

**Ridgewood Boys
Spring Track
2019**



Schedule

Date	Meet	Site
Mon. April 1, 3:30 PM	Dual vs Teaneck	BFMS - Ridgewood
Sat. April 6, 9 AM	Pawlowski Relays	BFMS - Ridgewood
Fri-Sat. April 5-6, 4:15 PM / 9:30 AM	Arcadia Invitational	Arcadia HS, Arcadia, California
Mon. April 8, 4 PM	Dual vs Old Tappan	Old Tappan HS
Wed, Fri-Sat. April 10, 12-13	Bergen County Relays	BFMS (Wed), River Dell (Fr-Sa)
Mon. April 15, 3:30 PM	Tri vs Ramapo & Northern Highlands	BFMS - Ridgewood
Sat April 20, 9 AM	Comet Relays	Hackensack HS
Mon. April 22, 4 PM	Tri vs Hackensack & Paramus	Hackensack HS
Thurs-Fri. April 25-26; 10 AM / 9 AM	Penn Relays	Franklin Field, Philadelphia, PA
Thurs. May 2, 3:30 PM	Big North Champs	BFMS - Ridgewood
Mon. May 6, 4 PM	Big North Novice Champs	BFMS - Ridgewood
Fri-Sat. May 10-11, 3:30 PM / 9 AM	Bergen County Champs	Old Tappan HS
Tues. May 14, 4 PM	Bergen County Novice	Hackensack HS
Fri. May 17, 3:30 PM (Field), 6 PM (Track)	Bergen Meet of Champs	Hackensack HS
Mon. May 20, 4 PM	East Coast Relays	Randolph HS
Wed. May 22, 4 PM	Bergen County Frosh Boys Champs	Ramsey HS
Fri-Sat. May 24-25, 3:30 PM / 9 AM	State Sectionals	Clifton HS
Fri-Sat. May 31-June 1, 2:30 PM / 10 AM	State Groups	Franklin HS
Sat. June 8, 2 PM	State Meet of Champs	North Burlington HS
Fri-Sun. June 14-16, 10 AM	New Balance Nationals	North Carolina A&T University

Varsity Letter Recipients

Seniors

Paul Baginski

Tim Baginski

Will Baginski

Nick DeVita

Ryan Fahey

Luke Reinke

Alex Ruhl

Tom Vandalovsky

Juniors

Taylor Barnabic

Arthur Dunn

Kwame Grant

Ethan McPherson

Luke Otterstedt

Sid Patllolu

PJ Sanchez

Ryan Seaver

Aidan Sheridan

Jason Theisen

Mason Zamboldi

Sophomores

Jay Boogaert

Sean Emmanuel

Sean Halvorsen

Ryan McKenna

Ryan Pfund

Peter Scott

Freshmen

Mick Barbi

Luke Gnospelius

Tianlu Liu

Awards and Accolades

Team Championships

County Relay - Group A
4th Consecutive

North 1, Group IV State Sectional

All-League Selections - Big North, Freedom Division

First Team

Will Baginski, SR – 1600m

Ryan Fahey, SR – 3200m

Alex Ruhl, SR – 200m

4x400: Ryan McKenna, SO

Ryan Seaver, JR

Alex Ruhl, SR

Will Baginski, SR

Second Team

Sean Emmanuel, SO – Long Jump

Luke Reinke, SR – Javelin

Tom Vandalovsky, SR – Shot

Honorable Mention

Aidan Sheridan, JR – 1600m

All-County Selections

First Team

Will Baginski, SR – At-Large

Second Team

Alex Ruhl, SR – 100m

Third Team

Luke Reinke, SR – 110HH

Tom Vandalovsky, SR – Shot Put

Honorable Mention

Nick DeVita, SR – 110HH

Ryan Fahey, SR – 3200m

Luke Otterstedt, JR – Javelin

Aidan Sheridan, JR – 3200m

4x100m: Sean Emmanuel, SO

Kwame Grant, JR

Alex Ruhl, SR

Ryan McKenna, SO

4x400m: Alex Ruhl, SR

Ryan McKenna, SO

Luke Reinke, SR

Will Baginski, SR

4x800m: Ryan Seaver, JR

Jay Boogaert, SO

Aidan Sheridan, JR

Will Baginski, SR

All-North Jersey Selections

First Team

Will Baginski, SR – 1600m

Alex Ruhl, SR – 400m hurdles

Awards and Accolades

All-State Group IV Selections

First Team

Will Baginski, SR – 1600m

Second Team

Alex Ruhl, SR – 400m hurdles

All-State Selections

Second Team

Will Baginski, SR – 1600m

All-American – New Balance National Championships

Sprint Medley Relay - 3rd Place

Kwame Grant, JR – 200m

Ryan McKenna, SO – 200m

Alex Ruhl, SR – 400m

Will Baginski, SR – 800m

Mile - 5th Place

Will Baginski, SR

Athlete of the Week

Will Baginski, SR - April 7 - 13, 2019

Outstanding Runner

Freshman County Championships

Mick Barbi

Spring 2019 Season Points

<u>Dual Meet Points</u>		
Alex	Ruhl	65
Kwame	Grant	52
Luke	Reinke	39 ¼
Luke	Otterstedt	35
Ryan	Fahey	33
Ryan	Seaver	32 ¼
Tom	Vandalovsky	31
Will	Baginski	30 ¼
Jason	Theisen	24
Nick	DeVita	22 ¼
Aidan	Sheridan	22
Arthur	Dunn	18
Ryan	McKenna	17 ¼
Jay	Boogaert	15 ¼
Mick	Barbi	14
Sean	Emmanuel	13
PJ	Sanchez	12 ½
Peter	Scott	10
Tianlu	Liu	9
Sid	Patllolu	9
Sean	Halvorsen	8
Ethan	McPherson	7 ½
Paul	Baginski	7
Phillip	Williams	5
Taylor	Barnabic	4
Ryan	Pfund	4
Mason	Zamboldi	4
Reiya	Aono	3
Jake	Stadulis	3
Luke	Gnospelius	2
Mac	Dolan	1 ¼
Rohan	Jha	1 ¼
Cameron	Doyle	1

<u>Championship Points</u>		
Will	Baginski	190 ¼
Alex	Ruhl	164
Luke	Reinke	87 ¼
Luke	Otterstedt	66 ⅔
Ryan	Fahey	54 ½
Tom	Vandalovsky	54 ⅓
Aidan	Sheridan	34
Kwame	Grant	27 ½
Ryan	Seaver	27 ¼
Jason	Theisen	22
PJ	Sanchez	19 ⅓
Ryan	McKenna	19 ⅓
Jay	Boogaert	19
Sean	Emmanuel	15
Nick	DeVita	9 ⅘
Mick	Barbi	9
Ethan	McPherson	8
Sid	Patllolu	8
Mason	Zamboldi	8
Tianlu	Liu	7 ⅙
Sean	Halvorsen	5 ⅓
Taylor	Barnabic	5
Ryan	Pfund	4
Peter	Scott	4
Arthur	Dunn	2 ⅔
Luke	Gnospelius	2 ½

Preseason

Boys track and field: '19 preview

Previewing athletes, teams in Big North, NJIC, other North Jersey conferences

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Key: (S): Sprints; (MD): Mid-Distance; (D): Distance; (H): Hurdles; (T): Throws; (J): Jumps; (PV) Pole Vault

Big North

Patriot

Bergenfield has youth, including juniors Kevin Vergeldedios (S) and Dane Watson (T), soph Lacquan Stewart (S).

NV/Demarest is coming off the two best years in school history, winning six straight sectional titles and has lost talent, but is still a very strong team, with seniors Ian Bain (T), Aidan Bain (J), Joseph Kim (T), Matt Lange (T), Max Langsam (T), Jae Hyoung (John) Lee (T), Marc Santonocito (T) and John Shea (J)

Dwight Morrow returns juniors Christopher Christian (S) and VeRon Garrison (T).

Indian Hills has an excellent distance team led by seniors Bobby Oehrlein and Jason Kelly and junior Matt Ritacco, and juniors Aidan Chumas (S/H), AJ Ilardi (H) and soph Matt Marcelo (S/H).

Pascack Valley is led by seniors Kyle Chiu (H), Eric Dougherty (T), Andrew Demboski (T), John Edwards (D) and Henry Huerta (D) and junior Andrew Martinez (MD).

River Dell's solid senior class is led by Jon Fontana (D), Eddie Ahn (S), Aaron Furneaux (S), David Gibbons (S), Griffin Milgram (T), Joaquin Nocon (T), Andrew Sanchez (S), Will Vidal (MD) and Josh Iyonsi (T).

Tenafly returns seniors Max Beck (D), Dan Rudiak (H) and Will Hawkins (D).

Freedom

Hackensack looks to seniors Liam McDermott (D), Ryan Morales (D), Dylan Powell (T) and Najheim Wellington (H/J).

Northern Highlands is led by its junior class: Luke Bussetti (S), Colin Arber (S) Geoffrey Clark (S/J) and Stevie Ritter (D) with senior James Hughes (MD).

NV/Old Tappan moves into the area's toughest league and has a lot of field talent in seniors Jason Santa Cruz (T), Jackson Downey (T), Chris Jost (PV/J), Chris Bazela (T), and Chris Lenn (J).

Paramus is much improved led by seniors Kyle Cho (PV), Brandon Yip (PV), Conor O'Brien (D), Matt Gianella (D), and Ian Lopez (T).

Ramapo can repeat its 2018 breakthrough year with seniors Michael Connor (T), Ryan Verhoog (H/J), Nicholas Kim (H), Justin Pecore (MD), Michael Caldiero (D), and Max Baker (S).

Ridgewood reloads behind seniors Will Baginski (D), Ryan Fahey (D), Luke



Luis Peralta of Passaic finishes first in the 800 with a time of 1:49 on June 9, 2018. KEVIN R. WEXLER/NORTHJERSEY.COM

Reinke (multi), Nick DeVita (H), Tom Vandalovsky (T) and Alex Ruhl (H/S).

Teaneck's seniors Roman Maure (J), Samuel Landestoy (MD), Jelsimon Jean-Louis (S/H), Dashawn Allen (T) and Jayquan Levy (S) can all provide points.

Independence

Fair Lawn is led by seniors Will Mockel (D) and Allen Davis Swing (MD)

Lakeland is the defending Passaic County and league champion and has the talent to repeat as champ with seniors Hasson Klinging (S/J), Taylor Boorse (T) and Chris McCormack (T).

Passaic Valley is led by a solid senior class including Franco Iacovo (MD), Derek Pezo (H), Omar Soutan (H), Jason Van Wyck (T), Michael Burgos (T), Kenneth Hein (T) and Mark Snell (T).

Wayne Hills seniors Jeffrey Bennett (D), Jordan Leong (D), Brendan Schorling (MD) and Matt Zimmermann (S) are key returnees.

Wayne Valley seniors Ben Cummings (D), Dan Murphy (T), Brian Smith (J) and Hadi Taloustan (T) are the top returnees.

West Milford looks to seniors Joey Cummings (D), Eric Stanchich (T/S/J) and Kevin Woodard (S/J).

Liberty

Bergen Tech has a competitive team with seniors Chris Dugan (D), Evan Demoleas (D), Jayjoon Sin (S), Jaylen Allicea (J); Stephen Shields (H/J), and Keivon Banks (J) lead the way.

Clifton has young talent in juniors Josh Szabo (MD), Brian Lipari (multi) and David Arroyo (multi).

Eastside returns seniors Michael Saldivar (J/S), Jeremy Bernard (J/H),

Xzavion Colvin (S), Jan Rosario (D), Joshua Colicho (J/D) and Emanuel Arthur (D/H).

Kennedy is competitive with juniors Jamier Wright-Collins (J) and Kevin Francis (S/MD).

Passaic of course starts with national champ Luis Peralta (S/MD), along with seniors Jeffrey Bravo (MD), Robert Garcia (T), Jaime Magdeleno (T) and Rafael Suarez (T).

Passaic Tech has a talented group led by seniors Neimar Santouse (S), Erick Vargas (H), Shaheem Maple (S/J), Joel Ingram (S/J) and Adrian Malave (T).

United

Bergen Catholic is deep, led by seniors Rahmir Johnson (S), Braedon Fiume (D), Ivan Jacob (J/PV), Dean Williamson (T), James Blair (H/J), Jack Welch (MD), Elias Shaia (D), Graydon Nichols (D), Henry Hughes (T/J) and Paul Caprio (T).

DePaul looks to senior Sebastian Ruiz (MD).

Don Bosco welcomes new head coach Jerrel Jones and has a good nucleus in seniors Matt Daley (H), Michael Dua (D), Conrad Minutillo (D), Brian Park (J), and Connor Mathis (T).

Paramus Catholic should contend with what was perhaps the most improved team in the area during the winter and with seniors Andy Ambroise (h), Joshua Gittens (S), and Michael McGeehan.

St. Joseph is led by senior pole vaulters Sean Moran and Luke Berninger.

American

Cliffside Park has good talent in senior Ivan Hilario (H).

Dumont has a solid senior group led by Donthea Hines (S/J) and Kevin Sajan (T), along with Ritik Patel (H/J), David Salgado (H/T), Andrew Warta (D), Gavin Carramusa (MD), Nicholas Chalarca (S) and Anthony Bruno (MD).

Fort Lee has won the outdoor team title and won the last indoor title in this strengthened league. Senior Zakhari Pryce (J) is a great athlete and leader.

Mahwah returns seniors Nitin Shukla (H), Marco Armendariz (D) and Justin Manne (PV).

Pascack Hills is in a new league, returning Liam Landau (multi), Dillon Jensen (D) and seniors Abllo Cerdeira (T), Nicholas Forbes (MD/J), Frank Garcia (D), Nik Michellis (D), Raffi Najarian (D), Corey Newman (S), Pat Prendergast (S/H), Theo Puglia (multi), Ryan sailer (D), Shiv Trambadia (H/J) and Tom Varano (S).

Ramsey moves to a different division from the Patriot but remains a strong contender and has a deep and talented senior class which includes Rob Novak (H/S), Ryan Bahnsen (D), Dan Jenkins (T), Thomas Donovan (T), David Perry (D), Justin Ilies (MD), Kyle Smilon (J), Brian Salinas (H), Tino Martinez (D), Andrew Lundy (S) and Alex Schneider (D).

Ridgefield Park looks to seniors Robert Escarret (PV), Gabriel Torres (PV), and Carrington Page (S/MD).

Westwood has talent with seniors Andrew Hill (MD) and Andres Gonzales (S).

NJIC

Colonial

Eastern Christian returns sectional champ senior Lorenzo Lugo (S).

Elmwood Park is led by seniors Northberto Jimenez (S), Devin Trujillo (S/J/T), Thomas DiStefano (S), Nayan Vora (PV), Alejandro Zevallos (T) and Elam Roche (T).

Garfield could be a sleeper with newcomer senior Christinson Bautista (S/J) joining Michael Filleri (T), Christian Jusino (T) and Israel Torres (MD).

Glen Rock looks to seniors Garrett Boscoe (H), Andrew Laguttuta (D), Jarrod Lipsky (J), Andrew Stoddard (MD/H) and Pierce Tuttle (T).

Hawthorne turns to seniors Aidan Harmer (D) and Laith Matari (MD/T).

Lodi returns seniors Francisco Duron (S) and Ramon Bermudez (J).

Manchester is led by seniors Jesus Guerrero (MD), Kyle Mason (T), Nazzim Patilla (S), Nastroj Richards (S) and Christian Reyes (S).

Pompton Lakes' seniors Chris Burger (D), Ramon Hernandez (J), and Frankie Negrini (T) are top performers.

Rutherford's talented senior class includes Eugene Kim (J/H), Brandon

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Teams

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Caballero (T), Michael Castellanos (D), Brandon Torres (D), and Max Greenwood (PV).

Meadowlands

Becton is led by seniors Stephen Henke (H), Hamzah Cha (S) and Seth Salvemini (S).

Hasbrouck Heights, the perennial champion is in a great position to win again with a senior class of Adam Stavash (PV), Jeremy Bailey (D), John Dammann (PV), Anthony Marino (T), Jasiah Purdie (S/J), Chris Thibadt (T) and Parth Pathak (S) lead.

North Arlington turns to seniors Devin Males (J), Brenden Jimenez (J), Spencer Ryan (T) and Karim Wahby (S).

Saddle Brook seniors Dylan Arbolada (T) and Christian Mendez (S) lead.

St. Mary's is growing a program with soph Elijah Bracey (S) and junior David Tarallo (S).

Wallington is led by senior George Castillo (S/T).

Weehawken seniors Jaden Rodriguez (S) and Julian Morales (D) lead.

Wood-Ridge is led by seniors Johnno Martin (H/J), Amir Lopez (S), Evan West (S) and Samuel Holloman (S).

Liberty

Bergen Charter is rebuilding.

Butler enters a new league with senior distance star Matt Konopinski.

Dwight Englewood has a new coach in Orestes Medina and he welcomes back seniors Jeremy Bronstein (MD), Ehren Layne (S), David Khym (D), Alec Hoffman (J/S) and Simon Model (T).

Leonla seems to be on the rise with senior Theo Ivinskis (H) the lone returning veteran letterman.

Lyndhurst is led by seniors Antonio Lobos (T), Tim Ozturk (T), Rob Caamano (MD), Maninder Singh (D) and Eli Fitzsimmons (PV).

New Milford has three excellent seniors in throwers Emmett McElroy and Alex Henieman and jumper Tommy Ryan.

Ridgefield returns senior Craig Rodgers (T).

Secaucus welcomes a new head coach Bill Kvalheim and has some solid

returning talent in seniors Hunter Pein (T) and Marcos Zamora (D)

Patriot

Bogota has a terrific turnout and hopes seniors Ali Salam (H/J), Andrew Miller (T) and Mauricio Valerio (S/D/J) can lead the Bucs back to contention.

Rich Miller has retired as the head coach at Cresskill (he'll still be an assistant) and girls head coach Chris Woodford adds the boys job to his portfolio. Seniors Jae Won Cho (H), Giorgi Tvaauri (PV) and Daniel Castano (J), juniors Will Lee (H) and Jin Yoo (J) hope to keep the Cougars on top of the league.

Emerson is experienced and deep and should contend in league and county competition. Seniors Adam Gildea (T), Burt McCarroll (D/PV), Dylan Mulvenna (T), Nick Peterson (T) and Cameron Storz (PV/s) lead.

Hawthorne Christian has an excellent returnee in senior Ethan Green (S/J).

Midland Park returns seniors Matt Rosnagel (D) and Sam Rosnagel (T).

Palisades Park welcomes new head coach Kyle Mahoney, who has been able to add several good athletes to a returning core that includes seniors Brian Valdez (MD/D), Gabriel Garcia (S/J), Dimitri Gonzalez (S/H), Julio Mancilla Jr. (T) and Christopher Alvarez (T).

Park Ridge has a nice turnout under new spring head coach Mike Farrell and hopes returning seniors Griffin Ghiraldini (S), Dustin Glynn (T), Nick Ippolito (S/J), Vincent Ippolito (S/J) and Ryan Knopka (T).

Waldwick has a large junior class that could lead to a turnaround for the Warriors. Look to Michael Carver (MD), John McHugh (T), Frank Avalo (J), Ethan Kucharski (H/T) and Ben Schierloh (T) as the leaders of the group.

Others

Boonton has a good nucleus in seniors Robert Kraus (H), Joe Canizzaro (T) and Erik Bottge (J).

Kinnelon is improving with seniors Alex Noel (S) and Evan Lane (MD).

North Bergen has an excellent returnee in senior Wilson Reynoso (MD)

Pequanock's leader is senior Connor Casey (H)

Boys Track And Field

Bergen County boys track & field preview: Most exciting athlete, breakout candidate & teams to watch, 2019

TEAMS TO WATCH

Bergen Catholic: The Crusaders are the returning United Division champions and also won the non-public division at the Bergen County Championships. A senior heavy team, Bergen Catholic is the favorite to defend its pair of titles while also making a run at a sectional title. Senior sprinter Rahmir Johnson will play football at Nebraska next year but might prove to be the state's fastest athlete before all is said and done. Other key returners include: seniors Braedon Fiume (distance), Dean Williamson (throws), James Blair (hurdles/jumps) and Jack Welch (distance) and Ivan Jacob (high jump).

Ramapo: A well-rounded team was the highest-finishing public school at the indoor county championships. Ramapo will lean on a group of sprinters, headed by senior Max Baker while trying to win with depth across in the middle distance and distance events. Look for a strong 4x400, which ran 3:29.26 indoors. In the field, senior Michael Connor is one of the state's top returners in javelin with a personal best of 178-0.

Ridgewood: Senior Will Baginski was the indoor Meet of Champions winner in the 1,600 and leads the way for a team that came up five points shy of winning a sectional title last spring. Senior Ryan Fahey is also a key returner in the distance events while senior Luke Reinke can pick up points in the hurdles and javelin.

Runners, throwers raising bar this season

Paul Schwartz

North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Here's what we're keeping an eye on for the boys track & field season:

Athletes to watch

Will Baginski, Ridgewood senior: Baginski had a magnificent winter, winning his first state group title in the 1,600 meters and following it up with an emphatic win in the State Meet of Champions 1,600, the sixth one in North Jersey history. This spring the Dartmouth bound star hopes to become the sixth Bergen runner under 4:10 in the 1,600.

Braedon Fiume, Bergen Catholic senior: Fiume came in as a heralded freshman and has had a very good career. But the Amherst-bound middle distance looks primed for a great season after a winter that saw him nearly bring the Crusader sprint medley team to All-American status with a 1:55 800 anchor leg and a near miss for a medal at the State Meet of Champions 1,600.

Andrew Laguttuta, Glen Rock senior: Laguttuta came back from a broken foot which cut short his cross-country season to have a solid indoor season and

reached the State Meet of Champions in the 1,600. William & Mary commit broke 4:20 last spring and is also a threat at 800 or 3,200 meters.

Liam Landau, Pascack Hills senior: Landau broke the Bergen County pole vault record outdoors last spring and then broke the indoor mark en route to a State Meet of Champions title last winter. But the Northeastern commit and 15-9 pole vaulter is also a talented long jumper and hurdler too and could lead the Cowboys to sectional success.

Matt Lange, NV/Demarest senior: Lange committed to Columbia and should be one of the state's top discus throwers this spring after winning the Bergen Meet of Champions last spring and just missing the finals at the State Meet of Champions in June, he should be one of the area's top shot putters.

Connor Mathis, Don Bosco senior: It's a reflection of how good Mathis can be, that the Wake Forest signee could play basketball all winter and then enter the New Balance Indoor Nationals and have the top North Jersey shot put throw of the season. He's the top returning shot putter from last spring, taking seventh in the State Meet of Champions.

Luis Peralta, Passaic senior: He chose not to run with the school in mid-

January and did not defend his indoor state 800 meters title. But the Oregon-bound Peralta is back for the spring and hopes to repeat as state and National champion. His 1:49.10 last spring is well within the all-time American high school top 75 and ranks sixth in New Jersey history. He needs to run 1:48.43 or better to set the state record.

Jason Santa Cruz, NV/Old Tappan senior: He finished fifth in the State Meet of Champions with a career best throw of 186-6, and is the top returning javelin thrower in the state. He ranks 19th among all-time Bergen County throwers and will be one of three top throwers in the area this year along with John Lee of NV/Demarest and Michael Connor of Ramapo.

Adam Stavash, Hasbrouck Heights senior: The state group 1 outdoor champion last spring seemed on his way to an indoor title when he suffered a back injury in late January. A healthy Stavash was sixth in the State Meet of Champions last spring and he should become North Jersey's next 15-footer. He'll vault at Lehigh next year.

Jamier Wright-Collins, Kennedy junior: The Knights have had a great recent run of high jumpers including last year's State Meet of Champions

titlist, the graduated Jadon Watson, who also took second at Penn Relays last spring. But Wright-Collins could be the best of all of them. The junior was fourth in the State Meet of Champions last spring and won the State Group 4 and Eastern States titles last winter, losing the State Meet of Champions on misses at 6-8.

Storylines to watch

Middle distance excellence: North Jersey is blessed with two of the best middle distance runners in the state, if not in the nation and Passaic's Luis Peralta and Ridgewood's Will Baginski seem to end their high school careers in style. Peralta, who did compete with the Passaic team during the winter, still led the nation at 600 meters, was third at 1,000 meters and was second at the New Balance National indoors at 800 meters. He is the defending state and national 800 champion and hopes to break the state record of 1:48.44.

Baginski had a terrific winter, capping his winter with a sensational runaway win in the State Meet of Champions 1,600 in 4:12.90 and a terrific

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Track

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1:53.53 800 leg on Ridgewood's 4-x-800 relay team at Eastern States. He hopes to repeat the feat this spring and become the first North Jersey boy to win the indoor and outdoor 1,600 in history.

Look for Glen Rock's Andrew Lagututa, Dwight-Englewood's Jeremy Bronstein and Bergen Catholic's Braedon Fiume to also contend for SMOC middle distance medals.

How high can they go?

Liam Landau of Pascack Hills had an incredible winter, adding the Bergen County indoor pole vault record of 15-9 to his outdoor record of 15-7½ last spring. He won the state Group 2 title, the State Meet of Champions and Eastern States title. All that's left in high school is to become North Jersey's first 16-footer and an outdoor Meet of Champions title.

Jamier Wright-Collins of Kennedy was almost as good in the high jump as Landau was in the pole vault. The junior won the state Group 4 title and the Eastern States, lost the State Meet of Champions on misses and looks to become North Jersey's second 7-footer before he graduates. He was fourth in the State Meet of Champions last spring.

Lots of good throwers

Connor Mathis of Don Bosco should become North Jersey's next 60-footer in the shot after throwing 59-8½ for seventh in the State Meet of Champions last year, while Jason Santa Cruz of NV/

Old Tappan might be the next 200-foot javelin thrower after throwing 186-6 for fifth at the SMOC. John Griffith of Northern Highlands just missed the SMOC discus final, finishing ninth with a personal best throw of 161-7.

And then there are these top 15 returnees in the state: Patrick Passalacqua of NV/Old Tappan, Max Langsam of NV/Demarest and Marc Santonocito of NV/Demarest (shot); Matt Lange of NV/Demarest and Mathis (discus) and John Lee and Calvin Hroncich of NV/Demarest, Michael Connor of Ramapo, Husaly Paredes of Fort Lee and Taylor Boorse of Lakeland (javelin).

Preseason Top 25 rankings

1. NV/Old Tappan
2. Ridgewood
3. Bergen Catholic
4. NV/Demarest
5. Passaic Tech
6. Bergen Tech
7. Lakeland
8. Don Bosco
9. Ramapo
10. Pascack Hills
11. Boonton
12. River Dell
13. Emerson
14. Paramus Catholic
15. Hasbrouck Heights
16. Paramus
17. Dwight-Englewood
18. Northern Highlands
19. Cresskill
20. Manchester
21. Wayne Valley
22. Rutherford
23. Ramsey
24. Ridgeway Park
25. Westwood

Track and field individual rankings: Preseason list of N.J.'s top male athletes

By Patrick Lanni | NJ Advance Media for NJ.com | Posted March 29, 2019 at 06:45 AM



David Gard | For NJ Advance Media

22-Will Baginski, Ridgewood

Grade: Senior

Events/personal bests: 800m (1:58.03), 1,600m* (4:12.90) and 3,200m* (9:30.97)

2018 Meet of Champions: 1,600m indoor champion in 2019

North Jersey's biggest track meets of 2019

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Here are the biggest track and field meets for Spring 2019:

April

Wednesday, April 10: Jack Yockers Bergen County Relays, BF Middle School, Ridgewood (Divisions A & E); Mahwah H.S. (Division B)

Friday, April 12: Jack Yockers Bergen County Relays, River Dell H.S., Oradell

Saturday, April 13: Jack Yockers Bergen County Relays, River Dell H.S., Oradell; Doc Boverini Memorial Passaic County Relays, Passaic Valley HS., Little Falls

Sunday, April 14: Al Naimo NJCTC Spring Relays, Kelly Complex, Seton Hall Prep, West Orange

Thursday, April 18: Aviator Relays, Depken Field, Hasbrouck Heights

Saturday, April 20: Morris Hills Relays, Morris Hills H.S., Rockaway; Comet Relays, Ed Church Track, Hackensack; HCTCA Relay Carnival, Harvey Field, Kearny

Thursday, April 25: Penn Relays, Franklin Field, Philadelphia, PA

Friday, April 26: Penn Relays, Franklin Field, Philadelphia, PA

Saturday, April 27: Randolph Relays, Randolph H.S.; Twin-Boro Relays, Ramsey H.S.; Penn Relays, Franklin Field, Philadelphia, PA

Monday, April 29: NJIC Liberty/Patriot, Emerson H.S.

Tuesday, April 30: NJIC Colonial/Meadowlands, Emerson H.S.

May

Wednesday, May 1: Big North Independence and Liberty, Clifton Stadium, Clifton

Thursday, May 2: Big North Freedom and United, BF Middle School, Ridgewood

Friday, May 3: Rowan University Open, Rowan University, Glassboro; Big North Patriot and American, River Dell H.S., Oradell

Saturday, May 4: Rowan University Open, Rowan University, Glassboro.



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

Sunday, May 5: Andy Washnik Pole Vault Festival, Mahwah H.S.

Tuesday, May 7: Passaic County Championships, Wayne Hills H.S., Wayne; NJAC Small Schools Championship, Walkkill Valley H.S., Hamburg

Wednesday, May 8: Passaic County Championships, Wayne Hills H.S., Wayne; NJAC Small Schools Championship, Walkkill Valley H.S., Hamburg

Friday, May 10: Red Littler Bergen County Championships, NV/Old Tappan H.S., Old Tappan (Divisions A, D & E); Hasbrouck Heights (Divisions B & C)

Saturday, May 11: Red Littler Bergen County Championships, NV/Old Tappan H.S., Old Tappan (All Divisions)

Monday, May 13: Wayne Valley Co-Ed Relays, Wayne Valley H.S., Wayne

Tuesday, May 14: Morris County Championships, Boonton H.S.

