

**Ridgewood Boys & Girls**  
**Winter Track**  
**2017-2018**



# Schedule

<b>Date</b>	<b>Meet</b>	<b>Site</b>	<b>Level</b>
Mon. Dec 18, 5:00 PM	Spiked Shoe Invitational	Armory, NYC	All
Thurs. Dec 28, 9:00 AM	Track Universe	Armory, NYC	All
Tues. Jan 2, 4:30PM	Big North Frosh/Novice	RCC, Suffern	Frosh/Novice
Fri-Sat. Jan 5-6, TBA	Hispanic Games	Armory, NYC	Select Varsity
Wed. Jan 10, 4:30 PM	Ridgewood Winter Games	RCC, Suffern	All
Mon. Jan 15, 4:30 PM	Big North Championships	Ocean Breeze, NYC	Varsity
Wed. Jan, 24, 5:15 PM	Bergen County Relays	Armory, NYC	Varsity
Mon. Jan 29, 4:30 PM	Ed Church Invitational	FDU, Hackensack	Frosh/Novice
Mon. Feb 5, 5:00 PM	Varsity Classic	Armory, NYC	Select Varsity
Sat. Feb 10, 9:00 AM	State Sectional Championship	Toms River	Select Varsity
Wed. Feb 14, 5:15 PM	Bergen County Championship	Armory, NYC	Varsity
Sat. Feb 17, 9:00 AM	State Group IV Championship	Toms River	Varsity Qualifiers
Tues. Feb 20, 4:30 PM	Eastern States Championship	Armory, NYC	Select Varsity
Sat. Feb 24, 10:00 AM	State Meet of Champions (Girls)	Toms River	Varsity Qualifiers
Sun. Feb 25, 10:00 AM	State Meet of Champions (Boys)	Toms River	Varsity Qualifiers
Fri-Sun. March 9-11, TBA	New Balance Indoor Nationals	Armory, NYC	Select Varsity

# Varsity Letter Recipients

## Seniors

<i>Meghan Adams</i>	<i>Max Bartlik</i>
<i>Michelle Carey</i>	<i>Max Boogaert</i>
<i>Hannah Fishbein</i>	<i>Jason Chun</i>
<i>Evelyn Kotch</i>	<i>Austin Engelhardt</i>
<i>Nicole Lester</i>	<i>Nick Iliev</i>
<i>Anna Schoff</i>	<i>Nick Plasse</i>
<i>Brittany Schofield</i>	<i>Danny Romero</i>
<i>Vanessa Soriano</i>	<i>Mark Salzman</i>
<i>Lexi Uzoaru</i>	<i>Chris Shammas</i>
	<i>Matt Tai</i>
	<i>Max Toner</i>
	<i>Sid Wagh</i>
	<i>Ban Zamboldi</i>

## Juniors

<i>Cassie Keyes</i>	<i>Will Baginski</i>
<i>Virginia Morley</i>	<i>Kevin Collins</i>
<i>Katherine Muccio</i>	<i>Nick DeVita</i>
<i>Victoria Purritano</i>	<i>Ryan Fahey</i>
<i>Jerilyn Rynkowski</i>	<i>Alex Ruhl</i>
<i>Lizzie Veenhof</i>	

## Sophomores

<i>Julianna Einemer</i>	<i>Reiya Aono</i>
<i>Caroline McCormack</i>	<i>Taylor Barnabic</i>
<i>Sara VandenAssem</i>	<i>Mason Zamboldi</i>
<i>Ellie Veenhof</i>	

## Freshmen

<i>Sarah Policano</i>	<i>Ryan McKenna</i>
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# **Awards and Accolades**

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

### **First Team**

*Meghan Adams, SR – 1600m*  
*Nicole Lester, JR – Pole Vault*  
*Virginia Morley, JR – 55m Hurdles*  
*Katherine Muccio, JR – 200m*  
*Victoria Purritano, JR – Long Jump*  
*Lexi Uzoaru, JR – Shot Put*  
*Sara VandenAssem, SO – All-Around*  
*Lizzie Veenhof, SO – High Jump*  
*4x800: Meghan Adams, SR*  
*Jules Einemer, JR*  
*Jerilyn Rynkowski, JR*  
*Brittany Schofield, SR*  
  
*Max Bartlik, SR – Triple Jump*  
*Will Baginski, JR – 800m*  
*Danny Romero, SR – High Jump*  
*Sid Wagh, SR – 3200m*

### **Second Team**

*Cassie Keyes, JR – 1600m*  
*Evelyn Kotch, SR – 800m*  
*Anna Schoff, SR – Triple Jump*  
*Ellie Veenhof, SO – High Jump*  
*4x400: Evelyn Kotch, SR*  
*Caroline McCormack, SO*  
*Virginia Morley, JR*  
*Nicoletta Venizelos, SO*  
  
*Ryan Fahey, JR – 1600m*  
*Alex Ruhl, JR – 55m Hurdles*  
*Matt Tai, SR – 55m*  
*4x400: Will Baginski, JR*  
*Ryan McKenna, FR*  
*Alex Ruhl, JR*  
*PJ Sanchez, SO*

### **Honorable Mention**

*Michelle Carey, SR*  
*Austin Engelhardt, SR*



# All-County Selections

## First Team

*Katherine Muccio, SO – 55m*

*4x800: Evelyn Kotch, SR*

*Katherine Muccio, JR*

*Meghan Adams, SR*

*Virginia Morley, JR*

*Will Baginski, JR – 1600m*

*Max Bartlik, SR - Pentathlon*

## Second Team

*Virginia Morley, JR – 800m*

*Lexi Uzoaru, SR – Shot Put*

*Ryan Fahey, JR – 3200m*

*4x800: Sid Wagh, SR*

*Ryan Fahey, JR*

*Ben Zamboldi, SR*

*Will Baginski, JR*

## Third Team

*Cassie Keyes, JR – 1600m*

*Victoria Purritano, JR – Long Jump*

## Honorable Mention

*Meghan Adams, SR*

*Hannah Fishbein, SR*

*Evelyn Kotch, SR*

*Nicole Lester, SR*

*Caroline McCormack, SO*

*Sarah Policano, FR*

*Lizzie Veenhof, SR*

*Ellie Veenhof, SO*

*4x400: Victoria Purritano, JR*

*Meghan Adams, SR*

*Virginia Morley, JR*

*Katherine Muccio, JR*

*Austin Engelhardt, SR*

*Danny Romero, SR*

*Matt Tai, SR*

*Sid Wagh, SR*

*4x400: Ethan McPherson, SO*

*Matt Tai, SR*

*Will Baginski, JR*

*Alex Ruhl, JR*

## Team of the Year

*Ridgewood Girls & Boys – Large School*

## All-State Group IV Selections

### Third Team

*Will Baginski, JR – 1600m*

## Athlete of the Week

*Katherine Muccio, JR - December 17-23, 2017*

## Bergen County Relays Athlete of the Meet

**Lou Molino Award:** *Katherine Muccio, JR*

# Preseason North Jersey Sports

GIRLS HIGH SCHOOL TRACK

## Area athletes jump into track action

Brown, Lester seek new records in pole vault

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

**TIFFANY BAUTISTA**, Paramus Catholic, junior jumper: Already one of the most versatile and talented jumpers in North Jersey history, she won last year's Non-Public A and Bergen high jump titles, tied for 6th in the State Meet of Champs and was 5th in the Eastern States. She already ranks in the top 10 indoors in the high and long jump and is 14th in the triple jump.

**LILLY BROWN**, Lakeland, senior pole vaulter: The two-time Passaic County indoor champion, she won the Big North Independence meet last winter, and was second in both the North 1 group 2 sectional and the Coach Glynn Holiday Carnival, the latter with a leap of 11-9, her personal best. She qualified for the State Meet of Champions.

**LAUREN CHAMBERLIN**, Ramsey, senior multi-events: The girl with the blue lips at track meets (ask her: it's a candy superstition) hopes her injuries are behind her. She won the Bergen County pentathlon, scoring 2,805 points and helped the Rams to the small schools Bergen relays titles with four medal performances, including two golds. She also won the 2016-17 girls State group 2 high jump title.

**NICOLE LESTER**, Ridgewood, senior pole vault: The two-time state Group 4 state champion just missed a medal at the State Meet of Champions, finishing 9th. She also won last year's Big North Freedom and state sectional meets and teamed with the now graduated Maxine Earl to set a Bergen County record in the two-girl pole vault that clinched the Bergen Relays large schools relays.

**DAISY LILJEGREN**, Northern Highlands, sophomore distance runner: Injuries and illness kept her from the cross-country season she wanted, but most forget she was the top distance runner last winter for the Highlanders, winning the Coach Glynn and sectional 3,200 races and taking second in the state group 3 and Big North freedom 3,200s, before finishing 12th in the SMOG 3,200.

**ALENYS MORALES**, Clifton, senior multi events: The talented sprinter/jumper/hurdler won the 200, long jump and 55 hurdles at the Big North Liberty and Passaic County championships among more than 15 medal winning performances. She also took second in the group 4 sectional high hurdles and figures to be one of the best hurdlers in the state this winter.

**CAROLINE O'SULLIVAN**, NV/Old Tappan, senior middle distance runner: The University of Pennsylvania commit has three indoor group 3 state titles, including winning both the 800 and 1,600 last winter and ran the eighth fastest 1,000 meter time in winning the event at the Bergen championships. She also won the 800 and 1,600 at sectionals, and sits eighth on the all-time Bergen 800 list and 13th at 1,600 meters going into the season.

**MELISSA PURCELL**, Pascack Valley,



Nicole Vadon of Pascack Hills runs the anchor leg of the 4x100. KEVIN R. WEXLER/NORTHJERSEY.COM



Paramus Catholic's Tiffany Bautista won once again on Saturday, June 3. MICHAEL KARAS/NORTHJERSEY.COM FILE



Nicole Lester of Ridgewood cleared 11 feet in pole vault to win gold at the Group 4 championships. KEVIN R. WEXLER/NORTHJERSEY.COM

senior pole vaulter: The Northeastern commit had a truncated winter season last year after an early season foot injury cost her a month and a half of training. She was third in the sectionals but didn't compete at states after reinjuring her foot. Her best performance last year was an indoor PR of 11-6 while taking sixth at the Varsity Classic, but she's made 12-6 outdoors.

**LAUREN STERN**, Mahwah, senior hurdler/jumper: Versatile athletes who's also an excellent tennis player, she won the 55 hurdles, long and triple jumps at the Big North Patriot meet last winter, and placed in all three events at 4 major meets including the Bergen

championships and prestigious Varsity Classic. She ranks in the top 25 of Bergen County all-time in the high hurdles and long jump and is 9th in the triple jump.

**NICOLE VADON**, Pascack Hills, senior sprinter: The speedy Vadon, who will run at TCNJ next year was best at 55 meters, winning the Big North Patriot, taking second in the group 2 sectional and was fifth in the group 2 state championship last year, advancing to the SMOG. She also placed in league 200 and long jump competition and helped the Cowgirls to wins in the Bergen Relays 4-x-200 and sprint medleys.

### Keep an eye on girls league indoor track

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

Legend: (S) Sprints; (H) Hurdles; (J) Jumps; (SP) Shot put; (D) Distance; (MD) Mid-Distance; (PV) Pole vault.

#### Big North

**UNITED**  
DePaul has no seniors with Diana Delgado (D), Julia Delmastro (D) and Kendall Tully the only juniors. Sophs Juliette Bianchi (D) and Alex Maizys (D) are the top performers returning...Holy Angels might be one of the best teams in the state if it can stay healthy. Seniors Anya Skae (SP), Cara Czevek (SP), Tara Lyons (MD), Veronique Dhont (S), Caroline McGann (PV), and Jennifer McGann (PV) are all potential county and state medal winners and juniors MacKenzie Hughes (D), Amanda Sheehan (MD) and Rebecca Hazell (H/J) are potential breakout stars. Sophs Maris Rodriguez (S) and Christina Bagin (D) should also score well...IHA has an excellent senior class led by seniors Fiona Ralph (MD), Victoria Sheldon (D), Mary Hughes (SP/S), Olivia Tavani (S/H), Jazmin Bender (D) and Kristina Shaw (S). Sophs Olivia Dubois (PV/J/H) and Mary Pat Sayre (J) will also score...Paramus Catholic is loaded with stars like juniors Tiffany Bautista (J/S), Kenedee Cox (S), Isabelle Dely (H/J),

See LEAGUES, Page 9S



# Leagues

Continued from Page 85

Ashley Linares (D), seniors Leilah Blain (H/J) and Dymond Robinson (SP) and soph Mariah Fede (H). If the supporting cast contributes, the Paladins will soar.

## LIBERTY

Bergen Tech rebuilds led by junior Sophia Wolmer (D)...Clifton is always a strong contender for league and county titles. Seniors Alenys Morales (H/J/S), Hadeel Alshujaieh (D) and Janice Owusu (SP) are joined by juniors Antoinette Muir (S), Brianna Morrison (PV/J/S) and sophs Andrea Dubbels (D) and Brianna Rubio (S)...Eastside is rebuilding...Kenedy is ready to make a push for county and league honors this year. A great junior class includes Shamaysha Canty (J/S), Aminata Coulibaly (J/H), Christina Hines (J/S), Virginia Holton (SP/S) and Benae Johnson (H/J/S)...Passaic returns senior Manuella Caraballo (D)...Passaic Tech is led by senior Carly Spinnler (MD) and juniors Ashley Martinez (J) and Sydney Shannon (PV).

## FREEDOM

Hackensack returns seniors Mackenzie Carroll (SP), Allison Danganan (SP) and Kadreya Simeon (D) but it's the sophomore class led by Chelsea Campbell (D), Marisa Greenwald (S), Brianna Eastman (S), Caitlin Scully (MD) and Shanice Murray (S) that will determine the Comets' season...Indian Hills has a good group including senior Leah Sussman (MD), junior Leanne Atkinson (MD) and sophs Corinne and Madeline Barney (D)...Northern Highlands is the five-time defending league champion and won the large school Bergen Relays and group 3 sectional last winter. Graduation hit hard but the Highlanders have plenty back led by seniors Kaia Becker (PV), Brigette Insera (PV), Sofia de la Colina (J), Ruby Martini (SP), and



**Lauren Stern of Mahwah cleared a personal-best 37 feet, 5 3/4 inches in triple jump at the New Balance Indoor Nationals. SPECIAL TO NORTHJERSEY.COM**

behind senior Samantha Biss (D) and soph Grace Yost (H). Defending Passaic County champ Lilly Brown (PV) hopes to make noise on the state level...Passaic Valley is rebuilding...Wayne Hills graduated a lot but still has seniors Samantha Sklar (S/H), Kaitlyn Wisse (D), Michelle Vida (D) and Kaitlyn Rehberger (S) to keep it competitive...Wayne Valley is young but counts on seniors Meghan Corso (H/S), Sharon Powley (S), and juniors Julia Philp (S) and Natalie Pulicchio (D) to keep them in contention...West Milford is rebuilding.

## NATIONAL

Bergenfield is improving and new head coach Casey McCaffrey thinks seniors Sophia George (H/J/S) and Cheyenne Jones (SP) and juniors Danielle Logan (S/J) and Shaniya Binns (S/J) can move the Bears up in the standings...NV/Demarest has a strong core led by seniors Georgia Markham (MD), Chloe Zampetti (J), Ally Ruocco (J), Cat Light (SP), Mai Shalvi (H), junior Sydney Woods (PV) and soph Kyra Pialtos (S) and has a good enough supporting cast to contend at every level...NV/Old Tappan will also contend led by University of Pennsylvania commit Caroline O'Sullivan (MD), fellow seniors Mary Scivanich (MD), Aida Dela Cruz (D), Hana Bernik (SP) and Ariana Cavalli (PV), juniors Taylor Newman (S), Julia Powell (J), Taylor Dolan (H) and soph Marissa DiGia (PV/J)...Pascack Valley is re-

Kristen Garone (D), Sofia DePalo (SP), Julia Bressi (S) and Lindsay McNeill (D) are joined by juniors Emma Cunningham (S/J), Kaela Monte (H/J) and Maggie Scaglione (D)...River Dell has a very good senior class led by Quinnipiac commit Shannon Gorla (D), eve Schoenberg (MD), Emma Gallagher (MD), Laura Rizik (SP), Julia DiBenedetto (J) and Jeanmarie Harvey (PV) and will be a contender for league and sectional titles...Westwood has senior veterans Annalise Jarski (D) and Sophia Beutel (D) and a large group of newcomers will show improvement.

## AMERICAN

Cliffside Park has a chance to win again led by distance runners, seniors Erjona Llukovi and Mavis Cao and soph Veronica Calderon. Senior Nina Gonzalez (J/H) and Destiny Cameron (SP) are potential league champs...Dumont rebuilds behind seniors Zsuzsanna Balog (MD), Devanny Lopez (S) and Valentina Rivera-Munoz (D) and soph Isis Jusino (S/J)...Englewood looks to improve led by sophs Alexis Hall (S) and Patricia Benson (S)...Fort Lee won its first league title last year and returns junior Joanne Samuel-Olagunju (J/S) and soph Kendall Caballero (S/J)...Ridgefield Park has some good veterans in seniors Whitney Bailey-Hicks (S/J) and Jessica Uben (D), juniors Fiona Cummings (H/PV) and Jennifer Lucero (SO) and soph Jada Carroll (J).

## INDOOR TRACK MEETS SCHEDULE

**Friday, Dec. 15:** Jack O'Leary Lifter, Drew University, Madison; Tim St. Lawrence Invitational, Army Track Center

**Saturday, Dec. 16:** FDU Holiday Classic; AT&T Coaches Hall of Fame Invitational, Army Track Center, New York; Bishop Loughlin Games, Ocean Breeze, Staten Island (Girls)

**Sunday, Dec. 17:** FDU Holiday Classic, Rothman Center, Hackensack; Bishop Loughlin Games, Ocean Breeze (Boys)

**Monday, Dec. 18:** Dick DeScriber Invitational, Drew University; Spiked Shoe Holiday Festival, Army Track Center

**Tuesday, Dec. 19:** Season Opener Invitational, Rothman Center

**Friday, Dec. 22:** Garfield Shot put/high jump #1, Garfield H.S.; Tony Passarelli Invitational, Drew University

**Wednesday, Dec. 27:** Christa Racine Invitational, Drew University; Pearl River Holiday Festival, Rockland CC, Monsey, N.Y.

**Thursday, Dec. 28:** Coach Glynn Holiday Relay Carnival, Ocean Breeze; Track Universe Invitational, Army Track Center; NJCTC Relays, Army Track Center

**Friday, Dec. 29:** Marine Corps Invitational, Army Track Center

**Saturday, Dec. 30:** Len Pietrewicz Invitational, Army Track Center; Ocean Breeze Holiday Festival, Ocean Breeze

**Friday, Jan. 5:** Dartmouth Relays, Hanover, N.H.; The Hispanic Games, Army Track Center; Tom Zaccane Invitational, Rothman Center

**Saturday, Jan. 6:** Dartmouth Relays, Hanover, N.H.; The Hispanic Games, Army Track Center; Garfield shot put/high jump #2, Garfield H.S.

**Monday, Jan. 8:** NJIC Championships, Army Track Center

**Tuesday, Jan. 9:** Cliff Back Invitational, Drew University

**Wednesday, Jan. 10:** Milrose Games Trials, Army Track Center; Ridgewood Winter Games, Rockland Community College; FDU Field Events #1, Rothman Center

**Thursday, Jan. 11:** Wayne Valentine Invitational, Drew University

**Saturday, Jan. 13:** Malloy Stanner Games, Army Track Center

**Monday, Jan. 15:** Garfield shot put/high jump #3, Garfield H.S.; Big North United, Liberty and Independence, Ocean Breeze

**Wednesday, Jan. 17:** Frosh/Novice Championship, Army Track Center; FDU Field Events #2, Rothman Center; Big North Freedom, American, National and Patriot, Ocean Breeze

**Thursday, Jan. 18:** State Relays: Group 4 girls and Non-Public A, Bennett Center, Toms River

is rebuilding behind seniors Jessica Bell-Tulloch, Huda Quasem, Maryam Sagha, Diane Toszer and juniors Jai'Leiyne Blackmon and Shirley Montes...Midland Park looks to seniors Jessica Wallace (S), Emily Tannler (S) and Emily Padavano (S) to grow the program...New Millford is rebuilding...so is North Arlington...Former Tiger star Brandon Fronjian leads a reborn Palisades Park program and welcomes seniors Elmy Ozuna and Karen Roca and junior Alexa Stark...Park Ridge has a small but talented team led by senior Megan Gasnick (S)

Paige Wilderotter (MD). Junior Elizabeth Healy (S) and sophs Kyla Krawczyk (MD), Daisy Liljegren (D) and Grace Smiechowski (MD) are top contributors. Of course the Highlanders also return state cross-country champion Monica Hebner (D) and fourth place finisher Isabel Hebner (D)... Paramus returns senior Linda Kerkandell (PV), juniors Caitlyn Calupad (PV) and Emily McCausland (H/J) and sophomore Christine Dilorio (D) and Michelle Park (PV/SP/J)... Ramapo has a solid senior class led by Amanda Katz (PV/J), Stephanie Behrens (S), Jill LoPresti (H/J), Izzi Boomhower (H), Emma Kinney (S/J), and juniors Sarah Adams (S), Grace O'Shea (S/H) and Sophia Schwartz (S)... Ridgewood has great depth and talent and should contend in every team meet it enters. Seniors Meghan Adams (MD), Evelyn Kotch (MD), Hannah Fishbein (D), Lexi Uzoaru (SP) and Nicole Lester (PV), the 2-time state group 4 indoor champ, and juniors Katherine Muccio (S/H), Virginia Morley (H/S), Cassie Keyes (D), and Lizzie Veenhof (J) are potent scorers.

#### INDEPENDENCE

Fair Lawn has a solid team, with seniors Charlotte Joannidis (D) and Julianne Gerritsen (D), and juniors Gabriela Manjarrez (S) and Lindsay Williams (SP)... Lakeland is improving

building but has terrific seniors in Melissa Purcell (PV) and Juliana Schraer (PV/S) and an excellent soph in Beibhinn O'Reilly (S/MD)... Teaneck has an outstanding senior class led by Amanda Kearney (D), Rashya Edwards (S/H/J), Zia Barr (J), Leah Carratura (MD) and junior Gabrielle Spence (S) and should be in contention... Tenafly welcomes new head coach Dana Bianchi and returns a good group led by seniors Emma Bergman (MD), Ines Greenway (D) and Nicole Frankel (SP) and a great junior class led by Lauren Shaner (H/J), Dejana Sujak (D) and Alexa Miller (D). Sophs Sophia Dongaris and Maya Considine give the Tigers great hurdle and jumps depth.

