

**Ridgewood Boys  
Spring Track  
2018**



# Schedule

<b>Date</b>	<b>Meet</b>	<b>Site</b>
Sat. March 31	Pawlowski Relays	BFMS - Ridgewood
Mon. April 2	Dual Meet vs Hackensack	Hackensack HS
Fri-Sat. April 6-7	Arcadia Invitational	Arcadia HS, Arcadia, California
Sat April 7	Comet Relays	Hackensack HS
Mon. April 9	Dual Meet vs Indian Hills	BFMS - Ridgewood
Mon. April 16	Dual Meet vs Northern Highlands	BFMS - Ridgewood
Wed, Fri-Sat. April 18, 20-21	Bergen County Relays	BFMS/River Dell
Mon. April 23	Tri Meet vs Ramapo & Paramus	Ramapo HS
Thurs-Sat. April 26-28	Penn Relays	Franklin Field, Philadelphia, PA
Fri. May 4	Big North Champs	BFMS - Ridgewood
Mon. May 7	Big North Novice Champs	BFMS - Ridgewood
Fri-Sat. May 11-12	Bergen County Champs	Old Tappan HS
Tues. May 15	Bergen County Novice Meet	Hackensack HS
Fri. May 18	Bergen Meet of Champs	Hackensack HS
Saturday. May 19	County Seat Invitational	Hackensack HS
Mon. May 21	East Coast Relays	Randolph HS
Wed. May 23	Bergen County Frosh Boys Champs	Ramsey HS
Fri-Sat. May 25-26	State Sectionals	Clifton HS
Fri-Sat. June 1-2	State Groups	Franklin HS
Sat. June 9	State Meet of Champs	North Burlington HS
Fri-Sun. June 15-17	New Balance Nationals	North Carolina A&T University

# Varsity Letter Recipients

## **Seniors**

*Max Bartlik*

*Max Boogaert*

*Tommy Carver*

*YooJin Do*

*Austin Engelhardt*

*Nick Iliev*

*Pete Mazzella*

*Nick Plasse*

*Danny Romero*

*Chris Shammass*

*Matt Tai*

*Max Toner*

*Sid Wagh*

*Ben Zamboldi*

## **Juniors**

*Will Baginski*

*Kevin Collins*

*Nick DeVita*

*Justin Dickson*

*Ryan Fahey*

*Pat Luby*

*Luke Reinke*

*Alex Ruhl*

*Tom Vandalovsky*

## **Sophomores**

*Taylor Barnabic*

*Luke Otterstedt*

*Jason Theisen*

*Mason Zamboldi*

## **Freshmen**

*Sean Emmanuel*

# **Awards and Accolades**

## **All-League Selections - Big North, Freedom Division**

### **First Team**

*Max Bartlik, SR – Triple Jump*  
*Austin Engelhardt, SR – Shot Put*  
*Luke Reinke, JR – 400m Hurdles*  
*Danny Romero, SR – High Jump*

### **Second Team**

*Justin Dickson, JR – Long Jump*  
*Ryan Fahey, JR – 1600m*  
*Alex Ruhl, JR – 110m Hurdles*  
*Matt Tai, SR – 200m*  
*Sid Wagh, SR – All-Around*

### **Honorable Mention**

*Kevin Collins, JR – 400m*

## **All-County Selections**

### **First Team**

*Max Bartlik, SR – Triple Jump*

### **Second Team**

*Luke Reinke, JR – 400h*  
*4x800: Sid Wagh, SR*  
*Ben Zamboldi, SR*  
*Chris Shammass, SR*  
*Kevin Collins, JR*

### **Honorable Mention**

*Austin Engelhardt, SR – Shot Put*  
*Justin Dickson, JR – Long Jump*  
*Danny Romero, SR – High Jump*

## **Athlete of the Week**

*Will Baginski, JR - April 15 - 21, 2018*

## **Bergen County Relays Athlete of the Meet**

**Bernard Smith Award:** *Will Baginski, JR*

# Spring 2018 Season Points

<u>Dual Meet Points</u>		
Max	Bartlik	59
Danny	Romero	44
Luke	Reinke	34
Austin	Engelhardt	33
Ryan	Fahey	32
Pat	Luby	25
Matt	Tai	24
Will	Baginski	20 ¼
Kevin	Collins	17 ½
Alex	Ruhl	15 ½
Justin	Dickson	15 ¼
Sean	Emmanuel	15
Luke	Otterstedt	15
Tommy	Carver	12 ¾
Tom	Vandalovsky	12
Ben	Zamboldi	12
Mason	Zamboldi	12
Pete	Mazzella	10
Sid	Wagh	9
Chris	Shammas	8
Taylor	Barnabic	7
Nick	Illiev	5 ½
Jason	Theisen	5
PJ	Sanchez	4 ¼
Drake	Jorgensen	4
Nick	DeVita	2
Sid	Patllolu	2
Aidan	Sheridan	2
Max	Toner	2
Ryan	Pfund	1

<u>Championship Points</u>		
Max	Bartlik	144
Luke	Reinke	73
Danny	Romero	64
Sid	Wagh	59
Justin	Dickson	56 ⅓
Ryan	Fahey	44
Matt	Tai	40 ½
Austin	Engelhardt	34 ⅓
Kevin	Collins	28
Ben	Zamboldi	27
Tom	Vandalovsky	17 ⅓
Alex	Ruhl	15 ½
Will	Baginski	15
Tommy	Carver	13.5
Chris	Shammas	13
Luke	Otterstedt	12
Sean	Emmanuel	11
Max	Toner	8 ⅔
Pat	Luby	4 ⅔
Nick	DeVita	4
Jason	Theisen	4
PJ	Sanchez	2 ⅔
Kwame	Grant	2 ½
Mason	Zamboldi	2
Nick	Illiev	½
Ethan	Wong	½

# North Jersey Sports

How to report scores

Phone: 973-569-7175 Email: localsports@northjersey.com Fax: 201-457-2516

## Boys track: Top story lines, athletes to watch

Paul Schwartz  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

### Five story lines to watch

#### Pole Vault paradise

If the North Jersey vaulters can even duplicate their winter performance, they will dominate the state in this event. Tyler Hrbek of NV/Old Tappan succeeded his classmate Seth Kricheff as the State Meet of Champs titlist, and cleared 15-3/4 for second all time in Bergen County. Kricheff also cleared 15 feet and they became the first duo from one school to clear 15 feet in the same season. They actually did it in five different meets. Kricheff was 3rd in SMOC and Pascack Hills junior Liam Landau was 6th, clearing 14-6. A third OT vaulter, Jona Kim cleared 13-6 this winter along with Sam Pitkowsky of Pascack Valley and Jared Porer of Glen Rock while Jordan Laceste of Clifton and Justin Manne each cleared 13 feet. It wouldn't be surprising if nearly one-third of the 30 boys vaulting at the State Meet of Champs June 9 are from North Jersey.

#### Multi-sport stars

Nearly 20 boys from more than a dozen schools who received first, second or third team All-Bergen or All-Passaic honors in football or basketball are expected to be significant contributors to their schools' track team this spring. While distance runners are unlikely to play any other sports, sprinters, jumpers and throwers abound who succeeded on the court or the gridiron this school year.

Connor Scaglione of NV/Demarest was an All-Bergen defensive lineman and helped take the Norseman basketball team to a sectional title. And he also earned a state Meet of Champions medal in the discus last spring. Carlos Pepin of Lodi was second team in both basketball and football but he is also the top returning Bergen County high jumper. And Wellington Ventura of Cresskill, who was 3rd team All-Bergen in hoops is even better in track and field as one of the state's best 400 runners and long jumpers.

Others to take note of this spring: all-county first team football players Kelvin Gonzalez of Lakeland (sprints and jumps), A.J. Bakunas of West Milford (throws), George Garrison and Quanzie Lumsden of Englewood (sprints), Frankie Negri of Pompton Lakes (throws), Jasiah Purdie of Hasbrouck Heights (sprints) and Mario Agyen of Northern Highlands (sprints); second team: Adrain Malave, Passaic Tech (throws); Max Baker, Ramapo (sprints), Austin Alberici, NV/Demarest (multi); Greg Anderson, Becton (throws); third team: Johnny Lohrer, NV/Old Tappan (hurdles/sprints).

#### Freshmen to watch

A growing trend in recent years has been for freshmen boys to make a varsity mark early, mostly on the track. This



Rahmir Johnson of Bergen Catholic excels in the 100, 200, 400, relays and long jump. CHRIS PEDOTA/NORTHJERSEY.COM

year's crop appears to be a very good one, based on the cross-country and winter track seasons. Sprinters to watch include Paramus Catholic's Jemel Carter, 3rd in the New Balance Indoor Nationals freshman 60 and BC's Adrian Taffe, 8th in the same event. Christian Abraham of Paramus Catholic and Lukas Londono of Cliffside Park are other top young sprinters and Andre Barrett of PC is a key jumper/hurdler. Perhaps these distance runners will also have a varsity impact: Bobby Hymans of Ramapo, Theo Davis of NV/Demarest, Collin Clinton of West Milford, Nate Armstrong of Pompton Lakes and Caleb Dalgerty of Dwight-Englewood.

#### What can they do for an encore?

Two Passaic County stars not only made their mark in New Jersey this winter but rose to All-American status before the end of the season. So what can Luis Peralta of Passaic and Jadon Watson of Kennedy do this spring. Peralta, just a junior, didn't lose an 800 meter race all season, including his race at the New Balance Nationals where he caught Sean Dolan of Hopewell valley with an amazing finish in 1:51.74, a Passaic County record. Two runners beat him 4 1/2 hours later in a seeded heat but Peralta was still the fastest junior in the country last winter.

Watson, who missed most of last year, came back ready to roll this winter and the senior high jumper was terrific all season, taking second on misses at 6-8 at the State Meet of champions although he was much closer to 6-10 than his opponent. Then at nationals, he set a Passaic County record at 6-10 3/4 and

took fifth. Can he get seven feet this spring?

#### Changes are a coming

There are several changes affecting North Jersey teams in the state series beginning in May 21. Clifton will host the Group 1 and 4 state sectionals May 25 and 26, the first time the meet has returned to Clifton Stadium in many years, and Don Bosco hosts the Non-Public North sectionals for the first time, with the Non-Public sectionals moving to Monday and Tuesday instead of Friday-Saturday.

The group meets move from Northern Burlington to Central Regional in Berkeley Township (2,3, and B) and from Egg Harbor Township to Franklin (1,4, and A), but that's not the biggest change.

The state Meet of Champions, set for June 9 at Northern Burlington High School, will see just 30 qualifiers per individual event instead of the previous 42. The top two finishers in each event in each group meet will advance to SMOC along with nine wild cards from each group venue. Top two relays advance from each group plus six wild cards from each venue to make the relays a total of 24 teams.

#### Athletes to watch

#### Hank Anderson, Indian Hills senior jumper/hurdler

The Braves may be best known for their cross-country and distance programs, but Anderson shows that they can also hurdle and jump. He was the fastest 55-meter hurdler in North Jersey



Luis Peralta of Passaic won a state championship in the 800-meter run last season.

MICHAEL KARAS/NORTHJERSEY.COM

this winter and made it to the State Meet of Champions. He also won several championships in the high jump and should be primed for an excellent final season.

#### Tyler Hayek, NV/Old Tappan, senior pole vaulter

With his classmate Seth Kricheff, the two Golden Knights' vaulter have dominated the indoor season for two years with Hrbek succeeding Kricheff as the state champion this winter. He made 15-3/4 at Nationals, second only to the Bergen County record of 15-6 set by Luke Annichiarco of NV/OT in 2014. Annichiarco holds the outdoor record of 15-4 1/4 that Hrbek has his sights set on this spring.

#### Rahmir Johnson, Bergen Catholic junior sprinter

He's ready to make his mark at the next level after injuries hampered him this winter and previous obligations cost him a chance to win state sprinting medals last spring after a spectacular early season in the 100 and 200. But he's ready to go now, as the 2nd place finish in the SMOC 200 indoors and a 9th at Emerging Elite Nationals shows. He's also a potentially strong long jumper and 400-meter runner, too.

#### Jordan Laceste, Clifton senior pole vaulter

His pole vault win at the Passaic County championships this winter continued his steady improvement over his career and he became just the 9th Passaic County vaulter to clear 13 feet indoors when he made the height at the State Meet of Champions. Only four Clifton vaulters had ever made that height before indoors or outdoors.

#### Emmanuel Montoya, Fort Lee senior jumper/hurdler

An important cog in the tremendous success enjoyed by the 2017 Bridgemen, Manny has become the unquestioned star of this year's team, in the hurdles

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# Track

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and in all three jumps. He became Fort Lee's first indoor state champion he won the Group 2 state title in February and he is one of the best jumpers in the area in the long and triple jump as well.

## Carlos Pepin, Lodi senior jumper/thrower

A tremendous three-sport athlete, he starred on the football field and earned the Record's Athlete of the Week honors in basketball. But his versatility shines most in track, or more properly in the field. A solid javelin thrower, he is one of the area's top long and triple jumpers. His best event though is the high jump, where he cleared a Bergen leading and school record 6-6 last spring.

## Luis Peralta, Passaic junior long sprinter

What's next for the brilliant young runner, who can run 6.78 for 55 meters and sub 16 minutes on the 5,000 meter Darlington County cross-country course? Peralta comes off a winter where he won a state championship, his first, at 800 meters and two weeks later, nearly took the national title from an unseeded heat. He holds the Passaic indoor record of 1:51.77 and the outdoor record, 1:49.08 by Georgetown All-American Joe White of DePaul is in jeopardy.

## Connor Scaglione, NV/Demarest senior thrower

Connor was prepared to throw the shot in the Emerging Elite Division at Nationals in early March but had to drop out when his other winter sport, basketball, interfered. Scaglione was a very important member of Demarest's sectional championship team. But basketball obligations, finished, he turns to the throws where he is one of the state's top returnees at the shot and discus, earning an SMOG medal in the latter event.

## Matt Tai, Ridgewood senior sprinter

The Maroons may have more talented athletes, but if they are to contend for league, Bergen County and state sectional group 4 honors, their senior sprinter has to stay healthy. He's a solid



Hank Anderson of Indian Hills won the 110-meter hurdles in the A division. CHRIS PEDOTA/NORTHJERSEY.COM

100-200 guy but his strength may be on the various relays like the 4-x-100, 4-x-400 and sprint medleys where he is an important leg.

## Wellington Ventura, senior sprinter/jumper

Another one season track athlete who had a terrific winter on the basketball court as Cresskill reached the group 1 state finals. But his main sport is track and field and he has signed to compete for the University of Connecticut with an eye towards becoming a decathlete. This spring he might be the best long and triple jumper in the area AND the best 400 runner with personal bests of 22-4, 44-5 1/2 and 48.94 respectively.

## Dates to remember

Tuesday, May 8: Passaic County Championships, Wayne Hills H.S., Wayne.

Wednesday, May 9: Passaic County Championships, Wayne Hills H.S.,

Wayne.

Friday, May 11: Red Littler Bergen County Championships, Divisions A,D,E, NV/Old Tappan H.S., Old Tappan; Divisions B,C, Depken Field, Hasbrouck Heights.

Saturday, May 12: Red Littler Bergen County Championships, NV/Old Tappan H.S., Old Tappan.

Monday, May 14: Wayne Valley Co-ed Relays, Wayne Valley H.S., Wayne.

Tuesday, May 15: Morris County Championships, Boonton H.S., Boonton.

Wednesday, May 16: Morris County Championships, Boonton H.S., Boonton.

Friday, May 18: Lou Lanzalotto Bergen County Meet of Champions, Hackensack H.S., Hackensack.

Saturday, May 19: County Seat Invitational, Hackensack H.S., Hackensack.

Monday, May 21: Non-Public North A & B Sectionals, Don Bosco Prep, Ramsey.

Tuesday, May 22: Non-Public North A & B Sectionals, Don Bosco Prep, Ramsey.

Friday, May 25: North 1, Group 1 and 4 sectional, Clifton Stadium, Clifton; North 1, Group 2 and 3 sectional, River Dell H.S., Oradell; North 2, Group 2 sectional, Middletown North H.S., Middletown; North 2, Group 1 sectional, Ridge H.S., Basking Ridge.

Saturday, May 26: North 1, Group 1 and 4 sectional, Clifton Stadium, Clifton; North 1, Group 2 and 3 sectional, River Dell H.S., Oradell; North 2, Group 2 sectional, Middletown North H.S., Middletown; North 2, Group 1 sectional, Ridge H.S., Basking Ridge.

Friday, June 1: Group 1, 4 and Non-Public A, Franklin High School, Franklin Township; Group 2, 3 and Non-Public B, Central Regional, Berkeley Township.

Saturday, June 2: Group 1, 4 and Non-Public A, Franklin High School, Franklin Township; Group 2, 3 and Non-Public B, Central Regional, Berkeley Township.

Saturday, June 9: State Meet of Champions, Northern Burlington H.S., Mansfield Township

## Preseason Top 25

1. NV/Demarest
2. NV/Old Tappan
3. Ridgewood
4. River Dell
5. Bergen Catholic
6. Lyndhurst
7. Glen Rock
8. Ramapo
9. Lakeland
10. Clifton
11. Cresskill
12. Passaic Tech
13. Don Bosco
14. Hasbrouck Heights
15. Passaic
16. Bergen Tech
17. Ridgefield Park
18. Teaneck
19. Kennedy
20. Fair Lawn
21. Dwight-Englewood
22. Indian Hills
23. Englewood
24. Fort Lee
25. Lodi

# League-by-league previews for boys track

Paul Schwartz  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

\*Legend: S: Sprints; LS: Long Sprints; MD: Middle Distance; D: Distance; H: Hurdles; T: Throws; J: Jumps; PV: Pole vault.

## Big North

### United

Bergen Catholic has a new head coach in Alum Bill Leonard who welcomes back senior Michael Hyland (T) but relies heavily on a junior class that includes All-Bergen hopefuls Rahmir Johnson (S/J) and Braedon Fjume (MD), James Blair (J), Henry Hughes (J) and Dean Williamson (T). Transfer Ivan Jacob (H/J) will help when he becomes eligible...DePaul has just one senior in Jeffrey Lara and hopes to get personal bests for all athletes...Don Bosco has a small senior class led by Kieran Unge-mach (D) and Grant Nawoichyk (T) but has a good junior class including Connor Mathis (H/T), Matt Daley (H), Aidan Youngs (MD), Paul Keenan (T), Rick Donegan (H/LS), Brian Park (S/J) and Anthony Cristiano (J)...Paramus Catholic



Clifton's Kevin Heredia, left, helped his team win a title at the Ramsey Relays last April 15. KEVIN R. WEXLER/NORTHJERSEY.COM FILE

is improving each year with seniors Jarrett Millien (S), Brandon Hospie (LS) and Ray Meagher (D) and juniors D'Andre Goodson (LS) and Andy Ambrose (H) but it's the freshman class with Jemel Carter (S), Christian Abraham (S) and Andre Barrett (H/J) that could prove special...St. Joseph Region-

al has seniors Guerson Toupuissant (S/J), Yasir Berry (S/J), Isaiah Hopkinson (S/J), Nick Russo (T), Dalton Collins (D) and Jimmy Fitzpatrick (D).

### Liberty

Bergen Tech counts heavily on senior Anthony Dilorio (D), and juniors Keivon Banks (J), Stephen Shields (J) and Jay-joon Sim (S)...Clifton is going to contend in every big meet they're in behind seniors Kevin Heredia (MD), Jordan Laceste (PV), Sonny Ruiz (T), Luis Zorrilla (T) and Max Dubac (D/H)...Eastside is rebuilding...Kennedy starts with All American indoor high jumper senior Jadon Watson (H/J) and has juniors Jacob Feliciano (J) and Shayne Gee (S)...Passaic starts with junior All-American 800 star Luis Peralta (MD/LS) and also has seniors Carlos Pichardo (S), Angel delos Santos (MD), Jerry Olvera (D), Nelson Ovalles (T) and junior Wilbert Gilbert (S/H/J)...Passaic Tech returns seniors Oliver Garcia (H/S), Tom Laskowski (T), and Tyrone Brown (J) and soph Jordan Pusey (T) but will get great help from transfer Shaheem Maple (J/S).

### Freedom

Hackensack starts with a good senior class in Andrew Achirem (S/J), Chris Benitez (D), Jorge Dutan (D), Yahya Ha-

beh (S/J), Rayshawn Hammond (S) and Jack Stuart (T)...Seniors Steve Fiumefreddo (D), Corey Girard (MD), Ara Araz (MD), Hank Anderson (J/H) and Kyle McLennan (S/H/J) and juniors Bobby Oehrlein (D) and Jason Kelly (MD) lead Indian Hills...Northern Highlands is improving with seniors Dan Monchek (H/J) and soph Luke Bussetti (S)...Paramus returns seniors Patrick Helstrom (D), Kevin Fernando (D) and Nick Weuste (D) and junior Conor O'Brien (D)...Ramapo had an impressive winter with seniors Mike Petrazzuolo (LS), Tim Suchora (MD), Alex Miras (S) and Patrick Jackson (S) leading the way but adds juniors Max and Noah Baker (S), Michael Connor (J/T) in the spring to a good group of returnees and could surprise...Ridgewood hasn't lost a meet in North Jersey in more than 2 years and returns seniors Sid Wager (D), Max Bartlik (H/JO), Danny Romero (J), Matt Tai (S) and Austin Englehardt (T) and a very good senior class including Will Baginski (MD), Ryan Fahey (D), Kevin Collins (LS/H) and Alex Ruhl (H).

### Independence

The best news for Fair Lawn is the re-

# Leagues

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turn to practice of junior Joe Fernandez (D) after a serious injury suffered in an accident this summer in Puerto Rico. The Cutters return seniors Jacob Rosenberg (J), Connor Newman (T), Emory commit Jon Marcus (D) and Patrick Tuohy (MD)...Lakeland should contend with a terrific team that includes seniors Kelvin Gonzalez (S/J), Pat Mullin (MD), Pat Keyser (T) and Mike McElroy (J/S) and juniors Garrett Bergold (D), Hasson Klingen (S/J) and Chris McCormack (T)...Passaic Valley is rebuilding with seniors Aaron Nieves (J), Carmine Pelosi (S), Cristoforo Carnemolla (T) and Zack Ulrich (T)...Wayne Hills hopes to contend behind seniors Ceasar Dominguez (S/J/H), Austin Minogue (J/S), Nick Hennessy (MD) and Shahir Ghani (H) and junior Jeffrey Bennett (D)...Wayne Valley should also be in the mix with seniors Aesh Patel (S), Darrian So-to (H), Grant Foray (S), Patrick Emolo (PV) and Ranay Yadav leading the way...West Milford could really surprise with an experienced group led by seniors Shawn Mageean (H/LS), AJ Bakunas (T), Dean Montesano (S/T/H), Alex Metcalf (D), Lucas Zemer (S/PV) and juniors Joey Cummings (D) and Kevin Woodard (J/S).

## National

Bergenfield is rebuilding...Seniors Connor Scaglione (T), Serban Ionita (MD/H), Tim Larsen (D), Henry Lockhart (PV), Danny Markham (MD), Josh Munoz (MD), Jake Ragusa (MD) and Ben Tal (J) lead a very talented and deep NV/Demarest team...NV/Old Tappan should be in the mix for sectional, county and league titles behind a great senior class that includes Tyler Hrbek (PV), Seth Kricheff (PV/S/J), Justin Kim (D), Will Dippolito (D), Jona Kim (PV), Chris Eichler (T) and Kyle Shine (J). Juniors Johnny Lohrer (H/S), Ryan Jordan (H), Chris Bazela (T) and Jason Santa Cruz (T) will also be big scorers...Pascack Valley looks to seniors Sam Pitkowsky (PV), Nathan Mullaney (S), Vinny Laquidara (LS), Casey Lewis (MD/H) and Mike Hayden (D) to lead the improvement...Seniors Daniel Walcot (T), Owari Hoo (S/H), Michael Carter (LS), and juniors Roman Maure (J) and Jayquan Levy (S) are the top performers on an improving Teaneck team...Tenafly welcomes new head coach Dana Bianchi with a lot of young talent led by seniors Kevin Kim (D), Keith Rocco (D) and Bruce Min (T). Juniors Will Hawkins (D) and Max Beck (MD) and sophs Carmel Ohring (D), Oliver Misra (D) and Dane

Theuerkauf (T) will also sparkle.

## Patriot

Mahwah has a new head coach in Rob Pasek and he'll look to seniors Andre Gallese (D) and Amir Noble-Harris (T) and juniors Justin Manne (PV), Marco Armendariz (D) and Nitin Shukla (H) for a successful season...Pascack Hills could contend behind seniors PJ Skibin (D) and Lucas Tomaselli (MD/J) and juniors Liam Landau (PV/multi), Dillon Jensen (D) and Thomas Varano (S/H)...Ramsey returns seniors Danny Bravo (J) and Matt Fox (H) but it's a strong junior class led by Justin Iles (LS), David Perry (D), Rob Novak (H) and Dan Jenkins (T) that will determine if the Rams can contend...River Dell has a new head coach in former Northern Highlands assistant Raz Blau and a good senior class that includes seniors Rich Egazarian (multi), Jack McCabe (J), Mike Nobile (J), Ryan Scully (MD), Gary Wilhelm (D) and Kyle Ziegler (T) but it's juniors Ed Ahn (S/J), Jon Fontana (D) and Andrew Sanchez (LS) that will determine the Golden Hawks' big-meet success...Westwood counts on seniors Dan Kazlau (D), Dan Vides (D), Jason Andriopoulos (LS), Luke Osterhus (LS/H), Steven Ivanoff (D) and Nick Navarron (S/J) to remain competitive.

## American

Cliffside Park had a lighter than expected turnout and hopes seniors Henry Chitic (D) and Brendan Lugo Perez (T) and soph Lisandro Perez (D) can help keep the Red Raiders competitive...Dumont is struggling to fill its field events but seniors Ryan Aguilar (H), Alan Alvarez (DEastern Christia), Ranzo Balajadia (MD), William Chang (H), Martin Gattmian (MD), Brennan Gebuson (H), Chris Graham (D) and Justin Merkovsky (MD) make the Huskies solid track performers...Englewood returns some fine sprinters in seniors George Garrison, Quanzie Lumsden and Andrew Jones...Fort Lee hopes to retain its league title behind seniors Emanuel Montoya (J/H) and Jacob Im (S)...Ridgefield Park should contend behind seniors Patrick Bouchard (T), Juan Emanuel Mejia (LS/H), Cameron Shaw (S/J), Evan Cano (D) and juniors Erik Rodriguez (S/J), Jaewon Sin (LS) and Robert Escarret (PV).

