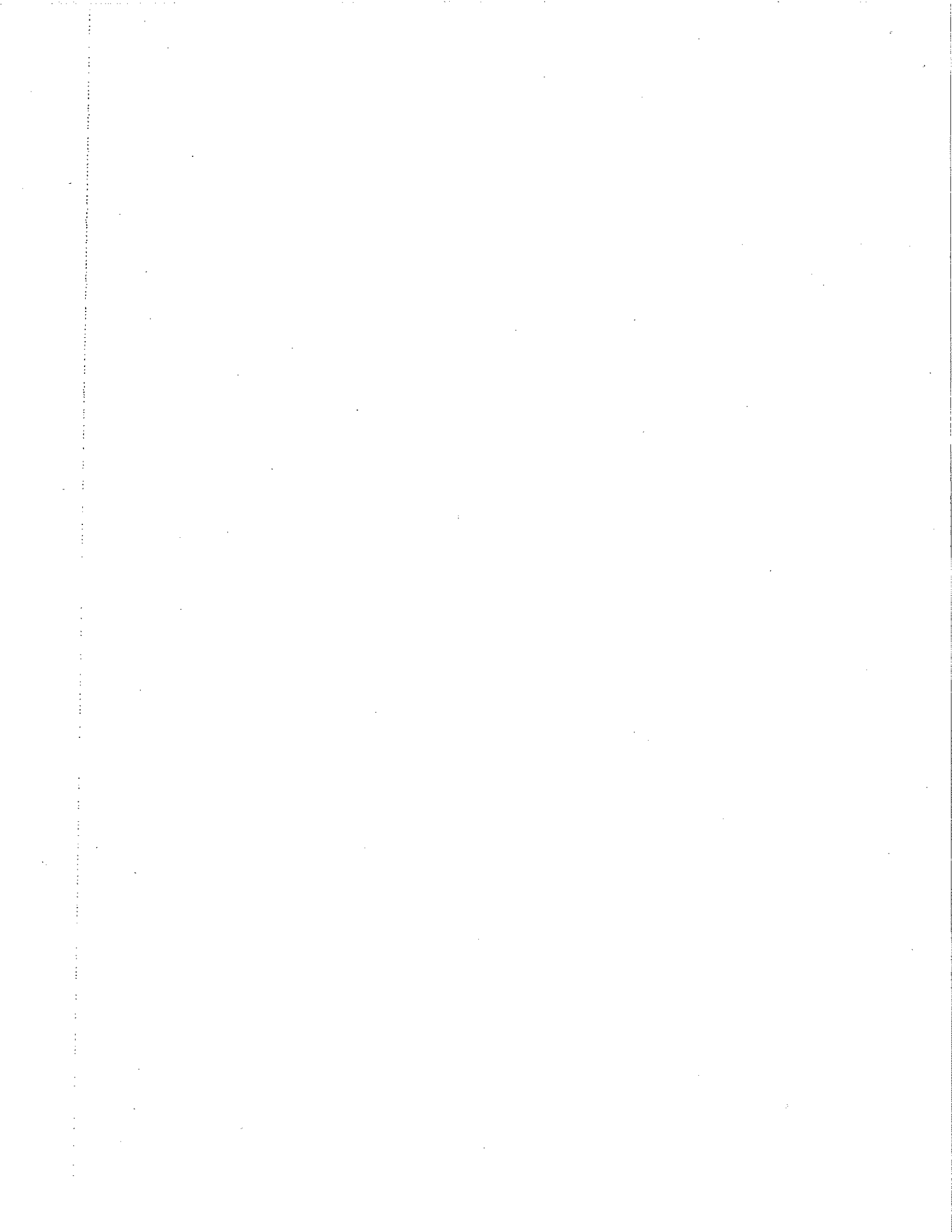


Ridgewood Indoor
Track & Field

2015-2016



2015-2016 Championships:

Girls League... 2nd Place

Boys League... 3rd Place

Girls County... Champions!!!

Boys County... Champions!!!

Girls Sectionals... Champions!

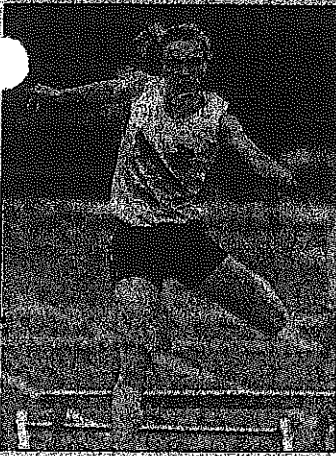
Boys Sectionals... Champions!

Girls Group IV..... Champions!

Girls - North Jersey Team of
the Year!!!

Boys - North Jersey Team of
the Year!!!

Group 2. She was third in the State Meet of Champions last winter and ranks ninth all time indoors in Bergen history.



KELSEY LARKIN

Kelsey Larkin, Ramsey, senior, 55 hurdles; 400 to 800 meters: Versatile performer won Big North Patriot, Group 2 sectional at 800 meters, North Jersey Invitational 600 and placed in races in 55-meter hurdles and 1,000 yards. Was second in Group 2 State 800 meters.

Chelsea Lee, Pascack Valley, senior, 800 to 1,600 meters: Won Season Opener 1,600 but made her name last winter with a speedy second-place finish in the Bergen 1,000 and was second in the sectional 1,600 before taking seventh in Group 3 and earning a wild card to the State Meet of Champions.

Jessica Molina, Westwood, senior, shot put: Can become just the third girl to make three All-North Jersey indoor teams and the first North Jersey girl to throw 50 feet. Her 48-10 toss in winning Eastern States is the Bergen record and the Wake Forest signee lost just twice last year, taking second to state indoor record holder Nickolette Dunbar of Whippany Park.

Ayo O'uhuru, Pascack Hills, senior, 55 and 200 meters: The fastest girl in North Jersey last year, she hopes to move up on the Bergen all-time list (she's now 12th at 7.30 seconds). She was second in state Group 2, seventh in the State Meet of Champions and sixth in the Eastern States.

Karin Salisbury, Hawthorne, senior, 55 and long and triple jumps: The state Group 1 55-meter champion and Bucknell signee just missed the MOC finals in that event and is clearly the area's top long and triple jumper, taking third in the Eastern States long jump. This year,

Passaic Tech again is the division and county favorite with the top expected performers seniors Aanyah Robinson (S), Angel Rowe (J) and Elasha Washington (SP), junior Sarah Shannon (D), and sophomores Meralis Mendez (D) and Cary Spinner (D).

FREEDOM

Hackensack returns senior Amarys Berry, one of the state's top throwers, senior Serena Martinez (D) and senior transfer Chynale Williams (S/H/J).

Indian Hills has a fine distance team led by Penn-State bound Julia Guerra, a multitime state medalist, seniors Julia Milles and Kate Holland, Juniors Lily DiMartino (S/J) and Madeline Daly (MD) and sophomore Leah Sussman (MD) also should help.

Three-time division and two-time state sectional champs **Northern Highlands** expects to strike again behind seniors Jodi Hinchey (D), Kelly Knight (J), Lehigh-bound Hilary McElwain (LS/MD) and Amanda Pook (S), Juniors Robine Arami (S), Morgan Florio (S), Olivia Florio (S), Claire Nam (H) and sophomores Isabel Hebnier (D), Monica Hebnier (D) and Paige Wilderotter (MD) add quality.

Paramus is rebuilding with a good senior class led by Kayla Pituras (J/H), Steph Aponte (SP), Steph Engeleit (D) and Brielle Eisler (D). Juniors Jackie Helm (S/PV) and Francesca Lama (D) also will help.

Ramapo should be solid with seniors Erin Racano (LS/MD), Abby Adams (LS), Ashlyn McKenna (MD), junior Alexandra Harris (D) and sophomore Amanda Katz (J).

Ridgewood largely depends on its state-medallist cross-country team with seniors Sam Halvorsen (D) and Leah Rosenfeld (MD), junior Olympia Martin (D) and sophomores Meghan Adams (MD) and Hannah Fishbein (D). Seniors Kerry Callaghan (J), Saskia Kessler (H/J), Cate Shippee (H/MD) and Isabel Park (S/J) and junior Maxine Earl (PV) also can score.

INDEPENDENCE

Fair Lawn is young but very talented with Julianna Hernandez (H/J) the only returning senior scorer. Juniors Britney del Mundo (S/J) and Jessica Ippolito (PV/S) are major scorers in a fine underclassmen turnout.

Lakeland has 11 returning letter-winners with seniors Vicky Sheridan and Morgan Burke, and sophomores Sam Biss (D/MD), Linnea Gilligan and Lilly Brown (PV) the top underclassmen.

Passaic Valley is improving behind seniors Angela Galas (S) and Celia Forfia and junior Angela Son (S/PV).

Wayne Hills has a great distance corps with juniors Taylor Domingo and Shea Brennan.

Wayne Valley counts on junior Meghan Corso (H) and Hannah Sikorski (J).

West Milford can battle for the division title behind seniors Erin McCarthy (MD), Andrea Hilaro (MD), Francesca Camuccio (MD) and Madeline Piuta (MD) and Raohael Royer (J).

NATIONAL

Bergenfield is rebuilding.

NV/Demarest lost a lot to graduation but seniors Caitlin Reverand (PV/J), Sarah Ahmed (SP) and Nikola Kanaris (SR) and junior

NV/Old Tappan could surprise with a good corps of seniors led by Tara Brooks (S/H), Courtney Brunel (D), Kristen Kaiser (H/J), Kristen Travers (D) and Tara Bailey (D) with juniors Maya Vanderlinden (SR), Natalie Leon (PV) and sophomore middle-distance runners Caroline O'Sullivan and Mary Schvanich also major contributors.

Pascack Valley has two excellent distance runners in senior Chelsea Lee and junior Ashley Evans, Junior Nikki Griscuolo (D) and Abby Lee (S) also add skill to a somewhat thin team.

Teaneck has talent in All-North Jersey sprinter Aminah Sarraga, seniors Toni James (S) and Nia Van Brackle (J) and juniors Olivia Randolph (MD) and Aleesha Edwards (SP).

Tenafly needs to replace losses in the middle-distance events but with talent like seniors Olivia Pandolfo (J/H), Rebecca Glass (J/H), Nikki Shaner (PV/S), Jacqueline Bracci (S) and Jessica Lapitan (D) and junior Lexi DeGizzo (S) should be in the hunt for a division title and maybe more.

PATRIOT

Mahwah has one of the top pole vaulters in the state in senior Bridgette Muller, and senior Julianne Song (MD) and sophomore Lauren Stern (H/J) might make some noise.

Senior Ayo O'uhuru perhaps is the best short sprinter in North Jersey and is joined by junior Natalie Gadaleta (LS), and sophomores Hannah Figueroa (LS/MD/J) and Kai Lash (S) in giving **Pascack Hills** an interesting look.

Ramsey should contend for division and Bergen County relays titles behind a terrific senior class of Kelsey Larkin (LS/MD), Margaret Schiazza (D), Julia Kissel (SP), Lia DiPiazza (MD), Brianna Bussiere (H), Emma Boggenko (PV) and Brooke Bemier (SP). Juniors Dana Webb (S), Jaclyn Johnston (S) and Erin McGahan (D) add depth and the Rams have an excellent sophomore class.

River Dell will be as good as usual led by seniors Erin Hughes (J/S), Liz Granger (H/J), Emily Egazarian (SP), Nicole Muscat (D), Kristen Choo (MD) and Jen Bourdier (D). Of course the Golden Hawks also return junior state-champion hurdler Ebony Forbes, junior All-Bergen high jumper Miku Okada, juniors Ginger Pojednic (D), Kim Lewis (S) and Grace Cepeda (S), and sophomores Shannon Goria (D) and Laura Rizik (SP).

Westwood returns one of the nation's top throwers in Wake Forest-bound Jessica Molina, and seniors Victoria Sloezen (S/MD) and Olivia Beutel (D) will lead an inexperienced team.

AMERICAN

Cliffside Park has a good senior class in Heather Gonzalez (S/H/J), Kelly Schmitt (S), Hayli Romano (SP), Jennifer Polo (D) and Ilayda Erdal (D), and adds sophomore Nina Gonzalez (H/J) in expectation of winning a division title.

Dumont is rebuilding behind senior Gabriella DeJesus (S/H), juniors Yarelys Garcia (MD), Zsafia Balog (MD) and Courtney Delogher (D) and sophomore Ryann Reagan (D).

Englewood is led by senior Genesis Espinal (S).

Fort Lee has a fine thrower in senior Victoria

of the top triple jumper Iveya Slavova and North Jersey sophomores Anne K Dhy.

Dwight-Englewood standouts Tara Satrilo and **Eastern Christian** in Boslopek (D), sophomore Allison Steingra (D), Bymes (D).

Emerson has a solid Nicole Lenino (MD) and sophomores So and Adrianna Gobin.

Garfield returns senior **Glen Rock** has a sophomore Alex Wal (LS/J), Zoe Bender (S) and juniors Alethea J. VanderWall (H/J). So (MD) also will help.

Hasbrouck Heights groups with a great slian DiGiacinto (MD/J) (H/J), Amanda Ortiz (Feliccia Gascone (MD), Hailey Ross (D) and S.

Any team that starts defending outdoor state champ, is bound to be is a lot more than the jumper/sprinter. Look (MD), sophomore Nic and junior MacKenzie Bears contend in division and North 1, Group 1.

Manchester is rebuilding **Midland Park** looks to Viele (D) and Erin Kabelle Fiore (H/J/S) are

New Milford has quadr Ricciardelli (S), Alyssa Drakopoulos (S) and seniors Haley McAveney (MD) and sophomore.

North Arlington counts Lavornia (SP).

Park Ridge has a large with seniors Danielle Sophia Verducci (S), a Spagnola (LS/H), Ashli Alyssa DiCarantonio (Pompton Lakes look Kim Campoverse (MD draws (D) to ignite the

Rutherford is rebuilding **Saddle Brook** has four McVeigh (MD), Nicole Lagomarsino (S), and (S) and Morgan Santo team into the first division.

Secaucus has good s (S), Alessandra Tringal and Alyssa Balletto (H).

Waldwick has a good Amelia Appar (SP), Cal Scott (D), with other secluding Melissa Cowie (H/J), Erin Smith (S/H).

new coach in former... has some... Kevin Jack... (S), Anthony Trobiano... and Thomas... ers have some out... and hope to repeat

ors Patrick Sullivan (MD) and junior... rest of the state run... am. However, the sea... of seniors Matt... risti (S/H), Tommy... (H/J/LS) and Gabe

two potential All... riors Alijah Jackson... J).

hit St. Joseph hard, by junior throwers... to and Robbie Martin... lopkinson (S), Guer... Kyle Clark (SP).

ior Anthony Dilorio (D) uld.

find seniors Otto... (D) and Alex Zapata... (S) and sophs Kevin... heverra (J) and Sunny... Zapata were All-Pas... ers.

stars in seniors Ra... n Kelly (S) and Marco

ontender again, and is... Miller (S), Kyree Parks... (S/H), Nazier Wright... /MD), Naazier Lovely... D), Adam Sulleman (D)... (D) and junior Ronniel

wer in senior Kelvin

the next step and win... g senior-laden team... both league and Pas... but never has won... riors Matt Agudelo... (H/J), Kevin Copper (J),... rick Henry (SP), Ale... Lassiter (SP), Tann... ifade (PV) and Yasir... rformers. Copper... mas are potential

ng... or class with... rc Lugo (D), Kevin Av... (D), Javaughn Fahie... John Proctor (J/S)...) hoping to keep the... or major titles... the Group 3 state

Except for distance standouts Kenny Marshall and Nick Barnabic and Dartmouth-bound middle-distance star Michael Thurston, **Ridgefield** is a young team. Juniors Kobi Grant (S), Zack Staudulis (MD/H), Billy Byrne (D) and Ray Harada (H/J) and soph Matt Tai (S) are the leaders.

INDEPENDENCE

Fair Lawn lost seven major contributors to graduation and hopes sophomores Jonathan Marcus (D) and Jacob Rosenberg (J) can help rebuild the team.

Lakeland hopes seniors Andy Biss (D), Jordan Greene (S), Danny Perez (S) and junior Kyle Gonzalez (H/J) will keep the Lancers competitive as they rebuild.

Seniors Jamel Williams (S/J), Steven Rigamonte (H), Rafael Santana (H) and Gustavo Flores (SP) and junior Erick Alvarez (H/J) should help **Passaic Valley** be a solid team this year.

Wayne Hills has some talent, led by seniors George Galkin (MD) and junior Joe Zisa (D).

Wayne Valley has senior Greg DeFazio (J) to lead its team.

West Milford is young, but returns senior talent in Ian Barrett (H), Dan Cummings (MD), Matt Johnson (J) and Sean Pomeroy.

NATIONAL

Bergenfield is rebuilding.

NV/Demarest returns seniors Matt Chung, Kevin Doran, Adam Freesman (SP), Ethan Pak, Austin Foreman, Robert Wilson (D) and Eric Yu.

NV/Old Tappan will try to defend its state Group 3 indoor title behind an excellent senior class led by Harvard-bound twins Will and Thomas Rienas (LS/MD), Andrew Schumacher (LS/MD), Will Saiz (D), Daniel Lawlor (D), Bucknell-bound James Weissenborn (D) and Dan Biggins (D). Junior Milles Watson (S) and sophs Mike Mancuso (SP), Seth Kricheff (PV) and Chris Eichler (SP) add depth.

Pascack Valley should improve behind seniors Evan Jones (S) and Patrick Song (PV) and junior Jeff Roberts (MD/D).

Teaneck hopes senior sprinter Christian Ozoria has another fine season.

A solid distance group led by seniors Max Zavidow, Michael Silverman and Ed Salaski will lead **Tenafly**, but the Tigers' season will depend on the development of seniors Kyle Brambani (H), Kenny Acquah (S) and juniors Jun Sun (S), Max Cadmus (SP), Paul Greenway (MD) and Matt Soffer (H) and the acclamation of junior Ben Stein (J) from basketball to indoor track.

PATRIOT

Mahwah, led by first-year head coach Shawn Rembecky, looks to seniors Dante D'Agostaro (PV), Henry Heller (D), junior Evan Bonfield (LS) and indoor newcomer Dom Roca (PV) to improve.

Pascack Hills lost a lot to graduation but will rebuild behind a strong junior cross-country class led by Anthony Michielini, Josh Sen, Jack Rossig and Keith Petrellese. Seniors Kevin Cuff, Rob DeGennars, Dillon Haven, Ki-

AMERICAN

Cliffside Park has no seniors but hopes juniors Jason Argueta (D), Guiraz Hashmi (D) and sophs Mehmet Ekici (MD/S/J) and Jason Stamoulis (MD/J) continue their improvement from last season.

Dumont has potential stars in seniors Dylan Scallo (H/MD/J) and Frank Scallo (MD) and good sophomores Alan Alburez (MD/S), Ryan Aguilar (H) and Chris Graham (D).

Englewood is rebuilding.

Fort Lee has seniors Eric Cho (H) and Dylan Kelly (SP) and junior Junhyoung Park (H).

Ridgefield Park has solid seniors in Mario Tobar (MD), Francisco Santana (H) and Joseph Kim (PV).

NJIC

Bogota's fine cross-country team will provide distance stars in senior Andy Jaipersaud and juniors Danny Daurio, James Draney and Cole Geraghty.

Cresskill returns seniors Daniel Kim (D), Noah Turbin (D) and Nick Carroll (S) and junior Laurent Span.

Dwight-Englewood is rebuilding.

First-year head coach Lindsay Pedersen, the 2006 state group 1 cross-country champion, takes over as the **Eastern Christian** head coach. There is talent in seniors Trent Braen (SP), Devin Graham (S), Carter Heerema (MD), Bryan Lineweaver (J) and sophomore Nico Cortes (PV).

Emerson returns seniors Peter Cariddi (MD/D) and Jose Sanmartin (S) and soph Jake Cooper (MD).

Garfield could surprise behind seniors Matt Wierzba (J), Steven Nolasco (J), Gianfranco Gonzalez (D) and Christian Bermudez (MD) and juniors Usama Laaham (D) and Tomasz Sanchez (SP).

Glen Rock has some standouts in seniors Owen Davitt (LS/MD) and Jeff Mate (S/J) and junior Brandon Lichtenstein (S/J).

Hasbrouck Heights has a very good senior class led by Clarence Reyes (S/H), Jason Di-Giacinto (MD/H), Abdallah Hammad (D), Yousef Abubaker (D), and Scott Salemo (SP). If depth is developed, the team should be very good.

Hawthorne looks to seniors Liam Morrissey (D), Rayshawn Byfield (S/J), Alan Kosrash (S/J) and Tom Ditzer (D) to move into contention in its third year as a program.

Manchester is rebuilding.

Midland Park has seniors Brian Mulligan, Nick Mortz, Brendan Sheridan and Josh Tenstra helping to rebuild the program.

New Milford has a solid senior class led by lettermen Christian Garcia, Domer Gutiza, Polo Itona and Spencer Lee, and could take the next step to contention.

North Arlington looks to senior Daniel Antunes (H) for scoring.

Park Ridge has a good group of seniors in Brandon Hall (S), Greg Kolaros (S/multi), Kurt Nixdorf (H), Daniel Sherlock and James Keenan (S).

vince Karabatsos of Bergen Catholic and Adam Freesman of NV/Demarest to step up. Or will it be a complete unknown?

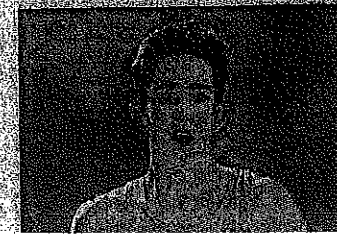
5. Who will be the rising star this season? Every year it seems, unknown talents blossom in the winter. Last year it was Tommy Smith of Hackensack, Bryant Yoshida of New Milford and Matt Wierzba of Garfield. Who's next?



MICHAEL THURSTON

Top returnees by event

- 55 (automatic timing):** Raheem Roberts, Eastside, 6:71.
- 55 hurdles (automatic timing):** Clarence Reyes, Hasbrouck Heights, 8:10.
- 200:** Roberts, 22.5.
- 300:** Quentin Phanard, Paramus Catholic, 36.5.
- 400:** Roberts, 50.2.
- 600:** Michael Thurston, Ridge-wood, 1:22.0.
- 800:** Thurston, 1:57.63.
- 1,000:** Colin Daly, River Dell, 2:29.2.
- 1,600:** Daly, 4:16.62.
- 3,200:** Patrick Sullivan, Don Bosco, 9:15.17.
- Shot put:** Demar Stewart, Hackensack, 50-9.
- High jump:** Kevin Copper, Pas-saic Tech and Matt Wierzba, Garfield, 6-2.
- Long jump:** Tommy Smith, Hackensack, 21-5.
- Triple jump:** Smith, 44-11.
- Pole vault:** Dante D'Agostaro, Mahwah, 12-6.



RAHEEM ROBERTS

Raheem Roberts, Eastside, senior, 55 to 400 meters: Perhaps the busiest runner in North Jersey last winter, he earned four gold medals including a win in the Big North Liberty 55. He took a trio of third places in the Passaic meet, had two sectional medals, was fifth in state Group 4 and had top-10 finishes in the State Meet of Champions at 200 and 400 meters.

David Rosas, Don Bosco, junior, 1,600 and 3,200 meters: A two-time All-North Jersey cross-country runner, he was second team last year in winter track and ran the ninth-fastest 3,200 two mile in Bergen history when he was third in the Emerging Elite division at nationals. He was third in the Non-Public A 3,200 and seventh in the State Meet of Champions.

Tommy Smith, Hackensack, senior, 200 meters, long and triple jumps: Smith's top events are not on the state program, but he is also a good long sprinter. He won the Big North Freedom 200 and long jump, took second in the varsity Classic long jump, and the Bergen long and triple jumps and was fifth in the Eastern States triple jump last winter.

