans, Pascack Valley; Melanie Intriago, Amanda Katz, Ashlyn McKenna and Taylor Pan, Ramapo; Megan Johnston, Quincy Kersbergen and Lindsay Mulhere, Ramsey; Meghan Adams, Kelly Cleary, Sam Halvorsen, Sophie Montgomery, Leah Rosenfeld and Abby Taylor, Ridgewood; Grace Cepeda, Liz Granger, Erin Hughes, Ginger Pojednic and Kayla Rosado, River Dell; Sam Leonessa and Alison Regan, Rutherford; Nicole McVeigh, Saddle Brook; Amynah Campbell, Toni James, Sydney Logan and Olivia Randolph, Teaneck; Jacqueline Bracco, Rebecca Glass, Jordana Oppenheim, Olivia Pandolfo, Nikki Shaner and Samira Sujak, Tenafly; Anna Boddy, Waldwick
4-x-400 relay: Hasbrouck Heights, Old Tappan, Ramsey, Ridgewood, River Dell, Teaneck and Tenafly
4-x-800 relay: Hasbrouck Heights, Holy Angels and Ramapo

Teams selected by the Bergen County Women Coaches Association

COACHING OPENINGS

River Dell is seeking a head girls basketball coach, a head ice hockey coach, an assistant field hockey coach, and an assistant football coach. Contact Denis Nelson, athletic director, at denis.nelson@riverdell.org.
Cresskill is seeking a head boys soccer coach and head girls soccer coach. Contact Beth Del Vecchio, athletic director, at bdelvecchio@cresk12.org.
Immaculate Heart is seeking a girls basketball coach and

khuranga@harrison.k12.nj.us.

Demarest is seeking an assistant football coach, preferably with line experience, and a freshmen girls soccer coach. Candidates must apply online at nvnet.org and email resume to Greg Butler, athletic director, at butler@nvnet.org.

Bergen Community College is seeking a head men's basketball coach and an assistant girls volleyball coach.

Tenafly is seeking head boys and girls soccer coaches, head girls golf coach and assistant tennis coach. Contact Dan Kilday, athletic director, at dkilday@tenafly.k12.nj.us.

Old Tappan is seeking an assistant football coach. Contact Tom Kacchela, athletic director, at 201-784-1600.

North Arlington is seeking an assistant football coach

Park Ridge is seeking two assistant coordinators and an offensive coordinator and defensive coordinator. Contact Chris Brown at parkridge.pascack.k12.nj.us.
Pascack Hills is seeking an assistant coach. Contact Phil Paspalas, athletic director, at 2037, or paspalas@pascack.k12.nj.us.
Northern Highlands is seeking an

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ALL-NORTH JERSEY FIRST TEAM



ANDREW ACCARDI

Pompton Lakes, senior
The winner at the North 2, Group 1 sectional and NJIC meets, he lost the Passaic County pole vault championship on a jump-off and finished second at the state Group 1 meet on misses before taking third place in the state Meet of Champions.



FRANK AHEARN

Ramsey, senior
The Group 2 state champion in the shot put, he had the season's best North Jersey throw — 58 feet 4¼ inches. He won five other major titles, including the Big North National title. Ahearn also took second in Bergen County, and earned a medal in both the state Meet of Champions and Eastern States meets.



COLIN DALY

River Dell, junior
He and twin brother Will left basketball for indoor track this year with amazing results. Colin Daly won the National 800, Bergen 1,000 and sectional 1,600 titles, took two state Group 2 silver medals, was second in the state Meet of Champions 1,600 and ran a leg on the Eastern States championship 4-x-800. He ranks fourth on the Bergen all-time 1,000 list and 11th at 1,600 meters.