#### PATRIOT

Mahwah has a new coach in Deirdre Wilson there's a solid team with seniors Lauren Stern (H/J), Jennifer Silva (SP), Michele Silva (SP) and Lauren Byrne (D) and juniors Kyra Muller (PV), Alena Roca (S) and Annabelle Spingler (PV)... Pascack Hills is a major factor in the league with seniors Emily Prendergast (S/D), pentathlete Hannah Figueroa (H/MD/J), Kai Lash (S), Nicole Vadon (S) and junior Erin Buquicchio (S) leading scorers... Ramsey is a solid contender for sectional, county and league honors. Seniors Lauren Chamberlin (J/H/S), the Bergen County pentathlon champ, Sam Sudol (S), Lily Flood (D),

## NJIC

Dwight-Englewood has a new coach in Orestes Medina and has seniors Victoria Kong (J), Sally Hwang (S) and Jennifer Su (D) and soph India Marseille (SP) to lead the way... Eastern Christian is led by senior Katie Hefty (S)... Emerson's top returnee is senior Adrianna Gobin (PV)... Garfield is led by seniors Kornelia Jablonska (J/H/MD) and Janice Vargas (D) who will be helped by juniors Zanaya Ritter (S) and Natalie Nunez (J)... Glen Rock is a contender led by a great senior class of Rachel McMahon (S/J), Sarah Hutchins (S/H), Sabina Sose (MD), Alex Walter (D), Selma Sose (H) and Jean Walter (SP)... Hasbrouck Heights is rebuilding (for them) but seniors Monika Lucic (H/J), Haylle Thomas (S), Giana DiLascio (D), Nyasia Fye (S) and juniors Kelly Innis (PV) and Natalie Stefanelli (PV) will keep the Aviators in the hunt... Hawthorne has some talent led by seniors Nicole Bertollo (MD), Kim Corrales (S), Kayla Miller (H/J), Katelyn Moro (S) and need the underclassmen to step up... Lyndhurst starts a new program led by coach Ed Tesselone and starts out with a strong senior class led by Alysha Ramos (SP), Alyssa Robalino (S/J), Hanna Song (PV), Lynette Vasquez (S), Kelly Weckstein (D) and Alyssa Capasso (PV)... Manchester

and soph Sarah Geormaneanu (D/MD). Seniors Tara Fahy (SP/S), Megan Ludwig (SP) and Shay Monteverdi (SP) return but the important new face is state Group 1 cross-country champ Samantha Green, who switched from basketball to indoor track... Pompton Lakes returns seniors Ashleigh Rennar (H/MD), Juliana Valencia (MD), junior Meghan Keating (MD) and soph Skylar Struble (S)... Rutherford welcomes back seniors Ceilie Waller (D), juniors Rachel Wronko (S/H) and Gianna Suriano (S) and adds National outdoor high jump champion Jenna Rogers (soph.) who competes indoors for the first time... Saddle Brook looks to senior Bianca Asencio (H/J), junior Lara Menichelli (H/J), and sophs Brooke Tulloch (SP), Natalie Trivisano (MD) and Caroline Poskrobko (MD) for scoring... Secaucus has a new head coach in Chris Panepinto and returns senior Julia Syracuse (S), juniors Alex Molta (D), Kiersten Williams (D) and Aya Kharris (H/S) and soph Joan Banks (S)... Waldwick has some talent with seniors Leslie Torres (S), Kiara Zavala (H/S), Christina Sullivan (D) and Nicole Semus (D), junior Sloane Irwin (MD), and soph Jillian Reynolds (D)... Wood-Ridge continues its rebuild with senior Carly Cook (D), and junior Nana Addo (SP).



# North Jersey Sports

HIGH SCHOOL INDOOR TRACK

## Boys leagues prepare for competitive season

### Hackensack returns deep senior class in Freedom

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

*Legend: (S) Sprints; (H) Hurdles; (J) Jumps; (SP) Shot put; (D) Distance; (MD) Mid-Distance; (PV) Pole vault.*

#### Big North

##### UNITED

Bergen Catholic returns senior Michael Hyland (SP) and juniors Braedon Fiume (MD) and Rahmir Johnson (S) ...DePaul has no seniors and looks to junior Sebastian Ruiz (D), AJ Buttitta and Chris Carasola for leadership...Don Bosco looks to seniors Kieran Ungemach (9D) and Jun Omiya (MD)...Paramus Catholic returns seniors Brandon Hospie (S/J) and Ray Meagher (D) in a rebuilding year...St. Joseph has a solid group of sprinters in senior Gage Poindecker and junior Gianni Lisa but depends on the health of senior Guerson Toupuissant. Seniors Isaiah Hopkinson (H/J), Jesse Williams (J), Dalton Collins (D) and Jimmy Fitzpatrick (D) add depth.

##### LIBERTY

Bergen Tech rebuilds behind senior Anthony DiIorio (D)...Clifton is a contender for league and county championships behind all-Passaic star Kevin Heredia (MD), seniors Jordan Laceste (PV), Takashi Yuasa (D/PV), Max Dubac (D/MD), Luis Zorilla (SP) and soph Joshua Szabo (D)...Eastside has two good senior sprinters in Jamel Moss and Dijon Outerbridge...Kennedy is rebuilding led by seniors Khonsu Allen (MD), Katrele Greene, Zymire Holton, and Davian Wallen (D)...Passaic rebuilds behind 400/800 star Luis Peralta, the Passaic County cross-country champion...Passaic Tech adds junior transfer Shaheem Maple (S), and returns senior Corey Powell (H/J) and soph Julius Pallero (D).

##### FREEDOM

Hackensack should be competitive led by a deep senior class including Andrew Achirem (J), RayShawn Hammond (S), Chris Benitez (D), Kevin Cabrera (D), Jorge Dutan (D), David Keegan (MD), John Outen (D) and Jack Stuart (SP)...Indian Hills has a solid middle distance corps led by seniors Corey Girard, Ara Araz and Steve Fiumefreddo...Northern Highlands hopes seniors Dan Monchek (H/J) and Jack Wilderotter (J/S) can enjoy doos seasons while the rest of the team rebuilds...Paramus counts on seniors Nick Weuste (D) and Kevin Fernando (S), juniors Brandon Yip (PV) and Connor O'Brien (D) and soph Dan Stipanov (S/H/J) to help in its rebuilding phase...Ramapo will be competitive in this tough division with seniors Timmy Suchora (MD), Mike Petrazzuolo (S), Patrick Jackson (S), Alex Miras (S/J),



Old Tappan's Seth Kricheff on his way to winning the state title in pole vault at the Indoor Track and Field Championships at John Bennett Indoor Sports Complex in Toms River on Feb. 25. MICHAEL KARAS/NORTHJERSEY.COM

Sung Jae Lee (S/J) and Jack McGuire (MD) the veteran leaders...As usual, Ridgewood looks to be one of the top teams in the area with seniors Matt Tai (S), Max Bartlik (H/J), Danny Romero (J), Austin Englehardt (SP) and Sid Wagh (D) joined by juniors Will Baginski (MD) and Ryan Fahey (D).

##### INDEPENDENCE

Fair Lawn is counting on seniors Jonathan Marcus (D) and Patrick Touhey (MD) to translate their cross-country success into a fine track season. Seniors Carlos Cabrera (MD) and Sebastian Villeges (S) should also contribute...Lakeland should contend here with senior Kelvin Gonzalez (S/J), running indoors for the first time after a superb football season. Juniors Hasson Klinging (S/J), Chris McCormack (J), Garrett Bergold (D) and sophs Jesse Campoverde (D) and Zack Voll (MD) are potential breakthrough athletes...

Passaic Valley is rebuilding...Senior distance mainstays Nick Hennessy, Austin Minogue and Caesar Dominguez lead Wayne Hills...The transfer to Passaic Tech of Maple hurts Wayne Valley's chances of league and county titles, but seniors Aesh Patel (S), Darrian Soto (H), Ranay Yadav (D), Patrick Emolo (PV) and Grant Foray (S) can help the Indians recover...West Milford is rebuilding.

##### NATIONAL

Bergenfield has a new head coach in Casey McCaffrey and the Bears welcome back seniors Brenden Barton (S), Anthony Bencosome (S), Greg Ferrer (MD), Calvin Hui (MD) and Kenny Larcier (J/S) ...NV/Demarest has a good senior class led by Josh Munoz (MD), Jake Ragusa (D), Tim Larsen (D), Serban Ionato (H/J) and Kia Gardner (J)...NV/Old Tappan returns state indoor pole vault champion Seth Kricheff and his vaulting compatriots Tyler Hrbek and Jona Kim, but the Golden Knights have a lot more with seniors Justin Kim (D), Will Dippolito (D), Kyle Shine (J/MD), and Chris Eichler (SP). Look for junior John Lohrer (S/H) in his first indoor season to excel...Passaic Valley is rebuilding behind senior Sam Pitkowsky (PV) and soph Leo Dennis (J)...Teaneck should have a solid team led by seniors Sahil Rajapkar (D), Miguel Sosa and Brian Mensah (MD), Michael Carter (S), Darnell Jackson (S) and Owari Hoo (S) and juniors Jayquan Levy (S) and Alexander VanBrackle (J) ...Tenafly welcomes a new coach in former Westwood and TCNJ star Dana Bianchi as Dave Burns moves to NV/Old Tappan. The Tigers return seniors Kevin Kim (D), Keith Rocco (D), Neal Rodin (S) and Bruce Min (SP), and juniors Max Beck (D) and Lucas McCoy (MD).

See LEAGUES, Page 9S



## Spiked Shoe Invitational - 168th Street Armory; Monday, December 18th

### **55m HH**

Novice Boys: N. DeVita **9.3**

Varsity Boys: M. Bartlik **7.9/7.9**, A. Ruhl **8.2**, K. Collins **10.9** (fall)

Frosh Girls: B. Correll **12.3**

Novice Girls: J. Loccke **12.8**

Varsity Girls: V. Morley **9.1/9.1/9.2**, S. VandenAssem **?/9.1/9.3**, A. Schoff **9.9/9.9**

### **55m**

Frosh Boys: R. McKenna 7.1/7.2 - 5th Place, S. Halvorsen **7.9**, G. Byron **7.9**

Novice Boys: E. McPherson **7.1**, K. Grant **7.2**, M. Curtis **7.6**, G. Frey **7.4**, B. Baney **7.2**, P. Sanchez **7.0**, W. Keeney **7.2**, E. Wong **7.0/7.1**, E. Kessler **8.1**, A. Dunn **7.9**

Varsity Boys: M. Tai 6.6/6.6/6.7 - 4th Place, J. Chun **6.9**

Frosh Girls: K. Wagner **8.2**, J. Dobson **8.5**, L. Gessmann **8.1/8.5**, Y. Lee **9.5**, E. Sue **8.5**

Novice Girls: C. McCormack **8.5**, J. Peterkins **7.7**, M. Yurgelonis **7.6**, J. Seifert **8.6**, N. Donnelly **7.8**, E. Veenhof **8.2/8.1**, N. Ghazaii **7.9**, L. Seifert **8.7**

Varsity Girls: K. Muccio 7.1, 7.0, 6.9 - 1st Place, V. Purritano **7.6**

### **1600m**

Frosh Girls: S. Policano 5:52.4 - 5th Place, A. Dort **6:17.4**

Novice Girls: J. Einemer 5:58.7 - 3rd Place, M. Rossignol 6:02.7 - 4th Place, B. Schofield **6:06.9**, E. Tilyou **6:04.0**

Varsity Boys: W. Baginski 4:26.9 - 1st Place, R. Fahey **4:43.5**, B. Zamboldi **4:39.9**, M. Zamboldi **4:59.3**, T. Barnabic **5:01.8**, M. Boogaert **5:03.5**

Varsity Girls: M. Adams 5:22.4 - 6th Place, E. Kotch **5:27.9**, C. Keyes **5:31.8**, H. Fishbein **5:39.9**, J. Rynkowski **6:11.3**

### **800m**

Frosh Boys: J. Boogaert 2:22.1 - 4th Place, Q. McCutcheon 2:26.1 - 6th Place, M. Salerno **2:29.1**, E. Stojanovic, **2:48.6**, S. Miller **2:31.1**, L. Fahey **3:07.4**, D. Cordero **2:33.2**

Frosh Girls: L. Gessmann **2:47.5**, A. Hong **3:25.8**, A. Brussel **3:23.1**

Novice Boys: R. Seaver **2:20.5**, T. Baginski **2:21.7**, A. Sheridan **2:28.3**, P. Baginski **2:25.1**, A. Olivo **2:44.2**, J. Bini **2:33.8**, M. Salzman **2:27.0**

Novice Girls: M. Grygier **2:52.4**, C. Kandel **3:04.9**, M. Skuthan **2:46.0**, J. Douaihy **3:09.7**, R. Santhanaraman **3:34.0**, D. Salta **3:06.1**

Varsity Girl: V. Morley **2:31.9**

## Spiked Shoe Invitational - 168th Street Armory; Monday, December 18th

### **200m**

Frosh Boys: S. Halvorsen **27.9**, G. Byron **28.3**

Frosh Girls: B. Correll **31.9**, K. Wagner **31.0**, J. Dobson **31.6**, E. Sue **30.8**

Novice Boys: K. Grant **26.2**, M. Curtis **28.0**, B. Baney **27.1**, G. Frey **26.5**, W. Keeney **26.2**

Novice Girls: S. VandenAssem **28.2 - 3rd Place**, C. McCormack **29.2 - 5th Place**, J. Peterkins **29.8**, M.

Yurgelonis **31.7**, K. Patel **37.9**, N. Donnelly **31.5**, J. Seifert **29.5**, N. Ghazaii **31.5**, L. Seifert **30.4**, L. Seifert **30.4**,  
V. Soriano **31.1**, J. Loccke **34.6**

Varsity Boys: M. Tai **23.1 - 6th Place**, J. Chun **24.1**, A. Ruhl **24.1**, P. Luby **24.5**, D. Romero **24.3**

Varsity Girls: K. Muccio **25.6 - 1st Place, New School Record!!**, V. Purritano **26.7 - 6th Place (Tie)**

### **LJ:**

Varsity Boys: P. Luby **18'11"** - 6th Place (Tie)

Varsity Girls: V. Purritano **16'11 ½"** - 2nd Place

### **TJ:**

Varsity Girls: S. VandenAssem **34'4 ¼"** - 5th Place , A. Schoff **32'7 ¼ "** , L. Veenhof **31'4"**

Varsity Boys: M. Bartlik **42'2"** 3rd Place

Novice Boys: P. Sanchez **37'9 ½"** - 3rd Place , N. Iliev **30'5**, N. DeVita **33'9 ¼ "**

### **HJ:**

Varsity Girls (4'5, 4'8): L. Veenhof **4'8"** - 5th Place, E. Veenhof **4'10"** - 4th Place

Varsity Boys (5'2, 5'6): D. Romero **6'0** - 4th Place

### **PV:**

Varsity Girls: N. Lester **11'0** - 2nd Place (Tie)

Varsity Boys: E. Wong **NH**, E. Kessler **NH**



## INDOOR TRACK

# Muccio, Hrbek score impressive wins

**Paul Schwartz**

North Jersey Record  
USA TODAY NETWORK - NEW  
JERSEY

Katherine Muccio and Tyler Hrbek didn't play a fall sport, but that doesn't mean the two athletes weren't active during the first three months of the 2017-2018 scholastic season.

Muccio worked out with her Ridgewood sprint teammates under the direction of former Ridgewood sprint star Dusty Thomas, while Hrbek spent his fall like he spends much of his free time throughout the year at the Barn in Warwick, N.Y., the famous pole vault club.

The preseason work had apparently paid off for both, as their early season performance at Monday's Spiked Shoe Holiday Festival at the Armory Track Center showed.

Muccio won both the 55 meters and 200 meters by significant margins, while Hrbek handed his NV/Old Tappan teammate, Seth Kricheff, his first loss against New Jersey indoor competition since the end of the 2016 season in the pole vault while recording his second personal best in two meets.

"I certainly was



**Katherine Muccio of Ridgewood has an impressive showing at the Spiked Shoe Holiday Festival on Tuesday.** MICHAEL KARAS/NORTHJERSEY.COM

pleased with my first meet," said Muccio, a junior, who won the 55 in a hand-timed 6.9 seconds, only the third time in Bergen County history that any girl had recorded that time.

The time equates to a fully automatic time of 7.14 seconds, which would be nearly three tenths of a second faster than she ran last year en route to a sixth place finish in the tough Group 4 state race. She then won the 200 meters by more than half a second in 25.6, a top 10 time in Bergen County history.

Before Monday night, the last time Muccio had raced on the track was at last June's National Scholastic outdoor meet, when she was disqualified in her best

event, the 400 hurdles, for reasons she's still not sure of.

For Hrbek, his first-ever clearance of 14-6 and upset of Kricheff, came three days after he had cleared 14 feet in scholastic competition for the first time at the Tim St. Lawrence Invitational, also at the Armory. And Monday's vault came at the end of an unusually busy night for the senior.

"This was the first time I long jumped and high jumped before I vaulted," said Hrbek, who long jumped a personal best 19-8 and high jumped a disappointing 5-6 before turning to his favorite event. "I was a little tired before I vaulted but I was confident anyway."

## ATHLETES OF THE WEEK



**Sport:** Indoor track  
**Class:** Junior. **Age:** 17.  
**Accomplishment:** At the Spiked Shoe Invitational held at the New York City Armory, Muccio won the 55-meter dash and the 200-meter dash. In the 55 meters, she ran in 6.9 seconds which is ranked the No. 1 time in the state and No. 7 in the country this season. In the 200, she ran 25.6 which is the No. 1 time in the state by a half-second and No. 15 in the country this season while breaking the school record by a half-second. "Katherine is probably the hardest-working athlete that I've seen in my years as a coach. She loves to compete. She is definitely the most talented sprinter that we've ever had at Ridgewood."  
— Coach Patrick Ryan  
**Also nominated:** Brianna Smith of Pascack Valley, Damoni Tucker of Elmwood Park, Rachel Bussanich of Westwood, Amanda Ulrich of Secaucus, and Justina Cabezas of Becton for basketball; Lauren Stern of Mahwah for indoor track; and Marissa Cosentini of Wayne Valley for bowling.

## Track Universe Invitational - Armory; Thursday, December 28th

### **55 HH**

Girls: V. Morley 9.1/9.1 - 5th Place, K. Muccio 8.9/9.7 - 6th Place, S. VandenAssem 9.0

Boys: N. DeVita 10.3

### **55m**

Girls: E. Veenhof 8.1, N. Ghazaii 8.0, J. Dobson 8.6, L. Seifert 8.9, V. Soriano 8.4, L. Gessmann 8.9, M. Yurgelonis-Perez 9.1, J. Peterkins 7.7, J. Loccke 9.7

Boys: K. Grant 7.5, E. Wong 6.8, A. Dunn 8.0, W. Keeney 7.5, D. Cheong 7.9

### **400m**

Girls: V. Morley 64.3, C. McCormack 69.4

Boys: W. Baginski 52.1 - 4th Place, M. Tai 53.1, R. McKenna 55.5, S. Halvorsen 61.7, N. Iliev 60.6

### **1600m**

Girls: M. Adams 5:28.5, H. Fishbein 5:34.0, S. Policano 5:49.4, B. Schofield 5:59.1, E. Tilyou 6:10.8

Boys: R. Fahey 4:33.8, T. Barnabic 4:49.9, M. Zamboldi 5:03.9, M. Boogaert 5:04.3, P. Baginski 5:23.2

### **200m**

Girls: K. Muccio 26.0 - 1st Place, V. Purritano 27.3 - 5th Place, J. Peterkins 28.3, C. McCormack 30.2, N. Ghazaii 30.4, V. Soriano 30.7, J. Seifert 31.4, J. Dobson 31.6, L. Gessmann 31.8, L. Seifert 31.9, M. Yurgelonis-Perez 32.4

Boys: W. Baginski 24.5, R. McKenna 25.0, P. Sanchez 26.1, K. Grant 26.1, W. Keeney 26.3, S. Halvorsen 27.5,

### **800m**

Girls: E. Kotch 2:32.2 - 3rd Place, C. Keyes 2:34.2, J. Einemer 2:37.9, M. Skuthan 2:52.4, M. Grygier 2:54.6, P. Akdeniz 2:56.8, K. Hu 2:59.4, J. Douaihy 3:01.9, D. Salta 3:06.4, A. Brussel 3:16.5, A. Hong 3:22.8

Boys: S. Wagh 2:03.6 - 3rd Place, B. Zamboldi 2:07.3, R. Seaver 2:16.2, T. Baginski 2:17.4, A. Sheridan 2:21.5, S. Miller 2:24.1, M. Salzman 2:28.3, E. Nold 2:28.4, E. Stojanovic 2:32.2, A. Oriente 2:33.7, J. Bini 2:37.0, L. Fahey 2:56.7,

### **LJ**

Boys: D. Romero 19'5 - 2nd Place

Girls: V. Purritano 15'8 ¼" - 6th Place, A. Schoff 14'6 ½, N. Venizelos 13'4

### **TJ**

Boys: M. Bartlik 41'9 ½ - 2nd Place, P. Sanchez 38'7 ½ - 4th Place, N. DeVita F, N. Iliev 29'11

Girls: S. VandenAssem 35'4 ½ - 4th Place, L. Veenhof 30'11

## Track Universe Invitational - Armory; Thursday, December 28th

### HJ

Boys: D. Romero 6'0 - 1st Place, M. Bartlik 5'10 - 2nd Place

Girls: L. Veenhof 4'8, E. Veenhof 4'8, S. VandenAssem NH, A. Schoff 4'4, J. Seifert NH, J. Locke NH

### PV

Boys: E. Wong NH

Girls: N. Lester 11'0 - 1st Place, N. Venizelos NH

### Shot

Boys: A. Engelhardt 43'3 3/4 - 4th Place, M. Toner 39'6, N. Plasse 35'10 3/4, C. Patel 33'2, L. Otterstedt 32'11, S. Patllollu 28'0, C. Murphy 27'3, M. Olivo 25'10, B. Donohue 25'3, L. Gregorio 23'11

Girls: L. Uzoaru 36'6 - 2nd Place, M. Carey 27'4, Emily 23'4, Natasha 20'1

## INDOOR TRACK

# PC duo sets Bergen County girls triple jump record

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

North Jersey teams ran, jumped, threw, hurdled and vaulted in seven meets between Dec. 22 and Dec. 30, in addition to the Coach Glynn Holiday Carnival on Dec. 28.

The biggest splash came at the NJCTC Relays held at the Armory Track Center on Dec. 28. The Paramus Catholic triple jump duo of juniors Tiffany Bautista and Isabelle Dely broke the Bergen County two-girl record of 72-3 by nearly two feet in winning the event.

Bautista jumped a personal best of 37-8 1/2, second in New Jersey this winter and the seventh best performance in Bergen County history, and Dely went a personal best of 36-5, a 17-inch personal best to set the record. Bautista went 17-6 1/4 and teammate Kennedee Cox 16-7 as PC also won the long jump with a

combined distance of 34-1 1/4, just 3/4 inch from the county record set last year.

