

**RIDGEWOOD
BOYS SPRING
TRACK & FIELD**

2017

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
Max Bartlik (11)	55	66	121
Kobi Grant (12)	50	68	118
Ray Harada (12)	45	71	116
Kyle Mack (12)	32.5	78	110.5
Zack Stadulis (12)	37.25	59	96.25
Matt Tai (11)	11.25	78	89.25
Danilo Romero (11)	34.5	44	78.5
Brad Rynkowski (12)	29	47	76
Will Baginski (10)	11.25	58	69.25
Sid Wagh (11)	19	37	56
Billy Byrne (12)	17.25	35	52.25
Austin Englehardt (11)	29	23	52
Ryan Vimba (12)	20	32	52
Kevin Collins (10)	12.25	36	48.25
Matteo Robazza (12)	11.5	28	39.5
Sam Do (12)	1	28	29
Danny Schechter (12)	6	19	25
Alex Ruhl (10)	2	21	23
Will French (12)	4	16	20
Jon Thorpe (11)	11	9	20
Ryan Fahey (10)	11	8	19
Ben Zamboldi (11)	6	10	16
Ethan Wong (10)	4	8	12
Pat Luby (10)	2	9	11
Nick Plasse (11)	3	5	8
Jonah Naftzger (12)	2	5	7
Max Tonor (11)	2	5	7
Colin Roche (9)	2	5	7
Ruslan Diaz (10)	2.25	3	5.25
Charlie Branca (11)		5	5
Reiya Aono (9)		5	5
Eugene Do (11)	1.25	3	4.25
Connor Perlman (12)		3	3
Ian McTavish (12)		3	3
Peter Mazzella (11)	3		3
Tom Vandalovsky (10)	2		2
Calder Martin (11)	2		2
Ethan McPherson (9)	1.25		1.25
Elliot Kessler (10)	1		1

2017 Team Results:

Dual Meets:

Ridgewood 90.5	Hackensack 49.5
Ridgewood 82	Indian Hills 58
Ridgewood 89	Northern Highlands 51
Ridgewood 105	Ramapo 35
Ridgewood 122	Paramus 18

Championship Meets:

Bergen County Relays...	Champions
Big North League...	Champions
Bergen County...	Champions
State Sectional...	Champions

Congratulations on a historic run. This team has not lost a meet in two years. That is unprecedented. Congratulations!

North Jersey Sp

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2017 SPRING PREVIEW: BOYS TRACK

5 THINGS TO WATCH

1. How high can Seth Kricheff go?

The NV/Old Tappan junior went 14-6 in the pole vault, three times last winter, matching his personal best set when he finished third in the State Meet of Champions last spring. He won the indoor State Meet of Champs a month ago, becoming the first North Jersey winner in the 13 years of competition. Now he hopes to become the second North Jersey outdoor winner. He'll get local pressure from Jason Mezhibovsky of NV/Demarest, Greg Fuerte of Paramus, Ryan Vimba of Ridgewood and his own classmate Tyler Hrbek, all of whom have made at least 13-6 this winter.

2. Speed Demons

Jahmel Johnson of Bergen Catholic and Javon Turner of Paramus Catholic had a great 55 meter rivalry this winter with Johnson taking his second Non-Public A crown. Turner is the defending Non-Public A 100 champ and was eighth in the State Meet of Champs. But they're not alone this spring with Manchester star Quazier Dailey, Wayne Hills standout Hunter Hayek and Wankeith Akin of Don Bosco all capable of going well below 11 seconds for the 100 this spring. And hopefully Kobi Grant and Matt Tai of Ridgewood can join them.

3. Jump out of the building?

Turner is one of six North Jersey high jumpers who cleared at least 6-4 in the winter. Only 19 did it state wide and Turner (6-6), National Scholastic Emerging Elite champ Ronniel Johnson of Kennedy (6-7) and Eastern States titlist Jason Thobourne, also of Kennedy (6-8) were of the nine boys who made 6-6 or better. Tim DeLorenzo of Northern Highlands, Jayse Bradley of Bergen Catholic and Manny Montoya of Fort Lee are the other 6-4 jumpers back for the spring.

4. Comeback kids

Several North Jersey middle distance and distance



DOUG HOOD/FILE

Distance runner Billy Byrne of Ridgewood seems ready to have a big spring along with teammate Will Baginski.

runners struggled in the second half of the winter campaign and All-North Jersey Cross-Country Runner of the Year David Rosas of Don Bosco missed the entire winter with an injury. But Rosas is healthy now and Pascaek Valley's Jeff Roberts and Ridgewood's Billy Byrne and Will Baginski seem ready to have big springs as well. Rhazeer Jones (sprints) and Ahzir McGuire of Passaic Tech (shot) also return from injuries.

5. Surprises and breakthroughs

Gio Gutierrez of Saddle Brook went over 60 feet indoors and should be the 21st boy to break that barrier outdoors in Bergen history. Michigan bound football star Drew Singleton returns to athletic action running and jumping for Paramus Catholic, Ben Landel of Ramapo, Evan Bonfield of Mahwah, Andrew Peterson of NV/Demarest, Chandler Olivieri of Ridgefield Park, James Kelly of NV/Old Tappan in Bergen County and Kevin Heredia of Clifton and Joe Zisa of Wayne Hills in Passaic County are poised for outdoor success.

- Paul Schwartz

AROUND THE LEAGUES

(Key: (S) sprints; (H) hurdles; (J) jumps; (MD) middle distance; (D) distance; (T) throws; (PV) pole vault)

Big North

United

Joe Lee will start his first season as the Bergen Catholic head



PRE

- 1. Don Bosco
- 2. Ridgewood
- 3. Bergen Catholic
- 4. Don Bosco
- 5. Wayne Hills
- 6. Wayne Hills
- 7. NV/Old Tappan
- 8. NV/Demarest
- 9. Bergen Catholic
- 10. Kennedy
- 11. Don Bosco
- 12. Northern Highlands
- 13. Mahwah

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DOUG HOOD FILE

Distance runner Billy Byrne of Ridgewood seems ready to have a big spring along with teammate Will Baginski.

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PRESEASON TOP 25

1. Northern Valley/Demarest	14. Paramus Catholic
2. Ridgewood	15. Mahwah
3. Bergen Catholic	16. Passaic Tech
4. Don Bosco	17. Ridgfield Park
5. River Dell	18. Ramapo
6. Wayne Hills	19. Wayne Valley
7. Northern Highlands	20. Terafly
8. NV/Old Tappan	21. Lindhurst
9. Fair Lakes	22. Lodi
10. Kennedy	23. Creskill
11. Boonton	24. Pascack Valley
12. Indian Hills	25. Haverock Heights
13. Hackensack	

10 ATHLETES TO WATCH



MICHAEL KARAS/STAFF PHOTOGRAPHER FILE

Kennedy senior Jason Thobourne qualified for the state Tournament of Champions in the high jump, long jump and triple jump last season in his first year on the team.

Wankeith Akin, Don Bosco, Sr. - He has been a staple in the 100 and 200 meters but Don Bosco coach Dave Lado believes that Akin will surprise many people this spring with his performance in the long jump. Akin jumped 21 feet, five inches last year but with a little work, Lado thinks he can jump 23 feet. "He has the tools, he's fast, explosive and he can jump," Lado said.

Giovanni Gutierrez, Saddle Brook, Sr. - Gutierrez finished second in the State in the winter, putting the shot 60-feet, three inches at the State Meet of Champions. It was the only meet he entered in which he didn't win. He took home last year's outdoor Group 1 titles in both the shot and the discus. Now he hopes to repeat that success and score a major medal in the Spring Meet of Champions. He's hoping to attend Rider in the fall.



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olic head



CHRIS PEDOTA / THE RECORD

Kobi Grant, here passing the baton in a relay last season, is one of Bergen County's best sprinters.

Ryjamear Rouse (J), Dayvon Robinson (H) and Shane Swaby (J) to lead the way for **Kennedy**. ... **Passaic** is rebuilding behind senior Joel Garcia (D) and soph Luis Peralta (MD)... **Passaic Tech** expects to contend behind senior Jason Rodriguez (S/MD), junior Thomas Laskowski (T) and sophomore Jackson Burnett (S), all of whom were All-County selections last year. Shot putting senior Ahzir McGuire is back after recovering from a torn ACL. Seniors Zion Hand (S) and Rhazier Jones (S) will contribute.

Freedom

Hackensack is expected to fare well on both the County and State Sectional level. Look for juniors Chris Benitez (MD), Jack Stuart (T), Rayshawn Hammond (S) and Andrew Achirem (J/S) compliment a fine senior class that includes Camal Brown (T), Aubyn Bryan (T), Jeremiah Edwards (H/S), Jevaghn Fahie (H/J/S), Marcus Gaspard (S), Ryan Grimsland (D), Mark Sawyer (J/S) and Hamza Zaydan (PV/S). ... **Indian Hills** figures to be competitive in the league with a strong senior contingent led by sprinters Kevin Calabrese and Anthony Lorenc. Senior Matt Simmers (H), Dylan Pappas (MD), Thomas Holster (D), Derek Barney (D) and Chris Corcoran (D) also will be counted on to provide scoring as well as leadership. Juniors Hank Anderson (H), Corey Girard (MD) and Steve Fiumefreddo (D) round out the returnees to watch. ... **Northern Highlands** can be competitive in the league. Seniors Nicolo Frasco and Dan Mecca are expected to provide leadership for a young group. ... While **Paramus** may not contend for a County title senior Greg Fuerte (PV) will. He has established himself as one of the premier vaulters in the state and is on track for a spot in the SMOC. Seniors Eli Ferro (T) and Brandon Tulkis (T) also bring

See LEAGUES, Page 10S

BOYS BY EVENT

- 100:** Javon Turner, Paramus Catholic, 10.63 seconds.
- 200:** Hunter Hayek, Wayne Hills, 21.61.
- 400:** Tyler Hayek, Wayne Hills, 48.50.
- 800:** Jeff Roberts, Pascack Valley, 1:57.48.
- 1,600:** Roberts, 4:18.69.
- 3,200:** David Rosas, Don Bosco, 9:17.62.
- 110 HH:** Shayne Coley, Passaic Tech, 15.07.
- 400 IH:** Andrew Peterson, NV/Demarest, 55.44.
- Shot put:** Gio Gutierrez, Saddle Brook, 57-7.
- Discus:** Gutierrez, 161-2.
- Javelin:** Chandler Oliveiri, Ridgefield Park, 174-6.
- High jump:** Jason Thobourne, Kennedy, 6-6.
- Long jump:** Christian Torres, Garfield, 22-0 3/4.
- Triple jump:** Thobourne, 45-6 1/4.
- Pole vault:** Seth Kricheff, NV/Old Tappan, 14-6.

meet he entered in which he didn't win. He took home last year's outdoor Group 1 titles in both the shot and the discus. Now he hopes to repeat that success and score a major medal in the Spring Meet of Champions. He's hoping to attend Rider in the fall.

Kobi Grant, Ridgewood, Sr. - The Colgate-bound Grant is the defending State Sectional, Bergen County Big Schools and Big North champion in the 100 meters. He also finished fourth in the Sectionals and second in the league in the 200 meters a year ago in addition to anchoring the 4 X 100 relay. Grant was also a member of Ridgewood's sprint-medley relay team that came in second last year in the Outdoor Nationals.

Hunter and Tyler Hayek, Wayne Hills, Srs. - The Rutgers-bound brothers have Big 10 football in their future but Wayne Hills coach Jason Staggers believes they could have a significant impact on the track as well. The pair anchor one of the top 4X100 teams in the state. Hunter Hayek suffered a groin injury late last spring and couldn't compete in the SMOC but his times all season suggest he would have been a top-5 finisher in the 100. Tyler Hayek finished eighth in the 400. Staggers said Hunter Hayek's best event is the 200 and that it is fun to watch the brothers compete in that race.

Jordan Montero, Wayne Valley, Sr. - Montero consistently throws the javelin in the mid 170-foot range but coach Doug Flower expects him to top the 180-foot mark this spring. "What he is good at is technique work," Flower said. "But because we haven't been outside with the snow, that could work in his favor so he can work on other stuff. He's been in the weight room and is looking stronger so if he keeps working, it's going to come, I have no doubt about it."

Andrew Peterson, NV/Demarest, Sr. - The Columbia University-bound Peterson had what Demarest coach Mike Theuerkauf called a breakout season in 2016. "His maturity, his work ethic and his natural ability all came together," said Theuerkauf, who added that he expects a better season this year because Peterson won't have the pressure of worrying about where he will go to school to distract him. He finished in the top-10 in the State in the 400 IH last year and is also the team's fastest quarter miler.

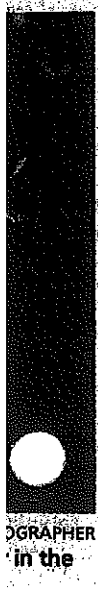
Jason Thobourne, Kennedy, Sr. - Thobourne was one of the state's most surprising and endearing stories of the season last spring. He decided to run track for the first time and ended up by reaching the State Meet of Champions in the high, triple and long jumps. The high jump is his best event (he jumped 6-8 this winter and was tied for second in the State Meet of Champs and then won the Eastern States meet).

Javon Turner, Paramus Catholic, Sr. - While Turner is best known for his ability in the high jump - he's topped out at 6-foot-6 - he'll be worth watching this season in the 100, 200 and as an anchor in several relays. He all three events at the State Non-Public A meet last spring and medalled at the 100 in the State Meet of Champions. Durango also believes that Turner, who has yet to decide on a college, is capable of clearing 6-10 on the high jump this spring.

John Van Cleft, Cresskill, Sr. - Van Cleft finished second in the County Meet of Champions last year and figures to be a favorite in the shot again this season. He threw 55 feet early last year and though he competed well through the remainder of the season, it is possible that some issues with his back may have hampered him just a bit. He is healthy now, though, and coach Rich Miller thinks he can improve on that 55-foot toss.

Seth Kricheff, NV/Old Tappan, Jr. - Kricheff was the indoor State Meet of Champions winner in the pole vault this winter with a career-best 14 feet, six inches. That is also his best outdoor mark as well and was the height he cleared last spring to finish third in the SMOC. Kricheff had some injury issues this winter and didn't get back to jumping until right before the States.

- Paul Schwartz



PHOTOGRAPHER in the

head coach.

"When you have an opportunity like this, you have to take advantage of it," Sabella said.

Sabella was officially hired as Paramus' next head coach last week, taking over the program after Bill Weigel was relieved of his duties in November.

The Spartans went 5-5 this past season, falling to eventual-champion River Dell in the first round of the North 1, Group 3 playoffs.

"Expectations are high," Sabella said. "When you have that kind of success, you start to expect to win. And that's who I am. Every season I coach, that's what I want to do. I want to win. And I think everybody at Paramus feels the same way."

Sabella stepped down as Indian Hills' head coach in January after seven seasons at the helm. He led the Braves to the playoffs in 2015 during an 8-3 campaign.

Taking over at Paramus was a natural fit for Sabella.

going through," Sabella said. "It has been years since I've been there. But when you walk in the locker room and you walk in the weight room, you remember the days that you helped build the foundation there and you're proud of where it is now, and you're super excited to be the one that gets to take over from here on out."

Sabella met with his new players last week and said they all seemed eager to get to work.

This past season was a tumultuous one for the Spartans, but Sabella said he and his players will only look to the future.

"We can't look in the past no matter what," Sabella said. "Even my brother's years and all the success that he had and going to back-to-back state championships, as nice as that is, we have to just focus on who we are today and who we're going to be tomorrow."

Email: iseman@northjersey.com



Joe Sabella was hired last week as Paramus' Indian Hills' head coach in January after

Leagues

Continued from Page 95

leadership and depth to what should be a team strength. Juniors Martin Fuente (S), Kevin Fernando (S) and Nick Weuste (D) along with senior Tim Kim (H) should have strong seasons. ... Senior captains Matt Connor (T), Noah Kilday (MD/S) and Stephen Hoover (S/J) are two of the top returning athletes at Ramapo. Senior Chris Nazare (T) is expected to be one of the top shot putters in the County. Junior Ben Landel is the top returning distance runner. ... Ridgewood senior Kobi Grant (S) will be one of the best in the county but there are others on which to keep an eye. Seniors Billy Byrne (D), Ray Harada (H/J), Kyle Mack (S/H), Zack Stadulis (S/H/J), Brad Rynkoski (D) and Ray Vimba (PV) provide excellent depth and leadership.

Independence

Keep an eye on Fair Lawn's Jon Marcus (D) and Patrick Touhey (D). ... Lakeland senior Kyle Gonzalez (H) and junior Kelvin Gonzalez (J/S) should compete for spots in the Meet of Champions. Senior Matt Pierce (S) is worth watching. ... Seniors Erick Alvarez (J), Ardit Adili (T) and Zachary Fitzgerald (D) are the senior captains who will provide leadership at Passaic Valley. Others on whom to keep an eye include seniors Raphael Nuzzo (T), Fernando Flores (S), Tyler Collazos (S), Josh Martinez (S) and Mike Festa (S). ... Wayne Hills has a good senior class with Tyler Hayek (S) and Hunter Hayek (S) and Joe Zisa (D) all potential all-county performers. Jacob Rantas (T) and Luca Grave (J/S) will also score. ... Wayne Valley is strong in sprinting and throwing but will need to see improvement from its jumpers if it is to compete for a Passaic County title. Seniors Jakob Pluta (T), Jordan Montero (T), Dan Sandowick (T) and Tyler Fenske (T) provide the leadership as does junior Aesh Patel (S). ... West Milford will need its junior class to produce if the Highlanders are to be

look to anchor that group. ... Teaneck seniors Christian Pearson (T), Joshua Heber (J) and Nolan Wooden (MD) will be joined by juniors Miguel Sosa (MD), Michael Carter (MD), Bryan Gymani Mensah (H), Aaron Oliver (J), Owari Hoo (S) in forming a competitive nucleus.

Patriot

Mahwah's lineup will feature senior captain Evan Bonfield, who was a State Sectional champion in the 400 last spring and this winter. He was also a member of the State Sectional champion 4X400 squad this winter. Senior captain Ebner Edwards was also a member of the State Sectional 4X400 team this winter and placed second in the State Sectional 400. Senior captain James Nagotko and senior Connor Laurent rounded out the 4X400 squad. ... Pascack Hills is coming off a Bergen County group win in cross country and an indoor-County relay title. The Cowboys are led by the strong senior quartet of Josh Sen (S/H), Anthony Michielini (LS), Jack Rossig (LS/H) and Keith Petrellese (D). Junior Peter Skibin (D) and sophomore Liam Landau (Multi) and Thomas Varano (S/H) are also expected to make an impact at the County level. ... Ramsey is a young team coming off a strong winter season. It has a great deal of youth and potential Justin Illes (S/MD), David Perry (D), Rob Novak (H), Kyle Smilon (J) and Alex Schneider (MD), all of whom will provide support for seniors Nick Kaczorowski (D), Matt Keosayian (S/J), Jeff Klepper (J/T) and Bryan Dunca (T). ... Seniors Cole Lukaszyck (S) and Kris Bieri (MD) along with junior Dan Kazlaui (MD) bear watching for Westwood. ... River Dell has an inexperienced but improving senior class that will be counted on to overcome some crucial losses to graduation. Seniors Nick Quinn (H), Carlo Antonelli (H), Chris Horn (H), Justin Batson (H), Dan Murray (D), Matt Tina (D), Chris Murray (D), Dante DeSimone (T), John Forster (J), Conor Riegel (S) and Justin Park (S) will need to make up for those graduation losses.