Sean Sullivan, Rutherford, senior, 800 and 1,600 meters: Fresh off his outstanding cross-country season, Sullivan should improve upon last winter, when he won the NJIC 800, Bergen 1,600 and two other major titles, took fourth in the Bergen 1,000 and reached the Meet of Champions at 1,600 meters as a wild card.

Michael Thurston, Ridgewood, senior, 600 to 1,600 meters: Another returning All-North Jersey selection, he had an excellent junior year, including wins in the Big North Freedom 800 and Bergen County 600. He also won a pair of sectional medals, took fourth in the state Group 800 and eighth in the State Meet of Champions. He'll join Kerin at Dartmouth.

James Weissenborn, NV/Old Tappan, 800 to 3,200 meters: Mononucleosis cut short his cross-country season but look for the Bucknell-bound star to snap back this winter. He won the Big North National, and North Jersey Invitational 3,200 and took fifth in the Bergen 1,000 and sixth in both the sectional 1,600 and 3,200.

Kerling (J), JD Mender (H/J/L/S) and Gabe Lartigue (S).

Paramus Catholic has two potential All-County performers in juniors Aljiah Jackson (S) and Drew Singleton (J).

Graduation and transfer hit St. Joseph hard, thus leaving a team led by junior throwers Sean Mitchell, Ryan Botto and Robbie Martin and sophomores Isiah Hopkinson (S), Guerson Tupuissant (S) and Kyle Clark (SP).

LIBERTY

Bergen Tech hopes junior Anthony Dilorio (D) will help the knights rebuild.

Clifton is rebuilding behind seniors Otto DeLeon (D), Ken Herrera (D) and Alex Zapata (D), junior Carlos Potanco (D) and sophs Kevin Heredia (MD), Adrian Echeverria (J) and Sunny Ruiz (SP). Heredia and Zapata were All-Passaic cross-country runners.

Eastside has potential stars in seniors Raheem Roberts (S), Armon Kelly (S) and Marco Joseph (S/H).

Kennedy should be a contender again, and is led by seniors Deandre Miller (S), Kyree Parks (S), Zydrique Williamson (S/H), Nazier Wright (H/J), Javon Johnson (S/MD), Naazier Lovely (SP), Naeem McNeil (MD), Adam Sulleman (D) and Jeramiah Goodwin (D) and junior Ronniel Johnson (J/PV).

Passaic has a fine thrower in senior Kelvin Leal.

Can **Passaic Tech** take the next step and win a sectional title? A strong senior-laden team should be the favorite in both league and Passaic County competition, but never has won the indoor sectional. Seniors Matt Agudelo (MD), Emmanuel Butts (H/J), Kevin Copper (J), Ephraim Kishen (D), Patrick Henry (SP), Alejandro Ibarquen (D), Kurt Lassiter (SP), Tarin Nelson (D), Abraham Onifade (PV) and Yasir Thomas (J) are solid performers. Copper, Henry, Nelson and Thomas are potential county champions.

FREEDOM

Hackensack has a strong senior class with Tommy Smith (S/J), Marc Lugo (D), Kevin Avila (D), Gideon Achirem (D), Javaughn Fahie (J/S), Andre Grant (H/S), John Proctor (J/S) and Demar Stewart (SP) hoping to keep the Comets in contention for major titles.

Naturally, **Indian Hills**, the Group 3 state cross-country champion, has its biggest strength in distance runners Matt Gohane (sr.), Tom Holster (jr.), Derek Barney (jr.) and Chris Corcoran (jr.). But the Braves' top athlete should be senior Jack Kerin (MD), with seniors Derrick Anderson (J), Nick Cohen (H) and junior Kevin Calabrese (S) also contributing.

Northern Highlands should improve, with juniors William McKee (D), Jack Weinberger (D) and Brendan Holleran (H) helping seniors Jamie Clark (SP), Conor Monchek (H), Daniel Pflueger (J), Alexander Ridgwell (SP) and Declan Rozinsky (D).

Paramus looks to seniors Nick Ghichlian (SP), Alex Gee (D) and Norman Antonio (S) and junior Greg Fuente (PV) as it rebuilds.

Ramapo has senior Walter Tarr (D) and junior Matt Connor (SP) to help rebuild.

monte (H), Rafael Santana (H) and Gustavo Flores (SP) and junior Erick Alvarez (H/J) should help **Passaic Valley** be a solid team this year.

Wayne Hills has some talent, led by seniors George Galkin (MD) and junior Joe Zisa (D).

Wayne Valley has senior Greg DeFazio (J) to lead its team.

West Milford is young, but returns senior talent in Ian Barrett (H), Dan Cummings (MD), Matt Johnson (J) and Sean Pomeroy.

NATIONAL

Bergenfield is rebuilding.

NV/Demarest returns seniors Matt Chung, Kevin Doran, Adam Freesman (SP), Ethan Pak, Austin Foreman, Robert Wilson (D) and Eric Yu.

NV/Old Tappan will try to defend its state Group 3 indoor title behind an excellent senior class led by Harvard-bound twins Will and Thomas Rlenas (LS/MD), Andrew Schumacher (LS/MD), Will Saiz (D), Daniel Lawlor (D), Bucknell-bound James Weissenborn (D) and Dan Biggins (D). Junior Miles Watson (S) and sophs Mike Mancuso (SP), Seth Kricheff (PV) and Chris Eichler (SP) add depth.

Pascack Valley should improve behind seniors Evan Jones (S) and Patrick Song (PV) and junior Jeff Roberts (MD/D).

Teaneck hopes senior sprinter Christian Ozoria has another fine season.

A solid distance group led by seniors Max Zavidow, Michael Silverman and Ed Salaski will lead **Tenafly**, but the Tigers' season will depend on the development of seniors Kyle Brambari (H), Kenny Acquah (S) and juniors Jun Suh (S), Maxx Cadmus (SP), Paul Greenway (MD) and Matt Soffer (H) and the acclamation of junior Ben Stein (J) from basketball to indoor track.

PATRIOT

Mahwah, led by first-year head coach Shawn Rembecky, looks to seniors Dante D'Agostaro (PV), Henry Heller (D), junior Evan Bonfield (LS) and indoor newcomer Dom Roca (PV) to improve.

Pascack Hills lost a lot to graduation but will rebuild behind a strong junior cross-country class led by Anthony Michielini, Josh Sen, Jack Rossig and Keith Petrellese. Seniors Kevin Cuff, Rob Degennars, Dillon Heverin, Kiran Korah and Tom Ratigan should contribute. **Ramsey** has some standouts in seniors Peter McNally (J), JB Guthrie (H), Rob McOwen (H), Lucas Alvarez (S), Ethan Cohen (S/J) and junior Nick Kaczorowski (D).

River Dell is the reigning state Group 2 champ and, with Penn-bound seniors Will and Colin Daly (MD/D) and Justin Fernandez (MD), will have a good start toward contending again. Seniors Jae Chor (SP), Dylan Beminger (J), Simon Un (S), Kevin Wilson (S) and Tyler Yuen (S) need to step up for the Golden Hawks to achieve their potential.

Westwood lost a lot to graduation, but returns seniors Zack Ruiz (SP), Jake DiCuffa (D), John Bohlin (D), Austin Pisani (S) and Tyler Andriopoulos (S).

NJIC

Bogota's fine cross-country stars in seniors Danny Dat Geraghty.

Cresskill returns Turbin (D) and Nicrent Span.

Dwight-Englewood First-year head coach takes over as the 2008 state group coach. There is talent (SP), Devin Grahall Bryan Lineweaver Cortes (PV).

Emerson returns (MD/D) and Jose Cooper (MD).

Garfield could surprise with Wierzbka (J), Steve Gonzalez (D) and juniors Usama Sanchez (SP).

Glen Rock has sophomore Owen Davitt (LS/N) and junior Brandon Lio. **Hasbrouck Heights** class led by Claret Giacinto (MD/H), A Youssef Abubaker. If depth is developed, good.

Hawthorne looks to (D), Rayshawn Byfl (S/J) and Tom Dutz. Attention in its third year. **Manchester** is rebuilding.

Midland Park has Nick Moritz, Brend Terpstra helping to.

New Milford has a letterman Christian Polo Itona and Spe the next step to continue. **North Arlington** looks to (H) for scoring.

Park Ridge has a class led by Brandon Hall (S), G Nixdorf (H), Daniel Keenan (S).

Seniors Indrit Istrefi, Andrew Hall (H/S), Lizary (SP) lead an **Lakes** team.

Rutherford has on-talent runners in the **Saddle Brook** may emerge in North Jersey if senior Kelan Yalong Wellington (LS) and (MD) should provide.

Secaucus is rebuilding. **Waldwick** has a fan Dan Scherb (H/S), C Cuneen (S) and Jac Demus is a distance.

Spiked Shoe Invitational
@ NYC Armory

December 21, 2015

55HH:

Frosh Boys: Alex Ruhl **11.1**, Nick DeVita **11.2**
Frosh Girls: Marley Scala **10.7**, Virginia Morley **10.8**, Irine Park **11.1**, Katie McDowell **11.6**,
Novice Boys: Connor Perlman **9.7**, Max Bartlik **9.7**, Ben Leibson **9.9**
Novice Girls: Kerry Callaghan **11.1** Nicole Lester **11.8**
Varsity Boys: Ray Harada **8.0/8.2**
Varsity Girls: Saskia Keppler **10.8**

55m:

Frosh Boys: Alex Ruhl **7.6**, Tim Baginski **7.6**, Sungrok Kang **7.5**
Frosh Girls: Brittany Eapen **8.4**, Shaena Brusey **8.4**, Lizzie Benjamin **8.6**, Lindsay Kaul **8.6**, Erin Kim **9.3**
Novice Boys: Ryo Kato **7.2**, Aiden Karch **7.2** Andrew Suh **7.2** Ben Chung **7.3** Connor Witschanke **7.7**,
Novice Girls: Riley Ban **7.9** Callie Orsini **8.2** Carly Schmidt **8.5** , Allie Simpson **8.6**
Varsity Boys: Matt Tai **6.8** , Kobi Grant **6.5/6.6**, Sam Do **6.9**, Sloan Ruhl **6.9**
Varsity Girls: Isabel Park **7.6**

1600m:

Frosh Boys: Will Baginski **4:52 – 1st Place**, Ryan F. **5:24** Paul Baginski **5:25**, Daniel Kearny **5:26** Dylan K. **5:45** Edward Nold **5:42**, Jake P **6:14**, Jacob Franklin **6:44**
Frosh Girls: Jerilyn Rynkowski **6:19**, Ellie Tilyou **6:35**
Novice Boys: Charlie Branca **4:58** Joe Bolduc **5:11**, Max van Adrichem Boogaert **5:14** Kyle Neville **5:16**,
Calder Martin **5:19**, Ian Dartley **5:26** Jason Drier **5:32**, Emmett Tilyou **5:33** Dan Patterson **5:33** Ryan Cody **5:40** Maxwell Yalong **5:49**,
Novice Girls: Hailey Driscoll **6:03** Corina Cobb **6:10**, Brittany Schofield **6:14**
Varsity Boys: Billy Byrne **4:35.1**, Kenny Marshall **4:40.5**, Andrew Taggart **4:46** Nick Barnabic **4:47**,
Sidd Wagh **4:48** Ben Zamboldi **4:52** Brad Rynkowski **4:55**, Brendan Hughes **5:15**,
Varsity Girls: Olympia Martin **5:13 – 2nd Place**, Sam Halvorsen **5:19 – 4th Place** , Meghan Adams **5:34**,
Leah Rosenfeld **5:44**,
Evelyn Kotch **5:51** Hannah Fishbein **5:55**, Lauren Pagano **6:06**

800m:

Frosh Boys: Will Baginski **DQ**, Rich Joel **3:12**, Jack Price **3:32**
Novice Girls: Kelly Dwyer **2:46**, Katie Reis **2:47**, Sarah Catalano **3:05**
Varsity Boys: Michael Thurston **1:57.1 – 1st Place**

200m:

Frosh Boys: Tim Baginski **28.5** Sangrok Kang **28.9**, Alex Ruhl **28.9**, Josh Hyun **29.0**, Nick DeVita **29.9**
Frosh Girls: Virginia Morley **30.6**, Lindsay Kaul **31.2** Marley Scala **31.3** Brittany Eapen **31.5**
Lizzie Benjamin **32.1** Shaena Brusey **33.3**, Irene Park **33.3** Erin Kim **35.3**, Katie McDowell **35.3**,
Novice Boys: Ryo Kato **25.3**, Aidan Karch **25.9**, Ben Leibson **26.4**, Ben Chung **26.8**
Connor Witschonke **30.3**
Novice Girls: Carley Schmidt **29.7** Allie Simpson **30.5** Mia Dolan **30.8**, Emily Keeney **32.2**
Anna Schoff **32.2** Callie Orsini **34.6**,
Varsity Boys: Matt Tai **23.5** , Kobi Grant **23.8**, Sloan Ruhl **24.6**, Sam Do **25.1**
Varsity Girls: Isabel Park **28.6**, Riley Ban **29.3** Kerry Callaghan **29.6**, Maxine Earl **29.9**

Long Jump:

Frosh Boys: Nick DeVita 14'2" – **5th Place**

Frosh Girls: Virginia Morley 11'5 ½" Katie Mc Dowell 11' ½" Marley Scala F, Irene Park F,

Novice Boys:

Novice Girls: Anna Schoff 12'3 ½"

Varsity Boys: Ray Harada 18'5 ½" , Max Bartlik 17'1"

Varsity Girls: Isabel Park 14'5" , Kerry Callaghan 14'0"

Triple Jump:

Frosh Boys: Nick DeVita 29'5 ½"

Frosh Girls: Virginia Morley 26'5" **4th Place** Marley Scala F, Irene Park F, Katie McDowell F

Novice Boys: Luc Bontoux 35'8 ¼" – **5th Place**, Ben Leibson 34'4" Connor Perlman 34'3 ¼"

Connor Witschonke 32'0",

Novice Girls: Anna Schoff 27'1"

Varsity Boys: Max Bartlik 40'2" - **5th Place** Ray Harada 37'6"

Varsity Girls: Isabel Park 31'5" Saskia Keppler F

Shot Put:

Varsity Boys: Spencer McAvey 47'2" – **4th Place**, Kenny Ekert 45'10" – **5th Place** Austin 38'6"

Varsity Girls

High Jump:

Varsity Boys: Ray Harada 5'2", Max Bartlik 5'2"

Varsity Girls: Saskia Keppler 4'10" , Kerry Callaghan 4'8"

Pole Vault:

Varsity Boys: Luc Bontoux **NH**, Ryan Vimba 10'6" – **5th Place**

Varsity Girls: Maxine Earl 10'6" – **1st Place** Nicole Lester 10'0" – **4th Place**

INDOOR TRACK: SPIKED SHOE HOLIDAY CLASSIC NV/Old Tappan's O'Sullivan sizzles

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — The first big winter meet of the season usually produces some nice early-season times and introduces some new potential stars in the track and field world. And Monday night's Spiked Shoe Holiday Festival was no exception.

With most of the top pole vaulters in North Jersey and the state graduating, in both the boys and girls divisions, Maxine Earl of Ridgewood and Seth Kricheff of NV/Old Tappan put in their early bids for February glory. Earl cleared 10 feet, 6 inches and Kricheff 12-6, both personal bests.

Alexis Trott proved she is a worthy successor to Paramus Catholic jumpers Tatiyanna Sanders and Rosemary Menyhart, the best in

Bergen County the past few years. Trott won the girls triple jump in a personal best 36-4 $\frac{3}{4}$ and the long jump in a personal best 17-6 $\frac{1}{4}$.

Alliah Jackson, also of PC, won the 55-meter dash and placed in two other events.

But no one saw Caroline O'Sullivan coming, even the NV/Old Tappan sophomore herself.

O'Sullivan ran the 10th-fastest 800 time in Bergen County history, a sizzling 2:16.4, to highlight the meet held at the Armory Track Center.

"I'm almost speechless," said O'Sullivan, who went by PC's Maria Acosta as the bell sounded and ran away from last year's state Meet of Champions qualifier by nearly 30 meters.

See CLASSIC Page S-8

Classic: O'Sullivan steals show

From Page S-7

"I knew I needed to get out quickly because there were a lot of good girls in the race and I knew the Paramus Catholic girl was really good, but I'm shocked at how fast I ran."

O'Sullivan, who had the top returning North Jersey time from last winter at 2:20.32, had run 2:18 outdoors, but never expected to run as fast she did Monday.

"I would have been very happy to run 2:16 before the indoor season was over," said O'Sullivan,

who was a defender on the Golden Knights' soccer team this fall. "And I think I had something left at the end of the race, too."

O'Sullivan's big race stole some of the thunder from the boys 800. Michael Thurston of Ridgewood won that race in 1:57.1, a personal best for him as well and the fastest time in New Jersey in this young season.

"I think I might have gotten overly excited because this was my first race since nationals last spring," said Thurston, who ran 1:57.8 last winter, but missed all of cross-country recovering from an

injury.

"I was supposed to go out in 58 seconds [for the first 400] but I got out in 55 instead."

The Dartmouth-bound Thurston went through the 600 in 1:26.4, just four seconds off his 600 personal best, with a big lead, but then felt Mike Delfay of Brewster (N.Y.) closing fast.

"I wasn't going to let him get by me," said Thurston, who held to win by about three meters.

"I have a lot to accomplish this year and I want to be at my best in the big meets where you have to finish the race."

Track Universe Invitational
@ NYC Armory

December 30, 2015

4x800m:

Boys: Kenny Marshall **2:05.7**, Zack Stadulis **2:09.7**, Andrew Taggart **2:04.8**, Michael Thurson **1:55.9**
8:16.3 – 2nd Place

Girls: Evelyn Kotch **2:33.9**, Sam Halvorsen **2:26.5**, Hannah Fishbein **2:40.8**, Katie Reis **2:40.6**
10:22.5 – 5th Place

1600m Steeple Chase:

Boys: Billy Byrne **4:58.0 – 1st Place – New School Record**

Girls: Leah Rosenfeld **5:59.8 – 1st Place**

55m:

Boys: Kobi Grant **6.6/6.7 – 3rd Place** Aidan Karch **7.2**, Tim Baginski **7.8**

Girls: Isabel Park **7.8**, Riley Alvaro **8.1**, C. Schmidt **8.1**, S. Schmidt **8.3** Shaena Brusey **8.6**, Erin Kim **9.6**

55HH:

Boys: Ray Harada **8.4**, Max Bartlik **9.1**, Ben Leibson **9.7**, N. DeVita **10.8**

Girls: Cate Shippee **9.5**, Saskia Keppler **10.9**, Nicole Lester **10.9**, Kerry Callaghan **10.9**, Irene Park **10.9**,
Anna Schoff **11.5**, Katie McDowell **12.6**

400m:

Boys: Matt Tai **54.0**, Daniel Karny **61.5**

Girls: Cate Shippee **65.4**, Emily Keeney **74.8**

1600m:

Boys: Sidd Wagh **4:42** Will Baginski **4:46** Nick Barnabic **4:49**, Ben Zamboldi **4:52**, Charlie Branca **5:01**
Brendan Hughes **5:03**, Calder Martin **5:08**, Max von Adrichem Boogert **5:13**, Danny Patterson **5:19**, Kyle
Neville **5:21**, Ryan Fahey **5:26** Emmitt Tilyou **5:34**, Max Yalong **5:39** Dylan Kane **5:40** Ian Dartley **5:43**

Rich Joel **5:58**, Jack Price **6:08**

Girls: Corina Cobb **6:02** Haley Driscoll **6:07**, Brittany Schofield **6:19**,

200m:

Boys: Matt Tai **24.4**, Kobi Grant **24.7**, Aiden Karch **26.1** Ben Leibson **26.5**, Tim Baginski **28.3**,
Connor Witschonke **29.1**, Nick DeVita **30.1**,

Girls: Isabel Park **28.6** Riley Alvaro **29.0** Kerry Callaghan **29.2** Maxine Earl **29.6**, C. Schmidt **30.5**
S. Schmidt **30.8**, Lizzie Benjamin **31.7**, Lindsay Kaul **31.7**, Irene Park **31.8**, Katie McDowell **32.5**,
Shaena Brusey **34.2** Erin Kim **35.5**

800m:

Boys: Joe Bolduc **2:13.6**, Daniel Karny **2:22.6** Brad Gilligan **2:24.1**, Angus Callan **2:29.9**

Girls: Kelly Dwyer **2:42.4** Sarah Catalano **3:03.3**

Long Jump:

Boys: Ray Harada **19'1"**, Max Bartlik **16'1"**, Nick DeVita **15'3 ¼"**

Girls: Kerry Callaghan **14'6"**, Isabel Park **14'3"**, Anna Schoff **12'6"**, Irene Park **12'5"**,
Katie Mc Dowell **10'11"**

Triple Jump:

Boys: Max Bartlik 39'2 ½" – **6th Place**, Ray Harada **38'3"**, Ben Leibson **35'4"**, Connor Witschonke **31'6"**,
Girls: Saskia Keppler **29'3 ¼"**, Anna Schoff **27'9"**, Irene Park **27'3 ½"**

Shot Put:

Boys: Spencer McAvey 47'6" – **6th Place** Kenny Ekert **45'10"** Alex Noel **33'3 ¼"** Chris Hareas **31'8"**
Nick Plasse **29'11"** Max Toner **28'8"**
Girls: Lexi Uzaru **33'5 ¼"**, Michelle Carey **23'7 ¾"**,

High Jump:

Boys: Ray Harada **5'6"**, Max Bartlik **5'2"**
Girls: Kerry Callaghan 4'10" – **5th Place** Saskia Keppler **4'8"**

Pole Vault:

Boys: Ryan Vimba **11'0"**, Luc Bontoux **10'6"**
Girls: Maxine Earl 9'6" – **3rd Place**, Nicole Lester 9'6" – **5th Place**

Maroon athletes chase down gold

BY GREG TARTAGLIA
Sports Editor

The names Byrne and Rosenfeld have become commonly associated with a rather uncommon indoor track and field event.

Ridgewood High School athletes swept the gold medals in the boys and girls 1,600-meter steeplechase at the Maroons' most recent meet, the Dec. 30 Track Universe Invitational at The Armory Track Center in Manhattan.

Junior Billy Byrne won the boys race in 4:58.0, duplicating a feat accomplished by his older brother, Jack, the previous season. Senior Leah Rosenfeld captured the girls title for the second time in her career, clocking a 5:59.8 that was close to the winning time of 5:57.0 that she posted in her sophomore year.

All that gave RHS four individual titles in its first two meets of the 2015-16 campaign, which picks up again next Wednesday with the Ridgewood Winter Games.

"Billy Byrne proudly bested Jack's school record in the steeplechase," Maroon coach Josh Saladino noted earlier this week. "There were bragging rights on the line, with Jack home for the holiday break — they were certainly anxious to see those results."

"Billy ran very well," Saladino continued. "Running under five minutes is a good time in the [boys] steeplechase for someone who'd never done it before."

Byrne, in fact, was the only finisher to eclipse the five-minute mark, defeating Dan Scherb of Waldwick (5:15.2) and Tyler Eifer of Northern Highlands (5:23.2).

Rosenfeld had tried the event for the first time in the 2013-14 season, when her effort was highlighted in a feature by *The Record* track guru Paul Schwartz. According to Schwartz, on a 200-meter indoor steeplechase circuit, each

lap of the eight run requires going over two hard barriers, each 30-to-33 inches in height.

"Leah had a little more experience in the event, but not only that, she's an accomplished 400-meter hurdler from spring track," said Saladino. "That certainly gave her an advantage over the other girls in the competition... and she won pretty comfortably. She was in control the whole time."

Rosenfeld's closest competitors were cross-country rival Lexi Harris of Ramapo (6:03.5) and Northern Highlands' Emily Spence (6:25.1). All three run for teams in the Big North Freedom Division.