WILL DALY

River Dell, junior
The national 1,600- and 3,200-meter and sectional 3,200 champ, he won a pair of medals for the state Group 2 championships, was sixth in the state Meet of Champions 1,600 and ran second in the Bergen 1,000. His 1:54.5 anchor brought the Golden Hawks the Eastern States 4-x-800 title. He ranks fifth all time at 1,000 meters and in the top 25 in the 1,600.



KYLE ELLERSON

Bergen Catholic, senior
He was second at the Yale Invitational 55, but his time of 6.45 seconds was the fastest time in New Jersey all season and third all time in Bergen history. He won the Track Universe and Big North United 55 and 200 races, won the Bergen and state Non-Public A 55 titles and took his heat at the Meet of Champions 55, missing the final by .01 second.

Cru sta

By **PAUL SCH**
STAFF WRITER

There's a success on the B indoor track 400 relay team there's a pretty be successful events.

It was clear Boys Indoor Year was built relay.

"The 4-x-4 Catholic has track culture, Magee. "Kids and it tells the that team of sprints, hurdles necessarily specialist."

And the m x-400 relay, a state Meet o dicative of the dition.

The leader son, who won lic A champion but who miss Champions f despite winni

Tom Selva 1,000 meters Bergen Count missed the s 1,000 by just

Mike Urso ognized as o top coaches veteran defe

"You're o kids," says U If that is tl no question deserves to The Recor Indoor Track the Year.

River Dell tacular in w Big North North 1, Gr state Group



JASON KATZ

Ramapo, senior

The Brown-bound's best event, the triple jump, is not in the state series, but Katz had great success, winning Bergen and Big North Freedom titles, taking second at the Spiked Shoe Festival, and third at the Eastern States. His best jump of the year, 47 feet, four inches, is sixth all-time in Bergen County history, 20th in the nation this year.



QWASHON POWELL

Kennedy, senior

A double medal winner at the state Meet of Champions (second in the 200, eighth in the 400), he won the 300 at the Season Opener, the 200 and 400 at both the Big North Liberty and Passaic meets (setting meet records in both events in the county meets), and took second in both the sectional and state Group 4 400 races.



MARC RIENAS

Old Tappan, senior

Rienas signed with Northeastern and had a terrific season. He won the Spike Shoe 1,600, won the National 800 and 1,600, took the Group 3 sectional 800 and then had an amazing state meet, winning the 800 and 1,600 Group 3 titles and running a leg on the 4-x-400 relay team that clinched a tie for the state team title. He was third in the state Meet of Champions 800 in the 10th fastest time in Bergen history.



MICHAEL THURSTON

Ridgewood, junior

He ran some 1,600 and mile races early in the season with some success but had much more success when he concentrated on the 600 and 800 races, taking second in the sectional 800, fourth in the Group 4 800 and eighth in the state Meet of Champions 800. He won the Bergen 600 in 1:22.0, 10th best in Bergen County history.



DREW TUMMINO

River Dell, senior

The Eastern States shot put champion, he and Frank Ahearn had a terrific battle all season with Tummino winning the Spike Shoe Festival, the Group 2 sectional and Bergen titles, taking second behind Ahearn at the state Group 2 and Big North National meets and taking third in the Varsity Classic and fifth in the state Meet of Champions.



SECOND TEAM

St. Jacob Diodonet, West Milford, senior

Travis Fisher, North Arlington, senior

Willem Glans, River Dell, senior

Calvin Gould, Lakeland, senior

Matt Morano, Bergen Catholic, senior

Don Mendicino, Fair Lawn, senior

Triple jump: Nazier Wright, Kennedy, sophomore
Shot put: Patrick Henry, Passaic Tech, junior
Pole vault: Calvin Gould, Lakeland, senior

Triple jump: Jacquese Johnson, Passaic Tech, senior
Shot put: Mark Giles, Passaic Tech, senior
Pole vault: Andrew Accardi, Pompton Lakes, senior