American

Fort Lee is the returning co-league champions and returns the majority of the

Major meet schedule

- April 1: Pawlowski Relays, BF J.H.S., Ridgewood; Season O, River Dell H.S., Oradell; Pirate Relays, Pearl River H.S., Pearl N.Y.; Kearny Relays, Kearny H.S., Kearny.
- April 7: Arcadia Invitational, Arcadia H.S., Arcadia, CA; Avi Relays, Depken Field, Hasbrouck Heights, N.J.
- April 8: Arcadia Invitational, Ranger Relays, Walkkill Valley Hamburg; Nanuet Relays, Nanuet H.S., N.Y.; Comet Relays, Hackensack H.S.; Bo Boverini Passaic County Relays, Passaic H.S., Little Falls.
- April 9: NICTC Al Nanno Relays, St. John-Vianney H.S., Holi.
- April 12: Raider Relays, North Rockland H.S., Thiells, N.Y.
- April 13: Raider Relays.
- April 15: Lyndhurst Relays, Lyndhurst H.S.; Rams Relays; Ra Morris Hills Relays, Morris Hills H.S., Rockaway.
- April 19: Jack Yockers Bergen Relays, Mahwah (Division B) J.H.S., Ridgewood (Division A and E field).
- April 21: Jack Yockers Bergen Relays; River Dell.
- April 22: Jack Yockers Bergen Relays; River Dell.
- April 28: Passaic County Freshman Championship, Wayne.
- April 27-29: Penn Relays, Franklin Field, Philadelphia, Pa.
- April 29: Twin-Boro Relays, Ramsey H.S., Randolph Relays, H.S.
- May 1: NJIC Liberty and Patriot, Emerson H.S.
- May 2: NJIC Colonial and Meadowlands, Emerson H.S.
- May 3: Big North Liberty, Clifton; Big North United, Paramus Catholic H.S., Paramus.
- May 4: Big North Independence, Wayne Hills H.S., Wayne; Freedom and National, BF JHS, Ridgewood; Morris County Randolph.
- May 5: Big North American and Patriot, River Dell H.S., Ore.
- May 7: Andy Washnik Pole Vault Festival, Mahwah H.S.
- May 9: Passaic County Championships, Wayne Hills H.S.
- May 10: Passaic County Championships, Wayne Hills H.S.
- May 12: Red Litter Bergen County Championships, NW/Old (Divisions A, B); Hasbrouck Heights (Divisions C, D, E).
- May 13: Red Litter Bergen County Championships, NW/Old (All Groups).
- May 15: Wayne Valley Co-Ed Relays, Wayne Valley.
- May 18: Bergen County Girls Freshman Championships, BF Ridgewood.
- May 19: Lou Lanzalotto Bergen County Meet of Champions, Hackensack H.S.
- May 20: County Seat Invitational, Hackensack H.S.
- May 22: East Coast Relays, Randolph H.S.
- May 24: John Gallione Bergen County Freshman Champion Ramsey H.S.
- May 26-27: State Sectionals, North 1, Groups 1 and 4, Ranc H.S., North 1, Groups 2 and 3, River Dell H.S., Oradell; North Groups 1 and 2 and North Non-Public B, Madison H.S., North Non-Public A; Northern Burlington H.S., Columbus.
- June 2-3: State Groups 1, 4 and Non-Public A; Egg Harbor H.S.; Groups 2, 3 and Non-Public B, Northern Burlington H.S., Columbus.
- June 10: State Meet of Champions, Northern Burlington H.S., Columbus.

Brandon Lichtenstein (S/J), James Moore Nikita Eglis (S/H/J) and Graham Reiss (S/J) will be counted on to keep Glen Rock competitive. ... Lodi is a young team with nice blend of standouts in almost every Senior Guilherme Richil (S/J) went to the RMOF last year and did junior Coles Best

Saturday

Pasack Relays

Team Scoring

Large Schools: NV/Denarest 120; Ridgewood 104; Passaic Tech 87; Ridgewood Park 85; Bergen Catholic 71; Kearny 62; Pasack Hills 54; CBA 46; West Milford 46; Teaneck 19

Small Schools: Cresskill 85; Leonia 23; Becton 21; Emerson 19; Manchester 17; Cedar Grove 15; Mulwick 8; Wood-Holme 7; Elmwood Park 4

4x-100: 1. Ridgewood (Matt Tai, Kyle Mack, Sam Da, Kobi Grant) 43.3; Bergen Catholic 44.2; NV/Denarest 45.3; Bergen Catholic 45.5; Leonia 46.0

4x-200: 1. CBA 1:31.6; Bergen Catholic 1:34.3; NV/Denarest 1:35.2; tie between Pasack Tech and Manchester 1:36.2

4x-400: 1. Ridgewood Park 3:47.3; Cresskill 3:48.2; 3. Passaic Tech 3:50.1; 4. Ridgewood 3:57.8

4x-800: 1. NV/Denarest (Bob Munoz, Will Walker, Ben Eber, Jairo Rigosi) 5:52.3; Pasack Tech 5:53.8; 4. West Milford 9:16.8; 5. Cresskill 9:21.7

4x-1600: 1. Ridgewood (Brad Tymonowki, Matteo Roberto, Stu Waddy, Billy Byrne) 19:02.3; 2. NV/Denarest 19:15.7; 3. Pasack Tech 19:57.8; 5. Bergen Catholic 21:17.0

Sprint medley: 1. Ridgewood 3:55.3; 2. Pasack Tech 3:58.9; 3. Waldwick 3:59.0; 4. Emerson 4:00.1; 5. West Milford 4:06.0

Distance medley: 1. Pasack Hills 11:35.6; 2. Ridgewood 11:55.0; 4. Bergen Catholic

Pasack Relays

Team Scoring

Large Schools: NV/Denarest and Ridgewood 117; Pasack Tech 82; Pasack Hills 46; Ridgewood Park 47; West Milford 41; Elizabeth 36; Perth Amboy 35; Randolph 30; Memorial 25; Teaneck 17; Kearny 15; Pasack Valley 12

Small Schools: Cresskill 57; New Milford 28; Pequannock 24; Emerson 23; Wallerick 22; Westwood 20; Leonia 19; Cedar Grove 18; Becton and Manchester 3; Wood Ridge 2

4x-100: 1. Ridgewood 52.3; 2. Pasack Hills 53.1; 4. NV/Denarest 1:53.3; 5. Leonia 2:00.0

4x-400: 1. Elizabeth 4:27.9; 2. Westwood 4:41.6; 3. Ridgewood 4:46.7; 4. Ridgewood Park 4:48.3

4x-800: 1. NV/Denarest 10:26.8; 2. Pasack Tech 10:41.6; 3. Cresskill 10:53.1; 5. Ridgewood 11:03.2

4x-1600: 1. Ridgewood 22:52.2; 2. NV/Denarest 23:51.6; 4. Pasack Tech 25:04.9; 5. West Milford 28:37.7

Sprint medley: 1. Perth Amboy 4:38.0; 2. Westwood 4:39.2; 3. Emerson 4:43.5; 4. West Milford 4:43.9

Distance medley: 1. Pasack Tech 14:03.0; 2. Cresskill 14:41.4; 4. Waldwick 14:47.5; 5. Ridgewood 14:48.8

Shuttle hurdles: 1. Randolph 1:07.2; 2. NV/Denarest 1:07.7; 3. Pasack Tech 1:14.9; 4. Ridgewood 1:15.8; 5. New Milford 1:16.5

3x-400 IH: 1. Ridgewood 3:58.6; 2. Cresskill 3:43.6; 3. Pasack Hills 3:53.4; 4. Pasack Tech 3:53.8

Shot put: 1. NV/Denarest 94-11; 2. Ridgewood 92-4; 3. West Milford 88-5; 4. Teaneck 84-0; 5. Pasack Tech 81-11

Discus: 1. NV/Denarest 265-8; 2. Ridgewood 260-9; 3. Teaneck 258-7; 4. Pequannock 237-6; 5. Leonia 228-2

Javelin: 1. Pequannock 244-10; 2. Pasack Tech 239-1; 3. Ridgewood Park 233-0; 4. Leonia 222-2

High jump: 1. NV/Denarest 19-10; 2. tie between Ridgewood, Cresskill and Ridgewood Park 13-4; 3. Emerson 13-0

Long jump: 1. Ridgewood 43-4; 2. NV/Denarest 42-3; 3. Pasack Hills 41-1; 4. Ridgewood Park 40-5; 5. New Milford 40-4

Triple jump: 1. NV/Denarest 93-3; 2. Pasack Tech 91-10; 3. Ridgewood 88-1; 5. Emerson 83-7

Pole vault: 1. Pasack Valley 27-0; 2. NV/Denarest 19-0

Pasack Relays

Team Scoring

Large Schools: NV/Denarest and Ridgewood 117; Pasack Tech 82; Pasack Hills 46; Ridgewood Park 47; West Milford 41; Elizabeth 36; Perth Amboy 35; Randolph 30; Memorial 25; Teaneck 17; Kearny 15; Pasack Valley 12

Small Schools: Cresskill 57; New Milford 28; Pequannock 24; Emerson 23; Wallerick 22; Westwood 20; Leonia 19; Cedar Grove 18; Becton and Manchester 3; Wood Ridge 2

4x-100: 1. Ridgewood 52.3; 2. Pasack Hills 53.1; 4. NV/Denarest 1:53.3; 5. Leonia 2:00.0

4x-400: 1. Elizabeth 4:27.9; 2. Westwood 4:41.6; 3. Ridgewood 4:46.7; 4. Ridgewood Park 4:48.3

4x-800: 1. NV/Denarest 10:26.8; 2. Pasack Tech 10:41.6; 3. Cresskill 10:53.1; 5. Ridgewood 11:03.2

4x-1600: 1. Ridgewood 22:52.2; 2. NV/Denarest 23:51.6; 4. Pasack Tech 25:04.9; 5. West Milford 28:37.7

Sprint medley: 1. Perth Amboy 4:38.0; 2. Westwood 4:39.2; 3. Emerson 4:43.5; 4. West Milford 4:43.9

Distance medley: 1. Pasack Tech 14:03.0; 2. Cresskill 14:41.4; 4. Waldwick 14:47.5; 5. Ridgewood 14:48.8

Shuttle hurdles: 1. Randolph 1:07.2; 2. NV/Denarest 1:07.7; 3. Pasack Tech 1:14.9; 4. Ridgewood 1:15.8; 5. New Milford 1:16.5

3x-400 IH: 1. Ridgewood 3:58.6; 2. Cresskill 3:43.6; 3. Pasack Hills 3:53.4; 4. Pasack Tech 3:53.8

Shot put: 1. NV/Denarest 94-11; 2. Ridgewood 92-4; 3. West Milford 88-5; 4. Teaneck 84-0; 5. Pasack Tech 81-11

Discus: 1. NV/Denarest 265-8; 2. Ridgewood 260-9; 3. Teaneck 258-7; 4. Pequannock 237-6; 5. Leonia 228-2

Javelin: 1. Pequannock 244-10; 2. Pasack Tech 239-1; 3. Ridgewood Park 233-0; 4. Leonia 222-2

High jump: 1. NV/Denarest 19-10; 2. tie between Ridgewood, Cresskill and Ridgewood Park 13-4; 3. Emerson 13-0

Long jump: 1. Ridgewood 43-4; 2. NV/Denarest 42-3; 3. Pasack Hills 41-1; 4. Ridgewood Park 40-5; 5. New Milford 40-4

Triple jump: 1. NV/Denarest 93-3; 2. Pasack Tech 91-10; 3. Ridgewood 88-1; 5. Emerson 83-7

Pole vault: 1. Pasack Valley 27-0; 2. NV/Denarest 19-0

BOYS TRACK

Team Scores

Ridgewood 97.5; Haddensack 42.5

Bests
100 M (11.3): Cobi Grant, Ridgewood, 11.3
200 M (23.2): Grant, Ridgewood, 22.9
400 M (52.8): Kyle Mack, Ridgewood, 50.8
Jeremiah Edwards, Haddensack, 52.3
110M HR (16.0): Feaughin Fahie, Haddensack, 15.6
400M IH (59.9): Zack Stadulis, Ridgewood, 58.8
1600M relay (3:51.9): Ridgewood, 3:53.4
Haddensack, 3:53.9
Long jump (29.0): Mark Achiram, Haddensack, 20.9%
Mark Sawyer, Haddensack, 20.5%
Triple jump (44.0): Max Barlik, Ridgewood, 42.50%
Pole vault (11.6): Ryan Vimba, Ridgewood, 13.6

GIRLS TRACK

Team Scores

Ridgewood 101; Haddensack 39

Bests
100 M (13.1): Katherine Murolo, Ridgewood, 12.9
200 M (27.2): Shanice Murray, Haddensack, 27.0; Clara Emmanuel, Ridgewood, 27.2
400 M (64.0): Meghan Adams, Ridgewood, 63.3
400M IH (70.0): Virginia Morely, Ridgewood, 67.9; Allison Byam, Haddensack, 67.4
1600M relay (4:27.5): Haddensack, 4:22.2
Long jump (15.4): Victoria Puritano, Ridgewood, 15.7%
Triple jump (32.0): Anna Schoff, Ridgewood, 32.5%
High jump (44.10): Lizzie Veenhoff, Ridgewood, 5.0
Discus (90): Leadi Uspari, Ridgewood, 103.6
Shot put (33): Urzant, Ridgewood, 34.5
Pole vault (8.6): Keahna East, Ridgewood, 10.0

12:07.4; 5. Cresskill 12:35.5

Shuttle hurdles: 1. CBA 1:03.1; 2. Ridgewood 1:04.6; 3. NV/Denarest 1:08.3; 4. Cresskill 1:10.7

3x-400 IH: 1. Kearny 3:11.6; 2. Pasack Hills 3:17.4; 3. Pasack Tech 3:15.6; 4. Bergen Catholic 3:18.5; 5. Ridgewood Park 3:19.3

Shot put: 1. NV/Denarest 133-12; 2. Pasack Tech 122-11; 3. Ridgewood 117-0; 4. Becton 116-6; 12.5. Cresskill 115-7

Discus: NV/Denarest 348-5; 2. Becton 346-3; 3. Teaneck 310-1; 4. Ridgewood Park 308-4; 5. Emerson 307-5

Javelin: 1. NV/Denarest 402-6; 3. Pasack Tech 372-6; 4. Ridgewood Park 375-9; 5. Cresskill 375-1

High jump: Cresskill 17-0; 2. Ridgewood Park 16-3; 3. Ridgewood 16-4; 4. Pasack Hills 15-4; 5. NV/Denarest 15-2

Long jump: 1. NV/Denarest 57-7; 12. 2. Ridgewood Park 53-9; 3. Ridgewood 53-11; 7. 5. Pasack Tech 51-3

Triple jump: 1. Cresskill 117-2; 2. NV/Denarest 114-6; 12. 3. tie between Bergen Catholic and Ridgewood Park 108-10; 12. 5. Pasack Hills 105-3

Pole vault: 1. CBA 31-6; 2. NV/Denarest 23-0; 3. tie between Ridgewood Park and Ridgewood 21-6; 5. Leonia 19-6

Pawlowski Relays
@ Jacob Brown Track & Field Facility

April 1, 2017

4x1600

Varsity Boys: W. Baginski, B. Rynkowski, S. Wagh, B. Byrne **19:02.3 - 1st Place**

Shuttle Hurdles

Varsity Boys: Z. Stadulis 17.1, M. Bartlik 15.4, A. Ruhl 17.2, R. Harada 15.2 **64.8**

4x100

Varsity Boys: M. Tai, K. Mack, S. Do, K. Grant **43.8 - 1st Place**

4x800

Novice Boys: T. Baginski 2:27 E. Nold 2:28 P. Baginski 2:35 M. Yalong 2:26 **9:56.3 - 4th Place**

R. Cody 2:30 M. Neville 2:40 J. Savarese 2:45 P. Nagy 2:40

Frosh Boys: T. Carlson 2:32 S. Burgoyne 2:40 R. Seaver 2:26 R. Seaver 2:23

4x200

Novice Boys:

- A. R. Diaz, J. Jeon, T. Hong, I. McTavish DQ
- B. N. DeVita, E. Do, P. Mazella, J. Thorpe 1:48.8
- C. C. Perlman, J. Santucci, N. Illev, S. Du Rivage 1:50.8
- D. E. Wong, E. Kessler, J. Theison, J. Cheun

Frosh Boys:

- A. P. Sanchez, M. Petigrew, A. Dunn, E. McPherson, 1:57.6
- B. C. Doyle, A. Hartigan, J. Malone, J. Wesnofski 1:57.8
- C. D. Joseph, T. Kang, M. Gluckow, S. Sakharov

SMR

Varsity Boys: K. Collins 55.1 D. Romero 25.9 S. Do 24.5 J. Naftzger 2:09.1 **3:55.3 - 1st Place**

DMR

Varsity Boys: B. Zamboldi 3:40.1 B. Byrne 54.3 C. Branca 2:14.0 R. Fahey 5:06.0

11:55.8 - 2nd Place

Novice Boys: M. Boogaert 3:46 T. Hong 62.9 D. Patterson 2:20 E. Tillyou 5:08.1

12:17.6 - 2nd Place

Frosh Boys: **12:33.4 - 1st Place**

3x400H

Varsity Boys: Z. Stadulis 59.3 C. Perlman 76.8 A. Ruhl 66.3

4x400

Varsity Boys: P. Luby 59, R. Diaz 57.5 E. Do 61.2 I. McTavish 59.4 **3:57.8 - 4th Place**

Novice Boys:

A. N. DeVita, P. Mazella, J. Thorpe 70.2 Serasgula 4:17.9

B. C. Perlman, J. Santucci, N. Illev 65.1 S. Du Rivage 62.7

Frosh Boys:

A. C. Doyle 69.9 A. Hartigan 70.2 J. Malone 66.7 J. Wesnofski 69.1 4:46.8

Triple Jump:

Varsity Boys:

Novice Boys:

A. R. Diaz 34'0", K. Collins 34'10" - 68'10"

B. P. Mazzella 35'5 1/2", M. Olsen 34'7" 70' 1/2"

C. N. DeVita F, A. Ruhl 32'5 1/2"

Frosh Boys: P. Sanchez 35'5 1/4", A. Dunn F **35'5 1/4" - 2nd Place**

Long Jump:

Varsity Boys: R. Harada 19'2", C. Silvestro 15'7", M. Bartlik 18'8 1/2" **53'7.5" - 3rd Place**

Novice Boys:

A. R. Diaz 15'6", K. Collins 16'7" **31'1" - 5th Place**

B. P. Mazzella 14'7 1/2", M. Olsen 16'2"

C. N. DeVita 14'7 1/2", A. Ruhl 16'4"

Frosh Boys: P. Sanchez 13'1", C. Doyle F

High Jump:

Varsity Boys: D. Romero 5'8", R. Harada 5'4", C. Silvestro 5'4" **16'4" - 3rd Place**

Novice Boys: P. Mazella 5'0", M. Olsen 5'0" - **10'0" - tie 1st Place**

Frosh Boys: P. Sanchez NH, A. Dunn 4'10" - **4'10" - 2nd Place**

Pole Vault

Varsity Boys: R. Vimba 12'6", D. Schechter 9'6", E. Wong NH

Novice Boys: E. Kessler 8'0", J. Jeon NH - **8'0" - 3rd Place**

Frosh Boys:

Shot Put:

Varsity Boys: **117'0" -- 3rd Place**

Novice Boys:

Frosh Boys: **51'8" - 5th Place**

Discus:

Varsity Boys:

Novice Boys:

Frosh Boys: **127'6" - 3rd Place**

Javelin

Varsity Boys: M. Bartlik 115', P. Luby 125', D. Romero F

Big North Track & Field Dual Meet

Ridgewood vs Hackensack

At Ridgewood

April 3, 2017

Total Score

Event	First Place	Second Place	Third Place	RHS HHS		Total Score	
				RHS	HHS	RHS	HHS
400H	Zack Stadulis, R, 58.8	Kevin Collins, R, 61.3	Alex Ruhl, R, 65.3	9	0	90.5	49.5
100m Dash	Kobi Grant, R, 11.3	Jevaughn Fahie, H, 11.4	Matt Tai, R, 11.6	6	3		
1600m Run	Brad Rynkowski, R, 4:48.8	Sid Wagh, R, 4:49.6	Billy Byrne, R, 4:50.3	9	0		
400m Dash	Kyle Mack, R, 50.8	Jeremiah Edwards, H, 52.3	Kevin Collins, R, 53.1	6	3		
100m Hurdles	Jevaughn Fahie, H, 15.6	Max Bartlik, R, 16.2	Ray Harada, R, 16.2	4	5		
800m Run	Brad Rynkowski, R, 2:06.4	Billy Byrne, R, 2:06.5	Zack Stadulis, R, 2:08.1	9	0		
200m Dash	Kobi Grant, R, 22.9	Jeremiah Edwards, H, 24.0	Marcus Gaspard, H, 24.2	5	4		
3200m Run	Sid Wagh, R, 10:32.1	Ryan Fahey, R, 10:32.2	Colin Roche, R, 10:33.9	9	0		
High Jump	Ray Harada, R, 5-8	Mark Sawyer, H, 5-8 (tie)	Danny Romero, R, Fahie, H, 5-6 (tie)	5.5	3.5		
Pole Vault	Ryan Vimba, R, 13-6	Hamza Zayhan, H, 10-6 (tie)	Danny Schechter, R, 10-6 (tie)	7	2		
Long Jump	Achirem, H, 20-9.25	Mark Sawyer, H, 20-6.75	Ray Harada, R, 19-10	1	8		
Triple Jump	Max Bartlik, R, 42-10.25	Zack Stadulis, R, 39-8.5	Mark Sawyer, H, 39-7.75	8	1		
Discus	Jack, H, 135-1	Camal, H, 117-0	Austin Englehardt, R, 109-8	1	8		
Shot Put	Austin Engelhardt, R, 46-0.75	Camal Brown, H, 43-4	Aubyn Bryan, H, 42-4.25	5	4		
Javelin	Aubyn, H, 140-1	Danny, H, 121-2	Pat Luby, R, 121-1	1	8		
4X400relay	Ridgewood, 3:33.4	Hackensack, 3:33.9		5	0		

Comment:

Dual Meet vs. Hackensack
@ Jacob Brown Track & Field Facility

April 3, 2017

Non-scoring marks from the meet...