## NJIC

### Colonial

Eastern Christian counts on seniors Nico Cortes (PV) and Michael Ji (T) and juniors Lorenzo Lugo (S) and Lamont Robertson (S) to remain competitive...Elmwood Park is building behind a solid turnout with senior Oliver Danek (T) joined by juniors Devin Trujillo (T/LS) and Carlos Richards (H) and sopho-

more Eddie Alfieri (D) as potential standouts...Garfield has a solid group of returnees led by seniors Usama Lahham (D), Steven Arias (T), Stanley Romero (J), Amerlin Soriano (J) and Daniel Yabar (J/S) and Israel Torres (MD/H)...Glen Rock has an outstanding team and had a terrific winter. Seniors Jarod Forer (PV/multi), Joe McCabe (MD), Kyle Patel (T) and juniors Andrew Lagattuta (D) and Pierce Tuttle (T) are the leading scorers...Hawthorne will be competitive led by seniors Patrick Moorhouse (S), William Dougherty (S), Mark Garcia (H), Hector Juarez (LS/H) and Kyle LaSpisa (H/T/PV) and juniors Laith Matari (LS/T) and Aidan Harmer (MD)...Lodi has one of North Jersey's top athletes in senior Carlos Pepin (J/T) and with senior Tramier Younger (S), and juniors Marcel Wizzard (S), Ramon Bermudez (J) and Francisco Duron (S) should be a contender in leagues...Manchester should be solid with seniors Roberth Umama (H/J), Ramir Kelly (S/J), Julian Caceres (H/J/T) and soph Isaiah Sparks (MD)...Pompton Lakes should also be strong led by seniors Jacob Nestle (D) and Ronnie Aponte (T) and juniors Ramon Hernandez (J) and Frankie Negrini (T)...Rutherford has a strong returning group in seniors William Thomas (LS), Justin Dacanay (MD), and Anthony DiMauro (T/J) and juniors Eugene Kim (J) and Michael Castellanos (D).

## Meadowlands

Becton can contend for title with help from seniors Greg Anderson (T), Tomasz Mierzwa (J), Seamus Cahill (LS), Jonathan Barrios (MD) and junior Stephen Henke (H)...Hasbrouck Heights is a perennial contender and with seniors Joe Terreri (D), Bryan Cobcobo (S/PV), Nico Facchini (T), Matt Moretto (H/J), juniors Ryan Mernin (D), Adam Stavash (PV) and Jasiah Purdie (S) will be again...North Arlington is led by seniors Sirish Modhagala (D), Enzo Coerria (D), Gabe Giovone (D), Pat Fischetti (S/J) and Ryan McDermott (H)...Saddle Brook has an excellent senior class led by Danny Cruz (J/S), Drew Karaway (T), Sahib Singh (J), all-Bergen indoor star Sean Roberts (S) and Lance Trusty (H/S)...St. Mary's is rebuilding...Wallington looks to seniors Stefan Gorgievski (J/T), Derek Orjuela (S/J), Paul Polan (D), Michal Sudol (T) and John Vega (T)...Weehawken is rebuilding...Wood-Ridge looks to senior Tedi Turka (J/H), juniors Samuel Holloman (S), Amir Lopez (S) and Johnoi Martin (J) and soph Ricardo Vera (S/H) for a good year.

## Liberty

Bergen Charter is rebuilding...Dwight-Englewood won a sectional title last year and with seniors Dominic Fermin (LS/H), Brandon Knowles

(S), Folajimi Olutiola (J) and Naseer Wilson (J) and juniors Jeremy Bronstein (MD), Alec Hoffman (J) and David Khym (D), can do it again...Leonia looks to seniors Sayid Elmoundi (S) and Adrian Flores (T), juniors Nico Echavez (MD), Brandon Robaina (S), Ethan Edelman (MD) and soph Dennis Bajarov (T) to improve...Lyndhurst is a championship contender paced by a great senior class: Jordan DeAbreu (PV), Louis dell'Aquila (PV), Dalton DePinto (LS), Andrew Ellis (D), Chris feurtado (S), Nick Frey (T), Jared Gabriel (J), Teslim Olunlade (H/J), Jacob Oyuela (S) and Jordan Sanders (LS/H)...New Milford counts on senior Ryan Piccinic (H)...James Rush (T) is Ridgefield's best...Secaucus has a new coach in Chris Panepinto and some good seniors in Hudson County 400 hurdles champ Adam Khriiss (H/LS/J), Ming Lin (D) and Oscar Martinez (H/MD).

## Patriot

Bogota has no seniors and hopes juniors Jimmy Gutierrez (D) and Eli Bernardo (H/J) can push the rebuilding process...Cresskill is a strong contender with seniors Wellington Ventura (LS/J), Dan Jackson (T), Joe Mioli (D), Evan Milionis (H) and basketball star Luka Radovich (J/T) and junior Jae Won Cho (S/H)...Emerson hopes to contend with a good senior class of Jake Cooper (MD), Kyle Covello (H/MD/J), John Gordon (H/MD/J), Matt Macias (H), Spencer Paton (PV/J), Aidan Triana (H/S) and Karl Weppeler (J)...Justin Augustin (MD) leads Hawthorne Christian...Midland Park returns juniors Matt Rossnagel (D/T), Sam Rossnagel (T) and Nate Amos (T)...Soph hurdler Nyasha Samakande leads Palisades Park...Park Ridge has young talent to back up seniors Edwin Cardoso (T) and Venkat Abbaraju (T)...Saddle River Day looks to senior Alastair Chillrud (MD) and junior James Taffaro (T) to help build the program...Waldwick's Eric Wizemann takes over the boys program and counts on senior Seway Kah (J), and juniors Kyle Mulvey (J) and Trevor Frese (LS) to help the team be competitive.

## Others

Defending group 1 state champ Boonton returns just seniors Lorenzo lebrun (H), Bryan Ohlott (J) and Michael Sorce (PV)...Butler is led by junior Matt Konopinski (D)...Kinnelon has returnees seniors Griffin Hall (MD), Anthony DeBrino (S), John miskowicz (T) and Marko Piassevoli (MD)...North Bergen has one of the state's top sprinters in Giano Roberts...Pequanock is led by junior Conor Casey (S).



TRACK AND FIELD

# List of qualifiers for Penn Relays

**Paul Schwartz**

North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

These athletes and relay teams have already met the standards for possible selection for the Penn Relays individual and featured relay events. However, achievement of these standards does not guarantee acceptance. Entries close Monday, April 2, but the standards may be met for individual events until Saturday, April 7 and the 4-x-800 and distance medley relays until Saturday, April 14. See the Penn Relays website for details. 2017 spring performances may be used in the 400 hur-



**Monica Hebner of Northern Highlands**  
COURTESY OF JOHN NEPOLITAN

dles, discus and javelin. All other standards must have been achieved in the 2017-18 school year.

Here's the list (with standards in parentheses):

**Boys**  
4-x-800 relay (8:08.0 large schools, 8:14.0 small schools): NV/Demarest (8:04.48)  
Distance medley relay (10:35.0): Ridgewood (10:22.45).  
Mile (4:20.0): Will Baginski, Ridgewood (4:18.87\*)  
2 Miles (9:23.0): none.  
400 hurdles (55.00): Adam Khriiss, Secaucus (54.65)  
High jump (6-7): Jadon Watson, Kennedy (6-10 3/4)  
Pole vault (14-3 3/4): Tyler Hrbek, NV/Old Tappan (15-3 3/4); Seth Kricheff, NV/Old Tappan (15-0 3/4); Liam Landau, Pascack Hills (14-6).  
Long jump (22-7 3/4): none.  
Triple jump (45-11 3/4): none.  
Shot put (53-5 3/4): Asim Greene, River Dell (57-3 3/4); Kyle Patel, Glen Rock (56-11)  
Discus (150-11): Patel (166-2); Connor Scaglione, NV/Demarest (163-7); Mike

Rizik, River Dell (156-1); Greg Anderson, Becton (151-4).  
Javelin (180-5): none.

**Girls**  
4-x-800 relay (9:40.0 large schools, 9:50.0 small schools): River Dell, (9:18.62); Ridgewood (9:28.81); Holy Angels (9:37.29); Indian Hills (9:39.05).  
Distance medley: (12:30.0): Ridgewood (12:19.01); NV/Old Tappan (12:30.07).  
Mile (5:05.0): Caroline O'Sullivan, NV/Old Tappan, (4:55.94).  
2 miles (11:06.0): Monica Hebner, Northern Highlands, (10:38.39); Isabel Hebner, Northern Highlands (10:40.95); Corinne Barney, Indian Hills (10:51.01); Madeline Barney, Indian Hills (11:00.71).  
400 hurdles (64.00): Katherine Muccio, Ridgewood, (61.87); Grace Smiechowski, Northern Highlands (63.00); Grace O'Shea, Ramapo (63.75).  
High jump (5-6): Jenna Rogers, Rutherford (5-11); Tiffany Bautista,

Paramus Catholic (5-7); Kaela Monte, Ramsey (5-6).  
Pole vault (11-0 3/4): Melissa Purcell, Pascack Valley (12-6 3/4); Lilly Brown, Lakeland (11-7); Caroline McGann, Holy Angels (11-7); Nicole Lester, Ridgewood (11-6).  
Long jump (17-10 3/4): Tiffany Bautista, Paramus Catholic (18-10); Lauren Stern, Mahwah (18-4); Alenys Morales, Clifton (17-11).  
Triple jump (37-3): Bautista (39-1 3/4); Zia Barr, Teaneck (38-2 3/4); Stern (38-0); Amanda Katz, Ramapo (37-5).  
Shot put (39-8 3/4): Kassie Ketcho, Hasbrouck Heights (41-3 3/4).  
Discus (114-8): Karina Roze, Glen Rock (120-11); Lexi Uzoaru, Ridgewood (120-5); Laura Rizik, River Dell (117-4); Ketcho (116-8).  
Javelin (124-8): Nicole Sacchinelli, Fair Lawn (134-6).

## TOP RETURNING TRACK ATHLETES EVENT-BY-EVENT

**Boys**  
100 meters (FAT only): Rahmir Johnson, Bergen Catholic, 10.80; Max Baker, Ramapo, 11.06; Giano Roberts, North Bergen, 11.10.  
200: Johnson, 21.46; Wellington Ventura, Cresskill, 22.34; Quanzie Lumsden, Englewood, 22.55.  
400: Ventura, 48.94; Luis Peralta, Passaic, 49.2; Adam Khriiss, Secaucus, 50.15.  
800: Peralta, 1:53.09; Kevin Heredia, Clifton, 1:57.37; Joe McCabe, Glen Rock, 1:58.04.  
1,600: Heredia, 4:22.04; Peralta, 4:22.9; Sid Wagh, Ridgewood, 4:24.04.  
3,200: Steve Fiumefreddo, Indian Hills, 9:40.34; Wagh, 9:42.52; Justin Kim, NV/Old Tappan, 9:45.94.  
110 HH (FAT only): Hank Anderson, Indian Hills, 15.33; Dan Monchek, Northern Highlands, 15.34; Teslim Olunlade, Lyndhurst, 15.33.  
400 IH: Khriiss, 54.65; Peralta, 56.10; Derrian Soto, Wayne Valley, 56.2.  
Shot put: Connor Scaglione, NV/Demarest, 54-8 3/4; Connor Mathis, Don Bosco, 53-5; Ralph Aris, NV/Demarest, 50-7 1/2.  
Discus: Kyle Patel, Glen Rock, 166-2; 2.

Scaglione, 163-7; Mike Rizik, River Dell, 156-1.  
Javelin: Jason Santa Cruz, NV/Old Tappan, 177-3; Thomas Laskowski, Passaic Tech, 176-7; Michael Connor, Ramapo, 173-2.  
High jump: Carlos Pepin, Lodi, 6-6; Keivon Banks, Bergen Tech, Kyle Shine, NV/Old Tappan and Emanuel Montoya, Fort Lee, 6-2.  
Long jump: Ventura, 22-4; Montoya, 22-2 3/4; Johnson, 22-1 1/2.  
Triple jump: Max Bartlik, Ridgewood, 44-9 3/4; Olunlade, 44-8 3/4; Pepin, 44-2.  
Pole vault: Seth Kricheff, NV/Old Tappan, 14-6; Liam Landau, Pascack Hills and Tyler Hrbek, NV/Old Tappan, 13-6.

**Girls**  
100 (FAT only): Tiffany Bautista, Paramus Catholic, 12.40; Jordan Mayo, Tenafly, 12.43; Maris Rodriguez, Holy Angels, 12.47.  
200: Katherine Muccio, Ridgewood, 25.09; Mariah Fede, Paramus Catholic, 25.42; Rodriguez, 25.49.  
400: Kyla Krawczyk, Northern Highlands, 57.30; Megan Gasnick, Park Ridge, 57.35; Sarah Adams, Ramapo, 58.35.  
800: Caroline O'Sullivan, NV/Old Tappan, 2:12.96; Fiona Ralph, IHA, 2:14.86; Tara Lyons, Holy Angels, 2:15.43.

1,600: O'Sullivan, 4:53.96; Mackenzie Hughes, Holy Angels, 4:59.16; Corinne Barney, Indian Hills, 5:11.57.  
3,200: Monica Hebner, Northern Highlands, 10:45.69; Isabel Hebner, N. Highlands, 10:51.65; Barney, 10:54.59.  
100 HH (FAT): Isabelle Dely, Paramus Catholic, 14.44; Grace O'Shea, Ramapo, 14.66; Fede, 14.96.  
400 IH: Muccio, 61.87; Grace Smiechowski, Northern Highlands, 63.00; O'Shea, 63.75.  
Shot put: Kassie Ketcho, Hasbrouck Heights, 40-11 3/4; Cat Light, NV/Demarest, 39-2; Lexi Uzoaru, Ridgewood, 37-2 3/4.  
Discus: Karina Roze, Glen Rock, 120-11; Uzoaru, 120-5; Laura Rizik, River Dell, 117-4.  
Javelin: Nicole Sacchinelli, Fair Lawn, 134-6; Ketcho, 124-6; Roze, 124-0.  
High jump: Jenna Rogers, Rutherford, 6-0 3/4; Kaela Monte, Ramsey and Bautista, 5-4.  
Long jump: Bautista, 19-1; Mya Drayton, Northern Highlands, 17-7; Lauren Stern, Mahwah, 17-6 3/4.  
Triple jump: Bautista, 38-11 3/4; Zia Barr, Teaneck, 38-8 3/4; Stern, 38-6 3/4.  
Pole vault: Melissa Purcell, Pascack Valley, 12-6; Caroline McGann, Holy Angels, 11-9; Arianna Cavalli, NV/Old Tappan, 11-6.

## ACTIVE ATHLETES ON ALL-TIME TOP 50 LISTS

(County records in parentheses)

### Bergen County

#### GIRLS

100 (Myasia Jacobs, Paramus Catholic, 2010, 11.44): t35. Tiffany Bautista, Paramus Catholic, 12.40; t41. Jordan Mayo, Tenafly, 12.43.

200 (Jacobs, 2010, 23.73): t12. Katherine Muccio, Ridgewood, 25.09; 35. Mariah Fede, Paramus Catholic, 25.35; 42. Maris Rodriguez, Holy Angels, 25.49; t44. Megan Gasnick, Park Ridge, 25.54.

400 (Dana Riley, Teaneck, 1993, 54.68): 21. Kyla Krawczyk, Northern Highlands, 57.30; 23. Gasnick, 57.35; 44. Sarah Adams, Ramapo, 57.93; 46. Caroline O'Sullivan, NV/Old Tappan, 58.00.

800 (Corinne Myers, Westwood, 2014, 2:05.80): 11. O'Sullivan, 2:11.43; 28. Fiona Ralph, IHA, 2:14.86; 35. Tara Lyons, Holy Angels, 2:15.43.

1,600 (Josette Norris, Tenafly, 2013, 4:41.61): 7. O'Sullivan, 4:53.96; 12. Shannon Gorla, River Dell, 4:56.18; 18. Mackenzie Hughes, Holy Angels, 4:59.16.

3,200 (Norris, 2014, 10:25.57): 5. Gorla, 10:32.51; 13. Monica Hebner, Northern Highlands, 10:45.69; 18. Isabel Hebner, Northern Highlands, 10:51.65; 20. Corinne Barney, Indian Hills, 10:54.59; 27. Daisy Liljegren, Northern Highlands, 10:58.49; 34. Hughes, 11:06.62.

100 HH (Michelle Smith, Teaneck, 2005, 14.12): 6. Isabelle Dely, Par. Cath., 14.44; 16. Grace O'Shea, Ramapo, 14.66; 25. Fede, 14.96; t26. Lauren Stern, Mahwah, 15.03.

400 IH (Alex Cimino, Westwood, 2013, 60.08): 7. Muccio, 61.87; 23. Grace Smiechowski, Northern Highlands, 63.00; 34. O'Shea, Ramapo, 63.75.

Shot put (Amarys Berry, Hackensack, 2016, 48-10 1/2): t18. Kassie Ketcho, Hasbrouck Heights, 40-11 1/2; t35. Cat Light, NV/Demarest, 39-2.

Discus (Jenn Flinchum, NV/Demarest, 1999, 143-4): 43. Karina Roze, Glen Rock, 120-11; 47. Lexi Uzoaru, Ridgewood, 120-5. Javelin (Daina Pucurs, NV/Demarest, 2004, 155-8): 14. Nicole Sacchinelli, Fair Lawn, 134-6; 33. Ketcho, 124-6; 34. Roze, 124-0.

High jump: Jenna Rogers, Rutherford, 6-0 3/4 (BERGEN COUNTY RECORD); t18. Tiffany Bautista, Paramus Catholic, Hannah Figueroa, Pascack Hills, and Kaela Monte, Ramsey, 5-4.

Long jump (Tatiana Sanders, Paramus Catholic, 2014, 19-5 3/4): 4. Bautista, 19-1.

Triple jump (Carlene Cummings, Englewood, 1998, 42-5): 7. Bautista, 38-11 3/4; 8. Zia Barr, Teaneck, 38-8 3/4; 10. Lauren Stern, Mahwah, 38-6 1/2; 37. Monika Lucic, Hasbrouck Heights, 36-10 1/2; t43. Amanda Katz, Ramapo, 36-9.

Pole vault (Michelle Rubineti, NV/Demarest, 2017, Jessica Ippolito, Fair Lawn, 2017 and Melissa Purcell, Pascack Valley, 2017, 12-6): t1. Purcell, 12-6; 8. Caroline McGann, Holy Angels, 11-9; t12. Ariana Cavalli, NV/Old Tappan, 11-6; t15. Nicole Lester, Ridgewood, Sydney Woods, NV/Demarest and Andrea Katz, Ramapo, 11-0; t35. Samantha Cioppio, Glen Rock, and Alyssa Fico, Ramsey, 10-6.

#### BOYS

100 (Joe Dawkins, Hackensack, 1995,

10.31): 18. Rahmir Johnson, Bergen Catholic, 10.80.

200 (Jabrill Peppers, Don Bosco, 2013, 21.13): 7. Johnson, 21.46.

400 (Walter McCall, Hackensack, 1988, 47.18): t 44. Wellington Ventura, Cresskill, 48.94.

800 (Patrick Rono, Lyndhurst, 2011, 1:50.10): Top returnee: Joe McCabe, Glen Rock, 1:58.04.

1,600 (Ben Malone, Pascack Valley, 2013, 4:04.09): Top returnee: Will Baginski, Ridgewood, 2016, 4:19.72.

3,200 (Kyle Levermore, Don Bosco, 2013, 8:55.41): Top returnee: Steven Fiumefreddo, Indian Hills, 9:40.34.

110 HH (Darius Pemberton, Hackensack, 1992, 13.96): Top returnee: Hank Anderson, Indian Hills, 15.13.

400 IH (Anthony Hampton, Englewood, 1994, 51.92): Top returnee: Jordan Sanders, Lyndhurst, 56.78.

Shot put (Andy Papatthanassiou, Emerson, 1985, 68-3): Top returnee: Connor Scaglione, NV/Demarest, 54-8 3/4.

Discus (Mike Buncic, Fair Lawn, 1980, 189-2): 50. Kyle Patel, Glen Rock, 166-2.

Javelin (Kaleb Zuidema, Midland Park, 2010, 224-1): 47. Jason Santa Cruz, NV/Old Tappan, 177-3.

High jump (Scot Palmer, Teaneck, 1979, Darius Pemberton, Hackensack, 1993 and Godfrey Gordon, Garfield, 1995): t25. Carlos Pepin, Lodi, 6-6.

Long jump (Corey Crawford, Indian Hills, 2010): Top returnee: Wellington Ventura, Cresskill, 22-4.

Triple jump (Chris Phipps, Lodi, 2008, 50-5): Top returnee: Max Bartlik, Ridgewood, 44-9 3/4.

Pole vault (Luke Annichiarco, NV/Old Tappan, 2014): t14. Seth Kricheff, NV/Old Tappan, 14-6.

### Passaic County

#### GIRLS

100 (Nicole Carmichael, Kennedy, 1995, 11.80): 21. Leriann Alexander, Eastside, 12.76; 34. Alenys Morales, Clifton, 12.94.

200 (Nicole Carmichael, Kennedy, 1995, 24.12): Top returnee: Nicole Bertollo, Hawthorne, 26.86.

400 (Natalie Jordan, Eastside, 1982, 54.0): Top returnee: Riley Brennan, Wayne Hills, 59.3.

800 (Alyssa LaGuardia, DePaul, 2010, 2:12.26): 8. Carly Spinnler, Passaic Tech, 2:17.20; 21. Nicole Bertollo, Hawthorne, 2:19.87; 26. Emily Byrnes, Eastern Christian, 2:21.36; 29. Giana D'Amato, Hawthorne Christian, 2:21.47.

1,600 (Kristen Traub, Eastern Christian, 2012, 4:53.33): Top returnee: Nicole Bertollo, Hawthorne, 2016, 5:25.13.

3,200 (Lindsay Van Alstine, Hawthorne Christian, 2003, 10:31.6): Top returnee: Nancy Habib, Passaic Tech, 2017, 11:48.91.

100 HH (Melissa Jones, Eastside, 1997, 14.33): 7. Alenys Morales, Clifton, 15.26; 18. Benae Johnson, Kennedy, 15.65; 20. Meghan Corso, Wayne Valley, 15.70; 36. Samantha Sklar, Wayne hills, 16.31; t39. Grace Yost, Lakeland, 16.40; 47. Sydney Shannon, Passaic Tech, 16.69.

400 IH (Tawana Watkins, Kennedy, 2001, 57.48): 16. Samantha Sklar, Wayne Hills, 2016, 64.15; 26. Carly Spinnler, Passaic

Tech, 65.29; 27. Nicole Bertollo, Hawthorne, 2016, 65.62.

Shot put (Alana Pantale, Wayne Valley, 2010, 43-8 3/4): 31. Christine Hamza, Wayne Valley, 36-7 3/4; t 39. Madison Wynbeeck, Eastern Christian, 35-8.; 50. Virginia Holton, Kennedy, 35-3 3/4.

Discus (Jasmine Fenlator, Wayne Valley, 2003, 142-2): Top returnee: Virginia Holton, Kennedy, 106-11.

Javelin (Tina Lindsay, Eastside, 2002, 139-1): 14. Catherine McGrath, Wayne Valley, 114-4; t44. Madison Wynbeeck, Eastern Christian, 102-4.

High jump (Michele Dudzinski, Passaic Valley, 1993, 5-7 3/4): t23. Ashley Martinez, Passaic Tech, 5-2.

Long jump (Kaitlin Salisbury, Hawthorne, 2016, 20-0): 31. Alenys Morales, Clifton, 17-4 1/2; 44. Kalleen Rose Ozanic, West Milford, 2016, 17-1 1/2.

Triple jump (Shanai Heber, Kennedy, 2008, 40-7): 23. Kalleen Rose Ozanic, West Milford, 35-11; t49. Akilah Williamson, Kennedy, 34-8 1/2.

Pole vault (Emily Urciuoli, Clifton, 2009, 12-6): t5. Lilly Brown, Lakeland, 11-0; t8. Sydney Shannon, Passaic Tech, 10-0; t13. Brianna Morrison, Clifton, 9-6; t24. Sarah Kuser, Clifton, 9-0.

#### BOYS

100 (Hunter Hayek, Wayne Hills, 2016, 10.78): Top returnee: Shaheem Maple, Passaic Tech, 11.34.

200 (Shaquan Brown, Kennedy, 2005, 21.23): Top returnee: Shaheem Maple, Passaic Tech, 22.58.

400 (Shaquan Brown, Kennedy, 2005, 46.68): t 22. Luis Peralta, Passaic, 49.2.

800 (Joe White, DePaul, 2014, 1:49.08): 4. Luis Peralta, Passaic, 1:53.09; 37. Kevin Heredia, Clifton, 1:57.37.

1,600 (Curtis McNair, Passaic, 1986, 4:13.1): 20. Kevin Heredia, Clifton, 4:22.04; t24. Luis Peralta, Passaic, 4:22.9.

3,200 (Mohamed Khadraoui, Kennedy, 2004, 8:50.44): Top returnee: Jerry Olvera, Passaic, 10:15.47.

110 HH (Guy Rose, Wayne Hills, 1998, 13.89): Top returnee: Roberth Umana, Manchester, 15.69.

400 IH (Shaquan Brown, Kennedy, 2006, 51.68): 47. Luis Peralta, Passaic, 56.10.

Shot put (Charlie Getty, Pompton Lakes, 1970, 61-6): Top returnee: Shayne Gee, Kennedy, 49-6 3/4.

Discus (George Abyad, Passaic Valley, 183-5): Top returnee: Luis Zorrilla, Clifton, 146-7.

Javelin (Caleb Hart, Hawthorne Christian, 2014, 189-10): 11. Thomas Laskowski, Passaic Tech, 176-7; 30. Patrick Keyzer, Lakeland, 164-5; t 43. A.J. Bakunas, West Milford, 157-1.

High jump (Linden Richmond, Passaic, 1997, 7-0 1/2): Top returnee: Tyron Brown, Kennedy, 6-0.

Long jump (Chiffon Allen, Passaic, 1996, 23-8 3/4): Top returnee: Hasson Klingens, Lakeland, 21-2 1/4.

Triple jump (Kyle Lindsay, Eastside, 2006, 48-2 1/2): Top returnee: Shaheem Maple, Passaic Tech, 41-4 1/4.

Pole vault (Jeff Young, Wayne Valley, 2003 and Chris Steele, 2011, 14-6): t 32. Nico Cortes, Eastern Christian, 12-6.

