

**Ridgewood
Boys Spring
Track &
Field**

2016

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
Michael Thurston (12)	26	111	137
Kobi Grant (11)	50	85	135
Matt Tai (10)	23	95	118
Ray Harada (11)	57	50	107
Kenny Ekert (12)	37	67	104
Kyle Mack (11)	14.25	81	95.25
Zack Stadulis (11)	22.25	58	80.25
Spencer McAvey (12)	26	49	75
William Baginski (9)	9.25	60	69.25
Max Bartlik (10)	26	43	69
Luc Bontoux (12)	25	35	60
Kenny Marshall (12)	21	36	57
Will Migliorelli (12)	8.25	48	56.25
Jason Chun (10)	9	38	47
Danilo Romero (10)	12	33	45
Sid Wagh (10)	15	28	43
Ryan Vimba (11)	15	21	36
Andrew Taggart (12)	5.5	28	33.5
Billy Byrne (11)	12	21	33
Matteo Robazza (11)	8.5	21	29.5
Michael Gentile (11)	6	23	29
Brad Rynkowski (11)	15	13	28
Danny Schechter (11)	3	16	19
Austin Engelhardt (10)	1	15	16
Brendan Hughes (12)	1	13	14
Connor Perlman (11)		13	13
German Castano (12)	7	6	13
Tommy Carver (10)	4.5	8	12.5
Ben Zamboldi (10)	3.5	8	11.5
Nick Barnabic (12)	1	10	11
Charlie Branca (10)		8	8
Ryo Kato (11)		5	5
Ben Leibson (11)		5	5
Ben Jordan (10)		3	3
Sam Do (11)		3	3
Justin Dixon (9)	1		1

Athletes to watch

Colin Daly, River Dell, senior: The Record Indoor Track Athlete of the Year is among the best 800, 1,600 runners in North Jersey history and the best distance medley leadoff runner in the nation.

Will Daly, River Dell, senior: The Record Cross-Country Runner of the Year is the indoor state 1,600-meter champion and was second in last year's outdoor 1,600.

Gio Gutierrez, Saddle Brook, junior: The state indoor and outdoor Group 1 shot put champion is ready to contend for a state title in the shot and discus.

Alijah Jackson, Paramus Catholic, junior: The football standout is one of the area's top sprinters and long jumpers.

Joe Jordan, NV/Old Tappan, senior: One of a trio of Bergen County track athletes headed for Penn, he is the best high hurdler in the area and was a state Meet of Champions medalist in the intermediate hurdles last spring.

Jack Kerin, Indian Hills, senior: The Dartmouth-bound 800 standout placed third in the indoor state Meet of Champions and placed last spring in the outdoor SMOC.

Frankie Richard, Northern Highlands, senior: The one-season track performer won the state Group 3 long jump last spring and finished seventh in the state Meet of Champions triple jump.

Raheem Roberts, Eastside, senior: The outstanding three-event sprinter just missed medaling in the state Meet of Champions indoor and outdoor 400-meter runs the past two seasons.

Patrick Sullivan, Don Bosco, senior: The state's fastest two-miler indoors hopes to end his high school career with a state Meet of Champions title outdoors after medaling in the event last year, before heading to the Air Force Academy.

Michael Thurston, Ridgewood, senior: A future Dartmouth teammate of Kerin, Thurston had a terrific indoor season before an untimely illness knocked him out of a state medal at 800 meters. He is one of the best in the country at 600 meters.

Wankeith Akin, Don Bosco, junior: He had an excellent sophomore year and could be the fastest runner in North Jersey after medaling last spring in Non-Public A sprints.

Trent Braen, Eastern Christian,

(S: Sprints; H: Hurdles; J: Jumps; MD: Mid Distance; LS: Long sprints; D: Distance; T: Throws; PV: Pole vault; M: Multi-events)

UNITED

First-year head coach Joe Charles hopes Bergen Catholic continues its rise behind a good senior class headed by Vin Karabatsos (T), Tom O'Boyle (D), Peter Campbell (S), Kevin Jackson (S/J), John Burke (T), Gene Coleman (S) and Derek Wafer (PV). Juniors Jahmel Johnson (S), Connor Secora (D), Caleb Shaia (D), Peter Theuerkauf (D), Kevin DeLoughry (LS/H) and Ryan Dunkel (J) also will be key performers.

DePaul returns senior Mark Dwumfour (T) and junior Aubyn Bryan (T).

Don Bosco is on the upswing behind seniors Matt Bruchalski (S/J), Tommy Kersting (J), Gabe Lartigue (LS/H), Rich Agrusti (H) and juniors Wankeith Akin (S/J), Pat Moriarty (H/PV), Marcus Valder (T) and John Delzotto (T). That's in addition to the Ironman distance team of Patrick Sullivan (sr.), David Rosas (jr.), Connor Nicholson (sr.), Luke Novak (sr.), Alex Zeeprat (sr.), Billy McNicholas (sr.) and Joe Erskine (jr.)

Paramus Catholic has a new head coach in Bryan Durango and stars in juniors Alijah Jackson (S/J), Drew Singleton (J), and seniors Javon Turner (S) and Donald Stewart (LS).

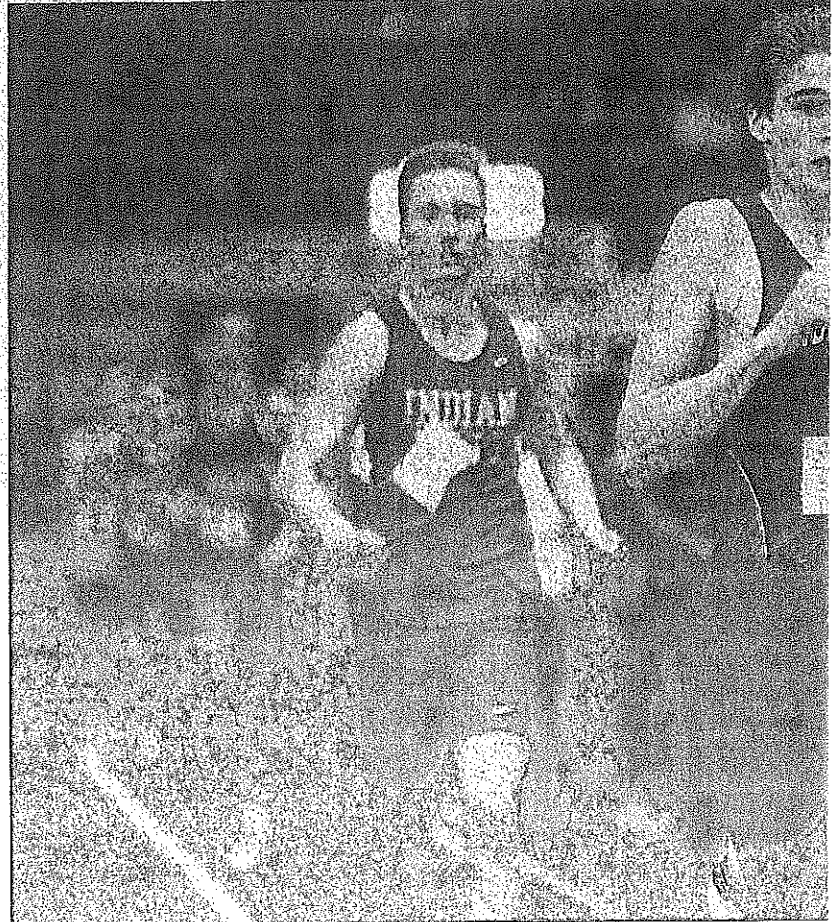
St. Joseph was decimated by graduation and transfers, but hopes seniors Brian Kearns (S), Bryan Francis (MD), Mark Bodnar (MD) and juniors Habacuc Toupuissant (S), Sean Mitchell (T) and Ryan Botto (T) will help the Green Knights rebuild.

LIBERTY

Bergen Tech is improving, led by seniors Haram Yang (S/J), Roberto Santiago (LS/J), juniors Tom Yannetti (PV) and Connor Doyle (PV) and sophomore Anthony Dilorio (D).

Clifton suffered some unexpected personnel losses but had a turnout of more than 70, including senior distance star Kenneth Herrera and versatile long sprinter/middle distance standout Kevin Heredia.

Eastside has potential stars in seniors Raheem Roberts (S), Marco Joseph (H), Asem Johnson (J) and Armon Kelley (S).



Ridgewood's Michael Thurston is one of the best in the country at 600 meters.

again with seniors Kevin Copper (J), Patrick Henry (T), Yasir Thomas (J) and Tarin Nelson (MD) and juniors Shayne Coley (H) and Rhazeer Jones (S).

FREEDOM

Hackensack tied for the division indoors and will be strong outdoors led by All-North Jersey candidates seniors John Proctor (J/S), Tommy Smith (J/S) and Demar Stewart (T). Seniors Gideon Achirem (MD), Zion Bayewu (LS/H), Marc Lugo (D), Max Eisenberg (PV), Hamza Zaydan (PV), junior Jevaughn Fahie (H/J/S) and sophomore Ameer Miller (S/J) add depth and strength.

Indian Hills shared the division and has its own All-North Jersey candidates in seniors Jack Kerin (MD/LS/H), Matt Cohane (D), Derek Anderson (H/J) and Marshall Watters (T). But it's their depth, provided by senior Nick Cohen (H), juniors Tom Holster (D), Derek Barney (D), Anthony Lorené (S/J), Nick Coleburn (S/J) and Dylan Pappas (H/MD) and sophomores Steven Fiumefreddo (D), Corey Girard (LS/MD) and

Five story lines to watch

1. Can River Dell and Colin and Will Daly medal national indoor season by winning the Group 2 the Penn Relays distance medley race?
2. After skipping the state 3,200 meters indoor, can Don Bosco's Patrick Sullivan cap his career by winning the 3,200 state title?
3. Before they become Dartmouth teammates, which of the two will prevail in the 800-meter races between Michael Thurston and Indian Hills' Jack Kerin to win a state title?
4. After a difficult winter season, can NV/Old Tappan grab the Group 3 state championship after River Dell last spring?
5. Can Eastside's Raheem Roberts hold off twins in the 200 (Hunter) and 400 (Tyler) and West Milford runner St. Jacob Diodonet as champion?

(D), Baret Gulbenkian (T) and Nick Ghichlian (T) and Norman Antonio (S) are also potential point scorers. Fair Lawn Ramapo is improving in perhaps the best league in the area with seniors Walter Tarr (D), Brian Raguseo (T), Allan Fall (T) and Peter (J), Matt T. Will Bagin INDEPENDENT Fair Lawn Daulton N sophomore (MD) and the top pe

Around the Big North



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Ridgewood's Michael Thurston is one of the best in the country at 600 meters. He'll look to lead the pack again this season.

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1. Can River Dell and Colin and Will Daly match their sensational indoor season by winning the Group 2 title and perhaps the Penn Relays distance medley race?
2. After skipping the state 3,200 meters indoors, can Don Bosco's Patrick Sullivan cap his career by winning the outdoor 3,200 state title?
3. Before they become Dartmouth teammates next year, who will prevail in the 800-meter races between Ridgewood's Michael Thurston and Indian Hills' Jack Kerin, and will either win a state title?
4. After a difficult winter season, can NV/Old Tappan finally grab the Group 3 state championship after a near miss against River Dell last spring?
5. Can Eastside's Raheem Roberts hold off Wayne Hills' Hayek twins in the 200 (Hunter) and 400 (Tyler) and replace former West Milford runner St. Jacob Diodonet as the state 400 champion?

— Paul Schwartz

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Ramapo is improving in perhaps the best league in the area with seniors Walter Tarr (D), Brian Ragueo (T), Allan Fall (T) and Peter

(J), Matt Tai (S) and freshman Will Baginski (MD).

INDEPENDENCE

Fair Lawn is young, with senior Daulton Newman (T) and sophomores Jonathan Marcus (MD) and Jacob Rosenberg (J) the top performers.

Preseason Top 25

1. NV/Old Tappan
2. Don Bosco
3. Passaic Tech
4. Ridgewood
5. River Dell
6. NV/Demarest
7. Bergen Catholic
8. Northern Highlands
9. Hasbrouck Heights
10. Hackensack
11. Indian Hills
12. Eastside
13. Dumont
14. Kennedy
15. Wayne Hills
16. Westwood
17. Lyndhurst
18. Mahwah
19. Fort Lee
20. Garfield
21. Leonia
22. New Milford
23. Pascack Valley
24. Tenafly
25. Paramus Catholic

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Michael Thurston, Ridgewood, senior: A future Dartmouth teammate of Kerin, Thurston had a terrific indoor season before an untimely illness knocked him out of a state medal at 800 meters. He is one of the best in the country at 600 meters.

Wankeith Akin, Don Bosco, junior: He had an excellent sophomore year and could be the fastest runner in North Jersey after medaling last spring in Non-Public A sprints.

Trent Braen, Eastern Christian, senior: The Passaic County champion in the discus last year has the potential to compete at the Non-Public B state level.

Justin Fernandez, River Dell, senior: Overshadowed by his classmates, the Dalys, he ran stellar legs at the 2015 Penn Relays 4-x-800 and 2016 New Balance Indoors distance medley.

Hunter and Tyler Hayek, Wayne Hills, juniors: The transfers from St. Joseph were part of the Green Knights' fourth place 4-x-100 team last spring and showed long sprint strength in the Eastern States, with Hunter ending up the 200 champ and Tyler the 400 runner-up.

Marco Joseph, Eastside, senior: Injuries cut short his indoor season, but Joseph is perhaps the top returning intermediate hurdler in the state.

Tom and Will Rienas, NV/Old Tappan, seniors: Expect the Harvard-bound twins to be part of one of the state's best 4-x-400 relays and individually star in the 400, 800 and intermediate hurdles.

JoJo Robinson, Leonia, senior: The New Haven-bound football player had a terrific junior year in the sprints, earning a state group medal in the 200.

Dylan Scallo, Dumont, senior: He is an outstanding intermediate hurdler whose twin, Frank, is another solid 800-meter runner.

Tommy Smith, Hackensack, senior: He could surprise on the state level in both the long and triple jumps and locally in the sprints.

Max Zavidow, Tenafly, senior: He had injury troubles that cut his cross-country and indoor seasons short, but he could be a dark horse factor in the distances.

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LIBERTY

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Kennedy expects to contend for Passaic County and league honors with a strong, balanced team including seniors D'Andre Miller (S/H), Kyree Parks (S), Hector Cruz (D), Nazier Wright (H/J), Javon Johnson (H/S), Naazier Lovely (T), Marvin Frazier (J) and juniors Dayvon Robinson (S/H) and Ronniel Johnson (J/PV).

Passaic is solid, led by senior throwers Kelvin Leal, Genaro Delgado and Isaiah Nunez and Jaden East (S). Juniors Joel Garcia (D) and Brian Quintanilla (S/MD) head a good group of underclassmen.

Passaic Tech is contending

Gideon Achirem (MD), Zion Bayewu (LS/H), Marc Lugo (D), Max Eisenberg (PV), Hamza Zaydan (PV), junior Jevaughn Fahle (H/J/S) and sophomore Ameer Miller (S/J) add depth and strength.

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Northern Highlands is much improved behind All-State jumper Frankie Richard (sr.) and has seniors Declan Rozinsky (D), Dan Pflueger (H/J), Conor Monchek (H), juniors Tim DeLorenzo (J), Brendan Holleran (H) and Jack Weinberger (D) as potential point scorers.

Paramus is led by pole vaulters Sunwoo Moon (sr.) and Greg Fuente (jr.). Fuente won the Group 3 indoor title and is an All-State threat. Seniors Alex Gee (D), Kenya Kuriki (D), Chris O'Connell

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Ridgewood won the large school Bergen Relays and North 1, Group 4 indoors led by the Dartmouth-bound Michael Thurston (MD/J), with seniors Kenny Ekert (T), Spencer McAvey (T), Luc Bontoux (PV), Kenny Marshall (D) and Andrew Taggart (MD) the leaders. But the Maroons' season may turn on the performances of juniors Billy Byrne (D), Kobi Grant (S), Ray Harada (H/J) and Zack Stadulis (S/H), sophomores Max Barlik

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COLONIAL

Eastern Christian has a nice senior class with Sam Veenstra (H), Carter Heerema (D), Trent Braen (T), Michael Ji (T), Bryan Lineweaver (J) and Devin Graham (S).

Veteran head coach Ed Garrison takes over at **Elmwood Park** and will build around juniors Jordany Cabrera (S), Tyreeke Martin (S) and Chevaughn Martin (MD).

Seniors Steven Nolasco (H/J), Steven Almanzar (D), Christian Bermudez (MD), Mahaljo Simakoska (T) and Matt DeLoRenzio (T) lead **Garfield**, who could make some noise if senior All-Bergen candidate Matt Wierzba (J) can be back from injury by the start of the league championships.

Senior lettermen Owen Davitt (MD), Jeff Mate (S/J), Tim Fink (T), Jack Boscoe (S), Theo Grebonval (D), Steven Schwartz (D) and Jake Gross (S/J) lead **Glen Rock**. A great turnout could provide some surprises.

Hawthorne is another contender with seniors Davius Bunch (T), Rashawn By-

field (J), Liam Morrissey (MD) and Brandon Parker (S), getting help from juniors Paul Arias (H/J), Andre Jackson (H/J), Brendan Rooney (T) and Kyle Woodward (H/J).

Lodi has a new head coach, Tom Manzo, and two good seniors: Mike Pantano (PV) and Brandon Calvo (T).

Manchester has just one senior, but a core group of juniors led by Quazier Dalley (S), Khalil DeLoach (S), Mateo Rosario (S), Justin Brown (D) and Giancarlo Moreno (D).

Prompton Lakes has some excellent athletes in seniors Justin Stoll (LS/MD/J), Indri Istrefi (D), Cruise Turner (S) and Steve Rosero (T).

Rutherford has the top track athlete in the league in senior Sean Sullivan, a state contender in the 800 and 1,600 meters. The Bulldogs' other top performers are seniors Scott Catlett (PV), Ryan McNeilly (D), Prince Smith (J), Asif Siddique (S) and Yassin Salah (D), along with juniors Marcus Cabibbo (D) and Will Thomas (LS).

LIBERTY

Dwight-Englewood is led by seniors Aaron Gates (H), Matan Arginteanu (LS), Casper Lin (J), Antonios Tsougarakis (T) and Tyler Knowles (J) and juniors Justin

Gross (J) and Josh Green (I)
Leonia has strong leaders sein Elmeshad (D), Max Still JoJo Robinson (S) and junior Tapla-Suarez (D).

Lyndhurst is the league favorite surprise at the sectional level, led by seniors Peter Guerriero (S), Isaac Christopher Bekker (T), Olu Olasehinde (T) and Devin Y.

New Milford will contend in with strong leaders in senior ra (D), Max Piasevoli (D), Ju (S/H), Christian Garcia (M), (T) and Chris Lacey (T).

Queen of Peace returns se Reynolds (H/J). **Ridgefield** Meshkot Hassani (T).

Secaucus is young with no men, but juniors Rich Persa Chris Bernabe (D) and sophomore Chriss (M) and Ming Lin (D) rebuild.

MEADOWLANDS

Becton returns senior Dylan **Hasbrouck Heights** is the favorite, with seniors Jason (H/MD), Brian Moran (S/PV) Hammad (D), Clarence Rey

Around the NJIC

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INDEPENDENCE

Fair Lawn is young, with senior Daulton Newman (T) and sophomores Jonathan Marcus (MD) and Jacob Rosenberg (J) the top performers.

Nearly 100 athletes came out for the team at Lakeland, and that depth will push the Lancers near the top of the league. Seniors Andy Biss (D), Christian Cola (T), Dan Yochim (T), hockey star Danny Mullin (LS/J), Jake Catalioto (S/J) and Jordan Greene (S) are joined by juniors Kyle Gonzalez (H), Matt Naranjo (M) and sophomore Kelvin Gonzalez (J) as major contributors.

Passaic Valley returns seniors Steve Rigamonte (H) and Rafael Santana (H) and junior Erick Alvarez (J).

Wayne Hills has seniors George Galkin, the Passaic County

- 9. Hasbrouck Heights
- 10. Hackensack
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cross-country champ (D), and Kyle Lindstrom (T) and juniors Joe Zisa (D) and Tyler and Hunter Hayek (S/LS) as potential All-Passaic performers.

Wayne Valley is still young and hopes seniors Vance Stay (J), Sam Saltwick (H), Jacob Kaminiski (S), Michael Sorce (PV) and Gordon Gorab (PV) can get help from the likes of junior Jordan Montero (T) and freshman Shaheem Maple (S) to stay competitive.

Seniors Dylan Porcaro (J/S), Kyle Vreeland (T), Sean Pomeroy

See **BIG NORTH** Page S-8

Around the NJIC

J: Jumps; MD: High jumps; D: Distance; S: Sprint; PV: Pole vault; M: Mile

a nice senior class Carter Heerema, Michael Ji (T), Bryan Graham (S).

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Queen of Peace returns senior Eric Reynolds (H/J). **Ridgefield** has senior Meshkot Hassani (T).

Secaucus is young with no senior lettermen, but juniors Rich Persaud (J/S) and Chris Bernabe (D) and sophomores Adam Khriiss (M) and Ming Lin (D) help with the rebuild.

MEADOWLANDS

Becton returns senior Dylan Lewin (T). **Hasbrouck Heights** is the overwhelming favorite, with seniors Jason DiGiacinto (H/MD), Brian Moran (S/PV), Abdallah Hammad (D), Clarence Reyes (H/J), Seth

Remo (H), James Pikowski (T) and Scott Salerno (T) being aided by juniors Leeroy Casimir (S/J), Niko Regus (J/S), Oscar Granados (LS) and Dylan Freschi (PV/T).

North Arlington is improving, led by seniors Matt Borrelli (S/J), Antonio Monahan (T), and juniors Daniel Antunes (H/J), Ryan Fernandez (S) and Vincent Crawford (T).

Saddle Brook is looking toward the Bergen D meet for a win, led by seniors Pedro Morales (J), Kacper Wrobel (J), Kellan Yalong (MD), juniors Giovanni Gutierrez, one of the state's best throwers, Steven Halpin (D) and Andrew Wellington (LS).

Wallington is improving, led by juniors Dominik Pergel (J/S) and Nicholas Kojcevski (MD) and senior lettermen Ammar Elgebaly, Marcello Manzoni, Alex Olowniuk and Malhar Vyaz.

Wood-Ridge looks to seniors Mark Whaley (J), JaVon Drakeford (T) and Lou Moccia (D) for leadership.

PATRIOT

Bogota starts with some terrific runners from the Bucs' great cross-country team, with juniors Dan Daurio and James Draney the best of the bunch. Seniors

See **NJIC** Page S-8

Passaic Tech girls add distance to forte

By DAVE MEISEL
SPECIAL TO THE RECORD

TRACK AND FIELD

RIDGEWOOD — Passaic Tech's girls distance runners best embodied the spirit of the Pawlowski Relays on Saturday with a clinical performance at Benjamin Franklin Middle School that featured wins in the 4-x-800-meter relay, the 4-x-1,600 and the distance medley.

Passaic Tech is renowned for its performances in sprint events, but the Bulldogs got two distance wins. Destiny Calo and Nancy Habib, part of the team's wins in the 4-x-800 (10:30.12) and 4-x-1,600 (23:15.5) provided the leadership and the spark. Rounding out the 800 crew were Melany Then and Carly Spinnler, and Meralis Mendez and Sarah Shannon completed the 1,600 crew. Mendez, Then, Calo and Shannon combined for a 13:46.8 in the distance medley.

Coach Jeff Cioletti made a point to emphasize the leadership traits in the distance crew.

"We've been working on the mile and it's an event to take pride in," said Cioletti. "We have done longer practices and two speed days a week this year instead of one, and less tapering. Really, we have such good leadership that we don't need a distance coach."

Interestingly, Cioletti noted that it is the sophomore, Spinnler, and the junior, Shannon, who provide a great deal of leadership for the distance events.

Ridgewood swept the meet and both its teams clinched victory prior to the final event, the girls with 117 points and the boys

with 120. In the small schools division, Ridgefield Park's boys (71 points) and Cresskill's girls (85) earned victory.

Steven Pawlowski, who the meet honors, is a Ridgewood track legend; the Class of 2001 hurdler was tragically hit by a car and killed during his freshman year of college. "He was a talented team captain with a reputation for making every member feel like they were a vital part of the team," said Ro Crispin, a former teammate of Pawlowski. Crispin's cousin, Sam Halvorsen, is captain of Ridgewood's girls this spring.

"It's important to remind these kids of who Steve is, because it's 15 years ago now and some people don't know of him," said coach Jacob Brown. "He really was a hero that died too young."

