

Ridgewood Boys & Girls
Winter Track
2018-2019



Schedule

Date	Meet	Site	Level
Mon. Dec 17, 5:00 PM	Spiked Shoe Invitational	Armory, NYC	All
Fri. Dec 28, 9:00 AM	Coach Glynn Holiday Carnival	Ocean Breeze, NYC	All
Wed. Jan 2, 4:30 PM	Big North Frosh/Novice	RCC, Suffern	Frosh/Novice
Wed. Jan 9, 4:30 PM	Ridgewood Winter Games	RCC, Suffern	All
Wed. Jan 9, 4:00 PM	Millrose Games Trials	Armory, NYC	Select Varsity
Mon. Jan 14, 5:00 PM	Big North Championships	Ocean Breeze, NYC	Varsity
Wed. Jan, 23, 5:15 PM	Bergen County Relays	Armory, NYC	Varsity
Fri. Feb 1, 4:00 PM	State Sectional Championship	Toms River	Select Varsity
Mon. Feb 4, 5:00 PM	Varsity Classic	Armory, NYC	Select Varsity
Tues. Feb 5, 4:30 PM	Lou Molino Invitational	FDU, Hackensack	Frosh/Novice
Sat. Feb 9, 2:00 PM	Millrose Games	Armory, NYC	Invited Varsity
Wed. Feb 13, 5:15 PM	Bergen County Championship	Armory, NYC	Varsity
Fri. Feb 15, 4:00 PM	State Group IV Championship	Toms River	Select Varsity
Tues. Feb 19, 4:30 PM	Eastern States Championship	Armory, NYC	Select Varsity
Sat. Feb 23, 10:00 AM	State Meet of Champions (Boys)	Toms River	Select Varsity
Sun. Feb 24, 10:00 AM	State Meet of Champions (Girls)	Toms River	Select Varsity

Varsity Letter Recipients

Seniors

<i>Ciara Emmanuel</i>	<i>Paul Baginski</i>
<i>Nicole Ghazaii</i>	<i>Tim Baginski</i>
<i>Maya Halvorsen</i>	<i>Will Baginski</i>
<i>Cassie Keyes</i>	<i>Nick DeVita</i>
<i>Virginia Morley</i>	<i>Ryan Fahey</i>
<i>Katherine Muccio</i>	<i>Luke Reinke</i>
<i>Victoria Purritano</i>	<i>Alex Ruhl</i>
<i>Ellie Tilyou</i>	<i>Tom Vandalovsky</i>
<i>Lizzie Veenhof</i>	

Juniors

<i>Emily Marr</i>	<i>Taylor Barnabic</i>
<i>Caroline McCormack</i>	<i>Arthur Dunn</i>
<i>Meaghan Rossignol</i>	<i>Kwame Grant</i>
<i>Jo Seifert</i>	<i>Luke Otterstedt</i>
<i>Sara VandenAssem</i>	<i>PJ Sanchez</i>
<i>Nicoletta Venizelos</i>	<i>Ryan Seaver</i>
<i>Ellie Veenhof</i>	<i>Aidan Sheridan</i>
	<i>Jason Theisen</i>
	<i>Mason Zamboldi</i>

Sophomores

<i>Josie Maasarani</i>	<i>Jay Boogaert</i>
<i>Sarah Policano</i>	<i>Ryan McKenna</i>
	<i>Jake Stadulis</i>

Freshmen

<i>Olivia Grace</i>	<i>Mick Barbi</i>
<i>Lucia Rabolli</i>	
<i>Olivia Shattuck</i>	
<i>Camryn Wennersten</i>	
<i>Lily Williams</i>	

Awards and Accolades

Team Championships

Girls

*Big North Freedom
County Relay - Large School
North 1, Group IV State Sectional
State Group IV*

Boys

*Big North Freedom
County Relay - Large School
North 1, Group IV State Sectional*

All-League Selections - Big North, Freedom Division

First Team

*Katherine Muccio, SR – 200m
Victoria Purritano, SR – Long Jump
Sara VandenAssem, JR – Triple Jump
Lizzie Veenhof, SR – High Jump
Camryn Wennersten – 3200

Will Baginski, SR – 1600m
Ryan Fahey, SR – 3200m
Alex Ruhl, SR – 55m Hurdles
4x400: Alex Ruhl, SR
Ryan McKenna, SO
Ryan Seaver, JR
Will Baginski, SR*

Second Team

*Cassie Keyes, SR – 1600m
Sarah Policano, SO – 3200m
Ellie Veenhof, JR – High Jump
4x400: Virginia Morley, SR
Katherine Muccio, SR
Josie Maasarani, SO
Olivia Grace, FR

Jay Boogaert, SO – 1600m
Tom Vandalovski, SR – Shot Put
4x800: Mason Zamboldi, JR
Mick Barbi, FR
Jay Boogaert, SO
Will Baginski, SR*

Honorable Mention

*Lily Williams, FR
Kwame Grant, JR*

All-County Selections

First Team

Camryn Wennersten, FR – 1600m

Will Baginski, SR – 1600m

Second Team

Katherine Muccio, SR – 55m

Sarah Policano, SO – 1600m

Sarah VandenAssem, JR – Triple Jump

Ellie Veenhof, JR – High Jump

4x800: Cassie Keyes, SR

Katherine Muccio, SR

Sarah Policano, SO

Virginia Morley, SR

4x400: Alex Ruhl, SR

Ryan McKenna, SO

Will Baginski, SR

Luke Reinke, SR

Third Team

Victoria Purritano, SR – 55m Hurdles

4x400: Victoria Purritano, SR

Sara VandenAssem, JR

Virginia Morley, SR

Katherine Muccio, SR

Alex Ruhl, SR – 55m Hurdles

Ryan Seaver, JR – 600m

Tom Vandalovsky, SR – Shot Put

4x800: Ryan Seaver, JR

Ryan Fahey, SR

Will Baginski, SR

Jay Boogaert, SO

Honorable Mention

Olivia Grace, FR

Cassie Keyes, SR

Caroline McCormack, JR

Virginia Morley, SR

Olivia Shattuck, FR

Lizzie Veenhof, SR

Lily Williams, FR

Jay Boogaert, SO

Arthur Dunn, JR

Ryan Fahey, SR

Luke Reinke, SR

Mason Zamboldi, JR

Team of the Year

Ridgewood Girls & Boys – Large School

All-State Selections

First Team

Will Baginski, SR – 1600m

Third Team

Camryn Wennersten, FR – 1600m

All-State Group IV Selections

First Team

Camryn Wennersten, FR – 1600m

Will Baginski, SR – 1600m

Athlete of the Week

Victoria Purritano SR - January 20-26, 2019

Bergen County Relays Athlete of the Meet

Alan Wedemeier Award: Will Baginski, SR

Preseason

GIRLS INDOOR TRACK AND FIELD

Top storylines, athletes to watch for in 2018-19

Paul Schwartz @NorthNJTrack

Athletes to watch

Sarah Adams
Ramapo senior

The Dartmouth-bound star was part of the Green Raiders speedy 4-x-200 and 4-x-400 teams, despite a lingering foot injury. In the spring she became one of the area's top 800 runners as well.

Emma Cunningham
Ramsey senior

She's been a starting outfielder on the great Ramsey softball teams of the last two years but excels in the jumps and sprints in the winter, drawing the attention of Dartmouth, where she'll be a full time trackster next year.

Isabelle Dely
Paramus Catholic senior

She had a great winter, winning the Non-Public A 55 hurdles title, taking second in the State Meet of Champions and fifth in the Easterns while briefly holding the Bergen County record.

Virginia Morley
Ridgewood senior

The Maroons may have a signature season, and this versatile runner is one of the leaders, both by performance and example. She is a top-notch 800 runner, and was part of the Ridgewood team that was second in the state 4-x-800 last winter.

Jenna Rogers
Rutherford junior

She's already the National freshman outdoor record holder in the high jump, holds indoor and outdoor Bergen records, three group titles, a National outdoor title and an indoor State Meet of Champions title.

Five things to watch

How good is Ridgewood?

In 2016, the Maroons captured their first Group 4 state indoor championship since 1989, when they scored 32 of their 33 points in a remarkable 15-minute stretch as Nicole Lester and Maxine Earl went 1-2 in the pole vault and Sam Halvorsen and Olympia Martin went 1-4 in the 3,200 almost simultaneously. Three of the four girls are still competing in college.

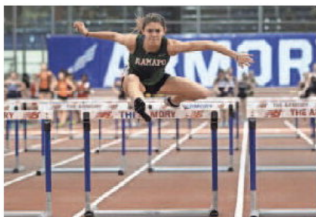
But the Maroons may have another chance for state meet gold this season after placing in six of the 10 indoor events at last year's state championship.

With 2018 medalists Katherine Muccio, Virginia Morley, Ellie Veenhof and Cassie Keyes back, veterans Victoria Purrittano, Sara VandenAssem and Sarah Policano and an impressive freshman distance group that helped Ridgewood take second in the State Meet of Champions, eyes turn to not only winning the state group title, but also establishing itself as one of the great teams in North Jersey history.

Can O'Shea and Rogers repeat?

North Jersey's two girls indoor track state champions are back this year to try and become the ninth and 10th North Jersey girls to go back-to-back indoors in the same event.

Grace O'Shea of Ramapo, who has committed to the University of Pennsylvania for the 2019-2020 season, pulled off a shocker when she won the 55 hur-



Grace O'Shea, of Ramapo, competes in the shuttle hurdles last January. KEVIN R. WEXLER/NORTHJERSEY.COM

dles title as she had been defeated the week before in Group 2. O'Shea, who improbably improved her personal best in the event in five straight meets last winter after recovering from a back injury, then took second at the Eastern States.

Rogers had a phenomenal first indoor season, jumping 5-10 to win the state title, after being invited to participate in the Millrose Games against Olympians and other professionals. But she was beaten in the spring by another North Jersey athlete, Tiffany Bautista of Paramus Catholic, who was third indoors last winter.

Does North Jersey have a monopoly on the horizontal jumps?

The long and triple jumps are not in the state program, but have become a staple at meets held at the Armory Track Center and Ocean Breeze, which host most of the better meets outside of the state series. North Jersey has six of the top nine returnees in the two events.

The aforementioned Tobias leads States last winter with a leap of 19-8 $\frac{1}{4}$.

Bautista leads all triple jump returnees off of her Easterns winning leap of 39- $\frac{1}{4}$.

Who are the best teams (besides Ridgewood)?

Lyndhurst, in its first year as a varsity indoor program, won the North 2, Group 1 sectional. Clifton returns four medalists from the sectional third place finishers and should be a favorite to win Passaic County again.

Ramapo moves to Group 3, but with Sarah Adams and Grace O'Shea capable of scoring big points should vie with NV/Old Tappan and Northern Highlands for the sectional title.

Sydney Woods and Jada Sewell are potential Group 2 state champs for NV/Demarest.

What other standouts does North Jersey return?

In addition to all the names mentioned above, North Jersey is well represented in the top 25 returnees in each event in the state.

Rebecca Kneppel of Butler (55, 400), Andrea Dubbels of Clifton (800), Samantha Green of Park Ridge (800, 1,600), Corinne and Madeline Barney of Indian Hills (1,600 and 3,200), Mariah Fede of Paramus Catholic (HH), Emily Grubb of Ramsey (HH), Kalleen Rose Ozanic of West Milford (HJ), Alyssa Campbell of Bergenfield (SP), Karina Roze of Glen Rock (SP) and Sarah Kusher and Brianna Morrison of Clifton (PV) are all potential state group medalists.

BOYS INDOOR TRACK AND FIELD

The storylines, athletes to watch for this season

Paul Schwartz @NorthNJTrack

Athletes to watch

Will Baginski
Ridgewood senior

The Dartmouth-bound star just needs to stay healthy to be among the best middle distance runners in New Jersey. He was sixth in the State Meet of Champions 1,600 last winter and should go sub-1:55 in the 800 and sub-4:15 in the 1,600.

Rahmir Johnson
Bergen Catholic senior

The all-state star will play football at the University of Nebraska. He was second in the State Meet of Champions 200 last winter, and if healthy could contend for state titles in the 55 and 200 this winter.

Liam Landau
Pascack Hills senior

The state indoor Group 2 champion last year went on to set an outdoor Bergen County pole vault record, clearing 15-7 $\frac{1}{2}$ to win the outdoor state title. He was sixth in the winter State Meet of Champions and has a shot at becoming North Jersey's first 16-footer.

Luis Peralta
Passaic senior

The defending state and National champion at 800 meters outdoors, Peralta also won the indoor 800 state title last winter and took third in the indoor Nationals at the Armory. The question is, will he try and step up to the 1,600 as well this winter?

Jamier Wright-Collins
Kennedy junior

Kennedy had the best set of high jumpers in the state for the past three years and Wright-Collins is the latest in the string that included 2018 state champ Jadon Watson, Jason Thourne and Ronniel Johnson. Wright-Collins was fourth in the outdoor high jump last spring.

Five things to watch

How low can Luis Peralta go?

The Passaic senior became just the fourth North Jersey boy to win the state 800 meters championship last winter and went on to finish third in the New Balance National Indoors, running 1:51.74, the seventh fastest indoor time in state history. Then he swept the states and Nationals outdoors, running 1:49.10, No. 6 in state history.

The state indoor record is 1:49.21, set by future Olympian Robby Andrews of Manalapan in 2009, while the North Jersey indoor record is 1:49.94 set by future All-American Ben Malone of Pascack Valley in 2013.

How high can they vault?

In the last six years, the North Jersey indoor boys list of 15-foot pole vaulters has tripled from two to six with NV/Old Tappan teammates Tyler Hrbek, the 2018 state indoor champion and Seth Kricheff, the 2017 state indoor champion, both clearing 15 feet last winter.

Pascack Hills senior Liam Landau should become the seventh indoor vaulter over the 15 foot barrier early in the season. He cleared a Bergen outdoor record of 15-7 $\frac{1}{2}$ last spring and



Rahmir Johnson of Bergen Catholic runs at the Bergen County Relays. CHRIS MONROE/SPECIAL TO NORTHJERSEY.COM

hopes to become North Jersey's first 16 footer sometime this year. The state record is 16-3 $\frac{3}{4}$, set by Adam Sarafian of Ocean Township in 16-3 $\frac{3}{4}$.

Who will reach the next level?

In addition to Landau and Peralta, nearly two dozen returning North Jersey athletes had performances last winter which placed them in the top 25 returnees in New Jersey in their respective events. How many of these will reach the top eight at the State Meet of Champions and earn 2019 state medals?

Ridgewood's Will Baginski, who earned a sixth place medal last winter in the 1,600, is ranked as the No. 4 returnee in the 1,600 and No. 12 in the 800. Rahmir Johnson, second in the MOC showcase 200 meter event is the No. 14 returnee in the 55 and Teaneck's Roman Maure, who cleared 6-4 in the high jump last winter is tied for fourth best returning performance in that event.

Team championships up for grabs

North Jersey teams grabbed three of the four North 1 sectional meets last winter and Glen Rock, NV/Demarest and Ridgewood could repeat as championships in Groups 1, 2 and 4 respectively. But all three teams have holes to fill in attempts to repeat.

Glen Rock returns sprinter Ashton Dalessio and thrower Pierce Tuttle who should score well at the meet. But the Panthers' hopes will probably be determined by the return to form of distance star Andrew Lagututta, who scored 18 points last year, who broke his foot in late October.

NV/Demarest dominated Group 2 but only returns medalists Aidan Bain (high jump) and Marc Santonocito (shot put) from last year's outstanding team.

Ridgewood won a tightly-contested Group 4 from Memorial and returns distance runners Will Baginski and Ryan Fahey.

NV/Old Tappan was second to Morris Hills in Group 3, and the Golden Knights have a strong sprinter/hurdler in Johnny Lohrer and three excellent throwers in Chris Bazala, Patrick Passalacqua and Devin Policastro.

Newcomers making a difference

Several teams will welcome athletes who have added winter track to their athletic resume' after significant success last spring.

Ridgewood adds hurdler/sprinter/jumper Luke Reinke, Dwight-Englewood welcomes Ehren Layne, and Lakeland adds sprinter Carlos Cuevas and all three should have an instant impact on their teams.

Boys Winter Track . Girls Winter Track

Indoor Track: Boys/Girls Teams to watch in 2018-19

GROUP 4

Boys: Mario Heslop, the 2017-18 boys indoor track athlete of the year, broke multiple state records and almost became the first winter track athlete to win three gold medals at the Meet of Champions for **Franklin**. He won the 400m dash in 48.71 and the 200m showcase in 21.75 and earned second place in the 55m dash in 6.45 seconds. Heslop has the ability to send the Warriors to the top. Keep an out eye for West Windsor-Plainsboro South as well in G4 thanks to the Sameer Das.

Girls: **Randolph** came in second place in N1G4 but ended up using that as fuel on its way to an overall Group 4 title. The Rams will again be solid in the distance runs as Abby Loveys is tops in the state in the 1600m race. A Second Team All-State pick in 2017-18, she took second place at the Meet of Champions. North Hunterdon and Ridgewood are two other major contenders in the deep group. Elena DiMarcello and Chloe Gonzalez came in second and third behind Loveys in the 1600m race and Emily Nugent did same in the 3200m. Ridgewood is loaded with experience as Katherine Muccio scored near the top in the 55m dash and the 400m. She also did the 55m hurdles and Virginia Morley and Cassie Keyes are also back.

