

Ridgewood Boys & Girls
Winter Track
2016-2017

Schedule

Date	Meet	Site
Mon. Dec 19, 5:00PM	Spiked Shoe Invitational	Armory, NYC
Fri. Dec 30, 12:00PM	Track Universe	Armory, NYC
Tues. Jan 3, 4:30PM	Big North Frosh/Novice	RCC, Suffern
Sun. Jan 8, 9:00AM	Big North Championships	Armory, NYC
Wed. Jan 11, 4:30PM	Ridgewood Winter Games II	RCC, Suffern
Sat. Jan 21, 9:00AM	State Group IV Relays	Toms River
Wed. Jan, 25, 5:15PM	Bergen County Relays	Armory, NYC
Mon. Jan 30, 4:30PM	Ed Church Invitational	FDU, Hackensack
Sat. Feb 4, 3:30PM	State Sectional Championship	Toms River
Mon. Feb 6, 5:00PM	Varsity Classic	Armory, NYC
Wed. Feb 15, 5:15PM	Bergen County Championship	Armory, NYC
Fri. Feb 17, 3:30PM	State Group IV Championship	Toms River
Sat. Feb 25, 10:00AM	State Meet of Champions (Boys)	Toms River
Sun. Feb 26, 10:00AM	State Meet of Champions (Girls)	Toms River
Tues. Feb 28, 4:30	Eastern States Championship	Armory, NYC

Awards and Accolades

All-League Selections - Big North, Freedom Division

First Team

Meghan Adams, JR – 800m

Nicole Lester, JR – Pole Vault

Olympia Martin, SR – 3200m

Katherine Muccio, SO – 200m

Lexi Uzoaru, JR – Shot Put

Lizzie Veenhof, SO – High Jump

Billy Byrne, SR – 1600m

Will Baginski, SO – 800m

Kobi Grant, SR – 55m

Danny Romero, JR – Triple Jump

Zack Stadulis, SR – All Around

Second Team

Maxine Earl, SR – Pole Vault

Cassie Keyes, SO – 1600m

Evelyn Kotch, JR – 800m

Virginia Morley, SO – 55m Hurdles

Anna Schoff, JR – Triple Jump

Max Bartlik, SR – Triple Jump

Kevin Collins, SO – 400m

Sam Do, SR – 55m

Austin Engelhardt, SR – Shot Put

Ray Harada, SR – High Jump

Ryan Vimba, SR – Pole Vault

Sid Wagh, JR – 3200m

4x800: Brad Rynkowski, SR

Charlie Branca, JR

Ben Zamboldi, JR

Will Baginski, SO

Honorable Mention

Victoria Purritano, SO

Brad Rynkowski, SR

All-County Selections

First Team

Olympia Martin, SR – 3200m

Lexi Uzoaru, JR – Shot Put

Second Team

Katherine Muccio, SO – 55m

Billy Byrne, SR – 1600m

Max Bartlik, JR - Pentathlon

4x800: Will Baginski, SO

Brad Rynkowski, SR

Matteo Robazza, SR

Billy Byrne, SR

Third Team

Meghan Adams, JR – 800m

4x800: Evelyn Kotch, JR

Cassie Keyes, SO

Meghan Adams, JR

Olympia Martin, SR

Will Baginski, SO – 800m

Kobi Grant, SR – 55m

Ray Harada, SR – Pentathlon

Ryan Vimba, SR – Pole Vault

Team of the Year

Ridgewood Boys – Large School

GIRLS INDOOR TRACK

AROUND THE LEAGUES



Wayne Hills' Taylor Domico, left, and Passaic Tech's Sarah Shannon finish 1-2 in the 1,600-meter race at last season's Passaic championships.

NH, RIDGEWOOD TOP CONTENDERS

PAUL SCHWARTZ
STAFF WRITER

BIG NORTH

UNITED

DePaul

is rebuilding.

Holy Angels has some sensational talent led by seniors Samantha Fellowes (J), Kaeli McGowan (J), juniors Caroline McGuire (PV), Tara Lyons (MD), Rhianon Novelli (D), Anya Stae (SP), and sophomores Mackenzie Hughes (D) and Becca Hazell (HJ).

IAA returns an excellent senior class in Christian Rasnake (S), Giovanna Tabbachino (D), Megan Brockmeier (MD), Jill Nogga (MD) and Caitlin McFarland (D) and juniors Fiona Ralph (MD), Toni Sheldon (D), Jenna Nelson (H) and Jazmin Bender (D).

Paramus Catholic is one of the best teams in the area led by seniors Faith Sutton (JSH), Christina Martez (MD), Alois Deir (S) and sophs Tiffany Butista (JS), Isabelle Daly (HJ), Kyara Santos (S) and Ashley Linares (MD).

LIBERTY

Bergen Tech returns soph Sophia Wolmer (D), and juniors Ruanna Small (S) and Laura Zhang (J).

Cifton is again strong, led by seniors Meghan Jaskczyk (D), Tyra Douglas (JS), Catherine Dover (SP) and Zakayah Balbonet (SP) and juniors Aleya Morales (HJ/S), Hadeed Alshajieh (D) and Sarah Adams (D).

Eastside

is rebuilding.

Kennedy has two seniors, Tyanna Wilson (J) and Liany Jimenez (MD) and a good soph class headed by Benae Johnson (HJ), Akliah Williamson (S), Virginia Holton (SP) and Aminata Coulibaly (H).

Passaic is rebuilding behind senior Monserrat Cordova (S), junior Nicole Sanchez (D) and soph Maesha Caraballo (MD).

Passaic Tech is again a favorite for league and county honors behind seniors Destiny Calo (MD), Azariah Johnson (SP/J), Rikayla Palmer (H/S), Carmen Ramirez (SP) and Sarah

Shannon (D), juniors Leilani Hinton (H/S/J) and Carly Spinnler (MD) and sophs Nancy Habib (D) and Sydney Shannon (PV/JH).

FREEDOM

Hackensack is rebuilding behind seniors Sharise Baker (J), Jenny Reyes (D) and Rebecca Bisno (SP), junior Mackenzie Carroll (SP) and sophomore Evelyn Peralta (SP).

Indian Hills is improving behind seniors Lily DeMartino (S), Madeline Daly (D) and Jess O'Leary (SP), junior Leah Sussman (MD) and sophs Lauren Henson (S) and Leanne Atkinson (D) and add two quality freshman distance runners Corinna and Madeline Barney.

Northern Highlands should again contend for league, county and state sectional titles behind seniors Robine Arami (S), Olivia Florio (S), Morgan Florio (S), Julia Healy (S/J), Jessica Chu (H/J), Claire Nam (S), Katherine Spence (SP) and Melina North (D). Juniors Monica and Isabel Heber (D), and Paige Wilderetter (D) from the Highlands; Bergen County championship cross-country team will be key to success.

Paramus returns seniors Ami Kaur (HJ), Francesca Lama (D), Jackie Helm (PV/JS) and juniors Linda Kerkendall (SP) and Paulette Cho (D).

Ramapo has senior standouts in Taylor Pini (S) and all-North Jersey cross-country runner Levi Harris (D) and some fine underclass talent.

Ridgewood is the defending state Group 4 champion and with seniors Olympia Martin, the two-time Record Girls Cross-Country Runner of the Year and Maxine Earl (PV) and junior Nicole Lester (PV/H) scoring 23 of the 23 points the Maroons scored last winter. The Maroons are boosted by juniors Meghan Adams (MD), Hannah Fishbein (D), Evelyn Kotch (MD), Lexi Uzoaru (SP) and Anna Schott (J) and three sophs who had great springs last year, Victoria Puritano (S), Katherine Muccio (S) and Lizzie Veenhof (J).

INDEPENDENCE

Fair Lawn has two star seniors in Britney Del Mundo (S/J) and Jessica Ippolito (PV/S), the state Group 3 champion in the vault.

Lakeland is young but improving with seniors Brielle Diaz (MD), Jen Heller (J) and Julia Kulesha (H), juniors Samantha Biss (D), Linnea Gilligan (D), Nikita Wilbur (S), all-Passaic pole

See GIRLS LEAGUES, Page 85

Key: S: sprints; H: Hurdles, MD: Middle Distance; D: Distance, J: Jumps; PV: pole vault; SP: shot put)

ATHLETES TO WATCH

Keep an eye on these 10 stars

PAUL SCHWARTZ
STAFF WRITER

Lauren Chamberlin, Ramsey, junior, jumps/sprints: The defending state group 2 champion in the high jump, she also placed in the group 2 sectional 55 meters and the Big North Patriot 200 and had some great triple jumps outdoors.

Lexi DelGizzo, Tenafly, senior, 200 through 800 meters: In mid January last year she ran the 800 meters indoors at the Paul Schwartz Invitational and finished second in 2:30.2. Five months later she won the outdoor State Meet of Champions in a time nearly 20 seconds faster. She was seventh in the indoor MOC at 400 meters and should be among the nation's best at 500 and 600 this winter.

Maxine Earl, Ridgewood, senior, pole vault: North Jersey is blessed with a multitude of outstanding girl vaulters this year and Earl, who won three major titles including the group 4 state sectional is one of them. She was second in group 4 state competition, third in Bergen County and was tied for sixth in the State Meet of Champions.

Hannah Figueroa, Pascack Hills, junior, multi-events: It's not surprising that Hannah medalled in her first pentathlon last winter, as she's shown talent from 200 to 800 meters, the high jump and even in cross-



Michelle Rubinetti of Demarest competes in the pole vault last season. She cleared 12 feet 6 inches twice in competitions.

FIVE STORY LINES TO WATCH

Local girls have shot to excel in pole vault

PAUL SCHWARTZ
STAFF WRITER

1. How good are North Jersey's pole vaulters?

Twenty New Jersey girls return from last winter who cleared 10 feet or better indoors. They include nine girls from Bergen and Passaic Counties led by Bergen County record holder Michelle Rubinetti of NV/Demarest and fellow Meet of Champ medal winners Jessica Ippolito of Fair Lawn and Maxine Earl of Ridgewood.

2. Can anyone beat Lexi DelGizzo and Caroline O'Sullivan in the 800 indoors?

North Jersey girls have won eight of the 38 championships in the 800 more than in any other running event. DelGizzo, the Georgetown-bound outdoor champ from Tenafly and O'Sullivan, the silky smooth junior from NV/Old Tappan are the favorites to make it nine. Kayla Martin of Seneca, Taylor Mulch of Southern and Sam Anderson of Matawan seem to be the only girls with a chance to break up the North Jersey dominance.

3. Can a North Jersey girls team finally earn a Meet of Champs 4-x-400 relay medal?

No team has been in the top eight at the indoor Meet of Champs since Hackensack was fifth in 1996. Northern Highlands and Ramapo have the best chances to break the drought.

4. Can Olympia Martin take the final step and win a State Meet of Champions title at 3,200 meters?

The two-time state group 4 cross-country champion was second last year in both the State Meet of Champions in cross-country and indoor at 3,200 meters. She couldn't run the Cross-Country Meet of Champs a month ago because of an untimely illness. Only Haddonfield's Briana Gess ran faster last winter (by less than 1/2 second) last winter at the distance. But

See STORY LINES, Page 85

BOYS AND GIRLS DATES TO REMEMBER

Dec. 16: O'Leary Lid Lifts, Drew University, Madison.
Dec. 17: FDU Holiday Classic, Rothman Center, Hackensack; Hall of Fame Classic, Army Track Center, New York.
Dec. 18: FDU Holiday Classic, Rothman Center.
Dec. 19: Spike Shoe, Holiday Festival, Army Track Center.
Dec. 20: Season Opener Invitational, Rothman Center.
Dec. 21: Gardiner Relays, Ocean Breeze, Staten Island.
Dec. 23: DeSchriver Invitational, Drew University.
Dec. 27: Pearl River Invitational, Rockland Community College Fieldhouse, Monsey, N.Y.; Back Invitational, Drew University.
Wayne Valley High jump/shot put, Wayne Valley H.S.
Dec. 28: Coach Glynn Holiday Festival, Ocean Breeze; NJCTC Relays, Army Track Center.
Dec. 29: Marine Corps Holiday Festival, Army Track Center.
Dec. 30: Ocean Breeze Holiday Festival, Ocean Breeze; Pietrewicz Invitational, Drew University.
Jan. 2: Wayne Valley High jump/shot put II.
Jan. 4: Morris County relays, Drew University.
Jan. 6: Tom Zaccane Invitational, Rothman Center; Dartmouth Relays, Hanover, N.H.; Hispanic Games, Army Track Center; Passarelli Invitational, Drew University.
Jan. 7: Garfield High jump/shot put I, Garfield H.S.; Dartmouth Relays, Hispanic Games.
Jan. 8: NAC Championships, Army Track Center; Cliff Back Invitational, Drew University.
Jan. 11: Ridgewood Winter Games, Rockland Community College; FDU Field Events I, Rothman Center; Millrose Trials, Army Track Center; Wayne Valentine Invitational, Drew University.
Jan. 13: Paul Schwartz Invitational, Rothman Center.
Jan. 14: Scanner Games, Army Track Center.
Jan. 16: Garfield II, Big North, Ocean Breeze.
Jan. 18: Frosh-Novice Championships, Army Track Center (Varsity U-11-DMR); FDU Field Events II.
Jan. 19: State Relays Non-Public A & B, Bennett Center, Toms River.
Jan. 20: North Jersey Invitational, Rothman Center; New Balance Games, Army Track Center; State Relays, Group 3, Bennett Center; Yale Classic, New Haven, CT.
Jan. 21: New Balance Games; Yale Classic; State Relays, Groups 1 and 4, Bennett Center.
Jan. 22: State Relays, Group 2, Bennett Center.
Jan. 23: Big North, Ocean Breeze.
Jan. 25: FDU Field Events III; Bergen County Relays, Army Track Center; Morris County Championships, Ocean Breeze.
Jan. 26: Ocean Breeze High School Invitational, Ocean Breeze.
Jan. 29: Ocean Breeze High School Invitational, Ocean Breeze.
Jan. 30: Passaic County Championships, Ocean Breeze; Ed Church Invitational, Rothman Center.
Feb. 1: FDU Field Events IV; Metropolitan Invitational, Army Track Center.
Feb. 4: North 2 group 1 and North 1, groups 1 and 4 sectional, Bennett Center.
Feb. 6: Varsity Classic, Army Track Center; Morris County Coaches Invitational, Ocean Breeze.
Feb. 7: Lou Molino Invitational, Rothman Center.
Feb. 11: North 2 group 2 and North 1, groups 2 and 3 sectional, Bennett Center.
Feb. 15: Bergen County Championships, Army Track Center.
Feb. 17: State Groups 1 and 4, Bennett Center.
Feb. 18: State Groups 2 and 3 and State Non-Public A & B, Bennett Center.
Feb. 23: Bob Chiswell Garfield Classic, Garfield H.S.
Feb. 25: State Boys Meet of Champions, Bennett Center.
Feb. 26: State Girls Meet of Champions, Bennett Center.
Feb. 28: Eastern States, Army Track Center.

See GIRLS TO WATCH, Page 85

BOYS INDOOR TRACK

AROUND THE LEAGUES



Eastside's Rahim Roberts, left, and Wayne Hills' Tyler Hayek cross the finish line 1-2 in the 400 meters at the 2016 Passaic championships.

WATCH KENNEDY AND RIDGEWOOD

PAUL SCHWARTZ

STAFF WRITER

BIG NORTH

UNITED

Bergen Catholic welcomes a new coach in Joe Lee and has a good core with seniors Kevin DeLonghy (5H), Caleb Shaia (D), state Non-Public A 55 champ Jahmel Johnson (S), Ryan Dunbar (H), Jorge Mascaro (PV) and Joe Korte (SP) and sophomores Braedon Fume (MD) and Rahim Johnson (5H).

DePaul returns junior D'Andre Alais (S). **Don Bosco** has a solid senior group of David Rosas (D), Joe Enkine (D), Justin Touhey (D), Matt Bruchalski (5H) and Gabe Larique (MD). **Paramus Catholic** has some fine football players who are also potential track stars in returning all-Bergen sprinter Alijah Jackson (5H), all-Bergen high jumper Javon Turner (5H) and healthy Drew Singleton (J). Junior Ray Meagher (D) is an up-and-coming star.

St. Joseph returns a solid corps led by senior Indubac Toussaint (US) and juniors Guerson Toussaint (US), Isaiah Hopkinson (J) and Luke Plescia (MD).

LIBERTY

Bergen Tech has good juniors Anthony Dilorio (D) and Connor Doyle (PV). Clifton has a very good upper-class group led by seniors Joshuah Leonard (MD), Carlos Polanco (D) and juniors Kevin Hernandez (D), Jordan Lacoste (PV), Takashi Yusa (SP), Max Duxar (MD) and Luis Zorilla (SP).

Kennedy should contend for league and Passaic honors with seniors Jason Thoburne (J), Rommel Johnson (PV), Abraham Ramirez (SP), Shane Swaby (PV), Jake Carmichael (J) and Jaymere Rouse (J) and soph Caden Olyburn (S).

Passaic has several good seniors in Bryan Quintanilla (S), Elijah Perez (D) and Joel Garcia (D) and juniors Leo Bravo (D) and Mark Rodriguez (D) and soph Luis Perilla (MD).

Passaic Tech has a solid team with seniors Deshaun Rudnor (SP), Shayne Coley (H/S), Abner McGuire (SP), Clarence Freeman (J), Jason Rodriguez (MD) and Brayton Torres (H/S).

FREEDOM

Madison has a solid group of returnees in seniors Edgar Barroso (D), Ryan Grimsland (D) and Charles Jackson (SP) and juniors Pierre Massetti (D) and Jack Stuart (SP).

