

# **Ridgewood Boys Cross Country 2016**



# Schedule

Date	Meet/Teams	Site
Thurs. Sept 8, 4:30PM**	Vs. Pascack Valley/Demarest	Garret Mountain (Woodland Park)
Sat. Sept 10, 9:00AM	Season Opener	Darlington (Mahwah)
Mon. Sept 12, 4:45PM	Vs. Hackensack	Darlington (Mahwah)
Sat. Sept 17, 9:00AM	Maroon Invit.	Garret Mountain (Woodland Park)
Mon. Sept 19, 5:45PM	Vs. Ramapo/Paramus	Darlington (Mahwah)
Sat. Sept 24, 9:00AM	Passaic County Coaches Invit.	Garret Mountain (Woodland Park)
Tues. Sept 27, 5:00PM	Vs. Indian Hills/Northern Highlands	Darlington (Mahwah)
Sat. Oct 1, 9:00AM	Brett Taylor Invit.	Darlington (Mahwah)
Sat. Oct 1, 1:55PM	Shore Coaches Invit. ( <i>Varsity</i> )	Holmdel Park (Holmdel)
Sat. Oct 8, 1:51PM	Manhattan Invit. ( <i>Varsity</i> )	Van Cortlandt Park (Bronx, NY)
Sat. Oct 8, 9:00AM	Garret Invit.	Garret Mountain (Woodland Park)
Fri. Oct 14, 3:30PM	Big North Championship	Darlington (Mahwah)
Sat. Oct 22, 10:00AM	County Group Championships	Darlington (Mahwah)
Thu. Oct 27, 4:15PM	Doc Braver Frosh/Novice Champs.	Darlington (Mahwah)
Sat. Oct 29, 11:40AM/10:00AM	BMOC/Frosh BMOC ( <i>Varsity/Frosh</i> )	Darlington (Mahwah)
Wed. Nov 2, 2:20PM	Frosh/Novice State Championship ( <i>Top 7 Novice/7 Frosh</i> )	Thompson Park (Monroe Township)
Sat. Nov 5, 10AM	State Sectionals ( <i>Varsity</i> )	Garret Mountain (Woodland Park)
Sat. Nov 12, 12PM	State Groups ( <i>Varsity</i> )	Holmdel Park (Holmdel)
Sat. Nov 19, 11AM	SMOC ( <i>Varsity Qualifiers</i> )	Holmdel Park (Holmdel)
Sat. Nov 26, 12:40PM	Nike Regionals ( <i>Select Varsity</i> )	Bowdoin Park (Wappingers Falls, NY)
Sat. Dec 3, 11:35AM	Nike Cross Nationals ( <i>Varsity Qualifiers</i> )	Glendoveer Golf Course (Portland, OR)

# **Varsity Letter Recipients**

## **Three-Time Recipients**

*Billy Byrne, SR*

## **Two-Time Recipients**

*Jonah Naftzger, SR*

*Matteo Robazza, SR*

*Brad Rynkowski, SR*

*Sid Wagh, JR*

## **First-Time Recipients**

*Will Baginski, SO*

*Soham Basu, SR*

*Joe Bolduc, SR*

*Charlie Branca, JR*

*Anthony Chan, SR*

*Mario Chavez, SR*

*Ryan Fahey, SO*

*Danny Patterson, SR*

*Zack Stadulis, SR*

*Jake Stier, SR*

*Emmitt Tilyou, SR*

*Connor Witschonke, SR*

# **Awards and Accolades**

## **All-League Selections - Big North, Freedom Division**

### **First Team**

*Billy Byrne, SR*

*Brad Rynkowski, SR*

*Sid Wagh, JR*

### **Second Team**

*Matteo Robazza, SR*

*Will Baginski, SO*

*Ryan Fahey, SO*

*Jonah Naftzger, SR*

## **All-County Selections**

### **First Team**

*Billy Byrne, SR*

### **Second Team**

*Brad Rynkowski, SR*

*Sid Wagh, JR*

*Will Baginski, SO*

### **Third Team**

*Jonah Naftzger, SR*

### **Honorable Mention**

*Matteo Robazza, SR*

*Ryan Fahey, SO*

*Emmitt Tilyou, SR*

## **All-State Group IV Selections**

### **First Team**

*Billy Byrne, SR*

## **All-State Selections**

### **First Team**

*Billy Byrne, SR*

## **All-Region Selections**

### **First Team All-Northeast**

*Billy Byrne, SR*

[NorthJersey.com](#) : [Sports](#) : [High School Sports](#) : [Boys Cross-Country](#)

AUGUST 30, 2016 LAST UPDATED: TUESDAY, AUGUST 30, 2016, 1:21 AM

# H.S. boys cross-country: The Record preseason Top 25

## The Record preseason Top 25

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

# H.S. boys cross-country: Runners to watch in 2016

## Runners to watch

Billy Byrne, Ridgewood, sr.

One of the top returning runners in the state, Byrne won the Big North Freedom race, took third in the Bergen B meet, 10th in the Bergen Meet of Champions, 16th in Group 4 and 25th in the state Meet of Champions.

— Paul Schwartz

# H.S. boys cross-country: Around the leagues

## BIG NORTH

### FREEDOM DIVISION

Hackensack is rebuilding in a tough division with senior captain Ryan Grimsland and classmates Edgar Barroso, Edwin Astimbay, Samuel Rowe, and Daniel Figueroa.

Indian Hills has perhaps the best returning quintet in the state in seniors Tom Holster, Derek Barney, Chris Corcoran, Steve Fiumefreddo and junior Chris Leymeister, and should be contenders in every race they run healthy. But depth could be a problem. First-year senior Pete Petropoulos should help there.

Northern Highlands has a fine senior class, led by Jack Weinberger, Will McKee, David Barsamian and Brendan Holleran.

Paramus returns three veteran runners in senior Kevin Doyle and juniors Nick Weuste and Patrick Helstrom. Senior Phil Francisco leads an improving pack.

Ramapo is led by senior Peter Gostowski.

Ridgewood hasn't made the state Meet of Champions since 2011, but this season's group has a great opportunity to end that drought. Seniors Billy Byrne, Jonah Naftzger, Brad Rynkowski and Matteo Robazza and juniors Sid Wagh and Ben Zamboldi lead the Maroons. And with Bergen freshman champion Will Baginski, a 4:19 1,600 runner last spring, this could be a fun season for Ridgewood.

# H.S. boys cross-country: Season story lines

## Season story lines

1. Can anyone dethrone 10-time defending champion Don Bosco atop Bergen County?

The Ironmen rarely have been tested during that span, but Indian Hills came within six points of defeating them last year and return five runners from its Group 3 championship team. Don Bosco returns only three of its top seven runners.

2. Don't count out Ridgewood in the battle for Bergen County and North Jersey supremacy.

The Maroons return six major runners and add Will Baginski, the state's best freshman miler last spring. They should capture a record seventh straight Group 4 sectional.

3. The graduation of the Daly twins and seven of the top eight runners at the Bergen Meet of Champions leaves the door open for a new county champ.

Don Bosco's David Rosas, Ridgewood's Billy Byrne and Indian Hills' Tom Holster are the favorites, but there are other contenders.

4. Can Wayne Hills win a third straight Passaic County title, becoming the first boys team to do that since Passaic won four straight from 1994 to 1997?

Or is Clifton primed for the upset? And can Kennedy's Jaron Jordan become the first sophomore to capture the individual title since Clifton's Paul Kornaszewski in 2001?

5. Can multiple North Jersey public school teams win group titles in the same season for the first time since 1973?

Probably not, especially because only eight North Jersey teams have won group titles since that year. Bogota (Group 1), NV/Demarest (2), defending champ Indian Hills (3) and Ridgewood (4) have legitimate chances to win. A more realistic, but still historic possibility, would be for all four to make the state Meet of Champions, which would be unprecedented.

# Cross-Country: The Public Meet of Champs Hopefuls



Who are those 14 North Jersey teams who have the best chance to be at Holmdel Park for the State Meet of Champions on November 19 and who are their biggest obstacles to reaching New Jersey's biggest race? Let's look group by group, with the contenders for the Meet of Champs and the chances for a North Jersey rated on a 1-10 scale, with 10 representing a shoo-in and 1 representing a long shot. First the Publics:











GROUP 4 Boys: The extra wild card will come in handy here, and if it was in effect last Ridgewood would have made its 14th appearance last year, second behind Don Bosco among North Jersey teams. Billy Byrne might be the best returnee in North 1 Group 4, but the key may be soph Will Baginski, the state's fastest freshman miler last spring. Competition: The deep, deep group includes Cherokee, Princeton, Westfield, Kingsway and Southern all of whom can win the group. All three wild cards should come out of this group. Ridgewood rating: 8










2016 RANKINGS:  WEEK:  [Flo50 XC Home](#)

## Boys New Jersey Rankings Poll

RANK	TEAM	LAST RESULT	COMMENTS
1  N/R	 Christian Brothers Academy	1st <a href="#">@ NJSIAA XC Meet of Champions</a>	80 Votes/8 First Place / Returning Holmdel average- 16:39 / 1-5 Compression-18 sec. / The rich get richer... / CBA is also the #4 Ranked team in the US according to the Saucony / Flo 50 Preseason Rankings.
2  N/R	 Indian Hills HS	6th <a href="#">@ NJSIAA XC Meet of Champions</a>	64 votes / Returning Holmdel average- 16:47/ 1-5 Compression-30 sec./ Should be top dogs in Bergen Co. this year. Senior Tom Holster leads a very strong pack with aa lot of racing experience.
3  N/R	 Princeton HS	10th <a href="#">@ NJSIAA XC Meet of Champions</a>	56 votes / Returning Holmdel average- 16:58 1-5 Compression-71 sec. Super Soph transfer makes the Little Tigers dangerous.
4  N/R	 Cherokee HS	7th <a href="#">@ NJSIAA XC Meet of Champions</a>	55 votes / Returning Holmdel average- 16:46 / 1-5 Compression- 1:52 / Top SJ squad coming back. Shea is a certified stud. Move 5-7 up and the Chiefs are right there.
5  N/R	 Don Bosco Prep	2nd <a href="#">@ NJSIAA XC Meet of Champions</a>	54 votes / Returning Holmdel average- 16:37 (4 man) / 1-4 Compression- 45 sec. / Replacing 3 runners from last year's MOC runner up team is no easy task. Coach Kevin Kilduff is off to a good start with 4 guys who averaged 16:37 over the Holmdel layout last year. With Indian Hills in the elite mix, it should be interesting up in Begen Co. this season.

6	▲ N/R	 Colts Neck HS	9th @ NJSIAA XC Meet of Champions	37 votes / Returning Holmdel average- 17:09 / 1-5 Compression-1:31 / Rising senior Jordan Brannen is the #3 returner to Holmdel and leads a veteran group (4 srs./1 jr.)
7	▲ N/R	 Westfield HS	11th @ NJSIAA XC Meet of Champions	29 points / Returning Holmdel average- 17:07 / 1-4 Compression- 37 sec. / Always a factor at the state level, the Blue Devils will once again be battling with NJ's best. With a 37 second 1- 5 compression, Westfield's 1-3 form a tough nucleus.
8	▲ N/R	 Voorhees HS	5th @ NJSIAA XC Meet of Champions	27 votes / Returning Holmdel average- 17:02 / 1-5 Compression-1:31 / State level stud Chris Romero (#3 Holmdel returner) leads a Viking team that ran near the top for a big part of last year. If their pack can tighten up in the 3-6 range, they'll be alright.
9	▲ N/R	 Southern Reg. HS	13th @ NJSIAA Group Championships	17 votes / Returning Holmdel average- 17:21 / 1-5 Compression- 48 sec. / Southern should be the top team in Ocean Co. this year
10	▲ N/R	 Ridgewood HS	6th @ NJSIAA Group Championships	15 votes / Returning Holmdel average- 17:15 / 1-5 Compression- 1:25 /

**MileSplit NJ**

RESULTS RANKINGS CALENDAR VIDEOS PHOTOS NE



2016 RANKINGS:  WEEK:  [Flo50 XC Home](#)

## Boys NJ Individual Rankings

RANK	ATHLETE/TEAM	LAST RESULT	COMMENTS
1	▲ N/R  <b>MATT GROSSMAN</b> Millburn HS	35th 16:06.80 @ Foot Locker Nationals	We saw a huge improvement for Grossman last spring when he won his first MOCs title running 9:06.25 in the 3200m. Post-win he stated he added a ton of speed with his workouts to finish races stronger. Add that onto the fact that he is the fastest Holmdel and State Season returner by far with a 15:32 from his Group 4 Championship win and he is an easy #1 preseason pick.

2	▲ N/R	<b>JACK SHEA</b> NJ Cherokee HS	8th 16:05.00 @ Nike Cross Nationals Northeast Regional	Jack Shea had a top ten in both the Group 4 and Meet of Champions last fall and ranks as the #2 returner in the state at Holmdel with his time of 15:46. He'll be leading a strong Cherokee team this fall.
3	▲ N/R	<b>JORDAN BRANNAN</b> NJ Colts Neck HS	29th 16:16.60 @ Foot Locker Northeast Regional	Brannan finished 13th at the Meet of Champions last fall running 16:08, the fifth fastest returning Holmdel time. From there he went on to find major success on the track. Winning the indoor 3200m MOCs title running 9:14.94 and 4th with a 9:08.17 outdoors. Expect a sub-16 minute time and more at Holmdel from him this year.
4	▲ N/R	<b>CHRIS ROMERO</b> NJ Voorhees HS	12th 16:14.30 @ Nike Cross Nationals Northeast Regional	Romero saw over a minute improvement at Holmdel Park last fall when he ran 15:57 to place 8th at the Meet of Champions. He is the third fastest overall returner at the state course from last year and the leading junior.
5	▲ N/R	<b>DAVID ROSAS</b> NJ Don Bosco Prep	21st 16:26.60 @ Nike Cross Nationals Northeast Regional	David Rosas was the leading runner for Don Bosco's 33 to 35 upset in the Non-Public A over CBA last fall. He placed second in that race running 15:58 and with CBA's Blaise Ferro graduating he is now the top returner for the Group. Overall Rosas is the fourth fastest Holmdel returner in the state from last season.
6	▲ N/R	<b>REY RIVERA</b> NJ Old Bridge HS	18th 16:26.10 @ Nike Cross Nationals Northeast Regional	The 2016 indoor and outdoor 800 meter champion, his best 1:50.66. Ran his first full cross country season last fall with success winning GMC Conference Champs and placing 17th at the Meet of Champions running 16:13.
7	▲ N/R	<b>JUSTIN CORNETTA</b> NJ Hunterdon Central HS	23rd 16:18.00 @ NJSIAA XC Meet of Champions	Cornetta made a huge time leap in both the 3200m and 1600m this past spring and winter. This was capped with a sixth place finish at MOCs running 9:10.72. He placed 23rd at MOCs last fall running 16:18 and ranks ninth in the state returning times from Holmdel.
8	▲ N/R	<b>MICHAEL UNGVARSKY</b> NJ Cinnaminson HS	30th 16:18.40 @ Foot Locker Northeast Regional	Ungvarsky finished his spring season strong in the 3200m running a 9:11.48 for eighth at the Meet of Champions, which was NJ#9 on the season. He ran 29th at last fall's MOCs.

9	▲ N/R	<b>AJAY SARATHY</b> NJ Montgomery HS	58th 16:39.10 @ Foot Locker Northeast Regional	Ajay Sarathy earned himself a 14th place finish at MOCs last fall running 16:08. That performance ties him for fifth among the state's returning Holmdel times.
10	▲ N/R	<b>ELLIOT GINDI</b> NJ Ocean Twp. HS	19th 16:26.30 @ Nike Cross Nationals Northeast Regional	Gindi set PRs in the 800m, 1600m, and 3200m over the indoor and outdoor seasons. One of them coming during a second place 1600m finish at the outdoor Meet of Champions where he ran 4:10.93. Looking at those jumps and his 11th overall Holmdel returners ranking the Ocean Twp star should have a great fall season.
11	▲ N/R	<b>ALEX ROTH</b> NJ Princeton HS	33rd 16:44.10 @ Nike Cross Nationals Northeast Regional	Alex Roth finished 21st at MOCs last fall running 16:17. He had success on the track as well placing fourth in the 3200m indoors and 14th outdoors.
12	▲ N/R	<b>BRIAN HILL</b> NJ Christian Brothers	162nd 16:49.50 @ Nike Cross Nationals	Brian Hill, only a junior, saw his first varsity cross action for CBA last cross. He ended a solid season finishing 39th at MOCs. From there he ran some great PRs on the track in the 1600m and 3200m. He's the 18th fastest Holmdel returner at 16:34.
13	▲ N/R	<b>BILLY BYRNE</b> NJ Ridgewood HS	25th 16:20.00 @ NJSIAA XC Meet of Champions	Billy Byrne is the 10th fastest Holmdel returner with a time of 16:20. A performance which earned him 25th at the Meet of Champions last fall.
14	▲ N/R	<b>DEVIN HART</b> NJ Pt. Pleasant Boro HS	63rd 16:51.00 @ NJSIAA XC Meet of Champions	Hart was 10th in the Group 2 last cross country season as a freshman and is the 19th fastest returner overall. An impressive 3200m season outdoors and another season under his belt moved him up a notch for me.
15	▲ N/R	<b>RONALD KIGEN</b> NJ St. Benedict's Prep	19th 16:03.60 @ Foot Locker Northeast Regional	Don't get to see this talent during the NJSIAA Championships with St. Benedict's Prep running the NJISAA Prep races. But this sophomore is one of the best in the state.
16	▲ N/R	<b>MULUAL MU</b> NJ Trenton Central HS	53rd 16:46.00 @ NJSIAA XC Meet of Champions	The 13th fastest returner thanks to his 12th place finish in the Group 4. His indoor 1600m season landed him 10th at MOCs with a 4:21.53.
17	▲ N/R	<b>NOAH YURO</b> NJ Christian Brothers	112th 16:23.60 @ Nike Cross Nationals	The 17th fastest returner from Holmdel with his 16:30 at the Meet of Champions. During outdoor in the 3200m he qualified for his first MOCs on the track finishing 20th with a time of 9:29.57.



### 9-Ridgewood

Ridgewood, first in N.J. Sec. 1 Group 4 and 6th in Group 4 last year, brings back a 17:19 Holmdel average, and 5 of its top 7 runners. The Maroons should challenge Indian Hills and Don Bosco Prep for the Bergen County title this season. Billy Byrne, who owns a 16:20 PR at Holmdel, is the leader of the pack for Ridgewood.

Jim Lambert | NJ Advance Media for NJ.com



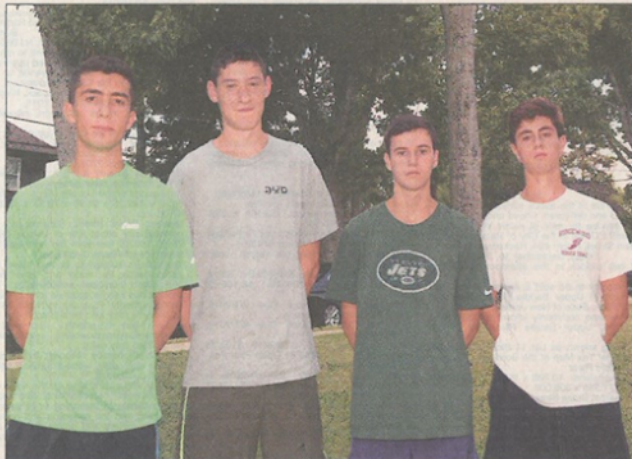
### 11-Billy Byrne, Ridgewood

Billy Byrne, Ridgewood: As a junior last year, Byrne placed 10th the Bergen County Meet of Champions, 5th in North Jersey, Sec. 1 Group 4, 16th in Group 4 and 25th at the NJSIAA Meet of Champions in a Holmdel Park PR of 16:20. Byrne ran a 3,200 PR of 9:36.22.

Scott Faytok | For NJ Advance Media for NJ.com



# SPORTS RHS cross-country teams off and running



MARION BROWN/STAFF PHOTOGRAPHER

Ridgewood captains Matteo Robazza, Brad Rynkowski, Billy Byrne and Emmitt Tilyou will lead the boys cross-country team on their quest toward a seventh straight North 1, Group 4 title.

## Boys hungry for more in 2016

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

At the start of his second year as Ridgewood High School's boys cross-country head coach, Patrick Ryan has appreciated the chance to get the know the ins and outs of the position.

"There's a lot less unknown," Ryan said as his team gets set to embark on another big year. "I was able to start planning things and getting things ready as far as back as March, April, May even, when we were still finishing up outdoors."

One thing the coach, who previously worked as a cross-country assistant for the 2014 season, knew before getting started in his debut season was the Maroons' tradition of championship-winning teams.

His 2015 squad collected another North 1, Group 4 title — the program's sixth straight and 12th in the past 14 years — but came up a little short in their pursuit of division and county crowns.

The Maroons, who have returned many of their top runners, have kept that in mind.

"These guys are hungry; they're ready to roll," Ryan said. "They didn't like losing the league meet and losing the county meet and all those things last year. We liked winning the state-sectional meet, but we definitely think we can make some more noise than that this year."

Ridgewood's goals depend in large part on the performance of senior Billy Byrne, who backed up a strong sophomore campaign with a first-team All-Suburban performance as a junior.

"He's ready to have big [personal-best times], and he's really stepped into the role of being that No. 1 guy, both talent-wise and as a leader," Ryan said. "He's not the little sophomore he was



PHOTO COURTESY OF JACOB BROWN

Senior Billy Byrne, left, is a key runner for Ridgewood following the graduation of Nick Barnabic, right.

when I first started working here. He's really grown up."

Byrne won the Big North Freedom Division meet last year and went on to collect top-10 finishes in the Bergen County Group B race (third), Bergen Meet of Champions (10th) and North 1, Group 4 sectional (sixth).

After earning a wild card berth in the State Meet of Champions, Byrne went on to place 25th.

Joining Byrne as captains of the squad are fellow seniors Matteo Robazza, Brad Rynkowski and Emmitt Tilyou. Another senior, Jonah Naftzger, is also expected to be a key member of the varsity squad.

The senior class has done a nice job in providing leadership after the team lost Nick Barnabic and Kenny Marshall to graduation.

"We lost two talented runners, but also two of the big leaders on the team in Kenny and Nick, so that left a little bit of a void that I was concerned about at first," Ryan said. "The first couple of weeks and even the captains

practices this summer really set my mind at ease."

The underclassmen following the seniors' lead proved their talent last year.

Junior Sid Wagh earned a second-team All-Suburban nod, finishing in the top 20 at the division, county, BMOB and state-sectional meets.

"He's going to make some noise," Ryan said.

Ben Zamboldi, a junior, gained valuable experience in championship meets for the Maroons last year.

Sophomore Will Baginski, who earned All-Suburban Freshman of the Year honors in 2015, also has thrust himself into the field of about 10 runners vying for a varsity spot.

"He's definitely going to be a difference maker," Ryan said.

Ridgewood spent much of 2015 battling Freedom Division rival Indian Hills, which got the better of the Maroons in the division, Bergen County Group B and BMOB.

Don Bosco, which won the county Group A meet, went on to win the BMOB in 2015, but Ryan thinks both foes are within reach this year.