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

Thursday, May 16: Bergen Girls Freshman Championships, BF Middle School, Ridgewood

Friday, May 17: Lou Lanzalotto Bergen Meet of Champions, Ed Church Track, Hackensack

Saturday, May 18: County Seat Invitational, Ed Church Track, Hackensack

Monday, May 20: Non-Public A and B, North State Sectionals, Don Bosco Prep, Ramsey; East Coast Relays, Randolph; Cavo Senior Showcase, Emerson H.S.

Tuesday, May 21: Non-Public A and B, North State Sectionals, Don Bosco Prep, Ramsey

Wednesday, May 22: John Gallione Bergen Freshman Boys Championships, Ramsey H.S.

Friday, May 24: North 1, groups 1 and 4 State Sectionals, Clifton Stadium, Clifton; North 1, groups 2 and 3 State Sectionals, River Dell H.S., Oradell; North 2, groups 1 and 4, Ridge H.S., Basking Ridge; North 2, groups 2 and 3, Middletown North H.S., Middletown

Saturday, May 25: North 1, groups 1 and 4 State Sectionals, Clifton Stadium, Clifton; North 1, groups 2 and 3 State Sectionals, River Dell H.S., Oradell; North 2, groups 1 and 4, Ridge H.S., Basking Ridge; North 2, groups 2 and 3, Middletown North H.S., Middletown

Friday, May 31: State groups 2, 3 and Non-Public A, Central Regional High School, Berkeley Township; State groups 1,4 and non-Public B, Franklin H.S., Somerset.

June

Saturday, June 1: State groups 2, 3 and Non-Public A, Central Regional High School, Berkeley Township; State groups 1,4 and non-Public B, Franklin H.S., Somerset

Saturday, June 8: State Meet of Champions, Northern Burlington H.S., Mansfield Township

Thursday, June 13 to Sunday, June 16: New Balance Nationals Outdoor Championships, North Carolina A&T, Greensboro

Glynn humbled by track named in honor at PC



Local Sports

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

Mike Glynn will not need help to find his track.

"He knows how to get to his home and Paramus Catholic and Ridgewood and his place in the Poconos," laughed Glynn's longtime friend Ed Church. "But I get calls from him all the time asking for advice on how to get from one place to another."

The Bergen County track pioneer may suffer a few faults, as Church also says Glynn's handwriting is illegible, but Paramus Catholic turned its track into a certifiable landmark, naming its track complex for Glynn at a ceremony Saturday afternoon that saw athletes from across the generations come to pay tribute.

"No one is going to believe this," laughed Glynn, 74. "But I'm humbled by this. I really am. When I started out in 1966, this was not one of my goals, my goal was to win track meets and that's what we did at Paramus Catholic. I have nothing but wonderful memories of that place and all the kids I coached."

Glynn, who is from Staten Island and ran at Iona (he can still tell you his times, because, of course he can), had just graduated when he found out Paramus Catholic needed a track coach and English teacher in 1966.

Back then Paramus Catholic had a track (the second all weather track in Bergen County - St. Joseph was the first), but only a freshman and sophomore class. The school was even divided into a boys school and girls school.

With an honest, genuine style, Glynn was sometimes profane but never mean. He turned Paramus Catholic into a state power.

The school had three state champions in 1968 and kept building. The number of coaches and athletes Glynn impacted is immeasurable.

"Genuine, that's the word," said current Ridgewood boys track coach Josh Saladino. "It didn't matter if the kid wanted to hear what he had to say, he said what they needed to hear. There was a genuine love and respect that came back from the kid. He had more trust between kids and athletes than I



The Paramus Catholic track has been named "Mike Glynn Track and Field Complex," after former Hall of Fame coach Mike Glynn, on right. Glynn smiles after his grandchildren unveil the new sign on Saturday. AMY NEWMAN/NORTHJERSEY.COM

have ever seen."

A better-paying opportunity came along at Ridgewood to be a coach and guidance counselor in 1979. At first Glynn resisted, but he eventually took the position, and formed one of the greatest coaching duos in Bergen County history with Ridgewood girls track coach Jacob Brown.

"There are days that stick out in your life," said Brown. "Meeting Mike Glynn is one of the top five best days of my life."

Although the pair were different away from the track, Brown always slim and dapper and way ahead of the technological curve, and Glynn, well, Church describes his style as "rumped," they were a perfect combination.

"He was a country boy from Pennsylvania and I was a city kid, but in all the years we worked together as coaches and then as co-meet directors, we never had one disagreement," said Glynn. "I

don't think a school has ever been blessed with two head coaches as successful as Jacob and I have been."

"I have met two genuinely charismatic people in my life and Mike is one of them," said Brown. "He's people oriented and thank goodness he was a track guy, because he brought his abilities to our sport."

Glynn's cross-country teams won a total of 30 county and sectional titles and reached the state Meet of Champions 11 times.

"The last race he ever coached we ran a 7:39 and change at Nationals to become All-Americans," said Saladino. "To see him that excited was just so inspiring to be around. What a way to go out."

When this reporter was named local sports columnist in 2010, my first story detailed running the course at Garret Mountain. I figured so many kids in North Jersey had done it, but so few had

actually seen it. Glynn was my first phone call and made it happen. I hope he doesn't remember my time.

Married to Lorraine for 47 years -- "we met on a blind date, I took one look and said 'Holy Christmas'" -- Glynn remains connected to his sport by serving as a meet official and director. When he was coaching, other coaches would reach out to Glynn and ask for advice and he'd always help out, even if the schools were his rivals.

More proof that Glynn was always heading in the right direction, willing to help kids.

"The most important thing...winning was important, but the relationships I had with the kids was far more important," said Glynn, 74.

"I love them and I still love them now. They would share everything with me and I would share everything with them.

"It wasn't just track. It was life."

Big North Track & Field Dual Meet

Ridgewood vs Teaneck - 4/1/19

Event	First Place	Second Place	Third Place	RW	T
400h	A. Ruhl RW 57.7	L. Reinke RW 59.2	Jelsimon T 61.3	8	1
100m Dash	K. Grant RW 11.4	S. Emmanuel RW 11.9	Qutishat T 12.1	8	1
1600m Run	R. Fahey RW 4:43.6	A. Sheridan RW 4:44.1	P. Baginski RW 5:00.9	9	0
400m Dash	S. Landestoy T 55.8	E. McPherson RW 56.2	J. Youk T 57.6	3	6
110m Hurdles	A. Ruhl RW 15.2	N. DeVita RW 15.8	M. Levine T 20.5	8	1
800m Run	Will Baginski RW 2:00.0	Ryan Seaver RW 2:02.1	Jay Boogaert RW 2:08.2	9	0
200m Dash	K. Grant RW 23.2	R. McKenna RW 23.9	S. Emmanuel RW 24.6	9	0
3200m Run	P. Williams RW 11:13.1	T. Barnabic RW 11:27.2	A. Sheraden RW 11:27.3	9	0
4X400 Relay	Ridgewood 3:50.1	Teaneck 3:53.2		5	0
High Jump	A. Dunn RW 5-6	Josue T 5-2		5	3
Pole Vault	Ja. Theisen RW 9-0	P. Scott RW 8-6	R. Pfund RW 8	9	0
Long Jump	S. Emmanuel RW 18-7	T. Liu RW 17-7	M. Levine T 16-5	8	1
Triple Jump	M. Levine T 36-7	J. Stadulis RW 36-2.5	J. Cena T 35-5.5	3	6
Discus	Dave T 114-9	S. Patllolu RW 108-5	L. Otterstedt RW 98-7	4	5
Shot Put	T. Vandalovsky RW 48-7	Dave T 44-6	Jarrell T 42-8.5	5	4
Javelin	L. Otterstedt RW 157-10	L. Reinke RW 144-6	S. Halvorsen RW 120-10	9	0
Total Score				111	28

Dual vs Teaneck - Jacob Brown Track and Field Facility, BF

Monday, April 1 - 3:30 PM

Non-Scoring Results & Relay Splits

400h: R. McKenna **62.1** (fall), M. Barbi **64.8**, J. Stadulis **64.9**, Jo. Theisen **76.1**

100m: H. Roberts **11.9**, A. Hartigan **12.2**, E. McPherson **12.3**, B. Lee **12.5**, T. Kang **12.5**, M. Dolan **12.7**, A. Rose **12.7**, I. Stadnik **12.9**, J. Moskowitz **13.0**, J. Marionni **13.1**, T. Bachrach **13.3**, M. Lobosco **13.4**, T. Park **13.7**, A. Logan **13.7**, M. Pettigrew **13.9**

1600m: Q. McCutcheon **5:09.3**, M. Rusch **5:13.7**, L. Richman **5:16.1**, L. Fahey **5:20.7**, L. Stadulis **5:33.4**, S. Miller **5:34.8**

400m: S. Halvorsen **58.0**, R. Jha **58.3**

110HH: J. Stadulis **20.0**, P. Sanchez **21.2** (fall), L. Gnospelius **22.7**

800m: T. Baginski **2:18.8**, A. Oriente **2:20.9**, E. Stojanovic **2:28.7**, D. Byrne **2:32.0**, J. Skoric **2:33.7**, D. Kovac **2:34.8**, J. Nuzzolo **2:37.9**, C. Healy **2:43.2**, L. Fine **2:43.8**, J. Pleeter **2:45.3**, G. Stern **2:47.7**, L. Connelly **2:51.3**, M. Goldzweig **2:55.8**, T. Kanell **2:57.8**, D. Kearney **2:58.6**, A. Brito **3:01.3**

200m: H. Roberts **24.8**, R. Jha **25.6**, C. Doyle **25.9**, A. Hartigan **25.9**, B. Lee **26.1**, A. Rose **26.6**, T. Kang **26.6**, J. Moskowitz **27.2**, J. Marionni **27.4**, A. Logan **28.3**, I. Stadnik **28.4**, M. Pettigrew **28.6**, T. Bachrach **28.9**, M. Lobosco **29.4**

Dual vs Teaneck - Jacob Brown Track and Field Facility, BF

Monday, April 1 - 3:30 PM

Non-Scoring Results & Relay Splits

4x400: M. Barbi **57.0**, N. DeVita **60.4**, M. Dolan **60.3**, R. Seaver **52.8** = **3:50.1 1st Place**

Long Jump: C. Doyle **15'5 ½**, K. Grant **F**

Triple Jump: T. Liu **34'1**, A. Dunn **31'8**

High Jump: T. Liu **NH**

Pole Vault: D. Weispfenning **7'6**, Jo. Theisen **7'6**, D. Walve **7'0**, L. Gnospelius **6'6**, C. Ponder **6'0**

Shot Put: T. Park **38'2**, L. Otterstedt **37'3 ¼**, S. Patllolu **34'11**, A. Liguori **32'4**, L. Harris **27'0**, A. Toner **26'0**, T. Malone **24'2**, C. Scott **23'6**, S. Trattner **21'0**, M. Olivo **18'1**

Discus: T. Vandalovsky **103'2**, A. Liguori **90'4**, A. Toner **73'2**, T. Malone **67'2**, L. Harris **66'8**, S. Trattner **65'7**, M. Olivo **63'8**, C. Scott **49'4**

Javelin: S. Trattner **107'7**

Arcadia Invitational - Arcadia HS, CA

Friday and Saturday, April 5-6

Friday

4x800 Seeded

R. Seaver **2:03.5**, R. Fahey **2:08.2**, W. Baginski **1:59.5**, J. Boogaert **2:04.8** = **8:16.16**

4x110 SHR Seeded

L. Reinke **18.9**, N. DeVita **16.2**, P. Sanchez **16.7**, A. Ruhl **15.5** = **67.29**

Shot Put

T. Vandalovski **52'0 ¼ - 2nd Place**

SMR Invitational

A. Ruhl 22.3, L. Reinke 22.9, R. McKenna 51.53, W. Baginski 1:55.02 = 3:32.23 - 2nd Place

Saturday

110HH

A. Ruhl **15.58**

Most impressive N.J. track & field performances in Week 1, plus a look ahead



Eastern's Jewel Ash takes on a hurdle at last year's Penn Relays. On Saturday, Ash helped Eastern put together several big performances at the Don Danser Relays. (Chris Faytok | NJ Advance Media for NJ.com)

BOYS

- On Monday, we highlighted five of the best performances in our Week 1 top performers poll. You can read up on **West Side's** James Bell, Eros Bottino of **Christian Brothers**, Jabari Higgs of **Haddon Heights**, Liam Landau of **Pascack Hills** and **Bridgewater-Raritan's** Marco Langon. You can still [vote in the poll](#), too, and right now, it's an intense race for first!

- Give **East Orange** two more weeks to sort out its final lineups. The Essex County school had its A and B teams finish first and second in the 4x100 at the Mountie Relays. The A team ran a NJ #1 42.87. East Orange wants to put together several fast sprinting relays for the Bulldog Relays at Shabazz in two weeks, just ahead of the Penn Relays.

- Seniors Sincere Rhea of **St. Augustine** and **Pleasantville's** Quentin Bundy duelled for the first time this season in the 400 hurdles. Rhea, who won a national title this winter in the 55 hurdles, ran 56.37 to Bundy's 56.97. The two standouts from the Cape Atlantic League will face off several more times before all is said and done.

- **Morris Hills** won the team title at the Summit Relays without winning an event on the track. Senior Robert Chappell had the top mark in javelin with a 164-4 while Angel Gonzalez Marquez won the shot put behind Angel Gonzalez Marquez's 48-5 3/4.

- **Christian Brothers** had a pretty impressive opening weekend, highlighted by several big throwing performances in South Carolina as well as junior Liam O'hara's performance at the Metuchen Relays. O'Hara ran a NJ #1 54.85 to win the 400 hurdles and was fourth in the 110 hurdles.

- Nothing says opening weekend like the traditional throwers 4x100. At the Buena Relays, the big guys from **Milville** ran 48.20 to beat a field of 13 other teams. The win helped Buena clinch the track team title. Yes, Buena hands out separate titles for the track and the field. What a tradition!

- **St. Benedict's** picked up its first team title of the spring with a win at the NJISSA Relays in Lawrenceville. The prep school from Newark ran a NJ #1 in the shuttle hurdles as Urijah Williams, Tyler Antoine, Adrian-Paul Morgan and Jahari Mitchell combined to stop the clock in 1:01.54. St. Benedict's also won five other events on the track.

- This is a throwing tandem to keep an eye on. **Elizabeth's** Mujeeb Ali and Tahir Tate combined to break 100 feet in the shot put and finish first and second at Raritan's Rocket Relays. Both seniors broke 50 feet as Ali launched a 52-7 and Tate hit 51-5.

- While the girls scored the headlines at Arcadia, there were still a handful of noteworthy performances for the boys out in California. **Union Catholic's** Elijah Brown got off to a hot start in the spring in the 800 after winning the Meet of Champions title indoors. Brown ran 1:53.94 to take sixth while **Ridgewood's** sprint medley took second with a NJ #1 3:32.23.

- The Fred McClain Throwers Invitational provided some top-notch competition in Demarest. **Don Bosco Prep** senior Connor Mathis made his jump back to throwing full-time after playing basketball and did not disappoint. Mathis launched a NJ #1 59-6 in shot put and was second in discus behind **Demarest** senior Matt Lange, who also recorded a state-leading mark with a 167-0.

TRACK ROUNDUP

Muccio takes big step in comeback

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Katherine Muccio of Ridgewood took a huge step in her comeback from a serious ankle injury last May with three outstanding performances at the Arcadia Invitational in California this weekend.

Muccio anchored a winning shuttle hurdles performance by the Maroons Friday night, finishing off the third fastest race in Bergen County history (61.71), after Sara VandenAssem, Victoria Purritano and Virginia Morley had kept Ridgewood close. Purritano executed a perfect somersault after falling on the final hurdle to keep the race alive.

Saturday afternoon she set a Bergen County record by winning the Open 300 hurdles in 43.13, beating her county and likely state rival at 400 meters, Grace O'Shea of Ramapo, who is now #2 all-time in the county after running 44.05. They rank #4 and #6 in New Jersey history.

Then Muccio ran a 57 second 400 leg on Ridgewood's 12:10.17 distance medley team which finished 11th against some of the best teams in the country in the Invitational race. The top 11 times of the spring so far in the country came from the race.

The Ridgewood boys sprint medley team of Alex Ruhl, Ryan McKenna, Luke Reinke and Will Baginski was second in the invitational in 3:32.23, tops in New Jersey so far this year.

Pawlowski Relays - Jacob Brown Track and Field Facility, BF

Saturday, April 6 - 9 AM

4x1600

Varsity: T. Barnabic 4:48.0, M. Barbi 4:51.3, A. Sheridan 4:45.7, P. Baginski 4:52.1 = 19:16.0 - 5th Place

4x100

Varsity: B. Lee, K. Grant, E. McPherson, S. Emmanuel = DNF

4x800

Frosh: P. Williams 2:21.6, M. Rusch 2:22.1, L. Stadulis 2:31.0, M. Barbi 2:14.6 = 9:27.0 - 1st Place

Novice: A) T. Baginski 2:13.0, Q. McCutcheon 2:12.7, L. Richman 2:16.5, P. Baginski 2:18.9 = 8:58.9 - 1st Place

B) A. Oriente 2:21.9, L. Fahey 2:36.1, E. Stojanovic 2:20.9, D. Jorgensen 2:37.3 = 9:56.2

C) C. Healy 2:34.4, L. Fine 2:44.4, L. Connelly 2:50.4, T. Kanell 3:12.7 = 11:21.9

D) J. Pleeter 2:41.1, M. Goldzweig 2:45.1, B. Rana 2:37.7, K. Fleischman 3:01.1 = 11:05.0

4x200

Novice: A) A. Hartigan 26.4, C. Doyle 25.8, A. Rose 28.5, B. Lee 24.3 = 1:44.9

B) T. Kang 27.0, J. Moskowitz 27.2, J. Marionni 29.4, A. Logan 27.2 = 1:50.8

C) I. Stadnik 27.9, M. Pettigrew 27.5, T. Bachrach 30.3, M. Lobosco 28.9 = 1:54.6

SMR (400, 200, 200, 800)

Varsity: J. Stadulis 55.3, M. Dolan 26.5, K. Grant 22.5, A. Sheridan 2:08.2 = 3:51.5 - 3rd Place

DMR (1200, 400, 800, 1600)

Novice: Q. McCutcheon 3:40.9, G. Frey 63.9, T. Baginski 2:19.2, M. Salerno 5:16.9 = 12:20.4 = 1st Place

High Jump

Novice: A. Dunn 5'6, T. Liu NH = 5'6 - 3rd Place

Pole Vault

Frosh: L. Gnospelius 8'6?, Jo. Theisen 7'6? = 16'0 - 1st Place

Novice: D. Weispfenning 7'6, D. Walve 7'0, C. Ponder NH = 14'6 - 3rd Place

Varsity: Ja. Theisen 10'6, P. Scott 9'6, R. Pfund 9'0 = 29'0 - 3rd Place

Long Jump

Novice: E. McPherson F, C. Doyle 14'4 = 14'4

Varsity: S. Emmanuel 18'3, T. Liu 18'2, K. Grant 16'9 = 53'2

Triple Jump

Varsity: J. Stadulis F, A. Dunn 30'7, T. Liu 33'11 ½ = 64'6 ½

Discus

Novice: A) A. Toner 75'0, S. Trattner 68'9 = 137'0 - 5th Place

L. Harris 71'6, M. Olivo 61'0, A. Safai 66'4

Varsity: S. Patllolu 120'0, L. Otterstedt 106'0, A. Liquori 90'2 = 316'2

Shot Put

Frosh: T. Malone 24'4, A. Safai 23'3 = 47'7

Novice: A) L. Harris 26'0, M. Olivo 29'1 = 55'1

B) A. Toner 25'0, S. Trattner 25'1 = 50'1

Varsity: S. Patllolu 32'1, L. Otterstedt ?, T. Park ? = _____

Javelin

Varsity: L. Otterstedt _____, S. Halvorsen _____, S. Trattner _____ = _____

Big North Track & Field Dual Meet

Ridgewood vs Old Tappan - 4/8/19

Event	First Place	Second Place	Third Place	RW	OT
400h	A. Ruhl RW 58.3	RJ OT 58.4	Conmy OT 59.7	5	4
100m Dash	K. Grant RW 11.5	JC OT 11.5	H. Roberts RW 11.7	6	3
1600m Run	R. Fahey RW 4:34.9	W. Baginski RW 4:37.2	Pankaiski OT 4:38.0	8	1
400m Dash	Tcherchain OT 51.4	R. McKenna RW 52.1	Conmy OT 52.2	3	6
110m Hurdles	A. Ruhl RW 15.0	RJ OT 15.1	N. DeVita RW 15.7	6	3
800m Run	W. Baginski RW 2:02.6	R. Seaver RW 2:02.7	Pankaiski OT 2:06.0	8	1
200m Dash	A. Ruhl RW 22.1	Tcherchain OT 22.8	K. Grant RW 23.0	6	3
3200m Run	A. Sheridan RW 10:18.2	R. Fahey RW 10:23.8	Hatano OT 10:31.0	8	1
4X400 Relay	Ridgewood 3:25.6	Old Tappan		5	0
High Jump	Jost OT 5'10	L. Reinke RW 5'10	Caracciolo OT 5'8	3	6
Pole Vault	Herlihy OT 13'0	Jost OT 11'6	Ja. Theisen RW 11'0	1	8
Long Jump	Lenn OT 20'3	Caracciolo OT 19'1.5	T. Liu RW 19'1	1	8
Triple Jump	Lenn OT 40'0	Andersen OT 39'11.75	Caracciolo OT 39'9.5	0	9
Discus	Pat OT 143'9	Bazela OT 133'11	S. Patllolu RW 127'0	1	8
Shot Put	T. Vandalovsky RW 51'4	Pat OT 50'4	Bazela OT 48'3	5	4
Javelin	Santa Cruz OT 197'0	Piebler OT 156'3	Downey OT 152'3	0	9
Total Score				66	74

Dual vs Old Tappan - Old Tappan HS

Monday, April 8 - 4 PM

Non-Scoring Results & Relay Splits

400h: J. Stadulis **64.6**, Jo. Theisen **73.2**

100m: S. Emmanuel **11.8**, R. Aono **11.8**, E. McPherson **11.8**, B. Lee **12.1**, G. Frey **12.1**, M. Dolan **12.3**, R. Jha **12.5**, T. Kang **12.6**, T. Park **12.6**, I. Stadnik **12.8**, J. Moskowitz **12.9**, T. Bachrach **13.2**, J. Marionni **13.4**, A. Logan **13.6**, M. Lobosco **13.8**

1600m: J. Boogaert **4:37.2**, Q. McCutcheon **4:57.8**, M. Salerno **5:01.3**, M. Rusch **5:08.8**, L. Fahey **5:16.1**, L. Richman **5:16.2**, M. Neville **5:28.4**

400m: E. McPherson **54.8**, B. Lee **59.7**

110HH: P. Sanchez **17.4**, L. Reinke **17.9**

800m: M. Barbi **2:07.6**, T. Baginski **2:14.2**, A. Oriente **2:14.3**, P. Williams **2:17.9**, E. Stojanovic **2:19.6**, L. Stadulis **2:29.1**, D. Byrne **2:29.4**, B. Rana **2:33.4**, D. Kovac **2:33.6**, J. Nuzzolo **2:38.1**, L. Fine **2:38.8**, C. Healy **2:39.2**, L. Connelly **2:42.0**, G. Stern **2:42.4**, J. Pleeter **2:43.2**, J. Skoric **2:44.6**, M. Goldzweig **2:46.0**, D. Kearney **2:57.8**, T. Kanell **2:58.0**

200m: S. Emmanuel **24.1**, H. Roberts **24.5**, C. Doyle **25.5**, A. Hartigan **25.5**, R. Jha **25.9**, M. Dolan **26.1**, T. Kang **26.1**, I. Stadnik **27.2**, J. Marionni **27.6**, J. Moskowitz **27.7**, A. Logan **28.0**, T. Bachrach **28.4**, M. Lobosco **29.1**

3200m: T. Barnabic **10:49.8**

4x400: A) R. McKenna **52.3**, L. Reinke **51.9**, R. Seaver **51.6**, W. Baginski **49.6** = **3:25.6 - 1st Place**

B) R. Jha **58.3**, S. Halvorsen **57.9**, M. Barbi **58.2**, J. Stadulis **56.4** = **3:50.9**

Long Jump: P. Sanchez **18'11 ¾**, S. Emmanuel **16'6**, C. Doyle **15'4**

Triple Jump: P. Sanchez **39'8**, J. Stadulis **37'1 ½**, A. Dunn **31'9**, T. Liu **31'0**

High Jump: A. Dunn **5'6**, T. Liu **NH**, P. Sanchez **NH**

Pole Vault: P. Scott **9'0**, R. Pfund **9'0**, D. Weispfenning **8'6**, L. Gnospelius **8'6**, Jo. Theisen **8'0**, D. Walve **8'0**, C. Ponder **NH**

Shot Put: L. Otterstedt **38'1**, T. Park **37'2**, S. Patllolu **35'0**, A. Liguori **32'9**, M. Olivo **31'4**, L. Harris **27'8**, S. Trattner **26'7**, A. Toner **25'9**, T. Malone **24'7**, C. Scott **24'5**, A. Safai **23'5**

Discus: T. Vandalovsky **118'0**, L. Otterstedt **111'1**, A. Liguori **91'11**, T. Malone **71'10**, A. Toner **65'2**, L. Harris **77'2**, S. Trattner **66'0**, M. Olivo **57'7**, A. Safai **55'6**, C. Scott **51'9**

Javelin: L. Otterstedt **146'0**, L. Reinke, S. Halvorsen **124'0**, S. Trattner **108'0**

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

Wednesday, Friday and Saturday, April 10, 12-13

Wednesday

Pole Vault: Ja. Theisen 10'6, P. Scott 9'6, R. Pfund 9'0 = 29'0 - 3rd Place

Discus: S. Patllolu 121'0, T. Vandalovsky 115'1, L. Otterstedt 109'3 = 345'4 - 3rd Place

Friday

3x400h: A. Ruhl 57.3, L. Reinke 57.9, R. McKenna 62.5 = 2:57.7 - 2nd Place

4x200: S. Emmanuel 23.9, R. McKenna 22.6, R. Seaver 23.7, K. Grant 22.4 = 1:32.6 - 1st Place

4x1600: R. Fahey 4:36.2, J. Boogaert 4:44.3, T. Barnabic 4:44.6, W. Baginski 4:37.9 = 18:42.7 - 1st Place

Triple Jump: P. Sanchez 38'4 ½, N. DeVita 36'8 ½, T. Liu 35'3 ¾ = 110'4 ¾ - 5th Place

Javelin: L. Otterstedt 159'0, L. Reinke 157'0, S. Halvorsen 120'0 = 436'0 - 2nd Place

Saturday

4x110 SHR: L. Reinke 15.2, N. DeVita 15.6, P. Sanchez 17.3, A. Ruhl 15.2 = 63.0 - 1st Place

4x100: E. McPherson, K. Grant, A. Ruhl, S. Emmanuel = 46.1 - 3rd Place

DMR: J. Boogaert 3:21.1, E. McPherson 53.9, M. Barbi 2:03.9, R. Fahey 4:38.8 = 10:58.3 - 2nd Place

SMR: R. Seaver 51.8, S. Emmanuel 23.9, K. Grant 22.9, W. Baginski 1:56.9 = 3:35.7 - 1st Place

4x800: R. Seaver 2:04.3, J. Boogaert 2:06.2, A. Sheridan 2:04.9, W. Baginski 1:58.5 = 8:14.6 - 1st Place

Frosh 4x400: R. Jha 57.0, P. Williams 59.8, M. Rusch 64.4, M. Barbi 59.6 = 4:00.8 - 2nd Place

4x400: E. McPherson 55.1, R. Fahey 58.6, N. DeVita 58.3, A. Sheridan 56.5 = 3:47.9 - 6th Place

High Jump: A. Dunn 5'8, L. Reinke 5'6, P. Sanchez 5'0 = 16'2 - 4th Place

Shot Put: T. Vandalovsky 50'11, L. Otterstedt 37'10 ½, T. Park 36'9 ¼ = 125'6 ¾ - 2nd Place

Long Jump: P. Sanchez 19'3, S. Emmanuel 18'9, T. Liu 18'2 = 56'2 - 2nd Place

Scores		
1	Ridgewood	115
2	Old Tappan	105
3	Ramapo	80
4	Northern Highlands	57
5	Bergen Tech	38

River Dell sprints to title at Bergen County Relays

Paul Schwartz

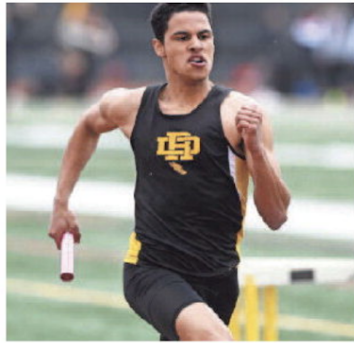
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

ORADELL — The River Dell boys sprint relay team didn't expect to become the best sprint team in Bergen County.

"We were pretty good and then we broke our school record in the 4-x-100 totally unexpectedly last spring," said senior Ed Ahn, who led off all winning four Golden Hawk sprint teams this weekend at the Jack Yockers Bergen County Relays. "We don't have that guy like Conor Davidson (who anchored the previous record-setting team from four years ago). So we go out there and all try to run our best in every meet. We work hard and we work together."

After a good winter season that saw the 4-x-400 team win all-Bergen honors, the Golden Hawks have continued to improve, and Saturday they showed how good they can be.

Ahn, Aaron Furneaux, David Gibbons, Andrew Sanchez and David



Andrew Sanchez became the first River Dell athlete to win the Bernard Smith Award as the top boys runner at the Bergen County Relays.

MICHAEL KARAS/NORTHJERSEY.COM

Puentes, the only junior of the group, combined to win the B division 4-x-100, 4-x-200, 4-x-400 and sprint medley races (with an 800 anchor leg by Jon

Fontana in the latter event) and lead River Dell to its first division title since 2015, 112-100 over Ramsey, with three-time defending champ NV/Demarest a distant third with 84 points.

"I love watching the team progress," said Sanchez, who may not be that guy but is a pretty good approximation of the same with two 50 splits and a 21.8 200 to his credit this weekend. "People say track isn't a team sport but they're wrong. It's made up of individual events but we run for each other and run better in relays than individual races. What's more team than that?"

