

# **Ridgewood Boys Cross Country 2019**



# Schedule

<b>Date</b>	<b>Meet/Teams</b>	<b>Site</b>
Sat. Sept 7, 9:00 AM	Season Opener ( <i>JV &amp; Frosh</i> )	Darlington (Mahwah)
Sat. Sept 14, 9:00 AM	Back to the Mountain Invite	Garret Mountain (Woodland Park)
Mon. Sept 16, 5:00 PM	Big North Batch Meet	Darlington (Mahwah)
Sat. Sept 28, 9:00 AM	Garret Invite	Garret Mountain (Woodland Park)
Sat. Sept 28, 10:00 AM	Bowdoin XC Classic ( <i>V &amp; 7 JV</i> )	Bowdoin Park (Wappingers Falls, NY)
Sat. Oct 5, 9:00 AM	Brett Taylor Invite	Darlington (Mahwah)
Sat. Oct 5, 12:45 PM	Shore Coaches Invite ( <i>V</i> )	Holmdel Park (Holmdel)
Tues. Oct 15, TBA	Big North Championship	Darlington (Mahwah)
Sat. Oct 26, 10:30 AM	County Group Championships	Darlington (Mahwah)
Thu. Oct 31, 4:15 PM	Doc Braver Frosh/Novice Champs	Darlington (Mahwah)
Nov 2, 10:00 AM	BMOC ( <i>Frosh &amp; Varsity</i> )	Darlington (Mahwah)
Wed. Nov 6, 2:00 PM	Frosh/Novice State Championship ( <i>Select Frosh &amp; Select JV</i> )	Thompson Park (Monroe Township)
Sat. Nov 9, 12:05 PM	State Sectionals ( <i>Varsity</i> )	Garret Mountain (Woodland Park)
Sat. Nov 16, 2:00 PM	State Groups ( <i>Varsity</i> )	Holmdel Park (Holmdel)

# **Varsity Letter Recipients**

## **Three-Time Recipients**

*Taylor Barnabic, SR (Captain)*

*Mason Zamboldi, SR (Captain)*

## **Two-Time Recipients**

*Mick Barbi, SO*

*Frank Orlando, SR (Captain)*

*Ryan Seaver, SR (Captain)*

*Aidan Sheridan, SR (Captain)*

## **First-Time Recipients**

*Jay Boogaert, JR*

*Sean Fortunato, SO*

*Quinn McCutcheon, JR*

*John Bini, SR*

*Alex Cho, SR*

*Matt Curtis, SR*

*Brendan Donahue, SR*

*Donovan Joseph, SR*

*Patrick Mancini, SR*

*Andrew Olivo, SR*

*Luca Richman, SR*

*Nick Santangelo, SR*

*Jack Yannone, SR*

# Awards and Accolades

## Team Championships

*Big North Freedom Division  
3rd Consecutive*

*Bergen County Group A  
4th Consecutive*

*Bergen County Meet of Champions  
3rd Consecutive*

*North 1, Group IV State Sectionals  
10 Consecutive (Sectional Record, longest current Group IV streak)*

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

### First Team

*Jay Boogaert, JR  
Aidan Sheridan, SR*

### Second Team

*Mason Zamboldi, SR  
Frank Orlando, SR  
Sean Fortunato, SO  
Mick Barbi, SO  
Quinn McCutcheon, JR*

### Honorable Mention

*Liam Fahey, JR*

## All-County Selections

### First Team

*Taylor Barnabic, SR  
Jay Boogaert, JR  
Sean Fortunato, SO  
Aidan Sheridan, SR*

### Second Team

*Frank Orlando, SR*

### Third Team

*Mick Barbi, SO*

### Honorable Mention

*Quinn McCutcheon, JR  
Mason Zamboldi, SR*

## All-North Jersey Selections

### First Team

*Jay Boogaert, JR  
Aidan Sheridan, SR*

### Second Team

*Taylor Barnabic, SR  
Sean Fortunato, SO*

## Team of the Year

*Ridgewood Boys – Large School  
3rd Consecutive*

# Preseason

## Bergen Record

BOYS CROSS-COUNTRY: 2019 SEASON PREVIEW

# North Jersey's leading runners, teams, storylines

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

### Runners to watch

**Nathan Armstrong, Pompton Lakes junior:** He began to fulfill his promise last year with a win the NJIC Meadowlands meet, was second in Passaic County and North 1, Group 1 sectional and was ninth in Group 1 state competition, qualifying for the State Meet of Champions. He should have a chance at a league-county-sectional Triple Crown this season.

**Taylor Barnabic, Ridgewood senior:** The top returning runner from the defending Bergen County and group 4 sectional champions hopes to step up after a junior year that included a fifth place finish in Bergen A, seventh in the group 4 sectional, 10th in the Big North Freedom and 16th in the Lou Molino Bergen Meet Of Champions.

**Jesse Campoverde, Lakeland senior:** He had a solid cross-country season, taking second in the Big North Independence, sixth in the state sectional group 2 race and eighth in the Passaic County meet before finishing 37th in State group 2. But his spectacular spring track season seems to indicate he's going to have a breakthrough fall season.

**Bobby Hymans, Ramapo junior:** He's in a similar spot to Armstrong, after an outstanding freshman year and a very good sophomore year that included a third in the tough Big North Freedom, fourth in Bergen B, fifth in the group 3 state sectional and ninth in the BMOG before taking 48th in state Group 3. He could become Ramapo's first Bergen champ since Andrew Knight in 1995.

**Max McLees, Don Bosco senior:** The top returnee from the perennial county contenders, he finished fourth in Bergen E, fifth in the Big North United, was 14th at BMOG and 29th in state Non-Public A competition last year and should be in a position to lead a rebuilding (for them) Don Bosco unit.

**Jesus Michel, Bogota junior:** Another member of a strong junior class, who enjoyed a very good spring season.

For a team-by-team cross-country preview, visit [NorthJersey.com](http://NorthJersey.com)

He was third in the NJIC Patriot, fourth in Bergen D and eighth in the group 1 sectional before an excellent race, finishing 12th in the BMOG and was 23rd in state Group 1. Armstrong and Michel should be contenders for the title.

**Carmel Ohring, Tenafly senior:** Part of the terrific 1-2 punch that propelled a much improved tiger team last year, he won the group 3 state sectional, the first Tiger boy in 40 years to do that, took second in the Big North Patriot and Bergen A meets and was 13th in the BMOG and 19th in state group 3. He could become the first Bergen County champion from Tenafly since 1963.

### Storylines to follow

**Can Hasbrouck Heights become the first North Jersey Group 1 state champion in nearly 20 years?**

Palisades Park completed its remarkable six year run by winning a third Group 1 state championship in 2000. Since then Kinnelon (2005-2006), Bogota (2016) and Hasbrouck Heights (2018) have finished second in the group 1 meet and the Aviators return six of the seven runners who brought home the silver medal last fall and earned a trip to the State Meet of Champions for the first time. Coach Mike Ryan's top runner from last fall, Jeremy Bailey, has graduated but the Aviators return junior Jake Porco, senior Nick Bua, soph Evan Morrow, junior Cole Sonzogni, and seniors TK Kasper and TJ Singh. The first five had a very solid 47 second gap at the Group 1 meet, and the Aviators start narrowly ahead of defending champ Had-don Heights and strong Mountain Lakes and New Providence teams.

**Can Nathan Armstrong and Jesse Campoverde lead a Passaic County renaissance?**

The last time Passaic County had two finishers in the top 25 at the State Meet of Champions was in 2006 when Tony Salvatore of Wayne Valley finished 16th and Nicholas Roman of Passaic Valley placed 24th. Since then only three Pas-

saic County runners have cracked the top 25. But junior Nathan Armstrong of Pompton Lakes and senior Jesse Campoverde of Lakeland showed enough last year to convince people that the time is ripe for Passaic County to make its mark on state boys cross-country again. Armstrong was second at last year's Passaic County championship and ninth in Group 1 and should be a contender for the state group 1 title.

Campoverde wasn't quite as good, coming off a fall injury, but was spectacular in the spring, running school records of 4:23.01 in the 1,600 and 9:28.38 in the 3,200 at the state group 2 meet. He is the second-fastest returning runner in both events in group 2 competition and should have a terrific year.

### Who are the best runners?

Armstrong and Campoverde are the favorites in Passaic County and perhaps are the best runners in North Jersey. But even though most of the top boys in North Jersey have graduated including North Jersey Runner of the Year Bobby Oehrlein of Indian Hills, now at Lafayette, and Passaic County champion Luis Peralta of Passaic, now at Oregon, there are several runners ready to take the next step to stardom.

The top Bergen County returnees, all of whom finished in the top 25 in the Lou Molino Bergen Meet of Champions or at the top 10 at sectional championships are seniors Nick Bua of Hasbrouck Heights, Taylor Barnabic of Ridgewood, Max McLees of Don Bosco, Stephen Ritter of Northern Highlands and Carmel Ohring of Tenafly and juniors Jesus Michel of Bogota, Donald Folk of Bergen Tech, Theo Davis of NV/Demarest and Bobby Hymans of Ramapo.

In Passaic County, there are several runners who finished in the top 15 of the Passaic County championships last year in addition to Armstrong and Campoverde. Seniors Nicholas Ortiz of Passaic and Mason Murphy of Lakeland, juniors Collin Clinton of West Milford, Josh Szabo of Clifton and Justin Langbaum and Patrick Scoble of Wayne Hills and sophomore Jacob Heredia of Clifton had excellent track seasons and should give Armstrong and Campo-

verde some competition.

### Teams to watch

Hasbrouck Heights has a chance to become the first Group 1 team to top NorthJersey.com's end-of-season rankings, although Bogota won Bergen titles in 1959 and 1960. But it won't be easy. Two-time defending Bergen County champ Ridgewood, NV/Demarest, Northern Highlands, Don Bosco and Indian Hills appear to be the top teams in Bergen County, while Lakeland and West Milford to be the class of Passaic County. Ridgewood has won 14 Bergen titles, while Don Bosco has a record 16 titles. Indian Hills won its only title in 2016, and Northern Highlands and Demarest have never won titles.

West Milford looks for its fourth Passaic title, but first since 2007, while Lakeland has won twice, in 1969 and again in 1998. Passaic has won the last three Passaic County titles and has nine total. Clifton leads all schools with 10 boys championships.

### Preseason Top 25 rankings

1. Ridgewood
2. Hasbrouck Heights
3. West Milford
4. NV/Demarest
5. Northern Highlands
6. Lakeland
7. Don Bosco
8. Fair Lawn
9. Indian Hills
10. Kinnelon
11. Hackensack
12. Secaucus
13. Bergen Catholic
14. NV/Old Tappan
15. Passaic
16. Clifton
17. Westwood
18. Wayne Hills
19. Passaic Tech
20. Pompton Lakes
21. Bergen Tech
22. Paramus
23. River Dell
24. Bogota
25. Passaic Valley

# NJ.com's boys cross-country teams to watch, 2019

## GROUP 4

**FAVORITE:** Westfield. A runner-up finish a year ago to defending champion Kingsway, Westfield is ready to take the next step. Seniors Kevin Yucetepe, Will Loggia, Zachary Spergel, Jack Maranz, Jonathan Givelber, Aidan Kilbourn, along with junior Will McGlynn, will lead the way for the Blue Devils, which finished :16 behind Kingsway in last year's Group 4 championship.

**Contenders:** Cherokee, Cherry Hill East, Freehold Township, Kingsway, Old Bridge, Manalapan, North Hunterdon, Princeton, Ridgewood, West Windsor-Plainsboro South.

## Season Opener Invitational - Darlington Park, 9/7/19

### Novice Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
13 Fahey, Liam	11	Ridgewood HS	6:18	19:35	12
20 Oriente, Alex	11	Ridgewood HS	6:26	19:58	19
21 Johnson, Clark	11	Ridgewood HS	6:26	19:59	20
27 Mancini, Patrick	12	Ridgewood HS	6:29	20:08	26
76 Lucky, Peter	11	Ridgewood HS	7:02	21:50	70
87 Bini, John	12	Ridgewood HS	7:11	22:19	78
89 Joseph, Don (top 7 only)	12	Ridgewood HS	7:12	22:22	80

No team scores posted

### Soph Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
2 Barbi, Mick	10	Ridgewood HS	5:39	17:31	2
5 Williams, Philip	10	Ridgewood HS	5:56	18:24	4
9 Byrne, Declan	10	Ridgewood HS	6:07	19:00	7
13 Crane, Nick	10	Ridgewood HS	6:15	19:23	11
18 Stern, Gabe	10	Ridgewood HS	6:18	19:34	14
21 Hughes, Sean	10	Ridgewood HS	6:20	19:41	17
24 Stadulis, Luke (top 7 only)	10	Ridgewood HS	6:29	20:07	20

No team scores posted/calculated, but a clear win









# Big North Batch Meet - Darlington Park, 9/16/19

## Varsity Boys Freedom - 5K

Name	Year	School	Avg Mile	Finals	Points
4 Barnabic, Taylor	12	Ridgewood HS	5:30	17:01	
9 Boogaert, Jay	11	Ridgewood HS	5:38	17:27	
10 Barbi, Mick	10	Ridgewood HS	5:39	17:29	
12 Sheridan, Aidan	12	Ridgewood HS	5:44	17:44	
13 Orlando, Frank	12	Ridgewood HS	5:44	17:46	
15 McCutcheon, Quinn	11	Ridgewood HS	5:47	17:56	
20 Richman, Luca	12	Ridgewood HS	5:56	18:24	
22 Williams, Philip	10	Ridgewood HS	5:58	18:28	
30 Seaver, Ryan	12	Ridgewood HS	6:03	18:45	
33 Salerno, Matt	11	Ridgewood HS	6:07	18:57	

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
Hackensack HS vs Ridgewood HS 5000 Run									
<b>1</b>	<b>Ridgewood HS</b>	<b>25</b>	<b>1</b>	<b>4</b>	<b>5</b>	<b>7</b>	<b>8</b>	<b>*10</b>	<b>*12</b>
<b>Total Time: 1:27:27.00</b>									
<b>Average: 17:29.40</b>									
2	Hackensack HS	31	2	3	6	9	11	*13	*14
Total Time: 1:28:25.00									
Average: 17:41.00									
NV - Old Tappan HS vs Ridgewood HS 5000 Run									
<b>1</b>	<b>Ridgewood HS</b>	<b>25</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>*8</b>	<b>*9</b>
<b>Total Time: 1:27:27.00</b>									
<b>Average: 17:29.40</b>									
2	NV - Old Tappan HS	36	1	2	10	11	12	*13	*14
Total Time: 1:29:18.00									
Average: 17:51.60									
Northern Highlands HS vs Ridgewood HS 5000 Run									
<b>1</b>	<b>Ridgewood HS</b>	<b>24</b>	<b>2</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>*8</b>	<b>*9</b>
<b>Total Time: 1:27:27.00</b>									
<b>Average: 17:29.40</b>									
2	Northern Highlands HS	37	1	3	10	11	12	*13	*14
Total Time: 1:29:42.00									
Average: 17:56.40									
Paramus HS vs Ridgewood HS 5000 Run									
<b>1</b>	<b>Ridgewood HS</b>	<b>15</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>*6</b>	<b>*9</b>
<b>Total Time: 1:27:27.00</b>									
<b>Average: 17:29.40</b>									
2	Paramus HS	48	7	8	10	11	12		
Total Time: 1:34:11.00									
Average: 18:50.20									

Team Scores (continued...)

Rank	Team	Total	1	2	3	4	5	*6	*7
Ramapo HS vs Ridgewood HS 5000 Run									
<b>1</b>	<b>Ridgewood HS</b>	<b>19</b>	<b>1</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>*7</b>	<b>*8</b>
<b>Total Time: 1:27:27.00</b>									
<b>Average: 17:29.40</b>									
2	Ramapo HS	44	2	9	10	11	12	*13	*14
Total Time: 1:36:28.00									
Average: 19:17.60									
Ridgewood HS vs Teaneck HS 5000 Run									
<b>1</b>	<b>Ridgewood HS</b>	<b>15</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>*6</b>	<b>*8</b>
<b>Total Time: 1:27:27.00</b>									
<b>Average: 17:29.40</b>									
2	Teaneck HS	49	7	9	10	11	12	*13	*14
Total Time: 1:40:28.00									
Average: 20:05.60									

**Novice Boys - 5K**

Name	Year	School	Finals
2 Fahey, Liam	11	Ridgewood HS	18:50
3 Byrne, Declan	10	Ridgewood HS	19:07
6 Koltermann, Thomas	9	Ridgewood HS	19:17
7 Stern, Gabe	10	Ridgewood HS	19:18
9 Crane, Nick	10	Ridgewood HS	19:27
10 Rana, Balraj	10	Ridgewood HS	19:32
11 Oriente, Alex	11	Ridgewood HS	19:39
(top 7 only)			

No team scores posted/calculated, but a clear win

**Frosh Boys Large - 1.8 mi**

No team scores

# Bowdoin Cross Country Classic - Bowdoin Park, 9/28/19

## Varsity Boys 2 - 5K

Name	Year	School	Avg Mile	Finals	Points
34 Boogaert, Jay	11	Ridgewood HS	5:41	17:36.7	34
39 Zamboldi, Mason	12	Ridgewood HS	5:43	17:41.4	39
50 Sheridan, Aidan	12	Ridgewood HS	5:45	17:48.4	50
57 Orlando, Frank	12	Ridgewood HS	5:48	17:58.4	57
60 McCutcheon, Quinn	11	Ridgewood HS	5:48	17:59.5	60
67 Barnabic, Taylor	12	Ridgewood HS	5:51	18:06.7	67
71 Barbi, Mick	10	Ridgewood HS	5:53	18:12.3	71

### Team Scores

Rank	Team	Score	Avg.	Total	1	2	3	4	5
1	Christian Brothers	46	16:48	1:23:59	1	3	11	14	17
2	LaSalle College HS	70	17:01	1:25:03	2	8	12	16	32
3	Staples HS	149	17:24	1:26:56	7	9	27	44	62
4	Haddonfield Memorial	163	17:23	1:26:51	4	10	15	61	73
5	Mount Academy	167	17:33	1:27:42	22	31	33	36	45
6	Southern Regional HS	235	17:45	1:28:43	5	37	38	58	97
7	Monsignor Farrell	239	17:48	1:28:57	19	20	24	87	89
<b>8</b>	<b>Ridgewood HS</b>	<b>240</b>	<b>17:49</b>	<b>1:29:05</b>	<b>34</b>	<b>39</b>	<b>50</b>	<b>57</b>	<b>60</b>
...									
30	Croton-Harmon	836	20:51	1:44:12	86	175	186	191	198

## Novice Boys 1 - 5K

Name	Year	School	Finals	Points
31 Williams, Philip	10	Ridgewood HS	19:36.9	31
33 Salerno, Matt	11	Ridgewood HS	19:40.8	33
34 Richman, Luca	12	Ridgewood HS	19:41.4	34
37 Byrne, Declan	10	Ridgewood HS	19:52.3	36
45 Stern, Gabe	10	Ridgewood HS	20:15.1	43
53 Seaver, Ryan	12	Ridgewood HS	20:37.2	49
60 Fahey, Liam	11	Ridgewood HS	20:50.0	56

### Team Scores

Rank	Team	Score	Avg.	Total	1	2	3	4	5
1	Christian Brothers	21	18:10	1:30:47	1	2	3	6	9
2	Westfield HS	47	18:34	1:32:47	4	5	10	13	15
3	Staples HS	56	18:44	1:33:36	7	8	11	12	18
4	Cumberland	154	19:37	1:38:04	16	17	24	32	65
5	Haddonfield Memorial	162	19:43	1:38:35	14	26	29	42	51
<b>6</b>	<b>Ridgewood HS</b>	<b>177</b>	<b>19:50</b>	<b>1:39:07</b>	<b>31</b>	<b>33</b>	<b>34</b>	<b>36</b>	<b>43</b>
...									
20	Great Neck South	625	27:57	2:19:45	119	121	125	128	132

## CROSS-COUNTRY

# Improved Ridgewood girls dominate in big-meet debut at Bowdoin Park Classic

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

Ridgewood's girls cross-country team made its 2019 major meet debut Saturday at the Bowdoin XC Classic in Wappinger Falls, N.Y., and left little doubt that it's the team to beat, not only in New Jersey, but perhaps in the Northeast region.

With sophomore Camryn Wennersten winning the biggest race of her short but outstanding career, and five of the top six runners running much faster than they did last year when Ridgewood finished fifth in the Nike Northeast Regional held at the same site, the Maroons scored an impressive 44-84-90 over Holmdel and Haddonfield, two of their presumed strongest rivals for the New Jersey State Meet of Champions title in seven weeks.

Ridgewood put six runners in the top 22 ahead of Holmdel's fifth and Haddonfield's fourth, led by Wennersten, whose 18:41.1 finish was eight seconds faster than the previous North Jersey best at the course, the 18:49.1 run by UCLA sophomore Monica Hebner of Northern Highlands in qualifying for the Nike Cross Nationals final in 2017.

"I'm very pleased and very proud of this team," said Ridgewood coach Steve Opremcak. "They followed the race plan for today and they've done an amazing job of following the plans since most of them came into the school last year. We've got a long way to go but these girls are doing everything right right now."

