

Ridgewood Boys Cross Country 2017



Schedule

Date	Meet/Teams	Site
Sat. Sept 9, 9:00AM	Season Opener (<i>JV & Frosh</i>)	Darlington (Mahwah)
Mon. Sept 18, 4:30PM	Big North Batch Meet	Darlington (Mahwah)
Sat. Sept 23, 10:55AM	Ocean State XC Invite (<i>Varsity</i>)	Goddard Park East (East Greenwich, RI)
Sat. Sept 30, 9:00AM	Garret Invite	Garret Mountain (Woodland Park)
Sat. Oct 7, 9:00AM	Brett Taylor Invite	Darlington (Mahwah)
Sat. Oct 7, 2:30PM	Shore Coaches Invite	Holmdel Park (Holmdel)
Tues. Oct 10, 5:20PM	Big North Championship	Darlington (Mahwah)
Sat. Oct 21, 12:25PM	County Group Championships	Darlington (Mahwah)
Thu. Oct 26, 4:15PM	Doc Braver Frosh/Novice Champs.	Darlington (Mahwah)
Sat. Oct 28, 11:00AM	BMOC/Frosh BMOC (<i>Varsity/Frosh</i>)	Darlington (Mahwah)
Wed. Nov 1, 2:20PM	Frosh/Novice State Championship	Thompson Park (Monroe Township)
Sat. Nov 4, 12:55PM	State Sectionals (<i>Varsity</i>)	Garret Mountain (Woodland Park)
Sat. Nov 11, 3:30PM	State Groups (<i>Varsity</i>)	Holmdel Park (Holmdel)
Sat. Nov 18, 11:45AM	SMOC (<i>Varsity Qualifiers</i>)	Holmdel Park (Holmdel)

Varsity Letter Recipients

Three-Time Recipients

Sid Wagh, SR

Two-Time Recipients

Will Baginski, JR

Charlie Branca, SR

Ryan Fahey, JR

Ben Zamboldi, SR

First-Time Recipients

Parker Audette, SR

Taylor Barnabic, SO

Max Boogaert, SR

Angus Callan, SR

Ryan Cody, SR

Ian Dartley, SR

Jason Dreier, SR

Calder Martin, SR

Kyle Neville, SR

Kris Nikias, SO

Mark Salzman, SR

Chris Shammass, SR

T.J. Sofia, SR

Max Yalong, SR

Mason Zamboldi, SO

Awards and Accolades

All-League Selections - Big North, Freedom Division

First Team

Will Baginski, JR

Ryan Fahey, JR

Sid Wagh, SR

Second Team

Charlie Branca, SR

Honorable Mention

Mason Zamboldi, SO

All-County Selections

First Team

Will Baginski, JR

Ryan Fahey, JR

Honorable Mention

Taylor Barnabic, SO

Charlie Branca, SR

Sid Wagh, SR

Ben Zamboldi, SR

Mason Zamboldi, SO

All-State Group IV Selections

Second Team

Will Baginski, JR

Big North Runner of the Year

Will Baginski, JR

Preseason

Bergen Record

BOYS CROSS-COUNTRY: AROUND THE DIVISIONS

And they're off! Big North, NJIC teams at a glance

PAUL SCHWARTZ
@NORTHJTRACK

BIG NORTH UNITED

Bergen Catholic had an excellent 2016 but returns only juniors Braedon Fiume and Connor Haney from last year's fourth place Non-Public A team. Senior captain John Morano and junior Elias Shaia lead an enthusiastic group.

DePaul is improving and with no seniors in the lineup, juniors Noah Marchese and Sebastien Ruiz, soph Adam Abrabou should lead to even more improvement this year.

Don Bosco has won 21 straight league titles, including seven in the Big North, and should make it 22 without much sweat. Seniors Kieran Ungemach, Matt Hartmann, Pat Donnelly and Ryan Nicholson and junior Mike Dua are at the top for the perennial Bergen and state contenders.

Paramus Catholic is improving with seniors Ray Meagher, Jordan Herrera and Wendell Denis leading.

St. Joseph Regional looks to seniors Alec Goodman, Dalton Collins and Jimmy Fitzpatrick and has the last two league freshman champs in junior Patrick Buckley and soph Nicos Eftychiou.

LIBERTY

Bergen Tech has a potential league champ in senior Anthony DiIorio and senior Elliot Wehrle and juniors Chris Dugan and Evan Demoleas will give him great support.

Clifton has a star in senior Kevin Heredia, the Passaic favorite, and outstanding support from all-Passaic senior Max Dubac and second team-



RECORD FILE

Ridgewood's boys cross-country team returns a strong group of runners entering this season.

er senior Takahashi Yuasa. Look for juniors Alunal Rana, Long Tang and Luis Navarro.

Eastside returns senior Darcell McFarlane.

Kennedy has experience in senior Infinite Kennedy and juniors David Tejada and Adon Quinones.

Passaic returns seniors Leonardo Bravo and junior Luis Peralta, first team all-Passaic, and seniors Jerry Olivera and Mark Rodriguez, who were second team.

Passaic Tech lost Jackson Burnett to St. Benedict's and return soph Julius Pallero.

FREEDOM

Hackensack has a solid core in seniors Jonathan Outen, Chris Benitez, Jeffery Pena, Jorge Dutan and Jeff Sanchez and juniors Liam McDermott and Ryan Morales.

Indian Hills returns three cogs from last year's Bergen champs and State Meet of Champ medalists, all-North Jersey standout senior Steve Fiumefreddo, all-Bergen star Chris Leymeister and junior

Bobby Oehrlein. The Braves will again be a team to beat.

Northern Highlands returns senior Aaron Shepp and soph Stephen Ritter.

Paramus returns five of six. Senior Nick Weuste is the top performer, but seniors Connor O'Brien and Patrick Helstrom and juniors Steve Young and David and Dan Shinkorenko will help the Spartans make Group 3 states.

Ramapo is a young team led by juniors Patrick Jackson and Owen Fuhr. Cross-country newcomers senior Mike Petrazzuolo, one of the best 400 runners in the area, and junior Mike Caldiero add talent.

Ridgewood has an experienced and deep team returning led by second team all-Bergen standouts senior Sid Wagh and junior Will Baginski. Seniors Ben Zamboldi, Charlie Branca, Max Boogaert and Ian Dartley and junior Ryan Fahey are the leaders of a 70-man strong team.

INDEPENDENCE

Fair Lawn suffered an un-

expected loss when junior Joe Fernandez was badly injured in a car accident this summer. But the Cutters are still very good with all-North Jersey candidate Jon Marcus, senior Patrick Tuohey and junior Will Mockel.

Lakeland is solid with seniors Jack Neblung and Charlie Weisse, junior Garrett Bergold and sophs Mason Murphy and Declan O'Hagen.

Passaic Valley has a new coach in Walter Bleuler and some experience in seniors Julio Sanchez and Milos Milanov and juniors Alexander Papasavas and Noel Capehart.

Wayne Hills is the defending Passaic and league champion and hopes to retain both with senior Nicholas Hennessey and juniors Jeffrey Bennett and Jordan Leong.

Wayne Valley is led by seniors Ranay Yadav, Ali Alwan and Cole Parker, junior Ben Cummings and sophs Kenny Lemley and Kevin Feeney.

West Milford looks to senior Marcus Boguszewski.

NATIONAL

Bergenfield returns senior Greg Ferrer and Calvin Hui.

NV/Demarest was fourth in Group 2 and won the league. Seniors Tim Larsen, Danny Markham, Jake Ragusa and Josh Munoz return.

NV/Old Tappan has a talented group of seniors including Matt Corrado, Will Dippolito, all-Bergen candidate Justin Kim, Alec Sass, Craig Schulman and Kyle Shine and can challenge for league title.

Pascack Valley is rebuilding with seniors Mike Hayden and Sean Donohue, junior Vin-

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BOYS CROSS-COUNTRY: TOP RUNNERS TO WATCH

Jake Cooper, Park Ridge-Emerson, senior

He had an excellent track season and appears to make the next step into the State Meet of Champions in the fall. The third team all-Bergen selection won the Bergen C cross-country title last fall, was third in the NJC Patriot and was fifth in the North 1, group 1 sectional.

Anthony Di Iorio, Bergen Tech, senior

Another returning third team all-Bergen runner from last fall, he was a surprise 10th place finisher in the tough North 1, Group 4 sectional, was 22nd in the Lou Molino Bergen Meet of Champs, sixth in Bergen A and was second in the Big North Liberty race.

Braedon Flume, Bergen Catholic, junior

A second team all-Bergen performer last fall seems on the verge of stardom and this could be the season. After fifth place finishes in both the Bergen E and Big North United races, he was 20th in the Bergen Meet of Champions and was 16th in the Non-Public A race as the Crusaders just missed qualifying as a team.

Steve Flumefreddo, Indian Hills, senior

Indian Hills has been on a terrific

run for the last few years and Flumefreddo has been in the middle of it, earning all-Bergen and all-North Jersey honors last year after a season that included a win at Six Flags Wild Safari, top 10 finishes in four championship races and a 28th place finish at the State Meet of Champions.

Matt Hartman, Don Bosco, senior

Matt's one of several seniors returning for the perennially strong Ironmen and might be the one this year to step forward and become a dependable front-runner. A first team all Big North United selection, he was seventh in the United meet, eighth in Bergen E and was 26th in Bergen Meet of Champions.

Kevin Heredia, Clifton, senior

A second team All-North Jersey and first team all-Passaic choice last year, he won the Brett Taylor and Big North Liberty races, was second in Passaic and fourth in the North 1, Group 4 before taking 24th in the State Group 4.

Justin Kim, NV/Old Tappan, senior

A second team all-Bergen selection last year, he had a very steady year, taking second in the Big North National, eighth in Bergen A, ninth in the North 1 group 3 sectional and 16th in the Bergen Meet of Champions before a solid 60th place finish in the tough group 3 State Group

champions.

Jonathan Marcus, Fair Lawn, senior

Another third team all-Bergen returnee hopes to make the big step to become an elite performer. He was second in the Big North Independence, 11th in Bergen A, 18th in the Bergen Meet of Champions and 19th in the North 1, group 4 race, just missing a spot in the state group finals. He did help Fair Lawn to its second ever berth in the BMOG.

Luis Peralta, Passaic, junior

Perhaps the most versatile runner in the state, he has been successful from 200 meters all the way to the 5,000 meter cross-country distance. An all-Passaic selection last fall, he was sixth in the Passaic meet, 11th in the Big North Liberty and was the Passaic County outdoor 400, 800 and 1,600 meter champ.

Sid Wagh, Ridgewood, senior

A second team all-Bergen and all-North Jersey performer last fall, an untimely illness might have prevented him from being a first team selection. He was seventh in the Big North Freedom, second in Bergen A, 11th in the Bergen Meet of Champions and was sixth in North 1, group 4 meet.

— Paul Schwartz

TOP 5 STORIES

1. Will any North Jersey teams qualify for the State Meet of Champions?

The year after four North Jersey boys teams qualified and three teams earned medals at the State Meet of Champions for the first time, there is a possibility that for the first time since 1994 that no boys teams will advance to the state's climatic event on Nov.18 at Holmdel Park. That's mostly because graduation has taken nearly 20 of the 28 athletes who ran for Indian Hills, Don Bosco, Ridgewood and Bogota last fall. Northern Valley/Demarest and Dwight-Englewood, which both came close to qualifying last year seem to have taken a small step back this year and Bergen Catholic, fourth in Non-Public A last year is very young.

2. Can Indian Hills repeat in Bergen County?

The short answer is yes, the Braves return All-Bergen runners Steve Fiumefreddo and Chris Leymeister and junior Bobby Oehrlein had a great spring. But the next four varsity spots are wide open and will determine if Indian Hills can become just the fourth school to go back-to-back in the Lou Molino Bergen Meet of Champs. But as has been the case for the last five years, the closest competition will come from Don Bosco and Ridgewood, who combined for 17 straight Bergen titles before last year.

3. Who will rule Passaic County?

Seven different teams have won titles since

1998 in Passaic County, with Wayne Valley winning the most in that time span with six wins. The Indians are not likely to be in the mix for another crown, but defending champ Passaic is favored over Clifton and Wayne Hills with the Indians returning five of their top seven runners, who also qualified for its first state Group 4 meet since 1999.

4. Who's the best runner in North Jersey?

Last year, Don Bosco's David Rosas was expected to be the best runner in North Jersey from the opening gun of the first race to the end of the year and he was, although Ridgewood's Billy Byrne gave him a good run. This year, there are several candidates for the honor, including 2016 all North Jersey first teamer Steve Fiumefreddo of Indian Hills. Ridgewood's Sid Wagh and Will Baginski, Fiumefreddo's teammate, Chris Leymeister and Passaic County favorite Kevin Heredia of Clifton are also potential Runner of the Year candidate.

5. Why the batch meet?

The Big North has gone from three to five multi-team dual and tri-meet sessions to one so-called batch meet for each division, a race where all the teams in the division run all their athletes to be scored against all other teams in dual meets. The decision was made because of the decision of the Passaic County Parks Commission to levy significant costs for even weekday use of the park for races. Big North Conference officials chose not to pay.

TOP 25

1. Ridgewood
2. Don Bosco
3. Indian Hills
4. Passaic
5. NV/Old Tappan
6. NV/Demarest
7. Paramus
8. Clifton
9. Fair Lawn
10. Tenafly
11. Hackensack
12. Bergen Tech
13. Wayne Hills
14. Northern Highlands
15. West Milford
16. Lyndhurst
17. Dwight-Englewood
18. Westwood
19. Pompton Lakes
20. Kinnelon
21. Ramsey
22. Butler
23. Fort Lee
24. Secaucus
25. Cliffside Park



Jim Lambert | For NJ Advance Media

#16 - Ridgewood

Coming off its seventh straight section title, Ridgewood waved goodbye to a vaunted senior class. That certainly doesn't mean the Maroons are void of talent with the likes of juniors William Baginski and Ryan Fahey and seniors Sid Wagh and Charlie Branca leading the way.

Season Opener Invitational - Darlington Park, 9/9/17

No JV/Frosh team scores posted

Event 2 Boys 5k Run CC Boys Freedom

Rank	Team	Total	1	2	3	4	5	*6	*7
Hackensack H vs Ridgewood HS 5000 Run									
1	Ridgewood HS	15	1	2	3	4	5	7	12
Total Time: 1:24:12.00									
Average: 16:50.40									
2	Hackensack HS	44	6	8	9	10	11	13	14
Total Time: 1:27:54.00									
Average: 17:34.80									
Indian Hills vs Ridgewood HS 5000 Run									
1	Ridgewood HS	27	1	5	6	7	8	9	11
Total Time: 1:24:12.00									
Average: 16:50.40									
2	Indian Hills HS	31	2	3	4	10	12	13	14
Total Time: 1:25:43.00									
Average: 17:08.60									
Northern Hig vs Ridgewood HS 5000 Run									
1	Ridgewood HS	15	1	2	3	4	5	6	10
Total Time: 1:24:12.00									
Average: 16:50.40									
2	Northern Hig	47	7	8	9	11	12	13	14
Total Time: 1:32:29.00									
Average: 18:29.80									
Paramus HS vs Ridgewood HS 5000 Run									
1	Ridgewood HS	18	1	2	4	5	6	7	10
Total Time: 1:24:12.00									
Average: 16:50.40									
2	Paramus HS	43	3	8	9	11	12	13	14
Total Time: 1:29:44.00									
Average: 17:56.80									
Ramapo HS vs Ridgewood HS 5000 Run									
1	Ridgewood HS	15	1	2	3	4	5	6	7
Total Time: 1:24:12.00									
Average: 16:50.40									
2	Ramapo HS	50	8	9	10	11	12	13	14
Total Time: 1:37:26.00									
Average: 19:29.20									

Freedom Division (Sept. 18)

There were fireworks in the girls race where North Jersey No. 1 Northern Highlands showed their powerful squad in sweeping the other five opponents behind a personal best of 17:54 by Monica Hebner. Hebner became just the 11th girl to break 18 minutes in the 26-year history of the course. Teammates Isabel Hebner and Daisy Liljegren also broke 19 minutes, setting personal bests at Darlington. No. 4 Ridgewood, showing a solid pack, led by Meghan Adams upset No. 2 Indian Hills, but the Braves were missing their top runner, Corinne Barney out with illness.

On the boys side, Will Baginski of No. 1 Ridgewood edged Steve Fiumefreddo of Indian Hills clocking 16 minutes flat, just one second ahead of Fiumefreddo. It was a personal best for the Maroon junior. Indian Hills took the next two spots but Ridgewood finished its next five runners before No. 3 Indian Hills finished its fourth, leading to a 27-31 Maroon victory. No. 11 Hackensack beat No. 7 Paramus.