The Golden Hawks led all teams in three events at the meet, Bergen County's largest high school event, running 43.5 for the 4-x-100, 1:30.1 for the 4-x-200 and 3:26.3 for 4-x-400. The throws team was second in three events and the distance medley, high jump and triple jumps also took seconds in division B.

Sanchez became the first River Dell athlete to win the Bernard Smith Award as the top boys runner at the meet.

Unsung hero for Bergen Catholic

Bergen Catholic coach Bill Leonard is a believer in the old saying, attributed to Woody Allen that 80 percent of success is just showing up.

The Crusaders not only showed up and placed in every event in the Group E meet, but they won seven of the 16 events en route to a 136-117 win over Paramus Catholic. And the epitome of showing up is senior Paul Caprio.

Caprio was part of the very successful Crusader cross-country team last fall, but rarely steps on the track because of the deep BC distance team, a team that swept the 4-x-800, 4-x-1,600 and distance medley races en route to victory. But the absence of Rahmir Johnson (at the Red-White game at Nebraska) and injuries to some other athletes forced Caprio into the pole vault, javelin and discus events, where the Crusaders earned two wins and a third place finish.

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Track

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"I like doing track and field -- all of it," said Caprio, who was on call if needed for the sprint medley relay as a sprinter, not the anchor leg. "I feel like I'm part of the team and I contribute some points."

And the first pump he gave after BC was announced as the division champion indicated how much.

"Not everybody gets excited about team events," said Leonard, who pointed to 26 separate athletes who scored in the meet. "But it's really the reason I coach. Paul is a perfect example of what

we want to do -- cover all of the events."

Glen Rock uses 'Noodle' to repeat

They call him "Noodle," possibly because he's tall, slender and very fair-skinned.

But Glen Rock's Andrew Laguttuta is as tough as nails and as talented as any small school runner in the North Jersey area. He proved it again this weekend, anchoring the Panthers to wins in the 4-x-1,600, 4-x-800 and distance medley races and leading the Panthers to third straight C division title, 114-105, over Hasbrouck Heights.

"I use him some times as an example at practice or at a meeting," said Glen

Rock boys coach J.P. McCarten. "He didn't run cross-country as a freshman, and missed making a very good soccer team, and he was an okay basketball player. And even in the spring he didn't crack our lineup right away.

"But he kept working hard and his gift developed and now he's one of the best runners in the school's history."

The Panthers won only the three events that Laguttuta anchored, but was second or third in 12 of the other 13 events, with seniors Andrew Stoddard, Pierce Tuttle, Garrett Boscoe, Jared Lipsky and Gabe Weinstock chipping in.

Pascack Hills senior Liam Landau became the first Cowboy to win the Steve Finlay Award, clearing 14 feet in

the pole vault, and having one of the best jumps of the day in the long jump, capping a wild Saturday that also saw him on the winning 4-x-100 and shuttle hurdles team, all in the first two hours.

Emerson, Ridgewood streaks

They're in the smallest and largest groups, but there's one thing that links Emerson and Ridgewood, they keep on rolling to victories.

Emerson captured its four straight group D title and fifth division title in six years by the day's largest margin, 115-80, over Becton and Ridgewood took its fourth straight Boys A title over NV/Old Tappan, 115-105.

TRACK AND FIELD

Week's best: Bergen Relays had many MVP-worthy performances

Paul Schwartz

North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Liam Landau of Pascack Hills, Andrew Sanchez of River Dell, Marisa DiGlia of NV/Old Tappan and Nicole Barbaro of Holy Angels were worthy winners of the outstanding Field and Track performers at last weekend's Jack Yockers Bergen County Relays but there were other excellent nominees for the prestigious awards.

Tommy Cahill of Ramapo led all high jumpers, clearing a personal best 6-4, and also jumped a group leading 19-8 1/4 in the long jump and the second best performance in the A triple jump at 40-7 1/2. Cresskill senior Daniel Castano led all group C triple jumpers at 41-6 3/4, long jumped 18-8 3/4 and high jumped a group tying best of 5-8.

Joey Lacorazza led Emerson to a D division title with the division's top triple jump (41-6 3/4), second best high jump (5-8) and third best long jump (18-2). Jason Santa Cruz of NV/Old Tappan probably had the best single performance of the day, throwing a major meet best 188-2 in the javelin.

Will Baginski of Ridgewood split 1:56.2 on his leg of the 4-x-800, anchored the sprint medley to a win in 1:57.7 and ran a leisurely 4:32.8 as Ridgewood won the A division 4-x-1,600. Braedon Fiume of Bergen Catholic had a 51.6 in the 4-x-400, 1:56.8 800 in the sprint medley and ran 4:27.8 as the Crusaders dominated the 4-x-1,600. Teammate Graydon Nichols went 4:30.9 on the 4-x-1,600 and split 4:30.6 in the distance medley.

Andrew Laguttuta of Glen Rock had four terrific splits, running 4:24 to anchor the winning 4-x-1,600, an easy 4:34 in the winning DMR, a 2:07.8 anchor in the 4-x-800 and capped by a 50.9 400 anchor in the 4-x-400.

Finally, Meaghan Healy helped Midland Park to wins in the D division shuttle hurdles, 4-x-100 and javelin, while Katherine Muccio led Ridgewood's county record 3-x-400 hurdles team in 6L2, split 14.6 in the shuttle hurdles and anchored the second place 4-x-100 team. Ramapo's Grace O'Shea ran 25.3 leading off the county's top 4-x-200 team, split 59.1 and the winning 4-x-400 team, ran a leg on the 4-x-100 and split 63.3 in the 400 hurdles.

The injury report

Some of North Jersey's top athletes were missing this past weekend at the annual Bergen and Passaic County Relay championships. Several key performers were taking college entrance exams and were at college orientation programs, but six big-time performers missed because of injury and five of them will probably miss the season.

NV/Demarest pole vaulter Sydney Woods is recovering nicely from her ankle injury suffered after winning the Bergen County title in February, but is in a walking boot and won't be back until she starts at the University of Pennsylvania in the fall.

Fellow seniors Dillon Jensen of Pascack Hills

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Track

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(distance) and Hasson Klingen of Lakeland (sprints/jumps) have likely completed their high school careers prematurely. Jensen, an all-Bergen cross-country runner in the fall and the defending Bergen 3,200-meter champ, is recovering from a stress fracture. Klingen tore his ACL in a freak accident while competing in a dual meet at Fair Lawn and the indoor SMOC medalist faces surgery this month.

Holy Angels senior jumper Rebecca Hazell and River Dell soph distance star Maggie Mircovich also have stress fractures, although there is a glimmer of hope Hazell might return by sectionals. Mircovich was recently diagnosed and won't be back until cross-country season.

Finally, multiple state champ and 2017 outdoor National high jump champ Jenna Rogers of Ruthersford isn't jumping yet following a bad bone bruise on her takeoff foot. But the junior is remaining active, throwing the shot and javelin for the improving Bulldogs.

Penn Relays acceptances

Fourteen North Jersey girls and seven boys qualified for individual events at Penn Relays, April 25-26-27, while the Ridgewood girls distance medley, the River Dell girls 4-x-800 and the Bergen Catholic, Passaic and Ramapo 4-x-800 will also run in invitational events.

Top 25

Boys

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

North Jersey has four girls in the javelin (Alanna Eucker of Bergen Tech, Karina Roze of Glen Rock, Alicia Iafate of NV/Demarest and Hailey Romero of Fair Lawn) and three in the 400 hurdles (Muccio, O'Shea and Grace Smechowski of Northern Highlands). The Paramus Catholic trio of Tiffany Bautista (triple jump) and Kennedee Cox and Isabelle Dely (long jump) will compete, while Marisa DiGlia of NV/Old Tappan is in the pole vault and Jada Sewell of NV/Demarest is in the shot. Daisy Liljegen of Northern Highlands will run the 3,000 meters. Rogers was invited in the high jump but will not compete.

The boys contingent is led by state indoor 1,600 champ Baginski and national outdoor 800 meter champ Luis Peralta of Passaic, in the boys mile. Santa Cruz will be in the javelin, Don Bosco's Connor Mathis in the shot and NV/Demarest standout Matt Lange will throw the discus. Kennedy's Jamier Wright-Collins is his school's fourth competitor in the high jump in three years. Jadon Watson was second in the event last year. Finally, state indoor vault champ Landau is a favorite in the event.

Sports



North Jersey Sports

|| Holy Angels' Barbaro, Ridgewood's Baginski earn weekly honors, [75](#)

BOYS ATHLETE OF THE WEEK



Sport: Track & field
Class: Senior. **Age:** 18
Accomplishment: Baginski helped lead Ridgewood to the Group A team title at the Bergen County Relays. He ran 4:32 on the anchor leg of the winning 4-x-1,600 and anchored the winning sprint medley relay with a 1:56.2 in the 800 leg. He also anchored the 4-x-800 to victory in 1:57.5. Baginski has committed to Dartmouth College.

"Will is someone who does everything right. He cross-trains multiple times a week. He is into this 100 percent. He is probably the most special athlete we've had in the program in a lot of years, which is impressive."

— Coach Pat Ryan
Also nominated: Zach Byle of Wayne Valley, Grant Gallorini of Paramus, Kyle McKeary of Dumont, Eric McKenna of North Arlington, Josh Cohen of Indian Hills, and Joseph Argenziano of NV/Demarest for baseball; Mark Berry of Fair Lawn for volleyball; and Matt Bellinger of Paramus for lacrosse.

Big North Track & Field Dual Meet

Ridgewood vs Northern Highlands - 4/15/19

Event	First Place	Second Place	Third Place	RW	NH
400h	A. Ruhl RW 57.5	C. Arber NH 60.5	M. Barbi RW 63.0	6	3
100m Dash	K. Grant RW 11.3	NH 11.7	S. Emmanuel RW 11.7	6	3
1600m Run	R. Fahey RW 4:41.3	A. Sheridan RW 4:43.4	J. Boogaert RW 4:48.7	9	0
400m Dash	R. Seaver RW 52.1	C. Arber NH 52.5	E. McPherson RW 55.0	6	3
110m Hurdles	A. Ruhl RW 15.3	N. DeVita RW 15.9	P. Sanchez RW 17.0	9	0
800m Run	W. Baginski RW 2:01.6	M. Barbi RW 2:11.3	M. Zamboldi RW 2:14.4	9	0
200m Dash	K. Grant RW 23.5	R. Aono RW 24.7	NH 24.9	8	1
3200m Run	Stevie NH 10:37.3	A. Sheridan RW 10:43.0	T. Barnabic RW 10:53.2	4	5
4X400 Relay	RW 3:44.0	NH 3:57.1		5	0
High Jump	Ethan NH 5'6	A. Dunn RW 5'6	Anthony NH 5'2	3	6
Pole Vault	L. Khawaylov NH 11-0	J. Theisen RW 10'6	J. Ustorf NH 9'6	3	6
Long Jump	P. Sanchez RW 19'0	G. Clarke NH18-11.5	E. Harris NH 18'9	5	4
Triple Jump	G. Clarke NH 39'10	P. Sanchez RW 39'3	M. Dolan NH 37-6.5	3	6
Discus	John G. NH 149'6	L. Otterstedt RW 115'8	S. Patllolu RW 109'5	4	5
Shot Put	T. Vandalosky RW 50'0	J. Gridith NH 48'1.5	D. Blacke NH 44'7	5	4
Javelin	L. Otterstedt RW 140'4	S. Halvorsen RW 129'6	L. Reinke RW 123'1	9	0
Total Score				94	46

Big North Track & Field Dual Meet

Ridgewood vs Ramapo - 4/15/19

Event	First Place	Second Place	Third Place	RW	RP
400h	A. Ruhl RW 57.5	M. Barbi RW 63.0	N. Kim RP 63.9	8	1
100m Dash	K. Grant RW 11.3	RP 11.5	RP 11.7	5	4
1600m Run	R. Fahey RW 4:41.3	J. Pecore RP 4:41.9	B. Hymons RP 4:42.3	5	4
400m Dash	R. Seaver RW 52.1	Skead RP 54.6	E. McPherson RW 55.0	6	3
110m Hurdles	A. Ruhl RW 15.3	N. DeVita RW 15.9	N. Kim RP 16.8	8	1
800m Run	W. Baginski RW 2:01.6	J. Pecore RP 2:05.0	M. Calderiero RP 2:08.7	5	4
200m Dash	K. Grant RW 23.5	T. Cahill RP 23.8	L. Czerpak RP 24.2	5	4
3200m Run	Hymans RP 10:25.3	Caldino RP 10:32.4	A. Sheridan RW 10:43.0	1	8
4X400 Relay	RW 3:44.0	NH 3:53.8		5	0
High Jump	RP 6'0	RP 5'10	RP 5'10	0	9
Pole Vault	J. Theisen RW 10'6	R. Pfund RW 9'0	P. Scott RW 8'6	9	0
Long Jump	I. Savit RP 19'8.5	L. Ragone RP 19'2	T. Chill RP 19'1.5	0	9
Triple Jump	T. Cahill RP 41'1	S. Campell RP 40'1	P. Sanchez RW 39'3	1	8
Discus	L. Otterstedt RW 115'8	Mike RP 109-9	S. Patllolu RW 109'5	6	3
Shot Put	T. Vandalosky RW 50'0	M. Connuis RP 43'0	F. Patterson RP 38'0	5	4
Javelin	Connor RP 160'2	L. Otterstedt RW 140'4	S. Halvorsen RW 129'6	4	5
Total Score				73	67

Tri vs Northern Highlands & Ramapo - Jacob Brown Track and Field Facility, BF

Monday, April 15 - Javelin 3:30 PM; Track 4:00 PM

Non-Scoring Results & Relay Splits

400h: Jo. Theisen **71.4**

100m: R. Aono **11.9**, E. McPherson **12.0**, G. Frey **12.2**, I. Stadnik **13.2**, J. Moskowitz **13.7**, T. Bachrach **14.0**,
A. Logan **15.5**

1600m: P. Baginski **4:58.8**, T. Barnabic **4:59.1**, P. Williams **5:12.6**, L. Richman **5:14.5**, M. Rusch **5:19.6**,
L. Fahey **5:22.2**,

400m: S. Halvorsen **58.0**, M. Dolan **61.2**, I. Stadnik **66.8**, A. Logan **73.0**

800m: T. Baginski **2:19.1**, A. Oriente **2:26.2**, E. Stojanovic **2:31.4**, L. Stadulis **2:33.2**, D. Byrne **2:36.0**,
S. Miller **2:36.8**, B. Rana **2:37.1**, J. Skoric **2:38.8**, J. Pleeter **2:40.8**, C. Healy **2:43.2**, D. Kearney **3:01.6**,
T. Kanell **3:02.2**

200m: R. Jha **26.1**, M. Dolan **26.4**, G. Frey **27.0**

3200m: Q. McCutcheon **11:22.3**, P. Williams **11:17.1**

4x400: E. McPherson 57.7, P. Sanchez 57.5, M. Barbi 57.3, R. Seaver 52.0 = 3:44.0 - 1st Place

Long Jump: S. Emmanuel **F**

Triple Jump: N. DeVita **35'6**

Pole Vault: D. Weispenning **NH**, L. Gnospelius **8'6**

Shot Put: L. Otterstedt **37'1**, S. Patllolu **34'2 ¼**, A. Liguori **31'1**, L. Gregorio **30'8**, A. Safai **22'11**,
A. Toner **22'7**, T. Malone **20'9**

Discus: T. Vandalovsky **101'8**, A. Liguori **93'7**, L. Gregorio **79'7**, T. Malone **62'5**, A. Safai **59'2**, A. Toner **F**

Comet Relays - Ed Church Track and Field Facility, Hackensack

Saturday, April 20 - 9 AM

3x400h

Frosh: M. Barbi 63.2, Jo. Theisen 76.6 = 2:19.7 - 2nd Place

4x800

Novice: A) T. Baginski 2:15.2, L. Richman 2:18.9, Q. McCutcheon 2:19.9, P. Baginski 2:15.6 = 9:11.5 - 1st Place

B) S. Halvorsen 2:23.9, A. Oriente 2:22.2, L. Fahey 2:39.3, L. Fine 2:44.0 = 10:09.4

C) C. Healey 2:40.3, D. Jorgensen 2:34.4, M. Goldzweig 2:50.8, T. Kanell 3:06.5 = 11:12.0

Frosh: A) P. Williams 2:25.1, L. Stadulis 2:32.2, M. Rusch 2:29.6, M. Barbi 2:13.7 = 9:42.6 - 1st Place

B) R. Jha 2:22.4, J. Pleeter 2:39.3, D. Kovac 2:35.3, B. Rana 2:34.5 = 10:13.0 - 3rd Place

4x200

Novice: A. Hartigan 25.2, R. Jha 26.0, I. Stadnik 27.6, J. Moskowitz 26.4 = 1:44.9

Pole Vault

Varsity: Jo. Theisen 11'0, P. Scott 10'0, R. Pfund 9'0 = 30'0 - 1st Place

Big North Track & Field Dual Meet

Ridgewood vs Hackensack - 4/22/19

Event	First Place	Second Place	Third Place	RW	H
400h	L. Reinke RW 57.9	R. McKenna RW 62.6	M. Barbi RW 63.3	9	0
100m Dash	A. Ruhl RW 11.2	K. Grant RW 11.3	H. Roberts RW 11.5	9	0
1600m Run	R. Fahey RW 4:36.2	A. Sheridan RW 4:38.6	J. Boogaert RW 4:39.6	9	0
400m Dash	A. Ruhl RW 50.3	W. Baginski RW 50.6	H	8	1
110m Hurdles	L. Reinke RW 14.9	N. DeVita RW 15.6	H	8	1
800m Run	R. Seaver RW 2:02.9	H	H	5	4
200m Dash	K. Grant RW 22.9	H	R. McKenna RW 23.6	6	3
3200m Run	J. Boogaert RW 10:41.6	P. Baginski RW 10:45.1	H	8	1
4X400 Relay	H	RW 3:47.5		0	5
High Jump	A. Dunn RW 5'8	H	H	5	4
Pole Vault	J. Theisen RW 11'0	P. Scott RW 9'6	L. Gnospelius RW 9'0	9	0
Long Jump	H	H	H	0	9
Triple Jump	H	H	H	0	9
Discus	H	H	L. Otterstedt RW 109'6	1	8
Shot Put	T. Vandalovsky RW	H	H	5	4
Javelin	H	L. Reinke RW 119'6	L. Otterstedt RW 119'5	4	5
Total Score				86	54

Big North Track & Field Dual Meet

Ridgewood vs Paramus - 4/22/19

Event	First Place	Second Place	Third Place	RW	P
400h	L. Reinke RW 57.9	R. McKenna RW 62.6	P	8	1
100m Dash	A. Ruhl RW 11.2	K. Grant RW 11.3	H. Roberts RW 11.5	9	0
1600m Run	R. Fahey RW 4:36.2	A. Sheridan RW 4:38.6	J. Boogaert RW 4:39.6	9	0
400m Dash	A. Ruhl RW 50.3	W. Baginski RW 50.6	S. Halvorsen RW 56.9	9	0
110m Hurdles	L. Reinke RW 14.9	N. DeVita RW 15.6	P	8	1
800m Run	R. Seaver RW 2:02.9	M. Zamboldi RW 2:10.1	M. Barbi RW 2:10.4	9	0
200m Dash	K. Grant RW 22.9	R. McKenna RW 23.6	H. Roberts RW 24.3	9	0
3200m Run	J. Boogaert RW 10:41.6	P. Baginski RW 10:45.1	P	8	1
4X400 Relay	RW 3:47.5	P		5	0
High Jump	A. Dunn RW 5'8			5	0
Pole Vault	J. Theisen RW 11'0	P. Scott RW 9'6	L. Gnospelius RW 9'0	9	0
Long Jump	T. Liu RW 17'6.5	S. Emmanuel RW 15'4.5	C. Doyle RW 14'5	9	0
Triple Jump	N. DeVita RW 34'3			5	0
Discus	L. Otterstedt RW 109'6	S. Patlolu RW 108'9	T. Vandalovsky RW 100'2	9	0
Shot Put	T. Vandalovsky RW 46'10	L. Otterstedt RW 39'2.25	P	8	1
Javelin	L. Reinke RW 119'6	L. Otterstedt RW 119'5	S. Halvorsen RW 115'4	9	0
Total Score				128	4

Tri vs Hackensack & Paramus - Ed Church Track and Field Facility, Hackensack

Monday, April 22 - 4 PM

Non-Scoring Results & Relay Splits

400h: Jo. Theisen **73.4**

100m: R. Aono **11.8**, E. McPherson **12.0**, J. Moskowitz **12.8**, M. Lobosco **12.8**, J. Marionni **12.8**, I. Stadnik **12.9**, A. Rose **12.9**, T. Bachrach **13.2**, M. Pettigrew **14.5**, A. Logan **15.5**,

1600m: T. Barnabic **4:53.6**, P. Baginski **5:00.9**, M. Salerno **5:02.5**, P. Williams **5:03.4**, L. Richman **5:12.3**, M. Rusch **5:12.2**, L. Fahey **5:19.7**

400m: R. Jha **58.5**, A. Hartigan **60.1**, C. Doyle **61.8**, T. Kang **62.4**, B. Lee **62.6**, M. Dolan **63.0**, T. Bachrach **65.0**, I. Stadnik **68.9**, J. Moskowitz **68.0**, A. Logan **69.0**, M. Pettigrew **70.0**

800m: T. Baginski **2:14.5**, A. Oriente **2:15.6**, S. Miller **2:22.9**, D. Byrne **2:30.2**, L. Stadulis **2:31.5**, B. Rana **2:32.4**, D. Jorgensen **2:33.4**, C. Healy **2:37.3**, L. Fine **2:37.6**, J. Pleeter **2:44.5**, G. Stern **2:46.2**, M. Goldzweig **2:46.7**, T. Kanell **2:59.9**, D. Kearney **3:06.6**

200m: B. Lee **25.3**, R. Jha **25.9**, C. Doyle, G. Frey, M. Dolan, A. Hartigan

3200m: Q. McCutcheon **10:47.2**, P. Williams **11:06.0**

4x400: J. Boogaert **58.7**, M. Barbi **55.5**, R. Jha **58.9**, R. Seaver **54.4 = 3:47.5**

Pole Vault: Jo. Theisen **8'0**, D. Weispenning **7'6**, R. Pfund **NH**, D. Walve **NH**

Shot Put: A. Liguori **35'1 ½**, S. Patllolu **33'9**, M. Olivo, L. Harris, S. Trattner, A. Toner, T. Malone, C. Scott, A. Safai

Discus: A. Liguori **90'10**, T. Malone, A. Toner, L. Harris, S. Trattner, M. Olivo, A. Safai, C. Scott

Javelin: S. Trattner **106'10**

Who's going to the 2019 Penn Relays? Individual qualifiers announced for 125th running

It's a historic year for the Penn Relays, and like always, athletes from New Jersey will make sure they are a part of the celebration.

The biggest relay carnival in the world is set to celebrate its 125th running later this month. Athletes of all ages from all over the country (and world) will flock to Franklin Field in Philadelphia for three jam-packed days of competition. Action begins Thursday, April 25.

On Monday, the high school qualifiers in the individual events were announced. Overall, 53 girls and 37 boys are set to compete in 10 individual events. Qualifiers for the distance medley relay and 4x800 -- two of the premier relay races -- will be announced Monday, April 15.

As always, NJ.com is your place to follow all of the action from the Penn Relays. You can find the list of qualifiers from New Jersey below and make sure you check back over the next couple weeks for previews and extensive Penn Relays coverage.

BOYS MILE

Sean Dolan, Hopewell Valley
Luis Peralta, Passaic
Will Baginski, Ridgewood

Penn Relays 2019: Ranking N.J.'s 15 best chances to win in the boys events

By Patrick Lanni | NJ Advance Media for NJ.com | Posted April 23, 2019 at 06:30 AM

Win the wheels and make history.

That will be a common theme this year at the 125th running of the Penn Relays.

The three-day track and field carnival gets underway Thursday and action continues through Saturday at Franklin Field in Philadelphia. As always, New Jersey's best athletes will add their own touch to the historic event.

Who are the top contenders to win the prized Penn Relays wheel? Our list below features breaks down New Jersey's 15 best chances to win in the boys event.



David Gard | For NJ Advance Media

10-Ridgewood's Will Baginski in the mile

Baginski is a kicker so who knows what could happen if this race goes out conservatively. The Dartmouth-bound senior won the Meet of Champions this winter with a 4:12.90 and ran a red-hot last lap to do so. In a race oozing with New Jersey storylines, make sure you keep an eye on Baginski, who ran at the Millrose Games, and his big kick.

Penn Relays - Franklin Field, Philadelphia

Friday, April 26

4x100: S. Emmanuel, K. Grant, A. Ruhl, R. McKenna = **44.27**

1 Mile: W. Baginski 4:20.12 - 5th Place

Ridgewood's Baginski returns to place in mile

Senior gets Penn Relays medal he had been pursuing for four years

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

PHILADELPHIA — A year ago, Will Baginski battled through the 1,600-meter leg of the distance medley at the Penn Relays, feeling a sharp pain in his back and suspecting his season was over.

Friday night, after waiting out two weather delays and running in a steady rain, the Ridgewood senior stepped on the Franklin Field track for the first time in a year and got the Penn Relays medal he had been pursuing for four years.

"I ran a pretty decent race as a freshman (in the 4-x-800) then I dropped the baton (in the 4-x-400) as a sophomore. Last year I knew I had a problem and my season might be over," said Baginski, who finished fifth in a tactical high school mile race in 4:20.12. The race was won by Foster Malleck of Kitchener, Ontario in 4:18.20, the slowest winning time in 53 years.

"I've run in a bunched up race like this before but never with so many other kids," said Baginski, who ran a speedy 58 second last lap, in a wild eight man dash to the finish. "It might not have been the smartest plan because there were so many quality kids, but I'm satisfied with my race and can't wait for my next one."

Neither can Passaic's Luis Peralta, but perhaps for different reasons. For three laps he seemed to have the race exactly where he wanted it.

Peralta took the lead from the opening gun and promptly slowed the race to a quick trot, going through the 400 in 66 seconds and 800 in 2:16, probably 8-10 seconds slower than normal in a high quality race.

He still held the lead at the three quarter mark, in a pedestrian 3:20 and then he started to move.

But so did everyone else in the race, and while he still ran a 60 second last lap, he finished eighth in

See **PENN RELAYS**, Page 10S



Will Baginski of Ridgewood catches his breath at the end of the boys mile championship on Friday. CHRIS PEDOTA/NORTHJERSEY.COM-USA TODAY NETWORK

Penn Relays

Continued from Page 9S

4:21.19.

"My plan was to sit on the leaders and kick it in," said Peralta. "But I forgot about the plan as soon as the gun went off."

Peralta struggled for about 100 meters midway through the final lap and then regained his composure.

"But it was too late, and the guys in front of me were too good," said Peralta, the defending outdoor national champion. "I tried to kick but it was too much."

Santa Cruz and Mathis earn medals

Two of North Jersey's best boys throwers share several things in common.

They're both seniors who will throw at Division I programs next year, both on the verge of breaking rarely achieved barriers in their events, and, after Friday, both proud medal winners at the Penn Relays.



Will Baginski of Ridgewood (5) and Luis Peralta of Passaic (4) start the high school boys mile run championship at the Penn Relays on Friday.

CHRIS PEDOTA/NORTHJERSEY.COM-USA TODAY NETWORK

Shot putter Connor Mathis of Don Bosco, who's been knocking the door of the 60 foot barrier since last June, came close again Friday, throwing 58-10 1/4 to take fifth in his event, while javelin thrower Jason Santa Cruz of NV/Old Tappan, stalking the 200 foot mark this season, threw a major meet best 192-8 in

the javelin for fifth in his event.

They grabbed their medals in distinctly different ways.

Mathis moved into fourth place on his third throw, slipped into fifth when Nikolas Hyde of Somerset, Pennsylvania threw 58-11 on his last throw and had to wait out a long toss by Mason Ellis of

Clemons, North Carolina on his last attempt which measured 58-8 1/2.

Santa Cruz slid into the finals in eighth place with a solid throw of 184 on his third attempt, then moved to ninth at the beginning of the last round, and then threw a major meet on his last throw, improving by nearly nine feet.

"I tried to stay composed even though the weather wasn't great," said Mathis, who qualified last in the field of 15 and battled through flu that restricted his practice and competition for a week and a half. "I'm not really thinking about because I know I'm working hard and when it comes it comes, but I'm really excited to get a medal today."

Mathis will throw at Wake Forest next year.

Santa Cruz admitted that he was happy to just make the Penn Relays field this year but as the competition went on, his resolve strengthened.

"When the guy knocked me into ninth, it increased my determination," said Santa Cruz, who will throw at Monmouth. "I just got out there, gripped it and ripped it. I'm pretty confident in my mechanics; I trusted what I did to get here and just let it go."