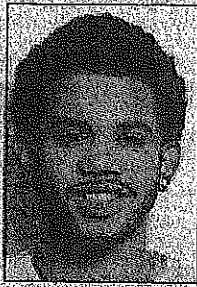
Passaic County Coaches Association

COLUMBIAN School I
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BOYS INDOOR TRACK ALL-BERGEN COUNTY



JAY JUNG
Tenafly



CHRISTIAN OZORIA
Teaneck



AJ HALL
Pascack Valley



JACK KERIN
Indian Hills



TOM SELVAGGI
Bergen Catholic



PATRICK SULLIVAN
Don Bosco



TYLER OLIVERI
Ridgefield Park



TOMMY SMITH
Hackensack



SAM SIEGEL
Demarest



BRYANT YOSHIDA
New Milford



MATT MORANO
Bergen Catholic



EDDIE DEHAIS
Bergen Catholic



ROB KLOPF
River Dell



JUSTIN FERNANDEZ
River Dell



Coach of the Year:
BILL MAGEE
Bergen Catholic

FIRST TEAM

55: Kyle Ellerson, Bergen Catholic, senior
55 HH: Jay Jung, Tenafly, senior
300: Christian Ozoria, Teaneck, junior
400: AJ Hall, Pascack Valley, senior
600: Jack Kerin, Indian Hills, junior
800: Marc Rienas, Old Tappan, senior
1,000: Tom Selvaggi, Bergen Catholic, senior
1,500: Colin Daly, River Dell, junior
3,200: Patrick Sullivan, Don Bosco, junior
Shot put: Frank Ahearn, Ramsey, senior
Shot put: Drew Tummino, River Dell, senior
High jump: Tyler Oliveri, Ridgefield Park
Long jump: Tommy Smith, Hackensack, junior
Triple jump: Bryant Yoshida, New Milford, junior
Pole vault: Sam Siegel, Demarest, senior
Pentathlon: Justin Fernandez, River Dell, junior
4-x-400 relay: Bergen Catholic: Kyle Ellerson, senior, Tom Selvaggi, senior, Matt Morano, senior, Eddie DeHais, senior
4-x-800 relay: River Dell: Rob Klopff, senior, Colin Daly, junior, Justin Fernandez, junior, Will Daly, junior
Coach of the year: Bill Magee, Bergen Catholic

SECOND TEAM

55: Andrew Pierre, St. Joseph, senior
55 HH: Clarence Reyes, Hasbrouck Heights, junior
300: Louis O'Keefe, Emerson, senior
400: Noah Osterhus, Westwood, senior
600: Matt Morano, Bergen Catholic, senior
800: Michael Thurston, Ridgewood, junior
1,000: Sean Sullivan, Rutherford, junior
1,500: Will Daly, River Dell, junior
3,200: David Rosas, Don Bosco, sophomore
High jump: Steven Villa, Hackensack, senior
Long jump: Matt Wierzbowski, Garfield, junior
Triple jump: Armand Punjabi, Ridgewood, senior

Triple jump: Jermal Fevrier, Ridgefield Park, senior
Pole vault: Travis Fisher, North Arlington, senior
Pentathlon: Ben Mandel, Pascack Valley, senior
4-x-400 relay: Old Tappan: Marc Rienas, senior, Thomas Rienas, junior, Will Rienas, junior, Andrew Schumacher, junior
4-x-800 relay: Bergen Catholic: Tom Selvaggi, senior, Mike Sorde, senior, Matt Morano, senior, Frank Mirson, senior