The PC girls also took second to powerful Union Catholic in the 4-x-200 (1:47.4), 4-x-400 (4:12.7) and shuttle hurdles (32.9), all North Jersey seasonal bests, and were second in the shot put at 62-4 1/4, led by Dymond Robinson, who had a personal best of 33-1 1/4.

The PC boys were second in the 4-x-200 in 1:32.1, also a North Jersey best. Bergen Catholic was second in the sprint medley running 3:38.2, and the Crusaders ran 10:54.1 for fifth in the distance medley.

**Tony Passarelli Invitational**  
(Dec. 22, Drew University)

The Passaic Tech girls won the 4-x-400 relay running 4:27.50. Melany Then was third in the girls 300 in 46.45, and Carly Spinnler was fourth in the 1,000 3:13.83. Adrian Malave had the top finish for the PCT boys, taking third in the shot at 42-5.

**Jim Mitchell Invitational**  
(Dec. 22, Armory Track Center)

Northern Highlands senior Dan Monchek won the long jump at 20-8 1/4 and was fifth in the 55 hurdles (8.02). Other notable Highlander efforts were Kyla Krawczyk and Grace Smiechowski, who went 5-6 in the girls 600 in 1:38.34 and 1:38.44, respectively and Kaia Becker, who made 10 feet for the first time to take fifth in the pole vault. Melissa Purcell of Pascack Valley was third in the vault at 11 feet.

**Merli Invitational** (Dec. 23, Bennett Center, Toms River)

Giano Roberts of North Bergen might be the best sprinter *and* hurdler in the area this winter. He won both the 55 (6.59) and 55 hurdles (7.84) in the large school division. Iria Paz of the Bruins won the girls large school high jump at 5-0, while Shayla Morales was second in the 1,600 95:35.48, fifth in the 400 (66.25) and ran a leg on the Bruins' sec-

ond place 4-x-400 relay. Adam Khriess of Secaucus was fifth in the small school 400 in 52.40.

**Christa Racine Invitational**  
(Dec. 27, Drew)

Nancy Habib of PCT was fourth in the 1,600 (5:30.53) and teammate Ashley Martinez was third in the high jump, clearing 5 feet. Rebecca Kneppel of Butler continued her good early season results, taking second in both the 55 (7.70) and 400 (61.52).

**Marine Corps Holiday Festival**  
(Dec. 29, Armory)

Morales and Roberts stepped up in class as North Bergen went to the meet with more than 100 schools entered, and both excelled, Morales running 2:28.16 for sixth in the girls 800 and Roberts earning three medals, taking fourth in the 200 in 22.51, fifth in the 55 hurdles in a season-leading 7.63 and sixth in the

**See TRACK, Page 9S**

## Track

Continued from Page 8S

long jump at 20-2 1/2.

**Track Universe Invitational**  
(Dec. 28, Armory)

On the same day as the Coach Glynn Holiday Carnival, nearly a dozen local teams joined top programs from New York and New Jersey at the Track

Universe meet.

Lauren Stern of Mahwah won the 55 hurdles (8.4), long jump (16-9 3/4) and triple jump (36-10 3/4) as North Jersey athletes won 12 of the 28 events. The senior joined J.P. Stevens star Nadale Buntin who won the boys 55, 400 and triple jump as the only triple winners at the meet.

Ramapo junior Sarah Adams led a 1-2-4-5 finish in the girls 400, running 60.1. She also anchored the Green Raid-

er 4-x-400 team which included 400 medalists Sophia Schwartz, Stephanie Behrens and Megan Schneider to a North Jersey leading 4:07.2 clocking in the 4-x-400 relay.

Nicole Lester of Ridgewood edged Ramapo's Amanda Katz on misses in the pole vault as both cleared 11 feet, Katz, for the first time indoors. Ridgewood's Katherine Muccio easily won the 200 in 26.4 and Caroline O'Sullivan of NV/Old Tappan breezed to an 800 win

in 2:28.2.

Tyler Hrbek cleared 14-6 again and defeated his NV/Old Tappan teammate, defending state champ Seth Kricheff, who made 14 feet in the boys pole vault. OT shot putters Chris Bazela (49-10 1/2) and Pat Passalacqua (44-6 3/4) went 1-2 in their specialty. Danilo Romero of Ridgewood took the high jump at six feet, while Steve Shields of Bergen Tech won the long jump (19-11), took second in the 55 hurdles and third in the triple jump.

## **Big North Frosh/Novice Champs. - RCC; Tuesday, January 2nd**

### **55HH**

Novice Boys: N. DeVita **9.3**

### **55m**

Novice Girls: C. McCormack **8.5**, V. Soriano **8.7**, L. Seifert **9.4**, M. Yurgelonis-Perez **9.6**,  
K. Patel **10.7**

Frosh Boys: R. McKenna **7.6/7.4**, S. Halvorsen **7.9**, G. Byron **8.1**

Novice Boys: K. Grant **7.3**, W. Keeney **7.4/7.4**, G. Frey **7.7**

### **3200m**

Novice Girls: D. Salta **14:27.2**

Novice Boys: T. Barnabic **10:39.2 - 1st Place**, M. Boogaert **10:59.2 - 2nd Place**

### **400m**

Novice Girls: V. Soriano **74.6**

Novice Boys: N. Iliev **60.9**

### **4x800**

Novice Girls: M. Grygier **2:55.6**, J. Douaihy **3:03.7**, K. Hu **2:59.5**, J. Einemer **2:40.8 = 11:39.6**

Novice Boys: T. Baginski **2:19.5**, A. Sheridan **2:21.7**, M. Salzman **2:30.5**, R. Seaver **2:27.0 = 9:38.3 - 1st Place**

### **1600m**

Frosh Girls: S. Policano **5:56.8 - 1st Place**, A. Dort **6:08.7 - 5th Place**

Novice Girls: B. Schofield **5:54.7**, M. Rossignol **6:06.2**, J. Rynkowski **6:13.6**,

Frosh Boys: J. Boogaert **5:18.8 - 3rd Place**, S. Miller **5:49.9**

Novice Boys: M. Zamboldi **5:04.4 - 1st Place**, C. Roche **5:06.6 - 4th Place**, P. Baginski **5:18.5**

### **200m**

Novice Girls: C. McCormack **29.7**, J. Seifert **31.1**, N. Venizelos **31.3**, M. Yurgelonis-Perez **31.8**, L. Seifert **31.9**,  
K. Patel **38.2**

Frosh Boys: R. McKenna **26.6 - 6th Place**, S. Halvorsen **27.6**

Novice Boys: K. Grant **26.5**, W. Keeney **26.9**, G. Frey **27.8**

## **Big North Frosh/Novice Champs. - RCC; Tuesday, January 2nd**

### **800m**

Frosh Girls: A. Brussel **3:16.9**, A. Hong **3:24.4**

Novice Girls: C. Kandel **3:04.5**

Frosh Boys: A. Oriente **2:33.4 - 3rd Place**, H. Kim **2:41.5**, E. Stojanovic **2:46.6**, L. Fahey **3:02.8**

Novice Boys: T. Barnabic **2:18.6 - 1st Place**

### **4x400**

Novice Girls: J. Einemer **74.1**, J. Loccke **96.0**, L. Seifert **81.6**, C. McCormack **70.3 = 5:22.0**

Frosh Boys: S. Halvorsen **61.5**, S. Miller **62.5**, J. Boogaert **61.2**, R. McKenna **57.3 = 4:02.2 - 1st Place**

Novice Boys: A: N. Iliev **62.6**, G. Frey **62.8**, K. Grant **59.5**, W. Keeney **60.7 = 4:05.6**

B: M. Boogaert **61.3**, N. DeVita **62.2**, M. Salzman **65.6**, P. Baginski **59.0 = 4:08.1**

### **LJ (no finals)**

Novice Girls: Nicollette **12-11.5**

Novice Boys: PJ **18-4.5 - 1st Place**

### **TJ (no finals)**

Novice Boys: P. Sanchez **37'3 ¼ - 1st Place**, N. DeVita **34-3**, N. Iliev F PJ **37-3.25**

Novice Girls: J. Seifert **28-4.5**

### **HJ**

Novice Girls: J. Loccke **4-2**, J. Seifert **4-4**

### **PV**

Novice Girls: N. Venizelos

### **Shot (no finals)**

Frosh Girls:

Novice Girls:

Frosh Boys:

Novice Boys: T. Vandalovsky **38'11 ¼ - 5th Place**



## INDOOR TRACK

# Local meets center around field events

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

Ruggerio of Wayne Valley won the boys shot with a toss of 40-4 1/2.

The second Wayne Valley meet is Jan. 8 while the second Garfield meet is Jan. 6.

Field events don't always get their due in winter track, but Garfield (for more than 30 years) and Wayne Valley (for the last three) have hosted a series of high jump/shot put meets.

**LOOKING AHEAD:** December was a fairly busy month, but things really heat up this week starting with the Tom Zaccone Invitational on Jan. 5 at the Rothman Center.

Cat Light of NV/Demarest won the first Garfield girls shot this year, throwing 36-4 1/2 for an indoor personal best. Anya Skae of Holy Angels (33-6) and Laura Rizik of River Dell (33-4) followed. Dylan Herbert of Columbia won the high jump on misses at 5-0 over Sophia Dongaris of Tenafly.

Ridgewood and Indian Hills will be at the Hispanic Games at the Armory on Jan. 6 with Will Baginski and Sid Wagh, of Ridgewood, and Steve Fiumefreddo of Indian Hills in the boys invitational mile, while Corinne Barney of Indian Hills will be in the girls invitational mile. Katherine Muccio of Ridgewood is in the girls 400-meter invitational race.

Asim Greene of River Dell won the boys shot with a toss of 51-0 over Jack Stuart of Hackensack (50-7) and Luis Zorrilla of Clifton (46-5). Jaden Watson of Kennedy won the high jump at 6-4 with Naseer Wilson of Dwight-Englewood, second at 5-10.

Ramsey travels to Dartmouth College in New Hampshire for the annual Dartmouth Relays, which will be on both Jan. 5 and 6. The top-seeded Ram entrants include Emily Grubb in the girls 55 hurdles, Kaela Monte in the girls high jump and Sam Sudol in the girls 600.

Ashley Martinez of Passaic Tech set a personal best when she cleared 5-2 to win the first Wayne Valley girls high jump. Kalleen Rose Ozanic of West Milford was second at 5-0.

Jan. 10 brings both the Millrose Games trials at the Armory and the Ridgewood Winter Games at Rockland Community College Fieldhouse.

Rob Omana of Manchester won the boys high jump at 5-4, Jackie Nieves of Lakeland won the girls shot with a throw of 31-3 and Rick

High Intensity Track, at its new location at 461



**Kalleen Rose Ozanic of West Milford, left, had a good performance in high jump at Wayne Valley.**

KEVIN R. WEXLER/NORTHJERSEY.COM

Route 46 in Fairfield, will host a long and triple jump competition on Jan. 9. Entries are available on Milesplit or by emailing highintensitytrack@gmail.com.

**NJIC CHAMPIONSHIPS, JAN. 8:** The highlight of the week is the sixth annual NJIC Championships at the Armory at 5 p.m. Hawthorne edged Glen Rock 62-59 for the boys title last year and Hasbrouck Heights edged the Panthers 61-58 for the girls title last year. Glen Rock looks for revenge this year in both meets, but Rutherford, Hawthorne and Hasbrouck Heights should also be competitive in both meets.

There are champions in six boys and six girls events returning. Ajay Gonzalez of Manchester (55 hurdles), Adam Khriiss (400), Dan

Sullivan of Rutherford (800 and 1,600), Andrew Laguttata of Glen Rock (3,200) and Jared Forer of Glen Rock (pole vault) are the boys returning champs.

For the girls, Katie Hefty of Eastern Christian (55), Megan Gasnick of Park Ridge (400), Nicole Bertollo of Hawthorne (800), Alex Walter of Glen Rock (1,600 and 3,200) and Monika Lucic of Hasbrouck Heights (triple jump) are the returnees. It's also the indoor league debut of national leader and Bergen County high jump record holder Jenna Rogers of Rutherford, who is also expected to long jump and hurdle. Also look for Dwight-Englewood's Jeremy Bronstein to make his indoor debut in the 800 and 1,600. Bronstein had a terrific junior cross-country season.

## INDOOR TRACK PERFORMANCE LIST

### Girls

55 (FAT only): Rebecca Kneppel, Butler, 7.53; Grace Smiechowski, Northern Highlands, 7.57; Nicole Vaden, Passaic Hills, 7.61; Liam Alexander, Eastside, 7.70; Sarah Hutchins, Glen Rock, 7.74.  
55 HH (FAT only): Isabelle Dely, Paramus Catholic, 8.46; Mariah Fede, Paramus Catholic, 8.51; Alenys Morales, Clifton, 8.92; Emily Grubb, Ramsey, 9.01; Leanie Hinton, Passaic Tech, 9.32.  
200: Katherine Muccio, Ridgewood, 25.6; Megan Gasnick, Park Ridge, 26.2; Grace Smiechowski, Northern Highlands, 26.41; Maris Rodriguez, Holy Angels, 26.5; Victoria Purtilano, Ridgewood, 26.7.  
300: Alenys Morales, Clifton, 43.0; Katelyn Maro, Hawthorne and Meghan Conso, Wayne Valley, 45.9.  
400: Grace Smiechowski, Northern Highlands, 59.14; Sarah Adams, Ramapo, 60.1; Ky-la Krawczyk, Northern Highlands, 60.28; Sophia Schwartz, Ramapo, 60.5; Rebecca Kneppel, Butler, 61.52; Elizabeth Healy, Northern Highlands, 62.00.  
600: Nyla Krawczyk, Northern Highlands, 1:38.34; Grace Smiechowski, Northern Highlands, 1:38.44; Elizabeth Healy, Northern Highlands, 1:44.88; Leah Sussman, Indian Hills, 1:45.18; Lily Flood, Ramsey, 1:45.53.  
800: Tara Lyons, Holy Angels, 2:26.4; Emily Bymes, Eastern Christian, 2:27.1; Amanda Mirkovich, River Dell, 2:27.9; Shayla Morales, North Bergen, 2:28.16; Caroline O'Sullivan, NV/Old Tappan, 2:28.2.  
1,000: Shannon Goria, River Dell, 3:08.89; Andrea Dubbek, Clifton, 3:10.65; Carly Spinnler, Passaic Tech, 3:13.83; Corinne Barney, Indian Hills, 3:14.11; Paige Wilderotter, Northern Highlands, 3:15.48.  
1,600: Mary Scrivanich, NV/Old Tappan, 5:20.4; Meghan Adams, Ridgewood, 5:22.4; Nancy Habib, Passaic Tech, 5:30.53; Andrea Dubbek, Clifton, 5:31.4; Paige Wilderotter, Northern Highlands, 5:31.91.  
3,200: Madeline Ramsey, Indian Hills, 11:22.64; Daisy Liljengen, Northern Highlands, 11:34.60; Shannon Goria, River Dell, 11:35.84; Kallie O'Donnell, River Dell, 11:45.37; Victoria Sheldon, IHA, 11:58.02.  
Shot put: Lexi Uzoaru, Ridgewood, 36.6; Cat Light, NV/Demarest, 36.4 1/2; Dymond Robinson, Paramus Catholic, 39.11 1/2; Laura Rizik, River Dell and Virginia Holton, Kennedy, 33.7.  
High jump: Jenna Rogers, Rutherford, 5-10; Ashley Martinez, Passaic Tech, 5-2; Carolyn Coletti, Ramsey; Sophia Dongaris, Tenafly; Kalleen Rose Ozanic, West Milford, Iria Paz, North Bergen, Hannah Figueroa, Passaic Hills and Kaela Monte, Ramsey, 5-0.  
Long jump: Tiffany Bautista, Paramus Catholic, 17.6 1/4; Alenys Morales, Clifton, 17.1 1/2; Victoria Purtilano, Ridgewood, 16-11 1/2; Lauren Stern, Mahwah, 16-10; Jenna Rogers, Rutherford, 16-9 1/2.  
Triple jump: Tiffany Bautista, Paramus Catholic, 37.8 1/2; Lauren Stern, Mahwah, 36-10 1/2; Amanda Katz, Ramapo, 36-7 1/2; Isabelle Dely, Paramus Catholic, 36-5; Zia Barr, Teaneck, 36-0.  
Pole vault: Sydney Woods, NV/Demarest, 12-0; Melissa Purcell, Passaic Valley, 11-6; Nicole Lester, Ridgewood, Caroline McCann, Holy Angels, and Amanda Katz, Ramapo, 11-0.  
4-x-200 relay: Paramus Catholic, 1:47.4; Clifton, 1:49.64; Ramapo, 1:51.4; Passaic Hills, 1:51.52; Ramsey, 1:52.3.  
4-x-400 relay: Ramapo, 4:07.2; Paramus Catholic, 4:12.7; Clifton, 4:13.86; NV/Old Tappan, 4:14.2; Passaic Hills, 4:17.52.  
4-x-800 relay: NV/Old Tappan, 9:58.2; River Dell, 10:00.22; Clifton, 10:11.92; Northern Highlands, 10:30.20.  
Distance medley: none.

### Boys



**Adam Khriiss**

Giano Roberts, North Bergen, 7.63; Dan Monchek, Northern Highlands, 7.79; Hank Anderson, Indian Hills, 7.58; Setban Ikonato, NV/Demarest, 8.24; Owari Hoo, Teaneck, 8.28.  
200: Giano Roberts, North Bergen, 22.51; Matt Tai, Ridgewood, 23.1; Rayshawn Hammond, Hackensack, 23.29; Brendan Barton, Bergenfield, 23.79; Jacob Im, Fort Lee, 23.83.  
300: Quanzie Lumsden, Dwight Morrow, 37.1; Aesh Patel, Wayne Valley, 37.3; Mehmet Ekkil, Cliffside Park, 37.5; Andrew Jones, Dwight Morrow, 37.8; Luke Bussett, Northern Highlands, 38.07.  
400: Adam Khriiss, Secaucus, 51.25; Will Baginski, Ridgewood, 52.1; Mike Petrazzuola, Ramapo, 52.6; Andrew Sanchez, River Dell, 52.80; Laiti Matari, Hawthorne, 53.04.  
600: Luis Peralta, Passaic, 1:23.17; Corey Girard, Indian Hills, 1:26.29; Justin Dacanay, Rutherford, 1:27.52; Brian Giamil-Mensah, Teaneck, 1:29.12; Miguel Sosa, Teaneck, 1:29.29.  
800: Sid Wagh, Ridgewood, 2:03.6; Justin Iles, Ramsey, 2:04.0; Timmy Suchora, Ramapo, 2:04.5; Steven Fiumefreddo, Indian Hills, 2:04.7; Will Dopolito, NV/Old Tappan, 2:06.0.  
1,000: Kevin Heredia, Clifton, 2:35.06; Laiti Matari, Hawthorne, 2:42.05; Joe McCabe, Glen Rock, 2:42.35; James Hughes, Northern Highlands, 2:43.62; David Perry, Ramsey, 2:44.52.  
1,600: Will Baginski, Ridgewood, 4:26.9; Brandon Fiume, Bergen Catholic, 4:30.22; Luis Peralta, Passaic, 4:32.9; Wilson Reynoso, North Bergen, 4:33.02; Steven Fiumefreddo, Indian Hills, 4:33.5.  
3,200: Steve Fiumefreddo, Indian Hills, 9:39.76; Brayon Olivares, Passaic, 9:45.69; Brandon Fiume, Bergen Catholic, 9:48.07; John Fontana, River Dell, 9:50.14; Jerry Oliveira, Passaic, 9:50.42.  
Shot put: Jack Stuart, Hackensack, 52.8; Asim Greene, River Dell, 51.0; Kyle Patel, Glen Rock, 50.8; Chris Bazela, NV/Old Tappan, 49-10 1/2; Luis Zorrilla, Clifton, 46-5.  
High jump: Jaden Watson, Kennedy, 6-7; Danny Romero, Ridgewood, 6-0; six tied at 5-10.  
Long jump: Andrew Achireh, Hackensack, 21-7 1/2; Dan Monchek, Northern Highlands, 20-8 1/2; Hassan Kingen, Lakeland, 20-7 1/2; Liam Landau, Passaic Hills, 20-4; Marny Montoya, Fort Lee and Giano Roberts, North Bergen, 20-2 1/2.  
Triple jump: Jack McCabe, River Dell, 43-3; Teslim Olanlade, Lyndhurst, 42-2 1/2; Max Bartlik, Ridgewood, 42-2; Christian Cabrera, Teaneck, 41-7 1/2; Jared Gabriel, Lyndhurst, 41-1 1/2.  
Pole vault: Tyler Hrbek, NV/Old Tappan and Seth Krichel, NV/Old Tappan, 14-6; Liam Landau, Passaic Hills, 14-0; Sam Rtkowsky, Passaic Valley and Jona Kim, NV/Old Tappan, 13-6.  
4-x-200 relay: Paramus Catholic, 1:32.1; Hackensack, 1:35.41; Teaneck, 1:37.52; Clifton, 1:37.55; River Dell, 1:37.90.  
4-x-400 relay: Teaneck, 3:33.9; Paramus Catholic, 3:35.75; Clifton, 3:36.09; Passaic, 3:37.07; River Dell, 3:37.9.  
4-x-800 relay: Passaic, 8:40.79; Fair Lawn, 8:43.1; Glen Rock, 8:43.58; Ramapo, 8:49.1; NV/Old Tappan, 8:58.6.  
Distance medley: Bergen Catholic, 10:54.1.

## Hispanic Games - 168th Street Armory; Saturday, January 6th

### 1 Mile

Boys: R. Fahey

Girls: E. Kotch **5:27.40**, C. Keyes **5:29.38**

### 1 Mile Invitational

Boys: W. Baginski **4:26.95**, S. Wagh **4:31.48**

### 400m Invitational

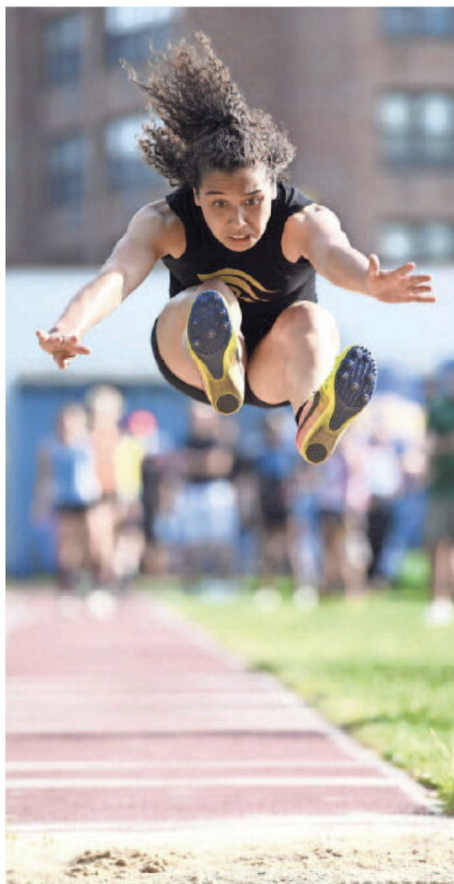
Girls: K. Muccio **58.66**

### 400m

Boys: M. Tai **52.50**

### 800m

Girls: M. Adams **2:22.87**, V. Morley **2:24.46**



**Tiffany Bautista, of Paramus Catholic, ranks second in the state this winter in the high jump and is tied for seventh among high jumpers.**

MICHAEL KARAS/NORTHJERSEY.COM FILE

## Bautista proves she belongs with elite regional jumpers

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

Tiffany Bautista is perhaps the best jumper in the state of New Jersey if you combine the high, long and triple jumps and the Paramus Catholic junior showed why Saturday at the Freedom Games at Ocean Breeze Athletic Complex in Staten Island.