Wennersten finished about 25 meters ahead of Greenwich (CT) junior Mari Noble, and led her team which included sophs Lily Williams (ninth, 20:10.8), Olivia Shattuck (11th, 20:19.3), AnnaMarie Tretola (13th, 20:35.1), and juniors Sarah Policano (14th, 20:37.7) and Claire Hamlett (22nd, 21:06.3).

Every girl but Policano, recovering from illness that cost her most of last

spring, ran at least 30 seconds faster than they did last fall.

The Ridgewood boys were eighth in a strong 30 team Varsity 2 race, finishing with 240 points. Defending regional and state champ CBA won the race.

The Ridgewood team was led by 34th place finisher Jay Boogaert in 17:36.7, but the Maroons placed all seven of its runners within a 36 second span, an extremely tight pack which should Ridgewood contend to return to the State Meet of Champions.

### Wild Safari

NV/Demarest junior Theo Davis showed Saturday that he is a contender for the Lou Molino Bergen County Meet of Champions boys title by winning the Boys C race at the Six Flags Wild Safari meet held on the grounds of Great Adventure in Jackson.

Davis won by more than 50 meters over Luke Lusskin of West Morris Central, a top 50 finisher in the 2018 State Meet of Champions, running 16:18, just missing a spot on the all-meet team from the meet which featured over 150 teams and more than 1,000 runners from six states.

Bobby Hymans of Ramapo was third in the same race, running 16:29, while Indian Hills' Michael Mohr was 12th in 17:08. Indian Hills, Passaic Valley and Demarest went 5-6-7 in the team standings.

Jesse Campoverde of Lakeland was fourth (16:32), and teammate Mason Murphy sixth (17:02) in the Boys D helping the Lancers to a fifth place finish. Rich Weissenborn of Park Ridge/Emerson was 11th and Ramsey's Patrick Chambers 15th in the same race, with the Leonla boys team finishing a solid sixth.

Indian Hills retained its title in the Girls C race, 61-66 over a surprising Summit team, as the Braves put three runners in the top eight behind state

favorite Julia Trethway of West Morris Central. Trethway won the race in 18:25 with Corinne Barney (second, 18:50), Allison Lounsbury (sixth, 19:44) and Madeline Barney (eighth, 19:56) leading Indian Hills. Scarlett Jekic was 13th in 20:16.

Other high North Jersey finishes in the race included Lauren Judd of Ramapo (ninth, 19:58) and Ellie Lester of NV/Demarest (10th, 19:58). Ramapo, Demarest and Holy Angels finished 6-7-8 as a team.

Kelsey Pereira was seventh in Girls B in 20:16 leading the Red Raiders to a strong fifth place finish.

Lakeland's girls nearly stole the show in the D race leading state No. 9 Voorhees by more than 10 points through the first four finishers before falling to the Hunterdon County powers, 60-97. Soph Angelina Perez ran the second fastest girls time of the day, 18:24, and finished second in the race behind Charlotte Bednar of the Lawrenceville School, who finished 12th in the nation last fall. Fellow sophs Abigail Horevay (5th, 19:16), Caitlin Fahy (ninth, 20:44) and Faith Norell (20th, 21:19) had standout efforts. Sarah Geormaneanu of Park Ridge/Emerson (10th, 20:49) and Kaitlyn Garofalo of Ramsey (14th, 21:07) also ran well.

### Garret Invitational

Bergen Tech senior Shannon Clancy remained unbeaten and won her third straight major race Saturday, defeating a pair of defending county champions to win the A race at the Garret Invitational at Harret Mountain.

Clancy ran a personal best 19:19, to defeat defending Passaic County champ Mia Dubac of Clifton (19:26) and Bergen County defender Daisy Liljegren (19:39), and credits an improved training schedule and better nutritional habits for her great improvement.

Northern Highlands won the team

title, 49-62-62 over Clifton and Montclair, behind Liljegren and the 5-7-8 finish of soph Jessica Reilly (21:12), first year soph Sydney Schildner (21:14) and senior Juliana Mercurio (21:25).

In other girls races, Holly Latz of NV/Old Tappan was fourth in girls B in 20:26 despite taking a wrong turn. Gov. Livingston defeated Mahwah and Old Tappan, 71-80-84, while Miranda Luo of Pascack Hills was third in girls C in 20:52. Mountain Lakes edged Westwood, 87-89 for the team title with Hills third at 119.

Jacob Heredia of Clifton lost his first race of the year, by just five meters to Tobias Gaynor of Morristown, running 16:52 and the Mustangs lost a tight three-way boys A battle to Randolph and Morristown, 116-124-129.

Old Tappan's Jin Woo Song (second, 17:16) and Steven Hatano (fourth, 17:42) led the Golden Knights to second behind Governor Livingston in Boys B, 61-67, while Hasbrouck Heights put six runners in the top 16 within 68 seconds to beat North Warren, 45-62 in Boys C.

### Stewart Invitational

Secaucus placed four runners in the top 20 and two (Dan Chinchilla, fourth, 16:56.74 and Sebastien Flood (seventh, 17:18.72) to take second to Non-Public A power Union Catholic, 42-76, at the Stewart Invitational at Graystone Park.

West Milford Boys, Fort Lee's Cynthia Aguero Win Inaugural Run The Highlands Titles

West Milford's Collin Clinton was edged by Dominic Romero of Parsippany at the first Runs The Highlands meet in West Milford Saturday, but the host school went 9-10-11-12 after Clinton to edge Parsippany, 36-37 for the team title.

Parsippany won the girls title, 37-56 over West Milford but it was Fort Lee junior Cynthia Aguero who won the first girls title, in 20:46.

## Garret Invitational - Garret Mountain, 9/28/19

### Frosh Boys Large - 2 mi

Name	Year	School	Avg Mile	Finals	Points
1 Koltermann, Thomas	9	Ridgewood HS	5:52	11:39	1
12 Owitz, Javan	9	Ridgewood HS	6:19	12:32	11
35 Rail, Brendan	9	Ridgewood HS	6:47	13:29	32
53 Wang, Justin	9	Ridgewood HS	7:01	13:57	45
64 Warne, Zander	9	Ridgewood HS	7:15	14:24	54
75 Holden, Ethan	9	Ridgewood HS	7:24	14:42	61
99 Ehnenn, Thomas	9	Ridgewood HS	7:48	15:31	75

(top 7 only)

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Montclair HS	62	3	5	14	15	25	30	31
	Total Time: 1:01:56.00   Average: 12:23.20								
2	St. Peter's Prep	73	4	10	16	21	22	26	33
	Total Time: 1:02:48.00   Average: 12:33.60								
3	Northern Highlands. HS	129	6	18	27	36	42	46	53
	Total Time: 1:05:54.00   Average: 13:10.80								
<b>4</b>	<b>Ridgewood HS</b>	<b>143</b>	<b>1</b>	<b>11</b>	<b>32</b>	<b>45</b>	<b>54</b>	<b>61</b>	<b>75</b>
	<b>Total Time: 1:06:01.00   Average: 13:12.20</b>								
5	Passaic County Tech	158	19	23	28	41	47	50	74
	Total Time: 1:06:45.00   Average: 13:21.00								
6	Highland Reg HS	184	7	20	24	66	67	80	
	Total Time: 1:08:24.00   Average: 13:40.80								
...									
14	Kearny HS	400	68	72	83	88	89		
	Total Time: 1:26:05.00   Average: 17:13.00								

## Brett Taylor Invitational - Darlington Park, 10/5/19

### Novice Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
1 Seaver, Ryan	12	Ridgewood HS	5:45	17:50	1
2 Williams, Philip	10	Ridgewood HS	5:46	17:55	2
3 Fahey, Liam	11	Ridgewood HS	5:51	18:09	3
4 Richman, Luca	12	Ridgewood HS	5:52	18:12	4
9 Salerno, Matt	11	Ridgewood HS	6:01	18:41	9
15 Oriente, Alex	11	Ridgewood HS	6:12	19:15	15
21 Mancini, Patrick	12	Ridgewood HS	6:24	19:53	18

(top 7 only)

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
<b>1</b>	<b>Ridgewood HS</b>	<b>19</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>9</b>	<b>*15</b>	<b>*18</b>
	<b>Total Time: 1:30:47.00   Average: 18:09.40</b>								
2	Memorial HS Wny	62	7	10	11	14	20	*24	*26
	Total Time: 1:35:25.00   Average: 19:05.00								
3	Hackensack HS	79	12	13	16	17	21	*33	*38
	Total Time: 1:37:24.00   Average: 19:28.80								
...									
7	Passaic HS	194	31	34	41	42	46	*48	
	Total Time: 1:51:40.00   Average: 22:20.00								

### Soph Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
2 Byrne, Declan	10	Ridgewood HS	5:58	18:31	2
4 Stern, Gabe	10	Ridgewood HS	6:01	18:41	3
5 Rana, Balraj	10	Ridgewood HS	6:06	18:56	4
8 Hughes, Sean	10	Ridgewood HS	6:09	19:07	5
11 Stephens, Theodore	10	Ridgewood HS	6:14	19:20	7
17 Stadulis, Luke	10	Ridgewood HS	6:24	19:53	12
33 Goldzweig, Max	10	Ridgewood HS	6:53	21:22	21
(top 7 only)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
<b>1</b>	<b>Ridgewood HS</b>	<b>21</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>7</b>	<b>*12</b>	<b>*21</b>
	<b>Total Time: 1:34:35.00   Average: 18:55.00</b>								
2	Hackensack HS	41	1	8	9	10	13	*20	
	Total Time: 1:35:46.00   Average: 19:09.20								
3	Seton Hall Prep	76	11	14	16	17	18	*24	*25
	Total Time: 1:42:40.00   Average: 20:32.00								
...									
6	Bergen County Tech	142	19	27	30	31	35	*36	
	Total Time: 1:51:41.00   Average: 22:20.20								

### Frosh Boys Large - 1.8 mi

Name	Year	School	Avg Mile	Finals	Points
4 Bajraktari, Ian	9	Ridgewood HS	5:22	9:21	4
5 Owitz, Javan	9	Ridgewood HS	5:29	9:32	5
43 Warne, Zander	9	Ridgewood HS	6:24	11:07	36
44 Wang, Justin	9	Ridgewood HS	6:25	11:09	37
56 Schwenker, Jack	9	Ridgewood HS	6:34	11:24	42
58 Ehnenn, Thomas	9	Ridgewood HS	6:36	11:28	43
60 Holden, Ethan	9	Ridgewood HS	6:40	11:36	45
(top 7 only)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Pascack Valley HS	53	1	3	13	14	22	*30	*41
	Total Time: 49:43.00   Average: 9:56.60								
2	Morris County Tech	82	9	12	18	20	23		
	Total Time: 51:40.00   Average: 10:20.00								
3	Livingston HS	94	6	7	19	28	34	*39	*44
	Total Time: 52:01.00   Average: 10:24.20								
...									
<b>6</b>	<b>Ridgewood HS</b>	<b>124</b>	<b>4</b>	<b>5</b>	<b>36</b>	<b>37</b>	<b>42</b>	<b>*43</b>	<b>*45</b>
	<b>Total Time: 52:33.00   Average: 10:30.60</b>								
...									
9	Hackensack HS	265	47	52	54	55	57		
	Total Time: 1:08:06.00   Average: 13:37.20								

**Shore Coaches Invitational - Holmdel Park, 10/5/19**  
**Varsity Boys B - 5K**

Name	Year	School	Avg Mile	Finals	Points
9 Boogaert, Jay	11	Ridgewood HS	5:23	16:44	9
18 Sheridan, Aidan	12	Ridgewood HS	5:28	16:59	18
26 Zamboldi, Mason	12	Ridgewood HS	5:31	17:06	26
43 Orlando, Frank	12	Ridgewood HS	5:36	17:23	42
45 McCutcheon, Quinn	11	Ridgewood HS	5:36	17:24	44
54 Barbi, Mick	10	Ridgewood HS	5:38	17:30	53
66 Barnabic, Taylor	12	Ridgewood HS	5:42	17:42	65

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgefield HS	95	6	7	19	31	32	*62	*80
	0:33 1-5 Split   16:55 Avg								
2	North Hunterdon HS	101	4	8	24	29	36	*39	*45
	0:45 1-5 Split   16:56 Avg								
3	Northport	138	12	17	20	34	55	*59	*88
	0:41 1-5 Split   17:07 Avg								
<b>4</b>	<b>Ridgewood HS</b>	<b>139</b>	<b>9</b>	<b>18</b>	<b>26</b>	<b>42</b>	<b>44</b>	<b>*53</b>	<b>*65</b>
	<b>0:40 1-5 Split   17:07 Avg</b>								
5	Freehold Township	162	5	23	35	47	52	*79	*98
	0:55 1-5 Split   17:10 Avg								
...									
27	Cherry Hill West HS	831	138	166	174	175	178		
	2:26 1-5 Split   20:24 Avg								



# Maroons continue strong showing

## Ridgewood girls win again at Shore Meet

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

Ridgewood continues to power its way through the New Jersey girls cross country season.

The Maroons scored their second straight impressive victory Saturday at the New Balance Shore Coaches Invitational at the state course at Holmdel Park, defeating the only New Jersey team to beat them a year ago.

With sophomore Camryn Wennersten running the fastest time ever run by a North Jersey runner on the Holmdel course, a stunning 17:47 to finish just five meters behind North Hunterdon senior Chloe Gonzalez, and six of the seven runners running faster than they ever had at the 5,000 meter course, Ridgewood easily defeated North Hunterdon, 49-84.

"We realize that we all can be even better than we were last year and the way we were today," said Wennersten, who shattered the previous North Jersey best set by Josette Norris of Tenafly, when she ran 18:12 en route to taking second in the State Meet of Champions. "We're all excited to see what we can do this season."

Wennersten surprised herself with her time, which was more than a minute faster than the 18:59 she ran at this race a year ago.

"We go out more confidently in the back in the first mile, pick it up and run

## Cross country

Continued from Page 85

harder the second mile and then we can get after the last mile when it's mostly downhill," said Wennersten, who nearly caught Gonzalez with a burst down the final finishing hill.

"I didn't think I had a chance to get her but when I saw the time I was excited, but I also knew I can go faster here."

Sophomores Olivia Shattuck (8th, 19:24), Lily Williams (10th, 19:29), and AnnaMarie Tretola (13th, 19:39) followed Wennersten, all with Holmdel bests, and junior Sarah Policano (20th, 19:54) continued to get stronger recovering from last spring's illness. Junior Claire Hamlet was 35th in a solid 20:23 in the loaded field, which had a record 21 girls break 20 minutes.

Indian Hills went 1-2-3 and was impressive in dominating girls C race for the second straight year, 30-64 over Allentown. Corinne Barney won in 19:04, just off her Holmdel best, Allison Lounsbury followed in a personal best 19:15 and Madeline Barney ran her best race at Holmdel in two years for third in 19:49. Scarlett Jekic was ninth in 20:49 and freshman Kayla O'Neill had her best race, taking 21st in 21:32.

North Jersey girls dominated that race with Lauren Judd (5th, 20:01) and Jacqueline Wilchek (19th, 21:22) leading Ramapo to a third place finish and Francesca Proto of NV/Old Tappan (10th, 20:54), Elizabeth Szambel of St. Mary's (15th, 21:12) and Kayla Jarski (18th, 21:17) also running well.

Mia Dubac of Clifton was third in the girls B race in 19:21 and Andrea Dubbels was seventh in 19:54 as the Mustangs took fifth as a team. Jessica Reilly of Northern Highlands finished 20th in 20:37.

Other top girls performances included Ellie Lester of NV/Demarest, 11th in D in 20:13 and Eliza Hoover of Holy Angels, 16th in F in 21:10.

### Hasbrouck Heights, Lakeland and Ridgewood boys excel

While their results were not as flashy as the girls, the top three boys teams in the North Jersey rankings all enjoyed successful races at the Shore.



Corinne Barney helped Indian Hills dominate the girls C race at the Shore Meet, winning in 19:04, just off her Holmdel best. KEVIN R. WEXLER/NORTHJERSEY.COM

Top ranked Ridgewood took fourth in the Boys B, behind North Hunterdon and teams from New York and Connecticut. The Maroons were led by first year junior Jay Boogaert, who was 9th in 16:44 in his first look at the Holmdel course. Aidan Sheridan (18th, 16:59) and Mason Zamboldi (26th, 17:06) added to a very good effort by the Maroons, who placed their top five in a 40 second pack. Clifton's Jacob Heredia was 11th in 16:45.

No. 2 ranked Hasbrouck Heights also relied on a tight pack to finish second to the Lawrenceville School in the G race as sophomore Evan Morrow led the Aviators with a 13th place finish in 17:36 while Cole Sonzogni (18th, 17:52), Jake Porco (20th, 17:54) and Nick Bua (22nd, 17:56) were close behind. The Aviators' top six finished in a 39 second pack.

"We haven't really clicked as a team yet," said Hasbrouck Heights coach Mike Ryan. "We know we're better and we will run better."

Hasbrouck Heights made the State Meet of Champions last year and actually ran faster Saturday than they did when they finished second in Group 1 last year.

Third ranked Lakeland was third in the Boys E race

behind Group 2 powers Bernards and Governor Livingston and senior Jesse Campoverde took nearly a minute off of his Holmdel best, running 16:41 for second well behind race winner Austin Gabay of Cinnaminson.

"I really had no one to run with so I had to run by myself, since I didn't think could stay with (Austin). Last year I let the hills get to me here but I've gotten past the pain and I know I can go faster," said Campoverde, whose previous Holmdel best was 17:35. Lancer teammate Mason Murphy was 11th in 17:42 and Lakeland ran without its usual No. 3.

Pompton Lakes junior Nathan Armstrong, in his first all-out effort since suffering a toe injury last month, also ran a big Holmdel best in this race, 17:00 for third.

Other top performers in the E race were soph Aidan Carroll of Glen Rock (14th, 17:46), Jacob Maclag of Rutherford (15th, 17:49) and Patrick Chambers of Ramsey (18th, 17:51).

Jin Woo Song of NV/Old Tappan was 13th in 16:57, in the C race and Stephen Ritter of Northern Highlands was 15th in 16:59.

### Pereira, Shevlin fastest at Brett Taylor Meet

Cliffside Park's Kelsey Pereira (19:58) and Collin Shevlin of Weehawken (16:19) led all runners with victories in their races at the 29th Brett Taylor Memorial meet at Darlington Park Saturday.

Pereira easily defeated freshman Cassidy Clinton of West Milford by 100 meters in the girls A race. The team title went to Fair Lawn over West Milford on a sixth girl tiebreaker as sophomore Evangeline Campbell placed 17 places ahead of West Milford's No. 6.

Shevlin ran as a individual and won the boys B race by 100 meters over Jesus Michel of Bogota. Kinnelon packed its top five runners within 28 seconds from 13th to 22nd to win the team title, 65-100 over Pascack Hills.

Sylvie Najarian (20:05) and Miranda Luo (20:17) went 1-2 for Pascack Hills in the girls race but Mahwah with five in the top 16 won the team title 39-49, over the Cowgirls.

Ruben Gonzalo of Union City ran 16:38 to beat Hackensack's George Losche by 30 meters in the Boys A race and Memorial edged Passaic 60-61 for the team title.

# High school championship season hits full stride

**Paul Schwartz**

North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

After the two busiest weeks of the invitational season, championship season got underway with a terrific NJIC meet at Garret Mountain on Oct. 10 with a pair of stunning upsets in the boys Meadowlands (Secaucus over Hasbrouck Heights) and Colonial (Leonia over Glen Rock), and Weehaken's first ever girls title in the Patriot Division over Bogota. In each race, the team that was undefeated in dual meets lost.

This week sees the Big North divisional meets at Darlington County Park, starting with the Freedom and Liberty on Tuesday, Oct. 15, the United and American on Oct. 16 and the Patriot and Independence on Oct. 17.

Ridgewood has won the last two Freedom boys titles and figures to make it three in a row Tuesday, as Don Bosco transfer Sean Fortunato becomes eligible and makes the No. 1 team in North Jersey even better. Hackensack was second in the batch race. The individual race figures to be an interesting one with Jin Woo Song of NV/Old Tappan, Bobby Hymans of Ramapo and Kenneth Morrissey of Northern Highlands contending with Ridgewood's Jay Boogaert.

The Ridgewood have split the last six girls titles with

Northern Highlands but even though they are likely to rest one or two of their top seven, including defending league champion Camryn Wennersten, will easily beat the Highlanders. The absence of Wennersten probably won't prevent another Ridgewood individual win, by either Lily Williams or Olivia Shattuck although Ramapo's Lauren Judd could play a role up front.

The Liberty Division saw Passaic go undefeated on the boys side but Clifton could contend behind heavy individual favorite Jacob Heredia, whose brother Kevin won the 2016 title. Clifton dominated the girls batch meet and has a great 1-2 punch in Andrea Dubbels and Mia Dubac, the 2017 and 2018 winners, respectively. But Bergen Tech's Shannon Clancy has had a spectacular start to her season and is the individual favorite.