Indian Hills welcomes a new coach in Brian Richford and an excellent team with seniors Kevin Calabrese (S), Anthony Lorenz (S), Dylan Pappas (MD), Tom Holster (D), Derek Barney (D) and Chris Corcoran (D), and juniors Corey Girard (MD), Ara Arax (MD), Steve Fumehreddo (D) and Brian Keim (SP).

Northern Highlands can contend in the league, led by seniors Tim DeLorenzo (J), Nicolo

Frasco (S), Max Gold (SP), Ed Han (J), Brendan Holleran (H/MD), Patrick Shea (D), Jack Weinberger (D) and Daniel Yu (JH). **Paramus** returns one of the state's top pole vaulters in senior Greg Fuerte (PV) and loses one of its best hurdlers as junior Al-Tariq Dunsen transferred to East Orange. **Paramus** also returns seniors Eli Ferro (shot put), Tim Kim (H) and Phil Francisco (H/J) and junior Nick Westcott (D). **Ramapo** loses a lot of talent but returns senior captains Noah Kilday (D) and Matt Conner (SP).

Ridgewood has cross-country coach Patrick Ryan filling in for Josh Saladino, who's taking the season off, and he has a solid group of athletes in an attempt to repeat as sectional and Bergen County champs. Seniors Kobi Grant (S), Ray Harada (H/J), Zack Stalio (H/J), Billy Byrne (D), Brad Rytynowski (D), Ryan Vinba (PV) and Danny Schechter (PV) get help from juniors Matt Tai (S), Max Bartik (H/J), Sid Wagh (D) and Austin Englehardt (SP) and soph Will Baginski (MD).

INDEPENDENCE

Fair Lawn counts on senior Mohammed Huzien (H) and junior Jonathan Marcus (D). **Lakeland** has an outstanding senior in Kyle Gonzalez (H/J) one of the top athletes in Passaic County. There's a large turnout of newcomers that can develop quickly.

Passaic Valley has a fine senior hurdler in Erick Alvarez. **Wayne Hills** has a great senior class in Tyler Hayek (S), Hunter Hayek (S), Joe Zisa (D) and Luca Gray (J).

Wayne Valley has a great senior turnout in Nick DeMarco (D), Andrew Lucchesi (D), Tyler Fenske (SP), Jacob Pluta (SP), Nick Malloy (MD) and Matt Nemery (D) and one of the best sprinters around in sophomore Shaheem Maple.

West Milford is led by senior Edward Woodcock (D).

NATIONAL

Bergenfield counts on Seniors Angelo Gallo (S), France Saad (SP), Tommy Berensome (MD) and soph Brendan Bratton (US).

VIDENARET has a solid group of returnees in seniors Andrew Pedersen (H), Elliott Lam (H), Nuno Trado (MD), Ty Miller (D), Jason Meribovsky (PV) and junior Josh Munoz (MD).

NVIDOLD Tappan has lost a lot of talent but returns seniors Tieman Fuller (H/J), Miles Watson (S) and Marc Choi (S), juniors Seth Kricheff (J), Justin Kim (D), Kyle Shine (MD) and soph Chris Eichler (SP) with Kricheff one of the top vaulters in the state.

Pascack Valley returns seniors Jeff Roberts (MD), Sean Donohue (D) and John McGrath (D) and Nathan Mullane (S) and Sam Pilewsky (PV).

Teaneck has seniors Markel Rock (H) and Miguel Sosa (MD).

Tenafly has solid seniors Ben Stern (H/J), Matt Soffer (SH), Paul Greenway (MD), Jin Suh (S), Matt Yang (SP) and Will Romero (D).

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Key: S: sprints; H: Hurdles; MD: Middle Distance; D: Distance; J: Jumps; PV: pole vault; SP: shot put

ATHLETES TO WATCH

Everybody else will be chasing these 10 stars

PAUL SCHWARTZ

STAFF WRITER

Tim DeLorenzo, Northern Highlands, senior, jumps: A solid performer in all three jumps last season, he was second in both the sectional Group 3 and Bergen County high jumps and was sixth in the Group 3 championship. He also placed in three major triple jumps.

Greg Fuerte, Paramus, senior, pole vault: The high-flying vaulter won six major titles last winter including the state sectional, Bergen and State Group 3 titles, becoming the first Spartan boy in 51 years to win a state group crown. He was fourth in the State States.

Gio Gutierrez, Saddle Brook, senior, shot put: He won four major titles, including the NJIC and Sectional Group 1 in meet records, and captured the Group 1 state title. He was also second in the Bergen championships and the Chiswell Classic.

Tyler Hayek, Wayne Hills, senior, 55 and 400: He won the sectional group 3 and Big North Independence races, was second in the Passaic 400, was fourth in the state group 3 and eighth in the State Meet of Champions. But the Rutgers football recruit's best race was his second (by an eyelash) in the Eastern States championship in the second fastest time in Passaic County history.

Kevin Heredia, Clifton, junior, 400 through 1,600: The runner-up in the Passaic County cross-country championships, he could be the top middle distance runner in the area this season. He didn't win any major titles last year, but medaled in six major champion-



Jahmel Johnson of Bergen Catholic, left, on his way to victory in the 55 meters at the 2016 Bergen championships.

ships at 800 meters, including seconds in the Big North Liberty and Passaic races and a third in the group 4 sectionals.

Alijah Jackson, Paramus Catholic, senior, 55 and long jump: He spent his fall scoring touchdowns for the Non-Public Group 4 state champs after medalling 11 times in major 55 and long jump events last winter. He was third in the Bergen County and Non-Public A sprints and second in the Bergen and Met Invitational long jump. He tripled the 55, 200 and long jump in the Big North United meet.

Jahmel Johnson, Bergen Catholic, senior, sprints: Last year he won the Bergen County and Non-Public A 55 meter titles. He then took sixth in the Eastern States 55, running 6.51, the eighth fastest time in Bergen County history.

Rommel Johnson, Kennedy, senior, jumps and pole vault: A dual threat in the high jump and pole vault, he was second in both events at the Passaic meet and was third in both at the Big North Liberty. He was second in the sectional group 4 high jump, was third in the State group 4 and won the Chiswell Classic high jump.

Jeff Roberts, Pascack Valley, senior, 800 to 1,600 meters: Roberts is coming off his best cross-country season but track is where he really excels. Last winter he won two major 1,000 meter runs and medaled in five, including a fourth in the Bergen 1,000. He was also fourth in the very tough group 2 sectional 1,600, and was fourth in the state 2 race a week later.

David Rosas, Don Bosco, senior, 1,600 to 3,200 meters: The Record's Boys Cross-Country Runner of the Year is also a terrific track distance runner, and won the Non-Public A 3,200 and was sixth in the State Meet of Champions, entering his senior year as the eighth fastest 3,200 runner in Bergen County history.

FIVE STORY LINES TO WATCH

Footballers must make very quick adjustment

PAUL SCHWARTZ

STAFF WRITER

1. Can the football stars adjust quickly to indoor track?

There are lots of football herms making a quick transition to track, including Wayne Hills stars Tyler Hayek and Hunter Hayek, Paramus Catholic's Alijah Jackson and Javon Turner and Bergen Catholic's Jahmel Johnson.

2. Can Gio go 60?

Saddle Brook shot putter Gio Gutierrez was both the indoor and outdoor state Group 1 champion last year, and threw 57.7 last spring. No North Jersey thrower has gone 60 feet indoors in four years but the big Saddle Brook star hopes to do so and become the 11th Bergen County thrower to do so.

3. Can the success of Ridgewood, Indian Hills and Don Bosco cross-country translate into indoor distance success?

Look for David Rosas of Don Bosco to make a run at the nine minute 3,200 barrier, after running 9:12.56 (converted) last year. Only Kevin Byrne of Paramus Catholic, who ran 8:59.7 for two miles (slightly longer) has ever done that in Bergen County history.

4. Can either Seth Kricheff of INV/Old Tappan or Greg Fuerte of Paramus become North Jersey's first boys pole vault State Meet of Champions winner?

The pole vault only became an SMO event in 2005 and while there have been 16 North Jersey medal winners in that time, no one has won. Only four vaulters in New Jersey made 14 feet last year and Kricheff and Fuerte are two of them. And if they don't make it this year, Kricheff has one more year after this one.

5. What surprises are in store for 2016-2017?

Will it be Clifton junior Kevin Heredia in the 800, Ridgewood soph Will Baginski of Ridgewood in the 800 and 1,600, Kennedy senior Jason Thoburne in the jumps, Lakeland senior Kyle Gonzalez in the hurdles or Wayne Valley soph Shaheem Maple in the sprints. Or will it be someone else?

TOP RETURNEES BY EVENT

55 (Automatic timing): Jahmel Johnson, Bergen Catholic, 6.51.
55 Hurdles (Automatic timing): Jahmel Johnson, Bergen Catholic, 8.12.
200: Hunter Hayek, Wayne Hills, 22.05 (Passaic County record).
300: Javon Turner, Paramus Catholic, 36.21.
400: Tyler Hayek, Wayne Hills, 49.11.
600: Corey Girard, Indian Hills, 1:25.2.
800: Kevin Heredia, Clifton, 2:10.1.
1,000: Jeff Roberts, Pascack Valley, 2:34.9.
1,600: Roberts, 4:24.72.
3,200: David Rosas, Don Bosco, 9:12.56 (converted).
Shot put: Gio Gutierrez, Saddle Brook, 54-10 1/2.
High jump: Rommel Johnson, Kennedy, 6-4.
Long jump: Alijah Jackson, Paramus Catholic, 21-4 1/2.
Triple jump: Mike Huertas, Fort Lee, 43-4 3/4.
Pole vault: Greg Fuerte, Paramus, 14-0.

Girls leagues

Continued from Page 65

vaulter Lilly Brown, Jackie Nieves (SP) and soph Grace Yost (S). Passaic Valley has a returning medalist in Mary Boudahe (MD) **Wayne Hills** has some stars in seniors Taylor Domino (D), Emily Becker (MD), Natalie Zawistowska (D) and Giuliana Guarino (S) and junior Samantha Sklar (SJ).

Wayne Valley should be solid with seniors Karen McAtee (D), Kelly DiChristina (D), Jen Westervelt (SP) and Kim Westervelt (SP), juniors Meghan Corso (H) and Madison Phillips (MD) and sophomore Rachel Businich (PV).

West Milford has a solid sprinter in Lindsay Rector.

NATIONAL

Bergenfield will have a better year led by seniors Hayley Virona (SJ), Liz Nicholls (MD) and Kiara Germaine (SP) and soph Shanya Binns (JS).

NV/Demarest might have the most balanced team in North Jersey, led by Bergen pole vault record holder Michelle Rubineti, and seniors Leah Wood-Baman (D), Sarah Sutnick (J), Kristina Connolly, Erin Yoder (PV), Jessie Geller (JSP), junior Catherine Light (SP), junior Georgia Markham (MD) and sophs Sydney Woods (PV) and Ohr Yehaloni (J).

NV/Old Tappan has one of the state's top middle distance runners in senior Caroline O'Sullivan and return seniors Maya Vanderlinden (SP), Seema Kamath (S) and Jada Usal (S), juniors Mary Scrivani (MD), Arianna Cavalli (PV) and Aida de la Cruz (D).

Pascack Valley has a terrific distance runner in senior Ashley Evans, and adds senior Nikki Criscuolo (D), and juniors Lauren Hussey (MD) and Mario Guastella (S), junior Melissa Purcell (PV) is one of the state's top vaulters.

Taneyck has a very good middle distance runner in senior Olivia Randolph.

Tenafly has a superstar in Georgetown bound state outdoor 800 champion Lexi Del Gizzo and seniors Rachel Pomeranz (D), Caitlin Marcus (SP) and Colleen Aslami (JH) for veteran support. But it's a very good sophomore class led by Dejana Sujak (D) who will determine how good they will be.

PATRIOT

Mahwah returns one of the state's top jumpers in junior Lauren Stern (H/J/S) and has solid seniors in Molly Powers (MD), Katie Hallak (SJ) and Valerie Ervin (D).

Pascack Hills has a huge turnout and with seniors Nina Rubenstein (D), Grace Falanga (D), Natalia Gadaleta (SJ), Jillian Michales (D), Jean Namgoong (DJ) and Caroline Goertz (D) and a great junior class led by Nicole Vadon (S), Kai Lash (S), Alix Mindich (D) and Hannah Figueroa (H/J/S/MD) could contend.

Ramsey is another contender for league, county and sectional honors with seniors Dana Wieba (S), Jaclyn Johnston (S), Erin McGahan (D), Grace Gardella (PV), Maddie Truxa (H/J) and Sarah Reyes Guerra (JH) leading the way. But it's a terrific junior class led by Lauren Chamberlin (J/S/H), Sam Sudol (S), Sydney Rawdon (S), Lily Flood (D) and Lindsay McNeill (D) and sophomores Emma Cunningham (SJ) and Maggie Scaglione (D) that could prove vital. If it can get and stay healthy **River Dell** can have another terrific team, with seniors Kim Lewis (S), Grace Cepeda (S/PV), Ginger Pojednic (D), Miku Okada (JH), Mel Dougherty (D), Cat Cahill (H/J), Christina Ippolito (H/J), Christina Myers (SP) and Fernanda Maldonado (SP) joined by juniors Shannon Goria (D), Laura Rizik (SP) and Julia DiBenedetto (J).

Westwood returns juniors Sophia Beutel (S) and Annalise Jarki (D).

AMERICAN

Cliffside Park is in a rare rebuilding season with just three returning lettermen, senior Erin O'Connor (D), junior Mavis Cao (D) and soph Destiny Cameron (SP).

Dumont is rebuilding behind seniors Zsófia Balog (MD), Courtney Deloughery (D), Yarelys Garcia (MD) and juniors Zsuzsanna Balog (MD), Devanny Lopez (S) and Valentina Rivera Munoz (MD).

Englewood is rebuilding.

Fort Lee returns sprinter Sophie Park.

Ridgefield Park can contend behind seniors Lilly Baffo (S), Maria Bravo (SP), Maria Giuliano (H), juniors Whitney Bailey-Hicks (H/J) and Jessica Uben (D) with soph Justine Lane (J) assisting.

NIJC

Cresskill has a senior in Iveya Slavova (H/J).

Dwight-Englewood is rebuilding.

Eastern Christian has some experience in seniors Kelly Bologner (D), Stephanie Cabral (D) and Brittany Van Harken (SH), juniors Katie Hefty (S) and Allison Steingriva (D) and soph Emily Byrnes (MD).

Emerson has a solid middle distance runner in Sophia Castronova. **Garfield** is rebuilding behind juniors Kornelia Jablonska (H/J), Ewa Wos (D) and Janice Vargas (D).

Glen Rock is a league contender with seniors Alethea Jadick (H/J), Emma Vanderwall (H/J), Emily Schaefer (D), and juniors Alex Walter (MD) and Rachel McMahon (JS). Soph Sarah Hutchins (SJ) should be a major contributor.

Hasbrouck Heights should be a contender with seniors Ashley Quinn (S), Sydney Fontalvo (H/J/S), Anna Tsapellis (SP), Rebecca Rhein (SP), transfer Crystal Lichtenberg (S), Morgan Parente (MD), and Marie Sedmire (MD) leading the way. Juniors Haylie Thomas (JS), Monika Lucic (MD/J) and Gianna DiLascio (D) will also be major contributors.

Hawthorne lost all-time standout Kaitlin Salsbury to Bucknell but return senior Mackenzie Conroy (D), and juniors Nicole Bertollo (H/SHMD), Gabby Sloan (J), Katelyn Moro (S) and Kayla Miller (H/JS).

Manchester has no seniors in a growing 30 member team, and looks to juniors Carishell Pellot (S), Jessica Bell-Tulloch (S) and Hada Quzem (S) and sophomore Shirley Montes (D).

Midland Park is rebuilding.

New Milford has a solid team with seniors Hailey McAvaney (D), Marissa Torno (S), Sara Mulligan (S) and Caitlin Walsh (PV) and juniors Fiona Matthews (MD), Katarina Martello (J) and Brianna Rivera (S).

Park Ridge has a small turnout but some quality in seniors Rachel Spagnola (MD/H), Ashley Bacantes (SP) and juniors Megan Gismick (S) and Megan Ludwig (SP).

Pompton Lakes returns seniors Cameron Jenkin (S) and Katie Andrews (D).

Queen of Peace has a fine sprinter in Samantha Cummings. **Rutherford** has an excellent senior class led by Alex Caballero (SP), Kote Engler (H), Christie Na (D) and Alisa Vilbuhian (MD), a very good junior in Summer Regan (MD/J) and a standout soph in Rachel Wronko (SH).

Saddle Brook will be solid with seniors Morgan Santora (SP) and Angela Brooks (SJ), juniors Samantha Lynch (MD) and Bianca Ascencio (H) and soph Kayla Artemisio (MD).

Secaucus is rebuilding.

Waldwick is led by senior Anna Boddy (J) and juniors Kiara Zavala (H), Leslie Torres (S), Sloane Irwin (D), Christina Sullivan (D) and Nicole Semus (J) are hoping to have a competitive year.

Wood-Ridge has returnees in senior Natalie Romano, junior Carly Cook and soph Wana Addo.

TOP RETURNEES BY EVENT

55 (automatic timing): Olivia Florio, Northern Highlands, 7.28.

55 hurdles (automatic timing): Lauren Stern, Mahwah, 8.73

200: Florio, 26.4.

300: Lexi DelGizzo, Tenafly, 40.8.

400: Del Gizzo, 57.92.

600: Del Gizzo, 1:36.21.

800: Caroline O'Sullivan, NV/Old Tappan, 2:13.84.

1,000: Shannon Goria, River Dell, 2:58.9.

1,600: Olympia Martin, Ridgewood, 5:05.79.

3,200: Martin, 10:41.29.

Shot put: Laura Rizik, River Dell, 38-7 1/2.