Boys Cross-Country Top 25

1. Ridgewood
2. Indian Hills
3. Don Bosco
4. NV/Demarest
5. Clifton
6. Hackensack
7. Passaic
8. Bergen Tech
9. Paramus
10. Fair Lawn
11. NV/Old Tappan
12. Wayne Hills
13. River Dell
14. Pascack Hills
15. Bergen Catholic
16. Westwood
17. Tenafly
18. Rutherford
19. Northern Highlands
20. West Milford
21. Pompton Lakes
22. St. Joseph
23. Hasbrouck Heights
24. Kinnelon
25. Secaucus

Ocean State XC Invitational - Goddard Park East, 9/23/17

Event 16 Boys 5k Run CC Varsity D2

Name	Year	School	Avg Mile	Finals	Points
1 Baginski, Will	11	Ridgewood HS	5:17	16:24	1
8 Wagh, Sid	12	Ridgewood HS	5:23	16:44	8
21 Fahey, Ryan	11	Ridgewood HS	5:32	17:10	21
35 Zamboldi, Ben	12	Ridgewood HS	5:41	17:38	35
36 Branca, Charlie	12	Ridgewood HS	5:41	17:40	36
41 Zamboldi, Mason	10	Ridgewood HS	5:43	17:45	41
76 Nikias, Kris	10	Ridgewood HS	5:54	18:18	73

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood	101	1+8+21+35+36 (41+73)					1:16 1-5 Split	17:07 Avg
2	Boston College	122	9+12+31+33+37 (40+43)					0:58 1-5 Split	17:17 Avg
3	Central Catholic	148	3+10+13+46+76 (105)					1:49 1-5 Split	17:16 Avg
4	Trumbull	187	16+22+26+52+71 (75+102)					1:11 1-5 Split	17:35 Avg
5	Natick	196	6+38+45+48+59 (78+163)					1:27 1-5 Split	17:37 Avg
6	Brewster	203	18+20+42+56+67 (110+188)					1:05 1-5 Split	17:39 Avg
7	Guilford	238	23+30+53+62+70 (72+97)					0:59 1-5 Split	17:49 Avg
8	Hamden	256	17+24+28+83+104					1:38 1-5 Split	17:49 Avg
9	Chelmsford	260	5+15+54+66+120 (129+149)					2:22 1-5 Split	17:43 Avg
10	Milford	283	4+27+57+89+106 (107)					2:14 1-5 Split	17:51 Avg
11	Bishop Feehan	316	32+44+49+90+101 (125+131)					1:05 1-5 Split	18:05 Avg
12	E.O. Smith	354	25+77+79+85+88 (144)					1:11 1-5 Split	18:13 Avg
13	North Attleboro	368	19+65+69+100+115 (128+170)					1:45 1-5 Split	18:13 Avg
14	Saint John's	385	60+74+81+84+86 (91+92)					0:26 1-5 Split	18:21 Avg
15	Newton South	400	29+34+94+96+147					2:06 1-5 Split	18:21 Avg
16	Hopkinton	436	58+61+93+98+126 (152+174)					1:04 1-5 Split	18:29 Avg
17	Attleboro	459	14+82+111+117+135 (143)					2:22 1-5 Split	18:28 Avg
18	Coventry	467	51+95+99+109+113 (145+179)					0:56 1-5 Split	18:33 Avg
19	Bridgewater Raynham	491	64+68+87+130+142 (153+162)					1:16 1-5 Split	18:42 Avg
20	Oliver Ames	516	11+108+127+134+136 (137+154)					2:25 1-5 Split	18:39 Avg
21	Cumberland	521	39+50+140+141+151 (157+165)					2:03 1-5 Split	18:50 Avg
22	Billerica Memorial	531	2+116+132+133+148 (178+181)					3:05 1-5 Split	18:40 Avg
23	Toll Gate	582	7+47+171+177+180 (190+195)					4:12 1-5 Split	19:16 Avg
24	Naugatuck	586	55+63+146+155+167 (185+187)					2:08 1-5 Split	19:06 Avg
25	Norwich	597	112+118+121+122+124 (150+176)					0:15 1-5 Split	18:57 Avg
26	Taunton	634	80+119+138+139+158 (159+161)					1:35 1-5 Split	19:11 Avg
27	Blackstone Valley	723	103+123+160+168+169 (193)					1:26 1-5 Split	19:36 Avg
28	Hingham	809	114+164+173+175+183 (186+199)					2:21 1-5 Split	20:13 Avg
29	Stoughton	903	166+172+182+191+192 (194+200)					1:41 1-5 Split	21:03 Avg
30	Woonsocket	922	156+184+189+196+197 (198)					2:31 1-5 Split	21:28 Avg

Cross Country: Top Performers from Monday, Sept. 18 to Sunday, Sept. 24



Steve Mazzone | RI.Milesplit.com

William Baginski, Ridgewood

Baginski started his week off strong, running in 16:00 to take a win at the Big North Week 1 Batch Meet in a tight race. The junior impressed again when he and Ridgewood appeared in Rhode Island for the Ocean State Invitational, earning another close victory with an NJ#9 time of 16:24 in the varsity boys 2 race, three seconds faster than the next finisher.

Baginski, Ridgewood win Ocean State

Will Baginski continued his fine junior season by winning the Division 2 (Large schools) race at the Ocean State Invitational at Goddard Park East in East Greenwich, R.I. Saturday, defeating Sean Stafanik of Billerica, Massachusetts by 20 meters in 16:23.77.

Teammate Sid Wagh was eighth in 16:43.53 and Ryan Fahey 21st in 17:09.10 as the Maroons, top-ranked in North Jersey defeated Boston College High, 101-122.

Garret Invitational - Garret Mountain, 9/30/17

Event 13 Boys 5k Run CC 11:45 JV Large

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:33:46.00 Average: 18:45.20	33	1	3	6	11	12	14	15
2 Randolph HS Total Time: 1:38:35.00 Average: 19:43.00	114	5	20	25	31	33	41	43
3 Montclair HS Total Time: 1:38:44.00 Average: 19:44.80	124	7	22	28	30	37	50	54
4 Union City High School Total Time: 1:38:47.00 Average: 19:45.40	130	4	16	32	34	44	56	68
5 Clifton HS Total Time: 1:39:53.00 Average: 19:58.60	167	13	18	27	40	69	74	
6 Memorial HS (W. Ny) Total Time: 1:40:55.00 Average: 20:11.00	185	21	24	35	47	58	64	81
7 Mount Olive HS Total Time: 1:40:16.00 Average: 20:03.20	189	9	10	52	55	63	86	93
8 Passaic HS Total Time: 1:40:45.00 Average: 20:09.00	195	8	17	29	70	71	92	96
9 Morristown HS Total Time: 1:41:42.00 Average: 20:20.40	214	23	36	45	51	59	60	62
10 Hackensack HS Total Time: 1:42:31.00 Average: 20:30.20	244	38	42	48	49	67	87	
11 Bergen Co. V/T Total Time: 1:43:28.00 Average: 20:41.60	276	19	53	61	66	77	78	91
12 Sayreville HS Total Time: 1:43:55.00 Average: 20:47.00	286	26	39	72	73	76	95	99
13 Passaic Co. V/T Total Time: 1:44:51.00 Average: 20:58.20	322	46	57	65	75	79	82	83
14 JFK HS - Paterson Total Time: 1:48:13.00 Average: 21:38.60	345	2	80	84	89	90	97	101
15 Morris Knolls HS Total Time: 1:59:11.00 Average: 23:50.20	465	85	88	94	98	100		

Event 9 Boys 5k Run CC 10:45 Soph

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:34:22.00 Average: 18:52.40	20	1	2	3	4	10	16	27
2 Indian Hills HS Total Time: 1:39:02.00 Average: 19:48.40	95	11	17	19	20	28		
3 Hasbrouck Hts. HS Total Time: 1:39:06.00 Average: 19:49.20	95	8	12	15	25	35		
4 Montclair HS Total Time: 1:40:56.00 Average: 20:11.20	111	7	9	24	26	45		
5 Hackensack HS Total Time: 1:41:18.00 Average: 20:15.60	122	5	23	29	31	34	40	43
6 Passaic HS Total Time: 1:44:04.00 Average: 20:48.80	147	13	21	36	38	39	47	
7 Morris Knolls HS Total Time: 1:44:47.00 Average: 20:57.40	153	18	22	30	37	46		
8 Mountain Lakes HS Total Time: 1:48:48.00 Average: 21:45.60	155	6	14	41	44	50		
9 Bergen Co. V/T Total Time: 1:54:12.00 Average: 22:50.40	204	32	33	42	48	49		

Event 15 Boys 3200 Meter Run CC Large

Rank Team	Total	1	2	3	4	5	*6	*7
1 Montclair HS Total Time: 1:02:05.00 Average: 12:25.00	50	1	8	9	11	21		
2 Ridgewood HS Total Time: 1:05:57.00 Average: 13:11.40	102	6	14	20	26	36	42	50
3 Bergen Co. V/T Total Time: 1:05:14.00 Average: 13:02.80	106	2	3	32	34	35	37	49
4 Mount Olive HS Total Time: 1:05:52.00 Average: 13:10.40	109	7	10	22	25	45		
5 Morris Knolls HS Total Time: 1:07:38.00 Average: 13:31.60	132	5	27	30	31	39	44	59

6 Hackensack HS	136	18	19	28	33	38	55	58
Total Time: 1:07:48.00								
Average: 13:33.60								
7 Memorial HS (W. Ny)	151	13	15	24	47	52	56	
Total Time: 1:08:31.00								
Average: 13:42.20								
8 Morristown HS	171	17	23	29	48	54	61	
Total Time: 1:09:53.00								
Average: 13:58.60								
9 Sayreville HS	173	12	16	40	43	62		
Total Time: 1:15:38.00								
Average: 15:07.60								
10 Kearny HS	195	4	41	46	51	53	57	60
Total Time: 1:10:28.00								
Average: 14:05.60								

CROSS-COUNTRY RANKINGS

Girls

1. Northern Highlands
2. Indian Hills
3. Holy Angels
4. Ridgewood
5. Kinnelon
6. IHA
7. River Dell
8. Clifton
9. Bergen Tech
10. Fair Lawn
11. NV/Demarest
12. NV/Old Tappan
13. Pascack Hills
14. Ramsey
15. Hackensack
16. Lyndhurst
17. Cliffside Park
18. Lakeland
19. Ramapo
20. Wayne Hills
21. Passaic
22. Glen Rock
23. DePaul
24. Hasbrouck Heights
25. Fort Lee

Boys

1. Ridgewood
2. Indian Hills
3. Don Bosco
4. NV/Demarest
5. Clifton
6. Hackensack
7. Passaic
8. Bergen Tech
9. Paramus
10. Tenafly
11. Fair Lawn
12. NV/Old Tappan
13. Wayne Hills
14. West Milford
15. River Dell
16. Pascack Hills
17. Bergen Catholic
18. Westwood
19. Rutherford
20. Northern Highlands
21. Pompton Lakes
22. St. Joseph
23. Hasbrouck Heights
24. Cliffside Park
25. Secaucus

Brett Taylor Invitational - Darlington Park, 10/7/17

Event 8 Boys 5k Run CC JV Large

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:33:36.00 Average: 18:43.20	41	2	4	5	14	16	24	26
2 Union City High School Total Time: 1:35:19.00 Average: 19:03.80	65	8	10	11	17	19	20	22
3 Bergen Catholic HS Total Time: 1:36:55.00 Average: 19:23.00	91	3	6	21	27	34	50	
4 Randolph HS Total Time: 1:37:32.00 Average: 19:30.40	99	9	13	18	29	30	31	32
5 Bergen Co. V/T Total Time: 1:40:02.00 Average: 20:00.40	140	7	28	33	35	37	39	
6 Passaic HS Total Time: 1:41:50.00 Average: 20:22.00	153	12	15	41	42	43	48	53
7 Passaic Co. V/T Total Time: 1:42:42.00 Average: 20:32.40	170	23	25	38	40	44	46	47
8 JFK HS - Paterson Total Time: 1:48:19.00 Average: 21:39.80	195	1	36	51	52	55	56	58
9 Paramus Catholic HS Total Time: 1:57:31.00 Average: 23:30.20	264	45	49	54	57	59	60	

Event 4 Boys 5k Run CC Soph

Rank Team	Total	1	2	3	4	5	*6	*7
1 Indian Hills HS Total Time: 1:33:34.00 Average: 18:42.80	37	4	5	8	9	11	35	
2 Hackensack HS Total Time: 1:36:16.00 Average: 19:15.20	62	1	3	16	19	23	25	28
3 Ridgewood HS Total Time: 1:38:57.00 Average: 19:47.40	93	12	13	15	22	31	53	54
4 Passaic HS Total Time: 1:40:04.00 Average: 20:00.80	105	7	14	18	30	36	43	

5 Cliffside Park HS	120	2	10	24	40	44		
Total Time: 1:40:48.00								
Average: 20:09.60								
6 Seton Hall Prep	138	6	21	29	32	50	51	52
Total Time: 1:42:55.00								
Average: 20:35.00								
7 Ramapo HS	141	17	20	26	37	41	47	48
Total Time: 1:43:22.00								
Average: 20:40.40								
8 Fort Lee HS	202	27	38	42	46	49	55	57
Total Time: 1:47:58.00								
Average: 21:35.60								
9 Parsippany Hills HS	207	33	34	39	45	56	58	
Total Time: 1:51:19.00								
Average: 22:15.80								

Event 3 Boys 1600 Meter Run CC Frosh Large

Rank Team	Total	1	2	3	4	5	*6	*7
1 Bergen Catholic HS	24	1	3	4	6	10	16	39
Total Time: 48:29.00								
Average: 9:41.80								
2 Ridgewood HS	59	2	5	8	20	24	29	33
Total Time: 50:13.00								
Average: 10:02.60								
3 Seton Hall Prep	68	7	9	11	15	26	28	32
Total Time: 51:09.00								
Average: 10:13.80								
4 Hackensack HS	74	12	13	14	17	18	19	31
Total Time: 51:19.00								
Average: 10:15.80								
5 Bergen Co. V/T	118	21	22	23	25	27	30	34
Total Time: 53:25.00								
Average: 10:41.00								
6 Dickinson HS	186	35	36	37	38	40	41	
Total Time: 1:05:38.00								
Average: 13:07.60								

Shore Coaches Invitational - Holmdel Park, 10/7/17

Event 19 Boys 5k Run CC 2:30 Var B

Name	Year	School	Avg Mile	Finals	Points
9 Baginski, William	11	Ridgewood HS	5:26	16:52	9
30 Fahey, Ryan	11	Ridgewood HS	5:35	17:21	30
33 Wagh, Sid	12	Ridgewood HS	5:37	17:26	33
47 Branca, Charlie	12	Ridgewood HS	5:46	17:55	47
73 Barnabic, Taylor	10	Ridgewood HS	5:56	18:24	71
128 Zamboldi, Ben	12	Ridgewood HS	6:17	19:30	123
133 Zamboldi, Mason	10	Ridgewood HS	6:19	19:35	128

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Kingsway HS	55	3+6+8+16+22	(31+70)	0:38	1-5 Split	16:52	Avg	
2	North Hunterdon HS	90	1+7+10+21+51	(62+113)	1:46	1-5 Split	17:02	Avg	
3	East Brunswick HS	154	5+26+36+42+45	(50+73)	1:05	1-5 Split	17:25	Avg	
4	Ridgewood HS	190	9+30+33+47+71	(123+128)	1:32	1-5 Split	17:35	Avg	
5	Ocean Twp. HS	194	20+25+41+43+65	(103+112)	1:12	1-5 Split	17:36	Avg	
6	Montclair HS	202	14+27+28+53+80	(85+98)	1:33	1-5 Split	17:39	Avg	
7	Hillsborough HS	210	34+37+38+46+55	(91+137)	0:38	1-5 Split	17:44	Avg	
8	St. Peter's Prep	239	13+29+44+58+95	(102+136)	1:51	1-5 Split	17:49	Avg	
9	WWP North HS	244	4+12+49+63+116	(118+134)	2:43	1-5 Split	17:50	Avg	
10	Lenape Reg. HS	279	39+48+52+61+79	(88+109)	0:53	1-5 Split	18:04	Avg	
11	Montgomery HS	289	19+59+60+69+82	(83+87)	1:29	1-5 Split	18:04	Avg	
12	Jackson Memorial HS	297	18+35+57+77+110		2:10	1-5 Split	18:06	Avg	
13	Middletown South HS	322	15+40+75+93+99	(111+124)	1:53	1-5 Split	18:10	Avg	
14	Manalapan HS	324	11+24+89+96+104	(117)	2:02	1-5 Split	18:08	Avg	
15	Susan E. Wagner	379	23+56+67+100+133	(141)	2:28	1-5 Split	18:27	Avg	
16	Sayreville HS	384	32+54+66+101+131	(138+155)	2:16	1-5 Split	18:29	Avg	
17	Southern Reg. HS	431	17+74+105+115+120	(121)	2:26	1-5 Split	18:38	Avg	
18	Shawnee HS	453	78+86+90+92+107	(122+129)	0:35	1-5 Split	18:45	Avg	
19	Millburn HS	474	2+76+126+127+143	(151+153)	3:40	1-5 Split	18:48	Avg	
20	Hamilton E. - Steinert HS	575	64+68+146+148+149	(159+163)	1:56	1-5 Split	19:26	Avg	
21	Absegami HS	576	72+97+125+130+152	(154+158)	2:11	1-5 Split	19:25	Avg	
22	Elizabeth HS	618	84+108+135+144+147	(168+170)	1:37	1-5 Split	19:33	Avg	
23	Morris Knolls HS	648	81+94+156+157+160	(162+165)	2:58	1-5 Split	20:15	Avg	
24	Brick Memorial HS	686	106+132+139+142+167		2:53	1-5 Split	20:08	Avg	
25	Freehold Township HS	731	114+119+150+172+176		5:43	1-5 Split	21:27	Avg	
26	Cherry Hill West HS	807	145+161+164+166+171		2:22	1-5 Split	21:34	Avg	
27	Teaneck HS	831	140+169+173+174+175	(177+178)	4:47	1-5 Split	23:05	Avg	

Event 25 Boys 5k Run CC 4:30 JV B

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Mendham HS	20	1+2+4+5+8	(9+10)	0:48	1-5 Split	18:18	Avg	
2	Ridge HS	53	6+7+11+14+15	(19+20)	0:44	1-5 Split	18:51	Avg	
3	Ridgewood HS	86	12+13+16+22+23	(30+64)	0:27	1-5 Split	19:12	Avg	
4	Allentown HS	154	24+28+31+35+36	(58+63)	0:29	1-5 Split	19:42	Avg	
5	St. Peter's Prep	190	17+18+47+48+60		1:30	1-5 Split	19:58	Avg	
6	Middletown North HS	264	43+49+52+54+66	(88+91)	0:38	1-5 Split	20:30	Avg	

7	Manalapan HS	274	21+25+29+57+142	6:12 1-5 Split 20:57 Avg
8	Colts Neck HS	276	27+40+65+68+76 (104+107)	1:39 1-5 Split 20:30 Avg
9	West Morris Central HS	285	42+44+55+71+73 (74+115)	0:56 1-5 Split 20:38 Avg
10	Moorestown HS	287	3+56+69+79+80 (94+98)	3:05 1-5 Split 20:27 Avg
11	Wayne Hills HS	292	26+39+50+87+90 (120+124)	2:06 1-5 Split 20:37 Avg
12	Morristown HS	326	33+59+67+75+92 (95+100)	1:53 1-5 Split 20:49 Avg
13	Mount Olive HS	367	32+61+62+99+113 (140+149)	2:41 1-5 Split 21:05 Avg
14	Seneca HS	376	34+46+85+105+106 (118+119)	2:17 1-5 Split 21:07 Avg
15	Middletown South HS	381	41+53+77+93+117 (134+147)	2:33 1-5 Split 21:14 Avg
16	St. Joseph HS (Metuchen)	412	38+82+89+101+102 (109)	1:56 1-5 Split 21:19 Avg
17	Brick Township HS	442	51+78+96+103+114 (116+128)	2:01 1-5 Split 21:33 Avg
18	Monroe Twp. HS	451	45+70+83+126+127 (129+132)	3:08 1-5 Split 21:50 Avg
19	South Plainfield HS	571	37+110+133+145+146 (148)	6:41 1-5 Split 23:56 Avg
20	Edison HS	571	81+86+121+139+144	4:41 1-5 Split 23:18 Avg
21	Hammonton HS	574	72+112+122+131+137 (138+141)	3:45 1-5 Split 23:04 Avg
22	Williamstown HS	583	84+108+111+130+150	10:28 1-5 Split 24:19 Avg
23	Howell HS	616	97+123+125+135+136 (143)	3:05 1-5 Split 23:25 Avg

CROSS-COUNTRY

Cross-country league championships are here

PAUL SCHWARTZ
@NORTHJTRACK

Weather permitting, there will be four league championship cross-country meets over the next five days starting with Monday's NJIC Championships at Garret Mountain.