# **Pawloski Relays - Jacob Brown Track and Field Facility, BF**

Saturday, March 31 - 9AM

## **4x1600**

Varsity: R. Fahey 4:35.6, B. Zamboldi 4:47.1, T. Barnabic 4:57.3, S. Wagh 4:35.4 = 18:55.3 - 2nd Place

## **4x110 SHR**

Novice: J. Stadulis 21.4, K. Grant 23.3, J. Marionni 23.5, F. Valencia 23.9 = 1:31.8 - 3rd Place

Varsity: A. Ruhl 16.4, N. DeVita 16.4, D. Romero 17.3, P. Sanchez 19.7 = 1:09.2 - 3rd Place

## **4x100**

Varsity: J. Dickson, D. Romero, M. Tai, S. Emmanuel = 46.0 - 1st Place

## **4x800**

Frosh: E. Stojanovic 2:30.6, C. Healy 2:59.0, L. Fahey 2:57.4, A. Oriente 2:37.1 = 11:03.9 - 1st Place

Varsity: K. Collins 2:07.5, T. Baginski 2:18.9, R. Seaver 2:13.9, A. Sheridan 2:18.9 = 8:59.7 - 4th Place

## **4x200**

Novice: A) J. Cerasuolo 24.0, G. Frey 27.0, Y. Do 26.0, K. Grant 24.1 = 1:41.4 - 1st Place

B) M. Pettigrew 26.9, A. Hartigan 27.6, C. Doyle 31.5, D. Cho 24.1 = 1:50.1

C) J. Errico 26.7, I. Stadnik 28.9, E. Nold 28.8, A. Cole 28.5 = 1:52.7

D) J. Marionni 32.5, H. Branca 34.6, J. Severese 30.6, R. Seaver 24.1 = 1:52.2

E) A. Rose 28.6, D. Aguilar 27.0, R. Joel DNS, F. Valencia DNS = DNF

## **DMR (1200, 400, 800, 1600)**

Frosh: J. Boogaert 3:39.7, A. Rose 64.6, M. Salerno 2:21.7, S. Miller 5:28.4 = 12:34.8 - 3rd Place

Novice: A) P. Baginski 3:52.3, A. Cole 60.4, W. Crimmins 2:25.9, M. Boogaert 5:07.0 = 12:25.5 - 3rd Place

B) R. Cody 4:06.0, A. Hartigan 58.9, T. He 2:33.9, M. Neville 5:41.5 = 13:20.2

C) C. Johnson 4:10.3, N. Illiev 61.7, L. Fine 2:59.2, T. Kanell 7:08.1 = 15:15.9

Varsity: W. Baginski 3:09.6, J. Dickson 56.1, C. Shammass 2:07.8, M. Zamboldi 4:51.6 = 11:05.2 - 2nd Place

## **3x400h**

Novice: P. Sanchez 66.8, J. Cerasuolo 70.1, J. Stadulis 69.6 = 3:26.3 - 3rd Place

Varsity: T. Carver 62.5, N. DeVita 65.5, A. Ruhl 62.9 = 3:09.1 - 1st Place

## **4x400**

Frosh: S. Miller 61.8, M. Salerno 60.2, E. Stojanovic 66.0, J. Boogaert 60.3 = 4:08.4 - 2nd Place

Novice: F. Valencia 68.1, Y. Do 61.7, G. Frey 60.4, D. Cho 60.7 = 4:10.9

## **Long Jump**

Novice (2 person relay): A) S. Emmanuel 18'6, K. Grant 17'4 = 35'10 - 1st Place

B) C. Doyle F, D. Aguilar 13'5 = 13'5

Varsity (3 person relay): D. Romero 19'7, J. Dickson F, Y. Do 15'2 = 34'9

## **Pole Vault**

Novice (2 person relay): P. Mazzella 8'6, J. Theisen 9'0 = 17'6

## **Triple Jump**

Novice (2 person relay): Y. Do 34'9, N. Illiev 33'5 ½ = 68'2 ½ - 3rd Place

Varsity (3 person relay): P. Mazzella 35'6 ½, P. Sanchez 35'1 ½, N. DeVita 31'5 = 102' ½

# Pawlowski Relays - Jacob Brown Track and Field Facility, BF

Saturday, March 31 - 9AM

## Discus

Novice (2 person relay): A) S. Patllolu 96'1, M. Toner 88'2 = 185'1 - 2nd Place

B) N. Plasse 85'4, C. Patel 82'9 = 172'3 - 3rd Place

C) D. Brito 68'11, L. Gregorio 68'5 = 137'4

D) A. Toner 62'9, L. Otterstedt 72'7 = 135'4

Varsity (3 person relay): A. Engelhardt 113'9, P. Luby 120'11, T. Vandalovsky 38'0 = 345'8 - 3rd Place

## Shot Put

Novice (2 person relay): A) N. Plasse 36'11, L. Otterstedt 36'9 ½ = 73'8 - 2nd Place

B) C. Patel 34'9 ½, P. Luby 36'7 = 71'4 ½ - 4th Place

C) S. Patllolu 30'11, D. Brito 33'7 = 64'6

D) A. Toner 24'7, L. Gregorio 24'2 = 48'9

Varsity (3 person relay): A. Engelhardt 45'5 ½, M. Toner 38'7 ½, T. Vandalovsky 111'0 = 121'1 - 2nd Place

## Track and field is off to a running start

**Paul Schwartz**  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

The first week of the track and field season, like other outdoor spring sports, was ravaged by the very unspringlike weather. But before the weather came, there was a very nice first Saturday.

Seven North Jersey girls teams and individuals took the early-season state lead in their events with good performances on opening day. It's no surprise that Tiffany Bautista of Paramus Catholic leads all triple jumpers with her 37-9 effort at the Season Opener at River Dell -- she led the state all indoor season and won the Eastern State championship. And Melissa Purcell's state leading 11-6 pole vault at the Pawlowski Relays isn't a shock since she was fourth in last spring's state Meet of Champions and third this past winter. But the javelin leader is a huge surprise. Bergen Tech freshman Alianna Eucker threw the spear 129-4 at the Season Opener, three feet better than anyone else did in the state and six feet further than any freshman in the United States has recorded so far this year. The top freshman throw in the country last year was 131-10 and Eucker's throw is the second best by any New Jersey freshman since the implement was changed in 2001.

Eucker, from Westwood, finished third in the 13-14 division nationally at the Junior Olympics in Lawrence, Kansas last summer with a throw of 127-1. Ironically one of the two girls to beat her was Mahwah's Hailey Romero, who was second at 128-5. Romero is still in eighth grade.

Park Ridge (4:02.5) and Paramus Catholic (4:03.5) are the top two 4-x-400 teams in the state after wins at the Pawlowski Relays and Season Opener Invitational, respectively. Holy Angels ran 9:54.0 to lead all 4-x-800 teams the first week, Paramus Catholic leads all shuttle hurdles teams at 61.7 and Ridgewood ran 21:58.4 for the 4-x-1,600, all excellent midseason times earned on the first day.



**Tiffany Bautista of Paramus Catholic, seen in 2017, leads all triple jumpers at 37-9.** MICHAEL KARAS/NORTHJERSEY.COM FILE

### **Last chance for Penn Relays thrower hopefuls**

NV/Demarest will host the Fred McClain Penn Relays Throwers Invitational Friday at 3:30 p.m. to offer shot put, discus and javelin throwers a chance to qualify for the Penn Relays April 26-28. The entry is free, but coaches are asked to e-mail Mike at [Theuerkauf@nvnet.org](mailto:Theuerkauf@nvnet.org) if you're coming. Penn Relays minimum standards are 54-11 ½ (shot), 157-5 (disc) and 180-5 (javelin) for boys and 40-0 ½ (shot), 129-11 (discus and javelin) for girls.

### **And the weather is better too**

The Accu-Weather forecast for the Arcadia Invitational is 74 degrees and sunny Friday and 71 degrees and 71 degrees. That beats the predicted Saturday high of 41 degrees with a chance of snow here. So Luis Peralta of Passaic and the Ridgewood boys and girls track teams will enjoy much better weather at the site 13 miles North of L.A. and some of the best competition of the year.

Peralta, third in the New Balance Indoor 800 last month out of an unseeded heat gets his shot at National champ Jett Charvet of Heritage at 6:46 pm PDT

Saturday in the 800. Look for sub 1:51 half milers Alex Scales of Bellarmine and Jason Gomez of Westmont as well.

Ridgewood's girls are in the 4-x-800 invitational 4:44 PDT Friday, and the distance medley invite 7:44 Saturday, but the race to watch for the Maroons might be the shuttle hurdles at 5:55 Friday. The quartet of Virginia Morley, Victoria Purritano, Sara VandenAssem and Katherine Muccio look to become the first North Jersey team under 60 seconds. The 2007 Maroons ran 60.77 for the Bergen County record.

The Ridgewood boys will run in the sprint medley invitational at 7:04 Friday and the distance medley invite at 9:10 Saturday.

The Maroons are also in several other individual events.

### **Closer to home**

Passaic Tech looks for its 5th straight A division boys title and Lakeland goes for its 4th straight B title at the annual Dr. Boverini Passaic County Relays Saturday at Passaic Valley High School in Little Falls. PCTI will get a battle from Wayne Valley and Clifton, who were second and third last year while Lakeland looks to beat Hawthorne for a 4th straight year.

Wayne Hills edged Passaic Tech for the girls A title last year but Clifton, which won the indoor county title this winter with a record score is favored to regain the girls title it last won in 2016. Lakeland edged Hawthorne for the girls B title last year and the two teams should battle again this year. Field events start at 9:30 a.m. and running events start at 10 a.m.

The other North Jersey meet is the Comet Relays at Hackensack at 9 a.m. with the cancellation of the Lyndhurst Relays due to a smaller-than-expected entry. North Jersey teams are also expected at the Metuchen Relays and the Pirate Relays in Pearl River, NY. The Summit Relays were cancelled because of projected weather problems.

## Arcadia Invitational - Arcadia HS, CA

Friday and Saturday, April 6-7

### Friday

**4x110 SHR:** A. Ruhl **15.7**, N. DeVita **16.9**, D. Romero **16.5**, M. Bartlik **17.1** = **66.34**

**SMR (2,2,4,8):** M. Tai **22.5**, A. Ruhl **23.6**, K. Collins **53.5**, W. Baginski **1:54.29** = **3:34.29**

### Saturday

**Triple Jump:** M. Bartlik **43'8**

**DMR (12,4,8,16):** W. Baginski **3:07.7**, M. Tai **51.8**, B. Zamboldi **2:02.3**, S. Wagh **4:33.6** = **10:35.69**

**MileSplit NJ**

RESULTS RANKINGS CALENDAR TEAMS COVERAGE DISCUSS REGISTRATION MORE

## Peralta Runs 4:16 & Ridgewood Posts Four NJ#1s at Arcadia

A few teams from New Jersey traveled all the way to California this weekend to compete at the [Arcadia Invitational](#) and they didn't waste the trip.

[Passaic's Luis Peralta](#) won the open division of the boys mile run with a quick time of 4:16.62! That is his fastest mile and well ahead of his 1600m PR of 4:22.90. The junior mid-distance star is coming off a great indoor season in the 800m where he won the indoor [Meet of Champions](#) before finishing third at [New Balance Nationals Indoor](#) running 1:51.74. At Arcadia he doubled back that same day to run 1:59.72 in the 800m, his outdoor PR is 1:53.09.



[Ridgewood's](#) relays had a great meet as a whole with the girls running THREE state leading times! A 1:04.53 in the shuttle, 9:25.26 for the 4x800m, and 12:17.53 for the distance medley relay. On the boys side they posted a 10:35.69 NJ#2 in the DMR and a 3:34.25 NJ#1 in the sprint medley relay. What a meet for Ridgewood!

We saw four top ten New Jersey triple jump marks at this invitational. The girls were led by [Samantha Lopes](#) of [Wallkill Valley](#) who cleared 36-11.5 NJ#2, [Gianna Macones](#) of [Sparta](#), 36-10 NJ#3, and [Lauren Stern](#) of [Mahwah](#), 36-05 NJ#7, behind her. Stern also ran NJ#3 in the 100m hurdles with a 15.38 at this meet as well. In the boys triple Ridgewood's [Max Bartlik](#) measured to 43-2.5 NJ#8.

[Christian Brothers Academy](#) junior [Tim McInerney](#) had a very strong early season meet running 9:32.34 for the 3200m and then 1:55.95 in the 800m. That 800 time is only a second off his best of 1:54.92 which was run for a [State Non-Public A Group](#) title in June of 2017.

After cutting back her race appearances this past indoor season, state champion [Alyssa Aldridge](#) of [Mainland Regional](#) ran the earliest 3200m we've seen in her high school career with a state leading 10:58.46.



# Comet Relays - Ed Church Track and Field Facility, Hackensack

Saturday, April 7

## 4x1600

Varsity: none

Novice: A. Sheridan **5:06.9**, W. Crimmins **5:32.9**, T. Baginski **5:33.5**, M. Neville **5:42.2** = **21:54.3**

## 3x400h

Varsity: L. Reinke **63.6**, P. Sanchez **69.4**, J. Stadulis **71.5** = **3:24.5**

## 4x800

Varsity: R. Fahey **2:14.2**, R. Seaver **2:15.2**, M. Zamboldi **2:18.0**, C. Shammass **2:10.3** = **8:58.0 - 4th Place**

Frosh: S. Miller **2:28.6**, E. Stojanovic **2:29.6**, M. Salerno **2:24.0**, J. Boogaert **2:16.4** = **9:38.6 - 1st Place**

## 4x200

Varsity: J. Dickson **24.9**, L. Reinke **24.9**, K. Grant **26.3**, S. Emmanuel **25.7** = **1:41.6**

Novice: A) G. Frey **25.9**, E. Wong **25.5**, C. Doyle **26.8**, D. Kane **26.4** = **1:44.6**

B) F. Valencia **27.4**, M. Pettigrew **28.9**, J. Stadulis **26.1**, Y. Do **26.0** = **1:48.4**

C) J. Marionni **29.6**, A. Hartigan **28.9**, I. Stadnik **29.4**, A. Rose **28.4** = **1:56.3**

## 4x110 SHR

Novice: J. Stadulis **20.6**, F. Valencia **23.1**, J. Marionni **23.8**, P. Sanchez **18.6** = **1:26.2 - 3rd Place**

## DMR (1200,400,800,1600)

Varsity: A. Sheridan **3:42.0**, K. Grant **59.6**, M. Boogaert **2:16.6**, T. Barnabic **4:59.9** = **11:57.9 - 4th Place**

Novice: L. Fahey **4:34.7**, A. Rose **63.9**, C. Healy **2:53.5**, T. Kanell **DNF** = **DNF**

## Long Jump

Novice: A) S. Emmanuel **16'11 ½**, K. Grant **F = 16'11 ½**

B) E. Wong **F**, C. Doyle **13'6 ½ = 13'6 ½**

C) Y. Do **14'7**, N. Illiev **14'7 = 29'2**

## Pole Vault

Varsity: P. Mazzella \_\_\_\_\_, D. Jorgensen, \_\_\_\_\_, R. Pfund \_\_\_\_\_ = \_\_\_\_\_

## Triple Jump

Novice: PJ Sanchez **34'6 ½**, N. Illiev **F = 34'6 ½**

## High Jump

Novice: P. Mazzella **NH**, J. Dickson **5'0 = 5'0 - 4th Place**

## Discus

Novice: A) S. Patllolu \_\_\_\_\_, M. Toner \_\_\_\_\_ = \_\_\_\_\_

B) C. Patel \_\_\_\_\_, N. Plasse \_\_\_\_\_ = \_\_\_\_\_

C) L. Otterstedt \_\_\_\_\_, A. Toner \_\_\_\_\_ = \_\_\_\_\_

D) L. Harris \_\_\_\_\_, L. Gregorio \_\_\_\_\_ = \_\_\_\_\_

Varsity: A. Engelhardt \_\_\_\_\_, P. Luby **122'3**, T. Vandalovsky \_\_\_\_\_ = **316'10**

## Shot Put

Novice: A) L. Otterstedt \_\_\_\_\_, P. Luby \_\_\_\_\_ = **67'0 - 2nd Place**

B) N. Plasse \_\_\_\_\_, C. Patel \_\_\_\_\_ = \_\_\_\_\_

C) S. Patllolu \_\_\_\_\_, A. Toner \_\_\_\_\_ = \_\_\_\_\_

D) L. Gregorio \_\_\_\_\_, M. Olivo \_\_\_\_\_ = \_\_\_\_\_

Varsity (3 person relay): A. Engelhardt **46'5 ¼**, M. Toner, T. Vandalovsky = **121'1**

# Big North Track & Field Dual Meet

Boys		Ridgewood vs Indian Hills			April 9, 2018			
Event	First Place	Second Place	Third Place			Total	Score	
				RHS	IH	RHS	IH	
<b>400H</b>	L. Reinke RW 59.9	T. Carver RW 62.9	K. Collins RW 63.1	9	0	106	34	
<b>100m Dash</b>	M. Tai RW 11.5	S. Emmanuel RW 11.6	A. Chumas IH 12.0	8	1			
<b>1600m Run</b>	R. Fahey RW 4:37.4	W. Baginski RW 4:44.6	C. Shammass RW 4:59.4	9	0			
<b>400m Dash</b>	A. Ruhl RW 54.8	N. Illiev RW 56.6	P. Sanchez RW 57.4	9	0			
<b>110m Hurdles</b>	H. Anderson IH 14.9	M. Bartlik RW 16.3	L. Reinke RW 17.1	4	5			
<b>800m Run</b>	S. Fiumefreddo IH 2:01.7	J. Kelly IH 2:04.6	B. Oehrlein IH 2:05.4	0	9			
<b>200m Dash</b>	M. Tai RW 23.5	M. Ferraro IH 24.3	A. Chumas IH 24.5	5	4			
<b>3200m Run</b>	M. Zamboldi RW 10:37.2	T. Barnanic RW 10:43.6	R. Fahey RW 11:27.4	9	0			
<b>4X400 Relay</b>	RW 3:40.0			5	0			
<b>High Jump</b>	H. Anderson IH 6'2	D. Romero RW 6'	J. Dickson RW 5'10	4	5			
<b>Pole Vault</b>	P. Mazzella RW 8'	D. Jorgenson RW 7'	R. Pfund RW 7'	9	0			
<b>Long Jump</b>	D. Romero RW 20'2.75	K. Mclennon IH 18'10	J. Dickson RW 18'9.25	6	3			
<b>Triple Jump</b>	M. Bartlik RW 44'1.25	D. Romero RW 37'11.75	K. Mclennon IH 37'8.75	8	1			
<b>Discus</b>	P. Luby RW 113'6	A. Engelhardt RW 105'1	S. Patllollu RW 102'11	9	0			
<b>Shot Put</b>	A. Engelhardt RW 49'2	K. Summons IH 45'	M. Toner RW 40'5.5	6	3			
<b>Javelin</b>	P. Luby RW 137'5	E. White IH 135'5	L. Otterstedt RW 100'3	6	3			



**Dual vs Indian Hills - Jacob Brown Track and Field Facility, BF**

Monday, April 9 - 4PM

Non-Scoring Results

**400h**: N. DeVita **66.3**, J. Stadulis **67.4**

**100m**: J. Dickson **11.9**, K. Grant **12.2**, Y. Do **12.2**, J. Cerasuolo **12.4**, D. Aguilar **12.6**, A. Hartigan **12.9**, C. Doyle **13.1**, T. Kang **13.1**, A. Rose **13.5**, A. Cole **13.5**, M. Pettigrew **14.3**, H. Branca **16.4**

**1600m**: A. Sheridan **4:59.9**, M. Salerno **5:08.1**, W. Crimmins **5:20.8**, S. Miller **5:21.1**, E. Stojanovic **5:36.4**

**400m**: G. Frey **57.9**

**110HH**: N. DeVita **17.3**, F. Valencia **21.8**, J. Marionni **23.3**

**800m**: B. Zamboldi **2:07.7**, R. Seaver **2:11.4**, T. Baginski **2:16.6**, M. Neville **2:26.3**, L. Fine **2:46.3**, L. Fahey **2:46.5**, C. Healy **2:47.0**, T. Kanell **2:56.8**

**200m**: S. Emmanuel **28.8**, K. Grant **24.9**, E. Wong **25.0**, J. Cerasuolo **25.3**, Y. Do **27.6**, D. Aguilar **26.2**, M. Pettigrew **28.2**, C. Doyle **27.6**, J. Stadulis **26.1**, A. Cole **25.4**, H. Branca **35.5**, A. Rose **28.9**, F. Valencia **28.4**, J. Marionni **30.3**, T. Kang **27.8**, D. Kane **26.6**,

**4x400**: K. Collins **53.4**, T. Carver **58.5**, A. Ruhl **57.0**, W. Baginski **51.4** = **3:40.3 - 1st Place**

**Long Jump**: S. Emmanuel **18'8**, K. Grant **16'6 ½**

**Triple Jump**: P. Sanchez **35'6 ½**, N. Illiev **F**

**High Jump**: P. Mazzella **5'2**

**Shot Put**: T. Vandalovsky **38'11 ½**, N. Plasse **38'5**, L. Otterstedt **35'5 ½**, D. Brito **33'0 ½**, L. Gregorio **26'0 ½**, M. Olivo **25'10 ½**, A. Toner **23'10**

**Discus**: T. Vandalovsky **92'9**, D. Brito **86'4**, M. Toner **85'8**, L. Gregorio **79'3**, A. Toner **58'1**, M. Olivo **49'1**

# Big North Track & Field Dual Meet

Boys		Ridgewood vs Hackensack			April 11, 2018			
							Total	Score
Event	First Place	Second Place	Third Place	RHS	HHS	RHS	HHS	
<b>400H</b>	L. Reinke RW 58.0	T. Carver RW 60.3	G. Losch H 62.4	8	1	72	68	
<b>100m Dash</b>	R. Hammond H 11.1	T. Hobehl H 11.6	A. Ruhl RW 11.7	1	8			
<b>1600m Run</b>	W. Baginski RW 4:33.5	Outen H 4:34.5	R. Fahey RW 4:41.4	6	3			
<b>400m Dash</b>	K. Collins RW 52.4	Moun H 56.1	N. Illiev RW 56.8	6	3			
<b>110m Hurdles</b>	M. Bartlik RW 15.6	A. Ruhl RW 15.9	N. DeVita RW 16.9	9	0			
<b>800m Run</b>	W. Baginski RW 2:00.8	Benitez H 2:01.6	B. Zamboldi RW 2:04.1	6	3			
<b>200m Dash</b>	R. Hammond H 23.7	A. Ruhl RW 23.9	T. Habehh H 24.4	3	6			
<b>3200m Run</b>	Benitez H 10:25.7	Outen H 10:25.9	M. Zamboldi RW 10:46.8	1	8			
<b>4X400 Relay</b>	RW 3:43.6			5	0			
<b>High Jump</b>	D. Romero RW 5'8	J. Dickson RW 5'6	M. Bartlik RW 5'5	9	0			
<b>Pole Vault</b>	C. Eyer H 9'	M. Perez H 9'	A. Fearon H 8'6	0	9			
<b>Long Jump</b>	D. Romero RW 18'11	T. Habehh H 17'11	J. Dickson RW 17'9	6	3			
<b>Triple Jump</b>	M. Bartlik RW 42'9.5	Buster H 38'9	Knott H 25'0	5	4			
<b>Discus</b>	J. Stuart H 155'7	D. Powell H 121'11	R. Nathan H 113'2	0	9			
<b>Shot Put</b>	J. Stuart H 50'7	A. Engelhardt RW 47'9	D. Powell H 42'6.5	3	6			
<b>Javelin</b>	D. Mai H 155'7	L. Reinke 145'1	L. Otterstedt RW 135'11	4	5			

# Dual vs Hackensack - Ed Church Track and Field Facility, Hackensack

Wednesday, April 11 - 4PM

## Non-Scoring Results

**400h:** N. DeVita **64.4**, P. Sanchez **66.3**, J. Stadulis **66.9**

**100m:** K. Grant **12.0**, Y. Do **12.1**, E. Wong **12.2**, J. Cerasuolo **12.4**, A. Hartigan **12.8**, D. Aguilar **12.8**, A. Rose **13.3**, I. Stadnik **13.4**, M. Pettigrew **14.2**

**1600m:** M. Zamboldi **4:43.9**, J. Boogaert **4:56.5**, M. Boogaert **4:57.4**, A. Sheridan **4:58.7**, M. Salerno **5:15.1**, E. Stojanovic **5:43.0**

**400m:** G. Frey **59.2**

**110HH:** J. Stadulis **20.3**, F. Valencia **22.0**, J. Marionni **23.0**

**800m:** C. Shammass **2:05.8**, R. Seaver **2:13.1**, T. Baginski **2:17.7**, M. Neville **2:28.4**, C. Healy **2:46.2**, L. Fahey **2:48.9**, C. Johnson **2:49.0**, L. Fine **2:53.6**, T. Kanell **3:01.3**

**200m:** K. Grant **25.0**, Y. Do **25.6**, J. Dickson **25.9**, D. Aguilar **26.1**, J. Cerasuolo **26.8**, Hartigan **27.0**, A. Rose **27.8**, D. Kane **28.4**, J. Marionni **28.4**, E. Wong **28.8**, A. C. Doyle **28.9**, F. Valencia **29.1**, I. Stadnik **29.2**, M. Pettigrew **29.8**

**3200m:** T. Barnabic **10:55.3**

**4x400:** T. Carver **55.1**, P. Sanchez **57.7**, N. Illiev **58.5**, K. Collins **52.5** = **3:43.7** - 1st Place

**Long Jump:** K. Grant **F**

**Triple Jump:** P. Sanchez **F**, N. Illiev **F**

**Shot Put:** M. Toner **41'11 ½**, P. Luby **39'1**, N. Plasse **37'5 ½**, L. Otterstedt **36'11 ¼**, D. Brito **33'6 ¼**, S. Patllolu **31'3 ½**, M. Olivo **26'3 ¼**, A. Toner **23'6 ½**,

**Discus:** P. Luby **111'7**, S. Patllolu **101'4**, A. Engelhardt **97'10**, M. Toner **93'7**, D. Brito **82'5**, N. Plasse **82'2**, L. Otterstedt **78'10**, A. Toner **61'7**, M. Olivo **40'6**

**Javelin:** P. Luby **132'11**

**Pole Vault:** J. Theisen **8'6**, P. Mazzella **7'6**, D. Jorgensen **7'6**, R. Pfund **NH**

## TRACK AND FIELD

# Best headed to Penn Relays

**Paul Schwartz**

North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

### The Big Thing

The fields are set for the Penn Relays Carnival that begins April 26 at historic Franklin Field in Philadelphia and look for North Jersey teams and athletes to make strong showings at the three-day event. Fourteen North Jersey girls and six boys qualified for individual events and four 4-x-800 and two distance medley teams also qualified for the two major distance relays at the meet.