Boys Winter Track . Girls Winter Track

Indoor Track: Top returning athletes in each individual event, 2018-19

55m

- Sydney Hawkins Phillipsburg (7.02)
- Lauren Princz, Egg Harbor (7.09)
- Dennisha Page, Woodrow Wilson (7.16)
- Azariah Grantham, Union (7.20)
- Katherine Muccio, Ridgewood (7.23)

1600m

- Francis Martingale, Memorial (4:15.14)
- Devin Hart, Point Pleasant Boro (4:16.60)
- Sameer Das, West Windsor-Plainsboro South (4:17.17)
- Will Baginski, Ridgewood (4:17.38)
- Derek Gess, Haddonfield (4:18.87)

Spiked Shoe Invitational - 168th Street Armory; Monday, December 17th

55m HH

Novice Boys: P. Sanchez 9.21 / 9.02 - 5th Place, J. Stadulis 10.10, M. Hoffman 11.65, G. Frey 11.96

Varsity Boys: A. Ruhl 8.12 / 8.08 - 5th Place, L. Reinke 8.35 / 8.34, N. DeVita 8.54

Frosh Girls: V. Dubovis 10.99 / 16.16, L. Rabolli 11.35, H. Brodsky 12.07, M. Fahrlander 12.17, G. Dineen 12.36

Novice Girls: J. Maasarani 10.88, N. Venizelos 11.58, J. Seifert 12.00, M. Symington 12.12

Varsity Girls: S. VandenAssem 9.26, V. Purritano 9.50, V. Morley 9.55

55m

Frosh Boys: J. Moskowitz 8.08, B. Harrison 9.15

Novice Boys: E. McPherson 7.15 / 7.18 - 5th Place, A. Hartigan 7.35, M. Lobosco 7.96, R. Pfund 8.02, T. Bachrach 8.23, P. Scott 8.29, M. Hoffman 8.34

Varsity Boys: K. Grant 6.98

Frosh Girls: O. Grace 8.12 / 8.10 - 5th Place, M. Fahrlander 8.42, G. Dineen 8.72, M. Dowd 9.34, C. Labady 9.43, H. Campbell 10.17

Novice Girls: A. Jacoby 8.51, J. Dobson 8.61, M. Symington 8.61, N. Tobdzic 8.62, K. Wagner 8.97, B. Correll 9.33, K. Patel 10.31

Varsity Girls: K. Muccio 7.55 / 7.64, J. Maasarani 7.94, C. Emmanuel 7.98, N. Ghazaii 8.30

1600m

Frosh Boys: M. Barbi 5:01.03 - 2nd Place

Frosh Girls: C. Wennersten 5:06.89 - 1st Place, L. Williams 5:31.11 - 3rd Place, O. Shattuck 5:39.50 - 4th Place

Novice Boys: A. Sheridan 4:50.48 - 1st Place, R. Seaver 4:51.52 - 2nd Place

Novice Girls: C. McCormack 5:48.09 - 3rd Place, C. Hamlet 5:49.14 - 5th Place, M. Rossignol 5:57.75 - 6th Place, J. Einemer 5:59.38, A. Dort 6:04.38, E. Tilyou 6:25.71

Varsity Boys: W. Baginski 4:25.30 - 1st Place, R. Fahey 4:40.15, M. Zamboldi 4:42.28, J. Boogaert 4:46.18, T. Barnabic 4:56.62,

Varsity Girls: S. Policano 5:32.08 - 4th Place, C. Keyes 5:44.75

800m

Frosh Boys: P. Williams 2:26.58, D. Winn 2:32.82, M. Rusch 2:33.55, T. Yanagihara 2:35.94, L. Stadulis 2:48.27, J. Nuzzolo 2:58.59, Z. Dessel 3:18.33

Frosh Girls: L. Vaynshteyn 2:53.82, E. Kovac 3:02.33, S. Ghinea 3:02.62, G. Ginn 3:04.42, G. Torielli 3:07.58, E. Melamed 3:07.95, E. Lee 3:08.41, S. Fitch 3:09.73, K. Wilke 3:11.48, L. Ajemian 3:11.52, S. Golden 3:13.75, S. Baduge 3:19.42, K. Mancini 3:22.92, C. Blau 3:30.35, J. Levy 3:32.00

Novice Boys: M. Salerno 2:18.29, T. Baginski 2:19.06, P. Baginski 2:20.40, A. Oriente 2:25.18, E. Stojanovic 2:29.85, S. Halvorsen 2:32.77 (fall), L. Fahey 2:57.46

Novice Girls: G. Sayles 3:24.09

Spiked Shoe Invitational - 168th Street Armory; Monday, December 17th

200m

Frosh Boys: J. Moskowitz **28.39**

Frosh Girls: O. Grace 28.05 - 3rd Place, L. Rabolli **29.76**, H. Brodsky **31.25**, V. Dubovis **33.13**, M. Dowd **35.01**, R. Kant **35.19**, Z. Pecoraro **36.63**, H. Campbell **38.29**, M. Yim **40.00**

Novice Boys: J. Stadulis **25.67**, G. Frey **26.19**, D. Jorgensen **26.49**, E. McPherson **26.53**, A. Hartigan **28.24**, T. Bachrach **29.72**, M. Hoffman **31.26**,

Novice Girls: E. Sue **31.02**, J. Dobson **31.26**, K. Wagner **33.02**, A. Jacoby **33.99**, B. Correll **34.98**, K. Patel **38.02**

Varsity Boys: A. Ruhl **23.61**, K. Grant **24.21**, R. McKenna **24.99**

Varsity Girls: C. Emmanuel **28.94**

LJ:

Varsity Boys: L. Reinke **18'10 3/4**

Varsity Girls: V. Purritano **15'0**

Frosh Boys: T. Liu 15'3 - 2nd Place

Novice Boys: R. McKenna **17'1 1/2**,
P. Scott **14'8 3/4**, M. Lobosco **14'3 1/2**,
R. Pfund **14'1 1/4**

TJ:

Varsity Girls: S. VandenAssem 34'6 3/4 - 5th Place,

L. Veenhof **32'7 3/4**

Varsity Boys: P. Sanchez **39'4 1/4**

Novice Boys: T. Deutsch **F**

HJ:

Varsity Girls: E. Veenhof 5'4 - 2nd Place,

L. Veenhof **5'0**, J. Seifert **4'4**

Varsity Boys: A. Dunn 6'0 - 3rd Place,

N. DeVita **NH**

PV:

Varsity Girls (7'6): E. Veenhof **8'0**,

N. Venizelos **7'0**

More strong results in first week

It's less than a week after the start of the indoor track season, and the early results are sensational.

In addition to Woods' second county record of the season and the terrific debut of Darby, North Jersey athletes lit up the Armory complex with outstanding early season performances, both in wins and in lesser finishes.

Jada Sewell of NV/Demarest threw a two-foot indoor personal best of 39-8 to win the girls shot and crack the top 20 all-time in Bergen County while Eastern Christian's Emily Byrnes ran a nearly four second indoor PR of 2:22.79, 12th in Passaic County history to win the 800.

Will Baginski of Ridgewood showed he's totally healthy with a wire-to-wire 4:25.30 win in the 1,600 and Passaic Tech took both the 4-x-400 (3:35.57) and 4-x-800 relays (8:56.04).

Justin Manne of Mahwah won the pole vault at 13-0, 3/4 inch off of Wood's vault, but still equalling his personal best. Kennedy's Jamier Wright added four inches to his indoor high school best, clearing 6-4, tie for 12th in Passaic history. PC's Jeremy Torre took the long jump with a leap of 20-6 1/2.

Non-winning performances of note, included Fede (7.36), Newman (7.44) and Dely (7.48), all personal bests in the 55 and all among the top 40 efforts in Bergen County history.

Coach Glynn Holiday Carnival - Ocean Breeze; Friday, December 28th

55m HH

Novice Boys: R. McKenna **10.3**, J. Stadulis **10.5**, S. Halvorsen **11.8**, M. Hoffman **11.3**

Varsity Boys: N. DeVita **8.68**

Novice Girls: M. Symington **10.9**

Varsity Girls: S. VandenAssem **9.21**, V. Morley **9.39**, V. Purritano **9.45**

55m

Novice Boys: M. Hoffman **7.9**

Frosh Girls: G. Dineen **8.4**, C. Labady **8.5**

Varsity Girls: C. Emmanuel **8.02**, N. Ghazaii **8.16**

3200m

Varsity Boys: W. Baginski 9:34.40 - 1st Place, R. Fahey 9:47.49 - 4th Place, T. Barnabic **10:16.19**

4x800m

Varsity Girls: C. Wennersten 2:23.31, S. Policano 2:31.71, L. Rabolli 2:45.29, V. Morley 2:33.01 = 10:13.31 - 5th Place

400m

Varsity Boys: R. McKenna **53.49**

Varsity Girls: K. Muccio 60.38 - 3rd Place, V. Purritano 62.04 - 6th Place, S. VandenAssem **63.20**

200m

Varsity Girls: C. Emmanuel **28.88**, N. Ghazaii **30.14**

Novice Boys: J. Stadulis **25.0**

Frosh Boys: J. Spataro **27.9**

Frosh Girls: O. Grace 27.3 - 1st Place, M. Fahlender **29.7**, Z. Pecoraro **34.8**

1000m

Varsity Boys: R. Seaver **2:47.73**, M. Zamboldi **2:48.57**, A. Sheridan **2:55.22**

800m

Novice Boys: J. Boogaert 2:10.0 - 1st Place, P. Baginski **2:17.1**, S. Halvorsen **2:21.1**, E. Stojanovic **2:45.0**

Novice Girls: C. McCormack 2:36.6 - 2nd Place, E. Tilyou 2:43.9 - 6th Place, J. Einemer **2:44.4**,

L. Gessman **2:46.7**, A. Dort **2:47.1**

Frosh Boys: M. Barbi **2:25.1**, M. Rusch **2:26.9**, S. Hughes **3:03.6**

Frosh Girls: L. Vaynshteyn 2:38.8 - 3rd Place, E. Kovac **2:59.1**, S. Ghinea **3:04.8**, , S. Fitch **3:05.6**,

G. Torielli **3:07.2**, K. Wilke **3:10.4**,

Coach Glynn Holiday Carnival - Ocean Breeze; Friday, December 28th

LJ:

Varsity Boys: L. Reinke **18'8 ¼**

Varsity Girls: V. Purritano **15'6 ¾**

Novice Boys: R. McKenna ?

Novice Girls: N. Venizelos ?

Frosh Girls: O. Grace **14'3 ½ - 1st Place**

TJ:

Varsity Girls: S. VandenAssem **35'3 ¾ - 3rd Place**, L. Veenhof **30'10 ¼**

Novice Girls: J. Seifert ?

HJ:

Varsity Girls: E. Veenhof **5'0 - 3rd Place (Tie)**, L. Veenhof **5'0 - 3rd Place (Tie)**

Novice Girls: J. Seifert ?

Novice Boys: N. DeVita ?

PV:

Varsity Girls: E. Veenhof **8'0**

Novice Girls: N. Venizelos **8'0 - 3rd Place**, S. Howard ?

Shot:

Varsity Boys: T. Vandalovsky **44'10 ½ - 4th Place**, L. Otterstedt **37'6**

Varsity Girls: M. Halvorsen **26'8**, E. Marr **25'0 ½**

Novice Boys: C. Patel **36'9 - 6th Place**, S. Patllollu **32'10**, M. Olivo **27'5 ½**, A. Toner **25'10**,

Novice Girls: N. Tobdzic **23'5**

Local boys with big track wins

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NJ

Some of North Jersey's top boys track and field athletes took advantage of multiple opportunities at invitational meets over the holiday break to show that they will be major players this winter.

Luis Peralta of Passaic and Will Baginski of Ridgewood won events at the Coach (Mike) Glynn Holiday Carnival at Ocean Breeze in Staten Island on Dec. 28 and Liam Landau of Pascack Hills took the pole vault at the Marine Corps Classic at New York's Armory Track Center on Dec. 29 to stamp themselves as contenders at the State Meet of Champions in

late February.

Peralta, the defending outdoor National champion and indoor and outdoor state titlist in the 800, made his 2018-19 indoor debut by running the fastest early season 600 meters race in the country, a speedy 1:20.09, that figures to hold up as the nation's fastest for some time (unless Peralta beats it himself).

"I went out comfortably but it could have been faster," said Peralta, who went through the opening 400 in 51:78, faster than any North Jersey this season. "I was by myself on the last lap so it could have been a lot faster if I was pushed."

The 1:20.09 is the third fastest in New Jersey history and 31st fastest ever

run in the U.S. Ironically, it's not even a Passaic County record as Kennedy's Shaquan Brown set a national record of 1:17.9 on Feb. 7, 2005 that remained the standard for nearly seven years.

Baginski ran a stunning sub 60 second last 400 and an amazing 27.63 last 200 to run the fastest North Jersey indoor 3,200 in nearly two years, capturing the race in 9:34.40 in his first indoor race at the distance.

"It was important to race a two mile because I'm going to do that and the 1,600 at sectionals," said Baginski. "I still think I'm more of an 800-1,600 guy, but we think we can get more team points by running the 1,600, 3,200 and relay."

Landau, who holds the outdoor Bergen County record in the pole vault at 15-7 1/2, became the third NJ vaulter this season over the 15-foot barrier when he cleared it on his first attempt to win the Marine Corps Classic, his second meet of the year.

"I'm actually more excited about the PR I had in the 55 hurdles (8.18) than I am about clearing 15 feet indoors," said Landau, who has signed to compete at Northeastern University next year. "That's because I went a lot higher outdoors last spring."

"I had two good vaults at 15-6 and I was over both times but my standards were off," said Landau, who has already been invited to compete at Millrose on Feb 9.

Big North Frosh/Novice Champs. - RCC; Wednesday, January 2nd

55HH

Novice Boys: J. Stadulis **10.1**, M. Hoffman **11.4**

Frosh Girls: M. Fahrlander **11.8**, H. Brodsky **11.9**, L. Vaynshteyn **12.4**, G. Dineen **12.9**

Novice Girls: M. Symington **11.6**

55m

Frosh Girls: Z. Pecoraro **9.3**, G. Dineen **8.4 / 8.7**, M. Yim **10.4**

Novice Girls: E. Sue **8.7 / 8.4**, M. Symington **8.5 / 8.4**

Frosh Boys: J. Moskowitz **8.1**, J. Spataro **8.2**

Novice Boys: M. Hoffman **8.1**

3200m

Novice Girls: M. Rossignol 12:51.9 - 2nd Place

400m

Frosh Girls: O. Grace 65.3 - 1st Place, L. Rabolli 65.7 - 2nd Place

Novice Boys: J. Stadulis 56.8 - 3rd Place

4x800

Frosh Girls: E. Kovac 2:59.7, S. Fitch 3:04.4, S. Ghinea 3:02.7, L. Vaynshteyn 3:05.7 = 12:12.5 - 1st Place

Novice Girls: E. Tilyou 2:51.4, A. Dort 2:49.5, L. Gessman 3:00.9, C. McCormack 2:52.2 = 11:34.0 - 1st Place

1600m

Frosh Girls: G. Torielli 6:31.0 - 4th Place

Novice Girls: C. Hamlet 5:59.2 - 3rd Place

Frosh Boys: P. Williams 5:10.6 - 2nd Place

Novice Boys: J. Boogaert 4:51.4 - 1st Place, P. Baginski 5:04.6 - 3rd Place

200m

Frosh Girls: O. Grace 28.1 - 3rd Place, M. Fahrlander **30.7**, H. Brodsky **31.9**, Z. Pecoraro **32.4**

Frosh Boys: J. Moskowitz **28.3**, J. Spataro **29.0**

800m

Frosh Girls: L. Rabolli 2:39.8 - 1st Place, K. Wilke **3:07.2**, S. Baduge **3:13.7**, K. Mancini **3:15.4**, S. Santangelo **3:23.8**

Frosh Boys: M. Barbi 2:17.6 - 1st Place, M. Rusch 2:26.2 - 2nd Place, L. Stadulis **2:40.7**, S. Hughes **3:00.9**, M. Sokol **3:02.4**

Novice Boys: E. Stojanovic **2:26.4**, L. Fahey **2:58.2**

4x400

Frosh Girls: A) M. Fahrlander **73.5**, S. Ghinea **75.4**, H. Brodsky **75.2**, L. Vaynshteyn **76.5 = 5:00.5 - 4th Place**

B) S. Fitch **75.2**, G. Torielli **82.2**, G. Dineen **81.3**, E. Kovac **82.4 = 5:21.1**

Novice Girls: C. McCormack **68.9**, S. Howard **75.9**, E. Tilyou **69.1**, C. Hamlet **75.8 = 4:48.9 - 2nd Place**

Novice Boys: J. Boogaert **55.5**, M. Hoffman **68.5**, P. Williams **63.3**, M. Barbi **56.5 = 4:03.7**

Big North Frosh/Novice Champs. - RCC; Wednesday, January 2nd

LJ (no finals)

Frosh Girls: O. Grace 14'9 - 1st Place

Novice Girls: N. Venizelos 13'2

Frosh Boys: M. Barbi 15'2 ½ - 5th Place

TJ (no finals)

Novice Boys: J. Stadulis 38'7 ¼ - 1st Place

HJ

Novice Girls: J. Seifert 4'6 - 5th Place

PV

Novice Girls: S. Howard 7'0 - 5th Place, N. Venizelos 7'0

Shot (no finals)

Novice Boys: L. Otterstedt 39'6 - 3rd Place, C. Patel 38'4 ¾ - 6th Place, S. Patllollu 31'2 ¼, M. Olivo 28'0, A. Toner 26'2

Novice Girls: E. Marr 27'5 - 5th Place, N. Tobdzic 22'5, K. Marshall 22'2 ½, K. Rahnefeld 18'6

Millrose Games Trials - 168th Street Armory; Wednesday, January 9th

1 Mile Invitational

Boys: W. Baginski 4:16.87 - 2nd Place; At Large Bid to Millrose Games!

Girls: C. Wennersten 4:58.44 - 3rd Place; At Large Bid to Millrose Games!

4x800

Girls: C. Keyes 2:28.29, K. Muccio 2:27.11, S. Policano 2:24.35, V. Morley 2:23.66 = 9:43.40 - 1st Place; Millrose Games Automatic Qualifier!



RESULTS RANKINGS CALENDAR TEAMS COVERAGE DISCUSS REGISTRATION MORE

Watch Out for the New Jersey Class of 2022

Top Freshmen Performers



Camryn Wennersten - Ridgewood HS

Wennersten is a state leading freshman, she finished third in the Invitational Mile at the [Millrose Games Trials](#) on January 9th running 4:58.44! Crossing the line after the star powered [Katelyn Tuohy](#) with her 4:19.72, the sixth fastest indoor time in high school girls history, and second place [Sarah Trainor](#) at 4:34.25.

Wennersten's 4:58.44 converts to 4:56.71 in the 1600 meter, she holds the current state lead in both.

This wasn't out of the blue however, if you were following our cross country coverage this Ridgewood freshman showed she is a name you should remember. She led her team to a second place finish at [Group 4 State Championships](#), finishing sixth individually with 19:08 and her Holmdel PR is 18:59. She was also second at her Sectional and finished off the season with a 21st place finish at the [Nike Cross Northeast Regional](#).

Track: Recapping the best of first week of 2019

Paul Schwartz @NorthNJTrack

State Meet of Champions showcase addition

The long jump will join the 200 meters and 4-x-800 relay as showcase events in the state Meet of Champions this winter.

But unlike the two running events, which will be held concurrently with the boys Meet of Champions on Feb. 23 and the girls Meet of Champions, the next day at the Bennett Center in Toms River, the long jump will be at the same site on Thursday at 4 p.m. with the girls jumping first.

The top 24 boys and girls on the New Jersey combined performance list from last spring and this winter who declare by noon on Feb. 18 will be accepted. Each competitor will get four jumps and there will be no finals.

Athletes must be on the current winter track team so no bowlers, basketball players, swimmers or wrestlers are eligible to compete. Entries are \$14 per athlete.

Unofficially, the current girls cut off would be 17-41/2, which would put Tiffany Bautista, Kennedee Cox and Isabelle Dely of Paramus Catholic, Sarah Hutchins of Glen Rock, Emma Cunningham of Ramsey and Kathryn Brown of Kinnelon into the field.

The boys cut off would be 21-10 and only Rutherford's Eugene Kim would make the standard.

With only one pit available at the Bennett Center, the triple jump will not be contested this winter. But NJSIAA Assistant Director Bill Bruno said that staging that event will be revisited in a year.