High jump: Miku Okada, River Dell, Lauren Chamberlin, Ramsey and Tiffany Bautista, Paramus Catholic, 5-4.

Long jump: Faith Sutton, Paramus Catholic, 16-7.

Triple jump: Stern, 36-0 1/2

Pole vault: Michelle Rubineti, NV/Demarest, 12-6 (Bergen County Record)

Story lines

Continued from Page 65

two-time state champ Alyssa Aldridge of Mainland might stand in her way.

5. Is the high jump the new pole vault?

Only 11 returning high jumpers in New Jersey cleared 5-4 or better last year. Three of them are Group 2 state champ Lauren Chamberlin of Ramsey, Miku Okada of River Dell and Tiffany Bautista of Paramus Catholic. Add in Samantha Fellowes of Holy Angels and Hannah Figueroa of Pascack Hills and you have the makings of a dominant North Jersey presence at the State Meet of Champions.

Girls to watch

Continued from Page 65

country. She was on the Cowgirls Bergen small schools 4-x-200 championship team, was second in the group 2 sectional high jump and fifth in the 800 meters.

Olivia Florio, Northern Highlands, senior, sprints: The Bucknell-bound senior enjoyed her finest indoor season last winter, winning the Big North freedom 55 and 200 titles and taking second in both the group 3 sectional and Bergen County championships. She might be the fastest girl in North Jersey.

Jessica Ippolito, Fair Lawn, senior, pole vault and sprints: She won three major pole vault titles last winter in-

cluding the state group 3 title, making her the Cutters' first indoor state track champion of either gender. She also was second in Bergen, tied for fourth in the State Meet of Champs and sixth in the Eastern States in the vault and medalled in the 55 and 200 at the Big North Independence meet.

Caroline O'Sullivan, NV/Old Tappan, junior, 400 to 1,600 meters: The breakout star of last winter, she went undefeated at 800 meters until taking third in the State Meet of Champions and then capped a season that included a state Group 3 title at 800 meters by winning the Eastern States. She also won races at 400, 1,000 and 1,600 meters and was fifth in state Group 3 at 400 meters.

Laura Rizik, River Dell, junior, shot put: With the graduation of three of the nation's top 15 throwers from last winter in North Jersey, Rizik may be the next great thrower. She's already the school's

best ever indoor thrower and medalled in seven major meets last winter, including fourth in the sectional and sixth in Bergen County.

Michelle Rubineti, NV/Demarest, pole vault: While there are numerous fine pole vaulters in North Jersey this year, they're all chasing the University of Pennsylvania-bound star, who set the Bergen County record twice last year, clearing 12 feet-6 inches to win the Eastern States meet. She won seven major titles including state Group 2, Bergen County and the Big North National, losing only in the State Meet of Champions, where she finished third.

Carly Spinnler, Passaic Tech, junior: 600 thru 1,000 meters: The Passaic, sectional group 4 and Big North Liberty champ at 800 meters, she also placed in races at 600 and 1,000 meters and should become the eighth Passaic girl to break 2:20 for 800 meters indoors this season.

Boys leagues

Continued from Page 75

PATRIOT

Mahwah will be strong in the sprints with senior Evan Bonfield (S), senior indoor newcomer Elnor Edwards (S) and senior Jay Olu-Whijue (JS). Senior James Nagotko (MD) will be an important weapon. **Pascack Hills** returns all its point scorers led by senior distance runners Jack Rossig, Keith Petrellese, John Powell and Anthony Michielini. Seniors Danny Piatkowski (SP), Danny DiChiara (JS) and Timothy Leonard (SJ/H) should also do well.

Ramsey counts on seniors Nick Kaczorowski (D), Aidan Teller (MD), Matt Kesyanyan (SJ), Vinny Lupo (SJ), Franklin Shobe (D) and Rob Hogrefe (SP) and a great sophomore class to develop quickly. **River Dell** won't win a third straight state group title but a strong senior class led by Dante DeSimone (SP), Conor Riegel (S), Nick Quinn (H), Carlo Antonelli (H), John Forster (J), Ty Reilly (J), Dan Murray (D),

Matt Tina (D) and Chris Murray (D) will keep the Golden Hawks competitive.

Westwood is improving behind seniors Kris Bieri (MD), Cole Lukaszcyk (S), Luke Osterhus (D) and junior Jason Andropoulos (S).

AMERICAN

Cliffside Park is rebuilding with the top returnees two-time league cross-country champ senior Jason Argueta (D), and juniors Mehmet Ekici (MD/J), Jason Stamoulis (H/J) and Brandon Lugo-Perez (SP). **Dumont** is an improving team with seniors Stephen Bruttomesso (S), Dan Feliciano (H/J), Michael Geller (S), C.J. Reissner (J) and juniors Christopher Graham (D) and Brennan Gebusson (SH).

Englewood is rebuilding.

Fort Lee returns seniors Eric Cho (H), Mike Huertas (SJ) and Kelvin Francisco (MD) and soph Emmanuel Montoya (J).

Ridgefield Park hopes to contend behind senior Thanweer Ahmed (S) and Briant Escobar (D), juniors Derek Lewandowski (D), Cameron Shaw (SJ) and Ryan Van Buskirk (PV) and soph Erick Rodriguez (SJ).

NIJC

Bogota will have an excellent winter, especially in Group 1 with seniors Danny Daurio, James Draney and Cole Geraghty following up on a terrific cross-country season.

Cresskill is rebuilding.

Dwight-Englewood looks to seniors Brandon Knowles and junior Fola Olufola (J).

Eastern Christian is rebuilding around junior Nico Cortes (D/PV).

Emerson is rebuilding.

Garfield is rebuilding around seniors Christian Torres (SJ), Caleb Silva (JS), Jason Dickson (MD) and junior Usama Laham (D).

Glen Rock is improving behind seniors Chris Theuerkauf (MD/H), Andrew Nocilla (S), Brandon Lichtenstein (SJ), and juniors Joe McCabe (D) and Jared Fore (S).

Hasbrouck Heights has some solid veterans in seniors Jesse Danz (PV/SP), Oscar Granados (S), and juniors James Varga (SP), Ismael Ortiz (S) and Bryan Coboco (D).

Hawthorne returns seniors Raul Arias (J), Kyle Wordward (SJ) and soph Lath Matari (MD) and should be a middle of the road team.

Manchester has one of top sprinters in the state in senior Quazier Dailey and adds senior Giancarlo Moreno (D) and junior Ajay Gonzalez (H) to a growing 35-member squad.

Midland Park is rebuilding.

New Milford hopes to contend behind seniors Sebastian Cueva (H), Jay Guevara (D), and Liam McAvaney (MD), and juniors Russell Johnson (MD) and Nick Lenge (D) but need field event performers to step up.

North Arlington returns seniors Daniel Antunes (H) and Vincent Crawford (SP).

Park Ridge is rebuilding but has a good sophomore class led by Griffin Ghiraldini (S), Dustin Glynn (SJ/SP), Nick and Vincent Ippolito (S), Nardi Lita (D), Dean Manikas (SP/S) and Tyler Simpson (S).

Pompton Lakes returns junior Alex Rios (MD) and soph John Tanis (S).

Queen of Peace is rebuilding.

Rutherford looks to seniors Marcus Cabibbo (D), Nick DiBritta (H), Tom Griggs (S) and juniors Justin Dacanay (MD), Daniel Sullivan (MD) and Will Thomas (S) for solid improvement.

Saddle Brook returns group 1 indoor and outdoor state champion Gio Gutierrez (SB), senior Andrew Wellington (S) and junior Sean Roberts (S).

Secaucus is rebuilding.

Waldwick has a young but improving squad led by senior Tyler Semus (MD), Samuel Safar (MD) and Trevor Frese (MD) are solid and soph Kyle Mulvey (H/J) was a state qualifier last year.

First year coach Charles Trentacosti at **Wood-Ridge** welcomes senior Nico Casella and junior Robert Caruso.

Spiked Shoe Invitational - Armory; Monday, December 19th

55m HH

Varsity Boys: R. Harada **8.2/8.9** , M. Bartlik **9.6**, Z. Stadulis **9.6**

Novice Girls: V. Morley **11.2/10.0**

Varsity Girls: K. Muccio **10.5**, N. Lester **10.3**, M. Earl **11.6**

55m

Frosh Boys: G. Frey **8.6**, W. Keeney **8.4/8.3**, A. Meyer **8.1**, A. Ban, P. Sanchez **8.1**, E. McPherson **8.1/8.0**

Novice Boys: **R. Kato 7.0/7.1/7.24 3rd Place**, A. Ruhl **8.3**, D. Schechter **8.1**, E. Wong **8.4**, A. Perez **8.6**

Varsity Boys: M. Tai **7.1**, J. Chun **7.5**, S. Do **7.5**,

Frosh Girls: N. Tobdzic **9.7**, N. Sheehan, N. Venizelos

Novice Girls: N. Ghazaii **8.9**, S. Juco **9.7**, S. Taggart **9.7**, A. Witschonke **10.2**, F. Woods **8.8**, T. Saunders **9.4**, L. Benjamin **9.4**, L. Kaul **9.6**, K. McDowell **9.4**, R. Park **9.4**

Varsity Girls: V. Purritano **8.2**

1600m

Frosh Boys: A. Sheridan **5:09.3**, K. Nikias **5:08.7**, T. Barnabic **5:20.5**

Novice Boys: D. Patterson **5:12.2** , M. Boogaert **5:06.1**, K. Neville **5:16.8**, M. Salzman **5:31.7**, D. Cho **5:16.3**, T. Baginski **6:05.5**, C. Martin **5:11.2**, P. Baginski **5:32.1**, D. Kane **5:25.4**, D. Pfeiffer **5:36.6**, P. Luby **5:25.6**

Novice Girls: B. Schofield **6:07.1**, El. Tilyou **6:25.7**, L. Pagano **6:05.2**

Varsity Boys: C. Branca **4:56.2**, R. Fahey **4:53.3**

Varsity Girls: H. Fishbein **5:49.4**, H. Driscoll **5:48.3**, J. Rynkowski **5:59.5**

800m

Frosh Boys: M. Zamboldi **2:24.7**, J. Bini **2:42.1**

Frosh Girls: K. Hu **3:02.8**, J. Einemer **2:50.1**, S. Saunders **3:04.4**, J. Douaihy **3:04.6**

Novice Boys: S. Basu **2:24.3**, C. Shammass **2:17.6**, N. Devita **2:44.1**, E. Nold **2:42.2**, I. Dartley **2:18.5**, M. Neville **2:49.9**

Novice Girls: S. Sheehy **2:38.8**, S. Catalano **2:55.4**, C. Cobb **2:53.0**, D. Salta **3:26.5**, M. Skuthan **2:59.8**

Varsity Boys: **S. Wagh 2:05.9 4th Place**, B. Rynkowski **2:06.7**

200m

Frosh Boys: **R. Aono 25.9 6th Place**, M. Curtis **27.8**, W. Keeney **27.4**, A. Meyer **27.5**, E McPherson **26.5**

Frosh Girls: N. Sheehan, N. Venizelos **31.3**

Novice Boys: A. Ruhl **27.1**, S. Do, P. Dauber **31.9**, R. Kato **24.4**, C. Witschonke **29.9**, A. Perez **27.0**, N. Iliev **28.9**, R. Fahey **28.9**

Novice Girls: V. Morley **30.2**, N. Ghazaii **31.3**, S. Juco **31.6**, S. Taggart **32.3**, A. Witschonke **34.0**, F. Woods **29.9**, M. Dolan **35.9**, L. Benjamin **33.3**, L. Kaul **35.2**, K. McDowell **34.9**

Varsity Girls: V. Purritano **28.5**, **K. Muccio 27.04 6th Place**

4x800:

Varsity Boys: B. Byrne **2:02.8**, J. Naftzger **2:07.9**, B. Zamboldi **2:04.7**, W. Baginski **2:07.8**

Final: 8:23.2 1st Place

Varsity Girls: M. Adams **2:30.5**, C. Keyes **2:37.8**, E. Kotch **2:33.6**, O. Martin **2:29.7**

Final: 10:11.9 2nd Place

LJ:

Varsity Boys: M. Bartlik **18'5"**, R. Harada **18'10"**, D. Romero **16'2.5"**, Z. Stadulis **17'8"**

Varsity Girls: A. Schoff **14'8.75"**, V. Purritano **14'9"**, K. Muccio **13'?**

Novice Boys: K. Collins **17'1"**, M. Faherty, N. Iliev **14'2"**, J. Chun, M. Olsen **15'1"**, P. Luby **14'1"**

TJ:

Varsity Girls: A. Schoff **30'7.5"**, L. Veenhof **29' 9.25"**

Varsity Boys: **M. Bartlik 42'.5" 5th Place**, Z. Stadulis **38'11"**, D. Romero **38'6"**

Novice Girls: V. Morley **25'5"**

Novice Boys: K. Collins **33'?"**

Frosh Boys: A. Meyer, P. Sanchez **Foul**

HJ:

Varsity Girls: **L. Veenhof 5'0" 5th Place**, A. Schoff **4'0"**

Varsity Boys: R. Harada **5'8"**, **D. Romero 5'8" 6th Place**

PV:

Varsity Girls: M. Earl **10'0"**, N. Lester **10'0"**

Varsity Boys: **R. Vimba 12'6" 3rd Place**, D. Schechter **NH**

Shot:

Varsity Boys: **A. Engelhardt 45'1.5" 5th Place**, N. Plasse **37'**

Varsity Girls: **L. Uzoaru 38'9" 1st Place**, M. Carey **29'2.5**

Track Universe Invitational - Armory; Friday, December 30th

1600m Steeplechase

Boys: **B. Byrne 5:04.3 - 1st, J. Naftzger 5:10.9 - 4th**

Girls: **J. Rynkowski 6:25.3 - 2nd, B. Schofield 6:49.6 - 4th**

55 HH

Boys: **R. Harada 7.9/7.8 - 2nd**, Z. Stadulis 8.6

Girls: L. Veenhof 10.2, N. Lester 9.8, A. Schoff 10.4

55m

Boys: **K. Grant 6.5/6.6 - 4th**, R. Aono 7.1, E. McPherson 7.2, M. Curtis 7.9, W. Keeney 7.3, N. Iliev 7.8, P. Sanchez 7.3, G. Frey 7.8, A. Perez 7.3

Girls: K. Muccio 7.3, V Purritano 7.8, S. Juco 8.9, N. Ghazaii 8.2, A. Witschonke 9.2, R. Park 8.3, L. Kaul 8.4, V. Soriano 8.6, M. Dolan 8.3, S. Taggart 8.7, N. Venizelos 8.4

400m

Boys: K. Collins 60.5, N. DeVita 67.1, E. Rosenfeld 79.9

1600m

Boys: **W. Baginski 4:36.6 - 2nd, B. Rynkowski 4:36.9 - 3rd, S. Wagh 4:38.6 - 5th**, R. Fahey 4:51.2, D. Patterson 5:09.1, D. Kane 5:24.4, P. Baginski 5:21.8, T. Baginski 5:53.0, K. Neville 5:22.9, C. Martin 5:04.9, T. Barnabic 5:22.9, M. Boogaert 5:11.0 C. Roche 4:56.5

Girls: **O. Martin 5:12.5 - 1st**, C. Keyes 5:43.5, H. Fishbein 5:46.6, H. Driscoll 5:46.8, El. Tilyou 6:21.6, L. Pagano 6:17.1, S. Catalano 6:22.4

200m

Boys: **K. Grant 23.2 - 2nd**, R. Aono 25.3, E. McPherson 26.4, M. Curtis 28.2, W. Keeney 27.1, N. Iliev 28.1, E. Rosenfeld 30.1, C. Witschonke 28.9, G. Frey 29.7, A. Perez 26.8

Girls: **K. Muccio 26.6 - 4th**, V. Purritano 28.2, S. Juco 32.9, N. Ghazaii 30.7, A. Witschonke 35.6, R. Park 30.1, L. Kaul 31.2, V. Soriano 31.5, M. Dolan 30.9, A. Taggart 32.8, N. Venizelos 31.9

800m

Boys: **B. Rynkowski 2:04.7 - 4th**, C. Branca 2:12.9, I. Dartley 2:21.0, C. Shammass 2:14.4, E. Nold 2:29.6, J. Bini 2:43.3, P. Luby 2:32.5, M. Salzman 2:29.1, D. Pfeiffer 2:27.0

Girls: E. Kotch 2:38.3, S. Sheehy 2:37.8, J. Einemer 2:48.0, M. Skuthan 2:52.7, K. Hu 3:04

4x400

Boys: A) Z. Stadulis 53.0, W. Baginski 55.8, C. Branca 57.2, E. Wong 61.4 = 3:47.4

B) R. Aono 57.5, C. Roche 63.8, W. Keeney 63.7, E. McPherson 59.7 = 4:04.7

Girls: O. Martin 71.7, V. Purritano 66.1, E. Kotch 66.5, K. Muccio 62.6 = **4:26.9 - 4th**

Shot

Girls: **L. Uzoaru 37'11 - 1st**, M. Antonelli **22'1**, M. Halvorsen **21'1.5**, M. Carey **26'5.5**

Boys: **A. Englehardt 45'0 - 6th**, M. Toner **35'5**, N. Plasse **34'9.5**, N. Lung **29'10**, L. Otterstedt **25'5.5**, L. Shea **27'3**, J. Powers **22'2.5**, C. Hareas **36'5**, A. Toner **20'2**

LJ

Boys: R. Harada **19'6.5**, D. Romero **18'0**, Z. Stadulis **18'0**, M. Olsen **15'6.5**, P. Luby **15'1**

Girls: A. Schoff **14'2**

TJ

Boys: Z. Stadulis **38'11**, **D. Romero 41'3.5 - 2nd**, P. Sanchez **F**

Girls: L. Veenhof **31'8**, A. Schoff **31'10**

PV

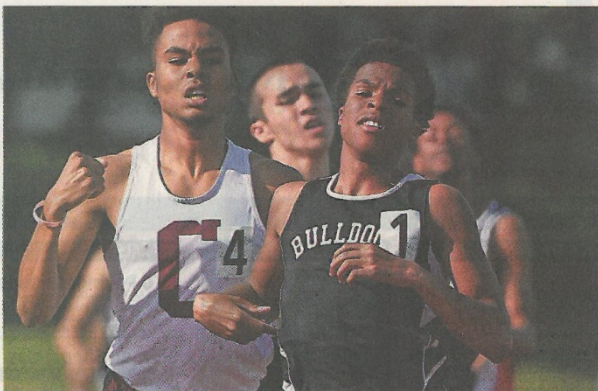
Boys: **R. Vimba 13'0 - 3rd**, D. Schechter **11'0**, E. Wong **NH**, C. Witschonke **NH**

Girls: **M. Earl 11'0 - 1st**, **N. Lester 10'0 - 3rd**

HJ

Boys: **R. Harada 6'0 - Tie 2nd**, **D. Romero 6'0 - Tie 2nd**, M. Olsen **NH**

Girls: **L. Veenhof 5'0 - 3rd**, A. Schoff **4'4**



Kevin Heredia of Clifton, left, won the 800 meters at the Track Universe Invitational.