The girls with the top chances to medal include Melissa Purcell of Pascack Valley in the triple jump, Tiffany Bautista of Paramus Catholic in the triple jump, Jenna Rogers of Rutherford in the high jump, Nicole Sacchinelli of Fair Lawn in the javelin and Monica and Isabel Hebner of Northern Highlands in the 3,000 meters. The Ridgewood girls DMR can also place in the top six.

For the boys, Luis Peralta of Passaic (mile), Jadon Watson of Kennedy (high jump) and state indoor champ Tyler Hrbek of NV/Old Tappan (pole vault) have solid medal chances.

Others competing Thursday are Katherine Muccio of Ridgewood (400 IH), Sydney Woods of NV/Demarest (pole vault), Zia Barr of Teaneck, Lauren Stern of Mahwah and Amanda Katz of Ramapo (triple jump), Kassie Ketcho of Hasbrouck Heights (shot), Alianna Eucker of Bergen Tech (javelin) and Corinne Barney of Indian Hills (3000). The River Dell, Indian Hills and Holy Angels 4-x-800 girls teams are also entered.

Others Friday are the Demarest boys 4-x-800, Connor Scaglione of Demarest (shot) and Ridgewood's boys DMR. Saturday sees Adam Khriess of Secaucus in the 400 hurdles. Thirty-three girls 4-x-100 teams are entered along with 34 4-x-400 teams. The boys show 29 4-x-100 teams and 30 4-x-400 teams.

### Places to be

1. Really only one place to be this week – The 57th annual Jack Yockers Bergen County Relays, the largest single site high school event of the year in the state with more than 2,000 athletes from 53 of Bergen County's 57 schools. It starts at River Dell 3:30 Friday and 9 a.m. Saturday.

2. Six Passaic County schools are entered in the second annual West Essex Relays at North Caldwell High School Saturday at 9:30 a.m.

### 3 athletes to see (boys)

1. Luis Peralta, Passaic: Dominican National champ in the 800 – he'll run the mile at Penn on April 27.

2. Connor Scaglione, NV/Demarest – Three weeks into the season, the Princeton-bound football star ranks second in the state in the shot put having thrown a personal best 57-5 already.

3. Teslim Olunlade, Lyndhurst – Senior hurdler/jumper ranks 5th in state with a huge 46-1 triple jump at the Aviator Relays extending his own school record.

### 3 athletes to see (girls)

1. Jenna Rogers, Rutherford: State indoor champ and defending outdoor national champ in high jump opened her season with a solid 5-8 clearance – only



Pascack Valley's Melissa Purcell, seen at last year's State Meet of Champions, has qualified for the Penn Relays. [VIOREL.FLORESCU/NORTHJERSEY.COM](http://VIOREL.FLORESCU/NORTHJERSEY.COM)

four girls in Bergen history (including her) have gone higher.

2. Kassie Ketcho, Hasbrouck Heights: You can't miss her – she's got the biggest personality in the building – but try and catch her – the triple threat thrower is constantly on the move.

3. Katherine Muccio, Ridgewood: Junior is one of state's best sprinters and intermediate hurdles and runs a leg on the Ridgewood DMR that can medal at Penn.

### In case you missed it...

The Northern Valley schools both sent teams to the Penn Relays Qualifiers last week and had some good performances. Old Tappan won the girls 4-x-400 in 4:11.49 and took 2nd in the 4-x-100 in 51.22. Sophie Downey won the girls shot with a personal best 35-10 3/4 and the boys had solid 4-x-100 (45.07) and 4-x-400 (3:31.64) races. Demarest's girls ran 10:02.85 and the boys went 8:12.60 in the seeded 4-x-800 races...Nicole Sacchinelli led all javelin throwers at the Ranger Relays in Hamburg, throwing 129-3. She teamed with her sophomore sister Alexandra to give Fair Lawn the relay event win.

Kinnelon junior Kathryn Brown is another in the long line of great North 1 jumpers, this spring with great opening performances of 16-9 1/2 in the long jump and 35-1 in the triple jump at the Ranger Relays...Zia Barr of Teaneck won the triple jump at the TCNJ Open at The College of New Jersey with a leap of 36-2.

Indian Hills brought nearly its whole varsity team to the Oregon Relays at historic Heyward Field in Eugene and had a great showing against some of the Northwest's best teams...The team of Ara Araz, Corey Girard, Justin Kelly and Steve Fiumefreddo was third in the distance medley in 10:37.57...Hank Anderson just missed placing in the high jump (6-0 1/4) and 110 hurdles (15.87) and Madeline and Corinne Barney each ran the equivalent of a sub-1:05 3,200 in the 3,000 meters race...Paramus' 4-x-100 (44.95) and Kyle Cho (12-0 pole vault) placed at the Green Dragon Relays in Cornwall, N.Y.

### Making the call

If the wind cooperates there will be at least one Bergen County record set in the Jack Yockers Bergen County Relays Friday or Saturday, either in the girls long or triple jumps or in the girls 3-x-400 intermediate hurdles.

# **Bergen County Relays - Jacob Brown Track and Field Facility & River Dell HS**

Wednesday, Friday and Saturday, April 18, 20-21

## **Wednesday**

**Pole Vault:** J. Theisen NH, P. Mazzella NH, E. Wong NH

**Discus:** P. Luby 123'7, A. Engelhardt 116'6, T. Vandalovsky 103'6 = 343'7 - 4th Place

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## **Friday**

**3x400h:** L. Reinke 56.9, T. Carver 60.5, K. Collins 61.0 - 2:58.4 - 2nd Place

**4x200:** J. Dickson 24.8, K. Grant 24.2, E. Wong 25.2, M. Tai 22.9 = 1:37.1 - 6th Place

**4x1600:** R. Fahey 4:36.9, S. Wagh 4:40.9, B. Zamboldi 4:39.8, W. Baginski 4:36.0 = 18:33.6 - 1st Place

**Triple Jump:** M. Bartlik 43'0 <sup>3</sup>/<sub>4</sub>, D. Romero 40'1 <sup>1</sup>/<sub>4</sub>, P. Sanchez 34'9 <sup>3</sup>/<sub>4</sub> = 117'11 <sup>3</sup>/<sub>4</sub> - 4th Place

**Javelin:** L. Otterstedt 132'2, L. Reinke 128'10, T. Vandalovsky 115'2 = 376'2 - 2nd Place

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## **Saturday**

**4x110 SHR:** L. Reinke 16.0, N. DeVita 16.4, D. Romero 16.2, M. Bartlik 15.0 = 1:03.7 - 2nd Place

**4x100:** J. Dickson, K. Grant, M. Tai, S. Emmanuel = 45.5 - 4th Place

**DMR:** S. Wagh 3:14.6, T. Carver 54.9, B. Zamboldi 2:01.4, R. Fahey 4:35.5 = 10:46.2 - 1st Place

**SMR:** K. Collins 52.5, S. Emmanuel 23.8, M. Tai 22.9, W. Baginski 1:55.9 = 3:35.2 - 1st Place

**4x800:** S. Wagh 2:04.7, B. Zamboldi 2:04.6, C. Shammass 2:07.6, W. Baginski 2:04.0 = 8:21.4 - 1st Place

**Frosh 4x400:** J. Stadulis 56.5, S. Miller 58.8, M. Salerno 59.9, J. Boogaert 57.4 = 3:52.7 - 2nd Place

**4x400:** L. Reinke 52.5, M. Tai 51.9, K. Collins 52.8, W. Baginski 51.1 = 3:28.3 - DQ

**High Jump:** D. Romero 6'0, M. Bartlik 6'0, J. Dickson 5'6 = 17'6 - 1st Place

**Shot Put:** A. Engelhardt 47'0 <sup>3</sup>/<sub>4</sub>, T. Vandalovsky 43'0, M. Toner 40'0 <sup>1</sup>/<sub>2</sub> = 130'1 <sup>1</sup>/<sub>4</sub> - 1st Place

**Long Jump:** M. Bartlik 20'6 <sup>1</sup>/<sub>2</sub>, D. Romero 20'4 <sup>3</sup>/<sub>4</sub>, J. Dickson 19'10 <sup>1</sup>/<sub>2</sub> = 60'9 <sup>3</sup>/<sub>4</sub> - 1st Place,  
**New School Record!!!**

# Ridgewood hurdlers set county best at Bergen Relays

**Paul Schwartz**  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

ORADELL — Juniors Katherine Muccio, Virginia Morley and Victoria Purritano have lots of goals for the spring track season, lots of championships for their Ridgewood team, one of the best in the state, and lots of success in their individual events.

From the day spring track started, the trio also set their sights on a record — the 11-year-old school and Bergen County record in the 3-x-400 intermediate hurdles. They surprised even themselves when they came within .6 of a second of breaking the mark on opening day three weeks ago at the Pawlowski Relays.

And Friday, on the first day of the Jack Yockers Bergen County Relays at River Dell High School, in spite of illness almost keeping Morley from the starting line, in spite of strong winds that buffeted them in the final straightaway of the sport's most demanding event and in spite of being paired with a team that



Katherine Muccio of Ridgewood runs the 3x400 hurdles at River Dell High on Friday. MICHAEL KARAS/NORTHJERSEY.COM

was non-competitive, the Maroons accomplished their goal.

With Muccio running a personal best of 61.7 seconds, Purritano adding her own personal best of 66.7 and Morley battling her way to a season's best of 65.8, the Maroons combined for a 3:14.2 total, .7 better than the 2007 team.

"I tried to go through every hurdle as hard as I can staying as low as I can to stay beneath the wind," said Purritano.

"And we had to finish strong because

we had that goal in mind and knew that every tenth mattered," added Muccio, who improved her seventh-best performance in Bergen history.

The original thought preseason was to take a couple of shots at the record early and then go hard in the event at the East Coast Relays at Randolph on May 21, the same meet where the Ridgewood trio of Cristina Law, Alice Wisener and Allyson Llerandi set the mark.

## Golden Hawks go fast in the 4-x-1,600

Ridgewood also ran very fast in the girls 4-x-1,600, running 21:16.5 with a quartet of freshman Sarah Policano, seniors Evelyn Kotch and Meghan Adams and junior Cassie Keyes shattering the meet record by more than eight seconds and running the sixth fastest time in county history.

This time, however, the Maroons weren't the gold medal winners -- that honor, and the meet record went to River Dell, with its quartet of freshman Amanda Mircovich, senior Shannon

Goria, junior Kellie O'Donnell and freshman Maggie Mirkovich.

The Golden Hawks took an astounding 45 seconds off their own school record and ran 21:12.5, a time beaten by only the 1983 Ridgewood team which set a national record at the time that lasted for 20 years and the 2009 IHA team which ran 20:59.57 at the East Coast Relays in 2009.

"I just wanted to stay with the leaders early and get Shannon the lead late," said Amanda Mircovich, who led off in 5:17. Goria, who was part of the previous school record holding team as a freshman, increased the lead over second place Ridgewood, running 5:19 and then O'Donnell ran her best ever split of 5:24 to turn the baton over to Maggie Mircovich with a 10 meter lead over Ridgewood and Keyes.

The two matched strides down the backstretch with Mircovich maintaining the better position on the inside.

"Then with 200 to go I gave it all I have and was able to hold her off," said

See **TRACK**, Page 10S

## Track

Continued from Page 9S

Mircovich, who split 5:13 for her leg.

The boys 4-x-1,600 was also exciting with longtime friends and rivals Will Baginski of Ridgewood and Steve Fiumefreddo of Indian Hills matching 61 second final 400s with Baginski holding on by about a meter in 18:33.6.

### Team leaders after Day One

A: Boys: NV/Old Tappan 44,

Ridgewood 33, Bergen Tech 28; Girls: Ridgewood 50, Old Tappan 47, Northern Highlands 34.

B: Boys: NV/Demarest 52, River Dell 38, Indian Hills 25; Girls: Demarest 56, River Dell 46, Ramapo 37.

C: Boys: Lyndhurst 38, Glen Rock 35, Cresskill 30; Girls: Ramsey 46, Glen Rock 40, Hasbrouck Heights 37.

D: Boys: Emerson 56, Saddle Brook 31, Becton 29; Girls: Waldwick 36, Saddle Brook 29, Emerson 28.

E: Boys: Paramus Catholic 46, Bergen Catholic 40, Don Bosco 34; Girls: Holy Angels 70, IHA 62, Paramus Catholic 58.

# Bergen Catholic earns track title

## County relays championship is team's first since '01

**Kevin T. Czerwinski**

Special to North Jersey Record

USA TODAY NETWORK - NEW JERSEY

ORADELL — Bergen Catholic ended a long drought Saturday afternoon at River Dell High School, edging Paramus Catholic to capture the E Division of the 2018 Jack Yockers Bergen County Relays.

The Crusaders collected 117 points to squeak by the Paladins (113) in what proved to be the closest division on the boys' side of the ledger. The victory marked the first Bergen County Relays title for Bergen Catholic since 2001. Ridgewood (107) took the top spot in A Division while Demarest (B Division, 120), Glen Rock (C Division, 109) and Emerson (D Division, 134) all took home titles.

"We've been very close the last two years and it has come down to some freaky stuff," Bergen Catholic coach Bill Leonard said. "It's a relief because we've had lots of talented kids come through [the program] and we haven't been able to put it together on this day. We've won County and group titles but the Relays have always eluded us."

That the Crusaders were able to overcome several setbacks proved to be crucial. Bergen Catholic was disqualified in the 4-x-200 relay and then nearly lost the eight points it gained in the 4-x-100, an event in which the Crusaders finished second simply because of Javontae Jean-Baptiste's determination.

The senior, who committed to play football for Ohio State, was running the anchor leg in the 4-x-100 when he began to limp with about 40 yards remaining in the race. He was clearly distressed and in pain yet hobbled to the finish line before collapsing and grabbing his right hamstring.

"I'm not sure of the extent of the injury," Leonard said. "But he's up and he's walking around so it's not as bad as it first looked. The average kid would have just went down there and shut down and I wouldn't have blamed him if he did."

"That's the difference between us getting eight points and zero points. Without that, we lose. He finds

a way to get across the finish line and we win. He doesn't and we lose."

Jean-Baptiste's effort, however, wasn't the only heroic one. Lodi's Carlos Pepin earned Most Valuable Performer honors for the field competitors after clearing 6-foot-8 in high jump. The senior cleared 6-9 earlier in the week at Manchester. He drew a crowd of nearly 70 spectators as he systematically cleared 6-feet, 6-2, 6-4 and 6-8 before knocking off the bar in each of his three attempts at 6-10.

Pepin was clearly energized by the crowd, which clapped collectively in rhythm as he approached the bar in what would be his final jump of the day before letting out an equally as loud collective groan.

"I still have the whole track season," said Pepin, who also starred on the Lodi basketball and football teams. "I believe anything is possible now. Coming into the season I didn't think 6-8 was possible. Expect the unexpected."

Pepin has narrowed his choice of collegiate sports to basketball and track. He's spoken to Rowan, Monmouth and East Stroudsburg about running track, and Iona and St. Michael's for basketball. He said he'd like to have a decision made by the end of May because he doesn't want to go into June not knowing. Pepin added that if possible he'd like to explore playing both sports in college.

Ridgewood's Will Baginski took home Most Outstanding Runner honors to lead his squad to its third consecutive A Division crown. The Maroons finished 15 points better than Northern Valley/Old Tappan. Northern Valley/Demarest successfully defended its B Division title ahead of second-place River Dell (80 points).

"It was a good team effort," Demarest coach Mike Theuerkauf said. "We won because of our depth. We didn't look pretty at times; so many of the events we were flat. But others we looked stellar. To not be perfect and still win is a sign of the character of this team."

See **BOYS**, Page [12S](#)

# Sports



## Athletes of the Week

■ Ridgewood's Baginski, Hasbrouck Heights' Marinelli earn honors. [95](#)

**Sport:** Track and field

**Class:** Junior. **Age:** 17.

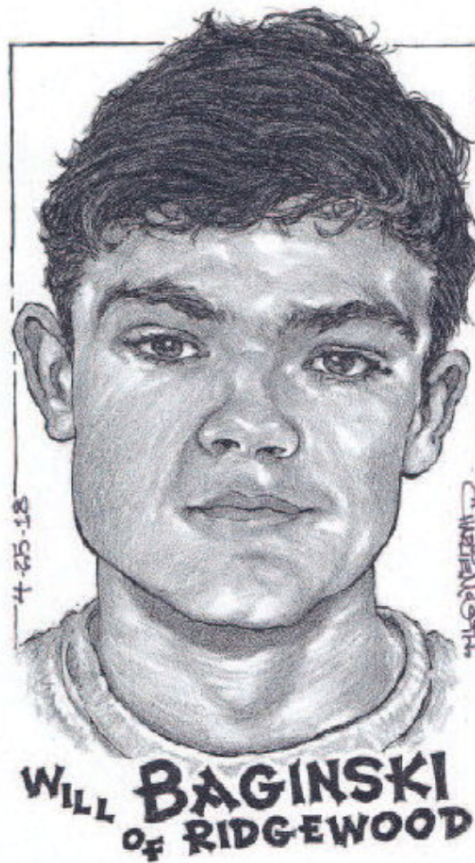
**Accomplishment:** At the Bergen County Relays, Baginski was named the Outstanding Male Track Athlete of the Meet after leading Ridgewood on four winning relay teams. He split 4:31 in anchoring the 4-x-1,600 and split 1:54.9 on the 800 leg on the sprint medley. An hour later, he anchored the 4-x-800 in a 2:00.4 split; followed by a 50.9 split on the anchor leg on the 4-x-400.

**Others nominated:** Michael Bolwell of

“Will is a tremendous athlete. Will was a very talented freshman and had a bit of a sophomore slump and came back as a junior this year and has really been unstoppable. He works hard every day. He only wants to be a great runner. He’s a leader on the team. He’s an awesome kid, all-around.”

— Coach Pat Ryan

Becton, Justyn-Henry Malloy of St. Joseph, and Frankie Venezia of Lyndhurst for baseball; and Jose Gil of Bergenfield and Mark Berry of Fair Lawn for volleyball.





# Big North Track & Field Dual Meet

Boys	Ridgewood vs Ramapo			April 23, 2018			
Event	First Place	Second Place	Third Place	RHS	RP	Total	Score
400H	L. Reinke RW 58.2	RP 59.4	RP 62	5	4	86	54
100m Dash	RP 11.2	RP 11.5	S. Emmanuel RW 11.6	1	8		
1600m Run	R. Fahey RW 4:35.8	S. Wagh RW 4:36.6	RP 4:42.0	8	1		
400m Dash	RP 50.5	W. Baginski RW 51.9	RP 52.9	3	6		
110m Hurdles	RP 15.3	M. Bartlik RW 15.4	RP 15.5	3	6		
800m Run	B. Zamboldi RW 2:04.6	K. Collins RW 2:05.0	C. Shammass RW 2:05.3	9	0		
200m Dash	RP 22.8	RP 23.1	M. Tai RW 23.3	1	8		
3200m Run	R. Fahey RW 10:25.0	RP	T. Barnabic RW 10:31.4	6	3		
4X400 Relay	RP 3:33.5			0	5		
High Jump	M. Bartlik RW 6'0	D. Romero RW 5'10	T. Cahill RP 5'8	8	1		
Pole Vault	J. Theisen RW 8'6	P. Mazzella RW 8'0	D. Jorgensen RW 7'6	9	0		
Long Jump	D. Romero RW 19'11	J. Dickson RW 19'2.5	RP	8	1		
Triple Jump	M. Bartlik RW 42'11	RP 40'3.5	RP 39'5	5	4		
Discus	P. Luby RW 128'3	A. Engelhardt RW 125'7	RP	8	1		
Shot Put	A. Engelhardt RW 48'0.75	T. Vandalovsky RW 43'3	M. Connor RP 41'5.25	8	1		
Javelin	M. Connor RP 161'8	L. Otterstedt RW 146'2	L. Reinke RW 123'4	4	5		

# Big North Track & Field Dual Meet

Boys	Ridgewood vs Paramus			April 23, 2018			
Event	First Place	Second Place	Third Place	RHS	P	Total	Score
400H	L. Reinke RW 58.2	T. Carver RW 62.2	R. Marquez P 64.5	8	1	102	38
100m Dash	S. Emmanuel RW 11.6	M. Fuerte P 11.7	G. Pineda P 11.8	5	4		
1600m Run	R. Fahey RW 4:35.8	S. Wagh RW 4:36.6	N. Weuste P 4:44.8	8	1		
400m Dash	G. Pineda P 51.8	W. Baginski RW 51.9	K. Fernenado 56.3	3	6		
110m Hurdles	M. Bartlik RW 15.4	D. Stiponov P 15.7	N. DeVita RW 16.2	6	3		
800m Run	B. Zamboldi RW 2:04.6	K. Collins RW 2:05.0	C. Shammass RW 2:05.3	9	0		
200m Dash	K. Fernando P 23.0	M. Tai RW 23.3	G. Pineda P 23.7	3	6		
3200m Run	R. Fahey RW 10:25.0	T. Barnabic RW 10:31.4	A. Sheridan RW 10:39.4	9	0		
4X400 Relay	P 3:40.0			0	5		
High Jump	M. Bartlik RW 6'0	D. Romero RW 5'10	D. Stipenoff P 5'4	8	1		
Pole Vault	B. Yip P 10'6	K. Cho P 10'6	R. Helm P 9'6	0	9		
Long Jump	D. Romero RW 19'11	J. Dickson RW 19'2.5	R. Fernando P 18'4	8	1		
Triple Jump	M. Bartlik RW 42'11	P. Sanchez RW 37'11 / P. Mazzella RW 37'11 (Tie)		9	0		
Discus	P. Luby RW 128'3	A. Engelhardt RW 125'7	S. Patllolu RW 100'9	9	0		
Shot Put	A. Engelhardt RW 48'0.75	T. Vandalovsky RW 43'3	M. Toner RW 40'5.25	9	0		
Javelin	L. Otterstedt RW 146'2	L. Reinke RW 123'4	M. Kudlak P 104'8	8	1		

# **Tri vs Ramapo & Paramus - Ramapo HS**

Monday, April 23 - 4PM

## **Non-Scoring Results**

**400h**: N. DeVita **65.6**, J. Stadulis **65.8**

**100m**: Y. Do **11.8**, J. Dickson **11.9**, K. Grant **11.9**, E. Wong **12.2**, D. Aguilar **12.2**, A. Hartigan **12.2**, C. Doyle **12.6**, A. Rose **12.8**, I. Stadnik **13.6**, D. Cheong **13.7**, M. Pettigrew **14.1**, H. Branca **15.9**

**1600m**: T. Baginski **5:13.8**, P. Baginski **5:16.6**, M. Neville **5:30.9**

**400m**: N. Illiev **56.2**, G. Frey **59.8**

**110HH**: J. Stadulis **18.9**, F. Valencia **21.9**, J. Marionni **23.0**

**800m**: J. Boogaert **2:11.2**, E. Stojanovic **2:29.0**, S. Miller **2:28.7**, L. Fahey **2:43.1**, L. Fine **2:42.4**, C. Healy **2:45.0**, T. Kanell **3:06.5**

**200m**: K. Grant **24.7**, J. Dickson **24.8**, P.J Sanchez **24.8**, Y. Do **24.9**, A. Hartigan **25.0**, E. Wong **25.2**, D. Aguilar **25.7**, T. Kang **26.8**, C. Doyle **27.1**, J. Marionni **27.6**, A. Rose **28.1**, F. Valencia **28.4**, M. Pettigrew **28.6**, D. Cheong **28.7**, I. Stadnik **29.1**, H. Branca **34.6**,

**3200m**: M. Boogaert \_\_\_\_\_, M. Salerno \_\_\_\_\_

**4x400**: T. Carver **55.4**, S. Emmanuel **54.9**, N. Illiev **56.0**, J. Dickson **55.5 = 3:42:5**

**Long Jump**: K. Grant **13'7**

**High Jump**: P. Mazzella **5'0**

**Shot Put**: N. Plasse **37'4 ¾, ?**

**Discus**: ?

**Javelin**: T. Vandalovsky **117'9**

**Pole Vault**: R. Pfund **7'0**

# Track and field: North Jersey athletes bound for Penn Relays

The 124th Penn Relays begin Thursday and run through Saturday at the University of Pennsylvania's historic Franklin Field in Philadelphia. Here's a look at what to expect from North Jersey athletes at this year's event.

## Girls

### 400 HURDLES

**When:** Thursday, 10:20 a.m.

**Local entrants:** Katherine Muccio, Ridgewood.

**Local outlook:** Muccio starts and finishes the first day (she'll be on the Maroons' distance medley later) and the junior looks to approach her personal best of 61.7 seconds and crack the top 10 in this event.

### 4-x-800 RELAY

**When:** Thursday, 10:30 a.m.

**Local entrants:** Holy Angels, Indian Hills (10:40) and River Dell (10:40).

**Local outlook:** Just 70 teams are invited and 12 advance to Friday's final. River Dell has the best chance to advance and hopes to break 9:20, becoming the 10th Bergen team to do so.

### 4-x-100 RELAY

**When:** Thursday, 11:10 a.m.

**Local entrants (in order of appearance):** Bergen Tech, Cresskill, Dwight-Englewood, Eastside, Emerson, Fair Lawn, Fort Lee, Glen Rock, Hackensack, Hasbrouck Heights, Holy Angels, IHA, Indian Hills, Kennedy, Lakeland, North Bergen, Northern Highlands, Old Tappan, Paramus Catholic, Pascack Hills, Passaic, Ramapo, Ramsey, Ridgefield Park, Ridgewood, River Dell, Secaucus, Waldwick, Wayne Hills, Wayne Valley, West Milford, Westwood, Teaneck.

**Local outlook:** A little change this year with four finals races instead of the usual three with International, Northeast and National finals in addition to the championship flight. But the best bet for teams like Ramapo, Glen Rock and Eastside is to break 50 seconds for the event.

### POLE VAULT

**When:** Thursday, 1:30 p.m.

**Local entrants:** Melissa Purcell, Pascack Valley and Sydney Woods, NV/Demarest

**Local outlook:** Both girls can medal but indoor Bergen record holder and outdoor co-record holder Purcell has the better chance.

### 4-x-400 RELAY

**When:** Thursday, 1:30 p.m.

**Local entrants (in order of appearance):** Eastside, Lakeland, Old Tappan, Waldwick, Kennedy, Fair Lawn, to North Bergen, Passaic, West Milford,

Wayne Valley, Emerson, Ridgefield Park, Fort Lee, River Dell, Indian Hills, Hawthorne, Hasbrouck Heights, Dwight-Englewood, Cresskill, Westwood, Teaneck, Hackensack, IHA, Glen Rock, Pascack Hills, Holy Angels, Wayne Hills, Ridgewood, Demarest, Paramus Catholic, Park Ridge, Ramsey, N. Highlands, Ramapo.