The Big North will divide its seven divisional championships over three days, with the Freedom and National meets on Oct.10, followed by the Independence and Liberty meets on Oct. 12 and the United, American and Patriot scheduled for Oct. 13.

Here's a brief look at all 20 divisional meets (race start time in parentheses)

NJIC, Oct. 9: Colonial Boys (2:30): Dan Sullivan of Rutherford hopes to join siblings Katie (2012-13) and Sean (2013-14-15) as a league titlist and his undefeated Bulldogs should clinch its first title since the 1999 BCSL American crown.

Meadowlands Girls (2:40): Hasbrouck Heights and defender Giana DiLascio are huge favorites to win here.

Patriot Boys (3:00): The race of the day individually between Jeremy Bronstein of Dwight-Englewood and Jake Cooper of Park Ridge/Emerson.

Colonial Girls (3:10): Alex Walter of Glen Rock should easily win her third straight individual title and Lyndhurst should clinch its second straight team title.

Meadowlands Boys (3:30): Sirish Modhagla of North Arlington is favored to dethrone defending champ Sean Roberts of Saddle Brook to become the Wildcats' first individual champ of any kind since Tony Cannavina won the 1977 Bergen Group 1 crown.

Patriot Girls (3:40): Bogota should win the girls overall title, but Park Ridge/Emerson could win the league meet.

Big North Freedom/National, Oct. 10: National Boys (4:40): Northern Valley/Demarest should beat Tenafly to win a second straight title with Tim Larsen winning individually.

Freedom Girls (5:00): Three of the

top four teams in North Jersey collide but #1 Northern Highlands should emerge in a battle with #2 Indian Hills and #4 Ridgewood.

Freedom Boys (5:20): Ridgewood needs a bounceback after a disappointing Shore meet but Indian Hills would like to make it three in a row.

National Girls (5:40): Old Tappan looks for six in a row but Demarest won a squeaker in the batch meet and seeks its first ever league title.

Big North Independence/Liberty, Oct. 12: Independence Boys (4:40): Fair Lawn got by West Milford and Wayne Hills in the batch meet but all three teams can win the league meet.

Liberty Girls (5:00): Clifton is favored over Bergen Tech behind a great pack. Soph Shannon Clancy of Bergen Tech should continue her great season.

Liberty Boys (5:20): Individually Kevin Heredia of Clifton and Luis Peralta of Passaic need to watch out for Bergen Tech's Anthony DiIorio.

Independence Girls (5:40): Wayne Hills has won all seven divisional titles but Fair Lawn should win its first league title since the 1991 NBIL Division 1 crown.

Big North United/Patriot/American, Oct. 13: United Boys (4:10): Don Bosco wins its eighth straight United and 21st straight league title over Bergen Catholic.

Patriot Girls (4:30): River Dell and Shannon Gorla are heavily favored over Ramsey.

American Boys (4:50): Cliffside Park makes it six straight and Henry Chitic of CP should beat Justin Merkowsky of Dumont.

United Girls (5:10): If Mackenzie Hughes of Holy Angels is healthy, the Angels win, otherwise IHA could give them a run.

Patriot Boys (5:30): River Dell is favored over Pascack Hills but the Cowboys are running well.

American Girls: Cliffside Park makes it six straight here and Erjona Llukovi or Veronica Calderon wins the individual title.

Cross-Country: Top 25 rankings for Oct. 6

1. Ridgewood	14. Pascack Hills
2. Indian Hills	15. Rutherford
3. Don Bosco	16. River Dell
4. NV/Demarest	17. Wayne Hills
5. Passaic	18. West Milford
6. Clifton	19. Westwood
7. Bergen Tech	20. Northern Highlands
8. Hackensack	21. Pompton Lakes
9. Paramus	22. St. Joseph
10. Tenafly	23. Pascack Valley
11. Fair Lawn	24. North Bergen
12. NV/Old Tappan	25. Hasbrouck Heights
13. Bergen Catholic	



Jim Lambert | For NJ Advance Media

No. 15: Ridgewood

Ridgewood edged Ocean Township in a close race for fourth place at the Shore Coaches Invitational Varsity B race with William Baginski leading the way to a 9-30-33-47-71 showing.

Big North Championships - Darlington Park, 10/10/17

Event 7 Boys 5k Run CC Freedom B 52

Name	Year	School	Avg Mile	Finals	Points
1 Baginski, William	11	Ridgewood HS	5:08	15:56	1
3 Wagh, Sid	12	Ridgewood HS	5:14	16:13	3
6 Fahey, Ryan	11	Ridgewood HS	5:17	16:24	6
10 Branca, Charlie	12	Ridgewood HS	5:29	17:01	10
15 Zamboldi, Mason	10	Ridgewood HS	5:36	17:24	15
16 Barnabic, Taylor	10	Ridgewood HS	5:38	17:29	16
20 Zamboldi, Ben	12	Ridgewood HS	5:46	17:55	20

Team Score

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS Total Time: 1:22:58.00 Average: 16:35.60	35	1	3	6	10	15	16	20
2	Indian Hills HS Total Time: 1:24:46.00 Average: 16:57.20	60	2	4	5	22	27	30	31
3	Paramus HS Total Time: 1:26:47.00 Average: 17:21.40	76	7	8	9	23	29	34	35
4	Hackensack HS Total Time: 1:27:16.00 Average: 17:27.20	77	11	12	14	19	21	26	32
5	Northern High Total Time: 1:31:54.00 Average: 18:22.80	125	13	17	24	33	38	40	42
6	Ramapo HS Total Time: 1:33:26.00 Average: 18:41.20	144	18	25	28	36	37	39	41

JV/Frosh No Team Score

CROSS COUNTRY

Northern Highlands girls highlight Big North meets

PAUL SCHWARTZ
@NORTHJTRACK

Frank Gilli informed his Northern Highlands girls team at the starting line that Tuesday's Big North Freedom meet would be his last league meet as the Highlanders' coach after 22 seasons at the helm.

As the Highlanders are one of the best teams in New Jersey and has been ranked No. 1 in North Jersey most of the last two years, they didn't need any more incentive, but Gilli's girls still made the last league meet a memorable one.

With Monica Hebner racing to the fourth fastest time in Darlington Course history at 17:47 and twin sister Isabel running the 12th fastest 18:02, Northern Highlands defeated a rapidly improving Ridgewood team, 35-44 with previous No. 2 Indian Hills third with 56 points.

The Highlanders' team time, still without No. 4 Paige Wilderotter who is expected back in two to three weeks, was 95:59 for its top five, a time beaten only by the Ridgewood and Northern Highlands 2014 teams.

And the Hebners needed every bit of their sensational race to hold off Indian Hills sophomore Corinne Barney, who sped to her personal best of 18:07 and tying for 15th all-time on the course.

Ridgewood's first runner was Meghan Adams in seventh at 19:29. But the Maroons' fifth was just 44 seconds later, while positions six and seven were also under 21 minutes.

Here's a look at the other three races Tuesday.

National boys

It wasn't the best of days for the No. 4 NV/Demarest team, but the Norsemen were still able to easily win their second



Monica Hebner of Northern Highlands won the varsity Freedom Race on Tuesday. She is shown near the halfway mark leading Corinne Barney, who came in third. Hebner's sister, Isabel Hebner, was second. KEVIN R. WEXLER/NORTHJERSEY.COM

straight title, 34-48, over Tenaflly with NV/Old Tappan another five points behind. NV/Demarest's No. 1 Tim Larsen continued to impress, breezing to a 125-meter win over Will Dippolito of NV/Old Tappan in 16:23.

"We decided to go out fast today because we thought the other teams thought we would be tired from running at Shore on Saturday," said Larsen, who led his team to a second place finish at the Shore Coaches D race. "I think I can

run a lot faster if I can get into a more competitive race.

Freedom boys

Two showdowns, two tight finishes, two one-second wins for Will Baginski of Ridgewood over Steve Fiumefreddo of Indian Hills.

After edging his senior rival, running

See **RUNNING**, Page 10S

Running

Continued from Page 9S

a personal best of 16 minutes flat at the batch meet three weeks ago, Baginski, a junior, ran four seconds faster and edged Fiumefreddo to help his team to a 35-60 win over the Braves. It was the fastest race by a boy on the course this year.

"We keep pushing each other to go faster and faster," said Baginski. "We know we're always going to be racing against each other all year and we hope to keep getting faster."

"It's a little different for me this year, because this year I'm the one trying to motivate the other guys on my team," said Fiumefreddo, who was part of the great Indian Hills teams of 2015 and 2016 which earned state group and Bergen Meet of Champions titles and was fourth in the State Meet of Champions a year ago. "It's challenging because we're a smaller group



William Baginski of Ridgewood is shown just before winning the varsity Freedom race in Mahwah on Tuesday. Steve Fiumefreddo of Indian Hills was just behind him for second place.

KEVIN R. WEXLER/NORTHJERSEY.COM

this year, but I'm hoping to keep getting better."

National girls

NV/Demarest stunned its sister school NV/Old Tappan on batch meet day despite the Golden Knights finishing 1-2-4 in the race. NV/Demarest took seven of the next nine places to earn a 29-30 win.

Tuesday, NV/Old Tappan only went 1-2-5 with Mary Scrivanich run-

ning 20:10 to beat her teammate Sari Abolafia by 150 meters, but the back of its top five, sophomore Minseo (Kaylee) Bae and freshman Ally Meeks, stepped up to finish eighth and ninth respectively. This enabled the Golden Knights to win a sixth straight league meet title, 25-30, over the Norsewomen.

"I just worked harder and harder," said Bae, who took 93 seconds off her time of 16 days ago.



Ridgewood boys cross-country were the No. 1 team in The Record poll for the week of Sept. 23, 2017. (Photo: Courtesy of Jacob Brown)

BOYS

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



Jim Lambert | For NJ Advance Media

No. 14: Ridgewood

Ridgewood's last run came at the Big North Divisional Championships as the Maroons will compete in Saturday's Bergen County Championships.



Larry Murphy | For NJ Advance Media

Bergen County (Group) Championships

Teams to watch: Indian Hills, Ridgewood, Pascack Hills, Ramsey, Bergen Catholic

Runners to watch: William Baginski, Ridgewood; Steven Fiumefreddo, Indian Hills; Jake Cooper, Park Ridge-Emerson; Michael Dua, Don Bosco; Jimmy Gutierrez, Bogota; Jeremy Bronstein, Dwight-Englewood; Conor O'Brien, Paramus; Tim Larsen, Demarest

Predictions: Baginski posts the top overall time while Fiumefreddo, Bobby Oehrlein and Bronstein push for top-five finishes.

Cross-country: A breakdown of Bergen County championships

PAUL SCHWARTZ
STAFF WRITER, @NORTHNJTRACK

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

Top two teams and 10 individuals in each division qualify for the Lou Molino Bergen County Meet of Champions on Oct. 28, along with three wild card teams based on team time plus 10 individual wild cards.

Division A

Race starts: 1:35 p.m.

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

Favorites: Ridgewood, Bergen Tech, Paramus, Hackensack, Fair Lawn, NV/Old Tappan.

Returning Top 10 finishers: Sid Wagh, Ridgewood (2nd); Will Baginski, Ridgewood (3rd); Anthony DiIorio, Bergen Tech (6th); Justin Kim, NV/Old Tappan (8th); Nick Weuste, Paramus (10th).

Other contenders: Jonathan Marcus, Fair Lawn; Will Dippolito, NV/Old Tappan.

How the race will go: Ridgewood should have little trouble repeating as team champions.

Bergen Tech could earn the second automatic slot for its first ever team appearance in the BMOG and Paramus, Hackensack, Fair Lawn and Old Tappan will be competing for the three wild card spots available.



Jeremy Bronstein, left, aims to become the first Dwight-Englewood runner to go under 16 minutes when the Division E race takes place on Saturday afternoon at the Bergen County Boys Cross-Country Championships at Darlington County Park in Mahwah. He took ninth place last year. CHRIS MONROE/SPECIAL TO NORTHERSEY.COM FILE

Division C

Race starts: 10:15 a.m.

Teams: Becton/Wallington, Dumont, Glen Rock, Leonia, Lyndhurst, Mahwah, Park Ridge/Emerson, Pascack Hills, Ramsey, Rutherford, Westwood.

Favorites: Westwood, Pascack Hills, Rutherford, Ramsey

Returning Top 10 finishers: Jake Cooper, Park Ridge/Emerson (1st); Andrew Laguttuta, Glen Rock (6th); Peter Skibin, Pascack Hills (7th); Dan Sullivan, Rutherford (8th); Andrew Ellis, Lynd-

li, Cresskill (8th); Jimmy Gutierrez, Bogota (9th).

Other contenders: Sirish Modhagala, North Arlington; Ryan Mernin, Hasbrouck Heights.

How the race will go: Hasbrouck Heights is heavily favored to win its first-ever group title, but there is a four-way battle for the second automatic slot. The individual race also has five potential winners in Modhagala, Rossnagel, Mioli, Gutierrez and Mernin with Modhagala the slight favorite.

CROSS-COUNTRY RANKINGS

BOYS

1. Ridgewood
2. Don Bosco
3. Indian Hills
4. Passaic
5. Bergen Tech
6. NV/Demarest
7. Clifton
8. Bergen Catholic
9. Paramus
10. Hackensack
11. Tenafly
12. Fair Lawn
13. West Milford
14. NV/Old Tappan
15. Westwood
16. Pascack Hills
17. Rutherford
18. River Dell
19. Wayne Hills
20. Glen Rock
21. Ramsey
22. Passaic Tech
23. Mahwah
24. Cliffside Park
25. Hasbrouck Heights

County Group Championships - Darlington Park, 10/21/17

Event 15 Boys 5k Run CC 1:35 Boys A

Name	Year	School	Avg Mile	Finals	Points
1 Baginski, Will	11	Ridgewood HS	5:41	16:09	1
4 Fahey, Ryan	11	Ridgewood HS	5:48	16:29	4
11 Branca, Charlie	12	Ridgewood HS	5:59	16:58	11
15 Barnabic, Taylor	10	Ridgewood HS	6:03	17:10	15
18 Nikias, Kristoffer	10	Ridgewood HS	6:08	17:23	18
55 Zamboldi, Mason	10	Ridgewood HS	6:53	19:31	55

Team Score

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS Total Time: 1:24:09.00 Average: 16:49.80	49	1	4	11	15	18	55	
2	Old Tappan Total Time: 1:25:57.00 Average: 17:11.40	79	3	10	12	19	35	37	40
3	Hackensack HS Total Time: 1:27:07.00 Average: 17:25.40	91	5	13	16	28	29	30	31
4	Bergen Co. V/T Total Time: 1:27:38.00 Average: 17:31.60	105	2	20	23	26	34	47	51
5	Paramus HS Total Time: 1:27:23.00 Average: 17:28.60	107	7	8	9	33	50	52	56
6	Fair Lawn HS Total Time: 1:28:43.00 Average: 17:44.60	126	6	14	24	38	44	46	48
7	Pascack Valley HS Total Time: 1:31:42.00 Average: 18:20.40	173	22	25	27	45	54	60	61
8	Northern High Total Time: 1:33:52.00 Average: 18:46.40	204	17	21	49	58	59	63	65
9	Cliffside Park HS Total Time: 1:33:28.00 Average: 18:41.60	204	32	36	41	42	53	64	69
10	Teaneck HS Total Time: 1:38:06.00 Average: 19:37.20	267	39	43	57	62	66	67	68

Event 11 Boys 5k Run CC 12:25 JV Large

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS Total Time: 1:31:31.00 Average: 18:18.20	22	1	3	4	6	8	9	10
2	Don Bosco Prep Total Time: 1:33:06.00 Average: 18:37.20	45	2	7	11	12	13	17	19
3	Hackensack HS Total Time: 1:36:57.00 Average: 19:23.40	90	5	16	22	23	24	26	27
4	Old Tappan Total Time: 1:38:51.00 Average: 19:46.20	118	14	18	25	30	31	32	46
5	Bergen Co. V/T Total Time: 1:40:58.00 Average: 20:11.60	144	20	21	29	34	40	41	42
6	Fair Lawn HS Total Time: 1:42:02.00 Average: 20:24.40	156	15	33	35	36	37	38	39
7	Northern High Total Time: 1:44:45.00 Average: 20:57.00	210	28	43	44	47	48	50	51
8	Pascack Valley HS Total Time: 1:51:24.00 Average: 22:16.80	261	45	52	53	55	56	58	60
9	Paramus Catholic HS Total Time: 1:54:42.00 Average: 22:56.40	280	49	54	57	59	61	62	63

Event 7 Boys 1.65 Mile Run CC 11:35 Fr Large

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Bergen Catholic HS Total Time: 46:51.00 Average: 9:22.20	41	1	2	8	11	19	23	44
2	Don Bosco Prep Total Time: 47:45.00 Average: 9:33.00	45	4	5	6	14	16	17	18
3	Old Tappan Total Time: 47:08.00 Average: 9:25.60	47	3	9	10	12	13	15	20
4	Fair Lawn HS Total Time: 51:19.00 Average: 10:15.80	122	7	21	22	35	37	41	46
5	Hackensack HS Total Time: 52:21.00 Average: 10:28.20	143	24	25	27	29	38	45	48

6 Bergen Co. V/T	161	28	30	31	33	39	40	42
Total Time: 53:21.00								
Average: 10:40.20								
7 Northern High	205	32	34	36	50	53		
Total Time: 56:38.00								
Average: 11:19.60								
8 Ridgewood HS	216	26	43	47	49	51	52	54
Total Time: 56:57.00								
Average: 11:23.40								

BOYS CROSS-COUNTRY

Hasbrouck Heights boys win first title in 43 years

PAUL SCHWARTZ

STAFF WRITER, @NORTHNJTRACK

MAHWAH - When Hasbrouck Heights last won a Bergen County boys cross-country group championship, Richard Nixon has just resigned as President, the hot technological item was the video game Pong and music sounded best on 8-track tapes.

