

Ridgewood Boys Cross Country 2018



Schedule

Date	Meet/Teams	Site
Sat. Sept 8, 9:00 AM	Season Opener (<i>JV & Frosh</i>)	Darlington (Mahwah)
Sat. Sept 15, 9:00 AM	Back to the Mountain Invite	Garret Mountain (Woodland Park)
Sat. Sept 29, 9:00 AM	Garret Invite	Garret Mountain (Woodland Park)
Mon. Oct 1, 4:25/4:40/5:20	Big North Batch Meet (<i>Frosh/V/JV</i>)	Darlington (Mahwah)
Sat. Oct 6, 9:00 AM	Brett Taylor Invite	Darlington (Mahwah)
Sat. Oct 6, 1:35 PM/2:30 PM	Shore Coaches Invite (<i>Frosh/V</i>)	Holmdel Park (Holmdel)
Tues. Oct 9, 3:30 PM	Big North Championship	Darlington (Mahwah)
Sat. Oct 13, 3:10 PM	Manhattan Invite (<i>V</i>)	Van Cortlandt Park (Bronx, NY)
Sat. Oct 20, 11:35/12:25/1:20	County Group Championships (<i>Frosh/JV/V</i>)	Darlington (Mahwah)
Thu. Oct 25, 4:15 PM	Doc Braver Frosh/Novice Champs	Darlington (Mahwah)
Sat. Oct 27, 10:00/11:40	BMOC (<i>Frosh & Varsity</i>)	Darlington (Mahwah)
Wed. Oct 31, 2:20/3:20	Frosh/Novice State Championship (<i>Select Frosh & Select JV</i>)	Thompson Park (Monroe Township)
Sat. Nov 3, 10:00 AM	State Sectionals (<i>Varsity</i>)	Garret Mountain (Woodland Park)
Sat. Nov 10, 9:30 AM	State Groups (<i>Varsity</i>)	Holmdel Park (Holmdel)
Sat. Nov 17, 11:00 AM	SMOC (<i>Varsity Qualifiers</i>)	Holmdel Park (Holmdel)
Sat. Nov 24, 12:40 PM	Nike Regionals (<i>Select Varsity</i>)	Bowdoin Park (Wappingers Falls, NY)
Sat. Dec 1, 10:05 AM	Nike Cross Nationals (<i>Varsity Qualifiers</i>)	Glendoveer Golf Course (Portland, OR)

Varsity Letter Recipients

Three-Time Recipients

Will Baginski, SR (Captain)

Ryan Fahey, SR (Captain)

Two-Time Recipients

Taylor Barnabic, JR

Mason Zamboldi, JR

First-Time Recipients

Jacob Alvarado, SR

Paul Baginski, SR

Tim Baginski, SR (Captain)

Mick Barbi, FR

Dan Cho, SR

Nick DeVita, SR (Captain)

Jacob Franklin, SR

Dylan Kane, SR

Julian Lee, SR

Matt Neville, SR

Eddie Nold, SR

Frank Orlando, JR

Matt Otterstedt, SR

Jeremy Savarese, SR

Kyle Schnell, SR

Ryan Seaver, JR

Aidan Sheridan, JR

Jack Shigeta, SR

Awards and Accolades

Team Championships

*Big North Freedom Division
2nd Consecutive*

*Bergen County Group A
3rd Consecutive*

*Bergen County Meet of Champions
2nd Consecutive*

*North 1, Group IV State Sectionals
9th Consecutive (Sectional Record)*

All-League Selections - Big North, Freedom Division

First Team

*Will Baginski, SR
Ryan Fahey, SR
Mason Zamboldi, JR*

Second Team

*Mick Barbi, FR
Taylor Barnabic, JR
Aidan Sheridan, JR
Frank Orlandi, JR*

Honorable Mention

Ryan Seaver, JR

All-County Selections

First Team

*Will Baginski, SR
Ryan Fahey, SR*

Second Team

Taylor Barnabic, JR

Honorable Mention

*Mick Barbi, FR
Aidan Sheridan, JR
Mason Zamboldi, JR*

All-North Jersey Selections

First Team

*Will Baginski, SR
Ryan Fahey, SR*

Team of the Year

Ridgewood Boys – Large School

All-State Group IV Selections

First Team

Will Baginski, SR

Third Team

Ryan Fahey, SR

Preseason

Bergen Record

BOYS CROSS-COUNTRY: PREVIEWING THE 2018 SEASON

Area teams out to bounce back from dismal season

Paul Schwartz
North Jersey Record

North Jersey boys cross-country runners had arguably their worst collective season in nearly 25 years last fall. For the first time, no North Jersey teams qualified for the State Meet of Champions since 1994 and no North Jersey runner finished in the top 20 at the meet since 2000.

But with all the changes in league, sectional and group structure, and a very good senior class returning, including four of the five individual qualifiers from last year's state title race, this season should be a better one for local runners, although a North Jersey team return to the Meet of Champions could be difficult.

Four things to watch

Big changes in the Big North and NJIC

More than a third of the 72 schools in the Big North and North Jersey Interscholastic Conference changed divisions for the upcoming cross-country season, with Butler joining the NJIC from the North Jersey Athletic Conference and the entire Big North National division disappearing as the Big North goes from seven teams to six.

The major moves include Indian Hills from the Freedom to the Patriot, where the Braves will join two-time defending



Will Baginski is back from a stress fracture. CHRIS MONROE/SPECIAL TO NORTHJERSEY.COM

National champion NV/Demarest and a very good Tenafly team. But defending Patriot champion Westwood has moved to the American, along with preseason ranked teams Pascack Hills, Ramsey and Mahwah.

The NJIC sees defending Patriot champ Park Ridge/Emerson moving to the Colonial, along with Dwight-Englewood and probable league individual champ Jeremy Bronstein. Butler's move to the Meadowlands gives defending

champ Hasbrouck Heights some competition.

Sectional shakeup

There are also some changes in the sectional (and hence group) makeup. North 1 remains at Garret Mountain after some uncertainty earlier in the year, but there will be something missing — the large tree at the top of the long finishing hill that marked the final 150 meters is gone, a victim of disease that hollowed out the iconic tree and led to its

Online

Visit NorthJersey.com for a team-by-team preview on the boys and girls cross-country season.

removal.

On the North 1 team front, Indian Hills and West Milford, who finished 2-5 in last year's Group 3 sectional meet, drop down to Group 2 where they will be significant factors, while Sparta, West Essex and Morris Knolls move to Group 3. North 2 has two significant changes, also in Group 2, as Verona moves up from Group 1, and defending champ Voorhees moves to Central Group 2.

New look for the Meet of Champions

There is a significant change in the team qualification to the State Meet of Champions this year. Wild card teams were advanced from the group meet since 1997 based on total team times, with the number of wild cards increasing from 1997 to two in 2000 to three in 2016 with the top three teams from each group qualifying. This season, only the top two teams in each group will advance along with eight teams advancing from a paper merge of the six group meets. That will likely lead to just six Group 1, 2 and Non-Public B advancing instead of the usual nine.

See CROSS-COUNTRY, Page 11S

Cross-country

Continued from Page 10S

If the system that will be in effect this year on a trial basis was in effect from 2014-17, the 2014 and 2015 Ridgewood and 2016 Bergen Catholic teams would have advanced and the 2015 River Dell team would not have moved on.

Sophomore class shows promise

Five very good freshmen played significant roles last fall in the Bergen and Passaic counties championships last year and as sophomores should be among the best runners in North Jersey. West Milford's Collin Clinton and Pompton Lakes' Nathan Armstrong were good enough to finish in the top 10 of the Passaic County Championships as ninth-graders and earned all-Passaic honors. Rob Hymans of Ramapo was 10th in Bergen B, Theo Davis of NV/Demarest was 13th in Bergen B and Jesus Michel of Bogota was eighth last year in Bergen D. All five could be the leaders of their respective teams this fall.

Other sophs who may have a big impact on some of North Jersey's best teams include Donald Folk of Bergen Tech, Caleb Dalgetty of Dwight-Englewood, Bryce Fisher of Glen Rock, Arthur Khanlian of Indian Hills, Kenny Morrissey of Northern Highlands, Patrick Chambers of Ramsey and Mateo DeLisa and Justin Langbaum of Wayne Hills.

Preseason predictions

Big North champions

United: Bergen Catholic will hand Don Bosco its first loss in a league meet since the 1995 NNJIL Pacific meet.

Liberty: Passaic will earn its third-straight win

Freedom: Ridgewood will pick up its second-straight win and fifth in eight years

Independence: West Milford will repeat

Patriot: Tenafly will earn its first win since the 2008 BCSL American meet.

American: Pascack Hills wins in a sensational race against Ramsey and Mahwah for its first title since the 1983 NBIL championship.

NJIC champions

Colonial: Rutherford can repeat in a very competitive meet,

Meadowlands: Hasbrouck Heights hadn't won a league title in more than 40 years until last fall. The Aviators should make it two in a row over new league member Butler,

Patriot: Bogota should win its fifth title in seven years,

Runners to watch

Will Baginski, Ridgewood, senior: A stress fracture in his leg cost him the last six weeks of the spring season after he enjoyed an excellent winter that included a sixth-place finish in the State Meet of Champions 1,600. He's healthy

now and hopes to repeat as the Bergen County champion and improve on his fourth-place finish in the Group 4 meet and crack the top 20 at the State Meet of Champions.

Jeremy Bronstein, Dwight-Englewood, senior: He had a great first half of the season last year, winning the NJIC Patriot and Bergen E crowns before fading a little late in the season, taking 12th in the Bergen Meet of Champions and third in Non-Public B. But he had an excellent spring, winning the Non-Public B 1,600 title and then running a personal best of 4:18.98 in the event at the State Meet of Champs.

Andrew Laguttuta, Glen Rock, senior: Had a breakthrough in cross-country, taking sixth in the Lou Molino Bergen Meet of Champions, second in the Group 2 state sectionals and a remarkable 10th in state Group 2, setting or coming close to school records at Darlington, Garret Mountain and Holmdel respectively. He also broke 4:19 in the 1,600 outdoors and ran well all spring in the 3,200.

Bobby Oehrlein, Indian Hills, senior: The last remaining member of the sensational Braves team that medalled in the State Meet of Champions in 2015 and 2016, he was 13th in the Bergen Meet of Champs last spring but led the Braves at the state group 3 meet after taking third in the section.

Luis Peralta, Passaic, senior: The NorthJersey.com Runner of the Year last fall, he won the Triple Crown of the Big

North Liberty, Passaic County and Group 4 state sectional titles and is in the top 10 of Passaic runners at Darlington, Garret and Holmdel, placing a North Jersey best 24th in last year's State Meet of Champions. And oh by the way, he's the state champ at 800 meters indoors and outdoors and won the New Balance Nationals Outdoors 800 national title.

Top 25 rankings

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

NJ.com's boys cross country preseason Top 20: Setting the stage

Posted September 01, 2018 at 06:55 AM | Updated September 01, 2018 at 06:56 AM



George McNish | For NJ Advance Media

16-Ridgewood

Will Baginski is one of the top returning runners in Group 4, and will team with Ryan Fahey to help Ridgewood try and repeat as sectional champs, and build on its eighth-place finish in the group.

Boys cross country teams to watch, 2018

Posted August 30, 2018 at 06:55 AM | Updated August 30, 2018 at 06:56 AM



George McNish | For NJ Advance Media

Group 4

FAVORITE: North Hunterdon

North Hunterdon has a deep roster returning this season with Gavin Richards, Dillon Adamy and Christopher Fischer back at the track this fall. That core should be enough to help North Hunterdon jump up the standings after finishing sixth in Group 4 last year.

Contenders

West Windsor-Plainsboro South, Freehold Township, Westfield, Kingsway, Cherokee, Princeton, East Brunswick, Ridgewood, South Brunswick.

Boys cross country runners to watch for the 2018 season

Posted August 31, 2018 at 06:55 AM | Updated August 31, 2018 at 06:55 AM



EJA

Will Baginski, Sr., Ridgewood

Baginski was arguably the top runner in Bergen County, finishing first at both the Bergen County Group Championship and the Bergen County Meet of Champions. The senior also placed fourth at the Group 4 Championship meet.

Season Opener Invitational - Darlington Park, 9/8/18

Novice Boys Large - 5K

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS 1:33 1-5 Split 18:47 Avg	18	1	2	4	5	6	7	9
2 Franklin Township HS 0:38 1-5 Split 20:07 Avg	98	13	14	16	22	33	39	48
3 Clifton HS 1:29 1-5 Split 20:29 Avg	142	10	20	25	43	44	54	64
4 Wayne Hills HS 1:00 1-5 Split 20:29 Avg	150	12	32	34	35	37	45	51
5 NV - Old Tappan HS 1:34 1-5 Split 20:34 Avg	153	17	18	28	38	52	56	63
6 Union City HS 1:59 1-5 Split 20:48 Avg	181	11	27	31	55	57	65	66
7 Passaic County Tech 4:07 1-5 Split 21:12 Avg	189	19	21	24	49	76	83	84

8 Fair Lawn HS 1:04 1-5 Split 21:19 Avg	237	40	41	46	50	60	69	
9 Northern Highlands 2:12 1-5 Split 21:20 Avg	243	26	29	59	61	68	70	71
10 Passaic HS 3:29 1-5 Split 21:39 Avg	247	8	30	62	72	75	77	87
11 J F Kennedy HS 8:26 1-5 Split 23:28 Avg	286	15	42	53	85	91		
12 Paramus Catholic HS 8:10 1-5 Split 23:08 Avg	288	23	36	58	81	90		
13 Bloomfield HS 5:51 1-5 Split 22:24 Avg	297	3	67	73	74	80		
14 Wayne Valley HS 4:48 1-5 Split 24:20 Avg	372	47	78	79	82	86	88	89

Soph Boys - 5K

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Hasbrouck Heights HS Total Time: 1:34:00.58 Average: 18:48.12	30	1	4	5	9	11	16	
2 Ridgewood HS Total Time: 1:38:02.99 Average: 19:36.60	58	6	7	12	15	18	19	23
3 Bergen Catholic HS Total Time: 1:39:46.87 Average: 19:57.38	76	3	8	10	20	35	42	
4 Indian Hills HS Total Time: 1:40:52.28 Average: 20:10.46	95	2	17	21	25	30	36	38
5 Leonia HS Total Time: 1:57:20.13 Average: 23:28.03	143	14	22	24	40	43		
6 Wayne Hills HS Total Time: 1:48:06.85 Average: 21:37.37	145	26	27	29	31	32	33	34
7 New Milford HS Total Time: 1:54:07.05	158	13	28	37	39	41		

Frosh Boys Large - 1.65 mi

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 47:51.42 Average: 9:34.29	42	1	3	4	16	18	20	21
2 Wayne Hills HS Total Time: 50:54.62 Average: 10:10.93	70	8	10	12	13	27	35	38
3 Northern Highlands Total Time: 51:14.64 Average: 10:14.93	74	9	14	15	17	19	23	25
4 Bergen Catholic HS Total Time: 51:21.69 Average: 10:16.34	89	2	7	24	26	30	50	51
5 NV - Old Tappan HS Total Time: 52:23.58 Average: 10:28.72	101	6	11	22	29	33	41	46
6 Passaic County Tech Total Time: 54:52.41 Average: 10:58.49	145	5	28	31	39	42	48	49
7 Bloomfield HS Total Time: 58:30.57 Average: 11:42.12	196	32	36	37	44	47	52	
8 Pascack Valley HS Total Time: 1:00:22.49 Average: 12:04.50	215	34	40	43	45	53		

Cross-country: The highlights of Week 1

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

The big thing

The top freshmen on the varsity course at Darlington on Sept. 8 at the Season Opener Invitational ran very well on the 5,000 meter course. Jacob Heredia, the brother of recently graduated Kevin Heredia of Clifton, who is now at Rider University, opened with an excellent 18:05 and led varsity ninth grade boys. Eliza Hoover of Holy Angels ran 21:03 for the top varsity ninth grade girls performance.

Though those performance presage a great future, but there was something even bigger.

Before Saturday just three girls in the last 10 years have broken 10 minutes for the approximately 1.7 mile freshman course: previous course record holder Madeline Barney of Indian Hills, who ran 9:35 in 2016 and went on to finish 34th that same year in the State Meet of Champs; Monica Hebner of Northern Highlands, who ran 9:45 in 2014 and won last year's SMOC, and Daisy Liljegren of Northern Highlands, who ran 9:58 in 2016 and broke 11 minutes on the track two miles later that year.

After Saturday there are eight, with four of the five newcomers to the sub-10 club coming from the Ridgewood team.

Lily Williams (9:53), Olivia Shattuck (9:54) and AnnMarie Tretola (9:54) from Ridgewood broke the barrier in the first girls race and Indian Hills' Allison Lounsbury ran 9:56 in the second girls race.

And Ridgewood's much heralded Camryn Wennersten didn't disappoint in what will probably be her only race on the Darlington frosh course. She ran 9:12, shattering the old course record by 23 seconds and beat all but five of the 160 boys who ran Saturday, three of them from Ridgewood as well.

It's hard to think of a better debut (No. 5 Maroon frosh Lucia Rabioli ran 10:51, a very good time on the course). And it's hoped that the Maroons will it take very slow with their talented youngsters. It's a long season.

Talking cross-country with...

Jeremy Bronstein, of
Dwight-Englewood

The senior won the Varsity C race at



Olivia Mandella, of Holy Angels, started this year with a win in the varsity B race at the Season Opener Invitational at Darlington. KEVIN R. WEXLER/NORTHJERSEY.COM FILE

the Season Opener Invitational on Sept. 8 at Darlington County Park in 16:31, well off his personal best at the course.

Q. Were you disappointed in your time in the race?

A. Not at all. I went out at probably 85% for the first mile and just focused on finishing the last mile strongly.

Q. What are you doing differently this year to prepare for the end of the season?

A. I ran too many races last year with full effort when I didn't have to and I didn't have anything left for the State Meet of Champions (He finished 81st, running nearly 20 seconds slower than his personal best at Holmdel). That's not going to happen this year.

Q. What are your goals this year?

A. To win the County Group E again and maybe win the Bergen Meet of Champions (he finished in 12th place at last year's event), and I want to run better in the state group meet and the Meet of Champions.

Q. Are you disappointed with the move of Dwight-Englewood from Non-Public B to Non-Public A this year. (The Bulldogs are the smallest team in the larger Non-Public division).

A. I probably would have been the favorite to win Non-Public B, which was my goal, but now I have to focus and run against the big boys. I'm ready for it.

Q. Thoughts about your four-year career?

A. I can't believe how the years have flown by.

Three places to be

1. Back to the Mountain at Garret Mountain, Saturday, Garret Mountain

More than 30 North Jersey teams are returning to Garret Mountain this year in the largest invitational at the course since 2016.

2. Briarwood Invitational, Belmont Plateau, Saturday, Philadelphia

Indian Hills makes its seasonal debut as a full team in both the boys and girls championship races at the famous Pennsylvania course.

3. Suffern Invitational, Bear Mountain State Park, Bear Mountain, N.Y.

Bergen Tech, Mahwah, Passaic Valley, Wayne Hills and Westwood all travel to one of the most fun places on the annual schedule. The hill in the middle of the three-mile race is a killer but parents can see more of the race than at any other site around.

Three runners to see

1. Andrew Bailey, Hasbrouck Heights: Bailey, in his first year of running ran an outstanding 4:29.35 for 1,600 meters at the county group meet before his season was cut short by injury. He started his second cross-country season at the Season Opener, running 16:53 at Darlington, nearly a minute faster than his personal best

2. Olivia Mandella, Holy Angels: Mandella made the State Meet of Champions



Jeremy Bronstein of Dwight-Englewood competes in the boys varsity C cross country race in Mahwah last Saturday. CHRIS MONROE/SPECIAL TO NORTHJERSEY.COM

two years in a row and started her senior year with a solid win in the girls varsity B race in 19:47.

3. Ryan Fahey, Ridgewood: He's not as well known as classmate Will Baginski, but the senior is as steady as any runner in Bergen County and was a vital part of Ridgewood extending its sectional championship streak to eight and earning its 13th Bergen Meet of Champion title last year.

In case you missed it

There were other North Jersey athletes in action the first weekend of the season. Secaucus' girls were fourth and the boys seventh at the Red Raider Run at Bear Mountain State Park. Alexandra Molta was 12th in 23:19.6 and Kirsten Williams 19th in 24:11.4. The Patriot boys were led by Mohamed Alobaldi, who was 20th in 18:11.5.