"That shows you how good our division is, on both the boys and girls sides," the coach said. "When we get down to that in a couple weeks, that's going to be a great championship meet, because it's a very deep league."

The other Ridgewood girls medalists at the Track Universe meet were Maxine Earl and Nicole Lester in the pole vault — both of whom cleared 9-foot-6 to tie for the third-best height — Kerry Callaghan in the high jump (fifth, 4-10) and the 4-x-800 relay of Sam Halvorsen, Katie Reis, Hannah Fishbein and Evelyn Kotch (third, 10:15.8).

The RHS boys 4-x-800 squad of Kenneth Marshall, Zack Stadulis, Andrew Taggart and Michael Thurston earned silver in 8:16.5, medaling alongside Kobi Grant in the 55 meters (third, 6.9), Max Bartlik in the triple jump (sixth, 39-2½) and Spencer McAvey in the shot put (sixth, 47-6).

Thurston brought home the Maroon boys' first gold of the season from the Dec. 21 Spike Shoe Holiday Festival, also held at The Armory. The senior's time of 1:57.1 in the 800 helped him edge Mike Delfay of Brewster, N.Y. (1:57.5) and division rival Jack Kerin of Indian Hills (1:59.3).

"That was our standout per-

See INDOOR TRACK, page C3

INDOOR TRACK from C1

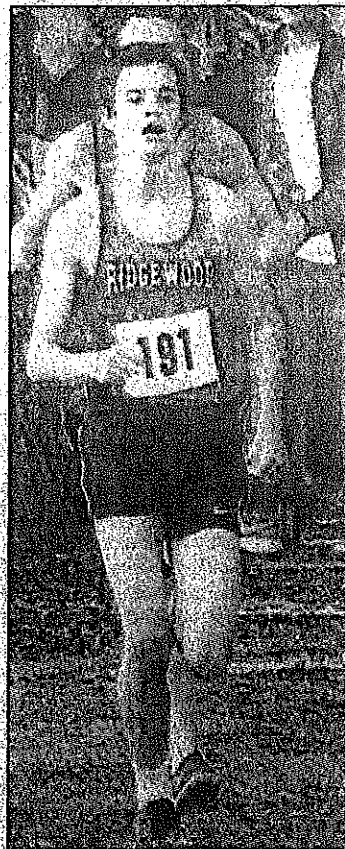
formance so far," Saladino said. "Running 1:57.1 is a very good early season time. Maxine Earl also [vaulted] 10-6 at the Spike Shoe meet, which was her indoor best."

Earl, a junior, and Lester (10-0), a sophomore, placed 1-4 in the pole vault at the season's first meet, while 1,600-meter standouts

Olympia Martin (5:13.3) and Halvorsen (5:19.0) ran 2-4 in event. "Those were some starts for us," said Saladino.

Ridgewood's Spike Shoe medalists included Bartlik in triple jump (fifth, 40-2), Ryan Ba in the pole vault (fifth, 47-2) and Ken Ekert (fifth, 47-2).

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FILE PHOTOS COURTESY OF JACOB BROWN

Ridgewood indoor track athletes Billy Byrne (No. 191) and Leah Rosenfeld (188) swept the boys and girls 1,600-meter steeplechase titles at the recent Track Universe Invitational.

Ridgewood Winter Games
@ RCC

January 13, 2016

55m:

Novice Boys: Andrew Suh 7.3/7.2, Ben Chung 7.7, Aidan Karch 7.4/7.3 Ryo Kato 7.4

Novice Girls: Sarah Schmidt 8.5, Carly Schmidt 8.5, Mia Dolan 8.5 Callie Orsini, 9.5

Freshman Boys: Alex Ruhl 7.8 Josh Hyun 7.8, Sungnok Kan 7.8

Freshman Girls: Lizzie Benjamin 8.5 / 8.6, Shaena Brusey 8.6/ 9.0, Lindsay Kaul 8.7, Erin Kim 8.8

55HH:

Novice Boys: Ben Liebson 9.9/9.6

Freshman Boys: Nick DeVita 11.6, Alex Ruhl 11.6

Freshman Girls: Irene Park 10.5/10.8, Virginia Morley 10.6, Marly Scala 12.2, Katie McDowell 14.0

3200m:

Varsity Boys: Brad Rynkowski 10:35.8

Varsity Girls: Corina Cobb a mystery

600 yards:

Novice Boys: Ian McTavish 1:29.8

Freshman Boys: Dan Karny 1:26.5 – 2nd Place! Josh Hyun 1:34.6, Alex Ruhl 1:36.2

4x800m:

Varsity Boys: Ben Zamboldi 2:12.2, Kyle Neville 2:22.2, Charlie Branca 2:14.4, Brendan Hughes 2:19.3

9:04.5 – 3rd Place!

Varsity Girls: Katie Reis 2:45.3, Kelly Dwyer 2:48.9, Sarah Catalano 2:58.7, Sophia Sheehy 2:35.5 11:00.6

300 yards:

Varsity Girls: Kerry Callaghan 44.4

Novice Boys: Ian McTavish 38.5

Novice Girls: Carly Schmidt 44.3 Mia Dolan 45.2, Sarah Schmidt 45.7

Freshman Boys: Alex Ruhl 41.9 Tim Baginski 44.4

1000 yards:

Varsity Boys: Brad Gilligan 2:48.5

1600m:

Varsity Boys: Ben Zamboldi 4:55.2, Brendan Hughes 4:58.6

Novice Boys: Joe Bolduc 5:12.0, Calder Martin 5:13.8 Dan Patterson 5:16.7 Ian Dartley 5:17.5 Max van Adrichin Boogart 5:19.7, Emmitt Tilyou 5:23.6, Angus Callan 5:23.8, Max Yalong 5:35.7 Jason Drier 5:38.2,

Novice Girls: Haley Driscoll 5:59.8 – 5th Place! Brittany Schofield 6:06.8

Freshman Boys: Ryan Fahey 5:29.5 Paul Baginski 5:35.4, Dillon Kane 5:49.5 Eddie Nold 5:52.5, Jack Price 6:18.7

Freshman Girls: Jerilyn Rynkowki 6:15.2 – 2nd Place!, Ellie Tilyou 6:28.5 – 5th Place!

4x400m:

Novice Boys: Ian McTavish **68.7**, Ryo Kato **57.8**, Paul Baginski **68.2**, Dylan Kane **69.8** – **4:24.3**

Novice Girls: Callie Orsini **81.3** Lizzie Benjamin **75.6**, Lindsay Kaul **74.2**, Erin Kim **78.5** – **5:13.6**

Freshman Boys: Alex Ruhl **65.5**, Josh Hyun **63.8**, Sungnok Kan **63.9**, Dan Karny **57.1** – **4:09.9** – **2nd Place!**

High Jump:

Varsity Boys: Max Bartlik **NH**

Novice Girls: Anna Schoff **NH**

Freshman Boys: Nick DeVita **4'10"** – **2nd Place!**

Long Jump:

Varsity Girls: Kerry Callaghan **14'4"**

Novice Girls: Anna Schoff **13'4"**

Freshman Boys: Nick DeVita **13'8"**

Freshman Girls: Virginia Morley **12'5 ½"** Irene Park **11'3"**, Katie McDowell **11' ½"**, Marley Scala **10'6"**

Triple Jump:

Varsity Boys: Max Bartlik **F**

Novice Boys: Luc Bontoux **37'10"** Ben Liebson **35'7 ½"**, Connor Witschonke **32'5"**

Novice Girls: Anna Schoff **28 ¼"**

Freshman Boys: Nick DeVita **27'11 ¾"**

Freshman Girls: Virginia Morley **27'1 ½"** – **5th Place** Irene Park **26' 8 ½"**, Marley Scala **F** Katie McDowell **F**

Pole Vault:

Varsity Boys: Luc Bontoux **10'0"**, Connor Witschonke **a mystery**

Varsity Girls: Kerry Callaghan **7'0"**

Shot Put:

Varsity Boys: **Apparently Coach Warren is keeping most of these results top secret**

Varsity Girls: Lexi Uzaru **32'7"** – **3rd Place!**

Novice Boys: Austin Engelhardt **38'11"** – **4th Place!**

Novice Girls:

Freshman Boys:

Freshman Girls:

Great job by the team here. A lot of personal bests coming out of this meet. Excellent.

State Group IV Relays
@ Toms River

Boys – Jan 14th
Girls – Jan 15th

Distance Medley (1200-400-800-1600)

Boys: W. Baginski 3:22.0, S. Ruhl 55.8 M. Robazza 2:12.4, S. Wagh 4:41.9 – 11:15.48

Girls: S. Halvorsen 3:50.3, S. Sheehy 65.1, M. Adams 2:36.2, O. Martin 5:11.8 – 12:43.59 – 3rd Place

Shuttle Hurdle Relay:

Boys: Z. Stadulis 8.4, M. Barlik 8.9, C. Perman 9.6, R. Harada 8.3 – 35.37

Girls: N. Lester 9.4, K. Callaghan 9.6, S. Keppler 9.3, C. Shippee 9.1 – 37.50

4x200m:

Boys: M. Tai 23.6, K. Grant 24.6, S. Ruhl 24.6, S. Do 24.9 – 1:38.56

Girls: I. Park 28.3, K. Callaghan 29.3, C. Shippee 28.6, R. Alvaro 29.2 – 1:56.01

4x800m:

Boys: K. Marshall 2:08.8, A. Taggart 2:05.7, B. Byrne 2:07.2, M. Thurston 1:53.9 – 8:15.68 – 4th Place

Girls: S. Halvorsen 2:28.3, O. Martin 2:27.9, M. Adams 2:34.2, L. Rosenfeld 2:31.3 – 10:03.25 – 6th Place

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

Girls: I. Park 65.6, C. Shippee 28.7 R. Alvaro 28.9, E. Kotch 2:26.8 – 4:31.28

4x400m:

Boys: Z. Stadulis 55.3, A. Taggart 56.2, S. Ruhl 57.2 M. Tai 53.7 3:43.21

Girls: I. Park 66.9, S. Sheehy 65.7, E. Kotch 66.8, L. Rosenfeld 64.6

Shot Put:

Boys: S. McAvey 46' 11 ½", K. Ekert 43' 5" – 90' 4 ½"

Girls: L. Uzaru 32' 8 ¾", M. Carey 25' ½" – 57' 9 ¼"

High Jump:

Boys: R. Harada, M. Bartlik NH

Girls: S. Keppler 4' 8", K. Callaghan 4' 8" – 9' 4"

Pole Vault:

Boys: R. Vimba 11' 0", L. Bontoux 11' 0" – 22' 0" – 5th Place

Girls: N. Lester 10' 6", K. Callaghan 8' 0" – 18' 6" – 3rd Place

Two local teams win relays at Yale

By PAUL SCHWARTZ
STAFF WRITER

North Jersey athletes excelled in meets in three states Friday and Saturday, with a pair of distance medley relay teams winning major races at Friday night's Yale Track Classic in New Haven, Conn.

The River Dell quartet of Colin Daly, Justin Fernandez, Gary Wilhelm and Will Daly ran 10:33.86 to blow away the field in the small schools race, the third fastest time in New Jersey this winter. Colin Daly led off the race with a terrific 3:07 1,200 leg and twin brother Will anchored in 4:18.

That race came a few minutes after Indian Hills' Matt Cohane, Nick Coleburn, Jack Kerin and Derek Barney had run 10:43.66 to win the large schools race at the same meet with Kerin running 1:57 for his 800 leg.

Also on Friday, Indian Hills took fourth in the boys large schools 4-x-400 in 3:40.32, and River Dell was third in the small schools 4-x-800 in 8:26.40. Derek Anderson of Indian Hills took sixth in the high jump at 6-0 and Marshall Watters of Indian Hills was fourth in the shot put at 44-6½.

Shannon Gorja's 5:07 1,600 leg led to River Dell taking sixth in the small schools distance medley relay, and the Golden Hawks were third in the small schools 4-x-400 in 4:10.24 and fifth in the 4-x-800 in 10:10.78.

Ramsey was fourth in the small schools 4-x-800 in 9:55.08 and Northern Highlands was fifth in the large schools 4-x-400 in a North Jersey leading 4:06.26.

Saturday, Julia Guerra of Indian Hills ran 10:06.95 for third place in the girls 3,000 meters, eighth fastest in the nation this winter.

Kevin Copper and Yasir Thomas each cleared 6 feet at the state Group 4 relays at Bennett Center in Toms River, allowing the Passaic Tech boys to win the high jump event.

Ridgewood was fourth in the 4-x-800 (8:15.68) and fifth in the

INDOOR TRACK ROUNDUP

pole vault (22-0).

Maroons sophomore Nicole Lester had the day's top girls pole vault at 10-6 in the state relays Friday. Ridgewood finished third in the event (18-6) and also took third in the distance medley relay (12:43.59) and sixth in the 4-x-800 (10:03.25).

Caroline McGann and Darcy Ottomanelli combined to give Holy Angels the Non-Public A pole vault title at 17 feet.

Holy Angels also took second in the high jump (9-8), fifth in the 4-x-400 (4:32.64) and sixth in the shot (54-2). The Angels were sixth in the team standings with 21 points.

Bergen Catholic was third in the high jump (10-2), shuttle hurdles (33.61) and sprint medley (3:48.54) and sixth in the shot (80-9) to take third place in the boys Non-Public A scoring with 19 points.

Sophomore Seth Kricheff of NV/Old Tappan had the best North Jersey pole vault of the year at 13-1 to win the event at the Stanner Games at the Armory Track Center.

The Golden Knights were second in the shuttle high hurdles (32.06), fourth in the shot (Steve Piccinich at 44-10) and fifth in the 600 (Tom Rienas in 1:24.48).

Andrew Schumacher didn't place but ran a North Jersey-leading and school-record 36.02 in the 300 meters. Rommel Johnson of Kennedy was third in the high jump at 6-2.

Ebonee Jackson of Kennedy lost the first of several expected showdowns with Elly Scherer of Randolph, but took second in the girls 55 hurdles in 8:30 seconds, the No. 4 time in New Jersey this year.

Lexi DeGizzo of Tenafly was third in the 600 in 1:36.21, and Caroline O'Sullivan of NV/Old Tappan fourth in the mile in 5:18.02.

League Meet
@ NYC Armory

January 24th

55m:

Girls: Isabel Park 7.7/7.7 – 5th Place, Maxine Earl 7.9

Boys: Kobi Grant 6.6/6.6 – 2nd Place, Matt Tai 6.8, Sam Do 6.9

55HH:

Girls: Cate Shippee 9.3/9.3 – 3rd Place, Saskia Keppler 9.7, Nicole Lester 9.7

Boys: Ray Harada 8.4, Max Bartlik 8.6

3200m:

Girls: Olympia Martin 11:09.3 – 1st Place, Sam Halvorsen 11:12.7 – 2nd Place,

Brittany Schoefield 13:04

Boys: Billy Byrne 9:51.2 – 2nd Place Sidd Wagh 10:13.7 – 6th Place, Nick Barnabic 10:16

4x800m:

Girls: Hannah Fishbein 2:41.6, Corina Cobb 2:37.4, Katie Reis 2:44.0, Sophia Sheehy 2:37.6

10:41.9 – 3rd Place

Boys: Kenny Marshall 2:05.4, Matteo Robazza 2:09.4, Charlie Branca 2:11.3,

Will Baginski 2:07.9 – 8:34.8 – 1st Place

400m:

Girls: Carly Schmidt 67.1

Boys: Matt Tai 52.6 – 3rd Place Sloan Ruhl 53.9 – 4th Place Zack Stadulis 55.0

800m:

Girls: Leah Rosenfeld 2:26.9 – 1st Place, Evelyn Kotch 2:29.7 – 4th Place,

Meghan Adams 2:30.4 – 5th Place

Boys: Michael Thurston 1:55.2 – 1st Place, Andrew Taggart 2:02.6 – 3rd Place,

Ben Zamboldi 2:04.6 – 4th Place

200m:

Girls: Isabel Park 28.0 – 6th Place, Carly Schmidt 28.7

Boys: Matt Tai 23.6 – 5th Place, Kobi Grant 24.3 Sam Do 24.8

1600m:

Girls: Olympia Martin 5:15.6 – 2nd Place, Sam Halvorsen 5:26.5 – 3rd Place,

Hailey Driscoll 5:53.8

Boys: Will Baginski 4:41.1 – 5th Place Kenny Marshall 4:47.0, Billy Byrne 4:48.4

4x400m:

Girls: Evelyn Kotch 63.5, Cate Shippee 65.3, Meghan Adams 65.6, Leah Rosenfeld 63.6

4:17.9 – 3rd Place

Boys: Matt Tai 53.2, Zack Stadulis 53.9, Sloan Ruhl 55.4 Michael Thurston 49.8

3:32.3 – 2nd Place

Long Jump:

Girls: Kerri Callaghan 15'6" – 3rd Place, Anna Schoff 14'7", Isabel Park 14'4"
Boys: Ray Harada 18'2", Max Bartlik 16'10"

Triple Jump:

Girls: Isabel Park 33'4" – 3rd Place, Cate Shippee 32'2 ¼", Kerri Callaghan F
Boys: Max Bartlik 41'1" – 3rd Place, Zack Stadulis 39'3 ½", Ray Harada 38'2 ½"

High Jump:

Girls: Saskia Keppler 5'0" – 2nd Place, Kerri Callaghan 4'8" – 5th Place
Boys: Michael Thurston 5'8" – 5th Place, Ray Harada 5'6", Max Bartlik NH

Pole Vault:

Girls: Maxine Earl 10'0" – 3rd Place, Nicole Lester 10'0" – 4th Place,
Kerri Callaghan 8'0" – 5th Place
Boys: Ryan Vimba 11'0" – 3rd Place, Luc Bontoux 11'0" – 4th Place

Shot Put:

Girls: Lexi Uzaru 33'6" – 2nd Place, Michelle Carey 28'5 ¾" – 6th Place, E. Feeney 24'8"
Boys: S. McAvey 50'5 ½" – 2nd Place, K. Ekert 46'6 ½" – 5th Place A, Englehardt 35'8"

Comments:

We came up short in both meets today. We need to be at our BEST to win championships.

County Relays
@ Armory

January 27th

Shuttle Hurdles:

Boys: Zack Stadulis 8.4, Max Bartlik 8.7, Ben Leibson 8.7, Ray Harada 7.3 33.5 – 5th Place
Girls: Nicole Lester 8.9, Kerry Callaghan 9.1, Saskia Keppler 9.0 Cate Shippee 8.7 35.5 – 3rd Place

4x1600m:

Boys: Will Baginski 4:41.3, Kenny Marshall 4:35.2, Sidd Wagh 4:39.7, Billy Byrne 4:33.4
18:30.6 – 1st Place
Girls: Sam Halvorsen 5:22.5, Leah Rosenfeld 5:33.2, Meghan Adams 5:44.3, Olympia Martin 5:15.3
22:01.2 – 1st Place

4x200m:

Boys: Kobi Grant 23.8, Sloan Ruhl 24.1, Sam Do 24.6, Ben Leibson 25.6 – 1:38.6
Girls: Riley Alvaro 28.5, Carly Schmidt 28.8, Kerry Callaghan 28.3, Maxine Earl 28.5 – 1:53.5 – 5th Place

4x800m:

Boys: Ben Zamboldi 2:04.5, Matteo Robazza 2:07.6, Charlie Branca 2:13.3 (fall), Andrew Taggart 2:10.2 -
DQ
Girls: Hannah Fishbein 2:35.9 Corina Cobb 2:40.3, Jerilyn Rynkowski 2:42.0, Sophia Sheehy 2:37.8 –
10:36.4 – 5th Place

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

Boys: Matt Tai 53.5, Kobi Grant 23.1, Zack Stadulis 23.9, Michael Thurston 1:54.5 – 3:35.9 – 2nd Place
Girls: Cate Shippee 65.2, Riley Alvaro 29.4 Isabel Park 28.0, Evelyn Kotch 2:28.8 – 4:31.2 – 3rd Place

Distance Medley:

Boys: Kenny Marshall 3:25.6, Dan Karny 55.7, Andrew Taggart 2:05.8, Billy Byrne 4:35.4
11:13.2 – 2nd Place
Girls: Sam Halvorsen 3:52.2, Meghan Adams 66.3, Leah Rosenfeld 2:32.8, Olympia Martin 5:08.9
12:41.1 – 1st Place

4x400m:

Boys: Sloan Ruhl 54.3, Dan Karny 57.9, Michael Thurston 50.5, Zack Stadulis 52.8 3:35.8 – 3rd Place
Girls: Evelyn Kotch 63.8, Sophia Sheehy 63.3, Cate Shippee 65.9, Isabel Park 64.5 4:17.3 – 5th Place

Long Jump:

Boys: Ray Harada 19'9 1/2", Max Bartlik 18'1 1/4" – 37'10 1/4" – 2nd Place
Girls: Isabel Park 15'9 1/4", Kerry Callaghan 15' 1/4" 30'9 1/2" – 1st Place

Triple Jump:

Boys: Zack Stadulis 40'3", Max Bartlik 38'9 1/4" – 79' 1/4" – 2nd Place
Girls: Isabel Park 32'11", Cate Shippee 32'1 1/4" – 65' 3/4" – 2nd Place

High Jump:

Boys: Michael Thurston 6'0", Ray Harada 5'6" – 11'6" – 1st Place
Girls: Saskia Keppler 5'0", Kerry Callaghan 4'8" – 9'8" – tie 2nd Place

Shot Put:

Boys: Spencer McAvey **48'7"**, Kenny Ekert **47'5" – 96' ½" – 1st Place**

Girls: Lexi Uzaru **32'3 ¾"**, Michelle Carey **26'1" – 58'4 ¾" – 5th Place**

Pole Vault:

Boys: Ryan Vimba **11'0"**, Luc Bontoux **11'0" – 22'0" – 2nd Place**

Girls: Maxine Earl **10'6"**, Nicole Lester **10'0" – 20'6" 1st Place...ties school record!!!!**

Top 4 Scores:

Boys:

Ridgewood 76

Indian Hills 65

River Dell 54

Old Tappan 47

Girls:

Ridgewood 73

River Dell 67

Northern Highlands 68

Ramapo 36

Comments:

Congratulations!!!! Two wins!!! This hasn't happened in Bergen County in over ten years. The training you guys do and the belief you had in yourself propelled you to two victories. Special congrats to Michael Thurston for being named athlete of the meet.

INDOOR TRACK: BERGEN RELAYS

Back-to-back is no problem Maroons, Norsemen winners

By PAUL SCHWARTZ
STAFF WRITER

BOYS

NEW YORK — It'll be a long time before the factors surrounding Wednesday night's Bergen County Relays are duplicated.

Saturday's snowstorm forced the postponement of five of the seven Big North divisional meets to Tuesday night, a day before the regularly scheduled county relays, forcing many of the large and non-public schools to run consecutive days.

And then a bizarre sequence of events in the boys 4-x-800 relay almost forced a rare re-run of the event at the end of the meet.

But the Ridgewood boys stepped up after losing six sure points in the event, and went on to a 76-65 win over Indian Hills to earn the large schools title. NV/Demarest earned its first indoor title, 83-61, over Hasbrouck Heights in the small schools division. Don Bosco won a dramatic 4-x-400 relay at the finish over Bergen Catholic to share the first Non-Public title with the Crusaders.

"I think what I'm most excited about was the way our team handled the whole situation of the last two nights and were [able] to block out making any excuses and just perform," said Ridgewood coach Josh Saladino. "Having to go back-to-back is very difficult. Then, with the bad break in the 4-x-800, to not lose focus in the most competitive meet we have all winter is something I'm really proud of."

Ridgewood seemed destined for a third-place finish in the 4-x-800, the night's fourth event, when third leg Charlie Branca hit the inside rail on the final straightaway before his handoff and went down, the baton flying near the long jump pit. The baton was picked up by someone near the long jump,

who handed it to Branca, who completed his leg and handed over to Andrew Taggart, who finished the race in third.