Bautista jumped a state leading 18-5 1/4, seventh best jump in Bergen County indoor history to win the long jump at the major invitational meet and added thirds in both the high jump (5-2) and triple jump (37-4). Bautista ranks second in the state this winter in the high jump and is tied for seventh among high jumpers.

Teaneck's Zia Barr was fourth in the triple with a seasonal best 36-0 1/2, while PC's Isabelle Dely was third in the 55 hurdles with a time of 8.42, just .01 off her own personal best. Teaneck's Miguel Sosa was sixth in the boys 600, running 1:28.61 and was part of the sixth place Teaneck 4-x-400 relay in 3:36.30.

North Jersey athletes earned nine medals and had other fine performances at the U.S. Army Hispanic Games, held at the Armory Track Center Saturday.

Lauren Stern of Mahwah was second in the triple jump with a leap of 37-3 and also made the 55 hurdle finals. North Bergen's Wilson Reynoso was second in the boys mile steeplechase invitational in 4:56.12.

Third place finishes went to Sydney Woods of NV/Demarest in the girls pole vault (11-7) and Paterson's Jeron Jordan, who runs for St. Benedict's in the invitational 2 mile in 9:30.54.

Hank Anderson of Indian Hills (5th, 55 hurdles, 7.81) and Liam Landau of Pascack Hills (6th, pole vault, 13-6) won boys medals while Monica Hebner of Northern Highlands (6th, varsity mile, 5:21.74), Kai Lash of Pascack Hills (4th, varsity 400, 60.76) and Melissa Purcell of Pascack Valley (6th, pole vault, 11-0) took girls honors.

**Tiffany Bautista jumped a state leading 18-5 1/4, seventh best jump in Bergen County indoor history to win the long jump at the Freedom Games at Ocean Breeze Athletic Complex in Staten Island and added thirds in both the high jump (5-2) and triple jump (37-4). Bautista ranks second in the state this winter in the high jump and is tied for seventh among high jumpers.**

Katherine Muccio of Ridgewood was ninth in the invitational 400 but her 58.66 clocking moved her into the top 20 in Bergen history in the event.

Jenna Rogers of Rutherford continued unbeaten and set an all-time record of 5-7 at Saturday's Garfield shot put/high jump meet, breaking the mark of 5-6 set by Jessica Malacrida of Paramus in 2005. Holy Angels' Cara Czvekus won a tight five-way battle in the girls shot with a toss of 34-11/2. The next four finishers were within 6 1/2 inches of Czvekus.

Jadon Watson of Kennedy continued his breakthrough season in the boys high jump, clearing 6-6. River Dell's Asim Greene led three Bergen throwers over 50 feet, throwing an indoor personal best of 53 feet to defeat Jack Stuart of Hackensack (52-0 1/4) and Kyle Patel of Glen Rock (51-7).

## Ridgewood Winter Games. - RCC; Wednesday, January 10th

### 55HH

Varsity Girls: V. Purritano **9.6**

Novice Boys: N. DeVita **8.9/9.3**

Varsity Boys: A. Ruhl **8.8/8.8 - 5th Place**

### 55m

Frosh Boys: R. McKenna ?

Novice Boys: K. Grant **7.4**, W. Keeney ?, G. Frey **7.8**, M. Pettigrew ?, E. McPherson **7.3/7.5**

Frosh Girls: E. Sue **8.3/8.3**, K. Wagner **9.5**, J. Dobson **8.4**, L. Gessmann **8.4**

Novice Girls: J. Peterkins **8.3**, N. Ghazaii **8.2**, C. McCormack **8.8**, J. Loccke **9.2**, M. Yurgelonis-Perez **8.7**, K. Patel ?, V. Soriano **8.9**, L. Seifert **8.9**

### 3200m

Varsity Boys: T. Barnabic **10:27.4**

### 600yd

Frosh Boys: S. Halvorsen **1:31.1**

### 4x800

Varsity Boys: C. Roche **2:15.5**, T. Barnabic **2:28.2**, A. Sheridan **2:21.0**, M. Zamboldi **2:17.7 = 9:22.4**

Varsity Girls: B. Schofield **2:42.8**, J. Rynkowski **2:43.6**, M. Skuthan **3:05.9**, M. Rossignol **2:45.5 = 11:17.6**

### 300yd

Frosh Boys: R. McKenna **37.7 - 3rd Place**

Frosh Girls: J. Dobson **45.7**, E. Sue **47.0**, K. Wagner **51.8**

Novice Boys: K. Grant **37.7**, P. Sanchez **37.9**, W. Keeney **37.9**, E. McPherson **38.0**, G. Frey **39.4**, M. Pettigrew **41.2**

Novice Girls: C. McCormack **43.1**, V. Soriano **46.5**, M. Yurgelonis-Perez **47.4**, K. Patel **59.3**, J. Seifert **49.3**, L. Seifert **49.1**

Varsity Boys: J. Chun **35.7**, A. Ruhl **35.9**

Varsity Girls: V. Purritano **40.7 - 4th PLace**

### 1000yd

Varsity Boys: T. Baginski **2:41.9 - 3rd Place**

Varsity Girls: J. Einemer **3:05.7**, S. Policano **3:05.9**



## Ridgewood Winter Games. - RCC; Wednesday, January 10th

### **1600m**

Frosh Boys: J. Boogaert 5:15.6 - 4th Place, Q. McCutcheon 5:30.8, S. Miller 5:42.3, E. Stojanovic 5:42.4, D. Cordero 5:45.3, A. Oriente 5:46.6, H. Kim 5:56.9, L. Fahey 6:23.0

Frosh Girls: A. Dort 6:14.2, L. Gessman 6:34.0, A. Brussel 7:08.2, A. Hong 7:09.4

Novice Boys: P. Baginski 5:14.5 - 5th Place, E. Nold 5:45.6

Novice Girls: J. Douaihy 7:09.6, M. Grygier 7:02.7

Varsity Boys: M. Zamboldi 4:56.8 - 5th Place, M. Boogaert 5:01.7

Varsity Girls: E. Tilyou 6:20.4

### **4x400**

Novice Boys: K. Grant 59.9, G. Frey 61.6, W. Keeney 61.2, R. McKenna 59.5 = 4:02.0 - 4th Place

Novice Girls: S. VandenAssem 75.6, C. McCormack 70.5, N. Venizelos 68.9, L. Seifert 76.0 = 4:50.1

### **LJ**

Varsity Girls: V. Purritano 15'11 - 1st Place, S. VandenAssem 15'9 - 2nd Place, N. Venizelos 13'6, V. Soriano 12'4, L. Veenhof F

Varsity Boys: J. Chun 19'6, P. Sanchez 16'5

### **TJ**

Varsity Girls: S. VandenAssem 33'10 <sup>3</sup>/<sub>4</sub> - 1st Place, L. Veenhof 31'1 <sup>3</sup>/<sub>4</sub>, J. Seifert 28'3 <sup>3</sup>/<sub>4</sub>

Varsity Boys: N. DeVita 33'1 <sup>1</sup>/<sub>2</sub>, N. Iliev 30'1 <sup>3</sup>/<sub>4</sub>

### **HJ**

Novice Girls: J. Seifert 4'3, J. Loccke NH

Varsity Girls: L. Veenhof 4'9 - 3rd Place

### **PV**

Varsity Girls: E. Veenhof NH, N. Venizelos NH

### **Shot**

Frosh Boys: M. Olivo 27'0

Novice Boys: T. Vandalovsky 39'9 <sup>1</sup>/<sub>4</sub> - 1st Place, N. Plasse 36'11 <sup>1</sup>/<sub>2</sub> - 5th Place, C. Patel 34'7, L. Otterstedt 33'4, L. Gregorio 26'7, A. Toner 24'7, B. Donohue 24'7

Noice Girls: E. Marr 26'6 <sup>1</sup>/<sub>2</sub> - 5th Place, N. Tobdzic 19'1

Varsity Boys: A. Engelhardt 44'10 - 5th Place, M. Toner 39'6 <sup>1</sup>/<sub>2</sub>,

Varsity Girls: L. Uzoaru 36'4 <sup>3</sup>/<sub>4</sub> - 1st Place, M. Carey 29'9 <sup>1</sup>/<sub>2</sub>

# Big North meets highlight week's schedule

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

The Big North hosts its annual divisional meets Monday and Wednesday at the Ocean Breeze Athletic Complex in Staten Island.

Monday, the Liberty, Freedom and United divisions are on the slate. The Passaic Tech boys and Clifton girls are the defending team champions in the Liberty division, with boys defending champions Anthony Dilorio of Bergen Tech (3,200), Kevin Heredia of Clifton (800) and Christian Silfa of Passaic Tech (55) expected to compete. Girls returning champions include triple winner **Alenys Morales** of Clifton (200, 55 hurdles and long jump), Brianna Morrison of Clifton (400 and pole vault), Carly Spinnler of PCT (800) and Benaé Johnson of Kennedy (triple jump).

Defending team titlists in the Freedom division are the Ridgewood boys and Northern Highlands girls. Gold medalists Will Baginski (800) and Danny Romero of Ridgewood (triple jump), Andrew Achirem of Hackensack (long jump) and Dan Monchek of Northern Highlands (55 hurdles), Meghan Adams (800), Alyssa Veenhof (high jump), Nicole Lester (pole vault) and Lexi Uzoaru (shot) and Amanda Katz of Ramapo (triple jump) return.

The Bergen Catholic boys and Paramus Catholic girls won the United titles last year. Braedon Fiume (800), Rahmir Johnson (200 and long jump) and Michael Hyland (shot) of Bergen Catholic and Luke Berniger of St. Joseph (pole vault) were 2017 champs for the boys and Mackenzie Hughes (1,600 and 3,200), Tara Lyons (800), and Caroline McGann (pole vault) of Holy Angels and Tiffany Bautista (high jump and triple jump) and Isabelle Dely (55 hurdles) of Paramus Catholic won girls titles.

Wednesday, the other four divisions compete. Northern Valley/Demarest swept both National divisions last year. Seth Kricheff of NV/Old Tappan (pole vault) is the only boys defending champion, while Caroline O'Sullivan of NV/Old Tappan (800 and 1,600), Mai Shalvi of NV/Demarest (55 hurdles), Rashya Edwards (high jump) and Zia Barr (triple jump) of Teaneck return as girls titlists.

Wayne Valley's boys and Wayne Hills' girls won last year's Independence titles.

Boys returning titlists are Jonathan

## Track

Continued from Page 65

Marcus of Fair Lawn (3,200) and Patrick Emolo of Wayne Valley (pole vault). Girls winners who return are Kalleen Rose Ozanic of West Milford (55, high jump, long jump), Meghan Corso of Wayne Valley (55 hurdles), Samantha Sklar of Wayne Hills (400) and Lilly Brown of Lakeland (pole vault).

River Dell swept the Patriot titles last year. Mike Nobile of River Dell (high jump) is the only returning boys champion. Girls defenders include Nicole Vardon (55), Hannah Figueroa (400 and high jump) of Pascack Hills, Emily Prendergast (800), Kellie O'Donnell of River Dell (1,600) and triple winner Lauren Stern of Mahwah (55 hurdles, long and triple jump).

Fort Lee swept the American titles last year. Mehmet Ekici of Cliffside Park (800), Manny Montoya of Fort Lee (high

jump) and Cameron Shaw of Ridgefield Park (long jump) are the returning boys titlists. Kendall Caballero of Fort Lee (55), Alexis Hall of Englewood (200), Fiona Cummings (pole vault), and Whitney Bailey-Hicks (55 hurdles, long jump) of Ridgefield Park won events last year.

### Other meets this week

The Big North meets are the highlights of this coming week's schedule, there are several other meets on the calendar, including the Malloy Stanner Games at the Armory Track Center Saturday, the third Garfield shot put/high jump meet on Jan. 15, the second FDU Field Events and the Frosh-Novice Championship (with varsity events in the long jump, triple jump and distance medley relay) on January 17.

The first of four days of State Relays in Toms River starts Jan. 18 with the group 4 girls and Non-Public A boys and girls divisions at 3:30 p.m.

## **Big North Champs. - Armory; Monday, January 15th**

### **55 HH** (measured from the wrong line...times all off)

Boys: M. Bartlik 9.80/8.47 - 2nd Place, A. Ruhl 9.82/8.90 - 3rd Place, N. DeVita 9.86

Girls: K. Muccio 9.57/9.41 - 1st Place, V. Morley 9.78/9.69 - 3rd Place, S. VandenAssem 9.88/9.97 - 5th Place

### **55m**

Girls: K. Muccio 7.35/7.35 - 1st Place, New School Record!, V. Purritano 7.74/7.91, N. Ghazaii 8.24

Boys: M. Tai 6.69/6.75 - 2nd Place, J. Chun 6.96/7.31

### **3200m**

Girls: C. Keyes 11:53.47 - 5th Place, H. Fishbein 11:56.51 - 6th Place

Boys: W. Baginski 9:52.59 - 1st Place, S. Wagh 9:55.26 - 2nd Place, R. Fahey 9:58.55 - 4th Place

### **4x800m**

Girls: B. Schofield 2:39.9, J. Rynkowski 2:36.3, J. Einemer 2:34.4, M. Adams 2:26.2 = 10:17.21 - 1st Place

Boys: M. Zamboldi 2:10.2, R. Seaver 2:11.3, T. Barnabic 2:14.8, B. Zamboldi 2:08.2 = 8:44.71 - 3rd Place

### **400m**

Girls: V. Purritano 62.95 - 5th Place

Boys: J. Chun 54.30 - 4th Place, R. McKenna 55.10 - 6th Place

### **800m**

Girls: E. Kotch 2:26.58 - 2nd Place, V. Morley 2:27.90 - 3rd Place, C. McCormack 2:34.59

Boys: W. Baginski 1:58.94 - 1st Place, B. Zamboldi 2:09.93 - 5th Place

### **200m**

Girls: K. Muccio 25.98 - 1st Place, S. VandenAssem 27.77 - 6th Place

Boys: A. Ruhl 24.70

### **1600m**

Girls: M. Adams 5:21.21 - 1st Place, C. Keyes 5:21.46 - 2nd Place, H. Fishbein 5:46.42

Boys: S. Wagh 4:42.72 - 1st Place, R. Fahey 4:48.26 - 3rd Place, M. Zamboldi 4:48.45 - 4th Place

### **4x400m**

Girls: E. Kotch 62.9, N. Venizelos 64.6, C. McCormack 65.8, V. Morley 61.7 = 4:15.68 - 2nd Place

Boys: R. McKenna 54.5, P. Sanchez 57.7, A. Ruhl 56.0, W. Baginski 51.3 = 3:39.64 - 2nd Place

### **TJ**

Girls: S. VandenAssem 33'10 - 2nd Place, A. Schoff 33'4 - 3rd Place, L. Veenhof 32'5 - 5th Place

Boys: M. Bartlik 41'8 ½ - 1st Place, D. Romero 38'2 - 4th Place, P. Sanchez 36'1

## Big North Champs. - Armory; Monday, January 15th

### LJ

Boys: D. Romero 19'8 ¼ - 4th Place, J. Chun 19', P. Sanchez 16'11 ½

Girls: V. Purritano 15'8 ½ - 1st Place, S. VandenAssem 15'6 ½ - 2nd Place, N. Venizelos 12'10 ¾ - 6th Place

### HJ

Girls: L. Veenhof 5'0 - 1st Place, E. Veenhof 5'0 - 2nd Place, A. Schoff 4'0

Boys: D. Romero 6'0 - 1st Place, M. Bartlik 5'8 - 3rd Place

### PV

Girls: N. Lester 11'0 - 1st Place, E. Veenhof 8'6 - 4th Place, N. Venizelos 7'6

### Shot

Boys: A. Engelhardt 43'7 - 3rd Place, M. Toner 39'3 - 6th Place

Girls: L. Uzoaru 38'0 - 1st Place, M. Carey 31'0 ¼ - 3rd Place, E. Marr 24'2 ¾

Scores					
Male			Female		
1	Ridgewood	133	1	Ridgewood	177
2	Hackensack	96.5	2	Northern Highlands	104.5
3	Northern Highlands	69	3	Ramapo	91
4	Ramapo	52	4	Hackensack	34
5	Paramus	39.5	5	Indian Hills	22
6	Indian Hills	35	6	Paramus	1.5

## INDOOR TRACK

# Bautista impresses as sprinter

**Paul Schwartz**  
North Jersey Record  
USA TODAY NETWORK - NJ

STATEN ISLAND – It isn't enough that Tiffany Bautista is a great long, high and triple jumper. Now the Paramus Catholic junior has added the 55 meter dash to her impressive arsenal.

Monday, Bautista defeated Holy Angels sophomore Maris Rodriguez in the second fastest sprint time in North Jersey this year, sizzling to a 7.52 win in the Big North United meet at Ocean Breeze Athletic Complex. She used a great start and the same strong leg action that helped her win her three jumps, including a state leading (and personal best) 38-11 in the triple jump, fourth best in Bergen County history and ninth best in the nation this winter.

"On my last triple jump I just drove my knee higher and it went the way I wanted it to," said Bautista, who added more than a foot to her indoor best and moved 11 inches ahead of previous state leader Samantha Lopes of Wallkill Valley.

Her jump was the best indoor jump by a Bergen



**Tiffany Bautista and Paramus Catholic won big on Monday.** KEVIN R. WEXLER/NORTHJERSEY.COM

County girl since Cassandra Walker, head coach at UMass Boston, jumped 39-3 in 2004. But it was the sprint that turned heads Monday.

"I never ran the race indoors before, although I ran on a 4-x-200 last week," said Bautista, who has a meter lead on Rodriguez early and held on. "The coaches told me to get out well and be patient and that's good advice in all my events."

Bautista also won the United long jump (18-1¼) and high jump (5-4), and was the only quad winner of the meet, which included the Freedom and Liberty Divisions.

Ridgewood (Freedom), and Clifton (Liberty) swept the boys and girls team titles and the

Bergen Catholic and Paramus Catholic girls easily got the United crowns.

Sprinters dominated, including an impressive 200-400 Liberty double by Clifton's Alenys Morales in personal bests of 26.36 and 60.46 seconds, and a terrific triple by Ridgewood's Katherine Muccio in the 55-200 and 55 hurdles, running a North Jersey leading time of 7.35.

"I feel like I'm running faster because I'm working harder," said Muccio, whose 7.35 time is already .06 of a second faster than she ran last winter. "Coach Sal (assistant coach Josh Saladino) is pushing me to get out in all my races and I even feel more comfortable running the short hurdles which I didn't do last winter."

Bergen Catholic star running back Rahmir Johnson showed he has the speed to win a state sprints sprints. The junior, who has football scholarship offers from Nebraska, Maryland and Rutgers, ran the second fastest time in the state this year in winning the United 200 (22.10) while running a season best of 6.59 in winning the 55.

## County Relays - Armory; Wednesday, January 24

### Shuttle Hurdles

Boys: A. Ruhl 7.9, D. Romero 8.3, N. DeVita 8.3, M. Bartlik 7.6 = 32.1 - 1st Place

Girls: V. Morley 8.1, A. Schoff 8.6, S. VandenAssem 8.4, K. Muccio 7.4 = 32.3 - 1st Place,

School Record and County Record!!!!

### 4x1600m

Boys: S. Wagh 4:35.2, R. Fahey 4:35.4, M. Zamboldi 4:45.2, W. Baginski 4:50.1 = 18:45.6 - 1st Place

Girls: M. Adams 5:28.4, S. Policano 5:34.2, H. Fishbein 5:40.4, C. Keyes 5:27.9 = 22:10 - 2nd Place

### 4x200m

Boys: J. Chun 23.4, M. Tai 22.5, A. Ruhl 24.1, R. Aono 24.1 = 1:33.9 - 1st Place

Girls: V. Purritano 26.8, V. Morley 27.4, N. Venizelos 29.0, K. Muccio 24.7 = 1:47.8 - 2nd Place

### 4x800m

Boys: C. Shammass 2:15.9, T. Barnabic 2:16.3, R. Seaver 2:12.8, B. Zamboldi 2:03.9 = 8:48.6 - 5th Place

Girls: C. McCormack 2:28.9, J. Einimer 2:36.5, B. Schofield 2:37.2, E. Kotch 2:25.9 = 10:08.1 - 4th Place

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

Boys: J. Chun 53.5, M. Tai 22.6, A. Ruhl 23.6, W. Baginski 1:55.8 = 3:35.3 - 1st Place

Girls: K. Muccio 59.7, V. Purritano 26.6, S. VandenAssem 27.3, M. Adams 2:25.2 = 4:18.7 - 1st Place

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

Boys: R. Fahey 3:27.6, K. Collins 53.6, M. Zamboldi 2:14.6, S. Wagh 4:35.8 = 11:12.0 - 5th Place

Girls: E. Kotch 3:53.7, C. McCormack 65.5, V. Morley 2:26.9, C. Keyes 5:28.9 = 12:54.7 - 2nd Place

### 4x400m

Boys: E. McPherson 55.5, M. Tai 52.2, W. Baginski 50.8, A. Ruhl 53.3 = 3:31.8 - 2nd Place

Girls: V. Purritano 61.9, M. Adams 62.8, V. Morley 62.9, K. Muccio 59.7 = 4:07.7 - 2nd Place

### LJ

Boys: D. Romero 19'10, J. Chun 17'10  $\frac{3}{4}$  = 37'8  $\frac{3}{4}$  - 5th Place

Girls: V. Purritano 15'6  $\frac{1}{4}$ , S. VandenAssem 15'5  $\frac{1}{4}$  = 30'11  $\frac{1}{2}$  - 2nd Place (Tie)

### TJ

Boys: M. Bartlik 41'4  $\frac{1}{4}$ , D. Romero 39'4  $\frac{3}{4}$  = 80'9 - 2nd Place

Girls: S. VandenAssem 34'11  $\frac{1}{4}$ , A. Schoff 31'4 = 66'3  $\frac{1}{4}$  - 4th Place

### HJ

Boys: D. Romero 6'0, M. Bartlik 5'10 = 11'10 - 1st Place

Girls: L. Veenhof 4'10, E. Veenhof 4'10 = 9'8 - 2nd Place (Tie)



## County Relays - Armory; Wednesday, January 24

### PV

Girls: N. Lester **10'6**, E. Veenhof **8'6** - **3rd Place**

### Shot

Boys: A. Engelhardt **45'9 ½**, M. Toner **40'5 ½** = **86'3** - **5th Place**

Girls: L. Uzoaru **36'11**, M. Carey **30'4 ½** = **67'3 ½** - **2nd Place**

### Lou Molino Athlete of the Meet Award: Katherine Muccio

Scores					
Male			Female		
<b>1</b>	<b>Ridgewood</b>	<b>76</b>	<b>1</b>	<b>Ridgewood</b>	<b>88</b>
<b>2</b>	Demarest	45	<b>2</b>	Demarest	71
<b>3</b>	Ramapo	42	<b>3</b>	Old Tappan	45
<b>4</b>	Hackensack	35	<b>4</b>	Ramapo	40.5
<b>5</b>	Teaneck	33	<b>5</b>	Teaneck	28
<b>6</b>	Bergen Tech.	32	<b>6</b>	Northern Highlands	23

#### INDOOR TRACK NOTEBOOK

## Bergen Indoor Relays is marathon for athletes

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

The Bergen Indoor Relays might be the most difficult meet of the year for versatile track and field athletes. Unlike the outdoor Jack Yockers Bergen County Relays, it's a one-day, four-hour meet, so there's no rest for the weary.