Millrose madness

North Jersey participation in the Millrose Games has been somewhat limited in recent years, especially for the Saturday portion of the historic meet. But with the expansion of so-called junior and high school events at the world's oldest indoor meet, the 2019 version, slated for Saturday, Feb. 9 could have the largest local contingent in recent memory, if not of all-time.

The Millrose Games Trials on Feb. 9 resulted in the automatic qualification of freshman Kayce Darby of Teaneck in the girls 55 meters after she ran 7.22 to edge



Rutherford's Jenna Rogers, left, high-fives Hasbrouck Heights' Talia Ferguson after Ferguson clears 5-feet-2-inches in the high jump during the NJIC track meet at the Armory Track on Monday. DANIELLE PARHIZKARAN/NORTHJERSEY.COM

Aaliyah Vandergrift of Paul VI. It's the eighth fastest time in Bergen County history.

Darby was the only automatic North Jersey invitee from the meet, but Ridgewood's Will Baginski was a close second in the boys mile, running 4:16.87, a huge personal best and the No. 11 time in Bergen history. He currently is third in the U.S. this season with that time and is likely to receive an at large bid when the fields are announced on January 25.

Ridgewood freshman girl Camryn Wennersten was third in the girls qualifier, running a stunning 4:58.44, sixth fastest in Bergen history and No. 5 in the nation this winter. She may also have a shot at an at-large invite.

The Ridgewood girls team of Cassie Keyes, Sarah Policano, Katherine Muccio and Virginia Morley won the 4-x-800 qualifier easily in 9:43.40. They received their official invite to the meet on Jan. 11.

Sydney Woods of NV/Demarest and Liam Landau of Pascack Hills have already been invited to the junior pole vault fields, which move from Friday night to Saturday this year.

National 800 champ Luis Peralta of Passaic, this year's national leader in the boys 600 meters by more than a second and a half, has been invited to participate in the junior boys 600.

Ramsey rocks Collegeville Invitational

Ramsey coach Matt Wynne was looking for a serious team meet to prepare his team for Wednesday's Big North American championships.

The girls won the team title in the meet that included more than 40 teams from New Jersey, Pennsylvania, Delaware and Virginia, scoring 84 1/2 points to defeat Smyrna (71) and St. George's Tech of Delaware (65).

Emma Cunningham won the long jump with a seasonal best 17-4 1/2 and triple with a personal indoor best at 38-0 1/2, was second in the 400 (62.09) and third in the 55 (PR 7.52) to lead the Rams, who also got wins from 55 hurdler Emily Grubb (8.70) and high jumper Kaela Monte (5-1).

The boys also did well, finishing fifth, led by the 4-x-800 relay team of David Perry, David Bahnsen, Justin Ilies and Jack Schneider which won in 8:36.59. Perry took second in the mile, and Ryan Smilon placed in all three jumps.

Looking ahead

Ramapo will travel to the Dartmouth Relays Jan. 11-13, with a full boys and girls teams and the Green Raiders might be in contention for the girls team title, which would be pretty exciting for Sarah Adams, who has committed to Dartmouth for the 2019-2020 academic year.

The Raiders are among the top seeds in the 4-x-200, 4-x-400 and sprint medley relays and Grace O'Shea is the top-seed in the 55 hurdles in the meet which attracts teams from New England, upstate New York, Quebec and Ontario.

But the big meets coming up this week include all six divisions of the Big North meets to be held in two sessions at Ocean Breeze in Staten Island.

Ridgewood Winter Games. - RCC; Wednesday, January 9th

55HH

Frosh Girls: V. Dubovis **11.6**, G. Dineen **11.9**, C. Labady **13.7**, H. Brodsky **11.6**, M. Fahrlander **11.8**

Novice Girls: J. Maasarani **10.9**, M. Symington **12.1**

Novice Boys: J. Stadulis **10.5**, M. Hoffman **10.7**, S. Halvorsen **10.8**

Varsity Boys: N. DeVita **9.2**

55m

Frosh Boys: T. Liu **7.3 / 7.0 / 7.3 - 3rd Place**, J. Moskowitz **8.2**, J. Spataro **8.2**

Novice Boys: E. McPherson **6.8 / 7.0 / 7.2 - 5th Place**, G. Frey **7.4**, A. Hartigan **7.7**, M. Hoffman **7.7**, R. Pfund **7.9**,

P. Scott **8.6**, T. Deutsch, **9.3**,

Varsity Boys: A. Ruhl **6.8 / 6.8 / 6.7 - 3rd Place**, K. Grant **6.9 / 7.3**, R. McKenna **7.0**

Frosh Girls: O. Grace **8.0 / 7.8 / 7.8 - 1st Place**, G. Dineen **9.1 / 8.7**, C. Labady **9.2**, M. Dowd **8.9**, Z. Pecoraro **9.4**,

R. Kant **9.8**, M. Yim **10.3**

Novice Girls: J. Dobson **8.6**, E. Sue **8.7**, K. Wagner **9.1**

Varsity Girls: V. Purritano **7.7**, S. VandenAssem **7.9**, N. Ghazaii **8.3**

3200m

Varsity Boys: A. Sheridan **10:13.9 - 3rd Place**, P. Williams **11:03.7**

600yd

Frosh Boys: D. Winn **1:41.1**

Frosh Girls: L. Rabolli **1:35.5 - 2nd Place**

Novice Girls: L. Gessman **1:45.2 - 5th Place**

Varsity Boys: R. Seaver **1:20.7 - 2nd Place**

4x800

Varsity Girls: M. Rossignol **2:46.7**, A. Dort **2:41.9**, C. McCormack **2:37.7**, E. Tilyou **2:42.2 = 10:48.5 - 2nd**

Place

300yd

Frosh Boys: J. Moskowitz **41.7**

Frosh Girls: M. Fahrlander **45.2**, H. Brodsky **46.6**, Z. Pecoraro **46.8**, M. Dowd **46.9**, R. Kant **49.0**

Novice Boys: E. McPherson **37.7**, A. Hartigan **38.3**

Novice Girls: J. Dobson **45.0**, M. Symington **46.0**, K. Wagner **49.4**, A. Jacoby **50.1**

Varsity Boys: A. Ruhl **34.0 - 1st Place**

Varsity Girls: O. Grace **40.4**, J. Maasarani **42.2**

1000yd

Varsity Boys (officials miscounted laps, was 1 too long for 1300 yds): R. Fahey **3:19.0 (2:37.6) - 1st Place**, M. Barbi **3:26.7 (2:39.4) - 2nd Place**, T. Baginski **3:41.1**, S. Halvorsen **3:42.2**

Varsity Girls: L. Rabolli **3:03.3 - 2nd Place**

Ridgewood Winter Games. - RCC; Wednesday, January 9th

1600m

Frosh Boys: M. Rusch 5:27.4 - 5th Place, L. Stadulis 5:58.8, S. Hughes 6:12.5, M. Goldzweig 6:16.1, A. Brito 7:11.1, Z. Dessel 7:38.5

Frosh Girls: L. Vaynshteyn 6:13.0 - 2nd Place, S. Fitch 6:30.9, G. Torielli 6:32.3, E. Kovac 6:38.8, S. Ghinea 6:44.3, L. Ajemian 6:53.0, G. Ginn 6:53.5, K. Wilke 6:54.0, E. Melamed 7:00.2, S. Baduge 7:00.5, E. Lee 7:06.3, J. Levy 7:49.9,

Novice Boys: P. Baginski 5:03.6 - 2nd Place, M. Salerno 5:06.0 - 4th Place, E. Stojanovic 5:27.0, A. Oriente 5:35.0, L. Fahey 5:52.0,

Novice Girls: S. Howard 6:25.3 - 3rd Place

Varsity Boys: J. Boogaert 4:43.1 - 1st Place, M. Zamboldi 4:49.5 - 5th Place, T. Barnabic 4:58.5

Varsity Girls: O. Shattuck 5:30.8 - 4th Place, L. Williams 5:35.8, C. Hamlet 5:49.8

4x400

Novice Boys: A) J. Boogaert 57.7, M. Zamboldi 60.8, T. Barnabic 61.8, P. Williams 62.5 = 4:02.1

B) G. Frey 61.5, S. Halvorsen 62.3, R. Fahey 60.6, N. DeVita 62.5 = 4:06.9

Varsity Boys: J. Stadulis 56.6, M. Barbi 57.9, R. Seaver 54.7, R. McKenna 54.1 = 3:43.33 - 2nd Place

LJ (3 jumps, no finals)

Varsity Girls: V. Purritano 15'9 - 4th Place, S. VandenAssem ?, O. Grace ?, N. Venizelos ?

Varsity Boys: L. Reinke ?, R. McKenna ?

Frosh Boys: T. Liu ?

TJ

Varsity Boys: J. Stadulis ?, N. DeVita ?

Varsity Girls: L. Veenhof 30'0½ - 5th Place, S. VandenAssem ?, J. Seifert ?

Frosh Boys: T. Liu 18'1½ - 1st Place

HJ

Novice Girls: J. Seifert 4'3 - 4th Place

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

Novice Boys: N. DeVita ?, R. Pfund ?

Varsity Boys: L. Reinke 5'8 - 2nd Place, A. Dunn 5'8 - 3rd Place

PV

Varsity Girls: E. Veenhof 8'0 - 4th Place, N. Venizelos ?, S. Howard ?

Shot

Novice Boys: C. Patel 39'3 - 1st Place, S. Patllollu 32'5 ½, B. Powers 31'11

Noice Girls: N. Tobdzic 23'10 ½, K. Marshall 23'2 ½, K. Rahnefeld 17'1

Varsity Boys: T. Vandalovsky 46'10 ¾ - 5th Place, L. Otterstedt 40'6 ¼

Varsity Girls: E. Marr 27'1, M. Halvorsen 25'7 ½

Big North Champs. - Ocean Breeze; Monday, January 14th

55 HH

Boys: A. Ruhl 8.05 / 7.94 - 1st Place, L. Reinke 8.32 / 8.22 - 4th Place, N. DeVita 8.53 / 8.41 - 6th Place

Girls: V. Purritano 8.78 / 8.91 - 3rd Place, S. VandenAssem 8.93 / 9.09 6th Place, V. Morley 9.23

55m

Girls: K. Muccio 7.42 / 7.46 - 3rd Place, J. Maasarani 7.78 / 7.80, C. Emmanuel 7.87

Boys: K. Grant 6.89 / 6.82 - 3rd Place, E. McPherson 7.15, T. Liu 7.28

3200m

Girls: C. Wennersten 11:21.00 - 2nd Place, S. Policano 11:57.38 - 4th Place, O. Shattuck 12:00.12 - 6th Place

Boys: R. Fahey 9:50.64 - 1st Place, T. Barnabic 10:14.97 - 3rd Place, A. Sheridan 10:21.55 - 5th Place

4x800m

Girls: A. Dort 2:42.23, M. Rossignol 2:44.32, L. Vaynshteyn 2:43.27, E. Tilyou 2:43.46 = 10:53.27 - 3rd Place

Boys: M. Zamboldi 2:09.28, M. Barbi 2:12.07, J. Boogaert 2:07.91, W. Baginski 1:56.27 = 8:25.53 - 2nd Place

400m

Girls: V. Purritano 61.17 - 5th Place, O. Grace 61.46 - 6th Place, J. Maasarani 63.03

Boys: A. Ruhl 53.08 - 4th Place, L. Reinke 55.54, S. Halvorsen 58.14

800m

Girls: V. Morley 2:24.30 - 4th Place, C. McCormack 2:24.58 - 5th Place, L. Rabolli 2:32.88

Boys: R. Seaver 2:03.34 - 3rd Place, A. Sheridan 2:09.93, R. Fahey 2:13.86

200m

Girls: K. Muccio 26.39 - 3rd Place, C. Emmanuel 28.42, N. Ghazaii 30.04

Boys: R. McKenna 24.05 - 6th Place, K. Grant 25.30, E. McPherson 25.54

1600m

Girls: C. Keyes 5:22.02 - 2nd Place, L. Williams 5:23.83 - 3rd Place, C. Hamlet 5:40.04 - 5th Place

Boys: W. Baginski 4:38.85 - 1st Place, J. Boogaert 4:41.87 - 2nd Place, M. Zamboldi 4:45.52 - 4th Place

4x400m

Girls: V. Morley 63.3, K. Muccio 59.7, J. Maasarani 64.7, O. Grace 61.5 = 4:09.94 - 2nd Place

Boys: A. Ruhl 54.2, R. McKenna 53.5, R. Seaver 53.9, W. Baginski 49.9 = 3:31.57 - 1st Place

TJ

Girls: S. VandenAssem 33'9 ¾ - 2nd Place, L. Veenhof 31'9, J. Seifert 28'10 ¼

Boys: P. Sanchez 39'11 - 4th Place, J. Stadulis F

Big North Champs. - Ocean Breeze; Monday, January 14th

LJ

Boys: T. Liu **18'4**, P. Sanchez **17'4**, R. McKenna **16'5**

Girls: V. Purritano **17'3 - 1st Place**, S. VandenAssem **15'8 - 5th Place**, O. Grace **13'5**

HJ

Girls: L. Veenhof **5'3 - 1st Place**, E. Veenhof **5'2 - 2nd Place**, J. Seifert **4'8 - 6th Place**

Boys: A. Dunn **5'10 - 4th Place**, N. DeVita **5'0**

PV

Girls: E. Veenhof **8'6 - 3rd Place (Tie)**,

N. Venizelos **8'0 - 6th Place**

Boys: J. Theisen **10'6 - 6th Place**, R. Pfund **NH**

Shot

Boys: T. Vandalovsky **49'5 ½ - 2nd Place**,

L. Otterstedt **39'8 ½**, C. Patel **39'4 ½**

Girls: M. Halvorsen **28'6 - 6th Place**, E. Marr **27'0 ½**

Scores

Female

1	Ridgewood	118
2	Ramapo	86
3	Northern Highlands	75
4	Teaneck	59
5	Old Tappan	55
6	Hackensack	29
7	Paramus	12

Male

1	Ridgewood	107
2	Northern Highlands	92
3	Old Tappan	80
4	Ramapo	60
5	Paramus	37
6	Teaneck	31
7	Hackensack	27



Lizzie Veenhof of Ridgewood cleared 5-3, a personal best, in the high jump to help the girls win the Big North Freedom. KEVIN R. WEXLER/NORTHJERSEY.COM FILE

Track: Ridgewood doubles in Big North Freedom meet

Paul Schwartz

North Jersey Record - USA TODAY NETWORK N.J.

STATEN ISLAND — Ridgewood was favored to win the boys and girls Big North Freedom Division meet Monday at Ocean Breeze Track and Field Complex. The Maroons did what they were expected to do, but it wasn't that easy.

"I looked at the scores in the middle of the meet and we weren't winning either of them," said Ridgewood coach Patrick Ryan. "The Ramapo girls were terrific and Northern Highlands is always tough."

But a balanced attack that saw the Maroons score in every event but the boys long jump, carried the boys to a 107-92 win over Northern Highlands and the girls to a 118-86 win over Ramapo. The Maroons got big performances from seniors Alex Ruhl and Victoria Purritano.

"Alex had a big breakthrough in the hurdles and 200 at the Spiked Shoe meet in December and broke eight seconds in the hurdles (7.94 Monday)," said Ryan. "He ran the 400 (finished fourth) and led off the winning 4-x-400 team."

Purritano had big personal bests in winning the long jump (17-3) and taking third in the 55 hurdles (8.78 in trials).

The Maroon boys won the 4-x-400 relay with Will Baginski anchoring (49.9). He also won the 1,600 and Ryan Fahey took the 3,200. The other girls' win came from Lizzie Veenhof, who beat sister Ellie in the high jump with a personal best clearance of 5-3.

Kayce Darby of Teaneck continued her exceptional freshman season with a double in the 55 and 200 in 7.24 and 25.61, the latter a North Jersey leading time. Daisy Liljegren of Northern Highlands came within .05 of a second of the

girls state lead in the 3,200, running 10:53.03 and also won the 1,600 and Old Tappan's Marissa DiGia won the pole vault and triple jump. Sarah Adams and Grace O'Shea led Ramapo to a North Jersey best 4:02.09 in winning the 4-x-400.

Clifton girls, Passaic Tech boys win

Clifton used huge meets from Mia Dubac and Brianna Rubio with multi-event support from Andrea Dubbels and Brianna Morrison to outpoint PCT, 134-120 in the Liberty girls. Dubac pulled off a herculean triple in the 800, 1,600 and 3,200, winning in 2:23.97/5:24.53/11:25.16, while Rubio won the 200 and 400 (26.23/60.82), was second in the 55 and anchored the winning 4-x-400.

Sydney Shannon of Passaic Tech had a school record 11-3 to win the vault and Bergen Tech's Liana Meyer won the long and triple jumps. Coach Jeff Cioletti of Passaic Tech credited indoor newcomer Joel Ingram as the difference in the Bulldogs' 139-128 win over Bergen Tech in the boys meet. Ingram won the 400 in a North Jersey leading 51.28, and also won the long and triple jumps before anchoring the winning 4-x-400 relay.

Paramus Cath., Bergen Cath. roll

Paramus Catholic retained its United girls title despite the loss of superstar Tiffany Bautista (ankle) and held off Holy Angels, 83-68½. Isabelle Dely and Mariah Fede combined for six wins and a pair of seconds and senior shotputter Tatiana Amir had an indoor PR of 34-9½ to lead a 1-3-4 finish in the event for the Paladins. Bergen Catholic won 11 of 14 events and easily beat PC for the boys title, 146½ to 85½.

Track: Best of the week, looking ahead to relays

Paul Schwartz

North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Add the Ramapo girls 4-x-400 relay and Grace O'Shea of Ramapo to the list of North Jersey high school athletes who will compete at the Millrose Games at the Armory Track Center on Feb. 9, along with some of the top college and professional athletes in the court.

O'Shea, the Bergen County record holder in the 55 hurdles, and the defending New Jersey State champ in the event, has been invited to run in the high school 55-meter dash, as there are no hurdles for high schoolers in the meet. O'Shea ran 7.27 to finish a close second to Teaneck freshman Kayce Darby at the Big North Freedom meet on Jan. 14. Darby earned her berth in the race at Millrose by winning the Millrose Games Trials on Jan. 9.

The Ramapo 4-x-400 team, which ran a North Jersey leading and NJ No. 3, 4:02.08, at the Big North Freedom meet will run in the Suburban 4-x-400 race, a long-time staple of the games.

Other North Jersey entrants already invited include Darby, the Ridgewood girls 4-x-800 team, Bergen County record-setting pole vaulters Liam Landau of Pascack Hills and Sydney Woods of NV/De-

marest and Luis Peralta of Passaic in the 600 meters.

Final fields will be announced on Jan. 25 and Ridgewood milers Will Baginski and Camryn Wennersten may still qualify.

State relays affected by weather

The Group 4 state relays scheduled for Saturday have been moved to Wednesday, Jan. 23 at 3:45 p.m. and Group 3 moves from Sunday to Tuesday, Jan. 22 at 3:45, both at the bubble.