MICHAEL KARAS/NORTHJERSEY.COM FILE

North Jersey athletes busy over holidays

PAUL SCHWARTZ
STAFF WRITER

North Jersey athletes were busy over the holiday break at four meets at the Armory Track Center in New York and at the Ocean Breeze Athletic Complex in Staten Island.

The largest North Jersey contingent competed at the Track Universe Invitational at the Armory on December 30th, where local teams made up about half of the field that included top teams from New York, New Jersey and Delaware.

Northern Highlands senior Tim DeLorenzo won two events taking the high jump on misses at six feet and jumping 41-4 1/2 in the triple jump. Ben Stein of Tenafly won the long jump with a leap of 20-6 1/2, but the field event standout was NV/Old Tappan's Seth Kricheff, who cleared 14 feet in the pole vault for the second time this winter.

Clifton's Kevin Heredia won the 800 in 2:01.7, while Ridgewood's Billy Byrne repeated his win in the 1,600 meter steeplechase in 5:04.3.

North Jersey girls won four of the five field events, with Ridgewood's Maxine Earl (11-0 pole vault) and Lexi Uzoaru (37-11 shot put) joining Lauren Stern of Mahwah (16-2 long jump) and Amanda Katz of Ramapo (36-0 1/2 triple jump) as gold medalists.

Olivia Florio of Northern Highlands set a personal indoor best of 26.0 seconds in the 200 while Lexi DelGizzo of Tenafly ran 58.5 to win the 400. Olympia Martin of Ridgewood took the 1,600 in 5:12.5, while Lexi Harris of Ramapo won the 1,600 steeplechase in 6:09.5. The Ramapo team of Stephanie Behrens, Bianca Capozzi, Taylor Pani and Sarah Adams won the 4-x-400 in 4:13.2.

Fair Lawn's Jessica Ippolito had an indoor personal best in the pole vault at 11-9 and moved into fourth place in Bergen County history when she won the event at the North Shore Invitational at the Armory on December 26.

Two days later, the Bergen Catholic distance medley team of Bilal Rabah, Justin Greenberg, Connor Secora and Caleb Shaia took the title at the NJCTC Relays, also at the Armory in a good early season time of 10:37.9, tops in New Jersey and No. 2 in the country in the early stages of the season. Don Bosco was second in the same race in 10:42.6, No. 5 in the country as of January 1.

Bergen Catholic also won the sprint medley in 3:38.6 with Shaia anchoring a team of Rahmir Johnson, Jahmel Johnson and Kevin DeLoughry. It ranks second in New Jersey and fourth nationally in the early season.

Other Bergen Catholic results included thirds in the 4-x-800 (8:25.9) and triple jump (72-7) and fourth in the 4-x-200 (1:34.0). Don Bosco's duo of Damon Washington and Zaair Talmadge won the long jump with a distance of 39-3 1/4, and the Ironmen took second in the triple jump (73-0 1/4) and the 4-x-800 relay (8:25.4).

Finally, Paramus Catholic enjoyed a nice day at the Ocean Breeze Holiday Festival on Dec. 30. Tiffany Bautista was third in the girls high jump (5-2), fourth in the long jump (16-10) and fifth in the triple jump (35-7 1/2), while Isabelle Dely was sixth in the 55 hurdles in 8.84.

Javon Turner was third in the boys high jump (6-4) and fourth in the 55 (6.63) and Alijah Jackson was seventh in the 55 (6.82) and sixth in the long jump (20-5 1/2).

MAGIC 115, KNICKS 103

Hornacek looking for Knick who can play 'D'

STEVE POPPER
STAFF WRITER, @STEVEPOPPER

NEW YORK - In some ways it was like any other game at Madison Square Garden. The wild applause for the assortment of celebrities and the wild applause for free T-shirts were in place. But once the T-shirt mega cannons were wheeled off and the celebrity spotlights on the scoreboard were done, all that was left was the product on the floor.

And the Knicks, desperate for a win in a return home, instead came up flat and were beaten up by a short-handed and supposedly tired Orlando Magic team. The Magic nearly went wire to wire, leading by as many as 18 as they coasted to a 115-103 win over the Knicks.

Knicks' president Phil Jackson was in his seat at the Garden for the first time since Dec. 7 - and that meant at least one of the Knicks showed up. With 1:50 to play, as Aaron Gordon hung on the rim after snaring an alley-oop lob for a dunk Knicks coach Jeff Hornacek called timeout and cleared the bench - something he probably could have done far earlier in the game.

"I have to find someone to play some defense," Hornacek said. "You can't come out beginning of the game, I think their first three or four baskets were three pointers. We've got to have better pride in that. You can't give the team hope. When you come out there on the road and you make three or four threes to start the game all of the sudden you're going, 'Yeah, we can win this game.'"

The Knicks entered the game losers of 7 of 9 and four straight and found themselves without Kristaps Porzingis, who was sidelined for the second straight game with a sore left Achilles. The team was boosted by the return of Courtney Lee, who had sat out the previous three games with fluid buildup on his right wrist. But they hardly looked healthy as a team.

Carmelo Anthony, who sat out the second half Saturday, was back in the starting lineup but looked sluggish on both ends of the floor. He hit 6-of-17 from the floor for a team-high 19 points, but gave up at least as many on the defensive end. He wasn't alone in that flaw either. Derick Rose had 18 points while



Frank Franklin II, AP
Magic's D.J. Augustin (14) drives past Knicks' Carmelo Anthony, left, during the first half of their game Monday night at the Garden.

Lance Thomas, starting in place of Porzingis, had 10 points.

This game was the start of a busy month for the Knicks in the new year, with 17 games and four back-to-back sets on the schedule. This game looked like a chance to get back on track before a home and home set with Milwaukee, but it never seemed like it once the game tipped off.

Orlando entered the game ranked 28th in the NBA's offensive rating - averaging just 98.2 points per game. But on this night they nearly reached that up in three quarters. Hornacek decried the effort Saturday, but pointed to a deeper issue this time.

"I think they're trying," Hornacek said. "We just must not be good enough defensively. We might have to start figuring out ways to trap, do some gimmicky defenses."

"I don't know what to say about that," Joakim Noah said. "I know I'm here and I feel like this group can do a lot better."

The Magic, after playing in Indiana Sunday night and without Evan Fournier, their leading scorer, piled up 67 points in the first half against the porous Knicks defense, hitting 9-of-15 from beyond the arc and 51 percent overall.

"Like I said, I don't think our guys aren't trying," Hornacek said. "Maybe we're just not capable of it. I don't know. That's what we're going to have to figure out."

KNICKS NOTES

Porzingis feeling better, but not yet ready to play

STEVE POPPER
STAFF WRITER, @STEVEPOPPER

Kristaps Porzingis had hoped to play in all 82 games this season, but he's down to 80 - and counting. Porzingis was forced to sit for a second straight game with a sore left Achilles, but is hopeful he'll be back Wednesday.

"I'm feeling better," Porzingis said. "This morning they checked my Achilles. It's still a little sore. It's getting bet-

straight games with fluid on his right wrist, was back in the starting lineup Monday.

He said that he had been bothered by the fluid buildup for a while, but it got worse when he took another hit to it on Christmas. Lee has still managed to hit 46.7 percent from beyond the arc, ranking him second in the NBA this season.

What's next for Kuzminskas?

The Knicks' 26-year-old rookie, Min-

Big North Frosh/Novice - RCC; Tuesday, January 3rd

55HH

Novice Boys: A. Ruhl **9.0/8.9**

Novice Girls: V. Morley **9.5/10/9.6**

55m

Novice Girls: F. Woods **7.9/7.9**, M. Dolan **9.1**, T. Saunders **9.1**, K. McDowell **9.2**, L. Benjamin **8.1**

Frosh Boys: G. Frey **7.4**, A. Meyer **7.6**, R. Aono **7.3/7.3**, W. Keeney **7.3/7.5**, E. McPherson **7.5**

Novice Boys: S. Do **7.1/7.1**, E. Wong **7.4**, P. Dauber **8.3**, A. Perez **7.4**

3200m

Novice Boys: R. Fahey **10:44.2**, M. Boogaert **11:12.2**

400m

Novice Girls: V. Soriano **73.5**

Novice Boys: R. Kato **56.7**, K. Collins **57.4**, A. Ruhl **58.8**, N. DeVita **66.0**, N. Iliev **62.7**

4x800m Relay

Frosh Boys: A. Sheridan **2:29.6**, T. Barnabic **2:33.1**, M. Zamboldi **2:27.7**, K. Nikias **2:35.9 = 10:06.7**

1600m

Frosh Girls: J. Einemer **6:19.4**, M. Rossignol **6:16.9**

Novice Girls: S. Catalano **6:24.7**, B. Schofield **5:59.3**, J. Rynkowski **5:58.2**, E. Tilyou **6:18.3**

Frosh Boys: C. Roche **5:14.0**,

Novice Boys: R. Fahey **5:02.1**, D. Patterson **5:07.9**, I. Dartley **5:19.6**, M. Salzman **5:39.5**, K. Neville **5:23.1**,

C. Martin **5:08.9**, D. Kane **5:18.6**, T. Baginski **5:43.2**

200m

Frosh Girls: N. Venizelos **32.8**, N. Sheehan **32.7**, N. Tobdzic **33.4**

Novice Girls: V. Purritano **29.6**, N. Ghazaii **31.6**, S. Juco **31.3**, S. Taggart **33.1**, F. Woods **29.0**, M. Dolan **31.7**, L. Benjamin **34.2**, A. Witschonke **36.8**, R. Park **32.7**, T. Saunders **34.0**

Frosh Boys: G. Frey **31.0**, A. Meyer **27.1**, R. Aono **26.7**, W. Keeney **27.0**, E. McPherson **26.4**

Novice Boys: S. Do **26.1**, A. Ruhl **27.1**, A. Perez **26.4**

800m

Frosh Girls: K. Hu **3:12.9**, J. Douaihy **3:19.0**, S. Saunders **3:14.3**

Novice Girls: M. Skuthan **2:55.9**, C. Kandel **3:18.0**

Frosh Boys: C. Roche **2:25.2**, M. Zamboldi **2:34.1**, T. Barnabic **2:32.2**, K. Nikias **2:28.8**, A. Sheridan **2:28.0**, J. Bini **2:50.4**

Novice Boys: C. Shammas **2:15.2**, M. Neville **2:41.2**, J. Price **2:41.2**, E. Nold **2:34.0**, P. Luby **2:37.9**, D. Pfeiffer **2:22.1**, D. Cho **2:28.9**

4x400m Relay

Frosh Boys: E. McPherson **61.9**, A. Meyer **60.5**, W. Keeney **63.8**, R. Aono **60.3** = **4:06.5**

Novice Boys: R. Kato **57.6**, A. Ruhl **59.4**, R. Fahey **62.5**, M. Faherty **61.1** = **4:00.4**

Novice Girls: V. Morley **67.0**, F. Woods **68.3**, N. Ghazaii **70.7**, V. Purritano **69.5** = **4:35.9**

Long Jump

Novice Girls: V. Purritano **14'4.5**, V. Morley **12'4**

Frosh Boys: P. Sanchez **13'9**

Novice Boys: P. Luby **16'8**, M. Olsen **15'1**

Triple Jump

Novice Girls: V. Morley **27'0.75**

Frosh Boys: P. Sanchez **35'10.75**

High Jump

Novice Boys: M. Faherty _____, M. Olsen _____, K. Collins _____

Pole Vault

Novice Boys: E. Wong _____, C. Witschonke _____

Shot

Novice Girls: M. Halvorsen **20'2**

Frosh Boys: L. Otterstedt **28'2**, A. Toner **21'6**

Novice Boys: C. Hareas **35'9.5**, M. Toner **35'6**, N. Lung **29'8**, C. Murphy **28'1.5**, L. Shea **27'8.5**,
J. Powers **22'10.5**

Big North Champs. - Armory; Sunday, January 8th

55 HH

Boys: R. Harada 8.71, Z. Stadulis 8.58/8.61 - 4th, M. Bartlik 8.42/8.62 - 5th

Girls: N. Lester 9.80/9.55 - 2nd, V. Morley 9.37/9.68 - 3rd, M. Earl 10.35

55m

Girls: K. Muccio 7.59/7.55 - 2nd, N. Ghazaii 8.25, R. Park 8.74

Boys K. Grant 6.81/6.74 - 1st, S. Do 7.16/7.14 - 4th,

3200m

Girls: O. Martin 11:31.85 - 1st, H. Fishbein 11:59.97 - 6th, B. Schofield 12:42.74

Boys: B. Byrne 9:45.86 - 1st, S. Wagh 9:53.88 - 3rd, R. Fahey 10:27.90

4x800m

Girls: H. Driscoll 2:43.9, L. Pagano 2:46.9, J. Rynkowski 2:26.9, M. Adams 2:37.9 = 10:36.14 - 3rd

Boys: B. Rynkowski 2:02.9, C. Branca 2:09.8, B. Zamboldi 2:07.5, W. Baginski 2:03.5 = 8:24.14 - 2nd

400m

Girls: V. Purritano 63.50 - 4th, V. Morley 64.67 - 6th, R. Park 72.24

Boys: Z. Stadulis 53.14 - 3rd, K. Collins 54.11 - 4th

800m

Girls: M. Adams 2:27.87 - 1st, E. Kotch 2:32.10 - 3rd, J. Einemer 2:44.54

Boys: W. Baginski 2:11.15 - 1st, B. Zamboldi 2:13.72 - 5th, C. Branca 2:18.32

200m

Girls: K. Muccio 26.52 - 2nd, V. Purritano 28.16, N. Ghazaii 30.54

Boys: K. Grant 23.35 - 1st, R. Aono 24.87 - 6th, S. Do 25.01

1600m

Girls: O. Martin 5:23.38 - 1st, C. Keyes 5:31.63 - 3rd, M. Rossignol 6:06.19

Boys: B. Byrne 4:27.64 - 1st, B. Rynkowski 4:35.19 - 4th, S. Wagh 4:39.00

4x400m

Girls: M. Adams 63.9, V. Purritano 62.2, E. Kotch 64.5, K. Muccio 62.5 = 4:13.49

Boys: K. Collins 53.9, K. Grant 56.9, S. Do 56.9, W. Baginski 54.9 = 3:43.56

TJ

Girls: L. Veenhof 30'0.5, A. Schoff 32'1.75 - 4th, V. Morley

Boys: D. Romero 41'3.25 - 1st, M. Bartlik 41'0.75 - 2nd, Z. Stadulis 38'9.25 - 6th

LJ

Boys: R. Harada 19'6.5 - 2nd, M. Bartlik 17'9, D. Romero 18'9.5

Girls: A. Schoff 14'9, V. Purritano 14'11.25 - 6th

HJ

Girls: L. Veenhof 4'10 - 1st, A. Schoff NH

Boys: R. Harada 5'10 - 2nd, D. Romero 5'10 - 3rd, M. Bartlik 5'8 - 4th

PV

Girls: M. Earl 10'0 - 2nd, N. Lester 10'6 - 1st

Boys: R. Vimba 13'0 - 2nd, D. Schechter 12'0 - 3rd, E. Wong 9'0 - 6th

Shot

Boys: A. Engelhardt 46'4.5 - 2nd, N. Plasse 39'0

Girls: L. Uzoaru 37'10.5 - 1st, M. Carey 27'5 - 4th

Jozefczyk has a huge day at Big North's division meet

Wins 3,200, 2nd in 1,600, lifts Clifton to Liberty title

PAUL SCHWARTZ
SPECIAL TO NORTHERSEY.COM

NEW YORK — New faces played major roles on the first day of the Big North divisional indoor track and field championships at the Armory Track Center on Sunday morning.

But it was an old, familiar face that had the brightest smile and perhaps the biggest role in one of the eight team championships awarded.

Meghan Jozefczyk, the Passaic County cross-country champion as a sophomore, had never approached those heights in the intervening 2 ½ years because of various health and other problems, but sparkled for Clifton, winning the 3,200 and taking second in the 1,600 with major personal bests to lead the Mustangs to their first Liberty division girls since 2013, 155-143½, over three-time defending champion Passaic Tech.

Passaic Tech's boys won their seventh straight Liberty title by 47 points over Clifton, Northern Highlands its fifth straight Freedom girls title over Ridgewood, 165-139, and Paramus Catholic its third straight United girls title, 79-68, over IHA and Wayne Hills took its second straight Independence girls title, 116-107, over Fair Lawn.