"I think all three of us have a fantastic shot at winning that County Meet of Champions," he said. "It might come down to who's better on that day."

Last year, after winning the state-sectional title, the Maroons went on to place sixth at the State Group 4 meet.

"I don't think it would be out of the question being on that podium, being top three at the Group 4 meet," Ryan said. "It's kind of going to depend on how successful we are at the beginning of the season and putting in the right workouts and the guys taking care of themselves properly."

Email:  
birchenough@northjersey.com





### 10-Ridgewood

Ridgewood held out its top guns when it placed second at the Season Opener last Saturday at Darlington Park.

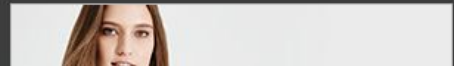
Jim Lambert | NJ Advance Media for NJ.com



### 10-Billy Byrne, Ridgewood

As a junior last year, Byrne placed 10th the Bergen County Meet of Champions, 5th in North Jersey, Sec. 1 Group 4, 16th in Group 4 and 25th at the NJSIAA Meet of Champions in a Holmdel Park PR of 16:20. Byrne ran a 3,200 PR of 9:36.22.

Scott Faytok | For NJ Advance Media for NJ.com





# H.S. boys cross-country: Indian Hills leads The Record Top 25 rankings for Sept. 16

- |                       |                      |
|-----------------------|----------------------|
| 1. Indian Hills       | 18. Fair Lawn        |
| 2. Don Bosco          | 19. Dwight-Englewood |
| 3. Ridgewood          | 20. Cliffside Park   |
| 4. Bergen Catholic    | 21. Fort Lee         |
| 5. NV/Demarest        | 22. Lyndhurst        |
| 6. Bogota             | 23. Hackensack       |
| 7. Northern Highlands | 24. NV/Old Tappan    |
| 8. River Dell         | 25. Tenafly          |
| 9. Wayne Hills        |                      |
| 10. Clifton           |                      |
| 11. Pascack Hills     |                      |
| 12. Kinnelon          |                      |
| 13. Passaic Tech      |                      |
| 14. Passaic           |                      |
| 15. Wayne Valley      |                      |
| 16. St. Joseph        |                      |
| 17. Pascack Valley    |                      |

# Maroon Invitational - Garret Mountain, 9/17/16

## Event 3 Boys 5k Run CC 9:30 Varsity 3-4

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood HS	26					1+2+4+7+12	(17+43)		0:43	1-5 Split   16:54 Avg
2	Montclair HS	92					6+10+14+23+39	(53+55)		1:14	1-5 Split   17:29 Avg
3	Northern Highlands	120					9+20+22+24+45	(48+58)		1:11	1-5 Split   17:42 Avg
4	Warren Hills HS	121					3+13+16+30+59			2:19	1-5 Split   17:40 Avg
5	Passaic HS	144					19+27+29+33+36	(40+46)		0:36	1-5 Split   17:52 Avg
6	Clifton HS	149					5+21+31+35+57	(63+66)		2:03	1-5 Split   17:55 Avg
7	Memorial HS (W. NY)	183					11+28+34+50+60	(69+74)		1:57	1-5 Split   18:12 Avg
8	Fair Lawn HS	194					8+37+44+51+54	(67+72)		1:38	1-5 Split   18:14 Avg
9	Montville Twp. HS	198					25+32+38+47+56	(61+70)		1:13	1-5 Split   18:18 Avg
10	Cliffside Park HS	219					15+41+49+52+62			2:02	1-5 Split   18:28 Avg
11	Sparta HS	246					18+26+64+65+73	(76+78)		2:56	1-5 Split   18:56 Avg
12	North Bergen HS	333					42+68+71+75+77	(79)		2:48	1-5 Split   19:59 Avg

## Event 5 Boys 5k Run CC 10:40 JV 3-4

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood HS	21					1+2+3+7+8	(16+19)		0:31	1-5 Split   18:20 Avg
2	Indian Hills HS	52					4+10+11+12+15	(18+66)		0:37	1-5 Split   18:40 Avg
3	Montclair HS	83					9+13+14+20+27	(29+30)		1:12	1-5 Split   19:06 Avg
4	Passaic HS	138					6+22+28+39+43	(61+65)		2:23	1-5 Split   19:54 Avg
5	Memorial HS (W. NY)	155					5+26+33+42+49	(52)		2:55	1-5 Split   20:09 Avg
6	Northern Highlands	166					21+24+31+44+46	(48+57)		1:52	1-5 Split   20:13 Avg
7	Montville Twp. HS	170					17+35+37+40+41	(54+58)		1:49	1-5 Split   20:18 Avg
8	Sparta HS	234					23+45+51+56+59	(62+68)		1:54	1-5 Split   21:00 Avg
9	Cliffside Park HS	234					32+34+53+55+60	(76)		1:28	1-5 Split   20:59 Avg
10	Fair Lawn HS	260					36+38+47+67+72	(73+74)		2:53	1-5 Split   21:34 Avg
11	North Bergen HS	316					50+63+64+69+70	(75+77)		1:27	1-5 Split   22:08 Avg
12	J F Kennedy HS	333					25+71+78+79+80			10:21	1-5 Split   24:38 Avg

## Event 1 Boys 3.2k Run CC 9:00 Frosh 3-4





Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood HS	24					2+3+5+6+8	(10+11)		0:40	1-5 Split   12:01 Avg
2	Montclair HS	54					1+4+14+17+18	(20+21)		2:03	1-5 Split   12:46 Avg
3	Northern Highlands	88					12+13+15+22+26			2:02	1-5 Split   13:39 Avg
4	Indian Hills HS	110					9+19+23+24+35			6:10	1-5 Split   14:43 Avg
5	Union HS	123					7+27+28+29+32	(33)		3:40	1-5 Split   14:44 Avg
6	Cliffside Park HS	136					16+25+30+31+34			4:40	1-5 Split   15:25 Avg





2016 RANKINGS:  WEEK:  [Flo50 XC Home](#)

## Boys New Jersey Rankings Poll

6	▼ 2		Cherokee HS	12th @ Battle @ Ocean County Park	37 votes / Running without stud Jack Shea, the Chiefs took 7th in the merged results at their own invite on 9/10 and like a lot of the top squads, took a sub varsity team to The Battle at OCP where they finished 12th in the merged result. Next - 9/24 @ Bowdoin XC Classic (Wappingers Falls, NY)
7	▲ 1		Voorhees HS	@ Bernie Magee Memorial Class Meet	29 points / Top Team in the merged results at Bernie Magee (16:37 avg.) after a 3rd place (1st Jersers) finish at the Cherokee Challenge on 9/10. Next - 9/24 @ Bowdoin XC Classic (Wappingers Falls, NY)
8	▼ 1		Westfield HS	@ Bernie Magee Memorial Class Meet	27 votes / The Blue Devils took 2nd behind Voorhees in the Bernie Magee Merge (16:50 avg) Next - Oct. 1 @ Shore Coaches Invit. (Holmdel, NJ)
9	▲ 1		Ridgewood HS	@ The Maroon Invitational	17 votes / Romped in the Maroon Invit (39 pts / 16:54 avg) after taking 2nd at the Seacon Opener Invite. Next - 9/24 @ Passaic Co. Coaches Invit. (Woodland Pk., NJ)

**SECURITAS**

SECURITAS SECURITY SERVICES IS CURRENTLY LOOKING FOR SECURITY OFFICERS TO JOIN OUR TEAM IMMEDIATELY.

Share

1



16 / 27



**9-Ridgewood**

Ridgewood, No. 10 last week, averaged 16:54 at Garret Mountain and went 1-2-4-7-12 with a 1-5 split of 43 seconds to runaway with the team title at the Maroon Invit. last Saturday.

Jim Lambert | NJ Advance Media for NJ.com

**YEAR OF THE TRUCK & SUV EVENT**  
Starting At \$25,000

**Passaic County Coaches Invitational - Garret Mountain, 9/24/16**

Event 9 Boys 5k Run CC 11:00 Varsity 4

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Passaic HS	85					8+12+13+24+28 (42+44)				0:48 1-5 Split   17:38 Avg
2	Memorial HS (W. NY)	109					6+15+16+32+40 (48)				1:09 1-5 Split   17:43 Avg
3	Mount Olive HS	114					4+7+10+34+59 (63+80)				1:52 1-5 Split   17:42 Avg
4	Morristown HS	116					1+3+27+36+49 (50+52)				2:11 1-5 Split   17:33 Avg
5	Ridgewood HS	124					18+22+23+30+31 (41+53)				0:28 1-5 Split   17:54 Avg
6	Randolph HS	130					2+20+26+39+43 (45+60)				1:53 1-5 Split   17:44 Avg
7	Clifton HS	162					9+19+25+54+55 (73)				1:26 1-5 Split   18:04 Avg
8	Bloomfield HS	218					17+33+37+65+66 (71+75)				1:33 1-5 Split   18:25 Avg
9	Union City	231					14+35+56+57+69				1:38 1-5 Split   18:29 Avg
10	West Orange	251					11+29+62+67+82				2:45 1-5 Split   18:45 Avg
11	Kearny HS	273					21+38+64+74+76 (77+78)				1:38 1-5 Split   18:49 Avg
12	Livingston HS	277					5+47+61+81+83				4:10 1-5 Split   19:07 Avg
13	Morris Knolls HS	293					46+51+58+68+70 (72+79)				0:47 1-5 Split   18:49 Avg

Event 5 Boys 5k Run CC 9:55 JV 4

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood HS	33					1+5+8+9+10 (24+27)				0:42 1-5 Split   18:54 Avg
2	Union City	75					3+4+17+25+26 (30+46)				1:00 1-5 Split   19:05 Avg
3	Clifton HS	93					6+14+22+23+28 (42+52)				0:36 1-5 Split   19:19 Avg
4	Randolph HS	95					2+11+16+31+35 (39+44)				1:13 1-5 Split   19:15 Avg
5	Morristown HS	162					7+19+33+47+56 (59+65)				1:24 1-5 Split   19:41 Avg
6	Mount Olive HS	174					13+32+36+45+48 (54+67)				0:55 1-5 Split   19:44 Avg
7	Memorial HS (W. NY)	190					21+29+40+43+57 (58+66)				1:07 1-5 Split   19:51 Avg
8	Morris Knolls HS230	15+37+53+62+63 (75+82)					1:34 1-5 Split   20:08 Avg				
9	Bloomfield HS	250					12+20+69+73+76 (80+85)				2:13 1-5 Split   20:25 Avg
10	Passaic HS	268					18+38+55+74+83 (86+100)				2:23 1-5 Split   20:28 Avg

11	West Orange	301	41+49+68+71+72 (84+90)	1:19	1-5 Split	20:41 Avg
12	Kearny HS	310	34+50+64+70+92 (95+96)	2:34	1-5 Split	20:50 Avg
13	Hackensack HS	337	51+60+61+77+88 (89+94)	1:44	1-5 Split	20:58 Avg
14	Livingston HS	443	78+81+87+98+99		1:45	1-5 Split   22:17 Avg
15	J F Kennedy HS	461	79+91+93+97+101 (102+103)		3:25	1-5 Split   22:50 Avg

Event 3 Boys 3.2k Run CC 9:30 **Frosh 4**

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Ridgewood HS	31	4+5+6+7+9 (10+13)					0:17 1-5 Split   11:55 Avg				
2	Morristown HS	55	1+3+14+18+19 (21+25)					1:27 1-5 Split   12:21 Avg				
3	Union City	91	8+17+20+22+24 (27+34)					1:15 1-5 Split   12:50 Avg				
4	Hackensack HS	110	11+12+26+30+31 (33+35)					2:13 1-5 Split   13:22 Avg				
5	Bloomfield HS	114	2+15+28+32+37					4:59 1-5 Split   13:51 Avg				
6	Kearny HS	142	16+23+29+36+38					4:14 1-5 Split   14:38 Avg				

**Indian Hills, Northern Highlands Dual Meet - Darlington Park**

2016 Big North - 9/27/2016

Event 1 Boys 5k Run CC

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
------	------	-------	---	---	---	---	---	----	----	----	----

Indian Hills vs Ridgewood HS 5000 Run

1	Indian Hills HS	22	2	3	4	6	7	13	14		
		Total Time:	1:20:32.00		Avg:		16:06.40				
2	Ridgewood HS	33	1	5	8	9	10	11	12		
		Total Time:	1:21:23.00		Avg:		16:16.60				

Northern Hig vs Ridgewood HS 5000 Run

1	Ridgewood HS	15	1	2	3	4	5	8	9		
		Total Time:	1:21:23.00		Avg:		16:16.60				
2	Northern Highlands	46	6	7	10	11	12	13	14		
		Total Time:	1:26:22.00		Avg:		17:16.40				

**Star Ledger/NJ.com (9/29)**

**FALL SPORTS ROUNDUP**

## RHS volleyball squad battles league leaders

The Ridgewood High School girls volleyball team pushed long-time rival Paramus to three sets in Wednesday night's Big North Freedom match. Despite winning the first set, the Maroons fell to the defending division champs, 10-25, 25-23, 25-20.

Senior libero Shea Darienzo had a season-high 19 digs for RHS, while fellow co-captain Amy Mullen led the team in kills with eight. Sophomores Jasmine Rogers (seven kills) and Mary Kate Salamone (24 assists) combined to serve 11 aces.

Ridgewood completed its first go-around through the Big North Freedom at 3-2, in third place behind Ramapo (5-0) and Paramus (4-1). Among its divisional conquests were a 25-22, 26-24 victory at Northern Highlands on Sept. 20, in which the team ended the second set on a 7-0 run after the Highlanders had reached game point at 24-19.

For five saves in the victory that upped their team's record to 4-3-1 overall (2-2-1 Freedom). Ridgewood is scheduled to host Don Bosco tomorrow at 4 p.m.

**Cross-country**

RHS split a Big North Freedom tri-meet with Indian Hills and Northern Highlands at Darlington Park in Mahwah on Tuesday.

The girls team defeated the Braves, 23-35, but got edged by the Highlanders, 25-31, while the boys did the opposite, topping Highlands, 15-46, but falling to Indian Hills, 22-33. Both Maroon squads finished 4-1 in the division.

The Ridgewood girls ended the dual-meet campaign at 6-1, with Olympia Martin winning Tuesday's race in 18:19. The boys team went 4-3, as Billy Byrne won the regular-season finale in 15:44. The Big North Freedom championships are scheduled for Oct. 14.



**11-Ridgewood**

Ridgewood, No. 9 last week, will clash with No. 2 Indian Hills, No. 3 Colts Neck, No. 5 Princeton, No. 16 Delsea, and No. 18 Morris Hills in the C Division race at this Saturday Shore Coaches Invit. at Holmdel Park.

Jim Lambert | NJ Advance Media for NJ.com



SEPTEMBER 30, 2016 LAST UPDATED: FRIDAY, SEPTEMBER 30, 2016, 1:21 AM

# H.S. cross-country: Shore Invitational provides a test

BY PAUL SCHWARTZ

STAFF WRITER | THE RECORD



In the nearly 40 years since the Shore Coaches Cross-Country Invitational moved to Holmdel Park, it has become the early-season barometer for the state group championships held six weeks later.

Not every team in the state will be at the meet Saturday, when the 13 varsity races beginning at 10 a.m. Still, more than 200 teams, including several from neighboring states, will test themselves on the 5,000-meter course. Among those not taking part will be North Jersey boys powers Bergen Catholic and Don Bosco and girls powers Immaculate Heart, Holy Angels, Clifton and Wayne Hills.

The North Jersey highlight figures to be the C division boys race at 1:55. Not only will Indian Hills and Ridgewood meet for the second time in a week, but they'll be joined by two-time defending Passaic County champion Wayne Hills and the rapidly improving Fair Lawn and Northern Highlands teams.

There is a North Jersey presence in each of the 13 races, with Bogota and Dwight-Englewood having a chance to make a statement about their readiness to contend for the Group 1 and Non-Public B state championships by running in the first varsity race: the Boys G at 10 a.m. Eastern Christian is in that race one also.

Harrison and Rutherford are in Boys F at 10:20, with Park Ridge/Emerson splitting its team between this race and the 4:55 open race because of absences caused by the annual October SAT testing date.

Lakeland, Lyndhurst, Ramsey and River Dell run in the boys E race at 10:40 a.m.

The rest of the schedule follows, with North Jersey teams listed.

10:55 a.m.: Girls F, Dwight-Englewood, Eastern Christian and Harrison

11:15: Girls E, Bogota and Lyndhurst

11:35: Girls D, Glen Rock, Park Ridge/Emerson, Ramsey, River Dell and Rutherford

1:35 p.m.: Boys D, NV/Demarest, NV/Old Tappan, Pascack Hills

2:15: Boys B, Teaneck, Wayne Valley

2:35: Boys A, North Bergen

2:55: Girls C, NV/Demarest, NV/Old Tappan, Paramus

3:15: Girls B, Fair Lawn, Northern Highlands, Teaneck, Wayne Valley

3:35: Girls A, North Bergen, Ridgewood

# Shore Coaches Invitational - Holmdel Park, 10/1/16

Event 18 Boys 5k Run CC 1:55 Varsity C

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Indian Hills HS	71					7+8+9+11+36 (63+76)				1:07 1-5 Split   16:46 Avg
2	Ridgewood HS	77					3+10+12+24+28 (30+38)				1:16 1-5 Split   16:46 Avg
3	Princeton HS	92					2+4+18+26+42 (49+61)				1:47 1-5 Split   16:46 Avg
4	Delsea Reg. HS	115					13+15+19+25+43 (53+78)			0:48 1-5 Split   17:06 Avg	
5	Ocean Twp. HS	121					1+16+20+39+45 (65+66)				1:54 1-5 Split   17:00 Avg
6	Ridge HS	196					34+35+40+41+46 (85)				0:12 1-5 Split   17:36 Avg
7	Morris Hills HS	230					21+44+48+58+59 (72+109)				0:58 1-5 Split   17:41 Avg
8	Middletown North HS	232					17+23+32+68+92 (101+139)				1:45 1-5 Split   17:40 Avg
9	Morristown HS	249					5+14+67+81+82 (83+118)			2:16 1-5 Split   17:41 Avg	
10	Allentown HS	340					51+57+60+62+110 (111+136)				1:27 1-5 Split   18:13 Avg
11	Ocean City HS	349					29+31+77+91+121 (134+154)				1:59 1-5 Split   18:15 Avg
12	Central Reg HS	384					22+55+95+104+108 (123+126)				2:11 1-5 Split   18:24 Avg
13	Moorestown HS	388					27+74+86+88+113 (147)				2:07 1-5 Split   18:24 Avg
14	Nutley HS	408					33+73+93+103+106 (124+161)				1:42 1-5 Split   18:33 Avg
15	Fair Lawn HS	432					37+80+97+99+119 (140+173)				1:47 1-5 Split   18:39 Avg
16	Wayne Hills HS	436					56+79+87+89+125 (144+165)				1:35 1-5 Split   18:37 Avg
17	Toms River East HS	463					69+71+96+100+127 (129+158)				1:16 1-5 Split   18:46 Avg
18	Northern Highlands	484					52+75+90+117+150				2:30 1-5 Split   18:54 Avg
19	West Morris Central HS	536					47+98+107+133+151 (164+171)				2:36 1-5 Split   19:10 Avg
20	Brick Twp HS	557					6+84+142+155+170 (174)			5:16 1-5 Split   19:25 Avg	
21	Triton Reg. HS	579					50+54+116+175+184				9:03 1-5 Split   20:50 Avg
22	Jackson Liberty HS	593					64+105+115+153+156 (180+181)				2:33 1-5 Split   19:33 Avg
23	Brick Memorial HS	620					102+114+120+138+146 (160)				1:06 1-5 Split   19:33 Avg
24	Seneca HS	646					122+128+130+131+135 (163)				0:29 1-5 Split   19:34 Avg
25	Roxbury HS	673					112+132+141+143+145 (149+168)			0:49 1-5 Split   19:48 Avg	
26	Lacey Twp. HS	686					70+148+152+157+159 (162)				2:35 1-5 Split   20:06 Avg
27	Neptune HS	768					94+166+167+169+172 (176+179)				3:15 1-5 Split   21:01 Avg
28	Hamilton HS West	857					137+177+178+182+183				6:47 1-5 Split   23:18 Avg



Event 16 Boys 3.2k Run CC 1:20 Frosh A

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Cherokee HS	43										0:49 1-5 Split   11:47 Avg
2	CBA	87										1:23 1-5 Split   12:05 Avg
3	Westfield HS	149										1:11 1-5 Split   12:24 Avg
4	Kingsway HS	164										1:26 1-5 Split   12:27 Avg
5	Ridge HS	189										1:21 1-5 Split   12:34 Avg
6	Princeton HS	198										0:21 1-5 Split   12:37 Avg
7	Southern Reg. HS	265										1:42 1-5 Split   12:53 Avg
8	Jackson Memorial HS	272										1:39 1-5 Split   12:48 Avg
9	Ridgewood HS	289										0:29 1-5 Split   12:55 Avg
10	Hillsborough HS	298										1:04 1-5 Split   12:57 Avg
11	East Brunswick HS	300										0:29 1-5 Split   12:57 Avg
12	Bridgewater-Raritan HS	315										1:02 1-5 Split   13:00 Avg
13	Hunterdon Central HS	321										0:41 1-5 Split   13:01 Avg
14	Middletown North HS	352										4:27 1-5 Split   13:38 Avg
15	Toms River North HS	394										2:01 1-5 Split   13:24 Avg
16	Montclair HS	403										2:11 1-5 Split   13:26 Avg
17	Morristown HS	444										1:04 1-5 Split   13:27 Avg
18	Cherry Hill East HS	452										1:02 1-5 Split   13:28 Avg
19	North Hunterdon HS	459										1:41 1-5 Split   13:34 Avg
20	WWP South HS	469										2:43 1-5 Split   13:55 Avg
21	Monroe Twp. HS	508										1:21 1-5 Split   13:43 Avg
22	Shawnee HS	556										1:50 1-5 Split   14:06 Avg
23	Watchung Hills Reg. HS	668										4:08 1-5 Split   15:17 Avg

# North Jersey flexes early-season muscle

By PAUL SCHWARTZ  
STAFF WRITER

HOLMDEL — One of the story lines of cross-country's early-season meets is the possibility that more North Jersey teams this year can reach the state Meet of Champions than in any other year in the event's 45-year history.

Nothing that happened Saturday at the Shore Coaches Invitational at the state course in Holmdel Park did anything to change that possibility.

Bogota, NV/Demarest and Indian Hills scored impressive victories in boys races, while the Ridgewood boys, Ramsey girls and Ridgewood girls showed they have good chances to be among the 42 teams that will race Nov. 19 for the state title.

Indian Hills, the defending Group 3 champion, showed its readiness to repeat, placing its top four runners within 21 sec-

onds from seventh to 11th place and getting an excellent race from first-year runner Peter Petropoulos to complete a 71-77-92 Division C win over Ridgewood and Princeton. Petropoulos ran 17:33 for 36th place to clinch the victory.

"I wasn't going to play much in soccer this year and I wanted to improve my 800-meter times in the spring," said Petropoulos, a senior. "So I ran all summer with the guys and they helped make it easier for me to get prepared. I was just hoping to break 18 minutes today and I had no idea I could run this well."