But the Aviators' championship drought can now be consigned to history along with that trio of ancient events after Hasbrouck Heights' impressive 50-103 victory over Cresskill in the Boys Division D title at Darlington Park on Saturday.

"I knew we had a good team coming back and then when (sophomore) Nick Bua and (junior) Jeremy Bailey quit soccer and decided to run, it all came together," said Heights coach Mike Ryan, who was all of six years old when the Aviators won their last crown.

Bua and Bailey finished as the Aviators' second and third runners Saturday in seventh and 11th place, but it's a reflection of how good Heights was that they would have won without them.

North Arlington last had a boys champ in 1977 but Sirish Modhagala ended that drought as well and broke 17 minutes for first time in winning the individual race by 100 meters.

"It's crazy that it's been so long since we had a winner," said Modhagala, who thrust his arms in the air at the finish line. "I'm glad the took the opportunity to come back to North Arlington (after starting at Paramus Catholic) and so something good for my town and school."

Westwood wins without a tiebreaker

The Cardinals won the Big North Patriot meet in a tiebreaker over Pascack Hills a week ago. But this time Westwood scored a comfortable 17 point win over NJIC Colonial winner Rutherford and beat Pascack Hills by 24 points to win the C division.

"I knew we had a very good team this year, but we decided to start slow and build up to this part of the season," said Cardinal coach George Glover after his

team used a solid pack to defeat Rutherford, 68-85. "Now we're going to go hard at it every week and see what happens."

Dillon Jensen of Pascack Hills scored his second straight narrow win over David Perry of Ramsey as both continued to run personal bests every time out.

"Today I had the confidence to stay closer and I don't think I was ever more than 10 meters off the lead," said Jensen, who ran 16:22 to Perry's 16:23. "We bring out the best in each other."

Demarest ends Braves' streak

Despite watching four time Division B titlist Indian Hills go 1-3-4 on them, NV/Demarest took five of the first 13 spots and had a nice 62 second spread to dethrone the Braves, 34-41 for its first title since the 2001 Group 3 crown.

"The team had great focus today after we didn't run as well as we could in the league meet," said Demarest coach Mike Theuerkauf. "Our big goal is to get to the State Meet of Champions for the first time (since 1996) and we're going to take a shot at BMOC next week."

Steve Fiumefreddo of Indian Hills had the day's best time of 16:02 in edging Demarest #1 Tim Larsen by 30 meters.

Bronstein impressive as Bosco wins

Dwight-Englewood junior Jeremy Bronstein continued to excel, opening up the race midway and breezing to a comfortable 100 meter win over BC's Braedon Fiume in the E race. Don Bosco went 3-4-5-6-9-10 to beat BC, 27-51.

Baginski, Ridgewood rolling

Ridgewood junior Will Baginski and his Ridgewood team have been the favorite to win the Bergen title since the early season and nothing either did Saturday changed that. Baginski held off Anthony Dilorio of Bergen Tech by 25 meters in 16:09 and the Maroons won the A title, 49-79, over NV/Old Tappan despite the absence of number two Sid Wagh for a minor illness.

Doc Braver Frosh/Novice Championships - Darlington Park, 10/26/17

Event 5 Boys 5k Run CC JV Lg 4:50

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS Total Time: 1:30:42.00 Average: 18:08.40	35	1	2	8	11	13	16	17
2	Don Bosco Prep Total Time: 1:31:10.00 Average: 18:14.00	45	4	5	9	12	15	18	24
3	Hackensack HS Total Time: 1:34:42.00 Average: 18:56.40	112	7	10	26	33	36	38	39
4	Paramus Catholic HS Total Time: 1:35:45.00 Average: 19:09.00	129	6	25	28	30	40	56	60
5	Bergen Catholic HS Total Time: 1:35:19.00 Average: 19:03.80	137	14	19	23	35	46	49	57
6	Wayne Valley HS Total Time: 1:36:14.00 Average: 19:14.80	147	20	21	27	34	45	52	54
7	Wayne Hills HS Total Time: 1:37:32.00 Average: 19:30.40	174	22	32	37	41	42	47	48
8	Fair Lawn HS Total Time: 1:38:52.00 Average: 19:46.40	197	29	31	43	44	50	51	53
9	Teaneck HS Total Time: 1:43:29.00 Average: 20:41.80	236	3	55	58	59	61	62	

Event 2 Boys 1.65 Mile Run CC Frosh LG 4:25

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Wayne Hills HS Total Time: 46:58.00 Average: 9:23.60	35	1	3	8	10	13	15	20
2	Fair Lawn HS Total Time: 46:54.00 Average: 9:22.80	36	2	5	6	7	16	19	32
3	Ridgewood HS Total Time: 48:53.00 Average: 9:46.60	78	4	11	14	23	26	28	31
4	Hackensack HS Total Time: 49:42.00 Average: 9:56.40	104	9	21	22	25	27	36	37

5 Don Bosco Prep	133	17	24	29	30	33	34	35
Total Time: 50:31.00								
Average: 10:06.20								
6 Bergen Catholic HS 1	47	12	18	38	39	40		
Total Time: 57:49.00								
Average: 11:33.80								

Boys race wide-open at Bergen MOC

All titles are up for grabs; Ridgewood team favored

PAUL SCHWARTZ
STAFF WRITER, @NORTHJTRACK

It's been a while since the boys race at the Lou Molino Bergen Meet of Champions has been as wide-open as Saturday's race appears to be.

Both the individual and team titles seem to be up for grabs with multiple potential winners in both. And unlike last week, when the A and E divisional races were marred by unseasonal heat, the weather report on Saturday calls for comfortable weather that should make for a great morning at Mahwah's Darlington County Park.

Ridgewood, which last won the title in 2005, is the favorite in the race that starts at 11 a.m., but the Maroons have been inconsistent lately and need Sid Wagh to return from the illness that knocked him out of last week's Division A race.

If the Maroons falter, three teams are capable of winning the race. Northern Valley/Demarest has never won this meet, but the Norsemen had the best average pack in winning Division B last week and has a terrific pack behind front-runner Tim Larsen.

Defending champion Indian Hills has the top trio in North Jersey and never count out Don Bosco, which won 10 straight titles from 2006 to 2015 and has a close-knit pack.

Individually, Indian Hills senior Chris Leymeister is

the leading returnee, finishing sixth last fall. But it's teammate Steve Fiumefreddo and Ridgewood junior Will Baginski that have been the fastest at Darlington so far this year, while Larsen and Anthony DiIorio of Bergen Tech have improved every week.

But the most intriguing runner in the race is Dwight-Englewood junior Jeremy Bronstein. He hasn't lost to a North Jersey runner all year, won Division E easily last week and seems primed for a big breakthrough.

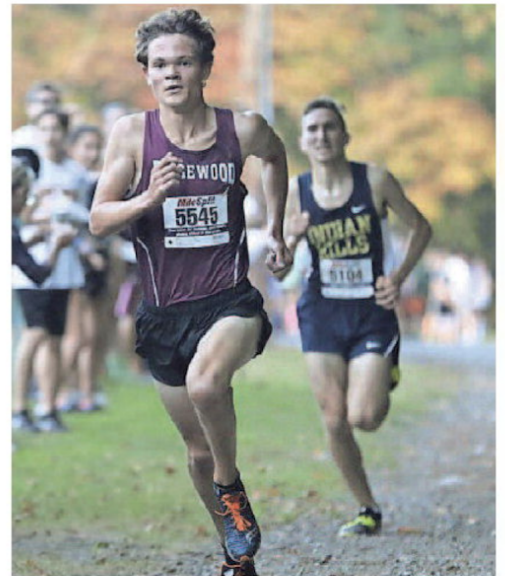
The girls race, which follows at 11:40, is more predictable but could be equally exciting, especially individually.

Northern Highlands should have little trouble retaining its title. Ridgewood, with a great pack, is probably the second best team. However, B titlist Indian Hills, River Dell and E champion Holy Angels all are capable of finishing second.

But it's the individual race that has gotten most fans excited. Monica Hebner of Northern Highlands is undefeated this year and has reeled off a series of sensational races that included a 17:34 win last week, the second fastest time in the 25-year history of the course.

Hebner will get pressure from her twin Isabel, who ran 17:56, No. 8 in course history, last week and Indian Hills sophomore Corinne Barney won the B race in 18:06, No. 14.

And there are two other potential contenders as well in River Dell's Shannon Goria, the 2015 BMOC winner with a personal best of 17:55. She is improving by the week after missing almost all of last year with injury. Last year's runner-up, Mackenzie Hughes of Holy Angels, ran 18:06 last year and won Division E comfortably last week without a challenge.



William Baginski of Ridgewood nears the finish line before winning the boys varsity Freedom race in Mahwah. He is among the Maroons' fastest runners at the Darlington County Park course this year. KEVIN R. WEXLER/NORTHJERSEY.COM



Daniel Fishbein
@RWDSupt

Follow

Congratulations to the Ridgewood Boys XC team on their Group A Championship Go WOOD!

7:21 PM - Oct 21, 2017

Rankings

Boys

1. Ridgewood
2. Demarest
3. Don Bosco
4. Indian Hills
5. Passaic
6. Clifton
7. NV/Old Tappan
8. Westwood
9. Hackensack
10. Rutherford
11. Pascack Hills
12. West Milford
13. Tenafly
14. Bergen Tech
15. Paramus
16. Glen Rock
17. Bergen Catholic
18. Fair Lawn
19. Wayne Hills
20. Ramsey
21. Butler
22. Mahwah
23. Hasbrouck Heights
24. Ramapo
25. Lyndhurst

Girls

1. Northern Highlands
2. Indian Hills
3. Ridgewood
4. Holy Angels
5. River Dell
6. Clifton
7. Kinnelon
8. Pascack Hills
9. Ramsey
10. IHA
11. NV/Demarest
12. NV/Old Tappan
13. Bergen Tech
14. Fair Lawn
15. Hackensack
16. Lyndhurst
17. Lakeland
18. West Milford
19. Passaic Tech
20. Passaic
21. Hasbrouck Heights
22. Garfield
23. Cliffside Park
24. Wayne Valley
25. Ramapo

No. 14: Ridgewood

Ridgewood took home the team title at the Bergen Group Championship Varsity A race, going 1-4-11-15-18 behind William Baginski and Ryan Fahey's top-five performances.

Bergen Meet of Champions - Darlington Park, 10/28/17

Event 2 Boys 5k Run CC

Name	Year	School	Avg Mile	Finals	Points
1 Baginski, Will	11	Ridgewood HS	5:02.7	15:40.37	1
4 Fahey, Ryan	11	Ridgewood HS	5:10.4	16:04.09	4
25 Branca, Charlie	12	Ridgewood HS	5:22.1	16:40.44	17
38 Barnabic, Taylor	10	Ridgewood HS	5:29.8	17:04.58	26
61 Nikias, Kristoffer	10	Ridgewood HS	5:40.4	17:37.50	40
112 Zamboldi, Mason	10	Ridgewood HS	6:26.8	20:01.47	83

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	88	1+4+17+26+40 (83)						1:57 1-5 Split 16:37 Avg
2	Demarest	94	7+10+16+24+37 (39+76)						1:12 1-5 Split 16:46 Avg
3	Indian Hills HS	115	2+3+11+34+65 (74)						2:23 1-5 Split 16:49 Avg
4	Don Bosco Prep	117	8+9+21+35+44 (48+61)						1:20 1-5 Split 16:58 Avg
5	Hackensack HS	142	15+18+22+32+55 (67+78)						1:26 1-5 Split 17:07 Avg
6	Old Tappan	146	6+12+28+46+54 (56+72)						1:39 1-5 Split 17:07 Avg
7	Bergen Catholic HS	176	5+29+33+51+58 (60+63)						1:49 1-5 Split 17:19 Avg
8	Westwood HS	182	14+30+41+47+50 (52+69)						1:17 1-5 Split 17:25 Avg
9	Tenafly HS	197	20+31+36+53+57 (68+70)						1:07 1-5 Split 17:30 Avg
10	Rutherford HS	210	25+27+38+45+75 (79+82)						1:48 1-5 Split 17:40 Avg
11	Pascack Hills HS	225	13+19+49+64+80 (85)						3:07 1-5 Split 17:47 Avg
12	Hasbrouck Hts. HS	252	23+42+59+62+66 (71+73)						1:22 1-5 Split 17:52 Avg
13	Cresskill HS	371	43+77+81+84+86 (87+88)						2:36 1-5 Split 19:28 Avg

Frosh Boys 1.65 mi Run CC

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Old Tappan	47	6+8+10+11+12 (19+28)						0:11 1-5 Split 9:22 Avg
2	Indian Hills HS	66	2+3+16+18+27 (29+37)						0:58 1-5 Split 9:24 Avg
3	Ridgewood HS	89	4+13+15+26+31 (32+35)						0:56 1-5 Split 9:38 Avg
4	Demarest	99	7+9+17+23+43 (47+48)						1:10 1-5 Split 9:43 Avg
5	Bergen Co. V/T	148	1+34+36+38+39 (40+44)						1:33 1-5 Split 9:58 Avg
6	Hasbrouck Hts. HS	156	5+25+33+41+52						3:32 1-5 Split 10:29 Avg
7	Leonias HS	157	14+21+22+49+51 (53)						2:46 1-5 Split 10:37 Avg
8	Hackensack HS	161	20+24+30+42+45 (46+50)						0:59 1-5 Split 10:08 Avg

CROSS-COUNTRY

Ridgewood boys win at Bergen Meet of Champions

PAUL SCHWARTZ

STAFF WRITER, @NORTHJTRACK

MAHWAH - On paper, Saturday's Lou Molino Bergen Meet of Champions went strictly according to form with the Ridgewood boys and Northern Highlands girls earning victories and confirming the top-ranked status they held all season.

And the individual championships won by junior Will Baginski of Ridgewood and senior Monica Hebner of Northern Highlands weren't unexpected, especially after the early season races by both.

But Saturday's race at Darlington County Park was anything but routine, especially in the boys meet.

"This is not the team I expected to go to the line and finish the race with when the season started," said Ridgewood coach Patrick Ryan after his team won its first BMOOC crown since the 2005 race at 88-94 over NV/Demarest.

The winning score was the highest by a victorious boys team since Paramus Catholic scored 103 points in winning the 1975 title.



Will Baginski of Ridgewood leads the field at the Bergen County Meet of Champions at Darlington County Park on Saturday.

GEORGE MCNISH/SPECIAL TO NORTHJERSEY.COM

Baginski took command of the individual race midway through the 5,000 meter course, breaking open a race that had seen several leaders in the first half as the field of 118 had whittled down to six. This included eventual runner-up Steve Fiumefreddo and third place finisher Chris Leymeister of Indian Hills, Brandon Fiume of Bergen Catholic, Sid Wagh of Ridgewood and Dwight-Engle-

wood's Jeremy Bronstein.

The second half was all Baginski as he confidently cruised to a 15 second personal best of 15:41 and a 90-meter win over Fiumefreddo. Any sign of last year's difficulties after a spectacular freshman year were gone as he gave two thumbs up to his supporters when he crossed the finish line.

"I mentally needed to get the confidence back and compete the way I knew I could," said Baginski, who credited a pair of summer lunches with retired coach Mike Glynn as paving the way for his return to form.

"Training was never the issue but I also took six weeks off in the summer and let my body reset."

But behind Baginski, chaos ensued as Wagh faded from the lead pack and ultimately dropped out 800 meters from the finish. And with Ridgewood running three sophomores in its top seven, one of whom was suffering from illness and another, Kristoffer Nikias, making only his second varsity appearance, NV/Demarest, running a solid pack within 43 seconds of each other, seemed poised to pounce.

Enter Ryan Fahey.

The Maroons junior, who was the sixth man on last year's veteran team, clipped 24 seconds off of his best Darlington time and managed fourth in 16:05. Combined with consistent senior Charlie Branca in 25th, sophomores Taylor Barnabic (38th) and Nikias (61st), the Maroons had just enough to hold NV/Demarest. Defending champion Indian Hills finished third with 115 points, just ahead of Don Bosco, which finished out of the top three for the first time since 1990.

Hebner led a 1-3-4 finish for Northern Highlands' girls, breaking the course record by running 17:28, also a record fourth time she was under 18 minutes at Darlington for her career. But sophomore Corinne Barney of Indian Hills ran the No. 5 time in course history, 17:47, in finishing second.