Don Bosco finished fifth, just four points behind race winner Scarsdale, N.Y., in the Division 2 race at Wave Mania at Warwick Valley High School in Orange County, N.Y. Mike Dua was second in the race in 16:11.5, Max McLees 14th (17:08.3) and Sean Fortunato was 19th (17:33.1). Dillon Jensen of Pascack Hills was eighth in 16:42.9.

Andrew Laguttuta of Glen Rock was 10th in Division 1 at Wave Mania in 16:54.4 while Sylvie Najarian of Pascack Hills was 15th in the girls race in 20:40.5.

Back to the Mountain Invitational - Garret Mountain, 9/15/18 Varsity Boys A - 5K

Name	Year	School	Avg Mile	Finals	Points
3 Barnabic, Taylor	11	Ridgewood HS	5:32	17:10	3
15 Zamboldi, Mason	11	Ridgewood HS	5:49	18:05	15
24 Sheridan, Aidan	11	Ridgewood HS	5:58	18:31	23
28 Baginski, Paul	12	Ridgewood HS	6:00	18:38	26
30 Orlando, Frank	11	Ridgewood HS	6:01	18:39	28
50 Baginski, Tim	12	Ridgewood HS	6:16	19:28	46
54 Seaver, Ryan	11	Ridgewood HS	6:19	19:35	50

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Tenaflly HS Total Time: 1:30:12.00 Average: 18:02.40	89	6	7	16	17	43	94	
2 Ridgewood HS Total Time: 1:31:03.00 Average: 18:12.60	95	3	15	23	26	28	46	50
3 Union City High School Total Time: 1:31:29.00 Average: 18:17.80	104	10	11	12	34	37	42	
4 Passaic HS Total Time: 1:30:51.00 Average: 18:10.20	108	1	18	20	21	48	64	71
5 Montclair HS Total Time: 1:31:44.00 Average: 18:20.80	114	5	13	27	30	39	83	
6 Memorial HS (W. Ny) Total Time: 1:32:15.00 Average: 18:27.00	147	2	4	29	47	65		
7 Clifton HS Total Time: 1:34:51.00 Average: 18:58.20	183	8	24	40	55	56	57	62
8 Fair Lawn HS Total Time: 1:35:07.00 Average: 19:01.40	186	9	19	38	51	69	84	86
9 Paramus HS Total Time: 1:36:43.00 Average: 19:20.60	214	32	41	44	45	52	59	78
10 Old Tappan HS Total Time: 1:36:45.00 Average: 19:21.00	230	14	33	49	66	68	74	82
11 Kearny HS Total Time: 1:39:05.00 Average: 19:49.00	286	25	58	60	70	73	79	92

12 Passaic Valley HS	318	35	53	67	75	88	89	91
Total Time: 1:41:11.00								
Average: 20:14.20								
13 Passaic County Tech	319	36	54	72	76	81		
Total Time: 1:40:38.00								
Average: 20:07.60								
14 Wayne Valley HS	335	22	61	80	85	87	90	95
Total Time: 1:42:20.00								
Average: 20:28.00								
15 Pascack Valley HS	360	31	63	77	93	96	97	98
Total Time: 1:44:25.00								
Average: 20:53.00								

Novice Boys Large - 5K

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS	46	1	4	10	15	16	32	34
Total Time: 1:41:04.00								
Average: 20:12.80								
2 Montclair HS	54	2	9	12	14	17	20	22
Total Time: 1:41:30.00								
Average: 20:18.00								
3 NV - Old Tappan HS	80	5	6	8	30	31	49	51
Total Time: 1:43:31.00								
Average: 20:42.20								
4 Passaic County Tech	134	3	7	25	39	60	63	66
Total Time: 1:46:49.00								
Average: 21:21.80								
5 Union City High School	137	19	21	24	35	38	42	
Total Time: 1:45:31.00								
Average: 21:06.20								
6 Clifton HS	171	11	18	40	47	55	56	73
Total Time: 1:48:30.00								
Average: 21:42.00								
7 Passaic HS	184	13	26	36	48	61	62	72
Total Time: 1:49:41.00								
Average: 21:56.20								

8 Fair Lawn HS	196	29	37	41	43	46	57	65
Total Time: 1:49:38.00								
Average: 21:55.60								
9 Passaic Valley HS	230	23	45	50	54	58	64	69
Total Time: 1:52:08.00								
Average: 22:25.60								
10 West Essex HS	230	27	28	52	53	70	74	75
Total Time: 1:55:06.00								
Average: 23:01.20								
11 Kearny HS	271	33	44	59	67	68	71	
Total Time: 1:57:39.00								
Average: 23:31.80								

Soph Boys Large - 5K

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS	38	2	3	6	13	14	16	20
Total Time: 1:41:14.00								
Average: 20:14.80								
2 Memorial HS (W. Ny)	71	1	7	8	21	34		
Total Time: 1:44:57.00								
Average: 20:59.40								
3 Montclair HS	77	9	11	12	22	23		
Total Time: 1:45:14.00								
Average: 21:02.80								
4 Livingston HS	106	10	17	18	28	33	39	
Total Time: 1:48:43.00								
Average: 21:44.60								
5 Lyndhurst HS	135	15	19	27	36	38	40	
Total Time: 1:52:05.00								
Average: 22:25.00								
6 Passaic Valley HS	139	5	25	26	37	46		
Total Time: 1:57:00.00								
Average: 23:24.00								

7 Indian Hills HS 142 4 24 31 41 42

Total Time: 1:55:37.00

Average: 23:07.40

8 Kearny HS 169 29 30 32 35 43 44 45

Total Time: 1:58:16.00

Average: 23:39.20

Frosh Boys - 3200m

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS	40	1	2	3	16	18	19	21
Total Time: 1:00:46.00								
Average: 12:09.20								
2 Montclair HS	71	8	9	13	15	26	65	71
Total Time: 1:03:08.00								
Average: 12:37.60								
3 Sparta HS	97	6	7	12	28	44		
Total Time: 1:04:56.00								
Average: 12:59.20								
4 NV - Old Tappan HS	118	5	11	30	34	38	60	74
Total Time: 1:05:51.00								
Average: 13:10.20								
5 West Milford HS	145	22	27	31	32	33	43	80
Total Time: 1:07:46.00								
Average: 13:33.20								
6 Pascack Hills HS	173	17	35	37	39	45	50	51
Total Time: 1:10:04.00								
Average: 14:00.80								
7 Passaic County Tech	184	4	36	42	46	56	58	64
Total Time: 1:10:34.00								
Average: 14:06.80								
8 NV - Demarest HS	192	10	24	48	53	57	59	63
Total Time: 1:11:10.00								
Average: 14:14.00								
9 New Milford HS	195	14	23	40	41	77		
Total Time: 1:11:58.00								
Average: 14:23.60								

10 Pascack Valley HS	276	47	49	52	61	67	79
Total Time: 1:16:41.00							
Average: 15:20.20							
11 Lenape Valley HS	277	20	25	75	76	81	
Total Time: 1:20:16.00							
Average: 16:03.20							
12 Ramsey HS	280	29	55	62	66	68	
Total Time: 1:16:19.00							
Average: 15:15.80							
13 Lyndhurst HS	338	54	69	70	72	73	78
Total Time: 1:21:00.00							
Average: 16:12.00							

Cross country: The Best of Week 3

Paul Schwartz @NorthNJTrack

The big thing

Last year the Big North followed multiple leagues throughout the state and country in abandoning traditional dual, triangular and quadrangular meets and replacing them with "so-called" batch meets in which all teams in a division run in one big race and score each of the teams against each other.

In many ways, it's a duplicate of the divisional championships that are held in early October but sometimes the results change when the teams actually score against all the teams in their division instead of against one at a time.

After the Patriot Division meet on Sept. 27 four of the six divisions have completed their meets with the Freedom and Liberty divisions to be held next week.

All divisional meets are held at Darlington Park.

So far, Don Bosco edged Bergen Catholic, 27-28 to sweep the United Boys meet with Michael Dua of Bosco running 16:13; Pascack Hills edged Ramsey, 26-29 to win the American with David Perry of Ramsey going 16:38; Wayne Hills upset West Milford, 25-30 in the Independence with Joey Cummings of West Milford continuing his amazing season, running 16:14, a school record; and Indian Hills putting five runners in front of Tenafly's fifth man, to win the Patriot Division, 27-30. Bobby Oehrlein of Indian

Hills ran 16:00 to lead a 1-3-4 finish for the Braves.

In the girls batch meets, Pascack Hills edged Cliffside Park, 27-28 in the American Division, when Sylvie Najarian ran 20:47 to outrun CP's Kelsey Pereira for the win; Olivia Mandella of Holy Angels ran 19:41 to lead the Angels to a surprisingly close 26-30 over IHA in the United Division; Lakeland freshman Abigail Holey ran 21:02 to win the Independence Division batch race but Wayne Valley used a 2-3 finish from Shannon DiCristina and Natalie Pulicichio to beat Wayne Hills, 25-30, and sweep the dual scoring; Indian Hills showed its potential with Corinne Barney, Madeline Barney and freshman Allison Lounsbery finishing together in a speedy 19:14 and the Braves easily defeated River Dell, 19-39, in the Patriot Division. Eight girls have broken 20 minutes in the first four batch meets, this year -- seven in the Patriot, including Scarlett Jekic of Indian Hills, Kellie O'Donnell and Maggie Mirkovich of River Dell and Ellie Lester of NV/Demarest.

Places to be

1. Garret Invitational, Garret Mountain, Woodland Park, Sept. 29

Thirty North Jersey teams are among more than 60 teams in the final invitational of the year at the course where the NJIC, Passaic and state sectional meets

See CROSS, Page 9S

Cross

Continued from Page 8S

will be held in the next few weeks.

2. Stewart Invitational, Greystone Park, Morris Plains, Sept. 29

Don Bosco, Rutherford and Secaucus are the top North Jersey teams among the six teams running at this long standing meet under the auspices of the New Jersey Catholic Track Conference, the oldest surviving high school athletic conference in the state.

3. Wild Safari Invitational, Great Adventure, Jackson, Sept. 29

Sixteen North Jersey teams are part of the most unique invitational of the season, which celebrates its ninth anniversary with an altered more spectator friendly course. The course uses part of the Wild Safari/Great Adventure Park with admission to the park included in the entry fee.

4. Big North Freedom Batch Meet, Darlington Park, Mahwah, Oct. 1

Ridgewood finally unleashes its super-frosh girls team and lets 2017 All-Bergen standouts Will Baginski and Ryan Fahey open their seasons.

Garret Invitational - Garret Mountain, 9/29/18**Novice Boys Large - 5K****Team Scores**

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:35:41.00 Average: 19:08.20	21	1	2	3	5	10	12	14
2 Morristown HS Total Time: 1:39:11.00 Average: 19:50.20	81	4	9	11	28	29	44	94
3 Montclair HS Total Time: 1:39:59.00 Average: 19:59.80	93	6	13	19	21	34	66	68
4 Passaic County Tech Total Time: 1:40:11.00 Average: 20:02.20	103	8	15	24	26	30	53	64
5 Sayreville HS Total Time: 1:42:37.00 Average: 20:31.40	177	17	18	22	48	72	73	
6 Union City HS Total Time: 1:43:57.00 Average: 20:47.40	200	20	36	43	50	51	78	103
7 Bergen County Tech Total Time: 1:43:59.00 Average: 20:47.80	202	31	32	39	41	59	63	98
8 Clifton HS Total Time: 1:45:34.00 Average: 21:06.80	256	7	27	56	79	87	99	107
9 Fair Lawn HS Total Time: 1:46:15.00 Average: 21:15.00	272	42	47	55	61	67	71	75
10 Passaic HS Total Time: 1:46:51.00 Average: 21:22.20	278	25	37	38	85	93	108	
11 Roxbury HS Total Time: 1:46:40.00 Average: 21:20.00	279	33	40	52	65	89	92	102
12 Randolph HS Total Time: 1:46:26.00 Average: 21:17.20	289	16	54	69	70	80		

13 J F Kennedy HS	333	23	58	62	81	109		
Total Time: 1:53:08.00								
Average: 22:37.60								
14 North Bergen HS	336	45	57	60	84	90		
Total Time: 1:48:34.00								
Average: 21:42.80								
15 Morris Knolls HS	352	35	46	86	88	97		
Total Time: 1:49:24.00								
Average: 21:52.80								
16 Nutley HS	386	49	74	76	83	104	105	106
Total Time: 1:51:02.00								
Average: 22:12.40								
17 Northern Highlands	441	77	82	91	95	96	100	101
Total Time: 1:52:15.00								
Average: 22:27.00								

Soph Boys - 5K

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 West Orange HS	50	1	2	6	14	27	58	
Total Time: 1:33:36.00								
Average: 18:43.20								
2 Hasbrouck Heights HS	82	4	8	12	28	30	31	46
Total Time: 1:36:50.00								
Average: 19:22.00								
3 Ridgewood HS	108	9	10	23	26	40	45	47
Total Time: 1:40:14.00								
Average: 20:02.80								
4 Memorial HS Wny	110	7	18	24	29	32	39	64
Total Time: 1:39:54.00								
Average: 19:58.80								
5 Montclair HS	149	17	22	34	35	41	44	
Total Time: 1:43:25.00								
Average: 20:41.00								
6 Hackensack HS	166	16	19	36	42	53	63	
Total Time: 1:44:15.00								
Average: 20:51.00								
7 Mountain Lakes HS	230	20	37	43	59	71	90	93
Total Time: 1:48:12.00								
Average: 21:38.40								
8 Bergen Catholic HS	233	5	21	54	72	81		
Total Time: 1:47:59.00								
Average: 21:35.80								

9 Kearny HS	257	3	52	65	68	69	73	82
Total Time: 1:48:11.00								
Average: 21:38.20								
10 Indian Hills HS	270	15	38	56	78	83		
Total Time: 1:51:49.00								
Average: 22:21.80								
11 Dover HS	271	13	25	70	74	89		
Total Time: 1:53:28.00								
Average: 22:41.60								
12 Bergen County Tech	285	33	48	49	75	80	84	86
Total Time: 1:52:44.00								
Average: 22:32.80								
13 Governor Livingston HS	285	11	62	66	67	79	85	88
Total Time: 1:51:18.00								
Average: 22:15.60								
14 Northern Highlands	308	50	51	55	61	91		
Total Time: 1:58:17.00								
Average: 23:39.40								
15 Morris Knolls HS	357	57	60	76	77	87	92	
Total Time: 1:58:29.00								
Average: 23:41.80								

Frosh Boys Large - 5K

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS	60	1	8	15	16	20	23	26
Total Time: 1:02:01.00								
Average: 12:24.20								
2 Montclair HS	79	6	11	13	22	27		
Total Time: 1:03:34.00								
Average: 12:42.80								
3 Morristown HS	84	2	4	5	33	40	56	59
Total Time: 1:03:31.00								
Average: 12:42.20								
4 Mount Olive HS	129	9	10	21	41	48		
Total Time: 1:07:01.00								
Average: 13:24.20								
5 Randolph HS	140	14	25	28	30	43	45	68
Total Time: 1:07:58.00								
Average: 13:35.60								
6 Bergen Catholic HS	145	3	17	32	36	57	62	66
Total Time: 1:08:17.00								
Average: 13:39.40								

7 Passaic County Tech Total Time: 1:09:01.00 Average: 13:48.20	150	12	18	29	38	53	54	67
8 Bergen County Tech Total Time: 1:08:57.00 Average: 13:47.40	158	7	24	34	42	51	60	
9 Bloomfield HS Total Time: 1:11:11.00 Average: 14:14.20	183	19	31	37	44	52	55	64
10 Pascack Valley HS Total Time: 1:15:20.00 Average: 15:04.00	239	35	47	49	50	58		
11 Kearny HS Total Time: 1:17:47.00 Average: 15:33.40	274	39	46	61	63	65	69	

Championship season starts

Cross-country under way in big week with 18 divisional races on the schedule

Paul Schwartz @NorthNJTrack

It's a big week in cross-country as championship season gets underway with 18 divisional races Tuesday, Wednesday and Thursday at Garret Mountain in Woodland Park and Darlington County Park in Mahwah.

The NJIC will race Tuesday at Garret with its six divisional races starting at 2:30 with the Meadowlands Boys race.

Here's a race-by-race look:

NJIC, Oct. 9

Meadowlands Boys: Hasbrouck Heights won its first league title in more than 40 years last fall. The Aviators will make it two in a row over Secaucus and newcomer Butler. Individually, Nathan Armstrong is set to become Pompton Lakes' first league champ in a decade although Jeremy Bailey of Hasbrouck Heights and Matt Konopinski of Butler are contenders.

Patriot Girls (2:40): Bogota should have little trouble beating Weehawken to repeat as team champions but the Indians should still make some history if Delaney Rice can become Weehawken's first individual cross-country champion.

Colonial Boys (3:00): Rutherford is the defending champion but Glen Rock went undefeated in the duals and is favored to win its first title since 2012. The



The girls varsity B cross country race starts at Darlington County Park in Mahwah. CHRIS MONROE/SPECIAL TO NORTHJERSEY.COM

See CROSS-COUNTRY, Page 8S

Cross-country

Continued from Page 6S

individual battle between 2017 Patriot champ Jeremy Bronstein of Dwight-Englewood and Andrew Laguttuta of Glen Rock, both sub 4:20 1,600 meter runners last spring and both State Meet of Champions qualifiers last fall.

Meadowlands Girls (3:10): Hasbrouck Heights needs to hold off Saddle Brook to repeat as the team champions and Elizabeth Szambel of St. Mary's, fresh off her best ever race at the Shore Coaches meet can become the Gaels first individual titlist in 20 years. Shannon Artuso of Hasbrouck Heights and Devin Davila of Saddle Brook can make Szambel work.

Patriot Boys (3:30): 2017 team champion Park Ridge/Emerson is now in the Colonial division, and Bogota will win its fourth team title in five years. Matt Rosznagel of Midland Park is favored over Jimmy Gutierrez and Jesus Michel of Bogota.

Colonial Girls (3:40): Defending champion Lyndhurst is favored over Glen Rock and Rutherford to win its third straight team title. Individually 2017 Patriot champ Samantha Green is still recovering from injury which leaves the race wide open between Emily Byrnes of Eastern Christian, Sarah Geormaneanu of Park Ridge/Emerson, Mary Andreou of Glen Rock and Lucia Kutner and Katie Schuller of Leonia.

The Big North sends out two divisions a day at Darlington, on Oct. 9-10-11.

Big North, Oct. 9

Patriot Girls (4:40): Indian Hills, fresh off its impressive win at the Shore coaches meet, will beat a very good River Dell team to get its first league title since 2010. Corinne and Madeline Barney and fresh-

man Allison Lounsberry give the Braves a great 1-2-3 against River Dell standout Kellie O'Donnell and Amanda and Maggie Mircovich.

Freedom Boys (5:00): Ridgewood will easily defend its title with nemesis Indian Hills now in the Patriot and Will Baginski will outrun teammate Ryan Fahy to repeat as individual champ.

Freedom Girls (5:25): After a stunning debut on the state scene by upsetting defending state champion North Hunterdon at the Shore meet last weekend, Ridgewood will break the two-year skein of Northern Highlands in this race. But look for Daisy Liljegren of Highlands to hold off Ridgewood frosh Camryn Wennensten for the individual title.

Patriot Boys (5:45): Defending champ Westwood is now in the American division and Indian Hills moves in to battle Tenaflly for this year's team title. Bobby Oehrlein of Indian Hills is the big favorite to win the individual title.

Big North, Oct. 10

Liberty Girls (4:40): Clifton has won seven of the eight divisional titles, but Bergen Tech edged the Mustangs in the dual meet and if defending champ Andrea Dubbels of Clifton isn't right, the Knights can claim its first league title since 2002. Mia Dubac of Clifton and Shannon Clancy of Bergen Tech will battle for the individual title.

Independence Boys (5:00): West Milford won last year's meet in a tie-breaker and this year's battle between 2014-15-16 champ Wayne Hills and the Highlanders could be as close. Joey Cummings of West Milford is favored over Jeffrey Bennett of Wayne Hills for the individual title.

Independence Girls (5:25): Wayne Valley hasn't won a league title since the 2003 crown in the defunct Northern Hills Skyline division but the Indians are favored in a tight three-way race between themselves,

Fair Lawn and West Milford. Freshman Abigail Horevay of Lakeland, the daughter of three-time Passaic champion Amy Mizzzone, is favored over Shannon DiCristina and Natalie Pulicchio of Wayne Valley.

Liberty Boys (5:45): Passaic is favored over Bergen Tech to win a third straight title and Luis Peralta of Passaic makes a curtain call with his last ever race at Darlington, four days after he set the Passaic County record there of 15:38.