Steven Fiumefreddo continued his outstanding fall by running seventh in 16:26, followed by Tom Holster in 16:31 and Derek Barney in 16:33. Chris Leymeister was 11th in 16:47. All but Holster scored personal bests on the tricky Holmdel course. The Braves needed it against a scrappy Ridgewood team led by Billy

## CROSS-COUNTRY

Byrne, who became just the third Maroons runner and 10th Bergen County boy to break 16 minutes on the course.

Byrne ran 15:57 for third place in the C race, the fastest race of the day, and Brad Rynkowski and Sid Wagh scored big Holmdel personal bests in 10th and 12th places.

"I've taken on a big responsibility in being the captain and I get excited every time I step on the course," said Byrne, who was 25th in the state Meet of Champions last year, but struggled last spring. "We have a very good team and we have big goals for this year."

Bogota started the day with a surprisingly easy win over Montclair Kimberley Academy and Delaware Valley in the Boys G race.

The Bucs, with the best one-two punch in the state in Group 1, went 2-3 behind race-winner Bill Massey of MKA. James Draney and Danny Daurio each broke 17 minutes, with Draney turning in his best race ever at Holmdel. The big difference in the 41-point win came from third man Ryan White, who took nearly a minute off his previous Holmdel best, running 17:12 for seventh. Cole Geraghty was 15th in 17:49, also a minute better than his previous best.

"We've put in so much work and these guys are so focused that we wanted to let the seniors compete in a great meet for the first time," Bogota assistant coach Pat Rochford said. "And Ryan over the last two years has bought into the training and wants to get up front with James and Danny. We know that Metuchen is running so well right now, but we want to contend for a group title and think we can."

So does NV/Demarest, which placed all seven of its runners in a 63-second pack from ninth to 34th to win the E race over Bernards, 92-125.

"We think we can place in the top three in Group 2 and in the Bergen Meet of Champions, and today we expected the front of the pack to run around 17 minutes and the back around 18 minutes. We did what we expected," NV/Demarest coach Mike Theuerkauf said. "There's still six weeks left to groups and we're going to get better."

Ramsey's girls were a solid third in the Girls D race despite being without Victoria Clinton (SATs). Ridgewood, led by Olympia Martin, who was second in the Girls A race in a strong early-season time of 18:47, was fifth in a rugged team race that featured state co-favorite North Hunterdon. Wayne Hills ran without its Nos. 2 and 3 runners, but Taylor Domico was an impressive third in Girls C.

# Meet Merge and Notes for the Shore Coaches Invitational!

## Boys Team Merge

3

### 1 Voorhees HS (NJ)

241

1) Chris Romero	16:13.00	10
2) Evan Minor	16:42.00	34
3) Joseph Capone	16:50.00	46
4) Jacob Dispenza	16:59.00	70
5) Maxwell Page	17:02.00	81
Average Time: 16:45.20    Total Time: 1:23:46.00    1-5 Split: 49.00		
6) Ryan Morello	17:24.00	152
7) Franklin Musnuff	17:27.00	161

### 2 Ridgewood HS (NJ)

290

1) Billy Byrne	15:57.00	4
2) Brad Rynkowski	16:45.00	38
3) Sid Wagh	16:51.00	48
4) Jonah Naftzger	17:04.00	87
5) William Baginski	17:13.00	113
Average Time: 16:46.00    Total Time: 1:23:50.00    1-5 Split: 1:16.00		
6) Matteo Robazza	17:25.00	156
7) Ryan Fahey	17:36.00	196

### 3 Indian Hills HS (NJ)

292

1) Steven Fiumefreddo	16:26.00	17
2) Tom Holster	16:31.00	24
3) Derek Barney	16:33.00	25
4) Chris Leymeister	16:47.00	41
5) Peter Petropoulos	17:33.00	185
Average Time: 16:46.00    Total Time: 1:23:50.00    1-5 Split: 1:07.00		
6) Craig Wilkes	18:08.00	352
7) Dylan Pappas	18:24.00	435

# Brett Taylor Invitational - Darlington Park, 10/1/16

## Event 6 Boys 5k Run CC 9:55 JV Large

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood HS	26					2+3+4+7+10 (11+12)				0:35 1-5 Split   17:40 Avg
2	Memorial HS (W. NY)	76					1+8+17+24+26 (27+30)				1:41 1-5 Split   18:25 Avg
3	Union City	98					13+18+20+22+25 (28+36)	0:40	1-5 Split		18:47 Avg
4	Randolph HS	123					5+19+29+31+39 (44+45)				2:17 1-5 Split   19:06 Avg
5	Pascack Valley HS	147					6+9+40+42+50				3:15 1-5 Split   19:20 Avg
6	Hackensack HS	161					14+15+23+53+56				3:27 1-5 Split   19:56 Avg
7	Kearny HS	184					21+37+38+41+47 (57+60)	1:44	1-5 Split		19:51 Avg
8	Passaic HS	192					16+32+34+51+59				3:58 1-5 Split   20:18 Avg
9	Passaic Co. V/T	240					43+46+48+49+54 (55+58)	1:27	1-5 Split		20:47 Avg
10	Seton Hall Prep	243					33+35+52+61+62 (63)				3:59 1-5 Split   21:21 Avg

## Event 4 Boys 5k Run CC 9:15 Soph

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Pascack Hills HS	41					1+6+9+11+14 (21+25)				1:19 1-5 Split   18:22 Avg
2	Pascack Valley HS	69					3+4+16+18+28 (33+36)				1:46 1-5 Split   18:56 Avg
3	Clifton HS	76					5+15+17+19+20 (22+24)				1:02 1-5 Split   19:03 Avg
4	Ridgewood HS	100					8+13+23+27+29 (34+35)				1:25 1-5 Split   19:21 Avg
5	Bergen Co. V/T	105					2+10+30+31+32 (40+41)				2:01 1-5 Split   19:18 Avg
6	Seton Hall Prep	122					7+12+26+38+39 (43+46)				2:32 1-5 Split   19:47 Avg
7	Kearny HS	215					37+42+44+45+47 (48)				1:44 1-5 Split   21:50 Avg

## Event 1 Boys 1.65mi Run CC 9:00 Frosh A

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Seton Hall Prep	40					1+4+6+12+17 (22+24)				1:03 1-5 Split   9:22 Avg
2	Ridgewood HS	89					7+11+16+26+29 (31+37)				0:41 1-5 Split   9:49 Avg
3	Union City	91					5+15+19+25+27 (43+47)				0:46 1-5 Split   9:50 Avg
4	Memorial HS (W. NY)	111					3+10+20+36+42 (44+56)				1:28 1-5 Split   9:56 Avg
5	Passaic Co. V/T	125					2+14+32+38+39 (40+41)				1:28 1-5 Split   10:01 Avg
6	Hackensack HS	150					8+9+34+48+51 (53+58)				1:58 1-5 Split   10:25 Avg
7	Bergen Co. V/T	165					13+23+28+49+52				1:52 1-5 Split   10:33 Avg
8	Kearny HS	216					18+30+54+55+59 (61)				2:51 1-5 Split   11:18 Avg
9	Passaic HS	231					33+35+46+57+60				2:55 1-5 Split   11:32 Avg
10	Dickinson HS	241					21+45+50+62+63				4:19 1-5 Split   12:09 Avg

Share 0

21 / 27



### 5-Ridgewood

The Maroons leap 6 spots in the rankings after its second place finish to No.2 Indian Hills, 71-77, in the C Division race at the Shore Coaches meet. Ridgewood averaged 16:46, finished 15 points ahead of Princeton, and placed second to Voorhees in the merge scoring.

Robert Samuels | NJ Advance Media for NJ.com

Share 1

14 / 27



### 11-Billy Byrne, Ridgewood

Byrne, a senior, placed 3rd to Elliot Gindi of Ocean Township (15:48) and Alex Roth of Princeton (15:53) in the C race at the Shore Coaches Invit.

Robert Samuels | For NJ Advance Media for NJ.com



# H.S. boys cross-country: Indian Hills leads The Record Top 25 rankings

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

# Manhattan Invitational Boys Letter Race Previews



MANHATTAN WEEK 2016

Kyle Brazeil  
Oct 5, 2016

7



Next

[Prev](#)

Page 7 of 8

3



Race F

**Time:** 1:51**Teams at the Top:** Ridgewood (168.8), Brighton (164.2), Bergen Catholic (160.3), Goshen (152.4)**Runners with Hops:** Billy Byrne - Ridgewood (185), Paul Dellinger - Brighton (182), David Leff - West Genesee (179), Bill Massey - Montclair (174), Jonah Simpson - Brighton (173), Jemar Ortega - Nyack (172), Brad Rynkowski - Ridgewood (169), Caleb Shaia - Bergen Catholic (169), Liam Higgins - Goshen (169), Brandon Guerrero - Sachem East (168), Sig Wagh - Ridgewood (167), Aaron Bratt - Walt Whitman (167), Cedric Jocelyn - Nyack (167), Connor Secora - Bergen Catholic (165), Braedon Fiume - Bergen Catholic (165), Josh Engels - Walt Whitman (165), Matt Ronan - Massapequa (163), Louis Greco - Goshen (163), Phillip Gunther - Sayville (163),**Overview:** A nice individual match out from, but Billy Byrne looks to have the slight advantage over McQuaid's AA third place Paul Delliner. Ridgewood also is favored in the team competition, but you can't count out a New York team on home soil in Brighton.

# Manhattan Invitational - Van Cortlandt Park, 10/8/16

Event 29 Boys 4k Run CC 1:51 Varsity F

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	Avg
1	Ridgewood	57	1+9+11+15+21 (30+44)									Avg: 13:15.00
2	Bergen Catholic	96	5+13+17+18+43+47+66									Avg: 13:31.74
3	Brighton 135	2+19+25+39+50+57+96										Avg: 13:38.74
4	Taylor Allderdice 156	10+16+26+31+73 (102+110)										Avg: 13:48.04
5	Montclair	186	22+28+29+52+55 (80+130)									Avg: 13:58.38
6	Ocean City	210	20+27+42+51+70 (90+91)									Avg: 14:02.18
7	Massapequa	264	38+48+53+61+64 (85+141)									Avg: 14:15.98
8	Sachem East	264	14+32+58+71+89 (107+115)									Avg: 14:13.14
9	West Genesee	272	3+36+69+78+86 (112+118)									Avg: 14:11.30
10	Brooklyn Tech	277	34+37+41+81+84 (117)									Avg: 14:18.80
11	Walt Whitman-MD	300	8+23+75+88+106 (116+123)									Avg: 14:18.34
12	Goshen	314	6+35+68+79+126 (152)									Avg: 14:20.82
13	Upper Dublin	327	33+45+67+74+108 (113+144)									Avg: 14:27.72
14	Horace Greeley	372	59+72+76+82+83 (97+100)									Avg: 14:38.82
15	Nyack	401	4+24+114+128+131 (135)									Avg: 14:32.34
16	New Providence	408	7+77+94+109+121 (145+149)									Avg: 14:38.28
17	Tottenville	435	40+60+104+111+120 (133+177)									Avg: 14:45.74
18	Sayville	455	12+63+119+127+134 (165)									Avg: 14:45.90
19	West Islip	465	56+62+93+125+129 (139+161)									Avg: 14:52.18
20	Yorktown	592	49+98+136+146+163 (178)									Avg: 15:21.04
21	North Babylon	623	87+101+124+154+157 (160+181)									Avg: 15:25.36
22	Lindenhurst	639	92+95+143+151+158 (173+180)									Avg: 15:28.34
23	Schenectady	641	46+65+169+175+186 (187)									Avg: 16:24.72
24	Weedsport	695	105+137+138+153+162 (166+171)									Avg: 15:39.04
25	Amherst-Pelham	696	99+122+155+156+164 (167+170)									Avg: 15:41.40
26	Hendrick Hudson 716	103+142+147+148+176 (179+184)										Avg: 15:52.34

Weather ▼ 

[★ MyFavorites](#) ▼ [Standings](#) ▼ [Scores & Schedules](#) ▼ Find a: [School](#) ▼

CONTEST: Who has the best football student section? VOTE in the r

[Boys Cross Country](#) · [Girls Cross Country](#)

## Live updates from the 2016 Manhattan Cross-Country Invitational

### LIVE UPDATES

2:05 P.M. Ridgewood to win the boys F race, **57-96** over Bergen Catholic.

2:04 p.m. WHAT A RACE BY BILLY BYRNE AND RIDGEWOOD!!! Bryne just dropped a 12:31 FTW!!

1:55 p.m. Light rain now falling

1:54 p.m. Ridgewood and Bergen Catholic are clashing now in the boys F race.

# Byrne, Rosas in select company

## Ridgewood, Bosco runners star

By PAUL SCHWARTZ  
STAFF WRITER

Until Saturday just two boys in Bergen County history had run under 12:32 on the nation's most historic cross-country course, the 2½-mile Van Cortlandt Park course in upper Manhattan.

Kevin Byrne of Paramus Catholic set the Bergen County record at 12:26.0 in 1976 and Bob Keino of Ridgewood broke it 16 years later at 12:25.8. Both went on to win state championships.

Saturday, Ridgewood's Billy Byrne ran 12:31.2 to easily win the boys F race and less than 25 minutes later Don Bosco's David Rosas went 12:27.0 for sixth in the Eastern States Championship race held as part of the Manhattan Invitational. They now rank third and fourth in course history for Bergen runners.

Byrne's win and outstanding performances from teammates Brad Rynkowski (ninth, 13:19.4), Will Baginski (11th, 13:21.1), Sid Wagh (15th, 13:26.8) and Jonah Nafziger (21st, 13:36.5) helped the Maroons defeat Bergen Catholic, 57-96, in a matchup of two of North Jersey's best teams. The Crusaders were led by Caleb Shafia in fifth in 13:11.3 and Braedon Fiume (13th, 13:22.2). Peter Theuerkauf (17th, 13:28.7) and Connor Secora (18th, 13:31.2) also ran well.

Rosas' sixth-place finish was the highest for a New Jersey runner in the 32-team mad scramble and his time was the fastest of the day for state finishers, with Byrne second. Rosas led Don Bosco to a fifth-place finish with 254 points. Perennial state champion Christian Brothers won the meet with the best score in meet history, 202 points.

Justin Touhy of Don Bosco was 26th in 13:06.9 and Joe Erskine was 32nd in 13:12.3, one of the top trios of the day. The meet drew more than 13,000 runners in more than 40 races.

The top two Bergen girls were Ashley Evans of Pascack Valley, 30th in the girls Eastern States in 15:36.2, and Sophia Wolmer of Bergen Tech, 32nd in girls F in 16:44.3.

**GARRET INVITATIONAL:** While some of the top North Jersey boys teams were battling at one of the largest invitational meets in the country, the Northern Highlands girls and Mackenzie Hughes of Holy Angels were prepping for future high-powered meets at one of the smallest invitationals.

Hughes, who became just the 10th Angel girl to break 19 minutes at Darlington at the Brett Taylor meet Oct. 1, came within five seconds of breaking the school record at Garret Mountain en route to an easy 200-meter win in the girls A race, taking more than 25 seconds off her previous Garret best and running 19:31 for the 5,000-meter course.

"Last year was my first year running cross-country and I think this

year I'm definitely more comfortable out there," said Hughes, who has stayed healthy while many of her teammates are returning from injuries. "Everyone is stepping up while we're getting healthy and I want to make sure I do my part."

Monica Hebner missed the meet with a slight cold and the rest of her team used the meet as a training session, but the top-ranked Highlanders still were impressive, placing six runners in the top 11 and rolling to a 28-55 win over Holy Angels for the team title.

Paige Wilderotter and freshman Daisy Liljegen had Garret bests and, sophomores Bridget Zimny and Quinn Carter and senior Melina North also had strong races.

Passaic's boys ran their usual tight pack in the boys A race, but Memorial's pack was tighter and faster and the Indians suffered their first major-meet loss, 36-56.

**GREYSTONE INVITATIONAL:** Ramapo's Alexandra Harris fell just short of winning the small-schools race at the Greystone Invitational at Greystone Park in Morris Plains, losing to Union Catholic star Jerika Lufrano by less than 15 meters. But the Green Raider senior ran a course-best 19:32.71, leading her team to a fourth-place finish. Linnea Gilligan (20:34.30) and Samantha Biss (20:41.24) were fourth and sixth for Lakeland, which finished second to Union Catholic in the team standings, while Mariajose Ortiz led Fort Lee to a third-place team score by finishing 15th.

Sarah Shannon (20:00.33), Sydney Shannon (20:10.20) and Nancy Habib (20:10.20) went 6-9-11 to help Passaic Tech to third place in the girls large-school race, while Fair Lawn, led by freshman Jenna Gerritsen in 17th, was sixth.

Jason Rodriguez of Passaic Tech was fourth in the boys large-school race in 16:37.04 with teammate Jackson Burnett eighth in 16:52.67.

Fair Lawn's Jonathan Marcus was sixth in 16:44.25. Passaic Tech was fourth as a team with 103 points and Fair Lawn was sixth with 154.

Masahiro Oikawa was ninth for Fort Lee in the small-schools race, helping his team to third place.

**ALL HALLOWS INVITATIONAL:** Friday, Passaic Valley and Secaucus had successful meets at Van Cortlandt Park.

Passaic Valley was second with 82 points and Secaucus third with 86 behind race-winner Curtis of Staten Island in the boys meet as both tuned up for division races. Adam Khriiss was fourth for Secaucus in 15:10.7 on the 2½-mile course followed by Noah Capehart of Passaic Valley in seventh (15:14.9) and Chris Bernabe of Secaucus in eighth (15:24.0).

Nina Ferrer (10th place) led Passaic Valley's girls to third.

## CROSS-COUNTRY ROUNDUP

Weather ▾

nj.com  
True Jersey.

HIGH SCHOOL SPORTS

★ MyFavorites ▾

Standings ▾

Scores & Schedules ▾

Find a: School ▾

CONTEST: Who has the best football student section? VOTE in the r

Boys Cross Country · Girls Cross Country

# CBA, Ridgewood, Colts Neck, Sellaro, Byrne, DeFeo, Wagner win at Manhattan (video)

By Jim Lambert | NJ Advance Media for NJ.com

on October 08, 2016 7:04 PM, updated October 08, 2016 11:20 PM

BRONX - **Christian Brothers** Academy, No. 1 in N.J. and No. 5 in the U.S., edged Princeton for the Eastern States title, and the Colts Neck and Ridgewood boys, **Billy Byrne, Ray Sellaro, Joey DeFeo, and Lauren Wagner** all scored huge victories at Saturday's 44th Manhattan Invitational at historic Van Cortlandt Park.

CBA was trailing N.J. #6 Princeton after each team had four runners across, but CBA's No. 5 runner, Ryan Miele, finished 23 spots ahead of Princeton's No. 5 to give the Colts a hard fought, 199-211 victory over Princeton. N.J. #9 Don Bosco Prep was 4th with 252.

## FULL RESULTS OF THE MEET

CBA, which captured its first Eastern States championship since 2013 and has now won 15 Eastern titles overall, averaged 13:12 over the 2.5-mile course and was led by junior Brian Hill, 11th in 12:42. One of the biggest keys to the victory for CBA was the performance of senior Riley Gardner. Filling in for soph. Patrick Kilcooley (minor injury), Gardner stepped up big time by finishing as the No. 4 man for CBA and 54th overall in 13:24.5.

CBA was also missing Drake Anzano and Noah Yuro, who have yet to race this season. Both are expected to make their season debuts later this month.

"We have so much depth on this team that when some guys can't run we always have other runners who can fill in and get the job done for us, and today Riley was that guy," said CBA senior Genaro Anzalone, 22nd in 13:02.5. "We know we can still win without all our top guys, so when we do get everyone back we feel we have a great chance to win the Regional again and get back to Nike Nationals. This was a real big victory for us. There's a lot of prestigious with winning this and bringing it back to CBA for the first time in a few years."

Princeton was bolstered by the addition of sophomore Acasio Pinheiro to its lineup. Pinheiro, who became eligible earlier this week after transferring from Wilberforce, finished third for his team and 27th overall in 13:08.9. Princeton's Alex Roth, 14th in 12:46.8, and Will Hare, 18th in 12:56, showed why they are one of the best 1-2 combinations in the state.



Colts Neck, ranked No. 3 in N.J., made a strong case to move up in the rankings by running the fastest average of the meet with a 13:07.4 as the Cougars rolled to the B Division title, 51-78 over N.J. No. 8 Cherokee. Jordan Brannan (12:32.2) and Anthony Russo (12:46.6) went 2-3 for Colts Neck, who jammed 4 runners in the top 10.

The 2 fastest N.J. runners of the day in boys competition were Don Bosco Prep senior David Rosas, 6th in the Eastern race in 12:27, and senior Elliot Gindi of Ocean Township, 8th in 12:29.3.



RESULTS RANKINGS CALENDAR VIDEOS PHOTOS NEWS TEAMS DISCUSS MORE

## Manhattan Invite Merge and New Jersey Notes | Varsity - Eastern Races



NJ MERGED RESULTS  
Robert Kellert  
Oct 9, 2016



8



Join our **UNIVERSAL** plan from  
**MileSplit PRO**

Page 1 of 9

### Boys Notes

For the boys individuals New Jersey's leader was [David Rosas](#) who finished sixth in the Eastern States race running 12:27, also top ten in that race [Elliot Gindi](#) of Ocean Twp in eighth 12:29. Rosas' time ranked him sixth among varsity runners when including other states and the meet as a whole was led by Pennsylvania's [Noah Affolder](#) of Carlisle who won the Eastern States race with a time of 12:11.

In total 15 boys went under 13 minutes for the Garden State, joining Rosas and Gindi in the top five were [Billy Byrne](#) of Ridgewood 12:31, [Jordan Brannan](#) of Colts Neck 12:32, and [Matt Grossman](#) of Millburn 12:33.

The team merge results pit many of the top teams in our state who will be competing for the state title against each other. Christian Brothers Academy, who won the Eastern States race for the first time since 2013, led the New Jersey only merge with 128 points a team average of 13:12 and a split of 48 seconds. They were led by Brian Hill who had the sixth best time of the meet for our state at 12:42.

Right there with the Christian Brothers are the Colts Neck boys who scored just five points behind at 133 averaging a time of 13:07 and splitting 1:12 between their top five. Colts Neck won their Varsity B division race with 46 points. Princeton and Ridgewood also right there in the New Jersey merge scoring 145 and 155. Princeton went head to head with CBA in that Eastern States race placing second where it should be noted they both faced a lot more traffic up front.

The overall merge was won by St John's from Massachusetts who scored 378. Christian Brothers finished in third with 479 points, Colts Neck came up fourth with 490. Five teams from New Jersey finished top ten overall in the merge!