**Local outlook:** Each race has its own set of medals with the winner earning a "mini-wheel" Penn Relays plaque. Ramsey, Northern Highlands and Ramsey won races last year within a space of just half an hour and the trio are together this year in what should be a red-hot race at 3:55 p.m. As many as 10 teams are capable of breaking 4:10 with several, including first time entrant Park Ridge with shots at breaking four minutes.

### TRIPLE JUMP

**When:** Thursday, 1:45 p.m.

**Local entrants:** Tiffany Bautista, Paramus Catholic; Zia Barr, Teaneck, Lauren Stern, Mahwah; Amanda Katz, Ramapo.

**Local outlook:** Four of the 20 entrants are from North Jersey and two other entrants are also from N. Jersey Section 1. Bautista has the best chance to medal against an international field.

### HIGH JUMP

**When:** Thursday, 2:30 p.m.

**Local entrant:** Jenna Rogers, Rutherford.

**Local outlook:** No North Jersey girl has won an individual title since Kelly Fazekas of NV/Demarest took the 2003 shot put. Rogers, the defending outdoor national champ has a real chance to break the drought and hopes to jump six feet for the second time.

### SHOT PUT

**When:** Thursday, 3:30 p.m.

**Local entrant:** Kassie Ketcho, Hasbrouck Heights

**Local outlook:** Ketcho looks to become the 11th Bergen girl to throw 43 feet and if she does so, she might find herself in the final and even possibly with a medal.

### JAVELIN

**When:** Thursday, 4:45 p.m.

**Local entrants:** Nicole Sacchinelli, Fair Lawn; Alianna Eucker, Bergen Tech.

**Local outlook:** Sacchinelli needs to throw a personal best to make the final but is certainly capable. Eucker, just a freshman, led all ninth-graders in the event for more than two weeks and still is fifth among freshmen with a 129-4 throw.

### 3000 METER RUN

**When:** Thursday, 5:55 p.m.

**Local entrants:** Monica and Isabel Hebner, Northern Highlands and Corinne Barney, Indian Hills.

**Local outlook:** Both Hebners could medal, but need to show some late speed against a very strong field. Barney hopes to crack 10:10.

### DISTANCE MEDLEY

**When:** Thursday, 6:10 p.m.

**Local entrant:** Ridgewood.

**Local outlook:** Eight hours after her hurdles race, Muccio will run a 400 here after Evelyn Kotch (1,200) and before Virginia Morley (800) and Cassie Keyes (1,600) get the baton. If the Maroons can run under 12:05, a real possibility, they can medal.

## Boys

### 4-x-800 RELAY

**When:** Friday, 9:50 a.m.

**Local entrant:** NV/Demarest

**Local outlook:** The Norsemen hope to better last year's 8:06.09 performance.

### 4-x-100 RELAY

**When:** Friday, 10:40 a.m.

**Local entrants (in order of appearance):** Bergen Catholic, Cresskill, Don Bosco, Dwight-Englewood, Eastside, Fair Lawn, Fort Lee, Glen Rock, Hackensack, Hasbrouck Heights, Indian Hills, Kennedy, Lakeland, Englewood, North Bergen, Northern Highlands, Old Tappan, Paramus Catholic, Pascack Hills, Passaic Valley, Ramapo, Ridgefield Park, Ridgewood, River Dell, Secaucus, Teaneck, Wayne Hills, West Milford, Westwood.

**Local outlook:** The boys have four finals too, but it'll take a sub-43 second performance (even on a rainy day) to qualify. River Dell, Paramus Catholic, Englewood and Paramus are capable of that.

### HIGH JUMP

**When:** Friday, 1:45 p.m.

**Local entrant:** Jadon Watson, Kennedy

**Local outlook:** Probable weather conditions make it tough to hit his goal of seven feet. But the breakout senior, who made 6-10  $\frac{3}{4}$  in the winter stands an excellent chance of medaling.

### SHOT PUT

**When:** Friday, 4:30 p.m.

**Local entrant:** Connor Scaglione, NV/Demarest

**Local outlook:** If he can approach the 57-5 he threw to qualify, Scaglione could make the final.

### DISTANCE MEDLEY

**When:** Friday, 5:30 p.m.

**Local entrant:** Ridgewood.

**Local outlook:** The team of Sid Wagh (1,200),

Matt Tai (400), Ben Zamboldi (800) and Will Baginski (1,600) is probably just outside the probable medal zone. But if they can get themselves under 10:15, they should crack the top 10.

### ONE MILE RUN

**When:** Friday, 5:45 p.m.

**Local entrant:** Luis Peralta, Passaic

**Local outlook:** Curtis McNair set the Passaic school and Passaic County record by running 4:13.1 for 1,600 meters in 1986, the equivalent of a 4:14.72 mile. That's the least of Peralta's goals here. The newly crowned Dominican 800 champ is the second fastest at 800 meters among all USA high school runners and he faces No. 1 Josh Hoey of Bishop Shanahan (PA) and a great field in a thrilling mile that might be the high school highlight of the meet. A medal would be sensational for Peralta and would likely get him the Passaic County record.

### 400 HURDLES

**When:** Saturday, 9 a.m.

**Local entrant:** Adam Kharris, Secaucus

**Local outlook:** Kharris is the first Patriot to qualify in an individual running event and will be pleased to come away with a personal best.

### 4-x-400 RELAY

**When:** Saturday, 9:14 a.m.

**Local entrants (in order of appearance):** Hackensack, Fair Lawn, Paramus, Wayne Hills, Eastside, North Bergen, Kennedy, Old Tappan, Cresskill, Dwight-Englewood, Emerson, Bergen Catholic, Hasbrouck Heights, Saddle Brook, West Milford, Don Bosco, Glen Rock, Wayne Valley, Ramapo, Ridgefield Park, Westwood, Indian Hills, Fort Lee, Secaucus, Paramus Catholic, Ridgewood, River Dell, Englewood, Teaneck, Passaic.

**Local outlook:** No teams earned mini-wheels last year for the first time in nearly a decade but that could change this year with NV/Old Tappan, Cresskill, Paramus Catholic and River Dell in winnable heats. Three of the area's best, Glen Rock, Wayne Valley and Ramapo are together in an intriguing heat at 9:58 a.m.

### POLE VAULT

**When:** Saturday, 10 a.m.

**Local entrant:** Tyler Hrbek, NV/Old Tappan

**Local outlook:** Seth Kricheff misses the meet this year although he qualified while he continues to recover from a back injury. He may be ready for leagues next week. Hrbek, the state indoor champion, cleared 15-1 in a dual meet last week and looks ready to medal.

## Penn Relays - Franklin Field, Philadelphia

Friday and Saturday, April 27-28

### Friday

**4x100:** J. Dickson, D. Romero, M. Tai, S. Emmanuel = 45.49

**DMR:** S. Wagh 3:11.38, M. Tai 51.81, B. Zamboldi 1:59.87, W. Baginski 4:35.14 (injury) = 10:38.19

# Big North Track & Field Dual Meet

Boys		Ridgewood vs Northern Highlands			April 30, 2018			
Event	First Place	Second Place	Third Place	RHS	NH	Total	Score	
				RHS	NH	RHS	NH	
<b>400H</b>	L. Reinke, RW, 58.3	C. Arbev, NH, 61.1	D. Monchek, NH, 62.3	5	4	100	40	
<b>100m Dash</b>	M. Tai, RW, 11.1	S. Emmanuel, RW, 11.5	A. Ruhl, RW, 11.5	9	0			
<b>1600m Run</b>	R. Fahey, RW, 4:42.8	S. Wagh, RW, 4:45.7	M. Zamboldi, RW, 4:53.7	9	0			
<b>400m Dash</b>	L. Brysetti, NH, 52.3	K. Collins, RW, 52.8	C. Arbev, NH, 53.9	3	6			
<b>110m Hurdles</b>	D. Monchek, NH, 15.0	M. Bartlik, RW, 15.4	L. Reinke, RW, 15.9	4	5			
<b>800m Run</b>	C. Shammas, RW, 2:03.9	S. Hughes, NH, 2:04.6	B. Zamboldi, RW, 2:05.3	6	3			
<b>200m Dash</b>	M. Tai, RW, 23.1	S. Emmanuel, RW, 23.6	S. Johnson, NH, 24.0	8	1			
<b>3200m Run</b>	M. Zamboldi, RW, 11:00.2	K. McCaturey, NH, 11:01.6	A. Sheridan, RW, 11:03.8	6	3			
<b>4X400 Relay</b>	RW, 3:53.5			5	0			
<b>High Jump</b>	D. Romero, RW, 5'6 / M. Bartlik, RW, 5'6 (Tie)		J. Dickson, RW, 5'4	9	0			
<b>Pole Vault</b>	J. Theisen, RW, 9'	B. Conway, NH, 8'6	A. Chauhn, NH, 8'6	5	4			
<b>Long Jump</b>	D. Monchek, NH, 20'5	D. Romero, RW, 19'8	J. Dickson, RW, 19'8	4	5			
<b>Triple Jump</b>	M. Bartlik, RW, 42'7.5	D. Monchek, NH, 40'9	M. Ruffolo, NH, 39'1	5	4			
<b>Discus</b>	P. Luby, RW, 130'2	T. Vandalovsky, RW, 116'9	A. Engelhart, RW, 111'0	9	0			
<b>Shot Put</b>	A. Engelhart, RW, 49'3	T. Vandalovsky, RW, 43'4.5	J. Griffith, NH, 43'3.5	8	1			
<b>Javelin</b>	L. Otterstedt, RW, 131'5	N. Hamilton, NH, 128'0	V. Demaria, NH, 120'10	5	4			

**Dual vs Northern Highlands - Jacob Brown Track and Field Facility, BF**

Monday, April 30 - 4PM

**Non-Scoring Results**

**400h:** T. Carver **62.9**, N. DeVita **64.9**, P. Sanchez **66.4**, J. Stadulis **66.6**

**100m:** K. Grant \_\_\_\_\_, Y. Do \_\_\_\_\_, E. Wong \_\_\_\_\_, A. Hartigan \_\_\_\_\_,  
M. Pettigrew \_\_\_\_\_, C. Doyle \_\_\_\_\_, I. Stadnik \_\_\_\_\_, E. Nold \_\_\_\_\_, A. Cole \_\_\_\_\_,  
H. Branca \_\_\_\_\_, A. Rose \_\_\_\_\_, D. Aguilar \_\_\_\_\_, T. Kang \_\_\_\_\_

**1600m:** T. Barnabic **4:55.2**, M. Boogaert **5:05.4**, P. Baginski **5:23.2**, S. Miller **5:30.9**

**400m:** A. Ruhl **54.4**, N. Illiev **57.6**

**110HH:** N. DeVita **16.6**, P. Sanchez **17.8**, J. Marionni **21.7**

**800m:** R. Seaver **2:08.9**, J. Boogaert **2:09.8**, T. Baginski **2:15.3**, M. Neville **2:24.3**, E. Stojanovic **2:32.0**,  
A. Oriente **2:33.1**, C. Healy **2:41.6**, L. Fine **2:47.6**, L. Fahey **2:59.8**, T. Kanell **3:14.9**

**200m:** K. Grant **24.4**, Y. Do \_\_\_\_\_, E. Wong \_\_\_\_\_, G. Frey \_\_\_\_\_, M. Pettigrew \_\_\_\_\_,  
A. Hartigan \_\_\_\_\_, C. Doyle \_\_\_\_\_, I. Stadnik \_\_\_\_\_, A. Cole \_\_\_\_\_, H. Branca \_\_\_\_\_,  
A. Rose \_\_\_\_\_, D. Aguilar \_\_\_\_\_, F. Valencia \_\_\_\_\_, J. Marionni \_\_\_\_\_, T. Kang \_\_\_\_\_

**3200m:** M. Salerno **11:11.3**

**4x400:** T. Carver **60.0**, N. Illiev **59.6**, A. Ruhl **56.9**, J. Dickson **57.2** = **3:53.5** - 1st Place

**Long Jump:** S. Emmanuel **18'9 ½**, K. Grant **17'0**

**Triple Jump:** P. Sanchez **38'0**, P. Mazzella **37'0**

**High Jump:** P. Mazzella **5'2**

**Shot Put:** M. Toner **37'11 ½**, N. Plasse **35'11 ½**,

**Discus:** S. Patllolu **101'11**,

**Javelin:** L. Reinke **119'3**, T. Vandalovsky **87'3**

**Pole Vault:** R. Pfund **6'6**

# Stellar performances at the Twin-Boro Relays meet

**Paul Schwartz**  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

## The big thing

While many of the area's teams sent boys to last Saturday's Penn Relays, the little meet that could, the Twin-Boro Relays continued its run at the Lou Molino Athletic Complex Saturday.

Designed for group 1 and 2 schools, it serves as a last warmup to the various conference meets last week and a chance to get some good qualifying times for some of the better athletes.

Lakeland's boys won the Group 2 and overall title with 60 points last Saturday and Pompton Lakes had 22 points to lead the Group 1 boys. Newton's girls won the group 2 and overall crown with 90 points and Hawthorne's girls had an excellent meet, winning group 1 with 59 points.

The top relay performance of the day was the Pascack Hills girls sprint medley with Kai Lash (400), Ni-

cole Vadon (200), Erin Buquicchio (200) and Emily Prendergast combining to go 4:14.1, a school record and the fastest time in North Jersey this season. The time moved the Cowgirls into #28 on the all-time Bergen County list.

North Jersey boys winners included Rob Umama of Manchester, who won the 110 hurdles in 15.5, Pascack Hills distance medley (11:03.6), the Manchester 3-x-400 IH team (3:18.4), the River Dell shot (131-10 1/2) and discus (370-3) teams, the Lakeland javelin (160-4), long jump (56-1 1/4) and triple jump (115-6) teams and Ramsey's pole vault (30-6).

In addition to the Pascack Hills sprint medley team, North Jersey girls winners were Emily Grubb of Ramsey in the 100 hurdles (15.8), Pascack Hills in the high jump (14-8), Ramsey in the long jump (41-9 3/4), and Hawthorne in the triple jump (94-5).

## Places to be

1. BF Junior High in Ridgewood: May 4 sees the final two of the II divisional meets, the Big North National

and Freedom Divisions.

2. Mahwah High School: Sunday morning at 9 a.m. for the fourth annual Andy Washnik Memorial Pole Vault Festival honoring the memory of the former pole vault coach and general good guy.

3. Wayne Hills: Tuesday and Wednesday for the annual Passaic County Championships won last year by the Kennedy boys and Wayne Hills girls for the second straight year.

## 3 Athletes to see (boys)

1. Jadon Watson, Kennedy: Senior continues his record-breaking season at the Passaic County meet hopes to better the 6-9 clearance that earned him second place at the Penn Relays and the watch as top American.

2. Tyler Hrbek, NV/Old Tappan: State indoor champ was top Jersey performer at Penn and cleared 15-1 at a dual meet last week.

See **TRACK**, Page 10S

# Track

Continued from Page 9S

3. Luis Peralta, Passaic: Winner of the 400, 800 and 1,600 at the Big North Liberty, barely breaking a sweat, might be part of a record-setting 4-x-800 team at Passaic Counties.

## Girls: 3 (or 4) athletes to see

1. Kyla Krawczyk and Grace Smiechowski, Northern Highlands: Dynamic duo is part of an outstanding 4-x-400 team and can excel from 100 hurdles through 800 meters.

2. Alenys Morales, Clifton: Returned from injury to complete another outstanding performance at Big North Liberty meet, winning 100 hurdles and long jump, taking second in 100 and third in 200.

3. Melissa Purcell, Pascack Valley: Bergen County indoor record holder and outdoor co-record holder jumped well at Penn Relays and continues her quest for a state title at the Big North National meet.

## In case you missed it

Kinnelon shared the girls small schools title at last week's Randolph Relays with Whippany Park, both scoring 54 points. The Colts won the

4-x-1,600 relay with a time of 23:25.68 with a team of Hayden Burt, Christiana Caprio, Emma Kline and Angelina Tarabokija, won the 3-x-400 IH with Kathryn Brown, Sarah Dougherty and Alicja Marut (3:41.24). They were also second in the shuttle hurdles, long jump and triple jump...The Paramus Catholic shuttle hurdles quartet of Isabelle Dely, Tiffany Bautista, Kennedee Cox and Mariah Fede set a meet record in the large school race, running 61.33 seconds, just .56 seconds away from the Bergen County mark...The Passaic Tech team of Carly Spinnler, Chariza Wilks and Leilanie Hinton won the large schools 3-x-400 IH in 3:33.05, #8 in Passaic County history...A very young team of sophs Bryan Leon and Nate Bowen and freshmen Ben Simnor and Vince Federico won the small school boys 4-x-100 for Boonton in 45.37...Hackensack ran a solid 8:30.04 for second place in the large schools 4-x-800 relay while Kinnelon's team of James Dougherty, Marko Piasevoli, Evan Lane and Griffin Hall won the small schools event in 8:41.31...Bryan Ohlott, John Muttel and Lorenzo Lebrun captured the small schools triple jump for Boonton at 117-1.

## Making the call

Late Tuesday afternoon,

the Passaic County 4-x-800 records should be threatened by the Passaic boys and Clifton girls. The boys record of 8:02.9 was set in 1981 by Eastside, while the girls record of 9:40.19 was set by Wayne Hills two years ago.

## Top 25 rankings

- Boys**
1. NV/Demarest
  2. Ridgewood
  3. NV/Old Tappan
  4. Glen Rock
  5. River Dell
  6. Lyndhurst
  7. Hasbrouck Heights
  8. Bergen Catholic
  9. Cresskill
  10. Ramapo
  11. Ramsey
  12. Clifton
  13. Passaic Tech
  14. Bergen Tech
  15. Paramus Catholic
  16. Paramus
  17. Teaneck
  18. Hackensack
  19. Lakeland
  20. Indian Hills
  21. Wayne Valley
  22. Fort Lee
  23. Pascack Hills
  24. Northern Highlands
  25. Emerson
- Girls**
1. Ridgewood
  2. NV/Demarest
  3. River Dell
  4. NV/Old Tappan
  5. Ramsey
  6. Holy Angels
  7. Paramus Catholic
  8. Glen Rock
  9. Hasbrouck Heights
  10. Pascack Hills
  11. Clifton
  12. IHA
  13. Northern Highlands
  14. Ramapo
  15. Passaic Tech
  16. Bergen Tech
  17. Lyndhurst
  18. Ridgefield Park
  19. Teaneck
  20. Tenafly
  21. Park Ridge
  22. Emerson
  23. Pequannock
  24. Fair Lawn
  25. Pascack Valley (through Wednesday)

# **Big North Championships - Jacob Brown Track and Field Facility, BF**

Friday, May 4 - 3:30PM

**400h:** L. Reinke 56.86 - 1st Place, T. Carver 60.69 - 4th Place, N. DeVita 64.25

**100m:** M. Tai 11.79 / 11.58 - 3rd Place, S. Emmanuel 12.12 / 12.06, K. Grant 12.27

**1600m:** R. Fahey 4:31.83 - 2nd Place, S. Wagh 4:34.66 - 3rd Place, B. Zamboldi 4:36.10 - 4th Place

**400m:** K. Collins 52.25 - 4th Place, J. Stadulis 56.75, N. Illiev 57.19

**110HH:** A. Ruhl 16.20/16.04 - 3rd Place, M. Bartlik 15.93/16.12 - 4th Place, L. Reinke 16.08/16.14 - 5th Place

**800m:** C. Shammass 2:04.49, R. Seaver 2:07.70, B. Zamboldi 2:10.80

**200m:** M. Tai 23.26 - 3rd Place, A. Ruhl 23.58 - 5th Place, S. Emmanuel 24.08

**3200m:** R. Fahey 10:03.33 - 3rd Place, S. Wagh 10:10.34 - 4th Place, M. Zamboldi 10:10.82 - 5th Place

**4x400:** A. Ruhl, T. Carver, N. Illiev, J. Dickson = 3:47.19 - 5th Place

**Long Jump:** D. Romero 21'0 <sup>3</sup>/<sub>4</sub> - 2nd Place, J. Dickson 20'4 <sup>1</sup>/<sub>4</sub> - 4th Place, S. Emmanuel 19'3 <sup>3</sup>/<sub>4</sub>

**Triple Jump:** M. Bartlik 46'0 - 1st Place, New Facility Record!, P. Sanchez 39'2, P. Mazzella 37'5 <sup>1</sup>/<sub>2</sub>

**High Jump:** D. Romero 6'0 - 1st Place, M. Bartlik 6'0 - 2nd Place, J. Dickson 5'10 - 4th Place

**Shot Put:** A. Engelhardt 49'4 <sup>1</sup>/<sub>4</sub> - 2nd Place, T. Vandalovsky 43'11 - 4th Place, M. Toner 41'8 - 5th Place

**Discus:** P. Luby 124'5 - 5th Place, A. Engelhardt 122'0 - 6th Place, T. Vandalovsky 109'1

**Javelin:** L. Reinke 138'5 - 4th Place

**Pole Vault:** J. Theisen 10'0 - 4th Place

## **Final Scores**

<b>Ridgewood</b>	<b>144</b>
Northern Highlands	88
Ramapo	86
Hackensack	81
Paramus	51
Indian Hills	46

# **Big North Novice Championships - Jacob Brown Track and Field Facility, BF**

Monday, May 7 - 3:30PM

## **100m:**

Novice: Y. Do **11.7 / 11.6 / 11.6**, A. Hartigan, M. Pettigrew, C. Doyle, I. Stadnik **13.6**, A. Cole, H. Branca, D. Aguilar, T. Kang

## **400h:**

Frosh: J. Stadulis **65.3**

## **1600m:**

Frosh: J. Boogaert **4:54.4**, M. Salerno **4:59.6**

Novice: T. Barnabic **4:50.3**, R. Seaver **4:51.2**, A. Sheridan **4:52.7**, M. Boogaert **4:58.9**, P. Baginski **5:16.4**

## **110HH:**

Frosh: J. Stadulis **18.9**

Novice: J. Marionni **26.8**

## **400m:**

Frosh: A. Rose **63.2**

## **800m:**

Frosh: S. Miller **2:25.8**, A. Oriente **2:29.2**, C. Healy **2:44.2**, L. Fine **2:46.0**, L. Fahey **2:51.1**, T. Kanell **3:05.7**

Novice: T. Baginski **2:14.5**

## **200m:**

Frosh: A. Rose

Novice: Y. Do, G. Frey, M. Pettigrew, A. Hartigan, C. Doyle, I. Stadnik, A. Cole, H. Branca, D. Aguilar, J. Marionni, T. Kang

## **3200m:**

Novice: T. Barnabic **10:27.3**, T. Sheridan **11:02.9**

## **4x400:**

Frosh: J. Boogaert **57.7**, M. Salerno **59.9**, S. Miller **59.2**, J. Stadulis **57.1 = 3:54.2**

Novice: N. Illiev **57.9**, M. Boogaert **59.2**, G. Frey **58.8**, Y. Do **57.7 = 3:53.9**

## **Long Jump:**

Novice: K. Grant **16'6**, C. Doyle **14'2**

## **Triple Jump:**

Novice: N. Illiev **33'11**

**Shot Put:** C. Patel **37'9**, N. Plasse **36'8**, L. Otterstedt **36'2**, D. Brito **35'1**, S. Patllolu **30'3**, L. Gregorio **26'9**, A. Toner **26'5**, L. Harris **23**

**Discus:** N. Plasse **103'2**, L. Gregorio **91'9**, C. Patel **90'8**, D. Brito **80'8**, S. Patllolu **75'6**, A. Toner **74'2**, L. Otterstedt **73'4**, L. Harris **69'8**

## **Javelin**

Novice: W. Crimmins

## **Pole Vault:**

Frosh: R. Pfund **7'**



# Bergen County Championships preview

**Paul Schwartz**  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

## Red Littler Bergen County Championships

**Where:** Friday, Hasbrouck Heights (Divisions B and C), NV/Old Tappan (Divisions A,D and E); Saturday, NV/Old Tappan (All divisions)

**When:** Friday, 3:30 p.m.; Saturday, 9 a.m.

**Division A:** Bergen Tech, Hackensack, Ridgewood, Fair Lawn, Northern Highlands, Teaneck, NV/Old Tappan, Cliffside Park, Paramus, Bergenfield,

Pascack Valley.

**Division B:** Tenafly, Indian Hills, Dwight Morrow, Ramapo, Garfield, River Dell, NV/Demarest, Ridgefield Park, Fort Lee, Mahwah, Lodi, Westwood.

**Divisions C, D, and E:** Pascack Hills, Bergen Charter, Don Bosco, Ramsey, Saddle Brook, Bergen Catholic, Ridgefield, North Arlington, St. Joseph, Dumont, Becton, Paramus Catholic, Glen Rock, Waldwick, Rutherford, Palisades Park, St. Mary, Lyndhurst, Emerson, IHA, New Milford, Park Ridge, Holy Angels, Hasbrouck Heights, Bogota, Dwight-Englewood, Cresskill, Midland Park, Immaculate Conception, Leonia, Wood-Ridge, Saddle River Day, Elmwood Park, Wallington.