Big North, Oct. 11

American Girls (4:40): Cliffside Park has won the last six titles in the division but the shift of Pascack Hills into the mix puts a seventh straight title in question. Pascack Hills hasn't won a league title since the 1986 NBIL division 1 title but is favored. Sylvie Najarian of Pascack Hills and Kelsey Pereira of Cliffside Park are the top individuals.

United Boys (5:00): Don Bosco's last loss in a league meet was in the 1995 NNJIL Pacific championship (to Paramus Catholic). The Ironmen edged Bergen Catholic in the batch meet but the Crusaders are primed for payback. Michael Dua of Don Bosco will battle Braedon Fiume of Bergen Catholic for the individual title and the winner might decide the team title too.

American Boys (5:25): Cliffside Park has won six straight titles in this race too but newcomers Pascack Hills and Ramsey have come over from the Patriot division and are going to battle for team honors. Dillon Jensen of Pascack Hills won the Patriot title in a wonderful duel with David Perry of Ramsey last year, but look for Perry to turn the tables this year.

United Girls (5:45): Holy Angels and IHA have split the previous eight meets but look for Holy Angels to break the tie behind Olivia Mandella.

Big North Batch Meet - Darlington Park, 10/1/18

Varsity Boys Freedom Division - 5K

Name	Year	School	Avg Mile	Finals
Baginski, Will	12	Ridgewood HS	5:14	16:15
Fahey, Ryan	12	Ridgewood HS	5:17	16:24
Barnabic, Taylor	11	Ridgewood HS	5:22	16:39
Zamboldi, Mason	11	Ridgewood HS	5:29	17:01
Sheridan, Aidan	11	Ridgewood HS	5:30	17:05
Orlando, Frank	11	Ridgewood HS	5:42	17:40
Barbi, Mick	9	Ridgewood HS	5:48	18:01
Seaver, Ryan	11	Ridgewood HS	5:52	18:13
Kane, Dylan	12	Ridgewood HS	5:56	18:25
Williams, Philip	9	Ridgewood HS	6:00	18:38
Baginski, Tim	12	Ridgewood HS	6:17	19:32

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
Hackensack HS vs Ridgewood HS									
1	Ridgewood HS	15	1	2	3	4	5	8	10
Total Time: 1:23:24.00									
Average: 16:40.80									
2	Hackensack HS	45	6	7	9	11	12	13	14
Total Time: 1:28:49.00									
Average: 17:45.80									
NVOT vs Ridgewood HS									
1	Ridgewood HS	15	1	2	3	4	5	7	8
Total Time: 1:23:24.00									
Average: 16:40.80									
2	NV - Old Tappan HS	48	6	9	10	11	12	13	14
Total Time: 1:32:03.00									
Average: 18:24.60									
Northern Hig vs Ridgewood HS									
1	Ridgewood HS	19	1	2	3	6	7	8	9
Total Time: 1:23:24.00									
Average: 16:40.80									
2	Northern Highlands	42	4	5	10	11	12	13	14
Total Time: 1:28:51.00									
Average: 17:46.20									

Paramus HS vs Ridgewood HS

1 Ridgewood HS 15 1 2 3 4 5 6 7

Total Time: 1:23:24.00

Average: 16:40.80

2 Paramus HS 50 8 9 10 11 12 13 14

Total Time: 1:31:55.00

Average: 18:23.00

Ramapo HS vs Ridgewood HS

1 Ridgewood HS 16 1 2 3 4 6 7 9

Total Time: 1:23:24.00

Average: 16:40.80

2 Ramapo HS 46 5 8 10 11 12 13

Total Time: 1:37:08.00

Ridgewood HS vs Teaneck HS 5000 Run

1 Ridgewood HS 15 1 2 3 4 5 6 7

Total Time: 1:23:24.00

Average: 16:40.80

2 Teaneck HS 50 8 9 10 11 12 13 14

Total Time: 1:43:25.00

Average: 20:41.00

Novice Boys - 5K

Team Scores

Rank Team	Total	1, 2 , 3, 4, 5, *6, *7	
1 Ridgewood HS	16	1+2+3+4+6 (9+11)	1:00 1-5 Split 18:51 Avg
2 Hackensack HS	46	5+7+8+12+14 (19+21)	0:41 1-5 Split 19:33 Avg
3 Northern Highlands HS	88	10+15+17+20+26 (27+28)	1:50 1-5 Split 20:20 Avg
4 NV - Old Tappan HS	92	13+16+18+22+23 (24+25)	1:17 1-5 Split 20:30 Avg
5 Ramapo HS	155	29+30+31+32+33 (34)	0:48 1-5 Split 22:51 Avg

Frosh Boys - 5K

Team Scores

Rank Team	Total	1, 2 , 3, 4, 5, *6, *7	
1 NV - Old Tappan HS	24	1+2+6+7+8 (14+19)	1:07 1-5 Split 10:14 Avg
2 Ridgewood HS	46	3+9+10+11+13 (17+18)	1:06 1-5 Split 10:37 Avg
3 Ramapo HS	52	4+5+12+15+16 (20)	1:32 1-5 Split 10:38 Avg

Shore Coaches Invitational - Holmdel Park, 10/6/18

Varsity Boys B - 5K

Name	Year	School	Avg Mile	Finals	Points
4 Baginski, Will	12	Ridgewood HS	5:16	16:21	4
6 Fahey, Ryan	12	Ridgewood HS	5:23	16:42	6
24 Barnabic, Taylor	11	Ridgewood HS	5:34	17:16	24
44 Zamboldi, Mason	11	Ridgewood HS	5:46	17:54	43
59 Sheridan, Aidan	11	Ridgewood HS	5:52	18:12	58
60 Orlando, Frank	11	Ridgewood HS	5:52	18:13	59
78 Seaver, Ryan	11	Ridgewood HS	5:59	18:35	76

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Kingsway HS Total Time: 1:24:44.00 Average: 16:56.80	74	3	10	15	19	27		
2 North Hunterdon HS Total Time: 1:25:14.00 Average: 17:02.80	78	7	9	11	21	30	31	65
3 St. Peter's Prep Total Time: 1:25:30.00 Average: 17:06.00	94	5	8	13	20	48	56	122
4 East Brunswick HS Total Time: 1:25:47.00 Average: 17:09.40	110	1	12	22	36	39	47	49
5 WW-Plainsboro N Total Time: 1:26:10.00 Average: 17:14.00	124	2	18	25	34	45	61	75
6 Ridgewood HS Total Time: 1:26:25.00 Average: 17:17.00	135	4	6	24	43	58	59	76
7 Susan E. Wagner Total Time: 1:28:30.00 Average: 17:42.00	194	17	35	37	42	63	106	107
8 Hillsborough HS Total Time: 1:29:05.00 Average: 17:49.00	221	29	33	38	51	70	73	93
9 Middletown South HS Total Time: 1:31:09.00 Average: 18:13.80	291	46	53	60	64	68	79	100

10 Warren Hills HS 303 26 28 44 96 109 116 128
 Total Time: 1:31:07.00
 Average: 18:13.40

...

23 Cherry Hill West HS 692 129 130 139 146 148 150 152
 Total Time: 1:47:27.00
 Average: 21:29.40

Frosh Boys A - 3200m

Name	Year	School	Avg Mile	Finals	Points
1 Barbi, Mick	9	Ridgewood HS	5:51	11:37	1
20 Williams, Philip	9	Ridgewood HS	6:12	12:20	19
27 Crane, Nick	9	Ridgewood HS	6:17	12:29	26
102 Stephens, Teddy	9	Ridgewood HS	6:49	13:33	91
125 Stadulis, Luke	9	Ridgewood HS	6:58	13:51	107
139 Hughes, Sean	9	Ridgewood HS	7:03	14:00	118
160 Stern, Gabe	9	Ridgewood HS	7:11	14:16	131

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Southern Regional HS Total Time: 1:01:33.00 Average: 12:18.60	93	10	14	16	23	30	49	58
2 CBA Total Time: 1:01:59.00 Average: 12:23.80	140	2	18	34	36	50	54	71
3 Kingsway HS Total Time: 1:03:04.00 Average: 12:36.80	203	4	9	41	67	82	128	143
4 Princeton HS Total Time: 1:03:39.00 Average: 12:43.80	214	20	21	38	66	69	75	88
5 Ridgewood HS Total Time: 1:03:50.00 Average: 12:46.00	244	1	19	26	91	107	118	131
...								
27 Hackettstown HS Total Time: 1:13:46.00 Average: 14:45.20	725	127	134	139	161	164		

Brett Taylor Invitational - Darlington Park, 10/6/18

Novice Boys Large - 5K

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:33:47.00 Average: 18:45.40	22	1	2	3	4	12	31	37
2 Union City HS Total Time: 1:37:08.00 Average: 19:25.60	76	8	10	15	16	27		
3 Seton Hall Prep Total Time: 1:38:24.00 Average: 19:40.80	107	7	9	24	32	35	38	56
4 Fair Lawn HS Total Time: 1:38:50.00 Average: 19:46.00	117	6	20	21	34	36	39	41
5 Hackensack HS Total Time: 1:42:41.00 Average: 20:32.20	127	5	14	22	23	63	64	
6 Passaic HS Total Time: 1:40:26.00 Average: 20:05.20	143	11	17	25	44	46	50	55
7 Bergen County Tech Total Time: 1:41:34.00 Average: 20:18.80	167	19	28	30	43	47	52	57
8 Passaic County Tech Total Time: 1:45:37.00 Average: 21:07.40	199	13	26	48	54	58	62	66
9 Clifton HS Total Time: 1:45:56.00 Average: 21:11.20	204	18	29	45	53	59	61	
10 Wayne Hills HS Total Time: 1:44:09.00 Average: 20:49.80	215	33	40	42	49	51	60	65

Soph Boys - 5K

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Seton Hall Prep Total Time: 1:33:22.00 Average: 18:40.40	36	1	3	7	11	14	15	20
2 Ridgewood HS Total Time: 1:34:05.00 Average: 18:49.00	41	2	4	9	10	16	18	22
3 Passaic Valley HS Total Time: 1:44:25.00 Average: 20:53.00	95	6	12	17	24	36	37	
4 Wayne Hills HS Total Time: 1:43:02.00 Average: 20:36.40	110	13	21	23	26	27	29	31
5 Indian Hills HS Total Time: 1:47:02.00 Average: 21:24.40	124	8	19	30	33	34		
6 Parsippany Hills HS Total Time: 1:46:22.00 Average: 21:16.40	125	5	25	28	32	35		

Frosh Boys Large - 1.65 mi

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Seton Hall Prep Total Time: 47:29.00 Average: 9:29.80	30	1	3	4	7	15	17	20
2 Wayne Hills HS Total Time: 47:45.00 Average: 9:33.00	35	2	6	8	9	10	12	26
3 Bergen County Tech Total Time: 52:05.00 Average: 10:25.00	98	5	16	19	28	30	31	41
4 Passaic County Tech Total Time: 51:51.00 Average: 10:22.20	99	11	14	22	25	27	39	46
5 Ridgewood HS Total Time: 53:02.00 Average: 10:36.40	118	13	21	23	29	32	33	44
6 Fair Lawn HS Total Time: 56:28.00 Average: 11:17.60	168	18	34	35	36	45	47	

Peralta smashes the Passaic County record



Luis Peralta of Passaic races at Garret Mountain in September. MICHAEL KARAS/NORTHJERSEY.COM

Paul Schwartz
NorthJersey.com

Although the team wins for Ridgewood and Indian Hills girls and Dwight-Englewood's Jeremy Bronstein at the Shore Coaches Invitational overshadowed almost every other North Jersey cross-country story this weekend, there was lots of other action to report as teams prepared for Big North and NJIC championship meets starting Oct. 9.

The biggest non-Shore news came from Darlington Park, site of the 27th annual Brett Taylor Invitational earlier on Oct. 6.

Passaic's Luis Peralta, the outdoor national 800 meter champion and last year's North Jersey Cross-Country Runner of the Year, broke the Passaic County

record at Darlington, running 15:38 to win the Varsity B race by over 200 meters.

Peralta's 15:38, tied for the 16th fastest mark in course history took down the 20-year-old Passaic County record of 15:47 set by Andres Cordero of Passaic Valley in 1998. Peralta gets another chance to lower the mark even further when he races in the Big North Liberty meet at Darlington Oct. 10.

Union City beat Passaic, 64-80, for the B team title.

Dillon Jensen of Pascack Hills won the A race by 100 meters in 16:54, leading the Cowboys, favorites in the Big North American division to a 70-72-75 win over Rahway and Kinnelon.

Clifton's Mia Dubac took down the school record at Darlington and ran the

seventh fastest Passaic County time ever, winning the girls B race in 19:11, one second faster than Meghan Jozefczyk ran it in 2014. She beat defending Passaic County champion Nancy Habib of Passaic Tech by 19 seconds as Habib also ran a personal best at Darlington. The two will meet again on Oct. 10 for the Big North Liberty title. Union City beat Wayne Hills, 34-41, for the team title.

Emma Kline of Kinnelon scored an easy 250 meter win over Sylvie Najarian of Pascack Hills in 19:22 but Cliffside Park scored a 47-59 win over the Colts led by the 6-8-9 finishes of Kelsey Pereira, Veronica Calderon and Buket Kayabas.

See PERALTA, Page 7S

Peralta

Continued from Page 6S

Saugerties Invitational

Westwood traveled to upstate New York and the Cardinals' boys and girls both took third place in the annual invitational in Saugerties, the lovely Ulster County community.

Steven Bello of Westwood (17:41.6, sixth) and Marcus Cheema (17:50.4, eighth) led the Cardinal boys while Kayla Jarski (20:43.8, fourth) and Haley Myers (21:17.1, eighth) led the girls.

Disney Classic

IHA made its annual trek to Walt Disney World for the high school race and almost brought home a big trophy.

The Blue Eagles put three runners in the top 10 and nearly upset favored Ursuline Academy of New York, which went 1-2, losing the Jasmine Division, 52-60.

Tinamarie Dacic led IHA in 6th in 20:39.56, while Geri Tabbachino was seventh in 20:49.53 and Erin Brockmeier was 10th in 21:14.07.

At the Shore

There were a host of other impressive performances by North Jersey athletes and teams at the Shore meet, which serves as the unofficial preview meet for the state group races on Nov. 11 and the state Meet of Champions the following week. Here's a look at them chronologically:

Boys G: Jeremy Bailey of Hasbrouck Heights was seventh in 17:29 and teammate Jake Porco 13th in 17:39 as the Aviators took second as a team behind behind The Lawrenceville School. Chris Dugan was ninth in 17:32 for sixth place Bergen Tech and soph Caeb Dalgetty was 16th for Dwight-Englewood in 17:48 behind race winner Bronstein.

Boys F: Tenafly didn't run a full team, preparing for its Patriot showdown Oct. 9 with Indian Hills but Will Hawkins (sixth, 16:55) and Carmel Ohring (eighth, 17:01) had very good efforts.

Boys E: David Perry of Ramsey continued his breakthrough season, running 16:51 for 10th place. The Rams were seventh in the team standings.

Girls F: Elizabeth Szambel of St. Mary's had a breakthrough day, running 20:24 on the difficult Holmdel course to finish fourth in the race dominated by North Jersey runners. Eliza Hoover (fifth, 20:35), Christina Bagin (seventh, 20:48) and Mackenzie

Hughes (14th, 21:22) led Holy Angels to a second place finish despite the absence of No. 1 runner Olivia Mandella. Shannon Clancy (eighth, 20:51) and Emily Hughes (12th, 21:09) led Bergen Tech to eighth and Shannon Artuso (16th, 21:24) led Hasbrouck Heights to seventh place in the team standings.

Boys D: Braedon Fiume of Bergen Catholic ran 16:43 for fifth as the Crusaders finished sixth.

Boys C: Bobby Oehrlin came within 12 seconds of an Indian Hills school record, running 16:22 for fifth place in a very strong field. Stephen Ritter of Northern Highlands was 19th in 17:11.

Boys B: Will Baginski of Ridgewood came within five seconds of his Holmdel best and was fourth in a key comeback race from a serious injury last April. He ran 16:21 and teammate Ryan Fahey was sixth in 16:42 as the Maroons finished sixth in the field but just 61 points behind state power Kingsway, the race winner. Mahwah resident Edwin Klanke, running for St. Peter's Prep was fifth in 16:29.

Girls B: Daisy Liljegren lost for the first time all year. But the Northern Highlands junior ran a 72 second personal best at Holmdel, finishing in 19:03 for fourth place in a race won by state favorite Alexa Westley of Warren Hills.

Big North Championship - Darlington Park, 10/9/18
Varsity Boys Freedom Division - 5K

Name	Year	School	Avg Mile	Finals	Points
1 Baginski, Will	12	Ridgewood HS	5:21	16:37	1
2 Fahey, Ryan	12	Ridgewood HS	5:23	16:42	2
6 Zamboldi, Mason	11	Ridgewood HS	5:28	16:59	6
9 Sheridan, Aidan	11	Ridgewood HS	5:34	17:16	9
10 Barnabic, Taylor	11	Ridgewood HS	5:34	17:18	10
11 Barbi, Mick	9	Ridgewood HS	5:36	17:21	11
12 Orlando, Frank	11	Ridgewood HS	5:43	17:43	12

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:24:52.00 Average: 16:58.40	28	1	2	6	9	10	11	12
2 Northern Highlands Total Time: 1:29:51.00 Average: 17:58.20	89	4	7	23	25	30	33	38
3 Hackensack HS Total Time: 1:30:42.00 Average: 18:08.40	95	5	15	17	27	31	32	
4 Paramus HS Total Time: 1:31:20.00 Average: 18:16.00	96	13	18	20	21	24	34	35
5 NV - Old Tappan HS Total Time: 1:30:47.00 Average: 18:09.40	103	8	19	22	26	28	29	36
6 Ramapo HS Total Time: 1:34:15.00 Average: 18:51.00	113	3	14	16	39	41	44	46
7 Teaneck HS Total Time: 1:44:17.00 Average: 20:51.40	207	37	40	42	43	45		

Novice Boys Large - 5K (No Official Scoring)

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS	17	1	2	3	5	6	12	14
Total Time: 1:32:35.00								
Average: 18:31.00								

Frosh Boys Large - 1.65 mi (No Official Scoring)

The best of Week 5 in cross-country

Paul Schwartz @NorthNJTrack
North Jersey Record

The big thing

The girls teams at Ridgewood and Indian Hills are grabbing most of the attention so far this season, and for good reason. Both teams scored impressive victories in separate races at the Shore Coaches meet at Holmdel on Oct. 6 and were equally impressive in separate divisional wins at the Big North Freedom/Patriot meets on Oct. 9.

No. 1 Indian Hills took the top four places and routed No. 4 River Dell, 18-46, for the Patriot title with Corinne Barney leading four runners under 19:40 at Darlington with a controlled 18:34 clocking, with No. 1A Ridgewood disposed of No. 3 Northern Highlands, 24-51, taking five of the top eight places over the defending Bergen County champions.

Freshman Camryn Wennersten ran a stunning 18:00 to lead the Maroons, a time bettered by only 13 runners in course history.

But the boys at those respective schools have been pretty good them-

Top 25 boys rankings

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

selves in the first five weeks of the season and enjoyed their own divisional wins on Oct. 9, separated in the Big North for the first time in seven years.

Will Baginski and Ryan Fahey, running at 85% or less of their maximum effort easily finished 1-2 and the top-ranked Ridgewood team put all seven of

Top 25 girls rankings

1. Indian Hills
- 1A. Ridgewood
3. Northern Highlands
4. River Dell
5. Holy Angels
6. IHA
7. Clifton
8. Bergen Tech
9. NV/Demarest
10. Ramapo
11. Pascack Hills
12. Glen Rock
13. NV/Old Tappan
14. Wayne Valley
15. Hackensack
16. Hasbrouck Heights
17. Fair Lawn
18. Tenafly
19. Cliffsides Park
20. Mahwah
21. Westwood
22. Wayne Hills
23. Rutherford
24. Bogota
25. Saddle Brook

their varsity runners ahead of anyone else's third, in a 28-89 win over No. 10 Northern Highlands for the Freedom crown.

Indian Hills got a win as expected from senior Bobby Oehrlein, who defeated Tenafly junior by about 100 meters in the Patriot race and Jason Kelly and Matt Ritacco went 4-5 for the Braves. But it was the pack effort of soph Arthur Khanlian and juniors Jacob Reid, Michael Mohr and Ryan Gill who finished 12-13-14-15 that enabled the No. 2 Braves to squeak out a 35-36 win over No. 3 Tenafly as all four runners beat the fifth man for the Tigers.