# Garret Invitational - Garret Mountain, 10/8/16

## Event Boys 5k Run CC **JV**

---

---

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Ridgewood HS	18	1+2+3+4+8 (9+16)					0:43 1-5 Split   18:06 Avg				
2	Northern Highlands	91	6+13+15+22+35 (36+71)					1:55 1-5 Split   19:12 Avg				
3	Indian Hills HS	103	5+10+12+19+57					3:49 1-5 Split   19:26 Avg				
4	Memorial HS (W. NY)	125	20+23+24+28+30 (31+40)					0:36 1-5 Split   19:49 Avg				
5	Sparta HS	145	21+25+32+33+34 (37+38)					0:46 1-5 Split   20:04 Avg				
6	Passaic HS	161	17+26+29+43+46 (49+78)					2:04 1-5 Split   20:19 Avg				
7	Livingston HS	181	11+27+41+50+52 (59+75)					3:03 1-5 Split   20:36 Avg				
8	Sayreville HS	210	7+14+55+65+69 (76+86)					4:09 1-5 Split   20:50 Avg				
9	Madison HS	237	18+47+51+58+63 (72+82)					3:01 1-5 Split   21:22 Avg				
10	North Bergen HS	267	44+48+53+60+62 (90)					1:00 1-5 Split   21:48 Avg				
11	Sussex Co. V/T	302	42+45+61+73+81 (87)					2:30 1-5 Split   22:15 Avg				
12	Mahwah HS	310	39+54+66+74+77					2:40 1-5 Split   22:11 Avg				
13	Pequannock HS	360	64+67+70+79+80 (89)					1:07 1-5 Split   22:53 Avg				
14	Cedar Grove HS	376	56+68+83+84+85 (88)					2:13 1-5 Split   23:19 Avg				

## Event Boys 5k Run CC **Soph**

---

---

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Ridgewood HS	34	1+4+7+9+13 (15+16)					1:39 1-5 Split   19:34 Avg				
2	Morris Hills HS	48	2+6+11+12+17 (23)					2:53 1-5 Split   20:11 Avg				
3	Hackensack HS	62	3+8+10+19+22					4:41 1-5 Split   21:00 Avg				
4	Northern Highlands	78	5+14+18+20+21 (24)					3:41 1-5 Split   21:36 Avg				

## Event Boys 5k Run CC **Frosh**

---

---

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Ridgewood HS	35	3+4+7+10+11 (12+13)					0:24 1-5 Split   12:02 Avg				
2	St. Rose HS	61	2+5+6+21+27					1:54 1-5 Split   12:24 Avg				
3	Memorial HS (W. NY)	85	1+14+19+25+26 (28+37)					1:46 1-5 Split   12:37 Avg				
4	Hackensack HS	98	8+9+20+30+31 (33+34)					1:52 1-5 Split   13:00 Avg				
5	Morris Hills HS	109	16+17+18+23+35 (36)					2:34 1-5 Split   13:11 Avg				
6	Indian Hills HS	122	15+22+24+29+32 (38)					1:42 1-5 Split   13:16 Avg				

**EXPAND**

**ATTENTION NEW JERSEY TRANSIT PA**

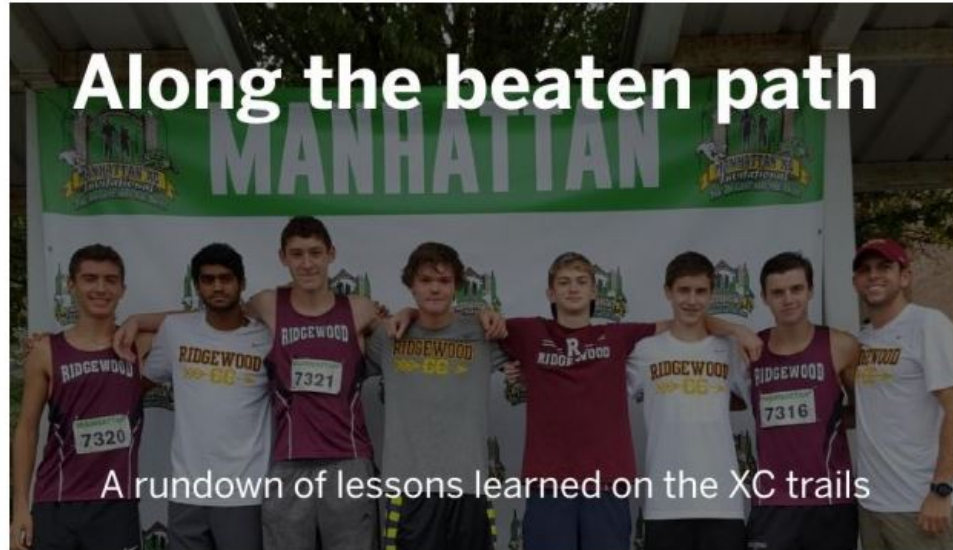
★ MyFavorites ▾

Standings ▾

Scores & Schedules ▾

Find a: School ▾

# Boys Cross Country



## What we learned during 5th week of the N.J. cross-country season

Share 0 3 / 20

Billy Byrne of Ridgewood wins the F Division race at the 2016 Man...

**Byrne engineers Ridgewood express**

Billy Byrne continued his torrid senior season on Saturday when he hammered his way to victory in 12:31.2 to lead Ridgewood to the F Division title at the Manhattan Invit. Ridgewood averaged 13:15 and went 1-9-11-15-21 for a 57-96 victory over Bergen Catholic. Ridgewood also placed 8th in the merge team scoring among the 222 teams that competed at the meet.

Jim Lambert | NJ Advance Media for NJ.com







**“CIT is competitive, flexible and always available to talk.”**

0:06 / 0:29



2016 RANKINGS:  WEEK:  [Flo50 XC Home](#)

## Boys New Jersey Rankings Poll

RANK	TEAM	LAST RESULT	COMMENTS
1 <sup>-</sup> <sub>0</sub>	 Christian Brothers Academy	1st @ Manhattan HS Invitational	80 Votes/8 First Place / Eastern States Champs! And with a different lineup than what we saw at Bowdoin in Sept. That says it all. Next - 10/18 @ Monmouth Co. Championships (Holmdel Pk.)
2 <sup>▲</sup> <sub>4</sub>	 Colts Neck HS	2nd @ Manhattan HS Invitational	62 Votes / This team continues to show improvement. Winners of the "B" Race at Manhattan with 4 in the top 10 (#2 Jersers in merge). Their 13:08 avg. makes you wonder...what if? Makes their next meet an interesting proposition. Next - 10/18 @ Monmouth Co. Championships (Holmdel Pk.)
3 <sup>-</sup> <sub>0</sub>	 Princeton HS	3rd @ Manhattan HS Invitational	51 Votes / The addition of Pinheiro (13:09 @ Manhattan) gives these Tigers, arguably, the best 1-2-3 in the state. Runner up spot in Eastern States Race (#3 Jersers overall) stamps this team as legit contenders. Next - 10/28 @ Mercer Co. Championships (Thompson Pk, Jamesburg)
4 <sup>▼</sup> <sub>2</sub>	 Voorhees HS	1st @ 11th Annual XC Fall Classic	50 Votes / Overall winners at the XC Fall Classic (16:21 avg/58 sec. compression) a scant 34 seconds between 1&4 will mean a lot in the November races. Next - 10/13 at
5 <sup>▼</sup> <sub>1</sub>	 Indian Hills HS	@ Did Not Run	50 Votes / The Braves took a bye on this week as they gear up for the Championship portion of the season. Next - 10/14 @ Big North Conf. Championships (Darlington Pk, Mahwah)
6 <sup>▼</sup> <sub>2</sub>	 Ridgewood HS	4th @ Manhattan HS Invitational	45 Votes / Behind Billy Byrnes masterful 12:32 win, the Maroon took the "F" Race at Manhattan and were the 4th group of Jersers at VCP. 57 points is a great score in any race at Manhattan Next - 10/14 @ Big North Conf. Championships (Darlington Pk, Mahwah)



### 6-Ridgewood

Ridgewood, No. 5 last week, won the F race at the Manhattan Invit., 57-96 over Bergen Catholic. Sr. Billy Byrne led the charge with a winning time of 12:31.2 as Ridgewood averaged 13:15 and placed 4th in the N.J. merge team scoring.

Jim Lambert | NJ Advance Media for NJ.com

Atlantic Stewardship Bank  
Faithful to our customers™

Billy Byrne of Ridgewood wins the F Division race at the 2016 Man...



### 4-Billy Byrne, Ridgewood

Byrne, a senior who ranked No. 11 in the state last week, continued his surge up the rankings by winning the F race in 12:31.2 at last Saturday's Manhattan Invit.

Jim Lambert | NJ Advance Media for NJ.com

Atlantic Stewardship Bank  
Faithful to our customers™

Business Lending

# H.S. boys cross-country: Indian Hills holds top spot in The Record Top 25 rankings for Oct. 14

## The Top 25

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

## RIDGEWOOD CROSS-COUNTRY

# Boys' top seven settled

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

The turning of the calendar to October has signaled an end to the turning over of the Ridgewood High School boys cross-country lineup.

Seven runners have cemented their spots for the Maroons, who are hoping to establish themselves over potentially the next seven weeks, which would mean a trip to the Nike Northeast Regionals in late November.

But head coach Patrick Ryan hasn't thought that far ahead yet.

"Stuff can always change, but at the moment we're definitely set," Ryan said in an interview Tuesday about his top seven, which delivered a second-place finish for the team in the Varsity C Division at last Saturday's Shore Coaches Invitational at Holmdel.

Senior Billy Byrne is at the front of that pack and showed why with a third-place effort at the Shore to go along with first-place efforts at both dual meets he competed in — versus Hackensack on Sept. 12 and against Indian Hills and Northern Highlands on Sept. 27.

Byrne is supported by fellow seniors Brad Rynkowski, Matteo Robazza and Jonah Naftzger, junior Sid Wagh and sophomores Will Baginski and Ryan Fahey, all of whom finished in the top 38 of the 184 runners at the Shore meet.

"Down at the Shore, everyone that ran [a personal best], most of them pretty sizably," Ryan said.

The coach said his top seven runners are clocking times about



PHOTO/ROBIN GOTTESMAN

Billy Byrne is the Maroons' top runner heading into the major meets portion of the schedule.

30 seconds faster than their nearest competitors on the team, and, while he's not shocked at who has emerged, their performances have exceeded his expectations.

"The scenarios have been pretty true to how I envisioned it. The times haven't, though," he said. "They're running faster than really anyone would have guessed at

this point in the season. Usually we have to wait a little longer for those times to drop, but they started dropping early on."

The only squad to edge Ridgewood at the Shore was familiar rival Indian Hills, which previously had beaten the Maroons in that

See **BOYS XC**, page C2

### BOYS XC from C1

Sept. 27 dual meet to take home the Big North Freedom Division regular-season crown.

Indian Hills registered 71 points to the Maroons' 77 thanks in large part to the 7-8-9 finish by Steve Fiumefredo, Tom Holster and Derek Barney. Ridgewood also finished second to the Braves in last year's Shore Varsity B race.

The two teams will square off again in next Friday's Freedom meet at Darlington Park in Mahwah.

"We're two different teams. They don't have a Billy Byrne, but they do have a pack of five that is so consistent and elite runners in their own right," Ryan said. "There's no question that in the next couple of weeks that they're going to be very

close meets if we both do our parts. It will be exciting for sure."

Following the division meet, Ridgewood also is hoping to have big days in the Bergen County group meet on Oct. 22, the Bergen Meet of Champions on Oct. 29 and the North 1, Group 4 sectional on Nov. 5.

"They know that once we start getting to that second and third week of October, that this is where we make our money," Ryan said. "This is all the fun stuff that's coming up. The whole summer and first half of the season have been leading up to this."

First, however, the Maroons will race in the Garret Mountain Invitational on Saturday.

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

# Big North Championships; Freedom Division - Darlington, 10/14/16

Event Boys 5k Run CC Varsity

Name	School	Final
5000m		
1 Billy Byrne 12	Ridgewood HS	15:32.001
2 Tom Holster 12	Indian Hills HS	15:44.002
3 Steven Fiumefreddo 11	Indian Hills HS	15:52.003
4 Chris Corcoran 12	Indian Hills HS	15:57.004
5 Brad Rynkowski 12	Ridgewood HS	15:59.005
6 Chris Leymeister 11	Indian Hills HS	16:01.006
7 Sid Wagh 11	Ridgewood HS	16:03.007
8 Derek Barney 12	Indian Hills HS	16:08.008
9 Matteo Robazza 12	Ridgewood HS	16:14.009
10 William Baginski 10	Ridgewood HS	16:31.0010
11 Nick Weuste 11	Paramus HS	16:44.0011
12 Dylan Pappas 12	Indian Hills HS	16:45.0012
13 Ryan Fahey 10	Ridgewood HS	16:56.0013
14 Jonah Naftzger 12	Ridgewood HS	16:58.0014

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Indian Hills HS	23	2+3+4+6+8 (12+15)					0:24 1-5 Split   15:56 Avg				
2	Ridgewood HS	32	1+5+7+9+10 (13+14)					0:59 1-5 Split   16:03 Avg				
3	Northern Highlands	101	16+19+20+21+25 (27+29)					0:55 1-5 Split   17:28 Avg				
4	Paramus HS	116	11+22+24+26+33 (34+37)					1:58 1-5 Split   17:47 Avg				
5	Hackensack HS	118	17+18+23+28+32 (35+36)					1:32 1-5 Split   17:49 Avg				
6	Ramapo HS	178	30+31+38+39+40 (41+42)					1:48 1-5 Split   19:19 Avg				

Event Boys 5k Run CC JV

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Ridgewood HS	23	1+2+4+7+9 (10+12)					0:52 1-5 Split   17:26 Avg				
2	Indian Hills HS	43	3+6+8+11+15 (42)					1:15 1-5 Split   17:50 Avg				
3	Demarest	102	5+20+21+25+31 (47+48)					2:14 1-5 Split   18:51 Avg				
4	Northern Highlands	122	13+14+26+34+35 (38+43)					1:41 1-5 Split   19:11 Avg				
5	Pascack Valley HS	136	19+23+24+33+37 (40+41)					1:12 1-5 Split   19:26 Avg				
6	Hackensack HS	139	16+27+28+29+39 (44+45)					1:26 1-5 Split   19:26 Avg				
7	Old Tappan	152	18+22+30+36+46 (59)					2:17 1-5 Split   19:44 Avg				
8	Tenafly HS	208	17+32+50+51+58					9:02 1-5 Split   22:43 Avg				
9	Bergenfield HS	263	49+52+53+54+55 (56+57)					3:17 1-5 Split   24:33 Avg				

Event Boys 1.65 mi Run CC Frosh

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Ridgewood HS	18	1+2+3+5+7 (9+10)					0:10 1-5 Split   9:09 Avg				
2	Old Tappan	61	4+8+14+15+20 (23+31)					0:52 1-5 Split   9:36 Avg				
3	Indian Hills HS	103	13+16+17+18+39 (52)					1:05 1-5 Split   10:00 Avg				
4	Hackensack HS	114	6+12+25+28+43 (44+47)					1:41 1-5 Split   10:01 Avg				
5	Demarest	141	11+27+30+32+41 (45+46)					1:22 1-5 Split   10:16 Avg				
6	Ramapo HS	153	21+24+29+37+42 (49+50)					0:48 1-5 Split   10:26 Avg				
7	Paramus HS	159	19+22+33+34+51					2:34 1-5 Split   10:44 Avg				
8	Northern Highlands	175	26+35+36+38+40 (48+53)					0:32 1-5 Split   10:36 Avg				



# Ridgewood duo earn meet wins

## Indian Hills, Highlands are champs

By **PAUL SCHWARTZ**  
STAFF WRITER

MAHWAH — Ridgewood's Billy Byrne and Olympia Martin showed at Friday's Big North Freedom and National championships why they're favored to win the individual races at the Lou Molino Bergen Meet of Champions on Oct. 29.

Byrne ran a sizzling 15:32, 11th fastest time in history of the Darlington Park course, to win the boys Freedom race, while Martin, the defending group 4 state champion, defeated a stellar field in the girls Freedom race, running 18:21, the fastest girls major meet time at Darlington this year.

But they couldn't carry their respective teams to victory as the top-ranked teams in The Record polls, the Indian Hills boys and the Northern Highlands girls, scored easier-than-expected victories to win Freedom team titles. Indian Hills ran the seventh fastest team race ever run at Darlington to defeat Ridgewood, 23-32, in the boys race, while Northern Highlands wasn't hindered by the loss of No. 3 runner Paige Wilderotter just before the race and handed Ridgewood a solid 38-55 defeat in the girls race.

In the National Division, Ashley Evans of Pascack Valley and Ty Miller of Northern Valley/Demarest each scored impressive victories individually. The NV/Demarest boys confirmed their status as the National's best team, placing its seven runners within the top 13 en route to a 27-49 win over sister school NV/Old Tappan. NV/Old Tappan, bolstered by the return of Mary Scivanich, avenged dual meet losses to NV/Demarest and Pascack Valley for a 38-45-49 victory but Demarest still claimed its first divisional title since the 2000 NBIL Division 1 after an undefeated dual season.

Byrne looked almost effortless by powering away in the final 1,200 meters from one of the fastest fields ever seen in a league meet. The top five runners all broke 16 minutes on the Darlington course and all

### BIG NORTH CHAMPIONSHIPS

seven runners on both Ridgewood and Indian Hills were under 17 minutes. By contrast, only 13 other runners from all teams in the other three divisions run to date were under 17 minutes.

"That was hard," said Byrne, who broke the race open after Indian Hills stars Derek Barney and Tom Holster had controlled the first two-thirds of the 5,000 meter course. "I stayed with them as they made their moves in the first two miles and then I made my move."

Holster was second in 15:44 and Indian Hills teammates Steven Fiumefreddo and Chris Corcoran were right behind Holster under 16 minutes. With Chris Leymeister (16:01) and Barney (16:08) also running well, the Braves were able to hold off a very good Ridgewood team that combined for the 10th fastest time in course history.

Martin, who enjoyed a sensational junior year, which included medals in the state Meet of Champions cross-country and indoor track seasons, seemed to run out of gas late last spring but has found herself again this fall.

"I wasn't eating properly and I probably was running harder at times than I should," said Martin, who will make her second of five official visits this weekend at Rutgers after an earlier trip to the University of California, Berkeley. "I wasn't getting enough iron and protein but I feel fine now."

Wilderotter warmed up Friday but wasn't able to run for Highlands, but the 2-4 finish of Monica and Isabel Hebner and a huge sixth place finish by freshman Daisy Liljegren (19:33) enabled the Highlanders to overcome her absence.

Evans looked very good in her easy National win, lowering her Darlington school record to 19:04. She had a fine performance at Saturday's Eastern States meet at Van Cortlandt Park, where she finished 30th against many of the best runners on the Eastern Seaboard.

**BOYS CROSS-COUNTRY**

# RHS senior repeats as Freedom champ

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

A sprint to the finish line sealed the Big North Freedom Division title last season for Billy Byrne.

No such dramatics would be necessary for the Ridgewood senior this season.

Byrne coasted to a 12-second victory in 15:32 at last Friday's Freedom meet at Darlington Park in Mahwah, claiming another division individual title and adding to an impressive 2016 résumé.

"It feels good, especially racing a really good team like Indian Hills," Byrne said of the Braves, who edged the Maroons in the team competition, 23-32.

The Indian Hills trio of Tom Holster, Steven Fiumefreddo and Chris Corcoran finished 2-3-4 right behind Byrne but not nearly as close as last year's race at Garret Mountain Reservation.

"Last year was a lot tougher for him to win it than it was for him this year," said Ridgewood head coach Patrick Ryan, referring to the one-second win over the Braves' Matt Cohane.

"[This year], the last half of the race he ran very hard, but the first half he was very conservative," the coach said, "so the fact that he could run such a good time and really not have the hammer down until the last two-and-a-half [kilometers] is definitely exciting."

The Maroon senior laid out a plan before the race and executed almost perfectly.

"I kind of let them take it out for the first, probably, mile and a half," he said. "I pushed or surged at the downhill...and kind of separated myself."

Byrne is the first Ridgewood runner to win consecutive division meets since Bob Keino did so in 1992 and 1993, winning the



PHOTO COURTESY OF JACOB BROWN

Senior Billy Byrne became the first Maroon runner in more than two decades to win consecutive division titles.

NNJIL Atlantic division.

Add that to the list of Byrne's accomplishments this year, which also include a gold medal at the Varsity F Division race at the Manhattan Invitational on Oct. 8 and a third-place effort in the Varsity C Division at the New Balance Shore Coaches Invitational at Holmdel County Park on Oct. 1, and it's easy to see why he's garnering attention from outside North Jersey.

"It's always nice to get a little

state recognition. People know who he is now, and they know that Holmdel wasn't a one-hit wonder and he's here to stay," Ryan said. "That Holmdel race lit a fire under him a little bit. That win in Manhattan definitely has been doing plenty to help his confidence. He's not really showing any signs of being nervous or being unprepared for the position he's found himself in."

See **BYRNE**, page C3

**BYRNE from C1**

Byrne, who last year placed 10th at the Bergen Meet of Champions, fifth in the North 1, Group 4 meet and also earned a berth in the State Meet of Champions, said he hasn't thought much about the publicity he's earned for his fast start to the 2016 season.

"I guess it's kind of cool," the soft-spoken runner said.

"He's handling it very well," Ryan said. "Anytime you're thrust into the spotlight unexpectedly, one of two things can happen. One, you stay there or two, you freak yourself out a little bit. He's definitely flourished."

Despite winning the division race, Byrne remained disappointed that Ridgewood fell short to Indian Hills again. Each of the top 10 finishers was either a Brave or a Maroon, including Brad Rynkowski (fifth place), Sid Wagh (seventh), Matteo Robazza (ninth) and Will Baginski (10th) for Ridgewood.

Ridgewood sophomore Ryan Fahey placed 13th, while senior Jonah Naftzger, who Ryan said had missed three days of school during the week with a 101-degree fever, placed 14th.

"Except for [Naftzger], every single person ran a [personal best] at the league meet," Ryan said. "We competed well; that's all you can hope for. You can't control what the other team does."

Ridgewood will not have to contend with the Braves this weekend at the Bergen County Championships. In the second year of the five-group format, the Maroons are back in Group A — the division they were a part of under the old four-group set-up — after competing in Group B last year.

Ridgewood has not won a county meet since 2005, thanks largely in part to competing against non-public power Don Bosco for several years and losing out to Indian Hills in 2015.

"We luck out a little bit," Ryan said of the newly organized groups. "It's nice to run against some of the best teams in New Jersey, but it's nice to get a break a little bit too. Indian Hills and us butt heads almost every week from the start of October until we get to state sectionals."

"It's going to be nice to let the guys run fast and not really have to worry about having another team in the hunt," he added. "I think we should win the meet pretty handily."



PHOTO/ROBIN GOTTESMAN



Sid Wagh placed seventh in last Friday's Big North Freedom Division race at Darlington Park in Mahwah.