Bergen Catholic won the 2018 United boys title breaking an eight-year Don Bosco streak, but the Ironmen won this year's dual, 24-31. Max McLees of Don Bosco battled Owen McCarthy West Milford at the batch meet and figures to again.

Holy Angels beat IHA, 22-35 in the regular season, but look out for the five-time-defending champion Blue Eagles on Wednesday. Eliza Hoover has been Holy Angels' top runner most of the year, while Madelyn Novelli has been IHA's best.

Ramsey is the defending champion in the boys American Division but Westwood was undefeated in the batch meet and is favored to win. Pascack Hills and Mahwah are in the mix to win with individuals Chris Gamgort of Pascack Hills and Jake Grainger of Mahwah at the front of the pack. Westwood's Marcus Cheema could also contend.

The Cliffside Park girls have won seven straight division titles and won the batch meet as a first step in making it eight. Mahwah and Westwood could be the teams to end that streak. Sylvie Najarian of Pascack Hills is the defending champ and should battle 2017 champ Cynthia Aguero of Fort Lee, Kelsey Pereira of Cliffside Park and Kayla Jarski of Westwood for this year's crown.

Indian Hills dominated the Patriot batch meets, the last in the series, and are favored to repeat in the boys and girls division titles. Theo Davis has had a great year and the NV/Demarest junior is the individual favorite although Carmel Ohring of Tenafly is finally healthy. Corinne Barney of Indian Hills should repeat in the girls race but the Braves will likely go 1-2-3 with Barney, Allison Lounsbury and Madeline Barney.

It's been 21 years since either the Lakeland boys or girls won a title -- and both won the 1998 Northern Hills Skyline title. The Lancers are favored to

regain the double in the Independence Division this year. The boys are led by Jesse Camponverde, who ran a school record at Holmdel at the Shore Coaches meet although West Milford's Collin Clinton could press him. Passaic Valley and West Milford battle for second.

But it's the girls runners who are turning heads, led by Angelina Perez. Perez, defending league champion Abigail Horevay, Caitlin Fahy and Faith Norrell are second only as a sophomore class to state favorite Ridgewood and have too much for either West Milford and freshman Cassidy Clinton or Fair Lawn and senior Samantha Murri.

## Invitational season ends with light schedule

With the beginning of championship season, there's a much lighter invitational schedule than the last two weekends.

Today, West Milford will run at the Disney Cross-Country Classic in Orlando, Florida and Lakeland, Passaic Valley and Paterson Charter will contest the Greystone Invitational in Morris Plains.

Saturday, Pequannock and St. Mary's will run at the Essex County Coaches Invitational at Branch Brook Park in Newark, Bergen Catholic, Hackensack, North Bergen and Pascack Hills will run at the Manhattan Invitational at Van Cortlandt Park

and Wayne Valley runs at the Fall Classic in Thompson Park in Jamesbury.

## Top 25 rankings

- BOYS**
- Ridgewood
  - Lakeland
  - Don Bosco
  - Secaucus
  - Hasbrouck Heights
  - Hackensack
  - NV/Old Tappan
  - Fair Lawn
  - Indian Hills
  - Northern Highlands
  - Passaic Valley
  - West Milford
  - NV/Demarest
  - Passaic
  - Leonia
  - Clifton
  - Glen Rock
  - Westwood
  - Bergen Catholic
  - Rutherford
  - Wayne Hills
  - Kinnelon
  - Pascack Hills
  - Passaic Tech
  - Bogota
- GIRLS**
- Ridgewood
  - Indian Hills
  - Northern Highlands
  - Lakeland
  - Clifton
  - Holy Angels
  - River Dell
  - IHA
  - Ramapo
  - Cliffside Park
  - NV/Demarest
  - Mahwah
  - Glen Rock
  - Westwood
  - Bergen Tech
  - NV/Old Tappan
  - West Milford
  - Pascack Hills
  - Leonia
  - Rutherford
  - Hasbrouck Heights
  - Fair Lawn
  - Kinnelon
  - Hackensack
  - Wayne Hills

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## Big North Championships - Darlington Park, 10/15/19 Varsity Boys Freedom - 5K

Name	Year	School	Avg Mile	Finals	Points
5 Boogaert, Jay	11	Ridgewood HS	5:20	16:33	5
7 Sheridan, Aidan	12	Ridgewood HS	5:23	16:42	7
9 Zamboldi, Mason	12	Ridgewood HS	5:26	16:53	9
10 Orlando, Frank	12	Ridgewood HS	5:26	16:53	10
11 Fortunato, Sean	10	Ridgewood HS	5:27	16:55	11
12 Barbi, Mick	10	Ridgewood HS	5:31	17:09	12
13 McCutcheon, Quinn	11	Ridgewood HS	5:32	17:10	13

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	
1	<b>Ridgewood HS</b>	<b>42</b>	<b>5</b>	<b>7</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>*12</b>	<b>*13</b>	
		<b>Total Time: 1:23:56.00   Average: 16:47.20</b>								
2	NV - Old Tappan HS	61	2	3	17	18	21	*24	*25	
		Total Time: 1:25:55.00   Average: 17:11.00								

## Team Scores (continued...)

Rank	Team	Total	1	2	3	4	5	*6	*7
3	Hackensack HS	75	4	14	15	20	22	*35	
	Total Time: 1:27:02.00   Average: 17:24.40								
4	Northern Highlands	96	6	8	23	27	32	*34	*39
	Total Time: 1:28:21.00   Average: 17:40.20								
5	Paramus HS	137	16	28	29	31	33		
	Total Time: 1:31:38.00   Average: 18:19.60								
6	Ramapo HS	148	1	30	36	40	41	*42	*43
	Total Time: 1:34:48.00   Average: 18:57.60								
7	Teaneck HS	164	19	26	37	38	44		
	Total Time: 1:37:19.00   Average: 19:27.80								

## Novice Boys - 5K

Name	Year	School	Finals
1 Fahey, Liam	11	Ridgewood HS	17:40
2 Seaver, Ryan	12	Ridgewood HS	17:44
6 Salerno, Matt	11	Ridgewood HS	18:13
7 Richman, Luca	12	Ridgewood HS	18:15
8 Williams, Philip	10	Ridgewood HS	18:24
12 Rana, Balraj	10	Ridgewood HS	18:37
13 Byrne, Declan	10	Ridgewood HS	18:44

No team scores posted/calculated, but a clear win

# Cross-country: Dubbels, Judd pull Big North upsets

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

Andrea Dubbels and Lauren Judd weren't the favorites at the Big North cross-country divisional championship meets held on Oct. 15 at Darlington Park in Mahwah.

In Dubbels' case, she had finished third in the early season Liberty batch meet behind Shannon Clancy of Bergen Tech, who had not lost a race this year, and her Clifton teammate Mia Dubac, whom she hadn't beaten in eight cross-country races going back to 2017.

Judd had also been third in her early season Freedom batch meet behind two of the top runners in the state in Camryn Wennersten, of Ridgewood, and defending Bergen County champion Daisy Liljegren of Northern Highlands and just ahead of Ridgewood sophomore standouts Lily Williams, AnnaMarie Tretola and Olivia Shattuck. But Wennersten and Liljegren skipped the meet with heavy schedules and big goals in front of them and the Ridgewood trio ran the race as a workout.

That opened the door for Dubbels and Judd and they raced right through, with personal-best performances and divisional victories.

Dubbels ran a stunning 18:29, the fifth-fastest time ever run by a Passaic County runner and raced away from Clancy (18:36) and Dubac (18:45) over the final half mile to win the Liberty title.

It's fitting since Dubbels was fourth



Dubac

Judd

at the State Meet of Champions 800 last year.

"This was a big surprise," Dubbels said. "We went step for step for the first 2½ miles, but on the second-to-last uphill, Shannon and I broke away from Mia, and on the final downhill, I was able to get away from Shannon."

"I've had a lot of trouble finishing races in cross-country because I always had too much energy left when I was finished," Dubbels said. "(Tuesday) I finally gave it my all and I was tired."

Dubbels and Dubac led Clifton to a ninth divisional title in 10 years and third straight, 25-44 over Bergen Tech, placing five runners in the top 10, including Dubac's freshman sister Remy, who was fourth on Tuesday.

Judd realized quickly that she was in a rare position to win the race when the first mile went slower than expected, and she reacted accordingly.

"I've learned to listen to my body and be stronger mentally," said Judd, who opened up a large lead over runner-up Holly Latz of NV/Old Tappan, going on to win by 125 meters in a personal best 19:16.

"Running by myself made it harder but it also motivated me to push a little more."

It also gave her added confidence for the tough races to come, starting with next weekend's Bergen County group championships.

"I know I'm good enough to go against these girls," Judd said. "This helped."

Ridgewood rested Wennersten and Claire Hamlett and lost Anna Dort for the season with a stress fracture, in addition to holding back the others, but still went 3-4-5-8-13 and still easily won 32-58 over Northern Highlands, its seventh title in 10 seasons.

### Clifton, Ridgewood, Heredia and Hymans win boys titles

Clifton and Ridgewood dominated the boys races as well. Jacob Heredia of Clifton held off Julius Pallero of Passaic Tech by 35 meters in the Liberty race, running 16:21, as the Mustangs won their first league meet since 2013, reversing a batch meet loss to Passaic, 35-46.

"The boys ran great," veteran coach John Pontes said. "They've really come together and jelled after we had some setbacks in the early season. They've become a good team."

Senior Josh Szabo missed a few weeks recovering from surgery and senior newcomer Mohammad Nidaazzi has been a revelation, finishing sixth on Tuesday. Szabo, improving with every race, was fourth.

Heredia was pleased with his race, winning again after two losses at the Garret Invitational and in his first trip to Holmdel for the Shore Coaches Invitational.

"Not every race is going to be a PR," he said after coming up just short of his Darlington best of 16:15. "I went out too hard at Holmdel and I think I learned a lot from that."

"JP (Pallero) and I pushed each other a lot and that was good."

Ridgewood's top boy in the Freedom Division was fifth-place finisher Jay Boogaert in 16:33. But the Maroons packed their next six runners in the next eight places, 37 seconds behind Boogaert for an easy 42-61 win over NV/Old Tappan.

"We ran in training shoes and ran conservatively because we have a lot of big races left," said Maroons coach Patrick Ryan, who will let his team run all out next weekend. "It's been a lot of fun coaching these guys because none of them have been in the spotlight before and now they're all in it together."

Ramapo's Bobby Hymans won the race in 16:21, 15 meters ahead of Jin Woo Song of NV/Old Tappan. It was Hymans' best race of the season, but the junior knows he can do a lot more.

"The last few races I haven't been with it mentally the way I should," said Hymans. "My training has been consistent but when I get in races I stress about all kinds of things. I think that I'm getting near getting my head clearer."

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CROSS-COUNTRY

# Preview of Bergen County championships

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

The 55th Annual Bergen County Group Cross-Country championships take place Saturday at Darlington Park in Mahwah.

The top two teams from each division on points plus two wild cards advance to the Lou Molino Bergen Meet of Champions, Saturday, Nov. 2 at Darlington Park. The wild cards will be the fastest two teams by total five-man team time, unless a slower team finishes higher within the same division.

The top 10 individuals in each division also qualify as well as up to 10 varsity runners who don't otherwise qualify as members of a team, but finish in the top 25 of their race and faster than the slowest 10th place finisher in any division.

Here's a look at the 10 divisional races (North Jersey rankings in parentheses):

## Boys A

**Race starts at 10:30 a.m.**  
**Teams:** Bergen Tech, Cliffside Park, (8) Fair Lawn, (7) Hackensack, (12) Northern Highlands, (6) NV/Old Tappan, Paramus, Pascack Valley, (1) Ridgewood, Tenafly.  
**2018 champions:** Ridgewood and Will Baginski, Ridgewood.  
**Top 10 returnees:** Carmel Ohring, Tenafly (2); Taylor Barnabic, Ridgewood (5); Stephen Ritter, Northern Highlands (7); Jin Woo Song, NV/Old Tappan (10).  
**Other top individuals:** Taso Gallos, Bergen Tech; Steven Hatano, NV/Old Tappan; Ryan Pena, Hackensack; Jay Boogaert, Aidan Sheridan and Mason Zamboldi, Ridgewood; Kenneth Morrissey, Northern Highlands; Oliver Misra, Tenafly.  
**Race outlook:** Ridgewood should have little trouble winning a fourth straight divisional title, even though Coach Patrick Ryan might have a tough time his seven varsity runners. NV/Old Tappan and Hackensack will battle for the second automatic slot with the loser a very likely wild card recipient. Fair Lawn and Northern Highlands are also wild card contenders. The individual race is wide open with Song and Hatano, Boogaert and Ohring the favorites and another eight or 10 runners within 20 seconds of the lead. Soph Pena of Hackensack could be a potential upset contender.

## Boys B

**Race starts at 1:20 p.m.**  
**Teams:** Bergenfield, NV/Demarest, Dwight Morrow, Fort Lee, Garfield, (2) Indian Hills, Mahwah, (7) Ramapo, (8) River Dell, Teaneck.  
**2018 champions:** Indian Hills and Bobby Oehrlin, Indian Hills.  
**Top 10 returnees:** Bobby Hymans, Ramapo (4); Theo Davis, NV/Demarest (6); Michael Boyer, Garfield (7).  
**Other top individuals:** Jake Grainger, Mahwah; Michael Mohr and Jake Calviello, Indian Hills; Ekuyami Conteh, Fort Lee.  
**Race outlook:** Since 2003, Indian Hills has won 12 divisional titles, 11 in Division B. There's little doubt that despite heavy graduation losses, the Braves will make it 13 in 17 years and NV/Demarest is very likely to join Indian Hills in the Lou Molino Bergen Meet of Champions. Mahwah should edge Garfield and River Dell for the third set of divisional medals, but a wild card is unlikely. Individually, it's a three-man race, with Calviello, a junior varsity runner for most of last year, the fastest Bergen County runner at the Darlington course this year. Hymans and Davis seem to have the best chance at beating Calviello and either of the two juniors can grab an early lead in what shapes up to be a great battle the next two years. If there's a possible runner to upset the cart, it might be Grainger, just a sophomore.



**Camryn Wennersten of Ridgewood is shown as she approaches the finish line with a time of 18:10 at the Bergen County Cross-Country Championship on Oct. 28, 2018. Wennersten came in second place and Ridgewood won the team title.**  
KEVIN R. WEXLER/NORTHJERSEY.COM

## Boys C

**Race starts at 1:35 p.m.**  
**Teams:** Dumont, Elmwood Park, (17) Glen Rock, (16) Leonia, Lyndhurst, Park Ridge/Emerson, (23) Pascack Hills, Ramsey, Ridgefield Park, (20) Rutherford, (18) Westwood.  
**2018 champions:** Ramsey and Dillon Jensen, Pascack Hills  
**Top 10 returnees:** Marcus Cheema, Westwood (4); Chris Gimgort, Pascack Hills (6); Patrick Chambers, Ramsey (7).  
**Other top individuals:** Rich Weissenborn, Park Ridge/Emerson; Owen Long, Westwood; Aidan Carroll, Glen Rock; Johnathan Ramac, Rutherford; William Penate, Elmwood Park; Matt Cortez, Jack Schuller and Alex Coello, Leonia.  
**Race outlook:** This is an intriguing four-race battle for the two automatic slots. Westwood beat Pascack Hills for the Big North American title on Monday while Leonia has been idle since winning the NJIC Colonial in a surprise over Glen Rock more than two weeks ago. Pascack Hills has made the Meet of Champions the last four years and won the C divisional title in 2015 and 2016. Westwood was the 2017 champ but neither Leonia and Glen Rock have ever won C. Leonia won division D in 2004 and Glen Rock won group 1 in the old format in 2001. Leonia seems to be the favorite but the other three teams can all be in the mix not only for the second automatic slot or for a wild card. Individually, Carroll looked impressive in winning the Colonial title, and Cheema and Gimgort had a great battle for the American title with Cheema winning. Look for Cortez and Ramac as potential upset champions and Penate hopes to become Elmwood Park's first competitor in the MOC in at least 30 years.

## Boys D

**Race starts at 10:00 a.m.**  
**Teams:** Bergen Charter, (25) Bogota, Cresskill, (5) Hasbrouck Heights, Midland Park, New Milford, North Arlington, Palisades Park, Ridgefield, Saddle Brook, Waldwick.  
**2018 champions:** Hasbrouck Heights and Jimmy Gutierrez, Bogota  
**Top 10 returnees:** Jesus Michel, Bogota (4); Jake Porco, Hasbrouck Heights (5); Nick Bua, Hasbrouck Heights (6); Evan Morrow, Hasbrouck Heights (7); Cole Sonzogni, Hasbrouck Heights (8); Ludovic Guerdat, Midland Park (9) and TK Kasper, Hasbrouck Heights (10).  
**Other top individuals:** none.  
**Race outlook:** Not much controversy here. Hasbrouck Heights will win its third straight title and the Aviators might put all seven runners in the top 10. Second place and the second automatic MOC slot seems to be Bogota's to lose. The only team drama is in the third set of medals with New Milford, Saddle Brook and Waldwick in contention. Only Michel and Guerdat appear able to prevent Hasbrouck Heights from sweeping the top seven places and along with Porco, Bua and Morrow are the favorites to win the race.

## Boys E

**Race starts at 10:15 a.m.**  
**Teams:** (9) Bergen Catholic, (3) Don Bosco, Dwight-Englewood, Paramus Catholic, Saddle River Day, St. Joseph, St. Mary's.  
**2018 champions:** Bergen Catholic and Jeremy Bronstein, Dwight-Englewood.  
**Top 10 returnees:** Max McLees, Don Bosco (4); Caleb Dalgetty, Dwight-Englewood (5); Owen McCarthy, Bergen Catholic (10).  
**Race outlook:** It's basically a rerun of Monday's Big North United race, won by Don Bosco. McLees is favored over McCarthy and Dalgetty could be a contender.

## Girls A

**Race starts at 11:15 a.m.**  
**Teams:** (15) Bergen Tech, (10) Cliffside Park, (22) Fair Lawn, (24) Hackensack, (5) Northern Highlands, (16) NV/Old Tappan, Paramus, Pascack Valley, (1) Ridgewood, Tenafly.  
**2018 champions:** Ridgewood and Daisy Liljegren, Northern Highlands.  
**Top 10 returnees:** Camryn Wennersten, Ridgewood (2); Lily Williams, Ridgewood (3); Sarah Policano, Ridgewood (4); Olivia Shattuck, Ridgewood (5); Shannon Clancy, Bergen Tech (6); AnMarie Tretola, Ridgewood (9); Emily Hughes, Bergen Tech (10).  
**Other top individuals:** Holly Latz and Francesca Proto, NV/Old Tappan; Claire Hamlet, Ridgewood; Samantha Murri, Fair Lawn; Kelsey Pereira, Cliffside Park.  
**Race outlook:** Ridgewood is perhaps as a strong a team as has ever been seen in Bergen County. It's not clear that all of the Maroons' top runners will participate, but regardless of the lineup, Ridgewood will win its 31st divisional or group title in the 39 years since the meet was split into multiple sections. Northern Highlands should outrun Bergen Tech and NV/Old Tappan for second with the latter two teams strong wild card contenders. Cliffside Park could also be in the wild card mix. If Wennersten runs, she will win her first county group title, in the absence of Liljegren, who is recovering from ankle inflammation. If not, it will be Clancy, who has had a terrific year. Any of the Ridgewood runners who run will finish in the top 10 and several will be in the top five. Latz has had a great first cross-country season and Pereira is coming off an impressive Big North American win.

## Girls B

**Race starts at 1:50 p.m.**  
**Teams:** Bergenfield, (1) NV/Demarest, Dwight Morrow, Fort Lee, Garfield, (2) Indian Hills, (2) Mahwah, Ramapo, River Dell, Teaneck.  
**2018 champions:** Indian Hills and Corinne Barney, Indian Hills.  
**Top 10 returnees:** Corinne Barney (1); Allison Lounsbury, Indian Hills (2); Madeline Barney, Indian Hills (4); Ellie Lester, NV/Demarest (5); Scarlett Jekic, Indian Hills (6); Maggie Mircovich, River Dell (7); Amanda Mircovich, River Dell (8); Lauren Judd, Rama-

po (9); Cynthia Aguero, Fort Lee (10).  
**Other top individuals:** Brianna Braver, Ramapo; Grace McCullough, Teaneck.  
**Race outlook:** Indian Hills is on target to win a fourth straight divisional title and set up a showdown with Ridgewood for the second straight year at the State Meet of Champions. Ramapo is favored over River Dell, NV/Demarest and Big North American champ Mahwah for the second automatic slot with the losers fighting the division A third and fourth place teams for the two wild cards. Lounsbury ran a personal best last week to win the Big North Patriot title, but look for Corinne Barney to reverse that this week. Madeline Barney will battle Judd and perhaps Maggie Mircovich for third.