Isabel Hebner was third and Daisy Liljegren fourth. Liljegren and juniors Quinn Carter (17th) and Courtney Dalton (24th) all scored personal bests and the Highlands winning time of 94:23 was second only to Ridgewood's 2014 winning time of 93:34.

Cross Country: Notable performances from Week No. 8

Posted October 30, 2017 at 06:00 AM | Updated October 30, 2017 at 06:02 AM



Andrew Koob | For NJ Advance Media

Will Baginski and the Ridgewood boys

A 12-year drought was broken as Ridgewood won its first Bergen County/Lou Molino Meet of Champions team title since 2005. Baginski won the race in 15:40.37, more than 15 seconds faster than the next finisher, with the Maroons going 1-4-17-26-40 and beating Demarest, 88-94, in a close finish at the top.

Bergen MOCs, Monica Hebner Sets Course Record and Will Baginski Leads Ridgewood to Win



BERGEN COUNTY / LOU MOLINO MOCs
Robert Kellert
Oct 29, 2017



TAGGED ATHLETES

Will Baginski

14 more...

TAGGED MEETS

As usual the Lou Molino Bergen Meet of Champions brought thrills and all-time implication racing. [Monica Hebner](#) set a course record as NJ#10 [Northern Highlands](#) defended their title and [Will Baginski](#) led [Ridgewood](#) to their first BMOCs victory since 2005.

The girls race saw heavily favored Northern Highlands win their second straight Bergen MOCs title with a 39 point run and 18:52 average. Monica Hebner, their one card, broke the course record with her 17:27.91 performance. That took down past teammate [Catherine Pagano](#)'s previous record time of 17:29 from the 2014 [Bergen Group Championships](#).

After Monica [Indian Hills](#) sophomore [Corinne Barney](#) came through in second at 17:46, before Northern Highlands finished third and fourth thanks to [Isabel Hebner](#) 18:11 and [Daisy Liljegen](#) 18:35. Their top five closed shop with [Quinn Carter](#) 17th 19:50 and [Courtney Dalton](#) 24th 20:17.

Ridgewood girls scored second at 61 led by [Hannah Fishbein](#) in seventh 19:12, and Indian Hills was third with 71 points.

[Demarest](#) in a close one with 88 points to Demarest's 94. Ridgewood's Will Baginski won the race with a solid lead at 15:40, a major course PR for him as he looks to continue this strong season heading into states.

This was Ridgewood first Bergen MOCs team title since 2005 and their first individual winner since 2006 when [Daniel Emont](#) won with a 15:50. With Baginski only being a junior, he will be back next fall to defend his title.

Indian Hills had the only other two under 16 minutes thanks to Steven Fiumefreddo in second at 15:56 and Chris Leymeister third at 15:59. The rest of Ridgewood's scoring five went as follows: [Ryan Fahey](#) fourth 16:04, [Charlie Branca](#) 25th 16:40, [Taylor Barnabic](#) 38th 17:04, [Kristoffer Nikias](#) 61st 17:37.

Demarest's day was led by senior [Josh Munoz](#) who cross the line in eighth with his 16:20.

Boys Cross Country: Ridgewood's Baginski paces Maroons to first Bergen MoC team title in 12 years (PHOTOS)



MAHWAH — Ridgewood has always had success, both in and out of the Bergen County/Lou Molino Meet of Champions, but a team title had eluded them for the past 12 years.

Will Baginski was set on changing that this time around.

Behind Baginski, **Ryan Fahey** and a 1-4-17-26-40 finish for 88 points, the Maroons ended a decade-plus long drought with their first team title since 2005 and 12th overall at Darlington Park Saturday.

"Ridgewood always has that winning tradition," Baginski said. "So it's good to put that on paper again as the best team in the county. I think it's a relatively weaker year and someone had to take advantage. We did that and I'm happy to continue that winning tradition."

Baginski won the race handily, running a 15:40.37 ahead of the next finisher by 16 seconds. Fahey secured fourth place in 16:04.09 as **Charlie Branca** ran 16:40.44 to take 25th place. Baginski placed 13th at last year's race in 16:03 and was the fourth best returning runner based on that run.

"Last year I didn't think I'd be in contention at all anyway," Baginski said. "But today I thought I had a good shot at winning. I knew what I could come out here and do. Last year I didn't run as well as I should have overall so it's nice to come back out here and run like this."

The Maroons, who placed second at last year's meet, certainly did not claim their team title easily. **Demarest** was right on Ridgewood's heels as they posted a 7-10-16-24-37 finish for 94 points. **Justin Kim** and **Josh Munoz** finished 7-8 with respective times of 16:18.31 and 16:20.05, with **Tim Larsen** earning a top-11 finish as well in 16:25.62, to lead the Norsemen to the runner-up position.

The **Indian Hills** duo of **Chris Leymeister** and **Steven Fiumefreddo** went 2-3 with Fiumefreddo taking second in 15:56.96 and Leymeister running 15:59.97 for third place. Behind those two and **Bobby Oehrlein**, who claimed 13th in 16:28.60, the defending champion Braves edged **Don Bosco**, 115-117, for the third spot in the team standings.

Braedon Fiume of **Bergen Catholic** took fifth place, crossing the finish line in 16:11.63 with Glen Rock's Andrew Lagattuta following him in 16:17.09 for sixth. Don Bosco's **Kieran Ungemach** and **Michael Dua** rounded out the top 10 with respective times of 16:22.71 and 16:24.62.



Daniel Fishbein
@RWDSupt



Congratulations to the Ridgewood Boys XC team on their Group A Championship Go WOOD!

7:21 PM - Oct 21, 2017



6



No. 14: Ridgewood

Ridgewood snapped a 12-year team title drought at the Bergen County MoCs. The Ridgewood will appear next at Garret Mountain in the North I, Group 4 race at 12:55 p.m.

Frosh/Novice State Championships - Thompson Park, 11/1/17

Event 5 Boys 5k Run CC Championship Junior Varsity

Name	Year	School	Avg Mile	Finals	Points
71 Dartley, Ian	12	Ridgewood HS	5:51.7	18:12.6	71
73 Sheridan, Aidan	10	Ridgewood HS	5:52.5	18:15.0	73
76 Boogaert, Max	12	Ridgewood HS	5:53.2	18:17.3	76
86 Martin, Calder	12	Ridgewood HS	5:57.1	18:29.3	86
102 Kane, Dylan	11	Ridgewood HS	6:03.1	18:47.9	102
117 Cho, Dan	11	Ridgewood HS	6:13.3	19:19.7	117
118 Crimmins, Wilson	10	Ridgewood HS	6:13.7	19:20.9	118

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Westfield HS	28	2+4+5+7+10	(16+19)					0:14 1-5 Split 17:01 Avg
2	Kingsway HS	54	1+6+8+14+25	(48+78)					0:49 1-5 Split 17:08 Avg
3	WWP South HS	69	3+12+13+20+21	(24+30)					0:28 1-5 Split 17:13 Avg
4	CBA	140	9+27+31+33+40	(60+128)					0:41 1-5 Split 17:35 Avg
5	Mendham HS	162	15+32+35+39+41	(59+87)					0:33 1-5 Split 17:41 Avg
6	Princeton HS	195	11+23+52+53+56	(57+65)					0:52 1-5 Split 17:44 Avg
7	North Hunterdon HS	208	34+38+44+45+47	(50+89)					0:13 1-5 Split 17:52 Avg
8	Freehold Township HS	248	17+18+54+67+92	(100+116)					1:18 1-5 Split 17:52 Avg
9	Ridge HS	268	36+37+55+61+79	(83+110)					0:33 1-5 Split 18:00 Avg
10	Old Bridge HS	269	22+46+58+62+81	(84+88)					0:57 1-5 Split 17:59 Avg
11	Hillsborough HS	309	28+43+64+80+94	(99)					1:01 1-5 Split 18:07 Avg
12	East Brunswick HS	319	29+63+68+74+85	(90+103)					0:51 1-5 Split 18:08 Avg
13	Hunterdon Central HS	357	42+51+72+95+97	(98+113)					0:46 1-5 Split 18:16 Avg
14	South Brunswick HS	362	26+66+70+96+104	(105+106)					1:16 1-5 Split 18:17 Avg
15	Montgomery HS	402	49+69+82+93+109	(126+127)					0:58 1-5 Split 18:26 Avg
16	Ridgewood HS	408	71+73+76+86+102	(117+118)					0:35 1-5 Split 18:24 Avg
17	WWP North HS	474	75+77+91+111+120	(121+123)					1:07 1-5 Split 18:42 Avg
18	Colts Neck HS	565	101+107+114+119+124	(129)					0:53 1-5 Split 19:09 Avg
19	Bridgewater-Raritan HS	582	108+112+115+122+125	(130+131)					0:42 1-5 Split 19:17 Avg

Event 2 Boys 5k Run CC Championship Frosh

Name	Year	School	Avg Mile	Finals	Points
44 Salerno, Matt	9	Ridgewood HS	6:06.4	18:58.4	42
65 Johnson, Clark	9	Ridgewood HS	6:13.4	19:20.0	62
98 Miller, Seth	9	Ridgewood HS	6:28.6	20:07.1	94
121 Oriente, Alex	9	Ridgewood HS	6:40.4	20:44.0	116
140 Samoylov, Paul	9	Ridgewood HS	6:54.0	21:26.1	132
142 Swanson, Andrew	9	Ridgewood HS	6:57.6	21:37.5	133
152 Stojanovic, Evan	9	Ridgewood HS	7:07.3	22:07.5	142

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Princeton HS	94	9+17+21+23+24	(65+66)	0:31	1-5	Split	18:21	Avg
2	CBA	108	2+12+20+29+45	(46+74)	1:38	1-5	Split	18:19	Avg
3	WWP North HS	166	14+34+35+36+47	(48+69)	0:45	1-5	Split	18:44	Avg
4	Morris Hills HS	191	1+19+30+68+73	(83+134)	2:29	1-5	Split	18:40	Avg
5	Kingsway HS	200	22+33+40+50+55	(63+82)	0:43	1-5	Split	18:52	Avg
6	East Brunswick HS	203	11+26+51+54+61	(64+70)	1:07	1-5	Split	18:51	Avg
7	Westfield HS	223	25+38+49+53+58	(96+99)	0:39	1-5	Split	18:58	Avg
8	Middletown South HS	255	5+8+27+93+122	(126+143)	3:14	1-5	Split	19:02	Avg
9	Old Bridge HS	261	3+41+52+78+87	(101+159)	2:26	1-5	Split	19:03	Avg
10	North Hunterdon HS	278	6+7+18+123+124	(125)	3:22	1-5	Split	19:09	Avg
11	WWP South HS	300	4+16+71+80+129	(139+148)	3:41	1-5	Split	19:17	Avg
12	Hillsborough HS	331	31+57+60+91+92	(107+112)	1:22	1-5	Split	19:28	Avg
13	Hunterdon Central HS	332	32+59+72+84+85	(90+100)	1:07	1-5	Split	19:28	Avg
14	Summit HS	352	28+56+81+89+98	(115+140)	1:29	1-5	Split	19:34	Avg
15	Don Bosco Prep	373	37+44+75+108+109	(110+113)	1:37	1-5	Split	19:42	Avg
16	Bridgewater-Raritan HS	391	10+79+88+103+111	(136+149)	2:36	1-5	Split	19:45	Avg
17	Ridgewood HS	446	42+62+94+116+132	(133+142)	2:27	1-5	Split	20:07	Avg
18	Mendham HS	490	15+43+137+138+157		9:30	1-5	Split	21:45	Avg
19	Monroe Twp. HS	507	76+86+105+119+121	(131+146)	1:08	1-5	Split	20:20	Avg
20	Robbinsville HS	509	77+95+102+117+118	(127+128)	1:02	1-5	Split	20:21	Avg
21	Ridge HS	557	67+106+114+120+150		3:14	1-5	Split	20:49	Avg
22	Franklin Twp. HS	566	39+97+141+144+145	(152)	3:21	1-5	Split	21:07	Avg
23	Northern Burlington HS	592	13+130+135+156+158		9:31	1-5	Split	22:55	Avg
24	Raritan HS	709	104+147+151+153+154	(155)	4:15	1-5	Split	22:52	Avg

NJSIAA Sectionals Picks and Predictions Preview

NORTH 1

INDIVIDUALS

NORTH 1

TEAMS

Robert Kellert

Pat Montferrat

Jim Lambert

Andrew Stranieri

Robert Kellert

Pat Montferrat

Jim Lambert

Andrew Stranieri



Boys

Boys

Boys

Boys

G1	Jared Cooper	Jared Cooper	Jared Cooper	Jared Cooper
G2	Tim Larsen	Tim Larsen	Tim Larsen	Andrew Lagattuta
G3	Steven Fiumefreddo	Steven Fiumefreddo	Steven Fiumefreddo	Steven Fiumefreddo
G4	Will Baginski	Will Baginski	Will Baginski	Will Baginski

Boys

Boys

Boys

Boys

G1	Mountain Lakes	Mountain Lakes	Mountain Lakes	Mountain Lakes
G2	NV Demarest	NV Demarest	NV Demarest	NV Demarest
G3	Morris Hills	Morris Hills	Morris Hills	Morris Hills
G4	Ridgewood	Ridgewood	Ridgewood	Ridgewood

A breakdown of Saturday's boys state sectional meets

Paul Schwartz

North Jersey Record
USA TODAY NETWORK - NEW JERSEY

The cross-country state sectional meets are scheduled for Saturday, with the top five teams, and individuals in the top 10, qualifying for the state group meet Nov. 11 at Holmdel. The North 1 site is Garrett Mountain in Woodland Park, and the North 2 site is Morris County Central Park (Greystone) in Parsippany. A breakdown:

North 1

Group 1

Starting time: 12:30 p.m.

New to the group: Mountain Lakes and Park Ridge/Emerson.

Last year's champions: James Draney of Bogota and the Bogota team (Jared Cooper and the Mountain Lakes team won North 2, group 2 last year).

Top returning runners: Cameron Gec, Wallkill Valley (2nd); Anthony Christiana, Hopatcong (7th); Thomas Hanisch, Wallkill Valley (10th). (Jared Cooper was 1st, Jeremy Anderson, Mountain Lakes was 4th and Spencer Gillies was 6th in North 2, group 2 and Jake Cooper, Park Ridge/Emerson was 5th in North 1, Group 2 last year).

Top 10 prediction: Cooper; Gec; Anderson; Jake Riley, North Warren; Cooper; Spencer Gillie, Mountain Lakes; Ryan



Will Baginski of Ridgewood leads the field to the finish line during the Bergen County cross-country meet of champions at Darlington County Park on Saturday. GEORGE MCNISH/SPECIAL TO NORTHJERSEY.COM

Mernin, Hasbrouck Heights; Christiana; Nathan Armstrong, Pompton Lakes; Matt Konopinski, Butler.

Top five teams: Mountain Lakes; North Warren; Wallkill Valley; Hasbrouck Heights; Butler.

How the race will go: Mountain Lakes will breeze to victory and Hopatcong and

Pompton Lakes can qualify with big races. Jared Cooper is the favorite and Jake Cooper (no relation) can be a factor.

Group 2

Starting time: 10:50 a.m.

New to the group: Dover, Dwight Morrow, Garfield, Lenape Valley and Morris Tech.

Last year's champions: NV/Demarest and Ty Miller, NV/Demarest.

Top returning runners: Jake Ragusa, NV/Demarest (7th); Gary Wilhelm, River Dell (10th).

Top 10 prediction: Tim Larsen, NV/Demarest; Dillon Jensen, Pascack Hills; Andrew Laguttuta, Glen Rock; Wilhelm; David Perry, Ramsey; Josh Munoz, NV/Demarest; Daniel Vides, Westwood; Ragusa; Joe McCabe, Glen Rock; Jesse Camperover, Lakeland.

Top five teams: Demarest; Westwood; High Point; Pascack Hills; Glen Rock.

How the race will go: The Norsemen will have little trouble repeating and unless River Dell is healthy, the next four spots should be pretty well set. Individually, five runners have a chance of winning but it'll probably come down to Larsen and Jensen.

Group 3

Starting time: 11:15 a.m.

New to the group: Ramapo and West Milford.

Last year's champions: Tom Holster, Indian Hills and Indian Hills.

Top returning runners: Chris Leymeister, Indian Hills (8th); Justin Kim, NV/Old Tappan (10th).

Top 10 prediction: Steve Fiumefreddo, Indian Hills; Matt Salazar, Morris Hills; Matt Moreno, Morris Hills; Leymeister;

See CROSS-COUNTRY, Page 9S

Cross-country

Continued from Page 8

Jimmy Quinn, Nutley; Kevin McNally, Morris Hills; Bobby Oehrlein, Indian Hills; Daniel Rivera, Morris Hills; Kim; Jonathan Marcus, Fair Lawn.

Top five teams: Morris Hills; Indian Hills; Montville; Old Tappan; Tenafly.

How the race will go: Five-time champion Indian Hills can match Morris Hills through three runners, but the Scarlet Knights have better depth and will break Indian Hills' five-year streak. Paramus and West Milford should battle Tenafly for the final spot. Any of six runners could win this meet, but Fiumefreddo has had the most consistent season.

Group 4

Starting time: 12:55 p.m.

Last year's champions: Ridgewood and Billy Byrne, Ridgewood

Top returning runners: Kevin Heredia, Clifton (4th); Sid Wagh, Ridgewood (6th); Will Baginski, Ridgewood (8th); Patrick Mullen, Morristown (9th); Anthony Dilorio, Bergen Tech (10th).

Top 10 prediction: Baginski; Jaymin Minstry, Montclair; Luis Peralta, Passaic; Heredia; Sebastien Urquidi, Montclair; Mullen; Ryan Fahey, Ridgewood; Stefan Urquidi, Montclair; Dilorio; Lucas Chiarello, Morristown.

Top five teams: Montclair; Ridgewood; Morristown, Passaic, Clifton.

How the race will go: If Wagh can run his race, Ridgewood will win its record eighth straight sectional. If not, it's a dogfight with the Maroons, Montclair and Morristown. Mount Olive, Randolph and Union City are potential team qualifiers. Individually, it's Baginski, Minstry, Peralta and Heredia.