Unfortunately, the inadvertent assist led to a disqualification for the Maroons, who appealed and were awarded a re-run to be held after the 4-x-400 if the meet was still in doubt.

That became moot when Ridgewood, behind a sensational night by senior Michael Thurston, wrapped up the meet before the 4-x-400. Thurston, who won the Alan Wedemeier Award as outstanding male performer, cleared a four-inch personal best in the high jump at six feet to team with Ray Harada and win the event. Less than five minutes after exiting the pit, Thurston ran a 1:54 split to nearly steal a win for the Maroons in the sprint medley.

"He's a better athlete than people realize and it helped carry us through," Saladino said.

The road to NV/Demarest's first relays win started last spring when the NJSIAA corrected an enrollment calculation that had placed the Norsemen in the wrong group for several years.

And Wednesday, they took advantage despite being the only team in their division to go back to back.

"We had a long talk [Tuesday] after losing the league meet and we were going to treat this like an outdoor meet where we go back to back a lot at the end of the year," NV/Demarest coach Mike Theuerkauf said. "It worked."

Eric Yu repeated his double in the long and triple jump and Ethan Pak scored in four events.

Final events pay off for Ridgewood, Ramsey

By DAVE MEISEL
SPECIAL TO THE RECORD

GIRL

NEW YORK — Ridgewood and Ramsey won their final events of the Bergen County Indoor Relays on Wednesday, leading them to winning the large and small school divisions, respectively.

Ridgewood entered the final event, the pole vault, tied with River Dell with 67 points. Maxine Earl and Nicole Lester cleared 10-foot-6 and 10-0 to give the Maroons first place in the event and the large school division, 77-73 over River Dell.

"Maxine and Nicole are accomplished pole vaulters, so going into that final event we knew at their best performance, they will win," said coach Josh Saladino.

The 4-x-1,600 and the long jump were major wins for the Maroons. Sam Halvorsen, Leah Rosenfeld, Meghan Adams and Olympia Martin combined for a 22:01.2 in the mile relay while Julia Healy and Isabel Park posted a combined 30-9½ to win the long jump.

"I was excited that we scored all the way across the board," said Saladino. "Between the jumps, sprints and hurdles, 77 points is a complement to how we perform in all events."

Saladino was impressed by his team's performance on back-to-back days, as the Big North Championships were moved to Tuesday

due to Saturday's weather.

Ramsey won the small-school title, and coach Matt Wynne adjusted his team's lineup due to the moving of the Big North meet. "We tried to set it up so that girls would run two events in each meet, which we were able to do because we didn't need 90 points to win this meet this year," Wynne explained.

"We second-placed the meet to death, and it was important to get those places because there were some strong relay performances. The small schools really turned up today."

Ramsey's best performance was in the 4-x-400. Sydnee Rawdon, Dana Webb, Ashley Sicard and Kelsey Larkin combined for a 4:15.9, a season-best by seven seconds.

Holy Angels won the Non-Public county title. A combined 12:07 from Rhiannon Novelli, Zulay Figueroa, Megan Czvetkus and Lucy McAuliffe gave Holy Angels the 4-x-800. Samantha Fellowes and Kaeli McGowan won the high jump with a combined 9-6.

Julia Guerra of Indian Hills won the Lou Molino award as the meet's outstanding female athlete, with splits of 5:01.1 in the 4-x-1,600, a 2:18.3 in the sprint medley, and a 61.6 in the 4-x-400.

...the-out of reach.
The Maroons I 8-26, five
minutes into the second half when
Larry drilled her second three-
pointer of the contest. Rosen
made a steal on the ensuing Cow-
birds possession and drove down

...the Maroons responded well
in the second quarter, scoring the
first six points of the period and
again holding the Cowbirds score-
less through the first five minutes
before they scored on back-to-
back possessions.
Pascack Hills didn't convert on

...just looking forward to next
week, Lamone said.
Ridgewood's next county-four-
nament challenge will be No. 7
Seed Immaculate Heart (10-4) at
1:30 p.m. Sunday at IHA.
The defending Bergen champs
defeated No. 26 Dwight Morrow
11-4 being Thursday
noon scheduled game
Paramus Catholic (after
deadline)
Email:
birtchenough@northjersey.com

INDOOR TRACK

RHS strong during busy week

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

Last weekend's storm of snow, ice and wind made for a flurry of activity on this week's indoor track schedule for the Ridgewood High School boys and girls teams. The Big North Freedom Division meet, originally scheduled for Sunday, had to be pushed back to Tuesday evening, which set up a difficult two-day gauntlet with the Bergen County Indoor Relays on Wednesday. Both events were held at The Armory Track Center in Manhattan.

"One of the difficulties with indoor track is venues. When you get a venue, you kind of take it," Maroon head coach Josh Saldino said in a Wednesday phone interview prior to the County Relays. "Having the meets back-to-back is obviously not ideal."

Big North Freedom meet

The RHS boys finished third in the division with 97 points, as Indian Hills and Hackensack tied for the top spot with 108 points. "When you lose a meet by 11 points, it's obviously disappointing," Saldino said. "Certainly across the board on the boys side, we performed like the young team

that we are."
While the coach was hoping for more out of his underclassmen, several Maroon seniors had stand-out days.

Senior Michael Thurston won the 800-meter race on the boys side by a wide margin, crossing the line in 1:55.2 ahead of Indian Hills' Jack Kern (2:01.9). Senior Andrew Taggart (2:02.6) placed third and sophomore Ben Zamboldi (2:04.6) took fourth in what was the highest-scoring event for Ridgewood.

Thurston also ran an impressive 49.8-second relay leg for the second-place 4-x-400 team and placed fifth in the high jump with a leap of 5-foot-8.

"That's such a great job by Michael," Saldino said. "He's running like one of the best runners around and that's what he is." Senior throwers Spencer McAvey and Kenny Ekert both achieved personal bests in the shot put. McAvey's throw of 50 feet, 5 1/2 inches — a three-foot personal record — earned him a silver medal, while Ekert claimed fifth with a distance of 46-6 1/2, one foot better than his previous best.

"You don't usually make those jumps when you're at that level, so certainly those guys did a nice job for us," Saldino said.
In the pole vault, junior Ryan

Vimba placed third and senior Luc Bonifoux claimed fourth, both with vaults of 11 feet.

Besides Thurston's winning effort in the 800, the Maroons' only other gold medal came in the 4-x-800 relay, which the team won without even rating any of the runners that fared so well in the open 800. Senior Kenneth Marshall, junior Matteo Robazza, sophomore Charlie Branca and freshman Will Baginski combined to clock 8:34.8, to best runner-up Hackensack (8:56.7).

Baginski, the All-Suburban Freshman of the Year for cross-country, also finished fifth in the 1,600 and has made quite an impression in his first season.

"He has a very bright future," Saldino said.
Meanwhile, the Ridgewood girls placed second with 112 points behind a strong Northern Highlands team (150).

"The boys meet was closer, but the girls had the better meet," said Saldino. "If Northern Highlands performs really well, it's going to be hard for any team around here to beat them. But to give our girls credit, they did a great job of making them work."

Two Maroon girls earned gold medals, senior Leah Rosenfeld in the 800 and junior Olympia Mar-

Rosenfeld completed the in 2:26.9 to edge Grace Hin of Northern Highlands (2:27). Maroon sophomores E. Keiph and Meghan Adams placed fourth and fifth, respectively in the event.

Marin, who won the Group 4 individual championship in cross-country this past fall, the 3,200 in 1:09.3, finished ahead of senior teammate Hakvosen (1:12.7).

That duo also placed 2:31, 1,600, as Marin crossed the line in 5:15.6 and Halvorsen 5:26.5 behind gold medalist Julia Guerra of Indian (5:00.0).

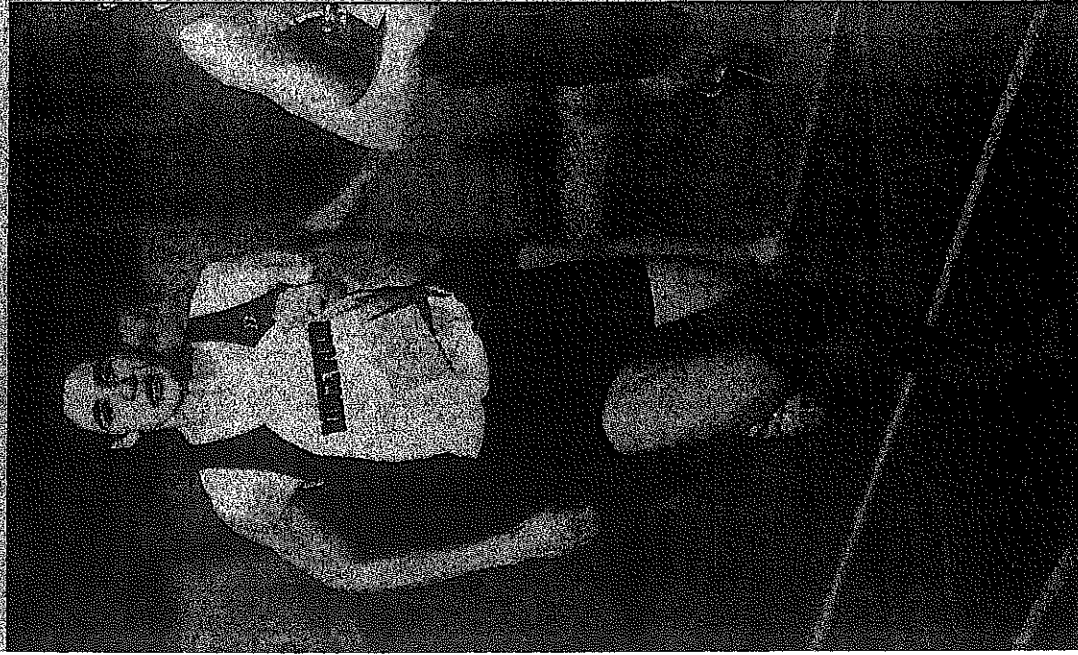
"Those are very encouraging performances by both of us running really fast times," Saldino

Senior Isabel Park had an impressive triple-event performance, placing fifth in the 55-foot dash sixth in the 200 and thir-

the triple jump.
"That's a good job of rising the expectations and exceeding the expectations," the coach

Saskia Keppler took sixth in the high jump by clearing while Ridgewood senior Callaghan placed fifth with a of 4.8.

See INDOOR TRACK page



RECORD FILE PHOTO
Ridgewood's Michael Thurston dominated in the Big North Freedom Division 800-meter race on Tuesday, then won the Male Athlete of the Meet award at the Bergen County Relays on Wednesday.

INDOOR TRACK from C1

A pair of sophomores also impressed in the shot put. Lexi Uzoaru earned a silver medal with a distance of 33-6, while Michelle Carey's 28-5 $\frac{3}{4}$ effort was good enough for sixth.

Bergen County Relays

Both RHS squads shattered the expectations set at the Free-

dom meet by winning the Bergen County Relays large schools titles on Wednesday.

Entering the pole vault – the final event of the competition – the Maroon girls and River Dell were tied with 67 points apiece. Junior Maxine Earl and sophomore Nicole Lester cleared 10-6 and 10-0, respectively, to claim the top spot in the event and secure a 77-73 win for the team

over the Golden Hawks.

Heroes from the girls' second-place performance in the division meet also came up big in the Relays as Halvorsen, Rosenfeld, Adams and Martin placed first in the 4-x-1,600 in 22:01.2.

The Ridgewood boys rebounded from their third-place division performance by topping Freedom rival Indian Hills, 76-65, to earn the large schools crown.

Thurston had another sensational meet, setting a four-inch personal best in the high jump (6-0) and running a 1:54 split in the sprint medley to nearly win the event for Ridgewood. The Maroon senior earned the Alan Wedemeier Award as the meet's most outstanding male athlete.

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RV News 1/29

Ed Church Invitational
@ FDU

February 4, 2016

55m:

Frosh Boys: Josh Hyun **8.4**, Alex Ruhl **7.7**

Frosh Girls: Lindsay Kaul **8.7**, Shaena Brusey **8.6**

Novice Boys: Ryo Kato **7.2/7.2** Connor Witschonke **7.9**

Novice Girls: Sara Schmidt **8.6**, Mia Dolan **9.0**, Emily Keeney **9.0** Callie Orsini **9.0**

Varsity Boys: Sam Do **7.3**

Varsity Girls: Carly Schmidt **8.2**

55HH:

Frosh Boys: Alex Ruhl **11.3**, Nick DeVita **11.4**

Frosh Girls: Virginia Morley **10.3/10.2/10.2 – 4th Place** Irene Park **10.7/ 10.4**, , Marley Scala **11.0**,
Katie McDowell **13.0**

Novice Boys: Ben Leibson **9.3/9.3/9.1 – 5th Place**, Max Bartlik **8.8/9.4**, Connor Perlman **9.7/9.7**

Novice Girls: Anna Schoff **11.3**

Varsity Boys: Ray Harada **8.4**

1600m:

Varsity Boys: Sid Wagh **4:46**, Ben Zamboldi **4:51**, Brad Rynkowski **4:51**, Brendan Hughes **4:53**

Varsity Girls: Hanna Fishbein **5:40**, Corina Cobb **5:58** Haley Driscoll **5:58**, Lauren Pagano **6:15**,
Brittany Schofield **6:22** Sarah Catalano **6:31**

4x800m:

Novice Boys: Kyle Neville **2:22**, Calder Martin **2:22**, Danny Paterson **2:23**, Charlie Branca **2:18**
Max van Adrichem Boogart **2:22**, Max Yalong **2:38**, Jason Dreier **2:24**, Ian Dartley **2:28**

Frosh Boys: Dan Karny **2:23**, Josh Hyun **2:27**, Ryan Fahey **2:32**, Will Baginski **2:05.8 – 9:29.8**

Novice Girls: Jerilyn Rynkowski **2:51**, Ellie Tilyou **2:54**, Katie Reis **2:47** Kelly Dwyer **2:49 – 11:22**

400m:

Varsity Boys: Ryo Kato **56.7**, Sam Do **58.2**

Varsity Girls: Carly Schmidt **68.7**

200m:

Frosh Boys: Alex Ruhl **27.9** Josh Hyun **28.9**, Tim Baginski **29.8**

Frosh Girls: Marley Scala **30.5**, Virginia Morley **31.4** Irene Park **31.4**, Lindsay Kaul **31.7**,

Lizzie Benjamin **32.6**, Katie McDowell **35.6**

Novice Boys: Ryo Kato **25.3**, Sam Do **25.9** Ben Leibson **26.5**, Ray Harada **27.1** Max Bartlik **27.2**,
Connor Witschonke **29.6**

Novice Girls: Mia Dolan **30.4** Anna Schoff **31.6** Sara Schmidt **32.0**, Emily Keeney **34.3** Callie Orsini **34.6**

800m:

Frosh Boys: Ryan Fahey **2:33**, Paul Baginski **2:36**, Eddie Nold **2:39** Rich Joel, Jack Price **2:45**

Novice Boys: Ian Dartley **2:24**, Jason Drier **2:34**, Max Van Adrichem boogart **2:38**, Max Yalong **2:38**,

Varsity Boys: Matteo Robazza **2:09.4**, Brad Rynkowski **2:17.8**, Brendan Hughes **2:19.4**

4x400m:

Frosh Boys:

Dan Karny **58.1**, Alex Ruhl **63.8**, Josh Hyun **63.9**, Will Baginski **56.2 – 4:02.0 – 2nd Place**

Tim Baginski **67.8**, Eddie Nold **69.4**, Jack Price **76.4**, Paul Baginski **68.3 – 4:41.9**

Comments: Some results are incomplete. Very nice job overall in one of our last meets of the year!

February 8, 2016

Varsity Classic
@ NYC Armory:

55m:

Boys: Kobi Grant **6.6/6.6**, Matt Tai **6.7**

Girls: Isabel Park **7.5**

55HH:

Boys: Ray Harada **8.3**, Zack Stadulis **8.4**, Max Bartlik **8.6**

Girls: Cate Shippee **9.3**, Saskia Keppler **9.6**, Nicole Lester **10.1**

3200m: Boys: Billy Byrne **9:44.5 – 2nd Place**

DMR:

Girls: Sam Halvorsen **3:42.9**, Evelyn Kotch **63.4**, Leah Rosenfeld **2:24.6**, Olympia Martin **5:01.5**

12:11.9 – 4th Place... 7th fastest time in the nation so far this season!

800m:

Boys: Kenny Marshall **2:06.1**

Girls: Meghan Adams **2:28.4**, Cate Shippee **2:40.5**

4x800m:

Boys: Andrew Taggart **2:02.5**, Will Baginski **2:01.3**, Ben Zamboldi **2:03.9**, Michael Thurston **1:53.6**

8:01.3 – 1st Place... team earns a Millrose Games 4x800m Invite!

200m: Boys: Matt Tai **23.1**, Kobi Grant **23.4**, Zack Stadulis **24.6**

1600m:

Boys: Sidd Wagh **4:36.6**

Girls: Hannah Fishbein **5:39.4**

Long Jump:

Boys: Ray Harada **18'9 ½"**, Max Bartlik **17'2"**

Girls: Isabel Park **15'7 ¾"**, Kerry Callaghan **13'1"**

Triple Jump

Boys: Max Bartlik **39'7"**, Zack Stadulis **39'3 ¼"**

Girls: Cate Shippee **30'2"**, Isabel Park **F**

High Jump:

Boys: Ray Harada **NH**

Girls: Saskia Keppler **4'10"**, Kerry Callaghan **NH**

Pole Vault:

Girls: Maxine Earl **11'0" – 5th Place**, Nicole Lester **10'6"**

Shot Put:

Boys: Spencer McAvey **48'7"**, Kenny Ekert **44'10"**

Girls: Lexi Uzoaru **33'6 ½"**

Comments:

Some outstanding performances and some performances we need to improve as we head into sectionals. Congratulations to all medal winners at this high-powered meet.

Ridgewood, Bosco relays step up

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — With state season under way in New Jersey, some of the individual events at the annual Varsity Classic at the Armory Track Center didn't have the North Jersey presence they usually have.

But that left room for just three of North Jersey's top relays to cement their entry in April's Penn. Relays with outstanding performances.

The Ridgewood girls and Don Bosco boys distance medleys ran times that placed them in the top 10 times nationally this season, and the Ridgewood boys 4-x-800 scored a dramatic come-from-behind win that also clinched their spot in the prestigious outdoor championship and earned them a spot in the Millrose Games on Feb. 20.

Sam Halvorsen, Evelyn Kotch, Leah Rosenfeld and Olympia Martin ran 12:19 to finish fourth in a loaded distance medley that saw three of the top four times in the country this year. It was the second fastest time ever run by a Ridgewood

place finish in the boys distance medley relay, running a North Jersey best 10:20.4, fifth in the nation.

Then it was the Ridgewood boys' turn in the 4-x-800. With Andrew Taggart leading off in a solid 2:02.5, freshman Will Beginski ran a sensational 2:01.3 leg to bring the Maroons into third place. Sophomore Ben Zamboldi split 2:05.9 to keep the Maroons in striking range and then the Dartmouth-bound Michael Thurston showed why he's a favorite in the state 800 meters championship by running 1:53.6, capping off an 8:01.3 win and edging South Brunswick.

"I've been going out real fast all year and tonight I wanted to run a little more even," said Thurston, who split 27.5 and 56.4 en route to the spectacular finish.

He caught the South Brunswick anchor just before the final turn but waited until the final straightaway to blast past.

"It's something I wouldn't have wanted to do last year," said Thurston. Amarys Berry of Hackensack stayed red hot in the shot, winning the event with a throw of 46-3, her

second 46-plus throw in five days. She defeated Nikkolia Kanaris of NY/Demarest, who continued to come back from injury with her fourth-straight seasonal best 45-0 1/2.

PC SHINES AT NACTC: The New Jersey Catholic Track Conference moved its meet to Ocean Breeze in Staten Island and Paramus Catholic took full advantage, with four top North Jersey performances and three wins.

Aijah Jackson won the 55 in 6.55 seconds and Alexis Troff took the long jump 18-9 1/4. Troff's wasn't an area-leading performance (Kathin Salisbury of Hawthorne went 18-1 1/2 earlier in the year) but was the fourth best performance in Bergen indoor history. Maria Acosta was second in both the 300 (41.15) and 600 (1:36.54) while Tiffany Bautista high jumped 5-4 for second. Javon Turner's fourth-place performance at 500 meters (36.21) also leads North Jersey.

Other top results included Bergen Catholic's Caleb Shain, who won the 1,600 in 4:29.99, Tom O'Boyle, second in the 1,000 (2:37.48) and PC girls 4-x-400, which won in 4:15.43.

INDOOR TRACK

team indoors and left them in seventh place for the season nationally.

"It definitely was a fast race and I was pleased to finish as well as I did," said Halvorsen, who led off in 3:42.9 for the rugged 1,200 leg. "I've run a few of these this winter so when I go back in my regular event [the 3,200] I feel like I'm running so slowly."

Kotch ran a solid 63 second 400 leg and Rosenfeld's 2:24.6 800, a seasonal best, put the stick in the hands of Olympia Martin, who'd never run faster than 5:10 for the 1,600 distance. But the junior, who was second in the State Meet of Champions in cross-country, showed the intensity that brought her cross-country success and blasted a 5:01.5 to secure the Maroons' slot.

"It was awful," said Martin. "I couldn't feel my feet on the last lap but to run the way I did makes me even more excited for the rest of the season."

Don Bosco followed with a third-

State Sectional Championship
@ Toms River:

February 14, 2016

400m:

Girls: R. Alvaro **65.24**

Boys: M. Thurston **52.46 – 3rd Place**, M. Tai **53.98**, Z. Stadulis **54.51**

1600m:

Girls: O. Martin **5:05.79 – 1st Place!!!**, S. Halvorsen **5:15.11 – 3rd Place**, C. Cobb **5:59.31**

55mHH:

Girls: C. Shippee **9.72**, S. Keppler **10.02**

Boys: R. Harada **8.72**, Z. Stadulis **8.93**, M. Bartlik **8.94**

1600m:

Boys: B. Byrne **4:35.72 – 6th Place**, B. Zamboldi **4:42.52**

55m:

Girls: I. Park **7.73/7.74 – 5th Place**, R. Alvaro **8.13**

Boys: K. Grant **6.84/6.88- 3rd Place** S. Do **7.20**

800m:

Girls: L. Rosenfeld **2:25.45 – 3rd Place**, M. Adams **2:27.43**, E. Kotch **2:29.32**

Boys: M. Thurston **1:58.61 – 1st Place!!!**, A. Taggart **2:03.01** W. Baginski **2:03.38**

3200m:

Girls: O. Martin **10:56.91 – 1st Place**, S. Halvorsen **10:59.79**, H. Fishbein **11:51.58**

Boys: B. Byrne **9:35.41 – 3rd Place** S. Wagh **9:54.00**, K. Marshall **9:56.31**

4x400m:

Girls: E. Kotch **64.4**, I. Park **64.6**, C. Shippee **65.2**, L. Rosenfeld **64.2** **4:18.42 – 5th Place**

Boys: M. Tai **53.7**, Z. Stadulis **54.1**, W. Baginski **54.8**, M. Thurston **50.4** **3:32.95 – 1st Place!!!**

Shot Put:

Girls: L. Uzoaru **32'9 1/2"**, M. Carey **28'1 1/2"**

Boys: S. McAvey **48'8" – 6th Place**, K. Ekert **47'5 1/2"**

Pole Vault:

Girls: M. Earl **11'0" – 1st Place**, N. Lester **10'6" – 2nd Place**, K. Callaghan NH

Boys: L. Bontoux **11'0" – 5th Place**

High Jump:

Girls: K. Callaghan **4'10" – tie 3rd Place**, S. Keppler **4'10"** C. Shippee NH

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

Team Scores:

Girls:

Ridgewood 64.25

Montclair 51.25

Livingston 48.5

Randolph 48

JFK 23.25

Boys:

Ridgewood 42

Randolph 41

Morristown 40

West Orange 38

Montclair 30

Comments:

The results are the top 5 from an 18 team meet. Congrats on winning the sectional championship!!!