Paramus Catholic, without star jumper/sprinter Tiffany Bautista, still managed to take second place behind perennial champion Union Catholic at the Non-Public A state meet Jan. 17 with 42 points. The Paladins' shot put team of Tatiana Amir and Jordan Somerville, won the event with a combined distance of 62-11 and Amir led all throwers with a throw of 34-1½.

PC took seconds in the shuttle hurdles, 4-x-200, 4-x-400 and high jump relays. Holy Angels was third in the meet with 30 points, taking second in the sprint medley, third in the 4-x-200 and pole vault, fourth in the 4-x-400 and shuttle hurdles and fifth in the high jump.

Lyndhurst tied for sixth in the girls Group 1 meet, taking third in

the shot and 4-x-400 and fourth in the 4-x-200, scoring 16 points. Hasbrouck Heights was tied for ninth with 12 points; thirds in the high jump and pole vault, Kinnelon was fourth in the shuttle hurdles and high jump and Waldwick was fifth in the 4-x-800.

Paramus Catholic was tied for fourth in the NPA boys meet with 18 points, taking second in the high jump, fourths in the 4-x-200 and shuttle hurdles and fifth in the 4-x-400.

Looking ahead

The highlight of the coming week is the Bergen County Relays on Wednesday, Jan. 23 at the Armory Track Center, with defending champions Ridgewood (large school), River Dell (small school) and Bergen Catholic (non-Public) boys and Ridgewood, Ramsey and Holy Angels girls again in the mix.

Also on the schedule this week is the New Balance Games at the Armory, the last chance to qualify for Millrose, the final preliminary Garfield High jump/shot put meet on Jan. 21 at Garfield and the third FDU Field Events meet at Rothman Center on Jan. 22. The Morris County Championships are at Ocean Breeze on Jan. 23.

County Relays - Armory; Wednesday, January 24, 2019

Shuttle Hurdles

Boys: L. Reinke 7.5, N. DeVita 8.1, P. Sanchez 8.3, A. Ruhl 7.4 = 30.8 - 1st Place

Girls: V. Morley 8.2, S. VandenAssem 7.8, J. Maasarani 9.8, V. Purritano 7.7 = 33.1 - 1st Place

4x1600m

Boys: R. Fahey 4:36.8, T. Barnabic 4:39.4, J. Boogaert 4:43.9, W. Baginski 4:28.0 = 18:28.8 - 1st Place

Girls: S. Policano 5:15.9, O. Shattuck 5:28.1, C. Keyes 5:28.1, C. Wennersten 5:05.4 = 21:17.8 - 1st Place

4x200m

Boys: A. Ruhl 23.8, K. Grant 24.7, R. McKenna 24.8, L. Reinke 23.9 = 1:37.2 - 3rd Place

Girls: V. Purritano 27.0, O. Grace 26.9, C. Emmanuel 27.8, K. Muccio 25.9 = 1:47.60 - 2nd Place

4x800m

Boys: M. Zamboldi 2:07.6, A. Sheridan 2:07.6, M. Barbi 2:05.7, R. Seaver 2:04.9 = 8:25.4 - 2nd Place

Girls: C. McCormack 2:28.2, L. Rabolli 2:31.9, L. Williams 2:32.1, C. Keyes 2:29.1 = 10:00.8 - 1st Place

Sprint Medley (400, 200, 200, 800)

Boys: R. McKenna 53.5, A. Ruhl 22.8, K. Grant 25.3, W. Baginski 1:57.7 = 3:39.5 - 1st Place

Girls: O. Grace 64.6, K. Muccio 26.3, S. VandenAssem 26.8, V. Morley 2:25.0 = 4:22.4 - 3rd Place

Distance Medley (1200, 400, 800, 1600)

Boys: R. Fahey 3:22.9, R. Seaver 54.2, J. Boogaert 2:08.2, M. Zamboldi 4:43.4 = 11:08.3 - 2nd Place

Girls: S. Policano 3:52.8, N. Venizelos 64.7, C. McCormack 2:33.4, C. Wennersten 5:03.8 = 12:34.0 - 2nd Place

4x400m

Boys: A. Ruhl 53.3, R. McKenna 54.3, L. Reinke 54.1, W. Baginski 49.9 = 3:31.8 - 3rd Place

Girls: V. Purritano 61.0, O. Grace 62.3, V. Morley 63.9, K. Muccio 60.9 = 4:07.9 - 2nd Place

LJ

Boys: T. Liu 17'3 ½, P. Sanchez 16'10 = 34'1 ½

Girls: V. Purritano 16'2 ½, S. VandenAssem 15'10 ½ = 32'1 - 1st Place

TJ

Boys: P. Sanchez 38'6 ¼, J. Stadulis 37'7 ½ = 76'1 ¾ - 3rd Place

Girls: S. VandenAssem 35'5, L. Veenhof 33'4 = 68'9 - 1st Place; New School Record!

HJ

Boys: L. Reinke 6'0, A. Dunn 5'10 = 11'10 - 2nd Place

Girls: E. Veenhof 5'4, L. Veenhof 5'2 = 10'6 - 1st Place; New County Record!!

PV

Girls: E. Veenhof 9'0, N. Venizelos 7'0 = 16'0 - 3rd Place (Tie)

Boys: J. Theisen 9'0, N. DeVita NH

Shot

Boys: T. Vandalovsky 50'3 ¾, L. Otterstedt 40'5 ½ = 90'9 ¼ - 4th Place

Girls: E. Marr 27'6, M. Halvorsen 27'0 = 54'6 - 5th Place

County Relays - Armory; Wednesday, January 24, 2019

Scores					
Female			Male		
1	Ridgewood	97	1	Ridgewood	76
2	Northern Highlands	45.5	2	Northern Highlands	50
3	Teaneck	38	3	Ramapo	44
4	Old Tappan	36	3	River Dell	40
5	River Dell	30	5	Old Tappan	29.5
6	Ramapo	29	6	Indian Hills	28.5
7	Hackensack	20	7	Paramus	20.5

TRACK AND FIELD

Ridgewood boys, girls sweep Bergen County Relays

Nick Gantaifis
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

NEW YORK — Ridgewood track coach Patrick Ryan spoke to his team during practice on Tuesday and stressed how important it was to remain focused.

A week after both his boys and girls teams swept the Big North Conference Freedom Division titles, Ryan was looking for his Maroons to keep up the momentum heading into Wednesday's Bergen County Relays.

"We talked to the team about being focused and told them that previous results have no effect on your next meet," Ryan said. "It was important that they bring a positive mind-frame and confidence into tonight's meet. We were very focused on the bus ride today. You could hear a pin drop, it was so quiet. Mental preparation is huge in track and you have to be mentally tough to have success."

Both of Ryan's teams turned in encore performances on Wednesday, winning their second straight Bergen County Relay championship at the Armory Track & Field Center.

The Ridgewood girls raced to the large division title with 97 points as the Maroons won six events (shuttle hurdles, 4-x-1600, 4-x-800, triple jump,



Camryn Wennersten brings home first place for Ridgewood in the 4-x-1600 meters on Wednesday.
KEVIN R. WEXLER/NORTHJERSEY.COM

high jump, and long jump), and finished second in three events.

The Ridgewood boys scored 76 points and turned in three first-place and four runner-up finishes to earn the team crown. The Maroons won the shuttle hurdles, 4-x-1600 and sprint medley events.

Ridgewood senior Will Baginski received the Alan Wedemeier Award given to the most outstanding boys performer. Baginski ran anchor on the Maroons' 4-x-1600 (18:28.80) and sprint medley (3:39.50) championship teams.

In the small school divisions, Ramsey doubled as the girls totaled 104 points and the boys 70. The girls took first in a team-high seven events and placed second in four to claim their fifth-consecutive team title. The Rams claimed the shuttle hurdles, 4-x-1600, sprint medley, 4-x-400, triple jump, long jump, and high jump.

The boys team had three first-place and two second-place finishes, highlighted by titles in the 4-x-800, distance medley and 4-x-400.

Ramsey senior Emma Cunningham and senior Isabelle Dely of Paramus Catholic shared the Lou Molino Award for outstanding girls performer.

Cunningham helped the Rams win the 4-x-400 (4:13.50), long jump (32-10) and triple jump (69-06.50) competitions and had the top leap in the long jump small division at 17-00.25. Her triple jump of 38-11 was tops among all three divisions.

Dely was the leadoff leg on the Paladins' shuttle hurdles championship team and had the top jumps in the long jump (17-03.50) and high jump (5-00) to lead her team to titles. She also had the

top leap in the triple jump (35-04.50).

For the second-straight year, Bergen Catholic scored 94 points to earn the non-public boys division and Immaculate Heart held off rival Holy Angels, 93-87 to win the girls crown.

Bergen Catholic had 22 athletes score as the Crusaders finished 32 points ahead of runner-up Paramus Catholic.

"We're happiest about the fact that 22 different guys scored tonight," said Bergen Catholic coach Bill Leonard. "We specifically spread our athletes out. We didn't nominate anyone for athlete of the meet because we didn't really ask anyone to do anything superhuman. Our leaders were solid and a bunch of guys contributed. We feel like we have a strong and deep team this year."

The Crusaders scored in 10 of the 12 events, except the triple jump and pole vault competitions, and won seven events overall.

Other impressive performances included the NV/Demarest girls pole vault tandem of Sydney Woods and Jordan Hecker, who set a new county record with combined winning jumps totaling 22-06. Woods jumped 13-00 for the best individual leap of the night.

The Pascack Hills boys shuttle hurdle team of Thomas Varano, Patrick Prendergast, Shiv Trambadia and Liam Landau, won the small division with a 31.30 and set a school record in the process.

10 North Jersey entries for the Millrose Games

Paul Schwartz @NorthNJTrack

The final invitations to the Millrose Games on Feb. 9 at the Armory Track Center have gone out and three more from North Jersey drew invites.

Ridgewood's Will Baginski and Camryn Wennersten were invited to the oldest and most prestigious high school races at the meet, the boys and girls high school miles, respectively. Baginski stands second in New Jersey and 10th in the United States after running 4:16.87 at the Millrose Trials mile run on Jan. 9, while Wennersten is second in the state and 13th in the U.S. after running 4:58.44 at the same meet.

Paramus Catholic's Tiffany Bautista was invited to the girls long jump with the top long jump in New Jersey this year at 18-7, but an ankle injury suffered earlier this month puts her participation in question.

The complete North Jersey list with event start times: Sydney Woods, NV/Demarest (junior girls pole vault, 11:45 a.m.); Ramapo (HS girls Suburban 4-x-400, 1:13 p.m.); Bautista (junior girls long jump, 1:15 p.m.); Kayce Darby, Teaneck and Grace O'Shea, Ramapo (junior girls 55 dash, 1:47 p.m.); Ridgewood (HS girls 4-x-800, 1:57 p.m.); Liam Landau, Pascack Hills (junior boys pole vault, 2 p.m.); Luis Peralta, Passaic (HS boys 600 meters); Baginski (junior boys mile, 2:53 p.m.) and Wennersten (junior girls mile, 5:07 p.m.).

MVPs had stiff competition

Baginski led Ridgewood to its fourth straight large school title at the Bergen

Relays earlier this week and earned the Alan Wedemeier Award as the top male athlete at the meet. He anchored the 4-x-1,600 team to an easy victory, running 4:28.0 on the anchor, brought the sprint medley team from behind with a 1:57.7 800 anchor and ran 49.9 on the 4-x-400 team.

He beat out David Perry of Ramsey, who led the Rams to their first small schools title since 2014, with anchors of 4:36.6 and 2:02.2 respectively, in the winning small schools distance medley and 4-x-800 and ran 4:33.1 on the 4-x-1,600 team that finished second. Bobby Oehrlein of Indian Hills ran 4:28 in the 1,600 (distance medley win) and 4:33.1 in the 4-x-1,600.

One of the two winners of the Lou Molino Award for the outstanding girls athlete was Ramsey's Emma Cunningham, who had the night's top triple jump at 38-11 (second in the state this year), long jumped 17-0 1/4, and ran great legs on the 4-x-200 and 4-x-400 relays as the Rams won the small schools title for the fifth straight year. She joins her aunt, Meg McDermott, who won the award while competing for Ridgewood in 1998.

Isabelle Dely of Paramus Catholic shared the award for leading the Paladins to gold medals in three of her events, leading all long jumpers at 17-3 1/2, high jumping 5 feet and triple jumping 35-4, while leading the shuttle hurdles teams to a Non-Public title.

Cunningham and Dely had strong competition from Ridgewood freshman Camryn Wennersten who had 1,600 splits of 5:04.8 and 5:03.0, Ramapo sophomore Sophia Vernieri who ran

25.6 in the Green Raiders' 4-x-200 county record-tying effort and split 58.6 on the winning 4-x-400 relay and Teaneck freshman Kayce Darby, who had 200 splits of 25.6, and 25.3 and ran a 63.2 400 split.

What's coming up

There aren't many meets on the schedule this week but they are all top-notch. Monday is the Passaic County Championships at Ocean Breeze in Staten Island. Clifton is the defending champ in both meets, but look for Passaic Tech to battle the Mustangs in both meets and the Lakeland boys are also a threat.

The first of two late-season invitations is the Metropolitan Invitational at the Armory Track Center on Jan. 30. Nearly 20 teams from North Jersey will join more than 50 schools from New York and the rest of New Jersey in a last meet before the sectionals start Friday.

The North 1 Group 1 and 4 sectionals are Friday Feb. 1 at the Bennett Center in Toms River. Glen Rock (Group 1) and Ridgewood (Group 4) swept last year's meets. Andrew Laguttuta of Glen Rock (1,600) is the only returning Group 1 boys champ, and Peralta (400/800) the only returning Group 4 boys champ.

Rebecca Kneppel of Butler (55) and Karina Roze of Glen Rock (shot) are returning Group 1 champs and Pequannock's Irene Park won the group 1 vault in 2017. Katherine Muccio of Ridgewood won the Group 4 55 and 400 last year, and Sydney Shannon of Passaic Tech is the defending pole vault titlist.

Last week in review

There were some great performances at the New Balance Invitational, Jan. 18-19. Luis Peralta of Passaic lowered his national leading time in the 600 to 1:19.14, 14th fastest in national history in winning the event. Other top performances were Sydney Woods of NV/Demarest, second in the girls pole vault (13-0), Mike Dua of Don Bosco, second in the 2 mile (9:34.12) and the Bergen Catholic sprint medley team of Rahmir Johnson, Adrian Taffe, Elijah Somerville and Braedon Fiume) was second in 3:34.93, seventh best in Bergen history. Pascack Valley junior Andrew Martinez was fifth in the 600 in 1:24.79, a huge personal best.

Winners at the Ed Church Invitational at the Rothman Center on Jan. 18: Girls: Shanice Murray of Hackensack (7.6 55), Taylor Dolan of NV/Old Tappan (9.3, 55 HH); Mia Dubac of Clifton (2:26.2, 800 and 5:20.6, 1,600); Brianna Rubio of Clifton (62.2, 400) and Clifton 4-x-400 relay; Boys: John Lohrer of NV/Old Tappan (8.3 HH); Nathan Armstrong of Pompton Lakes (4:44.8, 1,600); Lukkas Londono of Cliffside Park (54.7, 400); George Losche of Hackensack (2:10.8, 800) and the Passaic 4-x-400 relay.

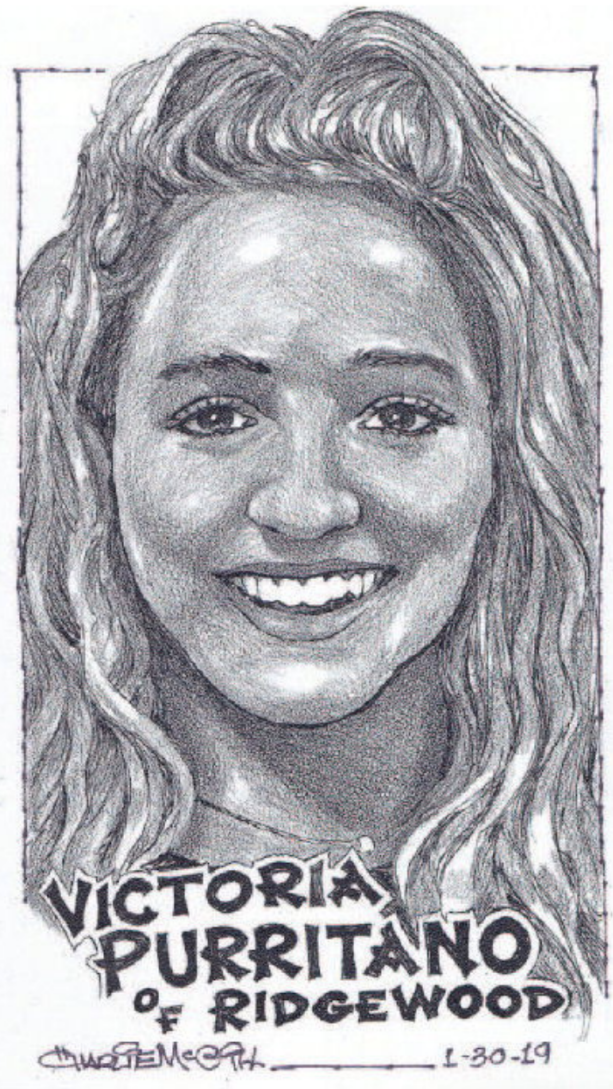
The final qualifying meet for the Bob Chiswell shot put/high jump Classic was Jan. 21. Winners were Arianna Lombardi of Lyndhurst (37-II shot) and Brianna Morrison of Clifton (4-10 high jump) for the girls and Griffin Milgram of River Dell (48-4 shot) and James Clair of Bergen Catholic (5-10 high jump). The Classic is scheduled Feb. 6.

Sports



Athletes of the Week
|| Trevor Fleet and Victoria Purritano earn this week's top honors. [6S](#)

FEMALE ATHLETE OF THE WEEK



Sport: Indoor track and field

Class: Senior **Age:** 18

Accomplishment: Purritano helped the Maroons capture the large school division of the Bergen County Relays. She anchored the winning 4x51.5 shuttle hurdle relay in 7.7, ran lead-off on the runner-up 4x200 in 27.0, jumped 16-2.5 in the long jump relay to lead the two-person team to a win, and ran lead-off on the runner-up 4x400 in 61.0.

"She has been a varsity athlete for us since her freshman year. She is a very talented athlete. She covers a lot of events. She picked up the hurdles last year, and has really come into her own in that event, especially in the last couple of weeks. She's a great long jumper."

— Coach Pat Ryan
Also nominated: Yakira Rosa of Dumont and Rachel Bussanich of Westwood for basketball.