"He was almost naïve in his belief that if it was there, we all could attain it. As a result, we all ran harder, stayed in the gym longer, and hung out together," said Crispin of the "Polish Machine," as Pawlowski was called by his teammates. "Even though he wasn't an extrovert and was somewhat shy, people were just drawn to his character and his positive vibes."

Reflecting his nickname, Ridgewood gave Pawlowski a wrench as a gift in 2001. After a great start to 2016, Passaic Tech, Ridgewood, Ridgefield Park and Cresskill could be similarly well-oiled machines this season.

Pawlowski Relays
@ Jacob Brown Track

April 2, 2016

4x1600m:

Varsity: B. Rynkowski 4:45, K. Marshall 4:42, S. Wagh 4:39, W. Baginski 4:39 **18:46 - 1st Place**

Novice: D. Paterson 5:18, B. Hughes 5:00, E. Tilyou 5:19, J. Naftzger 5:01 **20:38**

4x110HH:

Varsity: Z. Stadulis 16.9, K. Mack 19.1, M. Bartlik 17.4, R. Harada 17.0 **1:10.5 - 5th Place**

Novice: C. Perlman 21.1, R. Kato 21.3, B. Leibson 18.1 T. Carver 20.8 **1:20.3 - 2nd Place**

Frosh: 2x110HH: A. Ruhl 21.5, N. DeVita 22.4 **43.9 - 3rd Place**

4x100m:

Varsity: M. Tai, J. Chun, W. Migliorelli, K. Grant **45.3 - 2nd Place**

4x800m:

Frosh: D. Cho 2:30, E. Scott 2:20, J. Hyun 2:22, R. Fahey 2:35 **9:47 - 5th Place**

D. Kane 2:35, A. Cole 2:21, T. He 2:24, E. Nold 2:35 **9:54**

J. Pierce 2:33, P. Baginski 2:35, T. Baginski 2:44, R. Joel 2:52 **10:44**

Novice: K. Neville 2:26 M. Boogaert 2:23, M. Rademacher 2:25, D. Paterson 2:30 **9:42.3 - 5th Place**

P. Yanella 2:17 I. Dartley 2:17, Max Yalong 2:40, Parker Audette 2:30 - **9:46**

C. Martin 2:19, R. Quadari 3:21, R. Cody 2:34, Chris S 2:25 - **10:39**

Varsity: B. Zamboldi 2:06.7, M. Robazza 2:06.5, C. Branca 2:14.3, B. Hughes 2:13.5 **8:31.0 - 5th Place**

4x200m:

Frosh: E. Wong 28.7, K. Collins 26.3, J. Hyun 28.4, J. Dixon 24.8 **1:48.4 - 2nd Place**

G. Im 26.9, J. Santucci 29.7, E. Kessler 36.5, R. Mandriano 24.5

G. Kim 27.8, 33.8 Cerasulo 30.4, J. Hooban 32.6

Novice: S. Do 23.9, I. McTavish 25.8, B. Leibson 26.5, R. Kato 24.3 **1:40.4 - 2nd Place**

E. Do 26.3, A. Garcia 30.0, A. Denice 26.3, B. Jordan 27.5 **1:52.1**

M. Gluckow, 30.3 T. Hong 28.3, N. Illev 28.0, A. Mayer-Aschoff 27.0

N. Gomez 27.0, C. Witschonke 28.0, C. Perlman 29.0, Safraz 27.5

Varsity: M. Tai 23.4, J. Chun 23.5, W. Migliorelli 23.9, K. Grant 22.5 **1:33.3 - 2nd Place**

Distance Medley:

Frosh:

Novice: B. Rynkowski 3:32.4, K. Neville 59.6, M. Rademacher, 2:19.1 J. Bolduc 5:05.2 **11:55.0 - 1st Place**

Varsity: A. Taggart 3:22.7, M. Robazza 54.5, M. Thurston 1:54.5, N. Barnabic 5:03 **11:15.6 - 3rd Place**

3x400IH:

Varsity: Z. Stadulis 60.6, K. Mack 60.4, T. Carver 62.8 - **3:03.9 - 4th Place**

4x400m:

Frosh: D. Karny 56.0, J. Dixon 58.8, A. Ruhl 61.9, W. Baginski 52.4 - **3:50.0 - 1st Place**

Novice: S. Do 56.5, I. McTavish 58.1, B. Leibson 59.6, R. Kato 54.8 - **3:49.0 - 2nd Place**

E. Do, A. Garcia, Cron, B. Jordan

M. Gluckow, T. Hong, N. Illev, A. Mayer-Aschoff

N. Gomez 61.2, C. Witschonke 67.3, C. Perlman 64.5, Safraz 61.9 - **4:41.3**

Long Jump:

Varsity: R. Harada 18'0", D. Romero 18'7", M. Bartlik 17'10 1/2" **54'4" - 4th Place**

Novice: Conor P 16'5 1/2", T. Carver 16'3"

Others need to report marks

Frosh: Nick DeVita F Justin Dixon 15' 11/ 1/2"

Triple Jump:

Varsity: M. Bartlik 39'2", D. Romero 37'10", R. Harada 38'10" 115'9" - 3rd Place

Novice: L. Bontoux B. Liebson F
Conor P 33'2". N. Gome F
B. Gluckow Anthony M. 28'9"

Frosh: Nick Devita 29'4" K. Collins 31'11" - 1st Place

High Jump:

Varsity: D. Romero 5'10", R. Harada 5'8", C. Perlman NH 11'6"

Frosh.: J. Dixon 5'2" N. DeVita 4'4" - 9'6" - 2nd Place

Pole Vault:

Varsity: L. Bontoux NH, R. Vimba 11'0", D. Schechter 11'0" - 22'0" - 2nd Place

Frosh: E. Wong 7'0" 7'0" - 2nd Place

Shot Put:

Varsity: S. Avery 46'7", K. Eckert 47'8", Austin E 40' 1/2" 134'10" - 2nd Place

Novice: Vinny 35'4", Will French 37'2" 72'6" - 2nd Place
Chris Haraes 34'4", Chris Black 34'4" 68'8" - 4th Place
Jack Splendor, Nick Plasse 32'5 1/2"
Max 30'10 1/2", Tim Feldhan 26 11 1/2"
Nathan Lung 26'2"

Discus:

Varsity: S. Avery 104'4", K. Eckert 121'11", Mike G 114'4" 340'7" - 1st Place

Novice: W. French 89'11", C. Black 92'10" 182'9" - 2nd Place

Javelin:

Varsity: Kenny 116' German 120' Ben 101'9 337'9" - 5th Place

Novice: A.Taggart, Greg S

VS. INDIAN HILLS

Event:	1st Place	2nd Place	3rd Place	Rwd	Opp
400IH:	J. Kerin - IH: 59.4	Cohen - IH: 60.4	Z. Stadulis - R: 60.5	1	8
100m:	K. Grant - R: 11.2	M. Tai - R: 11.3	Lorenc - IH: 11.6	8	1
1600m:	Holster -IH 4:41.3	Cohane- IH: 4:41.5	Barney - IH: 4:41.6	0	9
400m:	Thurston - R: 50.3	J. Kerin - IH 51.4	K. Mack - R: 51.7	6	3
110HH:	R. Harada - R 16.3	Anderson - IH 16.4	M. Bartlik - R 16.8	6	3
800m:	Thurston - R 2:00.0	Baginski - R 2:00.9	Girard IH - 2:01.9	8	1
200m:	K. Grant- R 23.0	M. Tai - R 23.1	Lorenz - IH 23.6	8	1
3200m:	Cohan IH 9:53.1	S. Wagh - R 9:55.4	Holster - IH 9:58.6	3	6
4x400m:	Indian Hills 3:33.4			0	5
Long Jump:	Coburn IH 19'1	Harada - R 18'10.5	Hank IH 18'7.5	3	6
Triple Jump:	Bartlik - R 40'10"	Anderson - IH 39'11	Stadulis R 38'11"	6	3
High Jump:	Anderson - IH 5'10	Thurston - R 5'10"	D. Romero R 5'8"	4	5
Shot Put	McAvey - R 47'10.75	Ekert - R 47'8.25	Watters IH 44'5	8	1
Discus:	Watters IH 133'6	McAvey - R 121'	Ekert - R 120'	4	5
Javelin:	Anderson IH 169'4	Castano- R 144'4	H. Anderson IH 126'	3	6
Pole Vault:	Bontoux R 12'0"	R. Vimba - R 11'6	Schecter R 10'6	9	0
Final Score:				77	63

Non- Scoring Indian Hills Dual
@ Jacob Brown Track

April 5, 2016

- 400IH: T. Carver 62.4, A. Ruhl 73.1
- 100m: J. Chun 11.7, S. Do 11.9, Migliorelli 12.0, Rubin 12.3, Do 12.6, G. Castano 12.8, Denise 13.0, Cerasulo 13.1, Gomez 12.0, Crun 12.2, Hung 12.2, Gluckow 12.5, Garcia 12.7, Ileva 12.7, Hyun 12.8, J. Lee 12.9, Wong 12.0, Sarfraz 12.2, Naggy 12.2, Ozkuyumcu 12.3, Mayer-Aschhoff 12.8, Kim 13.3, Manderano 13.8, Im 14.0
- 1600m: K. Marshall 4:45; B. Byrne 4:51; B. Rynkowski 4:52; B. Hughes 4:52; C. Branca 4:56; C. Martin 5:01; D. Paterson 5:06; M. Boogaert 5:10; E. Tilyou 5:10; M. Rademacher 5:10; J. Bolduc 5:12; R. Fahey 5:13; K. Neville 5:15; J. Price 5:34; E. Nold 5:48
- 400m: R. Kato 56.1, I. McTavish 59.4, B. Jordon 60.5, D. Cho 64.7, K. Collins 59.0, A Cole 63.8
- 110HH: Z. Stadulis 16.9, B. Leibson 17.4, C. Perlman 18.9, A.Ruhl 20.5, N. DeVita 20.6
- 800m: A. Taggart 2:05, B. Zamboldi 2:05, M. Robazza 2:05, I. Dartley 2:17; C. 2:21; H. Seifert 2:23; J. Hyun 2:26; E. Scott 2:27; P. Yanella 2:27; R. Cody 2:29; M. Yalong 2:29; D. Kane 2:30; T. Baginski 2:30; T. He 2:30, Raamis 3:04
- 200m: J. Chun 23.8, S. Do 24.5, Migliorelli 24.6, Rubin 28.2, E. Do 26.4, Denise 27.2, Gomez 26.5, Crun 26.8, Han 25.9, Gluckow 25.9, Ileva 28.1, Hyun 30.2, J. Lee 29.9, Wong 28.5, Sarfraz 26.7, Naggy 27.6, Ozkuyumcu 28.3, Mayer-Aschhoff 29.5, Im 32.7, Cho 27.8, Witchonke 27.9, Santangelo 27.6, Carver 25.6, Dickinson 26.1, Chu 27.1
- 3200m: B. Byrne 10:13, K. Marshall 10:18, N. Barnabic 10:25
- 4x400m: W. Baginski 55.6, M. Tai 53.5, Z. Stadulis 54.2, K. Mack 50.5 - 3:34.0
- Long Jump: M. Bartlik 18'6", D. Romero 18'1", J. Dixon 16'1"
- Triple Jump: R. Harada 37'9"; D. Romero F
- High Jump: R. Harada 5'6", M. Bartlik 5'4", J. Dixon 5'0"
- Pole Vault: C. Witchonke 7'6", L. Pascual 7'6"; A. Barallos 7'6"
- Shot Put: A. Engelhardt 38'9.75", W. French 38'3.75"
All results reported
- Discus: W. French 101'1"; M. Gentile 95'5", C. Black 87'2", Vinnie 84'10"; Tim. 77'5"; Charlie 71'5", Jack 70'5"; C. Haraes 69'8"; Max 56'2", N. Lung 54'0", A. Engelhardt F
- Javelin: K. Ekert 115'6", A. Taggart 101'3"; B. Jordan 91'6",

Friendly foes will soon be teammates

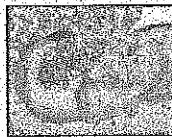
Half-milers Kerin, Thurston bound for Dartmouth

The races are just beginning for Jack Kerin and Michael Thurston. Kerin, a senior at Indian Hills, and Thurston, a senior at Ridgewood, competed against one another Friday in the 4-x-800-meter relay at the Arcadia Invitational in California. (Indian Hills was seventh, just off a school record, and Ridgewood finished 12th.) This spring, they'll match laps in the 800 in New Jersey multiple times—likely concluding in the state Meet of Champions.

But come graduation day, Kerin and Thurston will not be done seeing each other's spikes. Both have committed to run at Dartmouth, where, guess what? They'll be stride for stride for the next four years.

"I've always been the kind of person who sees the person in front of me, and I compare myself to him," said Kerin, 18. "He's definitely a little better than me. I just want to train with people who are faster. And hopefully that will help bring me along, and we'll both be good in college."

"I'm really excited for it," said Thurston, 18. "I think back to my freshman and sophomore years much. Kerin is close to the Indian Hills' school record in that race, which is 1:54. Thurston has split a 1:51.86. When they compete in North Jersey, it's basically the two of them and a pack trailing behind. Kerin finished third in the indoor state Meet of Champions in the 800. Thurston was having an excellent winter until a bad flu zapped the end of his season.



DARREN COOPER
LOCAL SPORTS COLUMNIST

Of the two, Thurston was the first to catch the running bug, competing for the first time in fifth grade. He was good enough to attend Nationals in Virginia.

He then took off the next two years from running while he played soccer, lacrosse and basketball. By eighth grade, he was running again. By sophomore year, he was a three-season runner.

Kerin, a Franklin Lakes resident, started in eighth grade at the behest of his gym teacher. Not many people wanted to run the 800, but Kerin thought it was awesome. It became his main event.

"A lot of people feared it. No one a long future ahead of them.

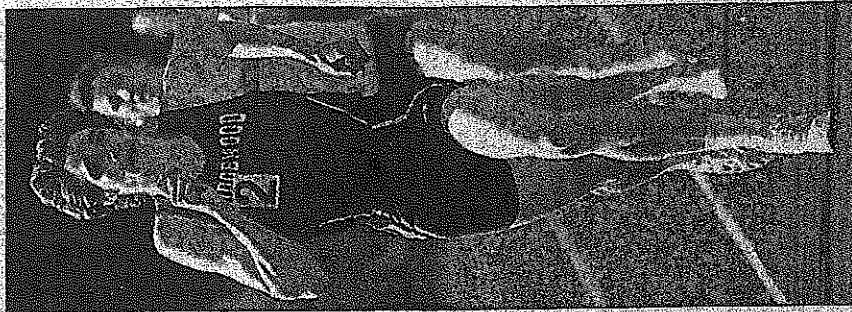
Both have different keys to running a perfect 800, which isn't the controlled spurt of the 400, or the more tactical 1,600.

Thurston said he believes the secret is to run the middle 400 hard, since the first 200 and last 200 can be powered by adrenaline. Kerin looks at it more like two separate races, a steady first 400 and then all out for the last lap.

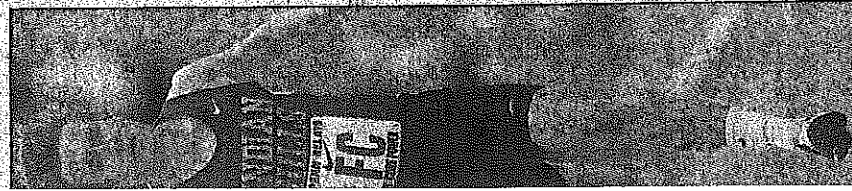
As far as committing to Dartmouth, both talked about how much they liked the coaching staff and the campus. Thurston originally thought he would end up on the West Coast, but he was won over by the trail runs Dartmouth had access to and the academics.

"I think he decided first, a few days before me," Kerin said. "I know the day I committed the coach was like, 'You might know Michael Thurston.'"

Kerin laughed as he told the story. Yes, he knows Thurston. They've got a little bit of a past, and



MICHAEL THURSTON



IN

tion at any time."

Carcich was raving during pre-

litter Anthony Latoracca is running
.545 with a home run, three dou-
title.

Ridgewood girls impress at Arcadia Invitational

Ridgewood and Indian Hills had some excellent results this weekend on their journey to the Arcadia (Calif.) Invitational.

The Ridgewood girls 4-x-800 team of Sam Halvorsen, Leah Rosenfeld, Evelyn Kotch and Olympia Martin lost a terrific battle to Weber (Utah) in the seeded race Friday night, running 9:28.62, the best time in New Jersey this season and the 16th best in Bergen County history.

Also on Friday, the Ridgewood sprint medley team of Matt Tai, Kobi Grant, Kyle Mack and Michael Thurston finished fourth in the boys sprint medley (3:29.88), the best early-season time in New Jersey as well and No. 15 on the all-time Bergen County list.

Thurston split 1:53.1 for his 800 anchor leg.

Not to be outdone, the Indian Hills boys 4-x-800 team of Matt Cohane, Corey Girard, Jack Kerin and Dylan Pappas ran seventh in a state-leading, 7:57.68,

Relays in Hackensack. The Merions won the 4-x-800 and distance medley relays and grabbed four second-place finishes.

Hackensack ran 1:53.5 to win the boys 4-x-200 relay and also took the discus, javelin and pole vault relays, while Don Bosco placed fourth overall.

Hillside edged Pascack Hills 53-43 for the Small Schools title, with Emerson's sprint medley win the only North Jersey Small Schools victory in the boys meet.

Immaculate Heart won four events to win the girls Comet Large Schools title, 117-91, over Scotch Plains-Fanwood.

Paramus Catholic scored an impressive 4-x-100 (50.1) and 4-x-200 (1:46.0) double, while Holy Angels took the 4-x-800, 4-x-1,600 and pole vault titles.

Pascack Hills outpointed Westwood, 73-58, for the Small Schools title, winning the long jump and scoring four top three finishes.

— Paul Schwartz

TRACK & FIELD ROUNDUP

less than half a second off its own school record.

The Ridgewood boys 4-x-800 team was 12th in the 4-x-800 in 8:04.35, while Maxine Earl cleared a North Jersey leading 10-4 for a tie for third in the girls open pole vault Friday.

The Indian Hills girls were disappointed with their 9:55.16 4-x-800 finish, but snapped back with a solid 12:42.16 clocking in the open girls distance medley Saturday, led by Julia Guerra's meet-leading 3:39.30 in the 1,200. The boys ran respectably in the distance medley (10:38.44) and 4-x-1,600 (18:53.69).

Closer to home, the rest of the Ridgewood (95 points) boys held off West Orange (85) and Hackensack (81) to win the Large Schools division at the Comet

4x1600m(B):

Varsity: S. Wagh 4:41.7, K. Marshall 4:44.0, B. Rynkowski 4:50.1, B. Hughes 4:55.0 - 19:11.5 - 2nd Place

Novice: C. Martin 5:00.1, M. Boogaert 5:16.1, M. Rademacher 5:23.2, J. Bolduc 5:18.6 - 20:57.9 - 1st Place

4x800m(B):

Varsity: N. Barnabic 2:13.4, C. Branca 2:16.6, B. Hughes 2:13.1, B. Rynkowski 2:10.9 - 8:54.7 - 1st Place

Novice: J. Bolduc 2:21.5, K. Neville 2:23.5, I. Dartley 2:25.8, M. Boogaert 2:25.4 - 9:36.2

A. Garcia 2:32, R. Cody 2:29, Chris S 2:21, M. Rademacher 2:25 - 9:47

E. Nold 2:34, M. Yalong 2:25, A. Cole 2:48, 2:28 - 10:15

Frosh: D. Cho 2:28, E. Scott 2:32, J. Hyun 2:33, R. Fahey 2:27 - 9:58 - 2nd Place

4x200m(B):

Varsity:

T. Carver 24.8, J. Chun 24.3, W. Migliorelli 24.3, S. Do 25.2 - 1:38.5

Novice:

H. Castano 27.2, T. Hong 25.8, R. Kato 24.2, E. Do 25.2 - 1:42.6

? 27.8, N. Illev 28.8, A. Mayer-Aschoff 29.9, A. Denise 26.4 - 1:52.7

Frosh:

G. Im 29.8, J. Santucci 34.9, E. Kessler 32.1, A Ruhl 27.0 - 2:03.5

G. Kim 32.4, D. Cho 27.3, J. Lee 31.4, C. Krause 29.1 - 2:00.2

4x110HH(B):

Frosh:

A. Ruhl 20.8, N. DeVita 22.4 - 43.2 - 1st Place

Distance Medley(B):

Varsity:

B. Byrne 3:29.7, R. Kato 55.1, K. Marshall 2:09.8, S. Wagh 4:52.8 - 11:27.4 - 1st Place

Novice:

C. Martin 3:44.6, M. Boogaert 60.1, I. Dartley 2:27.4, C. Branca 5:05.3 - 12:17.4 - 1st Place

Frosh:

D. Cho 3:56.3, A. Ruhl 66.7, J. Hyun, 2:27.2 R. Fahey 5:19.0 - 12:49.2 - 1st Place

4x400m(B):

Varsity:

T. Carver 56.7, J. Chun 57.0, W. Migliorelli 54.7, S. Do 57.6 - 3:45.9 - 4th Place

Novice:

Sulo(?) 63.0, N. Illev 63.1, A. Mayer-Aschoff 67.5, C. Krause 62.2 - 4:15.8

B. Byrne 56.9, S. Wagh 56.2, B. Hughes 60.4, K. Neville 59.9 - 3:53.6 - 5th Place

Frosh: E. Wong **64.0**, K. Collins **57.1**, D. Cho **62.5**, J. Dixon **59.0** - **4:02.6** - 2nd Place

LONG JUMP

Varsity:

D. Romero-17'10; 17'6.5; 17.; C. Perlman-15'5.5; 16'2; 15'4.; M. Bartlik-15'10; 16'8; 17. **49'3"** - 5th Place

Novice:

T. Carver-15'8"; Anthony Mayer-Aschoff- 12'6 **28'2"** - 5th Place

Frosh:

Nick Devita-Foul, 13'9; 13'7.5; Justin D.-15'4; 15'6; 16'10 **30'5"** - 1st Place

TRIPLE JUMP

Varsity:

C. Perlman-33'11; 32'10; Foul; D. Romero-34'6; 33'11; Foul.; M. Bartlik-37'2; 38'2; 38. **106"** - 3rd Place

Novice:

No names given here.... **65'3"** - 3rd Place

Frosh:

N. Devita- Foul; 30'8; 29'7.; K. Collins-33'3; 30'2; 34'8.5 -

HIGH JUMP

Justin- Failed to clear 5'; D. Romero-5'8; M. Bartlik- 5'3 **10'11"** - 3rd Place

POLE VAULT

Ethan W. 7'; Conor Perlman-8'; Luke-11' **26'0"** - 3rd Place

Varsity Disc:

Mike G 115'2; Spencer M. 120'10; Kenny E. 128'9" **364'9"** - 2nd Place

Varsity Shot:

Kenny E 48 ½"; Spencer M 47'7; Austin 40'11 = **135'8 ½"** - 2nd Place

Novice Shot:

Mike G 38'10; Chris H 36'1; Vinny V 35'9.5; Chris B 34'1.5 Nick P 33'11; Greg S 28'11"; Nathan L 25'9; Murphy 24' - **Results given were not organized into teams. One team was 2nd Place. One team 4th Place**

Varsity Jav:

G. Castano 125'2; K. Ekert 112'; B. Jordan 115'3

Arcadia Invitational
@ Arcadia, CA

April 9-10, 2016

Boys 4x800m Invitational:

Andrew Taggart - 2:03.75

Will Baginski - 2:02.25

Ben Zamboldi - 2:05.05

Michael Thurston - 1:53.28 **8:04.35**

4x200m Invitational:

Matt Tai - 22.8

Zack Stadulis - 24.7

Kyle Mack - 23.2

Kobi Grant 22.4 - **1:33.13 - 8th Place**

Boys SMR Invitational :

Matt Tai - 22.9

Kobi Grant - 22.3

Kyle Mack - 51.5

Michael Thurston - 1:53.1 - **4th Place - 3:29.88**

vs. N. Highlands

Event:	1st Place	2nd Place	3rd Place	Rwd	Opp
400IH:	Holleran NH 59.7	Mack R 60.3	Stadulis R 60.5	4	5
100m:	Grant R 11.2	Tai R 11.4	Richard NH 11.6	8	1
1600m:	Baginski R 4:32.2	Wein.. NH 4:38.5	Marshall R 4:38.8	6	3
400m:	Tai R 52.2	Gilan NH 52.4	Migliorelli R 53.8	6	3
110HH:	Pelueger NH 15.2	Richard NH 15.5	Harada R 16.2	1	8
800m:	Baginski R 2:02.9	Taggart R 2:03.2	Zamboldi R 2:05.0	9	0
200m:	Grant R 22.9	Gilan NH 23.2	Chun R 23.8	6	3
3200m:	Marshall R 10:11.3	Rynkowski 10:11.7	Barnabic 10:19.3	9	0
4x400m:	Ridgewood 3:34.5			5	0
Long Jump:	Harada R 19'6.25	Bartlik R 19'4	Mochek NH 19'5	8	1
Triple Jump:	Richard 43'10.5	Bartlik R 42'11	Stadulis R 40'11	4	5
High Jump:	Pflueger NH 5'10	Monchek NH 5'10	Harada R 5'8	1	8
Shot Put	McAvey R 48'10	Ekert R 48'10.75	Ridgewell NH 39'4	8	1
Discus:	Ekert R 131'11	Gentile R 133'0	McAvey R 130'4	9	0
Javelin:	Gold NH 140'4	Castano R 124'10	Ekert R 123'10	4	5
Pole Vault:	Bontoux R 12'0	Vimba R 11'6"	Braun NH 11'0	8	1
Final Score:				96	44