Boys and girls – county and state sectional champs. Awesome job!!

Eastside, Roberts arrive just in time

By JIM HAGUE
SPECIAL TO THE RECORD

INDOOR TRACK: NORTH 1

TOMS RIVER—The bus carrying both the Kennedy and Eastside track and field teams was rambling toward the North 1 sectionals at the Bennett Center early Sunday morning, but Eastside senior Raheim Roberts was anxious.

After all, the meet was set to begin at 9 a.m. The 400 meters, Roberts' main event, was the first race on the docket.

The bus, which first picked up the Eastside squad at 6 a.m. but then had to go get the Knights as well, still hadn't arrived at 8:45.

"I lost a little bit of hope," Roberts said. "I said to myself, 'I guess I'm not getting a chance to run [Sunday]. I was telling the bus driver to step on the gas. I said, 'I need to get to that meet.' It was my race. I had to get there."

When the bus finally pulled up, the clock read 8:50 a.m.

"I didn't have any time to warm up," Roberts said. "I just put on my shoes and ran."

It turned out, Roberts didn't need much of a warm-up. Roberts blistered the field in 52.15 seconds, finishing ahead of teammate Javon Johnson, who was second in 52.29, to defend the North 1, Group 4 title he won last year.

"I wasn't this good last year," Roberts said. "I'm actually surprised with how well I did."

It was a great day for both the Ridgewood boys and girls teams, both of whom captured North 1, Group 4 team titles.

The Maroons boys' squad captured the sectional crown in thrilling fashion, winning the last event of the day, the 4-x-400 relay, with senior Michael Thurston running the anchor leg. The Maroons needed to win the race to hold off Randolph and Morristown.

"We knew we had to win," said Thurston, who also won the 800 in 1:58.61. "You have to have that in your mind before the race. Once I got the lead, I wasn't going to give

it up." Freshman William Baginski and juniors Zack Stadulis and Matt Tai gave Thurston the lead.

Among the Ridgewood girls, Olympia Martin was the star, winning the 1,600 and 3,200 to lead the Maroons to a 14-point win over runner-up Montclair.

"Olympia had a great meet," Ridgewood coach Josh Saladino said. "The vaulters [Maxine Earl clearing 11 feet to win and Nicole Lester clearing 10-6 for second] got us 18 points and that was big."

The other local champion was Hasbrouck Heights' boys, who won North 1, Group 1, 77-32, over Walkkill Valley. It's the second straight title for the Aviators and the sixth in the seven years.

It was a great day in particular for Jason DiGiacinto, who won the 400 in 54.18, finished fourth in the 800 and ran a leg on the 4-x-400 relay that finished second.

"It feels exciting to keep the tradition going," DiGiacinto said.

Brian Moran won pole vault and Clarence Reyes 55 hurdles.

Hawthorne's Kaitlin Salisbury won the North 1, Group 1 55 in 7.17, which not only set a meet record, breaking the mark Salisbury set last year, but also was the fastest time in the state this season.

"My father told me that I was never going to be a good 55-meter runner," Salisbury said. "I want to prove him wrong."

Perhaps the biggest upset came in the Group 4 girls 800 with sophomore Carly Spinnler of Passaic Tech defeating Nora May McSorley of Randolph in 2:24.55.

"I was just hoping to get a medal, shooting for the top three," Spinnler said.

Kennedy's Ebonee Jackson won the 55 hurdles and the 55. Passaic Tech's Kevin Copper won high jump, clearing 6 feet, 2 inches.

NORTH 1, GROUP 4

TEAMS: Ridgewood (Rdgwd) 42, Randolph (Rand) 41, Morristown (Mtw) 40, West Orange (West Or) 38, Montclair (Mont) 30, Passaic County Tech (PCT) 27, Paterson Eastside (Pat East) 20, Memorial (Mem) 19, Paterson Kennedy (PK-Pat) 17, Hackensack (Hack) 12, Bloomfield (Bloom) 6, Clinton (Clif) 8, Union City (UC) 4, Kearny (Kear) 2, Livingston (Liv) 2.

55: 1. Junior Desir, Mont, 6:78; 2. Armon Kelley, Pat East 6:88; 3. Kobi Grant, Rdgwd, 6:88; 4. Amer Miller, Hack, 6:89; 5. Jeramie Simmons, Rand, 6:89; 6. Raheim Roberts, Pat East, 6:90.

400: 1. Raheim Roberts, Pat East 52.15; 2. Javon Johnson, JFK Pat, 52.29; 3. Michael Thurston, Rdgwd, 52.45; 4. Junior Desir, Mont, 52.69; 5. Ethan Damiano, Rand, 53.20; 6. Joel Stennett, Mtw, 53.89.

800: 1. Michael Thurston, Rdgwd, 1:58.61; 2. Tarin Nelson, PCT, 2:00.90; 3. Kevin Heredia, Clif, 2:01.51; 4. Joseph Onubogu, West Or, 2:01.68; 5. Nahshon Robinson, Liv, 2:01.71; 6. Anderson Heredia, Mem, 2:02.57.

1,600: 1. Eric Clay, Mtw, 4:25.64; 2. Rafael Hernandez, Mem, 4:27.54; 3. Evan Quinn, Mtw, 4:28.48; 4. Ben Edwards, Mtw, 4:29.77; 5. Grant Van Inwegen, Mont, 4:33.50; 6. Billy Byrne, Rdgwd, 4:35.72.

3,200: 1. Rafael Hernandez (Mem) 9:42.07; 2. Joshua Holihan, Rand, 9:45.28; 3. Billy Byrne, Rdgwd, 9:45.31; 4. Eric Clay, Mtw, 9:47.02; 5. Evan Quinn, Mtw, 9:48.57; 6. Ben Edwards, Mtw, 9:49.29.

55 hurdles: 1. Timothy Van Cauwenberge, West Or, 7:93; 2. Lawson Nzegwu, West Or, 8:09; 3. Jeremiah Chinn, Mont, 8:19; 4. Andres Carrillo, UCity, 8:16; 5. Kyle DaSilva, Kearny, 8:17; 6. Zydrigue Williamson, JFK-Pat, 8:29.

High jump: 1. Kevin Copper, PCT 6-2; 2. Ronnell Johnson, JFK-Pat 6-0; 3. Timothy Van Cauwenberge, West Or, 6-0; 4. Yasir Thomas, PCT, 5-10; 5. Javaghn Fahle, Hack, 5-10; 6. Connor Kamp, Rand, 5-8.

Pole vault: 1. Matthew Tomalno, Rand 12-6; 2. Kenan Mitchell, Rand 12-0; 3. Jackson Yeakel, Rand, 11-0; 4. Daniel Pierrre, West Or, 11-0; 5. Luc Bortoude, Rdgwd, 11-0; 6. Abraham Onifade, PCT, 11-0.

Shot put: 1. Javon Jorge, Mtw, 56-2/2 (new meet record, old record, 55-1/2); Mark Ramsey, Paterson Kennedy, 2013); 2. Lowell Kelly-Gamble, Bloom 52-4; 3. Demar Stewart, Hack, 51-6/4; 4. Patrick Henry, PCT, 50-7/2; 5. Matthew Napoleon, Mtw, 48-10/4; 6. Spencer McAvey, Rdgwd, 48-8.

4-x-400 relay: 1. Ridgewood (Matt Tai, Zack Stadulis, William Baginski, Michael Thurston) 3:32.95; 2. Montclair 3:34.00; 3. West Orange 3:35.34; 4. Randolph 3:35.67; 5. Paterson Eastside 3:36.79; 6. Paterson Kennedy 3:36.93.

NORTH 1, GROUP 4

TEAM SCORES: Ridgewood (Rdgwd) 64; Montclair (Mont) 51; Livingston (Liv) 48; Randolph (Rand) 48; Paterson Kennedy (PK-Pat) 29; Clinton (Clif) 21; Passaic County Tech (PCT) 18; West Orange (West Or) 10; Hackensack (Hack) 10; Bergen County Tech (Ber Tch) 8; North Bergen (NO Berg) 4; Kearny (Kear) 3.

55: 1. Ebonee Jackson, JFK-Pat, 7:40; 2. Ain Jones-Davis, Liv, 7:57; 3. Nyjah Young-Bey, Mont, 7:67; 4. Natalie Gomes, NO Berg, 7:72; 5. Isabel Park, Rdgwd, 7:74; 6. Samira Barnes, Mont, 7:78.

400: 1. Ain Jones-Davis, Liv, 1:00.30; 2. Nyjah Young-Bey, Mont, 1:00.68; 3. Eryna Scotland, Liv, 1:01.80; 4. Bukola Akinsola, West Or, 1:01.94; 5. Anna Czuyler, Kearny, 1:02.00; 6. Elizabeth Cummings, Mont, 1:02.00.

800: 1. Carly Spinnler, PCT, 2:24.55; 2. Nora May McSorley, Rand, 2:24.90; 3. Leah Rosenfeld, Rdgwd, 2:25.45; 4. Elizabeth Cummings, Mont, 2:26.60; 5. Eliza Gentry, Mont, 2:26.79; 6. Meghan Adams, Rdgwd, 2:27.43.

1,600: 1. Olympia Martin, Rdgwd, 5:05.79; 2. Brooke Olson, Rand, 5:07.93; 3. Sam Halvorsen, Rdgwd, 5:15.11; 4. Courtney Daraky, Rand, 5:19.78; 5. Nora May McSorley, Rand, 5:23.11; 6. Juliet Kohli, Mont, 5:26.64.

3,200: 1. Olympia Martin, Rdgwd, 10:56.91; 2. Abigail McLaughlin, Berg Tch, 10:58.51; 3. Samantha Halvorsen, Rdgwd, 10:59.79; 4. Abby Loveys, Rand, 11:19.42; 5. Brooke Olson, Rand, 11:19.79; 6. Juliet Kohli, Mont, 11:31.38.

55 hurdles: 1. Ebonee Jackson, JFK-Pat 8:53; 2. Aleny Morales, Clifton, 9:13; 3. Jessie Pasquale, Rand, 9:17; 4. Jaydn Trayvick, Mont 9:17; 5. Amya Dumay, Mont 9:24; 6. Rikayvia Palmer, PCT, 9:28.

High jump: 1. Meghan O'Malley, Rand, 9-2; 2. Kai DiTunno, Liv, 5-0; 3. Tie between Azariah Johnson, PCT; Zoe McClellan, Mont; Ebonee Jackson, JFK-Pat, Kerry Callaghan, Rdgwd 4-10.

Pole vault: 1. Maxine Earl, Rdgwd, 11-0; 2. Nicole Lester, Rdgwd, 10-6; 3. Kai DiTunno, Liv, 10-0; 4. Kristen Wong, Clif, 9-6; 5. Allison Proszowski, Clif, 9-0; 6. Tie between Yana Sano, Liv, and Samantha Wong, Clif, 8-6.

Shot put: 1. Arman's Berry, Hack, 45-1/2 (new meet record, old record, 41-6, Berry, 2015); 2. Tamara Hunt, Mont, 38-5; 3. Monika Dlugosz, Clif, 36-3/4; 4. Casha Washington, PCT, 35-4; 5. Shelby Bigby, Mont, 34-11/4; 6. Daniela Goncalves, Kear, 33-3/4.

4-x-400 relay: 1. Livingston (Eryna Scotland, Kai DiTunno, Judynn Julius, Ain Jones-Davis) 4:09.34; 2. Montclair 4:12.35; 3. West Orange 4:16.91; 4. Randolph 4:18.14; 5. Ridgewood 4:18.42; 6. Clifton 4:21.12.

Bergen County Championship
@ NYC Armory:

February 16, 2016

55m:

Boys: Kobi Grant **6.6/6.5**, Sam Do **6.9**

55HH:

Boys: Max Bartlik **8.9**, Ben Leibson **8.9**, Connor Perlman **9.1**

Girls: Saskia Keppler **9.7**, Nicole Lester **9.7**

3200m:

Girls: Hannah Fishbein **12:09.3**

600m:

Boys: Michael Thurston **1:20.1 – 1st Place... school record.. #2 all time in Bergen County, #5 (tie) all time in NJ history, #38 all time (tie) in national history**

Girls: Evelyn Kotch **1:43.1**

800m – Frosh:

Boys: Will Baginski **2:01.1 – 1st Place**, Dan Karny **2:12.3**

400m:

Boys: Ryo Kato **56.2**

1000m:

Boys: Billy Byrne **2:40.6**, Andrew Taggart **2:42.0**

Girls: Meghan Adams **3:10.7**

800m – Novice:

Boys: Brendan Hughes **2:14.2**

300m:

Boys: Matt Tai **36.7**, Ryo Kato **38.8** Kobi Grant **39.1**, Sam Do **39.3**,

Girls: Riley Alvaro **45.1**

1600m:

Boys: Sid Wagh **4:37.7**

800m:

Boys: Ben Zamboldi **2:03.7**, Matteo Robazza **2:06.1**, Brad Rynkowski **2:11.4**

Girls: Leah Rosenfeld **2:25.5**

Shot Put:

Boys: Kenny Ekert **48'11" – 6th Place**, Spencer McAvey **48'7"**

Girls: Lexi Uzuaru **32'8"**, Michelle Carey **27'5"**

High Jump:

Boys: Max Bartlik NH

Girls: Saskia Keppler 4'10"

Pole Vault:

Boys: Luc Bontoux NH

Girls: Maxine Earl 10'6", Nicole Lester 10'0"

Long Jump:

Boys: Max Bartlik 17'6 1/4"

Girls: Isabel Park 15 1/4", Anna Schoff 14'4"

Triple Jump:

Boys: Max Bartlik F

Girls: Isabel Park F, Anna Schoff 28'8 1/4"

Pentathlon:

Boys: Ray Harada 8.1 5'8", 20'1 1/4", 3:18.9 Zack Stadulis 8.2 NH, 17'8" 2:54.1

Girls: Kerry Callaghan 9.5, 5'0", 2:38.9 Cate Shippee 9.1, 4'8", 2:38.3

Non-traditional races in spotlight

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — One of the joys of the indoor track season is the variety of race distances run on a 200-meter track.

In addition to the traditional 200, 400, 800, 1,600 and 3,200-meter runs, races at 300, 600 and 1,000 meters are part of some indoor season meets in the East.

Tuesday night at the Bergen County Championships, the non-traditional events took center stage, especially in the boys 600 and 1,000-meter runs. Colin Daly and Will Daly of River Dell and Michael Thurston of Ridgewood turned in national class times in the 1,000 and 600, respectively, and Andrew Schumacher of NV/Old Tappan won a great battle with Christian Ozona of Teaneck in the fastest 300 of the year in Bergen County.

First it was the 600, with Thurston and future Dartmouth teammate Jack Kerin of Indian Hills taking the race out hard and running faster as it unfolded.

Thurston went through the 200 in 25.7 and the 400 in 52.2, faster than he'd run Sunday when he took third in the sectional Group 4-400.

Kerin tried to hang on but two weeks ago,

Thurston held it together, winning the race in 1:20.1, the second fastest time in county history, just one-tenth of a second off the mark set by Ken Sinkovitz of Bergen Catholic in 2003. It was also the second fastest time of the year nationally and within the top 50 all-time nationally.

Kerin ran 1:21.0, the third fastest time in the state this year and sixth all time on the Bergen list.

"I like this race a lot because it's a mix of the 400 and 800, and I've got some speed and some stamina," said Thurston, who is aiming for his first state title Friday in the Group 4-800 in Toms River.

"I'm more confident this year because I've been exposed to almost everything in the four years I've run and I think I can handle almost anything now."

"I wanted to go out fast and see how long I could hold it and I was able to hold it the whole race," Thurston said. "I wanted to break the county record but I'm happy with this."

The Dalys also were happy with their 1,000-meter race, with Colin's 2:27.5 and Will's 2:27.6 trailing just the nationwide best 2:27.30 run by Thomas Ratcliffe of Massachusetts two weeks ago.



KEVIN R. WEXLER/STAFF PHOTOGRAPHER
Ridgewood's Michael Thurston on his way to winning the 600.

They now sit third and fifth on the all-time Bergen list and like Thurston, are within the top 50 all-time nationally in the event, which is a staple of this season.

the college track schedule. "I think it's a cool race and I'd love to do it more in college," said Colin Daly, who will run at the University of Pennsylvania next year. "I really like running the 1,200 [leg of the distance medley] and that helps me know to pace myself for the 1,000."

"I followed Colin for the first two laps because I wasn't sure how to pace it and I thought 38 was too fast," said Will Daly, who then took the brothers through the 800 in 1:58.1. Then he jumped me when the bell rang.

Colin took the lead and while Will battled back, Colin had enough to hold on for the win.

"I'm happy that the last lap was the second fastest we ran in the race," said Will Daly. "I just couldn't get him."

Schumacher ran a speedy 35.1 in the 300 to defeat the defending champion and extend his outstanding season, which has seen him excel at everything from 55 to 800 meters.

"I love the 300 because it's more of a long sprint," said Schumacher, who will run the 400 in Saturday's state Group 3 meet. "I've learned what kind of shape I'm in and how well coach [Brandon] Gregory has prepared me for this season."

INDOOR TRACK AND FIELD

BERGEN COUNTY CHAMPIONSHIPS

AT THE ARMORY TRACK CENTER, NEW YORK

BOYS

55-100: 1. Jaimel Johnson, Bergen Catholic, 6:5. 2. Javon Turner, Paramus Catholic, 6:5. 3. Ailiah Jackson, Paramus Catholic, 6:5. 4. Jaron Bosompen, Bergenfield, 6:5. 5. Armani Williams, Paramus Catholic, 6:7. 6. Tyler Chen, River Dell, 6:7.

55-110: 1. Dan Pflueger, Northern Highlands, 7:6. 2. Andre Grant, Hackensack, 7:6. 3. Clarence Reyes, Hasbrouck Heights, 7:6. 4. Will Rienas, NV/Old Tappan, 7:8. 5. Kevin DeLoughry, Bergen Catholic, 8:1. 6. Al-tariq Denton, Paramus, 8:2.

500: 1. Andrew Schumacher, NV/Old Tappan, 35:1. 2. Christian Ozoria, Teaneck, 35:1. 3. Jaimel Johnson, Bergen Catholic, 36:3. 4. Anthony Lorene, Indian Hills, 36:7. 5. Tie between Kenoy Acquah, Tenafly, and Austin Pisan, Westwood, 36:9.

400: 1. Tom Rienas, NV/Old Tappan, 49:9. 2. Will Rienas, NV/Old Tappan, 50:4. 3. Matan Argenteau, Dwight-Englewood, 51:4. 4. Kevin DeLoughry, Bergen Catholic, 51:5. 5. Evan Bonfield, Mahwah, 51:9. 6. Evan Jones, Pascack Valley, 51:9.

600: 1. Michael Thurston, Ridgewood, 1:20.1. 2. Jack Kerin, Indian Hills, 1:21.0. 3. Owen Davitt, Glen Rock, 1:23.3. 4. Justin Fernandez, River Dell, 1:25.0. 5. Corey Girard, Indian Hills, 1:25.2. 6. Dylan Scallo, Dumont, 1:25.6.

800: 1. Patrick Sullivan, Don Bosco, 1:58.5. 2. Dan Scherb, Waldwick, 2:00.9. 3. Connor Nicholson, Don Bosco, 2:01.7. 4. Justin Nam, NV/Demarest, 2:03.0. 5. David Rosas, Don Bosco, 2:03.6. 6. Ben Zamboldi, Ridgewood, 2:03.8.

1,000: 1. Colin Daly, River Dell, 2:27.5 (record, old record, 2:29.2 by Daly, 2015). 2. Will Daly, River Dell, 2:27.6. 3. Sean Sullivan, Rutherford, 2:34.2. 4. Jeff Roberts, Pascack Valley, 2:34.9. 5. Billy Byrne, Ridgewood, 2:40.1. 6. Tom O'Boyle, Bergen Catholic, 2:42.0.

1,600: 1. Sean Sullivan, Rutherford, 4:28.3. 2. Billy McNicholas, Don Bosco, 4:32.2. 3. Caleb Shala, Bergen Catholic, 4:33.0. 4. Joey Erskine, Don Bosco, 4:33.8. 5. Justin Touhey, Don Bosco, 4:33.9. 6. Alex Gee, Paramus, 4:35.2.

3,200: 1. Luke Novak, Don Bosco, 9:46.0. 2. Peter Theuerkauf, Bergen Catholic, 9:54.3. 3. Ryan Nicholson, Don Bosco, 10:06.2. 4. Matt Hartman, Don Bosco, 10:11.2. 5. Marc Lugo, Hackensack, 10:14.4. 6. Billy Rabah, Bergen Catholic, 10:15.9.

Shot put: 1. Demar Stewart, Hackensack, 55-1¼. 2. Giovanni Gutierrez, Saddle Brook, 51-6¼. 3. Zack Ruiz, Westwood, 50-6¼. 4. Jae Choi, River Dell, 49-8¼. 5. Brian Raguseo, Ramapo, 49-8. 6. Kenny Ekert, Ridgewood, 48-11¼.

High jump: 1. Javon Turner, Paramus Catholic, 6-0. 2. Tim DeLorenzo, Northern Highlands, 6-0. 3. Drew Singleton, Paramus Catholic, 6-0. 4. Peter McNally, Ramsey, 5-10. 5. Tie between Dan Monchek, Northern Highlands, and Dan Pflueger, Northern Highlands, 5-10.

Long jump: 1. Tommy Smith, Hackensack, 21-9¼. 2. Ailiah Jackson, Paramus Catholic, 21-4¼. 3. Haram Yang, Bergen Tech, 21-4¼. 4. John Proctor, Hackensack, 21-3¼. 5. Matt Bruchalski, Don Bosco, 20-3¼. 6. Dan Pflueger, Northern Highlands, 19-11.

Triple jump: 1. Tommy Smith, Hackensack, 24-7¼. 2. John Proctor, Hackensack, 24-2¼. 3. Mike Huertas, Fort Lee, 4-3¼. 4. Mehmet Er, C. Clinside Park, 40-7¼. 5. Nick Coleburn, Indian Hills, 40-2¼. 6. Eriyo Yu, Demarest, 40-0¼.

Pole vault: 1. Greg Fuerte, Paramus, 13-6. 2. Jack Muller, Mahwah, 13-0. 3. Tie between Dante D'Acostaro, Mahwah, and Joseph Kim, Ridgefield Park, 12-6. 5. Dom Roca, Mahwah, 12-6. 6. Sam Krichen, NV/Old Tappan, 12-0.

4x-400 relay: 1. NV/Old Tappan (Andrew Schumacher, James Meissenborn, Will Rienas, Tom Rienas), 3:24.9. 2. River Dell, 3:27.3. 3. Indian Hills, 3:30.7. 4. Westwood, 3:35.0. 5. Tenafly, 3:38.4. 6. Bergen Catholic, 3:39.5.

GIRLS

55: 1. Alexis Trott (Paramus Catholic), 7:1. 2. Olivia Florio (Northern Highlands), 7:2. 3. Faith Sutton (Paramus Catholic), 7:3. 4. Toni James (Teaneck), 7:3. 5. Rashya Edwards (Teaneck), 7:3. 6. Nicole Vadon (Pascack Hills), 7:7.

55-100: 1. Julia Kelly (Ramapo), 1:45. 2. Lauren Stern (Mahwah), 1:50. 3. Armani VanDerWall (Glen Rock), 1:50. 4. India Chery (Glenfield), 1:51. 5. Sarah Smith (Critticos (Over the Pond)), 1:51. 6. Sarah Venes (Waldwick), 1:51.