400IH: None

100m: S. Do 11.9, T. Hong 12.0, J. Jeon 12.9, E. Do 12.1, E. Wong 12.4, P. Sanchez 12.4, M. Petigrew 14.4, A. Dunn 14.2, E. McPherson 12.2, C. Doyle 13.6, J. Malone 13.5, J. Wesnofski 14.8, D. Joseph 16.8, T. Kang 13.3, M. Gluckow 14.0, J. Santucci 12.7, S. Du Rivage 13.8, E. Kessler 13.2, J. Theison 13.9

1600m: C. Branca 4:58.9, D. Patterson 5:00.0, E. Tilyou 5:03.3, M. Zamboldi 5:06.1, C. Martin 5:07.6, M. Boogaert 5:07.8, T. Barnabic 5:14.4, D. Cho 5:20.2, D. Kane 5:30.0, P. Baginski 5:31.3

400m: M. Robazza 54.2, R. Diaz 56.3, N. Illev 58.3 N. DeVita 60.9

110HH: A. Ruhl 16.9, C. Perlman 19.1

800m: C. Shammas 2:10.6, T. Baginski 2:19.9, M. Yalong 2:21.2, R. Cody 2:22.0, R. Seaver 2:22.4, J. Shigeta 2:28.8, T. Carlson 2:30.9, T. He 2:34.6, M. Neville 2:35.4, S. Burgoyne 2:39.7, P. Nagy 2:43.3, J. Lee 2:44.0, J. Franklin 2:46.4, J. Alvarado 2:46.7, L. Cacoilo 2:51.7

200m: S. Do 24.6, T. Hong 25.3, N. Illev 25.8, C. Perlman 27.2, P. Mazzella 26.1, N. DeVita 28.1, J. Thorpe 27.3, J. Santucci 27.7, S. Du Rivage 31.2, A. Dunn 28.5, E. McPherson 25.3, C. Doyle 28.4, J. Malone 29.1, J. Wesnofski 30.8, D. Joseph 35.2, T. Kang 27.9, M. Gluckow 28.7, Saratulo 26.7, J. Jeon 25.3

3200m: None

4x400m: K. Collins 53.3, E. McPherson 56.8, M. Robazza 54.8, K. Mack 49.1 = 3:33.4

Long Jump: D. Romero 19-2.5 M. Bartlik 19-1.25

Triple Jump: D. Romero F

High Jump: P. Mazzella NH

Pole Vault: Elliot Kessler 9'0", Jason Santucci 7'6" J. Jeon 7'6" E. Wong NH

Throwers Please Record First and Last Names! "Jack" or "Dan" doesnt do me any good!!!

Discus: P. Luby 105-11, W. French 100-6, C. Hareas 83-2 M. Toner 90-4, Thomas 79-2
Charles 77-6 Sid 69-0 Cole 67-8 Jack 67-6, Logan 61-9 Jonathan 50-0 Alec 47-3 Dan F

Shot Put: W. French 41-3 M. Toner 39-1, N. Plasse 35-9.25 C. Hareas 35-8 Tom 32-2 P. Luby 31'11.5 Dan 29-3, Sid 27-7.25 Logan 25-4.75, Jack 24-6.25 Cole 23-4.5 Alec 22-6.25 Jon 21-2 Charlie 16-3

Javelin: M. Bartlik 118-0; D. Romero 113-11; J. Thorpe 83-6

Arcadia Invitational
@ Arcadia, CA

April 6-8th

4x200m:

Matt Tai **22.9**

Kyle Mack **22.6**

Zack Stadulis **23.9**

Kobi Grant **22.3** – **1:32.26**

4x800m:

Will Baginski **2:01.63**

Brad Rynkowski **2:05.29**

Matteo Robazza **2:03.58**

Billy Byrne **1:59.90** – **8:10.38**

4x100m:

Matt Tai, Kyle Mack, Zack Stadulis, Kobi Grant – DNF

300h:

Zack Stadulis **41.68**

Distance Medley:

Billy Byrne **3:11.83**

Kyle Mack **52.11**

Mateo Robazza **2:01.61**

Will Bakinski **4:32.90** – **10:38.42**

@ Indian Hills HS

400h: J. Naftzger 64.4

100m: S. Do 11.8 T. Hong 11.9 M. Olsen 12.2 E. Wong 12.4 J. Jeon 12.7, J. Saracuelo 12.8, J. Santuccio 12.9, T. Kang 13.0 E. Kessler 13.2 M. Gluckow 13.4, J. Wesnofski 14.0

1600: W. Baginski 4:41.9 C. Roche 4:47.2, M. Zamboldi 4:48.1 R. Fahey 4:49.0, C. Branca 4:48.2, D. Patterson 5:00.0 M. Boogaert 5:17.0 D. Kane 5:29.3

400m: R. Diaz 56.8, N. Illiev 56.8 N. DeVita 64.4, A. Dunn 67.8

110HH: Z. Stadulis 17.2

800: M. Robazza 2:01.9 J. Naftzger 2:04.3 B. Byrne 2:06.3 C. Shammas 2:08.9, T. Baginski 2:25.9, R. Cody 2:20.3, E. Nold 2:21.3 M. Nevile 2:32.2, J. Franklin 2:35.0,

200m: P. Mazella 25.0, E. Do 25.0 M. Olsen 26.0, E. Do 27.0 J. Jeon 27.1, T. Kang 27.9 C. Serasulo 28.0 A. Dunn 28.2, M. Gluckow 30.3,

3200: B. Rynkowski, S. Wagh, B. Zamboldi 10:32.6

4x400: M. Tai 53.2, Z. Stadulis 52.9, M. Robazza 54.2, K. Mack 50.6 - 3:31.0

Long Jump: R. Diaz 17'4 ½"

Triple Jump: P. Mazzella 36-2.25, N. DeVita 30-2.75

High Jump: P. Mazzella 5'4"

Shot Put: N. Plasse 36'6 ¾", M. Toner 35'5", Don 30'0", Sid 27' ½", C. Murphy 25'11 ¾", John J. 22'6 ¼", A. Toner 21'8",

Discus: J. Thorpe 99'5", M. Toner 80'11", Layla 80'9", C. Murphy 73'10", Sid 70'10", Don 69'7", John J. 56'6", T. Vandalovsky 70'1", A. Toner 55'4" Jeff 34'5"

Javelin: M. Bartlik 96'1" J. Thorpe 77'6"

Pole Vault: 8'0"

Rams Relays
@ Ramsey

April 15, 2017

4x110HH:

Zack Stadulis **16.4**

Max Bartlik **15.3**

Alex Ruhl **16.7**

Ray Harada **14.7 - 63.4 - 1st Place**

4x100m:

Matt Tai, Kyle Mack, Sam Do, Kobi Grant - **43.9 - 2nd Place**

Big North Track & Field Dual Meet

Ridgewood vs. Northern Highlands

At Northern Highlands

April 17, 2017

Event	First Place	Second Place	Third Place	RHS		NH		Total	Score
				RHS	NH	RHS	NH		
400H	Kyle Mack, Rwd 57.7	Zack Stadulis, Rwd 59.0	Northern Highlands 61.3	8	1	89	51		
100m Dash	Kobi Grant, Rwd 11.1	Matt Tai, Rwd 11.3	Northern Highlands 11.6	8	1				
1600m Run	Brad Rynkowski, Rwd 4:36.7	Sid Wagh, Rwd 4:39.6	Billy Byrne, Rwd 4:42.4	9	0				
400m Dash	Kyle Mack, Rwd 50.6	Northern Highlands 53.1	Northern Highlands 54.2	5	4				
110m HH:	Northern Highlands 15.3	Ray Harada, Rwd 15.3	Max Bartik, Rwd 16.0	4	5				
800m Run	Will Baginski, Rwd 2:01.5	Matteo Robazza, Rwd 2:02.9	Northern Highlands 2:03.0	8	1				
200m Dash	Kobi Grant, Rwd 22.9	Matt Tai, Rwd 23.1	Northern Highlands 23.5	8	1				
3200m Run	Sid Wagh, Rwd 10:27.3	Brad Rynkowski, Rwd 10:27.4	Colin, Rwd 10:27.5	9	0				
High Jump	Danny Romero, Rwd 6-2	Ray Harada, Rwd 6-2	Northern Highlands 6-0	9	0				
Pole Vault	Ryan Vimba, Rwd 12-0	Northern Highlands 10-0	Danny Schechter, Rwd 9-6	6	3				
Long Jump	Dan M., NH 20'4.5"	Ray Harada, Rwd 19'6"	Ed Han, NH 19'5"	3	6				
Triple Jump	Max Bartik, Rwd 42'1/2"	Dan M., NH 40'7 1/4"	Tim D., NH 38'4 3/4"	5	4				
Discus	Max Gold, NH 120'2"	John Thorpe, Rwd 108'7"	Sam Gold, NH 93'8"	3	6				
Shot Put	Max Gold, NH 45'11"	Austin Englehardt, Rwd 43'6 3/4"	Max Toner, Rwd 39'9"	4	5				
Javelin	Northern Highlands 164'11"	Northern Highlands 134'1"	Northern Highlands 133'3"	0	9				
4X400relay	Northern Highlands 3:40.4	Ridgewood 3:45.6		0	5				
Comment:									

Dual Meet vs. Northern Highlands

April 17, 2017

@ Northern Highlands

Non-Scoring

400h: K. Collins 63.7 (fall)

100m: S. Do 11.8 , T. Hong 12.0, R. Aono 12.2, E. Do 12.4 J. Jeon 12.9 T. Kang 13.0 J. Santucci 13.3
C. Doyle 13.6, E. Kessler 14.3 J. Wesnofski 14.5

1600: B. Zamboldi 4:44.4, M. Zamboldi 4:57.8, D. Patterson 4:58.5. C. Martin 5:00.8, M. Boogaert 5:01.3, T. Barnabic 5:23.4, D. Kan 5:30.3. P. Baginski 5:41.4

400m: R. Diaz 56.4, N. Illev 56.8 M. Olsen 56.9 N. DeVita 62.4

110HH: A. Ruhl 16.6 C. Perlman 17.1

800: B. Byrne 2:06.9, C. Shammass 2:07.9, C. Branca 2:11.3, R. Cody 2:18.5

200m : S. Do 24.0 R. Aono 24.0 , P. Mazzella 24.7 E. Do 25.5, T. Hong 25.5, C. Perlman 26.4,
T. Kang 27.0, A. Dunn 27.8 J. Wesnofski 29.5 C. Doyle 29.7,

3200: R. Fahey 10:27.8

4x400: B. Zamboldi 55.4, R. Diaz 56.8, S. Do 59.1, W. Baginski 53.1 - 3:45.6

Long Jump: D. Romero 17'10", R. Diaz 15'3 ½"

Triple Jump: Z. Stadulis 37'8", R. Harada 37'¼"

High Jump: M. Bartlik 5'10", P. Mazzella 5'6", M. Olsen 5'2"

Shot Put: Coach Warren has subvarsity results. Apparently they are a secret.

Discus: See above

Javelin: J. Thorpe 119'5", D. Romero 105'6", M. Bartlik 95'11"

Pole Vault: D. Romero 8'6", J. Nafleger 8'0" Coach DeVita apparently follows Coach Warren's approach in keeping results top secret.

TRACK NOTEBOOK

When the acceptances were announced Monday for the always competitive high school 4-x-800 and distance medley relay races at the Penn Relays next week, Bergen Catholic was surprised to find themselves in the 4-x-800 instead of the more exclusive distance medley event.

After all, the Crusaders had run 10:23.43 for place in the Eastern States and that time was the 14th fastest in the country last winter. Two New Jersey teams, including rival Don Bosco, had been accepted with slower seed times, so why not Bergen Catholic?

Head coach Joe Lee called the Relays office Tuesday afternoon for an explanation and the answer was quick and rewarding.

"They said we hit the mistake jackpot," said Lee with a laugh. "They read the seed time as 10:43.23, not 10:23.43 and quickly fixed the problem."

So BC will join Bosco in Friday's 5:55 p.m. race, in a field that includes national indoor record holder Carlisle (PA), perennial contender CBA and last year's champion, Loudoun Valley (VA).

That leaves Northern Valley/Demarest as the only boys team in the 4-x-800; running in one of four qualifying heats Friday morning at

9:20 a.m. Indian Hills and IHA have qualified in the girls 4-x-800 and will run in the meet's first relay race at 10:20 a.m. Thursday.

YOCKERS PREVIEW: The 56th annual Jack Yockers Relays got underway with two boys and two girls field events in three of the meet's five divisions Wednesday at both Mahwah and Ridgewood.

Competition continues Friday at 3:30 p.m. for field events and 4 p.m. for running events at River Dell and concludes Saturday at 9 a.m. also at River Dell.

The meet is the largest single high school sporting event in New Jersey each spring by number of participants, with more than 2,000 athletes expected.

Here's a quick look division by division.

DIVISION A: Ridgewood won both divisions last year in close races, the boys by three points over Northern Valley/Old Tappan and the girls by four over Northern Highlands. Those four teams appear to be the class of this year's meet.

DIVISION B: NV/Demarest and River Dell held essentially a dual meet last year with Demarest winning the boys meet and River Dell the girls. That may again be the case,

although the Fort Lee boys have a dark horse chance for its first title.

DIVISION C: Lyndhurst and Hasbrouck Heights shared the boys title last year and the Aviators lost to Ramsey by three in the girls meet. Glen Rock, Pasack Hills and Cresskill could be factors in both meets this year and this could be the most interesting division of the day.

DIVISION D: Emerson won the boys last year for just the second time and Waldwick took the girls meet for the fourth time in a row. Park Ridge and Saddle Brook are also in the mix in both meets.

DIVISION E: Don Bosco and IHA defend but the Bergen Catholic boys and Holy Angels and Paramus Catholic girls are capable of wins here.

BERGEN CONNECTION: The loss of Montclair-Kimberly Academy coach Tom Fleming, who died of a heart attack Wednesday while coaching at a tri-meet made huge news state wide, nationally and even internationally.

Closer to home, Fleming's last state champion, Bill Massey, who won both the Non-Public B cross-country and 3,200 state titles is a Ho-Ho-Kus resident.

BOYS TRACK TOP 25

1. Northern Valley/Demarest
2. Ridgewood
3. Bergen Catholic
4. Don Bosco
5. River Dell
6. NV/Old Tappan
7. Fort Lee
8. Northern Highlands
9. Pasack Tech
10. Boonton
11. Indian Hills
12. Hackensack
13. Wayne Valley
14. Clifton
15. Pasack Valley
16. Ridgefield Park
17. Hasbrouck Heights
18. Hackensack
19. Paramus Catholic
20. Mahwah
21. Kennedy
22. Tenafly
23. Lyndhurst
24. North Bergen
25. Cresskill

Fort Lee's 4-x-200 boys team rises to the challenge

AUL SCHWARTZ
NORTHJERSEY

ORADELL - The Fort Lee boys 4-x-200 team has been unchallenged in the first three weeks of the North Jersey track season.

But the team of Tahj Martin, Jacob Im, Wesley Weingord and Michael Huertas knew that their race on the first day of the Jack Yockers Bergen County Relays wouldn't allow them to take that success for granted.

"We've been dominant this spring but we knew today that we would have a tough race," said Weingord. "We haven't been pushed in the 4-x-200."

Bergen Catholic led for most of the race, despite some great passing from the Bridgemen, but Fort Lee got another great pass from Weingord to Huertas, the anchor, and went on to hold off the Crusaders, running a North Jersey best and school record 1:30.4.

It wasn't enough to keep NV/Demarest from taking a 58-40 lead over River Dell in division B, with Fort Lee third with 32 points after the first day. Ridge wood led NV/Old Tappan, 40-39 in A with Pasack Valley a surprisingly close third with 35 points. Other lead-

See **BOYS**, Page 85

Boys

Continued from Page 75

ers are Cresskill ©, Emerson (D) and Don Bosco (E).

"It's the first time all year we've been behind," said Huertas, who watched as BC built the lead behind state Non-Public A indoor 55 champion Jahmel Johnson and Rahmir Johnson (no relation) who placed in the indoor Eastern States 200 meters in early March.

"But Wesley got me in great position and I zoned in and concentrated just on catching the B.C. anchor."

"We have confidence that we're going to get the job done and we have confidence in each other," said Im. "We pass well and we run well."

Ridge wood got some help from one referee's decision and took a big hit from another on the first day of the two day meet.

Kyle Mack shared the fastest 400 hurdles time with Andrew Peterson of Northern Valley/Demarest at 55.6, but an incorrectly recorded time for the Maroons' third runner appeared to give the division A victory to NV/Old Tappan. But a recheck caught the mistake and reversed the scoring.

The Maroons weren't as lucky in the 4-x-1600 as their anchor runner began to show signs of stress in the final 20



MICHAEL KARAS/NORTHJERSEY.COM
Jordan Sanders of Lyndhurst competes in the 3-x-400 hurdles Friday.

meters, fell at least twice and staggered across the finish line and collapsed again. He was helped to the fence a few feet away from the finish line, and leaned against the fence for support with his coach assisting.

Approximately 45 seconds later, he apparently threw the baton down while being helped to the trainer.

He was disqualified for unsportsmanlike conduct for throwing the baton and an appeal to the Jury of Appeals was denied, costing the Maroons 10 points.