THIRD TEAM

55: Alljah Jackson, Paramus Catholic, sophomore
55 HH: Will Sidaros, Indian Hills, senior
300: Eddie DeHais, Bergen Catholic, senior
400: Eric Kim, Mahwah, senior
600: Dan Matmcke, Pascack Hills, senior
800: Ron Mordkovich, Fair Lawn, senior
1,000: James Weissborn, Old Tappan, junior
1,500: Jakobs Hayes, Pascack Hills, senior
3,200: Matt Tuohy, Indian Hills, senior
Shot put: Garrett Hessman, Bergen Catholic, senior
High jump: Tim DeLorenzo, Northern Highlands, sophomore
Long jump: Hararin Yang, Bergen Tech, junior
Triple jump: Willem Glans, River Dell, senior
Pole vault: Caleb Duffany, Demarest, senior
Pentathlon: Steven Nolasco, Garfield, junior
4-x-400 relay: River Dell: Justin Meyer, senior, Colin Daly, junior, Sean VanDeWeghe, senior, Ryan Weiss, senior
4-x-800 relay: Ridgewood: Kotaro Tamura, senior, Jack Byrne, senior, Kenneth Marshall, junior, Michael Thurston, junior

HONORABLE MENTION

Kevin Deloughery, Ryan Dunkel, Zack Hawkins, Caleb Shaia and Matt Troya, Bergen Catholic; Keith O'Shaughnessy, Bergen Tech; Daniel Caton, Bergenfield; Humberto Hilaro and Tom Panathanasis, Cliffside Park; Thomas Kupferschmidt, Demarest; Will Bozian, Joe Erskine, Gabe Lartigue, Conor Lenahan, Chris Purtaesecca, Donovan Tucker and Zack Weland, Don

Bosco; Justin Jusino, Dylan Scallo and Frank Scallo, Dumont; Allen James and Ryan Semsel, Dwight-Englewood; Enea Peol, Emerson; Greg Borbon, Fair Lawn; Leotavio Nunes, Garfield; Jeff Mate, Glen Rock; Bryan Gonzalez, Andra Grant, Mark Lugo and Demar Stewart, Hackensack; Dillon Fisher and Steven Salerno, Hasbrouck Heights; Matt Cohane, Tom Holster and Tom McPhee, Indian Hills; Evan Bonfield, Dante D'Agostaro and Justin Walker, Mahwah; Michael Florio, Jelani Ray Garvin, Brendan Holleran, Liam Moran and Dan Pflueger, Northern Highlands; Zachary DeNike, Tom Rienas and Andrew Schumacher, Old Tappan; Mike Bessette and Greg Puente, Paramus; Kristian Bautista, Ronald Guerra, Abdul Neblett, Quentin Phaniard and Drew Singleton, Paramus Catholic; Will Colgan and John Patalano, Pascack Hills; Nurtan Herburger and Jeff Roberts, Pascack Valley; Anson Grover, Ramapo; Rory Green-shields, Will Jenkins, Peter McNally and Greg Trival, Ramsey; Alex Armatas, Billy Byrne, Kofi Grant, Kenny Marshall and Matt Tai, Ridgewood; Kyle Allingham, Dylan Connolly, Ken Klopff, Rob Klopff and Justin Meyer, River Dell; Raj Gulati and Glo Gutierrez, Saddle Brook; Hunter Hayek and Jon Melli, St. Joseph; Daren Guzman, Sheldon Joseph and Darren Guzman, Teaneck; Jae Soon Jung, Anthony Kardonsky, Frank Maloney and Max Zavidow, Tenafly; Kyle Florio, Westwood.
4-x-400 relay: Don Bosco, Hasbrouck Heights, Saddle Brook, Teaneck, Westwood
4-x-800 relay: Don Bosco, Indian Hills, Old Tappan, Saddle Brook, Westwood

Teams selected by the Bergen County Coaches Association

sey basketball teams went bined 0-6 in the arena th playing in the state fin Tournament of Champion

The 3,500-seat buildi hosted concerts and grad in addition to regular events. Banners adorn th of teams from the Shore ence, giving it some charm perfect size, in the perfect

Meanwhile here in County, the Bergen Ja championship game has been held at Ramapo Coll college has been warm fr unless you get there ear may not get a seat. Crow turned away at the door ag year

And in the winter, don't just about every major tra is held at The Armory i York City. The Region 2 w championships are at Community College, whi has room for two mats, for a long, slow slog of a d Bergen County wrestling c onships and swimming c onships are held in Rø County. The Bergen Cou hockey tournament is gre the Ice Vault, which hap be in Passaic County.