500: 1. Amiah Sanders (Teaneck), 40:2. 2. Lexi DeGizco (Tenafly), 40:9. 3. Abby Adams (Ramapo), 41:1. 4. Toni James (Teaneck), 42:4. 5. Lily DiMartino (Indian Hills), 42:6. 6. Jillian DiGirolamo (Hasbrouck Heights), 42:9.

400: 1. Caroline O'Sullivan (Old Tappan), 58.5. 2. Ashlyn Saraga (Teaneck), 59:4. 3. Megan Gashick (Park Ridge), 61:1. 4. Tara Lagomarsino (Saddle Brook), 61:5. 5. Rachel Spanola (Park Ridge), 62:5. 6. Kaki Lash (Pascack Hills), 62:7.

600: 1. Maria Acosta (Paramus Catholic), 1:36.7. 2. Kelsey Larkin (Ramsey), 1:36.9. 3. Abby Lee (Pascack Valley), 1:39.3. 4. Serena Marthez (Hackensack), 1:40.2. 5. Olivia Randolph (Teaneck), 1:41.2. 6. Erin Racano (Ramapo), 1:42.3.

800: 1. Maria Acosta (Paramus Catholic), 2:20.8. 2. Olivia Randolph (Teaneck), 2:24.0. 3. Leah Rosenfeld (Ridgewood), 2:25.4. 4. Jodi Hitchen (Northern Highlands), 2:26.5. 5. Lily Flood (Ramsey), 2:27.2. 6. Erin Scott (Waldwick), 2:28.6.

1,000: 1. Julia Guerra (Indian Hills), 2:54.4. 2. Shannon Gona (River Dell), 2:58.9. 3. Meghan Adams (Ridgewood), 3:10.9. 4. Courtney Gelsenheimer (Demarest), 3:13.0. 5. Aida de la Cruz (Old Tappan), 3:16.2. 6. Ryann Reagan (Dumont), 3:17.7.

1,600: 1. Courtney Brunet (Old Tappan), 5:15.6. 2. Ginger Podsenio (River Dell), 5:18.2. 3. Ashley Evans (Pascack Valley), 5:22.8. 4. Francesca Lama (Paramus), 5:26.2. 5. Rhiannon Novelli (Holy Angels), 5:27.0. 6. Julia Miles (Indian Hills), 5:33.9.

3,200: 1. Glavanna Jabbachino (HA), 11:33.5. 2. Lexi Harris (Ramapo), 11:48.7. 3. Grace Jansson (Holy Angels), 11:56.9. 4. Hannah Fishbein (Ridgewood), 12:09.7. 5. Melissa Dougherty (River Dell), 12:17.0. 6. Jessica Lapitan (Tenafly), 12:34.9.

4x-400 relay: 1. Northern Highlands (Hilary McElwain, Julia Healy, Robine Arami, Amanda Pook), 4:02.2. 2. River Dell, 4:04.0. 3. Paramus Catholic, 4:06.8. 4. Hasbrouck Heights, 4:08.3. 5. Ramsey, 4:09.2. 6. NV/Old Tappan, 4:15.4.

Shot put: 1. Jessica Molina (Westwood), 47-9. 2. Amaris Berry (Hackensack), 42-2¼. 3. Nikoia Kanaris (NV/Demarest), 41-0¼. 4. Aleesia Edwards (Teaneck), 37-1¼. 5. Kiara Germaine (Bergenfield), 36-8. 6. Laura Rizik (River Dell), 34-7.

Long jump: 1. Alexis Trott (Paramus Catholic), 17-3¼. 2. Maryam Hassan (Cresskill), 17-4¼. 3. Faith Sutton (Paramus Catholic), 16-7. 4. Brooke McKnight (Hasbrouck Heights), 16-5¼. 5. Alyssa Jasuale (New Milford), 16-4¼. 6. Victoria Kong (Dwight-Englewood), 16-2¼.

Triple jump: 1. Nia VanBrackle (Teaneck), 35-10¼. 2. Lauren Stern (Mahwah), 35-6¼. 3. Maryam Hassan (Cresskill), 35-6¼. 4. Amanda Katz (Ramapo), 35-1¼. 5. Alexis Trott (Paramus Catholic), 34-8. 6. Faith Sutton (Paramus Catholic), 34-3¼.

Pole vault: 1. Michelle Rubineti (NV/Demarest), 11-6. 2. Jessica Ippolito (Fair Lawn), 11-0. 3. Brigitte Muller (Mahwah), 11-0. 4. Maxine Earl (Ridgewood), 10-6. 5. Grace Garbala (Ramsey), 10-0. 6. Amanda Katz (Ramapo), 10-0.

Relaywork: 1. Ashlyn McKenna, Ramapo (9:1 Ht, 25.2¼ Sp, 4:10 Ht, 1:53.0¼ Lf, 2:24.8 Rm), 2:22 points. 2. Jazzin Clark, NV/Old Tappan, 2:30. 3. Kelly Knight, Northern Highlands, 2:35. 4. Olivia Pandolfo, Tenafly, 2:33. 5. Kerry Callaghan, Ridgewood, 2:32. 6. Hannah Figueroa, Pascack Hills, 2:32.

Ridgewood teams sweep

Relay seals crown for boys squad

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

Entering the final event of the ultra-tight North 1, Group 4 indoor track championship, the Ridgewood High School boys team knew it had the right group of athletes to give the squad a chance at the title.

But trailing Morristown by eight points and Randolph by five, the Maroons needed to win the 4-x-400 relay and still get some outside help.

"I thought we were going to win the race. Our guys have been getting better and better in the 400," RHS head coach Josh Saladino said. "Our goal was to control what we could control, win the race and let everything else play out."

Senior anchor Michael Thurston took the lead on the final relay leg and delivered a first-place finish, while Morristown and Randolph's teams placed eighth and fourth, respectively, to give the Maroons a one-point win and the program's first indoor sectional title since 2013 this past Sunday at the Bennett Center in Toms River.

"We had to have our guys up front — two juniors Matt Tai and Zack Stadulis and a freshman Will Baginski — do their job and keep us in the hunt. We had the best anchor in the race in Michael," Saladino said in a phone interview Monday morning.

Thurston added to his strong performances in championship meets this season, which have included being recognized as the male athlete of the meet in last month's Bergen County Indoor Relays.

"Michael is one of the best track and field athletes in the state and he's really getting a chance to prove it this season," Saladino said. "We have a reason where he's

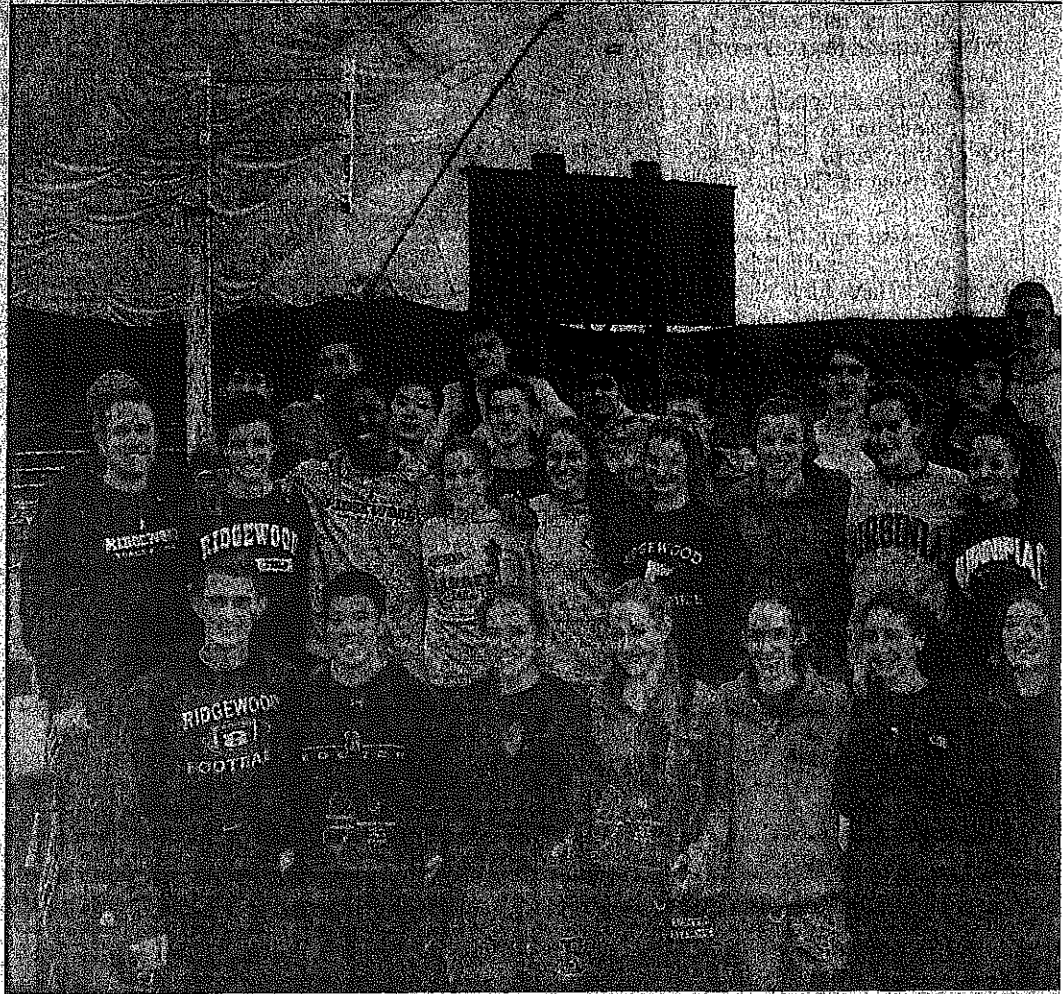
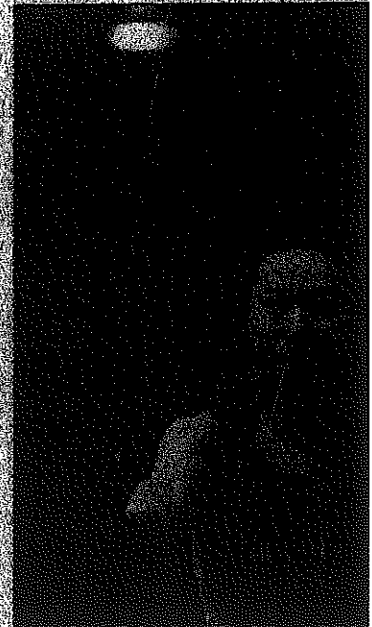
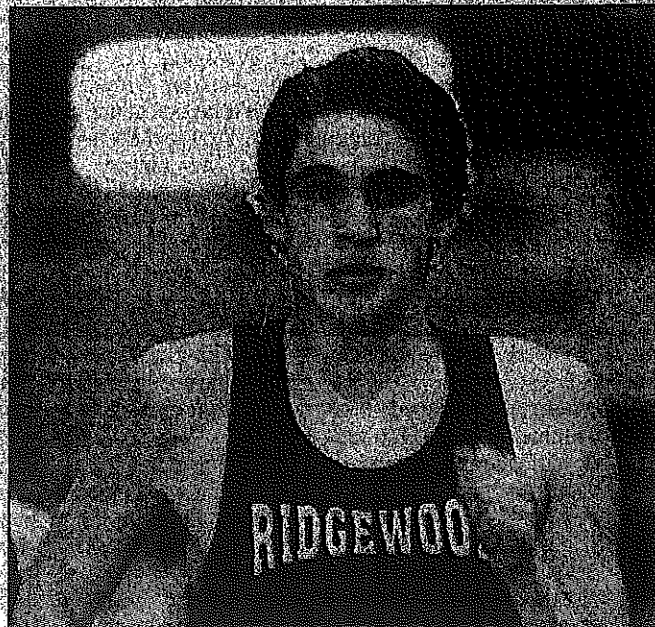


PHOTO COURTESY OF

The Ridgewood High School boys and girls indoor track teams both won their first North 1, Group 4 indoor track championship past Sunday at the Bennett Center in Toms River.



Local teams sweep sectionals

Girls grab 3 golds on way to title

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

It started at the top for the Ridgewood High School girls indoor track team, which received its best performances from its marquee competitors, and extended down to the important depth athletes, who helped pad the RHS lead in a balanced championship-level effort at the North 1, Group 4 meet this past weekend.

The Maroons benefited from three gold-medal performances – two by distance runner Olympia Martin – and placed in seven of 10 events at the meet to secure the team title, 64 $\frac{1}{4}$ -51 $\frac{1}{4}$, over Montclair on Sunday at the Bennett Center in Toms River.

"We scored in the field, we scored in the sprints, we scored in the distance. That's usually what it takes to win a sectional championship," head coach Josh Saladino said in a phone interview Monday morning. "It was a balanced team effort with a lot of personal bests, which is what you're looking for at this point."

The victory made this Ridgewood squad the first to win a North 1, Group 4 title since 2013 and the first since 2012 to capture both the Bergen County Relays and sectional crowns in the same season.

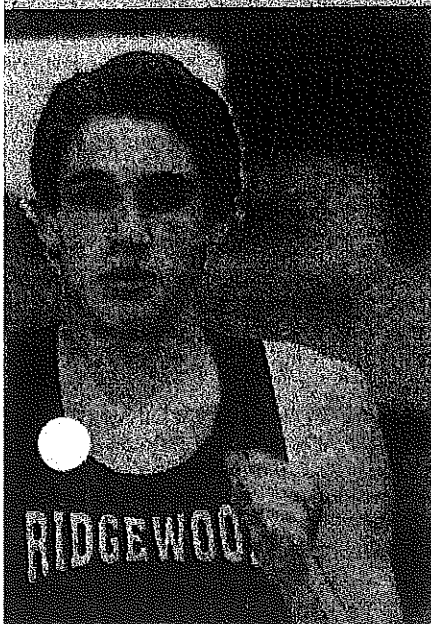
"Going into this meet, we talked about how there were reasons for not performing your best," said Saladino. "They could have had an excuse that we had already won a county championship. We could have had an excuse that it was freezing cold; it was hard to warm up."

"It's a 6 a.m. bus ride to get down to Toms River," Saladino continued. "The champions overcome those. They put those excuses aside and decided to be at their best."



PHOTO COURTESY OF RHS TRACK AND FIELD PROGRAM

Ridgewood School boys and girls indoor track teams both won their first North 1, Group 4 titles since 2013 this weekend at the Bennett Center in Toms River.



the Bennett Center in Loms River. "We had to have our guys up front — two juniors Matt Tai and Zack Stadulis and a freshman Will Baginski — do their job and keep us in the hunt. We had the best anchor in the race in Michael," Saladino said in a phone interview Monday morning.

Thurston added to his strong performances in championship meets this season, which have included being recognized as the male athlete of the meet in last month's Bergen County Indoor Relays.

"Michael is one of the best track and field athletes in the state and he's really getting a chance to prove it this season," Saladino said. "It's been a season where he's been able to build off his success."

The senior played a part in 26 of the Maroons' 42 points by winning the 800 in 1:58.61 and placing third in the 400 in 52.46 in addition to his 4-x-400 performance. Ridgewood needed every one of those points in a jam-packed top of the field that featured just a four-point margin between the top four teams, all of which were in striking distance of the crown heading into the relay.

"I don't recall in 15 years of coaching there being a meet where four teams have a chance at a sectional championship with one team to go," Saladino said. "It was exciting."

The Maroons edged Randolph (41 points), Morristown (40) and West Orange (38).

"It was so low-scoring because it was so even across the board," the coach said. "So many teams were performing at a championship level."

By claiming the title, Ridgewood completed a significant turnaround after placing eighth in North 1, Group 4 last season.

"They have learned to become fierce competitors," Saladino said of his squad. "[The relay team] accepted that they had to win. It wasn't they were hoping to win. They went into that knowing they had to win to give the team a chance to win the championship."

The coach said the turning point of this season came when his squad won the Bergen County Indoor Relays on Jan. 27, a day after finishing a disappointing third in the Big North Freedom Division meet.

"It's a very determined team, and they grew up after the league championship," Saladino said. "That was a bad meet for us. We knew we didn't perform our best."

The Maroons responded the following day — because the div-



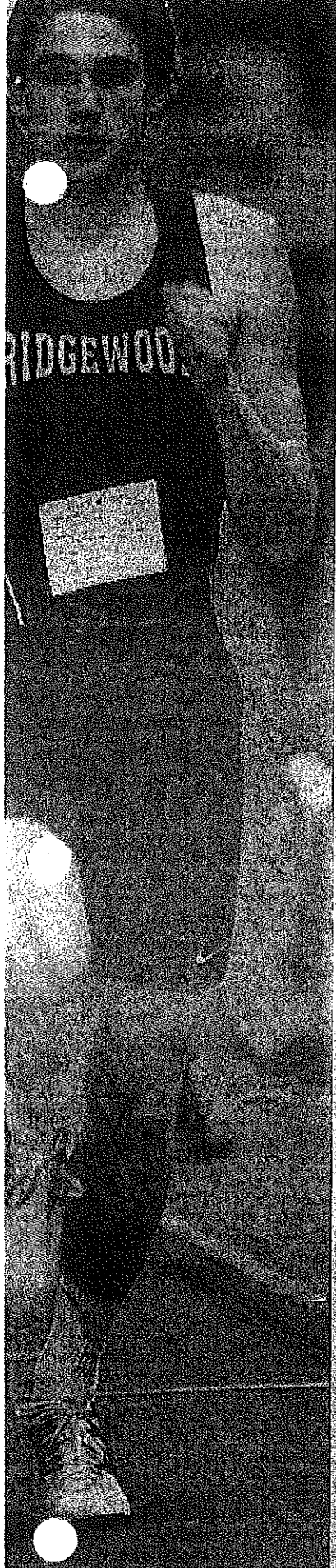
KEVIN R. WEXLER/THE RECORD

Ridgewood's Michael Thurston ran a strong anchor leg in the 4-x-400 relay to lead the Maroons to the North 1, Group 4 title.



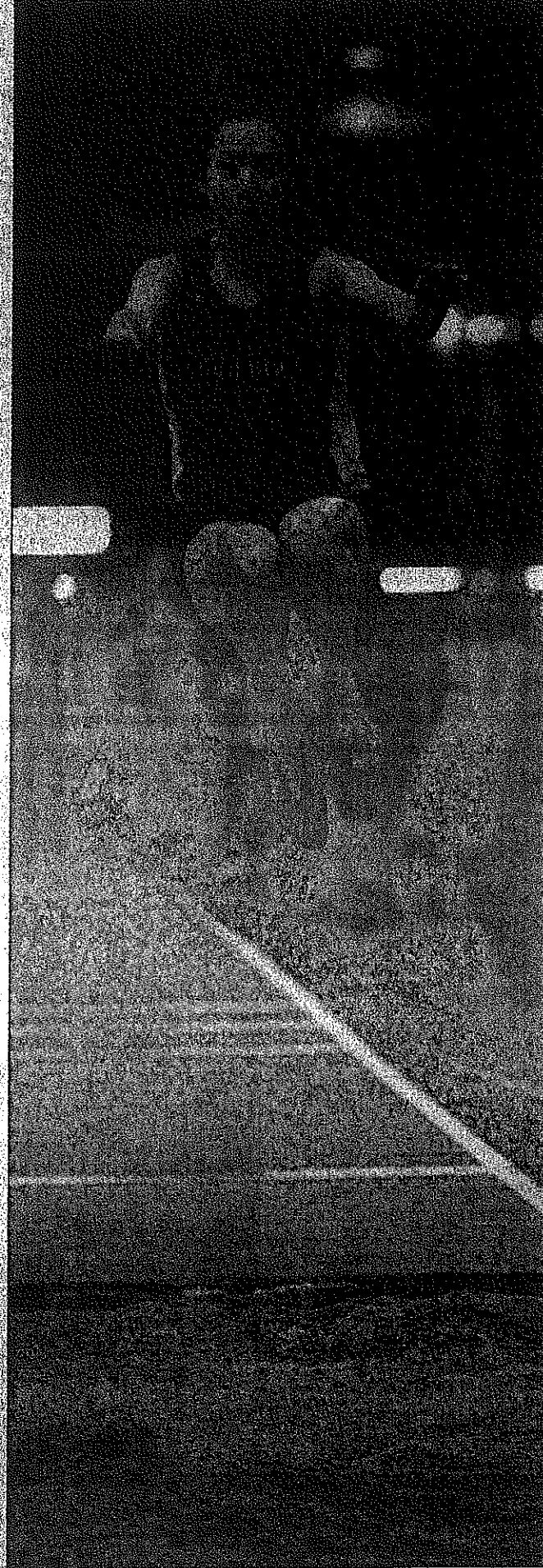
KEVIN R. WEXLER/THE RECORD

Isabel Park, who starred in the long jump at the Bergen County Relays, finished fifth in Sunday to help Ridgewood win a sectional title.



KEVIN R. WEXLER/THE RECORD

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id the Maroons to the North 1.



KEVIN R. WEXLER/THE RECORD

Isabel Park, who starred in the long jump in last month's
Bergen County Relays, finished fifth in the 55-meter race
Sunday to help Ridgewood win a sectional crown.

North 1, Group 4 title since 2013
and the first since 2012 to capture
both the Bergen County Relays
and sectional crowns in the same
season.

"Going into this meet, we talked
about how there were reasons for
not performing your best," said
Saladino. "They could have had
an excuse that we had already
won a county championship. We
could have had an excuse that it
was freezing cold, it was hard to
warm up."

"It's a 6 a.m. bus ride to get
down to Toms River," Saladino
continued. "The champions over-
come those. They put those excu-
ses aside and decided to be at their
best."

Martin, a junior, led the way
with a double-gold performance,
starting with a victory in the 1,600
meters in 5:09.79, and followed up
by a time of 10:56.91 in the 3,200.

"Winning the 1,600 in a person-
al-best time and then coming back
and winning the 3,200 in a person-
al-best time on the same day is a
rarity for someone at that level,"
Saladino said.

Senior Sam Halvorsen took
bronze in both races, giving the
Maroons 32 points, or nearly half
of their total, in those two events
alone.

"We knew how good Sam and
Olympia have been, how good
they continue to be, so we're look-
ing forward to them performing at
a really high level and they certain-
ly came through," Saladino said.

Ridgewood also raised the bar
in the pole vault as Maxine Earl
cleared 11 feet and teammate
Nicole Lester vaulted 10-6 to place
first and second in the event.

"The girls in the vault have been
tremendous for us all year," said
Saladino. "All those kids are fierce
competitors. It's not an accident
that Olympia and Sam and Max-
ine and Nicole have performed at
such a high level all year. They
demand the most in themselves,
and they've come through and
delivered this season."

Senior Leah Rosenfeld and
sophomore Meghan Adams
placed third and sixth, respect-
ively, in the 800 to give Ridgewood
four events with multiple
place winners.

"Having two people scoring in
four events really helps. You're not
just scoring yourself, but you're
keeping [opponents] away from
scoring," Saladino said.

The Maroons nearly placed two
in the high jump as senior Kerry
Callaghan leapt 4-10 to tie for the
bronze and classmate Saskia Kep-
pler placed seventh. Senior Isabel

BOYS INDOOR from C1

sion meet had been postponed due to snow -- by capturing the County Relays large schools championship.

"It proved to themselves how good they can be when they were as determined as they were in that meet," Saladino said.

While Thurston played the lead role in the sectional meet, several younger Maroons stepped up to contribute to the victory.

Junior Billy Byrne placed sixth in the 1,600 and third in the 3,200 to pick up seven points.

Saladino commended a pair of athletes that exceeded expectations to capture crucial points.

"Kobi Grant was not seeded in the 55 and he came in third,

which is a tremendous job by him," Saladino said. "Luc Bontoux was not seeded in the pole vault; he came in fifth. That fifth place that was unexpected was two points and without those two points we don't win the meet."