County Relays
@ Ridgewood and River Dell

April 19,21,22

Wednesday @ Ridgewood

3xPV: R. Vimba 13'0", D. Schechter 9'6", E. Wong 9'0" - 31'6" - 2nd Place
3xDiscus: J. Thorpe 113'5, A. Englehardt 107'4, W. French 85'11 - 306'8"

Friday @ River Dell:

3x400IH: K. Mack 55.6, Z. Stadulis 57.9, K. Collins 60.0 - 2:53.5 - 1st Place
4x200m: R. Aono 23.9, M. Tai 22.4, S. Do 24.5, K. Grant 22.3 - 1:33.1 - 1st Place
4x1600m: B. Rynkowski 4:28.5, B. Byrne 4:28.7, W. Baginski 4:29.7, S. Wagh 4:45.5
18:15.1 - DQ
3xTJ M. Bartlik 42'6 1/2", Z. Stadulis 39'5 1/2", D. Romero 39' 3/4" - 121' 3/4" - 2nd Place
3xJav: P. Luby 129'0" J. Thorpe 120'5", D. Romero 109'2" - 358'7" - 4th Place

Saturday @ River Dell:

4x110HH: Z. Stadulis 16.2, M. Bartlik 15.1, A. Ruhl 16.2, R. Harada 14.8 - 62.3 - 1st Place
4x100m: M. Tai, K. Mack, S. Do, K. Grant - 44.0 - 1st Place
DMR: B. Byrne 3:14.8, K. Collins 52.2, M. Robazza 2:01.4, B. Rynkowski 4:31.9 -
10:40.6 - 2nd Place
SMR: K. Mack 49.2, M. Tai 22.2, K. Grant 21.9, W. Baginski 2:01.6 - 3:34.7 - 1st Place
4x800m: B. Rynkowski 2:02.4, B. Byrne 2:00.8, B. Zamboldi 2:02.8, M. Robazza 2:02.5
8:08.2 - 1st Place
4x400m F: E. McPherson 57.5, T. Barnabic 65.7, P. Sanchez 56.1, C. Roche 58.1 - 3:56.4
4x400m: M. Tai 51.8, W. Baginski 51.9, Z. Stadulis 52.6, K. Mack 48.9 - 3:25.6 - 1st Place
3xLJ: R. Harada 19'4 3/4", M. Bartlik 19'2 1/4", D. Romero 19'0" 57'7" - 1st Place
3xShot: A. Englehardt 47' 1/2", W. French 39'6", M. Toner 39'1 1/4" - 125'7 3/4" - 2nd Place
3xHJ: R. Harada 6'0", D. Romero 6'0", M. Bartlik 6'0" - 18'0" - 1st Place

Team Score:

Ridgewood 126
Old Tappan 81
Indian Hills 51
Bergen Tech 44
Teaneck 41

A dominating performance. You were challenged to perform at your best and to totally control the meet and you guys responded. We won 9 events which means we won 9 and didnt win 7. On Saturday we scored 66 of a possible 70 points. Very impressive. That being said this is just the START of the championship season. One down. More to come.

and over the bar during the Jack Yockers Bergen County Relays at River Dell High School in River Edge.

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JIM ANNESS/SPECIAL TO NORTHJERSEY.COM

Fair Lawn senior Britany Del Mundo, with the wind beneath her feet, prepares for landing during the girls long jump competition at Bergen County Relays on Saturday.

Glen Rock boys win first Bergen Relays title in 13 years

KEVIN T. CZERWINSKI
SPECIAL TO THE RECORD

ORADELL — There was some scoring confusion at the end of the Boys' C Division during the final two events of the Jack Yockers Bergen County Relays but that only added to Saturday's drama.

Glen Rock and Cresskill were flip-flopping between first and second place for much of the day as the discus and the 4-x-400 were playing out. Initially, the scoring had Cresskill finishing on top but following a correction in the discus it was Glen Rock closing out with 85 points to edge the Cougars, who placed second with 83.5, for its first Yockers title in 13 years. Pascack Hills took third with 78 points.

"We knew it was a tight race," Glen Rock coach J.P. McCartee said. "We had three teams within one or two points of each other and it came down to the 4 x 4. They did their job on the track and [ultimately] our anchor [junior] Nathan Schlect edged out Lyndhurst.

"I was a senior in high school and competing at Glen Rock the last time we won this. My seniors were in kindergarten so

See GLEN ROCK, Page 85

Jenna Rogers a new star in the sky

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Rutherford freshman Jenna Rogers cleared 5-foot-8 in the high jump Saturday at the Jack Yockers Bergen County Relays at River Dell.

clear 5-8 and was named the Outstanding Field Athlete at the meet.

Rogers, who turned 15 on Tuesday, was the talk of the day. Her three attempts at 5-10 drew a large crowd, which gasped as the bar rolled off, especially on her second attempt, where she was this close to making history.

"It's all right," said Rogers, enjoying the moment. "I was kind of tired after a few jumps. It's a high height.

We will have to see. It's going to take a while probably."

"She came in and did what she was supposed to do," said Rutherford track coach Curtis Arsi. "Today it was raining and wet, if she had gotten 5-10 today that would have been absolutely incredible. I see this in practice every day. I haven't seen her miss anything until she gets to 5-8 this year."

Those in the North Jersey track community had her about Rogers before she arrived at Rutherford. She was a state champ multiple times at the junior levels. She owns the state record for the high jump for the 13/14 age group and is a member of a club track program.

But Rogers has a dual love. She is not just North

See COOPER, Page 85

Park Ridge

Continued from Page 75

that gave them a lot of perspective."

Ridgewood (126 points) took first in the A Division while NV/Demarest (124 points) captured the B Division. Emerson (104 points) was tops in the D Division while Don Bosco (130 points) picked up its third consecutive title in the E Division.

McCartee pointed to junior Joe McCabe as one key to Glen Rock's success. He anchored the 4-x-800 and the distance medley relay.

McCabe ran a 4:33.8 in the mile, 2:03 in the 800 and 53.9 in the 4-x-400 relay, prompting McCartee to label him "the gutsiest runner on the team."

"This is a tremendous testament to both our team and Glen Rock," Crosskill

coach Rich Miller said. "My team this year is as tight knit and as hard-working as any team I have had. I marvel at their focus and competitive spirit and work ethic. This was a competition between two very good teams."

Bosco edged out Bergen Catholic (124) in what proved to be one of the day's more interesting duals. The Ironmen had a disqualification in the 4-x-100 while the Crusaders suffered a pair of DQs during the day.

"It would have made the meet a lot closer," Bosco coach Dave Lado said. "It would have been more competitive [if not for the DQs]. I did expect it to be a little closer."

Ridgewood, which repeated as the A Division champs, went in to Saturday up by only a point but won seven of nine events to easily outdistance NV/Old Tappan (81 points).

"We are very strong and balanced,"

Ridgewood coach Josh Saladino said. "We're strong on the track and we are improving on the field. In this kind of meet, you can't worry about what happened yesterday. We got a bad DQ yesterday and that cost us 10 points but even without that we know how strong we are."

Ridgewood senior Kyle Mack won The Most Outstanding Runner award after leading his team to victories in the 400 hurdles, the 4-x-100, the sprint medley relay and the 4-x-400. Junior Matt Tai also won four medals while several Maroons took three apiece.

"Every team is different and each one [title] is unique and special because they are different groups of kids," Saladino said. "This type of meet requires the most kids competing. You need depth to win as many events as we did."

Demarest, meanwhile, ran by River Dell (92) and Fort Lee (80).

Cooper

Continued from Page 75

Jersey's new best female high jumper, she is also a standout volleyball player. Rutherford volleyball coach Helen Antzoulides just calls her "special" — so Rogers didn't compete for the Bulldogs track team over the winter, focusing on club volleyball.

"It was [a hard decision]," said Rogers. "But when I saw my [club] team and how we were doing and how we were going to do, I wanted to focus on that for a while."

The fact that she didn't compete over the winter means that Rogers isn't qualified for Penn Relays this week, but that will certainly come with time.

"She's a freshman," said Arsi. "So she will have three more years. We will definitely get her there."

After playing a lot of sports, Rogers went out for track as an 11-year-old because "I thought I was fast," she said laughing again. Her coach pointed her toward the high jump and she's been touching the sky ever since.

"I like that it's all on me," Rogers said. "All the pressure is on me, not on the team. I kind of like that part of it and I like being successful, that makes it a lot more fun."

Arsi has begun to introduce Rogers to a few new track events. He's used her in the hurdles, and the long jump, where she's already gone over 15 feet, and she's finding her way in the triple jump.

"On paper she is a freshman, but her mentality, she might as well be in college," said Arsi. "She is very competi-

tive. She doesn't get rattled, and she always wants to do anything she can to help the team. She is always looking at ways to improve herself in all aspects."

Her competitive streak began with a rivalry with her older sister Jessica, a standout basketball and volleyball player at Rutherford. Jenna said they still compare stats and records.

"Everything is a game, everything is a competition with me," said Rogers. "I just try to push myself as much as possible, even at practice if I don't do a certain jump correctly. I just have to get it, otherwise I go home and it's a bad day."

Saturday's spring rain certainly didn't help matters. Rogers said she was a bit scared of slipping during her approach.

She also got a bit spooked when the bar was raised and it was announced that

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ny own

TRACK AND FIELD

Jack Yockers Bergen County Relays
At River Dell H.S.

BOYS

Division A

Team Scoring: Ridgewood 126, NV/Old Tappan 81, Indian Hills 51, Bergen Tech 44, Teaneck 41, Hackensack 40, Northern Highlands 39, Pascack Valley 37, Fair Lawn 18, Paramus 11, Bergenfield 6.

4-x-100: 1. Ridgewood (Matt Tai, Kyle Mack, Sam Do, Kobi Grant), 44.0; 2. Teaneck 44.5; 3. NV/Old Tappan, 44.8; 4. Bergen Tech, 46.0; 5. Northern Highlands, 46.9; 6. Indian Hills, 47.1.

4-x-200: 1. Ridgewood (Reiya Aono, Matt Tai, Sam Do, Kobi Grant), 1:33.1; 2. Hackensack, 1:33.2; 3. tie between Teaneck and NV/Old Tappan, 1:34.4; 5. Bergen Tech, 1:35.8; 6. Northern Highlands, 1:35.9.

4-x-400: 1. Ridgewood (Matt Tai, Will Baginski, Zack Stadulis, Kyle Mack), 3:25.6; 2. NV/Old Tappan, 3:28.1; 3. Bergen Tech, 3:31.9; 4. Teaneck, 3:32.8; 5. Hackensack, 3:34.1; 6. Northern Highlands, 3:38.0.

4-x-800: 1. Ridgewood (Brad Lynkowski), Billy Byrne, Ben Zamboldi, Matteo Robazza), 8:08.2; 2. Indian Hills, 8:13.9; 3. Fair Lawn, 8:37.3; 4. Hackensack, 8:43.3; 5. NV/Old Tappan, 8:45.5; 6. Teaneck, 8:56.7.

4-x-1,600: 1. Indian Hills (Tom Holster, Steven Fiumefreddo, Bobby Oehlein, Chris Corcoran), 18:15.0; 2. Pascack Valley, 19:03.4; 3. Bergen Tech, 19:13.0; 4. Fair Lawn, 19:25.9; 5. NV/Old Tappan, 19:26.8; 6. Hackensack, 19:29.4.

Sprint medley: 1. Ridgewood (Kyle Mack, Matt Tai, Kobi Grant, William Baginski), 3:34.7; 2. Indian Hills, 3:40.7; 3. Teaneck, 3:47.5; 4. Northern Highlands, 3:51.6; 5. Bergenfield, 3:56.2; 6. NV/Old Tappan, 3:57.8.

Distance medley: 1. Indian Hills (Tom Holster, Anthony Lorenz, Ava Araz, Chris Corcoran), 10:32.9; 2. Ridgewood, 10:40.6; 3. Bergen Tech, 10:59; 4. NV/Old Tappan, 11:04.4; 5. Fair Lawn, 11:05.7; 6. Pascack Valley, 11:12.6.

Shuttle hurdles: 1. Ridgewood (Zack Stadulis, Max Bartlik, Alex Rühl, Ray Harada), 1:02.3; 2. Northern Highlands, 1:04.8; 3. Indian Hills, 1:05.0; 4. Old Tappan, 1:06.6; 5. Paramus, 1:11.0.

3-x-400 HR: 1. Ridgewood (Kyle Mack, Zack Stadulis, Kevin Collins), 2:53.5; 2. NV/Old Tappan, 2:57.2; 3. Bergen Tech, 3:06.9; 4. Pascack Valley, 3:10.9; 5. Paramus, 3:13.2; 6. Indian Hills, 3:15.5.

Shot put: 1. NV/Old Tappan (Dillon Policastro, Joe D'Amico, Michael Mancuso), 125-9 1/2; 2. Ridgewood, 125-7 3/4; 3. Teaneck, 110-7 1/2; 4. Paramus, 109-6; 5. Indian Hills, 106-8 3/4; 6. Northern Hills, 73-11 1/2.

Discus: 1. Pascack Valley (Nick Battista, Troy Perassini, Nicolo Spinnelli), 406-4; 2. Hackensack, 375-5; 3. Teaneck, 361-1; 4. NV/Old Tappan, 351-9; 5. Indian Hills, 323-0; 6. Northern Highlands, 309-7.

Javelin: 1. NV/Old Tappan (James Kelly, Jason Santa, Cruz Jackson, Downey), 454-1; 2. Northern Highlands, 398-11; 3. Pascack Valley, 370-11; 4. Ridgewood, 358-7; 5. Bergen Tech, 354-0; 6. Hackensack, 315-9.

High jump: 1. Ridgewood (Max Bartlik, Ray Harada, Danilo Romero), 18-0; 2. Tie between NV/Old Tappan and Teaneck, 16-3; 4. Northern Highlands, 10-9; 5. Bergen Tech, 5-6; 6. Pascack Valley, 5-3.

Long jump: 1. Ridgewood (Ray Harada, Max Bartlik, Danilo Romero), 57-7; 2. Hackensack, 55-10 3/4; 3. Bergen Tech, 53-10; 4. Bergenfield, 50-10 3/4; 5. Indian Hills, 49-7; 6. Paramus, 48-4 1/2.

Triple jump: 1. Northern Highlands (Tim DeLorenzo, Dan Monchek, Dan Yu), 122-3 3/4; 2. Ridgewood, 121-0 3/4; 3. Fair Lawn, 119-11; 4. Bergen Tech, 116-9 1/4; 5. Indian Hills, 114-6; 6. Pascack Valley, 113-6 1/2.

Pole vault: 1. NV/Old Tappan (Seth Krichoff, Tyler Hrbek, Jona Kim), 38-6 (large groups record, old record, 38-0 by Ridgewood, 2004 and NV/Demarest, 2010); 2. Ridgewood, 31-6; 3. Pascack Valley, 22-6; 4. Paramus, 19-6; 5. Hackensack, 12-0.

Division B

Big North Track & Field Dual Meet

Ridgewood vs Ramapo - Boys

April 24, 2017

Total Score
RHS Ram.

Event	First Place	Second Place	Third Place	RHS	Ram
400H	Zack Stadulis RW, 58.5	Kevin Collins RW 59.6	Jonah Nafteger RW 63.5	9	0
100m Dash	Kobi Gant RW 11.1	Kyle Mack RW 11.2	Max Baker RAM, 11.3	8	1
1600m Run	Brad Rynkowski RW, 4:37.0	Ben Zamboldi RW, 4:38.3	Justin Pecore RAM, 4:38.8	8	1
400m Dash	Michael Petrazzuolo RA, 51.2	Will Baginski RW, 52.4	Alex Miras RAM, 53.2	3	6
110m Hurdles	Ray Harada RW, 15.4	Max Bartlik RW, 15.6	Ale Ruhl RW 16.4	9	0
800m Run	Billy Byrne RW, 2:03.9	Matteo Robazza RW, 2:05.1	Dom Suchera RAM, 2:05.7	8	1
200m Dash	Kobi Grant RW 22.7	Max Baker RAM 22.8	Michael Petrazzuolo RA 23.0	5	4
3200m Run	Ben Landel RAM, 10:03.5	Ryan Fahey RW, 10:16.8	Calder Martin RW, 10:57.6	5	4
High Jump	D. Romero, 5-10 (tie)	M. Bartlik 5-10 (tie)	Peter Mazzella RW, 5-8	9	0
Pole Vault	Ryan Vimba R - 13'0"	Danny Schechter R - 11'0"	Ethan Wong - R 8'6"	9	0
Long Jump	Danny Romero RW, 20-0.25	Ray Harada RW, 19-10	Ramapo, 18-10.25	8	1
Triple Jump	Max Bartlik RW, 41-9.75	Zack Stadulis RW, 40-10.5	Peter Mazzella RW, 38-1	9	0
Discus	Matt RAM, 133-1	Jon Thorpe RW, 111-10	Austin Englehardt RW, 109-10	5	4
Shot Put	Austin Englehardt RW, 46-8	Ramapo, 41-11	Will French RW, 40-5.5	6	3
Javelin	Chris Nazare RAM, 120-4	Max Bartlik RW, 120-1	Danny Romero RW, 117-9	4	5
4X400relay	Ramapo			0	5

105 35

Big North Track & Field Dual Meet

Ridgewood vs Paramus - Boys

April 24, 2017

Event	First Place	Second Place	Third Place	RHS P		Total Score	
				RHS	P	RHS	P
400H	Zack Stadulis RW, 58.5	Kevin Collins RW 59.6	Paramus, 1:00.1	8	1	122	18
100m Dash	Kobi Gant RW 11.1	Kyle Mack RW 11.2	Paramus, 11.5	8	1		
1600m Run	Brad Rynkowski RW, 4:37.0	Ben Zamboldi RW, 4:38.3	Paramus, 4:39.7	8	1		
400m Dash	Will Baginski RW, 52.4	Paramus, 54.2	R. Diaz RW, 56.5	6	3		
110m Hurdles	Ray Harada RW, 15.4	Max Bartlik RW, 15.6	Paramus, 16.5	8	1		
800m Run	Billy Byrne RW, 2:03.9	Matteo Robazza RW, 2:05.1	Jonah Naftger RW, 2:06.5	9	0		
200m Dash	Kobi Grant RW 22.7	Paramus, 23.1	Sam Do RW, 24.0	6	3		
3200m Run	Ryan Fahey RW, 10:16.8	Paramus, 10:32.4	Calder Martin RW, 10:57.6	6	3		
High Jump	D. Romero, 5-10 (tie)	M. Bartlik 5-10 (tie)	Paramus, 5-8	8	1		
Pole Vault	Ryan Vimba R - 13'0"	Greg Fuerte P - 12'0"	Danny Schechter R - 11'0"	6	3		
Long Jump	Danny Romero RW, 20-0.25	Ray Harada RW, 19-10	Paramus, 18-3.25	8	1		
Triple Jump	Max Bartlik RW, 41-9.75	Zack Stadulis RW, 40-10.5	Peter Mazzella RW, 38-1	9	0		
Discus	Jon Thorpe RW, 111-10	Austin Englehardt RW, 109-10	T. Vandalovsky RW, 106-4	9	0		
Shot Put	Austin Englehardt RW, 46-8	Will French RW, 40-5.5	Max Toner RW, 39-9.5	9	0		
Javelin	Max Bartlik RW, 120-1	Danny Romero RW, 117-9	P. Luby RW, 111-9	9	0		
4X400relay	Ridgewood			5	0		

Comment:

Dual Meet vs. Paramus and Ramapo

April 24, 2017

@ Ridgewood

Some results were illegible because of the rain. If your result is not recorded I apologize. Our coaches tried their best to overcome weather! Good meet here! A lot of personal bests!!!