Northern Highlands Dual
@ Jacob Brown Track

April 11, 2016

400IH: None

100m: S. Do 11.7 / W. Migliorelli 11.7 / J. Dixon 12.5 / Castano 12.7 / T. Hong 12.3
A. Denice 13.2 / Cerasulo 12.7 / R. Mandriano 13.7 / N. Illev 13.8 / Cron 12.4
Rubin 12.8 / Ozykuyun 13.6 / J. Lee 14.1

1600m: B. Hughes 4:45.7, Byrne 4:49.3, R. Fahey 5:01.4, D. Paterson 5:02.6, C. Martin 5:03.1,
E. Tilyou 5:05.5, M. Boogaert 5:09.6, K. Neville 5:17.2

400m: R. Kato 54.7 / I. McTavish 57.2 / K. Collins 56.9 / D. Cho 61.7

110HH: Z. Stadulis 16.5 / M. Bartlik 16.6 // B. Leibson 17.6 / C. Perlman 19.4 //
N. DeVita 21.6

800m: I. Dartley 2:15.3, M. Yalong 2:18.7, Chris S. 2:19.4, K. Mack 2:19.9, E. Scott 2:21.3,
R. Cody 2:25.5, P. Baginski 2:29.1, T. Baginski 2:29.5, D. Kane 2:30.9, E. Nold 2:32.7,
R. Joel 2:52.7

200m: S. Do 24.1 // J. Dixon 25.9 / A. Denice 26.7 / T. Hong 25.0 / Cerasulo 26.8 /
J. Santucci 32.8 / N. Illev 28.1 / E. Kessler 31.4 / K. Collins 26.1 / J. Lee 29.4 / Cron 25.5 /
Rubin 24.9 / Ozkuyu 27.6

3200m: B. Byrne 10:27.5

4x400m: Z. Stadulis 54.7 / W. Migliorelli 53.3 / W. Baginski 54.8 / K. Mack 52.0 = 3:34.7

Long Jump: D. Romero 17'8 1/2" J. Dixon 17'5"

Triple Jump: R. Harada 39'4 3/4"

High Jump: M. Bartlik 5'4", J. Dixon 5'0"

Pole Vault:

Shot Put: W. French 39'1", A. Engelhardt 38'9"; M. Gentile 35'5" J. Splendore 35'1" N. Plasse 34' 10 3/4"
C. Hareas 34'5 1/2" M. Toner 31'6" C. Murphy 29'1"; G. Storic 28'6 1/4" N. Lung 26'5 1/2";

Discus: J. Splendore 102'6"; N. Plasse 89'9"; C. Hareas 89'9"; W. French 83'9" G. Storick 75'10"
C. Murphy 68'10"; M. Toner 68'7"; N. Lung 64'2"

Javelin: S. McAvey 123'1", A. Taggart 91'6"

Ridgewood 119 Paramus 21

Event:	1st Place	2nd Place	3rd Place	Rwd	Par
400IH:	Stadulis - R 60.1	Mack - R 62.2	Carver - R 63.3	9	0
100m:	Grant - R 10.9	Tal - R 11.2	Chun - R 11.3	9	0
1600m:	Byrne - R 4:39	Wagh - R - 4:40	Rynkowski - R 4:40	9	0
400m:	Migliorelli - R 52.4	Paramus 54.2	Paramus 54.2	5	4
110HH:	Paramus 15.1	Harada - R 15.6	Bartlik - R 16.5	4	5
800m:	Marshall - R 2:05.6	Robazza - R 2:06.8	Paramus 2:07.5	8	1
200m:	Grant - R 23.0	Chun - R 23.6	Paramus 24.0	8	1
3200m:	Rynkowski - R 10:40	Paramus 10:45	Paramus 10:50	5	4
4x400m:	Ridgewood 3:37.6			5	0
Long Jump:	Harada - R 19'6"	Romero - R 18'8.5"	Dixon - R 17'11"	9	0
Triple Jump:	Bartlik - R 41'10.5	Harada - R 40'10.75	Romero - R 38'7"	9	0
High Jump:	Harada - R 5'10"	Romero - R 5'10"	Paramus 5'8"	8	1
Shot Put	McAvey - R 48'9"	Ekert - R 48'3.75"	Engelhardt R 42'5"	9	0
Discus:	Ekert - R 133'9"	Gentile - R 121'6"	Paramus 120'4"	8	1
Javelin:	Ekert - R 128'	Paramus 124'	Castano R 121'3"	6	3
Pole Vault:	Bontoux - R 12'6	Vimba - R 12'0"	Paramus 11'0"	8	1
Final Score:				119	21

Ridgewood 102 Ramapo 38

Event:	1st Place	2nd Place	3rd Place	Rwd	Ram
400IH:	Stadulis - R 60.1	Mack - R 62.2	Carver - R 63.3	9	0
100m:	Grant - R 10.9	Tai - R 11.2	Chun - R 11.3	9	0
1600m:	Byrne - R 4:39	Wagh - R - 4:40	Rynkowski - R 4:40	9	0
400m:	Ramapo - 51.5	Ramapo - 51.9	Migliorelli - R 52.4	1	8
110HH:	Harada - R 15.6	Bartlik - R 16.5	Mack - R 16.5	9	0
800m:	Marshall - R 2:05.6	Robazza - R 2:06.8	Stadulis - R 2:08.8	9	0
200m:	Grant - R 23.0	Chun - R 23.6	Ramapo 23.9	8	1
3200m:	Rynkowski - R 10:40	Ramapo 10:55	Hughes - R 11:03.6	6	3
4x400m:	Ramapo - 3:35			0	5
Long Jump:	Harada - R 19'6"	Ramapo 19'6"	Ramapo 19'5"	5	4
Triple Jump:	Bartlik - R 41'10.5	Harada - R 40'10.75	Romero - R 38'7"	9	0
High Jump:	Harada - R 5'10"	Romero - R 5'10"	Ramapo 5'6	8	1
Shot Put	McAvey - R 48'9"	Ekert - R 48'3.75"	Ramapo 46'4"	8	1
Discus:	Ramapo - 134'10"	Ekert - R 133'9	Ramapo 127'5"	3	6
Javelin:	Ramapo 134'10"	Ramapo 133'9	Ramapo 127'5"	0	9
Pole Vault:	Bontoux - R 12'6	Vimba - R 12'0"	Schechter - R 11'0"	9	0
Final Score:				102	38

Ramapo / Paramus Dual

April 18, 2016

@ Ramapo

Non Scoring Results from both meets...

400IH: A. Ruhl 72.4

100m: S. Do 11.4 // T. Hong 11.9 / J. Dixon 12.5, Cron 12.0 / E. Do 12.1 / Chu 12.1 / Rubin 12.5 /
E. Wong 12.5 / A. Denice 12.6 / M. Gluckow 12.6 / N. Sarfraz 12.7 / Cerasulo 12.8 / Nagy 12.9
/ Ozku 13.4 / N. Illev 13.6 / J. Lee 13.9 / J. Thorpe 14.2 / E. Kessler 15.2

1600m: W. Baginski 4:43, B. Zamboldi 4:45, A. Taggart 4:47, B. Hughes 4:48, C. Branca 4:57,
R. Fahey 4:58, C. Martin 5:03, J. Naflazger 5:03, D. Paterson 5:12, K. Neville 5:14,
M. Boogaert 5:14, E. Tilyou 5:15

400m: R. Kato 55.3 // K. Collins 55.8

110HH: R. Harada 15.7 / K. Mack 16.5 / M. Bartlik 16.6 // B. Leibson 17.5 // C. Perlman 18.4
N. DeVita 21.8 / A. Ruhl 24.6

800m: D. Karny 2:09.3, I. Dartley 2:12.4, C. Shammus 2:12.4, J. Bolduc 2:14.6, H. Seifert 2:20.2
R. Cody 2:23.3, M. Yalong 2:24.4, E. Stott 2:26.3 T. Baginski 2:28.9, E. Nold 2:33.6,
J. Pierce 2:33.9, D. Kane 2:34.3, T. He 2:49.4, J. R. Joel 2:49.8

200m: S. Do 24.1 // T. Hong 24.6 / Kato 24.0 / B. Liebson 25.2 / Cron 25.6 / M. Gluckow 25.8 /
N. Safraz 25.8 / E. Do 26.0 / J. Chu 26.0 / A. Denice 26.1 / J. Dixon 26.4 / E. Wong 26.5 /
N. Illev 27.4 / Ozku 27.7 / Magy 28.0 / Cerasulo 28.3 / J. Thorpe 29.4 / C. Witschonke 31.2 /
J. Lee 32.2 / E. Kessler 33.1

3200m: R. Fahey 11:14.2

4x400m: T. Carver 54.9, B. Zamboldi 55.4, A. Taggart 52.4, M. Robazza 54.9 - 3:37.6
D. Karny 57.1, K. Collins 57.2, J. Dixon 58.5, W. Baginski 53.9 - 3:46.7

Long Jump: M. Bartlik, 17'3"

Triple Jump: All scored

High Jump: All scored

Pole Vault: E. Wong NH

Shot Put: V: TBD
All others to follow

Discus: V: TBD
All others to follow

Javelin: K. Ekert, B. Jordan, G. Castano, S. McAvey

Bergen County Relays
@ Ridgewood and River Dell

April 20, 22, 23

Wednesday:

Pole Vault: L. Bontoux 13'0", R. Vimba 12'0" D. Schechter 11'6" - 36'6" - 1st Place

Discus: K. Ekert 136'3", M. Gentile 122'11", S. McAvey 116'2" - 375'4" - 1st Place

Friday:

3x400IH: Z. Stadulis 58.4, K. Mack 59.5 T. Carver 60.4 = 2:58.3 - 3rd Place

4x200m: M. Tai 22.8, J. Chun 23.3, W. Migliorelli 23.5, K. Grant 22.0 = 1:31.4 - 2nd Place

4x1600m: W. Baginski 4:31.7, B. Byrne 4:27.5, S. Wagh 4:36.7, M. Thurston 4:31.1 =
18:07.0 - 1st Place

Triple Jump: Z. Stadulis 41'6 3/4", M. Bartlik 40'3 1/4", R. Harada 39'9 3/4" - 121'7 3/4" - 3rd Place

Javelin: S. McAvey 137'1", K. Ekert 118'11", G. Castano 114'9" - 370'9" - 5th Place

Saturday:

4x110HH: Z. Stadulis 16.2, K. Mack 16.6, M. Bartlik 16.3, R. Harada 15.7 = 64.9 - 3rd Place

4x100m: M. Tai, J. Chun, W. Migliorelli, K. Grant = 43.9 - 3rd Place

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

W. Baginski 3:16.7, W. Migliorelli 52.5, K. Marshall 2:02.2, B. Byrne 4:30.5 = 10:41.9 - 3rd Place

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

K. Mack 50.6, M. Tai 22.7, K. Grant 22.4, M. Thurston 1:54.2 = 3:29.8 - 1st Place

4x800m: A. Taggart 2:00.6, B. Zamboldi 2:02.9, M. Robazza 2:04.6, W. Baginski 2:00.8 =
8:08.9 - 2nd Place

4x400m: K. Mack 50.7, M. Tai 51.2, Z. Stadulis 52.2, M. Thurston 49.4 = 3:23.7 - 2nd Place

Long Jump: R. Harada 19'8 3/4", D. Romero 18'7", M. Bartlik 18'5 1/2" - 56'9 1/4" - 4th Place

Shot Put: K. Ekert 50'4 1/4", S. McAvey 46'7 1/2", A. Engelhardt 41'2 1/2" - 138'2 1/4" - 1st Place

High Jump: D. Romero 5'10", M. Thurston 5'10", R. Harada 5'8" - 17'4" - 1st Place

Final Standings

Ridgewood 120
Old Tappan 117
Hackensack 71
N. Highlands 61
Indian Hills 60
Pasc. Valley 31

Comments

This was a true team effort!!!! Points across the board in all disciplines:

Sprints: 32 out of 40
Distance: 24 out of 30
Hurdles: 12 out of 20
Pole Vault: 10 out of 10 - go Coach O!!
Jumps: 20 out of 30
Throws: 22 out of 30

That's a ton of scoring!!! Great job by all of us. We have Hacky today - lets stay focused

Hasbrouck Heights, Lyndhurst share title

By DAVE MEISEL
SPECIAL TO THE RECORD

ORADELL — A split Group B title between two strong programs highlighted Saturday's Jack Yockers Bergen County Relays as Hasbrouck Heights and Lyndhurst ended tied with 88 points at River Dell's Matty Ceritosmo Field.

There was nothing but respect for the opponents from either

BOYS TRACK

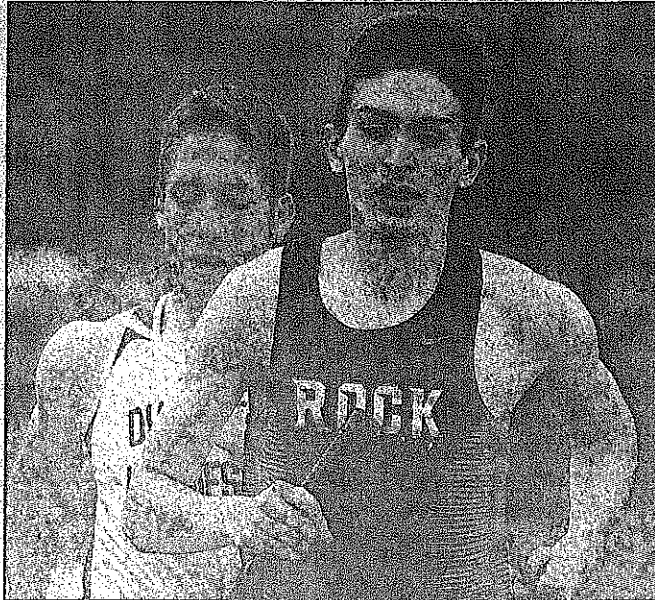
side. "Lyndhurst is well-coached, they have great numbers, and they're a program with a lot of pride," said Hasbrouck Heights coach Rob Brady. "That combination can take a team from average to good very quickly. They sat us twice already this year. There's nobody I'd rather split a title with."

"To have a shared title with Hasbrouck Heights and coach Brady is an honor, and even with a tie," said Lyndhurst coach Tom Shoebidge. "With three or four kids in every event, a lot can go wrong. We had a two-day meet in which almost all our relays had [personal records], and we've now broken our school [4-x-100 meters] and [4-x-200] records twice in the last [several] weeks."

Clarence Reyes, Niko Regus, Matt Moretto and Leroy Casimir won multiple events for the Aviators, while Peter Guerriero, Kevin Santos, Chris Feurtado and Benny Franchino did the same for Lyndhurst.

Emerson won its second title in three years with 104 points in Group D. Runner-up Saddle Brook scored 85.

"It doesn't matter how many points you score, these meets are a lot closer than the score might



CHRIS PEDOTA/STAFF PHOTOGRAPHER

Owen Davitt of Glen Rock winning the Group C sprint medley at Jack Yockers Bergen County Relays on Saturday.

look, so it's really important, the contributions all our seniors make," said Emerson coach Mark Ledgerwood.

"We fed off each other from doing well [Friday] and in our first event [Saturday]," said Jose Sanmartin, a member of the victorious pole vault and 4-x-100 teams. "Our team is great at being focused on the here and now."

"We knew from the start we would really have to show up [Saturday], so we're happy we finished our last county relays on top," said captain Peter Carridi, who contributed to a win in the 4-x-800.

Ridgewood came back for a three-point victory in Group A with a win in the high jump, totaling 120 points to NV/Old Tappan's 117. The Golden Knights' Jordan Fuller was named Outstanding Track Athlete of the meet with his long jump of 22 feet, 8¾ inches.

"What I told the team is that every event is about all three or four guys performing at their best. At this meet, if we do that, everything takes care of itself," said Ridgewood coach Josh Saladino. "We won by two inches, so that 5-8 jump [by Ray Harada] is as important as the 5-10 [by Danilo Romero or Michael Thurston]."

NV/Demarest scored 129 points to win Group D. River Dell finished second with 103½ points.

"It's phenomenal that this win came over River Dell, a Group 3 champion and one of the best teams in county history," said coach Mike Theuerkauf.

Sean Sullivan of Rutherford earned Outstanding Track Athlete for four outstanding performances, including a 1:58 split anchoring the 4-x-800.

Don Bosco won Group E, finishing with 129 points to Bergen Catholic's 116.

JACK YOCKERS RELAYS

BOYS

DIVISION A

TEAM SCORING

Ridgewood 120; Old Tappan 117; Hackensack 71; Northern Highlands 61; Indian Hills 60; Pascack Valley 31; Paramus 13; Fair Lawn 11; Bergen Tech 8; Teaneck 3

RESULTS

4-x-100: 1. NV/Old Tappan (Jordan Fuller, Andrew Schumacher, Miles Watson, Tom Rienas), 43.10; 2. Hackensack, 43.50; 3. Ridgewood, 43.90; 4. Northern Highlands, 44.60; 5. Bergen Tech, 46.40; 6. Teaneck, 46.70

4-x-200: 1. NV/Old Tappan (Jordan Fuller, Miles Watson, Tom Rienas, Will Rienas), 1:28.40; 2. Ridgewood, 1:31.40; 3. Hackensack, 1:32.00; 4. Northern Highlands, 1:32.90; 5. Indian Hills, 1:33.40; 6. Pascack Valley, 1:36.40

4-x-400: 1. Old Tappan (Will Rienas, Tom Rienas, Joe Jordan, James Weissenborn), 3:21.40; 2. Ridgewood, 3:23.70; 3. Hackensack, 3:27.30; 4. Indian Hills, 3:27.90; 5. Pascack Valley, 3:31.50; 6. Teaneck, 3:32.00

4-x-800: 1. NV/Old Tappan (William Saiz, James Weissenborn, Daniel Lawlor, Andrew Schumacher), 8:08.30; 2. Ridgewood, 8:08.90; 3. Indian Hills, 8:16.10; 4. Northern Highlands, 8:32.50; 5. Paramus, 8:33.90; 6. Fair Lawn, 8:41.40

4-x-1,600: 1. Ridgewood (William Baginski, Billy Byrne, Sid Wagh, Michael Thurston), 18:28.90; 2. Indian Hills, 18:13.10; 3. NV/Old Tappan, 19:01.50; 4. Hackensack, 19:04.70; 5. Paramus, 19:15.20; 6. Northern Highlands, 19:16.00

Sprint medley: 1. Ridgewood (Kyle Mack, Matt Tai, Kobi Grant, Michael Thurston), 3:29.80; 2. NV/Old Tappan, 3:35.70; t-3. Pascack Valley, 3:36.80; t-3. Indian Hills, 3:36.80; 5. Northern Highlands, 3:44.90; 6. Hackensack, 3:51.90

Distance medley: 1. Indian Hills (Matt Cohane, Peter Petropolous, Corey Girard, Tom Holster), 10:37.40; 2. NV/Old Tappan, 10:38.90; 3. Ridgewood, 10:41.90; 4. Hackensack, 11:02.70; 5. Northern Highlands, 11:10.70; 6. Bergen Tech, 11:28.50

Intermediate hurdles: 1. NV/Old Tappan (Joe Jordan, Andrew Schumacher, John Lohrer), 2:49.50; 2. Indian Hills, 2:58.20; 3. Ridgewood, 2:58.30; 4. Northern Highlands, 2:59.40; 5. Hackensack, 3:05.30; 6. Bergen Tech, 3:13.40

Shuttle hurdles: 1. Northern Highlands (Daniel Pflueger, Brendan Holleran, Dan Yu, Daniel Monchek), 1:01.40; 2. NV/Old Tappan, 1:02.30; 3. Ridgewood, 1:04.90; 4. Bergen Tech, 1:11.20; 5. Indian Hills, 1:12.00

Shot putt: 1. Ridgewood (Kenny Ekert, Austin Engelhardt, Spencer McAvey), 136-5; 2. Hackensack, 129-8¼; 3. NV/Old Tappan, 119-2; 4. Paramus, 117-5¼; 5. Northern Highlands, 113-4¼; 6. Pascack Valley

Discus: 1. Ridgewood (Kenny Ekert, Michael Gerfille, Spencer McAvey), 375-4; 2. Pascack Valley, 363-8; 3. Northern Highlands, 336-4; 4. NV/Old Tappan, 324-6; 5. Hackensack, 318-11; 6. Indian Hills, 313-3

Javelin: 1. NV/Old Tappan (Jedh Downey, James Kelly, Joe D'Amico), 462-7; 2. Indian Hills, 442-9; 3. Pascack Valley, 419-1; 4. Hackensack, 375-8; 5. Ridgewood, 370-9; 6. Northern Highlands, 362-4

High jump: 1. Ridgewood (Danilo Romero, Michael Thurston, Ray Harada), 17-4; 2. Northern Highlands, 17-2; 3.

Long jump: 1. Hackensack (Tommy Smith, John Procter, Armeer Miller), 61-9½; 2. Old Tappan, 59-7; 3. Ridgewood, 56-9¼; 4. Fair Lawn, 56-5½; 5. Indian Hills, 56-2¼; 6. Pascack Valley, 52-4¼

Triple jump: 1. Hackensack (Tommy Smith, John Procter, Mark Sawyer), 126-7; 2. Northern Highlands, 128-1¼; 3. Ridgewood, 121-7¼; 4. Indian Hills, 115-10; 5. Teaneck, 115-4¼; 6. Pascack Valley, 114-11¾

Pole vault: 1. Ridgewood (Luc Bontoux, Ryan Vimba, Darryl Scheeter), 36-6; 2. NV/Old Tappan, 35-0; t-3. Northern Highlands, 31-0; t-3. Paramus, 31-0; 5. Hackensack, 30-6; 6. Pascack Valley, 30-0

DIVISION B

TEAM SCORING

Demarest 129; River Dell 103.39; Fort...