North 2

Group 1

Starting time: 12:30 p.m.

Last year's champions: Fahd Nasser, McNair and the Whippany Park team.

Top returning runners: Nasser (1st); Joe Thoma, Whippany Park (2nd); Nicholas Thoma, Whippany Park (5th); Braden Keenan, Belvidere (6th); Hamza Mankor, McNair (7th); Freddy Martinez, University Charter (8th).

Top 10 prediction: Nasser; J. Thoma; N. Thoma; Emre Cayir, Whippany Park; Mankor; Sirish Modhagala, North Arlington; Steve Vasquez, McNair; Keenan; Patrick Smurla, Cedar Grove; Hamza Barkouch, McNair.

Top five teams: Whippany Park, McNair; Verona; Jonathan Dayton; Secaucus.

North Jersey outlook: Secaucus has to hold off Cedar Grove to qualify for the sixth time in seven years. Modhagala can be the first North Arlington boy to qualify since 2000.

Group 2

Starting time: 10:50 a.m.

New to the group: Bernards, Harrison, Hillside and Voorhees.

Last year's champions: Mountain Lakes and Jared Cooper, Mountain Lakes (no longer in group). Voorhees won Central group 2 last year.

Top returning runners: Dan Sullivan, Rutherford (3rd); Vincent Colantoni, Parsippany (7th); Kouros Sadeghi-Nejad, West Essex (9th). (Chris Romero, Voorhees was 2nd and Joseph Capone, Voorhees was 3rd in Central group 2 last year).

Top 10 prediction: Romero; Capone; Maxwell Page, Voorhees; Dylan Fritz, Voorhees; Stuart Gruters, Bernards; Sullivan; Noah Wilde, Madison; Mike Castellanos, Rutherford; Daniel McConnell, Voorhees; Alex Kotwick, Bernards.

Top five teams: Voorhees, Bernards, Madison, Rutherford, West Essex.

North Jersey outlook: Rutherford should qualify for the third straight year. Individually Sullivan and teammate Castellanos should be in or near the top 10.



Andrew Koob | For NJ Advance Media

North Jersey, Section 1, Group 4

TEAM OUTLOOK: Ridgewood has won the last seven N1G4 title and looks to be the favorite heading into Saturday. Will Baginski will be looking to place first after running 15:40.37 at the Bergen MoCs but if the likes of Ryan Fahey and Charlie Branca can finish higher than their season-best times suggest, the Maroons will breath a little easier at the finish line.

Cross Country: Previews and Predictions for every sectional race

Montclair behind the Urquidi twins of Stefan and Sebastian, look to be the biggest threat to the Maroons' title reign. Stefan has the second-best time among sectional runners with Sebastian sitting at nine. Dale Rose and Aidan Ward are both sitting in the top 30 while fifth runner Andrew Skibniewski is at 40.

INDIVIDUAL OUTLOOK: Two duos from Mount Olive (Jaymin Mistry and Carrington Retzios) and Memorial (Francis Martingale and Steven Ventura) will be looking at some high finishes while the battle between Passaic's Luis Peralta and Clifton's Kevin Heredia continues into the sectional meet.

PREDICTIONS: Montclair makes it close but Ridgewood ultimately wins its eighth-straight section title behind a Baginski first-place finish.

State Sectional Championships - Garret Mountain, 11/4/17

Event 8 Boys 5k Run CC Group 4

Name	Year	School	Avg Mile	Finals	Points
2 Baginski, Will	11	Ridgewood	5:11	16:06	2
8 Fahey, Ryan	11	Ridgewood	5:24	16:45	8
24 Barnabic, Taylor	10	Ridgewood	5:36	17:23	24
30 Branca, Charlie	12	Ridgewood	5:38	17:31	30
31 Wagh, Sid	12	Ridgewood	5:41	17:38	31
62 Nikias, Kristoffer	10	Ridgewood	5:52	18:13	62
95 Zamboldi, Mason	10	Ridgewood	6:08	19:02	95

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	95	2+8+24+30+31	(62+95)	1:32	1-5 Split	17:04	Avg	
2	Montclair HS	103	4+11+15+34+39	(43+72)	1:26	1-5 Split	17:09	Avg	
3	Morristown HS	134	12+17+19+40+46	(79+83)	1:04	1-5 Split	17:25	Avg	
4	Mount Olive HS	138	7+13+29+33+56	(78+89)	1:35	1-5 Split	17:21	Avg	
5	Passaic HS	150	1+25+35+38+51	(54+58)	2:00	1-5 Split	17:24	Avg	
6	Bergen Co. V/T	167	10+27+36+45+49	(50+76)	1:14	1-5 Split	17:35	Avg	
7	Memorial HS (W. NY)	178	5+6+32+65+70	(87+97)	1:58	1-5 Split	17:26	Avg	
8	Randolph HS	204	16+26+42+47+73	(85+104)	1:20	1-5 Split	17:46	Avg	
9	Hackensack HS	249	21+28+57+69+74	(75+81)	1:14	1-5 Split	17:55	Avg	
10	Union City HS	261	18+52+61+64+66	(82)	1:06	1-5 Split	17:59	Avg	
11	Clifton HS	273	3+22+71+86+91	(100+115)	2:25	1-5 Split	17:54	Avg	
12	Livingston HS	288	9+53+60+67+99	(101+106)	2:24	1-5 Split	18:06	Avg	
13	North Bergen HS	328	20+44+63+84+117	(118+128)	3:06	1-5 Split	18:28	Avg	
14	West Orange HS	333	14+68+77+80+94	(108)	2:02	1-5 Split	18:15	Avg	
15	Kearny HS	383	37+48+90+98+110	(112+123)	2:12	1-5 Split	18:44	Avg	
16	Bloomfield HS	416	41+59+96+109+111		2:07	1-5 Split	19:00	Avg	
17	Passaic Co. V/T	451	23+103+105+107+113	(124+130)	2:47	1-5 Split	19:11	Avg	
18	Morris Knolls HS	453	55+88+92+102+116	(120+126)	2:13	1-5 Split	19:01	Avg	
19	Eastside HS	605	114+119+121+122+129	(133)	2:05	1-5 Split	20:51	Avg	
20	JFK HS	608	93+125+127+131+132	(134+135)	3:49	1-5 Split	21:31	Avg	

Ridgewood earns 24th sectional title, its 8th in row

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

WOODLAND PARK – Ridgewood’s eighth straight and record 24th overall North 1, Group 4 sectional cross-country championship win Saturday was anything but routine.

Senior Sid Wagh, who had been battling a problem in controlling an electrolyte imbalance all season, had the added burden of waking up Saturday morning with a 101-degree fever that nearly forced him out of finishing a 5,000-meter race for the fourth time this season.

Wagh managed to finish as the Maroons’ fifth runner, in 31st place, giving Ridgewood a 95-103 win over a Montclair team seeking its first sectional title.

“This season has been a roller-coaster ride,” said Ridgewood coach Patrick Ryan after his team survived a scare for the second straight week. Ridgewood won its first Lou Molino Bergen Meet of Champions title since 2005 by just six points, after Wagh, running near the front for the entire race, failed to finish. “But like they have all year the kids find a way seemingly every week.”

Passaic’s Luis Peralta became his

school’s first sectional champ, outkicking Ridgewood’s Will Baginski by 20 meters in 16:02 at the Garret Mountain course, fastest race of the day and the sixth fastest time in Passaic County history. But Baginski, and the next three Ridgewood finishers in eighth place runner Ryan Fahey, 24th-place finisher Taylor Barnabic and 30th-place finisher Charlie Branca all hit personal bests on the Garret course to hold off Montclair.

“Sid and I are the only seniors on the team and we tried to help the other guys all season,” said Branca, who was promoted to the varsity before the Group 4 state championship last year and has been a rock of consistency all season while the Maroons have struggled through injuries, illnesses and breaking in a series of young runners.

“Next week (at groups) everyone is going to have just go for it and we’ll see what happens,” said Fahey, whose team recorded the highest team score of any Group 4 winner since the 1980 Ridgewood team, which also scored 95 points. “But today’s win is very satisfying.”

Peralta steps up

The win for Peralta continued a re-

markable season for perhaps New Jersey’s most versatile runner.

“I feel proud to do something that no one at our school has ever done before,” said the junior, who has excelled at races from 200 meters up plus the 400 hurdles in the last year.

NV/Demarest follows Larsen to victory

The Norsemen hadn’t won a sectional title in 15 years until taking Group 2 last year. Yet, they liked winning so much, they repeated, 55-112, over High Point with senior Tim Larsen winning by nearly 100 meters in 16:23.

“I was unhappy with my race last week (a disappointing 11th at BMOC) but today I just forgot about running for time and just ran to win,” said Larsen. “My confidence is back and now let’s see what happens next week.”

It wasn’t the best of races for the Norsemen, but coach Mike Theuerkauf is confident that a state Meet of Champions berth is possible next week.

“We worked hard this week and we’ll back it off next week and taper for the race,” said Theuerkauf. “We’ll be ready.”

Fiumefreddo lets it go

Indian Hills senior Steve Fiumefreddo led a 1-2-3 finish for the Braves in Group 3, scoring an impressive 16:09, 100-meter win, but Morris Hills’ superior depth gave it a 46-94 win. “I focused on my form today and I felt in control of the race all day,” said Fiumefreddo, who ran the second-fastest time ever for an Indian Hills boy on the course.

Modhagala, Rutherford lead North 2 qualifiers

Sirish Modhagala was paying attention when he ran the new Central Park of Morris County cross country course for the first time.

That added knowledge helped the North Arlington senior finish seventh in the North 2, Group 1 race at Greystone Park, running 16:50. He’s the first North Arlington runner to reach states since 2000.

“To earn my spot is awesome,” Modhagala. “The competition out there is pretty crazy.”

Junior Michael Castellanos finished sixth in 16:44, leading the Rutherford boys to fourth overall in North 2 Group 2.

State Group Championships - Holmdel Park, 11/11/17

Event 12 Boys 5k Run CC Group 4

Name	Year	School	Avg Mile	Finals	Points
4 Baginski, Will	11	Ridgewood	5:14	16:16	3
28 Fahey, Ryan	11	Ridgewood	5:23	16:42	24
79 Branca, Charlie	12	Ridgewood	5:36	17:24	66
91 Wagh, Sid	12	Ridgewood	5:40	17:34	77
98 Barnabic, Taylor	10	Ridgewood	5:41	17:39	84
99 Nikias, Kristoffer	10	Ridgewood	5:42	17:40	85
123 Zamboldi, Mason	10	Ridgewood	5:53	18:16	109

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Kingsway HS	52	7	9	11	12	13	(26+60)	0:11 1-5 Split 16:23 Avg
2	Princeton HS	91	1	5	23	28	34	(41+44)	0:47 1-5 Split 16:30 Avg
3	Westfield HS	127	15	16	19	35	42	(46+69)	0:29 1-5 Split 16:42 Avg
4	WWP South HS	162	10	20	33	47	52	(61+90)	0:49 1-5 Split 16:48 Avg
5	Freehold Township HS	170	2	21	37	48	62	(87+98)	1:17 1-5 Split 16:49 Avg
6	North Hunterdon HS	173	14	22	38	40	59	(99+119)	0:48 1-5 Split 16:51 Avg
7	Cherokee HS	176	18	30	32	45	51	(57+101)	0:32 1-5 Split 16:52 Avg
8	Ridgewood HS	254	3	24	66	77	84	(85+109)	1:23 1-5 Split 17:07 Avg
9	South Brunswick HS	262	27	36	55	56	88	(100+106)	1:00 1-5 Split 17:10 Avg
10	East Brunswick HS	262	25	29	58	64	86	(115+132)	0:59 1-5 Split 17:10 Avg
11	Morristown HS	322	8	67	68	72	107	(122+133)	1:55 1-5 Split 17:21 Avg

12 Ridge HS	339 4+71+78+92+94 (96+129)	1:37 1-5 Split 17:24 Avg
13 Egg Harbor Twp HS	360 43+73+76+79+89 (113+127)	0:45 1-5 Split 17:29 Avg
14 Montclair HS	372 39+53+54+105+121 (124+128)	1:32 1-5 Split 17:36 Avg
15 Bridgewater-Raritan HS	396 49+80+82+83+102 (112+130)	1:03 1-5 Split 17:37 Avg
16 Columbia HS	423 65+70+81+97+110 (118+131)	0:54 1-5 Split 17:43 Avg
17 Passaic HS	425 6+93+95+114+117 (123)	2:07 1-5 Split 17:45 Avg
18 Mount Olive HS	427 17+75+91+108+136 (137)	3:27 1-5 Split 18:01 Avg
19 Lenape Reg. HS	434 31+63+104+116+120 (126+135)	1:41 1-5 Split 17:50 Avg
20 Southern Reg. HS	463 50+74+103+111+125 (134)	1:33 1-5 Split 17:57 Avg



George McNish | For NJ Advance Media

No. 17: Ridgewood

The Maroons finished the season last week after placing eighth in the Group 4 championship meet with a 3-24-66-77-84 showing. Will Baginski placed fourth and earned a berth at the MoCs tomorrow.

State Meet of Champions - Holmdel Park, 11/18/17

Event 2 Boys 5k Run CC

Name	Year	School	Avg Mile	Finals	Points
113 Baginski, Will	11	Ridgewood	5:37	17:27	

Rankings and five takeaways from the 2017 season

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

After a record-setting 2016 North Jersey boys cross-country season, the 2017 teams and runners still enjoyed a memorable 2017 fall with a lot of promise shown for the future.

Here are the top takeaways from the 5,000-meter cross country courses at Garret Mountain, Darlington Park, Holmdel and elsewhere after the 2017 season:

Same old, same old

Seven of last year's top 10 teams repeated in the top 10 this year, although none of them appeared where they finished the 2016 season.

Ridgewood, ranked third last year, won its first Lou Molino Bergen Meet of Champs title since 2005, earned its record 13th Triple Crown (League, County Group, State Sectional) title and extended its own record North 1 sectional title winning streak to eight straight, despite struggling to put the same runners on the starting line at every meet.

Will Baginski was Bergen County's top runner from opening day until the State Group 4 meet, which he finished fourth, the top finish by any Maroon underclassman since Bob Keino won the 1992 state title as a junior.

Ryan Fahey became a star and soph Taylor Barnabac had some key races late in the year to help the Maroons overcome some physical setbacks. And senior Charlie Branca was a significant and consistent contributor all season.

It was Ridgewood's record 24th straight trip to the group 4 meet and 17th straight top 3 finish in the Bergen Meet of Champions, and highlighted Patrick Ryan's third successful year as the head coach.

Trio Grande

Even though Ridgewood dominated North Jersey all season, the Maroons didn't have the top trio in the area. That honor belonged to the Indian Hills threesome of seniors Stephen Fiumefreddo, Chris Leymeister and Bobby Oehrlein. The highlight of their season came at the North 1, group 3 race when the three Braves went 1-2-3 in the North 1, group 3 state sectional at Garret Mountain with Fiumefreddo winning in 16:09, followed by Leymeister and Oehrlein. The only other sectional to show a 1-2-3 sweep which was the North 2, group 4 girls race, won by North Hunterdon which finished the years as the undefeated state champions. Indian Hills wasn't as fortunate even though junior Jason Kelly steadily improved all season as the Braves could find a steady fifth man. The other top trio belonged to the Paramus threesome of seniors Nick Weuste and Patrick Helstrom and junior Conor O'Brien, whose top performance ironically came in the same sectional race as the Braves. Weuste was 11th, Helstrom 13th and O'Brien 14th in the race, but none moved on to states, as the Spartans lost a tiebreaker to West Milford for the final team slot.

Passaic County rivalry

For the last four seasons, tracing back to last fall, Luis Peralta of Passaic and Kevin Heredia of Clifton have put on a show in distances from 400 meters through the 5,000 meters of cross country. Heredia drew first blood in the fall of 2016 when he beat Peralta all six times they met including a win in the Big North Liberty and a second place finish in the Passaic County championships. Heredia held his advantage through the winter, winning at 800 meters, but Peralta began to turn the tables in the spring, winning at 800 and 1,600 meters

as both reached the State Meet of Champions 800. This cross country season, the duel was intense as Peralta won all five meetings including terrific battles for the Big North Liberty and Passaic County finals. Heredia has already earned a scholarship to run at Rider and Peralta has another year of high school, but their winter and spring track races should propel each of them to State Meet of Champions medals.

It's been awhile

Even though, no North Jersey teams reached the State Meet of Champions for the first time since 1994 and no individual made the top 20 for the first time since 2000, there still were many positive signs. Peralta became the first ever Passaic boys sectional champion and was the first Indian boy to make the state top 10 since 1985. Butler made the group meet as a team for the first time since 2000 and West Milford for the first time since 2007. Jake Cooper of Park Ridge/Emerson was the first boy from either school to make the state top 10 since 1986, while Sirish Modhagala of North Arlington became his school's first boys Bergen group champ since 1977 and first state meet qualifier since 1987. Jon Marcus of Fair Lawn became the first Cutter to advance to the group meet since 1990. Jesse Campoverde became Lakeland's first state group participant since 1998. And finally, Andrew Laguttuta and Joe McCabe became Glen Rock's first boys to make the state meet since 2004 and Laguttuta, with his 10th place group 2 finish was the first Panther to make the State Meet of Champions since 2003.

A bright future

Passaic County has perhaps it's youngest All-County first team ever, with freshmen Collin Clinton of West

Milford and Nathan Armstrong of Pompton Lakes and sophs Julius Pallero of Passaic Tech, Campoverde and Nicholas Ortiz of Passaic among the 10 member squad. Peralta has another year to improve upon his top 10 County rankings at Darlington, Holmdel and Garret Mountain, the three courses of record for North Jersey runners. Bergen's team is not nearly as young but there will be five returnees from this year's first team including defending champ Baginski and runners like Oehrlein, Laguttuta, Fahey, Braedon Fiume of Bergen Catholic, Jeremy Bronstein of Dwight-Englewood and Dillon Jensen of Pascack Hills made strong improvement this year. Freshmen Theo Davis of NV/Demarest, Kenneth Morrissey of Northern Highlands and Rob Hymans of Ramapo also excelled at the varsity level.