400h: A. Ruhl 65.9

100m: R. Harada 11.6, D. Romero 11.8 S. Do 11.9, T. Hong 12.1, T. Kang 12.3 J. Jeon 12.6, J. Wesnofski 13.3
M. Gluckow 13.6 C. Doyle 13.7 M. Pettigrew 14.0

1600: C. Roche 4:43.8, C. Branca 4:56.6 M. Zamboldi 4:57.2 C. Shammas 4:57.5, D. Patterson 5:00.6 T.
Barnabic 5:17.1

400m: E. McPherson 56.6 P. Sanchez 56.9 E. Do 58.7

110HH: C. Perlman 18.1

800: D. Cho 2:23.3, E. Nold 2:24.9 R. Cody 2:28.0 T. He 2:28.4 D. Kane 2:29.6 M. Neville 2:35.6 J. Franklin
2:39.5 T. Baginski 2:39.9 S. Burgoyne 2:40.4

200m: S. Do 24.0 A. Ruhl 24.5 T. Hong 24.5 P. Mazzella 24.9 P. Nagy 25.3 M. Olsen 25.9 N. DeVita 25.9
J. Jeon 26.8

3200: D. Cho 12:09.5

4x400: B. Byrne 52.9, R. Diaz 55.9, E. Do 57.3, W. Baginski 51.8 – 3:38.8

Long Jump: R. Diaz 16'8 3/4", P. Sanchez 14'3 3/4"

Triple Jump: N. DeVita 32'6"

High Jump: M. Olsen NH

Shot Put: N. Plasse 36'8"

Discus (again...getting tired of writing this... please write CLEAR first and last names):

P. Luby 100'5" W. French 97'6" M. Toner 90'1", Jack 86'9" Logan 84'4" Sid 78'6", C. Hareas 77'9" D.
Brita 71'0" J. Jensen 57'7" A. Toner 48'10" Jeffrey B 42'5"

Javelin: J. Thorpe 107'11"

Pole Vault: J. Santucci 8'6", E. Kessler 8'6", J. Jeon 8'0"

ATHLETES OF THE WEEK



Kyle Mack, Ridgewood

Sport: Track and Field

Class: Senior **Age:** 18

Accomplishment:

Ridgewood's Kyle Mack won four gold medals (3-x-400 intermediate hurdles, 4-x-100, 400 leg on the Sprint Medley relay, and 4-x-400) to lead Ridgewood to the Division A title at the Jack Yockers Bergen County Relays. For his efforts, he was the recipient of the meet's Most Outstanding Runner award.

"He's extraordinarily competitive and a team-driven athlete. He performs at his best for the team. When a team championship is on the line, it's when he is usually at his best, which we saw it this weekend."

- Coach Josh Saladino

Also nominated: Tahj Martin of Fort Lee for track and field; Clarke Deegan of Bergen Tech for volleyball; Justin Kuron of Park Ridge and Matt Goehrig of Paramus Catholic for baseball; and Robert McHugh of Wayne Hills for golf.

CLARENCE 4-26-17

POLE VAULT

When: Thursday, 1:30 p.m.

Local entrants: Jessica Ippolito, Fair Lawn; Michelle Rubineti, NV/Demarest.

Local outlook: Rubineti was fourth last year and could equal that this year with Ippolito also having a chance for a medal if she can make 12 feet.

JAVELIN

When: Thursday, 4:45 p.m.

Local entrant: Jesse Geller, NV/Demarest.

Local outlook: Geller threw a personal best 137-11 and took a surprise bronze medal last year in less than ideal conditions. She hopes to better the distance this year and medal again.

3,000 METERS

When: Thursday, 5:55 p.m.

Local entrants: Olympia Martin, Ridgewood.

Local outlook: Martin, now healthy, could contend for a medal and hopes to run under 10:15.

4-x-800 RELAY

When: Thursday, 10:30 a.m.

Local entrants: IHA, Indian Hills.

Local outlook: It's unlikely either team can advance to Friday's 12 team final, but both teams hope to break 9:40 and set up the rest of their season.

4-x-100 RELAY

When: Thursday, 11:10 a.m.

Local entrants (in order of appearance): Cresskill, Dwight-Englewood, Glen Rock, Hasbrouck Heights, Holy Angels, IHA, Lakeland, NV/Old Tappan, Pascack Hills, Ramapo, Ramsey, River Dell, Saddle Brook, Secaucus, Teaneck, Tenafly, Waldwick, West Milford, Wayne Valley, Eastside, Fair Lawn, Hackensack, Kennedy, North Bergen, Northern Highlands, Paramus Catholic, Ridgewood.

Local outlook: The best any team can hope for is a spot in Saturday's tri-state final and Northern Highlands might be able to do that. Season's bests and sub-50 second times are the goals.

4-x-400 RELAY

When: Thursday, 1:30 p.m.

Local entrants (in order of appearance): Eastside, Hackensack, Lakeland, Secaucus, Waldwick, Holy Angels, Mahwah, Tenafly, Wayne Valley, West Milford, Pascack Valley, Pequannock, Dwight-Englewood, Kennedy, Hasbrouck Heights, Ramsey, Cresskill, Teaneck, Pascack Hills, Northern Highlands, North Bergen, NV/Demarest, NV/Old Tappan, Indian Hills, Glen Rock, Ramapo, IHA, Wayne Hills, Paramus Catholic, Ridgewood, River Dell.

Local outlook: Each race has its own set of medals with the winner earning a "mini wheel" Penn Relays plaque. River Dell, Teaneck, Ramsey and North Bergen won

Local outlook: Both Kennedy stars are big meet jumpers with Johnson grabbing the Emerging Elite National Indoor title with a jump of 67 and Thiboutot having cleared 68 hurdles in 2:15. A first jump clearance of 67 should win a medal.

JAVELIN THROW

When: Friday, 2:45 p.m.

Local entrants: James Kelly, NV/Old Tappan, and Jordan Montero, Wayne Valley.

Local outlook: Medal chances are doubtful for either thrower but Montero could have a shot at the Passaic County record of 189-10.

SHOT PUT

When: Friday, 4:30 p.m.

Local entrant: Gio Gutierrez, Saddle Brook.

Local outlook: Two achievable goals are in sight for the affable Falcon senior - a medal, and the chance to be Bergen County's 21st all-time 60-footer.

POLE VAULT

When: Saturday, 10 a.m.

Local entrant: Seth Krichoff, NV/Old Tappan.

Local outlook: Krichoff, the indoor state champion, cleared 14-6 last week and looks ready for an assault on both a medal and becoming the first Bergen underclassman to clear 15 feet.

DISTANCE MEDLEY

When: Friday, 5:55 p.m.

Local entrants: Bergen Catholic and Don Bosco.

Local outlook: The longtime Bergen County rivalry moves 90 miles South as part of the most prestigious high school race of the regular season. Neither team is expected to medal, but rivalry battles can sometimes lead to unexpected results.

4-x-800 RELAY

When: Friday, 9:20 a.m.

Local entrant: NV/Demarest.

Local outlook: The Norsemen are a long shot to make the 12 team final, but lowering their own school record of 8:06.09 is a strong possibility.

4-x-100 RELAY

When: Friday, 10:40 a.m.

Local entrants: Bergen Catholic, Cresskill, Dwight-Englewood, Hasbrouck Heights, Indian Hills, Northern Highlands, Pascack Hills, Ramapo, River Dell, Saddle Brook, Secaucus, Teaneck, Tenafly, Waldwick, West Milford, Westwood, Don Bosco, Eastside, Fort Lee, Hackensack, Kennedy, Englewood, North Bergen, Paramus Catholic, Ridgewood.

Local outlook: Several schools should break 44 seconds here, including Ridgewood and Fort Lee. But it'll take a sub-43 second race to qualify for one of three Saturday finals.

4-x-400 RELAY

When: Saturday, 9:10 a.m.

Big North Freedom Division @ BF

May 4, 2017

- 400IH:** K. Mack 57.03 - 1st Place, Z. Stadulis 58.95 - 2nd Place,
K. Collins 61.51 - 5th Place
- 100m:** K. Grant 11.55/11.43 - 1st Place, M. Tai 11.49/11.52 - 2nd Place,
S. Do 12.05 / FS
- 1600m:** B. Rynkowski 4:34.71 - 5th Place, S. Wagh 4:36.34 - 6th Place
B. Byrne 4:47.75
- 400m:** K. Mack 50.11 - 1st Place, K. Collins 52.67 - 4th Place, R. Diaz 56.29
- 110HH:** R. Harada 15.75/15.68 - 1st Place, M. Bartlik 16.24/15.90 - 3rd Place,
A. Ruhl 16.69 / 16.54
- 800m:** W. Baginski 2:00.38 - 1st Place, B. Rynkowski 2:03.03 - 3rd Place,
M. Robazza 2:03.91 - 5th Place
- 200m:** K. Grant 22.83 - 1st Place, M. Tai 22.95 - 2nd Place, R. Aono 24.57
- 3200m:** S. Wagh 9:51.74 - 1st Place, C. Roche 9:58.46 - 3rd Place,
R. Fahey 10:06.79 - 4th Place
- 4 x 400:** M. Tai 52.9, K. Collins 53.6, Z. Stadulis 52.2, W. Baginski 51.6 -
3:30.48 - 1st Place
- Long Jump:** D. Romero 20'3" - 2nd Place, R. Harada 20' ½" - 3rd Place,
P. Mazzella 16'5 ½"
- Triple Jump:** M. Bartlik 43'10" - 1st Place, P. Mazzella 36'6", Z. Stadulis F
- High Jump:** R. Harada 6'2" - 1st Place, D. Romero 6'0" - 3rd Place,
M. Bartlik 5'8" - 5th Place
- Pole Vault:** R. Vimba 13'6" - 1st Place, D. Schechter 12'0" - 3rd Place,
E. Wong 9'6" - tie 6th Place

Shot Put: A. Englehardt 47'1 ½" - 2nd Place, W. French 41'8 ½" - 6th Place,
M. Toner 39'4 ½"

Discus: J. Thorpe 116'8" - 5th Place, M. French 107'5" - 6th Place,
A. Englehardt 106'10"

Javelin: P. Luby 116'2" - 5th Place, J. Thorpe 110'0" - 6th Place

Team Score:

Ridgewood 201.5

Hackensack 83

Indian Hills 68

N. Highlands 67

Ramapo 41

Paramus 23.6

Comments:

Good team win. We scored throughout. We will face more of a challenge in the county and state sectional.

NV/Demarest, Ridgewood roll in Big North

PAUL SCHWARTZ

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RIDGEWOOD - Over the next month, the stakes will get bigger and bigger as the spring track season ramps up with county championships next week, sectional races in three weeks and the state groups on June 2 and 3, culminating with the State Meet of Champions June 10.

But as Ridgewood boys coach Josh Saladino put it at Thursday's Big North Freedom and National division meets, "To win everything you've got to win this first."

The Ridgewood and Northern Valley/Demarest teams left no doubt as to the best boys and girls teams in their respective divisions and confirmed their status as the top two teams in the area in both genders with easy wins in the cold windy conditions at Ridgewood's Ben Franklin Middle School track.

The NV/Demarest boys won the National division title, 209 1/2-117 1/2 over district rivals NV/Old Tappan, while the girls won even easier, 274-133, coming within 14 points of beating the other five teams in the division combined.

Saladino's Ridgewood boys outscored Hackensack 210-83, while in the day's closest meet the Ridgewood girls held off Northern Highlands, 193-171.

"You always to win your league championship because these are the teams you see most often and are always in competition with," said Saladino. "We got great races from our sprinter, Kobi Grant, did extremely well in the field events and Ray Harada showed everyone how versatile he is."

Harada, a senior, won the high jump and 110 hurdles, and third in the long jump. Soph Will Baginski had his best meet of the spring, controlling the 800 from wire-to-wire and coming from 30 meters back to anchor Ridgewood to the 4 x 400 win.

The Maroon girls had a more difficult path, but got outstanding performances from veteran stars like seniors Olympia Martin, who won the 1,600 and 3,200 and Maxine Earl, who led a 1-2 finish in the pole vault and breakthrough performances from younger standouts like junior Lexi Uzoaru, who doubled the shot and discus, junior Meghan Adams, who had a huge personal best in the 1,600 and won the 800 and soph Katherine Muccio, who won the 200 (25.46) and 400 hurdles (63.28) in North Jersey leading times.

"We had a great meet and our team keeps getting stronger," said Ridgewood girls coach Steve Oppencak. "Our kids have learned to trust their coaches and we have a great support system of coaches and parents that back up these great kids."

NV/Demarest's Michelle Rubineti became the first New Jersey girl over 12 feet in the pole vault this year and Jesse Geller won the long jump and threw over 136 feet in the javelin for the second straight meet.

The Demarest boys took 61 of a possible 72 points in the 800, 1,600 and 3,200, Andrew Peterson swept both hurdles and Connor Scaglione won both the shot discus.

RED LITTLER BERGEN COUNTY TRACK AND FIELD CHAMPIONSHIPS PICKS

Red Litter Bergen County Track and Field Championships

Friday at 3:30 p.m. at Northern Valley/Old Tappan (Divisions A, B) and Hasbrouck Heights (Divisions C, D, & E). Saturday at Northern Valley/Old Tappan (all divisions). Staff Writer Paul Schwartz's Picks:

Division A

BOYS

- 100: Kobi Grant, Ridgewood
- 200: Kobi Grant, Ridgewood
- 400: Kyle Mack, Ridgewood
- 800: Will Bajinski, Ridgewood
- 1,600: Jeff Roberts, Pascack Valley
- 3,200: Sid Wagon, Ridgewood
- 110 Ht: Ray Harada, Ridgewood
- 400 Ht: Kyle Mack, Ridgewood
- Shot put: Camal Brown, Hackensack
- Discus: Nick Bantusa, Pascack Valley
- Javelin: Jason Santa Cruz, NV/Old Tappan
- High Jump: Kyle Shine, NV/Old Tappan
- Long Jump: Andrew Adhrem, Hackensack
- Triple Jump: Max Baruffi, Ridgewood
- Pole vault: Seth Kridner, NV/Old Tappan
- 4-x-100 relay: Ridgewood
- 4-x-400 relay: Ridgewood
- Team: Ridgewood

GIRLS

- 100: Olivia Florio, Northern Highlands
- 200: Katherine Mulucco, Ridgewood
- 400: Kyla Kravczyk, Northern Highlands
- 800: Caroline O'Sullivan, NV/Old Tappan
- 1,600: Olympia Martin, Ridgewood
- 3,200: Olympia Martin, Ridgewood
- 100 Ht: Sharise Baker-Bazile, Hackensack
- 400 Ht: Katherine Mulucco, Ridgewood
- Shot put: Lev Uzoaru, Ridgewood

Division B

- Discus: Lev Uzoaru, Ridgewood
- Javelin: Nicole Sachinelli, Fort Lee
- High Jump: Jamie Budge, NV/Old Tappan
- Long Jump: Jules Reilly, Northern Highlands
- Triple Jump: Zia Barr, Teaneck
- Pole vault: Jessica Ippolito, Fair Lawn
- 4-x-100 relay: Northern Highlands
- 4-x-400 relay: Northern Highlands
- 4-x-800 relay: Northern Highlands
- Team: Northern Highlands
- 2016 Predictions: 24 events (20 first places, 8 seconds, 3 thirds)

Division B

BOYS

- 100: Taij Martin, Fort Lee
- 200: Taij Martin, Fort Lee
- 400: Evan Bonifield, Mahwah
- 800: Josh Altoroz, NV/Demarest
- 1,600: Ty Miller, NV/Demarest
- 3,200: Ty Miller, NV/Demarest
- 110 Ht: Andrew Peterson, NV/Demarest
- 400 Ht: Andrew Peterson, NV/Demarest
- Shot put: Dante Deslauriers, River Dell
- Discus: Connor Scaglione, NV/Demarest
- Javelin: Chandler Oliver, Ridgeland Park
- High Jump: Emmanuel Moroye, Fort Lee
- Long Jump: Taij Martin, Fort Lee
- Triple Jump: Ramon Bernabez, Lodi
- Pole vault: Jason Meshoborsky, NV/Demarest
- 4-x-100: Fort Lee
- 4-x-400: Mahwah
- 4-x-800: NV/Demarest
- Team: NV/Demarest

GIRLS

- 100: Jordan Mayo, Fort Lee
- 200: Lexi Del Sizzo, Tenafly
- 400: Sean Adams, Ramapo
- 800: Georgia Markham, NV/Demarest

Division C

- 1,600: Ginger-Bojner, River Dell
- 3,200: Mel Dougherty, River Dell
- 400 Ht: Lauren Stern, Mahwah
- 400 Ht: Grace O'Shea, Ramapo
- Shot put: Cal Light, NV/Demarest
- Discus: Malina Bravo, Ridgeland Park
- Javelin: Jesse Geller, NV/Demarest
- High Jump: Mike O'Lea, River Dell
- Long Jump: Lauren Stern, Mahwah
- Triple Jump: Lauren Stern, Mahwah
- Pole vault: Michelle Rubinfeld, NV/Demarest
- 4-x-100: River Dell
- 4-x-400: River Dell
- 4-x-800: River Dell
- Team: NV/Demarest
- 2016 Predictions: 33 events (25 firsts, 3 seconds, 1 third)

Division C

BOYS

- 100: Wellington Ventura, Cresskill
- 200: Wellington Ventura, Cresskill
- 400: Michael Vietri, Dumont
- 800: Anthony Mitchell, Pascack Hills
- 1,600: Nick Kazanowski, Ramsey
- 3,200: Nick Kazanowski, Ramsey
- 110 Ht: Tashim Ounnade, VY/Dunbart
- 400 Ht: Jordan Santos, VY/Dunbart
- Shot put: John Yan, Cliffside
- Discus: Kyle Patel, Glen Rock
- Javelin: Shawn Williams, Rutherford
- High Jump: Kyle Russell, Leonia
- Long Jump: Wellington Ventura, Cresskill
- Triple Jump: Teslin Ounnade, VY/Dunbart
- Pole vault: Kyle Russell, Leonia
- 4-x-100: Glen Rock
- 4-x-400: Pascack Hills
- 4-x-800: Pascack Hills
- Team: Cresskill

Division D

- GIRLS
- 100: Sarah Huppkins, Glen Rock
- 200: Crystal Erdinger, Hasbrouck Heights
- 400: Sam Sudd, Ramsey
- 800: Giulia Bezola, Lyndhurst
- 1,600: Veronica D'Urquy, Cresskill
- 3,200: Lindsay D'Urquy, Cresskill
- 100 Ht: Hannah Vandervell, Glen Rock
- 400 Ht: Hannah Figueroa, Pascack Hills
- Shot put: Kessie Ketcha, Hasbrouck Heights
- Discus: Sofia Ospina, Ramsey
- Javelin: Carlin Shale, VY/Dunbart
- High Jump: Jenna Rogers, Rutherford
- Long Jump: Iwya Slavova, Cresskill
- Triple Jump: Monique Larc, Hasbrouck Heights
- Pole vault: Grace Gardella, Ramsey
- 4-x-100: Glen Rock
- 4-x-400: Ramsey
- 4-x-800: Hasbrouck Heights
- Team: Ramsey
- 2016 Predictions: 30 events (17 firsts, 5 seconds, 3 thirds)

Division D

BOYS

- 100: Sean Roberts, Saddle Brook
- 200: Sean Roberts, Saddle Brook
- 400: Tava, Hess, Waldwick
- 800: Over Santos, Waldwick
- 1,600: Danny Bauro, Bogota
- 3,200: Danny Bauro, Bogota
- 110 Ht: Stephen Henke, Bogota
- 400 Ht: Lance Truzy, Saddle Brook
- Shot put: Sid Gutierrez, Saddle Brook
- Discus: Sid Gutierrez, Saddle Brook
- Javelin: Bart Dlugoszina, Wellington
- High Jump: Dante Gonzalez, Passaic Park
- Long Jump: Tomasz Mikozaj, Beckon
- Triple Jump: Ken Oton Benne, Passaic Park

Division E

- Pole vault: Ean Ped, Emerson
- 4-x-100: Emerson
- 4-x-400: Saddle Brook
- 4-x-800: Emerson
- Team: Emerson

Division E

BOYS

- 100: Anna Maria Scarpis, Bogota
- 200: Anna Maria Scarpis, Bogota
- 400: Megan Gasnick, Park Ridge
- 800: Rachel Spagnola, Park Ridge
- 1,600: Samantha Green, Park Ridge
- 3,200: Samantha Green, Park Ridge
- 100 Ht: Bianca Ascencio, Saddle Brook
- 400 Ht: Rachel Spagnola, Park Ridge
- Shot put: Veronica Fenale, Midland Park
- Discus: Ashley Bassares, Park Ridge
- Javelin: Sam Gioiosa, Bogota
- High Jump: Anna Boddy, Waldwick
- Long Jump: Anna Maria Scarpis, Bogota
- Triple Jump: Angela Brooks, Saddle Brook
- Pole vault: Adriana Gohn, Emerson
- 4-x-100: Midland Park
- 4-x-400: Park Ridge
- 4-x-800: Park Ridge
- Team: Park Ridge
- 2016 Predictions: 34 events (25 firsts, 8 seconds)

GIRLS

- 100: Rahmir Johnson, Bergen Catholic
- 200: Rahmir Johnson, Bergen Catholic
- 400: Kevin Delaunoy, Bergen Catholic
- 800: Jeremy Brorstein, Dwight-Englewood
- 1,600: Carter Shala, Bergen Catholic
- 3,200: David Ross, Don Bosco
- 100 Ht: Ryan Dunlap, Bergen Catholic
- 400 Ht: Kevin Delaunoy, Bergen Catholic
- Shot put: Connor Madis, Don Bosco

Ridgewood hurdlers do job on Day 1

ZACH MILLER
STAFF WRITER

OLD TAPPAN — It's a familiar sight for athletes competing in the 400-meter intermediate hurdles. "Why am I doing this to myself?" It's arguably the toughest event in track and field: A quarter-mile run, at full speed, interspersed with what Ridgewood senior Kyle Mack calls those 10 annoying things to jump over.