"If we hadn't done that we would have lost," said Oehrlein, who was happy with his own effort. "They really battled hard in the last part of the race so we could win this."

Ridgewood was far more certain of its win and coach Patrick Ryan planned the race accordingly.

"We only let Will, Ryan and Taylor (Barnabic) run hard in the last 200 meters but we wanted the rest of the kids to get another competitive race under their belts," said Ridgewood coach Patrick



Ridgewood runners Ryan Fahey, right, and William Baginski lead halfway.

Baginski won with a time of 15:56. KEVIN R. WEXLER/NORTHJERSEY.COM

Ryan.

Ryan was pleased by the collective performance of junior Mason Zamboldi who ran a personal best 16:59 for sixth place in the race. Juniors Aidan Sheridan, Barnabic and Frank Orlando went 9-10-12 and freshman Mick Barbi ran a personal best 17:21 for 11th place, despite a rookie mistake of running in trainers instead of spikes.

Manhattan Invitational - Van Cortlandt Park, 10/13/18

Varsity Boys E - 2.5 mi

Name	Year	School	Avg Mile	Finals	Points
5 Fahey, Ryan	12	Ridgewood	5:13.1	13:02.6	5
6 Baginski, Will	12	Ridgewood	5:15.6	13:08.8	6
20 Barnabic, Taylor	11	Ridgewood	5:28.5	13:41.2	20
35 Zamboldi, Mason	11	Ridgewood	5:33.7	13:54.2	35
37 Barbi, Mick	9	Ridgewood	5:34.4	13:55.9	37
72 Sheridan, Aidan	11	Ridgewood	5:46.5	14:26.2	72
80 Orlando, Frank	11	Ridgewood	5:50.9	14:37.2	80

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 St. Peters Jersey City Total Time: 1:07:13.10 Average: 13:26.62	97	2	9	16	28	42	69	89
2 Ridgewood Total Time: 1:07:42.70 Average: 13:32.54	103	5	6	20	35	37	72	80
3 Brighton Total Time: 1:08:55.90 Average: 13:47.18	138	18	26	29	31	34	53	97
4 Londonderry Total Time: 1:08:40.30 Average: 13:44.06	144	14	17	32	38	43	55	66
5 Cicero-North Syracuse Total Time: 1:08:52.60 Average: 13:46.52	166	10	13	22	50	71	79	115
6 Hopewell Valley Total Time: 1:08:13.60 Average: 13:38.72	173	1	8	11	70	83	84	134
7 Franklin D. Roosevelt Total Time: 1:09:29.50 Average: 13:53.90	174	19	23	27	51	54	92	154
8 Niskayuna Total Time: 1:08:46.00 Average: 13:45.20	176	4	7	41	59	65	91	102
9 Suffern Total Time: 1:09:43.70 Average: 13:56.74	200	15	39	44	46	56	77	86
10 Warwick Valley Total Time: 1:09:35.00 Average: 13:55.00	209	3	30	36	40	100	119	132
...								
26 Cohoes Total Time: 1:29:47.00 Average: 17:57.40	826	148	160	170	172	176		

The skinny on Bergen, Passaic cross-country meets

Paul Schwartz @NorthNJTrack
North Jersey Record

61st Passaic County Cross-Country Championships Friday at Garret Mountain Reservation, Woodland Park

Teams: Clifton, DePaul, Eastside, Eastern Christian, Hawthorne Christian, Kennedy, Lakeland, Passaic, Passaic Tech, Passaic Valley, Paterson Charter, Pompton Lakes, Wayne Hills, Wayne Hills, West Milford.

BOYS (4:20 p.m.)

2017 champions: Passaic and Luis Peralta, Passaic.
Last year's Top 5 Teams: Passaic, Clifton, West Milford, Wayne Hills, Passaic Tech.

Top 10 returnees: Peralta; Jesse Campoverde, Lakeland (4); Nicholas Ortiz, Passaic (5); Collin Clinton, West Milford (6); Joey Cummings, West Milford (9); Nathan Armstrong, Pompton Lakes (10).

Other top individuals: Jeffrey Bennett, Wayne Hills; Joshua Szabo, Clifton; Jeffrey Bravo, Passaic.

Race outlook: Passaic returns three of their top four runners back from last year's championship team, but a fifth (and sixth) man issue cost them at the Big North Liberty meet. Wayne Hills had a terrific pack performance at the Big North Independence meet (47 seconds 1-5) and a repeat performance could deliver the Patriots their first boys title since 2015. Clifton and West Milford have good upfront power, but lack depth.

The only suspense in the individual race is how fast Peralta will run. His 15:51 at the Garret Invitational last month was the fastest run by a Passaic County runner in 15 years and if he can drop nine seconds he can move into the all-time top 10 on the North Jersey course of record. Armstrong and Cummings will battle for second and both have had sensational seasons. Campoverde, Szabo, Bennett, Ortiz and Clinton are all in the mix for the top five.

GIRLS (4:35 p.m.)

2017 champions: Clifton and Nancy Habib, Passaic Tech.
Last year's Top 5 teams: Clifton, Lakeland, West Milford, Passaic Tech, Passaic.

Top 10 returnees: Habib; Andrea Dubbels, Clifton (2); Mia Dubac, Clifton (4); Sydney Shannon, Passaic Tech (5); Emily Byrnes, Eastern Christian (7); Brianna Morrison, Clifton (9).

Other top individuals: Carol Anne Martinez, Clifton; Abigail Horevay, Lakeland; Natalie Pulicchio, Wayne Valley; Shannon DiCristina, Wayne Valley.

Race outlook: Even with Dubbels questionable for the race, the Mustangs will have little trouble winning a second straight title. Big North Independence champ Wayne Valley should be second with Wayne Hills, West Milford, Pompton Lakes and Passaic contending to complete the top five.

Habib and Dubac have a terrific rivalry and if Dubbels is healthy she'll be right in the top three mix with Byrnes. The second pack should include Martinez, Morrison, Horevay, Pulicchio and DiCristina.

54th Annual Bergen County Group Cross-Country Championships Saturday at Darlington Park, Mahwah

The top two teams from each division on points plus three wild cards advance to the Lou Molino Bergen Meet of Champions, Saturday, Oct. 27 at Darlington Park. The wild cards will be the fastest three teams by total five-man team time, unless a slower team finishes higher within the same division.

The top 10 individuals in each division also qualify as well as the next 10 fastest varsity runners who don't otherwise qualify as members of a team.

Here's a look at the 10 divisional races (North Jersey 10/13

rankings in parentheses):

BOYS A (4:20 p.m.)

Teams: (8) Bergen Tech, Cliffside Park, (15) Fair Lawn, (18) Hackensack, (11) Northern Highlands, (21) NV/Old Tappan, (20) Paramus, Pascack Valley, (1) Ridgewood, (4) Tenafly.

2017 Champions: Ridgewood and Will Baginski, Ridgewood.

Top 10 returnees: Baginski, Ryan Fahey, Ridgewood (4). Carmel Ohring, Tenafly was 7th in Division B last year.

Other top individuals: Evan Demoleas, Bergen Tech; Stephen Ritter, Northern Highlands; Carmel Ohring and Will Hawkins, Tenafly.

Race outlook: Ridgewood should have little trouble winning a third straight divisional title, even though there are eight ranked teams among the 10 entrants. Tenafly will battle Bergen Tech for second with the loser probably getting one of the three wild cards. Northern Highlands, Fair Lawn and Hackensack will be contenders for the other two wild cards. Baginski should also breeze to his second straight title, becoming the first back-to-back champ in Division A since it was formed in 2003.

BOYS B (4:35)

Teams: Bergenfield, (13) NV/Demarest, Englewood, Fort Lee, Garfield, (3) Indian Hills, (16) Mahwah, Ramapo, River Dell, Teaneck.

2017 Champions: Indian Hills and Steve Fiumefreddo, Indian Hills.
Top 10 returnees: Bobby Oehrlein, Indian Hills (3); Bobby Hymans, Ramapo (10).

Other top individuals: Jason Kelly, Indian Hills; Theo Davis, NV/Demarest.

Race outlook: Indian Hills is a big favorite here although defending champion Demarest is improving. They should be the two automatic qualifiers in this group although Mahwah and Ramapo could contend for a wild card. Individually, Oehrlein should beat the field by 30 seconds or more.

BOYS C (10 a.m.)

Teams: Becton/Wallington, Dumont, Elmwood Park, (19) Glen Rock, Leonia, Lyndhurst, Park Ridge/Emerson, (12) Pascack Hills, (7) Ramsey, Ridgefield Park, (22) Rutherford, (23) Westwood.

2017 Champions: Westwood and Dillon Jensen, Pascack Hills.

Top 10 returnees: Jensen; David Perry, Ramsey (2); Andrew Laguttuta, Glen Rock (3); Michael Castellanos, Rutherford (7); Steven Bello, Westwood (10).

Other top individuals: Rich Weissenborn, Park Ridge/Emerson; Ryan Bahnsen, Ramsey.

Race outlook: Perhaps the most competitive race from top to bottom with Pascack Hills, Ramsey, Glen Rock, Rutherford and even the defending champs with a chance to win. Pascack Hills might have the top upfront trio and Rutherford the best pack (60 seconds for 1-5 at the NJIC Colonial meet) but it was Ramsey that impressed in winning Monday's Big North Patriot meet. There have been three boys divisional races in meet history that went to a sixth place tiebreaker, the last in 1997. This could be the fourth.

Last year's individual race was spectacular with Jensen holding off Perry at the finish and Laguttuta close behind. Jensen edged Perry by a second Monday but anything can happen in the final 200 meter sprint.

BOYS D (10:15)

Teams: Bergen Arts & Science, Bogota, Cresskill, (6) Hasbrouck Heights, Midland Park, New Milford, North Arlington, Palisades Park, Ridgefield, Saddle Brook, Waldwick.

2017 Champions: Hasbrouck Heights and Sirish Modhagala, North Arlington.

Top 10 returnees: Matt Rosnagel, Midland Park (2); Jimmy Gutierrez, Bogota (5); Nick Bua, Hasbrouck Heights (7); Jesus Michel, Bogota (8); Luis Soto, Palisades Park (9).

Other top individuals: Jeremy Bailey, Hasbrouck Heights.

Race outlook: Until last year it had been 43 years between Bergen division titles for Hasbrouck Heights. And now the Aviators should have little trouble going back to back for the first time. Bogota is the likely second automatic qualifier.

Individually, it's a wide open race with Gutierrez off his fine win at the NJIC Patriot meet at Garret on Oct. 9, Rosnagel the top returnee from last year and Bua and Bailey consistent all year. Bailey may have the advantage on the flat Darlington course with his speed.

BOYS E (10:30)

Teams: (2) Bergen Catholic, (5) Don Bosco, (25) Dwight-Englewood, Paramus Catholic, Saddle River Day, St. Joseph, St. Mary's.

2017 Champions: Don Bosco and Jeremy Bronstein, Dwight-Englewood.

Top 10 returnees: Bronstein; Braedon Fiume, Bergen Catholic (2); Michael Dua, Don Bosco (3); Elias Shaia, Bergen Catholic (7); Max McLees, Don Bosco (10).

Other top individuals: David Khym and Caleb Dalgetty, Dwight-Englewood; Jack Welch, Bergen Catholic.

Race outlook: Don Bosco has won all three divisional titles since the E division was instituted in 2015. The Ironmen also won the final nine titles in the A division before being shifted to the Non-Public division. But Bergen Catholic beat Don Bosco handily at the Big North United meet Monday and the Crusaders have run well all season. The three top Dwight-Englewood runners will help determine the team title, depending on where they finish as all should be well in the top 15.

Bronstein, Fiume and Dua have been knocking on the 16 minute door at Darlington and the first one through it Saturday should be the winner.

GIRLS A (1:50 p.m.)

Teams: (8) Bergen Tech, (9) Cliffside Park, (19) Fair Lawn, (17) Hackensack, (5) Northern Highlands, (15) NV/Old Tappan, Paramus, Pascack Valley, (1A) Ridgewood, (20) Tenafly.

2017 Champions: Northern Highlands and Monica Hebner, Northern Highlands.

Top 10 returnees: Daisy Liljegren, Northern Highlands (3); Shannon Clancy, Bergen Tech (6); Katie Keyes, Ridgewood (10).

Other top individuals: Kelsey Pereira and Veronica Calderon, Cliffside Park; Camryn Wennersten, Olivia Shattuck, Lily Williams, AnneMarie Tretola and Sarah Policano, Ridgewood; Courtney Dalton, Northern Highlands.

Race outlook: Since the Bergen County girls meet was split into at least four groups in 1980, Ridgewood has won a group or division title 30 times, the last in 2015. The Maroons will return to the winner's podium this year with perhaps its youngest team ever (four freshmen and a soph in the top five). Northern Highlands should easily grab the second auto spot, with Bergen Tech and Cliffside Park the top wild card hopefuls. Fair Lawn, Hackensack, NV/Old Tappan and Tenafly all have a shot for the wild card positions.

Individually, Daisy Liljegren has had an amazing season, but the precocious Wennersten beat her in the Big North Freedom meet to grab the individual favorite's role.

GIRLS B (2:05)

Teams: Bergenfield, (10) NV/Demarest, Englewood, (23) Fort Lee, Garfield, (1) Indian Hills, Mahwah, (11) Ramapo, (6) River Dell, Teaneck.

2017 Champions: Indian Hills and Corinne Barney, Indian Hills.

Top 10 returnees: Corinne Barney; Madeline Barney, Indian Hills (2); Kellie O'Donnell, River Dell (4); Maggie Mircovich, River Dell (5); Lauren Judd, Ramapo (7); Scarlett Jekic, Indian Hills (8); Lola Gueguen, NV/Demarest (9).

Other top individuals: Allison Lounsbury, Indian Hills; Amanda Mircovich, River Dell; Ellie Lester, NV/Demarest.

Race outlook: Indian Hills and River Dell should go 1-2 without much pressure but then it gets interesting. Demarest and Ramapo should be in strong contention for two of the three wild cards but need to run well through their top five.

Corinne Barney should easily win the individual race with Madeline Barney and O'Donnell also potentially under 19 minutes.

GIRLS C (10:45 a.m.)

Teams: Becton/Wallington, Dumont, Elmwood Park, (13) Glen Rock, Leonia, Lyndhurst, Park Ridge/Emerson, (12) Pascack Hills, (14) Ramsey, Ridgefield Park, (24) Rutherford, (22) Westwood.

2017 Champions: Pascack Hills and Samantha Green, Park Ridge/Emerson.

Top 10 returnees: Maggie Scaglione, Ramsey (3); Sylvie Najarian, Pascack Hills (6); Katie Schuller, Leonia (10).

Other top individuals: Mary Andreou, Glen Rock; Lucia Kutner, Leonia; Sarah Geormaneanu, Park Ridge/Emerson; Haley Myers, Westwood; Kaylie Voigt, Ramsey.

Race outlook: There are a lot of new faces on both Pascack Hills and Glen Rock, but the two teams appear to have a small advantage over Ramsey in this division. Rutherford and Westwood are dangerous.

With injury preventing Green from repeating, Najarian, Andreou and Kutner, all underclassmen, appear to be the favorites to win individually.

GIRLS D (11)

Teams: Bergen Arts & Science, (25) Bogota, Cresskill, (18) Hasbrouck Heights, Midland Park, New Milford, North Arlington, Palisades Park, Ridgefield, Saddle Brook, Waldwick.

2017 Champions: Hasbrouck Heights and Giana DiLascio, Hasbrouck Heights

Top 10 returnees: Angelina Jaipersaud, Bogota (3); Shannon Artuso, Hasbrouck Heights (4); Devin Davila, Saddle Brook (5); Sloane Irwin, Waldwick (8); Roberta LaBarbera, Hasbrouck Heights (10).

Other top individuals: Jacqueline Lulaj, Cresskill; Mary Griffin, Ridgefield.

Race outlook: Hasbrouck Heights should little trouble repeating, although Bogota and Saddle Brook should battle for the other automatic qualifying slot.

Individually, the race is wide open with Artuso, Davila, Jaipersaud, Lulaj and Griffin all with a chance to win.

GIRLS E (11:15)

Teams: Dwight-Englewood, (4) Holy Angels, (3) IHA, Paramus Catholic, Saddle River Day and St. Mary's.

2017 champions: Holy Angels and Mackenzie Hughes, Holy Angels.

Top 10 returnees: Hughes; Olivia Mandella, Holy Angels (2); Ashley Linares, Paramus Catholic (4); Elizabeth Szambel, St. Mary's (5); Deirdre James, Holy Angels (7); Christina Bagin, Holy Angels (8); Erin Brockmeier, IHA (10).

Other top individuals: Madelyn Novelli, Geri Tabbachino and Tinamarie Dacic, IHA.

Race outlook: Until Oct. 15, Holy Angels seemed primed for a comfortable repeat win over IHA, but the Blue Eagles put seven runners ahead of Angels' fifth on Oct. 15 to pull an upset in the Big North United race. If they do it again, they will win again. Mandella has run much better than the two time defending champ, Hughes, all year and will probably win the title. Novelli had a great league meet and Szambel seems to get better with every race.

Bergen County Group Championships - Darlington Park, 10/20/18

Varsity Boys A - 5K

Name	Year	School	Avg Mile	Finals	Points
1 Baginski, Will	12	Ridgewood HS	5:12	16:08	1
4 Fahey, Ryan	12	Ridgewood HS	5:17	16:25	4
5 Barnabic, Taylor	11	Ridgewood HS	5:21	16:37	5
12 Zamboldi, Mason	11	Ridgewood HS	5:31	17:06	12
16 Sheridan, Aidan	11	Ridgewood HS	5:33	17:14	16
24 Orlando, Frank	11	Ridgewood HS	5:41	17:37	24

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:23:30.00 Average: 16:42.00	38	1	4	5	12	16	24	
2 Tenaflly HS Total Time: 1:25:29.00 Average: 17:05.80	86	2	3	14	17	50	57	
3 Bergen County Tech Total Time: 1:26:33.00 Average: 17:18.60	94	6	8	15	27	38	59	62
4 Hackensack HS Total Time: 1:27:21.00 Average: 17:28.20	104	13	18	20	22	31	32	35
5 Fair Lawn HS Total Time: 1:28:23.00 Average: 17:40.60	135	9	19	34	36	37	45	49
6 Northern Highlands Total Time: 1:28:13.00 Average: 17:38.60	137	7	11	30	41	48	52	60
7 NV - Old Tappan HS Total Time: 1:29:33.00 Average: 17:54.60	164	10	28	40	42	44	47	55
8 Pascack Valley HS Total Time: 1:32:30.00 Average: 18:30.00	207	21	23	39	61	63	64	68
9 Paramus HS Total Time: 1:31:18.00 Average: 18:15.60	209	29	33	43	51	53	56	58
10 Cliffside Park HS Total Time: 1:32:22.00 Average: 18:28.40	216	25	26	46	54	65	66	67

Novice Boys Large - 5K

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:30:10.00 Average: 18:02.00	19	1	2	3	6	7	9	13
2 Bergen Catholic HS Total Time: 1:33:40.00 Average: 18:44.00	65	4	12	14	16	19	20	21
3 NV - Old Tappan HS Total Time: 1:35:52.00 Average: 19:10.40	110	8	10	24	27	41	46	48
4 Hackensack HS Total Time: 1:36:18.00 Average: 19:15.60	113	15	17	23	28	30	34	37
5 Northern Highlands Total Time: 1:36:51.00 Average: 19:22.20	118	5	11	29	35	38	44	45
6 Bergen County Tech Total Time: 1:38:43.00 Average: 19:44.60	150	22	26	31	32	39	47	50
7 Fair Lawn HS Total Time: 1:38:50.00 Average: 19:46.00	152	18	25	33	36	40	42	43
8 Pascack Valley HS Total Time: 1:50:45.00 Average: 22:09.00	259	49	51	52	53	54		

Frosh Boys Large - 1.65 mi

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Don Bosco Prep Total Time: 49:46.00 Average: 9:57.20	60	2	7	11	15	25	26	38
2 Northern Highlands Total Time: 50:42.00 Average: 10:08.40	72	10	13	14	17	18	21	30
3 Bergen County Tech Total Time: 51:17.00 Average: 10:15.40	80	6	9	19	22	24	32	44

4 Bergen Catholic HS	84	1	5	16	23	39	41	45
Total Time: 51:01.00								
Average: 10:12.20								
5 NV - Old Tappan HS	86	3	4	12	27	40	42	43
Total Time: 51:15.00								
Average: 10:15.00								
6 Ridgewood HS	120	8	20	28	31	33	35	47
Total Time: 54:05.00								
Average: 10:49.00								
7 Pascack Valley HS	182	29	34	36	37	46		
Total Time: 57:12.00								
Average: 11:26.40								

Close races define the Bergen XC Championships



Local Sports
Darren Cooper
North Jersey Record
USA TODAY NETWORK - N.J.