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

Thursday, May 2 - 3:30 PM

400h: L. Reinke 59.80 - 4th Place, M. Barbi 61.12 - 6th Place, J. Stadulis 64.27

100m: A. Ruhl 11.39 / 11.25 - 2nd Place, K. Grant 11.56 / 11.58 - 6th Place, S. Emmanuel 11.79

1600m: W. Baginski 4:28.56 - 1st Place, A. Sheridan 4:31.70 - 3rd Place, J. Boogaert 4:38.60 - 6th Place

400m: R. McKenna 52.35 - 5th Place, E. McPherson 55.85

110HH: L. Reinke 15.59 / 15.46 - 4th Place, N. DeVita 16.06 / 15.98 - 6th Place, P. Sanchez 17.69

800m: M. Zamboldi 2:04.00 - 4th Place, R. Seaver 2:04.34 - 5th Place, M. Barbi 2:07.52

200m: A. Ruhl 22.76 - 1st Place, K. Grant 23.56, R. Aono 24.51

3200m: W. Baginski 9:42.47 - 1st Place; New Meet Record, R. Fahey 9:42.58 - 2nd Place, T. Barnabic 10:13.52

4x400: A. Ruhl 51.5, R. Seaver 51.6, R. McKenna 51.4, W. Baginski 51.3 = 3:25.95 - 1st Place

Long Jump: S. Emmanuel 19'11 ½ - 5th Place, P. Sanchez 19'8 - 6th Place, T. Liu 18'0

Triple Jump: J. Stadulis 37'0 ½, N. DeVita 36'6, P. Sanchez F

High Jump: A. Dunn 5'4

Shot Put: T. Vandalovsky 51'6 - 2nd Place, A. Liguori 36'3, L. Gregorio 35'9

Discus: S. Patllolu 123'4, L. Gregorio 114'0, A. Liguori 103'1

Javelin: L. Reinke 166'3 - 2nd Place, L. Otterstedt 148'1 - 6th Place, S. Halvorsen 128'11

Pole Vault: Ja. Theisen 12'0 - 3rd Place, R. Pfund 10'6, P. Scott 9'6

Scores		
1	Old Tappan	120
2	Ridgewood	108
3	Ramapo	91
4	Northern Highlands	67
5	Hackensack	62.5
6	Paramus	32.5
7	Teaneck	15

Big North Frosh/Novice Championships - Jacob Brown Track and Field Facility, BF

Monday, May 6 - 3:30 PM

100m

Frosh: J. Moskowitz

Novice: A. Hartigan **12.0 / 11.9**, B. Lee, M. Lobosco, J. Marionni, I. Stadnik, A. Rose, T. Bachrach, M. Pettigrew, A. Logan

400h

Frosh: J. Theisen

Novice: J. Stadulis

1600m

Frosh: P. Williams **5:07.0**, M. Rusch **5:12.4**, D. Byrne **5:30.5**, L. Stadulis **5:21.9**

Novice: P. Baginski **4:45.3**, Q. McCutcheon **4:46.2**, L. Fahey **5:12.1**

110HH

Novice: J. Stadulis **19.6/20.0**

400m

Frosh: R. Jha **57.9**, J. Moskowitz **63.3**

Novice: M. Dolan **60.9**, C. Doyle **61.8**, T. Kang **62.5**, T. Bachrach **66.9**, I. Stadnik **69.4**, M. Pettigrew **69.6**

800m

Frosh: M. Rusch **2:27.1**, D. Kovac **2:30.3**, J. Skoric **2:34.9**, J. Nuzzolo **2:31.2**, J. Pleeter **2:37.1**, G. Stern **2:38.8**,

M. Goldsweig **2:39.8**

Novice: T. Baginski **2:12.7**, P. Baginski **2:14.4**, Q. McCutcheon **2:14.7**, A. Oriente **2:15.2**, S. Miller **2:30.7**, C. Healy **2:34.4**, L. Fine **2:38.9**, T. Kanell **2:55.2**

200m

Frosh: R. Jha **26.1**

Novice: C. Doyle **25.9**, B. Lee **26.3**, M. Dolan **26.6**

3200m

Frosh: M. Barbi **10:42.7**, P. Williams **10:56.8**

Long Jump

Novice: C. Doyle

Triple Jump

Novice: J. Stadulis

Shot Put - See Coach Warren

Frosh:

Novice:

Discus - See Coach Warren

Frosh:

Novice:

Javelin

Novice: S. Halvorsen, S. Trattner

Pole Vault

Frosh: L. Gnospelius **10'6**, Jo. Theisen **7'6**

Novice: D. Weispfenning **9'0**, D. Wavle **7'6**

Boys track & field: Who are the best senior athletes in New Jersey? Our picks, your votes

By Patrick Lanni | NJ Advance Media for NJ.com | Posted May 08, 2019 at 07:45 AM



David Gard | For NJ Advance Media

Will Baginski, Ridgewood

Outdoor personal bests

800: 1:58.03

1,600: 4:19.72

Best finish at a state meet: Baginski won the Meet of Champions this winter in the 1,600 after crossing the line first in 4:12.90. He also medaled in the mile this spring at the Penn Relays with a fifth-place finish in 4:20.12.

Paul Schwartz's Bergen County track and field picks

Paul Schwartz

North Jersey Record
USA TODAY NETWORK - NEW JERSEY

The Gene "Red" Littler Bergen County Championships take place on Friday at Hasbrouck Heights and NV/Old Tappan High Schools and Saturday at NV/Old Tappan.

Friday's events start at 3:30 p.m. at both sites and Saturday's events begin at 9 a.m.

Here are Paul Schwartz's picks for the meet:

Division A

Boys

100: Max Baker, Ramapo
200: Alex Ruhl, Ridgewood
400: Michael Tcherchian, NV/Old Tappan
800: Will Baginski, Ridgewood
1,600: Ryan Fahey, Ridgewood
3,200: Dan Stipanov, Paramus
100 IH: Ryan Jordan, NV/Old Tappan
Shot put: Patrick Passalacqua, NV/Old Tappan
Discus: John Griffith, Northern Highlands
Javelin: Jason Santa Cruz, NV/Old Tappan
High jump: Tommy Cahill, Ramapo
Long jump: Luke Bussetti, Northern Highlands
Triple jump: Kievon Banks, Bergen Tech
Pole vault: Kyle Cho, Paramus
4-x-100 relay: Ridgewood
4-x-400 relay: Ramapo
Team: Ridgewood

Girls

100: Jordan Mayo, Tenafly
200: Katherine Muccio, Ridgewood
400: Katherine Muccio, Ridgewood
800: Sarah Adams, Ramapo
1,600: Camryn Wennersten, Ridgewood
3,200: Daisy Liljegren, Northern Highlands
100 IH: Grace O'Shea, Ramapo
400 IH: Katherine Muccio, Ridgewood
Shot put: Brynn Madonna, Northern Highlands
Discus: Angelina Tapia, Tenafly
Javelin: Alianna Eucker, Bergen Tech
High jump: Lizzie Veenhof, Ridgewood
Long jump: Marisa DiGia, NV/Old Tappan
Triple jump: Sara VandenAssem, Ridgewood
Pole vault: Marisa DiGia, NV/Old Tappan
4-x-100 relay: Ramapo
4-x-400 relay: Ramapo
4-x-800 relay: Ridgewood
Team: Ridgewood

Division B

Boys

100: Eddie Ahn, River Dell
200: Andrew Sanchez, River Dell
400: Andrew Sanchez, River Dell
800: Israel Torres, Garfield
1,600: Theo Davis, NV/Demarest
3,200: Bobby Oehrlein, Indian Hills
100 IH: Daniel Van Duren, Mahwah
400 IH: Jason Oh, NV/Demarest
Shot put: Marc Santonocito, NV/Demarest
Discus: Matt Lange, NV/Demarest
Javelin: John Lee, NV/Demarest
High jump: Aidan Bain, NV/Demarest
Long jump: Donovan Anderson, Bergenfield
Triple jump: Vanton Evans, Dwight
Morrow
Pole vault: Robert Escarret, Ridgefield

Park

4-x-100 relay: River Dell
4-x-400 relay: River Dell
4-x-800 relay: Ramsey
Team: NV/Demarest
Girls
100: Kayce Darby, Teaneck
200: Kayce Darby, Teaneck
400: Mia Martinez, Ridgefield Park
800: Grace McCullough, Teaneck
1,600: Amanda Mircovich, River Dell
3,200: Corinne Barney, Indian Hills
100 IH: Emily Grubb, Ramsey
400 IH: Ashley Constantine, NV/Demarest
Shot put: Jada Sewell, NV/Demarest
Discus: Julietta Ambartsoumian, NV/Demarest
Javelin: Alicia Iafraite, NV/Demarest
High jump: Kaela Monte, Ramsey
Long jump: Emily Grubb, Ramsey
Triple jump: Nilya Rhoomes, Lodi
Pole vault: Kyra Muller, Mahwah
4-x-100 relay: Teaneck
4-x-400 relay: NV/Demarest
4-x-800 relay: Ramsey
Team: NV/Demarest

Division C

Boys

100: Maliki Burrell, Hasbrouck Heights
200: Justin Napier, Westwood
400: Thomas Varano, Pascack Hills
800: Andrew Laguttuta, Glen Rock
1,600: Andrew Laguttuta, Glen Rock
3,200: Andrew Laguttuta, Glen Rock
100 IH: Vincent Sedlmeir, Hasbrouck Heights
400 IH: Dean Qasem, Pascack Hills
Shot put: Pierce Tuttle, Glen Rock
Discus: Tim Ozturk, Lyndhurst
Javelin: Gabe Weinstein, Glen Rock
High jump: Daniel Castano, Cresskill

Long jump: Liam Landau, Pascack Hills
Triple jump: Eugene Kim, Rutherford
Pole vault: Liam Landau, Pascack Hills
4-x-100 relay: Pascack Hills
4-x-400 relay: Westwood
4-x-800 relay: Hasbrouck Heights
Team: Glen Rock
Girls
100: Sarah Hutchins, Glen Rock
200: Sarah Hutchins, Glen Rock
400: Tatianna Beutler, Westwood
800: Giuliana Pezzolla, Lyndhurst
1,600: Kayla Jarski, Westwood
3,200: Mary Andreou, Glen Rock
100 IH: Maggie Fodera, Lyndhurst
400 IH: Lindsey Burstiner, Glen Rock
Shot put: Karina Roze, Glen Rock
Discus: Karina Roze, Glen Rock
Javelin: Karina Roze, Glen Rock
High jump: Talia Ferguson, Hasbrouck Heights
Long jump: Sarah Hutchins, Glen Rock
Triple jump: Talia Ferguson, Hasbrouck Heights
Pole vault: Jamie Rossig, Pascack Hills
4-x-100 relay: Glen Rock
4-x-400 relay: Hasbrouck Heights
4-x-800 relay: Glen Rock
Team: Glen Rock

Division D

Boys

100: Rashawn Markman, Waldwick
200: Christian Mendez, Saddle Brook
400: Shawn Castaneira-Grigsby, Midland Park
800: Wouter Schuit, Park Ridge
1,600: Jesus Michel, Bogota
3,200: Jesus Michel, Bogota
100 IH: Stephen Henke, Becton
400 IH: Sebastian Leduc, Park Ridge
Shot put: Dylan De Magistris, Emerson

Discus: Adam Gildea, Emerson
Javelin: Dustin Glynn, Park Ridge
High jump: Rashawn Markman, Waldwick
Long jump: Matthieu Brunelle, Emerson
Triple jump: Matthieu Brunelle, Emerson
Pole vault: Cameron Storz, Emerson
4-x-100 relay: Becton
4-x-400 relay: Park Ridge
4-x-800 relay: Park Ridge
Team: Emerson
Girls
100: Kendra Cirino, Midland Park
200: Kendra Cirino, Midland Park
400: Angelyn Ariza, Becton
800: Jasleen Nanda, Palisades Park
1,600: Sarah Geormaneanu, Park Ridge
3,200: Mary Griffin, Ridgefield
100 IH: Samantha Stallard, Waldwick
400 IH: Samantha Stallard, Waldwick
Shot put: Brielle Novello, Becton
Discus: Erin Karaway, Saddle Brook
Javelin: Meaghan Healy, Midland Park
Long jump: Jasleen Nanda, Palisades Park
Long jump: Nicole Konefal, Wallington
Triple jump: Anna Memija, Saddle Brook
Pole vault: Jessica Coyle, Emerson
4-x-100 relay: Midland Park
4-x-400 relay: Waldwick
4-x-800 relay: Park Ridge
Team: Waldwick

Division E

Boys

100: Rahmir Johnson, Bergen Catholic
200: Rahmir Johnson, Bergen Catholic
400: Josh Gittens, Paramus Catholic
800: Jeremy Bronstein, Dwight-Englewood
1,600: Braedon Fiume, Bergen Catholic
3,200: Jeremy Bronstein, Dwight-Englewood
100 IH: Andy Ambrose, Paramus Catholic

400 IH: Jordany Dely, Paramus Catholic
Shot put: Connor Mathis, Don Bosco
Discus: Connor Mathis, Don Bosco
Javelin: Michael McGeehan, Paramus Catholic
High jump: Ivan Jacob, Bergen Catholic
Long jump: Rahmir Johnson, Bergen Catholic
Triple jump: Jeremy Torre, Paramus Catholic
Pole vault: Ivan Jacob, Bergen Catholic
4-x-100 relay: Paramus Catholic
4-x-400 relay: Paramus Catholic
4-x-800 relay: Bergen Catholic
Team: Bergen Catholic
Girls
100: Maris Rodriguez, Holy Angels
200: Mariah Fede, Paramus Catholic
400: Mariah Fede, Paramus Catholic
800: Christina Bagin, Holy Angels
1,600: Mackenzie Hughes, Holy Angels
3,200: Mackenzie Hughes, Holy Angels
100 IH: Mariah Fede, Paramus Catholic
Shot put: Brianna Thomas, Paramus Catholic
Discus: Brianna Thomas, Paramus Catholic
Javelin: Brianna Thomas, Paramus Catholic
High jump: Tiffany Bautista, Paramus Catholic
Long jump: Kennedee Cox, Paramus Catholic
Triple jump: Tiffany Bautista, Paramus Catholic
Pole vault: Emma Viggiano, IHA
4-x-100 relay: Paramus Catholic
4-x-400 relay: Holy Angels
4-x-800 relay: Holy Angels
Team: Paramus Catholic

Bergen County Group Championships - Old Tappan High School

Friday (3:30PM) -Saturday (9AM), May 10-11

Friday

400h: A. Ruhl 56.87 - 3rd Place, L. Reinke 57.76 - 5th Place, M. Barbi 61.31

100m: K. Grant 11.59 / 11.54 - 3rd Place, E. McPherson 12.17

1600m: W. Baginski 4:24.41 - 1st Place, R. Fahey 4:28.17 - 2nd Place, A. Sheridan 4:28.42 - 3rd Place

400m: A. Ruhl 50.12 - 1st Place, R. McKenna 52.89, E. McPherson 54.92

4x800: J. Boogaert 2:02.3, M. Barbi 2:07.4, M. Zamboldi 2:06.0, R. Seaver 1:59.7 = 8:15.56 - 2nd Place

Javelin: L. Otterstedt 164'7 - 4th Place, L. Reinke 143'9, S. Halvorsen 120'10

Discus: S. Patllolu 132'0 - 5th Place, L. Gregorio 120'6, A. Liguori 105'4

Long Jump: P. Sanchez 18'8 ½, T. Liu 18'8 ½, J. Stadulis 18'7 ¼

Pole Vault: Ja. Theisen 11'6 - 6th Place, L. Gnospelius 10'6, R. Pfund NH

Saturday

110HH: A. Ruhl 15.53 / 15.27 - 4th Place, L. Reinke 15.62 / 15.42 - 5th Place, N. DeVita 15.70 / 15.82 6th Place

800m: W. Baginski 1:57.40 - 1st Place, J. Boogaert 2:04.21, R. Seaver 2:07.67

3200m: W. Baginski 9:44.12 - 1st Place, R. Fahey 9:44.22 - 2nd Place, A. Sheridan 9:50.50 - 4th Place

4x100: E. McPherson, K. Grant, R. McKenna, T. Liu = 45.83 - 6th Place

200m: A. Ruhl 22.44 - 2nd Place, K. Grant 23.34, R. McKenna 23.42

4x400: R. Seaver, R. McKenna, L. Reinke, W. Baginski - SCR

Shot Put: T. Vandalovsky 49'7 - 3rd Place, L. Gregorio 34'6, A. Liguori 34'4

Triple Jump: P. Sanchez 42'5 ¾ - 5th Place, J. Stadulis 36'4, N. DeVita 35'7

High Jump: A. Dunn NH

Scores		
1	Old Tappan	151
2	Ridgewood	119
3	Ramapo	88
4	Northern Highlands	46
5	Hackensack	39

Novice Championships - Ed Church Track and Field Facility, Hackensack

Tuesday, May 14 - 4:00 PM

400h: M. Barbi **63.9**, R. Jha **72.2**, J. Theisen **72.2**

400m: A. Dunn **56.9**, M. Dolan **59.7**, C. Doyle **62.4**, J. Moskowitz **65.0**, I. Stadnik **67.5**, A. Rose **67.5**,
A. Logan **68.0**, J. Marionni **69.5**

1600m: M. Barbi **4:51.5**, M. Salerno, L. Richman, P. Williams, M. Rusch, L. Fahey, D. Byrne, L. Stadulis,
B. Rana

800m: T. Baginski **2:17.9**, A. Oriente **2:24.0**, M. Rusch **2:30.1**, D. Byrne **2:30.5**, D. Jorgensen **2:38.9**, D. Kovac
2:39.9, C. Healy **2:40.0**, L. Fine **2:47.0**, M. Goldsweig **2:51.9**, T. Kanell **2:58.4**

200m: C. Doyle **26.0**, A. Dunn **26.3**, M. Dolan **26.7**

3200m: P. Baginski **10:57.0**, Q. McCutcheon **10:57.9**, P. Williams **11:02.4**

Long Jump: J. Stadulis, C. Doyle

Triple Jump: J. Stadulis

Shot Put:

Discus:

Javelin:

Pole Vault: R. Pfund **10'0**, P. Scott **10'0**, L. Gnospelius **10'0**, D. Weispfenning **8'0**, D. Wavle **8'0**

BMOC - Ed Church Track and Field Facility, Hackensack

Friday, May 17 - 3:30 PM

1600m: R. Fahey **4:32.64 - 4th Place**, A. Sheridan **4:33.20 - 5th Place**

110HH: L. Reinke **15.36 / 14.94 - 4th Place**, N. DeVita **15.65**

200m: A. Ruhl **22.68 - 3rd Place**

TJ: P. Sanchez **40'4 ¼**

Pole Vault: Ja. Theisen **11'9**

Jav: L. Otterstedt **151'9**, L. Reinke **139'1**

Shot: T. Vandalovsky **52'0 ¼ - 4th Place**

Disc: S. Patllolu **128'10**

Andy Washnik Pole Vault Festival - Mahwah HS

Saturday, May 18 - 9:00 AM

Pole Vault: Ja. Theisen **11'8**, L. Gnospelius **11'2**, P. Scott **11'2**, R. Pfund **10'8**

East Coast Relays - Randolph HS

Monday, May 20 - 4:30 PM

Shuttle Hurdles: L. Reinke **15.2**, N. DeVita **16.1**, P. Sanchez **16.7**, A. Ruhl **15.2 = 63.16**

Pole Vault: Ja. Theisen **12'0**, P. Scott **11'0**, L. Gnospelius **11'0 = 34'0 - 2nd Place**

Frosh County Championships - Ramsey HS

Wednesday, May 22 - 4:00 PM

400h: M Barbi 61.4 - 1st Place, Jo. Theisen 71.7 - 6th Place, R. Jha 71.9

100m: J. Moskowitz 12.7

1600m: P. Williams 5:00.2 - 4th Place, M. Rusch 5:00.5 - 5th Place, B. Rana 5:24.3, L. Stadulis 5:27.5

800m: M. Barbi 2:07.6 - 2nd Place, D. Byrne 2:24.7, J. Nuzzolo 2:30.6, J. Skoric 2:33.8, G. Stern 2:36.7, L. Stadulis 2:37.7, M. Goldzweig 2:39.6, J. Pleeter 2:39.6,

200m: R. Jha 26.0, J. Moskowitz 26.7

3200m: M. Rusch 11:05.3 - 1st Place, M. Barbi 11:14.4 - 2nd Place, P. Williams 11:15.6 - 3rd Place

4x400: R. Jha 59.7, P. Williams 62.5, T. Liu 54.8, M. Barbi 54.6 = 3:51.7 - 1st Place

Long Jump: T. Liu 18'11 ¼ - 1st Place

Triple Jump: T. Liu 36'7

Pole Vault: L. Gnospelius 12'0 - 1st Place, Jo. Theisen 8'0

Discus: T. Malone _____

Shot Put: T. Malone _____

Comments: Official results, 2nd place to Hackensack in a great team effort!

Congratulations to winners: Luke (PV), Tianlu (LJ), Matt (3200), Mick (400h), and the 4x400 (Rohan, Phil, Tianlu, and Mick)

A special congratulations to Mick for being named Outstanding Runner of the Meet!

TRACK AND FIELD: A PREVIEW OF NORTH JERSEY'S SECTIONAL MEETS

Paul Schwartz

North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Here's everything you need to know about North Jersey's sectional track and field meets.

When: Friday, 3:30 p.m.; Saturday, 10 a.m.

Where: North 1, groups 1 and 4 at Clifton; groups 2 and 3 at River Dell, North 2, group 1 at Ridge; North 2, groups 2 and 3 at Middletown North.

What: The top six finishers in each event qualify for the state group meets May 31 and June 1.

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

Boys

North 1

Teams to watch: Hasbrouck Heights, Mountain Lakes, Pompton Lakes, Walkill Valley and defending champion Cresskill. Returning champions: Joe Cannizzo, Boonton (SP), Adam Gileta, Emerson (DT), Adam Stavash, Hasbrouck Heights (PV), Jared Cooper, Mountain Lakes won North 2, group 2 3,200 in 2018.

Events to watch: This wide open group has some excellent sprinters in Alex Mastrototani of Walkill Valley, Zachary Smith and Trevane Green of Pompton Lakes, Rashawn Markman of Waldwick and Malik Burnett of Hasbrouck Heights. The triple jump matches 42+ foeters Bryan Woodard of Pompton Lakes, Matthew Brunelle and Nathan Storz of Emerson and Dan Castano of Cresskill. Stavash will vault for the first time this season and if right, he could make the difference for the Aviators.

Group 2

Teams to watch: River Dell, two-time defending champ Northern Valley/Demarest, Manchester and Ramsey are the favorites with Glen Rock, Lakeland and Passaic Hills also dangerous.

Returning champions: John Lee, NV/Demarest (J); Liam Landau, Passaic Hills (PV/LJ); John Shea, NV/Demarest (TJ). Events to watch: The 400 is very strong with Nazzin Patilla of Manchester, Andrew Sanchez of River Dell and Thomas Verrano of Passaic Hills the strongest contenders. The 800 matches Andrew Lagutira of Glen Rock, Marcus Cheema of Westwood, Isiah Sparkes of Manchester and Chris Ruiz of Vernon. Bergen champ Legutira faces Theo Davis of NV/Demarest in the 1,600 and the 400 hurdles is a five-way battle paced by Passaic Hills' Dean Gassen. The top field event could be the javelin with John Lee of Demarest, Thomas Donovan of Ramsey and Passaic champ Taylor Boorse of Lakeland.

Group 3

Teams to watch: NV/Old Tappan (champs four of the last five years), Morris Hills, Morris Knolls and Ramapo. Returning champions: John Griffin, Northern Highlands (D). Events to watch: The sprints are a must see with Passaic champ Jaaron Hayek of Wayne Hills against Max Baker of Ramapo in the 100, and Hayek, Quincy Jones of Morris Hills and Luke Conny of Old Tappan in the 200. The 800 features nine runners who have run faster than two minutes this spring and the high hurdles matches Nick Boss of Morris Knolls, Daniel Stanow of Paramus, Ryan Verhoop of Ramapo and Ryan Jordan of Old Tappan. In the field, the Ramapo trio of Tommy Cahill, Jeremy Miller and Isiah Savitt, Craig Moorhead of Passaic Valley and Jake Salucico of Sparta have all jumped at least 6-2 this spring. There are also five long jumpers at 21-10 including Bergen champ Luke Bussatti of Northern Highlands.

Group 4

Teams to watch: West Orange interrupted Ridgewood's stein of seven wins in eight years last spring, but the Maroons will be in the mix with Passaic champ Passaic, Tech and Randolph. Returning champions: Francis Martingale, Memorial (1,600/3,200), Luis Perilla, Passaic (400/800). Events to watch: The 400 has four sub-50 second entrants including Perilla and Joel Ingram of Passaic Tech. The 1,600 and 3,200 matches Ridgewood, Patrick Mullen of Morristown and Will Baginski of Ridgewood. In the field, Bergen champ Kevin Banks of Bergen Tech, Ingram and Brequn Moore of Kennedy have all jumped more than 46 feet in the triple jump. There are four throwers over 160 in the javelin and five over 140 in the discus.

North 2

Teams to watch: New Providence, Whippany Park and Shabazz are way ahead of the field but Becton, North Arlington, Secaucus, Palisades Park and Wood-Ridge can all advance athletes to the group finals.

North Jersey returning champions: None.

Athletes to watch: Top local hopes are Javier Pose of Becton (100), Stephen Henke of Passaic (200/HH), Que Won Maliano of Becton (TJ), Luis Soto of Palisades Park (400), Julio Manicilla Jr. (D), Michael Corralino of North Arlington (J) and Hunter Pain of Secaucus (J).

Group 2

Teams to watch: West Side easily should defeat Parsippany, Fort Lee, Rutherford, Ridgely Park and Fort Lee have several contending athletes.

North Jersey returning champions: Max Greenwood, Rutherford (PV). Athletes to watch: Eugene Kim of Rutherford (HH), Kim and Zakhar Pryce of Fort Lee (LJ/TJ), Rob Escarret of Ridgely Park and Greenwood (PV), Tim Ozruk of Lyndhurst (D) and Huanly Paredes-Garcia of Fort Lee (J).

Group 3

Cliffside Park is the only North Jersey team in the group. Ivan Hilario is the top seed in the 400 hurdles and should advance in the high hurdles too.

Girls

North 1

Teams to watch: Kinnelon, two-time defending champ Hasbrouck Heights, Mountain Lakes, Kittatiny. Returning champions: Sarah Geornemanau, Park Ridge (1,600); Emily McCallum, Walkill Valley (3,200); Victoria Elk, Emerson (TJ). Events to watch: Butler's Rebecca Kneppel has a chance to sweep the 100, 200 and 400. Kinnelon's Kathryn Brown and Sam Stalard of Waldwick will battle in the 400 hurdles. Brown and Kaylee Stenderowicz of Kittatiny will battle in the long jump and will be joined by Talia Ferguson of Hasbrouck Heights in the triple jump.

Group 2

Teams to watch: NV/Demarest, Glen Rock, Jefferson, Ramsey, High Point and three-time defending champ River Dell. Returning champions: Amanda Mitrovich, River Dell (800); Karina Roze, Glen Rock (J). Events to watch: Emily Grubb of Ramsey, Sarah Hutchins of Glen Rock and Passaic champ Alexis Byfield meet in the high hurdles. There are five girls over 5-2 in the high jump. Irene Park of Pequannock, Bergen champ Alyssa Firo of Ramsey and Jamie Roegg of Passaic Hills contest the pole vault while Roze takes on the Dominican throwing squad in all three throws with javelin thrower Abigail Jerez of Jefferson and discus thrower Alessandra DiBlesso of Pequannock also contenders.

Group 3

Teams to watch: Northern Highlands tries to run its record streak to seven straight with Ramapo the major contender. Tenafly, Montville and NV/Old Tappan can also cause some concern.

Returning champions: Jordan Mayo, Tenafly (100); Grace

Smiechowski, Northern Highlands (200); Shyan Khalil, Montville (SP); Angelina Tapia, Tenafly (D); Marisa Dicia, NV/Old Tappan (HJ); Carlie Wilson, Sparta won North 1, group 2 high jump last year.

Events to watch: Bergen champ Kayce Darby of Teaneck has a rematch with Mayo in the 100 and faces Grace O'Shea of Ramapo and Smiechowski in the 200. Daisy Ullgapan of Northern Highlands, and Corinne Bannery and Allison Loucaury of Indian Hills should run a quick 3,200. In the field Dicia and Milica Rodic of Wayne Valley match up in the triple jump and Brynn Madonia of Northern Highlands and Khalil will have a great battle in the shot.

Group 4

Teams to watch: defending champ Ridgewood, Randolph and West Orange are the big guns here but Montclair, Clifton and Passaic Tech are all strong teams. Returning champions: Abigail Vival, West Orange (HH/HJ); Abby Lowers, Randolph (1,600/3,200); Karen Hill, Randolph (100); Brianna Rubin, Clifton (400); Andrea Dubbers, Clifton (800); Myah Young-Bey, Montclair (200); Elie Veenhof, Ridgewood (HJ); Meghan O'Malley, Randolph (TJ); Sydney Shannon, Passaic Tech (PV). Events to watch: Every event has at least one great star. Lowers is fresh off a state record 3,200 performance, and Muccio has had a fantastic season returning from injury last year. From a team standpoint the 100 hurdles race between Vival, Muccio and O'Malley is perhaps the most crucial.

North 2

Teams to watch: Shabazz, Whippany Park, Dayton and New Providence are the title contenders but Becton, Palisades Park, Secaucus and Weehawken should advance athletes.

North Jersey returning champions: Jasleen Narada, Palisades Park (HJ).

Athletes to watch: Angelyn Ariza of Becton (400/HJ), Manda (HJ) and Briella Novello of Becton (SP).

Group 2

Teams to watch: Lyndhurst is in what could be a six-way battle with Verona, Hanover Park, Bernards, Parsippany and Rutherford. North Jersey returning champions: Giulia Pezzolla, Lyndhurst (800); Jenna Rogers, Rutherford (HJ). Events to watch: Kathleen Ashley of Vernon battles Mia Martinez of Ridgely Park in the 400, while Maggie Fodera of Lyndhurst and Ava Schieble of Rutherford are in a five-way battle in the 400 hurdles. The Rutherford 4-x-100 and Lyndhurst 4-x-400 relays could win while the Lord triple jump duo of Nilija Rhoones and Amanda Barrett could go 1-2. Arianna Lombardi of Lyndhurst battles Annanda Baruth of Parsippany Hills in the shot and Emily Diaz of Fort Lee in the javelin.

Group 3

Cliffside Park is the only North Jersey team in this group. Thrower Destiny Cameron and distance runner Kelsey Pereira have the best chances to advance.