## Girls C

**Race starts at 2:05 p.m.**  
**Teams:** Becton/Wallington, Dumont, Elmwood Park, (13) Glen Rock, (9) Leonia, Lyndhurst, Park Ridge/Emerson, (18) Pascack Hills, Ramsey, Ridgefield Park, (20) Rutherford, (14) Westwood.  
**2018 champions:** Pascack Hills and Sylvie Najarian, Pascack Hills.  
**Top 10 returnees:** Najarian; Mary Andreou, Glen Rock (2); Sarah Geormaneanu, Park Ridge/Emerson (3); Kayla Jarski, Westwood (4); Lucia Kuttner, Leonia (5); Kaylie Voigt, Ramsey (7); Katie Schuller, Leonia (9).  
**Other top individuals:** Kathryn Garofalo, Ramsey; Miranda Luo, Pascack Hills; Natalie Kubasek, Elmwood Park; Elyse von der Lieth, Park Ridge/Emerson.  
**Race outlook:** It's a three-team battle between two-time defending champion Pascack Hills, Westwood, which hasn't won since 2010 and Glen Rock, which last won in 2011. Both Glen Rock and Westwood are missing runners due to injury and other reasons, but Glen Rock won the NJIC Colonial anyway and Westwood finished five points ahead of Hills for second at the Big North American. Ramsey, Leonia and Rutherford are also competitive in what is perennially the most balanced race of the meet. Individually, Garofalo, Andreou and the Pascack Hills pair of Najarian and Luo seem to be the class of the field. But one to watch is Kubasek, the sister of former all-Bergen star Michelle Kubasek, who excelled at Bergen Tech several years ago. Natalie could become Elmwood Park's first ever runner at the Bergen Meet of Champions.

## Girls D

**10:45 a.m.**  
**Teams:** Bergen Charter, Bogota, Cresskill, (21) Hasbrouck Heights, Midland Park, New Milford, North Arlington, Palisades Park, Ridgefield, Saddle Brook, Waldwick.  
**2018 champions:** Hasbrouck Heights and Shannon Artuso, Hasbrouck Heights  
**Top 10 returnees:** Artuso; Mary Griffin, Ridgefield (2); Devin Davila, Saddle Brook (3); Jacqueline Lulaj, Cresskill (4); Halyn Xhera, Hasbrouck Heights (6); Roberta LaBarbiera, Hasbrouck Heights (8).  
**Other top individuals:** Christina Vazquez and Callie Negro, Wood-Ridge; Isabella Dzezek, Hasbrouck Heights.  
**Race outlook:** Hasbrouck Heights is favored to win its third straight title, but Saddle Brook, which gave the Aviators a battle at the NJIC Meadowlands meet might do it again here. The Falcons should make their first girls Meet of Champions since 2000 by holding off Bogota. Lulaj has had a great season and is favored to dethrone Artuso and hold off Davila and Dzezek. The Wood-Ridge pair of Vazquez and Negro could become the Blue Devils' first ever girls qualifiers for the Bergen Meet of Champions.

## Girls E

**Race starts at 11 a.m.**  
**Teams:** Dwight-Englewood, (9) Holy Angels, (6) IHA, Paramus Catholic, Saddle River Day and St. Mary's.  
**2018 champions:** Holy Angels and Olivia Mandella, Holy Angels.  
**Top 10 returnees:** Deirdre James, Holy Angels (2); Christina Bagin, Holy Angels (3); Elizabeth Szambel, St. Mary's (4); Madelyn Novelli, IHA (5); Geri Tabbachino, IHA (9); Eliza Hoover, Holy Angels (10).  
**Other top individuals:** Keira Skye, Camryn King and Lindsay Keogh, IHA.  
**Race outlook:** Like the Boys E race this one is a rematch of the Big North United meet won by IHA over Holy Angels. But Szambel could make one big change by defeating Novelli to become the Gaels' first county champ since Nancy Sinclair won the 1997 group 1 meet

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## County Group Championships - Darlington Park, 10/26/19

### Varsity Boys A - 5K

Name	Year	School	Avg Mile	Finals	Points
2 Boogaert, Jay	11	Ridgewood HS	5:15	16:18	2
3 Sheridan, Aidan	12	Ridgewood HS	5:16	16:20	3
4 Fortunato, Sean	10	Ridgewood HS	5:16	16:21	4
8 Orlando, Frank	12	Ridgewood HS	5:22	16:39	8
10 Barnabic, Taylor	12	Ridgewood HS	5:26	16:51	10
13 Barbi, Mick	10	Ridgewood HS	5:27	16:54	13
19 Zamboldi, Mason	12	Ridgewood HS	5:33	17:13	19

#### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
<b>1</b>	<b>Ridgewood HS</b> <b>0:33 1-5 Split   16:29 Avg</b>	<b>27</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>8</b>	<b>10</b>	<b>*13</b>	<b>*19</b>
2	Old Tappan HS 1:28 1-5 Split   17:07 Avg	79	1	5	22	25	26	*27	*38
3	Hackensack HS 1:24 1-5 Split   17:15 Avg	95	6	18	20	21	30	*31	*36
...									
10	Pascack Valley HS 2:14 1-5 Split   20:35 Avg	304	51	59	63	65	66	*67	*68

### Novice Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
1 McCutcheon, Quinn	11	Ridgewood HS	5:34	17:16	1
3 Salerno, Matt	11	Ridgewood HS	5:45	17:50	3
4 Fahey, Liam	11	Ridgewood HS	5:45	17:51	4
5 Richman, Luca	12	Ridgewood HS	5:46	17:53	5
6 Byrne, Declan	10	Ridgewood HS	5:47	17:57	6
8 Seaver, Ryan	12	Ridgewood HS	5:49	18:03	8
10 Koltermann, Thomas	9	Ridgewood HS	5:51	18:10	10

(top 7 only)

#### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
<b>1</b>	<b>Ridgewood HS</b> <b>0:41 1-5 Split   17:45 Avg</b>	<b>19</b>	<b>1</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>*8</b>	<b>*10</b>
2	Old Tappan HS 0:49 1-5 Split   18:06 Avg	41	2	7	9	11	12	*14	*15
3	Hackensack HS 0:34 1-5 Split   18:56 Avg	96	16	17	18	19	26	*35	*38
...									
10	Pascack Valley HS 5:12 1-5 Split   24:19 Avg	302	54	59	62	63	64		

## Frosh Boys Large - 1.8 mi

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Pascack Valley HS 0:53 1-5 Split   9:29 Avg	38	1	2	4	15	16	*17	*24
2	Don Bosco Prep 0:31 1-5 Split   9:43 Avg	48	5	6	10	13	14	*18	*37
3	Bergen Catholic HS 1:27 1-5 Split   9:58 Avg	82	3	7	12	25	35	*39	*47
...									
10	Ridgewood HS 0:28 1-5 Split   11:35 Avg	265	51	52	53	54	55	*59	*61

### CROSS-COUNTRY

# Ridgewood, Heights sweep Bergen crowns

**Nick Gantaifis**  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

**MAHWAH** — History is still being written.

And for the Ridgewood girls cross-country team, they're smack right in the middle of it.

The Maroons fired off a salvo on Saturday that reverberated through the woods at Darlington Park when they claimed a second straight Bergen County Group Championship title. It is Ridgewood's 31st divisional or group title in the 39 years since the meet was split into multiple sections.

Operating at reduced power with three of their top seven runners resting, Ridgewood still managed to capture the Varsity A team title to easily outdistance runner-up Northern Highlands 33-70.

Five Ridgewood runners finished in the top 12 despite the absence of 2018 meet runner-up and All-State sophomore Camryn Wennersten and juniors Sarah Policano and Claire Hamlet.

The sophomore trio of Lily Williams, AnnaMarie Tretola and Olivia Shattuck, finished 3-4-5 in 19:35 and sophomore Lucia Rabolli (20:13) and senior Jules Eigner (20:43) came in ninth and 12th place respectively as the Maroons recorded a 19:56.2 average.

"We kept three of our top six runners out today. By rotating girls in and out it gives some of our other girls the opportunity to respond to a varsity situation and to test themselves," said Ridgewood coach Steve Opremcak.

"That's really important for our other kids. It's our belief, and most coaches' philosophy, to be really successful you need a core of 12 to 15 kids to train really hard the way you're supposed to in order to challenge each other to get better. You have 15 girls competing for seven spots."

The top two teams from each division on points plus two wild cards advance to the Lou Molino Bergen Meet of Champions next Saturday, Nov. 2 at Darlington Park. The wild cards will be the fastest

two teams by total five-man team time, unless a slower team finishes higher within the same division.

The top 10 individuals in each division also qualify as well as up to 10 varsity runners who don't otherwise qualify as members of a team but finish in the top 25 of their race and faster than the slowest 10th place finisher in any division.

Shannon Clancy of Bergen Tech won the Varsity A individual race in 18:39 and well ahead of second-place Holly Latz (19:13) of NV-Old Tappan. Clancy just missed eclipsing her course school record of 18:36, set at the Big North-Liberty Championships two weeks ago when she finished right behind winner Andrea Dubbels of Clifton.

"Ridgewood has a really solid team, so my plan was originally to pace with them," said Clancy, who earned her fifth win of the season.

"When I saw that no one was really going for it I decided to take the early lead and go for it. I went out pretty fast and stayed with it. This win gives me the confidence to achieve my goals and I hope to keep setting personal records. I'm happy with my overall performance."

#### Maroon Five

The Ridgewood boys had no trouble winning their fourth-straight group title, racing past runner-up Old Tappan 27-79 to claim the Varsity A division.

Junior Jay Boogaert (16:18), senior Aidan Sheridan (16:20) and sophomore Sean Fortunato (16:21) finished 2-3-4 and seniors Frank Orlando (16:39) and Taylor Barnabic (16:51) took eighth and 10th place respectively as the Maroons averaged a meet-best 16:29.8.

In his first season running cross country, junior Steven Hatano of NV-Old Tappan won the Varsity A race in a meet-best 16:14, smashing his previous PR by 15 seconds, set at the Big North meet two weeks ago with a third-place finish.

A lifetime soccer player, Hatano made the switch from the pitch to distance running as a way to stay in shape and improve his half-mile and mile times in spring track.

#### Indian Hills keep up with tradition

Senior Corinne Barney of Indian Hills claimed a third-straight Varsity B title in a meet-best 18:34 and guided the Braves to a fourth-consecutive team crown.

Indian Hills placed three runners in the top five as the Braves outdistanced runner-up Ramapo 35-58.

Sophomore Allison Lounsbury (18:51) and senior Madeline Barney (19:27) finished second and fourth, while senior Scarlett Jekic (20:55) and freshman Kayla O'Neil (21:02) rounded out the scoring.

On the boys side, the Braves won a 13th divisional title in the last 17 years with a 47-56 win over NV-Demarest in Varsity B.

Indian Hills runners finished 3-4-6 as senior Michael Mohr (16:50), and juniors Jake Calviello (17:05) and Anthony Macejka (17:20) picked up the scoring.

Junior Theodore Davis of NV-Demarest was the fastest to the finish line in 16:15, just missing a meet-best by a tenth of a second.

#### Aviators fly high

Both Hasbrouck Heights teams won a third-consecutive Varsity D team titles.

The boys finished ahead of runner-up Bogota 20-52 as the Aviators had five runners finish in the top seven.

Sophomore Evan Morrow (16:56), senior Nick Bua (17:06), juniors Jake Porco (17:22) and Cole Sonzogni (17:33) and senior Damian Summers (17:39) finished 2-4-5-6-7.

Bogota junior Jesus Michel won the individual title in 16:46.

"This is the best boys team we've ever had, without a doubt," Hasbrouck Heights coach Mike Ryan said. "We're

still very young. The program has come a long way. We're hoping to place in the top five next week for the first time. We have to keep the pack tight and together."

The Heights girls were equally impressive, finishing ahead of runner-up Saddle Brook 36-48.

Sophomore Isabella Drezek (21:00) and junior Emily Estrada (21:58) finished second and fifth, while junior Shannon Artuso (22:11) and senior Roberta LaBarbera (22:50) finished in the top 10.

"We won this meet with smoke in mirrors today," said Ryan of his girls team win. "We have so many injuries. We had to move up girls from the junior varsity and piece it together. We're doing this with some younger kids who stepped up for us today."

Cresskill senior Jacqueline Lulaj (20:05) turned in the top time to win the Varsity D individual title.

"My last meet was two weeks ago so my coach pushed me by giving me tougher workouts while motivating me to run faster," Lulaj said. "I knew I had to get out pretty fast and maintain my pace. I knew I had the lead the second time around the sand trap and I figured I had the race."

#### St. Mary's Szambel rides solo

Senior Elizabeth Szambel of St. Mary's captured her first group title with a winning time of 19:48 to win Group E.

Szambel, the only runner on the Gaels girls team, is the first county champion for St. Mary's since Nancy Sinclair won the Group 1 meet in 1997. Two weeks ago, Szambel won the NJIC-Meadowlands title at Garret Mountain.

"My strategy was to stay behind, but I ended up going out in second and then took the lead before the first mile," Szambel said. "I feel like I'm back on track. I'm hoping to do well in Groups and have a good time at the Meet of Champions."

# Ridgewood Sweeps, Barney, Hatano Run Top Times at Bergen



## Bergen County Group Championships

Rich Bevenssee

Oct 26, 2019

The [Ridgewood](#) boys and girls came away with the best team performances of the day while Indian Hills senior [Corinne Barney](#) and Old Tappan junior [Steven Hatano](#) posted the fastest runs of the meet at the Bergen County Group Championships on Saturday at Darlington Park in Mahwah.

The top two teams in each division plus three wild cards qualify automatically for the Lou Molino Bergen County Meet of Champions next Saturday, also at Darlington.

The Ridgewood girls, ranked No. 1 in New Jersey, made a statement today which resounded loud and clear for the rest of the county -- and for that matter, the state -- to hear.

While resting three of their top seven runners -- sophomore All-Stater [Camryn Wennersten](#) as well as juniors [Sarah Policano](#) and [Claire Hamlet](#) -- the Maroons still jammed five runners into the top 12, claimed their second straight Varsity A title with a 19:56.2 average, placed first in the team merge, and had an exceptional compression of 68 seconds. They handled runner-up Northern Highlands 33-70.

Sophomores [Lily Williams](#), [AnnaMarie Tretola](#) and [Olivia Shattuck](#) placed third, fourth and fifth, respectively, all with times of 19:35. Sophomore [Lucia Rabolli](#) was ninth (20:13) and senior [Jules Einemer](#) was 12th (20:43) rounded out the Ridgewood top five.

The fastest girl of the meet was Indian Hills senior [Corinne Barney](#), who claimed her third straight Bergen County Varsity B title in a meet-best 18:34, five ticks faster than Varsity A winner Shannon Clancy. Barney logged her third win of the season, following wins at Shore Coaches and the Big North Patriot batch meet.

Barney led No. 8 Indian Hills to a convincing 35-58 victory over runner-up Ramapo in Varsity B. Indian Hills, with three runners in the top four, averaged a meet-best 19:45.8 -- 12 seconds faster than No. 1 Ridgewood in Varsity A, although the Maroons held out three of their top seven.

Barney was followed by sophomore [Allison Lounsbury](#) (second, 18:51), seniors [Madeline Barney](#) (fourth, 19:27) and [Scarlett Jekic](#) (14th, 20:56), and freshman [Kayla O'Neil](#) (16th, 21:02).

The Ridgewood boys, aiming for a fifth straight group title, claimed three of the top four places, finished first in the team merge, averaged a meet-best 16:29.8 en route to a 27-79 victory over Old Tappan in the Varsity A race. Junior [Jay Boogaert](#) (second, 16:18), senior [Aidan Sheridan](#) (third, 16:20) and sophomore [Sean Fortunato](#) (fourth, 16:21) led the Ridgewood charge. Seniors [Frank Orlando](#) (eighth, 16:39) and [Taylor Barnabic](#) (10th, 16:51) rounded out the Maroon scorers.

**Doc Braver Frosh / Novice Championships - Darlington Park, 10/31/19**  
**Novice Boys Large - 5K**

Name	Year	School	Avg Mile	Finals	Points
1 McCutcheon, Quinn	11	Ridgewood HS	5:27	16:56	1
2 Fahey, Liam	11	Ridgewood HS	5:44	17:49	2
3 Richman, Luca	12	Ridgewood HS	5:51	18:10	3
4 Koltermann, Thomas	9	Ridgewood HS	5:51	18:11	4
5 Seaver, Ryan	12	Ridgewood HS	5:54	18:17	5
6 Byrne, Declan	10	Ridgewood HS	5:56	18:25	6
7 Rana, Balraj	10	Ridgewood HS	5:56	18:26	7

(top 7 only)

**Team Scores**

Rank	Team	Total	1	2	3	4	5	*6	*7
<b>1</b>	<b>Ridgewood HS</b> <b>1:21 1-5 Split   17:52 Avg</b>	<b>15</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>*6</b>	<b>*7</b>
2	Hackensack HS 0:06 1-5 Split   19:05 Avg	65	11	12	13	14	15	*21	*28
3	Passaic Valley HS 1:22 1-5 Split   19:14 Avg	86	8	9	10	27	32	*33	*34
...									
10	Dwight Morrow HS 4:00 1-5 Split   23:53 Avg	299	50	59	62	63	65		



# Bergen Meet of Champs preview, rankings

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

Saturday at Darlington Park, Mahwah is the 47th running of the Lou Molino Bergen Meet of Champions (42nd for girls).

## Boys

*Race starts at 11 a.m.*

**Returns from 2018 top 20:** Bobby Hymans, Ramapo (9th); Jesus Michel, Bogota (12th); Carmel Ohring, Tenafly (13th); Max McLees, Don Bosco (14th); Taylor Barnabic, Ridgewood (16th); Nick Bua, Hasbrouck Heights (18th)  
**Others to watch:** Steven Hatano and Jin Woo Song, NV/Old Tappan; Theo Davis, NV/Demarest; Jay Boogaert, Aidan Sheridan, Sean Fortunato and Frank Orlando, Ridgewood; Chris Gamgort, Pascack Hills; Ryan Pena, Hackensack; Taso Gallos, Bergen Tech; Marcus Cheema, Westwood; Owen McCarthy, Bergen Catholic; Jake Calviello, Indian Hills.

**Race outlook:** Ridgewood is a prohibitive favorite to win its third straight title and 14th overall, just three short of the record 17 by Don Bosco. The Maroons might put its entire seven man team in the top 20. The battle for second is crowded with NV/Old Tappan, Hackensack, Hasbrouck Heights, Fair Lawn and Indian Hills all in the mix.

The boys race is as wide open as any in recent memory. For the first time in at least 15 years, no Bergen boy has run under 16 minutes prior to the last race of the year at Darlington, with Hatano's 16:14 in winning the Division A meet last week

the fastest so far this season. Ten other boys have times within 15 seconds of Hatano's with Davis, the Ridgewood trio of Boogaert, Sheridan and Fortunato, Song and Hymans the most likely contenders.

## Bergen Catholic

Appearances: 33  
Championships: 11  
Best finish: 1st (11 times, last 1990)  
Consecutive appearances: 8

## Bogota

Appearances: 27  
Championships: 0  
Best finish: 5th (2016)  
Consecutive appearances: 2

## NV/Demarest

Appearances: 20  
Championships: 0  
Best finish: 2nd (2 times, last 2017)  
Consecutive appearances: 1

## Don Bosco

Appearances: 31  
Championships: 17  
Best finish: 1st (17 times, last 2015)  
Consecutive appearances: 29

## Fair Lawn

Appearances: 4  
Championships: 0  
Best finish: 10th (2016)  
Consecutive appearances: 2

## Glen Rock

Appearances: 9  
Championships: 0  
Best finish: 7th (2001)  
Consecutive appearances: 1

## Hackensack

Appearances: 25  
Championships: 1  
Best finish: 1st (1998)  
Consecutive appearances: 3

## Hasbrouck Heights

Appearances: 7  
Championships: 0

Best finish: 7th (2018)  
Consecutive appearances: 3

## Indian Hills

Appearances: 19  
Championships: 1  
Best finish: 1st (2016)  
Consecutive appearances: 18

## Leonia

Appearances: 11  
Championships: 0  
Best finish: 5th (2007)  
Consecutive appearances: 1

## NV/Old Tappan

Appearances: 25  
Championships: 0  
Best finish: 2nd (1977)  
Consecutive appearances: 1

## Ridgewood

Appearances: 46  
Championships: 13  
Best finish: 1st (13 times, last 2018)  
Consecutive appearances: 27

## Girls

*Race starts at 11:40 a.m.*

**Returns from last year's top 20:** Camryn Wennersten, Ridgewood (2nd); Corinne Barney, Indian Hills (3rd); Allison Lounsbury, Indian Hills (4th); Lily Williams, Ridgewood (5th); Sarah Policano, Ridgewood (6th); Madeline Barney, Indian Hills (7th); Olivia Shattuck, Ridgewood (8th); AnnaMarie Tretola, Ridgewood (9th); Maggie Mircovich, River Dell (10th); Grace McCullough, Teaneck (12th); Shannon Clancy, Bergen Tech (14th); Elizabeth Szambel, St. Mary's (15th); Deirdre James, Holy Angels (16th); Sylvie Najarian, Pascack Hills (17th); Lauren Judd, Ramapo (18th); Ellie Lester, NV/Demarest (19th).