Ridgewood 78 Hackensack 62

Event:	1st Place	2nd Place	3rd Place	Rwd	Hack
400IH:	Bayewu - H 58.3	Stadulis - R 58.6	Grant - H 59.5	3	6
100m:	Grant - R 10.8	Smith - H 11.0	Fahye - H 11.3	5	4
1600m:	Achirem - H 4:34.9	Wagh - R 4:36.5	Byrne - R 4:39.3	4	5
400m:	Thurston - R 50.2	Miller - H 51.2	Sawyer - H 51.4	5	4
110HH:	Grant H 15.6	Harada - R 15.7	Fahye - H 16.1	3	6
800m:	Thurston - R 2:03.9	Taggart - R 2:04.8	Zamboldi - R 2:05.5	9	0
200m:	Grant R - 22.5	Tai - R 23.0	Smith - H 23.1	8	1
3200m:	Marshall - R 10:11	Wagh - R 10:12.5	Byrne - R 10:14.6	9	0
4x400m:	Hackensack 3:28.9			0	5
Long Jump:	Proctor - H 20'7 1/2"	Smith - H 20'3"	Miller - H 19'7 3/4"	0	9
Triple Jump:	Smith - H 42'6 3/4"	Stadulis - R 42'2"	Proctor - H 41'9 3/4"	3	6
High Jump:	Harada - R 6'2"	Thurston R 5'8"	Sawyer - H 5'6"	8	1
Shot Put	Ekert - R 53'0"	Stewart - H 52'6 1/2"	McAvey - R 48'2 3/4"	6	3
Discus:	Ekert - R 139'0"	Stewart - H 122'	Brown - H 118'6"	5	4
Javelin:	Bryan - H 139	Stassi - H 134'6"	McAvey - R 128'7"	1	8
Pole Vault:	Bontoux - R 13'0"	Vimba - R 12'6"	Schechter - R 12'0"	9	0
Final Score:				78	62

Hackensack Dual - Non-Scoring

April 25, 2016

Hackensack

- 400IH: T. Carver 59.8 / K. Mack 61.5
- 100m: J. Chun 11.9 // S. Do 12.0 / Kato 12.6 / Cron 13.0/ T. Hong 12.1 / Rubin 12.1 / Chu 12.3 / Cerisillo 12.5 / Dixon 12.6 / Sarfraz 12.7 / Gluckow 12.7 / Denise 12.8 / Nagy 12.9 / Ozkuyumcu 13.2 / Garcia 13.2 / Iliev 13.9 / Mayer 14.2 / J. Hyun 14.3 / Im 14.9
- 1600m: B. Byrne 4:39.3, B. Rynkowski 4:39.7, K. Marshall 4:40.0, C. Branca 4:51.9, J. Naftzger 4:54.3, N. Barnabic 4:59.9, D. Paterson 5:06.2, M. Boogaert 5:07.5, C. Martin 5:08.8, M. Rademacher 5:10.1, E. Tilyou 5:10.4, K. Neville 5:11.0
- 400m: W. Migliorelli 52.7 / R. Kato 53.4 // B. Jordan 58.3 / Thorpe 65.4
- 110HH : Z. Stadulis 16.4 // B. Leibson 17.9 / C. Perlman 18.1 // N. DeVita 21.4
- 800m: M. Robazza 2:05.5, D. Karny 2:09.8 /C. Shammus 2:12.0, J. Bolduc 2:13.5, I. Dartley 2:14.3, H. Seifert 2:18.0, M. Yalong 2:20.2, R. Cody 2:22.1, D. Cho 2:22.4, T. Baginski 2:24.1, J. Hyun 2:29.1, P. Baginski 2:30.4, D. Kane 2:30.6, E. Nold 2:31.4, T. He 2:39.2, R. Joel 2:50.6, J. Franklin 2:50.9
- 200m: J. Chun 23.5 // R. Kato 24.1 / S. Do 24.2 / Cerusillo 24.8 / Rubin 25.1 / Carver 25.5 / Leibson 25.6 / Cron 25.7 / Sarfraz 25.9 / Dixon 25.9 / Nagy 26.3 T. Hong 26.3 / Chu 26.5 / Iliev 28.1 / Mayer 28.6 / Witchinke 28.9 / Ozkuyumcu 29.2 / Im 30.7
- 3200m: Rynkowski 10:24.5, R. Fahey 10:45.3
- 4x400m: A. Taggart 53.7 / M. Robazza 55.3 / W. Migliorelli 53.9 / S. Wagh 57.7 = 3:40.7
- Long Jump: R. Harada 19'7 1/2"; M. Bartlik 17'8"; D. Romero 16'9"
- Triple Jump: M. Bartlik 40'7 3/4"; R. Harada 38'6 1/2"; D. Romero 33'9"
- High Jump: D. Romero 5'4"; M. Bartlik 5'2"
- Pole Vault: E. Wong 9'0"
- Shot Put: A. Engelhardt 42'3 1/4 W. Frech 38'2; J. Splendor 36'7; M. Gentil 35'8"; C. Black 35'8"; N. Plasse 34'7"; C. Hareas 34'4 1/2"; M. Toner 31'9 1/2;" T. Feldhen 31'5"; C. Spolich 28'4 1/2"; N. Lung 23'8" C. Murphy F;
- Discus: M. Gentile 117'11"; S. McAvey 111'11"; W. French 94'3"; J. Splendor 93'1" T. Feldhahan 92'6"; C. Black 92'5"; N. Plasse 84'1"; G. Spolich 77'11"; C. Murphy 72'9"; C. Hareas 66'1"; M. Toner 48'10"; N. Lung F
- Javelin: G. Castano 123'11" K. Ekert 118'1" B. Jordan 105'1"

Penn Relays
@ Philadelphia, PA

April 29-30

4x800m:

Will Baginski	2:01.53
Andrew Taggart	2:00.27
Ben Zamboldi	2:05.01
Michael Thurston	1:54.30
	8:01.09

4x100m:

Matt Tai, Jason Chun, Will Migliorelli, Kobi Grant - 44.52 – 2nd fastest in Bergen County

4x400m:

Kyle Mack	52.29
Matt Tai	50.21
Zack Stadulis	50.78
Michael Thurston	49.24

3:24.50 – 1st Place in heat – 2nd fastest in Bergen County

League Championship
@ Hackensack

May 6, 2016

100m: Kobi Grant 11.04/11.07 - 1st Place, Matt Tai 11.08/11.14 - 2nd Place, Jason Chun 11.83

400IH: Zack Stadulis 58.78 - 3rd Place, Kyle Mack 58.82 - 4th Place, Tommy Carver 64.38 (fell)

1600m: Will Baginski 4:35.8 - 5th Place, Sid Wagh 4:41.72, Billy Byrne 4:42.23

110HH: Ray Harada 15.63/15.99 - 4th Place, Max Bartlik 18.08, Ben Leibson 18.10

400m: Michael Thurston 49.74 - 1st Place, Kyle Mack 51.36 - 3rd Place, Will Migliorelli 53.75

800m: Michael Thurston 2:01.65 - 1st Place, Will Baginski 2:01.99 - 2nd Place,
Andrew Taggart 2:02.26 - 3rd Place

200m: Matt Tai 22.72 - 1st Place, Kobi Grant 23.11 - 2nd Place, Jason Chun 23.81

3200m: Kenny Marshall 10:00.04 - 3rd Place, Billy Byrne 10:06.61 - 5th Place Sid Wagh 10:11.54

4x400m: Andrew Taggart 54.6 Zack Stadulis 52.9 Will Migliorelli 53.5 Kyle Mack 51.1 - 3:32.82 - 3rd

Long Jump: Ray Harada 19'4 ¼" 5th Place, Danny Romero 17'8 ½"

Triple Jump: Max Bartlik 42'2" - 4th Place, Zack Stadulis 40'10" - 6th Place Ray Harada 40'5"

High Jump: Michael Thurston 6'4" - 2nd Place, Danny Romero 6'0" - 4th Place Ray Harada 5'10"

Pole Vault: Luc Bontoux 13'0" - 1st Place, Ryan Vimba 12'6" - tie 2nd Place,
Danny Schechter 11'6" - 6th Place

Shot Put: Kenny Ekert 50'10" - 1st Place, Spencer McAvey 49'1 ¾" - 3rd Place,
Austin Engelhardt 40'3 ¾"

Discus: Kenny Ekert 133'5" - 2nd Place, Michael Gentile 112'10", Spencer McAvey 112'0"

Javelin: German Castano 123'3" Kenny Ekert 110'7", Spencer McAvey 107'2"

Standings:

Ridgewood 168; Indian Hills 111; Northern Highlands 78; Hackensack 70; Ramapo 43; Paramus 25

Comments:

A solid win. Congrats. We need to be focused for our best test all season coming up this weekend in the County Championship.

Frosh / Novice League Championship
@ Hackesack

May 10, 2016

100m: Sam Do 11.8 T, 11.6 S, 11.7 F // Safraz 12.1 S, 12.6 F / Tony Hong 12.2 S, 11.9 F / Justin Discon 12.6 S, 12.1 F Jack Cersuolo 12.3 / E. Do 12.3 /Kevin Ozkuymcu 13.3 / Cron 12.4 S, 12.2 F / A. Wong 12.4 / C. Krause 13.4 S, 13.1 F

400 IH: Alex Ruhl 69.8

1600m: Frosh: R. Fahey 4:56.8 1st Place P. Baginski 5:06.7
Novice: B. Rynkowski 4:37.7 1st Place J. Naftzger 4:51.9, C. Branca 4:53.9,
D. Paterson 5:04.9, M. Boogaert 5:06.2, B. Hughes 5:10.0, I. Dartley 5:11.7,
C. Martin 5:15.6, E. Tilyou 5:18.1, R. Cody 5:40.5

110HH: Connor Perlman 18.0 / Nick DeVita 21.4, 22.0 F / Alex Ruhl 21.3, 21.5 F

400m: Ryo Kato 53.9 / Kevin Collins 55.9 / Ian McTavish 56.1 / Safraz 60.4

800m: Frosh: D. Karny 2:11.8 1st Place D. Cho 2:23.4, E. Scott 2:25.4, E. Nold 2:26.1
T. Baginski 2:27.7, D. Kane 2:32.0, J. Price 2:32.2, T. He 2:39.6,
J. Franklin 2:52.6, J. Savarese 2:53.8

Novice: M. Robazza 2:06.6 1st Place B. Zamboldi 2:07.2 2nd Place C. Shammus 2:12.9,
J. Bolduc 2:13.9, B. Hughes 2:20.9, H. Seifert 2:27.8

200m: Ryo Kato 24.7 / Sam Do 24.9 / Tony Hong 25.2 / Justin Dickson 26.1 / Cron 26.3 / Cerisulo 26.5 / A. Wong 26.9 / Safraz 27.1 / Alex Ruhl 27.3 / Dan Cho 27.6 / C. Krause 27.7 / Connor Witschonke 28.9 / Julien Lee 29.4 / Gunwoo Kim 34.4

3200m Frosh: R. Fahey 10:41.9 1st Place

Novice: M. Boogaert 11:27.5

Long Jump: No results reported

Triple Jump: No results reported

High Jump: Justin Dixon 5'2" - 1st Place; Connor Pearlman NH

Pole Vault: No results reported

Shot Put: Will French 39'1", Chris Black 36'7", Chris Hareas 36'6 ½", Jack Splendore 35'9"
Nick Plasse 34'2", Tim Feldhahn 31'5 ½", Nathan Lung 28'3 ½", Charlie Murphy 28',

Discus: Will French 109'10 ½", Tim Feldhahan 100'2 ½", Chris Black 97'8 ½",
Nick Plasse 86'9 ½" Charlie Murphy 76'11 ½", Nathan Lunch 70'1"

Javelin: Ben Jordan 107'3"

TRACK & FIELD

Boys and girls teams reclaim division championships

Boys and girls teams reclaim division championships

BY FOX

There was no resting on the boys and girls track and field teams over the weekend's Bergen County Relays.

In short time, the boys and girls teams reclaimed their North Freedom Division titles.

It was an opportunity to reclaim the Freedom title for the boys and girls teams. "We were a little nervous, but we weren't at our best," said coach Josh Saladino.

The victory was a tough one to come by, but the boys and girls teams were determined to win. "We were a little nervous, but we weren't at our best," said coach Josh Saladino.

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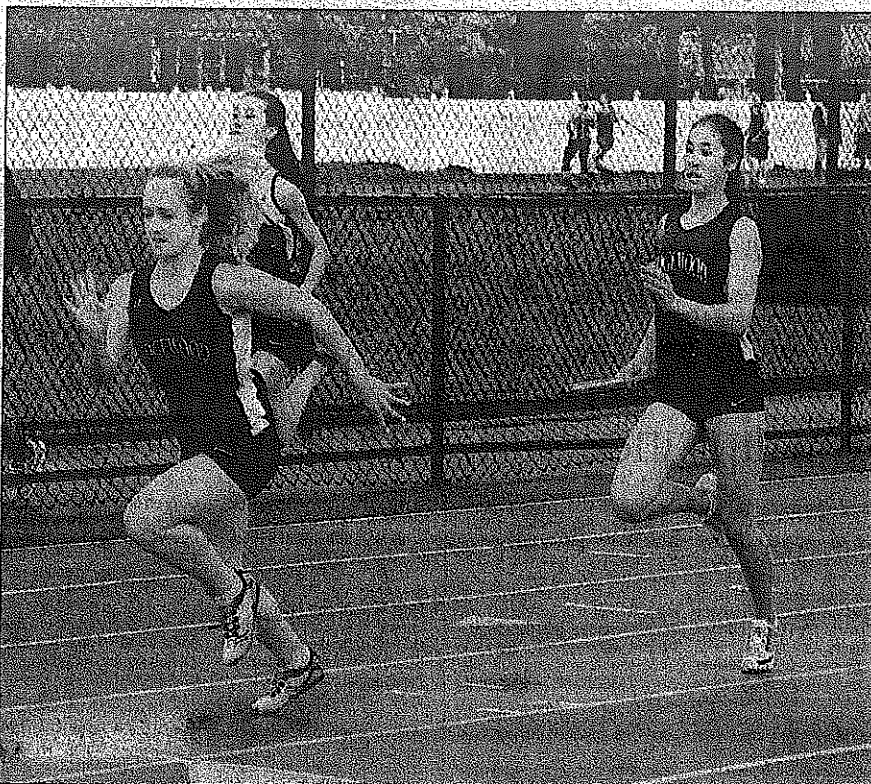
The boys and girls teams were determined to win. "We were a little nervous, but we weren't at our best," said coach Josh Saladino.

The boys and girls teams were determined to win. "We were a little nervous, but we weren't at our best," said coach Josh Saladino.



PHOTOS COURTESY OF JACOB BROWN

Ridgewood sprinters Kobi Grant (center) and Matt Tai (right), shown teaming up in a race at last month's Bergen County Relays, combined to produce crucial first- and second-place points in the 100- and 200-meter dashes at Monday's Big North Freedom Division boys track and field meet.



Freshmen Victoria Purritano (left) and Katherine Muccio, who gave a glimpse of their speed during the Bergen County Relays, picked up valuable points for Ridgewood in the sprint races at Monday's Big North Freedom Division girls track and field meet. Muccio was third in the 200-meter dash, and Purritano was fourth in the 100-meter dash.

Boys squad begins a new streak

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

At this point in their careers, Kobi Grant and Matt Tai might not be the most highly acclaimed members of the Ridgewood High School boys track and field team, but they're certainly the fastest — a fact that much of Bergen County is quickly learning.

"They like to be racing in the big spotlight, so championship meets are going to be where they are at their best," RHS head coach Josh Saladino said of Grant, a junior, and Tai, a sophomore.

The sprinters helped lead a runaway performance by Ridgewood in Monday's Big North Freedom Division meet at Hackensack. They finished 1-2 in the 100- and 200-meter races to help their team score 163 points and easily top runner-up Indian Hills' 111.

The Maroons received six first-place efforts, including a pair by Michael Thurston, to recapture the Freedom crown after having their string of 14 straight league titles snapped in 2015.

"It was a very strong performance for our team," Saladino said. "Indian Hills, Northern Highlands and Hackensack are all very strong teams."

In fact, the Comets (No. 6), Highlanders (No. 7) and Braves (No. 8) all sat within the top 10 of the most recent rankings by *The Record*.

Ridgewood, the No. 1 squad in North Jersey, maintained the momentum it built with a narrow victory in the Bergen County Relays at the end of April. It also appears to be a team capable of contending for a state sectional championship after the program's streak of five straight came to an end last year.

The emergence of the young sprinters has been a key reason that the Maroons have become such a balanced team in 2016.

Following the graduation of the team's best sprinters in 2014, Grant and Tai ascended to the top spots last season and worked their way through growing pains while gaining valuable experience racing in major meets.

"They're young as a junior and a sophomore, but they're very experienced," Saladino said. "They've run in Nationals before, they've run in California and Philadelphia. So certainly they know how to perform well when it matters most."

In the Freedom meet — which was originally scheduled for last Friday but postponed due to rain — Grant grabbed gold in the 100, clocking 11.07 seconds to edge Tai's time of 11.14.

BOYS TRACK from C2

Tai turned the tables in the 200, placing first in 22.72 just ahead of his teammate's time of 23.11.

"This spring especially, they've embraced the practices at a little different level," Saladino said of the sprinters. "That was big for us to do so well in both those events."

Meanwhile, Thurston continued to display his all-around athleticism in the meet.

The senior placed first in the 400, with junior teammate Kyle Mack coming home third in the race. He also led a 1-2-3 showing by the Maroons in the 800, just beating out freshman Will Baginski and senior Andrew Taggart at the finish line.

"His 400 [and] 800, he went 49.74 and then 2:01.63 with about 25 minutes off in between," Saladino said.

Thurston added a second-place performance in the high jump (6-foot-4).

Senior Kenny Ekert backed up his first-place finish in the Group A shot put at the County Relays with another gold-medal performance on Monday, recording a distance of 50 feet, 10 inches.

The pole vaulting contingent of Luc Bontons, Ryan Vimba and Danny Schechter placed 1-3-6 to put another 17 points on the board for Ridgewood.

"Coach Steve Opremcak, who's also the girls coach, has really done an awesome job with the pole vaulters this year," Saladino said. "They've all improved at least a foot over last year, and we're only in early May right now."

Up next is the Gene "Red" Litter Bergen County championships, starting this afternoon and continuing Saturday morning at Northern Valley/Old Tappan.

In addition to the strong teams Ridgewood beat in the Freedom Division, the Maroons will have its hands full against the host school, currently ranked No. 2 in *The Record* Top 25.

The Maroons edged NV/Old Tappan, 120-117, in the County Relays. However, the Bergen County group meet represents a different test.

"Old Tappan is a better individual team than they are a relay team," said Saladino, "so we know they're going to be maybe even more of a challenge in this one."

Email: birchenough@northjersey.com

GIRLS TRACK from C2

attempts, which broke a tie with teammate and silver medalist Nicole Lester. Amoroso took home the javelin title with a throw of 92 feet, 8 inches.

"Maxine is very consistent, and we're working on a few minor changes in technique with her," Opremcak said. "It should help her take the next step in terms of height."

Kaitlyn also is very consistent. We hoped she would win, and she did, but she wasn't really at her best. She has thrown better. But she is a great competitor, and we can always count on her."

The team features girls from all four grades who are making their presence felt at the varsity level.

There are senior hurdler and 800 runner Leah Rosenfeld, freshman sprinters Clara Emmanuel, Katherine Muccio and Victoria Purritano; senior javelin thrower Cat Shippee (who also does the hurdles and triple jump); senior sprinter Isabel Park; senior hurdler Kerry Callaghan; sophomore thrower Lexi Uzoaru; senior high jumper Sasha Keppler; sophomore 800 runner Evelyn Kotch; and junior javelin thrower Sophia Sheehy.

Major points were scored by a number of Maroons. Uzoaru finished sec-

ond in both the shot put (35-6) and discus (108-5); Rosenfeld was third in the 800 (2:25.04) and fourth in the 400 hurdles (1:08.04). In fact, Rosenfeld, Adams and Kotch proved the 800 to be another deep event for Ridgewood by running 3-4-5 in the event.

Sheehy added a second in the javelin behind Amoroso with an 87-foot toss. In the 200-meter dash, Muccio (26.42) and Emmanuel (26.66) finished 3-4.

Park took second in the long jump (16-3/4) and fourth in the triple jump (33-7), placing one spot ahead of Callaghan (16-1/4) in the long jump. Keppler (4-10 in the high jump) and Shippee (17.04 in the 100 hurdles) both notched fourth-place finishes, and in the 100-meter dash, Emmanuel (12.85) was fourth and Purritano (13.10) sixth.

Now, there is further work to be done.

"We have a nice group of girls in all the age groups and we cover all events, which is our strength," Opremcak said.

"We'll be facing Northern Highlands again," he said of the Bergen Group A meet, which also will feature a talented Northern Valley/Old Tappan team. "We have to be at our best, because we can easily be beaten if we're not at our best as a team."

Email: tarta@northjersey.com

Have a feature idea? Call 201-612-5402.



Isabel Park was the Maroon girls' top finisher in both the long jump (second place) and high jump (fourth place) at the Big North Freedom meet.



Besides throwing the javelin at the Big North Freedom meet, senior Kenny Ekert earned gold in the shot put and silver in the discus for the Ridgewood boys.

Red Littler Bergen County Track and Field Championships

Today and Saturday at NV/Old Tappan and Hasbrouck Heights

Staff Writer Paul Schwartz's picks.

Track rankings

Boys Top 25

1. Ridgewood
2. NV/Old Tappan
3. NV/Demarest
4. River Dell
5. Don Bosco
6. Indian Hills
7. Parsippany
8. Hackensack
9. Bergen Catholic
10. Kenilworth
11. Paramus Cath.
12. Lynhurst
13. Hasbrouck Hgts.
14. Passaic Tech
15. Ramapo
16. Glen Rock
17. Ridgewood Park
18. Wayne Hills
19. Eastside
20. Wayne Valley
21. Hawthorne
22. Cresskill
23. Passaic Valley
24. Garfield
25. Fort Lee

Girls Top 25

1. Ridgewood
2. River Dell
3. No. Highlands
4. IHA
5. NV/Demarest
6. Hasbrouck Hgts.
7. Parsippany
8. Holy Angels
9. NV/Old Tappan
10. Paramus Cath.
11. Ramapo
12. Teaneck
13. Wayne Hills
14. Passaic Tech
15. Hawthorne
16. Cresskill
17. Park Ridge
18. Glen Rock
19. Clifton
20. Passaic Valley
21. Hackensack
22. Fair Lawn
23. Teaneck
24. Wayne Valley
25. Mahwah

BOYS
DIVISION A
 100: Kobi Grant, Ridgewood
 200: Tom Rendas, NV/Old Tappan
 400: Michael Thurston, Ridgewood
 800: Michael Thurston, Ridgewood
 1,600: Matt Cobane, Indian Hills
 3,200: Derek Barney, Indian Hills
 110 HH: Joe Jordan, NV/Old Tappan
 Triple jump: Joe Jordan, NV/Old Tappan
 Shot put: Kenny Eker, Ridgewood
 Discus: Derek Anderson, Indian Hills
 Javelin: Derek Anderson, Indian Hills
 High jump: Derek Anderson, Indian Hills
 Long jump: Frankie Richard, No. Highlands
 Triple jump: Frankie Richard, No. Highlands
 Pole vault: Seth Kricher, NV/Old Tappan
 4x-100 relay: NV/Old Tappan
 4x-400 relay: NV/Old Tappan
 Team: NV/Old Tappan

DIVISION B
 100: Michael Huertas, Fort Lee
 200: Eber Edwards, Mahwah
 400: Evan Bonfield, Mahwah
 800: Collin Daly, River Dell
 1,600: Will Daly, River Dell
 3,200: Will Daly, River Dell
 110 HH: Kyle Barry, NV/Demarest
 400 H: Andrew Peterson, NV/Demarest
 Shot put: Jae Choi, River Dell
 Discus: Dante DeSimone, River Dell
 Javelin: Bryan Holden, NV/Demarest
 High jump: Carlos Pabon, Lodi
 Long jump: Steven Velasco, Garfield
 Triple jump: Matt Werzba, Garfield
 Pole vault: Jack Muller, Mahwah
 4x-100 relay: River Dell
 4x-400 relay: River Dell
 Team: River Dell

DIVISION C
 100: Peter Guemiere, Lynhurst
 200: Peter Guemiere, Lynhurst
 400: Max Stubb, Leonia
 800: Owen Davis, Glen Rock
 1,600: Sean Sullivan, Rutherford
 3,200: Hussein Emeshad, Leonia
 110 HH: Clarence Reyes, Hasbrouck Heights

4x-400 relay: Glen Rock
 4x-800 relay: Rutherford
 Team: Lynhurst
DIVISION D
 100: Dan Sherlock, Park Ridge
 200: Dan Sherlock, Park Ridge
 400: Shaife Itani, Emerson
 800: Michael Cabrera, Becton
 1,600: Danny Daurio, Bogota
 3,200: James Diney, Bogota
 110 HH: Christian Marost, Waldwick
 400 H: Shaife Itani, Emerson
 Shot put: Gio Gutierrez, Saddle Brook
 Discus: Gio Gutierrez, Saddle Brook
 Javelin: Josh Terstra, Midland Park
 High jump: Dante Gonzalez, Palisades Park
 Long jump: Shaife Itani, Emerson
 Triple jump: Shaife Itani, Emerson
 Pole vault: Eran Peot, Emerson
 4x-100 relay: Park Ridge
 4x-400 relay: Emerson
 Team: Emerson

DIVISION E
 100: Javon Turner, Paramus Catholic
 200: Wanketh Akin, Don Bosco
 400: Matan Argenteanu, Dwight-Englewood
 800: Patrick Sullivan, Don Bosco
 1,600: Patrick Sullivan, Don Bosco
 3,200: David Rossas, Don Bosco
 110 HH: Kevin Deloughry, Bergen Cath.
 400 H: Marcus Valdez, Don Bosco
 Shot put: Michael Mendoza, Paramus Catholic
 Javelin: Joe Korin, Bergen Catholic
 High jump: Drew Singleton, Paramus Catholic
 Long jump: Wanketh Akin, Don Bosco
 Triple jump: Zair Tahaadje, Don Bosco
 Pole vault: Derek Water, Bergen Cath.
 4x-100 relay: Paramus Catholic
 4x-400 relay: Don Bosco
 Team: Don Bosco

GIRLS
DIVISION A
 100: Olivia Florio, Northern Highlands
 200: Toni James, Teaneck

Javelin: Kessie Ketcher, Hasbrouck Hg
 High jump: Iveya Slavova, Cresskill
 Long jump: Mayyam Hassam, Cresskill
 Triple jump: Mayyam Hassam, Cresskill
 Pole vault: Stephanie Gattia, Dumo
 4x-100 relay: Passaic Hills
 4x-400 relay: Hasbrouck Heights
 Team: Hasbrouck Heights