A lot of North Jersey s hold graduation ceremon their football fields, bi where else are they going And if it rains, oh well, h soggy diploma. There's a n for you.

How can people not s there is a demand for an. While we are dreamin Olympic-sized swimming i cility would sure come in i

"I am always going to b vor of adding facilities," sai wah athletic director Rog letter. "It's a wonderful id the ability to pay for it, and That becomes the ove question."

In Mahwah, the idea of ing an indoor athletic faci the existing football stadiu approved, until bids cam

COACHING OPENING

River Dell is seeking a head girls bas hockey coach, and an assistant foot nls.nelson@riverdell.org

Cross Hill is seeking a head boys soccer Vecchio, athletic director, at bobvec harrison is seeking a JV girls bask tact Kim Huaranga, athletic director, Demarest is seeking an assistant fo men girls soccer coach. Candidates r Butler, athletic director, at butler@n Bergen Community College is seek women's volleyball coach. Send resu ernandez@bergen.edu.

Tenafly is seeking head boys and girls nis coach. Contact Dan Kilday, athlet Old Tappan is seeking an assistant to 201-784-1600.

North Arlington is seeking an assist Contact Carol Ostanski, superintendent. **Park Ridge** is seeking two assistant sive coordinator. Contact chrisbrown Pascack Hills is seeking a assistant g tor, at 201-358-7020, ext. 22037, or ppe

Ridgewood High School Indoor Boys Relay Records

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

Ridgewood High School Indoor Girls Relay Records

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

Ridgewood High School All-Time Indoor List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
<u>55m:</u>			
6.64	Chris Zeigler	168 Armory	2007
6.67	Jake Sabatini	Yale Track Classic	2014
6.70	Akira Monri	Toms River - State Sectional	2008
6.72	Max Witt	Toms River - State Sectional	2009
6.5h	Phil McGillicuddy		1971
<u>200m:</u>			
23.0	Jake Sabatini	168 Armory - League Championship	2014
23.0	Akira Monri	168 Armory	2008
23.3	Doohee Han	168 Armory - League Championship	2014
23.5	Matt Beausoleil	168 Armory	2010
23.5	Edward Blair IV	168 Armory	2010
<u>300y:</u>			
32.9	Matt Krever	Rockland Community College	1991
<u>300m:</u>			
35.8	InSoo Hwang	168 Armory	2010
36.4	Akira Monri	168 Armory	2008
36.7	Dan Cooper	168 Armory	2000
37.2	Matt Tai	168 Armory - County Champs	2015
<u>400m:</u>			
50.31	Tim Geckler	Annapolis	1989
51.4	InSoo Hwang	Toms River - State Sectional	2011
51.66	Juan Llinas	Toms River - State Sectional	2011
52.03	Neil Schoff	Toms River - State Sectional	2012
52.0	Matt Krever	Rockland Community College	1991
52.1	Domenic Boresta	168 Armory - League Championship	2014
<u>500m:</u>			
69.6	Charles Cortellesi	West Point	1983
<u>600y:</u>			
1:15.5	Tim Geckler	Princeton	1989

600m:

1:21.4	Josh Kauke	168 Armory	2000
1:22.0	Michael Thurston	168 Armory - County Champs	2015
1:22.3	Niall Buckley	168 Armory	2007
1:24.2	Storm Dublirer	168 Armory - County Champs	2013
1:24.4	Juan Lians	168 Armory	2011
1:24.8	Christian Trautwein	168 Armory	2008
1:25.1	Jeremy Schmidt	168 Armory	2006
1:25.6	Byron Williams	168 Armory	2005
1:25.9	Sadek Alseddi	Farleigh Dickinson	1993
1:26.0	Bryan Clarendon	168 Armory - County Champs	2013
1:26.1	Brian Collins	168 Armory - County Champs	2014