Ridgewood (Freedom boys), Bergen Catholic (United boys) and Wayne Valley (Independence boys) also won titles by margins of 56 to 93 points.

But it was Jozefczyk's heroics that captured much of the attention, especially on the girls side.

The Clifton senior looked sensational in breaking away from longtime rival Sarah Shannon early in the meet, running a 30-second personal best in the 3,200 (11:45.59), the fastest indoor time by a Mustang girl in 28 years.

The win put a smile on her face that would not fade even after Shannon came back to nip her at the finish line in the 1,600 three hours later.

"Even in that race she had a big PR," said Clifton coach Mike Rogers. "Nothing's been easy for her. She's been hurt, she's been sick, other things have happened in her life over the last few years. It's hard not to cheer for her if you know what she's been through."

"Today we didn't even talk as a team about winning the meet, just focusing on our own performances and getting PR's," said Rogers. "And all of our kids stepped up and got them."

There were several spectacular performances on the boys side. Bergen Catholic sophomore Rahmir Johnson, disappointed in a tight third-place finish in the 55 despite a personal best (and New Jersey No. 7) 6.58, came back and ran the second-fastest indoor 200 in Bergen County history (and New Jersey No. 1), a sizzling 22.12.

Kennedy senior Jason Thobourne qualified for the Penn Relays by clearing 6-7, breaking a 25-year-old school record in the process and winning the Liberty high jump. BC sophomore Jayse Bradley won the United high jump in a meet record 6-4, in just his second meet, beating defending state outdoor champ Javon Turner of Paramus Catholic. Don Bosco's Joe Erskine set United records in both the 1,600- and 3,200-meter runs.

On the girls side, Northern Highlands got scoring performances from 21 different individuals and Julia Healy continued her breakout season with a win in the Freedom 400 and four medals in all.

West Milford's Kalleen Rose Ozanic, in her first year of indoor track, won the 55, high jump and long jump in the Independence division and just missed a fourth gold by 1¼" in the triple jump.

Distance stars Olympia Martin and Billy Byrne of Ridgewood (Freedom), Taylor Domico of Wayne Hills (Independence) and Mackenzie Hughes of Holy Angels (United) were all outstanding in scoring 1,600-3,200 doubles.

Ridgewood Winter Games - RCC; Wednesday, January 11

55HH

Novice Boys: A. Ruhl 8.5, 8.8 - 2nd

55m

Frosh Boys: R. Aono 7.5/7.2 - 3rd, W. Keeney 7.6/7.2 - 2nd, P. Sanchez 7.4/7.6 - 5th, A. Meyer 7.8,
G. Frey 8.1

Novice Boys: E. Wong 7.5

Frosh Girls: N. Venizelos 8.4/8.5 - 5th, N. Sheehan 8.4/8.6, N. Tobdzic 8.4

Novice Girls: F. Woods 8.3/8.0/8.2 - 5th, S. Juco 9.1, S. Taggart 8.6, R. Park 8.6, L. Kaul 8.6

3200m

Varsity Boys: R. Fahey 10:20.1 - 1st

600yd

Frosh Girls: K. Hu 1:54.6, J. Douaihy 1:56.1

Novice Boys: A. Ruhl 1:33.5

Novice Girls: M. Skuthan 1:47.6

4x800m

Varsity Girls: S. Catalano 2:54.1, M. Rossignol 2:49.3, E. Tilyou 2:53.6, L. Pagano 2:52.8 = 11:30.3

300yd

Frosh Boys: R. Aono 37.7 - 3rd, A. Meyer 39.3, W. Keeney 38.6

Frosh Girls: N. Venizelos 47.3, N. Sheehan 47.8

Novice Boys: A. Ruhl 36.9, P. Luby 37.7, N. Iliev 40.4, N. DeVita 41.0,

Novice Girls: Varsity Girls: F. Woods 42.4 - 5th, S. Juco 48.1, S. Taggart 49.9, R. Park 47.2, L. Kaul 48.9

1600m

Frosh Boys: C. Roche 4:56.3 - 1st, A. Sheridan 5:11.4 - 2nd, K. Nikias 5:12.0 - 3rd, M. Zamboldi 5:21.3 - 4th,
T. Carlson 5:24.3 - 5th

Frosh Girls: J. Einemer 6:11.7 - 5th

Novice Boys: C. Martin 5:05.1 - 3rd, E. Tilyou 5:12.2 - 4th, C. Shammas 5:12.5 - 5th, D. Cho 5:16.3,
D. Pfeiffer 5:19.6, D. Kane 5:23.2, M. Salzman 5:34.0, P. Baginski 5:34.6, T. Baginski 5:38.4, J. Price 5:39.4,
E. Nold 5:55.7

Varsity Boys: R. Fahey 5:15.0

4x400m

Frosh Boys: P. Sanchez 61.9, A. Meyer 59.6, W. Keeney 61.9, R. Aono 57.0 = 4:00.7 - 1st

Novice Boys: P. Luby 60.9, D. Cho 61.7, C. Shammass 58.5, A. Ruhl 57.2 = 3:58.4 - 2nd

LJ

Varsity Boys: P. Luby 17'6.5

TJ:

Varsity Boys: M. Olsen 35'3.5

Frosh Boys: P. Sanchez F

HJ

Novice Boys: M. Olsen 5'0

PV

Varsity Boys: E. Wong NH, C. Witschonke NH

Shot

Frosh Boys: L. Otterstedt 30'7.75 - 1st

Novice Boys: M. Toner 33'9.25, N. Lung 30'11, L. Shea 26'8, C. Murphy 24'4, J. Powers 20'10

Novice Girls: M. Antonelli 23', M. Halvorsen 21'4.5

State Group IV Relays - Toms River; Saturday, January 21

Distance Medley (1200, 400, 800, 1600)

Boys: W. Baginski, K. Collins, B. Rynkowski, B. Byrne 10:49.86 – 6th Place

Girls: M. Adams, K. Muccio, E. Kotch, O. Martin **DQ**

Shuttle Hurdles

Boys: Z. Stadulis, D. Romero, A. Ruhl, R. Harada **33.79**

Girls: V. Morley, M. Earl, A. Schoff, N. Lester **36.51**

4x200

Boys: R. Aono, J. Chun, S. Do, K. Grant **1:39.18**

4x800

Boys: B. Zamboldi, M. Robazza, J. Naftzger, B. Rynkowski **8:33.59**

Girls: S. Sheehy, H. Fishbein, J. Rynkowski, C. Keyes **10:30.92**

Sprint Medley (400, 200, 200, 800)

Boys: Z. Stadulis, S. Do, K. Grant, B. Byrne **3:49.42**

Girls: V. Morley, K. Muccio, V. Purritano, O. Martin **4:34.28**

High Jump

Boys: R. Harada **5'10**, D. Romero **5'10 = 11'8**

Girls: L. Veenhof **4'8**, A. Schoff **4'2 = 8'10**

Pole Vault

Boys: R. Vimba **13'6**, D. Schechter **11'6 = 25'0 – 2nd Place**

Girls: M. Earl **NH**, N. Lester **NH**

Shot:

Boys: A. Engelhardt **43'3**, N. Plasse **35'4.5 = 78'7.5**

Girls: L. Uzoaru **35'5**, M. Carey **26'3.5 = 61'8.5**

County Relays - Armory; Wednesday, January 25

Shuttle Hurdles

Boys: Z. Stadulis 7.8, M. Bartlik 7.8, A. Ruhl 7.8, R. Harada 7.4 = 31.0 - 2nd Place

Girls: V. Morley 8.3, M. Earl 9.1, A. Schoff 9.2, N. Lester 8.8 = 35.2 - 4th Place

4x1600m

Boys: W. Baginski 4:26.9, B. Rynkowski 4:29.2, S. Wagh 4:30.6, B. Byrne 4:28.3 = 17:55.2 - 1st Place

Girls: C. Keyes 5:29.7, H. Driscoll 5:34.1, M. Adams 5:30.5, O. Martin 5:28.3 = 22:02.2 - 1st Place

4x200m

Boys: M. Tai 23.6, S. Do 24.4, J. Chun 23.8, K. Grant 22.7 = 1:34.8 - 1st Place

Girls: V. Purritano 27.3, M. Earl 29.9, V. Morley 28.3, K. Muccio 26.6 = 1:52.0 - 3rd Place

4x800m

Boys: M. Robazza 2:05.4, J. Naftzger 2:07.6, B. Zamboldi 2:04.2, B. Byrne 1:57.4 = 8:14.3 - 2nd Place

Girls: E. Kotch 2:26.1, J. Rynkowski 2:34.3, S. Sheehey 2:33.5, O. Martin 2:23.7 = 9:57.3 - 2nd Place

Sprint Medley (400, 200, 200, 800)

Boys: M. Tai 51.8, K. Grant 22.7, S. Do 24.9, W. Baginski 1:59.5 = 3:39.1 - 1st Place

Girls: K. Muccio 63.4, V. Morley 26.2, V. Purritano 27.5, M. Adams 2:26.9 = 4:24.0 - DQ

Distance Medley (1200, 400, 800, 1600)

Boys: S. Wagh 3:19.9, J. Chun 53.7, B. Rynkowski 2:02.9, B. Byrne 4:38.8 = 10:54.8 - 3rd Place

Girls: H. Fishbein 4:06.9, E. Kotch 63.4, C. Keyes 2:33.6, O. Martin 5:14.6 = 12:58.3 - 1st Place

4x400m

Boys: Z. Stadulis 52.9, W. Baginski 52.4, K. Collins 53.9, M. Tai 52.7 = 3:32.1 - 1st Place

Girls: V. Purritano 63.9, E. Kotch 64.7, M. Adams 65.5, K. Muccio 62.7 = 4:16.8 - 5th Place

LJ

Boys: R. Harada 19'2, D. Romero 19'0 = 38'2 - 3rd Place

Girls: V. Purritano 14'9, A. Schoff 14'9.5 = 29'6.5 - 4th

TJ

Boys: M. Bartlik 42'2.25, D. Romero 38'4.5 = 80'6.75 - 5th Place

Girls: A. Schoff 32'6, L. Veenhof 32'0 = 64'6 - Tie 6th Place

HJ

Boys: R. Harada 6'0, D. Romero 6'0 = 12'0 - 2nd Place

Girls: L. Veenhof 5'2, A. Schoff 4'6 = 9'8 - Tie 1st Place

PV

Boys: R. Vimba 13'0, D. Schechter 11'0 = 24'0 - Tie 1st Place

Girls: M. Earl 11'0, N. Lester 11'0 = 22'0 - 1st, New School Record AND New Meet Record!!!

Shot

Boys: A. Engelhardt 43'7.25, N. Plasse 36'3 = 79'10.25 - Tie 5th Place

Girls: L. Uzoaru 36'6.5, M. Carey 27'3 = 63'9.5 - 2nd Place

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First-timers shine brightly at Relays

PAUL SCHWARTZ
NORTHJERSEY.COM

NEW YORK — It was a very good night for first timers at the Bergen County Relays Wednesday night.

Pascack Hills won its first ever boys small schools title, holding off a Fort Lee rally behind great efforts from their distance and jumps teams, while Bergen Catholic (Non-Public) and Ridgewood (Large Schools) won boys titles under first year head coaches.

Two schools not normally known as powers battled down to the 4-x-400 relay in the small schools division before Pascack Hills prevailed, 72-66.

The Cowboys were third in the final event behind Fort Lee to clinch their title and left their head coach nearly speechless.

"We originally planned to come here and just go for some school records," said Hills coach Ross Koehler. "But I spent the week on MileSplit (a website

that shows event rankings) and I realized that we had a shot."

A win in the 4-x-1,600 got the Cowboys off to a great start, and the rest of the meet also went well.

"We have an awesome sophomore jumper in Liam Landau and when Lucas Tomaselli almost went 40 in the triple jump at the Frosh-Novice meet (last week), I knew we would do well in the jumps."

The Cowboys took seconds in all three jumps and combined with 26 points in the distance events, was enough to hold on.

Bergen Catholic coach Joe Lee was pleased with his team's dominating win in the Non-Public division. But he is more excited to see what his team can do against the state powers when the spring season ends in June.

"If this team can keep progressing and gaining the knowledge and tech-

See RELAYS, Page 85



Rachel McMahon, 17, of Glen Rock, was part of the winning shuttle hurdle team at the Bergen County Indoor Track Relays at The Armory in New York City on Wednesday.

KEVIN R. WEXLER/NORTHJERSEY.COM

Relays

Continued from Page 75

nique the way we think they can, we hope to compete against CBA and Union Catholic in the Non-Public A championship in the spring," said Lee, whose team destroyed Don Bosco, 97-50.

Interim head coach Patrick Ryan led Ridgewood to an easy 88 1/2-64 1/2 win over Northern Valley/Demarest in the large school meet but the hardest part might have been getting the team to refocus after a difficult meet in the state relays Saturday.

"We went there knowing we weren't going to win on Saturday but we didn't have a good day at all," said Ryan. "But we had a nice talk on the bus ride coming home and came out tonight ready from the first event."

Wins in two of the first four events and seconds in the other two, got the Maroons off to a flying start and with Alan Wedemeier winner Billy Byrne contributing big legs in the 4-x-800, 4-x-1,600 and distance medley were never headed.

First year head coach Matt Joyce was very happy, after his team earned a hard-fought 80-68 win over Holy Angels to win the Non-Public A title that was clinched even before the final event.

"I'm very very happy because of the

kids like Giavanna (Tabbachino), Megan (Brockmeier) and Christian (Rasnake) who sacrificed by doing four events in what we do would be a very close event.

Northern Highlands earned a surprise second place finish in the triple jump behind Julia Healy and Maria Weck, which provided the difference in a 73-70 1/2 win over Ridgewood.

"The 4-x-800 set the tone when Elizabeth Healy and Grace Smiechowski took 12 seconds off their previous best and Julia Healy held off (NV/Old Tappan's) Caroline O'Sullivan to win the race," said Highlands coach Tom Buono.

INDOOR TRACK NOTES

Bergen County Relays is a showcase of top performances

PAUL SCHWARTZ
STAFFWRITER

Wednesday's Bergen County Relays as usual, produced some of the best performances of the year. And as is the tradition at the meet, awards were given to the outstanding male and female performers of the evening.

The Alan Wedemeier Award for outstanding boys performer, named for the former Waldwick star, who was killed in service to America, went to Billy Byrne of Ridgewood, who outstanding anchor legs of 1,600 on the Maroons' winning 4-x-800 team which qualified for Nationals, a speedy 1:57.4 on the 4-x-800 and a gutty anchor on the distance medley which clinched Ridgewood's fourth large school team title in five years.

The Lou Molino Award for outstand-

ing girls performer, named for the legendary Ramsey coach and athletic director, who passed away in 2011, went to Julia Healy of Northern Highlands, who is continuing her breakout season with a spectacularly versatile performance. Healy had a near career best triple jump of 34-8 1/2, helping the Highlanders clinch the large school meet for only the second time in school history with a surprise second place finish in the event.

GOOD NEWS AND BAD NEWS: Jessica Ippolito of Fair Lawn had a difficult day at the same meet, through no fault of her own. She had a seasonal best of 15-6 in the long jump, which normally would have been enough to team for a large school first place finish, but got nothing when her teammate fouled all three jumps. Then in her best event, the pole vault, Ippolito, who placed in the event at

the State Meet of Champions at both the indoor and outdoor meets last year, looked terrific in clearing 10-6 and was primed to approach her personal best of 12 feet. But meet management determined that her team would not improve its standings if she continued to jump and due to the lateness of the hour, stopped her from jumping higher.

WELCOME BACK: Wednesday saw the return to the Armory of Ramsey junior Lindsay McNeill, a second team all-Bergen cross-country runner last fall.

LOOKING AHEAD: Monday is the Passaic County championships, held for the first time at Ocean Breeze in Staten Island, and the Ed Church Invitational at the Rothman Center. Tuesday is the third Garfield high jump/shot put meet and the first late season invitational, the Met, is at the Armory on Wednesday.

Staying in their Lanes: Looking back at Counties

VARSITY ACES

Paul Schwartz, Staff Writer

11:12 a.m. ET Jan. 31, 2017

25 Shares



The last week featured arguably the two most important team championships of the indoor track season, the Bergen County Relays last Wednesday at the Armory and last night's Passaic County Championships at the Ocean Breeze Athletic Complex on Staten Island.



Will Bagaski runs the first leg of the 4x1 mile for Ridgewood at the Bergen County Indoor Track Relays at The Armory in New York City. (Photo: Kevin Wexler/NorthJersey.com)

While there are seven Big North Divisional championships and the NJIC meet held earlier in the month and the next two Saturdays see sectional championships involving all North Jersey teams, the County meets retain their singular importance for two reasons:

1. The division meets in the Big North are too small (4 to 6 teams)
2. The sectional meets and NJIC meets are too diverse in membership to allow for meaningful intra-county competition. The sectional meets include teams from Essex, Hudson, Sussex, Morris, Bergen and Passaic Counties and the NJIC includes Bergen, Passaic and Hudson teams.

While it is true that the Bergen Relays has diluted itself a little by going from two to three divisions and isolating the Non-Public teams, each of the races is head-to-head with the fastest teams in each event running in the same heat but being scored separately. And the Passaic meet is the only time all season, each of the 15 teams in the county are all in the same meet.

That led to some outstanding performances, which might have been overlooked in the battle for the team titles.

BERGEN RELAYS: There were six group or meet records set, not including those in the Non-Public division which is only in its second year.

The Englewood boys 4-x-200 team took more than two seconds off of the 1:33.5 run in 2006 by a previous Maroon Raider team when Kieran Hillary, Lisandro Ulerio, Cedric Martin and Quanzie Lumsden ran 1:31.4, the eighth fastest time in Bergen indoor history and the fastest in five years.