Bontoux cleared 11 feet to secure that fifth-place effort, and Spencer McAvey's throw of 48.8 in the shot put earned him sixth to add a point to the Ridgewood total.

The Maroons returned to action in Tuesday's Bergen County Championships where Thurston shined again by winning the 600-meter race.

"The team will continue its season this afternoon at the State Group 4 championship meet in Toms River. Then, on Saturday

that we went 1-3 in the 1,600, 1-3 in the 3,200, two kids scoring in the 800, 1-2 in the vault. Those things will give us a chance to be

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birchenough@northjersey.com

GIRLS INDOOR from C1

Park represented Ridgewood in the sprints, coming in fifth in the 55, while the 4-x-400 relay earned a fifth-place finish as well.

Ridgewood will continue at the State Group 4 meet this afternoon in Toms River, where Saladino said the Maroons could put themselves in contention.

"When you have winners, you know you have a chance at the group meet," he said. "The fact

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GOATS AARUBASKETBALL

Spring BOYS & GIRLS Team Tryouts

Boys Tryouts

Saturday February 20

Monday February 22

@ Bethlethem Lutheran Church

@ Bethlethem Lutheran Church

Indoor track: State group meets preview

Friday and Saturday at Bennett Center, Toms River

The indoor track and field state championships begin Friday. The top six finishers in each group, plus six wild cards in each event, qualify for the state Meet of Champions on Feb. 27. Here is a group-by-group preview in the scheduled event order.

BOYS

GROUP 1

(Friday, 4 p.m.)

Returning medalist: Gio Gutierrez, Saddle Brook (fourth, shot put)

North Jersey seeds: Brian Moran, Hasbrouck Heights (tie second, 55; fifth, pole vault); Clarence Reyes, Hasbrouck Heights (sixth, 55 hurdles); Sean Sullivan, Rutherford (fourth, 800); Owen Davitt, Glen Rock (fifth, 800); Danny Daurio, Bogota (fifth, 3,200); Gutierrez (first, shot put)

Other contenders: Christian Marosi, Waldwick (55 hurdles); Justin Stoll, Pompton Lakes (800); Sullivan (1,600); Jarod Forer, Glen Rock (pole vault); Hawthorne relay.

Outlook: Gutierrez is the heavy favorite to become Saddle Brook's first group shot put champ since 1991. He'll probably be the only North Jersey winner in the meet, but Moran has a chance to be only the third North Jersey boy to win the 55-meter dash. Sullivan's best chance is in the 800, and Daurio should become the first Bogota indoor track medalist.

GROUP 2

(Saturday, 9 a.m.)

Returning medalists: Colin Daly, River Dell (second, 800; second, 1,600); Will Daly, River Dell (fourth, 1,600; second, 3,200)

North Jersey seeds: Will Daly (second, 1,600); Colin Daly (third, 1,600); Jeff Roberts, Passaic Valley (fourth, 1,600); Jae Choi, River Dell (sixth, shot put); Peter McNally, Ramsey (tie third, high jump); Jack Muller, Mahwah (tie third, pole vault)

Other contenders: Justin Fernandez, River Dell (800); Colin Daly (800); Will Daly (3,200); Zachary Ruiz, Westwood (shot put); Liam Hanrahan, River Dell (shot put); Adam Freesman, NV/Domarest (shot put); Steven Nolasco, Garfield (high jump); Ben Stein, Tenafly (high jump); Joseph Kim, Ridgfield Park (pole vault); Dominic Roca and Dante D'Agostaro, Mahwah (pole vault); River Dell relay.



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Twins Will, left, and Colin Daly of River Dell are returning medalists in Group 2 and are seeded in this year's 1,600.

Outlook: The Dalys scored 28 points last winter when River Dell took the Group 2 crown, 42-38, over Matawan and could score even more. But in order for the Golden Hawks to hold off Matawan, Deptford and Delran, and become the first North Jersey back-to-back winner in 11 years, Fernandez, Choi, Hanrahan and the relay have to combine to score some points. North Jersey pole vaulters could grab up to four medals here with a 14-foot clearance likely to win.

GROUP 3

(Saturday, 9 a.m.)

Returning medalist: Tim DeLorenzo, Northern Highlands (fifth, high jump)

North Jersey seeds: Tyler Hayek, Wayne Hills (fourth, 400); Tom Rienas, NV/Old Tappan (fifth, 400; sixth, 800); Jack Kern, Indian Hills (second, 800); Derek Anderson, Indian Hills (tie fifth, high jump); Greg Fuerte, Paramus (tie first, pole vault); Seth Kricheff, NV/Old Tappan (tie third, pole vault); Old Tappan relay (second)

Other contenders: Dan

Pflueger, Northern Highlands (55 hurdles); Andrew Schumacher, NV/Old Tappan (55 hurdles, 400); Will Rienas, NV/Old Tappan (55 hurdles); Matt Cohane, Indian Hills (3,200); Derek Barney, Indian Hills (3,200); Marshall Watters, Indian Hills (shot put); DeLorenzo (high jump); Indian Hills relay.

Outlook: This year's NV/Old Tappan team is deeper than the team that shared the Group 3 title with Kingsway last year, but along with Indian Hills, the Golden Knights are in a wide-open battle with Nottingham, Pennsauken, Millburn and Colts Neck for the title. Fuerte and Kricheff are in a battle for the pole vault title.

GROUP 4

(Friday, 4 p.m.)

Returning medalists: Raheem Roberts, Eastside (fifth, 400); Michael Thurston, Ridgewood (fourth, 800)

North Jersey seeds: Thurston (fifth, 800); Kevin Copper, Passaic Tech (tie sixth, high jump)

Other contenders: Roberts (400); Tarrin Nelson, Passaic Tech (800); Billy Byrne, Ridge-

wood (3,200); Demar Stewart, Hackensack (shot put); Patrick Henry, Passaic Tech (shot put); Ronnie Johnson, Kennedy (high jump)

Outlook: Thurston has had a terrific season, but will have to surpass himself to win his first group title. Roberts will have a race from the second-slowest of four sections to qualify for second straight state Meet of Champions in the 400. Stewart and Henry need to get close to personal bests to medal in the shot put.

NON-PUBLIC A

(Saturday, 3 p.m.)

Returning medalists: David Rosas, Don Bosco (third, 3,200); Vince Karabatsos, Bergen Catholic (sixth, shot put)

Other contenders: Alijah Jackson, Paramus Catholic (55); Jahmel Johnson, Bergen Catholic (400); Alex Zeepvat, Don Bosco (800); Caleb Shaie, Bergen Catholic (1,600); Luke Novak, Don Bosco (1,600); Connor Nicholson, Don Bosco (1,600); Rosas (3,200); Joe Erskine, Don Bosco (3,200); Karabatsos (shot put); Javon Turner, Paramus Catholic (high jump); Drew Singleton, Paramus Catholic (high jump); Derek Wafer, Bergen Catholic (pole vault); Don Bosco relay; Paramus Catholic relay.

Outlook: North Jersey's best chance for a gold medal, Don Bosco's Patrick Sullivan, will be running in the Millrose Games mile at the same time this meet is held. That leaves Rosas in the 3,200 and Jackson in the 55 with the best remaining chance for gold.

NON-PUBLIC B

(Saturday, 3 p.m.)

Returning medalists: None

Other contenders: Eastern Christian relay; Fofairmi Oluot, Dwight-Englewood (high jump); Nico Cortes, Eastern Christian (pole vault); Matian Argenteau, Dwight-Englewood (400)

Outlook: Any medal in this group would be an accomplishment, and Argenteau has the best chance.

— Paul Schwarz

GIRLS

GROUP 1

(Friday, 4 p.m.)

Returning medalists: Kaitlin Salisbury, Hawthorne (1st, 55); Jillian DiGiacinto, Hasbrouck Heights (6th, 800); Alex Walter, Glen Rock (4th, 3,200); Hasbrouck Heights relay (4th).

North Jersey seeds: Salisbury (1st, 55); Caitlin Vellos, Waldwick (3rd, 55 hurdles); Hannah Vanderwall, Glen Rock (5th, 55 hurdles); Tajia Lagomarsino, Saddle Brook (6th, 400); Sarah Schmitt, Hasbrouck Heights (tie 4th, high jump); Hasbrouck Heights relay (4th).

Other contenders: Megan Gasnick, Park Ridge (400); DiGiacinto (800); Walter (3,200); Angelica Tarabokija, Kinnelon (3,200); Morgan Santora, Saddle Brook (shot put); Amelia Apgar, Waldwick (shot put); Schmitt (pole vault).

Outlook: Salisbury is the heavy favorite to win back-to-back Group 1 55-meter titles and become the first Passaic County girl runner to win back-to-back titles since Tawana Watkins of Kennedy won three straight Group 4 titles at 400 meters from 2000-02. Jessica Mizzone of Passaic won two Group 2 3,200-meter titles in 2001 and '03, and Haley Steele of West Milford won back-to-back titles in the Group 3 pole vault in 2013-14.

GROUP 2

(Saturday, 9 a.m.)

Returning medalists: Ayo O'uhuru, Pascaack Hills (2nd, 55); Lexi DeGizzo, Tenafly (5th, 400); Kelsey Larkin, Ramsey (3rd, 800); Milku Okada, River Dell (tie 4th, high jump); Bridgette Muller, Mahwah (5th, pole vault); Jessica Molina, Westwood was 2nd in Group 1 shot put last year; Nikolia Kanaris, NV/Demarest won Group 3 shot put last year.

North Jersey seeds: O'uhuru (4th, 55); DeGizzo (4th, 400; 3rd, 800); Larkin (6th, 800); Shannon Gorla, River Dell (2nd, 1,600; 1st, 3,200); Molina (1st, shot put); Nikolia Kanaris, NV/Demarest (2nd, shot put); Laura Rizik, River Dell (5th, shot put); Victoria Martinez, Fort Lee (6th, shot put); Lidia Chery, Garfield (tie 2nd, high jump); Liz Granger, River Dell (tie 2nd, high jump); Hannah Figueroa, Pascaack Hills (tie 6th, high jump); Michelle Rubineti, NV/Demarest (1st, pole vault); Caitlin Reverand, NV/Demarest (tie 4th, pole vault); Muller (6th, pole vault); Ramapo relay (2nd); Ramsey relay (5th).



SALISBURY

Other contenders: Lauren Stern, Mahwah (55 hurdles); Olivia Pandoro, Tenafly (55 hurdles); Ginger Pojednic, River Dell (3,200); Catherine Light, NV/Demarest (shot put); Lauren Chamborin, Ramsey (high jump); Okada (high jump); Amanda Katz, Ramapo (pole vault); Melissa Purcell, Pascaack Valley (pole vault); Pascaack Hills relay, River Dell relay.

Outlook: The team title could go to the team that can score 26 points. That means River Dell and NV/Demarest can compete with Deptford, Delsea and Matawan for the crown. Gorla is a possible double-winner with Delaware Valley's Hannah Bonaguidi choosing to run the Millrose Games mile instead of competing in the group meet. Kanaris is a two-time state Group 3 champ, but with Molina now in Group 2, a third straight shot win is unlikely. Rubineti is favored in the pole vault, with Reverand a potential runner-up.

GROUP 3

(Saturday, 9 a.m.)

Returning medalists: Toni James, Teaneck (6th, 55); Aminah Saraga, Teaneck (5th, 400); Caroline O'Sullivan, NV/Old Tappan (4th, 800); Julia Guerra, Indian Hills (3rd, 3,200).

North Jersey seeds: O'Sullivan (1st, 400; 2nd, 800); Julia Guerra, Indian Hills (1st, 1,600; 2nd, 3,200); Monica Hebner, Northern Highlands (5th, 3,200); Isabel Hebner, Northern Highlands (6th, 3,200); Jessica Ippolito, Fair Lawn (2nd, pole vault); Jackie Helm, Paramus (tie 3rd, pole vault); Northern Highlands relay (4th).

Other contenders: Olivia Florio, Northern Highlands (55); James (55); Saraga (400); Courtney Brunet, NV/Old Tappan (3,200); Jazzin Clark, NV/Old Tappan (high jump); Natalie Leon, NV/Old Tappan (pole vault); Teaneck relay.

Outlook: Guerra doubled the 1,600 and 3,200 in the 2014 Group 2 state championships, and now in Group 3, appears to be ready to do it again. But the North Jersey individual star might be O'Sullivan, who is favored in the 400 and 800. It's not certain if she'll run the 400, but after a sensational 2:12.9 split last weekend for the 800, she's probably the runner to beat at next week's state Meet of Champions.

GROUP 4

(Friday, 4 p.m.)

Returning medalists: Ebonee Jackson, Kennedy (5th, 55 hurdles); Amaris Berry,

Hackensack (5th, shot put).

North Jersey seeds: Jackson (5th, 55); 3rd, 55 hurdles); Olympia Martin, Ridgewood (3rd, 1,600; 1st, 3,200); Sam Halvorsen, Ridgewood (2nd, 3,200); Abigail Molaughlin, Bergen Tech (3rd, 3,200); Berry (1st, shot put); Maxine Earl, Ridgewood (1st, pole vault); Nicole Lester, Ridgewood (2nd, pole vault); Kristen Wong, Clifton (tie 6th, 3,200).

JACKSON

Other contenders: Carly Spinner, Passaic Tech (800); Monika Dlugosz, Clifton (shot put); Allison Proszowski, Clifton (pole vault). **Outlook:** Ridgewood last won a state indoor championship in 1989 and, 27 years later, Martin, Halvorsen, Earl and Lester have a chance to lead the Maroons to victory again. Franklin Ridge, South Brunswick and Lenape have solid teams, but the 1-2 punch of Earl and Lester in the vault and Martin and Halvorsen in the distances give the Maroons an advantage. Berry is a strong favorite to win the shot.

NON-PUBLIC A

(Saturday, 3 p.m.)

Returning medalists: Maria Acosta, Paramus Catholic (6th, 400); Giavanna Tabbachino, IHA (3rd, 3,200); Samantha Fellowes, Holy Angels (tie 3rd, high jump); Julie Weismiller, IHA (2nd, pole vault); Caroline McGann, Holy Angels (tie 5th, pole vault).

Other contenders: Alexis Trott, Paramus Catholic (55); Kristen Valentine, IHA (55); Melissa McGourty, DePaul (55 hurdles); Acosta (800); Grace Jansson, Holy Angels (3,200); Anya Skae, Holy Angels (shot put); Tiffany Bautista, Paramus Catholic (high jump); Cindy Perpepaj, Holy Angels; Paramus Catholic relay.

Outlook: There are no North Jersey clear-cut favorites in this group, but several athletes have a chance to pull off victories, including Trott in the 55 meters, Acosta in the 800 and Weismiller and McGann in the pole vault. But the most intriguing potential winner is Bautista, who has come from nowhere to clear a North Jersey best 5-4 in the high jump.

NON-PUBLIC B

Returning medalist: Katie Herty, Eastern Christian (5th, 400).

Other contenders: Abby Rodriguez, Eastern Christian (high jump); Eastern Christian relay.

Outlook: Herty is the top North Jersey medal hopeful in this meet.

— Paul Schwartz

State Group IV Championship
@ Toms River

February 19, 2016

1600m:

Girls: Olympia Martin 5:09.34 – 6th Place

800m:

Boys: Michael Thurston 1:55.85 – 3rd Place

Girls: Meghan Adams 2:24.39, Leah Rosenfeld 2:25.71

55m:

Boys: Kobi Grant 6.88

3200m:

Boys: Billy Byrne 9:36.22

Girls: Samantha Halvorsen 10:53.03 – 1st Place!! Group Champ! Olympia Martin 11:07.66 – 4th Place

Pole Vault:

Boys: Luc Bontoux 11'6"

Girls: Nicole Lester 10'6" – 1st Place!! Group Champ!, Maxine Earl 10'6" – 2nd Place

High Jump:

Girls: Kerry Callaghan NH

Shot Put:

Boys: Spencer McAvey 48'5 3/4"

GIRLS STATE GROUP IV CHAMPIONS!!! FIRST TIME SINCE 1989!!! WOW!!!

Top 5 Standings:

Ridgewood 33

Lenape 20

Southern 19.67

Kennedy 18

South Brunswick 17.5

Ridgewood flips the switch in time

Maroons win their first state indoor crown since 1989

BY PAUL SCHWARTZ
TALE WRITER

TOMS RIVER—At 7 p.m. the Ridgewood girls had one point and were finishing in 26th place at the state Group indoor track and field championships Friday night.

By 7:15, the Maroons had assured themselves of their first state indoor title since 1989.

First, Nicola Lester and then Maxine sat cleared 10 feet in the pole vault (assuring the Maroons of at least 14 points in the event). Samantha Halvorsen was taking the lead in the 3,200 meters and Olympia Martin was battling to pole vault in the event.

By 7:12, Lester and Paul were clearing 10-6 and clutching a 1-2 trash and three minutes later, Halvorsen finished her win in the 3,200 and the Maroons had scored 32 points in a proverbial heartbeat.

Coach Josh Saladino (ofatus on Monday that we had a chance, said Martin, who also finished sixth in the 1,600. And every one did what they could for it to happen.

INDOOR TRACK: GROUP 1 AND 4 MEET

Especially Halvorsen. Fourteen months after a skiing accident that cost her the 2015 winter and spring seasons, Halvorsen ran a personal-best 10:53.05 to win the 3,200, the seventh-fastest race in Bergen County history and one of the most satisfying of her life.

"I've been wanting to get to this point for a long time and to come back and win a state championship, both as a team and individually makes me so happy," said Halvorsen.

"We heard the pole vaulters cheering fairly early in the race, but as I got into the final straightaway I was focused on finishing the race and didn't realize what they had done. As we were about to go on our cool-down, coach Saladino told us he was still calculating but it looked as if we had won."

Lester ended up winning the vault on misses from her teammate at 10-6, one of four North Group 4 champions.

Until the Ridgewood blitz, Kennedy's Ebonée Jackson was not only the individual star of the Group 4 meet but was actually leading all the other teams.

Jackson lowered her personal best in the 55 hurdles twice and in the 55 meters twice en route to a stunning win in the 55 hurdles and second place in the dash.

"I never won anything this big before today," said Jackson, who finished the hurdles and raced into the arms of her coach, Joy Martinez, overcome by emotion after her 8.19 clocking. "I wanted to run 8.1 and I just wanted to run better times indoors and make All-American."

Jackson then took second in a personal-best 7.27 seconds in the 55 dash. "I sort of lost focus for a while after I false started in the [Passaic] County hurdles finals, but I think my adrenaline kicked in today," said Jackson.

Amaris Berry of Hackensack was the fourth group winner, dominating the shot

with a throw of 44-5 1/2. Hawthorne's Kaitlin Salisbury won her second straight Group 1 55-meter dash title, lowering her state-best time to 7.24 seconds and securing her favorite's status for the Meet of Champions.

"I have concentrated on my form all season, staying in my drive phase longer and finishing better," said Salisbury, who returned to leadoff the Bears' 127-499 team that surpassed with a fifth-place finish in the event.

Hasbrouck Heights won the relay as the team of Brooke McKnight, Amanda Ortiz, Ashley Quinn and Jillian DiGiacomo to upset favored Whippany Park and forced the Wildcats to share the team title with Haddonfield.

The Aviators also had a boys-winner as Brian Moran edged Raphael Santos (New Providence) in 6.62 seconds in the 55 meters and nearly won the pole vault, losing on misses to Joshua Ormovitz of New Providence at 13 feet.

Saddle Brook's Giovanni Gutierrez won the Group 1 shot at 51-6 1/2.



THE RECORD FILE
Samantha Halvorsen became part of Ridgewood's run to a Group 4 title Friday night.

Millrose Games
@ NYC Armory

4x800m:

Andrew Taggart **2:03.26**

Will Baginski **2:00.65**

Ben Zamboldi **2:03.66**

Michael Thurston **1:51.86**

7:59.44 – 7th place – 4 states represented in this race!

ATHLETES OF

By **CHUCK O'DONNELL**
STAFF WRITER

You recently might have seen Ridgewood's Michael Thurston running around town.

Sunday, for example, the senior was going to take a four-mile run, although you could have forgiven him if he rested.

The Record Male Athlete of the Week is coming off one of the busiest and most successful weeks of his track career.

It started Feb. 14, when he took first place at Toms River in the 800 meters and third in the 400 at the North 1, Group 4 state sectional championships. He also ran a leg for the first-place 4-x-400 relay team.

Two days later at the Bergen County championships, Thurston won the 600 in 1:20.1. It was the second-fastest time in county history and fifth fastest in state history.

He kept it going at Friday's Group 4 championships at Toms River, where he finished third in the 800 in 1:55.85.

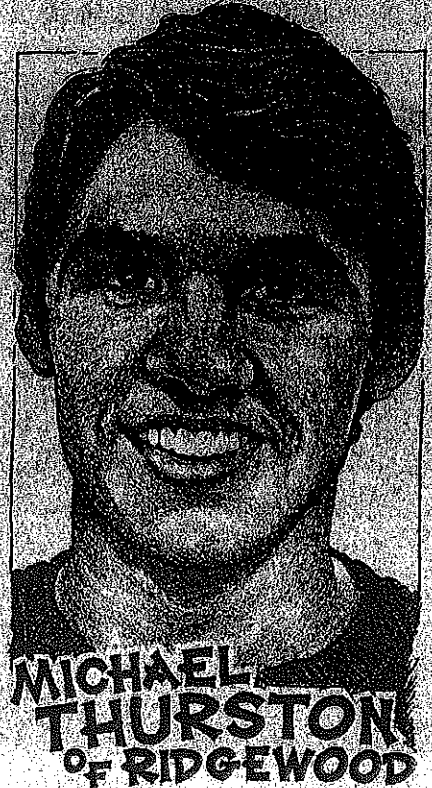
He may have saved his best performance for Saturday's Millrose Games in New York. Thurston, along with teammates Andrew Taggart, Will Baginski and Ben Zamboldi, took seventh in the 4-x-800 meter relay. Thurston had the fastest leg at the meet, a 1:51.68.

"[My coaches and I] decided that we would cut back [two weeks ago]," Thurston said. "So I think we might have had just one workout early in the week, then decided to go on shorter and shorter runs."

You also may have seen Thurston asking local shop owners to fill out a survey about how business is going as part of his economics class project.

"It's really cool going around," said Thurston, who wants to study economics at Dartmouth. "We went to [Bow Tie Cinemas], different food places. We went to Sleepy's - just different businesses."

Also nominated: Isaiah Drakeford of Ridgefield Park, Steven Velez of North Arlington, Jeremy Joseph of Queen of Peace and Benny Haber of Northern Highlands for basketball; Brian Moran of Hasbrouck Heights, Greg Fuede of Paramus and Derek Anderson of Indian Hills for indoor track; Tyler Mullen of NV/Old Tappan, Jedh Downey of NV/Old Tappan and Jala'a Darwish of Passaic Valley for wrestling.



CHARLES MASTAL... 2-23-16

MALE ATHLETE

Sport: Indoor track **Class:** Senior
Age: 18

Accomplishment: Thurston starred in four meets, but his best performance might have been his 1:51.68 leg as Ridgewood took seventh in the 4-x-800 relay at the Millrose Games.

State Meet of Champions
@ Toms River

February 28, 2016

Pole Vault:

Maxine Earl 11'0" – tie 6th Place

Nicole Lester 10'6"

Girls 3200m:

Olympia Martin 10:41.29 – 2nd Place – 4th all time in Bergen County history!

Samantha Halvorsen 10:44.29 – 4thPlace – 6th all time in Bergen County history!

Boys 3200m:

Billy Byrne 9:59.21

INDOOR TRACK STATE MEET OF CHAMPIONS

Locals haul in 25 medals

By PAUL SCHWARTZ
STAFF WRITER

TOMS RIVER — Will Daly and Julia Guerra were the only North Jersey winners Saturday at the state Indoor Meet of Champions, but despite some setbacks, a total of 25 North Jersey athletes earned medals at the meet, the third-best performance in area history behind the 31 last year and 28 in 2014.