**Others to watch:** Jessica Reilly, Northern Highlands; Kelsey Pereira, Cliffside Park; Kaitlyn Garofalo, Ramsey.  
Race outlook: Ridgewood's remarkable

domination of this meet continues as the Maroons, who have not run their full varsity since the Shore Coaches meet a month ago, will do so Saturday and win its 31st title in 42 attempts. Indian Hills will be second again and a contender for the State group 2 title while Northern Highlands, Ramapo, Bergen Tech and River Dell compete for third place honors. Daisy Liljegren of Northern Highlands is not yet ready to compete and won't defend her title, but sixteen of last year's top 20 return. Wennersten is a clear favorite over Corinne Barney and Clancy but as many as 10 girls could break 19 minutes on the course, the most since 12 girls went under 19 in 2014.

## Bergen Tech

Appearances: 4  
Championships: 0  
Best finish: 6th (twice, last time 2018)  
Consecutive appearances: 3

## Glen Rock

Appearances: 17  
Championships: 0  
Best finish: 3rd (2001)  
Consecutive appearances: 2

## Hasbrouck Heights

Appearances: 9  
Championships: 0  
Best finish: 10th (2011)  
Consecutive appearances: 3

## Holy Angels

Appearances: 19  
Championships: 4  
Best finish: 1st (4 times, last 2010)  
Consecutive appearances: 15

## IHA

Appearances: 30  
Championships: 2  
Best finish: 1st (twice, last 2007)  
Consecutive appearances: 15

## Indian Hills

Appearances: 22

Championships: 0  
Best finish: 2nd (twice, last time 2018)  
Consecutive appearances: 5

## Northern Highlands

Appearances: 25  
Championships: 3  
Best finish: 1st (3 times, last 2017)  
Consecutive appearances: 14

## Ramapo

Appearances: 11  
Championships: 0  
Best finish: 4th (2004)  
Consecutive appearances: 2

## Ridgewood

Appearances: 42  
Championships: 30  
Best finish: 1st (30 times, last 2018)  
Consecutive appearances: 42

## River Dell

Appearances: 13  
Championships: 0  
Best finish: 3rd (3 times, last 2018)  
Consecutive appearances: 1

## Saddle Brook

Appearances: 10  
Championships: 0  
Best finish: 4th (twice, last 1987)  
Consecutive appearances: 1

## Westwood

Appearances: 13  
Championships: 0  
Best finish: 4th (twice, last 2009)  
Consecutive appearances: 1

## Top 25 rankings

### Boys

1. Ridgewood
2. Lakeland
3. Secaucus
4. Clifton
5. NV/Old Tappan
6. Hasbrouck Heights
7. Hackensack
8. Passaic
9. Fair Lawn

10. Indian Hills
11. West Milford
12. Bergen Catholic
13. NV/Demarest
14. Leonia
15. Glen Rock
16. Don Bosco
17. Westwood

18. Passaic Valley
19. Northern Highlands
20. Wayne Hills
21. Bergen Tech
22. Kinnelon
23. Pascack Hills
24. Passaic Tech
25. Tenafly

### Girls

1. Ridgewood
2. Indian Hills
3. Clifton
4. Lakeland
5. Ramapo
6. Northern Highlands
7. Bergen Tech
8. River Dell
9. IHA
10. NV/Old Tappan
11. NV/Demarest
12. Westwood
13. Cliffside Park
14. Glen Rock
15. Pascack Hills
16. Holy Angels
17. Mahwah
18. West Milford
19. Fair Lawn
20. Ramsey
21. Hasbrouck Heights
22. Hackensack
23. Leonia
24. Rutherford
25. Kinnelon

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# Lou Molino Bergen Meet of Champions - Darlington Park, 11/2/19

## Varsity Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
2 Sheridan, Aidan	12	Ridgewood HS	5:15	16:18	2
3 Boogaert, Jay	11	Ridgewood HS	5:16	16:20	3
4 Fortunato, Sean	10	Ridgewood HS	5:16	16:21	4
8 Barnabic, Taylor	12	Ridgewood HS	5:19	16:29	6
21 Orlando, Frank	12	Ridgewood HS	5:24	16:45	15
22 Barbi, Mick	10	Ridgewood HS	5:25	16:48	16
28 Zamboldi, Mason	12	Ridgewood HS	5:27	16:55	20

## Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
<b>1</b>	<b>Ridgewood HS</b> <b>0:27 1-5 Split   16:26 Avg</b>	<b>30</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>	<b>15</b>	<b>16</b>	<b>*20</b>
2	Hackensack HS 0:31 1-5 Split   17:00 Avg	118	13	18	22	32	33	51	*54
3	Hasbrouck Heights 0:42 1-5 Split   17:04 Avg	128	12	21	23	35	37	*40	*42
4	Indian Hills HS 1:52 1-5 Split   17:12 Avg	150	5	14	25	39	67	*80	*82
5	Old Tappan HS 1:25 1-5 Split   17:11 Avg	151	1	28	38	41	43	*46	
6	Fair Lawn HS 1:06 1-5 Split   17:23 Avg	180	19	26	34	45	56	*75	*77
7	Demarest HS 1:34 1-5 Split   17:24 Avg	185	7	31	36	52	59	*60	*65
8	Leonias HS 1:08 1-5 Split   17:26 Avg	190	17	27	44	47	55	*63	*64
9	Don Bosco Prep 1:26 1-5 Split   17:30 Avg	199	11	24	49	53	62	*70	
10	Bergen Catholic 2:11 1-5 Split   17:32 Avg	200	9	29	30	58	74	*76	*78
11	Glen Rock HS 1:33 1-5 Split   17:38 Avg	226	10	48	50	57	61	*68	*72
12	Bogota HS 2:10 1-5 Split   18:03 Avg	287	8	66	69	71	73	*79	*81

# Ridgewood boys, girls sweep BMOC titles

**Nick Gantaifis**

North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

MAHWAH — It was a mix of old and new at the Lou Molino Bergen County Cross-Country Meet of Champions on Saturday.

The Ridgewood boys and girls swept the team titles to repeat as champions, but it was the individual races that had a new look at Darlington Park.

After finishing in the runner-up spot in 2018, sophomore Camryn Wennersten captured her first county title when she crossed the finish line in 17:42, 30 seconds ahead of second place Corinne Barney (18:12) of Indian Hills.

"My original strategy was to hold back a little at the start of the race," said Wennersten, who ran the fifth fastest

time in Darlington history and beat her personal record by 20 seconds. "But things didn't go according to plan. I was a bit nervous and anxious and adrenaline took over. I took an early lead and was able to stay in front."

Wennersten led a pack of Ridgewood runners, who all set personal records en route to a record-setting victory. The Maroons scored an impressive 25 points to finish 39 points better than runner-up Indian Hills (64) and smashed the five-girl course record by more than 90 seconds.

A total of five Ridgewood runners finished in the top 10, with sophomores Olivia Shattuck (18:26), AnnaMarie Tretola (18:27) and Lily Williams (18:28) finishing 4-5-6, respectively. Junior Sarah Policano (18:49) finished ninth.

"I'm happy with their performance

and they've worked really hard this season," coach Steve Opremcak said. "We're right where we want to be at this time of the year."

"Camryn ran a great race. She's very focused and determined. Everyone hit their PR's today and that's impressive."

Senior Shannon Clancy of Bergen Tech finished third in 18:15.

On the boys' side, sophomore Jin Woo Song of NV/Old Tappan stunned the field when he finished first in a PR 16:12 to become the first Golden Knight boy or girl to win an individual county title.

Song finished six seconds ahead of runner-up Aidan Sheridan (16:18) of Ridgewood to claim only his second individual title of his career. In 2018, Song finished in 34th place at the BMOC.

Ridgewood dominated the field, win-

ning its third-straight title with 30 points to finish ahead of runner-up Hackensack (118) and third-place Hasbrouck Heights (128).

The Maroons placed four runners in the top 10, with junior Jay Boogaert (16:20), sophomore Sean Fortunato (16:21) and senior Taylor Barnabic (16:29) going 3-4-8.

"We performed as expected. We're coming together at the right time," coach Pat Ryan said. "This is an important meet because it was in front of the entire county."

"We're a young team in terms of inexperience running behind some great runners last year. But they've learned a lot and they continue to get better. We're going to start cutting back on miles this week in preparation for the upcoming meets."



RESULTS RANKINGS CALENDAR TEAMS COVERAGE TR

## Ridgewood Sweeps, Camryn Wennersten & Jin Woo Song Win BMOC



Ridgewood boys and girls swept the team titles for the second straight year, the boys their third straight. [Camryn Wennersten](#) of Ridgewood and [Old Tappan's](#) with [Jin Woo Song](#) both picked up their first cross country individual BMOC titles!

In the boys race [Jin Woo Song](#) wowed the crowd with his Bergen County Meet of Champions win running a course PR of 16:12. He led the way with a six second lead over the field and this is just the second individual victory of his career, the other coming during a Big North batch meet in September.

Jin Woo Song battled with the leaders early before taking sole possession of the lead about midway through the race. He was 34th at this race in 2018, a year plagued by injuries, and he's worked hard to come back stronger.

"It really means a lot to me to win the county champs," Song stated post-race, "I had been suffering a few injuries a while back and I knew I had to step up this season and it feels great to be back."

He also stated he did it for his team and his teammate Steven Hatano who fell in the pack at the start of the race, he's okay other than some bruises, and didn't finish the race.

If you move to second place you'll find [Aidan Sheridan](#) who ran 16:18 to start the maroon wave of Ridgewood runners who scored 30 points for their third straight BMOC victory. Ridgewood finished three in the top five and had their fourth in by eight place. [Jay Boogaert](#) was second at 16:20, [Sean Fortunato](#) fourth 16:21, [Taylor Barnabic](#) eighth at 16:29, and bringing in their fifth was [Frank Orlando](#) in 21st at 16:45.

All together they split a mere 27 seconds and averaged 16:26!

Running second as a team was [Hackensack](#) at 118 points followed by [Hasbrouck Heights](#) with 128.

The girls race was led by a familiar face with [Camryn Wennersten](#) out front early, the star sophomore posted a red hot 17:42 holding a 30 second lead over second place [Corinne Barney](#) of [Indian Hills](#) at 18:12 and third place [Shannon Clancy](#) of [Bergen County Tech](#) running 18:15.

Wennersten's one card led a strong Ridgewood attack that saw their entire scoring five in the top ten. Eating up fourth to sixth was her teammates [Olivia Shattuck](#), 18:26, [AnnaMarie Tretola](#), 18:27, and [Lily Williams](#), 18:28, who are all sophomores as well. Their fifth scorer was junior [Sarah Policano](#) running ninth with a time of 18:49.

This all came to a dominating 25 points and impressive 18:22 average. After a long season of training to get to this point the squad, and Wennersten, is excited to unload all that work during championship season. The Ridgewood girls have [ranked NJ#1 in our state rankings poll](#) since the pre-season.

Running second in the team scores was NJ#8 [Indian Hills](#) with 64 points, [Northern Highlands](#) third at 115.

## Freshman / JV State Championships - Thompson Park, 11/6/19

### JV Boys 1 - 5K

Name	Year	School	Avg Mile	Finals	Points
6 McCutcheon, Quinn	11	Ridgewood HS	5:28.9	17:01.7	6
30 Seaver, Ryan	12	Ridgewood HS	5:41.7	17:41.4	30
32 Salerno, Matt	11	Ridgewood HS	5:42.9	17:45.2	32
45 Byrne, Declan	10	Ridgewood HS	5:45.0	17:51.8	45
69 Stern, Gabe	10	Ridgewood HS	5:50.8	18:09.7	69
70 Richman, Luca	12	Ridgewood HS	5:51.4	18:11.8	70
96 Fahey, Liam	11	Ridgewood HS	6:02.9	18:47.5	96

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Westfield HS 0:46 1-5 Split   17:17 Avg	66	1	7	12	21	25	*76	
2	Kingsway HS 0:45 1-5 Split   17:15 Avg	67	2	3	16	18	28	*42	*65
3	WWP North HS 0:48 1-5 Split   17:23 Avg	90	5	10	15	20	40	*61	*99
4	Old Bridge HS 0:50 1-5 Split   17:33 Avg	124	4	22	23	34	41	*51	*90
5	Ridge HS 0:45 1-5 Split   17:29 Avg	126	8	9	17	43	49	*59	*68
<b>6</b>	<b>Ridgewood HS</b> <b>1:08 1-5 Split   17:41 Avg</b>	<b>182</b>	<b>6</b>	<b>30</b>	<b>32</b>	<b>45</b>	<b>69</b>	<b>*70</b>	<b>*96</b>
...									
18	Don Bosco Prep 4:41 1-5 Split   19:31 Avg	454	53	82	84	116	119	*120	*121

### Frosh Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
56 Koltermann, Thomas	9	Ridgewood HS	6:16.1	19:28.5	55
129 Warne, Zander	9	Ridgewood HS	6:54.4	21:27.4	125
135 Schwenker, Jack	9	Ridgewood HS	6:59.2	21:42.4	130
139 Wang, Justin	9	Ridgewood HS	7:08.3	22:10.6	134
147 Ehnenn, Thomas	9	Ridgewood HS	7:15.3	22:32.4	142
152 Holden, Ethan	9	Ridgewood HS	7:30.9	23:20.7	147

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	CBA 1:54 1-5 Split   17:54 Avg	61	1	2	10	19	29	*43	*72
2	Princeton HS 1:10 1-5 Split   18:11 Avg	72	6	7	9	14	36	*76	*96

Team Scores (continued...)

Rank	Team	Total	1	2	3	4	5	*6	*7
3	North Hunterdon HS 1:38 1-5 Split   18:10 Avg	82	3	8	12	18	41	*65	*79
...									
<b>22</b>	<b>Ridgewood HS</b> <b>3:03 1-5 Split   21:28 Avg</b>	<b>586</b>	<b>55</b>	<b>125</b>	<b>130</b>	<b>134</b>	<b>142</b>	<b>*147</b>	
...									
24	Science Park HS 5:02 1-5 Split   23:54 Avg	733	135	139	149	154	156		

## Boys cross-country sectional championships preview, 2019

**North Jersey, Section 1** - Mountain Lakes goes for its third straight and sixth overall title in Group 1 and a new individual champion will be crowned after Jared Cooper took home the individual title for Mountain Lakes in back-to-back years: 2017 (16:23) and 2018 (16:12).

Indian Hills shoots for its second straight Group 2 crown and sixth overall.

Morris Hills is looking for their third straight and eight overall crown in Group 3 and Tenafly's Carmel Ohring looks for his second straight individual title after last year's 16:50 performance, the school's first individual title since 1968.

The Ridgewood boys are seeking their 10th straight sectional title and 26th overall in Group 4.

### **North 1, Group 4 teams, runners to watch**

**Top teams:** Hackensack, Montclair, Morristown, Ridgewood, West Orange

**Top runners:** Philmon Mehari, Livingston; James Keaney, Randolph; Oscar Counsell, Montclair, Aidan Ward, Montclair; Tobias Gaynor, Morristown; Shane Brosnan, West Orange; Jacob Heredia, Clifton; Jay Boogaert, Ridgewood; Aidan Sheridan, Ridgewood; Theodore Kuelker, Morristown.

## CROSS-COUNTRY

# North 1 and 2 boys sectionals kick off postseason

### Paul Schwartz

North Jersey Record

USA TODAY NETWORK – NEW JERSEY

The boys cross-country postseason begins Saturday with the North 1 and North 2 sectional meets.

The North 1 meet will be held at Garret Mountain Reservation in Woodland Park, and the North 2 meet will be held at Central Park of Morris County in Morris Plains.

Here is a closer look at each section:

#### Boys

##### North 1, Group 1

**Teams:** Bergen Charter; Bogota; Boonton; Butler; Cresskill, Hasbrouck Heights; Hopatcong; Kinnelon; Kittatinny, Leonia; Midland Park; Mountain Lakes; New Milford; Newton; North Warren; Park Ridge/Emerson; Paterson Charter; Pompton Lakes; Saddle Brook; Waldwick; Wallkill Valley; Wood-Ridge.

**Race time:** 10:50 a.m.

**Last year's champions:** Mountain Lakes and Jared Cooper, Mountain Lakes

**Returns in Top 15:** Nathan Armstrong, Pompton Lakes (2); Matt Freund, Newton (4); Jesus Michel, Bogota (8); Jake Riley, North Warren (11); Preston Smith, Mountain Lakes (12); Jack Kellaheer, North Warren (14).

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

**Predicted Top 10:** Armstrong; Kellaheer, Freund; Riley; Michel; Joey Mucci. Mountain Lakes; Evan Morrow, Hasbrouck Heights; Matthew Cortez, Leonia; Rich Weissenborn, Park Ridge/Emerson; Ludovic Guerdat, Midland Park.

**How the race should go:** The last three years have been terrific for Hasbrouck Heights and all that's missing is its first sectional title since 1974. That should come this year but North Warren and Mountain Lakes will make things tight. Leonia and Kinnelon should be the other team qualifiers with the Lions looking for its first trip to the state meet in five years.

Armstrong was second last year and after an early season injury, seems primed to become the Cardinals first sectional champ since 1972. Kellaheer and Freund are the closest contenders. With individual qualifiers extended to 15 this year, runners like Pompton Lakes soph Michael Burke have a chance to advance.

##### North 1, Group 2

**Teams:** Dover; Dumont; Elmwood Park; Garfield; Glen Rock; High Point; Indian Hills; Jefferson; Lakeland; Lenape Valley; Mahwah; NV/Demarest; Pascack Hills; Pequannock; Ramsey; River Dell; Sussex Tech; Vernon; West Milford; Westwood.

**Race time:** 12:30 p.m.

**Last year's champions:** Indian Hills and Bobby Oehrlein, Indian Hills.

**Returns in Top 15:** Ethan Billings, High Point (5); Jesse Campoverde, Lakeland (6); Theo Davis, NV/Demarest (9); Collin Clinton, West Milford (12); Chris Gamgort, Pascack Hills (14).

**Predicted Top 5 teams:** Lakeland; Indian Hills; Glen Rock; NV/Demarest; West Milford.

**Predicted Top 10 individuals:** Campoverde; Clinton; Billings; Davis; Zach Voll, Lakeland; Gamgort; Tristen Halaka, Vernon; Marcus Cheema, Westwood; Jake Calviello, Indian Hills; Mason Murphy, Lakeland.

**How the race should go:** Lakeland hasn't even qualified for the state meet since 1998, coincidentally the only time the Lancers won a sectional title. Indian Hills has won seven sectional titles since 2010 but will probably have to be content qualifying for states for the 18th straight year. After that there are five teams vying for the other three qualifying spots for states. Glen Rock, NV/Demarest and West Milford are favored but Westwood and High Point are close enough to be strong contenders.

Passaic champ Campoverde was the first Lancer to win the counties in 36 years and he hopes to do one better by becoming Lakeland's first ever sectional champ. Clinton has had a great year and could become West Milford's first sectional champ if he can get the win. Billings and Davis are also title hopefuls. Owen Long of Westwood, Mahwah's Jake Grainger and Patrick Chambers of Ramsey could crack the top 15. Elmwood Park's William Penate can become the first boy from his school to make the state meet since Gary Martinson, running for East Paterson won a 1987 sectional title.

##### North 1, Group 3

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

**Race time:** 11:15 a.m.

**Last year's champions:** Morris Hills and Carmel Ohring, Tenafly

**Returns in Top 15:** Ohring (1); Bobby Hymans, Ramapo (5); Domenic Wallace, Morris Hills (6); Thomas Schulz, Roxbury (8); Stephen Ritter, Northern Highlands (11); Jin Woo Song, NV/Old Tappan (13).

**Predicted Top 5 teams:** Morris Hills; NV/Old Tappan; Roxbury, Fair Lawn; Passaic Valley.

**Predicted Top 10 individuals:** Song; Wallace; Nathaniel Hajel, Roxbury; Steven Hatano, NV/Old Tappan; Ohring; Hymans; Tom Carney, Morris Knolls; Albin Mullan, Morris Hills; Schulz; Ritter.

**How the race should go:** Morris Hills doesn't rebuild as the saying goes, it reloads and the Scarlet Knights should win their third

straight sectional title. NV/Old Tappan is the only team that has a chance behind the best 1-2 punch in the group. After a 47-year absence that ended last year Fair Lawn will qualify for the second straight year and Passaic Valley could break a 20-year drought by beating Morris Knolls and Wayne Hills for the final state group spot.

Wallace is the favorite for the individual title, but newly minted Bergen champ Song can become the first Golden Knight to win a sectional since Ralph Nickl in 1984. He might not even be the best guy on his team as Steven Hatano, who suffered an early race fall at the Bergen Meet of Champions has beaten Song twice this year. Hymans is capable of a win and Ohring, recovering from injury is the defending champion and is improving in each race. Kenneth Morrissey of Northern Highlands, Justin Langbaum of Wayne Hills and Oliver Misra of Tenafly can all qualify individually.

##### North 1, Group 4

**Teams:** Bergen Tech; Bloomfield; Clifton; East Orange Campus; Eastside; Hackensack; Kennedy; Kearny; Livingston; Memorial; Montclair; Morristown; Mount Olive; North Bergen; Passaic Tech; Passaic; Randolph; Ridgewood; Union City; West Orange.