### Paul Schwartz's Picks

#### Boys

##### Division A

100: Brendan Barton, Bergenfield  
200: Rayshawn Hammond, Hackensack  
400: Luke Bussetti, Northern Highlands  
800: Michael Carter, Teaneck  
1,600: Jonathan Outen, Hackensack  
3,200: Ryan Fahey, Ridgewood  
110 HH: Dan Monchek, Northern Highlands  
400 IH: Johnny Lohrer, NV/Old Tappan  
Shot put: Jack Stuart, Hackensack  
Discus: Jack Stuart, Hackensack  
Javelin: Jason Santa Cruz, NV/Old Tappan  
High jump: Kyle Shine, NV/Old Tappan  
Long jump: Danilo Romero, Ridgewood  
Triple jump: Max Bartlik, Ridgewood  
Pole vault: Tyler Hrbek, NV/Old Tappan  
4-x-100 relay: Paramus  
4-x-400 relay: Teaneck  
4-x-800 relay: Ridgewood  
Team: Ridgewood

##### Division B

100: Cameron Shaw, Ridgefield Park  
200: Quanzie Lumsden, Englewood  
400: Michael Petrazuolo, Ramapo  
800: Josh Munoz, NV/Demarest  
1,600: Steve Fiumefreddo, Indian Hills  
3,200: Steve Fiumefreddo, Indian Hills  
110 HH: (Emmanuel Montoya, Fort Lee)  
400 IH: Serban Ionato, NV/Demarest  
Shot put: Connor Scaglione, NV/

Demarest

Discus: Connor Scaglione, NV/Demarest

Javelin: John Lee, NV/Demarest

High jump: Carlos Pepin, Lodi

Long jump: Cameron Shaw, Ridgefield Park

Triple jump: Ramon Bermudez, Lodi

Pole vault: Henry Lockhart, NV/Demarest

4-x-100 relay: River Dell

4-x-400 relay: Ramapo

4-x-800 relay: NV/Demarest

Team: NV/Demarest

##### Division C

100: Chris Feurtado, Lyndhurst  
200: Wellington Ventura, Cresskill  
400: Wellington Ventura, Cresskill  
800: Joe McCabe, Glen Rock  
1,600: Andrew Laguttuta, Glen Rock  
3,200: Andrew Laguttuta, Glen Rock  
110 HH: Teslim Olunlade, Lyndhurst  
400 IH: Jake Oyuela, Lyndhurst  
Shot put: Kyle Patel, Glen Rock  
Discus: Kyle Patel, Glen Rock  
Javelin: James Klenk, Hasbrouck Heights

High jump: Aidan O'Malley, Ramsey

Long jump: Wellington Ventura, Cresskill

Triple jump: Teslim Olunlade, Lyndhurst

Pole vault: Jarod Forer, Glen Rock

4-x-100 relay: Glen Rock

4-x-400 relay: Lyndhurst

4-x-800 relay: Glen Rock

Team: Glen Rock

##### Division D

100: Sean Roberts, Saddle Brook  
200: Sean Roberts, Saddle Brook  
400: Sean Roberts, Saddle Brook  
800: Sirish Modhagala, North Arlington  
1,600: Sirish Modhagala, North Arlington  
3,200: Sirish Modhagala, North Arlington  
110 HH: Stephen Henke, Becton  
400 IH: Lance Trusty, Saddle Brook  
Shot put: Greg Anderson, Becton  
Discus: Greg Anderson, Becton  
Javelin: Dustin Glynn, Park Ridge  
High jump: Jayse Bradley, Ridgefield  
Long jump: Sean Roberts, Saddle Brook  
Triple jump: Tedi Turka, Wood-Ridge  
Pole vault: Spencer Paton, Emerson

4-x-100 relay: Emerson

4-x-400 relay: Saddle Brook

4-x-800 relay: Emerson

Team: Emerson

##### Division E

100: Rahmir Johnson, Bergen Catholic  
200: Rahmir Johnson, Bergen Catholic  
400: D'Andre Goodson, Paramus

#### Catholic

800: Jeremy Bronstein, Dwight-Englewood  
1,600: Braedon Fiume, Bergen Catholic  
3,200: Kieran Ungemach, Don Bosco  
110 HH: Anthony Ambroise, Paramus Catholic

400 IH: Jordany Dely, Paramus Catholic  
Shot put: Connor Mathis, Don Bosco  
Discus: Connor Mathis, Don Bosco  
Javelin: Grant Nawoichyk, Don Bosco

High jump: Naseer Wilson, Dwight-Englewood  
Long jump: Andy Ambroise, Paramus Catholic

Triple jump: Isaiiah Givens, Bergen Catholic  
Pole vault: Luke Berniger, St. Joseph Regional

4-x-100 relay: Paramus Catholic  
4-x-400 relay: Paramus Catholic

4-x-800 relay: Bergen Catholic  
Team: Bergen Catholic

#### Girls

##### Division A

100: Katherine Muccio, Ridgewood  
200: Grace Smiechowski, Northern Highlands  
400: Grace Smiechowski, Northern Highlands  
800: Caroline O'Sullivan, NV/Old Tappan  
1,600: Cassie Keyes, Ridgewood  
3,200: Hebners, Northern Highlands  
110 HH: Katherine Muccio, Ridgewood

400 IH: Katherine Muccio, Ridgewood  
Shot put: Lexi Uzoaru, Ridgewood  
Discus: Lexi Uzoaru, Ridgewood  
Javelin: Nicole Sacchinelli, Fair Lawn

High jump: Ellie Veenhof, Ridgewood  
Long jump: Noelle Gonzalez, NV/Old Tappan

Triple jump: Zia Barr, Teaneck  
Pole vault: Melissa Purcell, Pascack Valley

4-x-100 relay: NV/Old Tappan  
4-x-400 relay: Northern Highlands  
4-x-800 relay: Ridgewood  
Team: Ridgewood

**Division B**

100: Whitney Bailey-Hicks, Ridgefield Park  
200: Emma Kinney, Ramapo  
400: Sophia Vernieri, Ramapo  
800: Breeana Nolan, NV/Demarest  
1,600: Corinne Barney, Indian Hills  
3,200: Corinne Barney, Indian Hills

110 HH: Grace O'Shea, Ramapo  
400 IH: Ashley Constantine, NV/Demarest  
Shot put: Cat Light, NV/Demarest  
Discus: Cat Light, NV/Demarest  
Javelin: Alicia Iafrate, NV/Demarest

High jump: Sophia Dongaris, Tenafly  
Long jump: Lauren Stern, Mahwah  
Triple jump: Lauren Stern, Mahwah  
Pole vault: Sydney Woods, NV/Demarest

4-x-100 relay: Ramapo  
4-x-400 relay: Ramapo  
4-x-800 relay: River Dell  
Team: NV/Demarest

**Division C**

100: Nicole Vaden, Pascack Hills  
200: Nicole Vaden, Pascack Hills  
400: Kai Lash, Pascack Hills  
800: Elizabeth Flood, Ramsey  
1,600: Elizabeth Flood, Ramsey  
3,200: Alex Walter, Glen Rock  
110 HH: Emily Grubb, Ramsey  
400 IH: Hannah Figueroa, Pascack Hills

Shot put: Kassie Ketcho, Hasbrouck Heights  
Discus: Karina Roze, Glen Rock  
Javelin: Karina Roze, Glen Rock  
High jump: Jenna Rogers, Rutherford  
Long jump: Lauren Chamberlin, Ramsey  
Triple jump: Monika Lucic, Hasbrouck Heights

Pole vault: Samantha Cioppio, Glen Rock  
4-x-100 relay: Pascack Hills  
4-x-400 relay: Hasbrouck Heights  
4-x-800 relay: Ramsey  
Team: Ramsey

#### Division D

100: Sophia Castronovo, Emerson  
200: Sophia Castronovo, Emerson  
400: Megan Gasnick, Park Ridge  
800: Sarah Geormaneanu, Park Ridge  
1,600: Sarah Geormaneanu, Park Ridge  
3,200: Sarah Geormaneanu, Park Ridge  
110 HH: Samantha Stallard, Waldwick  
400 IH: Kiara Zavala, Waldwick  
Shot put: Emilie Ghalam, Midland Park  
Discus: Megan Ludwig, Park Ridge  
Javelin: Emilie Ghalam, Midland Park  
High jump: Victoria Elek, Emerson  
Long jump: Asia Rivera, Saddle Brook  
Triple jump: Megan Gasnick, Park Ridge  
Pole vault: Arianna Gobin, Emerson

4-x-100: Emerson  
4-x-400: Park Ridge  
4-x-800: Waldwick  
Team: Emerson

#### Division E

100: Tiffany Bautista, Paramus Catholic  
200: Mariah Fede, Paramus Catholic  
400: Mariah Fede, Paramus Catholic  
800: Fiona Ralph, IHA  
1,600: Mackenzie Hughes, Holy Angels  
3,200: Mackenzie Hughes, Holy Angels  
110 HH: Isabelle Dely, Paramus Catholic  
400 IH: Mariah Fede, Paramus Catholic  
Shot put: Anya Skae, Holy Angels  
Discus: Anya Skae, Holy Angels  
Javelin: Samantha Romano, Holy Angels  
High jump: Tiffany Bautista, Paramus Catholic

Long jump: Tiffany Bautista, Paramus Catholic

Triple jump: Tiffany Bautista, Paramus Catholic

Pole vault: Caroline McGann, Holy Angels

4-x-100: Holy Angels

4-x-400: Holy Angels

4-x-800: Holy Angels

Team: Holy Angels

Girls top 25

1. Ridgewood

2. Holy Angels

3. Paramus Catholic

4. River Dell

5. Northern Highlands

6. NV/Old Tappan

7. NV/Demarest

8. Ramapo

9. Ramsey

10. Clifton

11. Pascack Hills

12. Glen Rock

13. Hasbrouck Heights

14. Passaic Tech

15. IHA

16. Bergen Tech

17. Ridgefield Park

18. Tenafly

19. Kinnelon

20. Fair Lawn

21. Lakeland

22. Hawthorne

23. Park Ridge

24. Teaneck

25. Emerson

Boys top 25

1. NV/Demarest

2. NV/Old Tappan

3. Ridgewood

4. Bergen Catholic

5. Glen Rock

6. River Dell

7. Lakeland

8. Clifton

9. Englewood

10. Don Bosco

11. Northern Highlands

12. Paramus Catholic

13. Hackensack

14. Ramapo

15. Lyndhurst

16. Fort Lee

17. Ridgefield Park

18. Ramsey

19. Passaic Tech

20. Bergen Tech

21. Hasbrouck Heights

22. Teaneck

23. Lodi

24. Wayne Valley

25. Cresskill

# Bergen County Group Championships - Old Tappan High School

Friday (3:30PM) -Saturday (9AM), May 11-12

## Friday

**400h:** L. Reinke 56.21 - 2nd Place, T. Carver 60.83, K. Collins 62.35

**100m:** M. Tai 11.52 / 11.47 - 5th Place, A. Ruhl 11.68, Y. Do 11.77

**1600m:** S. Wagh 4:31.44 - 3rd Place, R. Fahey 4:37.07, B. Zamboldi 4:37.82

**400m:** L. Reinke 53.10, J. Stadulis 56.29, K. Grant 57.67

**4x800:** K. Collins 2:03.8, B. Zamboldi 2:05.7, C. Shammas 2:04.9, S. Wagh 2:03.8 = 8:18.62 - 1st Place

**Javelin:** L. Reinke 158'0 - 2nd Place, L. Otterstedt 152'7 - 4th Place

**Shot Put:** A. Engelhardt 47'8 ½ - 5th Place, T. Vandalovsky 42'5 ¾, M. Toner 41'7 ¾

**Long Jump:** J. Dickson 21'4 ½ - 3rd Place, M. Bartlik 20'11 ½ - 4th Place, D. Romero 20'8 ½ - 5th Place

**Pole Vault:** J. Theisen 10'0

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## Saturday

**110HH:** M. Bartlik 15.51/15.66 - 2nd Place, A. Ruhl 15.97/15.98 - 6th Place, N. DeVita 16.51/16.60

**800m:** K. Collins 2:01.45 - 6th Place, B. Zamboldi 2:02.36, C. Shammas 2:04.67

**3200m:** R. Fahey 9:53.05 - 1st Place, S. Wagh 9:59.40 - 3rd Place, M. Zamboldi 10:25.90

**4x100:** J. Dickson, D. Romero, M. Tai, S. Emmanuel = 45.08 - 3rd Place

**200m:** M. Tai 23.43 - 5th Place, A. Ruhl 23.69, Y. Do 24.96

**4x400:** K. Collins 52.5, M. Tai 51.5, A. Ruhl 51.8, L. Reinke 51.5 = 3:27.56 - 2nd Place

**Triple Jump:** M. Bartlik 44'11 ½ - 1st Place, D. Romero 39'8 ½, P. Sanchez 37'9 ½

**High Jump:** M. Bartlik 6'0 - 1st Place, D. Romero 5'10 - 4th Place, J. Dickson NH

**Discus:** P. Luby 125'3, A. Engelhart 118'11, T. Vandalovsky 115'3

## Final Scores

<b>Ridgewood</b>	<b>118</b>
Old Tappan	106
Hackensack	73
Bergen Tech	57
Northern Highlands	55
Teaneck	34

# Trusty and Roberts lead Saddle Brook

Paul Schwartz  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

OLD TAPPAN – Lance Trusty and Sean Roberts have been friends since they met in first grade in Saddle Brook – “Well, by third grade, anyway,” says Trusty with a laugh. “When we were younger, we did some stupid stuff.”

Both boys played recreational basketball and Roberts dabbled in football as well, before the duo turned to track and field by middle school.

As seniors, they are the centerpiece of a very good Falcon team that sits in second place in Division D behind Emerson after the first day of the Red Litterer Bergen County Group championships, combining for three wins and a second place finish and 38 of their team’s 54 points.

“We both were on the team that won as freshmen,” said Roberts, the former NJIC divisional cross country champion, who won the 100 and 400 meters impressively in season best times of 1:13.5 and 50.34 respectively. “But we were just there – this time we want to be part of winning it.”

Roberts had quicker success in his events than Trusty did in his, excelling throughout middle school and scoring during his first few years in high school. But Trusty saw his friend’s passion for the sport and it pushed him to excel as well.

“I saw what he did and last year I started pushing him in practice the way he’s always pushed me,” said Trusty who won the 400 hurdles and was a strong second behind Roberts in the 400. “We always have a lot of fun together in practice with the team and it shows in our performances.”

The duo will separate for college, as Roberts will study criminal justice and run at East Stroudsburg in Pennsylvania with an eye towards a career in the FBI or CIA. Trusty will head to Montclair State to study



Sean Roberts of Saddle Brook wins the 100-meter dash in his division on Friday.

film and will run if his schedule permits.

But first there’s the rest of the track season starting with tomorrow, where both will run the 200 and then separate to run events they’re relatively unfamiliar with.

Trusty will run the 110 meter hurdles, while Roberts will run his first open 800, having run a great leg in the Bergen Relays sprint medley last month.

“I’m more excited than nervous about that,” said Roberts. “It’s an event people always thought I’d be good at.”

An event Jeremy Bronstein always thought he’d be good at is the 1,600 meters, and while the Dwight-Englewood junior has run some good races in the past, Friday’s Division E showed he good is now and can be in the future.

Running a controlled first 800 meters with Bergen Catholic’s Braedon Fiume in just over 2:14, Bronstein took command in the third of four laps and powered

See BERGEN, Page 115

ers for the first three laps and then kick it in, but when the leader started to slow down in the middle of third lap, I knew everyone was going to move so I started mine early.”

With 600 meters to go, Outen moved first and was able to open a gap on Fair Lawn’s Jon Marcus and Ridgewood’s Sid Wagh, continuing to stride through the finish. “I’m ecstatic about my time.”

Sophomore Pat Passalacqua’s 53-2 3/4 shot win and Johnny Lohrer’s tight 400 hurdle win gave NV/Old Tappan a 19-point lead over Ridgewood after Day One, which included nine of 18 events for boys and eight of 18 for girls.

Emerson’s depth gave it a 63-54 win lead over Saddle Brook in D, while Bergen Catholic used wins by Rahmir Johnson of Bergen Catholic in the long jump and 100 and Ivan Jacob in the pole vault to open an 89-68-67 1/2 lead over Paramus Catholic and Don Bosco in E.

Ellie Veenhof, Sara Vanden Assem, Cassie Keyes and Katherine Muccio combined for five wins as Ridgewood opened a 33-point lead on Northern Highlands in Girls A, while Becton, behind wins by Angelyn Ariza in the 400 hurdles and Lisa Squeo in the discus, leads Saddle Brook, 50-46 in D, with three other teams within 14 points of the lead.

Tiffany Bautista won three events and teammates Isabelle Dely, Mariah Fede and Kennedee Cox combined for 32 points in E as Paramus Catholic opened a 40 point lead over Holy Angels.

## BOYS TRACK AND FIELD

# Cooper helps lead Emerson to Bergen title

Kevin T. Czerwinski  
Special to North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

OLD TAPPAN – That Jake Cooper took third place in the D Division 3,200-meter race during Saturday’s Bergen County Track and Field Championships would normally be big news because under ordinary circumstances, the Emerson senior would be the favorite and, more often than not, win the event.

Cooper’s third-place finish at Old Tappan High School proved to be big news for another reason, though. He wasn’t expected to even run after suffering a right hamstring injury at last month’s Penn Relays. Cooper only began running again this week and Saturday’s event represented the first race he had run since Penn.

What made his third-place finish even more impressive was the fact that he couldn’t compete in Friday’s 1,600-meter race. His hamstring felt a bit tight while he was warming up and he opted not to run. Ultimately, he chose to run at the last minute on Saturday and his effort earned his team six points, helping pace Emerson to the D Division crown.

The Cavos collected 121 points to pull away from Saddle Brook (75). Ridgewood (118) outlasted NV/Old Tappan (105) in Division A while NV/Demarest (138.33) outdistanced Ramapo (99) in Division B. Glen Rock (120.50) edged Lyndhurst (116) to claim the C Division crown while Bergen Catholic (171.50) took home the E Division title.

“I wanted to try the 1,600 [on Friday] but as I was striding out, I felt my hamstring,” Cooper said. “I thought if I run I’m going to make it worse. So originally, I just came here to watch [on Saturday]. But when I did my regular run [in the morning], it didn’t bother me. Then I picked up the pace and thought, ‘Go for it.’ But I didn’t think that I would be able to go after yesterday.”

Cooper proceeded to run a smart race, keeping in mind that pushing too hard might wind up causing him more harm. So, he laid back, took chances when he could and finished in 10:22.61. Midland Park’s Matt Rossnagel (10:05.83) earned the victory while North Arlington’s Sirish Modhagala (10:08.58) took second.

Cooper proceeded to run a smart race, keeping in mind that pushing too hard might wind up causing him more harm. So, he laid back, took chances when he could and finished in 10:22.61. Midland Park’s Matt Rossnagel (10:05.83) earned the victory while North Arlington’s Sirish Modhagala (10:08.58) took second.

“Once I hit the 800 I took it easy,” said Cooper, who will run at Rensselaer Polytechnic Institute (RIP) in the fall while studying bio-medical engineering. “I coasted the last 800. I didn’t want to overdo it and hurt myself. I was thinking it’s not worth it. As great

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## Bergen

Continued from Page 95

away for an easy 30 meter win over Michael Dua of Don Bosco, who also closed hard. Bronstein’s time of 4:25.38 was his personal best by over four seconds and brought a smile to his face.

“I didn’t have the winter I wanted because I got sick, probably right at the end of cross-country, and I never ran as well indoors in my first season,” said Bronstein, who was third in the state Non-Public B 800 and 1,600 meters last spring. “When I got better, I started to incorporate some speed work and have spent a lot of time on that all spring. I want to win the sectionals and states in either the 800 or 1,600 or maybe both, win the Bergen Meet of Champions and get under 4:20 for the 1,600.”

The other breakthrough performance in the boys 1,600 Friday came from Hackensack senior Jonathan Outen. Outen, who had a massive 15 second plus personal best in winning the Big North Freedom 1,600 last week in 4:30.14, took another three seconds off and won the A race in 4:27.44.

“I knew [Ridgewood junior] Will Bagnski wasn’t going to be able to run and I thought that gave me a chance to win,” said Outen, who will run at Hope College (Michigan) next fall.

“I wanted to just stay with the lead-

# Track

Continued from Page 8S

3. Nicole Vadon, Pascack Hills: An unfortunate false start in the final of the 100 at the Bergen C meet cost her a chance at one gold, but she anchored the Cowgirls' winning 4-x-100 relay and won the 200 later in the meet.

## In case you missed it

Two of the most fun meets of the late season are the annual Co-Ed Relays at Wayne Valley on May 14 and the Elmwood Park 6 team Invitational on May 16...Passaic Tech won six of the 16 events at the Co-Ed Relay to win the team title...Top boys performers: Darrian Soto, Wayne Valley, 57.9 400 IH; Connor Newman, Fair Lawn 46-4 ¼ shot and 128-1 discus; Greg Peloso, Wayne Valley, 174-11 javelin;

Tyron Brown, Passaic Tech, 5-10 high jump; Brian Alo, Fair Lawn, 41-8 ¼ triple jump and Pat Emolo, Wayne Valley, 12-6 pole vault...Top girls: Chariza Wilks, Passaic Tech, 68.6 400 IH; Madison Wynbeeck, Eastern Christian and Christine Hamza, Wayne Valley, 33-11 shot; Aniella Bednarz, Fair Lawn, 100-4 discus; Nicole Sacchinelli, Fair Lawn, 128-6 javelin; Imani Durham, Passaic Tech, 33-10 triple jump; Mya Drayton, Fair Lawn, 16-4 ½ long jump; Sydney Shannon, Passaic Tech, 11-0 pole vault.

Best performances at the Elmwood Park meet: Boys: Hassan Klinger, Lakeland, 112 100; Carlos Cuevas, Lakeland, 53.3 400; Steven Bello, Westwood, 10:14.9 3,200; Chris Tusino, Garfield, 129-7 discus; Chris McCormack, Lakeland, 49-0 shot...Girls: Nicole Brito, Garfield, 13.2 100; Samantha Biss, Lakeland, 5:43.1 1,600; An-

nalise Jarski, Westwood, 63.4 400; Lisa Davidov, Leonia, 96-7 discus and Jackie Nieves, Lakeland, 33-3 shot put.

## Making the call

There are four girls competing in Friday's Bergen Meet of Champs who lead the state in their respective events: Roze in the discus, Bautista in the triple jump, Jenna Rogers of Rutherford in the high jump and Isabelle Dely of Paramus Catholic in the 100 hurdles. One of these girls will better their best performance if the weather holds.

## Top 25 rankings

**Boys**  
1. NV/Demarest  
2. Ridgewood  
3. NV/Old Tappan  
4. Glen Rock  
5. Ramapo  
6. River Dell  
7. Bergen Catholic  
8. Hackensack

9. Lyndhurst  
10. Lakeland  
11. Clifton  
12. Paramus Catholic  
13. Ridgefield Park  
14. Don Bosco  
15. Bergen Tech  
16. Northern Highlands  
17. Cresskill  
18. Ramsey  
19. Passaic Tech  
20. Wayne Valley  
21. Teaneck  
22. Kennedy  
23. Indian Hills  
24. Fort Lee  
25. Hasbrouck Heights  
**Girls**  
1. Ridgewood  
2. Paramus Catholic  
3. Ramapo  
4. Holy Angels  
5. Northern Highlands  
6. NV/Demarest  
7. River Dell  
8. Clifton  
9. Ramsey  
10. Pascack Hills  
11. NV/Old Tappan  
12. Passaic Tech  
13. Glen Rock  
14. Hasbrouck Heights  
15. Bergen Tech  
16. IHA  
17. Emerson  
18. Hawthorne  
19. Kinnelon  
20. Kennedy  
21. Wayne Valley  
22. Lakeland  
23. Hackensack  
24. Teaneck  
25. Lyndhurst

## County Seat Invite - Ed Church Track and Field Facility, Hackensack Saturday, May 19 - 9:00 AM

**100m:** Y. Do 11.87 - 3rd Place

**3200m:** T. Barnabic 10:08.68 - 2nd Place

## BMOC - Ed Church Track and Field Facility, Hackensack

Friday, May 18 - 3:30 PM

**400h:** L. Reinke 56.39 - 2nd Place

**110HH:** A. Ruhl 16.17

**TJ:** M. Bartlik 45'5 ½ - 1st Place

**LJ:** J. Dickson 19'0

**HJ:** D. Romero 6'0 - 6th (Tie)

**Shot:** A. Engelhardt 47'1 ½

**Jav:** L. Reinke 148'1, L. Otterstedt 141'10

## East Coast Relays - Randolph HS

Monday, May 21 - 4:30 PM

**Shuttle Hurdles:** A. Ruhl 15.4, L. Reinke 15.5, D. Romero 16.5, M. Bartlik 14.9 = 62.59 - 3rd Place

**LJ:** D. Romero 20'6 ¾, M. Bartlik 19'8, J. Dickson 18'11 ¼ = 59'2 - 2nd Place

# Frosh County Championships - Ramsey HS

Wednesday, May 23 - 4:00 PM

**400h:** J. Stadulis **64.2 - 2nd Place**

**100m:** S. Emmanuel **11.5 / 11.8 / 11.4 - 5th Place**, I. Stadnik **12.8**, D. Jorgensen **12.8**, D. Cheong **13.5**,

**400m:** A. Rose **67.4**

**1600m:** J. Boogaert **4:49.9 - 1st Place**, M. Salerno **4:55.5 - 3rd Place**

**110HH:** J. Stadulis **19.4 / 19.5 - 2nd Place**

**800m:** J. Boogaert **2:07.7 - 1st Place**, S. Miller **2:18.2**, A. Oriente **2:28.9**, E. Stojanovic **2:33.1**, L. Fine **2:40.9**  
C. Healy **2:43.2**, L. Fahey **2:44.2**, T. Kanell **2:50.9**

**200m:** S. Emmanuel **23.6 - 3rd Place**, D. Jorgensen **26.7**, D. Cheong **27.8**, I. Stadnik **27.9**,

**3200m:** M. Salerno **11:22.7 - 2nd Place**

**4x400:** J. Boogaert **56.4**, S. Emmanuel **56.8**, S. Miller **58.6**, J. Stadulis **57.9 = 3:49.7**

**Long Jump:** S. Emmanuel **18'0 ¼ - 4th Place**

**Triple Jump:** J. Stadulis **35'5**

**Discus:** L. Harris **59'10 - 6th Place**

**Pole Vault:** R. Pfund **8'0 - 6th Place**

# Boys public sectionals heat up

## Boonton looks to defend title from three challengers

**Paul Schwartz**  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

**When:** Friday at 3:30 pm and Saturday at 10 a.m.

**Where:** North 1, groups 1 and 4 at Clifton Stadium; North 1, groups 2 and 3 at River Dell H.S.; North 2, Group 1 at Ridge H.S.; North 2, Group 2 at Middletown South H.S.

**What:** The top six finishers in each event qualify for the state group meets June 1 and 2.

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

### North 1, group 1

**Area Entrants:** Bergen Arts and Science, Bogota, Boonton, Butler, Cresskill, Emerson, Hasbrouck Heights, Leonia, Midland Park, New Milford, Park Ridge, Pompton Lakes, Saddle Brook, Waldwick, Wallington and Wood-Ridge.

**Teams to watch:** It appears to be a four-way battle here with defending state and sectional champion Boonton, battling Hasbrouck Heights, Saddle Brook, and Cresskill, which hasn't won since 1998.

**Returning champions:** Wellington Ventura, Cresskill (200/400); Sawyer Moe, Cedar Grove (JT).

**Events to watch:** Any showdown between Ventura and Saddle Brook's Sean Roberts will be a good one. Ventura beat Roberts to win the Bergen Meet of Champions 400 but Roberts has been better at 100 and 200 this year. And it will get very interesting if either or both choose to run the 800. Jeremy Bailey of Hasbrouck Heights and Cameron Gec of Walkkill Valley will battle in the 1,600 and 3,200.



Carlos Pepin of Lodi will face James Bell of West Side in perhaps the best high jump of any of the 16 meets. CHRIS MONROE

### North 1, Group 2

**Area Entrants:** Dumont, Glen Rock, Hawthorne, Kinnelon, Lakeland, Mahwah, Manchester, NV/Demarest, Passaic Hills, Pequannock, Ramsey, River Dell, Westwood.

**Teams to watch:** Defending champion NV/Demarest has the deepest team in the group and should easily outpace River Dell, Passaic champ Lakeland and Glen Rock.