For Kaitlin Salisbury of Hawthorne, finishing second in any event is tough, even though

NOTES

the 55 meters is not her best event.

"The last time I was in the Meet of Champs here [at the Bennett Center] I missed making [the] finals by .01 of a second," said Salisbury, second to Alyyah Taylor of Pemberton, who ran a New Jersey-best time of 7.04 seconds. "Finishing second today reminded me of that and I'm not satisfied use my technique went out in the wind and I just tried to beat her any way I could."

"But if I was going to be second, I'm glad it was to someone who had an astronomical performance," said Salisbury.

NV/Old Tappan's Caroline O'Sullivan finished third in the 800 meters, behind seniors Amari Onque-Shabazz of Union Catholic (the 2015 outdoor champ) and Liz Chartier of South-ern.

North Jersey scored multiple medals in four girls events, including three in the 55 meters, and three in the shot put — with Jessica Molina of Westwood trailing only the top two U.S. high schoolers this winter, in third place.

Michelle Rubineti of NV/Demarest finished third in the pole vault at 11-6, but leading three other girls into the medals, including teammate Caitlin Reverand, who was eighth.

"It's very comforting to be around so many girls we vault against all season," said Reverand, as six of the top 10 vaulters came from Bergen County and most train at the Barn in Warwick, N.Y.

"It takes a lot of the pressure off," said Maxine Earl of Ridgewood, who tied for sixth.

Indian Hills' senior Jack Kern had his best 800 race of the year, finishing third in a personal best of 3:02.



Indian Hills' Julia Guerra, center, the first Bergen girl ever to win the MOC 3,200-meter race, posing with River Dell's Shannon Gloria (from far left, 6th); Ridgewood's Olympia Martin (2nd); Ridgewood's Sam Halvorsen (4th) and Bergen Tech's Abigail McLaughlin (8th).

Indian Hills' Guerra makes 3,200 history

By PAUL SCHWARTZ
STAFF WRITER

TOMS RIVER — For most of the girls 3,200-meter race Saturday at the state Meet of Champions, Julia Guerra of Indian Hills led a pack of five Bergen County runners behind race leaders Alyssa Aldridge of Mainland Regional and Rachel Suss of Metuchen.

From laps 3 to 13 of the 16-lap race, Guerra was third followed by the combination of Olympia Martin and Sam Halvorsen of Ridgewood, Shannon Gloria of River Dell and Abigail McLaughlin of Bergen Tech, separating themselves from the rest of the quality field.

"And when Guerra turned on the jets 400 meters out en route to becoming the first North Jersey winner of indoor track's longest event in 27 years and the first Bergen girl ever to win the 3,200, the other four Bergen girls were happy to see her take off and happy to all earn medals in her wake.

GIRLS

And the object of their affection wasn't really aware of her "teammates" for most of the race.

"I didn't even realize that they were all right behind me," said Guerra, after she ran a 70-second final 400 to win the race by 55 meters and set a Bergen County record, running 10:35.70 and breaking a mark that had stood since 1983.

"They are kind of like teammates for me, because Bergen County has had such a nice run in distance races since I've been in high school, but I was so focused on the girls in front of me I didn't realize how good we all ran."

Guerra was followed by Martin (second, 10:44.29), Halvorsen (fourth, 10:44.29), Gloria (sixth, 10:50.34) and McLaughlin (eighth, 10:59.05) in the greatest one-county performance in meet history.

And the other four gave at least partial credit to Guerra for leading the way.

"I was comfortable running with all the other girls and we were just trying to stay with Julia for as long as we could," said McLaughlin, Bergen Tech's first girl Meet of Champions medalist.

"I knew Julia was going to win," said Martin. "I just wanted to try and run the last lap as fast as I could and pass as many people as I could."

"I was trying to hit my splits and stay in it," added Halvorsen. "It just seemed that we were all going so fast."

"We were going fast and I was just trying to go as fast as I could," said Gloria.

"It hasn't really sunk in yet that I am a state champion after so many tries," said Guerra, who has two cross-country meet-of-champions medals, one indoors and three outdoors, in 10 trips before earning gold. "But I'm pretty happy."

STATE MEET OF CHAMPIONS

BOYS

52-100: 1. Marteesse Jones, South Plainfield, 6:48; 2. Marvin Morgan, Neptune, 6:49; 3. Jason Cisson, Plainfield, 6:49; 4. Mario Heslop, Franklin, 6:49; 5. Benjamin Aidoo, Sayreville, 6:54; 6. Bryce Wharls, Toms River North, 6:55; 7. Tyler Moore, Hamilton West, 6:58; 8. Martin Booker, Pennsauken, 6:74.

55-100: 1. Benjamin Aidoo, Sayreville, 7:47; 2. Kishaun Carter, Brick Mem, 7:58; 3. Jamar Marcotte, Weequahic, 7:58; 4. Tyler Garland, Deptford, 7:59; 5. Thomas Zor, Millville, 7:70; 6. Jason Stefanski, Penns Grove, 7:71; 7. Shawn Ohazurike, Delbarton, 7:76; 8. Jamil Adams, Winslow Twp., 8:02.

200: 1. Thomas Kalletta, Matawan, 22:41; 2. Martin Booker, Pennsauken, 22:35; 3. Marquan Jones, Pennsauken, 22:69; 4. Brandon Moore, Seton Hall, 22:70; 5. James Jean, Weequahic, 22:82; 6. Derrick Clement, Deptford, 22:94; 7. Tyler Moore, Hamilton West, 22:99; 8. Patrick Warren, Montgomery, 23:06.

400: 1. Mike Zupke, CBA, 49:35; 2. Luke Colehower, Haddonfield, 49:44; 3. Boaz Madaeus, Hamilton North, 49:57; 4. Thomas Kalletta, Matawan, 49:57; 5. Brandon Phillip, East Brunswick, 50:19; 6. Brandon Moore, Seton Hall, 50:27; 7. Stephen Bondurich, Chatham, 50:39; 8. TYLER HAYEK, WAYNE HILLS, 50:41.

800: 1. Rey Rivera, Old Bridge, 1:54.09; 2. Isalah Curbelo, Rancocas Valley, 1:55.19; 3. JACK KERIN, INDIAN HILLS, 1:56.03; 4. Sean Martinek, CBA, 1:56.17; 5. Ian McNally, Morris Hills, 1:56.85; 6. Drew Maher, Shore, 1:56.86; 7. Adrian Anderson, Piscataway, 1:57.99; 8. Isaiah Jean-Baptiste, 1:58.21.

1,600: 1. WILL DALY, RIVER DELL, 4:13.01; 2. COLIN DALY, RIVER DELL, 4:13.44; 3. Greg Pelose, Haddonfield, 4:14.18; 4. Drake Anzano, CBA, 4:15.82; 5. Zach Michon, Robbinsville, 4:16.15; 6. Brandon Tubby, Hillsborough, 4:17.22; 7. Ryan Rafferty, Jackson, 4:19.03; 8. CONNOR NICHOLSON, DON BOSCO, 4:19.52.

3,200: 1. Jordan Brannan, Colts Neck, 9:14.94; 2. Matt Grossman, Millburn, 9:15.99; 3. Aaron Groff, Cherry Hill East, 9:16.57; 4. Alex Roth, Princeton, 9:19.32; 5. Brian Dengler, CBA, 9:20.39; 6. DAVID ROSAS, DON BOSCO, 9:20.86; 7. Gerard D'Ambrosio, Old Bridge, 9:22.01; 8. John Flavin, Toms River North, 9:24.06.

Shot put: 1. Jordan West, Rahway, 62-4 1/4; 2. Luke Grodeska, St. Rose, 60-3 3/4; 3. Dan Gilligan, Toms River East, 59-2; 4. Dominic Walton, Old Bridge, 57-4; 5. Jaylon Jorge, Morristown, 55-6 3/4; 6. Cade Antonucci, Holy Spirit, 55-3 1/2; 7. Will Lutkewitte, CBA, 54-8 3/4; 8. Lowell Kelly-Gamble, Bloomfield, 54-8.

High jump: 1. Peiry Christie, Union Catholic, 6-6; 2. Dave Alston, Matawan, 6-6; 3. Semaj Willis, Trenton, 6-6; 4. tie between Rhashawn Jenkins-Powell, Neptune and Ryan Tompkins, Colts Neck, 6-4; 6. Max Michel, Elizabeth, 6-4; 7. tie between Chase Matthews-Kingsway and Jared Ryder, Vernon, 6-4.

Pole vault: 1. Josh Ward, South Plainfield, 14-6; 2. Kyle Loveland, Moorestown, 14-6; 3. Jarrod Brovero, Delsea, 14-6; 4. Nick Clarke, Delsea, 14-0; 5. Nicholas Vallstein, Pt. Pleasant Boro, 14-0; 6. tie between...

4x-100 relay: 1. Egg Harbor, 3:22.75; 2. Paul VI, 3:23.31; 3. Franklin, 3:24.04; 4. CBA, 3:24.98; 5. Old Bridge, 3:25.39; 6. Hunterdon Central, 3:25.53; 7. East Brunswick, 3:25.95; 8. Trenton, 3:26.24.

Girls
52-100: 1. Anyah Taylor, Pemberton, 7:04; 2. KAITLIN SALISBURY, HAWTHORNE, 7:14; 3. AYO O'UHURI, PASACK HILLS, 7:22; 4. Bria Mack, Willamstown, 7:26; 5. Abby Collins, Red Bank Catholic, 7:30; 6. ALEXIS TROTT, PARAMUS CATHOLIC, 7:33; 7. Cecelia Gerstenbacher, Delsea, 7:39; 8. Nadiyah Palmer, Kingsway, 7:42.

55-100: 1. Tia Livingston, Union Catholic, 8:07; 2. Brittany Preston, Winslow Twp., 8:19; 3. Vivianne Orleans, Dayton, 8:28; 4. Lynea Forlenza, Toms River North, 8:31; 5. EBGNER, JACKSON, KENNEDY, 8:33; 6. Jasmine Brown, Franklin, 8:43; 7. Christine Lavallias, Timber Creek, 8:46; 8. Tymia Joseph, Morris Knolls, 8:48.

200: 1. Kara Lester, Deptford, 24:96; 2. Cecelia Gerstenbacher, Delsea, 25:17; 3. Aln Jones-Davis, Livingston, 25:40; 4. Desirae Osley, South Brunswick, 25:52; 5. Kelsey Vieira, Hillsborough, 26:01; 6. Katie DiFranco, St. John Vianney, 26:05; 7. Shakira Danov, Eastern, 26:08; 8. Amaya Chadwick, Union Catholic, 26:11.

400: 1. Sydney McLaughlin, Union Catholic, 59.34 (meet record, old record, 54.09 by Olivia Baker, Columbia, 2013); 2. Kara Lester, Deptford, 55.83; 3. Anyah Taylor, Pemberton, 57.29; 4. Randa Richards, West Essex, 57.67; 5. Khamil Evans, Piscataway, 57.99; 6. Brooke Razio, Ridge, 58.00; 7. LEXI DELGIZZO, TENAFLY, 58.59; 8. Cassandra Lamadie, Union Catholic, 58.80.

800: 1. Amari Onique Shabazz, Union Catholic, 2:14.08; 2. Liz Chartier, Southern, 2:14.35; 3. CAROLINE O'SULLIVAN, NY/OLD TAPPAN, 2:15.05; 4. Kayla Martin, Seneca, 2:17.03; 5. Brooke Schaeffer, Westfield, 2:17.23; 6. Taylor Mulch, Southern, 2:17.36; 7. Amanda Stone, Monmouth, 2:17.50; 8. Nora May Mosley, Randolph, 2:17.70.

1,600: 1. Christina Rancan, West Windsor South, 4:50.85; 2. Clara Roche, Freehold Twp., 4:51.18; 3. Briana Gess, Haddonfield, 4:51.60; 4. Megan Quirby, Lenape, 4:57.12; 5. Jillian Turner, New Providence, 4:58.46; 6. Anna DiMarcello, North Hunterdon, 5:04.71; 7. Gabriela Ferrigine, Red Bank Catholic, 5:06.78; 8. Kelsey Cummings, Triton, 5:06.85.

3,200: 1. JULIA GUERRA, INDIAN HILLS, 10:35.70 (Bergen County record, old record, 10:36.98 by Patti Mileski, Ridgewood, 1983); 2. OLYMPIA MARTIN, RIDGEWOOD, 10:41.29; 3. Alyssa Aldridge, Mainland, 10:42.40; 4. SAMANTHA HALVORSEN, RIDGEWOOD, 10:44.29; 5. Alyssa Condell, Timber Creek, 10:49.46; 6. SHANNON GORIA, RIVER DELL, 10:50.34; 7. Katie Bragen, Pt. Pleasant Boro, 10:53.97; 8. ABIGAIL MCLAUGHLIN, BERGEN TECH, 10:59.05.

Shot put: 1. Nickolette Dunbar, Whippany Park, 53-2 (record, old record, 49-9 3/4 by Nicole Sims, Plainfield, 1991); 2. Alyssa Wilson, Donovan Catholic, 50-0; 3. JESSICA MOLINA, WESTWOOD, 47-2 1/4; 4. Danielle Notarfrancesco, Jackson Liberty, 44-3; 5. AMARYS BERRY, HACKENSACK, 43-11 1/2; 6. Najeaya Singleton, Vineland, 43-3; 7. NIKOLIA KANARIS, NY/DEMAREST, 42-3 1/4; 8. Jordan Wilderman, Jefferson, 42-0.

High jump: 1. Courtney Campbell, South Brunswick, 5-6; 2. Hannah Taylor, Montgomery, 5-6; 3. Jasmine Brown, Franklin, 5-6; 4. Leah Wis, Montville, 5-4; 5. tie between Iselena Thome, Franklin, and Jessica Creodon, Ridge, 5-4; 7. Tasha Bethea, Piscataway, 5-4; 8. tie between Melissa Cross, Franklin, Carlee Smith, Hamilton West, and Cassidy McIntyre, Allentown, 5-4.

4x-100 relay: 1. Union Catholic, 2:47.27 (record, old record, 3:48.30 by Columbia, 2013); 2. Columbia, 3:59.49; 3. Piscataway, 4:01.41; 4. Lenape, 4:03.69; Winslow Twp., 4:06.30; 5. South Brunswick, 4:02.52; 6. Eastern, 4:02.61; 8. Montclair, 4:02.66.

Eastern States Championship
@ NYC Armory

March 1, 2015

55m:

Kobi Grant **6.80**

Matthew Tai **6.88**

55mHH:

Zack Staduils **9.10**

800m:

Evelyn Kotch **2:25.87**

Pole Vault:

Maxine Earl **11'0"**

Nicole Lester **11'0"**

Distance Medley

Samantha Halvorsen **3:44.19**

Leah Rosenfeld **62.46**

Meghan Adams **2:26.87**

Olympia Martin **5:09.91**

12:23.43 – 6th Place

Ridgewood High School Indoor Girls Relay Records

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
<u>4x200m:</u> 1:45.28	L. Que / E. Cigolini / E. Barr / A. Wisener	Indoor Nationals	2007
<u>4x400m:</u> 4:01.7	E. Barr / K. Conheeny / A. Wisener / C. Law	Easterns	2007
<u>4x800m:</u> 9:22.18	G. Figlar / Jean Hughes / Jen Hughes / L. Collazo	Yale HS Classic	1988
<u>4x 1mile:</u> 20:59.66	H. Shigenobu / E. Fishbein / C. Davidson / C. Pagano	Indoor Nationals	2012
<u>Sprint Medley: (200-200-400-800):</u> 4:11.2	L. Que / E. Cigolini / A. Wisener / C. Law	Indoor Nationals	2007
<u>Distance Medley:</u> 11:56.5	Pringle / Scutro / M. Mileski / M. Mileski	Yale HS Classic	1983
<u>4x51.5 HH - 4 Hurdles:</u> 32.4	M. Martinez / E. Barr / A. Wisener / L. Que	County Relays	2007
<u>4x55 HH - 5 Hurdles:</u> 34.14	M. Martinez / C. Law / A. Wisener / L. Que	Indoor Nationals	2007
<u>Shot Put:</u> 66'3"	Rayevich / Eldridge		1988
<u>High Jump:</u> 10'2"	H. Roche / S. DeVita	County Relays	2011
<u>Long Jump:</u> 32'4"	B. Bogart / E. Cigolini	County Relays	2006
<u>Triple Jump:</u> 66'7 1/2"	S. DeVita / H. Roche	County Relays	2011
<u>Pole Vault:</u> 20'6"	M. DeVita / I. Brown	County Relays	2012
20'6"	M. Earl / N. Lester	County Relays	2016

Ridgewood High School Indoor Boys Relay Records

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

Ridgewood High School All-Time Indoor List

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

600m:

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

800m:

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

1000y:

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

1000m:

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

1500m:

4:33.35	Margaret Scutro	Yale - Yale High School Classic	1985
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1600m / Mile:

4:54.73*	Margaret Scutro	Dartmouth - Dartmouth Relays	1985
5:00.91*	Jenna Rogers		1994
5:04.37	Kelly Conheaney	Toms River - SMOC	2007
5:05.79	Olympia Martin	Toms River - State Sectionals	2016
5:06.16*	Jean Hughes		1989
5:07.17	Catherine Pagano		2012
5:10.73*	Carleen Jeffers	New Balance Invitational	2015
5:10.92	Caroline Davidson		2012
5:11.4	Clair Nowakowski		2001
5:12.03	Stephanie Doyle		1996
5:12.82	Meg McDermott		1999
5:13.22	Celeste Sedo		1998

3000m:

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

3200m / 2mile:

10:40.96	Patti Mileski	Harvard	1983
10:41.29	Olympia Martin	Toms River - State Meet of Champs	2016
10:44.29	Samantha Halvorsen	Toms River - State Meet of Champs	2016
10:47.37*	Carleen Jeffers	168 Armory - Nationals	2015
10:55.09	Celeste Sedo		1998
11:04.5	Jenna Rogers		1994
11:05.34	Jean Hughes		1989
11:11.3	Jen Hughes		1988
11:12.00	Carleen Jeffers	Toms River - State Group IV	2014
11:14.94	Kelly Cleary	Toms River - State Group IV	2013
11:22.58	Norine D'Arcy		1986
11:23.6	Meredith Jones		2005
11:30.8	Emily Fishbein		2012

55m HH:

8:25	Lara-Jane Que	Toms River - SMOC	2007
8:40	Sarah DeVita	Toms River - SMOC	2011
8:73	Mia Martinez	168 Armory - Easterns	2008

High Jump:

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

Long Jump:

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

Triple Jump:

39'10 1/2"	Jen McDermott	Harvard	1989
34'7 3/4"	Sarah DeVita	168 Armory	2011
34'6 3/4"	Helena LaMothe	168 Armory	1999
34'4 3/4"	Ana Law	168 Armory	1999
33'9 3/4"	Libby DeVita	168 Armory	2015
33'4"	Isabel Park	168 Armory - League Championship	2016

Pole Vault:

12'3"	Kayla Polcari	168 Armory	2011
11'4"	Anne Polcari		2008
11'1"	Mimi DeVita		2012
11'0"	Maxine Earl	168 Armory - League Championship	2016
11'0"	Nicole Lester	168 Armory - Easterns	2016
10'6"	Cassie Wong		2006
9'6"	Kerri Norton		2003
9'6"	Ramelle Brown		2009
9'6"	Illana Brown		2012

Shot Put:

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

Pentathlon:

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

Ridgewood High School All-Time Indoor List

<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
<u>55m:</u>		
6:64	Chris Zeigler	168 Armory 2007
6:67	Jake Sabatini	Yale Track Classic 2014
6:70	Akira Monri	Toms River - State Sectional 2008
6:72	Max Witt	Toms River - State Sectional 2009
6:5h	Phil McGillicuddy	1971
6:80	Kobi Grant	168 Armory - Easterns 2016
<u>200m:</u>		
23.0	Jake Sabatini	168 Armory - League Championship 2014
23.0	Akira Monri	168 Armory 2008
23.1	Matt Tai	168 Armory - Varsity Classic 2016
23.3	Doohee Han	168 Armory - League Championship 2014
23.5	Matt Beausoleil	168 Armory 2010
23.5	Edward Blair IV	168 Armory 2010
<u>300y:</u>		
32.9	Matt Krever	Rockland Community College 1991
<u>300m:</u>		
35.8	InSoo Hwang	168 Armory 2010
36.4	Akira Monri	168 Armory 2008
36.7	Dan Cooper	168 Armory 2000
36.7	Matt Tai	168 Armory - County Champs 2016
<u>400m:</u>		
50.31	Tim Geckler	Annapolis 1989
51.4	InSoo Hwang	Toms River - State Sectional 2011
51.66	Juan Llinas	Toms River - State Sectional 2011
52.03	Neil Schoff	Toms River - State Sectional 2012
52.0	Matt Krever	Rockland Community College 1991
52.1	Domenic Boresta	168 Armory - League Championship 2014
<u>500m:</u>		
69.6	Charles Cortellesi	West Point 1983
<u>600y:</u>		
1:15.5	Tim Geckler	Princeton 1989

600m:

1:20.1	Michael Thurston	168 Armory - County Champs	2016
1:21.4	Josh Kauke	168 Armory	2000
1:22.3	Niall Buckley	168 Armory	2007
1:24.2	Storm Dublirer	168 Armory - County Champs	2013
1:24.4	Juan Llians	168 Armory	2011
1:24.8	Christian Trautwein	168 Armory	2008
1:25.1	Jeremy Schmidt	168 Armory	2006
1:25.6	Byron Williams	168 Armory	2005
1:25.9	Sadek Alseddi	Farleigh Dickinson	1993
1:26.0	Bryan Clarendon	168 Armory - County Champs	2013
1:26.1	Brian Collins	168 Armory - County Champs	2014

800m:

1:54.1	Josh Kauke	168 Armory	2000
1:55.2	Michael Thurston	168 Armory - League Meet	2016
1:55.49	John Parisi		1983
1:56.9	Niall Buckley	168 Armory	2005
1:57.68	Luke Dublirer	Toms River - SMOC	2014
1:58.44	Byron Williams	168 Armory	2005
1:58.55	Chris Rae		1987
1:58.89	Christian Trautwein	168 Armory	2008
1:59.44	Chris Perez	168 Armory	2001

1000y:

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

1000m:

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

1500m:

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

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

Mile Walk:

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

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

9:18.11	Bob Keino	Princeton	1994
9:21.1	Dan Emont	168 Armory	2007
9:23.2*	Bruce Mason		1972
9:26.7*	Tom Hughes		1980
9:27.20	Taro Shigenobu	168 Armory	2009
9:32.7	Ari Zamir	168 Armory	2004
9:33.81	Travis Spicer	168 Armory - Varsity Classic	2012
9:34.97	Michael Cator	168 Armory	2006
9:35.41	Billy Byrne	Toms River - State Sectional	2016
9:35.6*	Joe LeMay	Princeton	1985
9:37.39	Patrick Rynkowski		2011

55m HH:

7:64	Akira Monri	Toms River - State Sectional	2008
7:76	InSoo Hwang	Toms River - State Sectional	2011
7:82	Kevin Chung	Toms River - State Sectional	2013
7:84	Craig Halyard		1989
7:86	Matt Beausoleil	Toms River - State Sectional	2011
7:94	Edward Blair IV	Toms River - State Sectional	2011
7:3h	Rich Wankmueller		1975

High Jump:

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

Long Jump:

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

Triple Jump:

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

Pole Vault:

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

Shot Put:

54'9"	Eric Bryant	Saddle Brook	1981
53'6 1/2"	Patrick Rae		1989
50'5 1/2"	Spencer McAvey	NYC Armory - League Championship	2016
48'11"	Kenny Ekert	NYC Armory - County Championship	2016

Pentathlon:

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