MAHWAH – At the Bergen County Cross Country Championships Saturday, the C in Division C stood for close.

Ramsey held off Pascack Hills to win the boys Division C title at Darlington County Park, while the Pascack Hills girls edged Glen Rock on a rare sixth-runner tiebreaker to claim the team title. It is only the third time in the meet's history that a girls county title was decided via tiebreaker.

"The girls ran their hearts out and ran the best that they could," said Pascack Hills coach Bob Buccino. "We are fortunate to beat Glen Rock on a tie and this is back-to-back titles for us."

Sylvie Najarian of Pascack Hills won the girls race in a time of 19:57, becoming the first girl in school history to win an individual county title, but the decisive runner for Pascack Hills was sophomore Olivia Chin who finished 29th overall, one spot ahead of the sixth Glen Rock girl by two seconds.

That's close.

"We knew Glen Rock was going to be tough, but the girls really pointed to this," said Buccino. "We were shooting to repeat."

The format for the county championship is unlike any other sport in Bergen County, with the schools divided into divisions. The top two teams in each of the five divisions advance automatically to the Bergen Meet of Champions along with three wild card teams. For the individuals, it's the top 10 in each division, plus 10 wild cards.

Team was what was on the mind of



Dillon Jensen of Pascack Hills wins the Boys C race at the Bergen County Cross-Country Championships on Saturday. COURTESY OF TOBY NYGAARD

Ramsey senior David Perry, who lost the individual title in the Boys C race to Pascack Hills standout Dillon Jensen, who repeated as individual champ. But Perry had a second place individual medal and the team championship plaque in his possession.

"We haven't had a title like this since before I was in high school," said Perry, who ran a 16:22. "We were building for it last year, and this year we have our biggest senior class that we have had in a while, so this was our year to get it."

The Pascack Hills boys and Ramsey boys have fashioned a competitive rivalry this season. Pascack Hills won the

first meeting, but Ramsey edged the Cowboys for the league title, and again Saturday.

"It's like a dead heat between us," said Ramsey coach Ken Schmarge. "It could go either way. Today, everyone seemed to go 10-15 seconds faster from the league meet."

"It's just exciting to see what else the team can do," said Perry. "It's our last meet at Darlington, let's go out there and leave it all out on the field."

The battle between Perry and Jensen was expected to be one of the best individual ones of the day, but Jensen was able to take a comfortable lead, winning

by nine seconds, and Perry didn't want to chase, saving his energy for next week.

"There was too much of a gap to realistically try to get close," said Schmarge. "He cruised in."

There weren't many other close team competitions. In the Boys E division race, Bergen Catholic edged Don Bosco 35-41, while Holy Angels had five of the first 11 finishers to down Immaculate Heart Academy. Hasbrouck Heights swept the boys and girls D division titles.

The races were contested under overcast skies and overnight rain made the course soft in spots. It was too soft for Glen Rock's Andrew Lagattuta who lost a shoe while running over the infamous sand near the lake. Lagattuta was third at the time, and rallied to finish ninth, earning an automatic spot in next week's Bergen Meet of Champs. As expected Ridgewood and Indian Hills won the boys and girls team titles in Division A and B respectively.

Dwight-Englewood standout Jeremy Bronstein sent a message Saturday with a new personal best on the course Saturday, finishing in 15:48 to win the Division E title. It was the fastest time among all boys Saturday. He's definitely a contender to win gold in the BMOC along with defending champion Will Baginski of Ridgewood. Baginski won the Division A individual title in 16:08.

"Will is a great competitor, he's a friend of mine," said Bronstein. "But I want to win next week. That's always been a big goal of mine to win the Bergen Meet of Champs. There's a lot of good competition in Bergen County this year, but if I stay in the front of the pack and kick in that last 800 I think I have a shot."

Ridgewood boys, girls among team champions at Bergen County Group Championships

Jeremy Bronstein of **Dwight-Englewood**, **Michael Dua** of **Don Bosco Prep** and **Braedon Fiume** of **Bergen Catholic** were the only boys to run under 16 minutes, while **Daisy Liljegren** of **Northern Highlands**, Corrine Barney of **Indian Hills** and Camryn Wennersten of **Ridgewood** slipped under 19 minutes in the girls' race.

The Ridgewood and Bergen Catholic boys and Ridgewood and Indian Hills girls were the fastest teams overall at the Bergen County Group Championships on Saturday at Darlington Park in Mahwah.

The Varsity E race was the fastest boys' race of the day, as Bronstein (15:48), Dua (15:51) and Fiume (15:55) occupied the top three spots. Bergen Catholic averaged 16:47.2 and pushed five runners into the top 10 to beat Don Bosco, 35-41.

Ridgewood was the only team to to Bergen Catholic's average, as it jammed five into the top 16 and averaged 16:42 to beat runner-up Tenaflly, 38-86, in the boys Varsity A race. Will Baginsky claimed the individual title in 16:08, while Carmel Ohring of Tenaflly was a close second in 16:12.

Bobby Oehrlein (16:07), Jason Kelly (16:39) and Matthew Ritacco (16:47) finished 1-2-3 to help Indian Hills win the boys' Varsity B race, 40-70, over Mahwah.

It was Dillon Jensen of Pascack Hills (16:13), David Perry of Ramsey, (16:22) and Steven Bello of Westwood (16:53) in the top three in the boys' Varsity C race, while Perry led Ramsey to a 39-55 victory over Pascack Hills.

Jeremy Bailey finished third in the boys' Varsity D race in 16:50 to help Hasbrouck Heights defeat Bogota, 24-49, for the title. Jimmy Gutierrez of Bogota won the individual title in 16:37 and Matt Rosznagel of Midland Park was second in 16:48.

Wennersten (18:35) and Lily Williams placed second and third, respectively, to lift Ridgewood to a 19:26 average as their team pushed five into the top eight and beat Northern Highlands, 22-57, in the girls Varsity A race. Daisy Liljegren's winning time of 18:14 led Northern Highlands and was the fastest of the girls' meet.

Corrine Barney (18:29) and Allison Lounsbury (19:12) led a 1-2 Indian Hills finish en route to a 30-45 victory over River Dell in the girls' Varsity B race. Kellie O'Donnell of River Dell placed third in 19:16.

In the most dramatic team race of the meet, Pascack Hills and Glen Rock tied at 70-70 in the girls' Varsity C race after five runners crossed for each team. Pascack won the title by virtue of the fastest sixth runner, as Olivia Chin placed 29th and beat Glen Rock's Maggie Smith by one place. Pascack Hills was led by individual champion Sylvie Najarian in 19:57, Mary Andreou of Glen Rock was second in 20:05 and Sarah Geormaneanu of Co-Op Park Ridge third in 20:20.

Shannon Artuso won the girls' Varsity D race in 20:10 to pace Hasbrouck Heights, which had four runners in the top eight and beat Bogota 33-61. Mary Griffin of Ridgefield (20:57) and Devin Davila of Saddle Brook (21:04) took silver and bronze, respectively.

Olivia Mandella (19:01), Deirdre James (19:36) and Christina Bagin (19:50) led a 1-2-3 sweep for Holy Angels, which earned a tight victory over Immaculate Heart, 25-34, in the girls' Varsity E race.

Doc Braver Frosh/Novice Championships - Darlington Park, 10/25/18**Novice Boys Large - 5K****Team Scores**

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:30:11.00 Average: 18:02.20	19	1	3	4	5	6	11	17
2 Bergen Catholic HS Total Time: 1:32:33.00 Average: 18:30.60	60	2	7	9	20	22	24	25
3 Hackensack HS Total Time: 1:34:28.00 Average: 18:53.60	102	10	13	19	29	31	37	39
4 Paramus Catholic HS Total Time: 1:34:57.00 Average: 18:59.40	109	8	15	26	27	33	38	53
5 Wayne Valley HS Total Time: 1:37:21.00 Average: 19:28.20	158	12	14	23	50	59	65	66
6 Passaic County Tech Total Time: 1:37:38.00 Average: 19:31.60	172	21	28	30	36	57	67	69
7 Fair Lawn HS Total Time: 1:38:29.00 Average: 19:41.80	194	16	41	42	46	49	52	56
8 Wayne Hills HS Total Time: 1:40:22.00 Average: 20:04.40	233	43	44	45	47	54	58	60
9 J F Kennedy HS Total Time: 1:44:02.00 Average: 20:48.40	244	18	35	55	62	74	75	76
10 Don Bosco Prep Total Time: 1:42:23.00 Average: 20:28.60	252	32	40	51	61	68	71	
11 Northern Highlands Total Time: 1:44:21.00 Average: 20:52.20	279	34	48	63	64	70	72	73

Frosh Boys Large - 1.65 mi

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Wayne Hills HS Total Time: 46:59.00 Average: 9:23.80	29	3	5	6	7	8	10	22
2 Don Bosco Prep Total Time: 49:59.00 Average: 9:59.80	73	2	11	14	16	30	33	35
3 Bergen Catholic HS Total Time: 50:01.00 Average: 10:00.20	79	1	9	12	28	29	31	36
4 Fair Lawn HS Total Time: 50:33.00 Average: 10:06.60	81	4	13	20	21	23	25	
5 Passaic County Tech Total Time: 52:08.00 Average: 10:25.60	104	17	18	19	24	26	34	40
6 Ridgewood HS Total Time: 55:20.00 Average: 11:04.00	149	15	27	32	37	38	39	41

CROSS-COUNTRY

Lou Molino Bergen Meet of Champions preview

Paul Schwartz

North Jersey Record
USA TODAY NETWORK - NEW JERSEY

What: Lou Molino Bergen Meet of Champions

Where: Darlington County Park, Mahwah

When: Sunday, Oct. 28

Girls race

Time: Noon

Team entrants: Bergen Tech, Bogota, NV/Demarest, Glen Rock, Hasbrouck Heights, Holy Angels, IHA, Indian Hills, Northern Highlands, Pascack Hills, Ramapo, Ridgewood, River Dell.

2017 top returnees: Corinne Barney, Indian Hills (2); Daisy Liljegren, Northern Highlands (4); Madeline Barney, Indian Hills (5); Shannon Clancy, Bergen Tech (8);

Other top performers: Camryn Wennersten, Lily Williams, Sarah Pol-

cano, Olivia Shattuck and Anne Marie Tretola, Ridgewood; Amanda and Maggie Mircovich and Kellie O'Donnell, River Dell; Ellie Lester, NV/Demarest; Allison Lounsbury and Scarlett Jekic, Indian Hills; Olivia Mandella Holy Angels.

Race outlook: Northern Highlands is the two-time defending champion, but the Highlanders will battle just to stay in the top five this year. Two of the state's top four teams, Ridgewood and Indian Hills, are the clear leaders with Holy Angels, River Dell, Northern Highlands, IHA and NV/Demarest the other teams with realistic chances for a top five finish.

The stunning performance of Ridgewood's wondrous freshmen, Wennerstein, Williams, Shattuck and Tretola, along with the rapidly improving Polcano, would normally make the Maroons a shoo-in to win their 30th crown, but first since 2015. But Indian Hills, with the Barneys, the rapidly improving Jekic and its own superfrosh, Lounsbury, can match Ridgewood step-for-step

through four runners.

But it's the fifth runner that could prevent the Braves from earning their first title.

Individually, it appears to be a three-girl battle and if the weather cooperates, it will probably take a sub-18 minute performance to win with the possibility of all three girls breaking the barrier, a mark achieved by only 13 runners in course history.

Liljegren was the fastest at last week's Group meet, with a 22 second personal best of 18:14 in turning the tables on Wennersten, who had won the Big North Freedom race the week prior with a 2018 course-leading 18:00. And Corinne Barney is the only girl in the race to have run under 18 minutes, having run 17:47 for second behind the course record of 17:28 set by Monica Hebner of Northern Highlands in winning the 2017 title.

Boys race

Time: 12:40 p.m.

Team entrants: Bergen Catholic, Bergen Tech, Bogota, Don Bosco, Fair Lawn, Hackensack, Hasbrouck Heights, Indian Hills, Mahwah, Pascack Hills, Ramsey, Ridgewood, Tenaflly.

2017 top returnees: Will Baginski, Ridgewood (1); Ryan Fahey, Ridgewood (4); Braedon Fiume, Bergen Catholic (5); Michael Dua, Don Bosco (10); Jeremy Bronstein, Dwight-Englewood (12); Bobby Oehrlein, Indian Hills (13); Dillon Jensen, Pascack Hills (15).

Other top performers: Carmel Oehring and Will Hawkins, Tenaflly; Taylor Barnabie, Ridgewood; David Perry, Ramsey; Jimmy Gutierrez, Bogota.

Race outlook: Defending champion Ridgewood breezed to the A division title last week and should win its second straight title and 12th overall, behind the 1-2 punch of Baginski and Fahey. But consistency has been a problem for the Maroons and behind them is a resurgent

See CROSS-COUNTRY, Page 7S

Cross-country

Continued from Page 6S

Bergen Catholic team that also has 11 titles (tied with Ridgewood behind Don

Bosco's 16) that seeks its first title since 1990.

After the top twosome, Don Bosco tries to keep its remarkable streak of 27 straight top four finishes alive ahead of Tenaflly, Indian Hills, Bergen Tech, Ramsey and Hasbrouck Heights, all of whom

have top five ambitions.

Individually, Baginski tries to become the eighth repeat champ. But he was only the fifth fastest last week, in a controlled effort in Boys A. Bronstein, Fiume and Dua all went well under 16 minutes and Bronstein has seemingly

put up course personal bests every week. Oehrlein was within two seconds of Baginski in a separate race at Shore Coaches and was a second faster in his own controlled win last week. And Fahey, Jensen and Perry are all capable of under 16 minute efforts.

Bergen County Meet of Champions - Darlington Park, 10/28/18

Varsity Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
3 Baginski, Will	12	Ridgewood HS	5:07	15:53	3
15 Fahey, Ryan	12	Ridgewood HS	5:23	16:42	13
16 Barnabic, Taylor	11	Ridgewood HS	5:24	16:44	14
29 Zamboldi, Mason	11	Ridgewood HS	5:28	16:58	23
31 Sheridan, Aidan	11	Ridgewood HS	5:29	17:01	24
43 Barbi, Mick	9	Ridgewood HS	5:33	17:15	32
62 Orlando, Frank	11	Ridgewood HS	5:41	17:39	47

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:23:18.00 Average: 16:39.60	77	3	13	14	23	24	32	47
2 Bergen Catholic HS Total Time: 1:23:30.00 Average: 16:42.00	86	4	8	19	27	28	63	84
3 Don Bosco Prep Total Time: 1:24:04.00 Average: 16:48.80	106	2	12	17	29	46	77	82
4 Indian Hills HS Total Time: 1:25:04.00 Average: 17:00.80	137	1	21	35	38	42	69	88
5 Bergen County Tech Total Time: 1:26:03.00 Average: 17:12.60	150	9	16	20	49	56	74	75
6 Tenaflly HS Total Time: 1:26:06.00 Average: 17:13.20	158	7	11	36	43	61	89	
7 Hasbrouck Heights HS Total Time: 1:26:34.00 Average: 17:18.80	166	15	26	40	41	44	51	59
8 Hackensack HS Total Time: 1:27:07.00 Average: 17:25.40	189	25	33	34	45	52	58	60
9 Pascack Hills HS Total Time: 1:27:27.00 Average: 17:29.40	198	5	30	39	54	70	76	80

10 Ramsey HS	231	6	22	57	67	79	81	83
Total Time: 1:29:11.00								
Average: 17:50.20								
11 Fair Lawn HS	238	18	50	53	55	62	64	66
Total Time: 1:28:46.00								
Average: 17:45.20								
12 Bogota HS	276	10	31	72	78	85	86	87
Total Time: 1:32:02.00								
Average: 18:24.40								
13 Mahwah HS	289	37	48	65	68	71	73	
Total Time: 1:31:16.00								
Average: 18:15.20								

Frosh Boys - 1.65 mi

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS	48	2	3	13	14	16	17	23
Total Time: 46:45.00								
Average: 9:21.60								
2 Bogota HS	65	5	8	12	18	22	26	27
3 Old Tappan HS	84	4	10	11	24	35	36	37
4 Demarest HS	93	7	9	19	28	30	31	33
5 Bergen County Tech	95	6	15	20	25	29	32	34



**Ridgewood High School
BMOC Champions 2018**

Cross-country: Oehrlein, Liljegren win Bergen MOC

Nick Gantaifis
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

MAHWAH — Bobby Oehrlein chuckled when he was asked to recall the first time he gave distance running a shot.

It was the fall of 2015 when the Indian Hills senior was a freshman and first considered running competitively.

"I wasn't anything great back then and wasn't competitive at all," laughed Oehrlein, moments after winning the 46th Lou Molino Bergen County Cross Country Meet of Champions title on Sunday afternoon at Darlington County Park. "My freshman year was the first time I even thought about running long distance. I knew I had to lose some weight and I needed to get in shape if I wanted to be competitive in this sport."

Oehrlein was the fastest to the finish line in 15:42 on Sunday, outdistancing runner-up Michael Dua of Don Bosco Prep by six seconds. Oehrlein dramatically improved on last year's 13th place showing of 16:28.60.

"I've put in a lot of work in over the years and it's paid off," Oehrlein said. "By the time my sophomore year rolled around, I started to notice the change. My times improved dramatically and I became a competitive runner. It feels great to win today and this sets me up nicely for next weekend's state sectionals."

Ridgewood captured its second-straight team title behind third-place finisher and last year's individual champion Will Baginski (15:53). The Maroons outdistanced runner-up Bergen Catholic, 77-86 and third-place Don Bosco Prep (106) as Ridgewood's Ryan Fahey (16:42) and Taylor Barnabic (16:44) went back-to-back for 15th and 16th place finishes.

"I wanted to stay with the pack until we got up on the hill and then try to finish strong by picking up my pace," Oehrlein said. "Winning this race gives me a boost heading into next weekend. I feel great at this time of the season."

Liljegren goes under 18 to win girls' title

Northern Highlands junior Daisy Liljegren captured her first county championship, posting an impressive 17:42 time to cruise to the girls' individual title.

Liljegren is the second-straight Northern Highlands runner to claim the girls' individual crown, following in the footsteps of former teammate Monica Hebner.

"My coaches told me before the race that today was no day to go off reserved," said Liljegren, who ran the fifth-fastest time in history at Darlington. "I could just go off and control the race. There were other runners in this race that I was worried about. But I expected to win today."

Liljegren's strategy going in was to familiarize herself with her surroundings and know when to pick up the pace. It was a game plan that worked to perfection.

"I wanted to pick a few spots on the course that I would be able to speed up," Liljegren said. "I know this course pretty well. The sand is always difficult and no matter what you want to speed up at that point. That's a really good way to pick others off. Our coach has us training on sand just for this race. It also helped that I knew where the runner behind me was. The crowd was filling me in along the way and I knew where I was at. Once I made the turn and realized my lead, I was focused on breaking 18 minutes."

Ridgewood claimed its 30th team title and first since 2015. Five Ridgewood runners finished in the top 10, including individual runner-up Camryn Wennersten, who crossed the line in 18:10. Teammates Lily Williams (18:51) and Sarah Policano (18:52) finished in fifth and sixth places respectively.

"We had pointed to this race for some time," Ridgewood coach Steve Opremcak said. "Our training has been really spectacular and the team is healthy. The kids listen, and for a young group they are learning how to race correctly at the high school level. That's partly attributed to my great senior leadership. We focused on this and we wanted to have a hard race today and accomplish our goals. We're now ready for next week and the sectionals."

Liljegren of No. Highlands, Oehrlein of Indian Hills win titles, Ridgewood sweeps at Bergen meet

Senior Bobby Oehrlein of Indian Hills beat senior Michael Dua of Don Bosco Prep by six seconds to win the 57th Bergen County Meet of Champions, held at Darlington Park in Mahwah.

Junior Daisy Liljegren of Northern Highlands beat freshman Camryn Wennersten of Ridgewood by 28 seconds to win the girls race.

Ridgewood swept the boys and girls team titles. A total of 13 teams 112 runners competed in each race.