Seth Kricheff of NV/Old Tappan and Katherine Muccio of Ridgewood were worthy winners of the annual Alan Wedemeier and Lou Molino Awards, respectively as the top performers at the meet. Yet, there were many other nominated performers, all of whom would have been just as worthy winners.

Among the boys, junior Will Baginski of Ridgewood led his team to wins in the 4-x-1,600 and sprint medley, the latter in a stunning 1:55.3 800 split, and ran a 50.5 split on the Maroons runner-up 4-x-400 team.

Bergen Catholic junior Braedon Fiume ran a 4:31.2 on the Crusaders' winning 4-x-1,600 team, ran a 3:17.9 lead-off 1,200 on the distance medley and ran a solid leg on the 4-x-400.

Liam Landau of Pascack Hills, another junior, didn't even compete in his best event, the pole vault, but had top five small school jumps in the high (95-8), long (20-4) and triple (41-6) while running a leg on the shuttle hurdles.

Josh Munoz of NV/Demarest split 1:57.8 on its winning 4-x-800 team, split 3:15 for 1,200 on the winning DMR and ran a 51.9 400 split on the 4-x-400.

Junior Stephen Shields of Bergen Tech had top five large school performances in the long (20-3) and triple (42-8) jumps.

Among the girls, Tiffany Bautista of Paramus Catholic had another spectacular meet, with the top long (17-9) and triple jump (37-8) of the meet. She also cleared 5 feet in the high jump and ran a leg on PC's North Jersey-leading 4-x-200 relay team.

Lauren Chamberlin of Ramsey is the defending champion in the Bergen County girls pentathlon, and she showed her versatility by going 5 feet in the high jump, throwing the shot 30-2, and running legs on Ramsey's winning 4-x-200 and shuttle hurdle teams. She'd have long jumped too, but she's limited to four events.

Tara Lyons led Holy Angels to wins in the 4-x-800 and sprint medley with 2:26 800 legs and ran 62.7 on the 4-x-400 team.

**Oops:** Apologies to River Dell thrower Laura Rizik, who committed to Division 1 Bryant University in Rhode Island, not Division 2 Bentley University in Massachusetts. Rizik led all girls small-school throwers at the Bergen relays, throwing 34 feet 5 ½ inches.

**The week ahead:** The Passaic Coun-

ty Championships at Ocean Breeze on Monday, Jan. 29 is the highlight of the upcoming week for North Jersey teams.

Kennedy's boys and Passaic Tech's girls are the defending champions, with Tech going for a fifth straight girls title. But Clifton, which won the boys and girls titles at the Big North Liberty meet on Jan. 15, will try to win both titles in the same year for the first time since 1998.

Defending champions scheduled to compete include Passaic's Luis Peralta (400) and Clifton's Kevin Heredia (800 and 1,600), with the area's top track rivalry potentially continuing in the 800. They are the only boys returning, but the girls feature five returnees, including triple defender Alenys Morales of Clifton (200/55 HH/long jump), Nicole Bertollo of Hawthorne (400), Carly Spinnler of Passaic Tech (800), Ashley Martinez of Passaic Tech (high jump) and Lilly Brown of Lakeland (two-time pole vault).

The two-day Ocean Breeze Invitational is set for Jan. 27 (boys) and Jan. 28 (girls), while the Jan. 29 calendar includes the Hudson County championships at the Armory Track Center and the Ed Church Invitational at FDU's Rothman Center. And Jan. 31 marks the first of major midweek invitationals at the Armory Track Center, the Metropolitan Invitational, which features 15 North Jersey teams.

TRACK

# NV/Old Tappan pole relay sets NJ record

## Ridgewood, Ramsey win team titles as expected

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

NEW YORK -- Ridgewood swept the large school meets at the Bergen County Relays Wednesday night at the Armory Track Center and Ramsey dominated the girls small school meet from the first event to the last. Each of those wins were expected, as were the Non-Public wins by Bergen Catholic's boys and Holy Angels' girls.

But the meet winners were overshadowed late on Wednesday, when Seth Krichieff of NV/Old Tappan cleared 15 feet on his final attempt of the night. With his teammate, Tyler Hrbek, making 14 feet earlier, the Golden Knights two-man total of 29 feet set a state record for a relay, breaking the mark of 28 feet set by Toms River North in 2008.

It was also the first time the defending state indoor champion cleared 15 feet, after making 14-6 or better a dozen times in the past two years before finally clearing 15 feet on his third attempt after a near miss on his second try.

### Boys large school

Ridgewood got off to a great start, winning the first three events with the night's best overall times in both the shuttle hurdles (32.1) and 4-x-1,600 (18:45.6). But the biggest surprise came in the 4-x-200 where the team of Matt Tai, Alex Ruhl, Jason Chun and Reiya Aono combined to run 1:33.9 and win from the second heat.

### Boys small school

Halfway through the meet, seven of the 12 teams competing were within 12 points of early leader River Dell.

The Lyndhurst team of Jake Oyuela, Jared Gabriel, RJ Alvarez and Teslim Olunlade made their first ever race as an indoor team at the Bergen Relays a winning one, taking the shuttle hurdles in 32.3 seconds. River Dell grabbed the lead by winning three straight races midway through the meet, taking the 4-x-200, shot put and 4-x-800 with Asim Greene leading all throwers with a toss of 52-7 1/2.



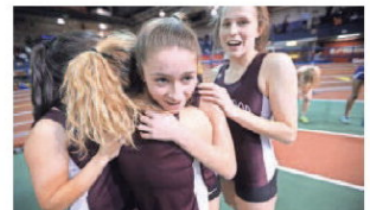
Grace O'Shea, of Ramapo, competes in the shuttle hurdles during the Bergen County Relays at the Armory Track Center in Manhattan on Wednesday. KEVIN R. WEXLER/NORTHJERSEY.COM



Adam Stavash, of Hasbrouck Heights, clears 11-feet, 1/2 inches in the pole vault at the Bergen County Relays. KEVIN R. WEXLER/NORTHJERSEY.COM



The boys start the 4x1600 meters at the Bergen County Relays at the Armory Track Center in Manhattan on Wednesday. KEVIN R. WEXLER/NORTHJERSEY.COM



Meghan Adams (foreground) is congratulated by Sara Van Denassen and their teammates after winning the sprint medley at the Bergen County Relays. KEVIN R. WEXLER/NORTHJERSEY.COM

### Boys non-public

The Crusaders won their second straight title, and this one had special meaning.

"We dedicated the meet to Kyle Egan, the top sophomore on the cross-country team, who was diagnosed with an osteosarcoma in his knee last week and started treatment today," said assistant coach Bill Leonard who is also Egan's cross-country coach. The team wore a "K" on their jerseys

and made the K sign in American Sign Language after each race,

Don Bosco and Paramus Catholic were disqualified in the shuttle hurdles and Bergen Catholic got an easy 10 points by being the only team to finish the race. The Crusaders also won the 4-x-1,600 and 4-x-800 early.

### Girls large school

Katherine Muccio stamped an early bid to win the Lou Molino Award as top

girl athlete when she was part of the Ridgewood winning shuttle hurdles team that set a school record of 32.3. She then nearly came from fifth to first in the 4-x-200 with a great anchor leg, falling just short of Sarah Adams and Ramapo, 1:47.7 to 1:47.8.

NV/Demarest hung with the Maroons until Ridgewood ran the night's fastest sprint medley at 4:18.7, with Muccio opening up a big lead on the lead-off 400 leg.

See RELAYS, Page 85



## Ed Church Invitational - FDU; Monday, January 29th

### 55HH

Novice Boys: N. DeVita 9.6/9.2/9.1 - 4th Place

### 55m

Frosh Girls: E. Sue 8.1, K. Wagner 9.0, J. Dobson 8.2/8.4, L. Gessmann 8.3/8.7

Novice Girls: N. Donnelly 8.4, J. Seifert 8.5, L. Seifert 8.5, M. Yurgelonis-Perez 8.9, J. Loccke 8.9, K. Patel 9.8

Novice Boys: E. McPherson 7.0/6.9/6.9 - 4th Place K. Grant 7.1, P. Sanchez 7.5, A. Dunn 7.7, W. Keeney 7.2

### 1600m

Varsity Boys: T. Barnabic 5:04.4

Varsity Girls: B. Schofield 5:46.6 - 4th Place, J. Rynkowski 5:49.4 - 5th Place, M. Rossignol 5:52.8, E. Tilyou 6:04.7, A. Dort 6:10.4

### 4x800m

Novice Boys: P. Baginski 2:27.2, A. Sheridan 2:23.6, R. Seaver 2:17.9, M. Salzman 2:29.2 = 9:37.8

### 400m

Varsity Girls: N. Venizelos 67.4

### 4x800m

Novice Girls: M. Grygier 3:05.5, J. Douaihy 3:09.2, K. Hu 3:02.9, M. Skuthan 3:02.2 = 12:19.6

### 200m

Novice Boys: K. Grant 25.9, E. McPherson 25.9, P. Sanchez 26.0, W. Keeney, 26.1, M. Pettigrew 29.4, N. Iliev 30.2

Novice Girls: N. Donnelly 31.7, J. Seifert 31.8, M. Yurgelonis-Perez 32.1, L. Seifert 33.1, J. Loccke 36.5, K. Patel 39.2

Frosh Girls: J. Dobson 31.2, E. Sue 32.3, L. Gessmann 33.1, K. Wagner 35.2

### 800m

Varsity Boys: C. Shammass 2:14.3

Varsity Girls: J. Einemer 2:37.9 - 4th Place

Novice Boys: T. Baginski 2:21.4, J. Bini 2:44.4, B. Yesil 2:50.2

Frosh Boys: J. Boogaert 2:23.5 - 5th Place, S. Miller 2:28.9, E. Stojanovic 2:35.8, A. Oriente 2:36.2, L. Fahey 3:06.5

Frosh Girls: A. Brussel 3:25.9

## Varsity Classic - Armory; Monday, February 5th

### 55 HH

Boys: M. Bartlik **8.22**, A. Ruhl **8.50**, N. DeVita **8.85**

Girls: V. Morley **9.14**, S. VandenAssem **9.26**, V. Purritano **9.98**

### 55m

Boys: J. Chun **7.0**, E. Wong **7.22**, K. Grant **7.28**

Girls: K. Muccio **7.24/7.23 - 2nd Place, School Record!!**

### 3200m

Boys: T. Barnabic **10:30.54**

### Distance Medley

Boys: S. Wagh **3:11.32**, M. Tai **51.21**, B. Zamboldi **2:03.66**, W. Baginski **4:16.26** = **10:22.45 - 2nd Place**

### 800m

Boys: C. Shammass **2:14.78**

Girls: C. Keyes **2:25.12**

### 400m

Girls: V. Purritano **60.66**, S. VandenAssem **63.21**

### 4x800m

Girls: K. Muccio **2:21.93**, V. Morley **2:22.89**, E. Kotch **2:23.63**, M. Adams **2:20.37** = **9:28.81 - 2nd Place**

### 200m

Boys: J. Chun **24.18**, A. Ruhl **24.44**

### 1600m

Boys: M. Zamboldi **4:43.38**

Girls: S. Policano **5:28.24**, H. Fishbein **5:31.22**

### LJ

Girls: V. Purritano **16'7 ¼**, A. Schoff **14'8**

Boys: D. Romero **19'7 ½**, J. Chun **20'1**, P. Sanchez **17'6**

### TJ

Boys: P. Sanchez **35'11 ½**

Girls: S. VandenAssem **34'8**, L. Veenhof **33'5 ¾**, A. Schoff **32'8 ½**

### HJ (5'10, 4'10)

Boys: D. Romero **5'10**, M. Bartlik **NH**

Girls: E. Veenhof **4'10**, L. Veenhof **NH**

### Shot

Girls: L. Uzoaru **37'10 ¾ - 4th Place**, M. Carey **ND**

Boys: A. Engelhardt **49'6 ½ - 2nd Place**

## INDOOR TRACK

# Fast relay times at Varsity Classic for Ridgewood, others

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

NEW YORK — The Varsity Classic has always been known as a place to run fast relays and put up times to qualify for both the Indoor Nationals in March and Penn Relays in April.

And Wednesday night was no exception.

The Ridgewood girls and Northern Valley/Demarest boys qualified for Penn with season leading times in the 4-x-800 relay and the Ridgewood boys earned a probable invite to the more exclusive distance medley even though none of the three teams earned gold medals at the very strong meet.

Junior Will Baginski of Ridgewood ran a splendid 4:16.2 1,600 anchor leg and battled perennial national contender Christian Brothers Academy to the finish line before falling, 10:22.01 to 10:22.45.

The team of Sid Wagh, Matt Tai, Ben Zamboldi and Baginski ran the seventh fastest time in the country this year and the No. 6 time in indoor Bergen County history.

"Sid had a great leadoff leg for us and the other guys gave me a chance to run well," said Baginski. "I think I'm going to be able to run much faster as the season gets to the end and I'm excited to race sectionals."

The Ridgewood girls got a boost from new leadoff leg Katherine Muccio, who had taken second in the 55 meter dash in

7.23 earlier in the meet.

She ran 2:22.0 and with Virginia Morley, Evelyn Kotch and Meghan Adams all running between 2:20.8 and 2:23.8, battled defending state and national champion Ridge all the way to the line, finishing second in 9:28.81, third in New Jersey this and No. 5 all-time in Bergen County history.

"She just shows us so much every time she steps on the track and I think it motivates the other girls," said Ridgewood coach Patrick Ryan.

Northern Valley/Demarest finally broke the long standing school record in the boys 4-x-800, clocking 8:04.48, with second leg Tim Larsen splitting 1:59.2 and anchor Josh Munoz going 1:56.9.

## Meanwhile in individual events...

Luis Peralta of Passaic hadn't run an 800 all winter, concentrating on the 200 and 400 races and even running a 55 at Passaic Counties last week.

But he blew out a huge indoor PR of 1:54.96 from the second heat, just .18 from the state lead and setting up a great showdown at Saturday's group 4 sectional with Baginski and Clifton's Kevin Heredia.

## Rogers goes 5-11 two days after Millrose Games

Two days after clearing 5-8 ¾ at the

See **TRACK**, Page **95**

## INDOOR TRACK NOTES

# Season is racing to finish line

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

There are only 16 days left in the 2017-18 indoor track season. The final stretch begins Friday when the North 2, Groups 1 and 4 kick off the second weekend of sectional championships at the Bennett Center bubble in Toms River.

Rutherford, Lyndhurst and Secaucus are among six North Jersey schools in the Group 1 meet Friday, with Jenna Rogers making her indoor state debut for Rutherford in her first visit to Bennett Center. It's also the first year for Lyndhurst indoor track, and it should advance several athletes to the state group championships, Feb. 16-17.

Saturday, the North 1, Group 1 and 4 teams get their shot with the Ridgewood boys in Group 4 the only defending champ. The Maroons could win again, but Glen Rock and Hasbrouck Heights boys and girls could be contenders in Group 1 while the Park Ridge girls will play a role in who wins the meet. North Jersey defending champs include Jake Cooper of Emerson (Group 1800), Kevin Heredia of Clifton (Group 4 800), two-time defender Carly Spinnler of Passaic Tech (Group 4 800) and Nicole Lester of Ridgewood (Group 4 pole vault).

Wednesday sees the annual Bergen County Championships at the Armory Track Center. Seth Kricheff of NV/OT defends in pole vault and Fair Lawn's

Jonathan Marcus won the 3,200 last winter.

There are nine eligible defending girls champs, including double-winner Katherine Muccio of Ridgewood (55 and 300), but it's unclear whether Sarah Adams of Ramapo (400), Sam Sudol of Ramsey (600), or Caroline O'Sullivan of NV/Old Tappan (1,000) will compete. Hurdler Isabelle Dely of Paramus Catholic, and field standouts Lexi Uzoaru of Ridgewood (shot), Tiffany Bautista of PC (high jump) and Lauren Chamberlin of Ramsey (pentathlon) are expected to compete.

**Halls induction set:** Long time track and field journalist and historian Ed Grant of New Jersey and legendary performers Renaldo Nehemiah of Scotch Plains and Milt Campbell of Plainfield are part of the 30 members of the inaugural class of the National Scholastic Foundation's National High School Track and Field Hall of Fame to be inducted March 8, at a dinner at the New York Athletic Club.

**Glynn to be honored:** Former Paramus Catholic and Ridgewood coach Mike Glynn will be inducted into his fifth Hall of Fame when he enters the NJ Scholastic Coaches Hall of Fame in March at the Pines Manor in Edison. Glynn is a member of the St. Peter's (S.I.) and Iona College Halls of Fame as an athlete and the Paramus Catholic and Armory Track Center Halls of Fame as a coach.

## Track

Continued from Page **75**

Millrose Games against a field of professionals, Rutherford sophomore Jenna Rogers was back jumping against her peers Monday and cleared an indoor best 5-11 in the girls high jump, tied for the top high school performance of the year. Rogers, who cleared 6-0 ¾ inch last June in winning the New Balance Outdoor Nationals, took three attempts at an Armory High School record of 6-1, coming close twice.

## Watson and Kricheff

## equal personal bests

The best boys high jumper and best boys pole vaulter in New Jersey continued to show why. Kennedy senior Jadon Watson cleared 6-8 on his first attempt and had three great attempts at a state-leading and Passaic County record-tying 6-10, just brushing the bar with his left calf on his second try.

Seth Kricheff of NV/Old Tappan made 15 feet for the second time in three days and third time in a week but this time he added ¼ inch on top for a state-leading and new personal best of 15-0 ¾. He then had three good jumps at 15-3 ¾.

## State Sectionals - Bennett Center, Toms River; Saturday, February 10th

### 400m

Girls: K. Muccio 58.99 - 1st Place, V. Purritano 61.64 - 3rd Place

Boys: M. Tai 54.13 - 5th Place, K. Collins 55.68

### 1600m

Girls: C. Keyes 5:15.13 - 2nd Place, M. Adams 5:16.66 - 3rd Place, C. McCormack 5:39.60

### 55HH

Girls: K. Muccio 8.87/8.62 - 3rd Place, V. Morley 9.06/9.05 - 5th Place, S. VandenAssem 9.67

Boys: M. Bartlik 8.36, A. Ruhl 8.53, N. DeVita 9.08

### 1600m

Boys: W. Baginski 4:22.77 - 2nd Place, S. Wagh 4:30.57 - 4th Place, M. Zamboldi 4:41.80

### 800m

Girls: E. Kotch 2:21.99 - 2nd Place, V. Morley 2:22.72 - 3rd Place, M. Adams 2:25.33 - 4th Place

### 55m

Girls: K. Muccio 7.40/7.32 - 1st Place, **New Sectional Record!!**, V. Purritano 7.75

Boys: M. Tai 6.87/6.92 - 6th Place, K. Grant 7.22, E. Wong 7.33

### 800m

Boys: W. Baginski 2:00.69 - 3rd Place, B. Zamboldi 2:10.99, C. Shammass 2:12.76

### 3200m

Girls: C. Keyes 11:45.49 - 6th Place, S. Policano 11:47.89, H. Fishbein 11:50.67

Boys: R. Fahey 9:49.69 - 3rd Place, S. Wagh 9:51.13 - 4th Place, T. Barnabic 10:33.67

### 4x400m

Girls: V. Purritano 62.4, S. VandemAssem 62.9, E. Kotch 62.4, K. Muccio 61.5 = 4:09.64 - 1st Place

Boys: K. Collins 54.9, M. Bartlik 56.8, W. Baginski 52.2, A. Ruhl 53.9 = 3:37.39 - 5th Place

### HJ

Girls: E. Veenhof 5'0 - 4th Place, L. Veenhof 4'10 - 5th Place, A. Schoff 4'4

Boys: D. Romero 5'10 - 4th Place, M. Bartlik 5'8 - 6th Place

### PV

Girls: E. Veenhof 8'0 - 6th Place, N. Venizelos 7'6, N. Lester NH

### Shot

Boys: A. Engelhardt 48'2 ½ - 1st Place, M. Toner 40'1 ¼

Girls: L. Uzoaru 37'4 - 3rd Place, M. Carey 31'5

## State Sectionals - Bennett Center, Toms River; Saturday, February 10th

Scores					
Male			Female		
1	Ridgewood	48	1	Ridgewood	90
2	Memorial	38	2	Randolph	71
3	Clifton	36	3	Clifton	38
4	Randolph	26	4	Passaic Tech.	34
5	West Orange	25	5	Montclair	28
6	North Bergen	23	6	Bloomfield	22

### INDOOR TRACK

# Ridgewood sweeps North 1, Group 4 sectional meet

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

TOMS RIVER — Everything seemed to go right for the Ridgewood girls at the North 1 Group 4 sectional meet on Saturday at Bennett Center while the boys seemed to have nothing work at the same time.

But both Maroon teams managed to win state sectional titles at the meet, the girls with a dominating 90-71 win over defending champion Randolph and the boys with a shaky but ultimately satisfying 48-38 win over Memorial of West New York.

It marked the second time in three years that Ridgewood had swept and the first time ever that Bergen County teams had swept the four group 1 and 4 sectional team titles indoors.

The girls took advantage of an early false start by a co-favorite in the 400 to go 1-3 in the meet's opening event with juniors Katherine Muccio and Victoria Purritano grabbing the spots, but it was the eye-opening kicks by junior Cassie Keyes and senior Meghan Adams for second and third in the 1,600 that set the tone for the day.