DIVISION D
 100: Nicole Thomas, Park Ridge
 200: Nicole Thomas, Park Ridge
 400: Rachel Spagnola, Park Ridge
 800: Rachelle Lopez, Palisades P
 1,600: Rachelle Lopez, Palisades P
 3,200: Rachelle Lopez, Palisades P
 100 HH: Alyssa Puci, Ridgewood
 400 H: Rachel Spagnola, Park Ridge
 Shot put: Amelia Aogar, Waldwic
 Discus: Chloe Zupitama, Midland Pa
 Javelin: Thalia Ghaham, Midland Pa
 High jump: Anna Boddy, Waldwic
 Long jump: Anna Maria Scarpis, Bog
 Triple jump: Thalia Ghaham, Midland P
 Pole vault: Adriana Gabbini, Emers
 4x-100 relay: Emerson
 4x-400 relay: Park Ridge
 Team: Park Ridge

DIVISION E
 100: Christian Resirake, IHA
 200: Maria Acosta, Paramus Cath
 400: Maria Acosta, Paramus Cath
 800: Maria Acosta, Paramus Cath
 1,600: Giovanna Tabbaccino, IHA
 3,200: Giovanna Tabbaccino, IHA
 110 HH: Liz Garcia, Holy Angels
 400 H: Faith Sutton, Paramus Cat
 Shot put: Megan Swans, IHA
 Discus: Anya Stas, Holy Angels
 Javelin: Alexa Vecchione, Holy Ang
 Long jump: Alexis Trate, Paramus C
 Triple jump: Alexis Trate, Paramus C
 Pole vault: Emily Mckasias, Holy Ang
 4x-100 relay: Paramus Catholic
 4x-400 relay: Paramus Catholic
 Team: Holy Angels

400: Aminah Sarraja, Teaneck
 800: Caroline O'Sullivan, NV/Old Tappan
 1,600: Julia Guerra, Indian Hills
 3,200: Olympia Martin, Ridgewood
 100 HH: Shar Baker-Sazale, Hackensack
 400 H: Hilary McElwain, No. Highlands
 Shot put: Amays Berry, Hackensack
 Discus: Amays Berry, Hackensack
 Javelin: Nicole Sachinelli, Fair Lawn
 High jump: Kayla Pituras, Paramus
 Long jump: Julia Healy, No. Highlands
 Triple jump: Ja'Neil Humphrey, Teaneck
 Pole vault: Jessica Ippolito, Fair Lawn
 4x-100 relay: Northern Highlands
 4x-400 relay: Northern Highlands
 Team: Northern Highlands

DIVISION B
 100: Heather Gonzalez, Cliffside Park
 200: Lexi DelGizzo, Tenafly
 400: Lexi DelGizzo, Tenafly
 800: Lexi DelGizzo, Tenafly
 1,600: Shannon Gorla, River Dell
 3,200: Shannon Gorla, River Dell
 100 HH: Desire Bermudez, Lodi
 400 H: Christina Kanaris, NV/Demarest
 Shot put: Nikolia Kanaris, NV/Demarest
 Discus: Sarah Ahmed, NV/Demarest
 Javelin: Jesse Geller, NV/Demarest
 High jump: Liz Granger, River Dell
 Long jump: Erin Hughes, River Dell
 Triple jump: Lauren Stern, Mahwah
 Pole vault: Michelle Rubinetto, NV/Demarest
 4x-100 relay: River Dell
 4x-400 relay: Ramapo
 Team: River Dell

DIVISION C
 100: Ayo O'uhuru, Passaic Hills
 200: Ayo O'uhuru, Passaic Hills
 400: Stacey Porzi, Hasbrouck Heights
 800: Jillian Digiamo, Hasbrouck Hgts.
 1,600: Kelsie Kearns, Lynhurst
 3,200: Kelsie Kearns, Lynhurst
 100 HH: Iveya Slavova, Cresskill
 400 H: Jillian Digiamo, Hasbrouck Hgts.
 Shot put: Alexandra Caballero, Rutherford
 Discus: Jade Hindis-Clarke, Westwood

County Championship
@ Old Tappan

April 13-14th

Friday:

400IH: Z. Stadulis 57.55 - 4th Place, K. Mack 58.60 - 6th Place

100m: K. Grant 11.29/11.28 - 1st Place, M. Tai 11.48/11.57 - 4th Place, J. Chun 11.92

1600m: W. Baginski 4:24.76 - 5th Place, B. Rynkowski 4:30.74, B. Byrne 4:35.24

400m: M. Thurston 49.06 - 2nd Place, K. Mack 51.23 - 5th Place

4x800m: A. Taggart, 2:01.6, K. Marshall 2:02.5, M. Robazza 2:01.9, W. Baginski 2:02.8
8:09.11 - 2nd Place

Long Jump: R. Harada, D. Romero,

Shot Put: K. Ekert 51'2" - 1st Place, S. McAvey 48'9 3/4" - 3rd Place, A. Engelhardt 43'11"

Javelin: G. Castano 123'10", B. Jordan 100'10"

Pole Vault: L. Bontoux 12'6" - 2nd Place, D. Schechter 12'0" - 5th Place, R. Vimba 11'6" - 6th Place

Saturday:

110HH: R. Harada 16.10/16.28 - 3rd Place, Z. Stadulis 16.52, B. Leibson 17.47

800m: M. Thurston 1:52.79 - 1st Place, W. Baginski 2:00.18 - 6th Place, A. Taggart 2:02.87

3200m: S. Wagh 9:39.91 - 2nd Place, B. Byrne 9:46.47 - 5th Place, K. Marshall 9:49.63 - 6th Place

4x100m: M. Tai, J. Chun, W. Migliorelli, K. Grant 43.90 - 1st Place

200m: M. Tai 22.73 - 3rd Place, K. Grant 22.92 - 5th Place, K. Mack 23.60

4x400m: K. Mack 51.2, Z. Stadulis 52.5, M. Tai 49.8, M. Thurston 49.9 3:23.42 - 2nd Place

High Jump: M. Thurston 6'0" - 2nd Place, R. Harada 6'0" - 3rd Place, D. Romero 5'10" - 5th Place

Discus: M. Gentile 140'6" - 2nd Place, K. Ekert 129'6" - 6th Place, S. McAvey 121'10"

Triple Jump: Z. Stadulis 41'7 1/2" - 6th Place, R. Harada 39'11 1/4", M. Bartlik 39'10 1/4"

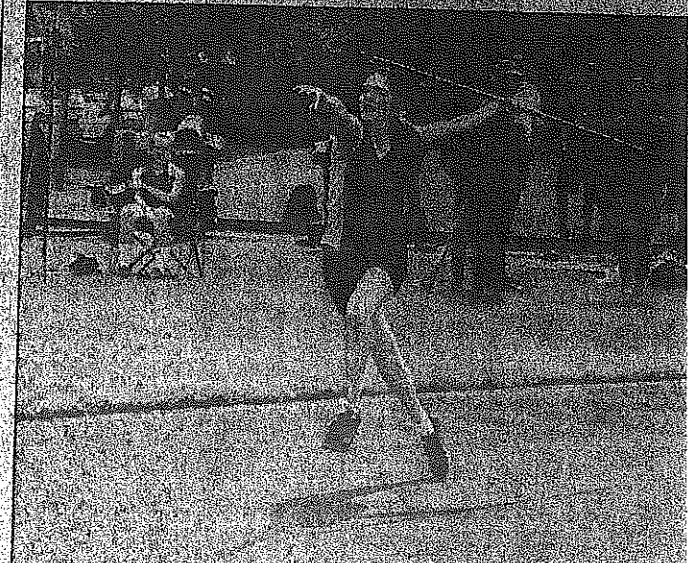
Comments: A tremendous win against an excellent opponent in Old Tappan. This was a very good team effort. We scored top 3 in the: sprints, distance, hurdles, throws and jumps. We scored two or more in an event in the: sprints, distance, hurdles, throws and jumps. Congrats on a county title!

Ridgewood teams deliver 1-2 pun



PHOTOS COURTESY OF JACOB BROWN

Ridgewood Junior Ryan Vinba participates in the pole vault as teammates Luc Bontoux, left, and Danny Sehechter observe at last weekend's Bergen County championships.



Sophia Sheehy winds up to throw the javelin at the Bergen County championships Saturday at Northern Valley/Old Tappan.

Boys earn first title since 2013

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

The Ridgewood High School boys track team received a few elite performances at last weekend's Gene "Red" Little Bergen County championships, but the Maroons once again proved that their biggest strength is the sheer number of talented athletes they can put out there in any event.

RHS held off a talented Northern Valley/Old Tappan squad 145-135 to win the program's fifth Group A title and first since 2013, thanks to team depth that picked up points in 14 of 16 events.

"We've got guys in every event that can compete really well," senior Michael Thurston said Monday night in a phone interview. "It's definitely a really big team."

Following Ridgewood's victories at the Bergen County Relays and in the Big North Freedom Division meet, the county Group A title is the biggest accomplishment in a resurgence season for the Maroons.

"If you look at the state, we're the North 1, Group 3 and Group 4 winners more times than not those teams come from Bergen County," head coach Josh Saladino said in a phone interview Monday. "We certainly are excited about the win."

NV/Old Tappan led Ridgewood by 12 points entering the second day of the meet Saturday, but the Maroons felt they had done their jobs by remaining within striking distance despite the Golden Knights thriving in their best events.

NV/Old Tappan seniors Thomas Rienas, William Rienas and Andrew Schumacher finished 1-3-4 in the 400, but Thurston claimed second and junior Kyle Mack grabbed fifth to minimize the Golden Knights' advantage.

The same thing occurred in the 400 hurdles, in which Schumacher and senior Joseph Jordan placed first and second for NV/Old Tappan. However, Zach Sladulis and Mack recorded personal best times to take fourth and sixth.

"We hung in there close on Friday," Saladino said. "Then they were able to slowly chip away at the lead on Saturday."

Ridgewood picked up points in bunches, thanks to a quartet of first-place efforts.

Junior Kofi Grant claimed the 100-meter crown in 11.28, becoming the first Maroon to do so since Dan Cooper in 2000. Grant also anchored Ridgewood's victorious 4-x-100 squad, teaming with Matt Tai, Jason Chun and Will Migliorelli to beat NV/Old Tappan by 0.09 seconds.

Meanwhile, Thurston earned his first career county gold with a

state season-best time of 1:52.79 in the 800.

"Ridgewood High School has had a tradition of really great 800 runners," said Thurston, who earned the program's 16th gold medal in the event since 1980. "Bergen County has also had really great 800 runners, so winning that championship was pretty big."

In the field, senior Kenny Elker earned a gold medal in the shot put with a throw of 51 feet, 2 inches.

While the Maroons picked up four gold medals, a couple second-place finishes were key in lifting the team over the Golden Knights.

Junior Michael Gentle stepped up in a big way, earning a silver in the discus.

"He came through with a 15-foot personal best for 140 feet, 6 inches," Saladino said. "That was a big eight points, and because we score eight that pushes Old Tappan down two points."

Sid Wash led a nice effort in the 3,200, along with Billy Byrne and Kenny Marshall to pick up 11 points in the event.

"Indian Hills got the better of us in that race; they went 1-3-4, but our guys went 2-5-6," Saladino said.

Thurston added silver medals in the 400 and the high jump, as well as part of the 4-x-800 relay.

SA 1 BOYS TRACK, page C2

Girls fall just short of crown

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

The season-long rivalry between Ridgewood and Northern Highlands finally turned in the Highlanders' favor at last weekend's Gene "Red" Little Bergen County championships.

Northern Highlands ran away with the meet's final event — the 4-x-400 relay — and received a little help from Teaneck, which edged the Maroons for second place to give the Highlanders the Group A crown, 123-121.

"We've tried to educate (the athletes) and tell them how hard it is to win the County A championship, one of the toughest championships in the entire state," Ridgewood head coach Steve Opremeak said in a phone interview Monday. "We had a very strong effort, but it wasn't enough across-the-board improvement."

Northern Highlands became the first school to win back-to-back Group A titles since Unacadulate Heath (now in Group E) won four straight from 2008-11. Ridgewood fell just short of its first county title since 2012.

The Maroons did receive some breakthrough performances, however, starting with sophomore Lexi Uzoari, who claimed a gold medal in the discus as well as third place in the shot put.

Three weeks after finishing 10th among the same group of athletes in Group A at the Bergen County Relays, the sophomore unleashed a discus throw of 115 feet — 33 feet, 5 inches better than in the County Relays — to outdistance runner-up Mary Vanderlinden of Northern Valley/Old Tappan by more than eight feet.

"Her discus win was unexpected but not surprising considering the amount of work and focus that she's put in," Opremeak said. "As she continues to improve her craft, she is going to be the best thrower in Bergen County."

Ridgewood benefited from three other first-place performances as well. Senior Kera Callahan ran the 100-meter hurdles in 16.01 to take gold, and senior distance runner Sam Halvorsen crossed the line first in the 3,200 in 11:09.06.

Halvorsen teamed with Evelyn Rotch, Meghan Adams and Zach Rosenfeld in the Maroons' first-place 4-x-800 relay, which blew away the competition in 9:36.31, well ahead of Northern Highlands' time 9:55.23.

Adams, a sophomore, ran in four events for Ridgewood but showed no signs of fatigue in a truly exceptional effort over the weekend, according to her coach.

"Meghan Adams had just an extraordinary meet," Opremeak said. "She [set personal bests] in

the [1,600] and the just a tremendous 1 winning 4-x-800 and [4-x-400] relay at the meet."

The Maroons' 11-point lead headed 4-x-400, but Northern claimed first place 4:00.49. Teaneck crossed the finish line in 4:05.31. Ridgewood's 400 rolled the Maroon and gave the big championship outfit

"Some years you and you get crum another team and pull and win." On "Some years you own luck and rise on Neighbor of the this year."

Despite falling just short of the championship, the finish signaled a turnaround for Ridgewood, which finished 10th with Group A last season.

The meet also got has been a fierce rivalry between Northern Highlands and Ridgewood struck first win in the Bergen County (2014-15) and the Freedom Division (1994) before Northern got on the scoreboard weekend.

See GIRLS TRACK

June 7 and 9.

■ The American Red Cross Waterfront Lifeguard Training Course prepares students with the CPR, First Aid and lifeguard techniques necessary for employment as a professional lifeguard. Students must take and pass a swim test, which will be held at 4 p.m. on Wednesday, June 1 and

specific to murky bottom, non-surf facilities. Classes will be held from 6:30 to 9:30 p.m. at 112 Oak Street in Ridgewood, and the course fee is \$100.

For more information or to register, contact the YWCA Membership Department at 201-444-5600, Ext. 400, or visit ywcabergencounty.org.

Heavy Sandbag Carry.

Contestant registration and check-in will begin at 9 a.m. sharp. More than 50 contestants are expected to compete, and at least 400 spectators will attend the event. The contestant donation fee is \$25, while the fee for spectators is \$10 and includes an "All You Can Eat" buffet.

the Maroons, who advanced to the top-seeded Livingstone Thursday (after press dead the semifinals.

"With the pressure, I think we made us play better, because we made us hit better shots and end," Faherty said.

The second-doubles occurred after junior Mahtab won his match against singles and junior Kozum, who earned a victory at first set, ensuring that RHS would advance to the sectional semifinals after the quarterfinals in 2011.

"I didn't know much about Randolph; we don't play against similar opponents, anyone in the region," head coach Deirdre said. "We just have to go out and make sure we're competitive, which is what we did and through [Tuesday]."

Ridgewood's second-doubles player Christian Flood played the match of the day, losing in straight sets to Randolph's don Luong, but only after a pair of 9-7 tiebreakers in each set. First-doubles pair Matt L. Andrew Suh lost in straight sets to the Rams' Cooper Se and Stefan Luong.

The Maroons earned their quarterfinal date against No. 5 Rams after defeating No. 13 seed Bloomfield, 5-1 Monday afternoon.

Joshi and Faherty, the men who emerged midseason as the top pair at second doubles, enjoyed an easy 6-0, 6-0 victory against the Bengals, but they had their mettle tested during the following day.

After cruising to a 6-2 victory in the first set against Randolph, Ridgewood pair jumped out to a 5-1 advantage in the second set and appeared to be on their way to an easy victory.

However, the Rams' pair of Spellman and Liew battled back to take a 6-5 lead, forcing the freshmen duo to the brink.

"The biggest focus we have is to keep our mental focus," said. "We were able to stay focused in a very pressured situation and we were able to

BOYS TRACK from C1

The pole vault trio of Luc Bontoux, Danny Schechter and Ryan Vimba placed 2-5-6 in the event to pick up an important 11 points.

Also, Ray Harada garnered a pair of third-place finishes in the high jump and the 110-meter hurdles, while Spencer McAvey took third in the shot put with a distance of 48-9³/₄.

In total, the Maroons had 17 different athletes earn points in individual events, and all three of the team's relays placed in the top two.

"We were able to get two and sometimes three people scoring in the top six of Bergen County. That says a lot about our team," said Saladino, whose team won despite NV/Old Tappan garnering six first-place finishes. "We had top three finishes in distances, sprints, hurdles, jumps and throws. When people come in top three in all those disciplines, we're going to be a hard team to beat going forward."

Some Maroons will compete in this afternoon's Bergen Meet of Champions (BMO), but the next big team event will be at the following weekend's North 1, Group 4 meet at Randolph. Ridgewood will seek to earn the sectional title after its streak of five straight championships ended in 2015.

"We certainly know there's more to come," Saladino said. "I think there will be more of the excitement and jubilation of what we've accomplished when our season's over."

Email:

birchenough@northjersey.com



PHOTO COURTESY OF JACOB BROWN

Freshman Will Baginski runs a leg for the Ridgewood boys 4-x-800 relay, which placed second in the Bergen Group A meet. Baginski also had a strong individual outing with a fifth in the 1,600 and sixth in the 800.

Boys Lacrosse Scoring Leaders

	G	A	Pts
Matt Coppola, River Dell.....	69	29	98
Henry Pearson, Paramus Cath.....	70	12	82
Jack Benedict, Pascack Hills.....	55	22	77
Tyler Harmon, Ramsey.....	36	34	70
Jeremy Magno, Bergen Catholic.....	49	18	67
Cooper Telesco, Ridgewood.....	49	17	66
Connor Belthoff, River Dell.....	28	37	65
Cameron Cotter, Indian Hills.....	48	16	64
Kevin Mollihan, Ridgewood.....	49	14	63
Jimmy Spillane, Pascack Valley.....	38	24	62



**Boys Novice Championship
@ Hackensack**

May 18, 2016

1600: J. Naftzger 4:52.9 6th R. Fahey 4:58.7, D. Paterson 5:02.6, M. Boogaert 5:07.6,
I. Dartley 5:08.7, C. Martin 5:12.4, E. Tilyou 5:17.1, P. Baginski 5:26.1,
J. Savarese 6:02.6

800: B. Zamboldi 2:04.5 1st, C. Branca 2:08.9 5th, D. Karny 2:09.1 6th, C. Shammus 2:11.3,
B. Hughes 2:11.5, J. Bolduc 2:14.8, D. Cho 2:23.7, R. Cody 2:26.1, T. Baginski 2:29.4,
J. Price 2:30.9, T. He 2:41.8, J. Franklin 2:53.1

3200: R. Fahey 10:48.8 2nd, C. Martin 11:11.3

4x400: K. Collins 55.5, J. Dixon 56.4, A. Ruhl 59.7, B. Hughes 57.1 = 3:48.7 4th

IH: Collins 64.7 / Ruhl 70.4

100m: Kato 12.3 / Dixon 12.4 / Hong 12.7, 12.1 / S. Do 11.8, 11.8 / Hong 12.1 /
Cron 12.5 / Cerisillo 12.6

400m: Collins 56.4 / Ruhl 61.1 / Thorpe 64.3

110h: Perlman 18.0, 17.6 / Ruhl 20.3 / DeVita 21.3

200m: S. Do 24.9 / Kato 25.0 / Hong 25.2 / Iliev 28.2 / / Thorpe 28.2 / Witchonke 29.1

HJ: Dixon 5'4"

SP: W. French 39'10" - 3rd Place; C. Black 39'5 1/4" - 5th Place

Disc: C. Black 105'4" - 6th Place

Incomplete results but these are all the results reported. Great meet by those who competed. A ton of personal bests!!!!

THE TRACK AND FIELD REPORT

Westwood's Molina to miss Bergen meet

By PAUL SCHWARTZ
STAFF WRITER

Jessica Molina won't be defending her Bergen Meet of Champions shot and discus championships tonight at Hackensack, and there's a chance that the Bergen County record holder in the shot and indoor All-American might not be able to compete again in high school.

But don't count the Westwood senior out just yet.

Molina has been dealing with an injured left foot since she set the county record in the shot by throwing it 48 feet for third place at the Penn Relays on April 28. She missed both the league championships and Red Litter Bergen meet, but hopes to get a definitive diagnosis Tuesday that will allow her to compete at the Group 2 state sectional meet a week from today.

"I'll stand in the front of the circle and throw it 36 feet without spinning to try and qualify for groups," said Molina, who will throw at Wake Forest next school year. "I'm trying to be optimistic."

Other injury recovery news for some absent and limited Bergen County stars is much better.

Patrick Sullivan of Don Bosco, who has been limited to just one major race this spring because of some nagging injuries and illness, will run the 1,600- and 3,200-meter races at the Non-Public A sectional at Northern Burlington Regional next week. It's the first step in what he hopes will be a shot at the State Meet of Champions title he passed up when he skipped the indoor state series to run the High School Millrose Mile.

Will Rienas of NV/Old Tappan, who has not been able to hurdle since a winter injury, will take his first shot at the 400 hurdles at Saturday's County Seat Invitational at Indian Hills. Rienas, who is scheduled to run in the open 400 and as part of the Golden Knights favored 4-x-400 relay at tonight's meet of champs, was

TRACK RANKINGS	
Boys Top 25	Girls Top 25
1. Ridgewood	1. River Dell
2. NV/Old Tappan	2. Northern Highlands
3. River Dell	3. Ridgewood
4. NV/Demarest	4. NV/Demarest
5. Indian Hills	5. NV/Old Tappan
6. Don Bosco	6. IHA
7. Northern Highlands	7. Holy Angels
8. Hackensack	8. Ramsey
9. Kennedy	9. Hasbrouck Heights
10. Lyndhurst	10. Teaneck
11. Bergen Catholic	11. Wayne Hills
12. Wayne Hills	12. Passaic Tech
13. Eastside	13. Hawthorne
14. Passaic Tech	14. Ramapo
15. Glen Rock	15. Pascack Valley
16. Westwood	16. Clifton
17. Hasbrouck Heights	17. Paramus Catholic
18. Leonia	18. Park Ridge
19. Wayne Valley	19. Wayne Valley
20. Paramus Catholic	20. Cresskill
21. Pascack Valley	21. Fair Lawn
22. Fort Lee	22. Hackensack
23. Hawthorne	23. Lyndhurst
24. Ridgefield Park	24. Pascack Hills
25. Garfield	25. Tenafly

seventh in Group 3 last year and just missed qualifying for the State Meet of Champions that June.

Pascack Hills senior Ayo O'uhuru, who was forced to withdraw from the finals of the Division C 100 over the weekend with a nagging injury, will be able to run the 100 tonight - although she will not defend her 200 title. She hopes to be healthy enough to run both at the Group 2 sectionals next week. She was third in the indoor State Meet of Champions 55 in the winter.

GETTING READY: Butler's Sean Mefford is preparing for the Group 1 state sectionals last week, and the senior put on a show at Tuesday's and Wednesday's Morris County championships. The senior won the long jump with a leap of 22-1/4, took third in the triple jump at 43-4 1/2

and was fifth in the 100 in 11.25. Kinnelon freshman Angelina Tarabokija was fourth in the girls 3,200 in 11:16.34.

North Bergen's girls won the North Hudson championship, sparked by wins by Natalie Gomes in the 200 (26.1) and 400 (60.4) while Shayla Morales took the 800 in 2:24.5. Mariam Said of Secaucus won the javelin with a throw of 108-8. Sebastien Sarday of North Bergen won the boys javelin at 155-2, and Adam Khriess of Secaucus took the 400 hurdles in 58.2.

LOOKING AHEAD: In addition to the County Seat Invitational at Indian Hills on Saturday, Monday sees two excellent late season meets. They are the Cavo Senior Showcase at Emerson and the East Coast Relays at Randolph, with both expecting a lot of North Jersey entrants.