The Ridgewood girls placed five runners among the top 9, including four freshmen and a sophomore, to win its 30th team title and first since 2015. The Maroons' team average of 18:52 is now No. 2 in course history.

The Ridgewood boys repeated as champions and captured its 14th title.

Daisy Liljegren is back, wins Season Opener

Oehrlein, who was 13th last year, ran 15:42 to beat Dua, who posted a time of 15:48, becoming just the second runner from Indian Hills to win this event, which began in the early 1960's.

Senior Will Baginski of Ridgewood was third in 15:53, followed by senior Braedon Flume of Bergen Catholic (15:54) and senior Jeremy Bronstein of Dwight-Englewood (16:03).

In the girls race, Liljegren improved on her fourth-place finish of a year ago, running 17:42 to win handily. Her time was No. 5 in the course's history. Wennersten ran 18:10 to place second, followed by junior Corinne Barney of Indian Hills (18:24), freshman Allison Lounsbury of Indian Hills (18:40) and freshman Lily Williams of Ridgewood (18:51).

In the boys meet, Ridgewood scored 77 points to outdistance Bergen Catholic (86) and Don Bosco (106). The Maroons' top three runners were Baginski, senior Ryan Fahey (15th, 16:42) and junior Taylor Barnabic (16th, 16:44).

In the boys race, all of the top 10 runners with the exception of Ramapo sophomore Robert Hymans (9th, 16:31) were seniors.

In the girls race, Ridgewood scored 30 points, well ahead of Indian Hills (72) and River Dell (103). The Maroons were paced by Wennersten, Williams, sophomore Sarah Policano (6th, 18:52), freshman Olivia Shattuck (8th, 19:12) and freshman AnnaMarie Tretola (9th, 19:15).

In the girls race, the top 10 was comprised of five freshmen, three juniors and two sophomores.

Frosh/Novice State Championship - Thompson Park, 10/31/18

Novice Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
32 McCutcheon, Quinn	10	Ridgewood HS	5:46.4	17:56.3	32
63 Baginski, Paul	12	Ridgewood HS	5:56.7	18:28.3	63
79 Seaver, Ryan	11	Ridgewood HS	6:00.4	18:39.6	79
105 Cho, Alex	11	Ridgewood HS	6:13.5	19:20.4	105
106 Neville, Matthew	12	Ridgewood HS	6:13.9	19:21.5	106
108 Baginski, Tim	12	Ridgewood HS	6:16.4	19:29.5	108
114 Mancini, Patrick	11	Ridgewood HS	6:23.4	19:51.0	114

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Westfield HS	25	1	2	4	8	10	11	29
Total Time:	1:25:33.50							
Average:	17:06.70							
2 Old Bridge HS	93	3	6	9	16	59	75	103
Total Time:	1:28:26.60							
Average:	17:41.32							
3 West Windsor Plainsboro S	102	12	18	20	24	28	44	
Total Time:	1:28:59.50							
Average:	17:47.90							
...								
14 Ridgewood HS	385	32	63	79	105	106	108	114
Total Time:	1:33:46.10							
Average:	18:45.22							
15 Mendham HS	388	49	65	73	97	104	107	110
Total Time:	1:33:34.70							
Average:	18:42.94							
16 Princeton HS	423	57	76	85	90	115		
Total Time:	1:34:33.60							
Average:	18:54.72							
17 Hunterdon Central HS	468	84	86	88	101	109	113	119
Total Time:	1:34:52.90							
Average:	18:58.58							
18 Montgomery HS	470	83	92	94	99	102	112	118
Total Time:	1:34:46.60							
Average:	18:57.32							

Frosh Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
15 Williams, Philip	9	Ridgewood HS	5:58.3	18:33.2	14
20 Crane, Nick	9	Ridgewood HS	5:59.8	18:37.8	19
52 Stephens, Teddy	9	Ridgewood HS	6:19.5	19:39.1	50
54 Stern, Gabe	9	Ridgewood HS	6:20.0	19:40.6	52
63 Rusch, Matt	9	Ridgewood HS	6:25.3	19:56.9	60
113 Liu, Tianlu	9	Ridgewood HS	6:45.8	21:00.6	108
162 Stadulis, Luke	9	Ridgewood HS	7:34.9	23:33.2	153

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Kingsway HS Total Time: 1:34:57.20 Average: 18:59.44	144	3	5	36	41	59	99	129
2 CBA Total Time: 1:35:41.20 Average: 19:08.24	157	11	25	39	40	42	57	85
3 Princeton HS Total Time: 1:36:09.90 Average: 19:13.98	175	13	26	33	48	55	79	87
4 Hillsborough HS Total Time: 1:36:29.50 Average: 19:17.90	193	6	28	44	54	61	62	75
5 Ridgewood HS Total Time: 1:36:27.60 Average: 19:17.52	195	14	19	50	52	60	108	153
...								
25 North Hunterdon HS Total Time: 1:49:08.60 Average: 21:49.72	624	102	117	131	134	140	160	166

The sectional previews for cross-country

IH star Oehrlein, then who in North 1, Group 2?

Paul Schwartz @NorthNJTrack

What: NJSIAA State Sectionals Cross-Country Championships
When: Saturday, Nov. 3

Where: North 1 at Garret Mountain, Woodland Park; North 2 at Greystone Park, Morris Plains

What: The top five teams in each group in section advance to the Group Championships at Holmdel Park, Nov. 10 along with individuals in the top ten of each race.

Boys

North 1

Group 1

Race time: 10:25 a.m.

Predicted Top 5 teams: Mountain Lakes, Hasbrouck Heights; North Warren; Kinnelon; Bogota.

Predicted Top 10: Jared Cooper, Mountain Lakes; Nathan Armstrong, Pompton Lakes; Spencer Gillie, Mountain Lakes; Jimmy Gutierrez, Bogota; Matt Rossnagel, Midland Park; Matt Kopinski, Butler; Jeremy Bailey, Hasbrouck Heights; Jesus Michel, Bogota; Matt Freund, Newton; Nick Bua, Hasbrouck Heights.

How the race should go: Hasbrouck Heights is likely to push Mountain Lakes to the limit. Pompton Lakes and Butler will battle Newton, Bogota and Kinnelon for the final two group qualifiers.

Cooper is the state Group 1 favorite and will breeze here but look for Armstrong, the Passaic County runner-up to continue his great sophomore year. Michael Pantaleo of Park Ridge/Emerson has an outside shot at a Top 10 finish.

Group 2

Race time: 12:05 p.m.

Predicted Top 5 teams: Indian Hills; Ramsey; Pascack Hills; West Milford; High Point.

Predicted Top 10 individuals: Bobby Oehrlein, Indian Hills; Dillon Jensen, Pascack Hills; Matt Cummings, West Milford; David Perry, Ramsey; Collin Clinton, West Milford; Jason Kelly, Indian Hills; Ethan Billings, High Point; Matt Dragon, High Point; Jesse Campoverde, Lakeland Marcus Cheema, Westwood.

How the race should go: Indian Hills should win handily here although Ramsey and Pascack Hills may push them a little. West Milford also moves down to qualify and Mahwah, Westwood and Lakeland can push for the last spot. Dearest likely misses advancing for the first time in four years.

Bergen champ Oehrlein will win easily but second place should be a dogfight between Jensen, Cummings and Perry. Injuries have eliminated 2017 runner-up Andrew Laguttara of Glen Rock and hampered Fontana. Marco Armendariz of Mahwah and Steven Bello of Westwood are also potential Top 10 finishers.

Group 3

Teams: Bergenfield; Cliffside Park; Englewood; Fair Lawn; Montville; Morris Hills; Morris Knolls; Northern Highlands; NV/Old Tappan; Paramus; Pascack Valley; Passaic Valley; Ramapo; Roxbury; Sparta; Teaneck; Tenafly; Wayne Hills; Wayne Valley; West Essex.

Race time: 11:40 a.m.

Last year's champions: Morris Hills and Steve Flumefreddo, Indian Hills

Returnees in Top 10: Matt Morena, Morris Hills (5); Kevin McNally, Morris Hills (6); Matt Salazar, Morris Hills (9).

Predicted Top five teams: Morris Hills; Tenafly; Wayne Hills; Montville; Fair Lawn.

Predicted Top 10 individuals: Will Hawkins, Tenafly; Morena; Domenick Wallace, Morris Hills; Camel Ohring, Tenafly; Salazar; Doug Gogolorsky, Montville; Jeffrey Bennett, Wayne Hills; Dylan Gasterowski, Morris Hills; Stephen Rittor, Northern Highlands; Bryce Merwin, Morris Hills.

How the race should go: An injury to McNally won't stop Morris Hills from repeating but might keep the Scarlet Knights from returning to the Meet of Champs. Wayne Hills, Tenafly and



River Dell's Shannon Goria will look to try and return to the state Meet of Champions. RECORD FILE PHOTO

Montville will be in a battle for second and No. Highlands is in the hunt for fifth.

It's a wide open individual race but Hawkins has been on fire, witness his top 10 finish in the Lou Molino Bergen Meet of Champions. Bobby Hymans of Ramapo is a top 10 contender.

Group 4

Race time: 10:40 a.m.

Predicted Top 5 teams: Ridgewood; Morristown; Memorial; Union City; Montclair.

Predicted Top 10 individuals: Luis Peralta, Passaic; Patrick Mullen, Morristown; Will Baginski, Ridgewood; Francis Martingale, Memorial; Philmon Mehari, Livingston; Stefan Urquidí, Montclair; Steven Ventura, Memorial; Ryan Fahey, Ridgewood; Tobias Gaynor, Morristown; Aidan Ward, Montclair.

How the race should go: No Group 4 boys team in state history has won more consecutive sectional titles than Ridgewood's current streak (8). But the Maroons face their toughest challenge against Morristown and Memorial with 17 runner-up Montclair also dangerous. The Maroons need big races from Baginski and Fahey who have been slightly off their 2017 form and need their young back of the pack to continue their run. Passaic and Bergen Tech are in a scramble with three other teams for the two open spots behind sure qualifiers Ridgewood, Memorial and Morristown.

Peralta should cap off his sensational Garret Mountain career by becoming just the fourth boy in Passaic County to win back-to-back titles. But Mullen, Baginski and Martingale are dangerous rivals. Evan Demoleas of Bergen Tech can squeeze into the top 10.

North 2

Group 1

Race time: 10:25 a.m.

Predicted Top five teams: McNair; Secaucus; Jonathan Dayton; Whippany Park; Cedar Grove.

Predicted Top 10 individuals: Hamza Barkouch, McNair; James Trolano, Whippany Park; Adam Cohen, Dayton; Mohammed Alobaldi, Secaucus; Daniel Chinchilla, Secaucus; Collin Shevlin, Weehawken; Marcus Hardy, McNair; Sebastian Flood, Secaucus; Freddy Martinez, University; Adam Ali, McNair.

North Jersey outlook: Secaucus should qualify for its seventh state meet in the last eight years. Palisades Park and Weehawken can push for the final qualifying slot. Shevlin would become Weehawken's first ever competitor at states if he advances.

Group 2

Race time: 12:05 p.m.

Predicted Top five teams: Bernards; Rutherford; Parsippany; Madison; Verona.

Predicted Top 10 individuals: Tim McGrath, Bernards; Ryan Kleinert, Ber-

nards; Dominic Romero, Parsippany; Edward Byers, Bernards; Hayden; Vincent Delucia, Morris Tech; Michael Castellanos, Rutherford; Aidan Matthews, Madison; Adam Nagelone, Madison; Chris Reyda, Bernards.

North Jersey outlook: Rutherford has a very good pack that should hold off Parsippany for second place. Lyndhurst has the best chance of the other North Jersey teams to qualify. Castellanos is the top returnee in the group and teammates Matt Leonessa and Jacob MacIag could be near the top 10 as could Christian Anigilaje of Fort Lee.

Girls

North 1

Group 1

Race time: 11:15 a.m.

Predicted Top 5 teams: Mountain Lakes; North Warren; Hasbrouck Heights; Kittatinny; Kinnelon.

Predicted Top 10 individuals: Lily Hann, Mountain Lakes; Emma Kline, Kinnelon; Sophia Knerr, North Warren; Ali Schutte, Kittatinny; Shannon Artuso, Hasbrouck Heights; Lucia Kutner, Leonia; Katie Schuller, Leonia; Sophia Lore, Mountain Lakes; Gabrielle Grant, Bogota; Kendall Palazzi, Mountain Lakes.

How the race should go: Mountain Lakes has won five sectionals here since 2010 and should roll. Kinnelon, Leonia, Bogota and Saddle Brook are in a five team battle with Kittatinny for the last two team spots.

Green's freak September injury has knocked the defending state champion out of cross-country but she's expected back and healthy this winter. In her absence Hann is the favorite, but don't count out Kline. Devin Davila of Saddle Brook and Jacqueline Lulaj of Cresskill can also make the top 10 and advance.

Group 2

Race time: 12:55 p.m.

Predicted Top 5 teams: Indian Hills; River Dell; NV/Demarest; Pascack Hills; Glen Rock.

Predicted Top 10 individuals: Corinne Barney; Allison Lounsbury, Indian Hills; Madeline Barney; Kellie O'Donnell, River Dell; Maggie Mircovich, River Dell; Sylvie Najarian, Pascack Hills; Sarah DeVries, Jefferson; Ellie Lester, NV/Demarest; Emily Szalai, Jefferson; Scarlett Jekic, Indian Hills.

How the race should go: Indian Hills should win a tight battle with River Dell although the Braves are struggling with fifth girl problems. Ramsey's amazing streak of 25 straight appearances at the state group meet is on the line and the Rams need to beat three of the quartet of Pascack Hills, Glen Rock, High Point and Jefferson to keep it going.

Corinne Barney should easily win but the top 10 could also include Amanda

Mircovich and Amanda Newman of River Dell, Mary Andreou of Glen Rock.

Group 3

Race time: 12:30 p.m.

Predicted Top 5 teams: Northern Highlands; Ramapo; Cliffside Park, West Essex; Wayne Valley.

Predicted Top 10 individuals: Daisy Liljegen, Northern Highlands; Anna George, Montville; Lauren Judd, Ramapo; Courtney Blount, West Essex; Nicole Nash, Morris Knolls; Julianna Mercurio, Northern Highlands; Aleia Delgado, Morris Hills; Kelsey Pereira, Cliffside Park; Natalie Pulicchio, Wayne Valley; Lexi Mogenson, Tenafly.

How the race should go: It should be a fourth win in five years and third straight for No. Highlands, which has advanced to groups 13 straight times. Ramapo and Cliffside Park haven't made it since 2014, while West Essex, Wayne Valley, Morris Hills, and NV/Old Tappan battle for the last two spots. Liljegen and George are at least a quarter mile ahead off the rest of the field and runners like Samantha Secora of Ramapo and Veronica Calderon of Cliffside Park are potential top 10 finishers.

Group 4

Race time: 10:50 a.m.

Predicted Top 5 teams: Ridgewood; Randolph; Montclair; Clifton; Bergen Tech.

Predicted Top 10 individuals: Abby Loveys, Randolph; Camryn Wennersten, Ridgewood; Lily Williams, Ridgewood; Laura Green, Mount Olive; Sarah Polcano, Ridgewood; Mia Dubac, Clifton; Meghan Hessler, Montclair; Meredith Finley, Randolph; Shannon Clancy, Bergen Tech; Olivia Shattuck, Ridgewood.

How the race should go: No group 4 team in the state is close to Ridgewood's 23 titles, although Randolph has won seven to the Maroons' four since moving to North 1 in 2005. That gap narrows as the Maroons, with four freshmen and a sophomore in their top five easily win a 24th title and extend their group qualification streak to 43 (or every one since girls sectionals started in 1976). Morristown, West Orange and Union City probably can't beat Bergen Tech and Clifton although Mount Olive could if they could bolster the back of its pack.

Loveys is certain to become the latest in a long line of back-to-back group 4 sectional titlists and could take down the 31-year-old Garret course record 17:59 by Christi Constantin of Kittatinny.

North 2

Group 1

Race time: 11:15 a.m.

Last year's champions: McNair Academic and Jazzlyn Diaz, McNair.

Returnees in Top 10: Claire Chapeau, McNair (2); Safaa Merghoub, McNair (4); Catriona Corbett, Dayton (5); Bonu Akhadova, McNair (6); Abbey Hochreiner, Dayton (7); Stacey Dubreus, McNair (8); Lauren DeDreu, Whippany Pk (10).

Predicted Top 5 teams: McNair; Dayton; Secaucus; Weehawken; Whippany Park.

Predicted Top 10 finishers: Chapeau; Delaney Rice, Weehawken; Hochreiner; Merghoub; Akhadova; Sofia Costa, Glen Ridge; Dubreus; Corbett; Mary Griffin, Ridgefield; Diani Jones, McNair.

North Jersey outlook: Secaucus will easily advance to its eighth group meet in nine years and Weehawken will make its first. Rice was second to Chapeau at Hudson and will be second again and Griffin should be Ridgefield's first top 10 finisher since 2010.

Group 2

Race time: 12:55 p.m.

Predicted Top five teams: Bernards, Madison; Verona; Caldwell, Rutherford.

Predicted Top 10 individuals: Emily DellaRiva, Caldwell; Caroline McDowell, Bernards; Jamie Habib, Madison; Kelsey Klein, Bernards; Cynthia Aguero, Fort Lee; Musum; Grace Reynolds, Hanover Park; Katherine Castano, Parsippany; Julia DiGeronimo, Verona; Kate Quinn, Caldwell.

North Jersey outlook: If Fort Lee can crack the top five, it'll be its state group performance since 1998. If Aguero places top 10, she's the first Fort Lee girl to do so since 2009.

State Sectionals - Garret Mountain, 11/3/18**Varsity Boys North 1, Group IV - 5K**

Name	Year	School	Avg Mile	Finals	Points
2 Baginski, Will	12	Ridgewood HS	5:16	16:21	2
5 Fahey, Ryan	12	Ridgewood HS	5:19	16:30	5
7 Barnabic, Taylor	11	Ridgewood HS	5:29	17:03	7
25 Zamboldi, Mason	11	Ridgewood HS	5:40	17:35	25
27 Sheridan, Aidan	11	Ridgewood HS	5:41	17:39	27
28 Barbi, Mick	9	Ridgewood HS	5:42	17:41	28
53 Orlando, Frank	11	Ridgewood HS	5:58	18:30	53

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Ridgewood HS Total Time: 1:25:08.00 Average: 17:01.60	66	2	5	7	25	27	28	53
2 Morristown HS Total Time: 1:27:09.00 Average: 17:25.80	99	6	15	16	30	32	47	70
3 Montclair HS Total Time: 1:28:08.00 Average: 17:37.60	123	10	17	22	35	39	78	91
4 West Orange HS Total Time: 1:28:55.00 Average: 17:47.00	150	14	20	33	41	42	60	98
5 Memorial HS Wny Total Time: 1:28:30.00 Average: 17:42.00	156	4	21	37	43	51	68	
...								
18 J F Kennedy HS Total Time: 1:51:10.00 Average: 22:14.00	564	99	106	118	120	121	122	

Ridgewood, Indian Hills sweep; history for Tenaflly's Ohring

Nick Gantaifis
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

WOODLAND PARK – Tradition and consistency were the themes on display at Saturday's North 1 state sectional cross-country championships at Garret Mountain.

Six teams and three individual runners repeated as group sectional champions, highlighted by Ridgewood's and Indian Hills' clean sweeps in the girls' and boys' divisions.

Ridgewood dominated the Group 4 field as the boys claimed a record ninth straight team title and the girls cruised to an unprecedented 24th overall crown and qualified for their 43rd group championship meet since 1976. The Ridgewood boys finished 33 points ahead of runner-up Morristown, 66-99 and the girls team ran past Randolph, 32-77.

"We have some guys who aren't used to this spotlight," said Ridgewood boys coach Patrick Ryan. "Any time you come off a performance like this where you're very happy with how you responded, it's huge."

Indian Hills, competing in Group 2 for the first time, swept the boys and girls team races and had individual winners Corinne Barney (19:08) and Bobby Oehrlein (16:19). Other repeat team winners include the Northern Highlands girls in Group 3, the Mountain Lakes boys and girls in Group 1 and the Morris Hills boys in Group 3.

"The girls recognized that they're part of a program that's bigger than themselves and that has a tradition that goes all the way back to the beginning of girls' sports in New Jersey. They find that exciting and challenging," Ridgewood girls coach Steve Opremcak said.

The top five teams and top 10 individuals in each group advance to Saturday's group finals at Holmdel Park.