**Race time:** 12:55 p.m.

**Last year's champions:** Ridgewood and Luis Peralta, Passaic.

**Returns in Top 15:** Philmon Mehari, Livingston (3); Tobias Gaynor, Morristown (6); Taylor Barnabic, Ridgewood (7); Nicholas Ortiz, Passaic (12); Senay Dani, West Orange (14).

**Predicted Top 5 teams:** Ridgewood; Morristown; Randolph; Memorial; Clifton.

**Predicted Top 10 individuals:** James Keaney, Randolph; Mehari; Gaynor; Jacob Heredia, Clifton; Jay Boogaert, Ridgewood; Aidan Sheridan, Ridgewood; Ruben Gonzalo, Union City; Sean Fortunato, Ridgewood; Theodore Kueleker, Morristown; Aidan Ward, Montclair.

**How the race should go:** No Group 4 boys team in state history has won more consecutive sectional titles than Ridgewood's current streak of nine. The Maroons, easy winners of the Lou Molino Bergen Meet of Champions, should make it 10 but Morristown is always a threat. The Maroons have the edge in the back of the pack as the top three should be pretty even. Randolph and Memorial should be next with Clifton, Passaic and Hackensack in a scrum for the final spot with Montclair.

Mehari is the Essex champ and Keaney had a big race in Morris County. Heredia has defeated both of them but had an average October. A return to form could give the Mustangs their first individual winner since 2013. Julius Pallero of Passaic Tech, Ortiz and Ryan Pena of Hackensack can earn individual advancement.

##### North 2, Group 1

**North Jersey teams:** Becton, North Arlington, Palisades Park, Ridgefield, Secaucus; Weehawken.

**Race time:** 10:50 a.m.

**Last year's champions:** McNair Academic and Hamza Barkouch, McNair

**Returns in Top 15:** Dan Chinchilla, Secaucus (3); James Troiano, Whippany Park (5); Collin Shevlin, Weehawken (6); Uzi Langa, Whippany Park (7); Sebastian Flood, Secaucus (8); Ren DeBartolomeis, Glen Ridge (10); Devin DeStefano, Warren Tech (11); Mohammed Alobaldi, Secaucus (12); Luis Soto, Palisades Park (13); Danaraj Gangaram, McNair (14); Jack Lee, Whippany Park (15).

**Predicted Top 5 teams:** Secaucus; Whippany Park, McNair; Jonathan Dayton, Glen Ridge.

**Predicted Top 10 individuals:** Troiano; Shevlin; Chinchilla; Langa; Abdourahmane Diouf, Weehawken; Daniel Galao-Birkmann, Dayton; Yones Abada; Alobaldi; Mohamed Abada, Secaucus; Gangaram.

**North Jersey outlook:** Even without the injured Flood, Secaucus continued its fine running, taking third behind two powerful large schools at the Hudson County championships. The Patriots are primed to win its first sectional title since 2005. Weehawken is strong up front but unlikely to crack the top five. Shevlin and Chinchilla will battle Troiano for the individual title but Soto will need his best race of the year to have a shot at advancing to states.

##### North 2, Group 2

**North Jersey Teams:** Fort Lee; Harrison; Lyndhurst; Ridgefield Park; Rutherford.

**Race time:** 12:30 p.m.

**Last year's champions:** Bernards and Edward Byers, Bernards.

**Returns in Top 15:** Byers (1); Chris Reyda, Bernards (2); Ryan Kleinert, Bernards (3); Tim McGrath, Bernards (4); Dominic Romero, Parsippany (5); Vincent Delucia, Morris Tech (6); David Navarro, Verona (8); Jeremy Gann, Madison (9); Adam Angelone, Madison (10); Aidan Matthews, Madison (11); Johnathan Ramac, Rutherford (13); Tim Griffin, Bernards (15).

**Predicted Top 5 teams:** Madison; Bernards; Caldwell; Parsippany; Rutherford.

**Predicted Top 10 individuals:** Reyda; DeLucia; Byers; Angelone; Griffin; Romero; McGrath; Matthews; Rabtzw.

**North Jersey outlook:** Rutherford has to hold off Parsippany Hills and Verona to return to the state Group meet for the fifth straight year. Lyndhurst, Ridgefield Park and Fort Lee are struggling to break into the top half of the meet. Individually Ramac and Fort Lee freshman Ekuyami Conteh have the best chances to advance.

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# State Sectionals - Garret Mountain, 11/9/19

## Varsity Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
3 Boogaert, Jay	11	Ridgewood HS	5:20	16:34	3
4 Barnabic, Taylor	12	Ridgewood HS	5:21	16:37	4
7 Sheridan, Aidan	12	Ridgewood HS	5:23	16:43	7
12 Orlando, Frank	12	Ridgewood HS	5:30	17:03	12
14 Zamboldi, Mason	12	Ridgewood HS	5:32	17:09	14
20 Barbi, Mick	10	Ridgewood HS	5:35	17:20	20
21 Fortunato, Sean	10	Ridgewood HS	5:37	17:26	21

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
<b>1</b>	<b>Ridgewood HS</b> 0:35 1-5 Split   16:49 Avg	<b>40</b>	<b>3</b>	<b>4</b>	<b>7</b>	<b>12</b>	<b>14</b>	<b>*20</b>	<b>*21</b>
2	Morristown HS 1:36 1-5 Split   17:20 Avg	107	2	8	19	35	43	*51	*61
3	Clifton HS 1:26 1-5 Split   17:34 Avg	138	5	22	25	39	47	*49	*57
4	Montclair HS 1:14 1-5 Split   17:35 Avg	142	10	17	32	33	50	*58	*64
5	Randolph HS 1:24 1-5 Split   17:35 Avg	142	6	18	34	38	46	*60	*85
...									
17	Bloomfield HS 2:47 1-5 Split   19:40 Avg	422	45	83	92	95	107	*108	*110

## WE ARE THE CHAMPIONS NORTH 1 AT GARRET MOUNTAIN



### BOYS

GROUP Ridgewood (10th straight title N.J. Sec. 1 record 26th title overall)

GROUP 3-Old Tappan (First title since 2011, 7th overall)

GROUP 2-Lakeland (First title in 21 years/ 2nd overall)

GROUP 1-Hasbrouck Heights (First title since 1974/ 2nd overall)

**Group 4 Boys** – Ridgewood, led by fourth-place finisher Jay Boogaert, won its 10th straight sectional title, extending its own record in North 1. The state sectional record is 16 straight which Haddonfield extended on Saturday in South Jersey (2004-19). The streak would be 21 were it not for Cinnaminson interrupting a four-year Haddonfield run in 2003. And talk about interruptions. Bernards would stand No. 2 on the streak list with a 16-year run, but instead, its two eight-year streaks (1966-73, 1975-82) were split by Delaware Valley in 1974.

- o Philmon Mehari - Livingston HS 16:18
- o Ridgewood HS 40pts (3+4+7+12+14 (20+21)) 0:35 1-5 Split | 16:49 Avg

# 1-3 finish propels NV/OT to title

## Golden Knights surprising in North 1 XC finals; Ridgewood doubles at sectionals

**Nick Gantaifis**  
North Jersey Record  
USA TODAY NETWORK - NEW JERSEY

WOODLAND PARK — A friendly rivalry between two teammates resulted in a greater cause Saturday at the North 1 State Sectional Cross Country Championships.

## Cross-country

Continued from Page 9S

down the stretch while finishing ahead of runner-up Nathaniel Hajel (16:52) of Roxbury.

### Armstrong moves up

Pompton Lakes junior Nathan Armstrong became the Cardinal first sectional champion since 1972 when he captured the Group 1 title.

Armstrong was clocked in 16:44 and finished six seconds faster than runner-up Matt Freund of Newton.

"This year I learned that going out harder and maintaining is a lot easier than sitting with everyone and then picking up," said Armstrong, who finished second last season. "I've been doing a lot more faster workouts and shorter rests, which has helped a lot. It was really hard to breathe today. I pushed today and didn't give up and kept running. I feel good like I did at the beginning of the season. I'm hoping to run better next week."

Hasbrouck Heights won its first sectional title since 1974 and finished ahead of runner-up North Warren 51-92. Five Aviators finished in the top 16 with sophomore Evan Morrow, senior Nick Bua, juniors Jake Porco and Cole Sonzogni and senior TK Kasper going 4-7-13-14-16.

### Lakeland advances

Lakeland claimed its first sectional title in 21 years when they scored 58 points to finish 37 points ahead of runner-up NV/Demarest in Group 2.

Three Lancers finished in the top eight, including Passaic County champion Jesse Campoverde (16:46), who came in fourth. Seniors Mason Murphy (17:03) and Zachary Voll (17:14) went back-to-back at 7-8 and junior Ethan Lehr (17:59) finished 18th.

Senior Ethan Billings of High Point won the individual title in 16:29 and Theodore Davis of Demarest finished second in 16:37. Colin Clinton of West Milford was third in 16:41.

### Ridgewood dynasty

Ridgewood captured its tenth consecutive team title when they crushed runner-up Morristown 40-107 to claim another Group 4 crown.

Junior Jay Boagaert (16:34) and senior Taylor Barnabic (16:37) went 3-4 and seniors Aidan Sheridan (16:43), Frank Orlando (17:03) and Mason Zamboldi (17:09) finished 7-12-14.

### Perez continues to impress

Lakeland's Angelina Perez is living the dream. In just her first year running cross country, the sophomore is making her debut count.

Over the last few weeks, NV/Old Tappan running mates Steven Hatano and Jin Woo Song have gone back and forth at different races while motivating one another down the stretch leading into the most important time of the season.

With Song's signature win coming at last week's Bergen County Meet of Champions at Darlington Park, Hatano

redeemed himself on Saturday when he captured the Section 1, Group 3 individual title at Garret Mountain.

The duo finished 1-3 and the Golden Knights captured their seventh team title and first since 2011 when they dethroned two-time defending champions Morris Hills 64-80.

"Last week was an upset for me," said

Hatano, who did not finish last week's race at Darlington Park after falling and suffering an injury early on the course. "I was focused this week and I trained smart. This win means a lot."

Hatano was clocked in 16:41 and the junior managed to pass Song (17:01)

See CROSS-COUNTRY, Page 10S



Camryn Wennersten of Ridgewood competes in the NJSIAA North 1 Group 4 girls cross-country race at Garret Mountain in Woodland Park on Saturday. WARREN WESTURA/SPECIAL TO NORTHJERSEY.COM

Perez captured the girls Group 2 individual title in 18:31, finishing well ahead of runner-up and defending champion Corinne Barney (19:16) of Indian Hills.

Indian Hills repeated as team champion, finishing ahead of Lakeland 68-99. The Braves managed to pull out the win with Madeline Barney (19:39), Kayla O'Neil (21:25), Scarlett Jekic (21:34) and Abbey Churchill (21:65) going 4-17-20-30.

Lakeland, which has only reached states once in 44 previous seasons with a third-place finish in 1995, had impressive turnouts from sophomores Abigail Horevay (19:20) and Caitlin Fahy (21:06), who finished third and 13th respectively.

### Northern Highlands' streak continues

Northern Highlands won a fourth straight Group 3 team title and fifth in six years when they outscored NV/Old Tappan 55-94.

The Highlanders placed four runners in the top 12 with defending champion Daisy Liljegen (19:59) finishing second behind champion Lauren Judd (19:29) of Ramapo.

Sophomores Sydney Schildner (20:57) and Jessica Reilly (21:06) and senior Juliana Mercurio (21:19) went 10-11-12 for Northern Highlands.

"I felt prepared for this race, especially after the drop in temperature this week," said Judd, who finished third last year as a junior.

"My strategy was to keep it moderate in the first half of this race and then pick up the pace. That helped me today and I want to use that same strategy to my advantage next week at Holmdel."

### Ridgewood doubles

Ridgewood won its 25th overall team title and sophomore Camryn Wennersten (18:25) claimed her first as the Maroons outdistanced second-place Clifton 37-86.

Four of Ridgewood's five runners finished in the top 10 as sophomores Olivia Shattuck (19:38) and Lily Williams (19:39) and junior Sarah Policano (20:00) went 6-7-9. Sophomore Anna-Marie Tretola (20:30) finished in 14th place.

Bergen Tech senior Shannon Clancy (18:49) and Clifton junior Mia Dubac (19:09) finished second and third respectively.

### Secaucus dominates North 2 Boys Group 1

From the opening meet of the year, the Secaucus boys team has clicked.

Every step they've taken seems to be the right one and every thing they've done has worked.

The Patriots returned an outstanding trio of seniors Dan Chinchilla, Sebastian Flood and Mohammed Alobaidi and were expected to have a good chance at their second sectional title under veteran coach Stan Fryczynski.

Saturday at the Central Park of Morris County in Morris Plains, after a nearly flawless regular season, Secaucus delivered, placing six runners in the top 14 en route to a dominating 37-75 victory over McNair to get the North 2, group 1 title.

"Sometimes the stars align," said Fryczynski, who scheduled a set of strong invitationals on a variety of tough courses for the Patriots. "We haven't had a bad meet all year and I

think our kids haven't had a bad race individually all season."

The only setbacks came when freshman Younes Abada had to miss a race with an injury early in the season and last week when Flood missed the Hudson County championship with his own injury, which turned out to be minor.

"We did the right things by holding them out and they did the right things by doing what they had to therapy and treatment to get back quickly," said Fryczynski. "The other guys all knew that they had to keep doing their jobs in order for us to keep going."

Chinchilla was second in 17:00.9 behind race winner James Troiano of Whippany Park. Flood was sixth in 17:18.9, Abada was seventh in 17:23.5 and Alobaidi ninth in 17:40.8 on the 5,000 meter course.

Abada's senior brother Mohammed completed the scoring for Secaucus in 13th in 18:07.9 and Vishwa Naik was right behind him in 18:08.7.

"We used that depth all year and it's been a big plus," said Fryczynski. "We knew about Younes coming in and knew he would really help us. And he talked his brother the big guy in coming out for cross country for the first time so he helped us even more."

So it's on to Holmdel for the state group 1 race on November 16.

"It's a tough step up, but we spent a lot of this week training for next week," said Fryczynski, whose team's best finish in 21 previous group trips was eighth in 1999. "I'd like to have our best finish but we realize that we are a contender (for a State Meet of Champions berth) for more."

"I'm so proud of this team, because they've gotten the most out of what they have. There's pressure but it's nice to know we have a chance."

Other North Jersey boys advancing from the North 2 sectional were Collin Shevlin of Weehawken, third in group 1, his teammate Abdourahmane Diouf who was 10th, Rutherford's team, fifth in group 2 and Ridgefield Park junior Ezequiel Reyes, 11th in group 2.

Secaucus' joy wasn't just limited to the boys success. Freshman Haley Nowak outraced Delaney Rice of Weehawken for the third straight week and won the Patriots' first ever girls sectional title, taking the North 1, group 1 race in 20:09.5, about 15 meters ahead of Rice, who made the state meet for the second straight year.

"She's such a competitor," said Fryczynski. "We brought her in freshman races to give her a chance to enjoy herself. But she's going to be special. She can open her stride and kick and she's only going to get better."

Secaucus junior Carmelina Sanci was sixth in the race and the Patriots took fifth as a team and with fourth place Weehawken will advance to the group race. In group 2, Rutherford was fourth and Mia Martinez of Ridgefield Park was 15th to advance.



CROSS COUNTRY

# Previews of state group meets

Paul Schwartz  
[NorthJersey.com](http://NorthJersey.com)  
 USA TODAY NETWORK - NEW JERSEY

In boys and girls divisions, the top two teams and individuals in the top 10 in each group qualify for the State Meet of Champions at Holmdel on Nov. 23.

The next eight teams by composite score, as determined by a merge of complete teams racing at the group meet, qualify for the SMOC. Once those wild card teams are in, the top 10 runners by time, regardless of race, who haven't already qualified, also advance.

Spectators, there is no public parking at the site. Parking will be at the Vonage facility at the corner of Holmdel Road and County Road 520 (Newman Springs Road). Shuttle buses will run from lots A and D and you will be charged \$1 upon entering the bus.

**Where:** Holmdel Park  
**When:** Saturday beginning at 9:30 a.m. with 12 races at half hour intervals.  
 Here's a closer look, race by race:

### Boys Group 4 at 3 p.m.

**2018 champions:** Kingsway and Ethan Wechsler, Cherokee.

**North Jersey entrants:** Clifton and Ridgewood.

**North Jersey outlook:** The Ridgewood Maroons have had a sensational season and their 35 second first to fifth pack last week makes them dangerous as long as their top runner can get close to the top 15 and 20. Jay Boogaert and Aidan Sheridan have shown they can do that and Taylor Barnabic had his best race of the season last week. Clifton is thrilled to return to the state group meet for the first time in four years and Jacob Heredia could get a wild card and become Clifton's first boy to make the Meet of Champs in 16 years.

# MileSplit50

2019 RANKINGS:

Boys New Jersey Rankings Poll teams

WEEK:

Week 10 - Sectionals Editon

Flo50 XC Home

## Boys New Jersey Rankings Poll

RANK	TEAM	LAST RESULT	COMMENTS
10 <span style="color: green;">▲</span> N/R	 Ridgewood HS	1st @ NJSIAA Sectionals - North 1	15 Pts. / Winners of the N1 Gr4 Title (40 pts, 16:49 avg) at Garret Mtn. behind Jay Boogaert (3rd pl, 16:34). The Maroon put their 5 scorers in the top 14 for a 35 second compression. / Next:11/16, NJSIAA Gr4 Championships @ Holmdel Pk. (Holmdel)

## State Groups - Holmdel Park, 11/16/19

### Varsity Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
36 Boogaert, Jay	11	Ridgewood HS	5:28	16:57	32
39 Sheridan, Aidan	12	Ridgewood HS	5:28	16:59	34
64 Mccutcheon, Quinn	11	Ridgewood HS	5:33	17:13	57
66 Orlando, Frank	12	Ridgewood HS	5:33	17:14	59
68 Fortunato, Sean	10	Ridgewood HS	5:35	17:19	61
71 Barnabic, Taylor	12	Ridgewood HS	5:36	17:22	64
105 Zamboldi, Mason	12	Ridgewood HS	5:47	17:58	95

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Cherokee HS 1:14 1-5 Split   16:34 Avg	95	2	10	12	24	47	*55	*70
2	Ridge HS 0:59 1-5 Split   16:44 Avg	123	4	23	26	33	37	*78	*93
3	North Hunterdon HS 0:32 1-5 Split   16:48 Avg	124	14	15	19	25	51	*65	*83
4	Cherry Hill East HS 1:06 1-5 Split   16:41 Avg	124	3	11	17	45	48	*84	*100
5	WWP South HS 1:31 1-5 Split   16:57 Avg	175	6	18	20	42	89	*99	*110
6	Old Bridge HS 1:01 1-5 Split   16:53 Avg	177	5	8	44	53	67	*74	*101
7	Freehold Township 0:44 1-5 Split   17:02 Avg	199	22	28	30	46	73	*87	*88
8	Westfield HS 1:04 1-5 Split   17:00 Avg	200	7	21	38	62	72	*85	*90
9	Manalapan HS 0:26 1-5 Split   17:08 Avg	239	35	39	40	56	69	*104	*138
<b>10</b>	<b>Ridgewood HS</b> <b>0:22 1-5 Split   17:08 Avg</b>	<b>243</b>	<b>32</b>	<b>34</b>	<b>57</b>	<b>59</b>	<b>61</b>	<b>*64</b>	<b>*95</b>
...									
20	J P Stevens HS 0:40 1-5 Split   18:31 Avg	595	106	113	119	128	129	*130	*132

# Boys cross-country: Highlights, rankings

Paul Schwartz  
NorthJersey.com  
USA TODAY NETWORK - NEW JERSEY

Here's what stood out most from an exciting boys cross-country season in North Jersey that saw many breakout performances.

## Ridgewood dynasty

How do you describe a team that hasn't lost a sectional meet in a decade, has won four straight Bergen A meets and three straight Big North Freedom and Bergen Meet of Champions titles? The short answer is "dynasty," and it doesn't look like the Maroons' domina-

The Maroons ran very well as a pack but might have approached the Group 4 race too conservatively.

tion of North Jersey will end soon.

Seniors Taylor Barnabic, Aidan Sheridan, Frank Orlando and Mason Zamboldi were part of all four major championship teams this year and Barnabic was part of his third straight Triple Crown (league, county and sectional) team.

But by the end of the year, first-year junior Jay Boogaert was the top runner on the team with sophomore Sean Fortunato not far behind.

The Maroons ran very well as a pack

but might have approached the Group 4 race too conservatively. They finished in a tight 22-second pack but came up short of a state wild card by less than two seconds a man.

## Lakeland leads Passaic County renaissance

It's been 13 years since more than one Passaic County boy qualified for the

See **CROSS-COUNTRY, Page 8S**



Taylor Barnabic of Ridgewood competes in the NJSIAA North 1 Group 4 boys cross-country race. WARREN WESTURA/SPECIAL TO NORTHJERSEY.COM

## Cross-country

Continued from Page 6S

State Meet of Champions and more than 30 since a Passaic County public school team finished in the top five of a state group meet.

But those two long droughts ended this year as both Nathan Armstrong of Pompton Lakes and Passaic champion Jesse Campoverde of Lakeland finished in the top 10 of their respective group meets and the Lancers were a strong fifth in Group 2 after becoming Passaic County's first boys sectional team champion in 10 years and the first Passaic team ever to win the Group 2 sectional.