Bergen County Meet of Champions
@ Hackensack

May 20, 2016

Pole Vault: L. Bontoux 13'8" – 3rd Place; R. Vimba 12'0"

High Jump: M. Thurston 6'0" - 5th Place; R. Harada 5'10", D. Romero 5'10"

Discus: M. Gentile 114'3"

Shot Put: K. Ekert 53'3 ½" – 3rd Place; S. McAvey 52'10 ½" – 5th Place

110HH: R. Harada 16.12

100m: K. Grant 11.21/11.30 – 6th Place

800m: W. Baginski 1:58.03 – 3rd Place

400IH: Z. Stadulis 59.16

400m: K. Mack 50.45 – 3rd Place

3200m: K. Marshall 9:58.09

Good Meet –now lets win sectionals.

Freshmen County Championship
@ Ramsey

May 26, 2016

100m: Ethan Wong **12.6**, Jason Santucci **14.8**, Elliot Kessler **15.2**

400IH: Kevin Collins **63.3 – 3rd Place**, Alex Ruhl **68.5 – 6th Place**

1600m: Ryan Fahey **4:56.1 – 2nd Place**, Daniel Cho **5:15.6**, Paul Baginski **5:24.3**, Jeremy Savarese **6:34.8**

110HH: Alex Ruhl **20.8**, Nick DeVita **21.5**

800m: Will Baginski **1:58.1 – 1st Place and new meet record**, Dan Karney **2:05.4 – 3rd Place**, Tim Baginski **2:21.3**, Eddie Nold **2:24.8**, Jack Price **2:28.3**, Dylan Kane **2:30.8**, Tony He **2:31.8**, Jason Santucci **2:48.3**, Jake Franklin **2:51.4**

200m: Jason Dickson **24.8 – 6th Place**

3200m: Ryan Fahey **11:22.8 – 2nd Place**

4x400m: Dan Karney **55.2**, Kevin Collins **55.8**, Justin Dickson **55.5**, Will Baginski **52.1** **3:38.3 – 1st Place**

Long Jump: Justin Dickson **18'1" – 4th Place**, Nick DeVita **15'3"**

Triple Jump: Kevin Collins **35'8 1/2" – 2nd Place**, Nick DeVita **31'2 1/2" – 5th Place**

High Jump: Justin Dickson **5'2" – 2nd Place**, Nick DeVita **NH**

Shot Put: Charlie Murphy **30'1"**

Discus: Charlie Murphy **75'4"**

Pole Vault: Ethan Wong **10'0" – 2nd Place**, Elliot Kessler **8'0"**, Jason Santucci **8'0"**

Comments:

Congratulations to Will Baginski – 2016 Bergen County Freshman Athlete of the meet winner.

As a team we scored 80 points. Well done. 2nd Place to Old Tappan.

An excellent finish to a very good freshman campaign. We ended the season with a ton of personal bests. You guys competed hard all the way through. We as a coaching staff want to congratulate you on a successful season and are looking forward to some great things to come in 2017!

5/27

Events to watch: Newton's David Zambrano and Manchester's Quazier Dailey are the co-favorites in the 100. Colin and Will Daly will battle Glen Rock's Owen Davitt in the 800, and old rival Joe Dragon of High Point in the 1,600 and 3,200. There are seven throwers over 47 feet in the shot put, led by River Dell's Jae Choi.

NORTH 1, GROUP 3

Teams to watch: Defending champion NV/Old Tappan again is heavily favored. If the Golden Knights slip, Indian Hills, Morris Hills and Northern Highlands could take advantage.

Returning champions: Joe Jordan, NV/Old Tappan (IH-HH); Frankie Richard, Northern Highlands (TJ).

Events to watch: NV/Old Tappan's Tom Rienas faces Wayne Hills' Hunter Hayek in the 200 and Hayek's twin, Tyler, in the 400. Morris Hills' stars Ian McNally and Jason Schweizer will battle Indian Hills' Jack Kerin in the 800. Schweizer, NV/Old Tappan's James Weissenborn, Indian Hills' Matt Cohan and Pascack Valley's Jeff Roberts are all sub-4:21 1,600 runners. In the field, Indian Hills' Derek Anderson battles Sparta's Andrew Pondiscio in the high jump.

NORTH 1, GROUP 4

Teams to watch: Ridgewood has a balanced team and is a strong favorite over defending champ Randolph as well as Eastside and Morristown.

Returning champions: Eric Clay, Morristown (1,600); Jason Campbell, Montclair (D); Tommy Smith, Hackensack (TJ); Tim Van Cauwenberge, West Orange (HJ); Michael Thurston, Ridgewood (800).

Events to watch: Eastside's Raheem Roberts is in the middle of four battles, and how he performs will be a major part of which team wins the meet. He will face Morristown's Ricky Webber in the 100, Mount Olive's Marquis Smallwood and Montclair's Junior Desir in the 200, and Thurston and Morris Knolls' Dan DeBleck in the 400. Eastside's Marco Joseph battles DeBleck and Van Cauwenberge in the high hurdles. Eastside (anchored by Roberts), Kennedy, Ridgewood and Hackensack all should be in the mix in the 4-x-400.

NORTH 2, GROUP 1

Teams to watch: Defending champion Weequahic will have little problem repeating, with

Hunter Hayek of Wayne Hills will compete in the 200 in North 1, Group 3.

New Providence a distant second. Palsades Park can finish in the top five.

Returning champions: Ihmir Marsette, Weequahic (IH-TJ); David Adams, New Providence (3,200); Andy Urness, New Providence (J); Jaquil Johnson, Shabazz (LJ).

Events to watch: Palsades Park's Carl Desrosiers and Becton's Michael Cabrera will battle New Providence's Robert Zeto in the 800. Becton's Greg Anderson and Dayton's Andrew Leibowitz are the top seeds in the discus, while North Arlington's Antonio Monahan hopes to dethrone Urness in the javelin.

NORTH 2, GROUP 2

Teams to watch: West Essex shared the title with Bernards (now in Central) last year and is favored with Whippany Park. Fort Lee and Lyndhurst will have a say in who wins the team title as well.

Returning champions: Anthony Steets, West Essex (IH); Sean Sullivan, Rutherford (800-1,600); Liam Fost, West Essex (400); John Burk, Parsippany (D); Matt Wierzba, Garfield (TJ); Joseph Kim, Ridgefield Park (PV). Haig Rickerby, McNair (400). Chris Bekker, Lyndhurst (SP) won in North 2, Group 1 last year.

Events to watch: North Jersey teams could win eight of the 18 events. Lyndhurst's Peter Guerriero is heavily favored to repeat his Bergen wins in the 100 and 200, while Sullivan and Rickerby lead a loaded 800 field with eight runners under 1:59. Sullivan and Whippany Park's Joe Thoma are the class of the 1,600 field, and Fort Lee and Lyndhurst have the top two 4-x-100 teams. In the field, Guerrero and Garfield's Steven Nolasco and Christian Torres lead all long jumpers. Nolasco, Wierzba and Aveon Irving could give Garfield a sweep in the triple jump, and Kim is heavily favored in the vault.

NORTH NON-PUBLIC A

Teams to watch: Last year, Don Bosco and Seton Hall battled, with Seton Hall winning by a point. This year, look for Pope John and Delbarton to contend for the team title as well.

Returning champions: Patrick Sullivan, Don Bosco (1,600-3,200); WanKeith Akin, Don Bosco (100-200-LJ); Brandon Moorer, Seton Hall (400); Tim Guider, Delbarton (D); Sam Fuchs, Delbarton (TJ); James McGuire, Se-

Top 25 rankings

- | | |
|---------------------|-----------------------|
| 1. Ridgewood | 14. Passaic Tech |
| 2. NV/Old Tappan | 15. Glen Rock |
| 3. River Dell | 16. Westwood |
| 4. NV/Demarest | 17. Hasbrouck Heights |
| 5. Indian Hills | 18. Leonia |
| 6. Don Bosco | 19. Wayne Valley |
| 7. No. Highlands | 20. Paramus Catholic |
| 8. Hackensack | 21. Pascack Valley |
| 9. Kennedy | 22. Fort Lee |
| 10. Lyndhurst | 23. Hawthorne |
| 11. Bergen Catholic | 24. Ridgefield Park |
| 12. Wayne Hills | 25. Garfield |
| 13. Eastside | |

ton Hall (PV). John Bastista, Oratory Prep (SP) won in Non-Public B last year.

Events to watch: Akin, Paramus Catholic's Javon Turner and Alijah Jackson and Moore will make the 100 and 200 sizzle. Bergen Catholic's Kevin DeLoughry faces Delbarton's Shawn Ohazuruike in the 400 hurdles. Don Bosco's Marcus Valdez opposes Paramus Catholic's Michael Mendoza in the discus, and Akin, Jackson and Oratory Prep's Aaron Grundy will compete in the long jump

NORTH NON-PUBLIC B

Teams to watch: Hudson Catholic is the favorite to repeat, with Eastern Christian having a good chance to take second.

Returning champions: Courtney Johnson, Hudson Catholic (IH); Bill Massey, Montclair Kimberley (1,600); Trent Braen, Eastern Christian (D); Eric Reynolds, Queen of Peace (TJ); Joshua Okaru, Montclair Immaculate (HH).

Events to watch: Dwight-Englewood's Matan Arginteanu should be in a tight battle in the 400, and freshman teammate Jeremy Bronstein will battle Montclair Kimberley's Nick Wilson in the 800. Reynolds faces Okaru in the hurdles. Eastern Christian and Dwight-Englewood will battle Montclair Kimberley for the 4-x-800 title, and Braen is a heavy favorite to repeat in the discus.

- Paul Schwa

State Sectional Championship
@ Randolph

May 27-28

Friday:

400IH: K. Mack 57.03 - 3rd Place, Z. Stadulis 59.72

100m: K. Grant 11.19/11.09 - 1st Place, M. Tai 11.28/11.21 - 5th Place, J. Chun FS

1600m: W. Baginski 4:19.72 - 2nd Place, B. Byrne 4:34.93, B. Rynkowski 4:35.95

400m: M. Thurston 49.25 - 3rd Place, K. Mack 49.86 - 5th Place

4x800m: A. Taggart 2:01.9, K. Marshall 2:01.8, M. Robazza 2:01.8, W. Baginski 2:01.0
8:07.21 - 5th Place

Javelin: G. Castano 124'5", B. Jordan 120'9"

Shot Put: K. Ekert 53'7.25" - 3rd Place, S. McAvey 49'1.5" - 4th Place, A. Englehardt 39'7"

Long Jump: R. Harada 18'5", D. Romero 17'8", J. Dixon 17'8"

Pole Vault: L. Bontoux 13'0" - 2nd Place, R. Vimba 12'6" - 4th Place, D. Schechter 11'0"

Saturday:

110HH: R. Harada 15.80 / 16.02, B. Leibson 17.54

800m: M. Thurston 1:54.45 - 1st Place, W. Baginski 1:59.12 - 6th Place, A. Taggart 2:03.01

4x100m: M. Tai, J. Chun, W. Migliorelli, K. Grant 43.32 - 2nd Place

200m: K. Grant 22.43 - 4th Place, M. Tai 23.56 - 6th Place, J. Chun 23.68

3200m: S. Wagh 9:49.14 - 4th Place B. Byrne 9:59.69, K. Marshall 10:02.81

4x400m: K. Mack 49.9, M. Tai 50.3, W. Baginski 51.8, M. Thurston 48.6 3:20.97 - 1st Place

Triple Jump: Z. Stadulis 40'5.5" R. Harada 39'10.5", M. Bartlik 37'2.5"

High Jump: M. Thurston 6'0" - 5th Place, D. Romero 5'10", R. Harada 5'8"

Discus: K. Ekert 135'4" - 4th Place, M. Gentile 129'2" - 6th Place S. McAvey 113'2"

Team Standings: Ridgewood 103, Morristown 69, West Orange 60, Montclair 48, Morris Knolls 42

Comments:

CHAMPIONS: LEAGUE, COUNTY RELAYS, COUNTY, STATE SECTIONAL. AWESOME.

nances are if your older sibbling played lacrosse in Ridge-

different good pitches." Spellman strikeouts."

TRACK AND FIELD: STATE SECTIONALS

Boys

NORTH 1, GROUP 3

Team scores: NV/Old Tappan (OT) 117; Indian Hills (IH) 88; Northern Highlands (NH) 59; Morris Hills (MH) 53; Wayne Hills (WH) 50; Montville (MO) 37; Sparta (S) 34; Paramus (P) 24; Wayne Valley (WV) and Roxbury (RX) 23; Passaic Valley (PV) 10; Nutley (N) 14; West Milford (WM) 7; Fair Lawn (FL) 1.
100 m: 1. Hunter Hayes (WH), 10.78 (ties Passaic County record set by Aundrae McCormick, Clifton, 1999); 2. Steven Bizio (MO), 11.15; 3. Anthony Lorenc (IH), 11.40; 4. Connor Atkins (NH), 11.48; 5. Giancarlo Pacifico (N), 11.49; 6. Miles Watson (OT), 11.51.
200 m: 1. Hunter Hayes (WH), 21.61 (record, old record, 21.84 set by Mike Pruzinsky, Wayne Hills, 2003); 2. Tyler Hevek (WH), 21.97; 3. Tom Rienas (OT), 22.19; 4. Joe Hook (MH), 22.43; 5. Steven Rizio (MO), 22.54; 6. Daniel Guiliano (RX), 22.95.
400 m: 1. Tom Rienas (OT), 48.37; 2. Rizio Hevek (WH), 48.52; 3. Steven Rizio (MO), 49.09; 4. Andrew Schumacher (OT), 49.50; 5. Will Rienas (OT), 50.13; 6. Kevin Sembrat (RX), 50.20.
800 m: 1. Ian McNelly (MH), 1:54.78; 2. Jack Kerin (IH), 1:55.35; 3. Matt DaSilva (V), 1:59.08; 4. Alex Gee (P), 1:59.16; 5. Michael Creighton (MH), 2:00.25.
1,000 m: 1. Alexander Pai (MH), 4:22.08; 2. Matt Cohnle (S), 4:23.33; 3. Jeff Roberts (PV), 4:25.15; 4. James Weissbrodt (OT), 4:26.07; 5. Tom Holster (IH), 4:26.69; 6. Nalin Chopra (NH), 4:29.44.
1,500 m: 1. Matt Conane (IH), 9:42.95; 2. Jenks Hehner (MO), 9:43.57; 3. Tom Holster (IH), 9:49.37; 4. Joe Zisa (LV), 9:50.90; 5. Derek Barney (IH), 9:51.14; 6. Jimmy Quint (N), 9:52.65.
2,000 m: 1. Al-Isaab Dussou (P), 14.38; 2. Joe Jordan (OT), 14.47; 3. Daniel Giuliano (RX), 14.54; 4. Dan Pflieger (NH), 14.91; 5. Erik Alvarez (PASSV), 15.20; 6. Brendan Holleran (NH), 15.89.
400 mH: 1. Will Rienas (OT), 54.70; 2. Joe Jordan (OT), 54.93; 3. Andrew Schumacher (OT), 55.56; 4. Jack Kerin (IH), 57.35; 5. Brendan Holleran (NH), 57.46; 6. Matt DaSilva (V), 57.99.
Shot put: 1. Marshall Watters (IH), 44.9; 2. Jakob Piura (WV), 44.94; 3. Chris Elchler (OT), 44.2; 4. Stephen Piccinich (OT), 44.09; 5. Tyler Feinken (WV), 44.0; 6. Jack Zheng (MO), 43.74.
Discus: 1. Ben Davis (S), 135.5; 2. Stephen Piccinich (OT), 134.4; 3. Nick Battista (WV), 133.14; 4. Max Pufferman (PV), 132.45; 5. Alan Bogdanov (OT), 127.6; 6. Billy Leowen (S), 127.3.
Javelin: 1. Dejon Chappell (MH), 185.11; 2. Derek Anderson (IH), 176.8; 3. James Kelly (OT), 167.11; 4. Jordan Mortero

NORTH 1, GROUP 4

(WV), 163.9; 5. Ben Davis (S), 162.9; 6. Dalton Newman (FL), 161.9.
High jump: 1. Andrew Pondisco (S), 6-2; Derek Anderson (IH), 6-4; 3. Tom Delorenzo (NH), 6-2; 4. Vance Stay (WV), 6-2; 5. Dylan Porcero (MO), 5-10; 6. Erik Alvarez (PASSV), 5-10.
Long jump: 1. Frankie Richard (NH), 22-1; 2. Andrew Pondisco (S), 21-5; 3. Daniel Giuliano (RX), 21-3; 4. Ben Steir (NH), 20-10; 5. Jason Rocco (S), 20-5; 6. Daniel Monchek (NH), 20-4; 7. Tyson Bradley (RX), 43.44; 3. Matt Johnson (WM), 42.5; 4. Tim Delorenzo (NH), 42.5; 5. Shawn Montalbo-Rook (MH), 41.14; 6. Kevin Sembrat (RX), 41.59.
Pole vault: 1. Greg Fuente (P), 13-0; 2. Seth Kriehoff (OT), 12-9; 3. Cameron Horn (MO), 12-0; 4. Andrew Braun (NH), 12-0; 5. Jona Kim (DEM), 12-0; 6. Tie between Kyle Kaihys (MH) and Patrick Song (PV), 11-0.
4x-100 relay: 1. Wayne Hills: (Luca Grave, Isaron Hayek, Tyler Hevek, Hunter Hevek), 4:29.91 (meet and Passaic County record, old meet record, 43.33 set by NV/Old Tappan, 2015, old Passaic County record, 43.2 by Kennedy, 1980); 2. Northern Highlands: (Kevin Sembrat, Dan Tappan, 44.09; 4. Wayne Valley, 44.46; 5. Passaic Valley, 44.98; 5. Sparta, 45.31); 4x-400 relay: 1. NV/Old Tappan (Joe Daniel, Michael Creighton, Andrew Schumacher, Laylor, Tom Rienas), 3:23.27; 2. Indian Hills, 3:25.54; 3. Montville, 3:27.01; 4. Morris Hills, 3:28.45; 5. Nutley, 3:29.81; 6. Northern Highlands, 3:30.02.
4x-800 relay: 1. Morris Hills: (Nalin Chopra, Michael Creighton, Harsh Gupta, Ian McNelly), 7:56.01 (record, old record, 7:56.62 by River Dell, 2015); 2. Indian Hills, 8:04.60; 3. NV/Old Tappan, 8:14.33; 4. Northern Highlands, 8:16.64; 5. Nutley, 8:20.89; 6. Wayne Valley, 8:23.03.
NORTH 1, GROUP 4
Team scores: Ridgewood (RW) 103; Morrisown (MT) 69; West Orange (WO) 60; Montclair (MC) 48; Morris Hills (MH) 42; Kennedy (KH) 39; Passaic Tech (PCT) 35; Randolph (R), 33; Bloomfield (BF) 32; Eastside (ES) 22; Hackensack (HK) 19; Union City (UC) 4; Clifton (CI) 4; Memorial (WV) 3; 100 m: 1. Kobi Grant (RW), 11.09; 5. Matt Tai (RW), 11.21.
200 m: 1. Marquis Smallwood (MO), 22.28; 2. D'Andre Miller (JK), 22.33; 3. Kobi Grant (MO), 22.43; 6. Matt Tai (RW), 22.56.
400 m: 1. Dan DeBlack (MO), 48.52; 2. Raheem Roberts (ES), 49.15; 3. Michael Theuston (RW), 49.25; 5. Kyle Mack (RW), 49.85; 6. D'Andre Miller (JK), 50.08; 800 m: 1. Michael Theuston (RW), 1:54.45; 3. Jarin Nelson (PCT), 1:56.66; 6. William Baginski (RW), 1:59.12.
1,000 m: 1. Eric Clay (MO), 4:18.12; 2.

William Baginski (RW), 4:19.72
3,200 m: 1. Joshua Holihan (RN), 9:40.36; 4. Scott Wash (RW), 9:49.14; 6. Jeron Jordan (JK), 9:52.46.
Long jump: 1. Anthony Franklin (SH) 20-4; 2. Ken Otori Banne (P) 20-2; 4. Adam Khrist (SE) 19-5.4.
100 mH: 1. Timothy VanCauwenberge (WO), 14.51; 3. Marco Cesca (ES), 14.60; 2x4: Ken Otori Banne (PP) 42-8; 6. Tedri Turkia (WR), 38-3.
Shot put: 1. Michael Beal (SH) 46-11; 3. Gregory Anderson (B) 49-8.
Discus: 1. Andrew Leibowitz (O) 131-11; 2. Gregory Anderson (B) 124-8; 6. Doguhan Karahan (NA) 113-8.
Javelin: 1. Mark Urness (NP) 196-8; 2. Antonio Moranhan (NA) 151-8.
4x400 relay: 1. Weequeh (Mathaniel Agrimar, Imrir Marsette, JaQuan White, Bashir Sanders) 3:31.71; 4. Palisades Park 3:42.08.
4x800 relay: 1. New Providence (David Adams, Brian Azevedo, Mark Pasquariello, Robert Zeto) 8:23.99 (record, old record 8:38.88, Emerson, 2013); 2. Palisades Park 8:51.46; 5. Becton 8:59.84.

Girls

NORTH 1, GROUP 3

Team scores: Northern Highlands (NH) 92; Teaneck (TK) 62; Montville (MO) 60; NV/Old Tappan (OT) 58; Sparta (S) 38; Wayne Hills (WH) 35; Tenafly (TF), Passaic Valley (PV) and Wayne Valley (WV) 32; Fair Lawn (FL) 23; Morris Hills (MH) 16; West Milford (WM) 15; Pararuns (P) 5.
100 m: 1. Olivia Florio (NH), 12.11; 2. Morgan Clark (OT), 12.34; 3. Gianna McGonnes (S), 12.43; 4. Ana Orlando (NH), 12.65; 5. Toni James (TK), 12.87; 6. Melissa Purcell (PV), 12-0; 3. Ariana Cavalli (OT), 10-0; 4. Jackie Helm (P), 10-0; 5. Rachael Bussanich (WV), 9-6; 6. Juliana Schraer (PV), 9-0.
200 m: 1. Northern Highlands (Morgan Florio, Olivia Florio, Ana Orlando, Amanda Pool), 47.94 (record, old record, 49.16 by Northern Highlands, 2010); 2. Teaneck, 50.65; 3. Fair Lawn, 51.13; 4. Wayne Hills, 51.63; 5. Wayne Valley, 52.05; 6. Sparta, 53.75.
4x-100 relay: 1. Roxbury, 49.17; 2. Northern Highlands, 49.23; 3. Anna George Hillis, 4:06.88; 4. Montville, 4:07.51; 5. Morris Hills, 4:08.32; 6. Teaneck, 4:14.79.
800 m: 1. NV/Old Tappan (Courtney Brunet, Mary Scrivanich, Kristen Travers, Caroline O'Sullivan), 9:32.26; 2. Indian Hills, 9:42.23; 3. Northern Highlands, 9:46.76; 4. Wayne Hills, 9:50.89; 5. Passaic Valley, 10:11.26; 6. West Milford, 10:25.96.
NORTH 1, GROUP 4
Team scores: Ridgewood 96; Montclair 70.5; Randolph 69; Livingston 60;

Bloomfield 42; Passaic Tech 37; Hackensack 34; Morris Knolls 29; Mount Olive 27; West Orange 24; Morrisown 18; North Bergen 17; Clifton 14; Bergen Tech 9; Passaic 5; Union City 3; Kearny 2; Memorial 1.5
100 m: 1. Natalie Gomes (P), 12.54; 3. Aniyah Robinson (PCT), 12.60
200 m: 1. Niyah Young-Bey (MO), 25.41; 4. Aniyah Robinson (PCT), 26.04; 5. Natalie Gomes (NB), 26.05; 6. Katherine Muccio (RW), 26.20
400 m: 1. Niyah Young-Bey (MO), 56.34; 6. Natalie Gomes (NB), 59.54
800 m: 1. Mackenzie Presume (BF), 2:17.03; 2. Serena Martinez (HK), 2:17.05; 4. Sam Halvorsen (RW), 2:18.03; 6. Cary Spinner (PCT), 2:21.25
1,000 m: 1. Sam Halvorsen (RW), 5:03.12; 2. Olivia Martin (RW), 5:05.11; 3. Serena Martinez (HK), 5:08.27; 6. Abigail McLaughlin (BF), 5:15.72
3,200 m: 1. Olympia Martin (RW), 10:56.62; 2. Abigail McLaughlin (BF), 11:08.42; 3. Sam Halvorsen (RW), 11:09.04
400 mH: 1. Kari Dittorino (LV), 1:04.67; 4. Katherine Muccio (RW), 1:07.31; 5. Leah Rosenthal (RW), 1:07.64
1,000 mH: 1. Aniyah Allen (BF), 34.63; 4. Alexis Morales (CL), 15.50; 6. Kery Callaghan (RW), 15.75
High jump: 1. Angel Rowe (PCT), 5-0-4; 1. Angel Rowe (PCT), 5-0-4; 1. Angel Rowe (PCT), 5-0-4; 1. Angel Rowe (PCT), 5-0-4; 1. Angel Rowe (PCT), 5-0-4
Shot put: 1. Amarys Berry (HK), 42-4; 5. Lexi Ozoard (RW), 35-2; 6. Monika Dlugosz (CL), 33-10
Discus: 1. Amarys Berry (HK), 116-8; 3. Monika Dlugosz (CL), 107-1-4; Virginia Hotton (PA), 106-2; Amber Rutherford (PA), 99.9
4x-100 relay: 1. Courtney McHugh (RA), 1:25-16; 1. Carmen Ramirez (PT), 1:03-9; 5. Sophia Sheehy (RW), 99-0
4x-400 relay: 1. Ridgewood (Victoria Purrtano, Clara Emmanuel, Isabel Park, Katherine Muccio), 49:52; 6. Clifton, 51:26
800 relay: 1. Montclair (Victoria Liv- erpool, Elizabeth Cummings, Jaala Williams, Niyah Young-Bey), 3:55:30; 3. Ridgewood, 4:03:00
1,600 relay: 1. Ridgewood (Leah Rosenthal, Sam Halvorsen, Meghan Adams, Evelyn Kotch), 5:52:94 (meet record, old record 9:48:42 set by Montclair, 2014); 6. Clifton, 10:00:14
NORTH 2, GROUP 1
Team scores: New Providence (NP) 88; 104; Dayton (D) 100; Westside (W) 88;