State Sectionals - Clifton Stadium

Friday (3:30 PM) - Saturday (9:00 AM), May 24-25

Friday

400h: L. Reinke 57.99 - 2nd Place, A. Ruhl 58.11 - 3rd Place, J. Stadulis 64.36

100m: A. Ruhl 11.03 / 11.07 - 3rd Place, K. Grant 11.52, S. Emmanuel 11.80

1600m: W. Baginski 4:22.20 - 1st Place, R. Fahey 4:32.26, A. Sheridan 4:37.38

400m: R. McKenna 53.46, E. McPherson 56.47

4x800: J. Boogaert 2:03.5, M. Barbi 2:10.8, M. Zamboldi 2:09.1, R. Seaver 2:08.5 = 8:31.37

Triple Jump: P. Sanchez 40'7 ³/₄, N. DeVita 35'9, J. Stadulis 35'5 ¹/₄

High Jump: A. Dunn NH

Discus: L. Gregorio 110'8, S. Patllolu 95'10, A. Liguori 95'10

Saturday

3200m: W. Baginski 9:29.49 - 1st Place, R. Fahey 9:40.65 - 5th Place, A. Sheridan 9:41.20 - 6th Place

110HH: A. Ruhl 15.81 / 15.44 - 3rd Place (tie), L. Reinke 15.59 / 15.44 - 3rd Place (tie), N. DeVita 16.24

800m: W. Baginski 1:56.57 - 3rd Place, J. Boogaert 2:03.90, M. Zamboldi 2:06.38

4x100: E. McPherson, K. Grant, R. McKenna, S. Emmanuel = 44.44

200m: A. Ruhl 22.61 - 3rd Place, K. Grant 23.98

4x400: R. McKenna 51.5, R. Seaver 52.3, L. Reinke 52.1, W. Baginski 51.4 = 3:27.56 - 3rd Place

Long Jump: P. Sanchez 18'10 ³/₄, S. Emmanuel 18'9 ³/₄, T. Liu 18'1 ¹/₂

Shot Put: T. Vandalovsky 52'0 ¹/₂ - 1st Place, L. Gregorio 38'5 ¹/₄, A. Liguori 35'6 ¹/₄

Javelin: L. Otterstedt 164'7 - 1st Place, L. Reinke 156'4 - 4th Place, S. Halvorsen 128'10

Pole Vault: Ja. Theisen 12'0 - 4th Place, L. Gnospelius 11'0 - 6th Place, P. Scott 11'0

Scores		
1	Ridgewood	100
2	Passaic County Tech	59 ¹ / ₃
3	Livingston	57 ¹ / ₃
4	Randolph	52
4	Montclair	52

*17 Teams scored in this meet

Ridgewood's Baginski banks on kick at end to win

Nick Gantaifis

North Jersey Record
USA TODAY NETWORK - NEW JERSEY

CLIFTON — No matter where Will Baginski lies in the pack, he always considers himself a kick away from the lead.

That's because the Ridgewood distance runner feels he has a clear-cut advantage over the rest of the competition.

"I know that I have the most leg speed than anyone else in the race," Baginski said after narrowly winning the North 1, Group 4 mile at the NJSIAA sectional meet on Friday at Clifton High School. "I figure anyone can dig it out if they want to and I'll hang with them. But if no one wants to do it, that's to my advantage because I can out-kick them the last four hundred meters."

Baginski, the reigning NJSIAA indoor champion, moved closer to adding an outdoor title to his resume when he finished a few steps ahead of senior Francis Martingale of Memorial-West New York.

Alternating the lead the final 600 meters, Baginski made his final move with 200 meters to go to pull away from Martingale and finish in 4:22.20.

Martingale crossed in a close second at 4:22.70.

"These races at the sectionals, I'm OK

if they're tactical, but after this I want to run fast times," said Baginski, a Dartmouth commit. "The benefit and only benefit of being a distance runner who weighs 160 pounds is that I have the extra bit of strength in my legs to push harder at the end.

"It doesn't really feel like my high school career is so close to being over, but I know I need to take every opportunity I can to run fast before I graduate."

Baginski's top finish is a big reason why the Maroons hold a first day lead in the boys Group 4 team standings. Ridgewood currently sits in first with 30 points, followed by Passaic County Tech (26.33) and third place Bergen County Tech (26). Montclair is fourth with 24 points.

Passaic County Tech is in contention after turning in two gold medal performances.

Junior Shamar Taylor won the 400 hurdles in 56.64 and senior Joel Ingram had the top leap in the triple jump of 45-02.25.

In his final track meet in Passaic County, Passaic's Luis Peralta won the 400 in 49.38.

Kennedy junior Jamier Wright-Colins won the high jump (6-06) and Hackensack junior Daniel Mai claimed the discus (145-01).

Group 1 boys

Hasbrouck Heights sits in first place in North 1, Group 1 with 40 points and holds a 12 point lead over Mountain Lakes.

Heights junior Vincent Sedlmeir has the Aviators first gold medal after winning the high jump with a leap of 6-0.

Pompton Lakes junior Zachary Smith won the 100 meter in 11.08 and New Milford freshman Robbie Tormo captured the 400 in 51.62.

Kinnelon junior Jabez Thomas claimed the triple jump (42-11.25), while Wallington junior Ervin Chaush won the discus with a throw of 142-05.

Butler's Kneppel doubles

Butler senior Rebecca Kneppel won both the 100 and 400 meter races in Group 1.

Kneppel broke a 35-year-old school record in the 100 (12.34) and claimed the 400 in 100.41.

"I really didn't know much about my competition in the 100 and what to expect," Kneppel said. "I really don't like to know who I'm up against. I feel good about my performance and looking forward to the 200 race. I feel that's my best event."

The Kinnelon girls lead Group 1 with

54.50 points, with second place Hasbrouck Heights 17 points behind.

Kinnelon senior Kathryn Brown won the 400 hurdles in 1:08.15 and the high jump (18-02) and the 4-x-800 relay team of seniors Emily Kemp, Emma Kline, Angelina Tarabokija and Jackie Thompson, finished first in 10:13.12.

Emerson sophomore Alexa Gitto won the pole vault.

Ridgewood girls in the lead

Ridgewood scored 66.50 points in the first day and lead Randolph (35) and West Orange (32) in North 1, Group 4.

Ridgewood senior Katherine Muccio won the 400 hurdles (1:01.81) and 400 meter (58.31) to give the Maroons 20 of their points and freshman teammate Camryn Wennersten finished second in the mile behind the state's top distance runner, Abby Loveys of Randolph, who won the event in 4:52.51.

The Maroons 4-x-800 team of seniors Virginia Morley, Katie Keyes, Cassie Keyes and Wennersten, finished first in 9:39.07.

Passaic County Tech senior Sydney Shannon won the pole vault with a jump of 11-00 and Bergen Tech sophomore Alianna Eucker won the javelin with a throw of 129-00.

Boys Track And Field

An injury left him wondering if he'd ever win a sectional gold medal. Now, he's got 4



Behind Will Baginski (center, holding trophy), Ridgewood claimed this year's North 1, Group 4 title. (JJ Conrad | NJ Advance Media for NJ.com)

Will Baginski went from wondering if he'd ever win a sectional gold medal to winning four of them in a six-month span.

The **Ridgewood** star suffered a stress fracture in his lower back in mid-April last year, costing the distance runner his postseason his junior year.

He was out roughly two months before even starting physical therapy and "didn't hit my full mileage" until September. He came back as good as ever indoors, though, to win sectional titles in the 1,600 and 3,200 before going on to claim a Meet of Champions title in the 1,600 in a career-best 4:12.90.

Now?

"I'm firing on all cylinders," Baginski said.

The Ridgewood senior bound for Dartmouth claimed individual North 1, Group 4 sectional titles Friday and Saturday in the 1,600 and 3,200, respectively. He won the 1,600-meter title in 4:22.70, edging out Memorial's Francis Martingale by a half second.

Barely out of the breath just moments after the winning the 3,200 on Saturday, Baginski was quick to find his two other Ridgewood teammates to congratulate them on their fifth- and sixth-place finishes to earn the team an additional three points.

Aside from some seeking personal redemption after missing state season one year ago, Baginski was determined to help get Ridgewood back on top in North 1, Group 4 after the Maroons missed out on the title by five points to West Orange last year, with Baginski watching from the sideline.

"That's why I'm out here running so many events," said Baginski, who also ran in the 800 on Saturday, taking third in a race won by Passaic's Oregon-bound Luis Peralta, as well as running a leg on Ridgewood's third-place 4x400 relay team. "It was tough seeing us go down last year and not being able to do anything about it. It was tough to watch."

This time, it was quite a different story at Clifton.

Behind Baginski's big weekend, Ridgewood reclaimed the boys team title in dominant fashion with 100 points, topping second-place finisher Passaic Tech (59.33) by more than 40.

Behind Baginski's big weekend, Ridgewood reclaimed the boys team title in dominant fashion with 100 points, topping second-place finisher Passaic Tech (59.33) by more than 40.

He'll now leave Ridgewood as a decorated sectional champion, returning from an injury that previously left with him doubt.

As for his goals over the final two weeks of his high school career?

"I'd love to win another Meet of Champions title," Baginski said. "The competition outdoors in a lot tougher than indoors, so it won't be easy. But that's the goal."

Kinnelon storms to North 1, Group 1 sectional title

Nick Gantaifis

North Jersey Record
USA TODAY NETWORK - NEW JERSEY

CLIFTON — Two years ago, Kinnelon senior Kathryn Brown shifted her focus to track and field shortly after tearing her ACL playing soccer in the fall of her sophomore year.

Rather than swimming that winter, Brown decided to give indoor track a shot in an effort to get a jump start on the outdoor spring season. It's a move that has paid dividends for Brown as well as the Colts track team.

Brown pulled off the trifecta this weekend when she claimed gold in three events to help lead Kinnelon to its first NJSIAA North 1, Group 1 sectional team title since 2011 on Saturday at Clifton Stadium.

Kinnelon scored a team high 125.50 points, outdistancing runner-up and defending champion Hasbrouck Heights by 46 points.

"It's funny, I started out as a club soccer player and did track because I didn't really have anything else to do in the spring," said Brown, who won the 100 and 400 hurdles, long jump and finished second in the triple jump. "But after tearing my ACL my sophomore year playing soccer, I had to take some time off. So I came back and tried the 800 meter and long jump off my opposite leg.

Brown accounted for 38 of the Colts' total points over two days.

"We went into this meet with the team trying to win," added Brown, a North Carolina native who is committed to the University of North Carolina-Asheville. "We all wanted to place as high as we could. This is a big meet and win for our team."

Sophomore Caroline Tighe won the high jump with a leap of 5-00 and senior Emma Kline (3,200) and Allyson Martini (100 hurdles) picked up an additional 16 key points off second-place finishes.

Sophomore Kallie Downey was third in the 100 meter and seniors Angelina Tarabokija and Jackie Thompson went 3-4 in the 800.

"We have an amazing group of seniors and all around we have some great athletes," Kinnelon coach Laura Chegwidden-Jacobs said. "This was



The Kinnelon girls track and field team won its first NJSIAA Sectional title since 2011. NICK GANTAIFIS/NORTHJERSEY.COM

their goal from the get-go. From the beginning we wanted to go after the sectional championship. We knew Hasbrouck Heights was a really strong team and Mountain Lakes always puts up a good fight. Our senior captains had team meetings throughout the season to keep the girls on track. Everyone has been on the same page all season."

Ridgewood sweeps

Both Ridgewood teams swept North 1, Group 4 on Saturday, and the boys team reclaimed the sectional title a year after losing it to West Orange.

The Maroons scored a team high 100 points to finish ahead of Passaic County Tech (59.33) and easily claimed an eighth title in the last nine years.

"This is a team that is very talented and has a ton of hard-working individuals," Ridgewood boys coach Patrick Ryan said. "We had our best two days to come out with the win. A lot of individuals exceeded their seeds and scored in events that they weren't expected to score in. A lot of big surprises. Every

point counts."

Less than 24 hours after winning the mile, senior Will Baginski added the two mile to his résumé and finished in 9:29.49.

Junior Luke Otterstedt won the javelin and senior Tom Vandalovsky had the top throw in the shot put.

The Ridgewood girls scored 120.50 points to repeat and held off runner-up Randolph (91) and third-place West Orange (87).

Senior Katherine Muccio won the 200, 400 and 400 hurdles and freshman Camryn Wennersten finished second in the 3,200 in 10:37.97.

"This sectional was so talented and a real challenge for our girls," said Ridgewood girls coach Steve Opremcak, whose team has won three of the last four sectional titles. "For us to respond to that challenge is very gratifying and it shows our focus. The kids were awesome."

Heights boys take North 1, Group 1

The Aviators won their first sectional

title since 2016, scoring 90 points to run past runner-up Mountain Lakes (71).

Hampered by injuries all season to several key contributors, the Aviators persevered and finished the weekend with three gold, three silver and four bronze medals.

Junior Vincent Sedlmeir doubled in the 110 hurdles and high jump and finished third in the 400 hurdles and senior Adam Stavash won the pole vault in his first outing of the spring after suffering an injury in the winter.

Junior Maliki Burrell finished second in the 100 and was third in the 200 and 400.

Heights' 4-x-100 and 4-x-800 relay teams took second and the 4-x-400 team was third.

"I'm so proud of the way the kids handled adversity and battled for one team goal this weekend," Hasbrouck Heights coach Robert Brady said.

"I rank this team as one of the great teams I've had here. It's a very deep and balanced team. How they work as a team and pick each other up is just great to see."

Boys Track And Field

Boys track and field: Multi-event winners from the North Jersey, Section 1 meets

North Jersey, Section 1, Group 4

Will Baginski, **Ridgewood**, Sr.

1,600: 4:22.20

3,200: 9:29.49

Boys Track And Field

Boys track and field Top 20 profile: Ridgewood wins sectional title, rolls into rankings



ClearTrySearch 2 of 81 Track Gr. 1 & 4 41.JPG Ridgewood's Will Baginski won the Group 4 1600 Meter Run with a time of 4:16.44 at the Indoor Track Group Championship State Meet in Toms River. Friday, February 15, 2019.

By Patrick Lanni | NJ Advance Media for NJ.com
on May 31, 2019 6:22 AM

19-Ridgewood

Last ranked: Unranked

Sectional result: Won North Jersey, Section 1, Group 4

Sectional champions:

Will Baginski: 1,600 (4:22.20) and 3,200 (9:29.49)

Luke Otterstedt: Javelin (164-7)

Tom Vandalovsky: Shot put: (52-0 1/2)

Analysis: Ridgewood won its sixth title in the last seven years and 11th overall thanks to a big individual point-haul by distance standout Will Baginski and some big wins in the throws courtesy of Luke Otterstedt and Tom Vandalovsky. Sprinter/hurdler Alex Ruhl and Luke Reinke also did there parts in multiple events.

TRACK AND FIELD

Who to watch as boys vie for Group titles

Paul Schwartz
North Jersey Record
USA TODAY NETWORK – NEW JERSEY

Here is what we're watching for in the boys Group championship meets this weekend:

Action begins Friday at 2:30 p.m. and continues Saturday at 10 a.m.

Groups 1 and 4 and Non-Public B are at Franklin High School in Franklin Township. Groups 2 and 3 and Non-Public A are at Central Regional High School in Berkeley Township.

The top three athletes or relay teams in each event in each group, plus the top nine remaining athletes or relay teams in each event, qualify for State Meet of Champions on June 8.

Event Key: HH: High hurdles; IH: Intermediate hurdles; SP: Shot put; D: Discus; J: Javelin; HJ: High jump; LJ: Long jump; TJ: Triple jump; PV: Pole vault; R: Relay

Group 1

Returning North Jersey champion: Adam Stavash, Hasbrouck Heights (PV).

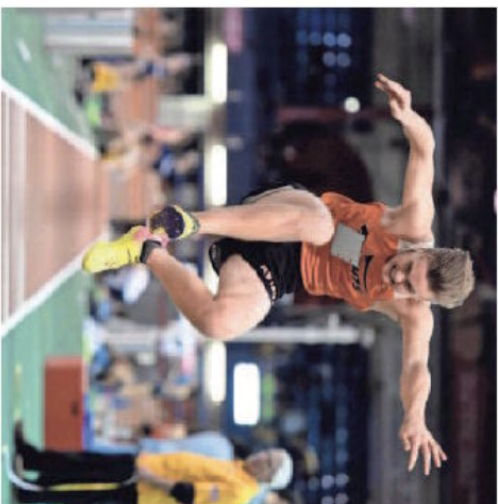
Other returning North Jersey medalists: none.

Top seeds: Zachary Smith, Pompton Lakes (4, 100; 5, 200); Malli Burrill, Hasbrouck Heights (6, 100); Brian Woodard, Pompton Lakes (6, 800); Nathan Armstrong, Pompton Lakes (5, 1,600); Ervin Chausch, Wallington (4, D); Adam Gildea, Emerson (5, D); John McHugh, Waldwick (5, J); Dennis Bajarov, Leonia (6, J); Vincent Sedlner, Hasbrouck Heights (5, HJ); Stavash (3, PV).

Others to watch: Rashawn Markman, Waldwick (100/LJ); Robbie Toron, New Milford (400); Matt Cortez, Leonia (800); Matt Konopnicki, Butler (1,600); Armstrong (3,200); Jesus Michel, Bogota (3,200); Stephen Henke, Becton (HH); Joe Cannizzaro, Boonton (SP); Dylan DeMaggiaris, Emerson (SP); Dylan Muhenna, Emerson (SP); Denis Rogovich, Cresskill (J); Jabez Thomas, Kinnelon (TJ); Que Jon Malawo, Becton (TJ); Cameron Storz, Emerson (PV); Boonton 4-x-100 (R); Cresskill 4-x-400 (R); Park Ridge 4-x-400 (R).

Group 4

Returning North Jersey champion: Luis Peraila, Passaic (800).
Other returning North Jersey medalist: Peraila (4, 400).



Adam Stavash of Hasbrouck Heights competes in the triple jump on Jan. 7.

[DANIELLE PARHIZKARAN/NORTHJERSEY.COM](http://DANIELLEPARHIZKARAN/NORTHJERSEY.COM)

Top seeds: Peraila (800); Jamier Wright-Collins, Kennedy (HJ).

Other seeds: Will Baginski, Ridgewood (4, 3,200); Shamar Taylor, Passaic Tech (4, IH); Tom Vandulovsky, Ridgewood (5, SP); Joel Ingram, Passaic Tech (4, LJ; 4, TJ); Wright-Collins (5, LJ); Keiron Banks, Bergen Tech (6, TJ).

Others to watch: Baginski (800/1,600); Nick Ortiz, Passaic (800); Taylor (HH); Luke Osterstedt, Ridgewood (J); Passaic Tech 4-x-400 (R).

Non-Public B

Returning North Jersey champions: none.

Other returning North Jersey medalists: Marias Cortes, Eastern Christian (2, PV).

Top seeds: Ethan Green, Hawthorne Christian (LJ).
Other seeds: Eren (5, 100); Sebastian Ruiz, DePaul (4, 800); Marcello Silva, DePaul (4, 1,600); Devin Parlym, DePaul (3, HJ); David DeVries, Eastern Christian (5, IH; 4, PV); Alexander Ehmang, DePaul (5, IH); J.J. Jobson, Hawthorne Christian (4, J); Josh Meharg, Hawthorne Christian (3, LJ); Luke Parker, Eastern Christian (2, TJ); Cortes (5, PV); Hawthorne Christian 4-x-100 (6, R); DePaul 4-x-400 (4, R).

Others to watch: David Tarallo, St. Mary's (100); Jobson (400); Silva (800); Chris Butcha, St. Mary's (SP/D).

Group 2

Returning North Jersey champion: Liam Landau, Pascack Hills

(PV).

Other returning North Jersey medalists: Andrew Laguttuta, Glen Rock (6, 1,600); Jon Fontana, River Dell (5, 3,200); Matt Lange, NY/Demarest (5, D); John Lee, NY/Demarest (4, J).

Top seeds: none.

Other seeds: Andrew Sanchez, River Dell (4, 200); Laguttuta (6, 800); Dan Van Duren, Mahwah (6, HH); Marc Santonocito, NY/Demarest (3, SP); Lange (4, D); Hasey Paredes-Garcia, Fort Lee (2, J); Lee (6, J); Aidan Bain, NY/Demarest (12, HJ); Jethro Meise, Manchester (12, HJ); Drew Berkebusch, Lakeland (16, HJ); Parker Simpson, Ramsey (16, HJ); John DeCroce, NY/Demarest (16, HJ); John Shea, NY/Demarest (3, TJ); Max Greenwood, Rutherford (3, PV); Landau (15, PV); Robert Escarret, Ridgefield Park (15, PV); River Dell 4-x-100 (3, R); River Dell 4-x-400 (6, R); Ramsey 4-x-800 (6, R).

Others to watch: Sanchez (400); Carlos Cuenas, Lakeland (400); Marcus Cheema, Westwood (800); Laguttuta (1,600); Jesse Cannoverde, Lakeland (1,600/3,200); David Perry, Ramsey (3,200); Kristian McCoy, Manchester (HH); Dean Oseem, Pascack Hills (HH); Chris MacCormack, Lakeland (SP); Thomas Donovan, Ramsey (J); Taylor Boose, Lakeland (J); Calvin Honrich, NY/Demarest (J); Eugene Kim, Rutherford (LJ); Connor Munson, Westwood (PV).

* -- Injured, will not compete

Group 3

Returning North Jersey champions: none.

Other returning North Jersey medalist: Jason Santa Cruz, NY/Old Tappan (4, J).

Top seed: Santa Cruz (J).

Other seeds: Luke Conroy, NY/Old Tappan (6, 200); Ryan Verhoog, Ramapo (6, HH; 4, IH); Patrick Passalacqua, NY/Old Tappan (6, SP); John Griffith, Northern Highlands (3, D); Ben Piehler, NY/Old Tappan (2, J); Roman Maure, Teaneck (15, HJ); Tommy Cahill, Ramapo (15, HJ); Kyle Cho, Paramus (16, PV); Chris Josef, NY/Old Tappan (16, PV); NY/Old Tappan 4-x-800 (R).

Others to watch: Jason Kelly, Indian Hills (800); Bobby Oehlrich, Indian Hills (3,200); Ryan Jordan, NY/Old Tappan (HH); Daniel Stipanov, Paramus (HH); Isaiah Savitt, Ramapo (HJ); Luke Bussett, Northern Highlands (LJ); Ramapo 4-x-100 (R).

Non-Public A

Returning North Jersey champions: none. (Jeremy Bronstein, Dwight Englewood won Non-Public B 1,600 meters last year).

Other returning North Jersey medalists: Rahim Johnson, Bergen Catholic (3, 100); Andy Ambrose, Paramus Catholic (4, HH); Michael Dua, Don Bosco (4, 3,200); Connor Mathis, Don Bosco (4, D; 2, SP); Michael McGeehan, Paramus Catholic (4, J).

Top seeds: McGeehan (J); Bergen Catholic 4-x-800 (1, R).
Other seeds: Johnson (2, 100; 2, 200; 3, LJ); Yusef Mammoun, Paramus Catholic (4, 100; 6, 200); Josh Gittens, Paramus Catholic (4, 200; 4, 400); Brandon Fume, Bergen Catholic (5, 800; 3, 1,600); Bronstein (5, 3,200); Ambrose (4, HH); Mathis (4, SP; 4, D); Dean Williamson, Bergen Catholic (2, J); Jacken Ebanis, Bergen Catholic (4, LJ); Christian Drenel, Don Bosco (5, LJ); Paramus Catholic 4-x-100 (3, R); Don Bosco 4-x-100 (5, R); Bergen Catholic 4-x-400 (4, R); Paramus Catholic 4-x-400 (5, R).

Others to watch: James Blair, Bergen Catholic (200); Jack Welch, Bergen Catholic (800); Rodolfo Sanchez, St. Peter's Prep (Bergenfield) (1,600/3,200); Dua (3,200); Owen McClashlin, Don Bosco (HH); Ivan Jacob, Bergen Catholic (HJ/PV); Andre Barrett, Paramus Catholic (HJ); Jeremy Torre, Paramus Catholic (TJ).

State Groups - Franklin HS

Friday (2:30 PM) - Saturday (10:00 AM), May 31 - June 1

Friday

400h: A. Ruhl 55.08 - 3rd Place, L. Reinke 59.01

100m: A. Ruhl 11.41

1600m: W. Baginski 4:13.18 - 2nd Place

Saturday

3200m: R. Fahey 9:51.74, A. Sheridan 10:05.22

200m: A. Ruhl 22.59

Shot Put: T. Vandalovsky 50'11 ½

Javelin: L. Otterstedt 168'6 - 3rd Place, L. Reinke 150'5

Pole Vault: Ja. Theisen NH, L. Gnospelius NH

Scores		
1	Franklin Township	44
2	Princeton	43
3	Elizabeth	34
4	Ridge	26
5	Cherokee	23
5	South Brunswick	23
7	North Hunterdon	22
8	Ridgewood	20

*42 Teams scored in this meet

TRACK AND FIELD

Region qualifiers for the State Meet of Champions

Paul Schwartz
North Jersey Record
USA TODAY NETWORK – NEW JERSEY

Here are the North Jersey athletes who qualified for the NJSIAA State Meet of Champions, which will be held at 2 p.m. Saturday at Northern Burlington High School.

Boys

100: Rahmir Johnson, Bergen Catholic.
200: Alex Ruhl, Ridgewood*.
400: Joshua Gittens, Paramus Catholic; Andrew Sanchez, River Dell*.
800: Braedon Fiume, Bergen Catholic*; Andrew Laguttuta, Glen Rock*; Jason Kelly, Indian Hills*; Nicholas Ortiz* and LUIS PERALTA, Passaic.
1600: Laguttuta*; Will Baginski, Ridgewood.
3200: Bobby Oehrlein, Indian Hills*.
110 HH: Stephen Henke, Becton*; Daniel Stipanov, Paramus*; Andy Ambroise, Paramus Catholic*; Eugene Kim, Rutherford*.
400 IH: Kenneth Kennedy, Paramus Catholic; Ruhl.
Shot put: Marc Santoncito, NV/Demarest; Connor Mathis, Don Bosco*; Patrick Passalacqua, NV/Old Tappan*; Tom Vandalovsky, Ridgewood*.
Discus: Matt Lange, NV/Demarest; Mathis; Dylan Powell, Hackensack*. John Griffith, Northern Highlands*; Ervin Chaush, Wallington.
Javelin: Dean Williamson, Bergen

Catholic; John Lee, NV/Demarest*; HUASLY PAREDES-GARCIA, Fort Lee; Daniel Mai, Hackensack; Ben Piehler, NV/Old Tappan*; JASON SANTA CRUZ, NV/Old Tappan; Michael Connor, Ramapo; Thomas Donovan, Ramsey*; Luke Otterstedt, Ridgewood.

High jump: Ivan Jacob, Bergen Catholic*; Aidan Bain, NV/Demarest*; JAMIER WRIGHT-COLLINS, Kennedy; Antrell Monroe, Passaic*; Tommy Cahill* and Isaiah Savitt, Ramapo; Roman Maure, Teaneck*.

Long jump: DEVYN PARKYN, DePaul; Luke Bussetti, Northern Highlands*; Joel Ingram, Passaic Tech*; Rashawn Markman, Waldwick.

Triple jump: Henry Hughes, Bergen Catholic; Keivon Banks, Bergen Tech*; Ingram*; Daniel Simpson, Passaic Tech*; Brian Woodard, Pompton Lakes*.

Pole vault: MATIAS CORTES, Eastern Christian; Adam Stavash, Hasbrouck Heights; Shaun Herlihy, NV/Old Tappan*; Kyle Cho, Paramus*; LIAM LAN-DAU, Pascack Hills; Robert Escarret, Ridgefield Park*; Max Greenwood, Rutherford*.

4-x-100 relay: Paramus Catholic*.

4-x-400 relay: NV/Old Tappan*; Passaic Tech*; River Dell*.

4-x-800 relay: BERGEN CATHOLIC; Bergen Tech*; Passaic*; Ramsey*.

Girls

100: Rebecca Kneppel, Butler; Taylor Newman, NV/Old Tappan*; Tegann Anderson, Passaic Tech*; Kayce Darby,

Teaneck; Jordan Mayo, Tenafly*.

200: Kneppel; MARIAH FEDE, Paramus Catholic; Grace O'Shea, Ramapo; Katherine Muccio, Ridgewood*; Darby.

400: Kyla Krawczyk* and Grace Smiechowski, Northern Highlands*.

800: Andrea Dubbels, Clifton*; Emily Byrnes, Eastern Christian; Nicole Barba-ro, Holy Angels*; Krawczyk*; Cassie Keyes, Ridgewood*; Grace McCullough, Teaneck*.

1,600: Daisy Liljegren, Northern Highlands; Keyes*; Camryn Wennersten, Ridgewood*.

3,200: Mia Dubac, Clifton*; Corinne Barney* and Allison Lounsbury, Indian Hills*; Liljegren; Nancy Habib, Passaic Tech*; Wennersten*; Lily Williams, Ridgewood*.

100 HH: Sarah Hutchins, Glen Rock; Kathryn Brown, Kinnelon*; Isabelle Dely, Paramus Catholic; O'SHEA.

400 IH: Barbaro; Smiechowski; Fede, O'SHEA; MUCCIO; Victoria Purritano, Ridgewood*.

Shot put: Alyssa Campbell, Bergenfield*; Jada Sewell and Bella Sposato*, NV/Demarest; Ciara Donegan, Holy Angels; Brynn Madonna, Northern Highlands*.

Discus: Julietta Ambartsoumian, NV/Demarest*; Karina Roze, Glen Rock; Alessandra D'Alessio, Pequannock*; Erin Karaway, Saddle Brook; ANGELINA TAPIA, Tenafly.

Javelin: ALIANNA EUCKER, Bergen Tech; Niki Woods, NV/Demarest*; Hailey Romero, Fair Lawn*; Sofia DiFilippo,

Hawthorne*; Emilie Ghalam, Midland Park; Madonna*; Amanda Kaczorowski Ramsey*; Ciara Emanuel, Ridgewood*.

High jump: Tiffany Bautista, Paramus Catholic*; Ashley Martinez, Passaic Tech*; Kaela Monte, Ramsey*; Ellie Veenhof* and Lizzie Veenhof*, Ridgewood; Jenna Rogers, Rutherford.

Long jump: Kneppel; KATIE O'CONNOR, Glen Rock; Julia Morrone, Hackensack Talia Ferguson, Hasbrouck Heights; Madison Libby, IHA*; BROWN; Bautist Kenne-dee Cox and ISABELLE DELY, Paramus Catholic; Sara VandenAsser Ridgewood*; Milica Rodic, Wayne Valley.