State Sectionals - Bennett Center, Toms River; Friday, February 1st

400m

Girls: K. Muccio 59.71 - 1st Place, V. Purritano 62.06, O. Grace 62.99

Boys: R. McKenna 54.97, P. Sanchez 58.90

1600m

Girls: C. Wennersten 5:11.32 - 1st Place, S. Policano 5:15.21 - 2nd Place, C. Keyes 5:16.97 - 4th Place

55HH

Girls: V. Purritano 9.05 / 8.78 - 3rd Place, S. VandenAssem 9.30 / 9.08, J. Maasarani 10.80

Boys: A. Ruhl 8.10 / 7.97 - 4th Place, L. Reinke 8.29 / 8.29 - 6th Place, N. DeVita 8.70

1600m

Boys: W. Baginski 4:23.61 - 1st Place, J. Boogaert 4:34.72 - 6th Place, M. Zamboldi 4:41.19

800m

Girls: V. Morley 2:24.15 - 1st Place, C. McCormack 2:27.19 - 4th Place, L. Rabolli 2:31.21

55m

Girls: K. Muccio 7.44 / 7.40 - 1st Place, C. Emmanuel 7.82, J. Maasarani 7.85

Boys: A. Ruhl 6.92 / 6.86, K. Grant 6.93, E. McPherson 7.19

800m

Boys: R. Seaver 2:03.38 - 3rd Place, M. Barbi 2:09.50, A. Sheridan 2:09.70

3200m

Girls: C. Wennersten 10:44.19 - 1st Place; New Sectional Record, L. Williams 11:30.71 - 3rd Place, S. Policano 11:36.20 - 5th Place

Boys: W. Baginski 9:30.97 - 1st Place, R. Fahey 9:39.86 - 5th Place, T. Barnabic 10:09.16

4x400m

Girls: V. Purritano 62.8, O. Grace 62.2, V. Morley 62.1, K. Muccio 59.7 = 4:06.64 - 2nd Place

Boys: A. Ruhl 53.6, R. McKenna 53.9, W. Baginski 51.5, L. Reinke 53.0 = 3:32.54 - 3rd Place

State Sectionals - Bennett Center, Toms River; Friday, February 1st

HJ

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

Boys: L. Reinke 5'8, A. Dunn 5'6, N. DeVita NH

PV

Girls: E. Veenhof 8'6 - 5th Place, N. Venizelos 8'6

Boys: J. Theisen 10'6 - 2nd Place

Shot

Boys: T. Vandalovsky 48'1 - 1st Place, L. Otterstedt 40'7 ³/₄, C. Patel 37'6 ³/₄

Girls: E. Marr 28'6, M. Halvorsen 24'6

Scores					
Female			Male		
1	Ridgewood <i>New North 1 Section and Group IV (all sections) scoring record!</i>	107.5	1	Ridgewood	58
			2	East Orange	56
			3	Memorial	28
			3	Clifton	28
2	Clifton	50	5	Passaic Tech	22
3	West Orange	49	6	Montclair	20
4	Passaic Tech	21.5	7	Bloomfield	16
5	Montclair	20	8	Morristown	14
6	Morristown	11	9	Kearny	13
7	Bergen Tech	10	10	North Bergen	10
8	Livingston	9	10	JFK - Paterson	10
8	East Orange	9	10	Hackensack	10
10	Hackensack	8			
10	Union City	8			

Glen Rock girls rally for sectional title; Ridgewood boys win thriller

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Going into the 4-x-400 relay, the final event of the North 1, Group 1 sectional meet Friday at Bennett Center in Toms River, Kinnelon led with 47 points, followed by Mountain Lakes (45), defending champion Glen Rock (44) and Hasbrouck Heights (41).

All had entries in the event, but Kinnelon, with no time this winter, was in the unseeded heat.

The Colts put up a time of 4:28.75, meaning Glen Rock needed to finish at least second in its heat, beat Mountain Lakes, run faster than Kinnelon had and make sure at least other team ran faster than Kinnelon in the seeded heat.

All four things happened. Sarah Hutchins, who asked on to the relay, ran

a speedy 62 second first leg, and Bella Smith, a surprise third place finisher in the 800 and Juliette DiMaria ran solid legs as the Panthers, Hasbrouck Heights and Mountain Lakes pulled ahead of the others in the heat.

Lindsay Burstiner then anchored the Panthers to a comfortable 10 meter margin over Mountain Lakes behind the winning Hasbrouck Heights team and Glen Rock had its second title, 52-51

over Heights and Mountain Lakes, with Kinnelon fourth, three points behind.

"We had our ups and downs today," said Glen Rock coach J.P. McCarten after the Panthers' win was confirmed. "But we knew it would be close, so close that I didn't even bother trying to analyze the meet before it happened."

Earlier in the meet it seemed that anything that could go wrong did for Glen

See TRACK, Page 85

Track

Continued from Page 75

Rock.

Its top 400 runner was placed in an unseeded heat, its top hurdlers made the 55 final but did not score and its high jumpers were adversely affected by a scoring decision.

But there were surprises too. Karina Roze won the girls shot by nearly eight feet and soph Kaira Torres produced a personal best throw to take second place in the same event. Hutchins upset favored Rebecca Kneppel of Butler to win the 55 meters by .01 second and despite battling anemia, Mary Andreou grabbed an important by taking sixth in the 3,200, immediately before the relay.

"We really battled all day and I'm proud of the team," said McCarten.

Other North Jersey winners in the group were Kinnelon's Kathryn Brown in the 55 hurdles, Talia Ferguson of Hasbrouck Heights in the high jump and a record-setting II foot win in the pole vault by Irene Park of Pequanock.

Ridgewood boys win thriller, too

The Maroons won their fourth straight North 1, Group 4 sectional title in a similar fashion to Glen Rock's, taking third place in the 4-x-400 relay to cap a come-from behind win over perennial state power East Orange, 58-56.

Three years earlier, Michael Thurston, now a junior at Dartmouth had

keyed a come-from behind win over Randolph and Morristown, bringing the Maroons from far back in the relay anchor after taking first in the 800 and second in the 1,600.

But what Will Baginski, headed to join Thurston at the Big Green next year, did what Ridgewood coach Patrick Ryan described as "Making what Michael did seem ordinary."

Baginski crushed a very good field to win the 1,600 early in the meet and then ran a 58 second final 400 to rip open and win the 3,200 with classmate Ryan Fahy fifth.

Just fifteen minutes later, he ran a 52 second third leg to help the Maroons easily secure third place and a guaranteed tie for the title. With a stunning 50.4 anchor leg, Passaic Tech's Joel Ingram overtook the East Orange anchor, and won the race in a speedy 3:29.37, giving the Maroons their two-point margin of victory.

Ridgewood as good as advertised

Three events into the 10-event meet, the Ridgewood girls had 50 points from a win by Katherine Muccio in the 400, a 1-2-4 finish from Camryn Wennersten, Sarah Policano and Cassie Keyes in the 1,600 and a 1-2 finish from Veenhofs, Ellie and Lizzie in the high jump and a second straight title was assured.

When the meet was over, the Maroons had scored a record 107½ points to win by 57½ over Clifton, had gotten a second win from Muccio in the 55, a second win from Wennersten in the 3,200 (in a U.S. No. 6 and Bergen all-time No. 8) 10:44.19, and a repeat win from Virginia Morley in the 800.



David Gard | For NJ Advance Media

Baginski had the 1600m in the bag

Ridgewood's Will Baginski captured the 1600m crown with an NJ#7 time of 4:23.61. He finished second in 2018 in the event. Baginski also holds the NJ#9 time this season with 4:25.30 at the Spike Shoe Holiday Festival in December.

He also won the 3200 in NJ#10 9:30.97.

Highlights from the North I Groups 1 and 4 sectional indoor meets -- Day 1

Ridgewood sweeps Group 4, Mountain Lakes/Glen Rock win Group 1

Ridgewood swept both the boys and girls total in Group 4 in the section. The Maroons have accomplished that feat now four times. The boys (58 points) and girls (107.50 points) both won sectional titles together in 2013, 2016, and 2018. Both teams won their sixth titles all-time. The girls have on three in a row while the boys have won four.

The Maroon boys just edged East Orange, which finished with 56 points. Ridgewood came from behind to win.

Mountain Lakes boys won its third sectional trophy all-time. The Lakers also won in 2017 and 2014. Mountain Lakes tallied 73 points on the night.

In an insane ending in the 4x400 relay, Glen Rock came in second place to finish with 52 points, one ahead of both Glen Rock and Hasbrouck Heights for the overall team title.

Kinnelon took third with 49.



David Gard | For NJ Advance Media

Muccio's dusts her competition

Katherine Muccio of Ridgewood left her competition in the dust as she won both the 55 sprint and the slightly longer 400. Muccio won the 55 in 7.40 and the 400 in 59.71.

Wennersten amazes for Ridgewood

Ridgewood freshman Camryn Wennersten won two individual events on the night, the 1600-meter race and the 3200. Wennersten set a new N1G4 record in the 3200 by kicking a 10:44.15. That time is also good for US#6 and is half a second off from the state lead of 10:43.88 by Randolph's Abby Loveys. She also won the 1600 in 5:11.32.



Ridgewood Sweeps NJ Sec 1 Group 4 For Second Straight Year



NJSIAA SECTIONAL CHAMPIONSHIPS - NORTH 1 GR. 1&4

Jim Lambert

Feb 1, 2019



The [Ridgewood](#) boys and girls continued their dominance at Friday's North Jersey, Sec. 1 Championships by sweeping the team titles for the second straight year at the Bennett Center in Toms River.

The girls ran away with its second straight championship by racking up a sectional record total of 107.5 points, while the boys used a dramatic late rally to edge [East Orange Campus](#) by two points for its fifth straight team title.

In the 12 year history of the state sectionals, the Ridgewood boys have now won seven titles and the girls have captured six championships.

In the boys competition, Ridgewood trailed East Orange by eight points with two events to go, the 3,200 and 4x400. Ridgewood went 1-5 in the 3,200 with double-winner Will [Baginski](#) earning the victory in 9:30.97. EO didn't score in the 3200, so Ridgewood took a 52-48 into the relay.

Ridgewood came up with a clutch third-place in the relay (3:32.54) and EO was second in 3:30.05, just behind Passaic Tech (3:29.37). That gave Ridgewood the team title, 58-56 over EO.

Baginski was his usual sensational self for Ridgewood. In addition to his victory in the 3,200, the senior also won the 1,600 in 4:23.61, and jumped into the 4x400 right after winning the 3,200!

Ridgewood also picked up a big win in the shot put from [Tom Vandalovsky](#) (48-10), a third from [Ryan Seaver](#) in the 800 (2:03.38), a second from [Jason Theisen](#) in the pole vault (10-6), and a fourth from [Alex Ruhl](#) in the hurdles (7.97).

The Ridgewood girls, whose 107.5 points broke the sectional record of 105 set by Randolph in 2010, scored in every event except the shot put, and were led by [Camryn Wennersten](#) and [Katherine Muccio](#), who were double winners, and [Virginia Morley](#) and sisters Lizzie and [Ellie Veenhof](#).

Ridgewood dominated the distance races, scoring 54 points in the 800, 1,600, and 3,200 combined, which is more than the total points scored by runner-up [Clifton](#) (50). Ridgewood went 1-2-4 in the 1,600. 1-3-5 in the 3,200. and 1-4 in the 800.

[Wennersten](#), a freshman star, led the charge for Ridgewood in the distance races by dropping a US#6 and NJ#3 10:44.19 to win the 3,200, and she also won the the 1,600 in 5:11.32.

Wennersten's 10:44.19, No. 8 in Bergen County history, is just off the state lead of 10:43.18 that senior [Abby Loveys](#) of Randolph ran at the Morris County Championships. Junior [Julia Trethaway](#) of West Morris is NJ#2 at 10:44.12. Loveys, Trethaway and Wennersten are now US#4, #5, and #6, respectively.

Muccio, a senior, won the 55 dash in 7.40 and the 400 in 59.71. Morley, a senior, finished first in the 800 in 2:24.15, and Lizzie (5-2) and Ellie (5-0) Veenof went 1-2 in the high jump for Ridgewood. Ridgewood also placed second in the 4x400 in 4:06.42.

Varsity Classic - Armory; Monday, February 4th

55 HH

Boys: A. Ruhl **8.15**, L. Reinke **8.19**, N. DeVita **8.68**

Girls: V. Purritano **8.82 / 8.88**

55m

Boys: K. Grant **6.99**, E. McPherson **7.25**

3200m

Boys: T. Barnabic **10:11.76**

Girls: O. Shattuck **12:10.65**

Distance Medley

Girls: S. Policano **3:51.77**, K. Muccio **59.03**, V. Morley **2:22.10**,

C. Wennersten **4:58.90 = 12:11.77 - 2nd Place**

800m

Boys: M. Zamboldi **2:05.64**, A. Sheridan **2:07.33**

4x800m

Boys: R. Seaver **2:04.49**, M. Barbi **2:05.22**,

R. Fahey **2:04.70**, J. Boogaert **2:00.23 = 8:14.63 - 4th Place**

Girls: C. Keyes **2:22.35**, C. McCormack **2:25.98**,

L. Rabolli **2:34.57**, L. Williams **2:24.96 = 9:47.84**

200m

Boys: A. Ruhl **23.78**, T. Liu **26.85**

Girls: K. Muccio **25.73 - 2nd Place**

LJ

Girls: V. Purritano **15'2**

Boys: T. Liu **18'5 ½**, P. Sanchez **17'11 ½**

TJ

Boys: P. Sanchez **40'8 ¾**

HJ (5'10, 4'10)

Boys: A. Dunn **NH**, L. Reinke **NH**

Girls: L. Veenhof **5'2 - 2nd Place**, E. Veenhof **5'0**

Shot

Boys: T. Vandalovsky **48'1 ½ - 5th Place**

BEST OF THE WEEK

Ridgewood girls squad clinches Penn Invite

Hasbrouck Heights' Bailey earns hardware

Paul Schwartz

North Jersey Record

USA TODAY NETWORK - NEW JERSEY

One of the best invitationals every year is the early February Varsity Classic at the Armory Track Center. Some of the best individuals and relay teams from New York compete to get qualifying times for states, Eastern States and Nationals.

This year was no exception, and although the sectional schedule limited North Jersey entries somewhat, two dozen North Jersey athletes and teams won medals. For the first time in the meet's 25 year history, none of them were gold.

The top performance was the second place finish of the Ridgewood girls distance medley team of Sarah Policano, Katherine Muccio, Virginia Morley and Camryn Wennersten, which was second in 12:11.77 and clinched a spot in April's Penn Relays with the No. 6 time in the nation this year and the No. 5 time in Bergen County history.

Other runner-up finishes were Muccio (200, 25.73), Kayce Darby of Teaneck (7.24 55), Lizzie Veenhof of Ridgewood (5-2 high jump) and Sydney Woods of NV/Demarest (13-0 pole vault) among the girls and Rahmir

Thirds went to Emily Byrnes of Eastern Christian (2:23.71 800), Julia Monaco of NV/Demarest, Talia Ferguson of Hasbrouck Heights (5-0 high jump), Marissa DiGia of NV/Old Tappan (12-0 pole vault) and Jada Sewell of NV/Demarest (38-2 1/2 shot) among the girls and Pat Passaloqua of NV/Old Tappan (51-9 shot) among the boys.

Fourth places went to Taylor Newman of NV/Old Tappan (55), Rebecca Hazell of Holy Angels (triple jump), Ridgewood boys 4-x-800, Jeremy Bronstein of Dwight-Englewood (1,600), Paramus boys 4-x-400, Marc Santonocito of NV/Demarest (shot) and Roman Maure of Teaneck (high jump).

Fifths go to the Holy Angels 4-x-400, Bella Sposato of NV/Demarest (shot), and Tom Vandalovsky of Ridgewood (shot). Sixths went to Jamie Rossig of Pascack Hills (pole vault), Kyle Cho of Paramus (pole vault), Sincere Knott of Hackensack (triple jump) and Matt Lange of NV/Demarest (shot).

Lou Molino Invitational - FDU; Tuesday, February 5th

55 HH

Novice Boys: M. Hoffman **11.0**

55m

Novice Girls: J. Dobson **8.4**, K. Wagner **8.9**

Frosh Girls: G. Dineen **8.2**, M. Fahlender **8.4**, H. Brodsky **8.6**, M. Dowd **8.8**, Z. Pecoraro **9.3**, R. Kant **9.4**,
? **9.6**, M. Yim **10.1**

Novice Boys: M. Hoffman **8.1**

Frosh Boys: J. Moskowitz **7.9**, J. Spataro **8.1**

800m

Novice Boys: P. Baginski 2:17.1 - 4th Place, T. Baginski **2:21.5**, A. Oriente **2:28.0**, S. Miller **2:35.6**,
E. Stojanovic **2:35.7**, L. Fahey **2:42.7**

Frosh Boys: M. Rusch 2:26.0 - 4th Place, L. Stadulis **2:47.8**, M. Goldzweig **2:59.6**, S. Hughes **3:01.4**

Frosh Girls: L. Vaynshteyn 2:47.2 - 1st Place, K. Wilke **2:59.5**, E. Kovac **3:02.1**, E. Melamed **3:06.5**,
S. Ghinea **3:09.8**, S. Baduge **3:12.7**

300m

Novice Boys: A. Dunn **43.2**

Frosh Boys: J. Moskowitz **46.2**, D. Winn **49.2**

Novice Girls: J. Dobson **48.9**, K. Wagner **56.0**

Frosh Girls: M. Fahlender **55.3**, Z. Pecoraro **55.9**, H. Brodsky **59.5**, R. Kant **61.2**, M. Dowd **62.0**

1600m

Varsity Boys: P. Williams **5:05.9**

Varsity Girls: C. Hamlet 5:49.6 - 2nd Place, A. Dort 5:51.6 - 6th Place, M. Rossignol **5:59.4**, E. Tilyou **6:20.1**,
S. Fitch **6:28.4**, G. Torielli **6:31.1**

Millrose Games - 168th Street Armory; Saturday, February 9th

4x800

Girls: C. Keyes 2:22.35, K. Muccio 2:24.51, S. Policano 2:23.07, V. Morley 2:22.35 = 9:32.26

1 Mile Invitational

Boys: W. Baginski 4:17.49

Girls: C. Wennersten 4:56.59, New School Record!

TRACK AND FIELD

Passaic's Peralta misses record, wins Millrose 600 race

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Luis Peralta's bid for a national record fell short Saturday afternoon, but the Passaic High School senior held off Alfred Chawonza of St. Benedict's to win the Sterling Junior Boys 600 meters race at the 112th Millrose Games at the Armory Track Center in New York.

Peralta won the race in 1:19.29, just off his national leading time of 1:19.14 set last month at the Armory. Any chance for a national record went by the boards in a slow second lap where Peralta found himself boxed in in third place behind Chawonza and Theo Burba of Massachusetts.

"I'm mad about that," said Peralta, who went out in 25.11 in an attempt to break the 1:17.58 national record and the 1:17.9 state record. "I tried to cut in (from lane 5) when I could but I couldn't get there. It was exciting to win in front of



Passaic High School's Luis Peralta, right, runs to his win in the 600-meter race at the 112th Millrose Games on Saturday. KEVIN R. WEXLER/NORTHJERSEY.COM

all those people but I'm sorry I couldn't put on a show and break the record."