Final Top 25 rankings

1. Ridgewood
2. NV/Demarest
3. Indian Hills
4. Passaic
5. Don Bosco
6. Bergen Tech
7. NV/Old Tappan
8. Clifton
9. Hackensack
10. Bergen Catholic
11. Paramus
12. West Milford
13. Westwood
14. Tenafly
15. Rutherford
16. Fair Lawn
17. River Dell
18. Pascack Hills
19. Glen Rock
20. Wayne Hills
21. Ramsey
22. Hasbrouck Heights
23. Mahwah
24. Pascack Valley
25. Lyndhurst



George McNish | For NJ Advance Media

No. 17: Ridgewood

Ridgewood secured the North 1, Group 4 sectional title then finished the season with an eighth-place finish in the Group 4 championship.

ALL-BERGEN BOYS XC

First team

Will Baginski, Ridgewood, junior
Ryan Fahey, Ridgewood, junior
Braedon Fiume, Bergen Catholic, junior
Steven Fiumefreddo, Indian Hills, senior
Andrew Lagattuta, Glen Rock, junior
Tim Larsen, NV/Demarest, senior
Chris Leymeister, Indian Hills, senior
Bobby Oehrlein, Indian Hills, junior
Kieran Ungemach, Wayne Hills, senior

Coach of the Year: Patrick Ryan, Ridgewood
Team of the Year (Group 3-4-A): Ridgewood
Team of the Year (Group 1-2-B): NV/Demarest

Second team

Jeremy Bronstein, Dwight-Englewood, junior
Anthony Dilorio, Bergen Tech, senior
Michael Dua, Don Bosco, junior
Dillon Jensen, Pascack Hills, junior
Justin Kim, NV/Old Tappan, senior
Jonathan Marcus, Fair Lawn, senior
Josh Munoz, NV/Demarest, senior
Nick Weuste, Paramus, senior
Gary Wilhelm, River Dell, senior

Third team

Jake Cooper, Park Ridge/Emerson, senior
Will Dippolito, NV/Old Tappan, senior
Jon Fontana, River Dell, junior
Patrick Helstrom, Paramus, senior

Joe McCabe, Glen Rock, senior
Conor O'Brien, Paramus, junior
Jeffry Pena, Hackensack, senior
David Perry, Ramsey, junior
Daniel Vides, Westwood, senior

Honorable Mention

Connor Haney, Elias Shaia and Jack Welch, Bergen Catholic;
Evan Demoleas, Chris Dugan and Elliott Wehrle, Bergen Tech;
Jimmy Gutierrez, Bogota; Joe Mioli, Cresskill; Theo Davis, Danny Markham and Jake Ragusa, NV/Demarest; Patrick Donnelly, Devon Loughlin and Ryan Nicholson, Don Bosco;
Chris Graham and Justin Merkovsky, Dumont; Will Mockel and Pat Touhey, Fair Lawn; Israel Torres, Garfield; Chris Benitez, Jorge Dutan, Ryan Morales and Jonathan Outen, Hackensack; Ryan Merrin, Hasbrouck Heights; Jason Kelly, Indian Hills; Andrew Ellis and Matt Madonna, Lyndhurst; Marco Armendariz, Mahwah; Matt Rossnagel, Midland Park; Nick Lenge, New Milford; Srish Modhagala, North Arlington; Kenneth Morrissey and Stephen Ritter, Northern Highlands; Kyle Shine and Jin Woo Song, NV/Old Tappan; Peter Skibin, Pascack Hills; Mike Hayden, Pascack Valley; Ray Meagher, Paramus Catholic; Mike Pantaleo, Park Ridge/Emerson; Robert Hymans, Ramapo; Taylor Barnabic, Charlie Branca, Sid Wagh, Ben Zamboldi and Mason Zamboldi, Ridgewood; Mike Castellanos and Dan Sullivan, Rutherford; Will Hawkins, Lucas McCoy and Carmel Ohring, Tenafly; Steven Bello and Dan Kazlau, Westwood.

Boys Cross Country: 2017 All-Group 4 teams

GROUP 4

FIRST TEAM

Jonathan Connor, [Kingsway](#)
Justin Cornetta, [Hunterdon Central](#)
Sameer Das, [West Windsor-Plainsboro South](#)
Joe Grandizio, [Kingsway](#)
Will Hare, [Princeton](#)
Acasio Pinheiro, [Princeton](#)
Ray Sellaro, [North Hunterdon](#)

SECOND TEAM

Nicholas Ackerman, [Freehold Township](#)
Will Baginski, [Ridgewood](#)
Kieran Burns, [Kingsway](#)
TJ Hillyer, [Howell](#)
Patrick Mullen, [Morristown](#)
Luis Peralta, [Passaic](#)
Gavin Richards, [North Hunterdon](#)

THIRD TEAM

Patrick Bayeux, [Ridge](#)
Cade Hindley, [Kingsway](#)
Justin Kelly, [Cherokee](#)
Matthew Meusel, [Westfield](#)
Jonathan Mobisa, [Union](#)
Carrington Retzios, [Mount Olive](#)
Steven Ventura, [Memorial](#)

Boys Cross Country

Boys Cross Country: Will Baginski is the Big North Conference runner of the year for 2017

By Andrew Koob | For NJ Advance Media
on December 05, 2017 6:30 AM

With the graduation of Billy Byrne, the [Ridgewood](#) boys cross country team leaned on **Will Baginski**. In turn, Baginski thrived and paced the Maroons to the North I, Group 4 sectional championship at the Bergen County/Lou Molino MoC team title.

Baginski placed first in five of his first six races of the season, including close victories at the Ocean State Invitational and the Big North Divisional Championships. In leading his team to its first Bergen County MoC title since 2005, the junior won the race in 15:40.37, which stands as a PR at the end of this season, and helped the Maroons to the sectional title with a second-place individual finish at Garret Mountain.

Baginski then made his second appearance at the Group Championships. A season after placing 34th, Baginski earned an individual berth to the Meet of Champions when he placed fourth in the Group 4 meet in 16:16, improving his time last year at Holmdel Park by over 40 seconds.

			Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet
First	Last	Gr.	Season Opener (9/9)	Batch Dar. (9/18)	Ocean State (9/23)	Garret Invite (9/30)	Brett Taylor (10/7)	Shore Coaches (10/7)	Big North (10/10)	County Groups (10/21)	Doc Braver (10/26)	BMOC (10/28)	Frosh/Novice State (11/1)	Sectionals (11/4)	Groups (11/11)	SMOC (11/18)	
Will	Baginski	Jr.			16:00	16:24		16:52	15:56	16:09		15:40.37		16:06	16:16	17:27	
Ryan	Fahey	Jr.			16:48	17:10		17:21	16:24	16:29		16:04.09		16:45	16:42		
Sid	Wagh	Sr.		17:11 (Fall)	16:44			17:26	16:13	DNS		DNF		17:38	17:34		
Charlie	Branca	Sr.	17:42		17:20	17:40	17:45	17:55	17:01	16:58		16:40.44		17:31	17:24		
Ben	Zamboldi	Sr.		17:02	17:38			19:30	17:55	DNF							
Taylor	Barnabic	So.	17:49			18:21		18:24	17:29	17:10		17:04.58		17:23	17:39		
Mason	Zamboldi	So.	17:56	17:11	17:45	18:48		19:35	17:24	19:31		20:01.47		19:02	18:16		
Kris	Nikias	So.	18:24	18:12	18:18			19:00	18:00	17:23		17:37.50		18:13	17:40		
Dan	Cho	Jr.		24:26		19:09		19:09	18:18	18:15	17:52		19:19				
Ian	Dartley	Sr.		19:24		19:18	18:32			19:16	18:19		18:12				
Ryan	Seaver	So.	18:36	19:05		18:54		20:46	18:52	18:00							
Aidan	Sheridan	So.		18:37		19:03		19:40		18:33	18:02		18:15				
Calder	Martin	Sr.	18:42	18:40		19:23	18:30		18:36	18:35	18:13		18:29				
Paul	Baginski	Jr.	18:45	18:41		19:27	18:14		19:01	18:53	18:33						
Max	Boogaert	Sr.		18:39		18:48		19:25	19:08	18:17	18:16		18:17				
Dylan	Kane	Jr.	18:53	19:08		19:07		19:27	18:45	18:26	18:24		18:47				
Wilson	Crimmins	So.		20:26		20:17	19:37		19:58	18:34	18:28		19:20				
Frank	Orlando	So.	19:10	19:12		19:16	19:04		19:19	19:10	18:38						
Angus	Callan	Sr.	19:10			18:57		19:00									
Alex	Cho	So.	19:34			19:33	19:15			18:58	19:19						
Tomas	Carlson	So.	18:58	20:03		20:13				19:54							
Eddie	Nold	Jr.	19:31	19:54					20:20	18:59	18:59						
Tim	Baginski	Jr.	19:39	19:58		19:47	19:06		19:51	19:14	19:03						
Nick	DeVita	Jr.	19:31	19:29		20:15	19:14		19:34	20:00	19:10						
Chris	Shammas	Sr.	19:38	19:27		19:49			19:17	19:41							
Kyle	Neville	Sr.	19:58	20:41		20:22	19:52		20:49	20:42	19:24						
Patrick	Mancini	So.	19:28	20:09							19:57						
Ryan	Cody	Sr.	20:20	20:21		20:06				19:59	19:31						
Matthew	Neville	Jr.	20:57	21:15		20:49	20:10		22:17	20:55	19:38						
Matthew	Curtis	So.	20:09	20:14		20:41	20:08		20:34	19:57	19:43						
Mark	Salzman	Sr.		20:51			19:48		20:22	20:26	20:08						
Maxwell	Yalong	Sr.	20:11	D/O		21:23				20:49							
Matthew	Otterstedt	Jr.	21:20	20:27		21:24	20:19		20:29	21:22							
Parker	Audette	Sr.		21:02		21:23			22:35	21:07	20:20						
Evan	Rosenfeld	So.	20:39	23:46			20:53		21:26	20:22	20:32						
Jack	Shigeta	Jr.		21:09							21:02						
Jason	Dreier	Sr.				21:09											
T.J.	Sofia	Sr.		21:39		22:59	21:19			22:21	21:43						
Jack	Yannone	So.	23:56			24:08	22:57		22:34	24:03	21:35						
Will	Sofka	So.	22:57	22:42		23:54	22:49		22:46	22:10	21:53						
Jake	Franklin	Jr.	23:13	26:03		23:37	22:10			23:26							
Andrew	Olivo	So.	24:52	25:21			23:16		23:01		22:29						
Nick	Santangelo	So.	23:13	24:28					23:18	22:49							
Brendan	Donahue	So.	23:14	24:37			24:18		22:51		23:19						
Jacob	Alvarado	Jr.	24:50	26:29		24:03			24:55		22:54						
Triston	Wennersten	So.	27:07	25:32		24:57	23:28		23:02		22:58						
Don	Joseph	So.	24:04						24:56	23:00	23:29						
P.J.	Sanchez	So.	23:36														
Julian	Lee	Jr.								25:07	24:02						
Kyle	Schnell	Jr.		27:07			24:52		28:00		24:15						
Gregory	Frey	So.	25:04				25:39			25:09							

			Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet
First	Last	Gr.	Season Opener (9/9)	Batch Dar. (9/18)	Ocean State (9/23)	Garret Invite (9/30)	Brett Taylor (10/7)	Shore Coaches (10/7)	Big North (10/10)	County Groups (10/21)	Doc Braver (10/26)	BMOC (10/28)	Frosh/Novice State (11/1)	Sectionals (11/4)	Groups (11/11)	SMOC (11/18)
Matt	Salerno	Fr.	10:03	9:24			9:19		9:10	19:51	9:19	9:13	18:58			
Clark	Johnson	Fr.	10:16	10:03		12:22	9:45		9:30	20:04	9:41	9:29	19:20			
Seth	Miller	Fr.	10:29	10:08		12:48	9:59		9:47	20:56	9:47	9:30	20:07			
Alex	Oriente	Fr.	10:56	10:28		13:11	10:26		10:20	20:40	10:00	9:52	20:44			
Gavin	Sheridan	Fr.	10:14	10:08					11:27		10:06	10:12	21:37			
Paul	Samoylov	Fr.	11:15	11:06		13:49					10:08	10:09	21:26			
Evan	Stojanovic	Fr.				14:09	11:38		11:13	10:23	10:18	10:09	21:26			
Hakyoun	Kim	Fr.	10:55	10:35							10:14	10:15				
Andrew	Swanson	Fr.	11:29	10:48		13:37	10:44		10:39	21:49	10:35	10:26				
Lawrence	Fine	Fr.	12:37	11:54			10:59		10:39		10:47	11:06	22:07			
Charles	Healy	Fr.	11:52	11:28			11:08		11:33	11:02	10:47	10:39				
Liam	Fahey	Fr.	11:47	11:43		14:56	11:03		11:09	11:55	11:03	10:41				
Ivan	Stadnik	Fr.				15:22			11:54	11:30	10:57	11:27				
Ryan	Schnure	Fr.	11:14			14:39										
Troy	Kanell	Fr.	12:56	12:25		16:02	12:21		12:41	12:07	12:09	11:46				
Henry	Branca	Fr.	12:41	11:58			12:28			12:30	12:11	11:57				
Jake	Kranz	Fr.	12:32	12:25		16:36	12:28		12:26	12:10	12:12	11:32				
Paul	Gillan	Fr.	12:23	13:00		16:23	12:16		12:44		12:41	11:50				

Ridgewood Boys Cross Country Championships

League Champions

Big North - Freedom Division

2017	Will Baginski, Ridgewood
2016	Billy Byrne
2015	Billy Byrne
2014	Ridgewood
2012	Ridgewood
2011	Ridgewood
2010	Pat Rynkowski

NNJIL

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

Triple Crown Winners

(League, County, Sectional)

2017	Ridgewood
2016	Billy Byrne, Ridgewood
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Ridgewood
1989	Eric Boucher, Ridgewood
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

Triple Crown Plus Winners

(Won 3 or more of the following: League, County, BMOC, Sectional, Group, SMOC, Regionals, Nationals)

2017	Will Baginski (League, County, BMOC)
2016	Billy Byrne (League, County Sectional)
2004	Mike Cator (League, County, Sectional)
1993	Bob Keino (League, County, Sectional, Group, SMOC, Foot Locker Regionals)
1992	Bob Keino (League, County, BMOC, Sectional, Group, SMOC)
1989	Eric Boucher (League, County, Sectional)
1987	Kevin McCabe (League, County, BMOC)
1980	Tom Hughes (League, County, BMOC, Sectional)

Ridgewood is the ONLY school to have both boys and girls teams win League, County, BMOC, and State Sectional titles all in the same season

Years: 2003, 1995, 1986, 1984

Ridgewood Boys Cross Country Championships

County Champions

Group A

2017	Will Baginski, Ridgewood
2016	Billy Byrne, Ridgewood
2010	Pat Rynkowski
2008	Taro Shigenobu
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood

Group IV

2002	Ridgewood
1996	Neil Burt, Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Ridgewood
1989	Eric Boucher, Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Eric Bernsten, Ridgewood
1985	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood
1979	Tom Hughes, Ridgewood
1978	Ridgewood

Group III-IV

1965	Ridgewood
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*Until 1965 there was only 1 race, no group separation

**From 1965-1972 there were 2 group races but no combined county championship race

***Until 1973 there were only two races group races; Group 1-2 and Group 3-4

BMOC

Champions

2017	Will Baginski, Ridgewood
2006	Dan Emont
2005	Byron Williams, Ridgewood
2004	Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1992	Bob Keino
1991	Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes
1978	Ridgewood
1964	Ridgewood

*Until 1965 there was only 1 race, no group separation

**From 1965-1972 there were 2 group races but no combined county championship race

Top 3 Individual Finishes (Since 2004)

2017	Will Baginski	1st
2016	Billy Byrne	2nd
2010	Pat Rynkowski	3rd
2008	Taro Shigenobu	3rd
2006	Dan Emont	1st
2005	Byron Williams	1st
2005	Mike Cator	3rd
2004	Byron Williams	2nd
2003	Ari Zamir	1st
1992	Bob Keino	1st
1987	Kevin McCabe	1st
1980	Tom Hughes	1st

Ridgewood Boys Cross Country Championships

State Sectional Champions

North 1, Group IV

2017	Ridgewood
2016	Billy Byrne, Ridgewood
2015	Ridgewood
2014	Kenny Marshall, Ridgewood
2013	Ridgewood
2012	Nick Salamone, Ridgewood
2011	Ridgewood
2010	Ridgewood
2008	Taro Shigenobu
2007	Ridgewood
2006	Dan Emont, Ridgewood
2005	Mike Cator, Ridgewood
2004	Mike Cator, Ridgewood
2003	Ridgewood
2002	Ridgewood
1997	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Bob Keino, Ridgewood
1990	Eric Boucher, Ridgewood
1989	Eric Boucher, Ridgewood
1988	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

North 1 Sectional Record (2017) for most team titles (24) and most consecutive team titles (8) [2010-present]

This is the longest current Group IV streak

State Group Champions

Group IV

1993	Bob Keino, Ridgewood
1992	Bob Keino, Ridgewood

Top 3 Team Finishes

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

Top 10 Individual Finishes

2017	Will Baginski	4th
2016	Billy Byrne	5th
2008	Taro Shigenobu	4th
2005	Byron Williams	5th
2005	Dan Emont	10th
2004	Mike Cator	6th
2003	Ari Zamir	4th
2002	Ari Zamir	9th
1993	Bob Keino	<i>1st</i>
1992	Bob Keino	<i>1st</i>
1991	Bob Keino	2nd
1991	Sadek Alsaidi	9th
1989	Eric Boucher	8th
1987	Kevin McCabe	5th
1986	Eric Bernsten	4th
1986	Kevin McCabe	7th
1980	Tom Hughes	9th
1974	Tom Tomai	5th