Triple jump: Brown; Anastasia Deftaliskij, Lakeland*; AMANDA BARRETT ar Nilya Rhoomes, Lodi; Alexandra Bartutis, North Bergen*; BAUTISTA; Monte Kalleen Rose Ozanic, West Milford.
Pole vault: Brianna Morrison, Clifton; GRACE KELLOGG, Eastern Christian; Grace Guington and Zoe Higby, Hawthorne Christian; Randi Conroy, Northern Highlands*; MARISA DIGIA, NV/Old Tappan; Jamie Rossig, Pascack Hills*; SYDNEY SHANNON, Passaic Tech; Alysa Fico, Ramsey*.

4-x-100 relay: Paramus Catholic; RAMPO; Ridgewood*.

4-x-400 relay: Northern Highlands; Ramapo*.

4-x-800 relay: Ramapo; Ramsey*; Ridgewood*.

GROUP WINNERS IN CAPS

* — Denotes wild card qualifier.

State Meet of Champions - North Burlington County Regional HS Saturday (2:00 PM), June 8

400h: A. Ruhl 54.43 - 7th Place

1600m: W. Baginski 4:11.88 - 2nd Place

200m: A. Ruhl 22.27

Shot Put: T. Vandalovsky 49'9

Javelin: L. Otterstedt 165'2

TRACK AND FIELD

Passaic's Peralta repeats success at SMOC

Nick Gantaifis

North Jersey Record

USA TODAY NETWORK - NEW JERSEY

COLUMBUS — Luis Peralta wasted no time in making a move.

As soon as the Passaic senior hit the halfway point in the boys 800 meter race on Saturday, he shifted his focus away from history and instead towards finishing first.

Though Peralta didn't compete at the pace and speed he displayed a year ago, he did enough to repeat at the 51st NJSIAA Meet of Champions at Northern Burlington High School.

"I felt like I needed to run my fastest race because it was my last time running in the state," said Peralta, who was clocked in 1:53.26. "I wanted to go out knowing that I left everything here. I knew after the first lap that my time was too slow. I had no chance for any records. At that point I just wanted to run my race and go for the win. It wasn't my best performance, but I did what I had to do to win."

Holding a slight lead over senior Tim McInerney of Christian Brothers after the first 400 meters, Peralta made a final kick with 300 meters to go to finish ahead of Monroe Township junior Jordan Kaplan. Four competitors finished under 1:55 with the top seven of eight place-winners coming out of the seeded two heat.

Last spring, Peralta won his first 800 SMOC title in 1:49.63 when he edged Hopewell Valley's Sean Dolan by just over a second. Dolan, who qualified for this year's half mile, chose not to participate in this year's event as he shifted his focus to the mile, which he won on Saturday.

"I have another chance to break 1:50 at next week's nationals," said Peralta, an Oregon commit who also won last year's New Balance Nationals in 1:49.092. "When I run against fast competition I can run faster. I'm excited for what's ahead of me. I'm going to work hard at Oregon. Just being there is going to help me and I'm going to feed off the competition."



Will Baginski of Ridgewood (4) runs to a second-place finish and Jared Cooper of Mountain Lakes (7) third place in the boys 1,600 championship at the NJSIAA Meet of Champions on Saturday. CHRIS PEDOTA/NORTHJERSEY.COM-USA TODAY NETWORK

Ridgewood's Will Baginski takes second

In his final New Jersey high school race, Ridgewood senior Will Baginski finished second in the mile and set a personal record in the process.

Hanging near the lead with Dolan in the final lap, Baginski turned in a 4:11.88 to add a silver medal to his collection.

"I was glad to be in the race. The big issues I've had in a lot of different races over the last year is that I've let the front of the pack get too far away and then I'm forced to run on the outside to make up ground," said Baginski, a Dartmouth commit. "I managed to avoid both those things today, which is good. I was in the race the whole time. It's why I ran the

fastest time I've ever run before. Sean [Dolan] is really good and that helped me with my pace. I was hoping to break 4:10. I feel like I ran really well. I always want to win but taking second to a runner like Sean Dolan is nothing to be ashamed of."

Baginski captured the NJSIAA MOC indoor mile title this past winter. He will run one final high school race at next week's New Balance Nationals at North Carolina A&T in Greensboro, NC.

"This puts me in a great spot. We have nationals in a week and after that I'm definitely ready for some rest as it's been a long season," Baginski said. "I'm not sad about my high school career coming to an end yet as it hasn't really sunk in. But it will sink in the next week

I'm sure. It's been an awesome four years. I'm glad there's still another chapter ahead of me, but it's sad to see the four years at Ridgewood come to an end."

High five

North Jersey totaled five medals in five different track events.

In addition to Peralta and Baginski, the Bergen Catholic 4-x-800 relay team of senior Jack Welch, sophomore Owen McCarthy and seniors Graydon Nichols and Braedon Fiume finished fourth; Paramus Catholic senior Joshua Gittens was sixth in the 400 and Ridgewood senior Alex Ruhl took seventh in the 400 hurdles.

New Balance Nationals - North Carolina A&T University, Greensboro, NC

Friday - Sunday, June 14-16

Saturday

SMR: K. Grant 22.9, R. McKenna 22.7, A. Ruhl 49.3, W. Baginski 1:51.12 = 3:26.53 - 3rd Place

Shuttle Hurdles: L. Reinke 15.7, N. DeVita 16.1, P. Sanchez 19.5 (fall), A. Ruhl 14.9 = 66.67 - DQ

Sunday

1 Mile: W. Baginski 4:14.28 - 5th Place

North Jersey at the Track Nationals

Passaic's Perla second in championship 800 run

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

The New Balance National Track & Field Championships were held June 13-16 at North Carolina A & T in Greensboro, N.C. Below are the high school athletes from North Jersey who competed.

CH: Championship Division; EE: Emerging Elite; FR: Freshman; SP: shot put; D: discus; J: javelin; HJ: high jump; LJ: long jump; TJ: triple jump; PV: pole vault.

Thursday

9:00 a.m.: Katie Kakascik, Clifton, FR LJ (15-2, 45th place).

9:00 a.m.: Benjamin Shue, Carlstadt, JHS SP (47-9 3/4 (8.8 lb. shot), CHAMPION).

11:00 a.m.: Fiona Carter, Paramus Catholic, FR 100 hurdles (15.93, 22nd place).

11:45 a.m.: Kayce Darby, Teaneck, FR 100 (12.12, 5th in trials, QUALIFIES FOR FINAL; 6th in final, 12.27).

3:00 p.m.: Kiley Mironenko, Waldwick, FR TJ (34-4 3/4, 20th).

3:00 p.m.: Benjamin Shue, Carlstadt, JHS DT (153-3 2.2 lb. discus, 5th).

3:15 p.m.: Darby, FR 200 (25.47, 9th in trials).

6:00 p.m.: Selah Dungey, Newark Academy (Hackensack), FR HJ (5-3, CHAMPION).

Friday

10:10 a.m.: Clifton girls, EE 4-x-800 relay (9:50.88, 29th).

11:00 a.m.: Michael McGeehan, Paramus Catholic (144-0, 34th), Dean Williamson, Bergen Catholic (150-0, 27th), Thomas Donovan, Ramsey, (144-6, 33rd) EE JT.

11:35 a.m.: Jordany Dely, Paramus Catholic, EE 110 hurdles (14.56, 20th).

11:50 a.m.: Sarah Hutchins, Glen Rock, EE 100 hurdles (14.69, 18th).

1:10 p.m.: Paramus Catholic girls, CH Swedish relay (100-200-300-400) (2:17.98, 20th).

1:20 p.m.: Paramus Catholic boys, CH Swedish relay (1:58.20, 13th).

2:10 p.m.: Clifton (Antoinette Muir, Adelys Hernandez, Brianna Rubio, An-



Kayce Darby, of Teaneck, left, competed in the freshman 100 while Katherine Muccio, of Ridgewood, right, competed in the championship division 400 hurdles at the New Balance National Track & Field Championships are being held at North Carolina A & T in Greensboro, N.C. MICHAEL KARAS/NORTHJERSEY.COM FILE

drea Dubbels (2:16.00) (4:08.55, CHAMPION; PASSAIC COUNTY RECORD) and Teaneck girls (4:12.19, 9th), EE sprint medley relay.

2:50 p.m.: Bergen Tech (3:53.02, 40th) and Glen Rock boys (3:35.40, 15th), EE sprint medley.

5:00 p.m.: John Griffith, Northern Highlands (160-7, 15th) and Connor Mathis, Don Bosco (150-7, 28th), EE DT.

6:00 p.m.: Alianna Eucker, Bergen Tech (137-10, 5th, ALL-AMERICAN), Hailey Romero, Fair Lawn (118-6, 16th) and Niki Woods, NV/Demarest (115-11, 22nd), CH javelin.

6:05 p.m.: Daisy Liljegen, Northern

Highlands, CH 5,000 (17:43.46, 24th).

Saturday

9:15 a.m.: Paramus Catholic girls, EE 4-x-100 relay (49.80, DQ).

9:30 a.m.: Paramus Catholic boys, EE 4-x-100 relay (43.00, 11th).

9:45 a.m.: Ramapo girls, CH 4-x-200 relay (1:42.97, 34th).

11:15 a.m.: Isabelle Dely, Paramus Catholic (14.44, 31st) and Grace O'Shea, Ramapo (13.83, 8th in trials, QUALIFIES FOR FINAL), IN FINAL (13.69, 6th) ALL-AMERICAN CH 100 hurdles.

11:55 a.m.: Mariah Fede, Paramus

Catholic, EE 200 (24.43, 12th).

1:00 p.m.: Alejandra Bartutis, North Bergen, EE HJ (5-1, t 33rd).

1:45 p.m.: Ridgewood boys (Kwame Grant, Ryan McKenna, Alex Ruhl, Will Baginski (1:51.12)), CH sprint medley relay (3:26.53, 3rd) ALL-AMERICAN.

2:30 p.m.: Tiffany Bautista, Paramus Catholic (Foul) and Kathryn Brown, Kinnelon (37-9 1/4, 37th) CH TJ.

2:55 p.m.: Glen Rock (66.44, DQ), Paramus Catholic (Mariah Fede, Kennedee Cox, Tiffany Bautista, Isabelle Dely) (59.43, 3rd) BERGEN COUNTY RECORD; ALL-AMERICAN, Ramsey (65.31, DQ) and Ridgewood (60.77, DQ) girls, CH shuttle hurdles relay.

3:20 p.m.: Paramus Catholic (63.68, 13th) and Ridgewood boys (66.67, DQ), CH shuttle hurdles relay.

3:45 p.m.: Connor Mathis, Don Bosco, CH SP (59-5 3/4, 13th).

6:00 p.m.: Jason Santa Cruz, NV/Old Tappan, CH JT (199-7, 6th) ALL-AMERICAN.

Sunday

8:10 a.m.: Ridgewood girls (Cassie Keyes, AnnaMarie Tretola, Lily Williams, Camryn Wennersten (4:58.59), CH 4 mile relay (20:41.78, 7th).

9:00 a.m.: Bautista (17-11 1/2, 18th), Brown (17-4 1/4, 27th), Kennedee Cox, Paramus Catholic (18-2 1/4, 13th) and Dely (17-5 1/2, 25th), CH LJ.

9:50 a.m.: Clifton girls (Andrea Dubbels (3:37.45); Brianna Rubio (57.90); May Yuasa (2:25.45); Mia Dubac (5:15.24) EE distance medley relay (12:16.03, 4th) PASSAIC COUNTY RECORD.

10:30 a.m.: Holy Angels (1:49.49, 23rd) and Teaneck girls (1:51.98, 33rd) CH super sprint medley relay (100-100-200-400).

12:00 p.m.: Zach Love, The Dalton School (Fort Lee) (22-5 3/4, 25th) CH LJ

12:10 p.m.: Alex Ruhl, Ridgewood (55.60, 21st) and Ryan Verhoog, Ramapo (56.78, 27th), EE 400 hurdles.

12:15 p.m.: Katherine Muccio, Ridgewood (61.54, CH 400 hurdles).

2:30 p.m.: Liam Landau, Pascack Hills, CH PV (15-1 1/2, t 15th).

3:05 p.m.: Holy Angels (4:02.31,) and Ramapo CH 4-x-400 relay (3:55.62, 22nd).

4:25 p.m.: Luis Peralta, Passaic, CH 800 (1:51.09, 2nd) ALL-AMERICAN.

5:07 p.m.: Will Baginski, Ridgewood, CH 1 Mile (4:14.28, 5th) ALL-AMERICAN.

New Jersey All-Americans from New Balance Nationals Outdoor



NEW BALANCE NATIONALS OUTDOOR
Robert Kellert
Jun 17, 2019

Boys Track And Field

N.J. boys track and field stars earn All-American honors at New Balance Nationals

Overall, 10 individuals and another 11 relays earned the distinction.

INDIVIDUAL EVENTS

Name, school, grade event, place, time/mark/height

- **Samuel Allen, Kingsway**, junior, 3,000-meter racewalk, 1st, 13:31.53
- **Luis Peralta, Passaic**, senior, 800-meter run, 2nd, 1:51.09
- **Sincere Rhea, St. Augustine**, senior, 110-meter hurdles, 2nd, 13.51
- **Ramy Berberena, North Brunswick**, junior 400-meter hurdles, 2nd, 51.66
- **William Baginski, Ridgewood**, senior Mile run, 5th, 4:14.28
- **Jaheem Hayles, Roselle**, senior 110-meter hurdles, 5th, 13.72
- **Nils Wildberg, Princeton**, senior Long jump, 5th, 24-3 1/2
- **Jason Santa Cruz, Old Tappan**, senior Javelin 6th 199-7
- **Mark Anselmi, Middletown South**, senior High jump, 6th, 6-8 1/4
- **Jack Jennings, Mendham**, junior 2 Mile run, 6th, 9:12.80

RELAYS

School, event, place, time

Ridge, 4x800-meter relay, 1st, 7:38.48

Lineup: Alex Sargen, Luke Roberts, Will Pinto, Ryan Lindrud

Christian Brothers, 4xMile, 1st, 17:20.14

Lineup: Troy Hill, Luke Reid, Shaw Powell, Tim McInerney

Union Catholic, 1,600-meter sprint medley, 2nd, 3:26.48

Lineup: Connor Cooper, Chinedu Okoro, Tyhir Jones, Elijah Brown

West Side, Swedish relay, 2nd, 1:55.93

Lineup: Jakai Coker, Jarrett Gentles, Quincy Hendy, James Bell

Ridgewood, 1,600-meter sprint medley, 3rd, 3:26.53

Lineup: Kwame Grant, Ryan McKenna, Alexander Ruhl, William Baginski

Boys Championship Winners and All-Americans

(3 Champions, 21 All-American Performances)

- **3K Racewalk - *Champion* - Samuel Allen of Kingsway - 13:31.53 - Article - Interview**
- 1K Swedish Sprint Medley - 2nd Place - **West Side** - 1:55.93 - Interview
- 1K Swedish Sprint Medley - 4th Place - **Montclair** - 1:57.10
- 1600m Sprint Medley - 2nd Place - **Union Catholic** - 3:26.48 - Interview
- 1600m Sprint Medley - 3rd Place - **Ridgewood** - 3:26.53 - Interview
- 1600m Sprint Medley - 6th Place - **St. Benedict's Prep** - 3:27.76
- 4x100m Shuttle Hurdles - 6th Place - **East Orange** - 1:02.42
- 2 Mile Run - 6th Place - **Jack Jennings of Mendham** - 9:12:80
- 110m Hurdles - 2nd Place - **Sincere Rhea of St. Augustine Prep** - 13.51 (0.5) - Interview
- 110m Hurdles - 5th Place - **Jaheem Hayles of Roselle** - 13.72 (0.5)
- **4x800m Relay - *Champion* - Ridge - 7:38.48 - Article - Interview**
- Javelin - 6th Place - **Jason Santa Cruz of Old Tappan** - 199-7
- **4xMile Relay - *Champion* - Christian Brothers Academy - 17:20.14 - Article - Interview**
- 800m Run - 4th Place - **Elizabeth** - 1:31.77
- 400m Hurdles - 2nd Place - **Ramy Berberena of North Brunswick** - 51.66
- 800m Run - 2nd Place - **Luis Peralta of Passaic** - 1:51.09
- 1 Mile Run - 5th Place - **Will Baginski of Ridgewood** - 4:14.28
- 4x100m Relay - 6th Place - **West Windsor Plainsboro North** - 42.12
- Distance Medley - 5th Place - **Christian Brothers Academy** - 10:13.18
- High Jump - 6th Place - **Mark Anselmi of Middletown South** - 6-08.25
- Long Jump - 5th Place - **Nils Wildberg of Princeton** - 24-03.5

NV/Old Tappan finishes track year on top

Paul Schwartz
North Jersey Record
USA TODAY NETWORK – NEW JERSEY

Here's what stood out in the 2019 boys track and field season in North Jersey:

The dominant ones

From the beginning of the track and field season on April 1 until the end (at Nationals June 16) Jason Santa Cruz of NV/Old Tappan and Luis Peralta of Passaic were unchallenged in the javelin throw and 800 meters, respectively, not just in North Jersey but throughout the state of New Jersey.

Santa Cruz, the top returning thrower in New Jersey from 2018, grabbed the state lead by throwing 188-2 at the Bergen County Jack Yockers Relays, his first major throw of the year and held it, ultimately reaching 208-1 at winning the State Meet of Champions on June 8 to become the third best performer in Bergen County history.

Along the way he won several major titles, threw more than 200 feet in half his meets and never lost to a New Jersey athlete -- actually no New Jersey athlete came within 10 feet of him in any meet all year. He ended up as an All-American, taking sixth at New Balance Nationals on June 15. He'll throw at Monmouth next year.

Peralta, the defending state and National champ, lost just twice in nine individual races all season, finishing eighth at the Penn Relays mile run after leading the field for the first three laps and then coming up just short of repeating as the New Balance Outdoor national champion, finishing second, five meters behind the winner.

He won both the 400 and 800 in Passaic County and sectional competition, won state Group 4 and repeated as the State Meet of Champions winner in a pedestrian (for him) 1:53.56, as no one chose to challenge him. His seasonal best of 1:51.09 at nationals ended his season. He'll next run for the University of Oregon.

The big three teams

Bergen Catholic, NV/Old Tappan and Ridgewood were locked in a three-way battle all season with all three teams spending at least part of the season as the top team in the NorthJersey.com/Record rankings.



Luis Peralta of Passaic won county titles in the 400 meters and 800 meters. CHRIS PEDOTA NORTHJERSEY.COM/USA TODAY NETWORK

While the Golden Knights and Maroons met three times head-to-head (four if you count the dual meet) with Old Tappan prevailing at the Big North Freedom and Bergen A meets, Bergen Catholic never got a direct shot at either because the Bergen County Relays and Group championships segregate the Non-Public schools from the Publics.

The three powerhouses combined for eight major titles, with OT taking the Group 3 sectionals for the sixth time in eight years, in addition to league and Bergen A titles. Ridgewood won its eighth Group 4 sectional in 10 years and fourth straight Bergen A relay crown, and BC won the Big North United and Bergen E relays for the second straight year and Bergen E individuals for the third straight time.

Standouts galore

North Jersey boys enjoyed a bit of a renaissance overall this spring after a few less than stellar seasons. Led by Santa Cruz, high jumper Jamie Wright-Collins of Kennedy, pole vaulter Liam Landau of Pascack Hills and shot putter Connor Mathis of Don Bosco, North Jersey athletes medalled in each of the seven field events at the State Meet of Champions for the first time since 2008.

Will Baginski of Ridgewood was second in a sterling 1,600 meter race in a career best time of 4:11.88, and medalled in both the Penn Relays and Nationals miles, earning double All-American sta-

tus by anchoring the Maroons to a third-place finish in the sprint medley with a fine 1:51.12 800 anchor. Joel Ingram of Passaic Tech became the first Passaic County athlete to medal in both the long and triple jumps since 2007.

Other team champions

Thirteen different North Jersey teams took team titles in league, county and sectionals competition. In addition to the aforementioned Big Three, here's a list of those teams with their spring achievements.

Cresskill: Took the NJIC Patriot title for the seventh straight time.

NV/Demarest: Won the Bergen B relays and Big North Patriot titles for the third straight year.

Emerson: Won the Bergen D individual title for the second straight year and extended its D relays skein to four.

Glen Rock: Captured its third straight Bergen C relays and sixth consecutive NJIC Colonial titles.

Hasbrouck Heights: Won its ninth straight NJIC Meadowlands title, and first Bergen C and North 1, Group 1 titles since 2015.

Lakeland: Won its fifth straight Passaic small schools relays and second straight Big North Independence titles.

Lyndhurst: Extended its streak of NJIC Liberty titles to nine years.

Passaic Tech: Won its first Passaic County title since 2015, sixth Passaic large schools relays title in eight years

and eighth Big North Liberty title in nine years.

Ramsey: Won the Big North American title, its first divisional title since the Big North Patriot title in 2012.

River Dell: Won its first Bergen B relays title since 2015 and first North 1, Group 2 title since 2016.

Final Top 25 rankings

1. NV/Old Tappan
2. Ridgewood
3. Bergen Catholic
4. River Dell
5. Passaic Tech
6. Ramapo
7. NV/Demarest
8. Paramus Catholic
9. Ramsey
10. Lakeland
11. Northern Highlands
12. Bergen Tech
13. Glen Rock
14. Don Bosco
15. Pascack Hills
16. Hackensack
17. Hasbrouck Heights
18. Manchester
19. Passaic
20. Englewood
21. Paramus
22. Emerson
23. Fort Lee
24. Cresskill
25. Pompton Lakes

All-North Jersey athletes in track and field

Paul Schwartz
North Jersey Record
USA TODAY NETWORK – NEW JERSEY

Here is a look at the athletes who have been named to the NorthJersey.com All-North Jersey boys track and field teams:

First team

Jaaron Hayek

Wayne Hills senior - 100 meters
The Villanova-bound football star was undefeated at 100 meters, winning league, Passaic County and sectional titles. He ran 10.85, eighth fastest in Passaic history, before his season was cut short by a hamstring injury suffered running the 200 at sectionals.

Rahmir Johnson

Bergen Catholic senior - 200 meters
Nebraska-bound football star ended his track career as a three-time champion at the Bergen Meet of Champions at 200 and the seventh fastest 200 performer in Bergen County history. He ran under 22 seconds four times this spring and finished No. 9 in the state in the event.

Josh Gittens

Paramus Catholic senior - 400 meters
Perhaps the most improved runner in the area, he lowered his personal best four times, all the way to the State Meet of Champions, where he finished sixth in 48.66, fastest of the year in North Jersey. He also won the Bergen Meet of Champions and had the second fastest time of the year at 200 meters.

Luis Peralta

Passaic senior - 800 meters
The times weren't as sensational as they were in 2018, but the Oregon-bound superstar repeated as the state champion in the 800, going undefeated through league, Passaic County, sectionals, and state groups before winning the State Meet of Champions. He also qualified for the Penn Relays mile and ends as the second fastest 800 meter runner, third fastest 1,600 and 12th fastest 400 runner in Passaic history.

Will Baginski

Ridgewood senior - 1,600 meters
The Dartmouth-bound Baginski completed a spectacular comeback from last spring's major back injury by taking second at the State Meet of Champions 1,600 meters in a personal best 4:11.88, 12th fastest in Bergen County history. He also took fifth at the Penn Relays mile and led the Maroons to a state sectional title with wins in the 1,600 and 3,200 and a third at 800 meters.

Bobby Oehrlein

Indian Hills senior - 3,200 meters
The North Jersey cross-country runner of the year, he had a very consistent season, taking second at the Bergen Meet of Champions before winning the Group 3 sectional, avenging his loss. He then ran the fastest 3,200 in North Jersey, 9:21.38 at the state Group 3, earning a berth in the State Meet of Champions.

Jordany Dely

Paramus Catholic junior - 110 hurdles
He seemed on the way to a special season when he won the Bergen E division title in a North Jersey leading time and then lowered it to 14.57 in winning the Bergen Meet of Champions. But he injured his groin running the 400 hurdles at state sectionals and didn't get another high hurdle race until Nationals, where he ran a season leading 14.56.

Alex Ruhl

Ridgewood senior - 400 hurdles
The top year intermediate hurdler got better with every race, taking his personal best from 57.54 at the Bergen County Relays to a stunning 54.43 in medalling at the State Meet of Champions. He was third at the sectionals, Bergen A and state Group 4 meets and was seventh at MOC. He hopes to run at Penn.

Connor Mathis

Don Bosco senior - shot put
He ended his stellar career on a high note, throwing over 60 feet at the State Meet of Champions to become just the 23rd Bergen County athlete to break the barrier. He came within one throw of winning the state title, finishing second. He also had a fine season in the discus and will throw at Wake Forest.

Matt Lange

NV/Demarest senior - discus
The most consistent and best North Jersey discus thrower over the last two years capped his high school career with a personal best throw of 171-3 for sixth in the State Meet of Champions. He won seven major titles, including the Bergen County and state

sectional titles. He'll throw at Columbia next year.

Jason Santa Cruz

NV/Old Tappan senior - javelin
From his first throw of the season to his last, the Monmouth-bound thrower dominated New Jersey competition, never losing to a New Jersey athlete and having the top six performances and top 20 throws in the state, winning all seven meets he had in the state, including a 12 foot win in the State Meet of Champions with a top throw of 208-1, third best in Bergen history and No. 7 in the nation this year.

Jamier Wright-Collins

Kennedy junior - high jump
He's also a football standout, but Wright-Collins has proven to be one of the best high jumpers in the state the last two years, winning the Group 4 sectional, league and Passaic County titles both indoors and outdoors this year. He tied for second in the State Meet of Champions, his second straight medal outdoors and third overall. He's also a fine long jumper.

Joel Ingram

Passaic Tech senior - long jump
The East Stroudsburg State commit became the first PCT boy to earn two field medals in the field events in the same State Meet of Champions when he finished fourth in the long jump and seventh in the triple jump this year. He doubled the long and triple jumps at league, Passaic County and state sectional competition this year and also reached the state Group 4 meet in the 400.

Keivon Banks

Bergen Tech senior - triple jump
He claimed four major titles in the triple jump including a win in the Bergen Meet of Champions and was second in four other majors, including the Group 4 state sectional, grabbed a wild card at the Group 4 meet and finished 13th there. His jumps of 46-2 1/4 and 46-2 at the Eastern States meet were the best in Bergen County this year.

Liam Landau

Pascack Hills senior - pole vault
The Record's North Jersey Track and Field Athlete of the Spring, he completed an amazing senior year that left him with the Bergen records in the pole vault indoors and outdoors. He won eight major titles in the vault, including the Bergen Meet of Champions and State Group 2, was fourth at the State Meet of Champions and fifth at Penn Relays. He also medalled in five other events during the season.

NORTHJERSEY.COM SPORTS AWARDS: 2019 WINNERS

The NorthJersey.com Sports Awards presented by Englewood Health were held on Thursday, June 13 at the Bergen Performing Arts Center in Englewood. The best local athletes this season were honored at the event, and below is a list of winners for every sport.

Fall season

Boys cross-country: Bobby Oehrlein, Indian Hills – The senior took the Triple Crown of the Big North Patriot, Bergen Group B and North 1, Group 2 titles, and he also won the Bergen Meet of Champions.
Boys soccer: Ben Zakowski, Glen Rock – The forward scored 27 goals and eight assists as a senior, and he rose to the occasion in the postseason when his team earned its first Bergen County title and returned to the state finals.
Field hockey: Rachel Scrivanih, Northern Highlands – The junior is one of the top offensive players in the state, leading the Highlanders to a Bergen County title. Her 97 points were fourth in the State through Nov. 6 while her 39 goals were tied for second.

Football (defense): Howard Cross III, St. Joseph – One rival coach said of Cross III, "he's so good, it's scary." Cross III led the Green Knights with 75 tackles, 9.5 sacks and also caused a fumble.

Football (offense): AJ Wingfield, Ramapo – Wingfield was the Green Raiders maestro offensively directing an offense

that averaged 36.2 points a game and finished 13-0. Individually, he threw for 2,538 yards and 33 touchdowns while also running for nine scores.

Girls cross-country: Daisy Liljegren, Northern Highlands – The junior recovered from a difficult sophomore year to record one of the greatest years in North Jersey history, winning the Bergen Meet of Champs and North 1, Group 3 sectional and taking fourth in the State Meet of Champions.

Girls soccer: Claudia Dipasupil, Northern Highlands – The senior forward had 12 goals and 15 assists for a Group 3 title team that was 22-1 and finished No. 4 in the USA TODAY Super 25.

Girls tennis: Andrea Cerdan, Paramus Catholic – The state's best player, Cerdan returned after a one-year hiatus from high school tennis and won her second Bergen County Tournament large-schools title at first singles and her second NJSIAA singles championship.

Girls volleyball: Sydney Taylor, IHA – A big-game player throughout her four-year career, the Providence-bound senior hither went out on top with two straight Tournament of Champions crowns, notching 289 kills, 255 digs and 45 aces this fall.

Gymnastics: Faith Furelitti, Holy Angels – The 2017 Gymnast of the Year followed up with a strong sophomore season, in which she won NJLGA and Bergen County

all-around gold and posted North Jersey's top scores on beam (9.675) and floor (career-best 9.7).

Winter season

Girls swimming: Junseo Kim, Leonia/Palisades Park – The sophomore broke onto the high school scene with a huge inaugural season, winning a pair of individual races at the Bergen County Meet of Champions and placing fifth in the state in the 200-freestyle.

Boys swimming: Alec Balasny, River Dell/Westwood – The senior sprinter was a program-changing figure as he won two Bergen championships in his career and pushed the Golden Hawks to their first sectional title.

Girls bowling: Margaux Lesser, Teaneck – Lesser anchored the Highwaywomen to their first Bergen County title. She was one of two North Jersey girls to average 200-plus (206.2 in Big North) and finished third in the North sectional.

Boys bowling: Eric McKenna, North Arlington – The two-hander compiled the area's No. 1 league average (228.8), shot a 300 game and two 800 series. McKenna won the Bergen individual title and led the Vikings to the Group 1 state title.

Girls winter track & field: Grace O'Shea, Ramapo – Pennsylvania-bound star broke Bergen County records at 55 and 60 hurdles five times, winning the Eastern States meet and running on the Bergen record-breaking 4-x-200 team.

Boys winter track & field: Will Baginski, Ridgewood – The Dartmouth-bound senior had a spectacular season culminating in an easy win at the State Meet of Champions 1,600-meter run.