Peralta is expected to run in a 1,000-meter race at Ocean Breeze next weekend.

"Maybe I'll try and get the 1,000 high school record there," he said with a laugh.

Teaneck freshman Kayce Darby took third in the junior 60-meter dash earlier in the meet, the day after winning the North 1, Group 3 sectional title at 55. Ramapo's Grace O'Shea was fifth in 7.92.

The Ramapo 4-x-400 girls team was sixth in 3:58.20, just .16 off the county record the school set two years ago.

The team of Sophia Schwartz, Cortney Lander, Sarah Adams and Sophia Vernieri probably would have broken the Bergen record if not for a difficult first handoff from Schwartz to Lander.

"It was really crowded when we got to the zone," said Schwartz, who led for

See PERALTA, Page 5S

Peralta

Continued from Page 1S

most of the first leg. "It was chaotic and I couldn't find Cortney."

But Sarah Adams, the only senior on the squad and a member of the 2016 record-setting team was pleased with her team's effort and promised much more to come.

"It's going to give us all a whole new burst of energy for the rest of the season," said Adams, who won the Group 3 800 meter sectional Friday. "We've got a lot of season left."

Camryn Wennersten of Ridgewood took 10th in the girls mile with a time of 4:56.59, which is the best time in New Jersey this year and fourth all time in Bergen County.

Liam Landau of Pascack Hills finished fifth in the junior boys pole vault, clearing 14-11 and missing three attempts at 15-5. Unfortunately, Sydney Woods of NV/Demarest missed at her opening height of 11-11 3/4 in the girls vault and did not place.

Ridgewood's 4-x-800 team of Cassie Keyes, Katherine Muccio, Sarah Policano and Virginia Morley ran a solid race in the loaded girls race. The Maroons were 13th in 9:32.26, in a race where 12 of the top 25 times in the nation this winter were recorded. Ridgewood is now No. 4 in NJ and 12th on the all-time Bergen list.

Will Baginski of Ridgewood was 12th in the high school boys mile in 4:17.49, running a steady race, but being unable to finish the way he has all season.



Cassie Keyes, center, runs the first leg of the 3,200-meter relay for Ridgewood at the Millrose Games in New York on Saturday. KEVIN R. WEXLER/NORTHJERSEY.COM

County Individuals - Armory; Wednesday, February 13th

55HH

Boys: A. Ruhl 8.01 / 7.94 - 3rd Place, N. DeVita 8.40

Girls: V. Purritano 8.76 / 8.84 - 3rd Place, S. VandenAssem, 8.85 / 9.02 - 5th Place

55m

Boys: K. Grant 6.93, R. McKenna 7.05, E. McPherson 7.11

Girls: C. Emmanuel 8.00, N. Ghazaii 8.09

3200m

Boys: J. Boogaert 9:59.42 - 1st Place

600m

Boys: R. Seaver 1:25.93 - 5th Place

Girls: L. Rabolli 1:48.11, O. Grace 1:53.25

800m - Frosh

Boys: P. Williams 2:17.49

400m

Boys: R. McKenna 53.28

800m - Novice

Boys: P. Baginski 2:09.97, T. Baginski 2:14.62

200m

Boys: A. Ruhl 23.34, K. Grant 24.35, E. McPherson 25.18

Girls: O. Grace 27.63

1600m

Boys: A. Sheridan 4:45.35, T. Barnabic 4:45.36

Girls: O. Shattuck 5:31.80 - 4th Place

800m

Boys: M. Zamboldi 2:05.44

200m - Novice/Frosh

Frosh Boys: T. Liu 25.70 - 2nd Place

HJ

Boys: A. Dunn 5'8

Girls: J. Seifert 4'8

LJ

Boys: T. Liu 18'6, P. Sanchez 16'6

TJ

Boys: P. Sanchez 40'2 ¼

County Individuals - Armory; Wednesday, February 13th

PV

Boys: J. Theisen NH

Girls: N. Venizelos NH

Shot

Boys: T. Vandalovsky **51'1 3/4 - 2nd Place**, C. Patel **39'2 1/2**, L. Otterstedt **38'6 1/2**

Girls: M. Halvorsen **27'3**, E. Marr **25'8**

Pentathlon

Name	55HH	Shot	HJ	LJ	1000m	Points	Place
L. Reinke	8.06	30'6 1/2	5'9 11/16	19'9	DNF	2471	6th

TRACK AND FIELD

Bergen County standouts tune up for championships

Nick Gantaifis
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

NEW YORK — Sarah Adams played it straight down the middle.

The Ramapo senior captured the 600-meter title at Wednesday's Bergen County Championships at the Armory Track & Field Center.

Adams, who will compete in this weekend's NJSIAA Group Championships in both the 800 and on the Raiders 4-x-400 relay team, used the 600 event to her advantage.

"I really didn't know what to expect going in," said Adams, who ran a school record 1:35.46 and posted the fourth-best time in Bergen County history. "I was just trying to split 200 laps and give it my all. This distance helps with my speed in the 800 and my endurance in the 400. It's in between. It puts me in good position and gives me confidence heading into Groups."

St. Mary's junior Elizabeth Szambel won the 3,200 in 12:02.36 in only her second time competing in the distance event. At last month's NJIC Championships, Szambel won the two mile in 12:08.80.

"With Groups this weekend, I wanted to see how I could do and was looking to get my time down," Szambel said. "I'm used to running high mileage with cross country and indoors is much easier. I feel better going into the Group meet because I know there's some good runners who can time me. I know I can get down to 11:30. I can keep up and I'm motivated to move on to states."

Paramus Catholic junior sprinter Mariah Fede doubled in the 55 and 200 and senior teammate Isabelle Dely repeated in the 55-meter hurdles in 7.17.

Northern Highlands junior Grace Smiechowski ran a 58.51 to claim the 400 title and Indian Hills Abbey Churchill won the 1600 in 5:25.87. Shannon Clancy of Bergen County Tech captured the 1000 in 3:09.68. Teaneck's Grace McCullough won the 800 in 2:21.51.

In the jumps, Ramsey's Emma Cunningham swept the long (18-00) and triple jump (38-06.75) competitions and Kaela Monte of Ramsey won the high jump with a season-best leap of 5-04.

Demarest senior Sydney Woods vaulted 13 feet to win the pole vault.

Bergen Catholic's Brandon Fiume repeats

Bergen Catholic senior Braedon Fiume repeated in the 1,000-meter and ran a personal record 2:33.41, just missing the school record of 2:32.40.

"I was happy with the PR, but I really wanted to get the school record," said Fiume, who will compete in the Group meet in the mile and 800. "I just want to keep improving. This was a tune-up for me today and I'm feeling good with where I am. This gives me a confidence boost heading into the group meet."

After making a splash as a freshman last year, Paramus Catholic sophomore Jemel Carter won the 55 in 6.56, edging Bergen Catholic senior Rahmir Johnson.

"My coaches have been pushing me all season and since last year," said Carter, who finished fourth last year. "I went up against a great competitor in Rahmir Johnson. I've been looking up to him since my freshman year. He pushes me and drives me to be better. I want to keep working on the little things the rest of the season."

Johnson bounced back and won the 200 in record fashion, crossing the finish line in 21.68, a Bergen County record and the top time in New Jersey this season.

Senior Andy Ambrose of Paramus Catholic claimed the 55-hurdles in 7:59 and teammate Jeremy Torre won the long jump with a leap of 20-08.

Glen Rock senior Andrew Lagattuta captured the 600 in 1:24.77.

"I wanted to focus on a different event. I never took the 600 seriously and I haven't run it since my sophomore year," said Lagattuta, who will compete in the Group meet in the mile and 4-x-400 relay. "My goal coming in was the school record, but I was a little off today."

Andrew Sanchez of River Dell won the 400 in 51.19 and Ramapo's Justin Pecore claimed the 800 in 2:00.19.

Liam Landau of Pascack Hills won the pole vault with a leap of 15-06.

Other notable performances

Jada Sewell of Demarest won the girls' shot put with a throw of 39-03.25.

Paramus Catholic's Kennedee Cox captured the girls' pentathlon, breaking the county record with a 3329 score.

Ridgewood's Jay Boogaert won the boys' two-mile in 9:59.42.

Tommy Cahill of Ramapo won the boys' high jump in 6-02.

Paramus Catholic's Jeremy Torre captured the boys' long jump with a leap of 20-08.

Keivon Banks of Bergen County Tech won the boys' triple jump in 43.10.25.

Robert Hymans of Ramapo claimed the boys' 1600 in 4:35.47.

Eugene Kim of Rutherford won the boys' pentathlon.

Johnson, Cox, Ramapo Break Records At Bergen Championships



BERGEN COUNTY CHAMPIONSHIPS

Jim Lambert
Feb 14, 2019

Rahmir Johnson of Bergen Catholic, the Ramapo girls 4x400-meter relay team, and Kennedee Cox of Paramus Catholic all smashed records at Wednesday's Bergen County Championships at the New York Armory.

The Nebraska-bound Johnson burned a 21.68 to win the 200, which took down the Bergen County record, is the fastest time in New Jersey this season and No. 8 in state history. Johnson's 21.68 broke the Bergen County record of 21.80 set in 2008 by Damian Miles of Teaneck.

Johnson also placed second in the 55 dash in 6.58 and split 49.5 in the 4x400.

In the girls 4x400, Ramapo's Sophia Schwartz, Cortney Lander, Sarah Adams, and Sophia Vernieri.

blew up the track with a red hot 3:55.80, which obliterated the county record of 3:58.04 by Ramapo at the 2016 Eastern States Championships, and is the fourth fastest time by a New Jersey squad this season. Ramapo's 3:55.80 is more than two seconds faster than it's previous season best of 3:58.20.

Adams, the NJ. Sec. 1 Group 3 champion in the 800 last.58 week, also won the 600 in a school record 1:35.46, which is No. 4 in Bergen County history and No. 11 in N.J. history. Sarah's sister, Abby Adams, ran on the 2016 record setting 4x400 for Ramapo.

Cox, the state leader in the girls long jump at 18-10, won the pentathlon with a Bergen County record and US#3 3,329 points.

In other highlights -

Mariah Fede of Paramus Catholic captured the 55 in a NJ#4 7.17 and the 200 in a NJ#3 24.99, and she was third in the 400 in 58.59, an indoor PR.

The top pole vaulters in the state, Liam Landau of Pascack Hills and Sydney Woods of Demarest, put on quite a show. Landau, who leads the state with a 15-9, made 15-6 to win the boys vault. Woods, the girls state leader at 13-0 3/4, made 13-0 to finish first.

NJ#1 Jenna Rogers of Rutherford cleared 5-9 to win the high jump, just an inch off her state season leading performance.

Emma Cunningham of Ramsey won the girls long jump (18-0) and triple jump (38-6 3/4).

Bergen Catholic senior Braedon Fiume repeated in the 1,000-meter with a personal best 2:33.41.

Senior Andy Ambrose of Paramus Catholic won the boys 55 hurdles with a PR of 7.59.

Jemel Carter of Paramus Catholic won the boys 55 dash in 6.56, making him the 13th fastest sophomore in the nation.

In the boys shot put, four guys went beyond 50 feet with Patrick Passalacqua of Old Tappan edging Tom Vandalovsky of Ridgewood, who unloaded a huge PR of 51-1 3.4. Marc Santonocito of Demarest was third at 50-7 1/2, and John Griffith of Northern Highlands was fourth with a PR of 50-4 1/2.

INDOOR TRACK: STATE GROUP CHAMPIONSHIPS PREVIEW

Paul Schwartz

North Jersey Record

USA TODAY NETWORK - NEW JERSEY

The NJSIAA indoor track and field group championships take place this weekend at the Bennett Center in Toms River. Here's a group-by-group preview.

Group 1

Friday, 3:45 p.m.

Boys

Returning medalists: Andrew Laguttuta, Glen Rock (4, 1,600); Pierce Tuttle, Glen Rock (3, shot).

Seeds: Nathan Armstrong, Pompton Lakes (6, 3,200); Hasbrouck Heights relay (4); Antonio Lobos, Lyndhurst (4, shot); Tuttle (6, shot); Matt Theuerkauf, Glen Rock (6, pole vault).

Outlook: Glen Rock made a bold run for the team title last year, coming up just seven points short. There's no team title contender but the Panthers should have several individual contenders including all the above seeds, Laguttuta in the 800 and 1,600 and sprinter Maliki Burrell of Hasbrouck Heights.

Girls

Returning medalists: Rebecca Kneppel, Butler (2, 55; 2, 400); Sarah Hutchins, Glen Rock (3, 55); Alexis Byfield, Hawthorne (5, hurdles); Irene Park, Pequannock (3, pole vault); Arianna Lombardi, Lyndhurst (4, shot); Karina Roze, Glen Rock (5, shot).

Seeds: Hutchins (4, 55); Kneppel (5, 55; 5, 400); Emma Kline, Kinnelon (5, 1,600; 4, 3,200); Kathryn Brown, Kinnelon (4, hurdles; 6, high jump); Hasbrouck Heights relay (6); Talia Ferguson, Hasbrouck Heights (4, high jump); Park (1, pole vault); Roze (2, shot); Lombardi (4, shot).

Outlook: Park and Roze are the best hopes for an individual title. But medals and Meet of Champions qualifiers should be plentiful.

Group 4

Friday, 3:45 p.m.

Boys

Returning medalists: Will Baginski, Ridgewood (5, 1,600); Ryan Fahey, Ridgewood (5, 3,200).

Seeds: Baginski (2, 1,600; 1, 3,200); Shamar Taylor, Passaic Tech (4, hurdles); Passaic Tech relay (4); Jamier Wright, Kennedy (1, high jump).

Outlook: When Luis Peralta of Passaic chose not to compete in the state series, he forfeited his chance to become the first North Jersey group 4 repeat winner since Kennedy's Mohamed Khadraoui won the 3,200 in 2003 and 2004. Baginski has had a terrific winter and nothing would cap it more than his first ever state group which is a real possibility in either race. Wright is following in the footsteps of Jadon Watson, Jason Thobourne and Ronniel Johnson, all of whom have medalled in the high jump for Kennedy but hopes to become the Knights' first champion in the event.

Girls

Returning medalists: Katherine Muccio, Ridgewood (4, 55; 4, 400); Virginia Morley, Ridgewood (6, 800); Cassie Keyes, Ridgewood (5, 1,600); Ellie Veenhof, Ridgewood (t5, high jump); Sydney Shannon, Passaic Tech (3, pole vault);

Seeds: Muccio (5, 55); Camryn Wennersten, Ridgewood (4, 1,600; 1, 3,200); Lizzie Veenhof, Ridgewood (1, high jump); Shannon (2, pole vault); Brianna Morrison, Clifton (6, pole vault).

Outlook: Ridgewood scored in six events in last year's state meet, more than any other team, but finished behind Randolph, the team it crushed at sectionals. Five of those six return, and with Wennersten, the Maroons are the deepest team in the state. But they'll have to battle Ridge, Millville and Montgomery to win their first title since 2016.

State Groups - Bennett Center, Toms River; Friday, February 15th

400m

Girls: K. Muccio **60.76**

1600m

Girls: C. Wennersten 5:02.45 - 1st Place, S. Policano **5:20.36**, C. Keyes **5:26.75**

55HH

Girls: V. Purritano 8.69 / 8.62 - 4th Place

Boys: A. Ruhl **8.11**, L. Reinke **8.28**

1600m

Boys: W. Baginski 4:16.44 - 1st Place

800m

Girls: V. Morley **2:22.87**, C. McCormack **2:28.52**

55m

Girls: K. Muccio 7.35 / 7.31 - 2nd Place

800m

Boys: R. Seaver **2:09.48**

3200m

Girls: C. Wennersten 11:01.59 - 3rd Place, L. Williams **11:38.60**

Boys: R. Fahey **9:52.81**

4x400m

Girls: V. Purritano **61.7**, S. VandenAssem **62.2**, V. Morley **61.7**, K. Muccio **60.2 = 4:05.88**

HJ

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

PV

Boys: J. Theisen **NH**

Shot

Boys: T. Vandalovsky **46'5 ¾**

State Groups - Bennett Center, Toms River; Friday, February 15th

Scores					
Female			Male		
1	Ridgewood	28	1	Franklin Twp	33
2	Montgomery	26	2	Cherokee	24
3	Ridge	25 ½	3	South Brunswick	20
4	Eastern Regional	21	4	Elizabeth	18
5	South Brunswick	18	5	Westfield	14
6	Millville	17 ½	6	Ridgewood	10
7	Lenape Regional	16	6	North Brunswick	10
8	Watchung Hills	15	6	East Orange	10
9	Rancocas Valley	14	6	Linden	10
10	Hillsborough	12	6	JFK	10
			6	Watchung Hills	10

TRACK AND FIELD

Ridgewood takes Group 4 girls indoor track title

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

It wasn't Ridgewood's best meet of the season, but clutch performances from a pair of Maroon seniors and an inspiring performance by one of its special freshmen delivered the Group 4 state indoor track championship Friday night.

The Ridgewood girls indoor track team fulfilled preseason expectations, winning a second state title in four years and fourth overall, 28-26, over Montgomery at the Bennett Center in Toms River, with Ridge just a half-point further back. But it wasn't easy.

"It didn't go as planned," said Maroon coach Patrick Ryan. "We have a very talented team but this meet is hard to win, very hard."

An early meet win by freshman Camryn Wennersten in a showdown with Montgomery ninth-grader Caroline Mehlhorn got the Maroons off to a great start and after some disappointments, back-to-back unexpectedly high finishes by senior Victoria Purritano (fourth in the 55 hurdles) and Katherine Muccio (second in the 55) put Ridgewood into the lead with three events to go – but with several teams within striking range.

Wennersten, who had won the 1,600 in 5:02.45, led the 3,200 for most of the race, before fading to third. Her six points gave Ridgewood a cushion of two points going into the 4-x-400 relay over Montgomery. But Ridge was lurking and could steal the title with a second-place finish in the relay – and Ridge was the second seed off of sectional times.

Ridgewood ran a seasonal best of 4:05.88 for second in the next to last heat but after Rancocas Valley broke open the race early in the seeded heat, it was a battle among Millville, Southern, Piscataway and Ridge for the next four

spots. Millville ended up being disqualified and Ridge finished fourth, clinching the title for the Maroons.

Muccio, who has battled back from a serious ankle injury last May, also shook off a difficult race in the 400 Friday to equal her seasonal best in the 55, to qualify for the finals. She then ran 7.31, her best time of the year to grab second place in the race, giving Ridgewood the lead to stay.

"I think whenever you have a bad race it pushes you to do better in the next one," said Muccio, who will run at Penn next year. "I had no idea when I finished the race that I had gotten second, because I wasn't expecting that at all."

Muccio's finish had come a few minutes after Purritano had delivered her own unexpected finish in the 55 hurdles.

The senior, who is only in her second year as a high hurdler, ran a personal best of 8.69 in the trials and then improved that to 8.62 in the finals, finishing fourth, nine spots higher than her seed and adding four points to the winning team total.