Mahwah's small school sprint medley team of Evan Bonfield, Connor Laurent, Ebner Edwards and James Nagotko ran 3:40.4 to erase the 3:41.1 mark first run by Westwood in 1998 and equalled by Ramsey in 2014.

The Ridgewood girls pole vault team of Nicole Lester and Maxine Earl both made 11 feet and their 22 feet total in a relay broke the existing large group record of 21 feet set by Ramapo in 2013 and tied the following year. It was also five inches better than the previous meet record of 21-7 set by NV/demarest last year.

The Pascack Hills quartet of Nicole Vadon, Kai Lash, Erin Buquicchio and Hannah Figueroa reduced the small schools record from 1:47.9 to 1:47.6 with Buquicchio and Figueroa involved in both records.

Glen Rock's shuttle hurdles team of Hannah Vanderwall, Selma Sose, Rachel McMahon and Alethia Jadick, ran 33.7 and took a tenth over Ramsey's 2015 record in the small school event.

The Paramus Catholic duo of Faith Sutton (17-2) and Tiffany Bautista (17-0) became the first pair to jump 17 feet or more in the long jump and the 34-2 combination is a Bergen County record.

And in events where no meet records were set, there were some amazing performances. Ridgewood's 4-x-1600 relay ran 17:55.2, a time bettered only six times in county history. Northern Highlands 12-2 two man high jump team now ties for eighth on the all-time list. Fort Lee's 85-3 two-man performance in the triple is sixth all-time.

Paramus Catholic's girls ran 1:45.6 in the 4-x-200, tied for fourth all-time, while Northern Highlands' 1:46.7 places it 10th. PC's triple jump two girl total of 69-8 1/2 is fifth all-time.

Ed Church Invitational - FDU; Monday, January 30

55 HH

Varsity Boys: A. Ruhl **8.9**

55m

Novice Girls: F. Woods **8.7**, S. Juco **8.9**, M. Dolan **8.5**, R. Park **8.5**, S. Taggart **7.9**, L. Kaul **8.8**

Frosh Boys: E. McPherson 7.6/ 7.2/ 7.2 - 4th Place, R. Aono **7.5/ 7.3**, W. Keeney **7.8**, P. Sanchez **7.6**, G. Frey **7.7**, M. Curtis **7.7**

1600m

Varsity Boys: C. Martin **5:07.0**

Varsity Girls: B. Schofield **5:59.2**, M. Rossignol **6:03.1**, E. Tilyou **6:10.2**

4x800m

Frosh Boys: K. Nikias 2:27, M. Zamboldi 2:27, T. Barnabic 2:31, A. Sheridan 2:22 = 9:48.7 - 1st Place

400m

Varsity Boys: A. Ruhl **59.3**, R. Aono **58.3**

4x800m

Novice Boys: E. Tilyou **2:25.4**, M. Salzman **2:29**, D. Kane **2:28**, C. Martin **2:23 = 9:50.5**

200m

Novice Girls: F. Woods 29.6 - Tie 6th Place, S. Juco **32.0**, M. Dolan **31.2**, R. Park **32.1**, S. Taggart **32.5**, L. Kaul **31.0**

Frosh Boys: R. Aono **25.5 - 2nd Place**, E. McPherson **26.9**, A. Meyer **26.9**, G. Frey **27.9**, M. Curtis **28.5**

800m

Novice Boys: D. Pfeiffer **2:29.0**, D. Kane **2:30**, M. Salzman **2:40**, D. Cho **2:25.4**, T. Baginski **2:27**, J. Price **2:40**, P. Baginski **2:32**

Novice Girls: M. Skuthan 2:53.2 - 5th Place

Frosh Boys: T. Carlson **2:30.1**, J. Bini **2:46**, A. Olivo **2:53**

Frosh Girls: J. Einemer 2:44.7 - 3rd Place, S. Saunders **3:05**

4x400m

Frosh Boys: A. Meyer 62.4, E. McPherson 61.8, W. Keeney 58.0, R. Aono 58.2 = 4:01.5 - 1st Place

Locals look to make impact in state championship series

PAUL SCHWARTZ
STAFF WRITER

The month-long state championship series gets under way at the Bennett Center in Toms River with the Group 1 and Group 4 meets Friday, Saturday and Sunday.

The North 1, Group 1 boys meet Saturday at 3:30 p.m. is likely to have a new team champion, with Hasbrouck Heights, winners of the last two sectional titles and six of the last seven, missing many of its top athletes, who are competing in other winter sports. The team favorite might be NJIC champion Hawthorne, led by Kyle Woodward, the projected top seed in the 55, 400 and high jump. Mountain Lakes is solid as is NJIC runner-up Glen Rock, and Bogota, with only three entrants, distance stars Danny Daurio, James Draney and Cole Geraghty, could score over 40 points in the 1,600 and 3,200 alone. Hasbrouck Heights has some depth but no real stars and is likely to be happy with a top five finish.

Hasbrouck Heights should battle defending champion Mountain Lakes for the girls title, although Hawthorne, Glen Rock and Wallkill Valley could also contend. Hawthorne's Nicole Bertollo, Megan Gasnick of Park Ridge and Kathleen Ashley of Verona figure to hook up in a great 400 race.

In the nine years since indoor sectionals started in 2008, no team has ever gone back to back in the North 1, Group 4 boys meet. But Ridgewood has a chance to break that streak (and win a record fourth title) one year after a come-from-behind 42-41-40 win over Randolph and Morristown. Sprinter Kobi Grant, middle distance star Will Baginski, distance standout Billy Byrne, jumpers Ray Harada and Dan Romero and pole vaulter Ryan Vimba are all at or near the top of the sectional

rankings in their events. Morristown and Randolph are strong again, with Clifton and Kennedy also dangerous.

Ridgewood and Randolph have dominated the girls meet combining for seven of the nine titles won to date. The two teams appear to be the top contenders again this winter with Montclair, runners-up the last two years waiting to pounce if either team falters. The key might be in the distance races where Randolph is favored but Ridgewood, led by two-time Group 4 cross-country champion Olympia Martin could break even. If so, then Lizzie Veenhof in the high jump and Katherine Muccio in the sprints could give the Maroons an edge. Carly Spinnler of Passaic Tech and Aleyns Morales of Clifton could also have an impact in the 800 and hurdles, respectively.

MAJOR EXPOSURE: With the Group 2 and 3 sectionals set for next weekend, Jeff Roberts of Pascack Valley and the Indian Hills boys 4-x-800 team will get a chance to perform at the Armory Track Invitational Friday and Saturday in New York, as part of a top-notch college meet.

Roberts, off his outstanding 2:31.30 clocking in the 1,000 two weeks ago, will run the race again in a packed field that includes outdoor 800 state champ Rey Rivera of Old Bridge and state cross-country champ Elliott Gindi of Ocean City. That race goes at 6 p.m. Friday. Saturday, the Indian Hills boys run at 4:10 p.m. and hope to become North Jersey's first sub-8 minute team this winter.

LOOKING AHEAD: Monday sees the second big late-season invitational at the Armory, the Varsity Classic, now in its 24th running, and Tuesday is the last meet of the year at Fairleigh Dickinson, The Lou Molino Memorial.

Sectionals - Toms River; Saturday, February 4th

400m

Boys: M. Tai **53.57**, Z. Stadulis **54.18**, J. Chun **55.63**

Girls: K. Muccio **61.02 - 2nd Place**, V. Purritano **64.00**, V. Morley **64.15**

1600m

Boys: B. Byrne **4:24.89 - 1st Place**, W. Baginski **4:28.76 - 5th Place**, B. Rynkowski **4:34.72**

55 HH

Boys: R. Harada **8.36/8.24 - 4th Place**, Z. Stadulis **8.73**, M. Bartlik **8.37**

Girls: V. Morley **9.46**, N. Lester **10.06**, A. Schoff **10.44**

1600m

Girls: O. Martin **5:03.26 - 1st Place**, C. Keyes **5:28.62**, J. Rynkowski **5:48.31**

800m

Boys: W. Baginski **2:02.42 - 6th Place**, B. Zamboldi **2:06.2**, M. Robazza **2:03.16**

55m

Boys: K. Grant **6.76/6.69 - 1st Place**, M. Tai **7.03**, S. Do **7.10**

Girls: K. Muccio **7.56/7.50 - 2nd Place**, V. Purritano **7.91**

800m

Girls: M. Adams **2:23.76 - 4th Place**, E. Kotch **2:27.94 - 6th Place**, S. Sheehey **2:32.88**

3200m

Boys: B. Byrne **9:40.64 - 1st Place**, S. Wagh **9:46.21 - 2nd Place**, R. Fahey **10:27.51**

Girls: O. Martin **10:53.32 - 1st Place, New Sectional Record!!**, H. Fishbein **12:00.88**, H. Driscoll **12:08.35**

4x400

Boys: W. Baginski, Z. Stadulis, J. Chun, M. Tai = **3:34.51 - 6th Place**

Girls: V. Purritano, E. Kotch, M. Adams, K. Muccio = **4:15.33 - 3rd Place**

PV

Boys: R. Vimba **13'6 - 1st Place**, D. Schechter **11'0**, E. Wong **10'0**

Girls: M. Earl **9'6 - Tie 2nd Place**, N. Lester **10'6 - 1st Place**

HJ

Boys: R. Harada **5'10 - 4th Place**, D. Romero **5'10 - 5th Place**, M. Bartlik **5'8**

Girls: L. Veenhof **4'10 - 4th Place**, A. Schoff **NH**

Shot

Girls: L. Uzoaru **33'0.75 - 4th Place**, M. Carey **28'8.5**

Boys: N. Plasse **35'11.25**, M. Toner **32'7.25**

Byrne helps Maroons win 2nd straight title

PAUL SCHWARTZ
STAFFWRITER

TOMS RIVER - Billy Byrne returned for his senior year with the same talent he had flashed through his distance running career, but with a new confidence and determination.

Everybody has noticed. And as a result, his distance double at the North 1 Group 4 sectional Saturday night at the Bennett Center led the Maroons to a 62-43 win over Morristown for their second straight sectional title and record fourth overall.

"His intensity is so much greater than it has been in the past," said classmate Ryan Vimba, who won the pole vault with a personal best tying jump of 13 feet, 6 inches. "You can really see it on the track - his desire and confidence shine through."

Kobi Grant saw it too - the senior sprinter, whose impressive win in the 55 meters put the Maroons ahead to stay late in the meet, said Byrne is "more determined and has more drive than I've ever seen in him."

Byrne broke open the 1,600 meters and won by 20 meters in 4:24.89 and then dominated the 3,200 meters from the opening gun en route to an effortless 9:40.64, which has acting indoor head coach Patrick Ryan wondering what his

LaSalle-bound star can accomplish over the next several weeks.

"He really started to blossom at the Shore Coaches [cross-county] meet in early October and he just hasn't stopped," said Ryan.

"I know it sounds crazy but I'm not sure anyone in the state can beat him right now."

The same can be said for Ridgewood's girl distance wonder, Olympia Martin, who also scored a 1,600-3,200 double in an indoor personal best of 5:03.26 for the 1,600 and a sectional-record 10:53.32 for the 3,200.

Her effort and great performances by Nicole Lester in the pole vault and Katherine Muccio in the sprints made the girls group 4 race much closer than expected, but Randolph edged Ridgewood, 74-72, each team having won four titles since the meet started in 2008.

"We couldn't quite get there," said Ryan. "I knew it was going to be a close meet, but when they were able to break into the 800 with two girls from the unseeded heat, I knew we wouldn't get there."

The top six athletes or teams in each event qualify for the Group 4 state finals at the Bennett Center on Feb. 18 with the Meet of Champions Feb. 25 for boys and the next day for girls.

Varsity Classic - Armory; Monday, February 6th

55 HH

Girls: V. Morley **8.9/ 9.0**

Boys: M. Bartlik **8.1**, A. Ruhl **8.4**

55m

Girls: K. Muccio **7.3/ 7.5/**

Boys: K. Grant **6.6/ 6.5/ 6.6** , M. Tai **6.8**

800m

Boys: Z. Stadulis **2:09.6**

400m

Girls: V. Morley **62.9**, V. Purritano **63.9**

Boys: K. Collins **53.4**, J. Chun **53.7**

4x800m

Girls: E. Kotch **2:25.7**, C. Keyes **2:27.5**, M. Adams **2:25.4**, O. Martin **2:29.1** = **9:48.5**

Boys: W. Baginski **2:00.4**, B. Rynkowski **2:10.5** , M. Robazza **2:02.3**, B. Byrne **2:02.2** = **8:15.4 (dropped baton) - 6th Place**

200m

Girls: K. Muccio **26.2**

Boys: K. Grant **22.8 New School Record!!**, M. Tai **23.5**

1600m

Boys: B. Zamboldi **4:35.8**

LJ

Girls: V. Purritano **15'3.5**, A. Schoff **14'6.75**

Boys: M. Bartlik **18'10**, D. Romero **Foul**

TJ

Boys: M. Bartlik **43'2 - 3rd Place**, D. Romero **39'11**, Z. Stadulis **39'1.75**

Girls: A. Schoff **33'4.5**, V. Morley **Foul**

HJ

Boys: D. Romero **5'10**

PV

Boys: R. Vimba **13'0 - 5th Place**, D. Schechter **NH**

Girls: N. Lester **10'6**, M. Earl **10'6**

Shot

Girls: L. Uzoaru **37'6 - 3rd Place**

County Individual Championships- Armory; Wednesday, February 15

55 HH

Boys: A. Ruhl **8.3/ 8.4**

Girls: V. Morley **9.1/ 9.3/ 8.8**, N. Lester _____, A. Schoff _____

55m

Boys: K. Grant 6.5/ 6.5/ 6.5 - 6th Place, M. Tai **6.6/ 6.7**, S. Do **6.7 / 6.9**, D. Romero **6.9**

Girls: K. Muccio 7.2/ 7.2/ 7.1 - 1st Place

3200m

Boys: R. Fahey 10:13.6 - 5th Place, B. Zamboldi 10:14.9 - 6th Place

Girls: H. Driscoll 12:13.7 - 2nd Place, H. Fishbein 12:14.3 - 3rd Place

600m

Boys: K. Collins **1:28.7**

800m - Frosh

Boys: C. Roche 2:18.3 - 1st Place, K. Nikias 2:21.3 - 5th Place, M. Zamboldi 2:21.5 - 6th Place,

A. Sheridan **2:21.7**, T. Barnabic **2:24.0**, T. Carlson **2:28.2**

Girls: M. Rossignol **2:40.3**, J. Einemer **2:41.5**

400m

Boys: J. Chun **54.2**

Girls: V. Morley 62.5 - 6th Place

1000m

Boys: J. Naftzger 2:44.9 - 6th Place

300m

Boys: K. Grant 36.4 - Tie 4th Place, M. Tai 36.4 - Tie 4th Place, S. Do **39.0**, J. Chun **39.2**

Girls: K. Muccio 40.9 - 1st Place, V. Purrtiano **43.6**

1600m

Boys: R. Fahey **5:01.0**

Girls: C. Keyes 5:32.7 - 2nd Place

800m

Boys: B. Rynkowski 2:02.4 - 5th Place

Girls: S. Sheehey **2:30.4**, J. Rynkowski **3:29.6**

300m - Frosh/Novice

Novice Boys: A. Ruhl **40.2**

4x400m

Frosh Boys: E. McPherson 59.1, P. Sanchez 58.4, W. Keeney 59.8, R. Aono 57.3 = 3:54.3 - 1st Place

Pentathlon - (order: 55HH, SP, HJ, LJ, 1000m)

Boys:

Events	M. Bartlik	R. Harada	Z. Stadulis
55HH	8.0	7.9	8.5
SP	8.63m = 28'3.75	8.31m = 27'3.25	8.45m = 27'8.5
HJ	6'0	6'0	4'8
LJ	5.80m = 19'.25	5.96m = 19'6.5	5.50m = 18'.5
1000m	3:06.6	3:33.4	2:56.5
Total	<u>2953 - 2nd Place</u>	<u>2765 - 3rd Place</u>	<u>2585 - 5th Place</u>

HJBoys: D. Romero 5'10 - Tie 6th PlaceGirls: L. Veenhof 4'10 - Tie 6th Place, A. Schoff _____**LJ**

Girls: V. Purritano _____, A. Schoff _____

TJ

Boys: D. Romero _____

Girls: A. Schoff _____, L. Veenhof _____

PVBoys: R. Vimba 13'0 - 4th Place, D. Schechter **NH**, E. Wong **NH**Girls: M. Earl **10'0****SP**

Boys: A. Engelhardt _____, N. Plasse _____

Girls: L. Uzoaru 36'7 - 1st Place, M. Carey _____

Long night capped off by golden performances

McAveney sets record for New Milford in the 3,200

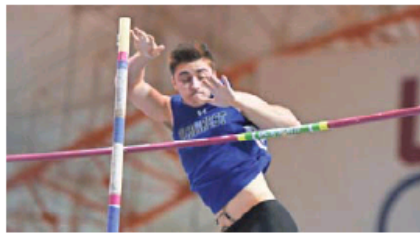
PAUL SCHWARTZ
NORTHJERSEY.COM

NEW YORK - Haley McAveney's running career has been a good one, especially at New Milford High School, which hasn't been a haven for long-distance runners. She's done well in cross-country, making the state Group 1 finals this year and finishing in the top 10 in numerous major meets. She also will run in Friday's Group 1 indoor 1,600 after a fourth-place finish in a school record time.

But her win in the 3,200 meters Wednesday night at the Bergen County Championships was something unprecedented for the Knight senior in many ways.

She set a second school record when she won in 12:05.7, 13 seconds faster than the previous 3,200 New Milford best.

See TRACK, Page 95



Jason Mezhibovsky, of NV Demarest High School, pole vaults during the Bergen Indoor Track Championship.