High jump: 1. Divine Mercer (W) 6-4; 3. Mack Whaley (WR) 6-0; 4. Dante Gonzalez (PP) 6-0.
Long jump: 1. Anthony Franklin (SH) 20-4; 2. Ken Otori Banne (P) 20-2; 4. Adam Khrist (SE) 19-5.4.
100 mH: 1. Timothy VanCauwenberge (WO), 14.51; 3. Marco Cesca (ES), 14.60; 2x4: Ken Otori Banne (PP) 42-8; 6. Tedri Turkia (WR), 38-3.
Shot put: 1. Michael Beal (SH) 46-11; 3. Gregory Anderson (B) 49-8.
Discus: 1. Andrew Leibowitz (O) 131-11; 2. Gregory Anderson (B) 124-8; 6. Doguhan Karahan (NA) 113-8.
Javelin: 1. Mark Urness (NP) 196-8; 2. Antonio Moranhan (NA) 151-8.
4x400 relay: 1. Weequeh (Mathaniel Agrimar, Imrir Marsette, JaQuan White, Bashir Sanders) 3:31.71; 4. Palisades Park 3:42.08.
4x800 relay: 1. New Providence (David Adams, Brian Azevedo, Mark Pasquariello, Robert Zeto) 8:23.99 (record, old record 8:38.88, Emerson, 2013); 2. Palisades Park 8:51.46; 5. Becton 8:59.84.
NORTH 1, GROUP 3
Team scores: Northern Highlands (NH) 92; Teaneck (TK) 62; Montville (MO) 60; NV/Old Tappan (OT) 58; Sparta (S) 38; Wayne Hills (WH) 35; Tenafly (TF), Passaic Valley (PV) and Wayne Valley (WV) 32; Fair Lawn (FL) 23; Morris Hills (MH) 16; West Milford (WM) 15; Pararuns (P) 5.
100 m: 1. Olivia Florio (NH), 12.11; 2. Morgan Clark (OT), 12.34; 3. Gianna McGonnes (S), 12.43; 4. Ana Orlando (NH), 12.65; 5. Toni James (TK), 12.87; 6. Melissa Purcell (PV), 12-0; 3. Ariana Cavalli (OT), 10-0; 4. Jackie Helm (P), 10-0; 5. Rachael Bussanich (WV), 9-6; 6. Juliana Schraer (PV), 9-0.
200 m: 1. Northern Highlands (Morgan Florio, Olivia Florio, Ana Orlando, Amanda Pool), 47.94 (record, old record, 49.16 by Northern Highlands, 2010); 2. Teaneck, 50.65; 3. Fair Lawn, 51.13; 4. Wayne Hills, 51.63; 5. Wayne Valley, 52.05; 6. Sparta, 53.75.
4x-100 relay: 1. Roxbury, 49.17; 2. Northern Highlands, 49.23; 3. Anna George Hillis, 4:06.88; 4. Montville, 4:07.51; 5. Morris Hills, 4:08.32; 6. Teaneck, 4:14.79.
800 m: 1. NV/Old Tappan (Courtney Brunet, Mary Scrivanich, Kristen Travers, Caroline O'Sullivan), 9:32.26; 2. Indian Hills, 9:42.23; 3. Northern Highlands, 9:46.76; 4. Wayne Hills, 9:50.89; 5. Passaic Valley, 10:11.26; 6. West Milford, 10:25.96.
NORTH 1, GROUP 4
Team scores: Ridgewood 96; Montclair 70.5; Randolph 69; Livingston 60;

100 m: 1. Ashley Evans (PV), 11:45.90
200 m: 1. Cayleigh Glew (S), 14.91; 2. Miacon (S), 15.70; 4. Meghian Corso (WV), 15.76; 5. Kayley Moran (WH), 15.89; 6. Morgan Valente (NH), 16.24
400 m: 1. Samantha Sklar (WH), 1:04.15
200 m: 1. Amanda Kopf (NH), 1:04.39; 3. Kayley Moran (WH), 1:04.81; 4. Cayleigh Glew (S), 1:07.44; 5. Kayley Moran (WH), 1:07.24; 6. Alicia Gupte (MO), 1:08.48
Shot put: 1. Chioma Elemenor (TK), 37-11; 2. Jarayva Miley (TK), 35-11; 4. Olivia Parrales (WV), 33-1-4; 1. Alessia Edwards (TK), 33-0; 5. Brianna Babcock (WV), 32-8; 6. Victoria Reich (NH), 32-7; 4. Leah Wis (MON), 1:30-2; 2. Olivia Parrales (WV), 1:23-4; 3. Jarayva Miley (TK), 1:08-11; 4. Kavia Vasquez (TK), 1:07-3; 5. Chioma Elemenor (MH), 1:05-1; 6. Mava Vander Linden (OT), 1:02-6
Javelin: 1. Olivia Parrales (WV), 129-3; 2. Nicole Sacchinelli (FS), 114-9; 3. Kavia Bedell-Franklin (FOX), 106-0; 4. Leah Wis (MON), 1:04-9; 5. Taylor Nash (OT), 1:02-3; 6. Riley Poskitt (RX), 96-10
High jump: 1. Leah Wis (MON), 5-4; 2. Jazmin Clark (OT), 5-2; 3. Alexis Kriley (FL), 5-0; 4. Kaleen Rose-Ozanic (WV), 5-0; 5. tie between Kavia Phanas (P) and Alexis Morales (CL), 15.50; 6. Kery Callaghan (RW), 15.75
Long jump: 1. Hana Shapiro (PV), 17-3; 2. Kaleen Rose-Ozanic (WV), 17-1; 3. Ariana Pai (MH), 16-11; 4. Blythe Hehner-Meyer (MON), 16-7; 5. Kennedee Cox (TK), 16-4; 6. Jazmin Clark (OT), 15-11
Triple jump: 1. Gianna Macones (S), 37-4; 2. Nija Van Brockle (TK), 35-10; 3. Jazmin Clark (OT), 35-9; 4. Alicia Gupte (MON), 35-8; 5. Zia Barr (TK), 35-8; 4. 6. Anjali Pai (MH), 35-1
Pole vault: 1. Jessica Ippolito (FL), 12-0; 2. Melissa Purcell (PV), 12-0; 3. Ariana Cavalli (OT), 10-0; 4. Jackie Helm (P), 10-0; 5. Rachael Bussanich (WV), 9-6; 6. Juliana Schraer (PV), 9-0.
4x-100 relay: 1. Northern Highlands (Morgan Florio, Olivia Florio, Ana Orlando, Amanda Pool), 47.94 (record, old record, 49.16 by Northern Highlands, 2010); 2. Teaneck, 50.65; 3. Fair Lawn, 51.13; 4. Wayne Hills, 51.63; 5. Wayne Valley, 52.05; 6. Sparta, 53.75.
4x-400 relay: 1. Roxbury, 49.17; 2. Northern Highlands, 49.23; 3. Anna George Hillis, 4:06.88; 4. Montville, 4:07.51; 5. Morris Hills, 4:08.32; 6. Teaneck, 4:14.79.
800 m: 1. NV/Old Tappan (Courtney Brunet, Mary Scrivanich, Kristen Travers, Caroline O'Sullivan), 9:32.26; 2. Indian Hills, 9:42.23; 3. Northern Highlands, 9:46.76; 4. Wayne Hills, 9:50.89; 5. Passaic Valley, 10:11.26; 6. West Milford, 10:25.96.
NORTH 1, GROUP 4
Team scores: Ridgewood 96; Montclair 70.5; Randolph 69; Livingston 60;

William Baginski (RW), 4:19.72
3,200 m: 1. Joshua Holihan (RN), 9:40.36; 4. Scott Wash (RW), 9:49.14; 6. Jeron Jordan (JK), 9:52.46.
Long jump: 1. Anthony Franklin (SH) 20-4; 2. Ken Otori Banne (P) 20-2; 4. Adam Khrist (SE) 19-5.4.
100 mH: 1. Timothy VanCauwenberge (WO), 14.51; 3. Marco Cesca (ES), 14.60; 2x4: Ken Otori Banne (PP) 42-8; 6. Tedri Turkia (WR), 38-3.
Shot put: 1. Michael Beal (SH) 46-11; 3. Gregory Anderson (B) 49-8.
Discus: 1. Andrew Leibowitz (O) 131-11; 2. Gregory Anderson (B) 124-8; 6. Doguhan Karahan (NA) 113-8.
Javelin: 1. Mark Urness (NP) 196-8; 2. Antonio Moranhan (NA) 151-8.
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4x800 relay: 1. New Providence (David Adams, Brian Azevedo, Mark Pasquariello, Robert Zeto) 8:23.99 (record, old record 8:38.88, Emerson, 2013); 2. Palisades Park 8:51.46; 5. Becton 8:59.84.
NORTH 1, GROUP 3
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100 m: 1. Olivia Florio (NH), 12.11; 2. Morgan Clark (OT), 12.34; 3. Gianna McGonnes (S), 12.43; 4. Ana Orlando (NH), 12.65; 5. Toni James (TK), 12.87; 6. Melissa Purcell (PV), 12-0; 3. Ariana Cavalli (OT), 10-0; 4. Jackie Helm (P), 10-0; 5. Rachael Bussanich (WV), 9-6; 6. Juliana Schraer (PV), 9-0.
200 m: 1. Northern Highlands (Morgan Florio, Olivia Florio, Ana Orlando, Amanda Pool), 47.94 (record, old record, 49.16 by Northern Highlands, 2010); 2. Teaneck, 50.65; 3. Fair Lawn, 51.13; 4. Wayne Hills, 51.63; 5. Wayne Valley, 52.05; 6. Sparta, 53.75.
4x-100 relay: 1. Roxbury, 49.17; 2. Northern Highlands, 49.23; 3. Anna George Hillis, 4:06.88; 4. Montville, 4:07.51; 5. Morris Hills, 4:08.32; 6. Teaneck, 4:14.79.
800 m: 1. NV/Old Tappan (Courtney Brunet, Mary Scrivanich, Kristen Travers, Caroline O'Sullivan), 9:32.26; 2. Indian Hills, 9:42.23; 3. Northern Highlands, 9:46.76; 4. Wayne Hills, 9:50.89; 5. Passaic Valley, 10:11.26; 6. West Milford, 10:25.96.
NORTH 1, GROUP 4
Team scores: Ridgewood 96; Montclair 70.5; Randolph 69; Livingston 60;

100 m: 1. Ashley Evans (PV), 11:45.90
200 m: 1. Cayleigh Glew (S), 14.91; 2. Miacon (S), 15.70; 4. Meghian Corso (WV), 15.76; 5. Kayley Moran (WH), 15.89; 6. Morgan Valente (NH), 16.24
400 m: 1. Samantha Sklar (WH), 1:04.15
200 m: 1. Amanda Kopf (NH), 1:04.39; 3. Kayley Moran (WH), 1:04.81; 4. Cayleigh Glew (S), 1:07.44; 5. Kayley Moran (WH), 1:07.24; 6. Alicia Gupte (MO), 1:08.48
Shot put: 1. Chioma Elemenor (TK), 37-11; 2. Jarayva Miley (TK), 35-11; 4. Olivia Parrales (WV), 33-1-4; 1. Alessia Edwards (TK), 33-0; 5. Brianna Babcock (WV), 32-8; 6. Victoria Reich (NH), 32-7; 4. Leah Wis (MON), 1:30-2; 2. Olivia Parrales (WV), 1:23-4; 3. Jarayva Miley (TK), 1:08-11; 4. Kavia Vasquez (TK), 1:07-3; 5. Chioma Elemenor (MH), 1:05-1; 6. Mava Vander Linden (OT), 1:02-6
Javelin: 1. Olivia Parrales (WV), 129-3; 2. Nicole Sacchinelli (FS), 114-9; 3. Kavia Bedell-Franklin (FOX), 106-0; 4. Leah Wis (MON), 1:04-9; 5. Taylor Nash (OT), 1:02-3; 6. Riley Poskitt (RX), 96-10
High jump: 1. Leah Wis (MON), 5-4; 2. Jazmin Clark (OT), 5-2; 3. Alexis Kriley (FL), 5-0; 4. Kaleen Rose-Ozanic (WV), 5-0; 5. tie between Kavia Phanas (P) and Alexis Morales (CL), 15.50; 6. Kery Callaghan (RW), 15.75
Long jump: 1. Hana Shapiro (PV), 17-3; 2. Kaleen Rose-Ozanic (WV), 17-1; 3. Ariana Pai (MH), 16-11; 4. Blythe Hehner-Meyer (MON), 16-7; 5. Kennedee Cox (TK), 16-4; 6. Jazmin Clark (OT), 15-11
Triple jump: 1. Gianna Macones (S), 37-4; 2. Nija Van Brockle (TK), 35-10; 3. Jazmin Clark (OT), 35-9; 4. Alicia Gupte (MON), 35-8; 5. Zia Barr (TK), 35-8; 4. 6. Anjali Pai (MH), 35-1
Pole vault: 1. Jessica Ippolito (FL), 12-0; 2. Melissa Purcell (PV), 12-0; 3. Ariana Cavalli (OT), 10-0; 4. Jackie Helm (P), 10-0; 5. Rachael Bussanich (WV), 9-6; 6. Juliana Schraer (PV), 9-0.
4x-100 relay: 1. Northern Highlands (Morgan Florio, Olivia Florio, Ana Orlando, Amanda Pool), 47.94 (record, old record, 49.16 by Northern Highlands, 2010); 2. Teaneck, 50.65; 3. Fair Lawn, 51.13; 4. Wayne Hills, 51.63; 5. Wayne Valley, 52.05; 6. Sparta, 53.75.
4x-400 relay: 1. Roxbury, 49.17; 2. Northern Highlands, 49.23; 3. Anna George Hillis, 4:06.88; 4. Montville, 4:07.51; 5. Morris Hills, 4:08.32; 6. Teaneck, 4:14.79.
800 m: 1. NV/Old Tappan (Courtney Brunet, Mary Scrivanich, Kristen Travers, Caroline O'Sullivan), 9:32.26; 2. Indian Hills, 9:42.23; 3. Northern Highlands, 9:46.76; 4. Wayne Hills, 9:50.89; 5. Passaic Valley, 10:11.26; 6. West Milford, 10:25.96.
NORTH 1, GROUP 4
Team scores: Ridgewood 96; Montclair 70.5; Randolph 69; Livingston 60;

100 m: 1. Ashley Evans (PV), 11:45.90
200 m: 1. Cayleigh Glew (S), 14.91; 2. Miacon (S), 15.70; 4. Meghian Corso (WV), 15.76; 5. Kayley Moran (WH), 15.89; 6. Morgan Valente (NH), 16.24
400 m: 1. Samantha Sklar (WH), 1:04.15
200 m: 1. Amanda Kopf (NH), 1:04.39; 3. Kayley Moran (WH), 1:04.81; 4. Cayleigh Glew (S), 1:07.44; 5. Kayley Moran (WH), 1:07.24; 6. Alicia Gupte (MO), 1:08.48
Shot put: 1. Chioma Elemenor (TK), 37-11; 2. Jarayva Miley (TK), 35-11; 4. Olivia Parrales (WV), 33-1-4; 1. Alessia Edwards (TK), 33-0; 5. Brianna Babcock (WV), 32-8; 6. Victoria Reich (NH), 32-7; 4. Leah Wis (MON), 1:30-2; 2. Olivia Parrales (WV), 1:23-4; 3. Jarayva Miley (TK), 1:08-11; 4. Kavia Vasquez (TK), 1:07-3; 5. Chioma Elemenor (MH), 1:05-1; 6. Mava Vander Linden (OT), 1:02-6
Javelin: 1. Olivia Parrales (WV), 129-3; 2. Nicole Sacchinelli (FS), 114-9; 3. Kavia Bedell-Franklin (FOX), 106-0; 4. Leah Wis (MON), 1:04-9; 5. Taylor Nash (OT), 1:02-3; 6. Riley Poskitt (RX), 96-10
High jump: 1. Leah Wis (MON), 5-4; 2. Jazmin Clark (OT), 5-2; 3. Alexis Kriley (FL), 5-0; 4. Kaleen Rose-Ozanic (WV), 5-0; 5. tie between Kavia Phanas (P) and Alexis Morales (CL), 15.50; 6. Kery Callaghan (RW), 15.75
Long jump: 1. Hana Shapiro (PV), 17-3; 2. Kaleen Rose-Ozanic (WV), 17-1; 3. Ariana Pai (MH), 16-11; 4. Blythe Hehner-Meyer (MON), 16-7; 5. Kennedee Cox (TK), 16-4; 6. Jazmin Clark (OT), 15-11
Triple jump: 1. Gianna Macones (S), 37-4; 2. Nija Van Brockle (TK), 35-10; 3. Jazmin Clark (OT), 35-9; 4. Alicia Gupte (MON), 35-8; 5. Zia Barr (TK), 35-8; 4. 6. Anjali Pai (MH), 35-1
Pole vault: 1. Jessica Ippolito (FL), 12-0; 2. Melissa Purcell (PV), 12-0; 3. Ariana Cavalli (OT), 10-0; 4. Jackie Helm (P), 10-0; 5. Rachael Bussanich (WV), 9-6; 6. Juliana Schraer (PV), 9-0.
4x-100 relay: 1. Northern Highlands (Morgan Florio, Olivia Florio, Ana Orlando, Amanda Pool), 47.94 (record, old record, 49.16 by Northern Highlands, 2010); 2. Teaneck, 50.65; 3. Fair Lawn, 51.13; 4. Wayne Hills, 51.63; 5. Wayne Valley, 52.05; 6. Sparta, 53.75.
4x-400 relay: 1. Roxbury, 49.17; 2. Northern Highlands, 49.23; 3. Anna George Hillis, 4:06.88; 4. Montville, 4:07.51; 5. Morris Hills, 4:08.32; 6. Teaneck, 4:14.79.
800 m: 1. NV/Old Tappan (Courtney Brunet, Mary Scrivanich, Kristen Travers, Caroline O'Sullivan), 9:32.26; 2. Indian Hills, 9:42.23; 3. Northern Highlands, 9:46.76; 4. Wayne Hills, 9:50.89; 5. Passaic Valley, 10:11.26; 6. West Milford, 10:25.96.
NORTH 1, GROUP 4
Team scores: Ridgewood 96; Montclair 70.5; Randolph 69; Livingston 60;

RHS sweeps sectional titles for 1st time



PHOTO COURTESY OF RHS TRV

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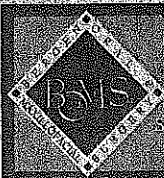
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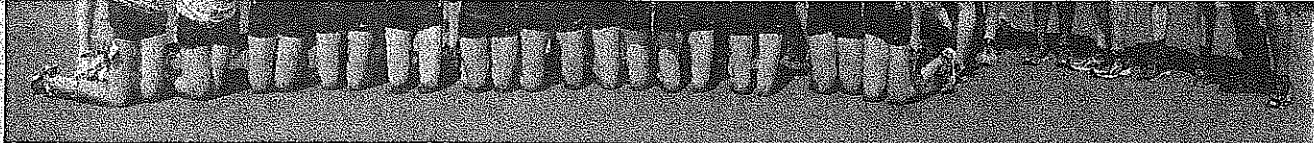


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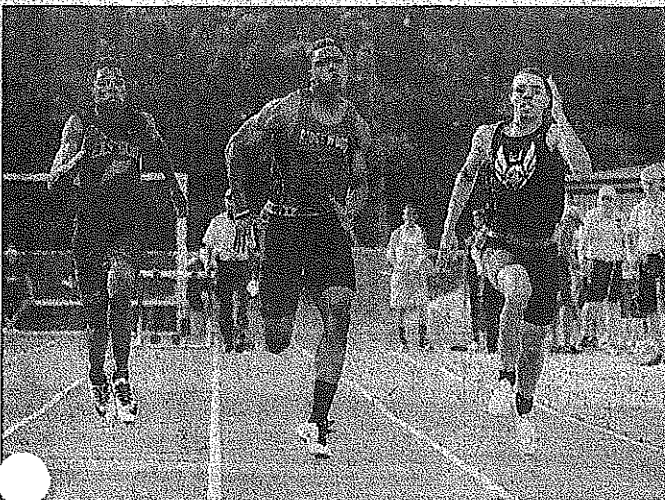



PHOTO COURTESY JACOB BROWN

Ridgewood junior Kobi Grant, center, moving ahead of Eastside's Raheem Roberts, left, and Union City's Oscar Rijo in the North 1, Group 4 boys 100-meter dash preliminaries. Grant tied Roberts for first in the prefinal heat and went on to win the final in 11.09.



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State Group IV Championship
@ Egg Harbor

June 3-4, 2016

Friday:

400IH: K. Mack **58.22**

100m: K. Grant **11.34**

1600m: W. Baginski **4:22.94**

400m: K. Mack **50.24**

Shot Put: K. Ekert **51'6"** – makes SMOC as a wild card

Pole Vault: R. Vimba **12'6"** – ties personal best

Saturday:

800m: M. Thurston **1:51.51** – **2nd Place**

W. Baginski **1:58.97**

200m: M. Tai **22.74**

3200m: S. Wagh **9:57.81**

4x400m: K. Mack **51.1**; M. Tai **51.4**, W. Baginski **52.9**; M. Thurston **49.8** – **3:25.18**

Shot Put: Kenny Ekert 51'8"

800m: Michael Thurston 1:51.17 - 2nd Place

Great job by both athletes!

Guerriero rewarded for hard work

By DAVE MEISEL
SPECIAL TO THE RECORD

BAYVILLE – Peter Guerriero saved his best performance for the Meet of Champions as he medaled in the 100 and 200 meters for Lyndhurst at Central Regional High School on Wednesday.

A 10.88 in the 100 (sixth place) and a 21.79 in the 200 (fourth place) were the payoff for the work Guerriero has put in.

"It's definitely just been working day by day on everything, especially my starts," Guerriero said. "A lot of my work went into there. I'm slow off the blocks because I get a little wide from football."

Guerriero, said coach Tom Shoebridge, put everything into representing Lyndhurst at the Meet of Champions.

"We're really happy for him because he's got the greatest work ethic, he's always very humble, and any time he talks, it's about the team first," Shoebridge said.

"I worked my butt off to be up there with some 10.6 sprinters and I definitely feel like I belong among them," Guerriero explained. "Coming from a small school is something I pride myself on, too. I always tell the young sprinters, 'Don't ever be scared of the kid next to you' because he goes to a bigger school or anything else."

Michael Thurston of Ridgewood posted the best finish among individual North Jersey boys on the



NOAH K. MURRAY/SPECIAL TO THE RECORD

Ridgewood's Michael Thurston, front, finished in second place in the 800 meters at the Meet of Champions on Wednesday.

track, running a 1:51.17 in the 800 to place second. It was his second shot at Old Bridge's Rey Rivera after Rivera beat him at Groups last weekend.

"After Rey outkicked me [last weekend], I decided to go out faster in the first 400 meters," Thurston explained. "It was better for me to

run a faster race."

Thurston had a challenge to take on as he ran alone, but stayed focused. "I couldn't really sense anyone, I could only really see my own shadow, so I just kept running," he said.

Thurston fought back on Rivera and led after 400 meters and though he came into Wednesday well-pre-

pared, he lost by just half a second. "With Nationals in 10 days, I'm just going to keep working until then," Thurston added.

The race was also a rebound for Rutherford's Sean Sullivan, who described his 1,600 performance from 2015's Meet of Champions as "miserable."

"Last year I had a rough time against 4:10 milers as a 4:20 miler, but now I have what they have and it feels special," the senior said. "From that day last year, all I was thinking about was this race. I'm 100 percent happy about it, and it's almost hard to think about."