It enabled the Maroons to break even in the event with Randolph despite a 1-4 finish by the Rams. Ran-

dolph went 1-2 in the high jump as expected, but even there the Maroons grabbed six points behind Ellie and Lizzie Veenhof who finished 4-5.

Muccio and fellow junior Virginia Morley went 3-5 in the hurdles, unexpectedly outscoring Randolph again in the event and then came the hammer.

Passaic Tech's Carly Spinnler won the 800 for third straight year with a diving finish to beat Ridgewood's Evelyn Kotch but the Maroons with Morley and Adams followed in third and fourth as Randolph was shut out.

Halfway through the meet Ridgewood had a 25 point lead and its victory seemed secure.

"From the time we got here as freshmen, we all knew each other from a distance even though some of us went George Washington Middle School and others went to Ben Franklin," said Morley as she watched her team wrap up the win with a winning 4-x-400 performance, anchored by Muccio, who also won the 55 and set a sectional record.

"When we started running track in high school, we just bonded together and the bonds are why we've done so well."

Ridgewood scored in each of the 10 girls events, even though it suffered a setback when two-time state group champ Nicole Lester, just off a bad case of the flu no-heighted in the pole vault.

While the girls' win was a thing of beauty, the boys' win was a slog. Only shot putter Austin Engelhardt scored a victory, and that was unexpected as Engelhardt had not won a meet this winter and hadn't broken 45 feet until a big series at the Varsity Classic Monday.

"I was having trouble pulling through and finishing my throws," said Engelhardt, who threw 48-2 1/2 to beat Clifton's Sonny Ruiz by less than three inches. "It finally came together Monday and continued today."

Ridgewood trailed for most of the meet as Clifton got off to a hot start. But the Maroons picked away with Matt Tai taking a fifth in the 400 and a sixth in the 55 despite a balky leg that kept him out of the relay. Will Baginski and Sid Wagh went 2-4 in the 1,600 but Baginski was beaten by a strong finish by Memorial's Francis Martingale. Danilo Romero got fourth in the high jump and Baginski was third in the 800. Tai's sixth place in the finish finally brought the Maroons even.

"We needed a big race in the 3,200 and we got two," said a relieved Patrick Ryan, the Ridgewood coach. Ryan Fahey was third in a big PR of 9:49.69 and Wagh came back in fourth in 9:51.13 to open an eight point lead on Memorial, which went 1-2 in the event, but didn't field a relay team.

## County Individuals - Armory; Wednesday, February 14th

### **55HH**

Varsity Boys: A. Ruhl \_\_\_\_\_, N. DeVita \_\_\_\_\_

Varsity Girls: V. Purritano **?/8.9/8.8**, S. VandenAssem \_\_\_\_\_, N. Lester \_\_\_\_\_

### **55m**

Varsity Boys: E. Wong \_\_\_\_\_, P. Sanchez \_\_\_\_\_, K. Grant \_\_\_\_\_

Varsity Girls: S. VandenAssem \_\_\_\_\_

### **3200m**

Varsity Boys: T. Barnabic **10:45.3**

### **400m**

Varsity Girls: N. Venizelos **65.5**

### **1000m**

Varsity Girls: **C. McCormack 3:15.8 - 6th Place**, S. Policano **3:17.8**

### **200m**

Varsity Boys: A. Ruhl **23.8**, K. Grant **24.3**, E. Wong **24.4**

### **1600m**

Varsity Girls: **H. Fishbein 5:31.8 - 4th Place**

### **800m**

Varsity Boys: M. Zamboldi **2:09.2**, C. Shammass **2:09.9**

### **LJ**

Varsity Girls: V. Purritano \_\_\_\_\_, N. Venizelos \_\_\_\_\_

### **TJ**

Varsity Girls: S. VandenAssem \_\_\_\_\_, L. Veenhof \_\_\_\_\_

Varsity Boys: P. Sanchez \_\_\_\_\_

### **HJ**

Varsity Girls: **L. Veenhof 5'0 - 4th Place**, **E. Veenhof 4'10 - 6th Place**

### **PV**

Varsity Girls: **N. Lester 11'0 - 3rd Place**

### **Shot**

Varsity Boys: A. Engelhardt **46'8 ½**, M. Toner **41'10**

Varsity Girls: **L. Uzoaru 37'11 ½ - 2nd Place**, M. Carey **29'11**

## County Individuals - Armory; Wednesday, February 14th

### Pentathlon (55HH, Shot, HJ, LJ, 1000m/800m)

Varsity Boys:

Name	55HH	Shot	HJ	LJ	1000m	Points
M. Bartlik	7.9	38'7	6'2	18'8	3:01.7	3233
D. Romero	8.9	32'1 <sup>3</sup> / <sub>4</sub>	6'2	19'6 <sup>1</sup> / <sub>4</sub>	3:26.3	

Varsity Girls:

Name	55HH	Shot	HJ	LJ	800m	Points
A. Schoff	9.9	20'7 <sup>1</sup> / <sub>4</sub>	4'4	15'2 <sup>1</sup> / <sub>2</sub>	2:56.4	



# Purcell breaks county indoor vault record

Pascack Valley senior roars back from injury

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

NEW YORK — A year ago, Melissa Purcell just wanted to be healthy.

She didn't even vault at last year's Bergen County championships and didn't even qualify for the indoor state Meet of Champions after a series of ankle injuries destroyed her winter season, placing her vaulting future in doubt.

Fortunately for the Pascack Valley senior, time heals all wounds. It did for her as Purcell previously won the outdoor Group 3 championship and was fourth in the state Meet of Champions with a Bergen County record-tying mark of 12-6.

Wednesday, Purcell set the indoor Bergen County record, clearing 12-6½, a half-inch better than previous record-holder Michelle Rubineti made a year ago and won the county title at the Armory Track Center.

"Last winter was so depressing because I couldn't get healthy," said Purcell, who was all smiles after clearing the record height on her second attempt and just missing 12-8, which would have moved her into the No. 1 spot in New Jersey this winter. "Then I had a great spring, but at the beginning of indoors, I was putting too much pressure on myself to do well and I had a terrible start."

But instead of giving up, Purcell and coach Tim Wilson went back to the drawing board, worked on technique and fundamentals and rebuilt her form.

"Now it feels like fun again," said Purcell. "I can't wait for (states) Saturday."

As it has been all year, the pole vault is perhaps the best overall event in Bergen County, as the NV/Old Tappan duo of Seth Kricheff and Tyler Hrbek continued



Above: Pascack Valley senior Melissa Purcell clears the 12 foot, 6 1/2 inch bar to set a new Bergen County pole vault record during the Bergen County Indoor Track Championship at the Armory Track Center in New York City on Wednesday.

Below: Purcell celebrates with coach Tim Wilson. PHOTOS BY DANIELLE PARHIZKARAN/NORTHJERSEY.COM

putting on a show in the boys event.

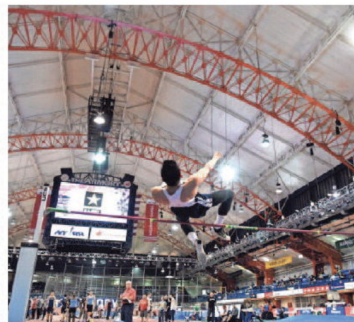
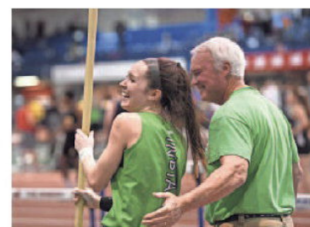
Kricheff won on misses at 15 feet, his fourth 15-foot clearance in five meets, and Hrbek made the coveted height on his third attempt, marking the first time two Bergen boys have cleared 15 feet in the season, not to mention in the same meet.

Dwight Morrow's Quanzie Lumsden, who missed the state sectionals 10 days ago with an untimely illness that forced him into Englewood Hospital, came back

and swept the 55 and 200 on Wednesday night, the latter event in a personal best 22.1 seconds.

"I tried to fight through the illness, but my parents told me I needed to go the hospital, so I went," said Lumsden who has committed to play football at Coffeyville Junior College in Kansas and could also run track. "My goal for tonight was to leave it on the line and I think I did."

See **TRACK**, Page 10S



Boys compete in the high jump at the Bergen County Indoor Track Championship at the Armory Track Center in New York City on Wednesday night. DANIELLE PARHIZKARAN/NORTHJERSEY.COM

## Track

Continued from Page 9S

Paramus Catholic sophomore Mariah Fede also scored an impressive double, winning the 55 hurdles in a hand-timed 7.9 seconds and running a personal best 25.0 to win the 200.

"I never did track until I got to high school, but I knew I was pretty fast," said Fede. "But I didn't think I'd be able to hurdle, but I started to get it by training with Isabelle (Dely) every day. I've learned so much from her and we're best friends. We've been able to do very well against each other all year."

Dely finished second Wednesday.

Asim Greene of River Dell went a North Jersey-leading 56-2½ in the boys shot put as five boys threw more than 50 feet.

Max Bartlik of Ridge-wood won a dramatic boys pentathlon, holding off Fort Lee's Manny Montoya in the final event, the 1,000. Bartlik edged Montoya 3233 to 3216.

Monika Lucic of Hasbrouck Heights came from fifth place with a stunning 2:23.4 800-meter race to win the girls pentathlon with 3061 points, Jenna Rogers of Rutherford was second with 3050 and Kennedee Cox of Paramus Catholic was third with 3040, the first time three girls went over 3,000 points in the same year.

Tiffany Bautista of Paramus Catholic went a state leading 18-9½ in the long jump and added wins in the girls triple jump and 55 meters, while Teslim Olunlade of Lyndhurst went a North Jersey-leading 45-3½ to win the triple jump.



## INDOOR TRACK

# Area H.S. athletes worth watching at group meets

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

All meets at Bennett Center, Toms River  
Top six athletes in each event in each group plus six wild cards in each event advance to State Meet of Champions.

### Groups 2 and 3 meet, Friday, 3:45 p.m.

#### GIRLS

##### Group 2

Returning champions: None.

Returning medalists: Sarah Adams, Ramapo (3, 400); Nicole Vadon, Pascack Hills (5, 55); Kaela Monte, Ramsey (t-4, HJ); Sydney Woods, NV/Demarest (t-5, PV). (Corinne Barney, Indian Hills was 4th in the group 3 3,200).

Top-seeds: Monte (HJ).

Other seeds: Vadon (2, 55); Grace O'Shea, Ramapo (3, HH); Lauren Stern, Mahwah (4, HH); Barney (2, 1,600; 3, 3,200); Maggie Mircovich, River Dell (3, 1,600); Cat Light, NV/Demarest (5, SP); Hannah Figueroa, Pascack Hills (t-2, HJ); Kalleen Rose Ozanic, West Milford (t-5, HJ); Woods, (t-3, PV); Lilly Brown, Lakeland (5, PV); Amanda Katz, Ramapo (6, PV); Ramapo relay (3); Pascack Hills (4).

##### Group 3

Returning champions: Caroline O'Sullivan, NV/Old Tappan (800/1,600).

Returning medalists: Meghan Corso, Wayne Valley (6, HH); Daisy Liljegren, Northern Highlands (2, 3,200); Corinne Barney, Indian Hills (4, 3,200).

Top-seeds: Isabel Hebner, Northern Highlands (3,200); Melissa Purcell, Pascack Valley (PV).

Other seeds: O'Sullivan (3, 800); Monica Hebner, Northern Highlands (2, 3,200);

Liljegren (5, 3,200); Alyssa Campbell, Bergenfield (6, SP); Ariana Cavalli, NV/Old Tappan (t-3, PV); Marissa DiGia, NV/Old Tappan (t-5, PV); Juliana Schraer, Pascack Valley (t5, PV); Kaia Becker, Northern Highlands, 10-0 (t-5, PV).

#### BOYS

##### Group 2

Returning champions: None.

Returning medalists: Josh Munoz, NV/Demarest (4, 800)

Top-seeds: Manny Montoya, Fort Lee (HJ).

Other seeds: Cameron Shaw, Ridgefield Park, 6.69 (t-5, 55); Tim Larsen, NV/Demarest (5, 1,600); Asim Greene, River Dell (4, SP); Liam Landau, Pascack Hills (t-2, PV); Justin Manne, Mahwah, (t-5, PV); Robert Escarret, Ridgefield Park, (t-5, PV).

##### Group 3

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

Returning medalists: Dan Monchek, Northern Highlands (5, HH); Tyler Hrbek, NV/Old Tappan (2, PV).

Top-seeds: Kricheff (PV).

Other seeds: Monchek (3, HH); Chris Bazela, NV/Old Tappan (6, SP); Hrbek (2, PV); Jona Kim, Old Tappan (3, PV); Sam Pitkowsky, Pascack Valley (4, PV); Patrick Emolo, Wayne Valley (5, PV).

### Groups 1 and 4, Saturday, 9 a.m.

#### GIRLS

##### Group 1

Returning champion: Irene Park, Pequannock (PV).

Returning medalists: Megan Gasnick, Park Ridge (5, 400); Selma Sode, Glen Rock (5, HH); Alex Walter, Glen Rock (3, 2,200)

Top-seeds: Gasnick (400); Jenna Rogers, Rutherford (HJ).

Other seeds: Rebecca Kneppel, Butler (2, 55; 3, 400); Monika Lucic, Hasbrouck Heights, 9.03 (2, HH; t-4, HJ); Alexis Byfield, Hawthorne (4, HH); Rachel McMahon (5, HH); Allyson Martini, Kinneelon (6, HH); Samantha Green, Park Ridge (2, 800; 5, 1,600); Giulia Pezzola, Lyndhurst (6, 1,600); Arianna Lombardi, Lyndhurst (4, SP); Sarah Hutchins, Glen Rock (t-4, HJ); Samantha Cioppio, Glen Rock (t-3, PV); Park (6, PV); Hawthorne relay (t-2); Hasbrouck Heights relay (5).

##### Group 4

Returning champions: None.

Returning medalists: Katherine Muccio, Ridgewood (6, 55)

Top-seeds: None.

Other seeds: Katherine Muccio, Ridgewood (5, 55; 4, HH; 5, 400); Alenys Morales, Clifton (3, HH); Cassie Keyes, Ridgewood (6, 1,600); Ashley Martinez, Passaic Tech (t-5, HJ); Ellie Veenhof, Ridgewood (t-5, HJ); Sydney Shannon, Passaic Tech (t-4, PV).

#### BOYS

##### Group 1

Returning champions: none.

Returning medalists: Kyle Patel, Glen Rock (4, SP); Jarod Forer, Glen Rock (3, PV)

Top-seeds: Patel (SP).

Other seeds: Patrick Moorhouse, Hawthorne (6, 55); Teslim Olunlade, Lyndhurst (4, HH); Sean Roberts, Saddle Brook (2, 400); Adam Kharriss, Secaucus (5, 400); Andrew Laguttuta, Glen Rock (3, 1,600); Joe McCabe, Glen Rock (5, 1,600); Pierce Tuttle, Glen Rock (3, SP); Tim Ozturk, Lyndhurst (6, SP); Anthony DiMauro, Rutherford 6-0 (t-3, HJ); Forer (2, PV); Adam Stavash, Hasbrouck Heights, (4, PV); Louis Dell'aguilla, Lyndhurst, (t-6, PV).

##### Group 4

Returning champions: None.

Returning medalists: Sid Wagh, Ridgewood (6, 3,200)

Top-seeds: Luis Peralta, Passaic (800); Jadon Watson, Kennedy (HJ).

Other seeds: None.

### Non-Public A and B, Saturday, 3 p.m.

#### GIRLS

As this is an entry meet, there are no qualifiers.

##### Non-Public A

Returning champions: Tiffany Bautista, Paramus Catholic (HJ); Caroline McGann, Holy Angels (PV).

Returning medalists: Isabelle Dely, Paramus Catholic (4, HH); Mariah Fede, Paramus Catholic (6, HH); Maris Rodriguez, Holy Angels (6, 55); Tori Sheldon, IHA (3, 3,200); Anya Skae, Holy Angels (2, SP).

Other top performers: Bautista (55); Cara Czvekus, Holy Angels (shot put); Tara Lyons, Holy Angels (800); Rodriguez (400); Mackenzie Hughes, Holy Angels (1,600); Sheldon (1,600; 3,200); Isabel Souza, IHA (400); Paramus Catholic relay.

##### Non-Public B

Returning champions: None

Returning medalists: None

Top performers: Emily Byrnes, Eastern Christian (800); Katie Hefty, Eastern Christian (55); Elizabeth Szambel, St. Mary's (3,200); Victoria Kong, Dwight-Englewood (HJ).

#### BOYS

##### Non-Public A

Returning champions: None.

See **TRACK**, Page **9S**

## State Groups - Bennett Center, Toms River; Saturday, February 17th

### 400m

Girls: K. Muccio 58.68 - 4th Place, V. Purritano 61.32

### 1600m

Girls: C. Keyes 5:11.83 - 5th Place, M. Adams 5:37.40

### 55HH

Girls: K. Muccio 8.99, V. Morley 8.99

### 1600m

Boys: W. Baginski 4:19.67 - 5th Place

### 800m

Girls: V. Morley 2:19.37 - 6th Place, E. Kotch 2:22.49

### 55m

Girls: K. Muccio 7.29/7.35 - 4th Place

### 3200m

Boys: R. Fahey 9:39.83 - 5th Place, S. Wagh 9:45.61

### HJ

Girls: E. Veenhof 5'0 - 5th Place, L. Veenhof NH

Boys: M. Bartlik NH

### Shot

Boys: A. Engelhardt 46'11 ¾

Girls: L. Uzoaru 38'2 - 5th Place

#### INDOOR TRACK

## Park Ridge impressive second in Group 1

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

TOMS RIVER – Park Ridge coach Mike Farrell went home Saturday from the state Group 1 and 4 state championships with a set of certificates attesting to the runner-up team finish by the Owls behind Group 1 state champ Highland Park.

The package of 20 seemed like overkill to Farrell, who admitted “we only have eight girls out for winter and only four are here.”

But those four girls nearly brought a gold state group title home.

The Owls grabbed the early lead after two events as Megan Gasnick took third in the 400 and Samantha Green had a huge personal best in the 1,600, running 5:12.84 for second.

And surprisingly, with just the relay to go, the Owls were still first after Green impressively took the 800. But in the end Park Ridge came up five points short of the trophy but left pleased with their overall performance.

“The two girls who didn’t score, (Alli Uhl in the 400 and Sarah Geormaneanu in the 800) had seasonal bests,” said Farrell. “And what can you say about Sam and Megan?”

Green, who won the Group 1 state cross-country title and then left basketball to run indoors, finally is at peace with her decision to run full-time although she admits

that running twice as many laps indoors as outdoors for the same distance takes getting used to.

“I didn’t make the connection right away and I was annoyed early in the year that my mile (1,600) times weren’t coming down,” said Green, who won the 800 in 2:22.03, reversing a sectional loss to Verona’s Kathleen Ashley. “But I’m really with the way everything has gone this winter.”

Gasnick ran 58.73 for third in the 400, but was disappointed to finish behind Kayleigh Furth of Newton and Butler’s Rebecca Kneppel, who she had defeated last week at sectionals.

#### Pentathlon leads to state gold

For the second straight session, two North Jersey athletes who competed in Wednesday’s Bergen County pentathlon, won gold medals at the state meet.

Of course, for Jenna Rogers of Rutherford, the runner-up in the pentathlon, her victory in the Group 1 high jump was pretty routine.

She came into the competition at 5-4, cleared it and then made 5-6 on her first attempt to eliminate Kennedy Wilson of Willingboro. She took one attempt at a group record 5-9 but then stopped.

“I’m starting to feel tired because this is a long season,” said Rogers, who still has Eastern States on Tuesday, State Meet of Champions on Feb. 24 and the Nationals

next month. “I want to be national champ again and I have to get back to training hard and getting some rest.”

That’s not the issue for Hasbrouck Heights senior Monika Lucic, who won the pentathlon Wednesday with a brilliant final event 2:23.4800, a five second best and then won the Group 1 55 hurdles, running 8.93, for her second personal best of the day.

“I’m so pumped and excited for spring, and this just makes it even better,” said Lucic, who also placed in the high jump and ran on the 4-x-400 team that just missed qualifying for the Meet of Champs. “

#### Maybe a better team?

Ridgewood finished eighth in the Group 4 girls standings with 14 1/2, but the Maroons, who easily won the North 1, Group 4 championship over Randolph, scored in two more events than the victorious Rams did in winning the state title Saturday and in three more events than any other team in the group.

Katherine Muccio took fourth in both the 400 and 55 runs, while Virginia Morley took sixth from the unseeded heat of the 800 with a PR 2:19.73.

Cassie Keyes was fifth in the 1,600 with a PR 5:11.83, while Lexi Uzoaru took fourth in the shot and Ellie Veenhof tied for 5th in the high jump. Only Uzoaru graduates from this stellar group.

## **Easterns - Armory; Tuesday, February 20th**

### **55 HH**

Boys: M. Bartlik **8.22**

Girls: V. Purritano **9.52**

### **Distance Medley**

Girls: E. Kotch **3:43.84**, K. Muccio **56.80**, V. Morley **2:21.11**, C. Keyes **5:17.27 = 12:19.01**

### **4x800m**

Boys: S. Wagh **2:01.64**, R. Fahey **2:08.53**, B. Zamboldi **2:05.68**, W. Baginski **1:56.24 = 8:12.08**

### **LJ**

Girls: V. Purritano **16'2 ½**

### **HJ**

Boys: M. Bartlik **6'0**

Girls: E. Veenhof **5'0**, L. Veenhof **NH**

### **PV**

Girls: N. Lester **11'0**

### **Shot**

Girls: L. Uzoaru **36'5 ½**

Boys: A. Engelhardt **47'9**



## INDOOR TRACK

# An event-by-event preview of the boys' SMOC

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

**At Bennett Center, 10 a.m. Sunday**  
**4-x-800 meter relay (showcase):** North Jersey Outlook: Glen Rock is the only local entry and hopes to run fast enough to qualify for the Penn Relays. Hopewell Valley won the distance medley and looks for the distance double.

**400:** Outlook: If Secaucus senior Adam Khriess can repeat his sixth place effort at Tuesday's Eastern States meet he can contend for a top-eight medal.

**1,600:** Outlook: If Ridgewood junior Will Baginski can stay out of trouble in the often physical race, he has an excellent chance to win his first Meet of Champions medal. Favorites in the race are Drew Maher of Shore, Chris Romero of Voorhees and Devin Hart of Point Pleasant Boro.

**55 Hurdles:** Outlook: North Jersey entrants Giano Roberts of North Bergen, Dan Monchek of Northern Highlands and Hank Anderson of Indian Hills look for personal bests.

**55 meters:** Outlook: Eastern States and New Jersey record holder Mario

Heslop of Franklin is the heavy favorite. Roberts and Jarrett Millien of Paramus Catholic look for personal bests.