"I think a lot of that happened because of the team aspect of this meet," said the TCNJ-bound senior. "It helped me perform better."

"Last year when I started running the highs, I was terrified," said Purritano. "But coach Sal (Josh Saladino) really helped with the training and the mindset -- but this was still a big surprise."

Baginski and Wright earn titles

North Jersey boys got only two medals in the Group 4 meet but both were gold as Will Baginski of Ridgewood demolished the field in the 1,600 and Jamier Wright of Kennedy did likewise in the high jump.

Baginski finally got the group title that had been in his sights since his

spectacular freshman year with a perfectly executed race, winning by more than 20 meters in 4:16.44, and establishing him as a favorite in the State Meet of Champions on Feb. 23.

"It went exactly to plan," said Baginski.

Baginski is Ridgewood's first 1,600 winner since Bob Keino in 1994.

Wright became Kennedy's first ever group indoor high jump champ, clearing 6-6 on his third attempt and then making 6-8 on his second to go where teammates Jason Thobourne (2nd in 2017) and Jadon Watson (2nd in 2018) couldn't reach.

"I finally made 6-6 at sectionals and after I made 6-6 (today), I wanted to keep going," said Wright

"6-10 is the next goal," said the junior. "But I'm already thinking about 7 feet."

Rogers and Adams win titles

Rutherford's Jenna Rogers got back to business, as the best high jumper in the state, clearing 5-8 to win the Group 2 title, her fourth overall high jump in four seasons of high school jumping.

Ramapo's Sarah Adams ran the race like a seasoned veteran to win the Group 3 state championship.

O'Shea and Woods out of MOC

Defending 55 meter hurdles champion Grace O'Shea and pole vaulter Sydney Woods of NV/Demarest, the top athletes in their events in the state all season, are apparently not going to compete in the Girls State Meet of Champions in their specialties on Feb. 24.

O'Shea was unable to finish her heat of the Group 3 hurdles after an incident during the race. She came to take third in the 55 meters but Ramapo has prepared an appeal to the NJSIAA to ad-

vance her in the hurdles as well. O'Shea will run Tuesday at the Eastern States meet at the Armory.

Woods, who injured her ankle while trying to break the state record at the Bergen Championships Wednesday night, attempted to defend her Group 2 pole vault title but was unable to participate after warmups. Her indoor season is over.

State cross-country champion Abby Loveys of Randolph, the favorite in the Group 3 1,600 and 3,200 and Amanda and Maggie Mirkovich of River Dell, strong contenders in the Group 2 800 and 1,600 races, all missed the meet with the flu.

Landau, Santonocito win in Boys 2

Liam Landau easily collected his second straight Group 2 pole vault title, clearing 15-6 on his first attempt, to beat a strong field.

NV/Demarest shot putter Marc Santonocito shook off a slow start and took the Group 2 title, throwing a pair of personal bests on his last two throws of the competition.

"I think having to get up so slowly to get down to Toms River before 9 a.m. got everyone started slow because we're weren't quite awake," said Santonocito, who won with a toss of 52-6, nearly a foot beyond his previous best.

Cho stuns Group 3 pole vault field

Saturday, Kyle Cho felt great in warmups and carried that feeling to the state group 3 championships and promptly cleared 12, 12-6 and 13 feet, all on his first attempt. No one else duplicated that so when the bar went to 13-6, Cho found himself in first place.

When no one made 13-6, Cho found himself as a surprise state champion, following in the footsteps of 2016 state champ Greg Fuerte.

Franklin Boys, Ridgewood Girls Capture Group 4 Titles



NJ STATE MEET COVERAGE

Jim Lambert

Feb 16, 2019

Franklin, led by sprint star [Mario Heslop](#), ended a long drought by winning the boys title, and the [Ridgewood](#) girls won a tight three-way battle for its fourth state title at Friday's NJSIAA Group 4 Championships at the Bennett Center in Toms River.

Heslop, a senior, was his usual sizzling self as he burned up the oval with a NJ#1 49.23 in the 400, a victory in the 55 dash in 6.38, just .01 off his NJ#1 time of 6.37, and he ran on the fifth place 4x400. It's the second straight year that Heslop swept the 55 and 400.

Heslop, who has won four Meet of Champions titles in his career (two indoors and two outdoors), will be favored to win whichever races he runs at next Saturday's M of C.

Led by Heslop, Franklin outscored runner-up [Cherokee](#), 33-24. It's the second state indoor title for Franklin, which won the State Group 3 championship in 1990.

Franklin also received a huge victory in the 55 hurdles from [Kumi Osei](#), who ran a NJ#9 and big PR of 7.58. Chris Hill picked up a point for Franklin by placing sixth in the 3,200.

In the girls competition, [Camryn Wennersten](#) led the charge for Ridgewood, which edged [Montgomery](#), 28-26 for the team title. [Ridge](#) placed third with 25 1/2.

It's the fourth state title for Ridgewood and its first since 2016. Ridgewood also won in 1989 and '90.

In a battle between two of the state's best freshmen, Wennersten won the 1,600 in 5:02.45, and Montgomery's [Caroline Mehlhorn](#) was second in 5:03.01. Wennersten also placed third in the 3,200 in 11:01.56.

Ridgewood also received a runner-up finish from senior [Katherine Muccio](#) in the dash (7.31) and a key fourth-place finish from senior [Victoria Purritano](#) in the hurdles, who ran a PR of 8.62.



There were great performances, including a few that shook up the top of the state leaderboards.

Junior [Jamier Wright-Collins](#) of [JFK Paterson](#) grabbed a share of the state lead in the boys high jump with his winning clearance of 6-8, which is a new PR.

[Kyle Lipscomb](#), a senior at [Linden](#), increased his state lead in the boys shot put with a PR of 58-6 3/4. His previous best was 58-6.

Junior [Bradley Jelmert](#) of [Watchung Hills](#) (NJ#2 in the pole vault at 15-7 1/4), cleared 15-0 to finish first and equal the Group 4 record set by [Jordan Subai](#) of [Toms River North](#) in 2010 and matched by [Peter Fagan](#) of [Westfield](#) in 2013.

[Ridgewood](#) senior [Will Baginski](#) captured the 1,600 in a PR and NJ#4 4:16.44

Montgomery senior [Abrianna Barrett](#), who made 5-10 last spring to win the high jump at the Meet of Champions, won her third State Group title (two indoors and one outdoors) by clearing 5-6.

[Atlantic City](#) senior [Claudine Smith](#) won the fourth State Group title of her career in the hurdles and third straight indoors by crossing first in 8.13. Smith, who is NJ#2 with an 8.09, also won the state Group 4 title in 100 hurdles last spring.



[Emily Nugent](#) of [North Hunterdon](#) won the girls 3,200 in a NJ#4 10:49.67.

Sophomore [Lauren Princz](#) of [Egg Harbor](#), the Meet of Champions winner in the 200 last spring, won the 55 dash in 7.13, just off her season best of 7.12, which is tied for NJ#1.

[Westfield](#) won the boys 4x400 in a NJ #5 3:26.11.

With defending Meet of Champions 800 winner and New Balance Nationals champ [Luis Peralta](#) of [Passaic](#) opting to skip this meet, senior [Miles Liggins](#) of [South Brunswick](#), who is NJ#2 in the 800 at 1:54.67, won the four-lapper in 1:55.34. Without Peralta on the line at the M of C next Saturday, Liggins will be one of the favorites to win.

Girls indoor track championships: Ridgewood, Collingswood win group titles

By Rich Bevensee | For NJ Advance Media
on February 15, 2019 10:15 PM, updated February 16, 2019 1:27 AM

Atlantic City senior **Claudine Smith** became a three-time winner in the Group 4 hurdles, junior **Emily Wallace** won the 55-meter dash and fueled the first-place 4x400-meter relay to push **Collingswood** to its first ever Group 1 title and freshman Camryn Wennersten nailed down a victory in the 3,200 to spark **Ridgewood's** drive to its first Group 4 title in three years to highlight the first day of the **NJSIAA indoor track group championships** on Friday at the Bennett Center in Toms River.

On Saturday, Groups 2 and 3 will compete simultaneously starting at 9 a.m., and Non-Public A and B will begin action at 3 p.m.

Wennersten had lost twice to Montgomery freshman Caroline Mehlhorn to end the cross-country season -- in Group 4 and at the Meet of Champions -- but the Ridgewood freshman opened up a five-second lead after a mile that was too much for Mehlhorn to overcome.

Wennersten won in 5:02.45 and Mehlhorn was second in 5:03.01. Those times are No. 3 and 5 in the state this season.

Sparked by that triumph, Ridgewood grabbed its fourth Group 4 title and its first since 2016 with 28 points, while Montgomery was second with 26 and Ridge was third with 25.5.

Ridgewood also received a second-place effort from senior Katherine Muccio in the 55 dash (7.31) and a fourth-place finish in the 55 hurdles (8.62) from senior Victoria Purritano.

"Ever since I was a freshman track was everything to me," Purritano said. "I always loved being with the team and honestly anything I've done for the team was much better than anything I've done as an individual. The fact that we got to win this our senior year, I'm definitely going to remember that for a while."

"I knew Caroline was catching up to me so I was sprinting for my team," Wennersten said of the 1,600. "It means a lot to be able to score for my team. It's a great feeling."

Easterns - Armory; Tuesday, February 19th

55 HH

Boys: A. Ruhl **8.01**, L. Reinke **8.12**

Girls: V. Purritano **8.84 / 8.61**, S. VandenAssem **8.93**

55m

Girls: K. Muccio **7.45 / 7.38**

200m

Boys: A. Ruhl **23.41**

Girls: K. Muccio **25.67 - New School Record!**

4x800m

Boys: R. Seaver **2:02.84**, R. Fahey **2:11.22**, W. Baginski **1:53.53**, J. Boogaert **2:03.77 = 8:11.36**

4x400m

Boys: A. Ruhl **51.51**, R. McKenna **51.58**, W. Baginski **50.67**, L. Reinke **52.52 = 3:26.26 - 5th Place**

TJ

Girls: S. VandenAssem **35'9 1/2 - 5th Place**

LJ

Girls: V. Purritano **14'7**

HJ

Girls: E. Veenhof **5'2**, L. Veenhof **5'0**

TRACK AND FIELD: TOP MEDAL CONTENDERS AT STATE MEET OF CHAMPS

Paul Schwartz North Jersey Record USA TODAY NETWORK - NEW JERSEY

The New Jersey Indoor Track State Meet of Champions comes in three parts this winter, all at the Bennett Center in Toms River. Thursday sees the first Long Jump showcase at 3:45 with the top 24 boys and girls from this past season and last spring each getting four jumps. Saturday is the rest of the boys meet and Sunday concludes with the girls meet. Last year North Jersey boys won seven

medals and the girls took 10. Four of those medals were gold but neither Grace O'Shea of Ramapo (girls hurdles) nor Luis Peralta of Passaic (800) will defend their wins.

Long Jump Showcase Thursday, Feb. 21, 3:45 p.m., Bennett Center, Toms River

Seeds in parenthesis
Boys: Lakehand's Hassan Klingen (8) has the best chance to become North Jersey's first medalist in the new event added to the Meet of Champs this year. Girls: Nearly half of the 24 girl field is from North Jersey and even though Tiffany Bautista of Paramus Catholic (2) isn't quite ready after missing six weeks with

injury, teammates Kennede Cox (3) and Isabelle Peily (1-8) are. Sarah Hutchins of Glen Rock (7) and Emma Cunningham of Ramsey (1-8) are also medal contenders and so are Kathryn Brown of Kinnelon and Kaitleen Rose Ozanic of West Milford.

Boys Meet of Champions Saturday, Feb. 23, 10 a.m., Bennett Center, Toms River

Seeds in parenthesis
Returning medalists: Rahmir Johnson, Bergen Catholic (2, 200) and Liam Landau, Pasack Hills (6, pole vault). 400: No North Jersey contenders. 1500: Will Baginski of Ridgewood is the top seed in this event off of his great Group 4 win last week. Top competitors include Tim McInerney of CBA and if he

runs it, Devin Hart, the state cross-country champion from Point Pleasant Boro. Other contenders are Connor Melto of Bishop Eustace and Jack Stanley of Mendham. Braedon Fume of Bergen Catholic and Malwah native Edwin Klante of St. Peter's Prep are medal

contenders (top eight medal). 55 Hurdles: Andy Ambrose of Paramus Catholic has had a terrific season but needs a personal best in the trial to make the finals and medal. 55: Sophomore Jemel Carter of Paramus Catholic and Rahmir Johnson of Bergen Catholic renew their rivalry (it's now 2-2 with Carter winning the last races) and both can reach the finals and medal.

800: No North Jersey athletes are expected to be near the medals. But with only the absent defending champion, Luis Peralta of Passaic, the only local under two minutes, any boy doing that in the race will be thrilled. Peralta's seasonal best of 1:52.21 is second nationally. 200 (showcase): Johnson (7) was favored in this event off of his 21.68 Bergen County record clocking in the Bergen County championships a week ago but he'll have to take down 55 meter state champ and Eastern States 200 champ leader Mario Hestlop of Franklin to do it. 3,200: Michael Dna of Don Bosco is just outside the top eight seeds and can certainly medal with a good race. Bobby Oehlwein of Indian Hills is a possible dark horse.

4x-400 relay: River Dell is the best North Jersey team qualified and they're trying to break 3:30.

4x-800 relay (showcase): No contenders for medals but Bergen Catholic, Ramapo and Ramsey hope for seasonal bests.

Shot put: Pat Pascaliouqua of NV/Old Tappan (4) and Marc Santonocito of NV/Denmarst (5) are both seeded in this event, and Verlon Garrison of Englewood and Chris McCormack of Lakehead hope to better 50 feet.

High jump: Junior Jamier Wright of Kennedy (4) was the Knights' first ever group champion in the event last week

Track

Continued from Page 75

and was the only boy in the six group meets to clear 6-8. He is favored over Marc Anselmi of Middletown South, Ivan Jacob of Bergen Catholic stunned state contender Adonis McGee of St. Peter's Prep to win Non-Public A. He can medal as can Tommy Cahill of Ramapo.

Pole vault: Pasack Hills senior Liam Landau of Pasack Hills (7) has led the state all season and he hopes to not only win but become the first North Jersey to clear 16 feet. Group 3 champ Kyle Cho of Paramus, Robert Escarret of Ridgely Park and Marco Ziemer of West Milford could medal but will probably need to clear 14 feet to do it.

Girls Meet of Champions Sunday, Feb. 24, 10 a.m., Bennett Center, Toms River

Seeds in parenthesis
Returning medalists: Katherine Marco, Ridgewood (6, 200), Corinne Barney, Indian Hills (3, 3,200), Madeline Barney, Indian Hills (7, 3,200), Isabelle Day, Paramus Catholic (2, hurdles), Marian Feola, Paramus Catholic (6, hurdles), Jenna Rogers, Rutherford (1, high jump), Tiffany Bautista, Paramus Catholic (3, high jump). 400: It's unlikely any of the North Jersey entrants will medal but all six entrants are capable and will seek to break 59 seconds in the event. 1500: If Ridgewood's Camryn Wehrstein (2) chooses this event, she'll be in the mix for a win with Julia Trellway of West Morris, Jerika Luffaro of Union Catholic and Caroline Melhorn of Montgomery with four other girls under 5:10 last week. Sarah Polcano of Ridgewood and Mia Duback and Andrea Duback of Clinton may be in the mix for medals.

55 Hurdles: Grace O'Shea's unorthodox transition at the group 3 meet on Saturday knocked the defending champ from Ramapo and US #2 out of the meet, but last year's runner-up, Isabelle Day of Paramus Catholic (3) and teammate Mariah Feola, Paramus Catholic, finish last year can both contend for the title.

55: If she chooses to run the dash, Feola (6) is a medal contender

although she probably won't run it. Teamet freshman Kaye Darby of Teaneck (7) is also a medal contender and Sara Bryant of Englewood might also be a medal possibility.

800: No one's beating Victoria Van Hiele of Gov. Livingston, who is seven seconds faster than anyone else in the field. But Sarah Adams of Ramapo (7) is in the mix for medals and could be as high as third.

200 (showcase): This is the best hope at a win in a battle with Lauren Fritze of Egg Harbor Township and Stephanie Weston of Picataway. Darby (4) should medal as well with Katherine Mocco of Ridgewood and O'Shea also in the mix. 3,200: Wehrstein (6) is not a high speed here off of her double back from the 1600 last week, but if she chooses this event only Trethewey has a faster time this year, Northern Highlands junior Darby Llygen (5) should also be in the grid medal mix and never count out Corinne and Madeline Barney of Indian Hills as possible medalists. Duback, should she choose this race, could also be a medal contender.

4x-400 relay: Bergen County record holder Ramapo (5) should contend for the top five and seeks to become the first North Jersey team to break four minutes on the Bennett Center track.

4x-800 relay (showcase): Ridgewood (4) and River Dell (5) were 2nd and 4th respectively in the first year of this showcase event last year and will be back in the running for medals again this season. Clinton might have a chance to sneak into the top 8.

Shot put: No North Jersey shot putler is among the top 12 seeds, but if Jada Sewell of NV/Denmarst, Karina Roze of Glen Rock and Ariana Lombard of Lynhurst approach their seasonal bests, any or all of the three could medal.

High jump: Jenna Rogers of Rutherford (7) is the defending champion and she's favored to repeat. Kaitlin Morrie of Ramsey, Ashley Martinez of Pasack Hill, Kaitleen Rose Ozanic of West Milford and Lizze Wehrhof of Ridgewood are all capable of medaling.

Pole vault: The injury to Sydney Woods of NV/Denmarst ended the indoor season of the first vaulter in Bergen County history to clear 15 feet, which she did three times. She has a seasonal best a foot higher than any other Jersey vaulter. That leaves local medals to Mercedes D'Ala, NV/Old Tappan, Irene Park of Requanock, Jamie Bossid, Pasack Hills and Sydney Shannon, Pasack Hill. D'Ala has a 12 foot vault to her credit this year and the others have all cleared 11 on multiple occasions.

See TRACK, Page 85

SMOC - Bennett Center, Toms River; Thurs., Sat.-Sun., February 21, 23-24

Thursday

LJ

Boys: V. Purritano 17'0 ¼

Saturday

1600m

Boys: W. Baginski 4:12.90 - 1st Place!

Sunday

1600m

Girls: C. Wennersten 4:59.73 - 2nd Place

55HH

Girls: V. Purritano 9.29

200m

Girls: K. Muccio 26.17

4x800m

Girls: C. Keyes 2:27.4, K. Muccio 2:27.9, S. Policano 2:23.8, V. Morley 2:27.3 = 9:46.38 - 7th Place

HJ

Girls: L. Veenhof NH

Boys Winter Track

Baginski of Ridgewood wins 1,600 to capture first state title

By Rich Bevenssee | For NJ Advance Media
on February 23, 2019 3:35 PM

Will Baginski has come a long way from a painful injury which wiped out most of his outdoor track season last spring.