NV/Old Tappan's relay team of Andrew Schumacher, Joe Jordan, Will Rienas and Thomas Rienas won the boys' 4-x-400 in 3:15.43.

Northern Highlands' Frankie Richard achieved a personal record when he triple jumped a 47-1/2 to place third.

"I was happy that I got that on my first jump because I was focused today on not tiring myself out for the long jump," Richard said.

Matt Wierzba of Garfield also had a strong jump performance, finishing fifth in the long jump with a 22-4/8.

"I just wanted to tough it out all season and it was cathartic constantly working through the adversity," the senior said. "I still got something out of it even though it was difficult. I was surprised I medaled today so it was definitely worth it."

Boys Freedom		Winner:	Ridgewood			
		Coach of the Year:	Josh Saladino			
		Sportsmanship:	Indian Hills			
EVENT	First Team	Grade	School			
	Second Team	Grade	School			
100m	Kobi Grant	11	Ridgewood	Anthony Lorenc	11	Indian Hills
200m	Matt Tai	10	Ridgewood	Oliver Gilan	11	Northern Highlands
400m	Kyle Mack	11	Ridgewood	Peter Caride	12	Ramapo
800m	Michael Thurston	12	Ridgewood	William Baginski	9	Ridgewood
1600m	Matt Cohane	12	Indian Hills	Tom Holster	11	Indian Hills
3200m	Derek Barney	11	Indian Hills	Kenneth Marshall	12	Ridgewood
110HH	Al-Tariq Dunson	10	Paramus	Javaughn Fahie	11	Hackensack
400H	Jack Kerin	12	Indian Hills	Brendan Holleran	11	Northern Highlands
4x400m Relay	Anthony Lorenc	11	Indian Hills	Brendan Holleran	11	Northern Highlands
	Corey Girard	10	Indian Hills	Connor Adkins	12	Northern Highlands
	Oliver Key	12	Indian Hills	Oliver Gilan	11	Northern Highlands
	Jack Kerin	12	Indian Hills	Frankie Richard	12	Northern Highlands
Shot Put	Kenny Ekert	12	Ridgewood	Spencer McAvey	12	Ridgewood
Discus	Demar Stewart	12	Hackensack	Brian Ragueso	12	Ramapo
Javelin	Allan Fall	12	Ramapo	Aubyn Bryan	11	Hackensack
Long Jump	Ameer Miller	11	Hackensack	Daniel Monchek	10	Northern Highlands
Triple Jump	Frankie Richard	12	Northern Highlands	Tommy Smith	12	Hackensack
High Jump	Derek Anderson	12	Indian Hills	Tim DeLorenzo	11	Northern Highlands
Pole Vault	Luc Bontoux	12	Ridgewood	Greg Fuerte	11	Paramus
Hon Mention	Name	Year		Dual Meet Record		
Hackensack	Gideon Achirem	12		Ridgewood	5-0	
Indian Hills	Nick Cohen	11		Hackensack	4-1	
Northern Highlands	Conor Monchek	12		Indian Hills	3-2	
Paramus	Alex Gee	12		Northern Highlands	2-3	
Ramapo	Matt Connor	11		Ramapo	1-4	
Ridgewood	Ray Harada	11		Paramus	0-5	

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

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1997	8-0	6th Place	Champions	2nd Place	6th Place	
1998	8-0	3rd Place	Champions	2nd Place	2nd Place	
1999						
2000		2nd Place	3rd Place	3rd Place	2nd Place	
2001		3rd Place	Champions			
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)	
2003	5-1	3rd Place	Champions	Champions	Champions	6th Place
2004	6-0	3rd Place	Champions	2nd Place	Champions	5th Place
2005	8-0	Champions	Champions	Champions	2nd Place	8th Place
2006	8-0	Champions	Champions	2nd Place	3rd Place	2nd Place
2007	8-0	2nd Place	Champions	3rd Place	2nd Place	
2008	7-1	6th Place	Champions (tie)	8th Place	8th Place	
2009	8-0	2nd Place	Champions	2nd Place	4th Place	
2010	8-1	Champions	Champions	2nd Place	Champions	7th Place
2011	4-0	2nd Place	Champions	2nd Place	Champions	
2012	3-0-1	2nd Place	Champions	2nd Place	Champions	
2013	5-0	Champions	Champions	Champions	Champions	2nd Place
2014	5-0	Champions	Champions	3rd Place	Champions	
2015	4-1	2nd Place	2nd Place	6th Place	5th Place	
2016	5-0	Champions	Champions	Champions	Champions	

Ridgewood High School All-Time Top 10 List

<u>100m:</u>	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
10.90	Chris Zeigler	State Meet of Champs	2007
10.99	Dusty Thomas	BMOC	1998
11.05	Jake Sabatini	County Championship	2013
11.07	Kobi Grant	League Championship	2016
11.11	Kevin Chung	State Group IV	2013
11.11	Matt Beausoleil	State Sectionals	2011
11.14	Matt Tai	League Championship	2016
11.20	Max Witt	NNJIL Championship	2009
11.25	Doohee Han	State Sectionals	2014
10.8	Matt Krever	BMOC	1991
10.9	Dan Cooper	NNJIL Championship	2000
<u>200m:</u>			
21.7 / 22.05	Chris Zeigler	County / SMOC	2007
22.15	Dusty Thomas	BMOC	1998
22.0	Mike Henderson		1961
22.32	Jake Sabatini	County Championship	2013
22.1	Tim Geckler	NNJIL Championship	1989
22.43	Kobi Grant	State Sectionals	2016
22.53	Doohee Han	State Sectionals	2014
22.56	Matt Tai	State Sectionals	2016
22.4	Matt Krever	NNJIL Championship	1991
22.77	InSoo Hwang	County Championship	2011
22.6	Max Witt	County Championship	2009
<u>400m:</u>			
48.7	Tim Geckler	NNJIL Championship	1989
49.06	Michael Thurston	County Championship	2016
49.41	Josh Kauke		1999
49.3	Jim Nepola		1970
49.57	Matt Grundy	State Sectionals	2010
49.4	Mike Henderson		1960
49.86	Kyle Mack	State Sectionals	2016
49.97	Juan Llinas	State Sectionals	2011
50.01	Storm Dublirer	State Sectionals	2013
50.10	Jon Riemer	State Group IV	2010
50.2	Dusty Thomas	County Championship	1998

800m:

1:50.19	Josh Kauke	State Meet of Champions	2000
1:51.17	Michael Thurston	State Meet of Champions	2016
1:51.61	Chris Rae	Golden West	1987
1:53.4	Bob Keino	BMOC	1994
1:54.12	Michael Thurston	County Championship	2015
1:54.0	John Parisi		1983
1:54.31	Storm Dublirer	State Group IV	2012
1:54.31	Levi Jennings	State Group IV	2011
1:54.2	Tom Rae		1971
1:54.4	John Lander		1985
1:54.73	Luke Dublirer	County Championship	2014
1:54.7	Byron Williams	Bernards Invite	2005

1600m:

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

3200m:

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

110HH:

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

400 IH:

53.64	InSoo Hwang	State Meet of Champs	2010
53.9	John Parisi		1983
54.7	Dave Shultz		1987
55.2	Niall Buckley	County Championship	2007
55.4	Tim Kelley		1982
55.8	Dave Warton	County Championship	1998
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
56.8	Jason Lahita	NNJIL Championship	1993
57.03	Kyle Mack	State Sectionals	2016

200m splits:

21.5	Chris Zeigler	East Coast Relays	2007
21.8	Dusty Thomas	County Relays	1998
21.9	Jake Sabatini	County Relays	2014
22.0	Kobi Grant	County Relays	2016
22.2 (leadoff)	Doohee Han	NB Outdoor Nationals	2014
22.2	Jamal Locke	County Relays	2014
22.2	Tim Geckler	County Relays	1989

300m splits:

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

400m splits:

48.0	Tim Geckler	NNJIL Championship	1989
48.6	Michael Thurston	State Sectionals	2016
48.6	Matt Grundy	State Meet of Champs	2010
48.97	Storm Dublirer	NB Outdoor Nationals	2013
48.9	Niall Buckley	BMOC	2007
49.18	InSoo Hwang	NB Outdoor Nationals	2011
49.4 (leadoff)	Jon Riemer	State Meet of Champs	2010
49.6	Neil Schoff	State Sectionals	2012
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
49.7	Matt Krever	NNJIL Championship	1991

800m splits:

1:51.84	Luke Dublirer	NB Outdoor Nationals	2014
1:52.48	Storm Dublirer	NB Outdoor Nationals	2013
1:52.6	Bob Keino	Penn Relays	1993
1:53.28	Michael Thurston	Arcadia Invitational	2016
1:53.5	Christian Trautwein	Nike Outdoor Nationals	2008
1:53.66	David Frering	NB Outdoor Nationals	2014
1:54.8	Niall Buckley	Nike Outdoor Nationals	2006
1:55.23	Juan Llinas	NB Outdoor Nationals	2011
1:55.4	Levi Jennings	East Coast Relays	2012
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

1200m splits:

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

1600m splits:

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

Long Jump:

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

Triple Jump:

48'7"	Craig Halyard	Golden West	1989
46'3 1/2"	Evan Bartlik	County Championship	2012
45'8"	Gabriel Knutson	County Championship	2004
43'9 1/4"	Bryce Joyner	County Championship	2014
43'7"	Bernard Mann	NNJIL Championship	2003
43'5 1/4"	Armand Punjabi	East Coast Relays	2014
42'10"	Akira Monri	State Sectionals	2007
42'7"	Mike Zeno	County Relays	2014
42'5 1/2"	Andrew Dolgin	County Championship	1998
42'2"	Max Bartlik	League Championship	2016
42'1 1/2"	Jon Davila	County Relays	2015
41'7 1/2"	Zack Stadulis	County Championship	2016

High Jump:

6'8"	Tommy DeVita	State Group IV	2010
6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'6"	Evan Bartlik	BMOC	2011
6'4"	Michael Thurston	League Championship	2016
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
6'2"	Michael Zeno	State Sectionals	2014
6'0"	Ray Harada	League Championship	2016
6'0"	Danilo Romero	County Championship	2016
6'0"	Jeff Braden	County Championship	1997

Pole Vault:

15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Jon Wisener	East Coast Relays	2010
14'6"	Paul Kovach	BMOC	2006
14'0"	Dylan Downing	SMOC	2013
13'8"	Luc Bontoux	BMOC	2016
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champs	2002
13'6"	Allan Wong	East Coast Relays	2014
13'6"	Spencer Llerandi	County Relays	2014
13'6"	Patrick Morgan	BMOC	2014
13'6"	Connor Abernethy	State Sectionals	2015

Shot Put:

54'11"	Eric Bryant		1980
53'7 1/4"	Kenny Ekert	State Sectionals	2016
52'10 1/2"	Spencer McAvey	BMOC	2016
51'9 3/4"	J.D. Murdock	County Relays	1997
51'1 1/2"	Kevin Strahle	BMOC	2002
50'5"	Patrick Rae	NNJIL Championship	1989
50'1"	Sam Horowitz	BMOC	1993
50' 1/4"	Anthony Balboa	BMOC	2012
49'11"	Torre Watson	State Sectionals	1991
49'4"	Kassim Dawson	BMOC	1993
49'2 1/2"	Ben Pastorius	BMOC	2015

Discus:

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

Javelin:

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

Javelin (old jav - subtract 10%):

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

Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
4x100m:			
43.27	D. Han / J. Locke / K. Chung / J. Sabatini	E Coast Relays	2013
43.32	M. Tai / J. Chun / W. Migliorelli / K. Grant	State Sectionals	2016
43.7	J. Norrell / J. Locke / D. Han / J. Sabatini	County Relays	2014
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007
44.2	J. Sabatini / J. Locke / T. Migliorelli / K. Chung	County Relays	2012
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989
44.87	M. Tai / K. Mack / J. Davila / K. Grant	State Sectionals	2015
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006
45.2	S. Oh / L. Chwe / D. Engel / A. Gelbaum	Bernards Invite	2005
4x200m:			
1:29.98	D. Han / K. Chung / N. Schoff / J. Sabatini	National Champs	2013
1:30.4	J. Norrell / J. Locke / D. Han / J. Sabatini	County Relays	2014
1:31.4	M. Tai / J. Chun / W. Migliorelli / K. Grant	County Relays	2016
1:31.72	J. Sabatini / N. Schoff / E. Bartlik / K. Chung	E Coast Relays	2012
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989
1:32.8	K. Grant / K. Mack / J. Norrell / M. Tai	County Relays	2015
1:33.2	M. Grundy / W. Jacoby / L. Pietrantuono / M. Witt	County Relays	2009
1:33.9	A. Monri / M. Witt / I. Hwang / C. Trautwein	County Relays	2008
1:33.9	J. Moody / Z. Ontiveros / A. Monri / C. Zeigler	County Relays	2006
4x400m:			
3:16.91	J. Riemer / I. Hwang / J. Llinas / M. Grundy	SMOC	2010
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	State MOC	1988
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007
3:20.97	K. Mack / M. Tai / W. Baginski / M. Thurston	State Sectionals	2016
3:22.07	B. Collins / S. Dublirer / N. Schoff / J. Sabatini	BMOC	2013
3:22?			2000
3:22.96	S. Dublirer / E. Bartlik / B. Collins / N. Schoff	State Sectionals	2012
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006
3:25.20	D. Han / M. Thurston / B. Collins / L. Dublirer	State Sectionals	2014
3:25.50	A. Dolgin / D. Warton / J. O'Neill / D. Thomas	BMOC	1998

4x800m:

7:39.57	M. Thurston / B. Collins / D. Frering / L. Dubliner	National Champs	2014
7:44.30	L. Dubliner / D. Frering / M. Thurston / S. Dubliner	National Champs	2013
7:48.9	D. Shultz / Williams / E. Berntsen / C. Rae		1987
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004
7:55.55	S. Dubliner / B. Collins / T. Spicer / L. Jennings	East Coast Rel	2012
7:57.9			1972
7:58.1			1976
7:59.64	K. Tamura / J. Byrne / A. Taggart / M. Thurston	State Group IV	2015
8:01.09	A. Taggart / W. Baginski / B. Zamboldi / M. Thurston	Penn Relays	2016
8:01.10	S. Alsaïdi / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994

4x1600m:

17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985
17:55.34*	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004
18:01.36*	P. Rynkowski / S. Spreitzer / L. Jennings / B. Cleary	National Champs	2010
18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006
18:02.96	A. Fine / S. Martyn / B. Cleary / T. Shigenobu	East Coast Rel	2009
18:07.0	W. Baginski / B. Byrne / S. Wagh / M. Thurston	County Relays	2016
18:08.3	S. Dubliner / N. Salamone / T. Spicer / L. Jennings	County Relays	2012
18:12.6	L. Jennings / W. Ades / M. Eid / P. Rynkowski	County Relays	2011
18:13.8	S. Alsaïdi / T. Ricart / T. Cotton / B. Keino	County Relays	1993
18:14.2	K. Marshall / B. Byrne / K. Tamura / M. Thurston	County Relays	2015

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

3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000
3:28.23	D. Han / J. Sabatini / B. Collins / S. Dubliner	National Champs	2013
3:28.38	D. Han / J. Sabatini / B. Collins / L. Dubliner	National Champs	2014
3:29.6			1987
3:29.8	M. Tai / K. Grant / K. Mack / M. Thurston	County Relays	2016
3:30.39	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	National Champs	2008
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Champs	2007
3:31.36			1999
3:32.9	K. Grant / M. Tai / K. Mack / M. Thurston	County Relays	2015
3:33.3			1975
3:33.5	J. Sabatini / D. Han / N. Schoff / L. Jennings	County Relays	2012

Distance Medley:

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

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

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

Shuttle Hurdles:

59.2			1972
61.0	E. Blair IV / S. Mattson / M. Beausoleil / I. Hwang	County Relays	2010
63.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975
64.05	E. Berry / D. Barnes / B. Joyner / M. Zeno	E. Coast Relays	2014
64.1	M. Zeno / E. Berry / A. Armatas / K. Chung	Comet Relays	2013
64.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006
64.9	Z. Stadulis / K. Mack / M. Bartlik / R. Harada	County Relays	2016
64.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995
65.2	E. Bartlik / K. Chung / J. Knight / M. Beausoleil	County Relays	2011
68.2	P. Nygaard / A. Mandarano / T. DeVita / A. Monri	County Relays	2008
68.2	P. Nygaard / L. Chwe / Z. Ontiveros / A. Monri	Comet Relays	2007
68.2	D. Warton / C. Rogers / J. Roth / S. Robinson	County Relays	1998

3x400 IH:

2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:55.1	I. Hwang / S. Mattson / E. Blair IV	County Relays	2010
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:56.9	N. Schoff / B. Collins / A. Armatas	County Relays	2013
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:58.3	Z. Stadulis / K. Mack / T. Carver	County Relays	2016
2:58.9	N. Schoff / J. Knight / B. Collins	County Relays	2012
2:59.8	A. Monri / P. Nygaard / I. Hwang	County Relays	2008
3:00.0	B. Collins / B. Joyner / E. Larsson	County Relays	2014
3:00.1	D. Warton / S. Robinson / C. Rogers	Engelwood Rel	1998

3XLJ:

60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
59'10 1/4"	D. Barnes / B. Joyner / J. Davila	County Relays	2014
58'1"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
58' 3/4"	E. Bartlik / Y. Koo / H. Park	County Relays	2012
56'10 3/4"	J. Davila / A. Punjabi / D. Romero	County Relays	2015
56'9 3/4"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
56'9 1/4"	R. Harada / D. Romero / M. Bartlik	County Relays	2016
55'11"	G. Knutson / H. Smith / K. Wanchoo	County Relays	2004

3xTJ:

127'5 1/2"	B. Joyner / M. Zeno / A. Punjabi	County Relays	2014
125'10 1/4"	C. Halyard / T. Geckler / J. Chang	County Relays	1989
125'3 3/4"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
123'11 3/4"	E. Bartlik / J. Knight / Y. Koo	County Relays	2012
121'11 1/4"	J. Davila / A. Punjabi / Z. Stadulis	County Relays	2015
121'7 3/4"	Z. Stadulis / M. Bartlik R. Harada	County Relays	2016
121'5 1/2"	T. DeVita / Y. Koo / E. Bartlik	County Relays	2010
120'4 1/2"	G. Knutson / H. Smith / B. Clementi	County Relays	2004
119'1"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard	County Relays	2007

3xHJ:

18'2"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
17'8"	E. Bartlik / Y. Koo / J. Knight	County Relays	2012
17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Rel	1995
17'4"	M. Thurston / D. Romero / R. Harada	County Relays	2016
17'2"	E. Bartlik / Y. Koo / J. Knight	Pawlowski Rel	2011
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Rel	2002
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays	2003
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Rel	1994
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Rel	1998
16'8"	J. Braden / S. Robinson / W. Byrne	County Relays	1996
16'8"	D. Romero / R. Harada / J. Davila	County Relays	2015

3xPV:

39'6"	A. Wong / S. Llerandi / P. Morgan	East Coast Relays	2014
38'0"	G. Knutson / J. Riccairdi / C. Jensen	County Relays	2004
36'6"	L. Bontoux / R. Viimba / D. Schechter	County Relays	2016
35'0"	D. Downing / A. Wong / P. Morgan	County Relays	2013
34'0"	A. Wong / D. Downing / P. Morgan	County Relays	2012
34'0"	J. Wisener / M. Witt / A. Gramaglia	County Relays	2009
34'0"			1976
33'0"	J. Wisener / A. Gramaglia / T. DeVita	County Relays	2010
32'6"	D. Warton / D. Cooper / C. Rogers	County Relays	1998
32'0"	M. Witt / N. Stitt / J. Wisener	County Relays	2008

3XShot:

146'8 1/2"	Pfund / Gautier / Laborde		1983
138'2"	K. Ekert / S. McAvey / A. Engelhardt	County Relays	2016
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla	County Relays	1998
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico	County Relays	1993
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson	County Relays	2006
129'3"	J. Barnett / A. Muller / N. Discepolo	County Relays	2013
129'3"	S. Abdallah / M. Flicker / B. Mercer	County Relays	2004
129'0"	J. Murdock / T. Zurla / F. Lockwood	Pawlowski Rel	1998
128'7 1/2"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
127'3 1/2"	M. Picarelli / C. Van Cleve / T. Steiner	County Relays	1995

3xDisc:

422'8"			1971
395'7"	J. Barnett / M. Antosiewicz / A. Muller	County Relays	2013
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
381'6"	J. Simmons / S. Etna / M. Henni	County Relays	2010
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991
375'4"	K. Ekert / M. Gentile / S. McAvey	County Relays	2016
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005

3xJavelin:

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

3xJavelin (old jav - subtract 10%):

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

All-Decade Teams:

1980s

100m:

Chris Hamlin (1989) 11.3

200m:

Tim Geckler (1989) 22.1

400m:

Tim Geckler (1989) 48.7

800m:

Chris Rae (1987) 1:51.61

John Parisi (1983) 1:54.0

John Lander (1985) 1:54.4

1600m:

Chris Sullivan (1985) 4:11.9

Chris Rae (1987) 4:12.0

Joe LeMay (1985) 4:15.0

3200m:

Eric Berntsen (1987) 9:05.7

Joe LeMay (1985) 9:12.8

Kevin McCabe (1987) 9:22.4

110HH:

400IH:

John Parisi (1983) 53.9

Dave Shultz (1987) 54.7

Tim Kelley (1982) 55.4

400m Splits:

Tim Geckler (1989) 48.0

Other Splits:

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

Long Jump:

Craig Halyard (1989) 22'11"

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

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

Triple Jump:

Craig Halyard (1989) 48'7"

High Jump:

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

Pole Vault:

John Boylan (1980) 13'6"

Shot Put:

Eric Bryant (1980) 54'11"

Patrick Rae (1989) 50'5"

Discus:

Patrick Rae (1989) 143'1"

Javelin:

All-Decade Teams:**1990s****100m:**

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

400m:

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

1600m:

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

110HH:

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

400m Splits:

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

Long Jump:

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

High Jump:

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

Shot Put:

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

Javelin:

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

200m:

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

800m:

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

3200m:

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

400IH:

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

Other Splits:

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

Triple Jump:

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

Pole Vault:

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

Discus:

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

All-Decade Teams:

2000s:

100m:

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

400m:

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

1600m:

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

110HH:

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

400m Splits:

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

Long Jump:

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

High Jump:

Bernard Mann (2003) 6'7"

Shot Put:

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

Javelin:

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

200m:

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

800m:

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

3200m:

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

400IH:

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

Other Splits:

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

Triple Jump:

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

Pole Vault:

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

Discus:

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

All-Decade Teams:

2010s:

100m:

Jake Sabatini (2013) 11.05
Kobi Grant (2016) 11.07
Kevin Chung (2013) 11.11
Matt Beausoleil (2011) 11.11

400m:

Michael Thurston (2016) 49.06
Matt Grundy (2010) 49.57
Kyle Mack (2016) 49.86

1600m:

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

110HH:

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

400m Splits:

Michael Thurston (2016) 48.6
Matt Grundy (2010) 48.6
Storm Dubliner (2013) 48.97
InSoo Hwang (2011) 49.18
Jon Riemer (2010) 49.4 (leadoff)
Neil Schoff (2012) 49.6

Long Jump:

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

High Jump:

Tommy Devita (2010) 6'8"
Evan Bartlik (2011) 6'6"
Michael Thurston (2016) 6'4"

Shot Put:

Kenny Ekert (2016) 53'7 1/4"
Spencer McAvey (2016) 52'10 1/2"
Anthony Balboa (2012) 50' 1/4"

Javelin:

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

200m:

Jake Sabatini (2013) 22.32
Kobi Grant (2016) 22.43
Doohee Han (2014) 22.53

800m:

Michael Thurston (2016) 1:51.17
Levi Jennings (2011) 1:54.31
Storm Dubliner (2012) 1:54.31

3200m:

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

400IH:

InSoo Hwang (2010) 53.60
Kyle Mack (2016) 57.03
Zack Staduils (2016) 57.55

Other Splits:

Jake Sabatini (2014) 200: 21.9
Kobi Grant (2016) 200: 22.0
Doohee Han (2014) 200: 22.2 (leadoff)
Luke Dubliner (2014) 800: 1:51.84
Storm Dubliner (2013) 800: 1:52.48
Michael Thurston (2016) 800: 1:53.28
David Frering (2013) 800: 1:53.66
Juan Llinas (2011) 800: 1:55.23
Levi Jennings (2011) 1200: 3:03.83

Triple Jump:

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

Pole Vault:

John Wisener (2010) 14'6"
Dylan Downing (2013) 14'0"
Luc Bontoux (2016) 13'8"

Discus:

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