Hockey: Tyler Sedlak, Don Bosco – It was fitting that he scored the final goal in the state final, capping a career that included 40 goals and 33 assists this winter and the second-highest point total in Don Bosco history: 98 goals, 121 assists and 219 points.

Wrestling: Sammy Alvarez, St. Joseph – The NC State signee won Bergen County and New Jersey championships as a senior and was given Outstanding Wrestler honors in Atlantic City after averaging two state-final losses.

Boys basketball: Zach Freemantle, Bergen Catholic – The 6-8 Freemantle led the Crusaders (27-4) to the Tournament of Champions final, and the Xavier signee averaged 17.0 points, 10.5 rebounds and 2.0 blocks and scored 152 career points.

Girls basketball: Michelle Sidor, Saddle River Day – The No. 2 scorer in state history totaled 3,268 points, scoring double digits in all 121 career games. Sidor averaged 26.6 for the Tournament of Champions finalists as a senior and will play at Michigan.

Spring season

Girls golf: Yoona Kim, IHA – Kim was third at the Big North Championship, won the Bergen Championship, was runner-up at

the North sectional, and won the State Championship.

Boys golf: Will Celiberti, Bergen Catholic – Celiberti won the FDU Invitational and Big North Bergen, was 3rd at the Arcola Invitational, shared 7th at the TOC, was 4th at the Blue Devil Invitational, North Non-Public A and Bergen County.

Boys volleyball: Mark Berry, Fair Lawn – The latest to carry on the Cutters' legacy of all-around standouts, he led the seven-time Bergen County champs with more than 350 kills. Berry was at his best against top competition, as evidenced by his 20 kills in Fair Lawn's first win over state power Southern since 2015.

Softball: Ryleigh White, IHA – The Tennessee-bound White had eight home runs heading into the state tournament but in the circle is where she really excelled with only 12 runs allowed and almost 300 strikeouts.

Baseball: Sam Favieri, Ridgewood – The Most Valuable Player of the Bergen County Tournament helped the Maroons win the title by batting .412 in the event. He carried a 6-1 record and 1.50 ERA through 25 games and plans to play at Connecticut.

Girls lacrosse: Jackie Wolak, Ridgewood – The super-athletic senior goes down as one of Bergen County's all-time leading scorers and set a team record for draw controls in a game.

Boys lacrosse: Will Mollihan, Ridgewood –

Paramus Catholic 4-x-100 relay

The Paladins, with an underclassman team of junior Yosef Mammon and sophomores Jemel Carter, Jahsim Brooks and Jeremy Torre, won three major titles, including the Yorkers Relays, and broke 44 seconds six times, reaching the State Meet of Champions. Their best time of 43.00, run at New Balance Nationals is just outside the top 20 in Bergen County history.

Passaic Tech 4-x-400 relay

The Bulldogs team of Erick Vargas, Amair Buffalo, Jordan Ricketts and Joel Ingram couldn't run at the State Meet of Champions because of Ingram's injury in the long jump. But before that they won four major titles, were second at Passaic Counties and sectionals and ran 3:20.73, the fastest time in North Jersey this year and No. 6 all-time in Passaic County earning the MOC bid at the State Group 4 meet.

Bergen Catholic - 4-x-800 relay

The team of sophomore Owen McCarthy and seniors Jack Welch, Graydon Nichols and Braedon Fiume snapped back from a disappointing (to them) Penn Relays performance to win the Non-Public A North sectional, Bergen E and Non-Public A state championships in a North Jersey best 7:58.77. They capped their season with a fourth place finish in the State Meet of Champions

Second team

100: Max Baker, Ramapo senior
200: Luke Canney, NV/Old Tappan senior
400: Andrew Sanchez, River Dell senior
800: Jason Kelly, NV/Old Tappan senior
800: Nicholas Ortiz, Passaic junior
1,600: Andrew Laguttuta, Glen Rock senior
3,200: Jesse Campoverde, Lakeland junior
3,200: Jeremy Bronstein, Dwight-Englewood senior
110 IH: Ryan Verhoog, Ramapo senior
400 IH: Kenneth Kennedy, Paramus Catholic senior
Shot put: Patrick Passalacqua, NV/Old Tappan junior
Shot put: Marc Santonocito, NV/Demarest senior
Discus: John Griffith, Northern Highlands junior
Javelin: Michael Connor, Ramapo senior
Javelin: Hualy Paredes-Garcia, Fort Lee senior
High jump: Tommy Cahill, Ramapo junior
High jump: Isaiah Savitt, Ramapo senior
Long jump: Luke Bussetti, Northern Highlands junior
Triple jump: John Shea, NV/Demarest senior
Pole vault: Max Greenwood, Lakeland junior
Pole vault: Rob Escarret, Ridgefield Park senior
4-x-100 relay: River Dell
4-x-400 relay: Paramus Catholic
4-x-800 relay: Passaic
4-x-800 relay: Ramsey

After recovering from a broken fibula, the senior used his creativity around the net to score 45 goals and brought the Maroons their fifth Bergen County title, the most of any school.

Boys tennis: Chikaya Sato, Cresskill – Sato won his third straight Bergen County first singles title in May. The lefty senior was runner-up in last year's NJSIAA state singles tournament and earned All-State honors. He's committed to Penn State and is the favorite to win the NJSIAA state singles tournament in June.

Girls spring track & field: Katherine Muccio, Ridgewood – Fully recovered from the foot injury that ruined her junior year, Muccio led Ridgewood to one of the great seasons in North Jersey track history, winning in events from 100 meters to 400 hurdles, consistently running the fastest 400 hurdles times in the state and running a 400 leg on Ridgewood's outstanding distance medley. She'll compete for the University of Pennsylvania next year.

Boys spring track & field: Liam Landau, Pascack Hills – Another state indoor champ not content to rest on his laurels, he will graduate as the Bergen County indoor and outdoor pole vault record-holder. The multitalented athlete medaled in the 100, long jump, and 110 hurdles in league, county and sectional competition and will vault and be a decathlete at Northeastern next year.

Boys Track And Field

NJ.com's All-Group 4 boys track and field team, 2019

FIRST TEAM

100: Gabriel Nash, Elizabeth, Sr.
200: Mario Heslop, Franklin, Sr.
400: Jacob Leigh, Scotch Plains-Fanwood, Sr.
800: Luis Peralta, Passaic, Sr.
1,600: Will Baginski, Ridgewood, Sr.
3,200: Sameer Das, West Windsor-Plainsboro South, Sr.
110 hurdles : Felix Lawrence, Freehold Township, Sr.
400 hurdles: Ramy Berberena, North Brunswick, Sr.
High jump: Jamier Wright-Collins, Paterson Kennedy, Sr.
Long jump: Nils Wildberg, Princeton, Sr.
Triple jump: Orion Joyner, Kingsway, Sr.
Pole vault: Bradley Jelmert, Watchung Hills, Jr.
Discus: Paul Brennan, Princeton, Sr.
Javelin: Chris Salkowski, Watchung Hills, Jr.
Shot put: Lucciano Pizarro, Cherokee, Sr.
4x100: East Orange
4x400: Elizabeth
4x800: Ridge

SECOND TEAM

100: Anthony Jackson, Sayreville, Jr.
200: Carter McFadden, Montgomery, Jr.
400: Bayyan Dallas, Union, Jr.
800: Ryan Lindrud, Ridge, Sr.
1,600: Stone Caraccio, Kingsway, Jr.
3,200: Ethan Wechsler, Cherokee, Jr.
110 hurdles : Terrel Williams, Columbia, Jr.
400 hurdles: Alex Ruhl, Ridgewood, Sr.
High jump: Zuriel Wright, Sayreville, Sr.
Long jump: Joel Ingram, Passaic Tech, Sr.
Triple jump: Mubeen Momodu, Egg Harbor, Sr.
Pole vault: Simon Schenk, Princeton, Jr.
Discus: Kyle Lipscomb, Linden, Sr.
Javelin: John-Erik Drwal, North Hunterdon, Jr.
Shot put: Jesse Eadric, Rancocas Valley, Sr.
4x100: Piscataway
4x400: Westfield
4x800: North Hunterdon

Boys Track And Field

NJ.com's 2019 All-State boys track and field, Second Team

1,600: Will Baginski, Ridgewood, senior

Baginski ran 4:11.88 to finish second in the 1,600 at the Meet of Champions after winning the same event indoors. He will continue his career at Dartmouth.

Team History:

Year:	Dual Meets:	County Relays:	League:	County:	State Sectional:	State Group:
2019	5-1	Champions	2nd Place	2nd Place	Champions	8th Place
2018	5-0	Champions	Champions	Champions	2nd Place	
2017	5-0	Champions	Champions	Champions	Champions	
2016	5-0	Champions	Champions	Champions	Champions	
2015	4-1	2nd Place	2nd Place	6th Place	5th Place	
2014	5-0	Champions	Champions	3rd Place	Champions	
2013	5-0	Champions	Champions	Champions	Champions	2nd Place
2012	3-0-1	2nd Place	Champions	2nd Place	Champions	
2011	4-0	2nd Place	Champions	2nd Place	Champions	
2010	8-1	Champions	Champions	2nd Place	Champions	7th Place
2009	8-0	2nd Place	Champions	2nd Place	4th Place	
2008	7-1	6th Place	Champions (tie)	8th Place	8th Place	
2007	8-0	2nd Place	Champions	3rd Place	2nd Place	
2006	8-0	Champions	Champions	2nd Place	3rd Place	2nd Place
2005	8-0	Champions	Champions	Champions	2nd Place	8th Place
2004	6-0	3rd Place	Champions	2nd Place	Champions	5th Place
2003	5-1	3rd Place	Champions	Champions	Champions	6th Place
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)	
2001		3rd Place	Champions			
2000		2nd Place	3rd Place	3rd Place	2nd Place	
1999						
1998	8-0	3rd Place	Champions	2nd Place	2nd Place	
1997	8-0	6th Place	Champions	2nd Place	6th Place	
1996	5-3	5th Place	3rd Place	5th Place	5th Place	
1995	7-1	4th Place	Champions (tie)	2nd Place	5th Place	
1994	7-1	4th Place	2nd Place	3rd Place	3rd Place	
1993	7-1	3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1992	5-3	5th Place	2nd Place	2nd Place	5th Place	
1991	5-3	2nd Place	3rd Place	2nd Place	2nd Place	
1990		2nd Place				
1989	7-1	2nd Place	Champions	2nd Place	Champions	9th Place
1988		Champions		3rd Place		
1987		Champions	Champions	Champions	2nd Place	

Team History:

Year:	Dual Meets:	County Relays:	League:	County:	State Sectional:	State Group:
1986						
1985		3rd Place	3rd Place	3rd Place	3rd Place	
1984		3rd Place			3rd Place	
1983				3rd Place	3rd Place	
1982		2nd Place		3rd Place		
1981				3rd Place		
1980				3rd Place		
1979						
1978						
1977						
1976				3rd Place		
1975			Champions	2nd Place	Champions	

Outstanding Athlete Awards

County Relays

Bergen Meet of Champions

Bernard Smith Track Award

Steve Finlay Field Award

Mike Glynn Track Award

Ed Church Field Award

Name	Year	Name	Year	Name	Year	Name	Year
Will Baginski	2018	Gabe Knutson	2004	Josh Kauke	2000	Paul Kovach	2006
Kyle Mack	2017	J.D. Murdock	1998	Chris Rae	1987	Dan Cooper	2000
Michael Thurston	2015					J.D. Murdoch	1998
Mike Cator	2006						

Freshman County Championships

Track Award

Field Award

Name	Year	Name	Year
Josh Kauke	2000		
Josh Kauke	1999		
Bob Keino	1994	Mick Barbi	2019
Bob Keino	1993	Bernard Mann	2000
Joe LeMay	1985	Will Baginski	2016
John Parisi	1983	InSoo Hwang	2008
		Mike Cator	2003
		Chris Sullivan	1982

Ridgewood High School Boys Outdoor All-American List

<u>Event:</u>	<u>Time/Distance:</u>	<u>Place:</u>	<u>Athlete(s):</u>	<u>Year:</u>	<u>Meet:</u>
SMR	3:26.53	3rd	Kwame Grant / Ryan McKenna / Alex Ruhl / Will Baginski	2019	NBNO
Mile	4:14.28	5th	Will Baginski	2019	NBNO
SMR	3:25.04	2nd	Matt Tai / Kobi Grant / Kyle Mack / Michael Thurston	2016	NBNO
800m	1:51.21	6th	Michael Thurston	2016	NBNO
4x800	7:39.57	5th	Michael Thurston / Brian Collins / David Frering / Luke Dublirer	2014	NBNO
SMR	3:28.23	4th	Doohee Han / Jake Sabatini / Brian Collins / Storm Dublirer	2013	NBNO
DMR	10:06.36	6th	Levi Jennings / InSoo Hwang / Juan Llinas / Patrick Rynkowski	2011	NBNO
4x110 SHR	62.37	4th	Edward Blair IV / Sean Mattson / Matt Beausoleil / I. Hwang	2010	NBNO
SMR	3:30.39	6th	Peter Nygaard / InSoo Hwang / Akira Monri / Christian Trautwein	2008	NON
DMR	10:07.94	6th	Niall Buckley / Chirs Zeigler / Christian Trautwein / Daniel Emont	2007	NON
DMR	10:06.57	5th	Byron Williams / Chris Zeigler / Niall Buckley / Michael Cator	2006	NON
Javelin	190'6	5th	Steve Pierce	2006	NON
DMR	10:13.79	5th	Michael Cator / Jeremy Schmidt / Niall Buckley / Byron Williams	2005	NON
SMR	3:27.58	2nd	Dan Cooper / Steve Pawlowski / Andrew Dolgin / Josh Kauke	2000	FLON
800m	1:52.52	4th	Josh Kauke	1999	FLON
Triple Jump	48'7	5th	Craig Halyard	1989	GW
Mile	4:12.1	4th	Chris Sullivan	1985	GW

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

*GW - Golden West Invitational

*FLON - Foot Locker Outdoor Nationals

*NON - Nike Outdoor Nationals

*NBNO - New Balance Nationals Outdoor

Multiple All-Americans

Name	Honors	Events/Years
Michael Thurston	3x	2016 - SMR, 800; 2014 - 4x800
Insoo Hwang	3x	2011 - DMR; 2010 - SHR; 2008 - SMR
Niall Buckley	3x	2007 - DMR; 2006 - DMR; 2005 - DMR
Will Baginski	2x	2019 - SMR, Mile
Brian Collins	2x	2014 - 4x800; 2013 - SMR
Christian Trautwein	2x	2008 - SMR; 2007 - DMR
Chris Zeigler	2x	2007 - DMR; 2006 - DMR
Byron Williams	2x	2006 - DMR; 2005 - DMR
Michael Cator	2x	2006 - DMR; 2005 - DMR
Josh Kauke	2x	2000 - SMR; 1999 - 800m

County Group Champions

Name	Event	Year	Name	Event	Year
Alex Ruhl	400m	2019	Tommy DeVita	High Jump	2009
Will Baginski	800m	2019	Niall Buckley	1600m	2007
Will Baginski	1600m	2019	Dan Emont	3200m	2007
Will Baginski	3200m	2019	Byron Williams	1600m	2006
Ryan Fahey	3200m	2018	Michael Cator	3200m	2006
K. Collins / B. Zamboldi / C. Shammass / S. Wagh	4x800	2018	Akira Monri	110HH	2006
Max Bartlik	High Jump	2018	Niall Buckley	400h	2006
Max Bartlik	Triple Jump	2018	Paul Kovach	Pole Vault	2006
Kobi Grant	100m	2017	Steven Pierce	Javelin	2006
Kobi Grant	200m	2017	Ben Wilson	Shot Put	2006
Kyle Mack	400m	2017	Byron Williams	800m	2005
Ray Harada	110HH	2017	Byron Williams	1600m	2005
Kyle Mack	400h	2017	Byron Williams	3200m	2005
M. Tai / K. Mack / R. Harada / K. Grant	4x100	2017	Jake Ricciardi	Pole Vault	2005
K. Collins / B. Byrne / Z. Stadulis / W. Baginski	4x400	2017	Steven Pierce	Javelin	2005
M. Robazza / B. Byrne / W. Baginski / S. Wagh	4x800	2017	Ari Zamir	1600m	2004
Max Bartlik	Triple Jump	2017	Ari Zamir	3200m	2004
Kobi Grant	100m	2016	Gabe Knutson	Long Jump	2004
Michael Thurston	800m	2016	Gabe Knutson	Triple Jump	2004
M. Tai / J. Chun / W. Migliorelli / K. Grant	4x100	2016	Gabe Knutson	Pole Vault	2004
Kenny Ekert	Shot Put	2016	Ari Zamir	800m	2003
Nick Higgins	Javelin	2014	Ari Zamir	1600m	2003
Kevin Chung	110HH	2013	Ari Zamir	3200m	2003
Dylan Downing	Pole Vault	2013	Gabe Knutson	110HH	2003
Evan Bartlik	Long Jump	2012	Greg Corcoran	400h	2003
Evan Bartlik	High Jump	2012	Gabe Knutson	Pole Vault	2003
YoungHoe Koo	Javelin	2012	Dan Cooper	100m	2000
Levi Jennings	800m	2011	Andrew Dolgin	400m	2000
Levi Jennings	1600m	2011	Josh Kauke	800m	2000
Levi Jennings	3200m	2011	Andrew Dolgin	Triple Jump	2000
Evan Bartlik	High Jump	2011	John Grubb	Javelin	2000
Tommy DeVita	High Jump	2010	Josh Kauke	800m	1999

County Group Champions

Name	Event	Year	Name	Event	Year
Dave Warton	400h	1998	Chris Sullivan	800m	1984
J.D. Murdoch	Javelin	1998	Joe LeMay	3200m	1984
Ted Winfield	Long Jump	1997	Dave Pfund	Shot Put	1984
J.D. Murdoch	Javelin	1997	John Parisi	800m	1983
John O'Neil	1600m	1996	John Parisi	400h	1983
Mike Cohen	3200m	1996	John Parisi	800m	1982
J.D. Murdoch	Javelin	1996	Paul O'Leary	800m	1981
Jim Davis	High Jump	1995	Tom Hughes	1500m	1981
Bob Keino	800m	1994	Jim Ketterson	3000m	1981
Bob Keino	1600m	1994	<i>Names?</i>	4x400m	1980
Bob Keino	3200m	1994	John Boylan	Pole Vault	1980
Bob Keino	800m	1993	Tom Thurston	330yd h	1977
Bob Keino	1600m	1993	Rich Wankmuller	120 yd HH	1976
Bob Keino	3200m	1993	Tom Tomai	1 Mile	1975
Kassim Dawson	Discus	1993	Mike Rodgers	120 yd HH	1975
Thibaut Van Marcke	Javelin	1993	Parke Muth	330yd h	1975
Bob Keino	1600m	1992	B. Faath / S. Friars / M. Rogers / P. Muth	4x440yd	1975
Bob Keino	3200m	1992	Bruce Mason	2 Mile	1972
Matt Krever	100m	1991	<i>Names?</i>	4x440yd	1970
Eric Boucher	1600m	1991	Davis Morton	440yd	1965
Eric Boucher	1600m	1990	Hank Skewis	880yd	1965
Tim Geckeler	400m	1989	Warren Lascar	Pole Vault	1965
Matt Giffuni	800m	1989	Hank Skewis	880yd	1964
Matt Giffuni	800m	1988			
Craig Halyard	Triple Jump	1988			
Chris Rae	800m	1987			
Eric Berntsen	1600m	1987			
Eric Berntsen	3200m	1987			
Doug Shultz	400h	1987			
Craig Halyard	Triple Jump	1987			
Chris Sullivan	800m	1985			
Chris Sullivan	1600m	1985			
Joe LeMay	3200m	1985			

3+ County Champions

Name	Wins	Years
Bob Keino	8	1992-1994
Will Baginski	5	2017-2019
Kobi Grant	5	2016-2017
Gabe Knutson	5	2003-2004
Ari Zamir	5	2003-2004
Byron Williams	4	2005-2006
Max Bartlik	3	2017-2018
Kyle Mack	3	2017
Evan Bartlik	3	2011-2012
Levi Jennings	3	2011
J.D. Murdoch	3	1996-1998
Chris Sullivan	3	1984-1985
John Parisi	3	1982-1983

Most Single Year Wins

2017	9 Wins
Will Baginski	4x400 / 4x800
Max Bartlik	Triple Jump
Billy Byrne	4x400 / 4x800
Kevin Collins	4x400
Kobi Grant	100m / 200m / 4x100
Ray Harada	110HH / 4x100
Kyle Mack	400m / 400h / 4x100
Matteo Robazza	4x800
Zack Stadulis	4x400
Matt Tai	4x100
Sid Wagh	4x800

BMOC Champions

Name	Event	Year	Name	Event	Year
Max Bartlik	Triple Jump	2018	Michael Cator	3200m	2004
Evan Bartlik	High Jump	2011	Byron Williams	800m	2004
J. Riemer / I. Hwang / J. Llinas / M. Grundy	4x400m	2010	Rodolfo Crispin	3200m	2002
Tommy DeVita	High Jump	2010	J. Kauke / Names?	4x400m	2000
Brian Cleary	1600m	2009	Josh Kauke	800m	2000
Tommy DeVita	High Jump	2009	Dan Cooper	Pole Vault	2000
Christian Trautwein	800m	2008	Josh Kauke	800m	1999
A. Monri / C. Zeigler / C. Trautwein / N. Buckley	4x400m	2007	Dusty Thomas	200m	1998
Niall Buckley	800m	2007	J.D. Murdoch	Javelin	1998
Michael Cator	1600m	2006	Dusty Thomas	Long Jump	1998
Steve Pierce	Javelin	2006	Dave Warton	Pole Vault	1998
Paul Kovach	Pole Vault	2006	J.D. Murdoch	Shot Put	1997
Ari Zamir	1600m	2005	Bob Keino	800m	1994
Niall Buckley	800m	2005	Todd Cotten	3200m	1993
Jake Ricciardi	Pole Vault	2005	Bob Keino	800m	1993
Ari Zamir	1600m	2004	Bob Keino	1600m	1992

BMOC Champions

Name	Event	Year
Matt Giffuni	800m	1988
Chris Rae	1600m	1987
Doug Shultz	400h	1987
Eric Berntsen	800m	1987
John Parisi	400h	1983
Rich Wankmuller	120 yd HH	1976

2+ BMOC Champions

Name	Wins	Years
Niall Buckley	3	2005-2007
Josh Kauke	3	1999-2000
Bob Keino	3	1992-1994
Tommy DeVita	2	2009-2010
Christian Trautwein	2	2007-2008
Michael Cator	2	2004-2006
Ari Zamir	2	2004-2005
Dusty Thomas	2	1998-1999
J.D. Murdoch	2	1997-1998

State Sectional Champions

Name	Event	Year	Name	Event	Year
Will Baginski	1600m	2019	Levi Jennings	1600m	2012
Will Baginski	3200m	2019	Travis Spicer	3200m	2012
Tom Vandalovsky	Shot Put	2019	Evan Bartlik	Long Jump	2012
Luke Otterstedt	Javelin	2019	Evan Bartlik	Triple Jump	2012
Max Bartlik	Triple Jump	2018	InSoo Hwang	400h	2011
Kyle Mack	400m	2017	Evan Bartlik	Triple Jump	2011
M. Tai / K. Mack / R. Harada / K. Grant	4x100	2017	J. Reimer / I. Hwang / J. Llinas / M. Grundy	4x400	2010
Ryan Vimba	Pole Vault	2017	Tommy DeVita	High Jump	2010
Kobi Grant	100m	2016	John Wisener	Pole Vault	2010
Michael Thurston	800m	2016	John Wisener	Pole Vault	2009
K. Mack / M. Tai / W. Baginski / M. Thurston	4x400	2016	Christian Trautwein	800m	2008
Michael Thurston	800m	2015	Chris Ziegler	100m	2007
K. Tamura / J. Byrne / K. Marshall / M. Thurston	4x800	2015	Chris Ziegler	200m	2007
Jake Sabatini	100m	2014	Dan Emont	3200m	2007
Luke Dublirer	800m	2014	Niall Buckley	400h	2007
Luke Dublirer	1600m	2014	Michael Cator	1600m	2006
M. Thurston / D. Frering / B. Collins / L. Dublirer	4x800	2014	Michael Cator	3200m	2006
Jake Sabatini	100m	2013	Steve Pierce	Javelin	2006
D. Han / J. Locke / K. Chung / J. Sabatini	4x100	2013	Byron Williams	800m	2005
B. Collins / S. Dublirer / N. Schoff / J. Sabatini	4x400	2013	Byron Williams	1600m	2005
N. Salamone / D. Frering / M. Thurston / L. Dublirer	4x800	2013	Jake Ricciardi	Pole Vault	2005

State Sectional Champions

Name	Event	Year	Name	Event	Year
Gabe Knutson	Pole Vault	2004	Craig Halyard	Long Jump	1988
Ari Zamir	1600m	2003	Chris Rae	800m	1987
D. Sampson / T. Rooke / B. Williams / G. Corcoran	4x400	2003	Eric Bernsten	1600m	1987
Bernard Mann	High Jump	2003	Eric Bernsten	3200m	1987
James Norton	Pole Vault	2002	Paul Knapp	1600m	1986
Josh Kauke	400m	2000	Chris Sullivan	1600m	1985
Josh Kauke	800m	2000	Joe LeMay	3200m	1985
Josh Kauke	1600m	2000	Chris Sullivan	1600m	1984
Dan Cooper	Pole Vault	2000	Joe LeMay	3200m	1984
John Grubb	Javelin	2000	John Parisi	800m	1983
Josh Kauke	800m	1999	Tim Kelly	400h	1982
Dan Cooper	Pole Vault	1999	John Boylan	Pole Vault	1980
Dave Warton	Pole Vault	1998	Steve Hoffman	800m	1978
J.D. Murdock	Javelin	1998	Tom Tomai	1 Mile	1975
J.D. Murdock	Javelin	1997	S. Friars / B. Faath / M. Rogers / P. Muth	4x440yd	1975
J.D. Murdock	Javelin	1996	Parke Muth	330yd h	1974
Bob Keino	800m	1994	Bruce Mason	2 Mile	1972
Bob Keino	1600m	1994	Jim Nepula	400m	1970
Bob Keino	3200m	1994	<i>Names?</i>	4x440yd	1970
Fletcher Rosenbach	110 HH	1994			
Bob Keino	1600m	1993			
Bob Keino	3200m	1993			
Vahe Hagopian	Pole Vault	1993			
Bob Keino	1600m	1992			
Bob Keino	3200m	1992			
Eric Boucher	1600m	1991			
Eric Boucher	3200m	1991			
Eric Boucher	1600m	1990			
Eric Boucher	3200m	1990			
Tim Geckeler	400m	1989			
Matt Giffuni	800m	1989			
Eric Boucher	1600m	1989			
Eric Boucher	3200m	1989			

3+ Sectional Champions

Name	Wins	Years
Bob Keino	7	1992-1994
Michael Thurston	6	2014-2016
Eric Boucher	6	1989-1991
Luke Dublirer	4	2013-2014
Josh Kauke	4	1999-2000
Will Baginski	3	2016-2019
Kyle Mack	3	2016-2017
Evan Bartlik	3	2011-2012
Byron Williams	3	2003-2005
J.D. Murdock	3	1996-1998

Most Single Year Wins

2000	5 Wins
Josh Kauke	400m / 800m / 1600m
Dan Cooper	Pole Vault
John Grubb	Javelin

State Group Champions

Name	Event	Year	Name	Event	Year
Tommy DeVita	High Jump	2010	Craig Halyard	Long Jump	1988
Byron Williams	1600m	2005	Eric Bersten	1600m	1987
Gabe Knutson	Triple Jump	2003	Chris Sullivan	1600m	1985
Josh Kauke	800m	2000	Joe LeMay	3200m	1985
Josh Kauke	800m	1999	Parke Muth	330yd h	1975
Bob Keino	1600m	1994	Jim Moore	Pole Vault	1961
Bob Keino	3200m	1994	Jerry Counihan	Pole Vault	1958
Bob Keino	1600m	1993	Rich Castellana	Long Jump	1957
Bob Keino	3200m	1993	Chuck Quinby	High Jump	1953
Eric Boucher	3200m	1991			

2+ Group Champions

Name	Wins	Years
Bob Keino	4	1993-1994
Josh Kauke	2	1999-2000

2+ SMOC Medals

Name	Medals	Years
Bob Keino	3	1992-1994
Michael Thurston	2	2014-2016
Evan Bartlik	2	2011-2012
Jake Ricciardi	2	2004-2005
Ari Zamir	2	2003-2004
Josh Kauke	2	1999-2000
InSoo Hwang	2	2010
Craig Halyard	2	1988

SMOC Medalists

Name	Event	Performance	Place	Year
Will Baginski	1600m	4:11.88	2nd	2019
Alex Ruhl	400h	54.43	7th	2019
Michael Thurston	800m	1:51.17	2nd	2016
M. Thurston / D. Frering / B. Collins / L. Dublirer	4x800m	7:44.09	2nd	2014
Evan Bartlik	Triple Jump	46'9 ¼"	4th	2012
Evan Bartlik	Triple Jump	45'10 ¾"	5th	2011
InSoo Hwang	400h	53.64	3rd	2010
J. Reimer / I. Hwang / J. Llinas / M. Grundy	4x400m	3:16.91	3rd	2010
Taro Shigenobu	3200m	9:08.91	5th	2009
Dan Emont	3200m	9:08.82	5th	2007
Michael Cator	3200m	9:18.65	6th	2006
Steve Pierce	Javelin	202'0"	1st	2006
Paul Kovach	Pole Vault	13'6"	8th	2006
Byron Williams	1600m	4:12.15	2nd	2005
Jake Ricciardi	Pole Vault	13'6"	8th	2005
Ari Zamir	1600m	4:16.15	2nd	2004
Jake Ricciardi	Pole Vault	13'6"	7th	2004
Ari Zamir	1600m	4:19.14	6th	2003
Gabe Knutson	Triple Jump	44'0 ½"	5th	2003
Josh Kauke	800m	1:50.19	1st	2000
Andrew Dolgin	Triple Jump	43'2 ½"	5th	2000
Josh Kauke	800m	1:53.27	1st	1999
Bob Keino	1600m	4:13.43	1st	1994
Bob Keino	1600m	4:11.42	1st	1993
Bob Keino	3200m	9:27.89	6th	1992
Eric Boucher	3200m	9:17.29	3rd	1991
Pierson / C. Halyard / T. Geckler / Ellinghaus	4x400m	3:19.25	5th	1988
Craig Halyard	Long Jump	22'6 ½"	4th	1988
Chris Rae	800m	1:52.0	1st	1987
Chris Sullivan	1600m	4:18.0	2nd	1987
Eric Bernsten	3200m	9:05.7	3rd	1987
John Lander	800m	1:54.4	4th	1985
Parke Muth	330yd h	38.8	4th	1975
Tom Rae	800m	1:54.9	3rd	1971