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northjersey.com/blog/varsity-aces/

Ramsey's Chamberlain, Tenafly's Stein victorious



LOCAL SPORTS
DARREN COOPER

NEW YORK - Lauren Chamberlain's lips were blue, and her medal was gold.

The Ramsey junior claimed the girls pentathlon title at the Bergen County indoor track championships Wednesday night, winning a ferocious dual against Cresskill's Iveya Slavona that came down to the final event.

On the boys' side, Tenafly's Ben Stein, and yes, he's heard the jokes, won the long jump and eased to a third-place finish in the 1,000-meters to win his first county pentathlon title.

It was another long night for the 16 athletes (eight boys and eight girls) who competed in the only North

See COOPER, Page 95

Track

Continued from Page 75

She became the first New Milford athlete, boy or girl, in at least 33 years to win a running event.

She became the first New Milford girl to take gold in any event.

And it was the first major championship she has ever won despite four years of three-season running.

Quite the night for McAveney, who seemed stunned by her win.

"That's crazy," she said. "To finish my senior year, having never won a race and then to win this. It makes me wonder what I could have accomplished if I didn't have a habit of talking myself down."

McAveney told herself before the meet that this time would be different. And when the first 800 and the second 800 went by and she found herself in a solid pack of four runners and feeling pretty good, she continued to push to stay in the race. "The pace slowed down a little in the middle of the race and that enabled me to stay comfortable and gain confidence," said McAveney. "I let (the leaders) do all the work and thought with one lap to go I had a chance to win."

And McAveney blew everyone away in the final 200 meters, winning by a solid 25-meter margin.

Ridgewood's Katherine Muccio continued her breakthrough sophomore season, winning both the 55 and 300 dashes, the only double winner of the night.

"I'm surrounded by great teammates and great coaches," said Muccio, who decided to drop gymnastics this year in order to concentrate on getting better on the track. "I was putting a lot of work in



Iveya Slavona, of Cresskill High School, competes at the Bergen Indoor Track Championship Wednesday night.

"I'm surrounded by great teammates and great coaches."

KATHERINE MUCCIO
RIDGEWOOD ATHLETE

and wanted to see the results."

Northern Valley/Old Tappan supplied a pair of state-leading performances Wednesday night. Junior Caroline O'Sullivan ran a sensational 2:56.4 to win the 1,000, seventh on the all-time Bergen list and looked ready to defend her state Group 3 800 championship Saturday.

And Junior Seth Kricheff cleared a state-leading 14-6 to win the boys pole vault, and had two good attempts at 15 feet. Northern Highlands and Ramapo continued their great 4x400 girls rivalry with Northern Highlands, edging the Green Raiders, 3:59.1 to 3:59.5, just the second time in Bergen history two teams went under 4 minutes in the same indoor race.

Cooper

Continued from Page 75

Jersey pentathlon competition for high schools in the winter. They began competing at 5:19 p.m. and finished just before 9:30.

The event is not sanctioned by the New Jersey State Interscholastic Athletic Association, but has been a staple of the Bergen County indoor track meet since 2001. The winner of the boys and girls event earns a spot on the All-County team and the unofficial title of best overall athlete in the county.

Chamberlain, the reigning Group 2 state champion in the high jump, was noticeable every time she smiled Wednesday night. Why? She was enjoying a liquid candy juice treat that turned her teeth and tongue bright blue.

"I only do it at track meets," said Chamberlain.

She got interested in the pentathlon, because she already knew how to do the jumps and had picked up doing the shuttle hurdles, so she was four-fifths of the way there, so why not?

"It is kind of weird that you only get one shot at everything," said Chamberlain. "In most events, you have heats, then semis and then finals."

Chamberlain was second in the overall standings after the second event, the shot put. Slavona and Chamberlain each cleared 4-foot-10 in the high jump. Then in the long jump, Slavona went 4.88 meters and Chamberlain went 4.78. That gave Chamberlain a two-point lead with one event left.

That meant it would all come down to the 800 meters. Even though there were eight girls on the track, it was really a two-girl race. Chamberlain established a steady pace early in the middle of the pack, Slavona made a charge near the

end, but then faded.

"I wanted to make sure I ran it as hard as I could, so I knew I could look back and say that I should have done this," said Chamberlain, who finished with 2,805 points to Slavona's 2,704.

For Stein, a senior, it was a little bit of redemption. He was second in the pentathlon last season, losing by a mere 50 points to Derek Anderson of Indian Hills.

While most competitors in the pentathlon have maybe two or three events they are good at, Stein pretty much focuses on being versatile. The 6-1, 155-pounder was good across the board. He tied for the fastest time in the 55-meter hurdles (8.1) and led wire to wire. Max Bartlik of Ridgewood was second, finishing with 2,953 points.

"I think more kids should do it," said Stein, who is going to compete at Tufts next year. "Especially if you're good at a bunch of different events but you're not going to win a county title in anything, you should give it a shot. I think kids get freaked out because they are not good at the shot put or the 1,000. It's intimidating and kids get scared, but once you do it, it's not so bad."

Stein said after the meet he was satisfied with the finish. He finished with 3,155 points, more than he had last season in this event, but not a personal best.

As far as his somewhat famous name, yes, Stein has heard all the jokes.

"Recently I was added to a group chat on Facebook of 20 kids all named Ben Stein, and the first line was, 'Am I the only one who gets 'Can I win your money at least once a month.''" said Stein smiling. "I just laugh it off."

Stein was all smiles at the end of the meet Wednesday.

"I am very happy, getting second place last year really drove me this year," said Stein. "I knew that I could have won last year, it's been a weight on my shoulders and this has lifted it off."

Ten things to watch at state group championships

North Jersey standouts hit the track in Toms River this weekend

FROM STAFF REPORTS

Friday, 4 p.m.: Groups 1 and 4; Saturday, 9 a.m.: Groups 2 and 3; Saturday, 3 p.m., Non-Public A and B. All sessions at Bennett Center, Toms River

1. Can Ridgewood repeat as the Group 4 girls state champion? Only one North Jersey girls team has ever gone back-to-back in the state's largest group – the 1988 and 1989 Maroon squads. Last year's Ridgewood team went from 1 to a meet winning 33 in a matter of 15 minutes when Sam Halvorsen and Olympia Martin went 1-4 in the 3,200 at the same time Nicole Lester and Maxine Earl were going 1-2 in the pole vault. All but Halvorsen are back and Martin seems poised for high finishes in both the 1,600 and 3,200 races. But Ridge and Howell can also score in the 30s and the pole vault is a notoriously fickle event.

2. In his first indoor season, Jason Thobourne of Kennedy is on the brink of history and could become the first Knight to win an individual indoor event in seven years by taking the Group 4 high jump. The senior has already cleared 6-8 twice. But Semaj Willis of Trenton stands in his way as the only jumper to go higher this winter. Thobourne's teammate, Ronnel Johnson was third last year and could repeat in that spot.

3. It's almost a foregone conclusion that a Bergen County boy will win the Group 3 pole vault. But will it be defending champion Greg Fuerte, NV/Old Tappan's Seth Kricheff, the state leader at 14-6 this winter or his teammate Tyler Hrbek. They're the only vaulters in the field to make a height higher than 13 feet this year.

4. Fresh off her impressive state-leading 1,000 meter win at the Bergen County Championships Wednesday, Caroline O'Sullivan shoots for a second straight Group 3 800 title against Kerri Powers of Middletown North and Kayla Martin of Seneca. But may be more intriguing is her chances in the 1,600 where she's the fourth seed.

5. Fair Lawn's Jessica Ippolito looks for her second straight Group 3 girls pole vault title and seems to be getting better with each meet. 2016 state outdoor champion Brittney Ruffo and Pascack Valley's Melissa Purcell are also in the field, but Ippolito is peaking at the right time.

6. State outdoor 800 meter champ Lexi Del Gizzo turns her attention indoors but is only seeded eighth after a slower than normal sectional performance in Group 2. But DelGizzo has already run 2:12.3 this winter, fourth faster in the country. Her biggest competition is Governor Livingston super frosh Victoria Van Riele, who lost to Del Gizzo when the Tenaflly junior ran her 2:12.3.

7. Lauren Chamberlin of Ramsey and Michelle Rubinetti of NV/Demarest are defending Group 2 champs in the high jump and pole vault, respectively but aren't favorites to repeat. Chamberlin, the Bergen County pentathlon champ has only made 5-2 so far this winter and will likely need a 5-4 clearance to repeat. Rubinetti has vaulted great all winter but is matched against defending indoor state champ Leah Saifi of Governor Livingston, who leads the state at 12-8 1/2.

8. Gio Gutierrez of Saddle Brook will win his second straight Group 1 state title, maybe by as much as 10 feet, but the big question is – can he crack the 60-foot barrier. He's been knocking on the door all season with his best a 59-6 1/2 throw at the Bennett Center two weeks ago to win sectionals.

9. Mirror mirror on the wall who's the fastest Non-Public A boy of all? Is it defending state champ Jahmel Johnson of Bergen Catholic or Javon Turner of Paramus Catholic or maybe Rahmir Johnson of Bergen Catholic? Or is it an outsider like Antonio Tarantino of Paul VI or Makay Johnson of Union Catholic?

10. Samantha Fellowes of Holy Angels or Tiffany Bautista of Paramus Catholic will battle Angelique Williams of Union Catholic for the Non-Public A high jump title. First one over 5-4 probably wins it.

Groups - Toms River; Friday, February 17th

400m

Girls: K. Muccio **60.14**

1600m

Boys: B. Byrne **4:22.76**, W. Baginski **4:36.11**

55 HH

Boys: R. Harada **8.21**

1600m

Girls: O. Martin **5:08.48 - 4th Place**

55m

Boys: K. Grant **6.84**

Girls: K. Muccio **7.45/ 7.41 - 6th Place, New School Record!!**

800m

Girls: M. Adams **2:22.86**, E. Kotch **2:27.30**

3200m

Boys: S. Wagh **9:41.22 - 6th Place**, B. Byrne **9:46.94**

Girls: O. Martin **11:23.48**

PV

Boys: R. Vimba **13'6 - 3rd Place**

Girls: N. Lester **11'0 - 1st Place**, M. Earl **10'6 - 5th Place**

HJ

Boys: R. Harada **6'0**, D. Romero **NH**

Shot

Girls: L. Uzoaru **34'1**

Ridgewood track unable to repeat

PAUL SCHWARTZ
STAFF WRITER

TOMS RIVER -- Ridgewood captured its first indoor Group 4 title in 27 years a year ago, with an incredible 15 minutes that saw the Maroons go from one point to their winning total of 33 with great performances in the 3,200 and pole vault.

Remarkably, the Maroons found themselves in nearly the identical situation Friday night at the Group 4 state track championships at the Bennett Center.

But the Maroons couldn't quite pull off the double, finishing fifth behind state champion Rancocas Valley, which scored 29 points.

But they came close.

With Olympia Martin running a gutsy fourth place in a tactical 1,600-meter race and sophomore Katherine Muccio grabbing an unexpected sixth place in the 55, Ridgewood was actually ahead of its 2016 pace as the pole vault neared its conclusion and the 3,200 was starting.

But instead of the 21 points the Maroons needed, they got only 12, as Martin, feeling the effects of a lingering cold, stayed in the top three for most of the race before fading to ninth in the final three laps.

Nicole Lester won her second consecutive pole vault title, becoming the only girl to clear 11 feet. And Maxine Earl equaled her 2016 performance of 10-6. But so did three other girls, all of whom had fewer misses -- so instead of second, Earl placed fifth.

"It's disappointing but it was also a

long shot, especially with Olympia fighting off being sick," said interim coach Patrick Ryan. "But we actually had a very good overall meet, maybe better than it was last year when we won."

It appeared as if the Maroons wouldn't even get the chance to be close, when Lester had shaky attempts at both her opening height of 9-6 and at 10 feet, while others were flying over the bar at the lower heights.

"I got a little scared when I fell in the hurdles (at the Bergen Championships) Wednesday and the coaches took me out of the vault," said Lester. "So I was a little shaky early tonight, but then I got it together and got more confident with each vault."

Muccio broke the Ridgewood 55-meter record in the trials by running 7.45 and then improved to 7.41 in the finals, continuing her excellent week, which included wins in the 55 and 300 at the Bergen meet.

"We knew how much talent she had from last spring and she started well this winter and just kept getting better," said Ryan. "She's faster in the shorter sprints than we thought, but I think she's going to be a great 400 runner."

The Kennedy duo of Jason Thobourne and Ronniel Johnson both advanced to next Saturday's state Meet of Champions by placing third and fifth in the high jump at 6-4, but neither was thrilled.

"You can't be at your best in every meet," said Thobourne, who has made 6-8 twice this year. "But we've got another chance next week."

"I'm just looking to clear the next bar," said Johnson. "We'll be better next week."

BOYS INDOOR TRACK

Five things to watch at Meet of Champions

PAUL SCHWARTZ
SPECIAL TO THE RECORD

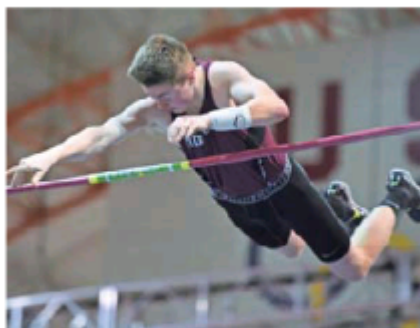
The State Meet of Champions for indoor track is Saturday, 10 a.m. at Bennett Center in Toms River.

Here are five story lines to watch at the meet:

1. How far will Gio Gutierrez throw it this week? Wednesday the Saddle Brook senior became just the 11th thrower in Bergen County history to break the 60 foot shot barrier when he tossed the 12-pound ball 60 feet three inches to win the Bob Chiswell Classic at Garfield High School. He also had throws of 59-8 1/2, 58-6 1/2 and 58-5 1/2 in a sensational series that lifts him to second place overall in New Jersey this winter and 16th in the United States. Jordan West of Rahway, who has thrown 65-6 is heavily favored to win, and there are seven other throwers over 55 feet in the competition but Gutierrez should easily finish in the top eight and earn his first indoor Meet of Champions medal.

2. Can three North Jersey boys medal in the high jump? There has never been a boys Meet of Champions high jump where three North Jersey athletes have earned medals and only four occasions, the last in 2014 where a pair of athletes have medalled. But Jason Thobourne and Ronniel Johnson of Kennedy and Javon Turner of Paramus Catholic have a chance to make history. Thobourne joins favored Semaj Willis of Trenton as the only New Jersey jumpers over 6-8 indoors this winter and Johnson and Turner have both made 6-6, a height cleared by only seven athletes in the state. No North Jersey boy has won the event since Ron Thomas of Kennedy won in 1992.

3. Is this the year North Jersey finally gets a State Meet of Champions boys pole vault winner? In the 12 years since the pole vault entered the winter program, North Jersey vaulters have earned 17 medals, including an incredible five in 2015, but no winners. Northern Valley/Old Tappan junior Seth Kricheff is the latest to take a shot, off of his Group 3 championship a week ago. He shares the state lead with Group 4 champ Brandon Kong of Bridgewater-Raritan at 14-6 and has been remarkable consistent all winter. Classmate Tyler Hrbek and Ridgewood senior Ryan Vimba are also major medal contenders with 2016 Group 3 champ Greg Fuerte of Paramus.



VIOROL FLORESCU/NORTHJERSEY.COM FILE

Ryan Vimba of Ridgewood is among the North Jersey medal contenders at the Saturday's State Meet of Champions.

4. Can Bogota's Danny Daurio become the first North Jersey group 1 boy to medal in the 3,200 in 16 years? It's been a dream indoor season for Daurio, becoming Bogota's first ever indoor state group champion with an impressive wire-to-wire win last Friday night. He's only the 10th seed, but looks capable of running a lot faster than the 9:32.99 he clocked last week. Butler's Joe Jacobs was third in 9:29.02 in 2001.

Meet

Continued from Page 75

5. What other athletes and relay teams could surprise from North Jersey? There are two showcase events in this year's meet, the 200 meter run and 4-x-800 relay, with athletes selected by seasonal performance and not placing in the group meets last weekend. Bergen Catholic could medal in both with Rahmir Johnson the third seed in the 200 and the Crusaders' 4-x-800 team ranked fourth in that event. Two-time Non-Public A 55 champion Jahmel Johnson of BC hopes to earn his first Meet of Champions medal, and Kevin Heredia of Clifton (800) and Billy Byrne of Ridgewood and Caleb Shaia of Bergen Catholic (1,600) could be

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Five Things to Watch at the Girls Indoor Track State Meet of Champions

Sunday, 10 a.m. at Bennett Center,

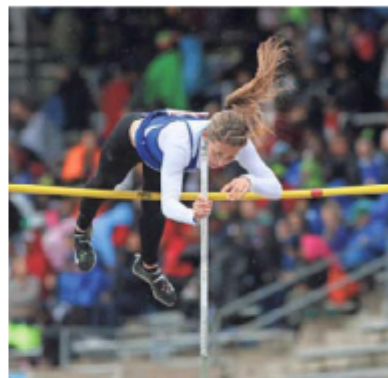
Toms River

1. Despite all the fine middle distance runners North Jersey has turned out over the years, no area girl has won the 1,600 meters at the MOC since Martina Brosnahan of IHA won the 1993 championship. In fact, only five North Jersey girls have medaled in the last decade at this distance. That could change Sunday, as Northern Valley/Old Tappan junior Caroline O'Sullivan enters the meet as one of three favorites off her brilliant Group 3 winning 1,600 meter run. O'Sullivan will have to become the 10th Bergen runner under five minutes to win, but she is very capable of doing that and battling defender Briana Gess of Haddonfield and top-seed Rachel Vick of Kingsway for the championship.