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



2016 RANKINGS:  WEEK:  [Flo50 XC Home](#)

## Boys New Jersey Rankings Poll

RANK	TEAM	LAST RESULT	COMMENTS
1 $\bar{0}$	 Christian Brothers Academy	@ Did Not Run	80 Votes/ 8 First Place Last - Bye Week Next - 10/18 @ Monmouth Co. Championships (Holmdel Pk.)
2 $\bar{0}$	 Colts Neck HS	@ Did Not Run	72 Votes / Last - Bye Week Next - 10/18 @ Monmouth Co. Championships (Holmdel Pk.)
3 $\bar{0}$	 Princeton HS	@ Did Not Run	59 Votes / Last - Bye Week Next - 10/28 @ Mercer Co. Championships (Thompson Pk, Jamesburg)
4 $\blacktriangle 1$	 Indian Hills HS	1st @ Big North League Championships - Freedom / National Div.	54 Votes / Last - Winners, over Ridgewood, of the Freedom Div. at the Big North Divisional Meet. (23pts/15:56 avg/24 sec split) Next - 10/22 @ Bergen Co. Group Championships (Darlington Pk, Mahwah)
5 $\blacktriangledown 1$	 Voorhees HS	1st @ Hunterdon, Warren, Sussex XC Championship	50 Votes / Last - Champs at the Hunterdon/Warren/Sussex Meet (43 pts/16:27 avg/40 sec compression) Next - 10/20 @ Skyland Conf. Championships (Natirar Pk, Peapack)
6 $\bar{0}$	 Ridgewood HS	2nd @ Big North League Championships - Freedom / National Div.	40 Votes / Last - 2nd behind Indian Hills at the Big North Divisional meet (32 pts/ 16:03 avg/59 sec, 1-5 split Next - 10/22 @ Bergen Co. Group Championships (Darlington Pk, Mahwah)



### 6-Ridgewood

Ridgewood stays at No. 6 after placing second to Indian Hills, 23-32, in the Freedom Division race at the Big North Championships. Ridgewood averaged 16:03.

Jim Lambert | NJ Advance Media for NJ.com



Billy Byrne of Ridgewood wins the F Division race at the 2016 Man...

### 4-Billy Byrne, Ridgewood

Byrne, a senior, stays at No. 4 after running 15:32 to win the Freedom Division race at the Big North Championships last week at Darlington Park.

Jim Lambert | NJ Advance Media for NJ.com

**PC.RICHARD & SON.**  
**"THE APPLIANCE • ELECTRONICS  
COMPUTER GIANT!"**

## Bergen County Cross-Country Championships preview breakdown



*Staff writer Paul Schwartz breaks down Saturday's Bergen County Cross-Country Championships at Darlington County Park in Mahwah division by division:*

**BOYS**

**DIVISION A**

**Race starts:** 10 a.m.

**Teams:** Bergenfield, Bergen Tech, Fair Lawn, Hackensack, Northern Highlands, NV/Old Tappan, Paramus, Pascack Valley, Ridgewood, Teaneck.

**Favorites:** Ridgewood, NV/Old Tappan, Northern Highlands, Fair Lawn, Pascack Valley.

**Returning Top 10 finisher:** Billy Byrne, Ridgewood (3rd).

**Other contenders:** Anthony DiIorio, Bergen Tech; Jonathan Marcus, Fair Lawn; Justin Kim, NV/Old Tappan; Nick Weuste, Paramus; Jeff Roberts, Pascack Valley; Brad Rynkowski, Sid Wagh, Matteo Robazza and Will Baginski, Ridgewood.

**How the race will go:** With Indian Hills moving down to Division B, Ridgewood will win its first division title since 2005 and should put five runners in the top 10. The second automatic spot is up for grabs between NV/Old Tappan, Northern Highlands, Pascack Valley and Fair Lawn, with the other three teams contending for the three wild card spots. Byrne is the prohibitive favorite to win the individual title, with Rynkowski and Wagh probably second and third. There are several runners in the race who should run personal bests with smart races.

# Boys cross-country rankings: The Top 25

## Boys cross-country top 25

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

## Bergen County Group Championships - Darlington, 10/22/16

Event Boys 5k Run CC Varsity Group A

Name	School	Final
5000m		
1 Billy Byrne 12	Ridgewood HS	16:00.001
2 Sid Wagh 11	Ridgewood HS	16:11.002
3 William Baginski 10	Ridgewood HS	16:16.003
4 Jeff Roberts 12	Pascack Valley HS	16:18.004
5 Brad Rynkowski 12	Ridgewood HS	16:22.005
6 Anthony Di Iorio 11	Bergen Co. V/T	16:23.006
7 Matteo Robazza 12	Ridgewood HS	16:25.007
8 Justin Kim 11	Old Tappan	16:26.008
9 Jonah Naftzger 12	Ridgewood HS	16:41.009
45 Soham Basu 12	Ridgewood HS	18:28.0045

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9		
1	Ridgewood HS	18	1+2+3+5+7 (9+45)						0:25 1-5 Split   16:14 Avg				
2	Old Tappan	86	8+12+17+19+30 (35+42)						1:23 1-5 Split   17:13 Avg				
3	Pascack Valley HS	97	4+20+21+24+28 (41+44)						1:30 1-5 Split   17:24 Avg				
4	Northern Highlands	112	13+16+18+26+39 (58)						0:54 1-5 Split   17:35 Avg				
5	Paramus HS	132	10+14+25+33+50 (52+59)						2:06 1-5 Split   17:41 Avg				
6	Fair Lawn HS	137	11+22+31+36+37 (46+49)						1:15 1-5 Split   17:38 Avg				
7	Bergen Co. V/T	149	6+23+29+43+48 (55+56)						2:20 1-5 Split   17:47 Avg				
8	Hackensack HS	152	15+27+32+38+40 (47+51)						0:50 1-5 Split   17:49 Avg				
9	Teaneck HS	258	34+53+54+57+60 (61)						1:35 1-5 Split   18:53 Avg				

Event Boys 5k Run CC **JV Large**

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9		
1	Don Bosco Prep	30	1+2+7+8+12 (13+14)						0:45 1-5 Split   17:20 Avg				
2	Ridgewood HS	38	3+4+6+10+15 (16+18)						0:38 1-5 Split   17:28 Avg				
3	Bergen Catholic HS	61	5+9+11+17+19 (22+23)						1:05 1-5 Split   17:48 Avg				
4	Pascack Valley HS	148	24+26+29+30+39 (40+50)						0:57 1-5 Split   19:02 Avg				
5	Hackensack HS	178	21+28+35+42+52 (56+57)						1:35 1-5 Split   19:22 Avg				
6	Northern Highlands	191	25+38+41+43+44 (58+67)						1:07 1-5 Split   19:33 Avg				
7	River Dell HS	192	27+33+34+45+53 (59+62)						1:19 1-5 Split   19:30 Avg				
8	Bergen Co. V/T	197	31+36+37+46+47 (49+55)						0:55 1-5 Split   19:36 Avg				
9	Fair Lawn HS	270	32+51+60+63+64 (65+66)						1:49 1-5 Split   20:23 Avg				
10	Tenaflly HS	281	20+48+68+72+73						6:15 1-5 Split   21:35 Avg				
11	Paramus Catholic HS	325	54+61+69+70+71						2:12 1-5 Split   21:25 Avg				

Event Boys 1.65mi Run CC **Frosh Large**

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Ridgewood HS	27	1	4	5	8	9	10	11	Total Time: 46:36.00 Average: 9:19.2		
2	Don Bosco Prep	63	3	12	15	16	17	18	24	Total Time: 47:59.00 Average: 9:35.8		
3	Old Tappan	63	2	6	14	19	22	25	36	Total Time: 48:04.00 Average: 9:36.8		
4	Bergen Co. V/T	143	13	27	28	33	42					Total Time: 52:22.00 Average: 10:28.4
5	Paramus HS	155	21	23	30	34	47					Total Time: 55:15.00 Average: 11:03.0
6	Bergen Catholic HS	156	20	29	32	35	40	46				Total Time: 53:22.00 Average: 10:40.4
7	Hackensack HS	157	7	31	37	39	43					Total Time: 53:35.00 Average: 10:43.0
8	Northern Highlands	194	26	38	41	44	45	48				Total Time: 55:08.00 Average: 11:01.6

BERGEN COUNTY CROSS-COUNTRY CHAMPIONSHIPS

# Pascack Hills savors crown

## Cowboys repeat as champions

By **PAUL SCHWARTZ**  
STAFF WRITER

MAHWAH – On a day that the other four boys divisional winners showed why they might all have a chance to reach the State Meet of Champions, Pascack Hills, the C Division winner at the Bergen County group cross-country championships, made history of its own.

Four other times in the more than 40 years since the meet was split into groups or divisions, the Cowboys had won divisional or group championships but had failed in attempts to repeat.

Not so on Saturday as Pascack Hills put its top six runners into a tight 33-second pack between fourth and 14th places to defeat Ramsey, 40-68, and retain the title.

“Our goal was to repeat as county champs,” said senior Keith Petrellese, one of five boys to be part of both championship teams and the Cowboys’ top finisher in fourth place. “We hoped to run better last Saturday [in the Big North Patriot divisional race], but River Dell beat us pretty badly. Today we got out front quickly and stayed there.”

Nicholas Beutel, fifth in the race, credited a change in approach in helping Pascack Hills come back from the disappointing league meet loss.

“We had our tough workout earlier in the week and we were less tired when we got on the course today,” said Beutel, who ran 14 seconds faster in arguably much worse conditions than he had the week before. In fact, four of the five seniors, Petrellese, Beutel, Nick Curcio and Anthony Michielini were appreciably better over the 5,000-meter Darlington Park course than they had been last Saturday.

“I thought we’d be a lot closer to River Dell than the final margin, so we were disappointed,” said Hills coach Bob Buccino. “We backed off a little in training this week because we really wanted to win this again.”

Race winner Jake Cooper of Park Ridge/Emerson, who edged Nick Kaczorowski of Ramsey by just 10 yards in the closest race of the day, celebrated his first major victory, a year after one of his most disappointing races, a 16th place finish, which kept him out of the Meet of Champs.

“I got diagnosed with patellar tendonitis soon after this race last year and I ended up needing surgery in mid-December that kept me out for three months,” said Cooper, who still does conditioning exercises to keep that right leg stronger. “After the way I ran as a freshman, I expected a lot more – a lot more like today.”



JIM ALCORN/SPECIAL TO THE RECORD

Park Ridge/Emerson’s Jake Cooper took home the C Division title at the Bergen County group championships Saturday.

Ridgewood (Division A), Indian Hills (Division B), Bogota (Division D) and Don Bosco (Division E) scored easy wins as expected, with team leaders Billy Byrne of Ridgewood, Tom Holster of Indian Hills, and David Rosas of Don Bosco all taking individual titles without extending themselves on a day, where the weather was frequently glacial like late November instead of the mild weather this fall had brought until Saturday.

Indian Hills and Bogota produced the fourth and fifth one-to-five sweeps of the meet’s history

and the Bucs, winning D for a record-tying fifth straight time, all recorded personal bests, including Danny Daurio, who ran the fastest race in all five groups, clocking 15:51 as both he and runner-up James Draney went under 16 minutes.

“We felt they needed a good hard run to build some confidence for the next few weeks,” said Bogota assistant coach Pat Rochford. “All six of our boys had Darlington personal bests and they’re ready to run for the next four weeks, hopefully.”

## Doc Braver North Jersey Frosh/JV Invitational - Darlington, 10/27/16

Event Boys 5k Run CC JV Large

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Ridgewood HS	32	1+2+6+10+13	(14+15)							0:39	1-5 Split   17:22 Avg
2	Bergen Catholic HS	41	3+4+5+12+17	(20+23)							0:34	1-5 Split   17:28 Avg
3	Indian Hills HS	79	7+9+18+21+24	(56)							0:53	1-5 Split   17:53 Avg
4	Tenaflly HS	86	8+11+19+22+26	(42+67)							1:00	1-5 Split   17:56 Avg
5	Don Bosco Prep	144	16+25+29+36+38	(47+50)							1:16	1-5 Split   18:35 Avg
6	Hackensack HS	177	27+33+34+39+44	(49+51)							0:56	1-5 Split   18:56 Avg
7	Paramus Catholic HS	206	32+35+40+46+53	(54+55)							1:06	1-5 Split   19:15 Avg
8	Fair Lawn HS	206	28+31+37+52+58	(61+62)							1:39	1-5 Split   19:17 Avg
9	Wayne Valley HS 225	30+43+45+48+59	(63+65)							1:41	1-5 Split   19:33 Avg	
10	Wayne Hills HS	288	41+57+60+64+66	(68+69)							2:12	1-5 Split   20:24 Avg



Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Ridgewood HS	16	1+2+3+4+6 (7+8)					0:22 1-5 Split   9:11 Avg				
2	Wayne Valley HS 68	10+11+14+16+17 (18+22)	0:35 1-5 Split   10:01 Avg									
3	Hackensack HS	96	5+19+23+24+25 (26+27)					1:33 1-5 Split   10:20 Avg				
4	Fair Lawn HS	108	9+13+15+35+36					3:10 1-5 Split   11:05 Avg				
5	Bergen Catholic HS	113	12+20+21+29+31 (33)					1:38 1-5 Split   10:36 Avg				
6	Wayne Hills HS	161	28+30+32+34+37					2:01 1-5 Split   11:52 Avg				

**RIDGEWOOD SPORTS ROUNDUP**

# Cross-country teams get in gear for BMOC

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

For the Ridgewood High School girls cross-country team, two stories will be at the forefront of this weekend's Bergen Meet of Champions (BMOC).

In Olympia Martin, RHS has a runner aiming for a shot at individual history. As a team, Ridgewood is hoping to move beyond some close calls and win a major meet title this Saturday at Darlington Park in Mahwah.

Last weekend, and the Bergen County championships, Martin won with relative ease, taking the Group A race by a 20-second margin Saturday at Darlington.

However, for a second consecutive week, Northern Highlands topped Ridgewood in the team competition, this time by a 40-44 score.

While the Maroons have won the BMOC five straight time, Martin would be the first Ridgewood runner to claim gold since 2003, when Meghan O'Connell achieved the feat.

### Boys XC wins group crown

The RHS boys earned the program's first county group championship in 11 years Saturday, while blowing away the competition in the process.

Senior Billy Byrne crossed the finish line first in 16:00, ahead of teammates Sid Wagh (16:11) and Will Baginski (16:16), which gave the Maroons a sweep of the top three spots in the race.

Ridgewood won the meet with 18 points, well ahead of Northern Valley/Old Tappan's 86.

The Maroons had not won a county group title since 2005, when it took home the Group A crown. Non-public powerhouse Don Bosco won the division every year since then, but the Ironmen were moved to Group E last season under a new realignment.

Byrne became the first Ridgewood runner to capture a county group individual championship since Pat Rynkowski did so in 2010.

### Volleyball scores upset

A day after dropping a regular-season match in three sets to Paramus, the RHS girls volleyball team bounced back with a 17-25, 25-11, 25-23 victory over the Spartans in the Bergen County tournament Round of 16.

Senior middle Amy Mullen led No. 10 seed Ridgewood with nine kills, while setter Mary Kate Salamone had 21 assists and libero Shea Darienzo collected seven digs to help their team upset No. 7 Paramus and break a 12-match losing streak versus the Spartans dating back to September 2011.

The win also gave the Maroons their first county-quarterfinal appearance since 2010. Ridgewood fell to No. 2 Ramapo in that contest, 25-22, 25-18, Wednesday evening.

The Maroons (11-8) will start the State Group 4 tournament next Wednesday at No. 16 Washington Township of Gloucester County after earning the 17th seed.

NorthJersey.com : Sports

OCTOBER 26, 2016, 11:36 PM LAST UPDATED: WEDNESDAY, OCTOBER 26, 2016, 11:36 PM

# H.S. cross-country: Don Bosco may be in for a very difficult time

BY PAUL SCHWARTZ  
STAFF WRITER | THE RECORD



Since Don Bosco began its remarkable run of 10 straight Lou Molino Bergen Meet of Champions boys cross-country titles in 2006, the Ironmen have rarely been tested.

Don Bosco won by six points in 2009, eight in 2010 and scored a 55-61 win over Indian Hills last fall. But the average margin of victory was 45 points in the remaining seven titles.

But Saturday at 11:40 a.m. at Darlington County Park in Mahwah, that streak will be in jeopardy. For the first time since losing to Ridgewood, 50-53, in 2005, Don Bosco coach Kevin Kilduff says his team's focus is clearly on the Bergen Meet of Champs and not on the races to follow.

"Most years we've used the county Meet of Champions as a steppingstone for meets the rest of the season — like the states and the regionals," said Kilduff, who has led his team to five Non-Public A state titles, state Meet of Champs titles in 2007 and '09 since its last loss to a Bergen County team. "Not this year — Indian Hills has too much talent and Ridgewood is running very, very well. This year winning this meet is very very important to us."

"This meet is very important to us because we've never won it," said Indian Hills' Tom Zaccone, who led his team to its first-ever state group title last fall and its first-ever trip to the state Meet of Champions podium, but has never beaten Don Bosco since becoming head coach in 2008. "We have the talent to win it and we're hungry for it."

Don Bosco might have the best upfront trio in David Rosas, Justin Touhey and Joe Erskine. But Indian Hills has a great top three in Tom Holster, Derek Barney and Steven Fiumefreddo and its fourth and fifth runners, Chris Corcoran and Chris Leymeister, have been consistently 20 to 30 seconds faster than Don Bosco's fourth and fifth runners, Ryan Nicholson and Matt Hartmann. That could prove deadly if the pattern repeats itself Saturday.

And don't forget about Ridgewood, which has individual co-favorite Billy Byrne, who should battle Rosas from wire to wire over the 5,000-meter route, which should make them the fifth and sixth runners under 15:15 on the 26 year old course.

The Maroons, coached by Patrick Ryan, may have more depth than either of the other teams with seniors Jonah Naftzger, Matteo Robazza and Brad Rynkowski, junior Sid Wagh and soph Will Baginski capable of sub-16:20 races.

## Star Ledger/NJ.com (10/27)



### 6-Ridgewood

Ridgewood, No. 6 last week, stays in the same spot after averaging 16:14 and winning the A race at last Saturday's Bergen County Group meet at Darlington Park. Ridgewood, which edged Don Bosco on the merge scoring by one point at the Bergen Group meet, will square off with No. 4 Indian Hills and No. 7 Don Bosco at this Saturday's Bergen Meet of Champions.

Jim Lambert | NJ Advance Media for NJ.com

**P.C. RICHARD & SON**  
"THE APPLIANCE • ELECTRONICS"



### 4-Billy Byrne, Ridgewood

Byrne stays at No. 4 after running 16:00 to win the A race at the Bergen County Group Championships last Saturday at Darlington Park. He'll battle with David Rosas of Don Bosco Prep at this Saturday's Bergen County Meet of Champions.

Jim Lambert | NJ Advance Media for NJ.com

**107<sup>th</sup>**

# Bergen County Meet of Champions - Darlington, 10/29/16

Event Boys 5k Run CC Varsity

Name	School	Final
5000m		
1 David Rosas 12	Don Bosco Prep	15:15.00 1
2 Billy Byrne 12	Ridgewood HS	15:34.00 2
3 Tom Holster 12	Indian Hills HS	15:34.00 3
4 Chris Corcoran 12	Indian Hills HS	15:39.00 4
5 James Draney 12	Bogota HS	15:39.00 5
6 Chris Leymeister 11	Indian Hills HS	15:41.00 6
7 Derek Barney 12	Indian Hills HS	15:44.00 7
8 Steven Fiumefreddo 11	Indian Hills HS	15:46.00 8
9 Caleb Shaia 12	Bergen Catholic HS	15:51.00 9
10 Ty Miller 12	Demarest	15:55.00 10
11 Sid Wagh 11	Ridgewood HS	15:59.00 11
12 Danny Daurio 12	Bogota HS	16:03.00 12
13 William Baginski 10	Ridgewood HS	16:03.00 13
14 Jeff Roberts 12	Pascack Valley HS	16:14.00 14
15 Brad Rynkowski 12	Ridgewood HS	16:16.00 15
16 Justin Kim 11	Old Tappan	16:16.00 16
17 Joseph Erskine 12	Don Bosco Prep	16:18.00 17
18 Jonathan Marcus 11	Fair Lawn HS	16:19.00 18
19 Connor Secora 12	Bergen Catholic HS	16:20.00 19
20 Braedon Fiume 10	Bergen Catholic HS	16:20.00 20
21 Jonah Naftzger 12	Ridgewood HS	16:21.00 21
22 Anthony Di Iorio 11	Bergen Co. V/T	16:22.00 --
23 Justin Touhey 12	Don Bosco Prep	16:23.00 22
24 Nick Kaczorowski 12	Ramsey HS	16:24.00 23
25 Michael Dua 10	Don Bosco Prep	16:26.00 24
37 Matteo Robazza 12	Ridgewood HS	16:47.00 32
44 Ryan Fahey 10	Ridgewood HS	16:56.00 37

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9		
1	Indian Hills HS	28	3+4+6+7+8 (34+47)					0:12 1-5 Split   15:40 Avg					
2	Ridgewood HS	62	2+11+13+15+21 (32+37)					0:47 1-5 Split   16:02 Avg					
3	Don Bosco Prep	89	1+17+22+24+25 (42+48)					1:11 1-5 Split   16:09 Avg					
4	Bergen Catholic HS	105	9+19+20+27+30 (50+64)					0:47 1-5 Split   16:19 Avg					
5	Bogota HS	133	5+12+29+35+52 (67+96)					1:39 1-5 Split   16:29 Avg					
6	Demarest	142	10+28+31+33+40 (51+55)					1:04 1-5 Split   16:37 Avg					
7	Northern Highlands	213	36+38+39+41+59 (77+80)					0:40 1-5 Split   17:05 Avg					
8	Old Tappan	229	16+44+46+57+66 (81+83)					1:25 1-5 Split   17:06 Avg					
9	Pascack Valley HS	259	14+53+58+61+73 (78+79)					1:36 1-5 Split   17:18 Avg					
10	Fair Lawn HS	270	18+54+60+62+76 (85+86)					1:34 1-5 Split   17:22 Avg					
11	Pascack Hills HS	286	43+45+56+70+72 (82+92)					0:44 1-5 Split   17:24 Avg					
12	Paramus HS	299	26+49+68+69+87 (90+94)					1:54 1-5 Split   17:28 Avg					
13	Ramsey HS	310	23+63+65+71+88 (93+95)					2:04 1-5 Split   17:35 Avg					
14	New Milford HS	413	74+75+84+89+91 (97)					1:07 1-5 Split   18:19 Avg					

# Indian Hills boys make statement

## Program's first county championship

By **PAUL SCHWARTZ**  
STAFF WRITER

MAHWAH — What for many teams might be considered the pinnacle of achievement might turn out to be just another step in an extraordinary season for Indian Hills.

The Braves won their first Lou Molino Bergen Meet of Champions boys cross-country title Saturday at Darlington County Park. In the process, they stamped themselves as contenders to become the first North Jersey public school boys team in history to win the state Meet of Champions on Nov. 19.

The Braves placed their top five runners in the top eight, and missed the Darlington five-man record by less than a step per man in routing Ridgewood, 28-62, with 10-time defending champion Don Bosco third with 89 points. Don Bosco's David Rosas won the individual title by more than 100 yards over Ridgewood's Billy Byrne. Rosas ran a school record 15 minutes, 15 seconds, fifth fastest in course history.

The Indian Hills domination took the Braves to another level,

one that might lead to a second straight Group 3 title Nov. 12 and beyond.

Tom Holster led the Braves, finishing third in 15:34, failing to pass Byrne in the final steps. By the time Steven Fiumefreddo crossed in eighth place, only 12 seconds had passed with teammates Chris Corcoran (fourth), Chris Leymeister (sixth) and Derek Barney (seventh) all shattering personal bests.

That made Indian Hills' total time 78:24, just three seconds off the record set by Don Bosco two years ago. But only three of Don Bosco's runners ran better than 15:50 that day.