Tenaflly's Ohring makes history

Junior Carmel Ohring became the first Tenaflly runner to capture a state sectional title when he finished five seconds ahead of runner-up Matt Morena of Morris Hills in the Group 3 race.

Ohring, who was 15th last year, finished in front of senior teammate and third-place Will Hawkins (17:02) as the

duo helped the Tigers to second-place behind champ Morris Hills.

Liljegren leads No. Highlands

Junior Daisy Liljegren continued in the footsteps of past Highlander greats when she captured her first Group 3 sectional title in 18:42. Liljegren finished more than a minute ahead of runner-up Anna George (19:48) and is the fourth Northern Highlands' runner to win a sectional title since 2009.

"I got off to a good start, but it was difficult to stay on pace because of the mud. My mile time was a little bit slower than normal because of the mud and I tried not to fall," Liljegren said. "I'm really excited for next weekend for myself and the team." The Highlanders captured their third-straight Group 3 crown and fourth in five years.

Passaic's Peralta rolls

Passaic senior Luis Peralta continued his impressive career by capturing his second-straight Group 4 title in a boys best 16:06. Peralta got off the line first and maintained a winning pace to finish ahead of second-place Will Baginski (16:21) of Ridgewood.

"It feels great to win again," Peralta said. "I wanted to run smart throughout the whole race, but I started to get a little tired going up the hill."

Highlights from other races

■ Senior Abby Loveys of Randolph ran 17:41 to repeat in Group 4 and broke the 31-year old course record of 17:59 by Christi Constantin of Kittatinny.

■ Kinnelon senior Emma Kline won Group 1 in 19:41 to lead the Colts to a second-place team finish.

■ Senior Jared Cooper of Mountain Lakes won his second-straight boys Group 1 title in 16:12 as the Herd repeated as team champions.

■ The Secaucus boys and girls, and the Rutherford boys were in the top five of their races at North 2, Group 1 at Greystone Park. Delaney Rice and Collin Shevlin of Weehawken made history by becoming the first runners in school history to qualify individually.

■ Bernards dominated with the first four spots in boys North 2, Group 2.

Boys Cross Country

Sectional X-C: Cooper, Mountain Lakes both repeat, Passaic's Peralta wins again

The **Mountain Lakes** boys cross country team is once again a sectional champion as the Lakers captured the NJSIAA North Jersey, Section 1, Group 1 championship for the second straight year at Garret Mountain in Woodland Park on Saturday.

The Lakers not only repeated as a team, but their senior **Jared Cooper** once again won the individual race with a time of 16:12, 11 seconds faster than last year. Cooper beat runner-up Nathan Armstrong, a sophomore from Pompton Lakes, by 37 seconds.

"I am pretty happy with the time," Cooper said. "There's a lot of good runners, but to win it as a team was something that the whole team was looking to do. It was a very close meet but we are happy to pull it off."

Also placing in the top five for Mountain Lakes was senior Spencer Gillie, who was sixth in 17:11. Rounding out the Lakers top five finishers were freshman Preston Smith (12th in 17:41), junior Liam Chavez (26th in 18:21) and sophomore Joey Mucci (32nd in 18:36).

Indian Hills won the team crown with 74 points, beating Hasbrouck Heights by just eight points.

The top five teams and top 10 individuals from each race qualified for the State Group Championships, which will be contested at Holmdel Park on Saturday.

Mountain Lakes wasn't not the only team to have the individual winner and win as a team.

In Group 2, Indian Hills would go on to take the title after finishing second in the race a year ago. Winning the race was senior **Bobby Oehrlein** with a time of 16:19. Senior Joey Cummings of West Milford was second in 16:52.

"He was really good," Indian Hills coach Tom Zacccone commented on Oehrlein's performance. "He's peaking right now, he is peaking at the right time of the season."

Rounding out the top five for the Indians were senior Jason Kelly (eighth in 17:24), junior Mattew Ritacco (13th in 17:40), sophomore Jake Calviello (19th in 18:12) and senior David Schwartz (25th in 18:24).

Indian Hills scored 66 points with Ramsey finishing second with 97.

In Group 4, Passaic senior **Luis Peralta** ran a time of 16:06 to win the race for the second year in a row. Senior Will Baginski of Ridgewood finished second in 16:21.

Winning in Group 4 was **Ridgewood** with 66 points, 33 ahead of Morristown. Senior Ryan Fahey (16:30) and junior Taylor Barbanic (17:03) helped Ridgewood's cause by placing fifth and seventh respectively.

Tenaflly junior **Carmel Ohring** won Group 3, finishing with a time of 16:50. The next four runners were separated by just seven seconds – Matt Morena of Morris Hills (second in 17:00), senior William Hawkins of Tenaflly (third in 17:02), senior Matt Salazar of Morris Hills (fourth in 17:03) and sophomore Robert Hymans (fifth in 17:07).

"It feels really good to come out in first," Ohring said. "I went in just trying to be competitive, that's what I love about this course, time is kind of thrown out the window."

Morris Hills won the team crown with a mere 28 points as it placed five runners in the top nine. Runner-up Tenaflly scored 86.

Leading Morris Hills were Morena, Salazar, sophomore Domenick Wallace (sixth in 17:08), senior Dylan Gasiorowski (seventh in 17:09) and senior Kevin McNally (ninth in 17:16).

His team would finish second behind Morris Hills, who would win by 58 points. Montville placed in third with Wayne Hills coming in forth and Fair Lawn coming in fifth.

MileSplit50

2018 RANKINGS:

Boys New Jersey Rankings Poll teams

WEEK:

Week 9 - Pre-Groups

Flo50 XC Home

Boys New Jersey Rankings Poll

10

N/R



Ridgewood HS

1st

@ NJSIAA Sectionals -

North I

7 pts / Previously unranked, The Maroon move into the Top Ten off of their N1 Gr4 Sectional win (66 pts, 17:02 avg) with Will Baginski in 2nd (16:21). / Next: NJSIAA Group 4 Championships,

Cross-country: Paul Schwartz's state group Preview

Paul Schwartz @NorthNJTrack

In both boys and girls divisions the top two teams and individuals in the top 10 in each group automatically qualify for the State Meet of Champions at Holmdel on Nov. 17. The next eight teams by composite score, as determined by a general merge of all complete teams racing at the group meet qualify for the Meet of Champions. Once those wild card teams are identified, the top 10 runners by time, regardless of race, who haven't already qualified, also advance to the Meet of Champions.

Where: Holmdel County Park

When: Saturday beginning at 9:30 a.m. with 12 races at half hour intervals.

Here's a closer look, race by race:

Boys Group 4

9:30 a.m.

2017 champions: Kingsway and Will Hare, Princeton.

North Jersey entrants: Ridgewood; Luis Peralta, Passaic and Evan Demoleas, Bergen Tech.

North Jersey outlook: Ridgewood, fresh off its record ninth straight sectional title, should be a beneficiary of the new wild card rules and make it to the State Meet of Champs for the 15th time, most for a North Jersey public school team. Peralta could add the Group 4 cross-country title to his indoor and outdoor 800 crowns and the last mile at Holmdel is mostly downhill, giving him a chance to use the speed.

State Groups - Holmdel Park, 11/10/18 Varsity Boys Group IV - 5K

Name	Year	School	Avg Mile	Finals	Points
4 Baginski, Will	12	Ridgewood HS	5:17	16:24	3
19 Fahey, Ryan	12	Ridgewood HS	5:25	16:48	16
85 Barnabic, Taylor	11	Ridgewood HS	5:43	17:43	77
88 Zamboldi, Mason	11	Ridgewood HS	5:44	17:48	80
96 Sheridan, Aidan	11	Ridgewood HS	5:47	17:58	88
98 Barbi, Mick	9	Ridgewood HS	5:49	18:03	90
128 Orlando, Frank	11	Ridgewood HS	6:04	18:49	120

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7
1 Kingsway HS Total Time: 1:24:05.00 Average: 16:49.00	91	8	9	14	18	42	86	92
2 Westfield HS Total Time: 1:24:21.00 Average: 16:52.20	97	7	12	20	23	35	93	132
3 Cherokee HS Total Time: 1:24:05.00 Average: 16:49.00	122	1	4	21	47	49	51	57

4 WW Plainsboro S	140	10	24	29	34	43	62	112
Total Time: 1:25:10.00								
Average: 17:02.00								
5 Princeton HS	162	5	6	22	44	85	122	129
Total Time: 1:25:06.00								
Average: 17:01.20								
			...					
11 Ridgewood HS	264	3	16	77	80	88	90	120
Total Time: 1:26:41.00								
Average: 17:20.20								
			...					
20 West Orange HS	447	45	82	98	104	118	126	135
Total Time: 1:30:15.00								
Average: 18:03.00								

CROSS COUNTRY QUALIFIERS

When: Saturday, Nov. 17
Where: Holmdel County Park

Boys

Race time: 11 a.m.

North Jersey team: Hasbrouck Heights

North Jersey individuals: Nathan Armstrong, Pompton Lakes; Will Baginski, Ridgewood; Jeremy Bronstein, Dwight-Englewood; Caleb Dalgetty, Dwight-Englewood; Michael Dua, Don Bosco; Ryan Fahey, Ridgewood; Braedon Fiume, Bergen Catholic; Jimmy Gutierrez, Bogota; Dillon Jensen, Pascack Hills; David Khym, Dwight-Englewood; Matt Konopinski, Butler; Bobby Oehrlein, Indian Hills.

Race outlook: It has been a bounce-back year for North Jersey boys with more than twice as many individuals qualifying for the final race as in 2017, when only five boys and no teams qualified. With the unfortunate DNF by Passaic's Luis Peralta after being in the top five of the group 4 race last week, it's unlikely that any of the individuals running will finish in the top 10.

Baginski, who recently committed to Dartmouth College, is likely to be the top finisher, making the top 20 and Bronstein, who just signed with the University of Connecticut, Dua, Fiume and Oehrlein all could join him there with big races this week. All should be comfortably within the top third of the 180-plus runner field with Jensen and Fahey also likely to finish in that group. Sophomores Armstrong and Dalgetty will get great experience and the MOC race is a great reward for Gutierrez, Khym and Konopinski for a fine senior year. Hasbrouck Heights arrives at the MOC a year earlier than even coach Mike Ryan expected, but that's exciting for the Aviators' only senior, Jeremy Bailey, and will be a taste of what could come for the rest of the team. The Aviators will be in the bottom quarter of this year's race but next year could be a different story.

CBA, winners of 22 of the previous 43 races, is favored to make it 23 and eight of the last nine but the Colts will get great competition from group 4 champ Kingsway, group 2 champ Haddonfield, group 3 champ Mendham, Westfield and Cherokee.

State Meet of Champions - Holmdel Park, 11/17/18 Varsity Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
65 Fahey, Ryan	12	Ridgewood HS	5:28	16:59	
84 Baginski, Will	12	Ridgewood HS	5:33	17:13	

Hasbrouck Heights makes dream run to state title

Paul Schwartz
@NorthNJTrack
North Jersey Record

Hasbrouck Heights has dream season

Since the first boys team championship in the State Meet of Champions in 1973, 25 North Jersey schools have made 75 appearances in the state's premier meet before this season.

For most of those years, Hasbrouck Heights didn't even qualify for the state group meet, with only one appearance between 1975 and last year, when the Aviators finished 11th in the 20 team field. Under the direction of coach Mike Ryan, Hasbrouck Heights made history this year, winning its second straight NJIC Meadowlands and Bergen Division D titles and coming within eight points of a major upset at the North 1 Group 1 state sectionals, losing to perennial state contender Mountain Lakes.

The Aviators reversed their loss to the Lakers at the state group 1 meet, taking second behind champion Haddon Township and earning their first bid to the Meet of Champions.

Jeremy Bailey was the only senior on the varsity squad, and was the team leader in almost every meet. But the underclassmen, juniors Nick Bua, TK Kasper and TJ Singh, sophomores Jake Porco and Cole Sonzogni and freshman Evan Morrow formed one of the best packs in the state, with the top five runners in the six league, county and state meets never being separated by more than 58 seconds, the goal of most good teams. The second MOC appearance

might be only a season away.

Top flight seniors

The top eight finishers in the Lou Molino Bergen Meet of Champions and three of the top five finishers in the Passaic meet were seniors, as experience was the key component for the 2018 boys season. While no North Jersey boy finished in the top 20 of the state's biggest race, the State Meet of Champions, for the second straight year, four runners, all seniors had finishes comfortably in the top 50.

Michael Dua of Don Bosco led all North Jersey finishers in 25th place while Bergen County and North 1, group 2 sectional champ Bobby Oehrlein of Indian Hills was 39th. Braedon Fiume of Bergen Catholic was 44th while Bergen E and NJIC Colonial champ Jeremy Bronstein was 48th. All are seniors.

Perhaps the best chances for a high finish in the Meet of Champions were with seniors Passaic County champ Luis Peralta of Passaic, 24th last year and Will Baginski of Ridgewood, who was fourth in each of the last two group 4 meets. But Peralta failed to qualify for the Meet of Champions and Baginski had a rare off day on the Holmdel course.

Historic Achievements

It was a historic year for several teams and individuals. Ridgewood won a record ninth straight sectional group 4, the longest group 4 streak in state history. The Maroons also extended its state group qualification streak to 25

straight years while Indian Hills qualified for its 17th straight. Conversely, Fair Lawn qualified for its first group meet since 1971.

Matt Konopinski of Butler became the Bulldogs' first top 10 group finisher since 2000, while Pascack Hills' Dillon Jensen was the first Cowboy to crack the group top 10 since 1983, while Fiume's third place finish in the Non-Public A was the highest BC finish since 1990.

Carmel Ohring became Tenafly's first sectional champ since 1978, while Collin Shevlin of Weehawken became the first boy from his school to reach the group meet.

Top teams

The Ridgewood boys were once again the best team in the area from the beginning of the season to the end, winning their ninth straight group 4 sectional title and winning the Lou Molino Bergen Meet of Champions for the second straight and 13th overall, second only to Don Bosco's 16. The Maroons, behind seniors Baginski and Ryan Fahey, both all-Bergen selections for the second straight year, also won titles in the Big North Freedom and Bergen A races.

Led by Bergen and group 2 sectional champ Oehrlein, Indian Hills won three major titles, the Bergen B, Big North Patriot and group 2 sectional, its seventh sectional title of the decade.

Three teams won a pair of crowns, the aforementioned Hasbrouck Heights, with just one senior, took the NJIC Meadowlands and Bergen D titles, but the Aviators most impressive races came in runner-up finishes in sectional

group 1 and state group 1 competition, its highest finishes in both for more than 40 years. Ramsey captured the Big North American and Bergen C titles, its first double since 2013. And Bergen Catholic won its first Bergen E title in the four years of the division's existence. But more significantly, the Crusaders ended Don Bosco's remarkable 22 year league winning streak, taking the Big North United crown, their first league win since the 1993 NNJIL Atlantic title.

Passaic captured the Passaic County title for the second straight year and lost a tiebreaker to Bergen Tech for the Big North Liberty title. Glen Rock (NJIC Carpenter), Bogota (NJIC Patriot) and Wayne Hills (Big North Independence) also won team titles.

2019 season is wide-open

Ridgewood graduates its top two runners, Bergen Catholic loses six of its top seven runners, Tenafly loses two of its top three, Indian Hills loses three of its first four and Don Bosco two of its top three runners. That means the 2019 Bergen team picture is wide open, even for a group 1 team like Hasbrouck Heights.

In Passaic County, third place West Milford graduates just one of its top seven, while other top teams Passaic, Wayne Hills and Clifton return just four. That might help the Highlanders overtake and dethrone two-time champion Passaic.

But it's the individual races that are really wide open. The top returnee from

See CROSS-COUNTRY, Page 85

Cross-country

Continued from Page 75

the Bergen Meet of Champions is ninth place finisher Bobby Hymans of Ramapo, who will be a junior. Rising seniors Carmel Ohring of Tenafly, Max Mclees of Don Bosco, Taylor Barnabie of Ridgewood and junior Jesus Michel of Bogota all finished in the top 16 and will return. Passaic's two-time champion Luis

Peralta will also be gone but seven of the top 12 return led by rising junior Nathan Armstrong of Pompton Lakes. Others back are rising seniors Nicholas Ortiz of Passaic, Josh Szabo of Clifton, Jesse Campoverde of Lakeland, juniors Collin Clinton of West Milford and Justin Langbaum of Wayne Hills and rising soph Jacob Heredia of Clifton.

Final top 25

1. Ridgewood

2. Bergen Catholic
3. Don Bosco
4. Indian Hills
5. Tenafly
6. Hasbrouck Heights
7. Bergen Tech
8. Passaic
9. Hackensack
10. Ramsey
11. Pascack Hills
12. Wayne Hills
13. West Milford
14. Fair Lawn

15. Northern Highlands
16. Kinnelon
17. Mahwah
18. NV/Demarest
19. Clifton
20. Dwight-Englewood
21. NV/Old Tappan
22. Glen Rock
23. Rutherford
24. Secaucus
25. Lakeland

2018 ALL-NORTH JERSEY BOYS CROSS-COUNTRY TEAMS

Here are the players named to the NorthJersey.com All-North Jersey boys cross-country teams:

FIRST TEAM

Will Baginski
Ridgewood, senior
The Dartmouth bound Baginski battled back from a spring injury to win the Big North Freedom and Bergen A titles, was third in the Bergen Meet of Champs, third in the Group 4 sectional and fourth at the Group 4 states.

Jeremy Bronstein
Dwight-Englewood, senior

He became Dwight-Englewood's first ever three time qualifier for the state Meet of Champions by taking second in Non-Public B. He won his second straight Bergen E title and won the NJIC Colonial title and was fifth in the Bergen Meet of Champs.

Michael Dua

Don Bosco, senior
He never won a major meet, but runner-up finishes in the Big North United, Bergen E and Bergen Meet of Champs and a fourth place finish in Non-Public A before taking 25th at the state Meet of Champs, the top local

performance.

Ryan Fahey

Ridgewood, senior
The steady number two for the area's top teams was fourth in the Big North Freedom, fourth in Bergen A, fifth in the Group 4 section 1, 15th in the Bergen Meet of Champs, and 19th in the Group 4 state meet earning a wild card into the state Meet of Champs.

Braedon Fiume

Bergen Catholic, senior
He's just committed to Division III powerhouse Amherst and had a great

season, winning the Big North United, second in the NJCTC, third in the Non-Public A and Bergen E and taking fourth in the Bergen Meet of Champions.

Dillon Jensen

Pascack Hills, senior
He won the Big North American and Bergen C titles and was sixth in the Bergen Meet of Champions and fourth in North 1, Group 2. But his best race might have been the seven place finish in state Group 2, the first time in 35 years a Cowboy finished in the top 10 in a group meet.

Bobby Oehrlein

Indian Hills, senior
He took the Triple Crown of the Big North Patriot, Bergen B and North 1, Group 2 sectional races and dominated the Bergen Meet of Champs before taking eighth in state Group 2 and 39th in the state Meet of Champions.