800m:

1:54.1	Josh Kauke	168 Armory	2000
1:55.49	John Parisi		1983
1:56.9	Niall Buckley	168 Armory	2005
1:57.63	Michael Thurston	168 Armory - County Champs	2015
1:57.68	Luke Dublirer	Toms River - SMOC	2014
1:58.44	Byron Williams	168 Armory	2005
1:58.55	Chris Rae		1987
1:58.89	Christian Trautwein	168 Armory	2008
1:59.44	Chris Perez	168 Armory	2001

1000y:

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

1000m:

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

1500m:

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

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

Mile Walk:

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

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

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

55m HH:

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

High Jump:

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

Long Jump:

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

Triple Jump:

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

Pole Vault:

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

Shot Put:

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

Pentathlon:

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

Ridgewood High School All-Time Indoor List

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

600m:

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

800m:

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

1000y:

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

1000m:

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

1500m:

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

1600m / Mile:

4:54.73* Margaret Scutro Dartmouth - Dartmouth Relays 1985
5:00.91* Jenna Rogers 1994
5:04.37 Kelly Conheaney Toms River - SMOC 2007
5:06.16* Jean Hughes 1989
5:07.17 Catherine Pagano 2012
5:10.73* **Carleen Jeffers** **New Balance Invitational** **2015**
5:10.92 Caroline Davidson 2012
5:11.4 Clair Nowakowski 2001
5:12.03 Stephanie Doyle 1996
5:12.82 Meg McDermott 1999
5:13.22 Celeste Sedo 1998

3000m:

10:03.12 Jennifer Hughes Yale - Yale Classic 1988
10:09.51 **Carleen Jeffers** **Yale - Yale Classic** **2015**

3200m / 2mile:

10:40.96 Patti Mileski Harvard 1983
10:47.37* **Carleen Jeffers** **168 Armory - Nationals** **2015**
10:55.09 Celeste Sedo 1998
11:04.5 Jenna Rogers 1994
11:05.34 Jean Hughes 1989
11:11.3 Jen Hughes 1988
11:12.00 Carleen Jeffers Toms River - State Group IV 2014
11:14.94 Kelly Cleary Toms River - State Group IV 2013
11:16.23 Samantha Halvorsen Toms River - SMOC 2014
11:22.58 Norine D'Arcy 1986
11:23.6 Meredith Jones 2005
11:30.8 Emily Fishbein 2012

55m HH:

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

High Jump:

5'8 1/4" Becky Deetz Syracuse 1974
5'4" Renee Pavelski 1993
5'4" Sarah DeVita Toms River - State Groups 2011
5'2" Sophie Montgomery 168 Armory - County Relays 2014
5'2" Haley Roche 168 Armory - County Champs 2011

Long Jump:

18'11 1/2"	Jen McDermott	Harvard	1989
17'3 1/2"	Emily Chang	168 Armory	1993
16'11 3/4"	Brooke Bogart	168 Armory	2006
16'10"	Cristina Law	168 Armory	2007
16'9 1/2"	Katie McKeon	168 Armory	2015
16'8 3/4"	Emily Barr	168 Armory	2008
16'8 3/4"	Sarah DeVita	168 Armory	2011
16'7 1/4"	Faith Ninivaggi	Rockland Community College	1995

Triple Jump:

39'10 1/2"	Jen McDermott	Harvard	1989
34'7 3/4"	Sarah DeVita	168 Armory	2011
34'6 3/4"	Helena LaMothe	168 Armory	1999
34'4 3/4"	Ana Law	168 Armory	1999
33'9 3/4"	Libby DeVita	168 Armory	2015

Pole Vault:

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

Shot Put:

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

Pentathlon:

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