Mack asks himself that question from time to time. So does sophomore Catherine Muccio. But at the first day of the Bergen County Championships on Friday, the Maroons teammates with matching initials won matching titles in that very event to help boost their squads to the top of the team rankings.

"These races are really mentally challenging," Mack said. "It's pretty much an all out sprint the entire time and it's just whoever wants it more. The coaches, they drill us everyday in practice and prepare us for this sort of thing."

Mack, who will run at Fordham next year, won the boys Division A race in 1:02.85 seconds and later followed that up by winning the 400 dash in 49.59 seconds. Muccio won the girls Division A

Ridgewood

Continued from Page 55

race in 1:02.85 and placed second in the 400 dash. Neither athlete had won an individual Bergen County title before Friday.

"In a lot of this sport, you have to make sure you're worried about yourself," Ridgewood coach Josh Saladino said. "Especially in the 400 hurdles, it's very easy to get distracted. But if you focus on what your job is, it usually leads to personal bests and good performances."

Ridgewood headed home Friday leading the Division A team rankings on both sides. The Maroons boys racked up 78.5 points to lead second-place Old Tappan by 27 points, and the girls scored 69.6 points and lead second-place Northern Highlands - the favorite - by 69.6 points.

Ridgewood also got victories from Olympia Martin (1600 run), Lizzie Veenhof (high jump), Kobi Grant (100 dash) and both 4x800 relays teams.

"The coaches and the team, we're all willing to work," Muccio said. "Everyone's really dedicated and we all push each other."

Corcoran surprises in the mile

Sometimes a spell of bronchitis can be a blessing.

At least that's what turned out to be the case for Indian Hills senior Chris Corcoran.

The cross country star, who will run for the University of Connecticut next school year, won his first Bergen County track title on Friday. Corcoran ran a 4:21 in the Division A 1600-meter run to edge race favorite Jeff Roberts, of Pascack Valley, by less than two seconds.

His newfound track success dates back to a January bout of bronchitis which caused him to miss two weeks of indoor track. When he returned, he won a sectional title and started to compete among the top distance runners in the area.

"That's really motivated me to really run well this season, especially in these



ZACH MILLER/NORTHJERSEY.COM

Ridgewood senior Kyle Mack crosses the finish line after winning the 400-meter dash at the Bergen County Championships.

more competitive races like leagues, counties and states," Corcoran said. "I really want to do well in those and finish as high as I can."

Ty Miller, of Northern Valley/Demarest, won the boys Division B race and Annalise Jarski, of Westwood jumped out to an early lead and held on to win the Division B girls race in 5:26.74.

"My coach has been telling me to go out harder," Jarski said. "I tried to do that in the beginning and I was able to keep that pace."

Miller's win helped Demarest take the lead in the Division B boys rankings with 80.5 points. River Dell leads the Division B girls rankings with 73 points.

Meet continues, rain or shine

While other counties around New Jersey have postponed meets due to impending rain in Saturday's forecast, the Bergen County Championships will continue as planned, co-meet director Tom Zaccone said.

"I'm sure we'll be able to do all the running events and I'm sure we'll be able to do all the throws," he said. "Long jump is done, so we're talking about three events: triple jump, pole vault and high jump. If those can't be contested, we'll most likely do them Monday at a couple different sites in the county."

Zaccone also noted that the Bergen County meet is the largest county meet in the state, with 55 schools competing.

Norsemen run away with it in B division

ZACH MILLER
BY ZACH MILLER

OLD TAPPAN — Rain and cold temperatures threw some twists into the final day of the Bergen County Championships, but did nothing to stop NV/Demarest from running away with the boys Division B title.

Norsemen seniors Andrew Peterson and Ty Miller — committed to Columbia and Northeastern, respectively — each stayed hot after winning titles Friday, doubling up to salt the boys title away before lunchtime.

Peterson, who won the 400-meter intermediate hurdles title Friday, ran the 110 high hurdles in 16.06 seconds to win his third-career individual county event.

"I'm a short dude so I can't deal with the wind, but the rain's giving me energy," Peterson said, laughing and wiping rain off of his head. "This is a race that you can't win if you don't have energy, especially when you're (5-foot-8)."

Miller followed up a victory in the 1,600 run by running the 3,200 in 9:51.39. Just like on Friday, teammates Blade Tirado and Tim Larsen quickly followed to give Demarest a sweep of the top three spots.

"It's kind of entertaining in this weather," Miller said. "Ever since cross country season, our goal for the entire year was this spring track season. We've been coached very well, Mike Ippolito has brought some new training and it's really working out."

The medals are Miller's first after multiple top five finishes in past seasons.

"In cross country season, I really sat and looked at myself and thought I could really do something," he said. "This has really been a turning point for me."

Demarest also swept the top three spots in the 800 thanks to Will Welzer, Josh Munoz and Justin Nam, and got first place finishes from Jason Mezhibovsky (pole vault), Gregory Giulini (discus), Connor Scaglione (shot put), Joseph Grygotis (triple jump) and the 4-x-800 relay to score 201½ points during the two-day meet.

"Our goal is to run the line from league to county to state sectionals," Peterson said. "This is just a stepping stone to get to the bigger fish to fry lat-

NV/Demarest

Continued from Page 75

Jessie Geller winning the javelin, Hailey Fitzpatrick winning the 3,200, Georgia Markham winning the 800 and Kyra Piatos winning the 200.

They also flashed some versatility by winning the 4-x-100 relay with a team that includes defending Group 2 pole vault champion Michelle Rubineti and Geller, the defending Group 2 javelin champion.

Ridgewood boys seal Division A; Girls all but lock up theirs

In Division A, the Ridgewood boys followed up a strong Friday by sweeping the remaining relays and adding first place finishes from Max Bartlik (triple jump) and Kobi Grant (200 dash).

Just like in the 100 dash a day earlier, Grant won while teammate Matt Tai placed second.

The Maroons hold a large lead in the team standings with 165½ points with the high jump to come on Monday. The division A, C and high jump, as well as the remaining pole vault competitions were postponed to Monday at Ridgewood due to the weather.

"It's hard to win this meet if you're just good in one area," Ridgewood boys coach Josh Saladino said. "You have to be good across the board."

The Ridgewood girls also showed strength across the board as Olympia Martin won the 3,200, Katherine Mucio won the 200 dash and Lexi Uzoaru won the shot put.

The Maroons hold a lead in the team standings over Northern Highlands, 139.6-131, with the pole vault still to be contested Monday.

TRACK AND FIELD

Red Litter Bergen County Track Championships

at NV/Old Tappan H.S.

BOYS

DIVISION A

Team Scoring (without high jump): Ridgewood (RW) 165 1/2; Indian Hills (IH) 90; NV/Old Tappan (OT) 62 1/2; Hackensack (H) 51; Northern Highlands (NH) 48; Pascack Valley (PV) 40 1/2; Bergen Tech (BT) 25; Teaneck (TK) 23; Fair Lawn (FRLN) 12; Bergenfield (B) 5 1/2; Paramus (P) 2.

100: 1. Kobi Grant (RW), 11.30; 2. Matt Tai (RW), 11.32; 3. Anthony Lorenc (IH), 11.53; 4. Jayquan Levy (TK), 11.61; 5. Carlos Macon (B), 11.66; 6. Sam Do (RW), 11.68.

200: 1. Kobi Grant (RW), 23.19; 2. Matt Tai (RW), 23.37; 3. Anthony Lorenc (IH), 23.70; 4. Oliver Gillan (NH), 23.81; 5. Alex Ruhl (RW), 24.00; 6. Angelo Gallo (B), 24.02.

400: 1. Kyle Mack (RW), 49.59; 2. Anthony Lorenc (IH), 50.96; 3. Jeremiah Edwards (H), 51.37; 4. Oliver Gillan (NH), 51.64; 5. Mark Sawyer (H), 51.89; 6. Michael Carter (TK), 51.93.

800: 1. Jeff Roberts (PV), 2:00.76; 2. Billy Byrne (RW), 2:02.39; 3. William Baginski (RW), 2:02.80; 4. Corey Girard (IH), 2:02.95; 5. John Coyle (PV), 2:03.20; 6. Nick Weuste (P), 2:03.49.

1,600: 1. Chris Corcoran (IH), 4:21.40; 2. Jeff Roberts (PV), 4:23.01; 3. Tom Holster (IH), 4:23.74; 4. Sid Wagh (RW), 4:24.04; 5. Steven Flumeneddo (IH), 4:25.10; 6. Brad Rynkowski (RW), 4:28.62.

3,200: 1. Chris Corcoran (IH), 10:32.30; 2. Steven Flumeneddo (IH), 10:40.62; 3. Tim Holster (IH), 10:42.94; 4. Brad Rynkowski (RW), 10:54.40; 5. Justin Kim (OT), 10:56.81; 6. Sid Wagh (RW), 11:04.50.

110 MH: 1. Ray Harada (RW), 15.96; 2. Hank Anderson (IH), 16.00; 3. Max Bartik (RW), 16.06; 4. Javalughn Fahie (H), 16.08; 5. Ryan Jordan (OT), 16.30; 6. Daniel Monchek (NH), 16.33.

400 IH: 1. Kyle Mack (RW), 56.11; 2. Jeremiah Edwards (H), 56.92; 3. T. Shawn Jennings (BT), 56.95; 4. John Lohrer (OT), 57.02; 5. Zack Stadulis (RW), 58.87; 6. Stephen Shields (BT), 59.43.

Shot put: 1. Camal Brown (H), 49-9 1/2; 2. Dillon Policastro (OT), 47-4 1/2; 3. Austin Engelhardt (RW), 47-3 1/2; 4. Daniel Walcott (TK), 45-7 1/4; 5. Max Gold (NH), 45-2 3/4; 6. Brandon Tulks (P), 43-1 1/4.

Discus: 1. Nick Battista (PV), 147-00; 2. Jack Stuart (H), 140-0; 3. Connor Newman (FRLN), 139-10; 4. Alan Bogdanov (OT), 134-10; 5. James Kelly (OT), 130-3; 6. Dillon Policastro (OT), 123-0.

Javelin: 1. Jason Santa Cruz (OT), 174-6; 2. James Kelly (OT), 166-5; 3. Max Gold (NH), 159-10; 4. Jackson Downey (OT), 153-9; 5. Troy Peressini (PV), 150-10; 6. Nichol Hamilton (NH), 135-0.

High jump: postponed until Monday.

Long jump: 1. Daniel Monchek (NH), 20-9 3/4; 2. Andrew Achireh (H), 20-4 1/4; 3. Ray Harada (RW), 20-3 3/4; 4. Stephen Shields (BT), 19-9 1/2; 5. Danilo Romero (RW), 19-7 1/2; 6. Christian Stremler (PV) and Carlos Macon (B), 19-5.

Triple jump: 1. Max Bartik (RW), 43-3; 2. Tim DeLorenzo (NH), 41-7 1/2; 3. Stephen Shields (BT), 41-3 1/2; 4. Dan Yu (NH), 41-0 1/2; 5. Zack Stadulis (RW), 40-6; 6. Mark Sawyer (H), 40-0.

Pole vault: 1. Seth Kritch (OT), 14-0; 2. Ryan Vimba (RW), 13-0; 3. Tyler Hirsek (OT), 13-0; 4. Sam Pitkovsky (PV), 12-6; 5. Hamza Zaydan (H), 12-6; 6. Jona Kim (OT) and Danny Schechter (RW), 12-0.

4-x-100 relay: 1. Ridgewood, 45.96; Teaneck, 45.74; 3. Northern Highlands, 47.1; 4. Bergen Tech, 47.9; 5. Bergenfield, 48.4; Old Tappan DNF.

4-x-400 relay: 1. Ridgewood, 3:33.18; 2. Indian Hills, 3:35.05; 3. Teaneck, 3:36.14; 4. Bergen Tech, 3:37.69; 5. Northern Highlands, 3:42.74.

4-x-800 relay: 1. Ridgewood, 8:06.17; 2. Indian Hills, 8:19.80; 3. Fair Lawn, 8:25.67; 4. Pascack Valley, 8:28.47; 5. Hackensack, 8:32.04; 6. Old Tappan, 8:35.97.

Bergen County Championship
@ Old Tappan High School

May 12-13, 2017

Friday, May 12th:

400H: K. Mack 56.11 - 1st Place, Z. Stadulis 58.87 - 5th Place, K. Collins 59.80

100m: K. Grant 11.38/11.30 - 1st Place, M. Tai 11.33/11.32 - 2nd Place,
S. Do 11.76/11.68 - 6th Place

1600m: S. Wagh 4:24.04 - 4th Place, B. Rynkowski 4:28.62 - 6th Place,
W. Baginski 4:39.33

400m: K. Mack 49.59 - 1st Place, K. Collins 52.95, S. Do 55.42

4x800m: M. Robazza 2:02.5 B. Byrne 1:59.8, W. Baginski 2:03.1 S. Wagh 2:00.8
8:06.17 - 1st Place

Shot Put: A. Englehardt 47'3 1/2" - 3rd Place, W. French 41'6 1/2", M. Toner 39'0"

Long Jump: R. Harada 20'3 3/4" - 3rd Place, D. Romero 19'7 1/2" - 5th Place
M. Bartlik 19'1"

Pole Vault: R. Vimba 13'0" - 2nd Place, D. Schechter 12'0" - 6th tie, E. Wong NH

Javelin: P. Luby 110'10"

Saturday, May 13th:

110HH: R. Harada 15.99/15.94 - 1st Place, M. Bartlik 16.04/16.06 - 3rd Place,
Z. Stadulis 16.51

800m: W. Baginski 2:02.39 - 2nd Place, M. Robazza 2:02.80 - 3rd Place,
B. Byrne 2:03.74

3200m: B. Rynkowski 9:54.12 - 4th Place, S. Wagh 10:04.22, C. Roche 10:18.83

4x100m: M. Tai, K. Mack, R. Harada, K. Grant 45.41 - 1st Place
(time is wrong but place isnt)

200m: K. Grant 23.19 - 1st Place, M. Tai 23.37 - 2nd Place,
A. Ruhl 24.00 - 5th Place

4x400m: K. Collins 52.9, B. Byrne 54.5, Z. Stadulis 52.4, W. Baginski 53.1
3:33.18 - 1st Place

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

Discus: W. French 110'7", A. Englehardt 106'10", T. Vandalovsky 96'10"

Triple Jump: M. Bartlik 43'3" - 1st Place, Z. Stadulis 40'6" - 5th Place,
D. Romero 37'1 ¼"

Comments:

We dominated this meet from the beginning. It was a complete team effort scoring in 16 of 18 events and placing top 3 in: sprints, distance, hurdles, throws, jumps.

That being said... Morris County has some very good teams. Our sectional will be much more challenging than the Bergen County meets have been. If we compete at this level we have a chance to win. If we compete at a higher level we will win the sectional and complete our undefeated season. Let's get it done.

Novice North Jersey Championship
@ Hackensack

May 16, 2017

100m: P. Baginski 12.3; J. Cerasuolo 12.7; Y. Do 11.9.; M. Olsen 12.4; A. Cox 13.0; T. Kang 12.6;
M. Gluckow 13.7; D. Joseph 16.1; A. Dunn 13.8; R. Aono 11.8/11.7/11.7; M. Pettigrew 13.7;
P. Sanchez 11.8/11.8/11.7 A.Hartigan 13.0; A. Meyer 12.5; C. Doyle 13.0; J. Wesnofski 16.2

400IH: J. Naftzer 65.5 (with 11 hurdles!!!)

1600m: C. Martin 5:09.8; M. Boogaert 5:06; M Zamboldi 4:57; T. Barnabic 5:08

110HH: C. Perlman 17.4

400m: N. DeVita 61.6; N. Iliev 56.7; R. Diaz 55.8

800m: C. Shammas 2:05.5; T. Barnabic 2:22.4; R. Cody 2:24.5; J. Naftzer 2:04.7; T. Baginski 2:17.7; M.
Zamboldi 2:20.8; R. Seaver 2:13.8; S. Bergoyannz 2:35.5; J. Franklin 2:55; E. Nold 2:26; P. Baginski 2:26

200m: J. Santucci 28.0; Y. Do 24.9; C. Doyle 28.0; A. Dunn 27.7; T. Kang 26.8; M. Olsen 25.444;
M. Pettigrew 27.9

3200m: Incomplete

4x400: All that matters is Connor Perlman Brought Us Home!

Field Events: Not reported

Comments:

I thought this was an excellent meet. We were short some coaches who were working at practice so not all results are in but there were a lot of personal bests in this meet. An excellent job by those who competed and contrasts to some of you who finished off a great career today!

Bergen County Meet of Champions
@ Hackensack High School

May 19, 2017

400IH: Kevin Collins **59.85**

1600m: Brad Rynkowski **4:23.70 - 2nd Place**
Sid Wagh **4:27.36 - 4th Place**

800m: Will Baginski **1:58.70 - 5th Place**

200m: Kobi Grant **22.86 - 6th Place**

3200m: Colin Roche **10:11.74**

4x400m: M. Tai **51.6**, W. Baginski **50.8**, Z. Stadulis **52.7**, K. Mack **49.5**
3:24.86 - 2nd Place

High Jump: Danilo Romero **6'0" - 5th Place (tie)**

Pole Vault: Ryan Vimba **13'0" - 6th Place (tie)**

Shot Put: Austin Englehardt **46'0"**

Triple Jump: Max Bartlik **44'9 ¾" - 2nd Place**

Comments:

Some solid performances to build on going into sectionals.

Freshman County Championship
@ Ramsey

May 24, 2017

100m: R. Aono 11.9/11.8/11.8 - 3rd Place! P. Sanchez 11.9/12.0/11.9 - 4th Place! T. Kang 12.6; C. Doyle 12.9; M. Pettigrew 13.7; C. Wesnofski 13.9
400m: E. McPherson 56.8
1600m: M. Zamboldi 4:45.9 - 1st Place! C. Roche 4:47.3 - 2nd Place! T. Barnabic 4:59.8
800m: R. Seaver 2:14.7 - 3rd Place! M. Zamboldi 2:16.6 - 4th Place! T. Carlson 2:25.5, S. Burgoyne 2:33.9
200m: R. Aono 24.1 - 6th Place! E. McPherson 25.8 T. Kang 26.7; C. Doyle 26.8; A. Hartigan 27.0 M. Pettigrew 28.4; A. Dunn 28.7 C. Wesnofski 29.6
3200m: C. Roche 10:27.7 - 2nd Place! T. Barnabic 11:02.3 - 5th Place!
4x400m: E. McPherson 60.7; R. Aono 55.1; M. Zamboldi 58.9; P. Sanchez 54.7 - 3:49.4 - 3rd Place!
Long Jump: P. Sanchez 15'7" C. Doyle 14'3"
Triple Jump: P. Sanchez 38'9" - 1st Place!
High Jump: A. Dunn 5'6" - 3rd Place!
Pole Vault: J. Thiesen 8'0"
Shot Put: C. Patel 27'4" L. Albronte 29'10"
Discus: S. Patilullu 96'3" - 6th Place! C. Patel 75'4" A. Toner 67'3" L. Albronte 84'3"

Top 5 Team Score:

Old Tappan 98
Northern Highlands 84
Ridgewood 72
Bergen Catholic 32
Pascack Valley 28

Comments: There were 26 teams that we competed against and we came in third in the county. An excellent job by our team. This meet was filled with personal bests and you guys competed throughout the course of the afternoon. I'm very excited about the performances today. Let's make sure we work hard between now and next spring. Congrats on a great fresh season!