Luis Peralta

Passaic, senior
He seemed on his way to a top five state Meet of Champs finish after wins in the Big North Liberty, Passaic County and North 1, Group 4 sectional races, all repeat victories. But while running in the top five

Ridgewood Boys Cross Country All-Time Lists

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

Darlington County Park - Mahwah, NJ

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

*Course Record

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

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

Freshman All-Time List

Darlington County Park - Mahwah, NJ (1.8 mi)

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

*Course Record

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

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

Ridgewood Boys Cross Country Championships

League Champions

Big North - Freedom Division

2018	Will Baginski, Ridgewood
2017	Will Baginski, Ridgewood
2016	Billy Byrne
2015	Billy Byrne
2014	Ridgewood
2012	Ridgewood
2011	Ridgewood
2010	Pat Rynkowski

NNJIL

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

Triple Crown Winners

(League, County, Sectional)

2018	Ridgewood
2017	Ridgewood
2016	Billy Byrne, Ridgewood
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Ridgewood
1989	Eric Boucher, Ridgewood
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

Triple Crown Plus Winners

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

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

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

Years: **2018**, 2003, 1995, 1986, 1984

Ridgewood Boys Cross Country Championships

County Champions

Group A

2018	Will Baginski, Ridgewood
2017	Will Baginski, Ridgewood
2016	Billy Byrne, Ridgewood
2010	Pat Rynkowski
2008	Taro Shigenobu
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood

Group IV

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

Group III-IV

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

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

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

BMOC

Champions

2018	Ridgewood
2017	Will Baginski, Ridgewood
2006	Dan Emont
2005	Byron Williams, Ridgewood
2004	Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1992	Bob Keino
1991	Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes
1978	Ridgewood
1964	Ridgewood

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

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

Top 3 Individual Finishes (Since 2004)

2018	Will Baginski	3rd
2017	Will Baginski	<i>1st</i>
2016	Billy Byrne	2nd
2010	Pat Rynkowski	3rd
2008	Taro Shigenobu	3rd
2006	Dan Emont	<i>1st</i>
2005	Byron Williams	<i>1st</i>
2005	Mike Cator	3rd
2004	Byron Williams	2nd
2003	Ari Zamir	<i>1st</i>
1992	Bob Keino	<i>1st</i>
1987	Kevin McCabe	<i>1st</i>
1980	Tom Hughes	<i>1st</i>

Ridgewood Boys Cross Country Championships

State Sectional Champions

North 1, Group IV

2018	Ridgewood
2017	Ridgewood
2016	Billy Byrne, Ridgewood
2015	Ridgewood
2014	Kenny Marshall, Ridgewood
2013	Ridgewood
2012	Nick Salamone, Ridgewood
2011	Ridgewood
2010	Ridgewood
2008	Taro Shigenobu
2007	Ridgewood
2006	Dan Emont, Ridgewood
2005	Mike Cator, Ridgewood
2004	Mike Cator, Ridgewood
2003	Ridgewood
2002	Ridgewood
1997	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Bob Keino, Ridgewood
1990	Eric Boucher, Ridgewood
1989	Eric Boucher, Ridgewood
1988	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

North 1 Sectional Record (2018) for most team titles (25) and most consecutive team titles (9) [2010-present]

This is the longest current Group IV streak

State Group Champions

Group IV

1993	Bob Keino, Ridgewood
1992	Bob Keino, Ridgewood

Top 3 Team Finishes

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

Top 10 Individual Finishes

2018	Will Baginski	4th
2017	Will Baginski	4th
2016	Billy Byrne	5th
2008	Taro Shigenobu	4th
2005	Byron Williams	5th
2005	Dan Emont	10th
2004	Mike Cator	6th
2003	Ari Zamir	4th
2002	Ari Zamir	9th
1993	Bob Keino	<i>1st</i>
1992	Bob Keino	<i>1st</i>
1991	Bob Keino	2nd
1991	Sadek Alsaidi	9th
1989	Eric Boucher	8th
1987	Kevin McCabe	5th
1986	Eric Bernsten	4th
1986	Kevin McCabe	7th
1980	Tom Hughes	9th
1974	Tom Tomai	5th

Ridgewood Boys Cross Country Championships

SMOC

Champions

1993	Bob Keino
1992	Bob Keino

Top 6 Team Finishes

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

Top 25 Individual Finishes

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

Foot Locker Cross Country Championship

Northeast Regionals (National Qualifiers)

1993	Bob Keino	1st
1992	Bob Keino	7th
Kinney Regionals before 1993		

Nationals (Finishes)

1993	Bob Keino	5th
1992	Bob Keino	4th
Kinney Nationals before 1993		

Nike Cross Country Championship

Northeast Regionals (National Qualifiers)

2008	Taro Shigenobu	4th
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Nationals (Finishes)

2008	Taro Shigenobu	91st
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Ridgewood Boys Cross Country Championships

Major Invitational Champions

Shore Coaches Invitational

Holmdel Park - Holmdel, NJ

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

Manhattan Invitational*

Van Cortlandt Park - Bronx, NY

2016	Billy Byrne, Ridgewood
2005	Ridgewood
1993	Bob Keino

Briarwood Invitational

Belmont Plateau - Philadelphia, PA

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

Ocean State Invitational

Goddard Park East - East Greenwich, RI

2017	Will Baginski, Ridgewood
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*Incomplete

Ridgewood Boys Cross Country All-Time Lists

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

Darlington County Park - Mahwah, NJ

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

*Course Record

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

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

Freshman All-Time List

Darlington County Park - Mahwah, NJ (1.8 mi)

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

*Course Record

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Garret Mountain Reservation - Woodland Park, NJ

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

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

**Course Record (Bergen County runners)

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

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

Holmdel County Park - Holmdel, NJ

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

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Bowdoin County Park - Wappingers Falls, NY

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

*National Qualifier

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

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

Van Cortlandt Park (2.5 mi) - Bronx, NY

1. Bob Keino	12:25.8*	1992	Manhattan Invitational
2. Billy Byrne	12:31.2	2016	Manhattan Invitational
3. Eric Bernsten	12:46.5	1986	Manhattan Invitational
4. Kevin McCabe	12:52.0	1987	Manhattan Invitational
5. Taro Shigenobu	12:54.0	2008	Manhattan Invitational
6. Ari Zamir	12:55.4	2003	Manhattan Invitational
7. Tom Hughes	12:59.7	1980	Manhattan Invitational
8. Ryan Fahey	13:02.6	2018	Manhattan Invitational
9. Dan Emont	13:03.3	2006	Manhattan Invitational
9. Pat Rynkowski	13:03.3	2010	Manhattan Invitational
11. Tom Tomai	13:05.0	1974	Manhattan Invitational
12. Will Baginski	13:08.8	2018	Manhattan Invitational
13. Mike Cator	13:09.0	2004	Manhattan Invitational
14. Brian Davis	13:09.7	2003	Manhattan Invitational
15. Brad Rynkowski	13:19.4	2016	Manhattan Invitational

*Course Record (Bergen County runners)

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Thompson Park - Jamesburg, NJ

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

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

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

Belmont Plateau - Philadelphia, PA

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

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

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

Ridgewood Boys Cross Country All-Time Lists

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

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

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

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

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

Nike Cross Nationals, Portland Meadows - Portland, OR

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

Ridgewood Boys Cross Country All-Time Lists

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

Garret Mountain Reservation - Woodland Park, NJ

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

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

**Course Record (Bergen County runners)

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

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

Holmdel County Park - Holmdel, NJ

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

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Bowdoin County Park - Wappingers Falls, NY

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

*National Qualifier

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

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

Van Cortlandt Park (2.5 mi) - Bronx, NY

1. Bob Keino	12:25.8*	1992	Manhattan Invitational
2. Billy Byrne	12:31.2	2016	Manhattan Invitational
3. Eric Bernsten	12:46.5	1986	Manhattan Invitational
4. Kevin McCabe	12:52.0	1987	Manhattan Invitational
5. Taro Shigenobu	12:54.0	2008	Manhattan Invitational
6. Ari Zamir	12:55.4	2003	Manhattan Invitational
7. Tom Hughes	12:59.7	1980	Manhattan Invitational
8. Ryan Fahey	13:02.6	2018	Manhattan Invitational
9. Dan Emont	13:03.3	2006	Manhattan Invitational
9. Pat Rynkowski	13:03.3	2010	Manhattan Invitational
11. Tom Tomai	13:05.0	1974	Manhattan Invitational
12. Will Baginski	13:08.8	2018	Manhattan Invitational
13. Mike Cator	13:09.0	2004	Manhattan Invitational
14. Brian Davis	13:09.7	2003	Manhattan Invitational
15. Brad Rynkowski	13:19.4	2016	Manhattan Invitational

*Course Record (Bergen County runners)

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

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

Ridgewood Boys Cross Country All-Time Lists

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Thompson Park - Jamesburg, NJ

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

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

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

Belmont Plateau - Philadelphia, PA

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

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

Ridgewood Boys Cross Country All-Time Lists

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

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

Nike Cross Nationals, Portland Meadows - Portland, OR

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

			Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet	Season Best 5k	Season Best Frosh
First	Last Name	Grade	Season Opener (9/8) Darlington	Back to the Mtn (9/15) Garret	Garret Invite (9/29) Garret	Batch Dar. (10/1) Darlington	Shore Coaches (10/6) Holmdel	Brett Taylor (10/6) Darlington	Big North (10/9) Darlington	Manhattan Invite (10/13) Van Cortlandt	County Groups (10/20) Darlington	Doc Braver (10/25) Darlington	BMOC (10/27) Darlington	Frosh/Novice State (10/31) Thompson	Sectionals (11/3) Garret	Groups (11/10) Holmdel	SMOC (11/17) Holmdel		
William	Baginski	12				16:15:	16:21:		16:37:	13:08.8	16:08:		15:53:		16:21:	16:24:	17:13:	15:53:	
Ryan	Fahey	12				16:24:	16:42:		16:42:	13:02.6	16:25:		16:42:		16:30:	16:48:	16:59:	16:24:	
Taylor	Barnabic	11		17:10:		16:39:	17:16:		17:18:	13:41.2	16:37:		16:44:		17:03:	17:43:		16:37:	
Mason	Zamboldi	11		18:05:		17:01:	17:54:		16:59:	13:54.2	17:06:		16:58:		17:35:	17:48:		16:58:	
Aidan	Sheridan	11	17:53:	18:31:		17:05:	18:12:		17:16:	14:26.2	17:14:		17:01:		17:39:	17:58:		17:01:	
Mick	Barbi	9	8:53:	11:32:	11:15:	18:01:	11:37:		17:21:	13:55.9			17:15:		17:41:	18:03:		17:15:	8:53:
Ryan	Seaver	11	18:58:	19:35:	18:57:	18:13:	18:35:		18:32:		17:44:	17:32:		18:39:				17:32:	
Frank	Orlando	11		18:39:	18:43:	17:40:	18:13:		17:43:	14:37.2			17:39:		18:30:	18:49:		17:37:	
Quinn	McCutcheon	10	19:12:	19:42:	19:15:	18:20:		17:46:	18:14:		17:52:	17:57:		17:56:				17:46:	
Matthew	Salerno	10	19:06:	19:41:	19:09:	18:20:		18:04:	18:12:		17:51:							17:51:	
Paul	Baginski	12	18:39:	18:38:							18:22:		18:10:					18:10:	
Philip	Williams	9	9:03:	11:36:	12:02:	18:38:	12:20:		18:51:		18:21:		8:59:		18:14:	18:33:		18:14:	8:59:
Matthew	Neville	12	19:26:	20:25:	19:52:	19:00:		18:40:	19:38:		18:43:	18:18:			19:21:			18:18:	
Nicky	Crane	9	9:04:	11:37:			12:29:		19:12:		18:25:	18:48:	8:53:		18:37:			18:25:	8:53:
Dylan	Kane	12	19:30:	19:32:	19:11:	18:25:		18:25:	18:46:									18:25:	
Timothy	Baginski	12	18:59:	19:28:	19:19:	19:32:		18:31:	19:45:		18:55:	18:56:			19:29:			18:31:	
Alex	Cho	11		20:28:	19:47:	19:20:			19:22:			18:48:	18:31:			19:20:		18:31:	
Patrick	Mancini	11	19:46:	20:12:	19:31:			18:56:			18:59:				19:51:			18:56:	
Eddie	Nold	12	20:57:	20:27:	19:49:	19:16:			19:28:		19:03:		19:15:					19:03:	
Sean	Halvorsen	10	20:12:	20:06:				19:11:	19:21:				19:12:					19:11:	
Seth	Miller	10	19:37:	20:52:	20:07:	19:39:		19:12:	19:48:			19:44:	19:37:					19:12:	
Nick	DeVita	12	19:53:	21:24:	20:48:	19:33:		19:15:	20:31:			19:31:	19:25:					19:15:	
Gabriel	Stern	9	10:32:	13:06:		9:47:	14:16:		21:48:		20:18:		19:28:	9:32:	19:40:			19:28:	9:32:
Evan	Stojanovic	10	20:05:	20:53:	20:17:	19:42:		19:56:	20:02:		19:49:	19:38:						19:38:	
Theodore	Stephens	9	10:18:	12:55:	13:07:	21:06:	13:33:		20:36:		19:48:		19:39:	9:36:	19:39:			19:39:	9:36:
Alex	Oriente	10	20:37:	21:10:	21:46:	20:34:		20:11:	20:06:			19:50:	19:39:					19:39:	
Clark	Johnson	10	19:59:	21:00:	21:26:	19:42:		20:43:	20:13:									19:42:	
Luca	Richman	11	21:51:	21:32:	20:48:	20:29:		20:08:	20:37:		19:56:	19:43:						19:43:	
Matthew	Rusch	9		13:13:	12:52:			10:09:	10:09:		20:12:	20:00:	9:45:	19:56:				19:56:	9:45:
Matthew	Curtis	11	21:42:		21:57:	20:38:		20:19:	21:00:			20:27:						20:19:	
John	Bini	11	22:01:	24:21:	22:09:	21:19:		20:29:			20:56:	21:07:						20:29:	
Dan	Cho	12	21:01:						21:46:		20:53:	20:44:						20:44:	
Luke	Stadulis	9	10:30:	13:46:	12:51:	21:57:	13:51:		20:48:		21:09:		10:07:	23:33:				20:48:	10:07:
Tianlu	Liu	9	10:49:		13:24:	22:45:		10:22:	9:54:		20:53:		21:11:	9:45:	21:00:			20:53:	9:45:
Hakyoun	Kim	10		23:06:	21:42:	21:26:			21:59:		20:54:	20:55:						20:54:	
Sean	Hughes	9	10:34:	13:08:	13:01:	20:59:	14:00:		21:43:				10:45:					20:59:	10:34:
Drake	Jorgensen	10	22:06:	24:10:				21:28:	25:12:			21:27:	21:05:					21:05:	
Alex	Ruhl	12										21:07:						21:07:	
Peter	Lucky	10	22:42:		22:12:	21:58:			24:17:			21:10:	22:01:					21:10:	
Matthew	Otterstedt	12		23:43:	23:58:				21:30:			21:30:						21:30:	
Laurence	Fine	10	23:11:		24:02:	21:59:		21:31:	22:07:			22:02:	21:34:					21:31:	
Declan	Byrne	9	10:36:	13:17:		22:08:		9:54:	21:39:		9:43:		10:02:	10:12:				21:39:	9:43:
Andrew	Olivo	11	23:59:	24:51:		22:29:		22:08:	22:29:		21:50:							21:50:	
Brendan	Donahue	11	23:55:	27:42:		22:22:		25:27:	23:42:		22:57:	23:45:						22:22:	
Troy	Kanell	10	26:19:	26:02:	25:36:	24:07:			24:28:		24:23:	22:38:						22:38:	
Jacob	Alvarado	12	25:39:			23:21:			24:35:			22:43:						22:43:	
Donovan	Joseph	11	23:01:						24:36:			22:55:						22:55:	
Jacob	Franklin	12	26:08:	25:56:	25:22:			23:57:			24:54:	23:27:						23:27:	
Jack	Yannone	11	23:44:		25:19:	25:29:												23:44:	
Jeremy	Savarese	12			24:44:				23:56:									23:56:	
Kyle	Schnell	12			27:44:			25:25:	26:09:									25:25:	
Julian	Lee	12						25:36:										25:36:	
Hasi	Dewathanthirige	9	10:57:	13:52:				10:27:	10:54:										10:27:
Arin	Kumar	9	11:31:	15:07:	15:46:	10:48:		11:10:	11:56:		10:41:		10:27:					10:27:	
Jack	Brewer	9	11:33:	15:00:	15:21:	10:49:		11:12:	11:47:		11:18:	11:40:	11:27:					10:49:	
Robert	Tylanda	9	11:19:	14:46:		10:51:			12:06:		11:04:	12:31:	11:25:					10:51:	
Max	Goldzwieg	9	11:48:	15:14:		10:52:		11:09:	12:18:		11:20:	11:20:	11:27:					10:52:	
Jake	Liu	9		16:47:	16:23:	12:00:		12:31:	13:08:		12:25:	10:52:	11:05:					10:52:	
Daniel	Kearney	9	12:07:	15:21:	15:04:	11:29:		12:27:			11:19:	11:32:						11:19:	
Max	Sokol	9	12:20:	15:35:	16:09:	11:44:		12:31:	12:49:		12:00:	11:32:	12:48:					11:32:	
Zachary	Dessel	9		18:50:	20:03:						13:42:	12:45:	13:54:						12:45:

Ridgewood Boys Cross Country Championships

League Champions

Big North - Freedom Division

2018	Will Baginski, Ridgewood
2017	Will Baginski, Ridgewood
2016	Billy Byrne
2015	Billy Byrne
2014	Ridgewood
2012	Ridgewood
2011	Ridgewood
2010	Pat Rynkowski

NNJIL

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

Triple Crown Winners

(League, County, Sectional)

2018	Ridgewood
2017	Ridgewood
2016	Billy Byrne, Ridgewood
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Ridgewood
1989	Eric Boucher, Ridgewood
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

Triple Crown Plus Winners

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

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

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

Years: **2019**, 2018, 2003, 1995, 1986, 1984

Ridgewood Boys Cross Country Championships

County Champions

Group A

2018	Will Baginski, Ridgewood
2017	Will Baginski, Ridgewood
2016	Billy Byrne, Ridgewood
2010	Pat Rynkowski
2008	Taro Shigenobu
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood

Group IV

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

Group III-IV

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

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

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

BMOC

Champions

2018	Ridgewood
2017	Will Baginski, Ridgewood
2006	Dan Emont
2005	Byron Williams, Ridgewood
2004	Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1992	Bob Keino
1991	Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes
1978	Ridgewood
1964	Ridgewood

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

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

Top 3 Individual Finishes (Since 2004)

2018	Will Baginski	3rd
2017	Will Baginski	1st
2016	Billy Byrne	2nd
2010	Pat Rynkowski	3rd
2008	Taro Shigenobu	3rd
2006	Dan Emont	1st
2005	Byron Williams	1st
2005	Mike Cator	3rd
2004	Byron Williams	2nd
2003	Ari Zamir	1st
1992	Bob Keino	1st
1987	Kevin McCabe	1st
1980	Tom Hughes	1st

Ridgewood Boys Cross Country Championships

State Sectional Champions

North 1, Group IV

2018	Ridgewood
2017	Ridgewood
2016	Billy Byrne, Ridgewood
2015	Ridgewood
2014	Kenny Marshall, Ridgewood
2013	Ridgewood
2012	Nick Salamone, Ridgewood
2011	Ridgewood
2010	Ridgewood
2008	Taro Shigenobu
2007	Ridgewood
2006	Dan Emont, Ridgewood
2005	Mike Cator, Ridgewood
2004	Mike Cator, Ridgewood
2003	Ridgewood
2002	Ridgewood
1997	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Bob Keino, Ridgewood
1990	Eric Boucher, Ridgewood
1989	Eric Boucher, Ridgewood
1988	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

North 1 Sectional Record (2018) for most team titles (25) and most consecutive team titles (9) [2010-present]

This is the longest current Group IV streak

State Group Champions

Group IV

1993	Bob Keino, Ridgewood
1992	Bob Keino, Ridgewood

Top 3 Team Finishes

2011	3rd
2006	2nd
2005	3rd
2003	3rd
1995	2nd
1992	1st
1991	1st
1986	2nd
1984	2nd

Top 10 Individual Finishes

2018	Will Baginski	4th
2017	Will Baginski	4th
2016	Billy Byrne	5th
2008	Taro Shigenobu	4th
2005	Byron Williams	5th
2005	Dan Emont	10th
2004	Mike Cator	6th
2003	Ari Zamir	4th
2002	Ari Zamir	9th
1993	Bob Keino	1st
1992	Bob Keino	1st
1991	Bob Keino	2nd
1991	Sadek Alsaidi	9th
1989	Eric Boucher	8th
1987	Kevin McCabe	5th
1986	Eric Bernsten	4th
1986	Kevin McCabe	7th
1980	Tom Hughes	9th
1974	Tom Tomai	5th

Ridgewood Boys Cross Country Championships

SMOC

Champions

1993	Bob Keino
1992	Bob Keino

Top 6 Team Finishes

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

Top 25 Individual Finishes

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

Foot Locker Cross Country Championship

Northeast Regionals (National Qualifiers)

1993	Bob Keino	1st
1992	Bob Keino	7th

Kinney Regionals before 1993

Nationals (Finishes)

1993	Bob Keino	5th
1992	Bob Keino	4th

Kinney Nationals before 1993

Nike Cross Country Championship

Northeast Regionals (National Qualifiers)

2008	Taro Shigenobu	4th
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Nationals (Finishes)

2008	Taro Shigenobu	91st
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Ridgewood Boys Cross Country Championships

Major Invitational Champions

Shore Coaches Invitational

Holmdel Park - Holmdel, NJ

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

Manhattan Invitational*

Van Cortlandt Park - Bronx, NY

2016	Billy Byrne, Ridgewood
2005	Ridgewood
1993	Bob Keino

Briarwood Invitational

Belmont Plateau - Philadelphia, PA

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

Ocean State Invitational

Goddard Park East - East Greenwich, RI

2017	Will Baginski, Ridgewood
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*Incomplete