"We deserved to be No. 1 [in Bergen County] because we wanted to get revenge for losing last year," said Corcoran, referring to the six-point loss to Don Bosco a year ago. "Matt Cohane [now a freshman at West Point] pushed us a team last year, and this year we've tried to do what he stressed all last year — run together."

"We have faith in each other, our coaches and our training," said Holster. "We run the same way in practice we do in races, and we have confidence we can



JIM ALCORN/SPECIAL TO THE RECORD

Ridgewood's Billy Byrne, left, stays steps ahead of Indian Hills' Tom Holster to capture second in the boys race Saturday.

run well anywhere we go."

The Braves became just the fourth public school team to win in the 44 years of the championship race, joining Ridgewood (11 times), Paramus (1989) and Hackensack (1998). They also became the only team other than Ridgewood and Don Bosco to win since the 1998 Hackensack team, coached by Tom Zaccone, now the Indian Hills coach.

"This team had a lot to live up to and we still have a long way to go," said Zaccone, "But they've done everything we've asked and they just keep getting better."

There are major challenges ahead for the Braves starting with next week's North 1, Group 3 race against Morris County champion

Morris Hills and a rematch the following week against last year's No. 2 Group 3 team Colts Neck.

Rosas will attempt to become the first Don Bosco boy to win an individual state title. But on Saturday, he had no challenge after the first mile and a half in becoming the fifth Ironman to win a county crown.

"Mr. K [coach Kevin Kilduff] and I talked about taking it out and I did [4:47 for first mile] and then after we came around the sand the second time, I put in a surge off the road where the Dalys [last year's co-champs Will and Colin] did it to me last year and I just kept on kicking," said Rosas. "I just knew I was going to win this race."

# RHS runner claims crown

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

Olympia Martin crossed the finish line and had to wait 10 seconds before any of her competitors joined her there in the Bergen Meet of Champions last Saturday.

For most runners, that time might have been used to celebrate a championship victory. Martin used it to critique herself instead.

"To be honest, I was really upset that I didn't break the course record," said Martin, who won the meet in 17:56 last Saturday at Darlington Park in Mahwah. The record had been set by Northern Highlands' Catherine Pagano, who clocked 17:29 in 2014.

"It goes to how tough and demanding a competitor she is," head coach Steve Opremcak said. "She was happy with the race, but her goal was to run a bit faster. The conditions of the competition didn't lend itself to that, so she wasn't happy with her effort."

However, Martin eventually did get a chance to appreciate becoming the first Ridgewood girl to win the BMOC since Meghan O'Connell in 2005.

"I was happy that I could bring

it back," Martin said. "I was really upset [about not breaking the record], but after talking with Coach O and with my dad, I felt so much better."

She's also the 10th Maroon to win the title, the most by any school in the event's history.

"It's been a long time for a Ridgewood girl to win the race. It's really hard to do," Opremcak said. "People recognize what is required to do that, how special you have to be."

Martin now has won individual titles this year in the Freedom Division, Bergen County Group A and the BMOC to go along with her victories last season in the North 1, Group 4 and State Group 4 races.

In the team standings, Ridgewood placed third with 119 points, as Freedom Division nemesis Northern Highlands won its first BMOC title since 1991 by edging out runner-up Immaculate Heart, 64-89.

Maroons junior Hannah Fishbein ran a strong race, coming in 10th in 19:02. Twin sisters Cassie and Katie Keyes finished 41st and 43rd, respectively, while senior Haley Driscoll ran a personal-best 20:28 to place 45th.

Ridgewood will compete Saturday at Garret Mountain in the

North 1, Group 4 meet, and Opremcak expects Martin to keep building strength during the home stretch of the season.

"Our planning has always been for her having her fastest races at the end of the year, and we've been sort of training through all these previous meets at this point," he said. "[The BMOC was] the first real race of the season where she was basically encouraged to run all out."

The team competition at the state sectional should be a good one between the Maroons and Randolph, who have combined to win each of the past nine sectional titles. Ridgewood has come out on top each of the past two years.

"We're going to have to be at our best to give ourselves a chance to compete for the sectional title," Opremcak said. "It's certainly within the realm of possibility. If we run our best race, we're certainly capable."

Randolph, the Morris County team champion, is led by sophomore Abby Loveys, who placed third in the sectional race in her freshman season.

Loveys won the individual Morris County crown and will be the main competitor for Martin, who captured the sectional crown by three seconds over teammate

Samantha Halvorsen last year.

"It's very exciting to take on an opponent I don't have much experience against," Martin said. "I'm excited to see how the race goes and to challenge myself."

## Boys find silver lining

The Ridgewood boys cross-country team earned second-place led by the individual effort of senior Billy Byrne, the race's runner-up.

Indian Hills won the team championship with 28 points, thanks to five of its runners placing in the top eight spots to snap Don Bosco's string of 10 straight BMOC titles. The Ironmen's David Rosas, however, won the individual title, crossing the line in 15:15, 19 seconds ahead of the Maroons' Byrne.

Junior Sid Wagh (15:59, 11th), sophomore Will Baginski (16:05, 13th) and seniors Brad Rynkowski (16:16, 15th) and Jonah Naftzger (16:21, 21st) rounded out Ridgewood's top five.

The Maroons will race Saturday in the North 1, Group 4 championship meet, which the squad has won in each of the past six seasons.

Email:  
birchenough@northjersey.com



Both Billy Byrne and the Maroons boys team placed second at the Bergen Meet of Champions.

# Frosh/JV State Championship - Thompson Park, 11/2/16

Event Boys 5k Run CC JV Boys Championship

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9		
1	Princeton HS	62	2+3+13+21+23 (112+200)					0:39 1-5 Split   17:14 Avg					
2	WWP South HS	73	6+8+9+20+30 (31+89)					0:29 1-5 Split   17:19 Avg					
3	CBA	92	1+12+19+24+36 (49+69)					0:50 1-5 Split   17:21 Avg					
4	East Brunswick HS	144	5+17+22+44+56 (73+78)					0:48 1-5 Split   17:31 Avg					
5	North Hunterdon HS	153	7+14+15+50+67 (76+111)					0:52 1-5 Split   17:32 Avg					
6	Westfield HS	175	10+29+32+34+70 (71+96)					0:46 1-5 Split   17:37 Avg					
7	Don Bosco Prep	203	4+37+41+55+66 (153+162)					0:56 1-5 Split   17:40 Avg					
8	Kingsway HS	244	25+26+46+61+86 (94+135)					0:37 1-5 Split   17:47 Avg					
9	Mendham HS	264	18+40+47+68+91 (95+258)					0:44 1-5 Split   17:49 Avg					
10	Morris Hills HS	273	11+33+59+60+110 (128+140)					1:04 1-5 Split   17:49 Avg					
11	Hillsborough HS	318	38+58+65+75+82 (123+150)					0:24 1-5 Split   17:57 Avg					
12	Ridge HS	346	53+62+63+64+104 (141+159)					0:25 1-5 Split   18:00 Avg					
13	Montgomery HS	351	43+48+52+72+136 (145+157)					0:48 1-5 Split   18:00 Avg					
14	Ridgewood HS	353	28+51+79+80+115 (121+154)					0:48 1-5 Split   18:00 Avg					
15	Summit HS	364	16+27+101+103+117 (134)					1:00 1-5 Split   17:58 Avg					
16	South Brunswick HS	433	35+74+92+102+130 (173+186)					0:51 1-5 Split   18:08 Avg					
17	Hunterdon Central HS	467	57+88+99+107+116 (129+142)					0:29 1-5 Split   18:12 Avg					
18	WWP North HS	483	54+81+93+100+155 (182+189)					0:59 1-5 Split   18:15 Avg					
19	Old Bridge HS	490	39+83+106+118+144 (147+178)					0:58 1-5 Split   18:15 Avg					
20	Freehold Twp HS	503	85+87+97+108+126 (166+195)					0:21 1-5 Split   18:16 Avg					
21	Southern Reg. HS	565	77+98+119+120+151 (164+169)					0:41 1-5 Split   18:24 Avg					
22	Chatham HS	590	45+114+133+146+152 (158+202)					1:01 1-5 Split   18:26 Avg					
23	Voorhees HS	632	105+109+124+131+163 (185+187)					0:45 1-5 Split   18:32 Avg					
24	Elizabeth HS	694	113+125+137+149+170 (212+220)					0:48 1-5 Split   18:40 Avg					
25	Phillipsburg HS	763	84+132+156+183+208 (211+218)					1:43 1-5 Split   18:57 Avg					
26	Colts Neck HS	763	42+171+179+181+190 (238+239)					1:42 1-5 Split   19:00 Avg					
27	Scotch Plains HS832	127+139+175+194+197 (205+221)	1:07 1-5 Split   19:06 Avg										
28	Holmdel HS	867	122+165+172+198+210 (240+257)					1:29 1-5 Split   19:16 Avg					
29	Middletown South HS	869	90+148+196+209+226 (227)					2:25 1-5 Split   19:24 Avg					
30	Robbinsville HS	941	143+160+180+225+233 (250)					2:03 1-5 Split   19:39 Avg					
31	Manalapan HS	947	161+184+192+204+206 (207+243)					0:46 1-5 Split   19:29 Avg					
32	Monroe Twp. HS	954	138+188+191+214+223 (245+276)					1:50 1-5 Split   19:37 Avg					
33	Bridgewater-Raritan HS	973	168+174+177+224+230 (234+270)					1:32 1-5 Split   19:45 Avg					
34	Jackson Memorial HS	998	167+176+199+203+253 (273)					2:23 1-5 Split   19:51 Avg					
35	Bernards HS	1119	213+216+217+236+237 (254+262)					0:46 1-5 Split   20:27 Avg					
36	Jonathan Dayton HS	1156	219+222+232+241+242 (252+255)					0:39 1-5 Split   20:41 Avg					
37	Raritan HS	1168	193+235+244+247+249 (266+272)					1:50 1-5 Split   20:44 Avg					
38	Matawan Reg. HS	1176	215+228+229+248+256 (261+277)					1:21 1-5 Split   20:50 Avg					
39	Franklin Twp. HS1238	201+246+260+263+268 (269+271)	3:06 1-5 Split   21:30 Avg										
40	Brick Twp HS	1301	231+251+259+279+281					4:18 1-5 Split   22:40 Avg					
41	Belvidere HS	1345	264+265+267+274+275 (278+280)					1:57 1-5 Split   22:55 Avg					

## Event Boys 5k Run CC **Frosh Boys Championship**

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Westfield HS	108	2+7+29+31+39 (57+66)					1:11 1-5 Split   18:06 Avg				
2	Bridgewater-Raritan HS	184	4+12+32+45+91 (127+144)					2:01 1-5 Split   18:29 Avg				
3	Notre Dame HS	197	10+16+40+63+68 (112+165)					1:20 1-5 Split   18:39 Avg				
4	CBA	209	15+34+36+51+73 (74+81)					1:09 1-5 Split   18:40 Avg				
5	Ridge HS	214	8+21+22+64+99 (104+106)					1:56 1-5 Split   18:41 Avg				
6	Old Bridge HS	222	9+17+33+37+126 (140+150)					2:49 1-5 Split   18:44 Avg				
7	Princeton HS	226	25+38+42+44+77 (135+143)					1:09 1-5 Split   18:44 Avg				
8	Kingsway HS	246	1+35+48+70+92 (121+130)					2:17 1-5 Split   18:43 Avg				
9	Summit HS	248	3+43+54+55+93 (100+132)					2:02 1-5 Split   18:47 Avg				
10	Ridgewood HS	251	18+50+52+62+69 (79+105)					1:03 1-5 Split   18:53 Avg				
11	Chatham HS	259	5+14+20+86+134 (137+151)					3:13 1-5 Split   18:55 Avg				
12	Manalapan HS	272	6+19+60+90+97 (117+171)					2:02 1-5 Split   18:52 Avg				
13	Pt. Pleasant Boro HS	290	24+30+46+83+107 (122+138)					1:39 1-5 Split   18:59 Avg				
14	Hillsborough HS	302	26+49+72+75+80 (87+110)					1:11 1-5 Split   19:04 Avg				
15	Mendham HS	316	11+13+59+85+148 (160+187)					3:25 1-5 Split   19:11 Avg				
16	Southern Reg. HS	348	28+56+82+84+98 (124+147)					1:26 1-5 Split   19:14 Avg				
17	East Brunswick HS	372	47+58+67+89+111 (131+145)					1:22 1-5 Split   19:21 Avg				
18	Hunterdon Central HS	426	61+65+76+108+116 (119+128)					1:03 1-5 Split   19:38 Avg				
19	WWP North HS	474	41+88+95+109+141 (142+172)					2:23 1-5 Split   19:49 Avg				
20	North Hunterdon HS	505	27+71+123+129+155 (156+161)					3:28 1-5 Split   20:08 Avg				
21	Freehold Twp HS	536	23+78+94+168+173 (179)					5:35 1-5 Split   20:53 Avg				
22	Don Bosco Prep	574	101+102+115+120+136 (153+164)					1:08 1-5 Split   20:15 Avg				
23	Monroe Twp. HS	644	53+113+157+158+163					3:18 1-5 Split   21:02 Avg				
24	Morris Hills HS	667	96+114+125+152+180 (182)					5:03 1-5 Split   21:22 Avg				
25	Wayne Hills HS	751	103+149+159+166+174 (175+176)					4:02 1-5 Split   22:02 Avg				
26	Bernards HS	781	118+146+169+170+178					4:17 1-5 Split   22:30 Avg				
27	Scotch Plains HS	830	133+154+177+181+185 (186)					5:27 1-5 Split   23:40 Avg				
28	Raritan HS	835	139+162+167+183+184					4:54 1-5 Split   23:34 Avg				

## State Sectional Preview - Star Ledger/NJ.com



### North Jersey, Sec. 1 Group 4- Team Predictions

No. 6 Ridgewood is heavily favored to win its seventh straight title and extend its sectional record to 23 titles overall behind frontrunner Billy Byrne, who has a great supporting cast.

#### Predicted Top 5

- 1-Ridgewood
- 2-Morristown
- 3-Montclair
- 4-Memorial
- 5-Passaic



Eric Clay of Morristown runs No. 7 time in Greystone history at the ...

### Individual Predictions

Morris County champion Eric Clay and Bergen County Meet of Champions runner-up Bully Byrne of Ridgewood could both go under 16 minutes in this one.

#### Predicted Top 5

- 1-Eric Clay, Morristown
- 2-Billy Byrne, Ridgewood
- 3-Josh Houihan, Randolph
- 4-Brad Rynkowski, Ridgewood
- 5-William Baginsky, Ridgewood

Jim Lambert | NJ Advance Media for NJ.com

# APPLIANCE EMPLOYEE PRICING

Star Ledger/NJ.com (11/31)



Billy Byrne of Ridgewood wins the F Division race at the 2016 Man...

### 4-Billy Byrne, Ridgewood

Byrne, a senior, ran 15:34 to place second to David Rosas of Don Bosco Prep at last Saturday's Bergen County Meet of Champions at Darlington Park.

Jim Lambert | NJ Advance Media for NJ.com





# State Sectionals; North 1 Group IV - Garret Mountain, 11/5/16

Event Boys 5k Run CC Varsity

Name	School	Final
5000m		
1 Billy Byrne 12	Ridgewood HS	16:06.00 1
2 Eric Clay 12	Morristown HS	16:13.00 2
3 Joshua Holihan 12	Randolph HS	16:26.00 3
4 Kevin Heredia 11	Clifton HS	16:29.00 4
5 Nahshon Robinson 12	Livingston HS	16:31.00 5
6 Sid Wagh 11	Ridgewood HS	16:33.00 6
7 Brad Rynkowski 12	Ridgewood HS	16:34.00 7
8 William Baginski 10	Ridgewood HS	16:34.00 8
9 Patrick Mullen 10	Morristown HS	16:36.00 9
10 Anthony Di Iorio 11	Bergen Co. V/T	16:37.00 10
11 Sebastian Urquidi 10	Montclair HS	16:41.00 11
12 Jaymin Mistry 10	Mount Olive HS	16:42.00 12
13 Stefan Urquidi 10	Montclair HS	16:51.00 13
14 Alex Miller 12	Mount Olive HS	16:56.00 14
15 Joel Garcia 12	Passaic HS	16:57.00 15
16 Ebizie Anuamadi 11	West Orange	16:58.00 16
17 Matteo Robazza 12	Ridgewood HS	17:00.00 17
18 Luis Peralta 10	Passaic HS	17:01.00 18
19 Jonah Naftzger 12	Ridgewood HS	17:01.00 19
20 Benjamin Cahill 12	Montclair HS	17:02.00 20
31 Ryan Fahey 10	Ridgewood HS	17:30.00 31

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1 Ridgewood HS	39	1+6+7+8+17 (19+31)						0:54 1-5 Split   16:33 Avg			
2 Montclair HS	100	11+13+20+24+32 (34+40)						0:52 1-5 Split   17:05 Avg			
3 Morristown HS	133	2+9+27+44+51 (55+61)						1:43 1-5 Split   17:11 Avg			
4 Passaic HS	149	15+18+28+41+47 (65+76)						0:53 1-5 Split   17:23 Avg			
5 Mount Olive HS	152	12+14+29+30+67 (84+95)						1:34 1-5 Split   17:22 Avg			
6 Memorial HS (W. NY)	155	21+26+35+36+37 (58+63)						0:35 1-5 Split   17:28 Avg			
7 Livingston HS	227	5+42+52+60+68 (78+81)						1:46 1-5 Split   17:43 Avg			
8 Clifton HS	249	4+38+50+74+83 (87+93)						2:06 1-5 Split   17:48 Avg			
9 Randolph HS	256	3+48+62+70+73 (82+110)						1:56 1-5 Split   17:50 Avg			
10 Union City HS	279	43+49+53+59+75 (104+108)						0:38 1-5 Split   18:01 Avg			
11 West Orange HS	280	16+25+71+77+91 (97+107)						1:44 1-5 Split   17:57 Avg			
12 Kearny HS	333	33+56+69+86+89 (90)						1:06 1-5 Split   18:16 Avg			
13 Bloomfield HS	347	23+45+80+96+103 (114)						1:54 1-5 Split   18:20 Avg			
14 Bergen Co. V/T	356	10+54+92+98+102 (105+106)						2:32 1-5 Split   18:19 Avg			
15 Morris Knolls HS	367	39+64+79+85+100 (101+112)						1:23 1-5 Split   18:24 Avg			
16 Passaic Co. V/T	379	22+57+72+113+115 (116+119)						3:30 1-5 Split   18:52 Avg			
17 Hackensack HS	393	46+66+88+94+99 (109+111)						1:14 1-5 Split   18:32 Avg			
18 J F Kennedy HS	598	117+118+120+121+122						3:18 1-5 Split   22:38 Avg			



## North Jersey, Sec. 1 Group 4 boys-Ridgewood

Ridgewood, led by individual winner Billy Byrne (16:06), placed four runners in the top 8 and averaged 16:33 as it rolled to its seventh straight title and extended its N.J. Sec. 1 record to 23 titles overall with a 39-100 victory over Montclair at Garret Mountain.

Jim Lambert | NJ Advance Media for NJ.com

# Historic day for North 1 boys teams, individuals

By **PAUL SCHWARTZ**  
STAFF WRITER

WOODLAND PARK – As expected, Bogota, NV/Demarest, Indian Hills and Ridgewood all rolled to easy victories at the North 1 boys sectional cross-country championships at Garret Mountain on Saturday with each of the four schools winning by at least 30 points.

Even though it was the first time since 2002 that Bergen County teams swept the boys titles, the quartet of powerhouse teams have been the favorites in their groups since the season started.

But never in the history of the North 1 sectional championships, stretching back to their formation in 1965, had all four boys team winners also produced the race winners.

Ridgewood's Billy Byrne outran Morristown's Eric Clay by 35 meters, and ran a personal and day's best of 16:06 for the 5,000-meter course. Three of his teammates finished in the top eight as the Maroons captured a record-setting seventh straight North 1, Group 4 title, 39-100, over Montclair.

Bogota's James Draney repeated his 2015 win in North 1, Group 1 by 65 meters over Cameron Gec

of Walkkill Valley and the Buccaneers captured their first sectional title since 1993, unseating three-time defending champion Walkkill Valley, 38-72. His 16:13 clocking was the fastest by a Group 1 runner at Garret since Chris Moore of Emerson ran 16:11 in 1986.

Indian Hills senior Tom Holster, who never has seemed to stay healthy for an entire season, won his first title, holding off teammate Derek Barney by 15 meters. The Braves stayed on course for a second straight Group 3 title by thrashing one of the state's best teams, Morris Hills, 22-52.

And NV/Demarest's Ty Miller pulled off a mild upset in winning North 1, Group 2 by 60 meters over Michael Mysh of Sparta with favored Matt Oscovitch of Sussex Tech third. The Norsemen won their first Group 2 sectional title, and first in any group since 2001, 37-112, over Pascack Hills.

"It means a lot to win an individual gold medal," said Miller, who led five Norsemen into the top 15. "The last few years I've been in the shadow of Bobby Wilson on my team and the Dalys [Colin and Will of River Dell] in [Bergen County] and sectionals, and this gives me a lot of confi-

dence going into state groups. We want to get at least second there and maybe give Voorhees a scare."

Holster led five Braves into the top eight of a major race for the second straight week after their performance in the Lou Molino Bergen Meet of Champions.

"I've been trying to win a big race like this for a while," said Holster, whose 16:10 clocking helped the Braves run the second-fastest team average in the history of the Garret course. "This summer I made staying healthy my No. 1 priority – I didn't run as many miles but I cross-trained by swimming or riding on the stationary bike and I tried to get 30 to 60 minutes of extra sleep each night."

The Braves top five combined to run the second-fastest team time in the history of the course, with all five runners less than 16:40.

Ridgewood managed four in its rout, and its team time was the third-fastest recorded at Garret.

Byrne, second to Don Bosco's David Rosas at the Bergen meet, said he still was bothered by the loss until Wednesday, but now has put it behind him.

"We keep getting more confident as a team and we're excited for next week."

# Boys cross-country race into record books at championships



FILE PHOTO

Billy Byrne of Ridgewood won North 1, Group 4 in 16:06.

**GEORGE THOMPSON**  
CORRESPONDENT

When the New Jersey cross country world gathered at Garrett Mountain on Nov. 5 for the Sect. 1 Championships, history was perhaps in the making.

One of the teams competing at the championships was the Ridgewood Maroons, who came into the meet with a chance to capture their seventh straight sectional title.

If the Maroons captured a seventh straight, they would break their own record of six consecutive sectional titles from 2002-2008.

Maroons head coach Pat Ryan said going into any big race, it was all about being confident, keeping it simple, and not overcomplicating it.

He continued, saying that he wanted to keep his team focused on the now, while running harder as the race progressed.

At the end of the day, Ryan said it is only one race, and thinking too much on the race only makes it more difficult to succeed the next day.

In the end, whatever he said must have worked, as the Maroons etched themselves into the record books.

While Montclair, Morristown, Passaic, and Mount Olive gave it their all, it was ultimately the Maroons who finished atop Group 4 with a total of 39 points, etching themselves into the record books.

Ryan said this year's Maroons "belong up there."