**Returning champions:** Kyle Patel, Glen Rock (discus); Ben Davis, Sparta (javelin); Connor Scaglione, NV/Demarest (shot put).

**Events to watch:** The 100 matches five runners within .05 seconds including Passaic champ Haddon Klingon of Lakeland, Ramir Kelley of Manchester and Ed Ahn and Aaron Furneaux of Riv-

er Dell. Joe McCabe of Glen Rock faces Josh Munoz of NV/Demarest in a strong 800 but don't discount soph Isaiah Sparkes of Manchester. The long jump features 21 footers Klingon, Liam Landau of Passaic Hills and Quincy Jones of Jefferson, while John Shea of NV/Demarest leads 5 42 footers in the triple jump. And with all three defending champs in the throws, don't count out Bergen champ Matt Lange of NV/Demarest in the discus.

### North 1, Group 3

**Area entrants:** Bergenfield, Cliffside Park, Englewood, Indian Hills, Northern Highlands, NV/Old Tappan, Paramus, Passaic Valley, Passaic Valley, Ramapo, Teaneck, Tenafly, Wayne Hills, Wayne Valley, West Milford.

**Teams to watch:** West Essex stunned three-time defending champ NV/Old Tappan last year but the Golden Knights should be ready to respond this year. Look for Ramapo and Indian Hills to be the closest pursuers.

**Returning champions:** Kevin Sembrat, Roxbury (200, 400, TJ); Seth Kricheff, NV/Old Tappan (PV).

**Events to watch:** Sembrat is the top sprinter in a group filled with them and the 400 with Shawn Megean of West Milford and Michael Petrazzuolo of Ramapo should be very fast. Petrazzuolo is also in the mix in a loaded 800 with six runners under 1:59. There are 7 under 58 seconds in the 400 hurdles, led by Bergen champ Johnny Lohrer of NV/Old Tappan and Passaic champ Darrian So-

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## Track

Continued from Page 85

to of Wayne Valley. Bergen champ Michael Connor of Ramapo and Passaic champ Michael Peloso of Wayne Valley match up in the javelin. And new Bergen County pole vault record holder Tyler Hrbek will face defending sectional champ and teammate Kricheff, just back from injury.

### North 1, Group 4

**Area entrants:** Bergen Tech, Clifton, Eastside, Fair Lawn, Hackensack, Kennedy, North Bergen, Passaic, Passaic Tech, Ridgewood.

**Teams to watch:** Ridgewood has dominated this meet with 7 of the last 8 titles, including the last 2, but an injury to standout distance runner Will Baginski will make an 8th win in 9 years very difficult. West Orange hasn't won this meet since 2007 but is favored to win this year with Hackensack, Clifton,

Ridgewood, Mount Olive and Randolph chasing.

**Returning champions:** Elijah McLaren, West Orange (HH); Luis Peralta, Passaic (800); Jack Stuart, Hackensack (D); Tom Laskowski, Passaic Tech (J)

**Events to watch:** Bergen 100 meter champ Rayshawn Hammond of Hackensack can win both sprints here with competition with Giano Roberts of North Bergen, Jayjoon Sin of Bergen Tech and DiJuan Outerbridge of Eastside. Peralta is likely to try and repeat in the 400 and 800 and the state indoor 800 champion will get tested by Bergen champ Dan Marcus of Fair Lawn, Morris runner-up Nashawn Vazquez of Mount Olive and Kevin Heredia of Clifton. Bergen champ Max Bartlik faces McLaren in the triple jump and Jadon Watson of Kennedy, the state's top high jumper, looks to equal or better his 6-9 performance here.

### North 2, Group 1

**Area entrants:** Becton, North Arlington, Palisades Park, Ridgefield, Secaucus.

cus.

**Teams to watch:** New Providence should have little problem repeating here with Shabazz and Becton the best of the rest. Secaucus and North Arlington can also advance several athletes and relay teams here.

**Returning champions:** Clinton Adu-Ageyi, University (100); Dante Artis, Shabazz (200); Greg Anderson, Becton (SP-D); David Orduson, Shabazz (TJ); Tomasz Mierwa, Becton (LJ); Cheney Price, New Providence (PV); Yazan Awad, New Providence (HJ); Tim DiGuglielmo, New Providence (J).

**Events to watch:** North Arlington's Sirish Modhagala looks to win both the 1,600 and 3,200 and Secaucus' Adam Kharris tries to double the hurdles with Becton's Stephen Henke a major contender in the high hurdles. Jayse Bradley of Ridgefield could be a sleeper in the high jump.

### North 2, Group 2

**Area entrants:** Elmwood Park, Fort Lee, Garfield, Lodi, Lyndhurst, Ridge-

field Park, Rutherford.

**Teams to watch:** West Side and Whippany Park appear to be the class of the meet, but Fort Lee, Ridgefield Park, Rutherford, Lyndhurst and Lodi can all advance multiple athletes and score event wins.

**Returning champions:** Jordan Sanders, Lyndhurst (IH), Joseph Thomas, Whippany Park (800, 1,600); Christian Martin, Whippany Park (HH); Jared Cooper, Mountain Lakes (3,200); Justin Gurth, Parsippany Hills (SP, D); Carlos Pepin, Lodi (HJ).

**Events to watch:** Cameron Shaw of Ridgefield Park should win the 100, but will battle Isaiah Greene of West Side in the 200. Pepin will face James Bell of West Side in perhaps the best high jump of any of the 16 sectional meets. Bell will also battle Teslim Olunlade of Lyndhurst, Eugene Kim of Rutherford and Manny Montoya of Fort Lee in a long jump battle of 4 22-footers. Max Greenwood of Rutherford will battle Alphonso Lawrence of West Side to win Rutherford's first pole vault sectional title since 1979.

## State Sectionals - Clifton Stadium

Friday (3:30 PM) - Saturday (10 AM), May 25-26

### Friday

**400h:** L. Reinke 57.48 - 4th Place, T. Carver 60.77, N. DeVita 66.09

**100m:** A. Ruhl 11.70, M. Tai 11.72, Y. Do 12.22

**1600m:** R. Fahey 4:33.16, S. Wagh 4:33.86, M. Zamboldi 4:41.37

**400m:** J. Stadulis 56.60

**4x800:** S. Wagh 2:01.8, B. Zamboldi 2:01.5, C. Shammass 2:02.8, K. Collins 2:03.0 = 8:09.60 - 3rd Place

**Triple Jump:** M. Bartlik 45'4 - 1st Place, P. Sanchez 38'6 ¼

**High Jump:** M. Bartlik 6'2 - 2nd Place, D. Romero 6'2 - 4th Place, J. Dickson 5'8

**Discus:** P. Luby 130'3, A. Engelhart 113'0, T. Vandalovsky 103'4

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### Saturday

**110HH:** M. Bartlik 15.36 / 16.41, L. Reinke 15.57, A. Ruhl 15.63

**800m:** B. Zamboldi 2:01.58, C. Shammass 2:02.47

**4x100:** J. Dickson, D. Romero, M. Tai, S. Emmanuel = 44.69 - 5th Place

**3200m:** S. Wagh 9:58.92 - 6th Place, R. Fahey 10:03.35, T. Barnabic 10:24.37

**200m:** M. Tai 23.04 - 5th Place, S. Emmanuel 24.38

**4x400:** K. Collins 52.6, M. Tai 50.9, A. Ruhl 52.5, L. Reinke 51.7 = 3:27.75 - 5th Place

**Long Jump:** J. Dickson 20'8 ¾ - 2nd Place, M. Bartlik 20'3 - 5th Place, D. Romero 19'11 ¼

**Shot Put:** A. Engelhardt 48'6 ½ - 3rd Place, T. Vandalovsky 45'2, M. Toner 38'2 ½

**Javelin:** L. Reinke 146'6, L. Otterstedt F

**Pole Vault:** J. Theisen 9'6

### Final Scores

West Orange	59
<b>Ridgewood</b>	<b>54</b>
Clifton	49
Memorial	47.5
Bloomfield	44
Morris Knolls	38

# Ventura wins double at sectional track meet

**Paul Schwartz**

North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

CLIFTON -- Wellington Ventura envisioned his high school athletic career would take place on the basketball court and maybe lead to a Division 1 college opportunity. But his friend Evan Miliones had other ideas.

"He tried to get me to run track as a freshman because he said it would be fun, and I told him, why would I have fun running around a track?," said Ventura, a senior at Cresskill. "Then he kept after me and I came out as a sophomore."

Ventura's basketball career turned out pretty well, as he was an important part of this year's Cougar squad that reached the Group 1 state final, but when he discovered track, the road to Division 1 got a lot smoother.

Ventura, who will run at the University of Connecticut next year, won the Group 1 100 and 400 meter races at the first day of the state sectional championships, which returned to Clifton Stadium for the first time in 18 years, and in the process ran season's best times of 1:19 and 49.39, respectively.

"Earlier in the year, I was coming into some meets without the right mental attitude, but we were working on so many different things to get ready for states," said Ventura. "I ran the 800 a few times, which I'd never done before and I didn't work much on my jumping."

But Ventura kept working hard and had a breakthrough race in winning the



Giano Roberts, of North Bergen, and Neimar Santouse, of Passaic Tech, run in the boys 100 meters.

PHOTOS BY MICHAEL KARAS/NORTHJERSEY.COM



Wellington Ventura, of Cresskill, competes in the boys 100 meters on Friday afternoon at state sectionals.

400 at the Bergen Meet of Champions a week ago.

"My time was good not great that night but I finished the race strong for the first time all year," he said.

As the Cougars battle Saddle Brook and Boonton in an attempt to win their first title since 1998, Ventura will prepare to run the 200 and long jump today at 9 a.m.

"It's an important day and we want to win this title," he said.

Passaic isn't really in the hunt for a Group 4 team title, although the Indians

do sit third after day one with 20 points, behind Ridgewood (31) and Bloomfield (24). Six other teams also have at least 14 points, but the Indians do have the most electric performer in the meet in junior Luis Peralta.

Peralta exploded in the last 40 meters to win the 400 in 48.85 seconds and then ran a 1:51.4 anchor to give the Indians a win in the 4-x-800 and break a 37-year-old Passaic County record in the process.

TRACK AND FIELD: NORTH 1, GROUPS 1, 4

## Cresskill ends drought with boys sectional title

**Paul Schwartz**  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

CLIFTON -- If Rich Miller ever retires as the Cresskill boys track coach, the name Wellington Ventura will be at or near the top of his list of great Cougar athletes.

But Miller, whose team captured its first sectional title since 1998 Saturday was clear that even though the Connecticut-bound senior finished off one of the all-time great sectional meets with dominating wins in the 200 and long jump Saturday to add to his 100 and 400 wins Friday, the Cougars North 1, Group 1 title wasn't only about his superstar.

"Wellington Ventura is going to go down as one of the best athletes we've ever had in Cresskill, but he didn't win the meet for us, he gave us the opportunity to win the meet," said Miller, who is finishing his 50th year of coaching at Cresskill and 38th as the head coach.

"We have a great team and we covered nearly every event," said Miller, whose team held off Saddle Brook, 88-75, scoring in 13 of the 18 events. "Each one of the guys on the team went after it and that's why we're sectional champions, even those who didn't score."

Like Jae Won Cho, who placed fifth in the 100 hurdles and fourth in the intermediate hurdles, and who took up the sport because his mother had been a hurdle champion in her native Korea. Cho also ran on the winning 4-x-100 and third place 4-x-400 relays.

Or George Sikoryak, the senior basketball player, who transferred back from Bergen Catholic after his sophomore year and had never even tried track and field until teammate Evan Miliones finally convinced him to join for his final season. Sikoryak was 6th in the 200 and 400, and had legs on both short relays as well.

Or Dan Castano, who was second in the triple jump and sixth in the long jump, the former with a nearly two foot PR.

Or Miliones, the prime recruiter for

the team, who convinced Ventura and Sikoryak and several others to join the Cougars track team over the years even though his preferred sport is soccer. Miliones, unfortunately suffered a hip injury that kept him out most of the season, and forced him out of the 110 hurdles final after he had run a personal best for fourth in the trials.

"These kids are what team is about, and why it's always such a pleasure to coach them," said Miller.

Luis Peralta of Passaic had his own memorable sectional meet, breaking not only a North 1, Group 4 sectional mark in the 800, but running the fastest 800 ever in any sectional, a sizzling 1:50.89. Peralta also won the 400 on Friday.

Despite his individual success, the Indian junior called Friday's win and Passaic County record in the 4-x-800, his favorite race of the meet.

"We didn't have a 4-x-800 team last year but the rest of the team worked so hard to have one this year and to get better that it really motivated me to run fast," said Peralta, who split 1:51.5 on the anchor Friday, and then split 47.9 to take silver in the 4-x-400 to end the meet Saturday. "I want to run 1:47 or 1:48 (in the 800)," said Peralta, who is aiming for the state record of 1:48.2 set by former Olympian John Marshall in 1981. "That's going to happen. But running with my team is the best thing."

Ridgewood's boys, led by game performances by jumper/hurdler Max Bartlik and sprinter Matt Tai, came up just short of West Orange in an attempt for an eighth title in nine years in Group 4, losing to the Mountaineers, 59-54.

Bartlik won the triple jump and took second in the high jump Friday, but got caught in a squeeze between the long jump and 110 hurdles final Saturday and managed only one point, while Tai, who had struggled with leg injuries all year, managed to grab a fifth in the 200 and ran a leg on the fifth-place 4-x-400 team 40 minutes later.



# Previewing the upcoming boys state group meets

## Paul Schwartz

North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

The track and field state group championships are June 1 and 2 at Central Regional in Bayville and Franklin Township High School. Here is a breakdown of the meets.

**When:** Friday at 2:30 p.m. and Saturday at 11 a.m. (Note: if weather forces a postponement or delay, meet will be completed Sunday at noon)

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

## Group 1

### At Franklin Township

Returning North Jersey champions:

None

Returning North Jersey medalists: Wellington Ventura, Cresskill (2, 400; 6, 200); Ryan Picinic, New Milford (6, HH); Bryan Ohlott, Boonton (5, TJ); Greg Anderson, Becton (6, SP).

Top seeds: Ventura (400); Adam Stavash, Hasbrouck Heights (PV).

Other seeds: Ventura (4, 100; 3, 200; 6, LJ); Lance Trusty, Saddle Brook (3, IH); Adam Khriess, Secaucus (4, IH; 4, 400); Sean Roberts, Saddle Brook (3, 400; 6, 800); Picinic (6, HH); Anderson (2, D; 3, SP); Adam Gildea, Emerson (4, D); Joe Canizzaro, Boonton (6, D; 6, SP); Karl Weppler, Emerson (5, HJ); Luka Radovich, Cresskill (6, J).

Watch out for: Robert Kraus, Boonton (IH); Brian Woodard, Pompton Lakes

(800); Spencer Paton, Emerson (PV).

## Group 4

### At Franklin Township

Returning champions: None

Returning medalist: Luis Peralta, Passaic (3, 800).

Top-seeds: Peralta (800); Jason Watson, Kennedy (t1, HJ).

Other seeds: Giano Roberts, North Bergen (4, 100; 4, HH); Max Bartlik, Ridgewood (4, TJ); Jordan Lacceste, Clifton (4, PV).

Watch out for: Passaic 4-x-800 relay; Kevin Heredia, Clifton (800); Jon Marcus, Fair Lawn (800); Luis Zorrilla, Clifton (D); Andrew Achirem, Hackensack (LJ); Jamier Wright, Kennedy (HJ).

## Non-Public A

### At Franklin Township

Returning champions: None

Returning medalist: Connor Mathis, Don Bosco (2, SP; 6, D).

Top seeds: None

Other seeds: Rahmir Johnson, Bergen Catholic (2, 100); Andy Ambroise, Paramus Catholic (4, HH); Bergen Catholic 4-x-100 relay (2); Paramus Catholic 4-x-100 relay (4); Mathis (3, D; 5, SP); Grant Nawoichyk, Don Bosco (t2, J).  
Look out for: Christian Abraham, Paramus Catholic (200); Paramus Catholic 4-x-400 relay; Isaiah Givens, Bergen Catholic (TJ).

## Group 2

### At Central Regional

Returning champions: None

Returning medalists: Kyle Patel, Glen Rock (3, D); Connor Scaglione, NV/Demarest (4, D; 2, SP); Liam Landau, Pascack Hills (3, PV); Carlos Pepin, Lodi (t5, HJ).

Top-seed: Landau (PV).

Other seeds: Josh Munoz, NV/Demarest (5, 1,600; 4, 800); Andrew Laguttuta, Glen Rock (6, 1,600); Carlos Cuevas, Lakeland (6, 400); Glen Rock 4-x-800 relay (2); Ramsey 4-x-800 relay (4); River Dell 4-x-800 relay (6); River Dell 4-x-100 relay (5); Tim Larsen, NV/Demarest (6, 3,200); Scaglione (4, D; 2, SP); Patel (6, D); Ramon Bermudez, Lodi (4, TJ); Eugene Kim, Rutherford (6, LJ); Jarod Forer, Glen Rock (t2, PV); Max Greenwood, Rutherford (4, PV); Aidan O'Malley, Ramsey (t4, HJ); Pepin (t4, HJ); John Lee, NV/Demarest (2, J); Taylor Boorse, Lakeland (5, J); Max Langsam, NV/Demarest (4, SP).

Look out for: Chris Panzella, NV/Demarest (IH); NV/Demarest 4-x-400 relay; Matt Lange, NV/Demarest (D); Mike Rizik, River Dell (D); John Shea, NV/Demarest (TJ); Ben Tal, NV/Demarest (HJ); Anthony DiMaulo, Rutherford (HJ).

## Group 3

### At Central Regional

Returning champion: Seth Kricheff, NV/Old Tappan (PV).

Other medalist: Tyler Hrbek, NV/Old Tappan (6, PV).

Top-seeds: none.

Other seeds: John Lohrer, NV/Old Tappan (2, IH); Darrian Soto, Wayne Valley (4, IH); Hank Anderson, Indian Hills (6, HH); Teaneck 4-x-400 relay (6); John

Griffith, Northern Highlands (6, D); Dan Monchek, Northern Highlands (4, LJ); Hrbek (t2, PV); Kricheff (t2, PV); Jona Kim, NV/Old Tappan (t6, PV); Sam Pitkowski, Pascack Valley (t6, PV); Greg Poloso, Wayne Valley (4, J); Jason Santa Cruz, NV/Old Tappan (6, J); Steven Paulino, Bergenfield (5, SP).

Look out for: Michael Petrazzuolo, Ramapo (400; 800); NV/Old Tappan 4-x-400 relay; Dan Walcott, Teaneck (D); Evan White, Indian Hills (J); Michael Connor, Ramapo (J).

## Non-Public B

### At Central Regional

Returning champions: Nico Cortes, Eastern Christian (HJ); Naseer Wilson, Dwight-Englewood (HJ)

Other medalists: Dominic Fermin, Dwight-Englewood (5, HH); Jeremy Bronstein, Englewood (3, 800; 3,1600); Justin Augustin, Hawthorne Christian (6, 1,600); Folajimi Olutiola, Dwight-Englewood (3, HJ).

Top-seeds: Fermin (IH); Bronstein (1,600); Olutiola (t1, HJ).

Other seeds: Lorenzo Lugo, Eastern Christian (2, 100); Augustin (4, 1,600); David Khym, Dwight-Englewood (6, 1,600; 4, 800); Fermin (5, HH); Bronstein (2, 800); Dwight-Englewood 4-x-100 relay (5); Michael Ji, Eastern Christian (4, D; 2, SP); Matias Cortes, Eastern Christian (2, PV); N. Cortes (3, PV); Wilson (3, HJ).

Look for: Dwight-Englewood 4-x-400 relay; Alec Hoffman, Dwight-Englewood (TJ); Aidan Thomson, Dwight-Englewood (J).

## State Groups - Franklin HS

Friday (2:30 PM) - Saturday (11 AM), June 1-2

### Friday

**400h:** L. Reinke **56.21**

### Saturday

**Shot Put:** A. Engelhardt **45'0**

## New Balance Outdoor Nationals - North Carolina A&T

Friday-Sunday, June 15-17

**4x110 SHR (Championship):** L. Reinke **15.0**, A. Ruhl **15.5**, D. Romero **16.4**, M. Bartlik **15.2 = 62.26**

**Triple Jump (Emerging Elite):** M. Bartlik **45'10 - 5th Place**

## Team History:

<b>Year:</b>	<b>Dual Meets:</b>	<b>County Relays:</b>	<b>League:</b>	<b>County:</b>	<b>State Sectional:</b>	<b>State Group:</b>
2018	<b>5-0</b>	<b>Champions</b>	<b>Champions</b>	<b>Champions</b>	2nd Place	
2017	<b>5-0</b>	<b>Champions</b>	<b>Champions</b>	<b>Champions</b>	<b>Champions</b>	
2016	<b>5-0</b>	<b>Champions</b>	<b>Champions</b>	<b>Champions</b>	<b>Champions</b>	
2015	4-1	2nd Place	2nd Place	6th Place	5th Place	
2014	<b>5-0</b>	<b>Champions</b>	<b>Champions</b>	3rd Place	<b>Champions</b>	
2013	<b>5-0</b>	<b>Champions</b>	<b>Champions</b>	<b>Champions</b>	<b>Champions</b>	2nd Place
2012	<b>3-0-1</b>	2nd Place	<b>Champions</b>	2nd Place	<b>Champions</b>	
2011	<b>4-0</b>	2nd Place	<b>Champions</b>	2nd Place	<b>Champions</b>	
2010	8-1	<b>Champions</b>	<b>Champions</b>	2nd Place	<b>Champions</b>	7th Place
2009	<b>8-0</b>	2nd Place	<b>Champions</b>	2nd Place	4th Place	
2008	7-1	6th Place	<b>Champions (tie)</b>	8th Place	8th Place	
2007	<b>8-0</b>	2nd Place	<b>Champions</b>	3rd Place	2nd Place	
2006	<b>8-0</b>	<b>Champions</b>	<b>Champions</b>	2nd Place	3rd Place	2nd Place
2005	<b>8-0</b>	<b>Champions</b>	<b>Champions</b>	<b>Champions</b>	2nd Place	8th Place
2004	<b>6-0</b>	3rd Place	<b>Champions</b>	2nd Place	<b>Champions</b>	5th Place
2003	5-1	3rd Place	<b>Champions</b>	<b>Champions</b>	<b>Champions</b>	6th Place
2002	6-2	3rd Place	<b>Champions</b>	4th Place	7th Place (tie)	
2001		3rd Place	<b>Champions</b>			
2000		2nd Place	3rd Place	3rd Place	2nd Place	
1999						
1998	<b>8-0</b>	3rd Place	<b>Champions</b>	2nd Place	2nd Place	
1997	<b>8-0</b>	6th Place	<b>Champions</b>	2nd Place	6th Place	
1996	5-3	5th Place	3rd Place	5th Place	5th Place	
1995	7-1	4th Place	<b>Champions (tie)</b>	2nd Place	5th Place	
1994	7-1	4th Place	2nd Place	3rd Place	3rd Place	
1993	7-1	3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1992	5-3	5th Place	2nd Place	2nd Place	5th Place	
1991	5-3	2nd Place	3rd Place	2nd Place	2nd Place	
1990		2nd Place				

## Team History:

<b>Year:</b>	<b>Dual Meets:</b>	<b>County Relays:</b>	<b>League:</b>	<b>County:</b>	<b>State Sectional:</b>	<b>State Group:</b>
1989	7-1	2nd Place	<b>Champions</b>	2nd Place	<b>Champions</b>	9th Place
1988		<b>Champions</b>		3rd Place		
1987		<b>Champions</b>	<b>Champions</b>	<b>Champions</b>	2nd Place	
1986						
1985		3rd Place	3rd Place	3rd Place	3rd Place	
1984		3rd Place			3rd Place	
1983				3rd Place	3rd Place	
1982		2nd Place		3rd Place		
1981				3rd Place		
1980				3rd Place		
1979						
1978						
1977						
1976				3rd Place		
1975			<b>Champions</b>	2nd Place	<b>Champions</b>	

## Ridgewood High School Boys Outdoor All-American List

<u>Event:</u>	<u>Time/Distance:</u>	<u>Place:</u>	<u>Athlete(s):</u>	<u>Year:</u>	<u>Meet:</u>
SMR	3:25.04	2nd	M. Tai / K. Grant / K. Mack / M. Thurston	2016	NBNO
800m	1:51.21	6th	Michael Thurston	2016	NBNO
4x800	7:39.57	5th	M. Thurston / B. Collins / D. Frering / L. Dublirer	2014	NBNO
SMR	3:28.23	4th	D. Han / J. Sabatini / B. Collins / S. Dublirer	2013	NBNO
DMR	10:06.36	6th	L. Jennings / I. Hwang / J. Llinas / P. Rynkowski	2011	NBNO
4x110 SHR	62.37	4th	E. Blair / S. Mattson / M. Beausoleil / I. Hwang	2010	NBNO
SMR	3:30.39	6th	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	2008	NON
DMR	10:07.94	6th	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	2007	NON
DMR	10:06.57	5th	B. Williams / C. Zeigler / N. Buckley / M. Cator	2006	NON
Javelin	190'6	5th	Steve Pierce	2006	NON
DMR	10:13.79	5th	M. Cator / J. Schmidt / N. Buckley / B. Williams	2005	NON
SMR	3:27.58	2nd	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	2000	FLON
800m	1:52.52	4th	Josh Kauke	1999	FLON
Triple Jump	48'7	5th	Craig Halyard	1989	GW
Mile	4:12.1	4th	Chris Sullivan	1985	GW

Note - no official national championships before 1991; the Golden West Invitational was the de facto nationals