Ridgewood Boys Cross Country Championships

SMOC

Champions

1993	Bob Keino
1992	Bob Keino

Top 6 Team Finishes

2016	6th
2005	5th
2003	4th
1995	5th
1992	2nd
1991	2nd
1986	4th
1984	5th

Top 25 Individual Finishes

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

Foot Locker Cross Country Championship

Northeast Regionals (National Qualifiers)

1993	Bob Keino	1st
1992	Bob Keino	7th

Kinney Regionals before 1993

Nationals (Finishes)

1993	Bob Keino	5th
1992	Bob Keino	4th

Kinney Nationals before 1993

Nike Cross Country Championship

Northeast Regionals (National Qualifiers)

2008	Taro Shigenobu	4th
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Nationals (Finishes)

2008	Taro Shigenobu	91st
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Ridgewood Boys Cross Country Championships

Major Invitational Champions

Shore Coaches Invitational

Holmdel Park - Holmdel, NJ

2014	Ridgewood
2013	Ridgewood
2011	Ridgewood
2006	Ridgewood
2005	Ridgewood
2004	Ridgewood
1996	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood

Manhattan Invitational*

Van Cortlandt Park - Bronx, NY

2016	Billy Byrne, Ridgewood
2005	Ridgewood
1993	Bob Keino

Briarwood Invitational

Belmont Plateau - Philadelphia, PA

2009	Ridgewood
2010	Taro Shigenobu, Ridgewood
2006	Ridgewood
2004	Ridgewood
2003	Mike Cator, Ridgewood

Ocean State Invitational

Goddard Park East - East Greenwich, RI

2017	Will Baginski, Ridgewood
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*Incomplete

Ridgewood Boys Cross Country All-Time Lists

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

Darlington County Park - Mahwah, NJ

1.	Bob Keino	15:05*	1993	County Groups
2.	Pat Rynkowski	15:22	2010	Bergen Meet of Champions
3.	Billy Byrne	15:32	2016	Big North - Freedom
4.	Ari Zamir	15:37	2003	Bergen Meet of Champions
5.	Dan Emont	15:40	2006	Bergen Meet of Champions
6.	Will Baginski	15:41	2017	Bergen Meet of Champions
7.	Byron Williams	15:43	2005	Bergen Meet of Champions
8.	Levi Jennings	15:44	2010	Bergen Meet of Champions
8.	Taro Shigenobu	15:44	2008	Bergen Meet of Champions
10.	Nick Barnabic	15:49	2015	Bergen Meet of Champions
11.	Mike Cator	15:48	2005	Bergen Meet of Champions
12.	Brian Davis	15:53	2003	County Groups
12.	Nick Salamone	15:53	2012	County Groups
14.	Kenny Marshall	15:55	2014	Bergen Meet of Champions
15.	Brad Rynkowski	15:59	2016	Big North - Freedom
15.	Sid Wagh	15:59	2016	Bergen Meet of Champions

*Course Record

Top Team Time: **80:11 (16:02.2)** **2015 (Bergen Meet of Champions)**

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

Freshman All-Time List

Darlington County Park - Mahwah, NJ (1.8 mi)

1.	Will Baginski	8:15.4*	2015	Frosh Meet of Champions
2.	Michael Thurston	8:18.5	2012	Frosh Meet of Champions
3.	Ari Zamir	8:26.8	2000	Frosh Meet of Champions
4.	Kenny Marshall	8:28.0	2012	Frosh Meet of Champions
5.	Ben Zamboldi	8:33.0	2014	County Groups
6.	Brian Clarendon	8:36.0	2010	Frosh Meet of Champions
7.	Erik Nygaard	8:40.0	2000	Frosh Meet of Champions
8.	Charlie Branca	8:46.0	2014	County Groups
8.	David Frering	8:46.0	2010	Frosh Meet of Champions
8.	Nick DiSalvo	8:46.0	2000	Frosh Meet of Champions
11.	Angus Callan	8:48.0	2014	County Groups
12.	Kotaro Tamura	8:49.0	2011	County Groups
13.	Nick Barnabic	8:51.0	2012	Frosh Meet of Champions
13.	Christian Trautwein	8:51.0	2004	County Groups
13.	Zach Seibold	8:51.0	2014	County Groups

*Course Record

Top Team Time: **43:27.5 (8:41.5)** **2012 (Frosh Meet of Champions)**

Michael Thurston 8:18.5, Kenny Marshall 8:28, Nick Barnabic 8:51, Matt Binstock 8:52,
Eli Millstein 8:58, (Ken Crane-Moskowitz 9:07, Evan Westcott 9:14)

Ridgewood Boys Cross Country All-Time Lists

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

Garret Mountain Reservation - Woodland Park, NJ

1.	Bob Keino	15:32**	1993	State Sectionals
2.	Eric Bernsten	15:51	1986	
3.	Tom Hughes	16:01	1980	State Sectionals
3.	Ari Zamir	16:01	2003	State Sectionals
3.	Pat Rynkowski	16:01	2010	Passaic County Coaches Invitational
6.	Will Baginski	16:06	2017	State Sectionals
6.	Billy Byrne	16:06	2016	State Sectionals
8.	Taro Shigenobu	15:46*(16:07)	2008	State Sectionals
9.	Kevin McCabe	16:07	1987	State Sectionals
10.	Dan Emont	16:08	2006	State Sectionals
11.	Levi Jennings	16:11	2010	State Sectionals
12.	Kenny Marshall	16:14	2014	State Sectionals
13.	Mike Cator	16:15	2004	State Sectionals
14.	Jim Ketterson	16:19	1981	
14.	David Nutt	16:19	1983	

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

**Course Record (Bergen County runners)

Top Team Time: 82:47 (16:33.4) 2016 (State Sectionals)

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

Holmdel County Park - Holmdel, NJ

1.	Bob Keino	15:50	1993	Shore Coaches Invitational
2.	Ari Zamir	15:53	2003	State Meet of Champions
3.	Billy Byrne	15:57	2016	Shore Coaches Invitational
4.	Pat Rynkowski	15:59	2010	Shore Coaches Invitational
5.	Taro Shigenobu	16:09	2008	State Meet of Champions
6.	Kevin McCabe	16:13	1987	State Meet of Champions
7.	Will Baginski	16:16	2017	State Group IV
8.	Nick Salamone	16:17	2012	State Meet of Champions
9.	Byron Williams	16:19	2005	State Group IV
10.	Levi Jennings	16:21	2010	Shore Coaches Invitational
11.	Dan Emont	16:25	2007	Shore Coaches Invitational
12.	Tom Hughes	16:26	1980	State Group IV
13.	Mike Cator	16:27	2005	State Meet of Champions
14.	Eric Bernsten	16:32	1986	State Group IV
15.	Kenny Marshall	16:34	2014	State Group IV

Top Team Time: 83:11 (16:38.6) 2003 (State Meet of Champions)

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

Ridgewood Boys Cross Country All-Time Lists

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

Bowdoin County Park - Wappingers Falls, NY

1. Billy Byrne	16:02.9	2016	Nike Northeast Regional Champs
2. Taro Shigenobu*	16:16.3	2008	Nike Northeast Regional Champs
3. Pat Rynkowski	16:31.2	2010	Nike Northeast Regional Champs
4. Levi Jennings	16:35.0	2010	Nike Northeast Regional Champs
5. Kenny Marshall	16:45.1	2015	Bowdoin XC Classic
6. Nick Salamone	16:55.1	2011	Nike Northeast Regional Champs
7. Brad Rynkowski	16:59.6	2016	Nike Northeast Regional Champs
8. Nick Barnabic	17:11.5	2015	Bowdoin XC Classic
9. Travis Spicer	17:11.7	2011	Nike Northeast Regional Champs
10. Will Baginski	17:20.3	2016	Nike Northeast Regional Champs
11. Will Ades	17:21.2	2011	Bowdoin XC Classic
12. Mohamed Eid	17:31.2	2010	Nike Northeast Regional Champs
13. Sid Wagh	17:40.3	2016	Nike Northeast Regional Champs
14. David Frering	17:42.1	2012	Bowdoin XC Classic
15. Kotaro Tamura	17:42.4	2012	Bowdoin XC Classic

*National Qualifier

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

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

Van Cortlandt Park (2.5 mi) - Bronx, NY

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

*Course Record (Bergen County runners)

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Thompson Park - Jamesburg, NJ

1.	Travis Spicer	16:16	2011	State Sectionals
2.	Nick Salamone	16:36	2011	State Sectionals
3.	Levi Jennings	16:41	2011	State Sectionals
4.	Storm Dublirer	16:56	2011	State Sectionals
5.	Will Ades	17:10	2011	State Sectionals
6.	David Frering	17:13	2011	State Sectionals
7.	Luke Dublirer	17:16	2012	Frosh / JV State Champs (JV)
8.	Mark French	17:17	2011	Frosh / JV State Champs (JV)
9.	Brad Rynkowski	17:22	2014	Frosh / JV State Champs (JV)
10.	Jonah Naftzger	17:23	2014	Frosh / JV State Champs (JV)
10.	Will Baginski	17:23	2015	Frosh / JV State Champs (Frosh)
12.	Soham Basu	17:25	2015	Frosh / JV State Champs (JV)
13.	Ben Fishbein	17:30	2011	Frosh / JV State Champs (JV)
14.	Charlie Branca	17:34	2016	Frosh / JV State Champs (JV)
15.	Bryon Clarendon	17:41	2014	Frosh / JV State Champs (JV)

Top Team Time: 83:39 (16:43.8) 2006 (State Sectionals)

Travis Spicer 16:16, Nick Salamone 16:36, Levi Jennings 16:41, Storm Dublirer 16:56, Will Ades 17:10 (David Frering 17:13, Tanner Garrity 18:09)

Belmont Plateau - Philadelphia, PA

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

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Foot Locker Cross Country Regionals, Van Cortlandt Park - Bronx, NY

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

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

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

Nike Cross Nationals, Portland Meadows - Portland, OR

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

Ridgewood Boys Cross Country All-Time Lists

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

Darlington County Park - Mahwah, NJ

1.	Bob Keino	15:05*	1993	County Groups
2.	Pat Rynkowski	15:22	2010	Bergen Meet of Champions
3.	Billy Byrne	15:32	2016	Big North - Freedom
4.	Ari Zamir	15:37	2003	Bergen Meet of Champions
5.	Dan Emont	15:40	2006	Bergen Meet of Champions
6.	Will Baginski	15:41	2017	Bergen Meet of Champions
7.	Byron Williams	15:43	2005	Bergen Meet of Champions
8.	Levi Jennings	15:44	2010	Bergen Meet of Champions
8.	Taro Shigenobu	15:44	2008	Bergen Meet of Champions
10.	Nick Barnabic	15:49	2015	Bergen Meet of Champions
11.	Mike Cator	15:48	2005	Bergen Meet of Champions
12.	Brian Davis	15:53	2003	County Groups
12.	Nick Salamone	15:53	2012	County Groups
14.	Kenny Marshall	15:55	2014	Bergen Meet of Champions
15.	Brad Rynkowski	15:59	2016	Big North - Freedom
15.	Sid Wagh	15:59	2016	Bergen Meet of Champions

*Course Record

Top Team Time: **80:11 (16:02.2)** **2015 (Bergen Meet of Champions)**

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

Freshman All-Time List

Darlington County Park - Mahwah, NJ (1.8 mi)

1.	Will Baginski	8:15.4*	2015	Frosh Meet of Champions
2.	Michael Thurston	8:18.5	2012	Frosh Meet of Champions
3.	Ari Zamir	8:26.8	2000	Frosh Meet of Champions
4.	Kenny Marshall	8:28.0	2012	Frosh Meet of Champions
5.	Ben Zamboldi	8:33.0	2014	County Groups
6.	Brian Clarendon	8:36.0	2010	Frosh Meet of Champions
7.	Erik Nygaard	8:40.0	2000	Frosh Meet of Champions
8.	Charlie Branca	8:46.0	2014	County Groups
8.	David Frering	8:46.0	2010	Frosh Meet of Champions
8.	Nick DiSalvo	8:46.0	2000	Frosh Meet of Champions
11.	Angus Callan	8:48.0	2014	County Groups
12.	Kotaro Tamura	8:49.0	2011	County Groups
13.	Nick Barnabic	8:51.0	2012	Frosh Meet of Champions
13.	Christian Trautwein	8:51.0	2004	County Groups
13.	Zach Seibold	8:51.0	2014	County Groups

*Course Record

Top Team Time: **43:27.5 (8:41.5)** **2012 (Frosh Meet of Champions)**

Michael Thurston 8:18.5, Kenny Marshall 8:28, Nick Barnabic 8:51, Matt Binstock 8:52,
Eli Millstein 8:58, (Ken Crane-Moskowitz 9:07, Evan Westcott 9:14)

Ridgewood Boys Cross Country All-Time Lists

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

Garret Mountain Reservation - Woodland Park, NJ

1. Bob Keino	15:32**	1993	State Sectionals
2. Eric Bernsten	15:51	1986	
3. Tom Hughes	16:01	1980	State Sectionals
3. Ari Zamir	16:01	2003	State Sectionals
3. Pat Rynkowski	16:01	2010	Passaic County Coaches Invitational
6. Will Baginski	16:06	2017	State Sectionals
6. Billy Byrne	16:06	2016	State Sectionals
8. Taro Shigenobu	15:46*(16:07)	2008	State Sectionals
9. Kevin McCabe	16:07	1987	State Sectionals
10. Dan Emont	16:08	2006	State Sectionals
11. Levi Jennings	16:11	2010	State Sectionals
12. Kenny Marshall	16:14	2014	State Sectionals
13. Mike Cator	16:15	2004	State Sectionals
14. Jim Ketterson	16:19	1981	
14. David Nutt	16:19	1983	

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

**Course Record (Bergen County runners)

Top Team Time: 82:47 (16:33.4) 2016 (State Sectionals)

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

Holmdel County Park - Holmdel, NJ

1. Bob Keino	15:50	1993	Shore Coaches Invitational
2. Ari Zamir	15:53	2003	State Meet of Champions
3. Billy Byrne	15:57	2016	Shore Coaches Invitational
4. Pat Rynkowski	15:59	2010	Shore Coaches Invitational
5. Taro Shigenobu	16:09	2008	State Meet of Champions
6. Kevin McCabe	16:13	1987	State Meet of Champions
7. Will Baginski	16:16	2017	State Group IV
8. Nick Salamone	16:17	2012	State Meet of Champions
9. Byron Williams	16:19	2005	State Group IV
10. Levi Jennings	16:21	2010	Shore Coaches Invitational
11. Dan Emont	16:25	2007	Shore Coaches Invitational
12. Tom Hughes	16:26	1980	State Group IV
13. Mike Cator	16:27	2005	State Meet of Champions
14. Eric Bernsten	16:32	1986	State Group IV
15. Kenny Marshall	16:34	2014	State Group IV

Top Team Time: 83:11 (16:38.6) 2003 (State Meet of Champions)

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

Ridgewood Boys Cross Country All-Time Lists

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

Bowdoin County Park - Wappingers Falls, NY

1. Billy Byrne	16:02.9	2016	Nike Northeast Regional Champs
2. Taro Shigenobu*	16:16.3	2008	Nike Northeast Regional Champs
3. Pat Rynkowski	16:31.2	2010	Nike Northeast Regional Champs
4. Levi Jennings	16:35.0	2010	Nike Northeast Regional Champs
5. Kenny Marshall	16:45.1	2015	Bowdoin XC Classic
6. Nick Salamone	16:55.1	2011	Nike Northeast Regional Champs
7. Brad Rynkowski	16:59.6	2016	Nike Northeast Regional Champs
8. Nick Barnabic	17:11.5	2015	Bowdoin XC Classic
9. Travis Spicer	17:11.7	2011	Nike Northeast Regional Champs
10. Will Baginski	17:20.3	2016	Nike Northeast Regional Champs
11. Will Ades	17:21.2	2011	Bowdoin XC Classic
12. Mohamed Eid	17:31.2	2010	Nike Northeast Regional Champs
13. Sid Wagh	17:40.3	2016	Nike Northeast Regional Champs
14. David Frering	17:42.1	2012	Bowdoin XC Classic
15. Kotaro Tamura	17:42.4	2012	Bowdoin XC Classic

*National Qualifier

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

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

Van Cortlandt Park (2.5 mi) - Bronx, NY

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

*Course Record (Bergen County runners)

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Thompson Park - Jamesburg, NJ

1.	Travis Spicer	16:16	2011	State Sectionals
2.	Nick Salamone	16:36	2011	State Sectionals
3.	Levi Jennings	16:41	2011	State Sectionals
4.	Storm Dublirer	16:56	2011	State Sectionals
5.	Will Ades	17:10	2011	State Sectionals
6.	David Frering	17:13	2011	State Sectionals
7.	Luke Dublirer	17:16	2012	Frosh / JV State Champs (JV)
8.	Mark French	17:17	2011	Frosh / JV State Champs (JV)
9.	Brad Rynkowski	17:22	2014	Frosh / JV State Champs (JV)
10.	Jonah Naftzger	17:23	2014	Frosh / JV State Champs (JV)
10.	Will Baginski	17:23	2015	Frosh / JV State Champs (Frosh)
12.	Soham Basu	17:25	2015	Frosh / JV State Champs (JV)
13.	Ben Fishbein	17:30	2011	Frosh / JV State Champs (JV)
14.	Charlie Branca	17:34	2016	Frosh / JV State Champs (JV)
15.	Bryon Clarendon	17:41	2014	Frosh / JV State Champs (JV)

Top Team Time: 83:39 (16:43.8) 2006 (State Sectionals)

Travis Spicer 16:16, Nick Salamone 16:36, Levi Jennings 16:41, Storm Dublirer 16:56,
Will Ades 17:10 (David Frering 17:13, Tanner Garrity 18:09)

Belmont Plateau - Philadelphia, PA

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

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Foot Locker Cross Country Regionals, Van Cortlandt Park - Bronx, NY

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

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

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

Nike Cross Nationals, Portland Meadows - Portland, OR

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