Ridgewood High School Boys Outdoor Top 10 Relays

	Team Members:	Meet:	Year:
4x100m:			
42.75	M. Tai / K. Mack / J. Chun / Ko. Grant	SMOC	2017
43.27	D. Han / J. Locke / K. Chung / J. Sabatini	East Coast Relays	2013
43.32	M. Tai / J. Chun / W. Migliorelli / Ko. Grant	State Sectionals	2016
43.7	J. Norrell / J. Locke / D. Han / J. Sabatini	County Relays	2014
44.27	S. Emmanuel / Kw. Grant / A. Ruhl / R. McKenna	Penn Relays	2019
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007
44.2	J. Sabatini / J. Locke / T. Migliorelli / K. Chung	County Relays	2012
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989
44.69	J. Dickson / D. Romero / M. Tai / S. Emmanuel	State Sectionals	2018
4x200m:			
1:29.98	D. Han / K. Chung / N. Schoff / J. Sabatini	National Championship	2013
1:30.45	M. Tai / K. Mack / J. Chun / Ko. Grant	National Championship	2017
1:30.4	J. Norrell / J. Locke / D. Han / J. Sabatini	County Relays	2014
1:31.4	M. Tai / J. Chun / W. Migliorelli / Ko. Grant	County Relays	2016
1:31.72	J. Sabatini / N. Schoff / E. Bartlik / K. Chung	East Coast Relays	2012
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	East Coast Relays	2007
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989
1:32.6	S. Emmanuel / R. McKenna / R. Seaver / Kw. Grant	County Relays	2019
1:32.8	Ko. Grant / K. Mack / J. Norrell / M. Tai	County Relays	2015
4x400m:			
3:16.91	J. Riemer / I. Hwang / J. Llinas / M. Grundy	SMOC	2010
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	SMOC	1988
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007
3:20.97	K. Mack / M. Tai / W. Baginski / M. Thurston	State Sectionals	2016
3:22.07	B. Collins / S. Dublirer / N. Schoff / J. Sabatini	BMOC	2013
3:22?			2000
3:22.96	S. Dublirer / E. Bartlik / B. Collins / N. Schoff	State Sectionals	2012
3:24.32	M. Tai / W. Baginski / K. Collins / K. Mack	State Sectionals	2017
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006
3:25.20	D. Han / M. Thurston / B. Collins / L. Dublirer	State Sectionals	2014
3:25.95	A. Ruhl / R. Seaver / R. McKenna / W. Baginski	League Championship	2019
4x800m:			
7:39.57+	M. Thurston / B. Collins / D. Frering / L. Dublirer	National Championship	2014
7:44.30	L. Dublirer / D. Frering / M. Thurston / S. Dublirer	National Championship	2013
7:48.9	D. Shultz / Williams / E. Berntsen / C. Rae		1987
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Relays	2004
7:55.55	S. Dublirer / B. Collins / T. Spicer / L. Jennings	East Coast Relays	2012
7:57.9			1972
7:58.1			1976
7:59.64	K. Tamura / J. Byrne / A. Taggart / M. Thurston	State Group IV	2015
8:01.09	A. Taggart / W. Baginski / B. Zamboldi / M. Thurston	Penn Relays	2016
8:01.10	S. Alsaïdi / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994

+ County Record

Ridgewood High School Boys Outdoor Top 10 Relays

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

* Converted from 4xMile

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

3:25.04+	M. Tai / Ko. Grant / K. Mack / M. Thurston	National Championship	2016
3:26.53	Kw. Grant / R. McKenna / A. Ruhl / W. Baginski	National Championship	2019
3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Championship	2000
3:28.23	D. Han / J. Sabatini / B. Collins / S. Dublirer	National Championship	2013
3:28.38	D. Han / J. Sabatini / B. Collins / L. Dublirer	National Championship	2014
3:29.6			1987
3:30.39	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	National Championship	2008
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Championship	2007
3:31.36			1999
3:32.9	Ko. Grant / M. Tai / K. Mack / M. Thurston	County Relays	2015

+ County Record

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

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

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

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

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

Ridgewood High School Boys Outdoor Top 10 Relays

	Team Members:	Meet:	Year:
Shuttle Hurdles:			
59.2*+	P. Muth / R. Wankmuller / J. Lane / M. Rogers	New Jersey Relays	1975
61.0	E. Blair IV / S. Mattson / M. Beausoleil / I. Hwang	County Relays	2010
62.26	A. Ruhl / L. Reinke / D. Romero / M. Bartlik	National Championship	2018
62.3	Z. Stadulis / M. Bartlik / A. Ruhl / R. Harada	County Relays	2017
63.0	L. Reinke / N. DeVita / P. Sanchez / A. Ruhl	County Relays	2019
64.05	E. Berry / D. Barnes / B. Joyner / M. Zeno	East Coast Relays	2014
64.1	M. Zeno / E. Berry / A. Armatas / K. Chung	Comet Relays	2013
64.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	East Coast Relays	2006
64.9	Z. Stadulis / K. Mack / M. Bartlik / R. Harada	County Relays	2016
65.2	E. Bartlik / K. Chung / J. Knight / M. Beausoleil	County Relays	2011
* 4x120yd			
+ County Record			
3x400 IH:			
2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:53.5	K. Mack / Z. Stadulis / K. Collins	County Relays	2017
2:55.1	I. Hwang / S. Mattson / E. Blair IV	County Relays	2010
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:56.9	N. Schoff / B. Collins / A. Armatas	County Relays	2013
2:57.7	A. Ruhl / L. Reinke / R. McKenna	County Relays	2019
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:58.3	Z. Stadulis / K. Mack / T. Carver	County Relays	2016
2:58.4	L. Reinke / T. Carver / K. Collins	County Relays	2018
2:58.9	N. Schoff / J. Knight / B. Collins	County Relays	2012
3xLong Jump:			
60'9 3/4"	M. Bartlik / D. Romero / J. Dickson	County Relays	2018
60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
59'10 1/4"	D. Barnes / B. Joyner / J. Davila	County Relays	2014
58'1"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
58' 3/4"	E. Bartlik / Y. Koo / H. Park	County Relays	2012
57'7"	R. Harada / M. Bartlik / D. Romero	County Relays	2017
56'10 3/4"	J. Davila / A. Punjabi / D. Romero	County Relays	2015
56'9 3/4"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
56'9 1/4"	R. Harada / D. Romero / M. Bartlik	County Relays	2016
3xTriple Jump:			
127'5 1/2"	B. Joyner / M. Zeno / A. Punjabi	County Relays	2014
125'10 1/4"	C. Halyard / T. Geckler / J. Chang	County Relays	1989
125'3 3/4"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
123'11 3/4"	E. Bartlik / J. Knight / Y. Koo	County Relays	2012
121'11 1/4"	J. Davila / A. Punjabi / Z. Stadulis	County Relays	2015
121'7 3/4"	Z. Stadulis / M. Bartlik / R. Harada	County Relays	2016
121'5 1/2"	T. DeVita / Y. Koo / E. Bartlik	County Relays	2010
121' 3/4"	M. Bartlik / Z. Stadulis / D. Romero	County Relays	2017
120'4 1/2"	G. Knutson / H. Smith / B. Clementi	County Relays	2004
119'1"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard	County Relays	2007

Ridgewood High School Boys Outdoor Top 10 Relays

	Team Members:	Meet:	Year:
3xHigh Jump:			
18'2"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
18'0"	R. Harada / D. Romero / M. Bartlik	County Relays	2017
17'8"	E. Bartlik / Y. Koo / J. Knight	County Relays	2012
17'6"	M. Bartlik / D. Romero / J. Dickson	County Relays	2018
17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Relays	1995
17'4"	M. Thurston / D. Romero / R. Harada	County Relays	2016
17'2"	E. Bartlik / Y. Koo / J. Knight	Pawlowski Relays	2011
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Relays	2002
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays	2003
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Relays	1994
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Relays	1998
3xPole Vault:			
39'6"	A. Wong / S. Llerandi / P. Morgan	East Coast Relays	2014
38'0"	G. Knutson / J. Riccardi / C. Jensen	County Relays	2004
36'6"	L. Bontoux / R. Vimba / D. Schechter	County Relays	2016
35'0"	D. Downing / A. Wong / P. Morgan	County Relays	2013
34'0"	J. Theisen / L. Gnospelius / P. Scott	East Coast Relays	2019
34'0"	A. Wong / D. Downing / P. Morgan	County Relays	2012
34'0"	J. Wisener / M. Witt / A. Gramaglia	County Relays	2009
34'0"			1976
33'0"	J. Wisener / A. Gramaglia / T. DeVita	County Relays	2010
32'6"	D. Warton / D. Cooper / C. Rogers	County Relays	1998
3xShot Put:			
146'8 1/2"	Pfund / Gautier / Laborde		1983
138'2"	K. Ekert / S. McAvey / A. Engelhardt	County Relays	2016
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla	County Relays	1998
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico	County Relays	1993
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson	County Relays	2006
130'1 1/4"	A. Engelhardt / T. Vandalovsky / M. Toner	County Relays	2018
129'3"	J. Barnett / A. Muller / N. Discepolo	County Relays	2013
129'3"	S. Abdallah / M. Flicker / B. Mercer	County Relays	2004
129'0"	J. Murdock / T. Zurla / F. Lockwood	Pawlowski Relaysays	1998
128'7 1/2"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
3xDiscus:			
422'8"			1971
395'7"	J. Barnett / M. Antosiewicz / A. Muller	County Relays	2013
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
381'6"	J. Simmons / S. Etna / M. Henni	County Relays	2010
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991
375'4"	K. Ekert / M. Gentile / S. McAvey	County Relays	2016
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005

Ridgewood High School Boys Outdoor Top 10 Relays

	Team Members:	Meet:	Year:
3xJavelin:			
460'5"	N. Higgins / J. Locke / C. Abernethy	County Relays	2014
452'11"	J. Barnett / N. Higgins / J. Locke	County Relays	2013
436'0	L. Otterstedt / L. Reinke / S. Halvorsen	County Relays	2019
431'1"	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005
429'10"	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006
419'0"	M. Maniaci / M. Beausoleil / E. Blair IV	County Relays	2010
412'6"	Y. Koo / N. Higgins / J. Barnett	County Relays	2012
402'7"	B. Pastorius / K. Ekert / C. Abernethy	County Relays	2015
393'3"	M. Beausoleil / J. Barnett / Y. Koo	County Relays	2011
390'8"	M. Maniaci / T. Zulauf / M. Beausoleil	County Relays	2009
Javelin (old jav - subtract ~7.5-10%):			
442'8" (~409'5")	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
417'11" (~386'6")	J. Murdock / B. Zuccala / P. Hans	County Relays	1996
404'1" (~373'9")	M. Picarelli / J. Murdock / D. Barry	County Relays	1995

Ridgewood High School Boys Outdoor All-Time List

	Athlete:	Meet:	Year:
100m:			
10.90	Chris Zeigler	State Meet of Champions	2007
10.99	Dusty Thomas	BMOC	1998
11.03	Alex Ruhl	State Sectionals	2019
11.04	Kobi Grant	Big North Championship	2016
11.05	Jake Sabatini	County Championship	2013
11.08	Matt Tai	Big North Championship	2016
11.11	Kevin Chung	State Group IV	2013
11.11	Matt Beausoleil	State Sectionals	2011
11.20	Max Witt	NNJIL Championship	2009
11.25	Doohee Han	State Sectionals	2014
10.8	Matt Krever	BMOC	1991
10.9	Dan Cooper	NNJIL Championship	2000
200m:			
21.7 / 22.05	Chris Zeigler	County / SMOC	2007
22.15	Dusty Thomas	BMOC	1998
22.0*	Mike Henderson		1961
22.27	Alex Ruhl	State Meet of Champions	2019
22.32	Jake Sabatini	County Championship	2013
22.3*	Parke Muth	NNJIL Championship	1975
22.1	Tim Geckler	NNJIL Championship	1989
22.43	Kobi Grant	State Sectionals	2016
22.53	Doohee Han	State Sectionals	2014
22.56	Matt Tai	State Sectionals	2016
22.4	Matt Krever	NNJIL Championship	1991
22.77	InSoo Hwang	County Championship	2011

*converted from 220yd

Ridgewood High School Boys Outdoor All-Time List

	Athlete:	Meet:	Year:
400m:			
48.7	Tim Geckler	NNJIL Championship	1989
49.05	Kyle Mack	State Sectionals	2017
49.06	Michael Thurston	County Championship	2016
49.41	Josh Kauke		1999
49.3	Jim Nepola		1970
49.57	Matt Grundy	State Sectionals	2010
49.4	Mike Henderson		1960
49.86	Kyle Mack	State Sectionals	2016
49.97	Juan Llinas	State Sectionals	2011
50.01	Storm Dublirer	State Sectionals	2013
50.10	Jon Riemer	State Group IV	2010
50.12	Alex Ruhl	County Championship	2019
800m:			
1:50.19	Josh Kauke	State Meet of Champions	2000
1:51.17	Michael Thurston	State Meet of Champions	2016
1:51.61	Chris Rae	Golden West	1987
1:53.4	Bob Keino	BMOC	1994
1:54.0	John Parisi		1983
1:54.31	Storm Dublirer	State Group IV	2012
1:54.31	Levi Jennings	State Group IV	2011
1:54.2	Tom Rae		1971
1:54.4	John Lander		1985
1:54.73	Luke Dublirer	County Championship	2014
1:54.7	Byron Williams	Bernards Invite	2005
1600m:			
4:09.35	Bob Keino	State Group IV	1994
4:11.88	Will Baginski	State Meet of Champions	2019
4:11.9	Chris Sullivan		1985
4:12.0	Chris Rae		1987
4:12.71	Byron Williams	State Meet of Champions	2005
4:14.48	Levi Jennings	State Group IV	2011
4:15.4	Joe LeMay		1985
4:15.5	Ari Zamir	State Sectionals	2004
4:15.7	Eric Berntsen		1987
4:17.10	Michael Cator	BMOC	2006
4:17.50	Luke Dublirer	State Sectionals	2014
3200m:			
9:02.73	Bob Keino	Arcadia Invitational	1993
9:05.7	Eric Berntsen		1987
9:08.82	Daniel Emont	State Meet of Champions	2007
9:08.91	Taro Shigenobu	State Meet of Champions	2009
9:12.8	Joe LeMay		1985
9:17.29	Eric Boucher	State Meet of Champions	1991
9:18.10	Ari Zamir	State Group IV	2004
9:18.65	Michael Cator	State Meet of Champions	2006
9:21.49	Travis Spicer	State Group IV	2012
9:22.4	Kevin McCabe		1987

Ridgewood High School Boys Outdoor All-Time List

	Athlete:	Meet:	Year:
110HH:			
14.60	InSoo Hwang	County Championship	2011
14.68	Matt Beausoleil	State Meet of Champions	2011
14.4	Mike Rogers		1975
14.70	Steve Pawlowski		2001
14.5	Jeff Lane		1975
14.5	Rich Wankmuller		1976
14.75	Akira Monri	State Sectionals	2008
14.88	Kevin Chung	State Group IV	2013
14.94	Luke Reinke	BMOC	2019
15.01	Edward Blair IV	County Championship	2010
15.27	Alex Ruhl	County Championship	2019
15.27	Michael Zeno	State Sectionals	2014
400 IH:			
53.64	InSoo Hwang	State Meet of Champions	2010
53.9	John Parisi		1983
54.43	Alex Ruhl	State Meet of Champions	2019
54.7	Dave Shultz		1987
55.2	Niall Buckely	County Championship	2007
55.4	Tim Kelley		1982
55.6	Kyle Mack	County Relays	2017
55.8	Dave Warton	County Championship	1998
56.21	Luke Reinke	State Group IV	2018
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
56.8	Jason Lahita	NNJIL Championship	1993
300 IH:			
41.68	Zack Stadulis	Arcadia Invitational	2017
330yd IH:			
38.8	Parke Muth	State Meet of Champions	1975
200m splits:			
21.5	Chris Zeigler	East Coast Relays	2007
21.6	Kobi Grant	National Championship	2016
21.8	Dusty Thomas	County Relays	1998
21.9	Jake Sabatini	County Relays	2014
22.2 (leadoff)	Doohee Han	National Championship	2014
22.2	Jamal Locke	County Relays	2014
22.2	Tim Geckler	County Relays	1989
22.3 (leadoff)	Alex Ruhl	Arcadia Invitational	2019
22.3 (leadoff)	Matt Tai	National Championship	2016
300m splits:			
34.6	Doohee Han	National Championship	2014
34.8	Matt Tai	National Championship	2017
34.9	Jake Sabatini	National Championship	2013
35.2	Kyle Mack	National Championship	2016

Ridgewood High School Boys Outdoor All-Time List

	Athlete:	Meet:	Year:
400m splits:			
47.98	Kyle Mack	National Championship	2017
48.0	Tim Geckler	NNJIL Championship	1989
48.66	Michael Thurston	National Championship	2016
48.6	Matt Grundy	State Meet of Champions	2010
48.97	Storm Dublirer	National Championship	2013
48.9	Niall Buckley	BMOC	2007
48.9	Parke Muth	Penn Relays	1975
49.18	InSoo Hwang	National Championship	2011
49.3	Alex Ruhl	National Championship	2019
49.4 (leadoff)	Jon Riemer	State Meet of Champions	2010
800m splits:			
1:50.87	Michael Thurston	National Championship	2016
1:51.12	Will Baginski	National Championship	2019
1:51.84	Luke Dublirer	National Championship	2014
1:52.48	Storm Dublirer	National Championship	2013
1:52.6	Bob Keino	Penn Relays	1993
1:53.5	Christian Trautwein	National Championship	2008
1:53.66	David Frering	National Championship	2014
1:54.29	Will Baginski	Arcadia Invitational	2018
1:54.8	Niall Buckley	National Championship	2006
1:55.23	Juan Llinas	National Championship	2011
1200m splits:			
3:03.83	Levi Jennings	National Championship	2011
3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	National Championship	2006
3:06.0	Niall Buckley	National Championship	2007
3:08.22	Will Baginski	Arcadia Invitational	2018
3:08.6	Michael Cator	National Championship	2005
3:09.4	Andrew Fine	Penn Relays	2009
3:09.7	Bob Keino	Penn Relays	1992
3:09.8	David Frering	County Relays	2014
1600m splits:			
4:08.2	Bob Keino	Penn Relays	1993
4:15.3	Byron Williams	National Championship	2005
4:16.7	Michael Cator	National Championship	2006
4:17.4	Patrick Rynkowski	Arcadia Invitational	2011
4:18.5	Daniel Emont	National Championship	2007
Long Jump:			
22'10"	Evan Bartlik	Big North Championship	2012
22'10"	Craig Halyard	Arcadia Invitational	1989
21'11"	Gabriel Knutson	State Sectionals	2004
21'5 1/2"	Dusty Thomas	County Championship	1998
21'4 1/2"	Justin Dickson	County Championship	2018
21'3"	Bernard Mann	NNJIL Championship	2003
21'0 3/4"	Danilo Romero	Big North Championship	2018
20'11 1/2"	Max Bartlik	County Championship	2018
20'10 1/4"	Andrew Dolgin	County Championship	1998
20'10"	T.J. Crocker	NNJIL Championship	1989
20'9"	Young Hoe Koo	Frosh Championship	2010

Ridgewood High School Boys Outdoor All-Time List

	Athlete:	Meet:	Year:
Triple Jump:			
48'7"	Craig Halyard	Golden West	1989
46'9 3/4"	Evan Bartlik	SMOC	2012
46'0"	Max Bartlik	Big North Championship	2018
45'8"	Gabriel Knutson	County Championship	2004
43'9 1/4"	Bryce Joyner	County Championship	2014
43'7"	Bernard Mann	NNJIL Championship	2003
43'5 1/4"	Armand Punjabi	East Coast Relays	2014
42'10"	Akira Monri	State Sectionals	2007
42'7"	Mike Zeno	County Relays	2014
42'5 3/4"	PJ Sanchez	County Championship	2019
42'5 1/2"	Andrew Dolgin	County Championship	1998
High Jump:			
6'8"	Tommy DeVita	State Group IV	2010
6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'6"	Evan Bartlik	BMOC	2011
6'4"	Michael Thurston	Big North Championship	2016
6'2"	Max Bartlik	State Sectionals	2018
6'2"	Danilo Romero	State Sectionals	2018
6'2"	Ray Harada	Big North Championship	2017
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
6'2"	Michael Zeno	State Sectionals	2014
Pole Vault:			
15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Jon Wisener	East Coast Relays	2010
14'6"	Paul Kovach	BMOC	2006
14'0"	Ryan Vimba	State Sectionals	2017
14'0"	Dylan Downing	SMOC	2013
13'8"	Luc Bontoux	BMOC	2016
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champions	2002
13'6"	Allan Wong	East Coast Relays	2014
13'6"	Spencer Llerandi	County Relays	2014
13'6"	Patrick Morgan	BMOC	2014
13'6"	Connor Abernethy	State Sectionals	2015
Shot Put:			
54'11"	Eric Bryant		1980
53'7 1/4"	Kenny Ekert	State Sectionals	2016
52'10 1/2"	Spencer McAvey	BMOC	2016
52'0 1/2"	Tom Vandalovsky	State Sectionals	2019
51'9 3/4"	J.D. Murdock	County Relays	1997
51'1 1/2"	Kevin Strahle	BMOC	2002
50'5"	Patrick Rae	NNJIL Championship	1989
50'1"	Sam Horowitz	BMOC	1993
50' 1/4"	Anthony Balboa	BMOC	2012
49'11"	Torre Watson	State Sectionals	1991

Ridgewood High School Boys Outdoor All-Time List

	Athlete:	Meet:	Year:
Discus:			
163'1"	Jack Simmons	County Relays	2010
157'11"	John Marshall		1971
151'5"	J.D. Murdock	County Relays	1998
150'5"	Glenn Hansen	BMOC	1994
148'1"	James Barnett	County Championship	2013
147'1"	Gabriel Knutson	County Championship	2004
146'2"	Michael Antosiewicz	BMOC	2014
144'3"	Brian Zuccala	NNJIL Championship	1998
143'8"	Ramone Hache	State Group IV	1991
143'3"	Michael Mosticchio	State Sectionals	2008
143'1"	Patrick Rae	County Championship	1989
Javelin:			
202'0"	Steve Pierce	State Meet of Champions	2006
184'8"	Nick Higgins	County Championship	2014
177'8"	Adam Whitelaw	Bernards Invite	2003
170'3"	Jamal Locke	County Relays	2014
168'6"	Luke Otterstedt	State Group IV	2019
166'3"	Luke Reinke	Big North Champs	2019
161'3"	Mark Maniaci	NJTCC Championship	2010
159'8"	YoungHoe Koo	County Championship	2012
159'8"	Matt Beausoleil	State Sectionals	2011
154'3"	Anthony Halwagy	NNJIL Championship	2003
153'1"	James Barnett	County Relays	2013
Javelin (old jav - subtract ~7.5-10%):			
198'8" (~183'9")	J.D. Murdock	County Championship	1998
187'2" (~173'1")	John Grubb		2000
170'5" (~157'7")	Thibaut van Marke	Bernards Invite	1993
168'5" (~155'9")	Brian Zuccala	County Championship	1998
164'0" (~151'8")	Rod Budelman	Thunderbird Invite	1991

All-Decade Teams

2010s

100m:

Alex Ruhl (2019) 11.03
Kobi Grant (2016) 11.04
Jake Sabatini (2013) 11.05

200m:

Alex Ruhl (2019) 22.27
Jake Sabatini (2013) 22.32
Kobi Grant (2016) 22.43

400m:

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

800m:

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

1600m:

Will Baginski (2019) 4:11.88
Levi Jennings (2011) 4:14.48
Luke Dublirer (2014) 4:17.50

3200m:

Travis Spicer (2012) 9:21.49
Will Baginski (2019) 9:29.49
Levi Jennings (2011) 9:29.80

110HH:

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

400IH:

InSoo Hwang (2010) 53.60
Alex Ruhl (2019) 54.43
Kyle Mack (2017) 55.6

200m Splits:

Kobi Grant (2016) 21.6
Jake Sabatini (2014) 21.9
Doohee Han (2014) 22.2 (leadoff)
Alex Ruhl (2019) 22.3 (leadoff)
Matt Tai (2016) 22.3 (leadoff)

300m Splits:

Doohee Han (2014) 34.6
Matt Tai (2017) 34.8
Jake Sabatini (2013) 34.9

400m Splits:

Kyle Mack (2017) 47.98
Michael Thurston (2016) 48.66
Matt Grundy (2010) 48.6
Storm Dublirer (2013) 48.97

800m Splits:

Michael Thurston (2016) 1:50.87
Will Baginski (2019) 1:51.12
Luke Dublirer (2014) 1:51.84
Storm Dublirer (2013) 1:52.48

1200m Splits:

Levi Jennings (2011) 3:03.83
Will Baginski (2018) 3:08.22
David Frering (2014) 3:09.8

1600m Splits:

Patrick Rynkowski (2011) 4:17.4

Long Jump:

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

Triple Jump:

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

High Jump:

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

Pole Vault:

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

Shot Put:

Kenny Ekert (2016) 53'7 1/4"
Spencer McAvey (2016) 52'10 1/2"
Tom Vandalovsky (2019) 52'0 1/2"

Discus:

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

Javelin:

Nick Higgins (2014) 184'8"
Jamal Locke (2014) 170'3"
Luke Otterstedt (2019) 168'6"

All-Decade Teams

2000s

100m:

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

200m:

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

400m:

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

800m:

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

1600m:

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

3200m:

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

110HH:

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

400IH:

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

400m Splits:

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

Other Splits:

Christian Trautwein (2008) 800m - 1:53.5
Niall Buckley (2006) 800m - 1:54.8
Byron Williams (2006) 1200m - 3:04.6
Niall Buckley (2007) 1200m - 3:06.0
Andrew Fine (2009) 1200m: 3:09.4
Byron Williams (2006) 1600m - 4:15.3
Michael Cator (2006) 1600m - 4:16.7

Long Jump:

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

Triple Jump:

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

High Jump:

Bernard Mann (2003) 6'7"

Pole Vault:

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

Shot Put:

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

Discus:

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

Javelin:

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

All-Decade Teams

1990s

100m:

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

200m:

Dusty Thomas (1998) 22.15
Matt Krever (1991) 22.4
Mike DiMauro (1995) 23.21

400m:

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

800m:

Bob Keino (1994) 1:53.4
Ryan Cleary (1995) 1:58.4

1600m:

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

3200m:

Bob Keino (1993) 9:02.73
Eric Boucher (1991) 9:17.29

110HH:

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

400IH:

Dave Warton (1998) 55.8
Josh Saladino (1995) 56.7
Jason Lahita (1993) 56.8

400m Splits:

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

Other Splits:

Bob Keino (1993) 800m - 1:52.6
Bob Keino (1993) 1600m - 4:08.2

Long Jump:

Dusty Thomas (1998) 21'5 1/2"
Andrew Dolgin (1998) 20'10 1/4"
Doug Randolph (1993) 20'5 3/4"

Triple Jump:

Andrew Dolgin (1998) 42'5 1/2"
Yusik Choi (1992) 40'10 1/2"
Ted Winfield (1997) 40'10"

High Jump:

Jim Davis (1995) 6'6"
Fletcher Rosenbach (1995) 6'2"
Jeff Braden (1997) 6'0"

Pole Vault:

Vahe Hagopian (1993) 13'6"
Dave Warton (1998) 13'0"
Jim Davis (1995) 12'6"
Mike Huang (1995) 12'6"

Shot Put:

J.D. Murdoch (1997) 51'9 3/4"
Sam Horowitz (1993) 50'1"
Kassim Dawson (1993) 49'4"

Discus:

J.D. Murdoch (1997) 151'5"
Glenn Hansen (1994) 150'5"
Brian Zuccala (1998) 144'3"

Javelin (old jav - subtract ~7.5-10%):

J.D. Murdoch (1998) 198'8" (~183'9")
Thibaut van Marke (1993) 170'5" (~157'7")
Brian Zuccala (1998) 168'5" (~155'9")

1980s

100m:

Chris Hamlin (1989) 11.3

200m:

Tim Geckler (1989) 22.1

400m:

Tim Geckler (1989) 48.7

800m:

Chris Rae (1987) 1:51.61
John Parisi (1983) 1:54.0
John Lander (1985) 1:54.4

1600m:

Chris Sullivan (1985) 4:11.9
Chris Rae (1987) 4:12.0
Joe LeMay (1985) 4:15.0

3200m:

Eric Berntsen (1987) 9:05.7
Joe LeMay (1985) 9:12.8
Kevin McCabe (1987) 9:22.4

400IH:

John Parisi (1983) 53.9
Dave Shultz (1987) 54.7
Tim Kelley (1982) 55.4

400m Splits:

Tim Geckler (1989) 48.0

Other Splits:

Chris Sullivan (1985) 1200m - 3:03.7

Long Jump:

Craig Halyard (1989) 22'11"
T.J. Crocker (1989) 20'10"
Chris Hamlin (1989) 20'5 1/2"

Triple Jump:

Craig Halyard (1989) 48'7"

High Jump:

T.J. Crocker (1989) 6'2"

Pole Vault:

John Boylan (1980) 13'6"

Shot Put:

Eric Bryant (1980) 54'11"
Patrick Rae (1989) 50'5"

Discus:

Patrick Rae (1989) 143'1"