Armstrong became the first Pompton Lakes runner to qualify for consecutive State Meet of Champions and went to a strong 27th-place finish in this year's race, running 16:25 on the famed Holmdel course, the 11th fastest time ever run by a Passaic County runner and the best race by a North Jersey boy this year.

## Small school success

Lakeland wasn't the only North Jersey small school to enjoy success this year. Secaucus had the best year of its long history, winning several invitational meets, upsetting Hasbrouck Heights to win the NJIC Meadowlands title, won just its second ever sectional title (in North 1 group 2) and went on to a program best sixth place finish in State Group 1.

Hasbrouck Heights didn't match its second place finish in State Group 1, but the Aviators had a second straight spectacular season, winning the North 1, group 1 sectional for the first time since 1974, and finishing third in the Bergen Meet of Champions, the top finish by a Group 1 school since Palisades Park was third in 2000.

## All of the champions

Here's a list of the league, county and state sectional team and individual champions from the fall:

### TEAMS

Bergen Catholic: Bergen E (second straight).

Bogota: NJIC Patriot (fifth in six years)

Clifton: Big North Liberty (first since 2013)

Don Bosco: Big North United (ninth in 10 years)

Hasbrouck Heights: Bergen D (third straight); North 1 group 1 sectional (first since 1974)

Indian Hills: Big North Patriot (second straight), Bergen B (second straight)

Lakeland: Big North Independence (first league since 1998 Northern Hills Skyline); Passaic (first since 1998); North 1 group 2 sectional (first since 1998)

Leonia: NJIC Colonial (first league title since 2010 Patriot), Bergen C (first since 2004 D)

NV/Old Tappan: group 3 sectional (first since 2011)

Ridgewood: Big North Freedom (third straight), Bergen A (fourth straight); Bergen Meet of Champions (third straight); group 4 sectional (10th straight, record 26th title)

Secaucus: NJIC Meadowlands (first since 2013), North 2, group 1 sectional (first since 2005)

Westwood: Big North American (second in three years)

## INDIVIDUALS

Nathan Armstrong, Pompton Lakes: NJIC Meadowlands; North 1 group 1 sectional

Jesse Campoverde, Lakeland: Passaic

Jake Calviello, Indian Hills: NJIC Patriot

Aidan Carroll, Glen Rock: NJIC Colonial

Marcus Cheema, Westwood: Big North American

Collin Clinton, West Milford: Big North Independence

Theo Davis, NV/Demarest: Bergen B  
Chris Gamgort, Pascack Hills: Bergen C

Steven Hatano, NV/Old Tappan: Bergen A; group 3 sectional

Jacob Heredia, Clifton: Big North Liberty

Robert Hymans, Ramapo: Big North Freedom

Owen McCarthy, Bergen Catholic: Bergen E

Max Mclees, Don Bosco: Big North United

Jesus Michel, Bogota: Bergen D

Collin Shevlin, Weehawken: NJIC Patriot

Jin Woo Song, NV/Old Tappan: Bergen Meet of Champions

## Looking ahead

After the worst year for qualifying teams and runners to the State Meet of Champions in the history of the meet (zero and four, respectively), things look much better going forward.

Three of the four 2019 qualifiers - Armstrong, Caleb Dalgetty of Dwight-Englewood and Hatano - will return, along with 12 of the 16 runners who won league, county or sectional titles this past year.

Half of the top 20 in the Passaic County meet are back, with three of the top five finishers (Armstrong, Heredia and Clinton) up front.

Twelve of the top 20 finishers come back from the Bergen meet (not including Hatano, who fell in the first 200 meters of the race and didn't finish).

## Final Top 25 rankings

1. Ridgewood
2. Lakeland
3. NV/Old Tappan
4. Clifton
5. Hasbrouck Heights
6. Secaucus
7. Hackensack
8. NV/Demarest
9. Indian Hills
10. Fair Lawn
11. Passaic
12. West Milford
13. Bergen Catholic
14. Don Bosco
15. Kinnelon
16. Leonia
17. Glen Rock
18. Westwood
19. Wayne Hills
20. Northern Highlands
21. Bergen Tech
22. Bogota
23. Pascack Hills
24. Passaic Valley
25. River Dell

## BOYS CROSS-COUNTRY: 2019 ALL-NORTH JERSEY TEAMS

After an exciting season, the following runners have been selected to the 2019 All-North Jersey boys cross-country teams.

In addition, the nine runners selected to the first team – Nathan Armstrong, Jay Boogaert, Jesse Campoverde, Collin Clinton, Taso Gallos, Steven Hatano, Jacob Heredia, Aidan Sheridan and Jin Woo Song – are nominees for the 2020 [NorthJersey.com](http://NorthJersey.com) Sports Awards Boys Cross Country Runner of the Year award.

The winner will be revealed at the Sports Awards show, which will be held June 16 at Bergen Performing Arts Center in Englewood.

### First team Nathan Armstrong

**Pompton Lakes junior**  
Armstrong shook off an early-season ankle injury to make the State Meet of Champions for the second straight year, finishing 27th. He won the NJIC Meadowlands title and became Pompton Lakes' first sectional titlist by winning North 1 Group 1, took sixth in the State Group 1 and was second in the Passaic County meet.

### Jay Boogaert

**Ridgewood junior**  
Boogaert made his first cross-country

season a very good one, finishing in the top five in four late season major meets, including second in Bergen A, third in the Lou Molino Bergen Meet of Champions and Group 4 sectional and was fifth in the Big North Freedom meet. He just missed a berth in the State Meet of Champions.

### Jesse Campoverde

**Lakeland senior**  
Campoverde became the first Lakeland runner to win a Passaic County title since 1983, when he ran 16:19 at Garret Mountain, tied for 16th best in Passaic history. He was second in the Big North Independence race and fourth in North

1, Group 2, both times leading the Lancers to team titles.

### Collin Clinton

**West Milford junior**  
Clinton came within one second of becoming the first Highlander to make the State Meet of Champions when he finished 12th in the State Group 2 meet. He upset Campoverde to win the Big North Independence meet in the seventh fastest Passaic County time in Darlington Park, and was fifth in Passaic County in a school record for Garret Mountain.

See **BOYS TEAM**, Page [8S](#)

## Boys team

Continued from Page [6S](#)

### Taso Gallos

#### Bergen Tech junior

Another first-year cross-country runner who had an immediate impact, he had a tremendously-consistent season, keyed by fifth-place finishes in the Big North Liberty and Bergen Meet of Champions, seventh in Bergen A, 11th in North 1 Group 4 and 37th in the State Group 4 race.

### Steven Hatano

#### NV/Old Tappan junior

If not for an unfortunate fall in the first few steps of the Bergen Meet of Champions, he might have been the most decorated North Jersey boy of the season. He won the Bergen A and North 1 Group 3 sectional races after taking third in the Big North Freedom and 12th in State Group 3.

### Jacob Heredia

#### Clifton sophomore

Heredia probably ran out of gas after a great start to his sophomore year with two early individual wins. But he did win the Big North Liberty meet, was third in the Passaic County meet and was fifth in the North 1 Group 4 sectional before a disappointing 42nd

place finish in the State Group 4 meet.

### Aidan Sheridan

#### Ridgewood senior

Ridgewood dominated North Jersey meets all season and the Vermont-bound senior was a prime reason. He was second in the Bergen Meet of Champions, third in Bergen A, seventh in both the Big North Freedom and North 1 Group 4 state sectional meets and 39th in State Group 4.

### Jin Woo Song

#### NV/Old Tappan senior

Song won only one race this year but it was a big one: the Lou Molino Bergen Meet of Champions. He was also second in the Big North Freedom meet, third in the North 1 Group 3 sectional and fifth in Bergen A before taking 37th in the State Group 3 race.

### Second team

#### Taylor Barnabic, Ridgewood senior

#### Jake Calviello, Indian Hills junior

#### Marcus Cheema, Westwood junior

#### Dan Chinchilla, Secaucus senior

#### Theo Davis, NV/Demarest junior

#### Sean Fortunato, Ridgewood sophomore

#### Chris Gamgort, Pascack Hills senior

#### Jesus Michel, Bogota junior

#### Michael Noonan, Don Bosco senior

#### Collin Shevlin, Weehawken junior

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## Fall Signing Day 2019: Boys track and field/cross-country commitment list

### COLLEGE COMMITMENTS

- Kevin Antczak, Mainland, XC/Distance, North Carolina State
- Chris Arias, Christian Brothers, Throws, William and Mary
- Ramy Berberena, North Brunswick, Sprints/hurdles, Miami
- Eros Bottino, Christian Brothers, Throws, Harvard
- Austin Gabay, Cinnaminson, XC/Distance, Duke
- Troy Hill, Christian Brothers, XC/Distance, University of Pennsylvania
- Tyler Jackson, Cherokee, XC/Distance, North Dakota
- Luke Johnson, West Windsor-Plainsboro North, University of Pennsylvania
- Bradley Jelmert, Watchung Hills, Arkansas State University
- Nolan Kus, Christian Brothers, X-C/Distance, Quinnipiac
- Will Loggia, Westfield, XC/Distance, Boston University
- Liam Murphy, Allentown, XC/Distance, Villanova
- Liam O'Hara, Christian Brothers, Hurdles, University of Pennsylvania
- Aidan Sheridan, Ridgewood, XC/Distance, University of Vermont
- Christopher Salkowski, Watchung Hills, Coastal Carolina University.
- Samuel Weber, Shore, Throws, Lehigh
- Ethan Wechsler, Cherokee, XC/Distance, Cherokee

# North Jersey's All-Decade Boys Cross-Country Team

**Paul Schwartz**  
NorthJersey.com  
USA TODAY NETWORK - NEW JERSEY

As 2019 draws to a close, the NorthJersey.com sports staff is looking back on the best athletes to come through Bergen and Passaic counties in the last decade.

Here, we present the All-Decade Boys Cross-Country Team.

## **First team** **Billy Byrne**

### **Ridgewood, Class of 2017**

Byrne was a consistently excellent runner during his three varsity seasons with the Maroons. He won the 2016 Group 4 sectional championship and was a three-time Top 25 finisher in Group 4, reaching the State Meet of Champions each time with a top finish of seventh.

He later ran for LaSalle and ranks 12th all-time at Darlington, 11th among North Jersey runners at Holmdel and 46th all-time at the Garret Mountain course.

### **Christian Costello**

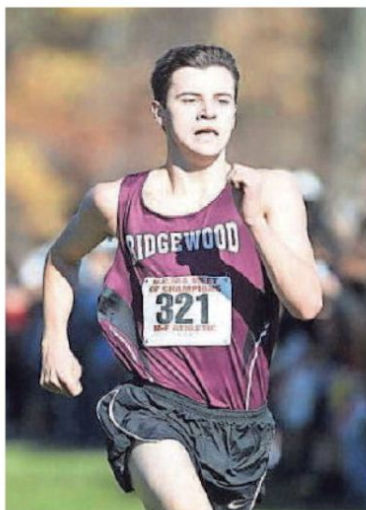
#### **Don Bosco, Class of 2012**

Costello was a mainstay of the Don Bosco teams that reached three straight State Meet of Champions as a team and won three straight Bergen County titles, and finished first or second in state Non-Public A meets. He was fifth and third in the Non-Public A championships and 10th in the State Meet of Champions in 2011. He ranks 38th at Darlington all-time and is tied with Byrne for 11th at Holmdel. He later ran at Providence College.

### **Colin Daly**

#### **River Dell, Class of 2016**

The best set of twins in New Jersey in the 2010s, are now running at the University of Pennsylvania. Colin shared the 2015 Bergen County title with twin brother, Will, and was third and sixth in consecutive group meets and was 15th in the State Meet of Champions. He ranks second all-time at Darlington,



**Billy Byrne was apart of the 2017 class.**  
RECORD FILE PHOTO

and is tied for 19th all-time at Holmdel.

### **Will Daly**

#### **River Dell, Class of 2016**

Will had a better cross-country career than Colin, mostly because of two ill-timed illnesses for Colin. Will was eighth, second and second in group meets, was seventh and 16th in his last two State Meet of Champions races and, of course, shared the Bergen County title in 2015, in 15:09 at Darlington, just four seconds off of the course record. His 15:48 clocking at Holmdel was fifth all-time among North Jersey runners.

### **Mike Higgins**

#### **Don Bosco, Class of 2014**

Higgins transferred from Montville after his freshman year and had a spectacular career, including three straight podium finishes at the State Meet of Champions and top five finishes at the Nike Northeast Regionals. He was eighth and second in consecutive State Non-Public A championships and sixth in the 2013

State Meet of Champions.

His 15:42 at Holmdel is a school record and is third all-time at the state cross country course. He ran for a year at the University of North Carolina.

### **Kyle Levermore**

#### **Don Bosco, Class of 2014**

Championships and high finishes are synonymous with Levermore, from track and cross country at Don Bosco to Oregon and Arkansas, where he was part of multiple Southeastern Conference championship teams.

He won the 2012 Bergen County Meet of Champions title and was a part of four consecutive Ironmen Bergen County championship teams. He was seventh in three consecutive Non-Public A races and finished 25th, seventh and 16th in SMOC races. He ranks 11th all-time at Darlington and tied for ninth among North Jerseyans at Holmdel.

### **Ben Malone**

#### **Pascack Valley, Class of 2013**

Malone had the one of the greatest years any North Jersey cross country athlete ever had as a junior. He won the Bergen County Meet of Champions and Group 3, North 1 sectional titles, running 15:38 at Darlington, 16th best in Bergen history and a Bergen County record of 15:40 at Holmdel that still stands.

After taking sixth in Group 3 and 14th in the state Meet of Champs as a sophomore, he improved to second and third, respectively, as a junior. Injuries curtailed his senior cross country season but he recovered to have a great track season and a terrific college career at Villanova.

### **Patrick Rono**

#### **Lyndhurst, Class of 2011**

Rono revitalized a dormant Lyndhurst program and won the 2010 Bergen Meet of Champions. He was one of just two North Jersey state group champions of the 2010s when he captured Group 1 the same year. He was seventh in the State Meet of Champions and ran the fastest race at

Darlington in 17 years (still ranking fourth all-time in course history). He also ranks third all-time at Holmdel. He was the last North Jersey runner to qualify for the Foot Locker National Championship, finishing seventh at the 2010 Northeast Regional. He went on to an all-American career at Arkansas.

### **David Rosas**

#### **Don Bosco, Class of 2017**

There have been many great runners during the long run of Don Bosco success, but Rosas is the only Ironman to win a Non-Public A title. Rosas was fourth and second in Non-Public A before winning the 2016 title and also won the Bergen Meet of Champions title. He finished 25th, 15th and fifth in consecutive State Meets of Champions. He ranks fifth all-time at Darlington and is eighth all-time at Holmdel. He now runs for Providence College.

### **Brendan Ungemach**

#### **Wayne Hills, Class of 2013**

It's a reflection of how good Ungemach's senior season was and how good the competition was in the state that year that he ran the second fastest time ever by a Passaic County runner and 10th among all North Jersey runners but finished just 18th in the State Meet of Champs that year.

His time would be in the top 10 of every other Meet of Champions race in state history. He won back-to-back Passaic County and state sectional titles and ranks sixth all-time in Passaic County history at Garret Mountain. He also ran at Providence.

### **Second team**

**Will Baginski**, Ridgewood (2018)  
**Domenic D'Agostino**, Wallington (2012)  
**James Draney**, Bogota (2017)  
**Tom Holster**, Indian Hills (2016)  
**Bobby Oehrlein**, Indian Hills (2019)  
**Luis Peralta**, Passaic (2019)  
**Pat Rynkowski**, Ridgewood (2011)  
**Patrick Sullivan**, Don Bosco (2016)  
**Nick Ward**, Indian Hills (2011)  
Email: [schwartzp@northjersey.com](mailto:schwartzp@northjersey.com)  
Twitter: @northnjtrack



			Meet	Meet	Meet	Meet	Meet	Meet		
			County Groups (10/26)	Doc Braver (10/31)	BMOC (11/2)	Frosh/Novice State (11/6)	Sectionals (11/9)	Groups (11/16)	Season Best 5K	Season Best Frosh
First Name	Last Name	Grade	Darlington	Darlington	Darlington	Thompson	Garret	Holmdel		
Jay	Boogaert	11	:16:18.0		:16:20.0		:16:34.0	:16:57.0	:16:18.0	
Aidan	Sheridan	12	:16:20.0		:16:18.0		:16:43.0	:16:59.0	:16:18.0	
Sean	Fortunato	10	:16:21.0		:16:21.0		:17:26.0	:17:19.0	:16:21.0	
Taylor	Barnabic	12	:16:51.0		:16:29.0		:16:37.0	:17:22.0	:16:29.0	
Frank	Orlando	12	:16:39.0		:16:45.0		:17:03.0	:17:14.0	:16:39.0	
Mick	Barbi	10	:16:54.0		:16:48.0		:17:20.0		:16:48.0	
Mason	Zamboldi	12	:17:13.0		:16:55.0		:17:09.0	:17:58.0	:16:53.0	
Quinn	McCutcheon	11	:17:16.0	:16:56.0		:17:01.7		:17:13.0	:16:56.0	
Liam	Fahey	11	:17:51.0	:17:49.0		:18:47.5			:17:40.0	
Ryan	Seaver	12	:18:03.0	:18:17.0		:17:41.4			:17:41.4	
Matt	Salerno	11	:17:50.0	:18:52.0		:17:45.2			:17:45.2	
Declan	Byrne	10	:17:57.0	:18:25.0		:17:51.8			:17:51.8	
Luca	Richman	12	:17:53.0	:18:10.0		:18:11.8			:17:53.0	
Philip	Williams	10	:18:23.0	:18:41.0					:17:55.0	
Gabe	Stern	10	:18:15.0	:18:31.0		:18:09.7			:18:09.7	
Tommy	Koltermann	9	:18:10.0	:18:11.0	:8:53.0	:19:28.5			:18:10.0	:8:53.0
Balraj	Rana	10	:18:44.0	:18:26.0					:18:26.0	
Alex	Oriente	11	:18:30.0	:19:07.0					:18:30.0	
Teddy	Stephens	10		:18:42.0					:18:42.0	
Nicky	Crane	10	:18:45.0	:19:22.0					:18:45.0	
Sean	Hughes	10	:19:03.0	:19:11.0					:19:03.0	
Ian	Bajraktari	9							:19:47.0	:9:21.0
Alex	Cho	12	:19:48.0						:19:48.0	
Luke	Stadulis	10	:20:02.0	:20:20.0					:19:53.0	
Patrick	Mancini	12	:20:35.0	:20:23.0					:19:53.0	
Clark	Johnson	11		:20:38.0					:19:59.0	
Donovan	Joseph	12	:20:23.0						:20:23.0	
Javan	Orwitz	9							:20:28.0	:9:32.0
Matt	Rusch	10							:20:32.0	
Matthew	Curtis	12	:20:38.0						:20:38.0	

			Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet
			Season Opener (9/7)	Back to the Mtn (9/14)	Batch (9/16)	Bowdoin Invite (9/28)	Garret Invite (9/28)	Shore Coaches (10/5)	Brett Taylor (10/5)	Big North (10/15)
First Name	Last Name	Grade	Darlington	Garret	Darlington	Bowdoin	Garret	Holmdel	Darlington	Darlington
Nicholas	Santangelo	12	:23:42.0		:24:23.0				:23:16.0	:22:49.0
Hakyoung	Kim	11		:22:18.0						:21:49.0
Noah	Troyer	11		:23:59.0	:22:22.0				:21:55.0	
Jack	Schwenker	9	NT	:14:56.0	:11:14.0				:11:24.0	:21:40.0
Max	Goldzweig	10	:25:01.0	:24:00.0	:22:09.0				:21:22.0	:21:29.0
Justin	Wang	9	NT	:13:33.0	:25:08.0		:13:57.0		:11:09.0	:21:42.0
Zander	Warne	9	NT	:14:08.0	:25:12.0		:14:24.0		:11:07.0	
Jack	Brewer	10	:22:25.0	:24:08.0	:23:12.0				:22:28.0	:22:03.0
Peter	Lucky	11	:21:50.0	:23:59.0	:22:23.0				:21:50.0	:23:14.0
Troy	Kanell	11	:24:39.0	:23:55.0	:23:19.0				:22:25.0	:22:57.0
John	Bini	12	:22:19.0						:22:32.0	:21:58.0
Thomas	Ehnenn	9	NT	:14:41.0	:11:17.0		:15:31.0		:11:28.0	:10:44.0
Laurence	Fine	11			:24:50.0				:23:28.0	:22:44.0
Brendan	Donahue	12	:25:32.0							:22:45.0
Andrew	Olivo	12	:24:24.0							:23:06.0
Rob	Tylenda	10	:23:12.0	:24:15.0						:23:20.0
Ethan	Holden	9	NT	:15:36.0	:11:20.0		:14:42.0		:11:36.0	:11:27.0
Jack	Yannone	12	:27:32.0	:26:23.0					:26:35.0	:24:44.0
Max	Sokol	10		:25:56.0						
Andrew	Pleeter	11		:27:07.0						
Billy	Barbi	9	NT	:16:30.0			:18:26.0		:12:05.0	:12:18.0
Luke	Connolly	9	NT		:11:44.0		:15:34.0			
Jake	Teller	9	NT	:15:11.0	:12:15.0		:16:39.0		:11:49.0	
Rahil	Bhatia	9	NT		:11:51.0					
Sumantra	Basu	9	NT	:16:03.0	:13:10.0		:16:32.0			:12:33.0
Jake	Cohen	9	NT	:16:35.0	:13:03.0		:17:11.0		:12:54.0	
Nathaniel	Diamond	9	NT	:12:26.0	:21:34.0					
Chase	Lobosco	9	NT	:16:15.0			:16:53.0			
Tarun	Kalyanaraman	9	NT	:16:47.0	:13:22.0				:12:56.0	
Brendan	Rail	9	NT	:13:02.0	:21:34.0		:13:29.0			:21:39.0