BOYS TRACK AND FIELD STATE SECTIONAL PREVIEW

When: Friday at 3:30 p.m. and Saturday at 10 a.m.
Where: North 1, groups 1, 4 and North Non-Public B at Randolph; North 1, groups 2 and 3 at River Dell; North 2, group 1 at Madison; North 2, group 1 and North Non-Public B at Ridge.

The top six finishers in each event qualify for the state group meets June 2 and 3.

Event keys: HH: high hurdles; HJ: high jump; LJ: long jump; TJ: triple jump; SP: shot put; D: discus; J: javelin; PV: pole vault; IH: intermediate hurdles.

North 1, Group 1

Area entrants: Bergen Arts & Sciences; Bogota; Boonton; Butler; Cresskill; Emerson; Hasbrouck Heights; Hawthorne; Kinmelton; Midland Park; New Milford; Palisades Park; Park Ridge; Pompton Lakes; Saddle Brook; Waldwick; Wallington; Wood-Ridge.

Teams to watch: Boonton's sprint, hurdle and jumps crew could carry the Morris County school to its first sectional title in seven years, but Cresskill, Hawthorne and Saddle Brook might be in a position to influence that.

Returning champions: Danny Daurio, Bogota (1,600-2,000); Gio Gutierrez, Saddle Brook (SP); Kyleen/Cashin, Hasbrouck Heights (HJ).

Events to watch: Omar Anderson of Boonton, Kyle Bodward of Hawthorne, Sean Roberts of Saddle Brook and Wellington Ventura of Cresskill will all be in the mix for the sprints. Bogota can score a ton of points in the hurdle events with Daurio James Draney and Gio Gutierrez. Hawthorne's relays can win the 4-x-400 and 4-x-800. Palisades Park's Dante Gonzalez (HJ), Fran Peck of Emerson (PV) and Gutierrez (SP-D) are all favored in their respective events with Peck and Gutierrez potential state champs.

North 1, Group 2

Area entrants: Dumont; Glen Rock; Lakeland; Mahwah; Manchester; NV/Demarest; Pascaack Hills; Pequannock; Ramapo; Ramsey; River Dell; Westwood.

Teams to watch: NV/Demarest should have little trouble winning its first sectional in four years, but River Dell and Sparta will give the Norsemen some reason to be concerned.

Returning champions: Quazler Dailey, Manchester (1,600); Evan Bonfield, Mahwah (400); David Zambra, Newton (LJ); Nick Geimer, Kittatiny (HJ); Ben Davis, Ramapo (discus); Andrew Pordisco, Ramapo (pole vault).

Events to watch: The 400 battle between Bonfield and Immane Ebner Edwards is always fun to watch. Five Drummers have broken two minutes this spring, including Josh Munoz and Will Welzer of Demarest and Joe Cabe of Glen Rock. Jorge Urena of Newton, Kyle Gonzalez of Lakeland and Afay Gonzalez of Manchester will contend for the 110 high hurdles crown. Jason Mezhibov of Demarest and Trevor Hazell of Vernon are the top pole vaulters in the section. Both the shot and discus could be competitive with Kyle Patel of Glen Rock, Corrado Scaglione of Demarest, Dante DeSimone and Mike Iff of River Dell and Mike Skopin of Mahwah in the mix.

North 1, Group 3

Area entrants: Bergenfield; Cliffside Park; Fair Lawn; Indian Hills; Northern Highlands; NV/Old Tappan; Paramus; Passaic Valley; Passaic Valley; Teaneck; Tenafly; Wayne; Wayne Valley; West Milford.

Teams to watch: It's been nine years since a North Jersey team did not win this group but this time it looks like West Essex or Morris Hills will end the streak. Indian Hills, NV/Old Tappan and Wayne Hills are top-five contenders but don't appear to have the depth to win.

Returning champions: Hunter Hayek, Wayne Hills (100-200); Alexander Pal, Morris Hills (1,600); Daniel Chappell, Morris Hills (LJ); Greg Fuerni, Paramus (PV); Tom Holster, Indian Hills (3,200); Anthony Steets, West Essex (won North 2 group 2-110 hurdles and 400 hurdles).

Events to watch: The Hayek brothers, Tyler and Hunter, will have their hands full with Kevin Sembrat of Roxbury in the 200 and 400. Pal and Jeff Roberts of Pascaack Valley will battle a trio of Indian Hills runners in the 1,600 and 3,200. The 110 hurdles hosts six athletes with seeds between 14.98 and 15.14 including Erick Alvarez of Passaic Valley, Hank Anderson of Indian Hills and Daniel Monckey of Northern Highlands. Monckey, Ben Stein of Tenafly and Tyson Bradley of Roxbury have all jumped more than 21 feet in the long jump. Sean Krenn of NV/Old Tappan takes another shot at 45 feet in the pole vault.

North 1, Group 4

Area entrants: Bergen Tech; Clifton; Eastside; Hackensack; Kennedy; North Bergen; Passaic Tech; Ridgewood.

Teams to watch: Ridgewood has won six of the last seven sectionals, but to make it seven of eight, the Maroons will have to have their best meet of a great season to hold off Randolph, Morristown and Morris Knolls.

Returning champions: Kobi Grant, Ridgewood (100); Eric Clay, Morristown (1,600); Kenan Mitchell, Randolph (PV); Marcus Smallwood, Mount Olive (200); Joshua Johnson, Randolph (3,200); Jason Thobourne, Kennedy (TJ); Myles Topplin, Bloomfield (HJ).

Events to watch: The key for Ridgewood might be in the sprints where Grant is only the seventh seed but is the defending champ. There are five sub-50-400 runners in the meet with Kyle Mack of Ridgewood and Luis Peralta of Passaic among them. Peralta might also take on Clay in the 1,600. Mack will also face Graydon Rogers of Morristown and Tana Gabe of Randolph in the 400 hurdles, another key event in the jumps. Myles Topplin of Bloomfield will face the potent Kennedy duo of Jason Thobourne and Rommel Johnson in the high and triple jumps with Connor Kamp of Randolph and Mattias Pellegrino of Morris Knolls in the long jump.

North 2, Group 1

Area entrants: Becton; North Arlington; Ridgely; Secaucus.

Teams to watch: New Providence is a heavy favorite but Becton and Secaucus should finish in the top five.

Returning champions: Mark Pasquariello, New Providence (1,600-3,200); Jhmir Marsette, Weequahic (TJ).

Events to watch: Secaucus junior Adam Khrrs is the top seed in both the 400 and hurdles and is the anchor on the Patriots 4-x-400 relay. Tomasz Mierzwa of Becton will battle Isaiah Webster of Glen Ridge for the long jump title. Junior Greg Anderson of Becton is the heavy favorite in both the shot put and discus and javelin thrower Luis Pontier of Becton will be in contention with Tim DiGuglielmo of New Providence.

North 2, Group 2

Area entrants: Englewood; Elmwood Park; Fort Lee; Garfield; Leonia; Lodi; Lyndhurst; Ridgefield Park; Rutherford.

Teams to watch: Fort Lee could win its first sectional title, but it won't be easy. Whippany Park, Parsippany and Hanover Park are contenders and athletes from Garfield, Leonia, Lodi, Lyndhurst and Ridgefield Park will all be potential individual champions.

Returning champions: Haig Ruckerby, Academic (400); John Bink, Parsippany Hills (SP); Chandler Olivier, Ridgefield Park (LJ); Eric Schlosser, Parsippany Hills (3,200); Justin Gurn, Parsippany Hills (D).

Events to watch: The sprints match Fort Lee stars Tahj Maron and Michael Hoertas against Kwayne Wright of Hanover Park and Kwaku Agyemang of Parsippany. Lyndhurst hurdles, Teslim Olanlakan (HJ) and Jordan Sanders (HJ) will battle Whippany Park's Christian Martin and Justin Moran of Mountain Lakes in their respective events. Fort Lee also has the top 4-x-100 and 4-x-400 relay teams but might have to break them up to get individual points. Lodi's Carlo Pepin (HJ), Garfield's Christian Tones (LJ/TJ), Leonia's Wade Russell (PV) and Olanlakan (D) are favorites in field events.

North Non-Public A

Area entrants: Bergen Catholic; Don Bosco; Paramus Catholic; St. Peter's Prep; Pope John; DeBaron; Seton Hall.

Returning champions: Javon Turner, Paramus Catholic (100-200-300); Joey DeFeo, DeBaron (1,600); Nick Parisi, Seton Hall (400).

Events to watch: Javon Johnson of BC is the heavy favorite in the sprints but in the 500, 1,600 and 3,200 races that the Bulldogs but be strong in to grab its first sectional title. Caleb Shaia is the top seed in both the 800 and 1,600, but Brandon Hilds of Seton Hall (800), Joe Erskine of Don Bosco (1,600), and Ira Daly and DeFeo of DeBaron (1,600) are all contenders. David Rosas, of Don Bosco, if healthy, could battle for the 3,200 title. Paramus Catholic's Javon Turner, the state Non-Public A champ in three events has been battling injury but if healthy can make a huge difference in the meet.

North Jersey throwers Connor Mathis of Don Bosco (SP), Mike Mestozzi of Paramus Catholic (D) and Joe Korin of Bergen Catholic (J) are all favored.

North Non-Public B

Area entrants: DePaul; Dwight-Englewood; Eastern Christian; Hawthorne Christian; Queen of Peace; St. Mary.

Teams to watch: Remarkably, Dwight-Englewood could be in position to win its first sectional against perennial powers Hudson Catholic, Newark Academy and Montclair-Kimberley. That depends on how many points the Bulldogs can score in the sprints and whether Hudson Catholic star Courtney Johnson is available in the 100 and 200.

Returning champions: Bill Massey, Montclair Kimberley (1,600-3,200); Samuel Fishbein, Montclair Kimberley (SP); Nico Cortes, Eastern Christian (PV).

Events to watch: Dwight-Englewood soph Jeremy Bronstein is a key element in the Bulldog championship try, as the favorite in the 800 and a contender for points in the 400 and 1,600. The hurdles are also key with the Bulldog duo of Jordan McCoy and Dominic Fermin as potential winners with jumpers Naseer Wilson and Folajimi Olatiola also prominent performers. DePaul's Chazz Bryant (100-LJ) and Cortes (PV) are also in the mix for gold medals.

State Sectional Championship
@ Randolph High School

May 26-27th

Friday, May 26th:

400IH: K. Mack **56.27 - 4th Place**, Z. Stadulis 59.11, K. Collins 59.51
100m: K. Grant **11.42/11.19 - 2nd Place**, M. Tai **11.36/11.39 - 6th Place**,
S. Do 11.80
1600m: B. Rynkowski 4:26.14; S. Wagh 4:28.17, B. Byrne 4:39.68
400m: K. Mack **49.05 - 1st Place**, K. Collins 52.60, S. Do 58.11
4x800m: B. Rynkowski 2:01.9, B. Byrne 2:04.5, M. Robazza 2:01.1, W. Baginski 2:00.4
8:08.09 - 3rd Place
Shot Put: A. Englehardt **45'4 ¼" - 6th Place** M. Toner 40'1", W. French 39'2 ½"
Long Jump: R. Harada **19'10 ¼"** J. Chun **19'6 ½"**; D. Romero **18'9 ½"**
Pole Vault: R. Vimba **14'0" - 1st Place**, D. Schechter **12'6" - 5th Place**, E. Wong NH

Saturday, May 27th:

110HH R. Harada **15.43/15.34 - 6th Place**, A. Ruhl 16.17, Z. Stadulis 16.84
800m: M. Robazza 2:00.56; W. Baginski 2:03.17
3200m: S. Wagh **9:42.52 - 3rd Place**; B. Rynkowski **9:47.88 - 5th Place**
R. Fahey 10:28.06
4x100m: M. Tai, K. Mack, R. Harada, K. Grant **43.52 - 1st Place**
200m: K. Grant **22.76 - 3rd Place**, M. Tai 23.05, A. Ruhl 24.02
4x400m: M. Tai 52.2, W. Baginski 52.3, K. Collins 51.5 K. Mack 47.9 **3:24.42 - 3rd Place**
Discus: A. Englehardt 112'9"; W. French 110'7", T. Vandelovsky 96'0"
Triple Jump: M. Bartlik **44'2 ¾" - 4th Place**, Z. Stadulis 38'2 ½", D. Romero F
High Jump: R. Harada **6'0" - tie 4th Place**, D. Romero 5'10", M. Bartlik 5'6"

Team Score - Top 5:

Ridgewood 79.3

Randolph 73.3

JFK 63

Morris Knolls 52

Morristown 47

Comments:

Congratulations! Back-to-Back undefeated seasons!

Undefeated in Dual Meets

League Champions!

County Relay Champions!

County Champions!

State Sectional Champions!

A special thank you and congratulations to the seniors whose leadership is invaluable.

Congrats to you guys.

Three boys teams win sectionals

ZACH MILLER
@ZACHMILLER

RANDOLPH — As Kevin Collins panted in the balcony, Kyle Mack for the final leg of Saturday's final race, Ridgewood's chances of repeating its sectional championship seemed possibly out of reach.

The Maroons, going for their seventh North 1 Group A title in eight years, led Randolph by four points in the team standing but stood in fifth place in the 4x-400 while Rams sprouted a few paces from behind.

Had the meet ended right there, Randolph would have won. But in the blink of an eye, 47.5 seconds changed all that. Miscreant passed to Randolph's native anchor runner during the first 70 meters, then ran the next 100 meters, and raced by him down the home stretch to ease hard for Ridgewood.

"I felt like they weren't too far ahead, so I knew that a good shot," Mack said. "I just had to slowly pace myself and get close enough to make the move."

By the time he crossed the finish line, no one needed a calculator to figure out that Ridgewood had just secured another team title.

The relay was also boosted by Collins, who is an elite teammate on the relay, posting a career best in his leg by running sub 52 seconds.

With Kyle Mack, you never know what's too far away. Collins, who is an alternate on the Maroons' 4x-400 relay, said "I definitely felt the pressure, but I trusted my teammate. I know that no matter what they'll have my back regardless." Collins sees that in Kyle Mack putting up an absolutely phenomenal performance in the last leg.

The race capped off a complete weekend of events. From the Maroons' Mack won the 400, while Vamba won the pole vault. Ste Wagner placed second in the 3,200. Ray Farada placed fourth in the high jump, and Max Bartlik placed fourth in the triple jump. The 56 scored in the throws, where Austin Englehart placed sixth in the shot put.

On North Jersey.com

Go to state sectionals and field championship results. Please go to northjersey.com/sports/track.

Boonton wins first since 2010

A reversal of the North 1 Group trophy the Boonton boys celebrated their first sectional title in seven years by making a video. One athlete held up his iPad camera and the rest ran toward him, cheering while blowing bubbles. The video was then shared with the team's parents.

All of us made my own video to celebrate the weekend year runner who won the 400 meters in the 110 and 400 hurdles, and posted it on YouTube. I took a lot of pride, especially in the high jump. As a result, I'm proud of my team.

Camar Anderson, who won the 400 meter and the 100 dash, said that it was a great feeling to win a state title.

"I don't know how it came out, but I'm like doing it," Boonton coach Adam Wachs said. "It's like I can't believe it. It's a sense of accomplishment."

Boonton's success was a result of the training and coaching of the team's coach, Adam Wachs. Wachs said that the team's success was a result of the hard work and dedication of the athletes. Wachs said that the team's success was a result of the hard work and dedication of the athletes.

Cloverleaf Outbrex sets disease record

Saddle Brook senior launched himself into the Bergen County state record book Saturday after personal best throw of 187 feet, eight inches in the discus.

The throw set a new North 1 Group (sectional record) and also ranks fourth all time in Bergen County. It is the best throw by a senior in the state since Mike Bunker threw the 187-foot, eight-inch throw in 1994.

Chatterbox said the key to his big throw was a workout he did at the end of the season. "I did a lot of work on my technique, and I was able to get a very good feel for the discus," he said. "I was able to get a very good feel for the discus, and I was able to get a very good feel for the discus."

Chatterbox also won the sectionals shot put title by 1.5 seconds in a throw of 40 feet, 10 inches. He won those two events by 1.5 seconds in a throw of 40 feet, 10 inches.

Dwight High wins first sectional title

Dwight High won its first sectional title in the 4x-400 relay, posting a career best in his leg by running sub 52 seconds.

With Kyle Mack, you never know what's too far away. Collins, who is an alternate on the Maroons' 4x-400 relay, said "I definitely felt the pressure, but I trusted my teammate. I know that no matter what they'll have my back regardless."

The race capped off a complete weekend of events. From the Maroons' Mack won the 400, while Vamba won the pole vault. Ste Wagner placed second in the 3,200. Ray Farada placed fourth in the high jump, and Max Bartlik placed fourth in the triple jump. The 56 scored in the throws, where Austin Englehart placed sixth in the shot put.