\*GW - Golden West Invitational

\*FLON - Foot Locker Outdoor Nationals

\*NON - Nike Outdoor Nationals

\*NBNO - New Balance Nationals Outdoor

## Ridgewood High School All-Time Top 10 List

	Athlete:	Meet:	Year:
<b>100m:</b>			
10.90	Chris Zeigler	State Meet of Champs	2007
10.99	Dusty Thomas	BMOC	1998
11.07	Kobi Grant	Big North Championship	2016
11.05	Jake Sabatini	County Championship	2013
11.08	Matt Tai	Big North Championship	2016
11.11	Kevin Chung	State Group IV	2013
11.11	Matt Beausoleil	State Sectionals	2011
11.20	Max Witt	NNJIL Championship	2009
11.25	Doohee Han	State Sectionals	2014
10.8	Matt Krever	BMOC	1991
<b>200m:</b>			
21.7 / 22.05	Chris Zeigler	County / SMOC	2007
22.15	Dusty Thomas	BMOC	1998
22.0	Mike Henderson		1961
22.32	Jake Sabatini	County Championship	2013
22.1	Tim Geckler	NNJIL Championship	1989
22.43	Kobi Grant	State Sectionals	2016
22.53	Doohee Han	State Sectionals	2014
22.56	Matt Tai	State Sectionals	2016
22.4	Matt Krever	NNJIL Championship	1991
22.77	InSoo Hwang	County Championship	2011
<b>400m:</b>			
48.7	Tim Geckler	NNJIL Championship	1989
49.05	Kyle Mack	State Sectionals	2017
49.06	Michael Thurston	County Championship	2016
49.41	Josh Kauke		1999
49.3	Jim Nepola		1970
49.57	Matt Grundy	State Sectionals	2010
49.4	Mike Henderson		1960
49.86	Kyle Mack	State Sectionals	2016
49.97	Juan Llinas	State Sectionals	2011
50.01	Storm Dublirer	State Sectionals	2013
<b>800m:</b>			
1:50.19	Josh Kauke	State Meet of Champions	2000
1:51.17	Michael Thurston	State Meet of Champions	2016
1:51.61	Chris Rae	Golden West	1987
1:53.4	Bob Keino	BMOC	1994
1:54.12	Michael Thurston	County Championship	2015
1:54.0	John Parisi		1983
1:54.31	Storm Dublirer	State Group IV	2012
1:54.31	Levi Jennings	State Group IV	2011
1:54.2	Tom Rae		1971
1:54.4	John Lander		1985

# Ridgewood High School All-Time Top 10 List

	<b>Athlete:</b>	<b>Meet:</b>	<b>Year:</b>
<b>1600m:</b>			
4:09.35	Bob Keino	State Group IV	1994
4:11.9	Chris Sullivan		1985
4:12.0	Chris Rae		1987
4:12.71	Byron Williams	State Meet of Champs	2005
4:14.48	Levi Jennings	State Group IV	2011
4:15.4	Joe LeMay		1985
4:15.5	Ari Zamir	State Sectionals	2004
4:15.7	Eric Berntsen		1987
4:17.10	Michael Cator	BMOC	2006
4:17.50	Luke Dublirer	State Sectionals	2014
<b>3200m:</b>			
9:02.73	Bob Keino	Arcadia Invitational	1993
9:05.7	Eric Berntsen		1987
9:08.82	Daniel Emont	State Meet of Champs	2007
9:08.91	Taro Shigenobu	State Meet of Champs	2009
9:12.8	Joe LeMay		1985
9:17.29	Eric Boucher	State Meet of Champs	1991
9:18.10	Ari Zamir	State Group IV	2004
9:18.65	Michael Cator	State Meet of Champs	2006
9:21.49	Travis Spicer	State Group IV	2012
9:22.4	Kevin McCabe		1987
<b>110HH:</b>			
14.60	InSoo Hwang	County Championship	2011
14.68	Matt Beausoleil	State Meet of Champs	2011
14.4	Mike Rogers		1975
14.70	Steve Pawlowski		2001
14.5	Jeff Lane		1975
14.5	Rich Wankmuller		1976
14.75	Akira Monri	State Sectionals	2008
14.88	Kevin Chung	State Group IV	2013
15.01	Edward Blair IV	County Championship	2010
15.27	Michael Zeno	State Sectionals	2014
<b>400 IH:</b>			
53.64	InSoo Hwang	State Meet of Champs	2010
53.9	John Parisi		1983
54.7	Dave Shultz		1987
55.2	Niall Buckely	County Championship	2007
55.4	Tim Kelley		1982
55.6	Kyle Mack	County Relays	2017
55.8	Dave Warton	County Championship	1998
<b>56.21</b>	<b>Luke Reinke</b>	<b>State Sectionals</b>	<b>2018</b>
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
<b>300 IH:</b>			
41.68	Zack Stadulis	Arcadia Invitational	2017

# Ridgewood High School All-Time Top 10 List

	<b>Athlete:</b>	<b>Meet:</b>	<b>Year:</b>
<b>200m splits:</b>			
21.5	Chris Zeigler	East Coast Relays	2007
21.6	Kobi Grant	NB Outdoor Nationals	2016
21.8	Dusty Thomas	County Relays	1998
21.9	Jake Sabatini	County Relays	2014
22.2 (leadoff)	Doohee Han	NB Outdoor Nationals	2014
22.2	Jamal Locke	County Relays	2014
22.2	Tim Geckler	County Relays	1989
22.3 (leadoff)	Matt Tai	NB Outdoor Nationals	2016
<b>300m splits:</b>			
34.6	Doohee Han	NB Outdoor Nationals	2014
34.8	Matt Tai	NB Outdoor Nationals	2017
34.9	Jake Sabatini	NB Outdoor Nationals	2013
35.2	Kyle Mack	NB Outdoor Nationals	2016
<b>400m splits:</b>			
47.98	Kyle Mack	NB Outdoor Nationals	2017
48.0	Tim Geckler	NNJIL Championship	1989
48.66	Michael Thurston	NB Outdoor Nationals	2016
48.6	Matt Grundy	State Meet of Champs	2010
48.97	Storm Dublirer	NB Outdoor Nationals	2013
48.9	Niall Buckley	BMOC	2007
49.18	InSoo Hwang	NB Outdoor Nationals	2011
49.4 (leadoff)	Jon Riemer	State Meet of Champs	2010
49.6	Neil Schoff	State Sectionals	2012
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
<b>800m splits:</b>			
1:50.87	Michael Thurston	NB Outdoor Nationals	2016
1:51.84	Luke Dublirer	NB Outdoor Nationals	2014
1:52.48	Storm Dublirer	NB Outdoor Nationals	2013
1:52.6	Bob Keino	Penn Relays	1993
1:53.5	Christian Trautwein	Nike Outdoor Nationals	2008
1:53.66	David Frering	NB Outdoor Nationals	2014
<b>1:54.29</b>	<b>Will Baginski</b>	<b>Arcadia Invitational</b>	<b>2018</b>
1:54.8	Niall Buckley	Nike Outdoor Nationals	2006
1:55.23	Juan Llinas	NB Outdoor Nationals	2011
1:55.4	Levi Jennings	East Coast Relays	2012
<b>1200m splits:</b>			
3:03.83	Levi Jennings	NB Outdoor Nationals	2011
3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	Nike Outdoor Nationals	2006
3:06.0	Niall Buckley	Nike Outdoor Nationals	2007
<b>3:08.22</b>	<b>Will Baginski</b>	<b>Arcadia Invitational</b>	<b>2018</b>
3:08.6	Michael Cator	Nike Outdoor Nationals	2005
3:09.4	Andrew Fine	Penn Relays	2009
3:09.7	Bob Keino	Penn Relays	1992
3:09.8	David Frering	County Relays	2014
<b>1600m splits:</b>			
4:08.2	Bob Keino	Penn Relays	1993
4:15.3	Byron Williams	Nike Outdoor Nationals	2005
4:16.7	Michael Cator	Nike Outdoor Nationals	2006
4:17.4	Patrick Rynkowski	Arcadia Invitational	2011
4:18.5	Daniel Emont	Nike Outdoor Nationals	2007

# Ridgewood High School All-Time Top 10 List

	<b>Athlete:</b>	<b>Meet:</b>	<b>Year:</b>
<b>Long Jump:</b>			
22'10"	Evan Bartlik	Big North Championship	2012
22'10"	Craig Halyard	Arcadia Invitational	1989
21'11"	Gabriel Knutson	State Sectionals	2004
21'5 1/2"	Dusty Thomas	County Championship	1998
<b>21'4 1/2"</b>	<b>Justin Dickson</b>	<b>County Championship</b>	<b>2018</b>
21'3"	Bernard Mann	NNJIL Championship	2003
<b>21'0 3/4"</b>	<b>Danilo Romero</b>	<b>Big North Championship</b>	<b>2018</b>
<b>20'11 1/2"</b>	<b>Max Bartlik</b>	<b>County Championship</b>	<b>2018</b>
20'10 1/4"	Andrew Dolgin	County Championship	1998
20'10"	T.J. Crocker	NNJIL Championship	1989
<b>Triple Jump:</b>			
48'7"	Craig Halyard	Golden West	1989
46'9 3/4"	Evan Bartlik	SMOC	2012
<b>46'0"</b>	<b>Max Bartlik</b>	<b>Big North Championship</b>	<b>2018</b>
45'8"	Gabriel Knutson	County Championship	2004
43'9 1/4"	Bryce Joyner	County Championship	2014
43'7"	Bernard Mann	NNJIL Championship	2003
43'5 1/4"	Armand Punjabi	East Coast Relays	2014
42'10"	Akira Monri	State Sectionals	2007
42'7"	Mike Zeno	County Relays	2014
42'5 1/2"	Andrew Dolgin	County Championship	1998
<b>High Jump:</b>			
6'8"	Tommy DeVita	State Group IV	2010
6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'6"	Evan Bartlik	BMOC	2011
6'4"	Michael Thurston	Big North Championship	2016
6'2"	Max Bartlik	<b>State Sectionals</b>	<b>2018</b>
6'2"	Danilo Romero	<b>State Sectionals</b>	<b>2018</b>
6'2"	Ray Harada	Big North Championship	2017
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
6'2"	Michael Zeno	State Sectionals	2014
<b>Pole Vault:</b>			
15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Jon Wisener	East Coast Relays	2010
14'6"	Paul Kovach	BMOC	2006
14'0"	Ryan Vimba	State Sectionals	2017
14'0"	Dylan Downing	SMOC	2013
13'8"	Luc Bontoux	BMOC	2016
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champs	2002
13'6"	Allan Wong	East Coast Relays	2014
13'6"	Spencer Llerandi	County Relays	2014
13'6"	Patrick Morgan	BMOC	2014
13'6"	Connor Abernethy	State Sectionals	2015



# Ridgewood High School All-Time Top 10 List

	<b>Athlete:</b>	<b>Meet:</b>	<b>Year:</b>
<b>Shot Put:</b>			
54'11"	Eric Bryant		1980
53'7 1/4"	Kenny Ekert	State Sectionals	2016
52'10 1/2"	Spencer McAvey	BMOC	2016
51'9 3/4"	J.D. Murdock	County Relays	1997
51'1 1/2"	Kevin Strahle	BMOC	2002
50'5"	Patrick Rae	NNJIL Championship	1989
50'1"	Sam Horowitz	BMOC	1993
50' 1/4"	Anthony Balboa	BMOC	2012
49'11"	Torre Watson	State Sectionals	1991
<b>49'4 1/2"</b>	<b>Austin Engelhardt</b>	<b>Big North Championship</b>	<b>2018</b>
<b>Discus:</b>			
163'1"	Jack Simmons	County Relays	2010
157'11"	John Marshall		1971
151'5"	J.D. Murdock	County Relays	1998
150'5"	Glenn Hansen	BMOC	1994
148'1"	James Barnett	County Championship	2013
147'1"	Gabriel Knutson	County Championship	2004
146'2"	Michael Antosiewicz	BMOC	2014
144'3"	Brian Zuccala	NNJIL Championship	1998
143'8"	Ramone Hache	State Group IV	1991
143'3"	Michael Moticchio	State Sectionals	2008
<b>Javelin:</b>			
202'0"	Steve Pierce	State Meet of Champs	2006
184'8"	Nick Higgins	County Championship	2014
177'8"	Adam Whitelaw	Bernards Invite	2003
170'3"	Jamal Locke	County Relays	2014
161'3"	Mark Maniaci	NJTCC Championship	2010
159'8"	YoungHoe Koo	County Championship	2012
159'8"	Matt Beausoleil	State Sectionals	2011
<b>158'0</b>	<b>Luke Reinke</b>	<b>County Championship</b>	<b>2018</b>
154'3"	Anthony Halwagy	NNJIL Championship	2003
153'1"	James Barnett	County Relays	2013
<b>Javelin (old jav - subtract 10%):</b>			
198'8"	J.D. Murdock	County Championship	1998
187'2"	John Grubb		2000
170'5"	Thibaut van Marke	Bernards Invite	1993
168'5"	Brian Zuccala	County Championship	1998
164'0"	Rod Budelman	Thunderbird Invite	1991

# Ridgewood High School All-Time Top 10 Relays

	Team Members:	Meet:	Year:
<b>4x100m:</b>			
42.75	M. Tai / K. Mack / J. Chun / K. Grant	SMOC	2017
43.27	D. Han / J. Locke / K. Chung / J. Sabatini	E Coast Relays	2013
43.32	M. Tai / J. Chun / W. Migliorelli / K. Grant	State Sectionals	2016
43.7	J. Norrell / J. Locke / D. Han / J. Sabatini	County Relays	2014
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007
44.2	J. Sabatini / J. Locke / T. Migliorelli / K. Chung	County Relays	2012
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989
<b>44.69</b>	<b>J. Dickson / D. Romero / M. Tai / S. Emmanuel</b>	<b>State Sectionals</b>	<b>2018</b>
44.87	M. Tai / K. Mack / J. Davila / K. Grant	State Sectionals	2015
<b>4x200m:</b>			
1:29.98	D. Han / K. Chung / N. Schoff / J. Sabatini	National Champs	2013
1:30.45	M. Tai / K. Mack / J. Chun / K. Grant	National Champs	2017
1:30.4	J. Norrell / J. Locke / D. Han / J. Sabatini	County Relays	2014
1:31.4	M. Tai / J. Chun / W. Migliorelli / K. Grant	County Relays	2016
1:31.72	J. Sabatini / N. Schoff / E. Bartlik / K. Chung	E Coast Relays	2012
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989
1:32.8	K. Grant / K. Mack / J. Norrell / M. Tai	County Relays	2015
1:33.2	M. Grundy / W. Jacoby / L. Pietrantuono / M. Witt	County Relays	2009
<b>4x400m:</b>			
3:16.91	J. Riemer / I. Hwang / J. Llinas / M. Grundy	SMOC	2010
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	State MOC	1988
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007
3:20.97	K. Mack / M. Tai / W. Baginski / M. Thurston	State Sectionals	2016
3:22.07	B. Collins / S. Dublirer / N. Schoff / J. Sabatini	BMOC	2013
3:22?			2000
3:22.96	S. Dublirer / E. Bartlik / B. Collins / N. Schoff	State Sectionals	2012
3:24.32	M. Tai / W. Baginski / K. Collins / K. Mack	State Sectionals	2017
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006
3:25.20	D. Han / M. Thurston / B. Collins / L. Dublirer	State Sectionals	2014
<b>4x800m:</b>			
7:39.57*	M. Thurston / B. Collins / D. Frering / L. Dublirer	National Champs	2014
7:44.30	L. Dublirer / D. Frering / M. Thurston / S. Dublirer	National Champs	2013
7:48.9	D. Shultz / Williams / E. Berntsen / C. Rae		1987
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004
7:55.55	S. Dublirer / B. Collins / T. Spicer / L. Jennings	East Coast Rel	2012
7:57.9			1972
7:58.1			1976
7:59.64	K. Tamura / J. Byrne / A. Taggart / M. Thurston	State Group IV	2015
8:01.09	A. Taggart / W. Baginski / B. Zamboldi / M. Thurston	Penn Relays	2016
8:01.10	S. Alsaiddi / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994

\*County Record

# Ridgewood High School All-Time Top 10 Relays

	Team Members:	Meet:	Year:
<b>4x1600m:</b>			
17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985
17:55.34*	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004
18:01.36*	P. Rynkowski / S. Spreitzer / L. Jennings / B. Cleary	National Champs	2010
18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006
18:02.96	A. Fine / S. Martyn / B. Cleary / T. Shigenobu	East Coast Rel	2009
18:07.0	W. Baginski / B. Byrne / S. Wagh / M. Thurston	County Relays	2016
18:08.3	S. Dublirer / N. Salamone / T. Spicer / L. Jennings	County Relays	2012
18:12.6	L. Jennings / W. Ades / M. Eid / P. Rynkowski	County Relays	2011
18:13.8	S. Alsaidi / T. Ricart / T. Cotton / B. Keino	County Relays	1993
18:14.2	K. Marshall / B. Byrne / K. Tamura / M. Thurston	County Relays	2015

## Sprint Medley (200, 200, 400, 800):

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

## \*County Record

## Distance Medley (1200, 400, 800, 1600):

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

## 800m Medley (100, 100, 200, 400)

1:32.71	M. Tai / J. Chun / K. Grant / K. Mack	National Champs	2017
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## Swedish Relay (100, 200, 300, 400):

1:56.79	M. Tai / K. Grant / K. Mack / M. Thurston	National Champs	2016
1:58.14	K. Chung / D. Han / J. Sabatini / S. Dublirer	National Champs	2013
1:58.22	J. Chun / K. Grant / M. Tai / K. Mack	National Champs	2017
2:01.62	J. Locke / J. Sabatini / D. Han / L. Dublirer	National Champs	2014
2:02.33	M. Tai / K. Grant / K. Mack / M. Thurston	National Champs	2015

# Ridgewood High School All-Time Top 10 Relays

	Team Members:	Meet:	Year:
<b>Shuttle Hurdles:</b>			
59.2*			1972
61.0	E. Blair IV / S. Mattson / M. Beausoleil / I. Hwang	County Relays	2010
62.3	Z. Stadulis / M Bartlik / A. Ruhl / R. Harada	County Relays	2017
<b>62.59</b>	<b>A. Ruhl / L. Reinke / D. Romero / M. Bartlik</b>	<b>East Coast Relays</b>	<b>2018</b>
63.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975
<b>63.7</b>	<b>L. Reinke / N. DeVita / D. Romero / M. Bartlik</b>	<b>County Relays</b>	<b>2018</b>
64.05	E. Berry / D. Barnes / B. Joyner / M. Zeno	East Coast Relays	2014
64.1	M. Zeno / E. Berry / A. Armatas / K. Chung	Comet Relays	2013
64.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	East Coast Relays	2006
64.9	Z. Stadulis / K. Mack / M. Bartlik / R. Harada	County Relays	2016

## \*County Record

### 3x400 IH:

2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:53.5	K. Mack / Z. Stadulis / K. Collins	County Relays	2017
2:55.1	I. Hwang / S. Mattson / E. Blair IV	County Relays	2010
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:56.9	N. Schoff / B. Collins / A. Armatas	County Relays	2013
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:58.3	Z. Stadulis / K. Mack / T. Carver	County Relays	2016
<b>2:58.4</b>	<b>L. Reinke / T. Carver / K. Collins</b>	<b>County Relays</b>	<b>2018</b>
2:58.9	N. Schoff / J. Knight / B. Collins	County Relays	2012

### 3xLong Jump:

<b>60'9 3/4"</b>	<b>M. Bartlik / D. Romero / J. Dickson</b>	<b>County Relays</b>	<b>2018</b>
60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
59'10 1/4"	D. Barnes / B. Joyner / J. Davila	County Relays	2014
58'1"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
58' 3/4"	E. Bartlik / Y. Koo / H. Park	County Relays	2012
57'7"	R. Harada / M. Bartlik / D. Romero	County Relays	2017
56'10 3/4"	J. Davila / A. Punjabi / D. Romero	County Relays	2015
56'9 3/4"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
56'9 1/4"	R. Harada / D. Romero / M. Bartlik	County Relays	2016

### 3xTriple Jump:

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

# Ridgewood High School All-Time Top 10 Relays

	Team Members:	Meet:	Year:
<b>3xHigh Jump:</b>			
18'2"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
18'0"	R. Harada / D. Romero / M. Bartlik	County Relays	2017
17'8"	E. Bartlik / Y. Koo / J. Knight	County Relays	2012
<b>17'6"</b>	<b>M. Bartlik / D. Romero / J. Dickson</b>	<b>County Relays</b>	<b>2018</b>
17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Rel	1995
17'4"	M. Thurston / D. Romero / R. Harada	County Relays	2016
17'2"	E. Bartlik / Y. Koo / J. Knight	Pawlowski Rel	2011
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Rel	2002
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays	2003
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Rel	1994
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Rel	1998
<b>3xPole Vault:</b>			
39'6"	A. Wong / S. Llerandi / P. Morgan	East Coast Relays	2014
38'0"	G. Knutson / J. Riccairdi / C. Jensen	County Relays	2004
36'6"	L. Bontoux / R. Vimba / D. Schechter	County Relays	2016
35'0"	D. Downing / A. Wong / P. Morgan	County Relays	2013
34'0"	A. Wong / D. Downing / P. Morgan	County Relays	2012
34'0"	J. Wisener / M. Witt / A. Gramaglia	County Relays	2009
34'0"			1976
33'0"	J. Wisener / A. Gramaglia / T. DeVita	County Relays	2010
32'6"	D. Warton / D. Cooper / C. Rogers	County Relays	1998
32'0"	M. Witt / N. Stitt / J. Wisener	County Relays	2008
<b>3xShot Put:</b>			
146'8 1/2"	Pfund / Gautier / Laborde		1983
138'2"	K. Ekert / S. McAvey / A. Engelhardt	County Relays	2016
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla	County Relays	1998
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico	County Relays	1993
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson	County Relays	2006
<b>130'1 1/4"</b>	<b>A. Engelhardt / T. Vandalovsky / M. Toner</b>	<b>County Relays</b>	<b>2018</b>
129'3"	J. Barnett / A. Muller / N. Discepolo	County Relays	2013
129'3"	S. Abdallah / M. Flicker / B. Mercer	County Relays	2004
129'0"	J. Murdock / T. Zurla / F. Lockwood	Pawlowski Rel	1998
128'7 1/2"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
<b>3xDiscus:</b>			
422'8"			1971
395'7"	J. Barnett / M. Antosiewicz / A. Muller	County Relays	2013
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
381'6"	J. Simmons / S. Etna / M. Henni	County Relays	2010
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991
375'4"	K. Ekert / M. Gentile / S. McAvey	County Relays	2016
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005

# Ridgewood High School All-Time Top 10 Relays

	<b>Team Members:</b>	<b>Meet:</b>	<b>Year:</b>
<b>3xJavelin:</b>			
460'5"	N. Higgins / J. Locke / C. Abernethy	County Relays	2014
452'11"	J. Barnett / N. Higgins / J. Locke	County Relays	2013
431'1"	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005
429'10"	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006
419'0"	M. Maniaci / M. Beausoleil / E. Blair IV	County Relays	2010
412'6"	Y. Koo / N. Higgins / J. Barnett	County Relays	2012
402'7"	B. Pastorius / K. Ekert / C. Abernethy	County Relays	2015
393'3"	M. Beausoleil / J. Barnett / Y. Koo	County Relays	2011
390'8"	M. Maniaci / T. Zulauf / M. Beausoleil	County Relays	2009
388'10"	K. Flaherty / M. Mosticchio / M. Maniaci	County Relays	2008
<b>3xJavelin (old jav - subtract 10%):</b>			
442'8"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
417'11"	J. Murdock / B. Zuccala / P. Hans	County Relays	1996
404'1"	M. Picarelli / J. Murdock / D. Barry	County Relays	1995

# Ridgewood High School All-Decade Teams

## 2010s

### 100m:

Kobi Grant (2016) 11.04  
Jake Sabatini (2013) 11.05  
Matt Tai (2016) 11.08

### 400m:

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

### 1600m:

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

### 110HH:

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

### 400m Splits:

Kyle Mack (2017) 47.98  
Michael Thurston (2016) 48.66  
Matt Grundy (2010) 48.6  
Storm DUBLIRER (2013) 48.97  
InSoo Hwang (2011) 49.18  
Jon Riemer (2010) 49.4 (leadoff)

### Long Jump:

Evan Bartlik (2012) 22'10"  
**Justin Dickson (2018) 21'4 1/2"**  
**Danilo Romero (2018) 21'0 3/4"**

### High Jump:

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

### Shot Put:

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

### Javelin:

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

### 200m:

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

### 800m:

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

### 3200m:

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

### 400IH:

InSoo Hwang (2010) 53.60  
Kyle Mack (2017) 55.6

**Luke Reinke (2018) 56.21**

### Other Splits:

Kobi Grant (2016) 200: 21.6  
Jake Sabatini (2014) 200: 21.9  
Doohee Han (2014) 200: 22.2 (leadoff)  
Michael Thurston (2016) 800: 1:50.87  
Luke DUBLIRER (2014) 800: 1:51.84  
Storm DUBLIRER (2013) 800: 1:52.48  
David Frering (2013) 800: 1:53.66  
**Will Baginski (2018) 1:54.29**  
Juan Llinas (2011) 800: 1:55.23  
Levi Jennings (2011) 1200: 3:03.83

### Triple Jump:

Evan Bartlik (2012) 46'9 3/4"  
**Max Bartlik (2018) 46'0"**  
Bryce Joyner (2014) 43'9 1/4"

### Pole Vault:

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

### Discus:

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

# Ridgewood High School All-Decade Teams

## 2000s

### 100m:

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

### 400m:

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

### 1600m:

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

### 110HH:

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

### 400m Splits:

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

### Long Jump:

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

### High Jump:

Bernard Mann (2003) 6'7"

### Shot Put:

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

### Javelin:

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

### 200m:

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

### 800m:

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

### 3200m:

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

### 400IH:

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

### Other Splits:

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

### Triple Jump:

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

### Pole Vault:

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

### Discus:

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



# Ridgewood High School All-Decade Teams

## 1990s

### 100m:

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

### 400m:

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

### 1600m:

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

### 110HH:

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

### 400m Splits:

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

### Long Jump:

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

### High Jump:

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

### Shot Put:

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

### Javelin:

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

### 200m:

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

### 800m:

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

### 3200m:

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

### 400IH:

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

### Other Splits:

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

### Triple Jump:

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

### Pole Vault:

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

### Discus:

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

# Ridgewood High School All-Decade Teams

## 1980s

### 100m:

Chris Hamlin (1989) 11.3

### 400m:

Tim Geckler (1989) 48.7

### 1600m:

Chris Sullivan (1985) 4:11.9

Chris Rae (1987) 4:12.0

Joe LeMay (1985) 4:15.0

### 110HH:

### 400m Splits:

Tim Geckler (1989) 48.0

### Long Jump:

Craig Halyard (1989) 22'11"

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

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

### High Jump:

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

### Shot Put:

Eric Bryant (1980) 54'11"

Patrick Rae (1989) 50'5"

### Javelin:

### 200m:

Tim Geckler (1989) 22.1

### 800m:

Chris Rae (1987) 1:51.61

John Parisi (1983) 1:54.0

John Lander (1985) 1:54.4

### 3200m:

Eric Berntsen (1987) 9:05.7

Joe LeMay (1985) 9:12.8

Kevin McCabe (1987) 9:22.4

### 400IH:

John Parisi (1983) 53.9

Dave Shultz (1987) 54.7

Tim Kelley (1982) 55.4

### Other Splits:

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

### Triple Jump:

Craig Halyard (1989) 48'7"

### Pole Vault:

John Boylan (1980) 13'6"

### Discus:

Patrick Rae (1989) 143'1"