In addition to team success, the Maroons also enjoyed individual success as well. Senior Billy Byrne became Ridgewood's third individual winner of the most recent stretch, clocking in atop the section with a time of 16:06, a sectional-best.

Ryan said Byrne has come into his own this year.

Going into the meet, Ryan said the game plan for Byrne was to come out conservative, make a move, and then put it away, which is exactly what he did.

"It was a good start to his championship season," Ryan said.

Besides Byrne, the Maroons saw three other runners place in the top ten,

as junior Sid Wagh (16:33), senior Brad Rynkowski (16:34), and William Baginski (16:34) finished sixth, seventh, and eighth, respectively.

Ryan said having four runners in the top ten had become a common theme for the Maroons.

He said it was "indicative of what we've been doing all season."

He continued, saying that cross country becomes easier when you have a strong top four.

With the success Ridgewood has continued to have in cross country, Ryan said this year's squad "deserve it" for "how hard they work."

He added that "it's always good to be recognized."

When it comes down to it, Ryan said the success of a program "depends on the kids."

He said it is up to the kids to buy into it, and it is the kids who decide if they "want to be successful."

Additionally, he said you need to have "competition to the point where they want to be better."

Based on the Maroons recent track

record, they have certainly done that.

Ryan said they have built a "culture of success," a culture where they want to "continue to be a championship program."

He emphasized the idea that "previous success continues to breed the potential for future success."

"We all want the same thing," he said.

One of the keys to success in cross country, perhaps more than any other sport, is being strong mentally. While it is a team sport, it is also an individual sport, as it is solely up to the runner how quickly they finish the course.

Ryan said he would argue cross country is 85-90 percent mental.

He said when he is training his runners, one of the aspects he focuses on is the emotional and psychological aspect of the sport.

He said he looks for his runners to have dedication, as well as the willingness to learn and grow.

If there is one conclusion we can make about this year's sectional title winning team, it is that they certainly possess those attributes.

# State Group IV Championships - Holmdel Park, 11/12/16

Event Boys 5k Run CC Varsity

Name	School	Final	
5000m			
1	Rey Rivera 12	Old Bridge HS	15:47.00 --
2	Alex Roth 12	Princeton HS	15:57.00 1
3	Justin Cornetta 11	Hunterdon Central HS	16:04.00 2
4	Jared Pangallozzi 12	Columbia HS	16:07.00 3
5	Billy Byrne 12	Ridgewood HS	16:08.00 4
6	William Hare 11	Princeton HS	16:09.00 5
7	Ryan Martins 12	Watchung Hills Reg. HS	16:11.00 --
8	Justin Kelly 11	Cherokee HS	16:12.00 6
9	Ajay Sarathy 12	Montgomery HS	16:17.00 7
10	Acasio Pinheiro 10	Princeton HS	16:23.00 8
11	Aditya Singh 12	Westfield HS	16:25.00 9
12	Ray Sellaro 11	North Hunterdon HS	16:31.00 10
13	Jack Shea 12	Cherokee HS	16:31.00 11
14	Nick Falk 12	Cherokee HS	16:34.00 12
15	Tyler Parsons 12	Cherry Hill East HS	16:35.00 13
16	Billy Hill 12	Franklin Twp. HS	16:36.00 --
17	Joe Grandizio 11	Kingsway HS	16:37.00 14
18	Mark Miller 12	Shawnee HS	16:41.00 --
19	Justin Farley 12	Toms River North HS	16:45.00 15
20	Marc Meltzer 12	Cherry Hill East HS	16:45.00 16
21	Josh Dillon 12	Cherry Hill East HS	16:47.00 17
22	Brad Rynkowski 12	Ridgewood HS	16:50.00 18
23	Dillan Spector 12	Montgomery HS	16:51.00 19
24	Kevin Heredia 11	Clifton HS	16:51.00 --
25	Nahshon Robinson 12	Livingston HS	16:53.00 --
26	Patrick Bayeux 11	Ridge HS	16:53.00 20
27	Brian Mangiaracina 11	Kingsway HS	16:53.00 21
28	Jackson Donahue 11	Princeton HS	16:55.00 22
29	Brandon Marks 11	Cherokee HS	16:55.00 23
30	Alex Petri 12	WWP South HS	16:56.00 24
31	Kenneth Mohs 12	East Brunswick HS	16:56.00 25
32	Tim Magoun 11	WWP South HS	16:57.00 26
33	Ryan Eville 12	Hunterdon Central HS	16:58.00 27
34	William Baginski 10	Ridgewood HS	16:58.00 28
35	Jonah Naftzger 12	Ridgewood HS	17:00.00 29
83	Sid Wagh 11	Ridgewood HS	17:30.00 74
109	Ryan Fahey 10	Ridgewood HS	17:49.00 98
112	Charlie Branca 11	Ridgewood HS	17:54.00 101

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	
1	Princeton HS	69	1+5+8+22+33 (37+41)					1:05 1-5 Split   16:29 Avg				
2	Cherokee HS	135	6+11+12+23+83 (103)					1:27 1-5 Split   16:46 Avg				
3	Montgomery HS	139	7+19+35+38+40 (88+97)					0:51 1-5 Split   16:53 Avg				
4	Kingsway HS	150	14+21+30+32+53 (76+78)					0:37 1-5 Split   16:57 Avg				
5	Ridgewood HS	153	4+18+28+29+74 (98+101)					1:22 1-5 Split   16:53 Avg				
6	Cherry Hill East HS	167	13+16+17+39+82 (114+115)					1:04 1-5 Split   16:58 Avg				
7	Westfield HS	186	9+34+42+44+57 (63+79)					0:50 1-5 Split   17:00 Avg				
8	Hunterdon Central HS	204	2+27+45+50+80 (100+125)					1:32 1-5 Split   17:00 Avg				
9	WWP South HS	219	24+26+51+58+60 (67+110)					0:21 1-5 Split   17:08 Avg				
10	North Hunterdon HS	239	10+46+56+59+68 (70+96)					0:56 1-5 Split   17:08 Avg				
11	Ridge HS	279	20+47+48+69+95 (116+117)					0:54 1-5 Split   17:18 Avg				

12	East Brunswick HS	308	25+49+73+75+86 (94)	0:43 1-5 Split   17:22 Avg
13	Columbia HS	339	3+54+84+93+105 (123+135)	1:52 1-5 Split   17:21 Avg
14	Southern Reg. HS	358	31+64+72+89+102 (104)	0:54 1-5 Split   17:29 Avg
15	Scotch Plains HS	372	43+62+66+92+109 (121+132)	0:56 1-5 Split   17:32 Avg
16	Mount Olive HS	391	36+61+77+90+127 (131+134)	1:59 1-5 Split   17:45 Avg
17	Montclair HS	418	55+65+87+91+120 (124+133)	1:23 1-5 Split   17:43 Avg
18	Passaic HS	438	52+71+81+112+122 (128+130)	1:30 1-5 Split   17:52 Avg
19	Toms River North HS	440	15+99+107+108+111 (118)	1:29 1-5 Split   17:47 Avg
20	Morristown HS	549	85+106+113+119+126 (129)	1:20 1-5 Split   18:16 Avg

## State Meet of Championships - Holmdel Park, 11/19/16

Event Boys 5k Run CC Varsity

Name		School	Final	
5000m				
1	Elliot Gindi	12 Ocean Twp. HS	15:45.00	1
2	Jordan Brannan	12 Colts Neck HS	15:51.00	2
3	Alex Roth	12 Princeton HS	15:54.00	3
4	Matt Grossman	12 Millburn HS	15:55.00	--
5	David Rosas	12 Don Bosco Prep	15:58.00	4
6	Jack Shea	12 Cherokee HS	15:58.00	5
7	Billy Byrne	12 Ridgewood HS	16:04.00	6
8	Devin Hart	10 Pt. Pleasant Boro HS	16:09.00	--
9	Genaro Anzalone	12 CBA	16:11.00	7
10	William Hare	11 Princeton HS	16:12.00	8
70	Maxwell Page	10 Voorhees HS	17:03.00	41
71	Tyler Parsons	12 Cherry Hill East HS	17:03.00	--
72	Pranav Reddy	12 Montgomery HS	17:04.00	42
73	Patrick Walsh	12 South Amboy HS	17:04.00	--
74	Justin Farley	12 Toms River North HS	17:04.00	--
75	William Baginski	10 Ridgewood HS	17:04.00	43
76	Dan Gizzo	11 Seton Hall Prep	17:05.00	--
77	Brad Rynkowski	12 Ridgewood HS	17:06.00	44
78	Greg Eisenhower	10 Haddonfield Mem. HS	17:07.00	45
79	Kieran Burns	10 Kingsway HS	17:08.00	46
80	Brad D'Antuono	12 Colts Neck HS	17:09.00	47
81	Brandon Marks	11 Cherokee HS	17:10.00	48
82	Jacob Fracobandiero	12 Metuchen HS	17:11.00	49
83	Joseph Erskine	12 Don Bosco Prep	17:13.00	50
84	Jonah Naftzger	12 Ridgewood HS	17:13.00	51
85	Ethan Bull	12 Highland Pk. HS	17:14.00	--
86	Cy Watsky	12 Princeton HS	17:15.00	52
87	Griffin Weiner	10 Haddonfield Mem. HS	17:15.00	53
88	Ryan Nicholson	11 Don Bosco Prep	17:16.00	54
89	Matt D'Auria	11 Ocean Twp. HS	17:16.00	55
90	Matt Hartman	11 Don Bosco Prep	17:17.00	56
91	Sid Wagh	11 Ridgewood HS	17:18.00	57
92	Jonathan Connor	11 Kingsway HS	17:18.00	58
93	James Hoffman	11 Ocean Twp. HS	17:19.00	59
150	Ryan Fahey	10 Ridgewood HS	18:04.00	108
158	Charlie Branca	11 Ridgewood HS	18:11.00	115

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9		
1	Princeton HS	104	3+8+15+26+52 (61+66)					1:21 1-5 Split   16:31 Avg					
2	Colts Neck HS	106	2+9+16+32+47 (68+101)					1:18 1-5 Split   16:30 Avg					
3	CBA	109	7+13+21+30+38 (109+110)					0:48 1-5 Split   16:36 Avg					
4	Indian Hills HS	128	17+20+23+28+40 (72+86)					0:29 1-5 Split   16:44 Avg					
5	Don Bosco Prep	175	4+11+50+54+56 (74+128)					1:19 1-5 Split   16:48 Avg					
6	Ridgewood HS	201	6+43+44+51+57 (108+115)					1:14 1-5 Split   16:57 Avg					
7	Cherokee HS	204	5+14+37+48+100 (117+130)					1:58 1-5 Split   16:54 Avg					
8	Ocean Twp. HS	248	1+55+59+63+70 (105+122)					1:46 1-5 Split   17:02 Avg					
9	Morris Hills HS	259	31+34+36+62+96 (97+102)					1:04 1-5 Split   17:12 Avg					
10	Kingsway HS	260	24+46+58+65+67 (91+94)					0:46 1-5 Split   17:13 Avg					
11	Voorhees HS	284	25+33+41+87+98 (106+136)					1:11 1-5 Split   17:16 Avg					
12	Montgomery HS	286	10+42+64+82+88 (92+124)					1:29 1-5 Split   17:15 Avg					
13	Haddonfield Mem. HS	302	19+45+53+90+95 (111+118)					1:19 1-5 Split   17:20 Avg					
14	Metuchen HS	314	27+49+60+75+103 (104+141)					1:11 1-5 Split   17:22 Avg					
15	Delbarton School 333	12+73+79+80+89 (131+134)						1:28 1-5 Split   17:24 Avg					
16	Bogota HS	361	22+39+69+112+119 (125)					1:33 1-5 Split   17:31 Avg					
17	Bishop Eustace Prep	402	18+35+99+123+127 (135)					2:02 1-5 Split   17:41 Avg					
18	Sterling HS	445	77+81+83+84+120 (129+137)					0:45 1-5 Split   17:50 Avg					
19	Wallkill Valley HS	453	29+78+93+121+132 (143)					2:05 1-5 Split   17:54 Avg					
20	The Pingry School	505	71+85+107+116+126 (138+139)					1:04 1-5 Split   18:01 Avg					
21	Mater Dei Prep	576	76+113+114+133+140 (142)					1:50 1-5 Split   18:27 Avg					

# Full Preview Blowout For Foot Locker Northeast, NXN Northeast/New York!

Nov 23, 2016



Prev

Page 6 of 11

Next

## Boys NXN-NE - Individuals

### Favorites

DJ Principe	La Salle Academy, RI	199
Jordan Branna	Colts Neck, NJ	192
Alex Roth	Princeton, NJ	191
Jack Shea	Cherokee, NJ	189.37
David Rosas	Don Bosco, NJ	189.67

### Safe Bets

Billy Byrne	Ridgewood	187.67
Patrick Craemer	St. John's, MA	187.33
Zakeer Ahmad	Staples, CT	186.73
Genaro Anzalone	CBA, NJ	185.33
William Hare	Princeton, NJ	185



## Nike Northeast Regional - Bowdoin Park, 11/19/16

Event Boys 5k Run CC Varsity

	Name	School	Final	2.5K	2.5K
<b>5000m</b>					
1	1 David Principe Jr.	SR La Salle Running Club	15:18.0	7:40	7:38
2	2 Jordan Brannan	SR Colts Neck TC	15:51.8	8:04	7:48
3	3 Tyler Marshall	SR UNA-Marshall	15:55.9	7:56	8:00
4	4 Alexander Roth	SR Princeton Cranbury TC	15:56.5	8:00	7:57
5	5 David Rosas	SR Don Bosco	15:59.7	7:56	8:04
6	6 Zakeer Ahmad	SR Westport Harriers	16:02.4	7:56	8:07
7	7 Billy Byrne	SR Ridgewood - NJ	16:02.9	8:02	8:01
8	8 Ryan James	SR Cardinal O'Hara XC Club	16:06.7	8:00	8:07
9	9 Genaro Anzalone	SR Brothers Track Club	16:12.5	8:07	8:06
10	10 Ajay Sarathy	SR Montgomery XC Club	16:12.7	8:09	8:04
65	65 Brad Rynkowski	SR Ridgewood - NJ	16:59.6	8:28	8:32
102	102 Will Baginski	SO Ridgewood - NJ	17:20.3	8:36	8:45
153	153 Sid Wagh	JR Ridgewood - NJ	17:40.3	8:29	9:12
189	189 Jonah Naftzger	SR Ridgewood - NJ	17:58.7	8:59	9:00
215	215 Ryan Fahey	SO Ridgewood - NJ	18:11.5	9:19	8:53

Rank	Total	Team	Avg.	Time	1-5
1.	122	Brothers Track Club	(16:31.1	82:35.5	0:38.1)
2.	132	Westport Harriers	(16:33.7	82:48.4	0:48.9)
3.	168	Rock Running Club	(16:42.3	83:31.2	0:33.4)
4.	212	Colts Neck TC	(16:41.9	83:29.1	1:27.9)
5.	218	Wellesley XC	(16:49.3	84:06.3	0:30.1)
6.	224	Pioneer Track Club	(16:44.9	83:44.5	1:01.5)
7.	236	Princeton Cranbury TC	(16:43.6	83:37.8	1:20.8)
8.	290	La Salle Running Club	(16:43.6	83:37.8	2:17.6)
9.	315	Don Bosco	(16:54.8	84:33.8	1:38.5)
10.	378	Hatter XC Harriers	(17:08.4	85:41.7	0:49.4)
11.	410	Whippets Footracing Team	(17:11.9	85:59.5	0:44.2)
12.	413	Braves Track Club	(17:12.3	86:01.3	0:56.5)
13.	425	Kingsway	(17:13.9	86:09.2	0:45.9)
14.	441	Evesham Harriers	(17:14.2	86:10.7	1:59.6)
15.	457	Hunterdon XC Club	(17:16.7	86:23.5	0:58.0)
16.	471	Ridgewood	(17:12.4	86:01.8	1:55.8)
17.	476	Hawks TC	(17:19.5	86:37.3	0:20.4)
18.	504	The Tribe	(17:21.0	86:44.9	0:57.3)
19.	524	Montgomery XC Club	(17:22.0	86:49.6	2:21.1)
20.	559	Raiders Cross Country	(17:27.1	87:15.5	1:14.2)
21.	579	Warrior TC	(17:29.0	87:24.6	1:16.5)
22.	590	Hunterdon Lions Track Club	(17:28.7	87:23.4	1:26.0)
23.	605	Black Bear XC	(17:31.8	87:38.9	1:04.7)
24.	609	Blue Devil XC Club	(17:32.7	87:43.4	1:19.0)
25.	621	Chargers X C	(17:33.9	87:49.1	1:09.0)
26.	646	Warriors Track and Field Club	(17:37.3	88:06.4	0:48.8)
27.	699	Needham Track Club	(17:39.6	88:17.9	1:33.4)
28.	716	HKXC	(17:49.1	89:05.2	2:10.6)
29.	730	Barrington Eagles Track Club	(17:49.3	89:06.4	2:07.1)
30.	745	Cougars Running Club	(17:44.1	88:40.2	2:00.7)
31.	761	Red Devil Running Coalition	(17:47.8	88:58.9	1:07.6)
32.	766	Dgyboard XC Club	(17:54.4	89:31.7	1:32.8)
33.	774	Phillips Exeter XC	(18:10.8	90:53.9	3:22.3)
34.	786	Bogota Track Club	(17:54.1	89:30.1	1:36.6)
35.	942	Brookdale Track Club	(18:32.2	92:40.8	3:51.0)
36.	963	Hillsborough XC Club	(18:10.7	90:53.3	0:42.7)
37.	989	Laurel Wood XC Club	(18:28.2	92:20.8	2:37.3)
38.	1064	Rville XC	(18:39.5	93:17.5	1:45.9)
39.	1102	Taunton Warriors	(18:46.6	93:53.0	2:17.5)
40.	1111	H-W XC Club	(18:44.9	93:44.2	1:46.7)
41.	1202	Nittany Track & Field	(19:24.4	97:01.9	2:34.9)



# North Jersey Sports

HOW TO REPORT SCORES • PHONE: 973-586-8181 • EMAIL: LOCALSPORTS@NORTHJERSEY.COM • FAX: 201-457-2516



## BOYS CROSS COUNTRY

### ALL-BERGEN COUNTY

#### ALL-BERGEN COUNTY BOYS CROSS-COUNTRY TEAM

##### FIRST TEAM

Derek Barney, Indian Hills, senior  
 Billy Byrne, Ridgewood, senior  
 Chris Corcoran, Indian Hills, senior  
 James Draney, Bogota, senior  
 Steve Fiumefreddo, Indian Hills, junior  
 Tom Holster, Indian Hills, senior  
 Chris Leymeister, Indian Hills, junior  
 David Rosas, Don Bosco, senior  
 Caleb Shaia, Bergen Catholic, senior  
 Justin Touhey, Don Bosco, senior  
**Coach of the year:** Tom Zaccone, Indian Hills  
**Team of the year (Groups 1-2):** Bogota  
**Team of the year (Groups 3-4):** Indian Hills

##### SECOND TEAM

Will Baginski, Ridgewood, sophomore  
 Danny Daurio, Bogota, senior  
 Joe Erskine, Don Bosco, senior  
 Braedon Fiume, Bergen Catholic, sophomore  
 Justin Kim, NV/Old Tappan, junior  
 Tyler Miller, NV/Demarest, senior  
 Jeff Roberts, Pascack Valley, senior  
 Brad Rynkowski, Ridgewood, senior  
 Sid Wagh, Ridgewood, junior

##### THIRD TEAM

Jake Cooper, Park Ridge/Emerson, junior  
 Anthony Dilorio, Bergen Tech, junior  
 Jonathan Marcus, Fair Lawn, junior  
 Jonah Naftzger, Ridgewood, senior  
 Ryan Nicholson, Don Bosco, junior  
 Connor Secora, Bergen Catholic, senior  
 Nathaniel Tirado, NV/Demarest, senior  
 Ryan White, Bogota, senior  
 Gary Wilhelm, River Dell, junior

##### HONORABLE MENTION

Will O'Connell, Bilal Rabah and Peter Theuerkauf, Bergen Catholic; Cole Geraghty and Daniel Rivera, Bogota; Jason Argueta, Cliffside Park; Ben Evar, Josh Munoz and Jake Ragusa, NV/Demarest; Michael Dua and Matt Hartman, Don Bosco; Jeremy Bronstein and David Khym, Dwight-Englewood; Bobby Ohrlein and Peter Petropoulos, Indian Hills; Gabriel Tapia-Suarez, Leonia; Brendan Holleran, Will McKee, Stephen Ritter and Jack Weinberger, Northern Highlands; Will Dipolito and Kyle Shine, NV/Old Tappan; Nick Weuste, Paramus; Nick Beutel and Chris Curcio, Pascack Hills; Nick Kaczorowski, Ramsey; Ryan Fahey, Matteo Robazza and Emmitt Tillyou, Ridgewood; Dan Murray and Matt Tina, River Dell; Dan Sullivan, Rutherford.

### TOP-25 RANKINGS

#### Final

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

# North Jersey Sports

HOW TO REPORT SCORES • PHONE: 973-586-8181 • EMAIL: LOCALSPORTS@NORTHJERSEY.COM • FAX: 201-457-2516



## BOYS CROSS COUNTRY

### COACH OF THE YEAR

# Ryan starts own coaching legacy

## Young coach guides Maroons to success

**PAUL SCHWARTZ**  
STAFF WRITER

It's one thing to be coached by a Bergen County coaching legend or even to be an assistant coach under him.

It's entirely something else to be the one who succeeds him – especially before you turn 24 years of age.

But Patrick Ryan, the boys cross-country coach at Ridgewood who turned 25 on Nov. 29, doesn't have to worry any longer about being the guy who followed Hall of Fame coach Mike Glynn in one of New Jersey's best programs. He's well on the way to establishing his own legacy.

In just his second year as the Maroons head coach, he led Ridgewood to second place in the Lou Molino Bergen Meet of Champions, a North 1 record-setting seventh straight Group 4 sectional title, its first appearance in the state Meet of Champions since 2011 and a place on the awards podium as the sixth-place team in that race.



SPECIAL TO THE RECORD  
Ridgewood's Patrick Ryan is The Record Boys Cross-Country Coach of the Year.

Those accomplishments make him an easy choice as The Record Coach of the Year, joining Glynn, his mentor, who was so honored in 2004 and 2006.

"Coach Glynn took me under his wing when I was a junior [at Leonia], and I've wanted to be a coach ever since," said Ryan, who was an All-Bergen second team runner at Leonia and had four successful years competing at Monmouth

University. "His relationship with the kids is something I aspire to."

And this season, Ryan proved he belonged with the master. He helped senior Billy Byrne to one of the best years in the history of the program. He also coaxed big seasons from seniors Brad Rynkowski, Matteo Robazza and Jonah Naftzger, junior Sid Wagh and soph Will Baginski as the Maroons battled all year with rivals Indian Hills and Don Bosco, who also were among the best teams in the state.

"I knew when we won the [3-4 section] at the Maroon Invitational that we could have a special season," said Ryan, who also credits girls coach Steve Opremcak and outdoor track coach Josh Saladino with giving him support and guidance. "They gave me everything they had in every race."