**800:** North Jersey seeds: Luis Peralta, Passaic (4) Outlook: One of the more intriguing races of the day puts Peralta, undefeated at the event against a field that could include three runners who ran faster at sectionals. Kevin Heredia of Clifton was fourth out of the unseeded heat last year and could repeat that feat this year.

**200 (showcase):** North Jersey seed: Rahmir Johnson, Bergen Catholic (2)

Outlook: Mario Heslop is also entered but after setting the state and Eastern States records in the 200 Tuesday, he might try to become the second runner to win the 55 and 400 in the same meet joining Nick Brown of Bridgeton, who accomplished the feat in 1999. Johnson has been out for a month but if healthy, could win the title in Heslop's absence.

**3200:** Outlook: A wide open field could narrow down to two if Romero and/or Hart choose this race over the 1,600. Jon Fontana of River Dell and Ryan Fahey of Ridgewood battle for an all-Bergen County berth.

**Shot put:** North Jersey Seed: Asim Greene, River Dell (6)

Outlook: C.J. Licata of Gill St. Bernard is the heavy favorite but Greene has been getting better with every meet with a runner-up finish at the Eastern States at a career-best 57-3/4 moving him onto the top 25 all-time in Bergen County. Kyle Patel of Glen Rock can also medal.

**High jump:** North Jersey Seed: Jadon Watson, Kennedy (7)

Outlook: Don't let the low seed next to Watson's name fool you. A rare off-day for the Knight senior at the Group 4 meet led to a season worst performance. But he snapped right back with a win in the Eastern States. Others to watch here include Kasso Peaks of Eastern, Soham Kolli of Randolph, Mark Anselmi of Middletown South and Davensky Joinvilmar of Asbury Park.

**Pole vault:** North Jersey Seeds: Tyler Hrbek, NV/Old Tappan (1), Seth Kricheff, NV/Old Tappan (2), Liam Landau, Pascack Hills (3).

Outlook: Defending champ Kricheff is having an event better year than when he won last season, making at least 15 feet in six of his last seven meets. Teammate Hrbek won the Group 3 meet on misses at 15 feet and Landau made a personal best 14-6 winning the group 2 title. Simon



Old Tappan's Seth Kricheff, the top pole vaulter at the NJSIAA Boys State Indoor Track and Field Championships in 2017, is the No. 2 seed this year. MICHAEL KARAS/NORTHJERSEY.COM

Schenck of Princeton and David Bausmith of Hunterdon Central have also made 15 feet at least once this season.

**4-x-400 relay:** East Orange, Union Catholic and CBA are teams to watch for the title, and local entrants Ramapo and Glen Rock look for seasonal bests.

## INDOOR TRACK

# An event-by-event outlook for girls SMOC

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

**At Bennett Center, 10 a.m. Saturday.**

### 4-x-800 relay

**North Jersey seeds:** Ridgewood (3) and River Dell (4).

**Outlook:** The Maroons and Golden Hawks have solid chances to take medals here and even contend with Union Catholic and Ridge, the favorites. Indian Hills has a chance to grab a medal by making the top eight.

### 400

**Outlook:** Butler's Rebecca Kneppel and Park Ridge's Megan Gasnick have the best chances to earn medals in this wide open race with five runners under 58 seconds in last week's group meets.

### 1,600

**North Jersey seeds:** Caroline O'Sullivan, NV/Old Tappan (1)

**Outlook:** If O'Sullivan can come close to duplicating her race of last weekend, she could be the first North Jersey girl in 25 years to win the title. Madison Brand of Middletown South and Abby Loveys of Randolph are the closest contenders. Cassie Keyes of Ridgewood and Samantha Green of

Park Ridge are medal contenders.

### 55 hurdles

**North Jersey seeds:** Isabelle Dely, Paramus Catholic (2); Grace O'Shea, Ramapo (6); Mariah Fede, Paramus Catholic (8).

**Outlook:** North Jersey has never had two medalists in the same year in this event since the Girls Meets of Champs started in 1979 but this year there could be three. Claudine Smith of Atlantic City is the favorite and Dely could be in the mix for gold. O'Shea gets better with every race and Fede can medal if she has a clean race.

### 55 meters

**Outlook:** With Katherine Muccio of Ridgewood probably in the 4-x-800 and 200 instead of this race, medal chances depend on big races by Kneppel and Group 2 runner-up Nicole Vadon of Pascack Hills. Phillipsburg's Sydney Hawkins is the favorite.

### 800

**Outlook:** Defending champion Victoria Van Riele of Governor Livingston is four seconds better than anyone in the race. Potential local contenders have chosen other events leaving the chances for a medal bare.

### 200

**North Jersey seeds:** Fede (4); Alenys Morales, Clifton (6); Katherine Muccio, Ridgewood (8).

**Outlook:** The one-lap race has the reputation for upsets and this year may be no different. Shanelle Colmon of East Brunswick is the top seed.

### 3,200

**North Jersey seeds:** Monica Hebner, Northern Highlands (1); Isabel Hebner, Northern Highlands (2); Corinne Barney, Indian Hills (4).

**Outlook:** It may not be the 2016 race, where North Jersey runners took five of the top eight places, but four (including Madeline Barney of Indian Hills) medalists are a distinct possibility. Corinne Barney was seventh last year. Monica and Isabel Hebner are the favorites but Amanda Stone of Monmouth and (if she chooses this event) Abby Loveys of Randolph can contend.

### Shot put

**Outlook:** Shelby Bigsby of Montclair is the national leader in the event and should win easily. Lexi Uzoaru of Ridgewood and Cat Light of NV/Demarest can medal.

### High jump

**North Jersey seeds:** Jenna Rogers, Rutherford (1); Kaela Monte, Ramsey and Tiffany Bautista, Paramus Catholic (t-3).

**Outlook:** Of course, Rogers, the co-US leader and outdoor champion is the favorite in this event, but it's not an easy road with defending outdoor state champ Abrianna Barrett of Montgomeery and Tierra Hooker of Timber Creek (who's cleared 5-10 this winter) also in the field. No North Jersey high jumper has won since 1999.

### Pole vault

**North Jersey seeds:** Melissa Purcell, Pascack Valley (2); Sydney Woods, NV/Demarest (t-3).

**Outlook:** North Jersey girls have scored multiple medals in each of the last four meets and if form holds this should be the fifth straight year. There are nine girls in the field that have cleared at least 11-6 this winter. Look for a 12 foot clearance on the first attempt to provide the gold.

### 4-x-400 relay

**North Jersey seed:** Ramapo (7)  
**Outlook:** It's a two-team race between Union Catholic and Winslow Township for the gold. Ramapo looks to become North Jersey's first medalist in the event since 1996.

## SMOC - Bennett Center, Toms River; Saturday-Sunday, February 24-25th

### 1600m

Boys: W. Baginski 4:17.38 - 6th Place

### 3200m

Boys: R. Fahey 9:50.78

### 4x800m

Girls: E. Kotch 2:22.4, K. Muccio 2:20.9, M. Adams 2:23.9, V. Morley 2:21.8 = 9:28.95 - 2nd Place

### 1600m

Girls: C. Keyes 5:14.63

### 200m

Girls: K. Muccio 25.70 - 6th Place

### HJ

Girls: E. Veenhof NH

### Shot

Girls: L. Uzoaru 35'10 ¼

#### BOYS HIGH SCHOOL TRACK

## Peralta, Hrbek win at State Meet of Champions

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

TOMS RIVER – Luis Peralta and Tyler Hrbek made history at the Boys Indoor Track State Meet of Champions at the Bennett Center and it was not just because each won a state title.

Peralta, a junior from Passaic, became his school's first indoor boys champion when he overtook Atharv Kulkarni of West Windsor Plainsboro North and Damien Dilcher of Brick Township with a ferocious finish over the final 100 meters to take the 800-meter title in a personal indoor best 1:54.54.

Thirty minutes after the rest of the meet ended, Hrbek became the first boy to dethrone a teammate who had won the Meet of Champions title in any event by defeating his NV/Old Tappan classmate in the pole vault with a first attempt clearance of 15 feet, the fourth straight meet he has reached the height.

Kricheff, the 2017 champion, finished third, making 14-6. Hunterdon Central's David Bausmith made 15 feet on his third attempt to claim second.

Peralta, who led wire-to-wire to win the group 4 800 last Saturday, took a different tack this time sitting in third or fourth place for most of the race, that went out in a quick but not overly fast 56.7 for the first 400. Dilcher took the lead with a lap to go, followed by Kulkarni and Peralta. As they went down the backstretch they gapped the rest of the field and then Peralta made his move, blowing by the senior twosome and racing to a five-meter win, thrusting his fist in the air as he crossed the finish line.

"I've been thinking about this race since last summer," said Peralta. "I was not as confident to take the race out as I was last week, but I knew nobody in the race has my 200 or 400 speed so I was confident in my kick."

Peralta had expected to contend for the outdoor SMOC title last spring, but

ran a poor race and finished a badly beaten tenth. "I didn't want to feel that disappointment again," said Peralta.

Kevin Heredia of Clifton took fifth place in the 800 out of the unseeded heat for the second straight after finished fourth last winter. Heredia led every step of his heat, being clocked in 1:57.49.

Hayek's win took longer on Sunday but also was crafted in disappointment. He no-heighted in last year's indoor meet and came up well short of a medal outdoors, but after a scary injury in the long jump while competing in the event at the Big North National meet on January 17, he seemed to find his way, finally making 15 feet for the first time at the Bergen County championships on February 14.

"I was afraid (that the injury) would be more lasting and more serious," said Hrbek, who still wears a support sock on his left ankle. "But when I was okay I got even more competitive and worked

even harder."

Hrbek was totally happy with his day, expecting that he was now ready to clear 15-6, but did not. "But I'm really happy to be the state champ."

Pascack Hills junior Liam Landau was sixth in the pole vault, making 14 feet.

Jadon Watson of Kennedy almost gave North Jersey a third champion, as he was the best jumper all day in the high jump. But a first try miss at 6-8 proved costly as A'nan Bridgett of West Windsor South, made 6-8 on his first try and although Watson had the three best tries at 6-10, he finished second because of the miss at 6-8.

North Jersey athletes also grabbed medals in the 200 (Rahmir Johnson of Bergen Catholic, 2nd), 1,600 (Will Baginski of Ridgewood, 6th), shot put (Kyle Patel of Glen Rock, 5th; Asim Greene of River Dell, 8th) and 55 hurdles (Giano Roberts of North Bergen, 7th).



# Rogers, O'Shea win state meet of champions titles

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

TOMS RIVER — Jenna Rogers grabbed the national spotlight in the first big meet of the 2017-2018 indoor track season when she cleared a Bergen County record 5 feet 10 inches at the AT&T Hall of Fame Coaches Invitational high jump on Dec. 16 and never let it go.

Because of a series of injuries, including a stress fracture in her back last fall, Grace O'Shea of Ramapo didn't even run a 55 meter hurdle race until she won the North 1 Group 2 state sectional on February 3.

Yet both Bergen County athletes reached the same summit Saturday when they earned state titles at the Girls Meet of Champions at Bennett Center.

Rogers, the sophomore from Rutherford who was invited to jump against the nation's best at Millrose Games on the same weekend O'Shea was starting her season, cleared 5-10 on her first attempt Saturday to grab her first state crown and the first by a county girl since 1999. She then missed three attempts at a state record 6 feet ½ inch, ¼-inch below her outdoor best of 6-0 ¾, which she cleared during her run to a stunning national outdoor title in June.

"I'm so excited to win State Meet of Champions in my first indoor season," said Rogers, who played club volleyball last winter. "My jumps at 6-0 ½ weren't my best because I think I was mentally drained after making 5-10 this time."

The winning jump came moments after O'Shea had capped her incredible three week run by becoming Bergen County's first hurdles champ since 1998 and tying the county record of 8.08 seconds set just four days earlier by Paramus Catholic junior Isabelle Dely, who was second in Saturday's race in 8.14.

"I was surprised that I had the top seed in trials (8.21) but then I knew I had a real good chance to win the race," said O'Shea, who set an almost unfathomable sixth personal best in eight races at the event where improvement is measured in hundredths of seconds.

"This is the best feeling ever," said O'Shea, who probably first suffered the back injury last spring and then dealt with a hip flexor injury late in the fall which resulted in knocking her out until February 3. "Each time I ran I tried to concentrate on getting my lead leg down faster in the hurdles so I could get faster between hurdles. When I crossed the line I had a sense that I had won."

Rogers and O'Shea produced the only two wins Saturday but were far from the only top performances by North Jersey athletes who combined for 17 medals and just missed six more.

The day started with a sensational 2-4 finish by Ridgewood and River Dell respectively in the 4-x-800 relay behind defending national champion Ridge. Ridgewood, with a revamped lineup moving sprinter Katherine Muccio to second leg and Virginia Morley to anchor, stayed in the top four places from the opening gun and Morley's sprint finish grabbed second place away from



Jenna Rogers wins high jump. PHOTOS BY PAUL SCHWARTZ/NORTHJERSEY.COM



Grace O'Shea displays her gold medal for the 55-meter hurdles.

Union Catholic at the line in 9:28.95, while River Dell used freshman twins Maggie and Amanda Mircovich and veterans Kellie O'Donnell and Shannon Gorla to take fourth in 9:30.70.

Two other sets of twins, the Hebners of Northern Highlands and the Barneys of Indian Hills, combined for four medals in the 3,200 meters although state cross-country champion Monica Hebner was stunned by sophomore Nicole Vanasse of Pingry, who won in state leading 10:34.49. Monica Hebner ran a personal best 10:38.39 (third best in Bergen history) while Isabel Hebner was third in 10:45.13. Corinne Barney PR'd in 5th in 10:51.01 (#12 alltime) while Madeline Barney was 7th in a personal best 11:00.71 (18th).

Tiffany Bautista of Paramus Catholic was third with a personal best 5-6 behind Rogers in the high jump, while teammate Mariah Fede earned the county's third medal in the 55 hurdles in 6th place. Nicole Vadon of Pasack Hills (5th in the 55), Megan Gasnick of Park Ridge (5th in the 400), Caroline O'Sullivan of NV/Old Tappan (7th in the 1,600) and Melissa Purcell of Pasack Valley (3rd) and Sydney Woods of NV/Demarest (5th) in the pole vault also medaled. Muccio came back in the 200 and placed 6th, the only double medal winner of the day.

Not medalling standout performances included Rebecca Kneppel of Butler, who missed in a medal in the 55 by .02 seconds and in the 400 by .14, Andrea Dubbels of Clifton who ran a two second PR of 2:20.11 in the 800 and Samantha Green of Park Ridge, who PR'd by nearly 6 seconds in the 1,600 (5:06.90) performed well on the track, while Ramsey's Kaela Monte (9th in the high jump) and Lakeland's Lilly Brown, PCT's Sydney Shannon and Holy Angels' Caroline McGann shared ninth in the pole vault at 11 feet.

## INDOOR TRACK

# Recap: Great season offered fair share of highlights

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

There should be a significant North Jersey presence at the New Balance Indoor Nationals at the Armory on March 9-10-11, with 50 team and individual entries already announced.

Despite that, it's time to put the winter track and field season in the books. The 2017-2018 campaign will go down as one of the most successful seasons in North Jersey history with athletes claiming 16 state group titles, third most in history, four State Meet of Champs titles, the most since 2002 and 27 total SMOC medals, second only to 2015.

State champs Luis Peralta of Passaic (800), Tyler Hrbek of NV/Old Tappan (pole vault), Jenna Rogers of Rutherford (high jump) and Grace O'Shea of Ramapo (55 hurdles) finished the year as the best in New Jersey, but it was a reflection of the overall depth of talent in the area that they were far from the only good stories this winter.

Take for instance the girls sprint duo of Nicole Vadon of Pascack Hills and Megan Gasnick of Park Ridge.

Vadon never had a bad 55 meter race all season, with a personal best of 7.27 seconds as she made the finals of the Eastern States championship out of a field of more than 100 runners and then grabbed fifth in the state Meet of Champions.

Gasnick also raced well all season, although she was disappointed when she finished third in the state Group 1 race that she entered as the top-seed. It didn't take long for her to snap back as she beat both of her group conquerors at the Meet of Champions, running fifth,



Rutherford's Jenna Rogers competes in high jump during the Bergen County Indoor Track Championship at the Armory Track Center in New York City on Feb. 14. DANIELLE PARHIZKARAN/NORTHJERSEY.COM

the highest finish in the event by a North Jersey girl since 2010. She finished her career ranked sixth all-time in Bergen history.

Vadon and Gasnick go to high schools about 1 1/2 miles apart but have never raced against each other but next year they'll be teammates at The College of New Jersey, where they will be part of several sprint relay teams.

Everyone knows how good the Hebn-er twins are and the Northern Highlands senior pair of Monica and Isabel didn't disappoint, taking 2-3 at the State Meet of Champs in the 3,200 after going 1-4 in

cross-country. And the sophomore Barney twins from Indian Hills, Corinne and Madeline keep getting better, also earning SMOC medals in the 3,200 while moving into the top 20 all-time in the event.

But now there's a third set of twins, Maggie and Amanda Mircovich of River Dell, who, as freshmen, have already made their mark with hopefully, much more to come. Amanda led all North Jersey girls in the 800, running 2:18.52 to place at the group meet while Maggie was second among freshmen in the state at 1,600 meters, running 5:11.51 to

medal at the same group meet.

And the duo combined with Shannon Gorla, Eve Schoenberg and Kellie O'Donnell to produce two of the top 4-x-800 times in the state this winter, earning the Golden Hawks fourth place medals at the state Meet of Champions and a spot in April's Penn Relays.

And don't forget about the boys.

Kevin Heredia's feat of medalling in the Meet of Champions 800 from an unseeded heat two years in a row is probably unprecedented, and the Clifton senior also grabbed a medal in the very tough Group 4 meet from the same disadvantage.

Ridgewood junior Will Baginski shook off a difficult sophomore year and propelled himself into the top echelon of state middle distance runners, with a series of outstanding races this winter, first with a stunning 1,600 anchor leg at the Varsity Classic distance medley and later with a pair of sub 4:20 open races at groups and Meet of Champions, the latter putting him in the top 20 in Bergen history with a full year left to run.

Shot putters Kyle Patel of Glen Rock and Asim Greene of River Dell seemed to PR every other meet and moved steadily up the all-time Bergen County shot list, both ending up in the top 25.

And pole vaulter Liam Landau of Pascack Hills, in the shadow of the top 1-2 punch in state history in his own home county, put together a splendid season that earned him Pascack Hills' first boys state group title in more than a decade and only the second boys SMOC medal in school history.

It was quite an indoor season indeed. Outdoor track and field practice is now underway and opening day is March 31. Who else will step up this spring?

## New Balance Indoor Nationals -Armory; Saturday, March 10th

### 4x55m Shuttle Hurdles:

V. Morley **8.8**, V. Purritano **8.6**, S. VandenAssem **8.7**, K. Muccio **8.3** = **34.60** - **10th Place**

### INDOOR TRACK & FIELD

## Local athletes in New Balance Indoor Nationals

**Paul Schwartz**

North Jersey Record

USA TODAY NETWORK - NEW JERSEY

#### **New Balance Indoor Nationals**

Held at the Armory Track Center, New York

*\*Legend: EE: Emerging Elite; FR: Freshman; CH: Championship*

#### **Friday, March 9**

**9:00 a.m.:** Mariah Fede, Paramus Catholic, Isabelle Dely, Paramus Catholic and Grace O'Shea, Ramapo (EE G 55 hurdles); Lauren Stern, Mahwah (EE G long jump); Kassie Ketcho, Hasbrouck Heights (EE G shot put).

**9:30 a.m.:** Caroline McGann, Holy Angels; Sydney Woods, NV/Demarest and Lilly Brown, Lakeland (EE G pole vault).

**11:15 a.m.:** Jeron Jordan, St. Benedict's (Paterson); Jared Cooper, Mountain Lakes; John Jennings, Mendham (EE B 2 mile run).

**12:00 p.m.:** Kyle Patel, Glen Rock and Connor Scaglione, NV/Demarest (EE B shot put).

**2:00 p.m.:** Roman Maure, Teaneck and Soham Kolli, Randolph (EE B high jump); Tiffany Bautista, Paramus Catholic, Hannah Figueroa, Pascack Hills and Carlie Wilson, Sparta (EE G high jump).