## All-Decade Teams

### 2010s

### 2000s

<b><u>Darlington:</u></b>	<b><u>Darlington (Frosh):</u></b>	<b><u>Darlington:</u></b>	<b><u>Darlington (Frosh):</u></b>
Pat Rynkowski (2010) 15:22	Will Baginski (2015) 8:15.4*	Ari Zamir (2003) 15:37	Ari Zamir (2000) 8:26.8
Billy Byrne (2016) 15:32	Michael Thurston (2012) 8:18.5	Dan Emont (2006) 15:40	Erik Nygaard (2000) 8:40.0
Will Baginski (2017) 15:41	Kenny Marshall (2012) 8:28.0	Byron Williams (2005) 15:43	Nick DiSalvo (2000) 8:46.0
Levi Jennings (2010) 15:44	Ben Zamboldi (2014) 8:33.0	Taro Shigenobu (2008) 15:44	Christian Trautwein (2004) 8:51.0
Nick Barnabic (2015) 15:49	Brian Clarendon (2010) 8:36.0	Mike Cator (2005) 15:48	David Maher (2000) 8:53.0
<b><u>Garret Mountain:</u></b>	<b><u>Garret Mountain (Frosh):</u></b>	<b><u>Garret Mountain:</u></b>	<b><u>Holmdel:</u></b>
Pat Rynkowski (2010) 16:01	Michael Thurston (2012) 10:56	Ari Zamir (2003) 16:01	Ari Zamir (2003) 15:53
Will Baginski (2017) 16:06	Will Baginski (2015) 11:01	Taro Shigenobu (2008) 15:46** (16:07)	Taro Shigenobu (2008) 16:09
Billy Byrne (2016) 16:06	Ben Zamboldi (2014) 11:14	Dan Emont (2006) 16:08	Byron Williams (2005) 16:19
Levi Jennings (2010) 16:11	Mick Barbi (2018) 11:15	Mike Cator (2004) 16:15	Dan Emont (2007) 16:25
Kenny Marshall (2014) 16:14	Kenny Marshall (2012) 11:19	Rodolfo Crispin (2002) 16:30	Mike Cator (2005) 16:27
<b><u>Holmdel:</u></b>	<b><u>Bowdoin (NY):</u></b>	<b><u>Bowdoin (NY):</u></b>	<b><u>Van Cortlandt - 2.5 mi (NY):</u></b>
Billy Byrne (2016) 15:57	Billy Byrne (2016) 16:02.9	Taro Shigenobu (2008) 16:16.3	Taro Shigenobu (2008) 12:54.0
Pat Rynkowski (2010) 15:59	Pat Rynkowski (2010) 16:31.2	Levi Jennings (2009) 17:16.9	Ari Zamir (2008) 12:55.4
Will Baginski (2017) 16:16	Levi Jennings (2010) 16:35.0	Pat Rynkowski (2009) 17:54.8	Dan Emont (2006) 13:03.3
Nick Salamone (2012) 16:17	Kenny Marshall (2015) 16:45.1	Brian Cleary (2009) 18:00.4	Mike Cator (2004) 13:09.0
Levi Jennings (2010) 16:21	Nick Salamone (2011) 16:55.1	Nick Francis (2009) 18:00.5	Brian Davis (2003) 13:09.7
<b><u>Van Cortlandt - 2.5 mi (NY):</u></b>	<b><u>Thompson:</u></b>	<b><u>Belmont Plateau (PA):</u></b>	
Billy Byrne (2016) 12:31.2	Travis Spicer (2011) 16:16	Taro Shigenobu (2008) 16:17	
Ryan Fahey (2018) 13:02.6	Nick Salamone (2011) 16:36	Dan Emont (2006) 16:37	
Pat Rynkowski (2010) 13:03.3	Levi Jennings (2011) 16:41	Niall Buckley (2006) 16:40	
Will Baginski (2018) 13:08.8	Storm Dublirer (2011) 16:56	Brian Cleary (2009) 16:44	
Brad Rynkowski (2016) 13:19.4	<b>Quinn McCutcheon (2019) 17:01</b>	Mike Cator (2003) 16:46	
<b><u>Goddard Park East (RI):</u></b>	<b><u>Greystone:</u></b>	** Altered/shortened course	
Will Baginski (2017) 16:24	Nick Salamone (2012) 16:29		
Sid Wagh (2017) 16:44	Ryan Neville (2012) 16:52		
Ryan Fahey (2017) 17:10	Graham Jones (2012) 16:55		
Ben Zamboldi (2017) 17:38	Brian Clarendon (2012) 16:57		
Charlie Branca (2017) 17:40	Brian Daniels (2012) 17:03		
*Course Record			

## All-Decade Teams

### 1990s

### 1980s / 1970s

<b><u>Darlington:</u></b>	<b><u>Garret Mountain:</u></b>	<b><u>Garret Mountain:</u></b>	<b><u>Holmdel:</u></b>
Bob Keino (1993) 15:05*	Bob Keino (1993) 15:32**	Eric Bernsten (1986) 15:51	Kevin McCabe (1987) 16:13
		Tom Hughes (1980) 16:01	Tom Hughes (1980) 16:26
<b><u>Holmdel:</u></b>	<b><u>Van Cortlandt - 2.5 mi (NY):</u></b>	Kevin McCabe (1987) 16:07	Eric Bernsten (1986) 16:32
Bob Keino (1993) 15:50	Bob Keino (1992) 12:25.8**	Jim Ketterson (1981) 16:19	Joe Lemay (1984) 16:35
Sadek Alsaidi (1991) 16:52		David Nutt (1983) 16:19	
Neil Burt (1996) 16:53			
		<b><u>Van Cortlandt - 2.5 mi (NY):</u></b>	
<b><u>Bergen Community College:</u></b>		Eric Bernsten (1986) 12:46.5	
Bob Keino (1993) 15:24		Kevin McCabe (1987) 12:52.0	
Sadek Alsaidi (1992) 16:31		Tom Hughes (1980) 12:59.7	
Tom Ricart (1993) 16:59			
Josh Fronefield (1992) 17:17			
Todd Cotten (1992) 17:22			
		<b><u>Van Cortlandt - 2.5 mi (NY):</u></b>	
*Course Record		Tom Tomai (1974) 13:05.0	
**Course Record - Bergen County			

# Ridgewood Boys Cross Country Championships

## League Champions

### *Big North - Freedom Division*

<b>2019</b>	<b>Ridgewood</b>
2018	Will Baginski, Ridgewood
2017	Will Baginski, Ridgewood
2016	Billy Byrne
2015	Billy Byrne
2014	Ridgewood
2012	Ridgewood
2011	Ridgewood
2010	Pat Rynkowski

### *NNJIL*

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

## Triple Crown Winners

(League, County, Sectional)

<b>2019</b>	<b>Ridgewood</b>
2018	Ridgewood
2017	Ridgewood
2016	Billy Byrne, Ridgewood
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Ridgewood
1989	Eric Boucher, Ridgewood
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

## Triple Crown Plus Winners

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

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

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

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

# Ridgewood Boys Cross Country Championships

## County Champions

### *Group A*

<b>2019</b>	<b>Ridgewood</b>
2018	Will Baginski, Ridgewood
2017	Will Baginski, Ridgewood
2016	Billy Byrne, Ridgewood
2010	Pat Rynkowski
2008	Taro Shigenobu
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood

### *Group IV*

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

### *Group III-IV*

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

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

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

## BMOC

### *Champions*

<b>2019</b>	<b>Ridgewood</b>
2018	Ridgewood
2017	Will Baginski, Ridgewood
2006	Dan Emont
2005	Byron Williams, Ridgewood
2004	Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1992	Bob Keino
1991	Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes
1978	Ridgewood
1964	Ridgewood

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

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

### *Top 3 Individual Finishes (Since 2004)*

<b>2019</b>	<b>Aidan Sheridan</b>	<b>2nd</b>
<b>2019</b>	<b>Jay Boogaert</b>	<b>3rd</b>
2018	Will Baginski	3rd
2017	Will Baginski	<i>1st</i>
2016	Billy Byrne	2nd
2010	Pat Rynkowski	3rd
2008	Taro Shigenobu	3rd
2006	Dan Emont	<i>1st</i>
2005	Byron Williams	<i>1st</i>
2005	Mike Cator	3rd
2004	Byron Williams	2nd
<hr/>		
2003	Ari Zamir	<i>1st</i>
1992	Bob Keino	<i>1st</i>
1987	Kevin McCabe	<i>1st</i>
1980	Tom Hughes	<i>1st</i>

# Ridgewood Boys Cross Country Championships

## County Champions

### *Group A*

<b>2019</b>	<b>Ridgewood</b>
2018	Will Baginski, Ridgewood
2017	Will Baginski, Ridgewood
2016	Billy Byrne, Ridgewood
2010	Pat Rynkowski
2008	Taro Shigenobu
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood

### *Group IV*

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

### *Group III-IV*

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

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

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

## BMOC

### *Champions*

<b>2019</b>	<b>Ridgewood</b>
2018	Ridgewood
2017	Will Baginski, Ridgewood
2006	Dan Emont
2005	Byron Williams, Ridgewood
2004	Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1992	Bob Keino
1991	Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes
1978	Ridgewood
1964	Ridgewood

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

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

### *Top 3 Individual Finishes (Since 2004)*

<b>2019</b>	<b>Aidan Sheridan</b>	<b>2nd</b>
<b>2019</b>	<b>Jay Boogaert</b>	<b>3rd</b>
2018	Will Baginski	3rd
2017	Will Baginski	1st
2016	Billy Byrne	2nd
2010	Pat Rynkowski	3rd
2008	Taro Shigenobu	3rd
2006	Dan Emont	1st
2005	Byron Williams	1st
2005	Mike Cator	3rd
2004	Byron Williams	2nd
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2003	Ari Zamir	1st
1992	Bob Keino	1st
1987	Kevin McCabe	1st
1980	Tom Hughes	1st

# Ridgewood Boys Cross Country Championships

## State Sectional Champions

### *North 1, Group IV*

2019	Ridgewood
2018	Ridgewood
2017	Ridgewood
2016	Billy Byrne, Ridgewood
2015	Ridgewood
2014	Kenny Marshall, Ridgewood
2013	Ridgewood
2012	Nick Salamone, Ridgewood
2011	Ridgewood
2010	Ridgewood
2008	Taro Shigenobu
2007	Ridgewood
2006	Dan Emont, Ridgewood
2005	Mike Cator, Ridgewood
2004	Mike Cator, Ridgewood
2003	Ridgewood
2002	Ridgewood
1997	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Bob Keino, Ridgewood
1990	Eric Boucher, Ridgewood
1989	Eric Boucher, Ridgewood
1988	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

***North 1 Sectional Record (2019) for most team titles (26) and most consecutive team titles (10) [2010-present]***

***This is the longest current Group IV streak***

## State Group Champions

### *Group IV*

1993	Bob Keino, Ridgewood
1992	Bob Keino, Ridgewood

### ***Top 3 Team Finishes***

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

### ***Top 10 Individual Finishes***

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

# Ridgewood Boys Cross Country Championships

## SMOC

### *Champions*

1993	Bob Keino
1992	Bob Keino

### *Top 6 Team Finishes*

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

### *Top 25 Individual Finishes*

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

## Foot Locker Cross Country Championship

### *Northeast Regionals (National Qualifiers)*

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

### *Nationals (Finishes)*

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

## Nike Cross Country Championship

### *Northeast Regionals (National Qualifiers)*

2008	Taro Shigenobu	4th
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### *Nationals (Finishes)*

2008	Taro Shigenobu	91st
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# Ridgewood Boys Cross Country Championships

## Major Invitational Champions

### ***Shore Coaches Invitational***

*Holmdel Park - Holmdel, NJ*

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

### ***Manhattan Invitational\****

*Van Cortlandt Park - Bronx, NY*

2016	Billy Byrne, Ridgewood
2005	Ridgewood
1993	Bob Keino

### ***Briarwood Invitational***

*Belmont Plateau - Philadelphia, PA*

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

### ***Ocean State Invitational***

*Goddard Park East - East Greenwich, RI*

2017	Will Baginski, Ridgewood
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\*Incomplete

## Ridgewood Boys Cross Country All-Time Lists

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

### Darlington County Park - Mahwah, NJ

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

\*Course Record

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

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

## Freshman All-Time List

### Darlington County Park - Mahwah, NJ (1.8 mi)

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

\*Course Record

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

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

# Ridgewood Boys Cross Country All-Time Lists

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

## Garret Mountain Reservation - Woodland Park, NJ

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

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

\*\*Course Record (Bergen County runners)

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

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

## Holmdel County Park - Holmdel, NJ

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

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

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

# Ridgewood Boys Cross Country All-Time Lists

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

## Bowdoin County Park - Wappingers Falls, NY

1.	Billy Byrne	16:02.9	2016	Nike Northeast Regional Champs
2.	Taro Shigenobu*	16:16.3	2008	Nike Northeast Regional Champs
3.	Pat Rynkowski	16:31.2	2010	Nike Northeast Regional Champs
4.	Levi Jennings	16:35.0	2010	Nike Northeast Regional Champs
5.	Kenny Marshall	16:45.1	2015	Bowdoin XC Classic
6.	Nick Salamone	16:55.1	2011	Nike Northeast Regional Champs
7.	Brad Rynkowski	16:59.6	2016	Nike Northeast Regional Champs
8.	Nick Barnabic	17:11.5	2015	Bowdoin XC Classic
9.	Travis Spicer	17:11.7	2011	Nike Northeast Regional Champs
10.	Will Baginski	17:20.3	2016	Nike Northeast Regional Champs
11.	Will Ades	17:21.2	2011	Bowdoin XC Classic
12.	Mohamed Eid	17:31.2	2010	Nike Northeast Regional Champs
13.	<b>Jay Boogaert</b>	<b>17:36.7</b>	<b>2019</b>	<b>Bowdoin XC Classic</b>
14.	Sid Wagh	17:40.3	2016	Nike Northeast Regional Champs
15.	<b>Mason Zamboldi</b>	<b>17:41.4</b>	<b>2019</b>	<b>Bowdoin XC Classic</b>

\*National Qualifier

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

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

## Van Cortlandt Park (2.5 mi) - Bronx, NY

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

\*Course Record (Bergen County runners)

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

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

# Ridgewood Boys Cross Country All-Time Lists

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

## Thompson Park - Jamesburg, NJ

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1.	Travis Spicer	16:16	2011	State Sectionals
2.	Nick Salamone	16:36	2011	State Sectionals
3.	Levi Jennings	16:41	2011	State Sectionals
4.	Storm Dublirer	16:56	2011	State Sectionals
5.	<b>Quinn McCutcheon</b>	<b>17:01</b>	<b>2019</b>	<b>Frosh / JV State Champs (JV)</b>
6.	Will Ades	17:10	2011	State Sectionals
7.	David Frering	17:13	2011	State Sectionals
8.	Luke Dublirer	17:16	2012	Frosh / JV State Champs (JV)
9.	Mark French	17:17	2011	Frosh / JV State Champs (JV)
10.	Brad Rynkowski	17:22	2014	Frosh / JV State Champs (JV)
11.	Jonah Naftzger	17:23	2014	Frosh / JV State Champs (JV)
11.	Will Baginski	17:23	2015	Frosh / JV State Champs (Frosh)
13.	Soham Basu	17:25	2015	Frosh / JV State Champs (JV)
14.	Ben Fishbein	17:30	2011	Frosh / JV State Champs (JV)
15.	Charlie Branca	17:34	2016	Frosh / JV State Champs (JV)

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

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

## Belmont Plateau - Philadelphia, PA

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

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

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

# **Ridgewood Boys Cross Country All-Time Lists**

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

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

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

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

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

## **Nike Cross Nationals, Portland Meadows - Portland, OR**

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

# Ridgewood Boys Cross Country Championships

## League Champions

### *Big North - Freedom Division*

<b>2019</b>	<b>Ridgewood</b>
2018	Will Baginski, Ridgewood
2017	Will Baginski, Ridgewood
2016	Billy Byrne
2015	Billy Byrne
2014	Ridgewood
2012	Ridgewood
2011	Ridgewood
2010	Pat Rynkowski

### *NNJIL*

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

## Triple Crown Winners

(League, County, Sectional)

<b>2019</b>	<b>Ridgewood</b>
2018	Ridgewood
2017	Ridgewood
2016	Billy Byrne, Ridgewood
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Ridgewood
1989	Eric Boucher, Ridgewood
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

## Triple Crown Plus Winners

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

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

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

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

# Ridgewood Boys Cross Country Championships

## County Champions

### *Group A*

<b>2019</b>	<b>Ridgewood</b>
2018	Will Baginski, Ridgewood
2017	Will Baginski, Ridgewood
2016	Billy Byrne, Ridgewood
2010	Pat Rynkowski
2008	Taro Shigenobu
2005	Ridgewood
2004	Mike Cator, Ridgewood
2003	Ari Zamir, Ridgewood

### *Group IV*

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

### *Group III-IV*

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

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

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

## BMOC

### *Champions*

<b>2019</b>	<b>Ridgewood</b>
2018	Ridgewood
2017	Will Baginski, Ridgewood
2006	Dan Emont
2005	Byron Williams, Ridgewood
2004	Ridgewood
2003	Ari Zamir, Ridgewood
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1992	Bob Keino
1991	Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes
1978	Ridgewood
1964	Ridgewood

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

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

### *Top 3 Individual Finishes (Since 2004)*

<b>2019</b>	<b>Aidan Sheridan</b>	<b>2nd</b>
<b>2019</b>	<b>Jay Boogaert</b>	<b>3rd</b>
2018	Will Baginski	3rd
2017	Will Baginski	1st
2016	Billy Byrne	2nd
2010	Pat Rynkowski	3rd
2008	Taro Shigenobu	3rd
2006	Dan Emont	1st
2005	Byron Williams	1st
2005	Mike Cator	3rd
2004	Byron Williams	2nd
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2003	Ari Zamir	1st
1992	Bob Keino	1st
1987	Kevin McCabe	1st
1980	Tom Hughes	1st



# Ridgewood Boys Cross Country Championships

## State Sectional Champions

### *North 1, Group IV*

2019	Ridgewood
2018	Ridgewood
2017	Ridgewood
2016	Billy Byrne, Ridgewood
2015	Ridgewood
2014	Kenny Marshall, Ridgewood
2013	Ridgewood
2012	Nick Salamone, Ridgewood
2011	Ridgewood
2010	Ridgewood
2008	Taro Shigenobu
2007	Ridgewood
2006	Dan Emont, Ridgewood
2005	Mike Cator, Ridgewood
2004	Mike Cator, Ridgewood
2003	Ridgewood
2002	Ridgewood
1997	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Bob Keino, Ridgewood
1991	Bob Keino, Ridgewood
1990	Eric Boucher, Ridgewood
1989	Eric Boucher, Ridgewood
1988	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes, Ridgewood

***North 1 Sectional Record (2019) for most team titles (26) and most consecutive team titles (10) [2010-present]***

***This is the longest current Group IV streak***

## State Group Champions

### *Group IV*

1993	Bob Keino, Ridgewood
1992	Bob Keino, Ridgewood

### ***Top 3 Team Finishes***

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

### ***Top 10 Individual Finishes***

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

# Ridgewood Boys Cross Country Championships

## SMOC

### *Champions*

1993	Bob Keino
1992	Bob Keino

### *Top 6 Team Finishes*

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

### *Top 25 Individual Finishes*

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

## Foot Locker Cross Country Championship

### *Northeast Regionals (National Qualifiers)*

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

### *Nationals (Finishes)*

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

## Nike Cross Country Championship

### *Northeast Regionals (National Qualifiers)*

2008	Taro Shigenobu	4th
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### *Nationals (Finishes)*

2008	Taro Shigenobu	91st
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# Ridgewood Boys Cross Country Championships

## Major Invitational Champions

### ***Shore Coaches Invitational***

*Holmdel Park - Holmdel, NJ*

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

### ***Manhattan Invitational\****

*Van Cortlandt Park - Bronx, NY*

2016	Billy Byrne, Ridgewood
2005	Ridgewood
1993	Bob Keino

### ***Briarwood Invitational***

*Belmont Plateau - Philadelphia, PA*

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

### ***Ocean State Invitational***

*Goddard Park East - East Greenwich, RI*

2017	Will Baginski, Ridgewood
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\*Incomplete