Junior Charlie Branca and soph Ryan Fahey also stepped up when junior Ben Zamboldi lost most of the season to mononucleosis. Ryan hopes that pays off next year.

"I'm content with the season, but never satisfied," Ryan said.

Perhaps that's the recipe for a legendary career of his own.

★ MyFavorites ▾

Standings ▾

Scores & Schedules ▾

Find a: School ▾

SPECIAL REPORT: For years, company made millions selling

Boys Cross Country

# Cross-Country: Boys 2016 Group 4 All-State Team

FIRST TEAM

- Billy Byrne, Ridgewood
- Justin Cornetta, Hunterdon Central
- William Hare, Princeton
- Ryan Martins, Watchung Hills
- Rey Rivera, Old Bridge
- Alex Roth, Princeton
- Jack Shea, Cherokee



### 6-Ridgewood

Ridgewood won its 7th straight title and extended its N.J. Sec. 1 record to 23 titles overall, placed 5th in Group 4 and finished 6th at the Meet of Champions.

Jim Lambert | NJ Advance Media for NJ.com

**FREE SHIPPING**

Billy Byrne of Ridgewood wins the F Division race at the 2016 Man...



**Billy Byrne, Ridgewood**  
Billy Byrne, Ridgewood, 5-9, 135 Sr.  
Byrne won his race at the Manhattan Invit, in 12:31, placed 2nd at the Bergen County Meet of Champions in 15:34, won the N.J. Sec. 1 Group 4 race in 16:06, placed third at the Shore Coaches meet in 15:57, placed 5th in Group 4 and 7th at the Meet of

Jim Lambert | NJ Advance Media for NJ.com

**FREE SHIPPING**  
**LG OLED TV 4K**



RESULTS RANKINGS CALENDAR VIDEOS PHOTOS NEWS TEAMS DISCUSS MORE

## NJ MileSplit State Team Selections | Cross Country 2016



**NJ MILESPIT STATE TEAMS**  
Robert Kellert  
Dec 4, 2016



FEELS AMAZING

# BOYS FIRST TEAM



**Holmdel Season Best - 15:57 (T-NJ#7)**  
**Holmdel Best - 15:57 (2016)**  
**Sectional Performance - 1st 16:06 (N1G4)**  
**Group Performance - 5th 16:08 (G4)**  
**MOC Performance - 7th 16:04**

**BILLY BYRNE**  
RIDGEWOOD, SR

**1ST TEAM NJ**  
**MileSplit**

### Billy Byrne Career Stats

Billy Byrne won his first sectional title this year after finishing top five the two years prior. He ran strong at the Group 4 Championships finishing fourth with a 16:08 and dropped four seconds the next week the Meet of Champions to finish seventh. Had a great run at the NXN Northeast Regional as well just missing the Nationals cutoff in seventh.

Name	Season Opener (9/10)	Hackensack (9/12)	Maroon (9/17)	Paramus/Ramapo (9/19)	Passaic C.C. (9/24)	Indian Hills/NH (9/27)	Shore Coaches (10/1)	Brett Taylor (10/1)	Manhattan (10/8)
Billy Byrne		16:56	16:36			15:49	15:57		12:31.2
Will Baginski			16:51			16:56	17:13		13:21.1
Sid Wagh		17:04	16:43			16:23	16:51		13:26.8
Brad Rynkowski		17:22	17:01			16:16	16:45		13:19.4
Jonah Naftzger		17:47	17:19			17:06	17:04		13:36.5
Matteo Robazza			17:23			16:41	17:25		13:52.3
Ryan Fahey	18:34	17:55	18:12	18:45	17:38	17:01	17:36		14:06.4
Ben Zamboldi								18:05	
Charlie Branca	17:34	18:53	18:20	18:45	17:52	18:15		17:32	
Emmitt Tilyou	17:48	18:44	18:04	18:44	18:03	17:36		17:47	
Danny Patterson	18:01	18:42	18:19	18:44	18:17	17:57		18:09	
Max Boogaert	18:25	20:23	18:34	18:55	18:06	17:54		17:34	
Soham Basu		18:55	18:35	18:47	17:53	17:33		17:28	
Calder Martin	18:31	19:10	19:00	19:13	18:36	18:22		18:11	
Zack Stadulis	18:47	18:42	19:16	19:14		18:26			
Angus Callan	19:17	19:00	19:28		19:07	18:16		18:19	
Ian Dartley	20:00	18:56	19:51	19:02	18:49	18:36		18:03	
Joe Bolduc		19:01	19:24		18:25	18:34			
Chris Shammass						19:44			
Dylan Kane	19:23	19:01	19:39	19:04	19:07	18:37		18:30	
Kyle Neville	20:24	19:40	20:19	19:49	19:34	20:05		19:24	
Dan Cho	19:41	19:45	19:59	19:14	19:45	18:44		19:55	
Jason Dreier			21:57	20:57		21:36			
Paul Baginski	19:40	20:14	19:31	19:14	19:03	19:07		18:49	
Max Yalong	20:04	19:50	20:20	20:27	20:14	19:58		18:28	
Ryan Cody	20:32	20:17	19:51	19:42	19:31	19:40		18:35	
Murat Ulu	21:09	20:18	20:44	20:35		20:12		19:38	
Jack Price	20:51	20:36	20:57		20:53			20:15	
Mark Salzman	21:28	20:42	21:14	21:33	21:16	20:30		20:17	
Anthony Chan		20:54	20:17		19:48	20:04			
Parker Audette						20:28		20:33	
Jake Stier	22:08	21:13	21:36	20:42				20:38	
Jeremy Savarese	21:15	21:15			20:31	20:50			
Tim Baginski	22:25	21:33	21:55	21:06	20:56	20:46		20:44	
Nick DeVita	21:43	21:39	22:31		22:30			20:46	
Eddy Nold	21:36	21:44	21:45	20:45	21:25	21:05		20:31	
Jack Shigeta		21:47		21:37					
Tony He	22:14	22:03	22:08	21:35	21:25	20:44		19:35	
Matt Otterstedt	22:21	22:06	22:50	21:51	22:29	21:29		21:11	
TJ Sofia		22:20	22:01		21:09	20:32			
Rich Joel					21:45			21:53	
Connor Witschonke	23:07	22:32	22:40	22:09	22:48	22:31		21:48	
Matt Neville	23:31	22:39	22:43	23:07		21:57		21:39	
Julian Lee						22:59			
Lucas Cacoilo	23:38							22:01	
Jake Franklin	24:08	22:51	23:45	22:59	23:28				
Jake Alvarado	24:29	24:25	25:47	26:59		26:01		24:17	
Kyle Schnell		25:52	25:11	25:36		26:49		23:40	
Mario Chavez	28:24	29:48	28:38	27:50	27:38	26:52		25:26	

Name	Garret Invite (10/8)	Big North (10/14)	County Groups (10/22)	Doc Braver (10/27)	BMOG (10/29)	Frosh/Novice State (11/2)	Sectionals (11/5)	Groups (11/12)	SMOC (11/19)	Regionals (11/25)
Billy Byrne		15:32	16:00		15:34		16:06	16:08	16:04	16:02.9
Will Baginski		16:31	16:16		16:03		16:34	16:58	17:04	17:20.3
Sid Wagh		16:03	16:11		15:59		16:33	17:30	17:18	17:40.3
Brad Rynkowski		15:59	16:22		16:16		16:34	16:50	17:06	16:59.6
Jonah Naftzger		16:58	16:41		16:21		17:01	17:00	17:13	17:58.7
Matteo Robazza		16:14	16:25		16:47		17:00			
Ryan Fahey		16:56			16:56		17:30	17:49	18:04	18:11.5
Ben Zamboldi		18:13	17:36	17:50		18:06				
Charlie Branca	17:54	17:08	17:16	17:12		17:34		17:54	18:11	
Emmitt Tilyou	18:09	17:21	17:13	17:03		17:50				
Danny Patterson	18:33	18:05	17:55	18:00		18:51				
Max Boogaert	18:14	17:33	17:24	17:34		18:23				
Soham Basu	17:47	17:10	18:28	17:23		18:05				
Calder Martin	19:04	18:14	18:11	18:07		18:27				
Zack Stadulis		18:33	18:44	18:34						
Angus Callan	18:57	18:27	18:19	18:33						
Ian Dartley	18:30	18:00	20:19	17:42		18:27				
Joe Bolduc	19:14	18:15	18:41							
Chris Shammas	19:48	19:22	20:39	18:56						
Dylan Kane	19:31	18:16	17:51	17:46		18:49				
Kyle Neville	20:02	19:01	18:50	18:31						
Dan Cho	18:51	18:19	18:14	17:49		19:00				
Jason Dreier	21:49	20:55		20:02						
Paul Baginski	19:06	19:05	19:39	19:13						
Max Yalong	18:59	18:30	19:28	18:30						
Ryan Cody	19:16	18:49	18:49	18:28						
Murat Ulu		20:46	19:58	19:44						
Jack Price	21:16			19:41						
Mark Salzman	21:31	19:47	19:52	20:00						
Anthony Chan	19:56	19:26	19:20	19:14						
Parker Audette	20:13	19:23		20:16						
Jake Stier	21:10	19:51		19:47						
Jeremy Savarese	21:04	19:58	19:55	19:45						
Tim Baginski	21:24	20:35	20:22	19:45						
Nick DeVita	21:42	20:23	20:26	20:07						
Eddy Nold	19:52	19:40	19:19	20:40						
Jack Shigeta	21:22	20:23		20:32						
Tony He	20:30	19:51	19:17	19:37						
Matt Otterstedt	21:44	20:34	20:18	19:56						
TJ Sofia	21:12	20:19		19:48						
Rich Joel	21:46		24:10							
Connor Witschonke	22:20	21:48		21:31						
Matt Neville	21:58	20:49	20:35	20:02						
Julian Lee		23:01	22:13	22:21						
Lucas Cacoilo										
Jake Franklin										
Jake Alvarado	24:56	24:00		22:52						
Kyle Schnell	23:17	23:18	22:20	22:22						
Mario Chavez	25:49	25:19		24:58						

# Ridgewood Boys Cross Country Championships

## League Champions

### *Big North - Freedom Division*

2016	Billy Byrne
2015	Billy Byrne
2014	Ridgewood
2012	Ridgewood
2011	Ridgewood
2010	Pat Rynkowski

### *NNJIL*

2008	Andrew Fine, Ridgewood
2007	Taro Shigenobu, Ridgewood
2006	Ridgewood
2005	Jeremy Kalmus, Ridgewood
2004	Mike Cator, Ridgewood
2003	Ridgewood
2002	Rodolfo Crispin, Ridgewood
2001	Ridgewood
2000	Trevor Scott, Ridgewood
1997	John O'Neil, Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Sadek Alsaidi, Ridgewood
1990	Eric Boucher
1989	Eric Boucher, Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Eric Bernsten, Ridgewood
1985	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood
1979	Tom Hughes, Ridgewood
1978	Tom Hughes, Ridgewood
1977	Ridgewood
1975	Ed Quinn, Ridgewood
1974	Ridgewood
1971	Steve Kiernan
1965	Ridgewood
1964	Hank Skewis, Ridgewood
1963	Ridgewood

## County Champions

### *Group A*

2016	<b>Billy Byrne, Ridgewood</b>
2010	Pat Rynkowski
2008	Taro Shigenobu
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood

### *Group IV*

2002	Ridgewood
1996	Neil Burt, Ridgewood
1995	Ridgewood
1989	Eric Boucher, Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Eric Bernsten, Ridgewood
1985	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood
1979	Tom Hughes, Ridgewood
1978	Ridgewood

### *Group III-IV*

1965	Ridgewood
------	-----------

\*Until 1973 there were only two races, Group 1-2 and Group 3-4

## BMOC

### *Champions*

2006	Dan Emont
2005	Byron Williams, Ridgewood
2004	Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1992	Bob Keino
1991	Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes
1978	Ridgewood
1964	Ridgewood

### *Top 3 Individual Finishes (Since 2004)*

2016	<b>Billy Byrne</b>	<b>2nd</b>
2010	Pat Rynkowski	3rd
2008	Taro Shigenobu	3rd
2006	Dan Emont	<b>1st</b>
2005	Byron Williams	<b>1st</b>
2005	Mike Cator	3rd
2004	Byron Williams	2nd
<hr/>		
2003	Ari Zamir	<b>1st</b>
1992	Bob Keino	<b>1st</b>
1987	Kevin McCabe	<b>1st</b>
1980	Tom Hughes	<b>1st</b>



## State Sectional Champions

### *North 1, Group IV*

2016	Billy Byrne, Ridgewood
2015	Ridgewood
2014	Kenny Marshall, Ridgewood
2013	Ridgewood
2012	Nick Salamone, Ridgewood
2011	Ridgewood
2010	Ridgewood
2008	Taro Shigenobu
2007	Ridgewood
2006	Dan Emont, Ridgewood
2005	Mike Cator, Ridgewood
2004	Mike Cator, Ridgewood
2003	Ridgewood
2002	Ridgewood
1997	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Bob Keino, Ridgewood
1990	Eric Boucher, Ridgewood
1989	Eric Boucher, Ridgewood
1988	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

*North 1 Sectional Record for most team titles (23) and most consecutive team titles (7) [2010-present]*

## State Group Champions

### *Group IV*

1993	Bob Keino, Ridgewood
1992	Bob Keino, Ridgewood

### *Top 3 Team Finishes*

2011	3rd
2006	2nd
2005	3rd
2003	3rd
1995	2nd
1992	<b>1st</b>
1991	<b>1st</b>
1986	2nd
1984	2nd

### *Top 10 Individual Finishes*

2016	<b>Billy Byrne</b>	<b>5th</b>
2008	Taro Shigenobu	4th
2005	Byron Williams	5th
2005	Dan Emont	10th
2004	Mike Cator	6th
2003	Ari Zamir	4th
2002	Ari Zamir	9th
1993	Bob Keino	<b>1st</b>
1992	Bob Keino	<b>1st</b>
1991	Bob Keino	2nd
1991	Sadek Alsaidi	9th
1989	Eric Boucher	8th
1987	Kevin McCabe	5th
1986	Eric Bernsten	4th
1986	Kevin McCabe	7th
1980	Tom Hughes	9th
1974	Tom Tomai	5th

## SMOC

### *Champions*

1993	Bob Keino
1992	Bob Keino

### *Top 6 Team Finishes*

<b>2016</b>	<b>6th</b>
2005	5th
2003	4th
1995	5th
1992	2nd
1991	2nd
1986	4th
1984	5th

### *Top 25 Individual Finishes*

<b>2016</b>	<b>Billy Byrne</b>	<b>7th</b>
2015	Billy Byrne	25th
2012	Nick Salamone	24th
2008	Taro Shigenobu	10th
2005	Byron Williams	24th
2003	Ari Zamir	7th
2002	Ari Zamir	20th
1993	Bob Keino	<b>1st</b>
1992	Bob Keino	<b>1st</b>
1991	Bob Keino	14th
1991	Sadek Alsaïdi	25th
1989	Eric Boucher	24th
1987	Kevin McCabe	3rd
1986	Eric Bernsten	10th
1986	Kevin McCabe	24th
1985	Eric Bernsten	17th
1980	Tom Hughes	12th

## Foot Locker Cross Country Championship

### *Northeast Regionals (National Qualifiers)*

1993	Bob Keino	<b>1st</b>
1992	Bob Keino	7th
Kinney Regionals before 1993		

### *Nationals (Finishes)*

1993	Bob Keino	5th
1992	Bob Keino	4th
Kinney Nationals before 1993		

## Nike Cross Country Championship

### *Northeast Regionals (National Qualifiers)*

2008	Taro Shigenobu	4th
------	----------------	-----

### *Nationals (Finishes)*

2008	Taro Shigenobu	91st
------	----------------	------

## Ridgewood Boys Cross Country All-Time Lists

Many of the names listed have more than one time that would make the all-time list; the list therefore has been limited to each individual athlete's best time only.

### Darlington County Park - Mahwah, NJ

\*Course Record\*

1. Bob Keino	*15:05*	1993
2. Pat Rynkowski	15:22	2010
<b>3. Billy Byrne</b>	<b>15:32</b>	<b>2016</b>
4. Ari Zamir	15:37	2003
5. Dan Emont	15:40	2006
6. Byron Williams	15:43	2005
7. Levi Jennings	15:44	2010
8. Taro Shigenobu	15:45	2008
9. Mike Cator	15:48	2005
10. Nick Barnabic	15:49	2015
11. Brian Davis	15:53	2003
11. Nick Salamone	15:53	2012
13. Kenny Marshall	15:55	2014
<b>14. Brad Rynkowski</b>	<b>15:59</b>	<b>2016</b>
<b>14. Sid Wagh</b>	<b>15:59</b>	<b>2016</b>

#### *Freshman Course Record:*

Will Baginski 8:15.4 2015

#### *Top Team Time: 80:11 (16:02.2) 2015 (BMOC)*

Nick Barnabic 15:49, Billy Byrne 15:53, Kenny Marshall 15:56, Sid Wagh 16:14,  
Brad Rynkowski 16:19 (Jonah Naftzger 16:22, Matteo Robazza 16:24)

### Garret Mountain Reservation - Woodland Park, NJ

\*2008 course was altered to 3.03 miles due to construction

1. Bob Keino	15:32	1993
2. Eric Bernsten	15:51	1986
3. Tom Hughes	16:01	1980
3. Ari Zamir	16:01	2003
3. Pat Rynkowski	16:01	2010
<b>6. Billy Byrne</b>	<b>16:06</b>	<b>2016</b>
7. Taro Shigenobu	15:45* (16:07)	2008
8. Kevin McCabe	16:07	1987
9. Dan Emont	16:08	2006
10. Levi Jennings	16:11	2010
11. Kenny Marshall	16:14	2014
12. Mike Cator	16:15	2004
13. Jim Ketterson	16:19	1981
13. David Nutt	16:19	1983
15. Nick Barnabic	16:31	2015

#### *Top Team Time: 82:47 (16:33.4) 2016 (Sectional)*

**Billy Byrne 16:06, Sid Wagh 16:33, Brad Rynkowski 16:34, Will Baginski 16:34,  
Matteo Robazza 17:00 (Jonah Naftzger 17:01, Ryan Fahey 17:30)**

### Holmdel County Park - Holmdel, NJ

1.	Bob Keino	15:52	1993
2.	Ari Zamir	15:53	2003
<b>3.</b>	<b>Billy Byrne</b>	<b>15:57</b>	<b>2016</b>
4.	Pat Rynkowski	15:59	2010
5.	Taro Shigenobu	16:09	2008
6.	Kevin McCabe	16:13	1987
7.	Nick Salamone	16:17	2012
8.	Byron Williams	16:20	2005
9.	Levi Jennings	16:21	2010
10.	Dan Emont	16:25	2007
11.	Tom Hughes	16:26	1980
12.	Mike Cator	16:27	2005
13.	Eric Bernsten	16:32	1986
14.	Kenny Marshall	16:34	2014
15.	Joe Lemay	16:35	1984
15.	Brian Davis	16:35	2003

**Top Team Time: 83:11 (16:38.6) 2003 (SMOC)**

Ari Zamir 15:53, Mike Cator 16:42, Byron Williams 16:44, Brian Davis 16:52, David Maher 17:02 (Kyle Engelken 17:03, Henry Ricciardi 17:36)

### Bowdoin County Park - Wappingers Falls, NY

<b>1.</b>	<b>Billy Byrne</b>	<b>16:02.9</b>	<b>2016</b>
2.	Taro Shigenobu	16:16	2008
3.	Pat Rynkowski	16:31	2010
4.	Levi Jennings	16:35	2010
5.	Kenny Marshall	16:45	2015
6.	Nick Salamone	16:55	2011
<b>7.</b>	<b>Brad Rynkowski</b>	<b>16:59.6</b>	<b>2016</b>
8.	Nick Barnabic	17:11	2015
9.	Travis Spicer	17:11	2011
<b>10.</b>	<b>Will Baginski</b>	<b>17:20.3</b>	<b>2016</b>
11.	Mohamed Eid	17:31	2010
<b>12.</b>	<b>Sid Wagh</b>	<b>17:40.3</b>	<b>2016</b>
13.	David Frering	17:42	2012
13.	Kotaro Tamura	17:42	2012
15.	Ben Zamboldi	17:44	2015

**Top Team Time: 86:01 (17:12.4) 2016 (Nike Regionals)**

**Billy Byrne 16:02.9, Brad Rynkowski 16:59.6, Will Baginski 17:20.3, Sid Wagh 17:40.3, Jonah Naftzger 17:58.7 (Ryan Fahey 18:11.5)**

### Van Cortlandt Park (2.5 mi) - Bronx, NY

1.	Bob Keino	12:25.8	1992
2.	<b>Billy Byrne</b>	<b>12:31.2</b>	<b>2016</b>
3.	Eric Bernstein	12:46.5	1986
4.	Kevin McCabe	12:52.0	1987
5.	Taro Shigenobu	12:54.0	2008
6.	Ari Zamir	12:55.4	2003
7.	Tom Hughes	12:59.7	1980
8.	Dan Emont	13:03.3	2006
8.	Pat Rynkowski	13:03.3	2010
10.	Tom Tomai	13:05.0	1974
11.	Mike Cator	13:09.0	2004
12.	Brian Davis	13:09.7	2003
13.	<b>Brad Rynkowski</b>	<b>13:19.4</b>	<b>2016</b>
14.	Byron Williams	13:20.2	2005
15.	<b>Will Baginski</b>	<b>13:21.1</b>	<b>2016</b>

*Top Team Time: 66:15.0 (13:15.0) 2016 (Manhattan Invitational)*

**Billy Byrne 12:31.2, Brad Rynkowski 13:19.4, Will Baginski 13:21.1, Sid Wagh 13:26.8, Jonah Naftzger 13:36.5 (Matteo Robazza 13:52.3, Ryan Fahey 14:06.4)**

### Belmont Plateau - Philadelphia, PA

1.	Taro Shigenobu	16:17	2008
2.	Dan Emont	16:37	2006
3.	Niall Buckley	16:40	2006
4.	Brian Cleary	16:44	2009
5.	Mike Cator	16:46	2003
5.	Byron Williams	16:46	2005
7.	Pat Rynkowski	16:50	2009
8.	Brian Davis	16:54	2003
9.	Levi Jennings	17:11	2009
10.	Kyle Engleken	17:12	2003
11.	Andrew Fine	17:19	2008
12.	Jacob Garber	17:20	2006
13.	Brad Vollkommer	17:27	2003
14.	Jeremy Kalmus	17:36	2006
15.	Alex Butler	17:59	2008

*Top Team Time: 85:20 (17:04) 2006 (Briarwood Invitational)*

Dan Emont 16:37, Niall Buckley 16:40, Taro Shigenobu 17:05, Jacob Garber 17:20, Jeremy Kalmus 17:36

**Foot Locker Cross Country Regionals, Van Cortlandt Park (5k) - Bronx, NY**

1. Bob Keino 15:41.4 (1st) 1993
2. Bob Keino 15:57 (7th) 1992

**Foot Locker Cross Country Championships, Balboa Park - San Diego, CA**

1. Bob Keino 15:09.6 (5th) 1993
2. Bob Keino 15:25 (4th) 1992

**Nike Cross Nationals, Portland Meadows - Portland, OR**

1. Taro Shigenobu 16:22.2 (91st) 2008