2. No area dominates an event like North Jersey girls dominate the pole vault, with nearly one-third of the 42 vaulters in the competition after winning four of the six group titles. But defending champion Leah Saifi of Governor Livingston is favored to repeat, with Michelle Rubineti of Northern Valley/Demarest, Jessica Ippolito of Fair Lawn, Nicole Lester of Ridgewood and Caroline McGann of Holy Angels all significant medal contenders. North Jersey produced nine of the 17 medalists in the last two seasons and vaulters like Lilly Brown of Lakeland, Maxine Earl of Ridgewood and Amanda Katz of Ramapo dark horse contenders.

3. In contrast to the 1,600, North Jersey has had a lot of recent success in the 800, including two of the last four winners and seven medalists during that time. Tenafly's Lexi DelGizzo, who was the 2016 outdoor state champion, should continue the success with a high finish this year but how high is the question. DelGizzo, earlier in the year sizzled to a 2:12.3 clocking, still the eighth fastest time in the country this year, but illness forced her into a fourth-place finish in the Group 2 race. She's healthy now, but has to outrun Victoria Vanriele of Governor Livingston and Reanna Richards of West Essex to win the title.

4. Shockingly, no Bergen County girls team has medaled in the State Meet of champions 4-x-400 relay since Hackensack finished fifth in 1996. This year, that might change even



CHRIS PEDOTA/NORTHJERSEY.COM FILE

NV/Demarest's Michelle Rubineti will be among the North Jersey contenders on Sunday.

though both Northern Highlands and Ramapo aren't even in the seeded heat. The two went 1-2 in last week's Bergen County championships, breaking four minutes and ranking fourth and sixth on the New Jersey list this year.

They'll have to go close to four minutes on the slower Bennett Center track and won't be close to Union Catholic anchored by the wondrous Olympian Sydney McLaughlin. But a top eight finish is possible for both teams.

5. What other athletes and relay teams could surprise from North Jersey? The high jump provides the best chance for a gold medal surprise with Non-Public A champ Tiffany Bautista of Paramus Catholic and Samantha Fellowes of Holy Angels contenders. It's likely that to win, either would have to become just the fifth Bergen girl to make 5-6. But both have made 5-4 this winter, and a 5-2 first attempt clearance would probably clinch a medal. Freshmen Daisy Liljegen of Northern Highlands and Corinne Barney of Indian Hills are potential 3,200 medalists and Olympia Martin of Ridgewood is recovered from her illness of last week and should be in the mix for a medal in whichever of the 1,600 and 3,200 she chooses.

PAUL SCHWARTZ

SMOC - Toms River; Saturday, February 15th - Sunday, February 26th

4x800

Boys: B. Rynkowski **2:03.9**, B. Zamboldi **2:08.8**, M. Robazza **2:06.4**, W. Baginski **2:02.5** = **8:21.69**

Girls: E. Kotch **2:28.7**, S. Sheehey **2:34.9**, C. Keyes **2:29.9**, M. Adams **2:25.5** = **9:58.99**

1600m

Boys: B. Byrne **4:43.00**

1600m

Girls: O. Martin **5:13.45**

3200m

Boys: S. Wagh **9:45.19**

PV

Boys: R. Vimba **13'6** - Tie 6th Place

Girls: N. Lester **11'0**, M. Earl **10'6**

Historic day for NV/Old Tappan's Kricheff

PAUL SCHWARTZ
STAFF WRITER

TOMS RIVER — From the beginning of the indoor track season Seth Kricheff had one overriding goal — win the state Meet of Champions pole vault. League, county, state sectional and even state group titles were fine (and he got each of them this winter) but to win the gold medal at the state's ultimate meet was paramount for the Northern Valley/Old Tappan junior.

And Saturday, Kricheff met that goal, but what he didn't realize was that he also made history.

Kricheff cleared 14 feet six inches on

his first attempt to win the state Meet of Champions pole vault at the Bennett Center, and also became the first North Jersey boy to win the event since it entered the state program in 2005.

"I didn't know that," said a clearly delighted Kricheff, who had three good attempts at becoming the first vaulter in the state to clear 15 feet this winter. "I was so close last spring [finishing third in the outdoor Meet of Champions] and I knew that I was an upperclassman now and it was my time."

From his first meet of the season, when he cleared 14-3½ to win the Spiked Shoe Holiday Festival meet in December, Kricheff led the state, making at

least 14 feet in every meet but one and never losing to a New Jersey vaulter.

The only setback came in mid-January, when he missed badly on an attempt at the Big North National meet and sprained his right ankle in two places, causing him to miss 3½ weeks of training and competition.

"But after the diagnosis, I knew I would be able to come back," said Kricheff, who gets another chance to become Bergen's fifth indoor 15-footer at Tuesday's Eastern States Meet. "And once I was back I knew I had to focus even more on what I was doing and for-

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Track

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get what was happening around me."

While Kricheff was the only North Jersey winner, Gio Gutierrez of Saddle Brook and Jason Thobourne of Kennedy earned silver medals for very good second-place finishes.

Gutierrez had won his first 11 meets this winter, but wasn't unhappy with his first loss, to Jordan West of Rahway, a national top-five performer.

"This doesn't feel like a loss," said Gutierrez, who took over second place on his fifth of six throws and then posted a 59-8½ bomb on his last attempt to hold off C.J. Licata of Gill-St. Bernards by two inches. "I've been able to achieve what most people can only dream about."

Thobourne had to share second in the high jump after his first jump clearance at 6-6. But the Kennedy star was pleased with his first indoor season.

"I know I could have done better," said Thobourne, who had a great final attempt at a personal best-tying 6-8. "But I'm satisfied and know I can keep improving."

The North Jersey stunner of the day came from Clifton junior Kevin Heredia, who ran a seemingly wasted 1:57.4 800 split in a disappointing 4-x-800 per-

"This doesn't feel like a loss. I've been able to achieve what most people can only dream about."

GIO GUTIERREZ
SADDLE BROOK SHOT PUTTER

formance by the Mustangs but then came back an hour later to burn a school-record 1:56.44 out of an unseeded heat for fourth in the open 800, third fastest in Passaic history.

"This was the perfect day for me," said Heredia. "I was confused and didn't understand why the coaches were yelling at me to ease up in the relay. But I felt good after the race, drank a lot of water and then got out well in my open race."

"I was tired after the third lap but I gave it my all in the final 200 and didn't listen to the little voice in my head telling me not to get uncomfortable," said Heredia.

"I know there's a lot more for me to do in the future."

Other North Jersey medalists were: the Bergen Catholic 4-x-800 relay team (fourth), Ryan Vimba of Ridgewood (sixth in the vault) and Northern Highlands high jumper Tim DeLorenzo (eighth in the high jump).

Eastern States Championships - Armory; Tuesday, February 28th

55 HH

Morley **9.17**

55m

K. Grant **6.78**

DMR

M. Adams **3:57.54**, K. Muccio **60.15**, E. Kotch **2:29.80**, O. Martin **5:15.57** = **12:43.04**

4x800

W. Baginski **2:01.34**, B. Rynkowski **2:00.52**, M. Robazza **2:03.15**, B. Byrne **2:01.66** = **8:06.66**

4x200

M. Tai **23.3**, K. Grant **22.9**, Z. Stadulis **23.78**, S. Do **24.07** = **1:34.18**

TJ

M. Bartlik **42'2**, D. Romero **38'.5**

PV

Girls: M. Earl **11'0**, N. Lester **11'0**

Boys: R. Vimba **13'6**

Ridgewood High School Indoor Girls Relay Records

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
<u>4x200m:</u>			
1:45.28	L. Que / E. Cigolini / E. Barr / A. Wisener	Indoor Nationals	2007
<u>4x400m:</u>			
4:01.7	E. Barr / K. Conheeny / A. Wisener / C. Law	Easterns	2007
<u>4x800m:</u>			
9:22.18	G. Figlar / Jean Hughes / Jen Hughes / L. Collazo	Yale HS Classic	1988
<u>4x 1mile:</u>			
20:59.66	H. Shigenobu / E. Fishbein / C. Davidson / C. Pagano	Indoor Nationals	2012
<u>Sprint Medley: (200-200-400-800):</u>			
4:11.2	L. Que / E. Cigolini / A. Wisener / C. Law	Indoor Nationals	2007
<u>Distance Medley:</u>			
11:56.5	Pringle / Scutro / M. Mileski / M. Mileski	Yale HS Classic	1983
<u>4x51.5 HH - 4 Hurdles:</u>			
32.4	M. Martinez / E. Barr / A. Wisener / L. Que	County Relays	2007
<u>4x55 HH - 5 Hurdles:</u>			
34.14	M. Martinez / C. Law / A. Wisener / L. Que	Indoor Nationals	2007
<u>Shot Put:</u>			
66'3"	Rayevich / Eldridge		1988
<u>High Jump:</u>			
10'2"	H. Roche / S. DeVita	County Relays	2011
<u>Long Jump:</u>			
32'4"	B. Bogart / E. Cigolini	County Relays	2006
<u>Triple Jump:</u>			
66'7 1/2"	S. DeVita / H. Roche	County Relays	2011
<u>Pole Vault:</u>			
22'0"	M. Earl / N. Lester	County Relays	2017

Ridgewood High School All-Time Indoor List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
<u>55m:</u>			
7.41	Katherine Muccio	Toms River - State Groups	2017
7.46	Emily Barr	168 Armory	2008
7.48	Erica Cigolini	168 Armory	2007
7.2h	Erica Cigolini	168 Armory	2007
<u>200m:</u>			
26.10	Erica Cigolini	168 Armory	2007
26.2	Katherine Muccio	168 Armory - Varisty Classic	2017
26.4	Alice Wisener	168 Armory	2007
<u>300y:</u>			
37.25	Ginny Figlar	Harvard	1987
39.0	Melissa Gilbert	Rockland Community College	1992
39.5	Liz Ross	Rockland Community College	1985
39.9	Kate Brunner	Rockland Community College	1995
<u>300m:</u>			
40.8	Alice Wisener	168 Armory	2007
40.9	Katherine Muccio	168 Armory - County Champs	2017
42.21	Ginny Figlar		1988
42.2	Melissa Gilbert	Farleigh Dickinson	1994
42.2	Micaela McPadden	168 Armory	2012
42.3	Erica Cigolini	168 Armory	2007
42.9	Emily Barr	168 Armory	2007
43.5	Gizele Watson	Farleigh Dickinson	1994
43.6	Mia Martinez	168 Armory	2008
43.9	Jen McDermott		1989
43.9	Kerri Reilly		1989
<u>400m:</u>			
57.74	Ginny Figlar		1987
58.42	Jen McDermott		1989
58.71	Micaela McPadden	168 Armory - Eastern States Invite	2013
59.97	Katherine Muccio	Ocean Breeze Invite	2017
61.49	Lynn Degelmann		1987
61.75	Hanako Shigenobu	Toms River - State Sectionals	2012

600y:

1:24.58	Ginny Figlar	Harvard	1988
1:29.3	Renee Pavelski	Rockland Community College	1993
1:31.5	Lynne Collazo		1989
1:33.8	Jen Zucaro		2001
1:33.8	Jess Krejsa	Rockland Community College	2006
1:33.8	Catherine Buckley	Rockland Community College	2009

600m:

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

800m:

2:16.55	Cristina Law	Toms River - State Meet of Champs	2007
2:16.59	Lynne Collazo		1989
2:17.9	Margaret Scutro		1984
2:18.55	Kate Michel		2008
2:18.67	Micaela McPadden	Toms River - State Group IV	2013
2:20.2	Liz Figlar		1990
2:21.75	Claire Blaney	Princeton	1992
2:21.89	Hanako Shigenobu		2012
2:21.8	Renee Pavelski		1993
2:22.4	Catherine Pagano		2012
2:22.86	Meghan Adams	Toms River - State Groups	2017

1000y:

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

1000m:

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

1500m:

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

4:54.73*	Margaret Scutro	Dartmouth - Dartmouth Relays	1985
5:00.91*	Jenna Rogers		1994
5:03.26	Olympia Martin	Toms River - State Sectionals	2017
5:04.37	Kelly Conheeney	Toms River - SMOC	2007
5:06.16*	Jean Hughes		1989
5:07.17	Catherine Pagano		2012
5:10.73*	Carleen Jeffers	New Balance Invitational	2015
5:10.92	Caroline Davidson		2012
5:11.4	Clair Nowakowski		2001
5:12.03	Stephanie Doyle		1996
5:12.82	Meg McDermott		1999
5:13.22	Celeste Sedo		1998

3000m:

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

3200m / 2mile:

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

55m HH:

8.25	Lara-Jane Que	Toms River - SMOC	2007
8.40	Sarah DeVita	Toms River - SMOC	2011
8.73	Mia Martinez	168 Armory - Easterns	2008

High Jump:

5'8 1/4"	Becky Deetz	Syracuse	1974
5'4"	Renee Pavelski		1993
5'4"	Sarah DeVita	Toms River - State Groups	2011
5'2"	Lizzie Veenhof	168 Armory - County Relays	2017
5'2"	Sophie Montgomery	168 Armory - County Relays	2014
5'2"	Haley Roche	168 Armory - County Champs	2011

Long Jump:

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

Triple Jump:

39'10 1/2"	Jen McDermott	Harvard	1989
34'7 3/4"	Sarah DeVita	168 Armory	2011
34'6 3/4"	Helena LaMothe	168 Armory	1999
34'4 3/4"	Ana Law	168 Armory	1999
33'9 3/4"	Libby DeVita	168 Armory	2015
33'4 1/2"	Anna Schoff	168 Armory - Varsity Classic	2017
33'4"	Isabel Park	168 Armory - League Championship	2016

Pole Vault:

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

Shot Put:

38'9"	Lexi Uzoaru	168 Armory - Spiked Shoe	
37'5"	Shayna Brown	Garfield - Garfield Classic	1998
36'9 1/4"	Tammy Rayevich		1988
36'1"	Alfreda Eldridge		1989

Pentathlon:

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

Ridgewood High School Indoor Boys Relay Records

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

Ridgewood High School All-Time Indoor List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
<u>55m:</u>			
6.64	Chris Zeigler	168 Armory	2007
6.67	Jake Sabatini	Yale Track Classic	2014
6.69	Kobi Grant	Toms River - State Sectional	2017
6.70	Akira Monri	Toms River - State Sectional	2008
6.72	Max Witt	Toms River - State Sectional	2009
6.5h	Phil McGillicuddy		1971
<u>200m:</u>			
22.8	Kobi Grant	168 Armory - Varsity Classic	2017
23.0	Jake Sabatini	168 Armory - League Championship	2014
23.0	Akira Monri	168 Armory	2008
23.1	Matt Tai	168 Armory - Varsity Classic	2016
23.3	Doohee Han	168 Armory - League Championship	2014
23.5	Matt Beausoleil	168 Armory	2010
23.5	Edward Blair IV	168 Armory	2010
<u>300y:</u>			
32.9	Matt Krever	Rockland Community College	1991
<u>300m:</u>			
35.8	InSoo Hwang	168 Armory	2010
36.4	Kobi Grant	168 Armory - County Champs	2017
36.4	Matt Tai	168 Armory - County Champs	2017
36.4	Akira Monri	168 Armory	2008
36.7	Dan Cooper	168 Armory	2000
<u>400m:</u>			
50.31	Tim Geckler	Annapolis	1989
51.40	InSoo Hwang	Toms River - State Sectional	2011
51.66	Juan Llinas	Toms River - State Sectional	2011
52.03	Neil Schoff	Toms River - State Sectional	2012
52.0	Matt Krever	Rockland Community College	1991
52.1	Domenic Boresta	168 Armory - League Championship	2014
<u>500m:</u>			
69.6	Charles Cortellesi	West Point	1983

600y:

1:15.5	Tim Geckler	Princeton	1989
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600m:

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

800m:

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

1000y:

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

1000m:

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

1500m:

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

4:12.81*	Bob Keino	MSG - Milrose Mile	1994
4:14.23*	Ari Zamir	MSG - Milrose Mile	2004
4:17.32*	Byron Williams	168 Armory - New Balance Games	2006
4:18.23*	Michael Cator	168 Armory - New Balance Games	2006
4:22.04	Levi Jennings		2011
4:22.28*	Luke Dublirer	Yale Track Classic	2014
4:22.76	Billy Byrne	Toms River - State Groups	2017
4:22.3	Chris Sullivan		1985
4:23.12*	Taro Shigenobu		2009
4:23.9	Eric Boucher		1991
4:24.4*	Chris Rae		1986

Mile Walk:

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

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

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

55m HH:

7.64	Akira Monri	Toms River - State Sectional	2008
7.76	InSoo Hwang	Toms River - State Sectional	2011
7.82	Kevin Chung	Toms River - State Sectional	2013
7.84	Craig Halyard		1989
7.86	Matt Beausoleil	Toms River - State Sectional	2011
7.94	Edward Blair IV	Toms River - State Sectional	2011
7.3h	Rich Wankmueller		1975

High Jump:

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

Long Jump:

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

Triple Jump:

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

Pole Vault:

15'0"	Gabe Knutson	168 Armory - Easterns	2004
14'6"	John Wisener		2010
14'3 3/4"	Dan Cooper	Reno - PV Summit	2000
13'6"	Ryan Vimba	Toms River - SMOC	2017
13'6"	Spencer Llerandi	Toms River - SMOC	2014
13'6"	Allan Wong	168 Armory - County Relays	2014
13'6"	Dylan Downing	168 Armory - League Championship	2013
13'3"	John Boylan		1983
13'3"	Jake Riccairdi		2004
13'0"	Vahe Hagopian		1993

Shot Put:

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

Pentathlon:

3259	Gabe Knutson	168 Armory - County Champs	2004
2989	Michael Zeno	168 Armory - County Champs	2014
2953	Max Bartlik	168 Armory - County Champs	2017