State Group IV
@ Egg Harbor, NJ

June 2-3, 2017

400IH: K. Mack **56.32**

400m: K. Mack **50.00**

Pole Vault: R. Vimba **13'6"** - **5th Place**

Shot Put: A. Englehardt **45'1 $\frac{3}{4}$ "**

High Jump: R. Harada **NH**

4x100m: M. Tai, K. Mack, J. Chun, K. Grant **43.23 – Great Run – School Record**

3200m: S. Wagh **9:51.15**
B. Rynkowski **10:06.89**

Boys or Girls	Sportsmanship: Hackensack	Big North Conference	All Division Teams	Track and Field
Freedom Boys			Coach of the Year:	Josh Saladino - RWD
EVENT	1ST TEAM	2ND TEAM	Final Standings	League Meet Results
	Athlete Name/School/Year	Athlete Name/School/Year	Include wins and losses	
100m	Kobi Grant - Ridgewood (SR)	Anthony Lorenc - Indian Hills (SR)	Ridgewood 5-0	Ridgewood
400H	Zack Stadulis - Ridgewood (SR)	Jeremiah Edwards - Hack (SR)	Hackensack 3-2	Hackensack
1600m	Chris Corcoran - Indian Hills (SR)	Steven Ftumefreddo - IH (JR)	Indian Hills 3-2	Indian Hills
110H/100H	Ray Harada - Ridgewood (SR)	Hank Anderson - IH (JR)	Northern Highlands 3-2	Northern Highlands
400m	Kyle Mack - Ridgewood (SR)	Kevin Collins - Ridgewood (SO)	Ramapo 1-4	Ramapo
800m	William Baginski - Ridgewood (SO)	Corey Girard - Indian Hills (JR)	Paramus 0-5	Paramus
200m	Matt Tai - Ridgewood (JR)	Oliver Gilan - N. Highlands (SR)		
3200m	Sid Wagh - Ridgewood (JR)	Chris Leymeister - Indian Hills (JR)		
4x400m Relay	Ridgewood: Zack Stadulis (SR); Matt Tai (JR); Kevin Collins (SO); William Baginski (SO)	Hackensack: Camargo Nelson (JR); Jeremiah Edwards (SR); Mark Sawyer (SR); David Keegan (JR)		
Shot Put	Camal Brown - Hackensack (SR)	Austin Englehardt - Ridgewood (JR)		
Javelin	Michael Connor - Ramapo (SO)	Christian Nazare - Ramapo (SR)		
Discus	Jack Stuart - Hackensack (JR)	Matt Connor - Ramapo (SR)		
Triple Jump	Max Bartlik - Ridgewood (JR)	Mark Sawyer - Hackensack (SR)		
Long Jump	Andrew Achirem - Hackensack (JR)	Dan Yu - Northern Highlands (SR)		
Pole Vault	Ryan Vimba - Ridgewood (SR)	Hamza Zaydan - Hackensack (SR)		
High Jump	Tim Delorenzo - N. Highlands (SR)	Danilo Romero - Ridgewood (JR)		
Hon Mention	Athlete Name/School/Year			
Hackensack	Edgar Barosso (SR)			
Indian Hills	Tom Holster (SR)			
N. Highlands	Ed Han (SR)			
Paramus	Brandon Tulkis (SR)			
Ramapo	Noah Kilday (SR)			
Ridgewood	Brad Rynkowski (SR)			

2017 All-County

1st Team:

Triple Jump: Max Bartlik

4x100m: Matt Tai, Kyle Mack, Jason Chun, Kobi Grant
(only allowed four on first team so we have to use team that ran the fastest time but congrats to Ray Harada and Sam Do as well who helped this team during the year)

3rd Team:

200m: Kobi Grant

400m: Kyle Mack

110HH: Ray Harada

4x400m: Matt Tai, Will Baginski, Kevin Collins,
Zack Stadulis, Kyle Mack

4x800m: Matteo Robazza, Brad Rynkowski, Billy Byrne,
Sid Wagh, Will Baginski

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

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>
1997	8-0	6th Place	Champions	2nd Place	6th Place
1998	8-0	3rd Place	Champions	2nd Place	2nd Place
1999					
2000		2nd Place	3rd Place	3rd Place	2nd Place
2001		3rd Place	Champions		
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)
2003	5-1	3rd Place	Champions	Champions	Champions
2004	6-0	3rd Place	Champions	2nd Place	Champions
2005	8-0	Champions	Champions	Champions	2nd Place
2006	8-0	Champions	Champions	2nd Place	3rd Place
2007	8-0	2nd Place	Champions	3rd Place	2nd Place
2008	7-1	6th Place	Champions (tie)	8th Place	8th Place
2009	8-0	2nd Place	Champions	2nd Place	4th Place
2010	8-1	Champions	Champions	2nd Place	Champions
2011	4-0	2nd Place	Champions	2nd Place	Champions
2012	3-0-1	2nd Place	Champions	2nd Place	Champions
2013	5-0	Champions	Champions	Champions	Champions
2014	5-0	Champions	Champions	3rd Place	Champions
2015	4-1	2nd Place	2nd Place	6th Place	5th Place
2016	5-0	Champions	Champions	Champions	Champions
2017	5-0	Champions	Champions	Champions	Champions

All-Decade Teams:

1980s

100m:

Chris Hamlin (1989) 11.3

200m:

Tim Geckler (1989) 22.1

400m:

Tim Geckler (1989) 48.7

800m:

Chris Rae (1987) 1:51.61

John Parisi (1983) 1:54.0

John Lander (1985) 1:54.4

1600m:

Chris Sullivan (1985) 4:11.9

Chris Rae (1987) 4:12.0

Joe LeMay (1985) 4:15.0

3200m:

Eric Berntsen (1987) 9:05.7

Joe LeMay (1985) 9:12.8

Kevin McCabe (1987) 9:22.4

110HH:

400IH:

John Parisi (1983) 53.9

Dave Shultz (1987) 54.7

Tim Kelley (1982) 55.4

400m Splits:

Tim Geckler (1989) 48.0

Other Splits:

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

Long Jump:

Craig Halyard (1989) 22'11"

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

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

Triple Jump:

Craig Halyard (1989) 48'7"

High Jump:

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

Pole Vault:

John Boylan (1980) 13'6"

Shot Put:

Eric Bryant (1980) 54'11"

Patrick Rae (1989) 50'5"

Discus:

Patrick Rae (1989) 143'1"

Javelin:

All-Decade Teams:

1990s

100m:

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

400m:

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

1600m:

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

110HH:

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

400m Splits:

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

Long Jump:

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

High Jump:

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

Shot Put:

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

Javelin:

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

200m:

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

800m:

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

3200m:

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

400IH:

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

Other Splits:

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

Triple Jump:

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

Pole Vault:

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

Discus:

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

All-Decade Teams:

2000s:

100m:

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

400m:

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

1600m:

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

110HH:

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

400m Splits:

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

Long Jump:

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

High Jump:

Bernard Mann (2003) 6'7"

Shot Put:

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

Javelin:

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

200m:

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

800m:

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

3200m:

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

400IH:

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

Other Splits:

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

Triple Jump:

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

Pole Vault:

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

Discus:

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

All-Decade Teams:

2010s:

100m:

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

400m:

Kyle Mack (2017) 49.05
Michael Thurston (2016) 49.06
Matt Grundy (2010) 49.57

1600m:

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

110HH:

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

400m Splits:

Kyle Mack (2017) 47.9
Michael Thurston (2016) 48.66
Matt Grundy (2010) 48.6
Storm Dublirer (2013) 48.97
InSoo Hwang (2011) 49.18
Jon Riemer (2010) 49.4 (leadoff)

Long Jump:

Evan Bartlik (2012) 22'10"
Young Hoe Koo (2010) 20'9"
Ray Harada (2017) 20'3 3/4"

High Jump:

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

Shot Put:

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

Javelin:

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

200m:

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

800m:

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

3200m:

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

400IH:

InSoo Hwang (2010) 53.60
Kyle Mack (2017) 55.6
Zack Staduils (2016) 57.55

Other Splits:

Kobi Grant (2016) 200: 21.6
Jake Sabatini (2014) 200: 21.9
Doohee Han (2014) 200: 22.2 (leadoff)
Michael Thurston (2016) 800: 1:50.87
Luke Dublirer (2014) 800: 1:51.84
Storm Dublirer (2013) 800: 1:52.48
David Frering (2013) 800: 1:53.66
Juan Llinas (2011) 800: 1:55.23
Levi Jennings (2011) 1200: 3:03.83

Triple Jump:

Evan Bartlik (2012) 46'3 1/2"
Max Bartlik (2017) 44'9 3/4"
Bryce Joyner (2014) 43'9 1/4"

Pole Vault:

John Wisener (2010) 14'6"
Ryan Vimba (2017) 14'0"
Dylan Downing (2013) 14'0"

Discus:

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

Ridgewood High School All-Time Top 10 List

<u>100m:</u>	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
10.90	Chris Zeigler	State Meet of Champs	2007
10.99	Dusty Thomas	BMOC	1998
11.05	Jake Sabatini	County Championship	2013
11.07	Kobi Grant	League Championship	2016
11.11	Kevin Chung	State Group IV	2013
11.11	Matt Beausoleil	State Sectionals	2011
11.14	Matt Tai	League Championship	2016
11.20	Max Witt	NNJIL Championship	2009
11.25	Doohee Han	State Sectionals	2014
10.8	Matt Krever	BMOC	1991
10.9	Dan Cooper	NNJIL Championship	2000
<u>200m:</u>			
21.7 / 22.05	Chris Zeigler	County / SMOC	2007
22.15	Dusty Thomas	BMOC	1998
22.0	Mike Henderson		1961
22.32	Jake Sabatini	County Championship	2013
22.1	Tim Geckler	NNJIL Championship	1989
22.43	Kobi Grant	State Sectionals	2016
22.53	Doohee Han	State Sectionals	2014
22.56	Matt Tai	State Sectionals	2016
22.4	Matt Krever	NNJIL Championship	1991
22.77	InSoo Hwang	County Championship	2011
22.6	Max Witt	County Championship	2009
<u>400m:</u>			
48.7	Tim Geckler	NNJIL Championship	1989
49.05	Kyle Mack	State Sectionals	2017
49.06	Michael Thurston	County Championship	2016
49.41	Josh Kauke		1999
49.3	Jim Nepola		1970
49.57	Matt Grundy	State Sectionals	2010
49.4	Mike Henderson		1960
49.86	Kyle Mack	State Sectionals	2016
49.97	Juan Llinas	State Sectionals	2011
50.01	Storm Dublirer	State Sectionals	2013
50.10	Jon Riemer	State Group IV	2010

800m:

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

1600m:

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

3200m:

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

110HH:

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

400 IH:

53.64	InSoo Hwang	State Meet of Champs	2010
53.9	John Parisi		1983
54.7	Dave Shultz		1987
55.2	Niall Buckley	County Championship	2007
55.4	Tim Kelley		1982
55.6	Kyle Mack	County Relays	2017
55.8	Dave Warton	County Championship	1998
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
56.8	Jason Lahita	NNJIL Championship	1993

300 IH:

41.68	Zack Stadulis	Arcadia Invitational	2017
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200m splits:

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

300m splits:

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

400m splits:

47.9	Kyle Mack	State Sectionals	2017
48.0	Tim Geckler	NNJIL Championship	1989
48.66	Michael Thurston	NB Outdoor Nationals	2016
48.6	Matt Grundy	State Meet of Champs	2010
48.97	Storm Dublirer	NB Outdoor Nationals	2013
48.9	Niall Buckley	BMOC	2007
49.18	InSoo Hwang	NB Outdoor Nationals	2011
49.4 (leadoff)	Jon Riemer	State Meet of Champs	2010
49.6	Neil Schoff	State Sectionals	2012
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
49.7	Matt Krever	NNJIL Championship	1991

800m splits:

1:50.87	Michael Thurston	NB Outdoor Nationals	2016
1:51.84	Luke Dublirer	NB Outdoor Nationals	2014
1:52.48	Storm Dublirer	NB Outdoor Nationals	2013
1:52.6	Bob Keino	Penn Relays	1993
1:53.5	Christian Trautwein	Nike Outdoor Nationals	2008
1:53.66	David Frering	NB Outdoor Nationals	2014
1:54.8	Niall Buckley	Nike Outdoor Nationals	2006
1:55.23	Juan Llinas	NB Outdoor Nationals	2011
1:55.4	Levi Jennings	East Coast Relays	2012
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

1200m splits:

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

1600m splits:

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

Long Jump:

22'10"	Evan Bartlik	Big North Championship	2012
22'10"	Craig Halyard	Arcadia Invite	1989
21'11"	Gabriel Knutson	State Sectionals	2004
21'5 1/2"	Dusty Thomas	County Championship	1998
21'3"	Bernard Mann	NNJIL Championship	2003
20'10 1/4"	Andrew Dolgin	County Championship	1998
20'10"	T.J. Crocker	NNJIL Championship	1989
20'9"	Bill Brown	B-PL Championship	1952
20'9"	Young Hoe Koo	Frosh Championship	2010
20'5 3/4"	Doug Randolph	County Relays	1993
20'5 1/2"	Chris Hamlin	State Sectionals	1989
20'3 1/2"	Bryce Joyner	State Sectionals	2014
20'3 3/4"	Ray Harada	County Championship	2017
20'3"	Daniilo Romero	Big North Championship	2017
20'3"	Doug Barnes	County Relays	2014

Triple Jump:

48'7"	Craig Halyard	Golden West	1989
46'3 1/2"	Evan Bartlik	County Championship	2012
45'8"	Gabriel Knutson	County Championship	2004
44'9 3/4"	Max Bartlik	Bergen Meet of Champs	2017
43'9 1/4"	Bryce Joyner	County Championship	2014
43'7"	Bernard Mann	NNJIL Championship	2003
43'5 1/4"	Armand Punjabi	East Coast Relays	2014
42'10"	Akira Monri	State Sectionals	2007
42'7"	Mike Zeno	County Relays	2014
42'5 1/2"	Andrew Dolgin	County Championship	1998
42'1 1/2"	Jon Davila	County Relays	2015
41'7 1/2"	Zack Stadulis	County Championship	2016

High Jump:

6'8"	Tommy DeVita	State Group IV	2010
6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'6"	Evan Bartlik	BMOC	2011
6'4"	Michael Thurston	League Championship	2016
6'2"	Ray Harada	Big North Championship	2017
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
6'2"	Michael Zeno	State Sectionals	2014
6'0"	Max Bartlik	County Championship	2017
6'0"	Danilo Romero	Big North Championship	2017
6'0"	Jeff Braden	County Championship	1997

Pole Vault:

15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Jon Wisener	East Coast Relays	2010
14'6"	Paul Kovach	BMOC	2006
14'0"	Ryan Vimba	State Sectionals	2017
14'0"	Dylan Downing	SMOC	2013
13'8"	Luc Bontoux	BMOC	2016
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champs	2002
13'6"	Allan Wong	East Coast Relays	2014
13'6"	Spencer Llerandi	County Relays	2014
13'6"	Patrick Morgan	BMOC	2014
13'6"	Connor Abernethy	State Sectionals	2015

Shot Put:

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

Discus:

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

Javelin:

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

Javelin (old jav - subtract 10%):

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

State Group IV
@ Egg Harbor, NJ

June 2-3, 2017

400IH: K. Mack **56.32**

400m: K. Mack **50.00**

Pole Vault: R. Vimba **13'6" - 5th Place**

Shot Put: A. Englehardt **45'1 3/4"**

High Jump: R. Harada **NH**

4x100m: M. Tai, K. Mack, J. Chun, K. Grant **43.23 – Great Run – School Record**

3200m: S. Wagh **9:51.15**
B. Rynkowski **10:06.89**

Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
4x100m:			
43.23	M. Tai / K. Mack / J. Chun / K. Grant	State Group IV	2017
43.27	D. Han / J. Locke / K. Chung / J. Sabatini	E Coast Relays	2013
43.32	M. Tai / J. Chun / W. Migliorelli / K. Grant	State Sectionals	2016
43.7	J. Norrell / J. Locke / D. Han / J. Sabatini	County Relays	2014
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007
44.2	J. Sabatini / J. Locke / T. Migliorelli / K. Chung	County Relays	2012
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989
44.87	M. Tai / K. Mack / J. Davila / K. Grant	State Sectionals	2015
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006
4x200m:			
1:29.98	D. Han / K. Chung / N. Schoff / J. Sabatini	National Champs	2013
1:30.4	J. Norrell / J. Locke / D. Han / J. Sabatini	County Relays	2014
1:31.4	M. Tai / J. Chun / W. Migliorelli / K. Grant	County Relays	2016
1:31.72	J. Sabatini / N. Schoff / E. Bartlik / K. Chung	E Coast Relays	2012
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000
1:32.26	M. Tai / K. Mack / Z. Stadulis / K. Grant	Arcadia Invitational	2017
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989
1:32.8	K. Grant / K. Mack / J. Norrell / M. Tai	County Relays	2015
1:33.2	M. Grundy / W. Jacoby / L. Pietrantuono / M. Witt	County Relays	2009
4x400m:			
3:16.91	J. Riemer / I. Hwang / J. Llinas / M. Grundy	SMOC	2010
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	State MOC	1988
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007
3:20.97	K. Mack / M. Tai / W. Baginski / M. Thurston	State Sectionals	2016
3:22.07	B. Collins / S. Dublirer / N. Schoff / J. Sabatini	BMOC	2013
3:22?			2000
3:22.96	S. Dublirer / E. Bartlik / B. Collins / N. Schoff	State Sectionals	2012
3:24.32	M. Tai / W. Baginski / K. Collins / K. Mack	State Sectionals	2017
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006
3:25.20	D. Han / M. Thurston / B. Collins / L. Dublirer	State Sectionals	2014

4x800m:

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

4x1600m:

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

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

3:25.04	M. Tai / K. Grant / K. Mack / M. Thurston	National Champs	2016
3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000
3:28.23	D. Han / J. Sabatini / B. Collins / S. Dublirer	National Champs	2013
3:28.38	D. Han / J. Sabatini / B. Collins / L. Dublirer	National Champs	2014
3:29.6			1987
3:30.39	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	National Champs	2008
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Champs	2007
3:31.36			1999
3:32.9	K. Grant / M. Tai / K. Mack / M. Thurston	County Relays	2015
3:33.3			1975
3:33.5	J. Sabatini / D. Han / N. Schoff / L. Jennings	County Relays	2012

Distance Medley:

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

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

1:56.79	M. Tai / K. Grant / K. Mack / M. Thurston	National Champs	2016
1:58.14	K. Chung / D. Han / J. Sabatini / S. Dublirer	National Champs	2013
2:01.62	J. Locke / J. Sabatini / D. Han / L. Dublirer	National Champs	2014
2:02.33	M. Tai / K. Grant / K. Mack / M. Thurston	National Champs	2015

Shuttle Hurdles:

59.2			1972
61.0	E. Blair IV / S. Mattson / M. Beausoleil / I. Hwang	County Relays	2010
62.3	Z. Stadulis / M Bartlik / A. Ruhl / R. Harada	County Relays	2017
63.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975
64.05	E. Berry / D. Barnes / B. Joyner / M. Zeno	E. Coast Relays	2014
64.1	M. Zeno / E. Berry / A. Armatas / K. Chung	Comet Relays	2013
64.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006
64.9	Z. Stadulis / K. Mack / M. Bartlik / R. Harada	County Relays	2016
64.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995
65.2	E. Bartlik / K. Chung / J. Knight / M. Beausoleil	County Relays	2011

3x400 IH:

2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:53.5	K. Mack / Z. Stadulis / K. Collins	County Relays	2017
2:55.1	I. Hwang / S. Mattson / E. Blair IV	County Relays	2010
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:56.9	N. Schoff / B. Collins / A. Armatas	County Relays	2013
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:58.3	Z. Stadulis / K. Mack / T. Carver	County Relays	2016
2:58.9	N. Schoff / J. Knight / B. Collins	County Relays	2012
2:59.8	A. Monri / P. Nygaard / I. Hwang	County Relays	2008
3:00.0	B. Collins / B. Joyner / E. Larsson	County Relays	2014

3XLJ:

60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
59'10 1/4"	D. Barnes / B. Joyner / J. Davila	County Relays	2014
58'1"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
58' 3/4"	E. Bartlik / Y. Koo / H. Park	County Relays	2012
57'7"	R. Harada / M. Bartlik / D. Romero	County Relays	2017
56'10 3/4"	J. Davila / A. Punjabi / D. Romero	County Relays	2015
56'9 3/4"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
56'9 1/4"	R. Harada / D. Romero / M. Bartlik	County Relays	2016

3xTJ:

127'5 1/2"	B. Joyner / M. Zeno / A. Punjabi	County Relays	2014
125'10 1/4"	C. Halyard / T. Geckler / J. Chang	County Relays	1989
125'3 3/4"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
123'11 3/4"	E. Bartlik / J. Knight / Y. Koo	County Relays	2012
121'11 1/4"	J. Davila / A. Punjabi / Z. Stadulis	County Relays	2015
121'7 3/4"	Z. Stadulis / M. Bartlik R. Harada	County Relays	2016
121'5 1/2"	T. DeVita / Y. Koo / E. Bartlik	County Relays	2010
121' 3/4"	M. Bartlik / Z. Stadulis / D. Romero	County Relays	2017
120'4 1/2"	G. Knutson / H. Smith / B. Clementi	County Relays	2004
119'1"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard	County Relays	2007

3xHJ:

18'2"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
18'0"	R. Harada / D. Romero / M. Bartlik	County Relays	2017
17'8"	E. Bartlik / Y. Koo / J. Knight	County Relays	2012
17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Rel	1995
17'4"	M. Thurston / D. Romero / R. Harada	County Relays	2016
17'2"	E. Bartlik / Y. Koo / J. Knight	Pawlowski Rel	2011
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Rel	2002
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays	2003
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Rel	1994
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Rel	1998
16'8"	J. Braden / S. Robinson / W. Byrne	County Relays	1996
16'8"	D. Romero / R. Harada / J. Davila	County Relays	2015

3xPV:

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

3XShot:

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

3xDisc:

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

3xJavelin:

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

3xJavelin (old jav - subtract 10%):

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