**2:05 p.m.:** Pope John Sprint medley (EE B).

**2:30 p.m.:** Tyler Hrbek and Seth Kricheff, NV/Old Tappan and Liam Landau, Pascack Hills (EE B pole vault).

**2:50 p.m.:** Rahmir Johnson, Bergen Catholic (EE B 200).

**3:00 p.m.:** Amanda Katz, Ramapo and Lauren Stern, Mahwah (EE G TJ).

**3:55 p.m.:** Holy Angels 4-x-800 (EE G).

**5:15 p.m.:** Monica Hebner and Isabel Hebner, Northern Highlands (CH G 5,000 meters)

**6:00 p.m.:** Jenna Rogers, Rutherford and Kaela Monte, Ramsey (CH G high jump); Teslim Olunlade, Lyndhurst (EE B TJ).

**6:05 p.m.:** Paramus Catholic and Pope John 4-x-200 (EE G).

**6:30 p.m.:** Paramus Catholic 4-x-200 (EE B).

**7:35 p.m.:** NV/Old Tappan distance medley (CH G).

**7:55 p.m.:** Mendham and Pope John distance medley (CH B).

**8:20 p.m.:** Ramapo 4-x-400 (EE G).

**8:50 p.m.:** Ramapo 4-x-400 (EE B).

#### **Saturday, March 10**

**10:40 a.m.:** Randolph shuttle hurdles (CH B).

**11:15 a.m.:** Paramus Catholic, Ramapo, Ramsey, Randolph, Ridge-wood and Sparta shuttle hurdles (CH G).

**12:00 p.m.:** Matias Pellegrino, Morris Knolls (CH B long jump).

**1:55 p.m.:** NV/Old Tappan, Pope John and Roxbury sprint medley (CH G).

**2:40 p.m.:** Bergen Catholic sprint medley (CH B).

**3:20 p.m.:** Jack Stanley, Mendham (EE B mile).

**3:55 p.m.:** Kevin Sembrat, Roxbury (CH B 400).

**4:30 p.m.:** Tiffany Bautista, Paramus Catholic (CH G long jump).

**5:00 p.m.:** Jadon Watson, Kennedy (CH B high jump).

**5:55 p.m.:** Kevin Sembrat, Roxbury (CH B 200).

**6:15 p.m.:** River Dell 4-x-800 (CH G).

**7:45 p.m.:** Northern Highlands 4-x-400 (CH Mixed).



## Ridgewood High School Girls Indoor All-American List

<u>Event:</u>	<u>Time/Distance:</u>	<u>Place:</u>	<u>Athlete(s):</u>	<u>Year:</u>	<u>Meet:</u>
4xMile	20:59.66	6th	C. Davidson, E. Fishbein, H. Shigenobu, C. Pagano	2012	NBIN
4x55 SHR	35.23	1st	E. Barr, V. Oliva, K. Michel, M. Martinez	2008	NSIC
Pentathlon	3184	5th	Christina Law	2007	NSIC
4x55 SHR	34.14	2nd	M. Martinez, C. Law, A. Wisner, L. Que	2007	NSIC
4x800	9:30.50	6th	M. Jones, C. Law, B. Wells, S. Westerman	2005	NSIC
Mile	5:03.61	4th	Jenna Rogers	1994	NSIC
Long Jump	39'10 1/2	2nd	Jen McDermott	1989	NSIC
Long Jump	18'6 1/2	4th	Jen McDermott	1989	NSIC
4x800	9:22.18	2nd	G. Figlar, Jean Hughes, Jen Hughes, L. Collazo	1988	NSIC
4xMile	21:13.58	1st	B. Pringle, M. Scruto, M. Mileski, P. Mileski	1983	NSIC

\*NSIC - National Scholastic Indoor Championships \*NBIN - New Balance Indoor Nationals

# Ridgewood High School Indoor Girls Relay Records

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
<b><u>4x200m:</u></b>			
1:45.28	L. Que / E. Cigolini / E. Barr / A. Wisener	Indoor Nationals	2007
<b><u>4x400m:</u></b>			
4:01.7	E. Barr / K. Conheeny / A. Wisener / C. Law	Easterns	2007
<b><u>4x800m:</u></b>			
9:22.18	G. Figlar / Jean Hughes / Jen Hughes / L. Collazo	Yale HS Classic	1988
<b><u>4x 1mile:</u></b>			
20:59.66	H. Shigenobu / E. Fishbein / C. Davidson / C. Pagano	Indoor Nationals	2012
<b><u>Sprint Medley: (200-200-400-800):</u></b>			
4:11.2	L. Que / E. Cigolini / A. Wisener / C. Law	Indoor Nationals	2007
<b><u>Distance Medley:</u></b>			
11:56.5	Pringle / Scutro / M. Mileski / M. Mileski	Yale HS Classic	1983
<b><u>4x51.5 HH - 4 Hurdles:</u></b>			
32.3	V. Morley / A. Schoff / S. VandenAssem / K. Muccio	County Relays	2018
<b><u>4x55 HH - 5 Hurdles:</u></b>			
34.14	M. Martinez / C. Law / A. Wisener / L. Que	Indoor Nationals	2007
<b><u>Shot Put:</u></b>			
66'3"	Rayevich / Eldridge		1988
<b><u>High Jump:</u></b>			
10'2"	H. Roche / S. DeVita	County Relays	2011
<b><u>Long Jump:</u></b>			
32'4"	B. Bogart / E. Cigolini	County Relays	2006
<b><u>Triple Jump:</u></b>			
66'7 1/2"	S. DeVita / H. Roche	County Relays	2011
<b><u>Pole Vault:</u></b>			
22'0"	M. Earl / N. Lester	County Relays	2017

# Ridgewood High School Girls All-Time Indoor List

	Athlete:	Meet:	Year:
<b>55m:</b>			
<b>7.23</b>	<b>Katherine Muccio</b>	<b>168 Armory - Varsity Classic</b>	<b>2018</b>
<b>6.9h</b>	<b>Katherine Muccio</b>	<b>168 Armory - Spiked Shoe</b>	<b>2018</b>
7.46	Emily Barr	168 Armory - Easterns	2008
7.48	Erica Cigolini	Toms River - State Group IV	2007
7.2h	Erica Cigolini	168 Armory - League Champs	2007
<b>200m:</b>			
<b>25.70</b>	<b>Katherine Muccio</b>	<b>Toms River - SMOC</b>	<b>2018</b>
<b>25.6h</b>	<b>Katherine Muccio</b>	<b>168 Armory - Spiked Shoe</b>	<b>2018</b>
26.1h	Erica Cigolini	168 Armory - Varsity Classic	2007
26.4h	Alice Wisener	168 Armory - Varsity Classic	2007
<b>26.7h</b>	<b>Victoria Purritano</b>	<b>168 Armory - Spiked Shoe</b>	<b>2018</b>
<b>300y:</b>			
37.25	Ginny Figlar	Harvard	1987
39.0	Melissa Gilbert	Rockland Community College	1992
39.5	Liz Ross	Rockland Community College	1985
39.9	Kate Brunner	Rockland Community College	1995
<b>300m:</b>			
40.8	Alice Wisener	168 Armory - County Champs	2007
40.9	Katherine Muccio	168 Armory - County Champs	2017
42.21	Ginny Figlar		1988
42.2	Melissa Gilbert	Fairleigh Dickinson - County Champs	1994
42.2	Micaela McPadden	168 Armory - League Champs	2012
42.3	Erica Cigolini	168 Armory - County Champs	2007
42.9	Emily Barr	168 Armory - County Champs	2007
43.5	Gizele Watson	Fairleigh Dickinson	1994
43.6	Mia Martinez	168 Armory	2008
43.9	Jen McDermott		1989
43.9	Kerri Reilly		1989
<b>400m:</b>			
57.74*	Ginny Figlar	Yale - Nationals	1987
58.42	Jen McDermott		1989
<b>58.66</b>	<b>Katherine Muccio</b>	<b>168 Armory - Hispanic Games</b>	<b>2018</b>
58.71	Micaela McPadden	168 Armory - Eastern States Invite	2013
<b>60.66</b>	<b>Victoria Purritano</b>	<b>168 Armory - Varsity Classic</b>	<b>2018</b>
60.84	Emily Barr	Toms River - State Sectionals	2008
61.49	Lynn Degelmann		1987
61.75	Hanako Shigenobu	Toms River - State Sectionals	2012

## Ridgewood High School Girls All-Time Indoor List

### 600y:

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

### 600m:

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

### 800m:

2:16.55	Cristina Law	Toms River - State Meet of Champs	2007
2:16.59	Lynne Collazo		1989
2:17.57	Kate Michel	168 Armory - Nationals	2008
2:17.9	Margaret Scutro	Princeton - State Group IV	1984
2:18.67	Micaela McPadden	Toms River - State Group IV	2013
<b>2:19.37</b>	<b>Virginia Morley</b>	<b>Toms River - State Group IV</b>	<b>2018</b>
2:20.2	Liz Figlar		1990
2:21.75	Claire Blaney	Princeton - State Group IV	1992
2:21.89	Hanako Shigenobu	Toms River - State Meet of Champs	2012
<b>2:21.99</b>	<b>Evelyn Kotch</b>	<b>Toms River - State Sectionals</b>	<b>2018</b>
2:21.8	Renee Pavelski		1993
2:22.4	Catherine Pagano	168 Armory - County Champs	2012
2:22.86	Meghan Adams	Toms River - State Groups	2017

### 1000y:

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

# Ridgewood High School Girls All-Time Indoor List

## 1000m:

2:47.44	Margaret Scutro	Byrne Arena (Continental Arena)	1985
2:56.26	Lynne Collazo		1989
3:01.1	Meg McDermott	County Champs	1999
3:03.5	Hanako Shigenobu	168 Armory - County Champs	2011
3:03.6	Justine Lupo		2003
3:04.7	Kelly Conheeny	168 Armory - League Champs	2007
3:06.18	Stephanie Westerman		2006
3:06.3	Clair Nowakowski		2002
3:07.1	Stephanie Doyle	Fairleigh Dickinson - County Champs	1996
3:07.2	Jenna Rogers	Fairleigh Dickinson	1994

## 1500m:

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

4:54.73*	Margaret Scutro	Dartmouth - Dartmouth Relays	1985
5:00.91*	Jenna Rogers		1994
5:03.26	Olympia Martin	Toms River - State Sectionals	2017
5:04.37	Kelly Conheeny	Toms River - State Meet of Champs	2007
5:06.16*	Jean Hughes		1989
5:07.17	Catherine Pagano	Toms River - State Group IV	2012
5:10.73*	Carleen Jeffers	168 Armory - New Balance Games	2015
5:10.92	Caroline Davidson	Toms River - State Group IV	2012
<b>5:11.83</b>	<b>Cassie Keyes</b>	<b>Toms River - State Group IV</b>	<b>2018</b>
5:11.4	Clair Nowakowski		2001
5:12.03*	Stephanie Doyle		1996
5:12.82	Meg McDermott	Princeton - State Meet of Champs	1999
5:13.22	Celeste Sedo	Princeton - State Meet of Champs	1998

## 3000m:

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



# Ridgewood High School Girls All-Time Indoor List

## 3200m / 2 Mile:

10:40.96	Patti Mileski	Harvard	1983
10:41.29	Olympia Martin	Toms River - State Meet of Champs	2016
10:44.29	Samantha Halvorsen	Toms River - State Meet of Champs	2016
10:47.37*	Carleen Jeffers	168 Armory - Nationals	2015
10:55.09*	Celeste Sedo	Reggie Lewis Center - Nationals	1998
11:04.5	Jenna Rogers	Fairleigh Dickinson - County Champs	1994
11:05.34	Jean Hughes		1989
11:11.3	Jen Hughes		1988
11:14.94	Kelly Cleary	Toms River - State Group IV	2013
11:22.58	Norine D'Arcy		1986
11:23.6	Meredith Jones	RCC - Ridgewood Winter Games II	2005
11:29.96	Clair Nowakowski	Princeton - State Meet of Champs	2002
11:30.8	Emily Fishbein	168 Armory - League Champs	2012

## 55m HH:

8.25	Lara-Jane Que	Toms River - State Meet of Champs	2007
8.40	Sarah DeVita	Toms River - State Meet of Champs	2011
<b>8.62</b>	<b>Katherine Muccio</b>	<b>Toms River - State Sectionals</b>	<b>2018</b>
8.73	Mia Martinez	168 Armory - Easterns	2008
<b>8.99</b>	<b>Virginia Morley</b>	<b>Toms River - State Group IV</b>	<b>2018</b>
9.09	Katie McKeon	Toms River - State Sectionals	2015

## High Jump:

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

## Long Jump:

18'11 1/2"	Jen McDermott	Harvard	1989
17'3 1/2"	Emily Chang	168 Armory	1993
16'11 3/4"	Brooke Bogart	168 Armory - League Champs	2006
<b>16'11 1/2"</b>	<b>Victoria Purritano</b>	<b>168 Armory - Spiked Shoe</b>	<b>2018</b>
16'10"	Cristina Law	168 Armory	2007
16'9 1/2"	Katie McKeon	168 Armory	2015
16'8 3/4"	Emily Barr	168 Armory - League Champs	2008
16'8 3/4"	Sarah DeVita	168 Armory - Nationals	2011
16'7 1/4"	Faith Ninivaggi	Rockland Community College	1995

## Ridgewood High School Girls All-Time Indoor List

### Triple Jump:

39'10 1/2"	Jen McDermott	Harvard	1989
<b>35'4 1/2"</b>	<b>Sara VandenAssem</b>	<b>168 Armory - Track Universe</b>	<b>2018</b>
34'7 3/4"	Sarah DeVita	168 Armory - Easterns	2011
34'6 3/4"	Helena LaMothe	168 Armory - Varsity Classic	1999
34'4 3/4"	Ana Law	168 Armory	1999
34' 3/4	Robin Lee	168 Armory - League Champs	2009
33'10 1/4	Kayla Polcari	168 Armory - NJTCC	2011
33'9 3/4"	Libby DeVita	168 Armory - Varsity Classic	2015
<b>33'5 3/4"</b>	<b>Lizzie Veenhof</b>	<b>168 Armory - Varsity Classic</b>	<b>2018</b>
33'4 1/2"	Anna Schoff	168 Armory - Varsity Classic	2017
33'4"	Isabel Park	168 Armory - League Champs	2016
33'4"	Jade Long	168 Armory - League Champs	2015

### Pole Vault:

12'3"	Kayla Polcari	168 Armory - Varsity Classic	2011
<b>11'6"</b>	<b>Nicole Lester</b>	<b>Reno - PV Summit</b>	<b>2018</b>
11'5 3/4"	Anne Polcari	168 Armory - Nationals	2008
11'1"	Mimi DeVita	168 Armory - Nationals	2012
11'0"	Maxine Earl	168 Armory - League Champs	2016
10'6"	Cassie Wong	Princeton - State Meet of Champs	2006
9'6"	Kerri Norton		2003
9'6"	Illana Brown	168 Armory - County Relays	2012
9'6"	Ramelle Brown	168 Armory - County Champs	2009
9'6"	Robin Lee	Dartmouth - Dartmouth Relays	2009

### Shot Put:

38'9"	Lexi Uzoaru	168 Armory - Spiked Shoe	2017
37'5"	Shayna Brown	Garfield - Garfield Classic	1998
36'9 1/4"	Tammy Rayevich		1988
36'1"	Alfreda Eldridge		1989

### Pentathlon:

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

## Ridgewood High School Boys Indoor All-American List

<u>Event:</u>	<u>Time/Distance:</u>	<u>Place:</u>	<u>Athlete(s):</u>	<u>Year:</u>	<u>Meet:</u>
DMR	10:35.21	6th	B. Cleary, I. Hwang, L. Jennings, P. Rynkowski	2010	NSIC
4xMile	18:00.76	5th	B. Cleary, S. Spreitzer, P. Rynkowski, L. Jennings	2010	NSIC
DMR	10:22.95	5th	A. Fine, I. Hwang, B. Cleary, T. Shigenobu	2009	NSIC
4x800	7:53.46	3rd	M. Cator, N. Buckley, J. Schmidt, B. Williams	2006	NSIC
DMR	10:20.85	4th	M. Cator, J. Schmidt, N. Buckley, B. Williams	2006	NSIC
4x800	7:52.16	5th	N. Buckley, M. Cator, O. Onwubu, B. Williams	2005	NSIC
4xMile	17:45.20	3rd	E. Nygaard, M. Cator, D. Maher, A. Zamir	2004	NSIC
4x800	8:00.14	6th	D. Maher, E. Nygaard, B. Williams, A. Zamir	2004	NSIC
Pole Vault	14'3 1/4	5th	Dan Cooper	2000	NSIC
Mile	4:16.44	2nd	Bob Keino	1993	NSIC
Long Jump	23'5 1/2	4th	Craig Halyard	1989	NSIC

\*NSIC - National Scholastic Indoor Championships    \*NBIN - New Balance Indoor Nationals

# Ridgewood High School Indoor Boys Relay Records

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
<b><u>4x200m:</u></b>			
1:32.9	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	Indoor Nationals	2007
<b><u>4x400m:</u></b>			
3:25.21	C. Zeigler / Z. Ontiveros / C. Trautwein / N. Buckley	Easterns	2007
<b><u>4x800m:</u></b>			
7:48.82	M. Thurston / D. Frering / B. Collins / L. Dublirer	Millrose Games	2014
<b><u>4x 1mile:</u></b>			
17:45:20	E. Nygaard / M. Cator / D. Maher / A. Zamir	Indoor Nationals	2004
<b><u>Sprint Medley: (200-200-400-800):</u></b>			
3:31.10	D. Cooper / A. Dolgin / C. DiPasquale / J. Kauke	Indoor Nationals	2000
<b><u>Distance Medley:</u></b>			
10:17.39	L. Jennings / N. Schoff / J. Llians / P. Rynkowski	Indoor Nationals	2011
<b><u>4x55 HH (4 flights):</u></b>			
30.7	J. Nagano-Gerace / J. Moody / S. Pierce / A. Monri	County Relays	2006
<b><u>4x55HH (5 flights):</u></b>			
32.63	M. Zeno / E. Berry / A. Armatas / K. Chung	Indoor Nationals	2013
<b><u>Shot Put:</u></b>			
97'3"	Kearns / Bryant		1981
<b><u>High Jump:</u></b>			
12'2"	J. Davis / F. Rosenbach	State Group IV Relays	1995
<b><u>Long Jump:</u></b>			
40'10 1/2"	Hong / Darrow	County Relays	1987
<b><u>Triple Jump:</u></b>			
84'9 3/4"	Hong / Halyard	County Relays	1987
<b><u>Pole Vault:</u></b>			
26'0"	S. Llerandi / A. Wong	County Relays	2014

# Ridgewood High School Boys All-Time Indoor List

	Athlete:	Meet:	Year:
<b>55m:</b>			
6.64	Chris Zeigler	Toms River - State Group IV	2007
6.67	Jake Sabatini	Yale Track Classic	2014
<b>6.69</b>	<b>Matt Tai</b>	<b>Ocean Breeze - League Champs</b>	<b>2018</b>
6.69	Kobi Grant	Toms River - State Sectional	2017
6.70	Akira Monri	Toms River - State Sectional	2008
6.72	Max Witt	Toms River - State Sectional	2009
6.5h	Phil McGillicuddy		1971
<b>200m:</b>			
22.8	Kobi Grant	168 Armory - Varsity Classic	2017
23.0	Jake Sabatini	168 Armory - League Champs	2014
23.0	Akira Monri	168 Armory - Spiked Shoe	2008
23.1	Matt Tai	168 Armory - Varsity Classic	2016
23.1	Insoo Hwang	168 Armory - NJTCC	2011
23.3	Doohee Han	168 Armory - League Champs	2014
23.5	Matt Beausoleil	168 Armory - Varsity Classic	2010
23.5	Edward Blair IV	168 Armory - Varsity Classic	2010
<b>300y:</b>			
32.9	Matt Krever	Rockland Community College	1991
<b>300m:</b>			
35.8	InSoo Hwang	168 Armory - County Champs	2010
36.4	Kobi Grant	168 Armory - County Champs	2017
36.4	Matt Tai	168 Armory - County Champs	2017
36.4	Akira Monri	168 Armory - League Champs	2008
36.7	Dan Cooper	168 Armory	2000
<b>400m:</b>			
50.31	Tim Geckler	Annapolis - Nationals	1989
51.40	InSoo Hwang	Toms River - State Sectional	2011
51.66	Juan Llinas	Toms River - State Sectional	2011
51.4	Akira Monri	168 Armory - Varsity Classic	2008
52.03	Neil Schoff	Toms River - State Sectional	2012
52.0	Matt Krever	Rockland Community College	1991
52.0	Matt Grundy	168 Armory - NJTCC	2010
<b>52.1</b>	<b>Will Baginski</b>	<b>168 Armory - Track Universe</b>	<b>2018</b>
52.1	Domenic Boresta	168 Armory - League Champs	2014
<b>500m:</b>			
69.6	Charles Cortellesi	West Point	1983



# Ridgewood High School Boys All-Time Indoor List

## 600y:

1:15.5	Tim Geckler	Princeton	1989
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## 600m:

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

## 800m:

1:54.1	Josh Kauke	168 Armory - Varsity Classic	2000
1:55.2	Michael Thurston	168 Armory - League Meet	2016
1:55.49	John Parisi	Princeton - Princeton Relays	1983
1:56.9	Niall Buckley	168 Armory - County Champs	2005
1:57.68	Luke Dublirer	Toms River - State Meet of Champs	2014
1:58.44	Byron Williams	Princeton - State Meet of Champs	2005
1:58.35	Chris Rae	Princeton - State Group IV	1987
1:58.89	Christian Trautwein	Toms River - State Group IV	2008
<b>1:58.94</b>	<b>Will Baginski</b>	<b>Ocean Breeze - League Champs</b>	<b>2018</b>
1:59.44	Chris Perez	168 Armory	2001

## 1000y:

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

## 1000m:

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

# Ridgewood High School Boys All-Time Indoor List

## 1500m:

4:00.4	Bob Keino	Fairleigh Dickinson	1993
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## 1600m / Mile:

4:12.81*	Bob Keino	MSG - Millrose Mile (Winner)	1994
4:14.23*	Ari Zamir	168 Armory - New Balance Games	2004
4:17.32*	Byron Williams	168 Armory - New Balance Games	2006
<b>4:17.38</b>	<b>Will Baginski</b>	<b>Toms River - State Meet of Champs</b>	<b>2018</b>
4:18.23*	Michael Cator	168 Armory - New Balance Games	2006
4:22.04	Levi Jennings	Toms River - State Group IV	2011
4:22.28*	Luke Dublirer	Yale Track Classic	2014
4:22.76	Billy Byrne	Toms River - State Group IV	2017
4:22.3	Chris Sullivan		1985
4:23.09*	Taro Shigenobu	168 Armory - Molloy Stanner Games	2009
4:23.9	Eric Boucher		1991
4:24.4*	Chris Rae		1986

## Mile Walk:

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

8:25.28	Bob Keino	Princeton	1993
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## 3200m / 2 Mile:

9:18.11	Bob Keino	Princeton - State Meet of Champs	1994
9:21.1	Dan Emont	168 Armory	2007
9:23.2*	Bruce Mason		1972
9:26.7*	Tom Hughes		1980
9:27.20	Taro Shigenobu	Toms River - State Meet of Champs	2009
9:32.7	Ari Zamir	168 Armory	2004
9:33.81	Travis Spicer	Toms River - State Group IV	2012
9:34.97	Michael Cator	Princeton - State Meet of Champs	2006
9:35.6*	Joe LeMay	Princeton	1985
9:36.22	Billy Byrne	Toms River - State Sectional	2016
9:37.39	Patrick Rynkowski	Toms River - State Group IV	2011
9:37.92	Andrew Fine	Toms River - State Group IV	2009

## 55m HH:

7.64	Akira Monri	Toms River - State Sectional	2008
7.76	InSoo Hwang	Toms River - State Sectional	2011
7.82	Kevin Chung	Toms River - State Sectional	2013
7.84	Craig Halyard		1989
7.86	Matt Beausoleil	Toms River - State Sectional	2011
7.96	Edward Blair IV	Toms River - State Group IV	2010
7.3h	Rich Wankmueller		1975

# Ridgewood High School Boys All-Time Indoor List

## High Jump:

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

## Long Jump:

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

## Triple Jump:

49' 6 1/2"	Craig Halyard	Princeton - Easterns	1989
45'9 1/2"	Gabe Knutson	168 Armory - Varsity Classic	2004
44'8"	Evan Bartlik	168 Armory - Nationals	2012
44'4 1/2"	Andrew Dolgin	168 Armory - League Champs	2000
43'2"	Max Bartlik	168 Armory - Easterns	2017

## Pole Vault:

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

## Shot Put:

54'9"	Eric Bryant	Saddle Brook	1981
53'6 1/2"	Patrick Rae	Annapolis - Nationals	1989
50'5 1/2"	Spencer McAvey	168 Armory - League Champs	2016
<b>49'6 1/2"</b>	<b>Austin Engelhardt</b>	<b>168 Armory - Varsity Classic</b>	<b>2018</b>
48'11"	Kenny Ekert	168 Armory - County Championship	2016

## Pentathlon:

3259	Gabe Knutson	168 Armory - County Champs	2004
<b>3233</b>	<b>Max Bartlik</b>	<b>168 Armory - County Champs</b>	<b>2018</b>
2989	Michael Zeno	168 Armory - County Champs	2014