The Ridgewood senior showed just how far he has progressed on Saturday at the NJSIAA boys indoor track Meet of Champions, when he won his first state title by claiming the 1,600 meters in NJ#1 time of 4:12.90, the fifth fastest time in the country this winter, at the Bennett Center in Toms River.

Mendham's Jack Stanley, the M of C cross-country runner-up last fall, placed second in 4:15.25. Francis Martingale of Memorial placed third after winning an unseeded heat in 4:15.58.

"This is really big," said Baginski, who's headed to Dartmouth next fall. "I wanted to be a state champ since my freshman year and I never knew if I would, but I knew that I could."

Baginski, sixth in this race last season in 4:17.38, missed all but a month of the 2018 outdoor season after he suffered a painful stress fracture in his sacrum, which is a triangular bone at the base of the spine.

His return to form marks a return of his confidence. He entered with the M of C with the fastest group time, the 4:16.44 which he ran to win the Group 4 title.

"That's the kind of race I knew I could have but I've never run that fast before," Baginski said of his 4:12 effort. "This spring I want to get close to 1:50 in the 800, 4:10 in the mile. I'm doing the right training, the right stuff, so why not go do it?"

Baginski and Brown Use Big Finishes To Win MOCs Titles

NJ STATE MEET COVERAGE
Jim Lambert
Feb 24, 2019



1,600-METER RUN

Will [Baginski](#) has had great success this season using the same formula in many of his races.

So the senior at [Ridgewood](#) stuck with what has worked best for him at Saturday's 51st Meet of Champions and the Bennett Center in Toms River.

His perfect strategy resulted in the biggest victory of Baginski's career when he used a wicked kick to win the 1,600 in 4:12.90, a huge PR, No. 6 in meet history, NJ#2 in the state this season, and US#18 this winter.

Baginski, who sliced nearly four seconds off his previous PR of 4:16.44 that he ran to win the state Group 4 title, waited patiently for the right time to unleash his kick. With about 350 meters to go, it was time as Baginski hit the gas and surged past [Jack Stanley](#) of [Mendham](#) and [Tim McInerney](#) of CBA to take the lead. Once he got in front, Baginski kept hammering and pulled away for the victory.

The Princeton-bound Stanley, who led at 800 (2:08.7 and 1,200 (3:12.9) finished second with a PR of 4:15.25, and [Francis Martingale](#) of Memorial W.N.Y. won an unseeded heat with a PR of 4:15.58 to finish third overall.

Baginski, who covered the final 400 in 60.1 and ran 29.7 over the last 200,

"When I run my best races, this is how I run it," said Baginski. "My kick has been something I've been able to rely on, so my plan was to sit and wait and kick and finish strong. Things worked out perfectly for me."

The victory was especially satisfying for Baginski after he missed nearly the entire outdoor season last spring with a stress fracture of the sacrum.

"I felt like I was ready for a big spring before I got hurt, so I really wanted to prove myself this season, my senior year," said the Dartmouth-bound Baginski. "So it really means a lot to me to come in here and win this. It's something I've been working a long time for. I've always dreamed of winning a Meet of Champions title."

North Jersey pair earns gold medals at Meet of Champions

Nick Gantaifis
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

TOMS RIVER – Will Baginski patiently waited to make his move.

Hanging near the lead with the rest of the pack in the 1,600 race on Saturday at the NJSIAA boys indoor track Meet of Champions, the Ridgewood senior saw his opportunity with less than a quarter of a mile to go.

"I wanted to do the same thing I did at the group meet last week. Go out in a good spot with the rest of the field and make a move with about three or four hundred meters left and use my leg speed to get by everybody," Baginski said. "And that's what I did, and it went according to plan."

Baginski's plan worked to perfection and it resulted in his first state title by capturing the mile in a state-leading and personal best 4:12.90 at the John Bennett Indoor Athletic Complex in Toms River. The Dartmouth-bound Baginski finished ahead of Mendham senior Jack Stanley, the cross-country MOC runner-up.

"I think I'm one of the best in the state and I can compete on a national level," said Baginski, who ran the fifth fastest time in the country. "I'm primed for the outdoor season now and this leaves me with a lot of confidence."

Baginski's rise to the top hasn't been easy. After missing most of the spring outdoor season with a painful stress fracture, he returned in the fall and qualified for the cross-country MOC where he finished 84th overall.

But Baginski began to show championship traits and hit his peak over the last three weeks, winning the North 1 state sectional race in 4:23.61 and the group title last week in 4:16.44.

"I've never run a race this fast before," said Baginski of his SMOC title run. "I've always dreamt about being a state champion since my freshman year. It's an incredible feeling and I'm so happy right now. I was never sure that I could actually do it or not, but I'm glad I did. I can't believe it."

Baginski's winning time is the sixth fastest in Bergen County history and he just missed the school record by .09 set by the legendary Bob Keino.

Liam Landau goes over the top

Liam Landau gets better as the stakes go higher.

The Pascack Hills senior captured the pole vault title, securing his first state championship on his first attempt at 15-06. Despite a few missed

attempts early in the competition, Landau settled in and regained his confidence as the bar got higher.

"My last practice before this meet was a really good one. I was just trying to replicate my steps and everything else I was doing," said Landau, the top seed who led the state all season. "In the beginning I was very optimistic, but once I started I was down a bit because I had a lot of misses. As it got higher and I got the clears, I felt like I was in good position."

Landau, one of three competitors to clear 15-06, earned the win on attempts over Bradley Jelmert of Watchung Hills and Simon Schenk of Princeton. All three attempted 16, but no one cleared the mark.

Last month, Landau set the Bergen County record with a vault of 15-09, which currently ranks in the top 20 nationally and is sixth all-time in state history.

Jamier Wright just misses

Kennedy junior Jamier Wright finished second in the high jump behind champion and undefeated high jumper Mark Anselmi of Middletown South.

Both Anselmi and Wright both cleared 6-08, but Anselmi won when he cleared the bar on his first attempt.

"I feel good going into the outdoor season," said Wright, Kennedy's first ever group champion in the event. "My goal is to clear 6-10 and I'm hoping to do that in the next few months."

Wright, along with Anselmi and St. Peter's Prep's Adonis McGee, are tied for the state lead at 6-08.

Other notable performances

■ Junior Patrick Passalacqua of Old Tappan was third in the shot put with a personal best throw of 54-10.25 and senior Marc Santonocito of NV/Demarest finished seventh with a 52-10.

■ Lakeland senior Hasson Klingens finished seventh in the inaugural long jump showcase on Thursday with a leap of 21-05.

■ Ramsey's 4-x-800 relay team of seniors David Perry, Ryan Bahnsen, Rob Novak and Justin Illes medaled with a sixth-place finish in 8:15.95 and the Bergen Catholic team of seniors Braedon Fiume, Jack Welch, Graydon Nichols and Elias Shaia, finished right behind in seventh place in 8:16.77.

■ Bergen Catholic senior Rahmir Johnson, the state's leader in the 200 meters, did not compete in the showcase event and was a late scratch after experiencing discomfort in his shin earlier in the week.

North Jersey girls find a silver lining

No winners, but 11 athletes take home medals from NJSIAA Meet of Champions

Nick Gantaifis
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

TOMS RIVER - No North Jersey athlete struck gold at Sunday's girl's indoor track & field state championships, but there was more than one silver lining.

Two North Jersey competitors finished second in their respective events, one claimed third and 11 total athletes earned medals at the NJSIAA Meet of Champions at the John Bennett Indoor Athletic Complex.

Ridgewood freshman Camryn Wennersten and Old Tappan junior Marisa DiGia had runner-up finishes in the 1600 and the pole vault respectively.

In her first indoor championship meet, Wennersten ran a 4:59.73, finishing behind champion Jerika Lufrano of Union Catholic by just .47.

"Coming into the meet I had a set plan that I discussed with my coaches. I would settle in for the first half and in the second half I would pick a spot around the 500 or 600 to try to pass the other runners," Wennersten said. "I was really trying to keep up with Jerika. She's just an awesome runner. I want to congratulate her on the win. Before the race we talked about working together and pushing each other with the goal of getting under five minutes and we were both able to do that."

Wennersten caps off an impressive indoor season, highlighted by an amazing February in which the newcomer competed in the historic Millrose Games earlier this month and claimed sectional



Old Tappan's Marisa DiGia, shown last season, was second in the pole vault.
VIOREL.FLORESCU/NORTHJERSEY.COM

and Group 4 titles in the 1600.

"I really want to see what I can do going forward," said Wennersten, who also qualified in the 3200, but opted to run the mile instead. "I'm looking forward to

the outdoor season. I want to run faster."

DiGia came close to winning the pole vault title, battling with eventual champion Caroline Dannenbaum of Pingry down the stretch. After both competi-

tors cleared 12 feet, Dannenbaum got over the top at 12-06, but DiGia missed on all three attempts.

"I was confident, but nervous at the same time," DiGia said. "I was up against the best jumpers in New Jersey. I've made a lot of improvement and I feel good about my performance this season. I only reached 12 feet once this season and the fact that I did it again on my first attempt today gives me a lot of confidence. I want to fix the things that really hold me back from jumping higher and I want to be able to compete with all these girls."

Paramus Catholic junior Mariah Fede finished third in the 200-meter Showcase event in 25.39.

In the relays, River Dell was third in 9:35.44 and the Ramapo 4-x-400 team finished fifth in 4:00.24.

Other medal winners

■ Rutherford junior Jenna Rogers was fifth in the high jump with a leap of 5-04.

■ Senior Sydney Shannon of Passaic County Tech finished fifth in the pole vault at 11-00.

■ Butler senior sprinter Rebecca Kneppel was seventh in the 400-meter in 58.55.

■ Junior Karina Roze of Glen Rock took seventh in the shot put with a throw of 39-04.

■ The Ridgewood 4-x-800 relay team finished seventh in 9:46.38.

■ Ramapo senior Sarah Adams was eighth in the 800 in 2:16.94.

Final New Jersey Leaderboards for Indoor 2019



NJ END OF SEASON LISTS
Robert Kellert
Mar 15, 2019

Boys State Leaderboard

TRACK	TIME (W)	ATHLETE/TEAM	GRADE	MEET DATEPLACE	
55m	6.26	MARIO HESLOP Franklin Township HS	2019	New Balance Nationals Indoor Mar 8, 2019 - Mar 10, 2019	1st P
400m	49.23	MARIO HESLOP Franklin Township HS	2019	NJSIAA Group Championships Feb 15, 2019 - Feb 16, 2019	1st
800m	1:50.57	ALFRED CHAWONZA St. Benedict's Prep	2019	Boston University Last Chance Feb 24, 2019	6th
1600m	4:12.90	WILL BAGINSKI Ridgewood HS	2019	NJSIAA Meet of Champions Feb 23, 2019 - Feb 24, 2019	1st
3200m	8:54.22	LIAM MURPHY Allentown HS	2020	NJSIAA Meet of Champions Feb 23, 2019 - Feb 24, 2019	1st
55mH	7.10	SINCERE RHEA St. Augustine Prep	2019	New Balance Nationals Indoor Mar 8, 2019 - Mar 10, 2019	2nd P
RELAY	TIME	ATHLETE/TEAM		MEET DATEPLACE	
4x400m	3:18.36	St. Benedict's Prep		New Balance Nationals Indoor Mar 8, 2019 - Mar 10, 2019	1st
FIELD	TIME (W)	ATHLETE/TEAM	GRADE	MEET DATEPLACE	
High Jump	6-9	MARK ANSELM Middletown South HS	2019	New Balance Nationals Indoor Mar 8, 2019 - Mar 10, 2019	3rd
Pole Vault	15-9	LIAM LANDAU Pascack Hills HS	2019	Big North Indoor Championships - American Jan 16, 2019	1st
Shot Put	59-7.75	KYLE LIPSCOMB Linden HS	2019	New Balance Nationals Indoor Mar 8, 2019 - Mar 10, 2019	8th

Girls Winter Track

Girls indoor track All-Group and All-Prep selections for 2018-19

ALL-GROUP 4

FIRST TEAM

55: Jailya Ash, Eastern
 400: Jewel Ash, Eastern
 800: Morgan Lyons, Rodge
 1,600: Camryn Wennersten, Ridgewood
 3,200: Emily Nugent, North Hunterdon
 55 hurdles: Claudine Smith, Atlantic City
 4x400 relay: Rancocas Valley
 High Jump: Abrianna Barrett, Montgomery
 Pole Vault: Sabrina Ray, South Brunswick
 Shot Put: Bryanna Wilson, Howell

Boys Winter Track

NJ.com's 2018-19 boys winter track All-Group, All-Non-Public, All-Prep selections

ALL-GROUP 4

FIRST TEAM

55m dash: Gabriel Nash, Elizabeth
 400: Mario Heslop, Franklin
 800: Miles Liggins, South Brunswick
 1600: Will Baginski, Ridgewood
 3200: Ethan Wechsler, Cherokee
 55m hurdles: Kumi Osei, Franklin
 4x400 relay: Westfield
 High Jump: Jamier Collins, Paterson Kennedy
 Pole Vault: Bradley Jelmert, Watchung Hills
 Shot Put: Kyle Lipscomb, Linden

NJ.com's 2018-19 girls indoor track All-State teams

3rd Team



1,600m: Camryn Wennersten, Ridgewood

NJ.com's 2018-19 boys indoor track All-State teams

1st Team



1,600 race: Will Baginski, Ridgewood

Baginski finished almost three seconds ahead of the competition in the 1,600 at the M of C, crossing the line in 4:12.90, the top time in the state and sixth in the country.



All-North Jersey track

Meet the boys, girls who shined in indoor competition this season. [95](#)

INDOOR TRACK & FIELD: ALL-NORTH JERSEY BOYS TEAM



Anchor Will Baginski helps Ridgewood win the 4-x-1600 at the Bergen County Relays on Jan. 23 in New York City. KEVIN R. WEXLER/NORTHJERSEY.COM

Best boys break records, rack up championships

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

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

FIRST TEAM

Jemel Carter

Paramus Catholic sophomore, 55 dash
Carter seemingly got better with every meet, winning the Bergen County title and reaching the Eastern States final. His 6.49 in the 55 meters led the area and ranked No. 8 nationally among sophomores.

Rahmir Johnson

Bergen Catholic senior, 200 dash
Johnson crushed the Bergen County record by running 21.68 in the 200 meters to win the Bergen County title, and made the finals at the Eastern States meet. Also ran a strong leg on BC's fine sprint medley.

Joel Ingram

Passaic Tech senior, 400/600 run
Ingram made his only indoor season a very good one, winning the

Passaic County and Big North Liberty titles in the 400 and taking fifth in the North 1, Group 4 state sectionals. He also won league and county triple jump titles.

Braedon Fiume

Bergen Catholic senior, 800/1000 run
Fiume had an excellent season from 800 meters on up, anchoring the sprint medley that almost medaled at Nationals with a 1:55 leg. He also won the Bergen 1,000 title.

Will Baginski

Ridgewood senior, 1,600 run
It's hard to top the season Baginski put together. He only lost twice all season, in the Millrose Trials mile and in the prestigious Millrose Games, but won five 1,600 meters and two 3,200 meters races, including the league, state sectional, Group 4 and State Meet of Champions 1,600.

Michael Dua

Don Bosco senior, 3,200 run
The lightly-raced Dua never ran a bad race all season, although he only ran three 3,200/2 mile races, all between 9:26.98 and 9:30.52. He just missed a medal at the State Meet of Champions.

See BOYS, Page 105

SECOND TEAM

55: Ray Schmitt, Lakeland junior
200: Adrian Taffe, Bergen Catholic sophomore
400: Joshua Gittens, Paramus Catholic senior
800/1000: Andrew Martinez, Passaic Valley junior
1,600: Andrew Laguttuta, Glen Rock senior
3,200: Bobby Oehrlein, Indian Hills senior
55 HH: Shamar Taylor, Passaic Tech junior
Shot put: Marc Santonocito, NV/Demarest senior
High jump: Ivan Jacob, Bergen Catholic senior
Long jump: Eugene Kim, Rutherford senior
Triple jump: Zakhari Pryce, Fort Lee senior
Pole vault: Justin Manne, Mahwah senior
Pole vault: Robert Escarret, Ridgefield Park senior
4-x-400 relay: River Dell (Andrew Sanchez, Will Vidal, David Gibbons, Ed Ahn)

4-x-400 relay: Ridgewood (Will Baginski, Ryan McKenna, Alex Ruhl, Luke Reinke)
4-x-800 relay: Ramsey (David Perry, Ryan Bahnsen, Patrick Chambers, Justin Ilies)
4-x-800 relay: Ridgewood (Ryan Fahey, Ryan Seaver, Jay Boogaert, Will Baginski)

INDOOR TRACK & FIELD: ALL-NORTH JERSEY GIRLS TEAM



Senior runner Sarah Adams has helped Ramapo gain national recognition. JOHN NEPOLITAN/SPECIAL TO SUBURBAN NEWS

Region's best girls beat adversity, collect titles

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Here is a look at the players who have been named to the NorthJersey.com All-North Jersey girls indoor track & field teams:

FIRST TEAM

Kayce Darby

Teaneck freshman, 55 dash
This ninth grader had a spectacular debut season, winning four titles including sectional Group 3, taking third in the Millrose Games, second in Group 3 and fifth in the freshman Nationals at 60 meters.

Mariah Fede

Paramus Catholic junior, 200 dash
The multi-talented star set the Bergen County record in the trials of the Eastern States, winning the Bergen County championships, taking fourth at Easterns and third in the State Meet of Champions.

Grace Smiechowski

Northern Highlands junior, 400 run
Smiechowski won the big North

Freedom, Group 3 sectional and Bergen County titles, was fifth at Easterns and sixth in state Group 3.

Sarah Adams

Ramapo senior, 600/800 run
The Dartmouth-bound senior had a breakthrough season, winning the Big North Freedom, sectional 3, and Group 3 titles, was second in the Eastern States and was eighth in the State Meet of Champions.

Camryn Wennersten

Ridgewood freshman, 1,600 run
Wennersten backed up her amazing debut cross-country season with an even better winter, winning the North 1, Group 4 sectional and the Group 4 title before taking second in the State Meet of Champions.

Daisy Liljegren

Northern Highlands senior, 3,200 run
A mid-season bout with the flu took a chunk out of her season, but Liljegren won the Big North Freedom, was second at the Group 3 sectional and Group 3 meets and was 13th at the State Meet of Champions.

See GIRLS, Page 105

SECOND TEAM

55: Taylor Newman, NV/Old Tappan senior
55: Sanai Bryant, Englewood freshman
200: Katherine Muccio, Ridgewood senior
400: Kyla Krawczyk, Northern Highlands junior
800: Grace McCullough, Teaneck sophomore
1,600: Andrea Dubbels, Clifton junior
3,200: Corinne Barney, Indian Hills junior
55 HH: Emily Grubb, Ramsey junior
Shot put: Karina Roze, Glen Rock junior
High jump: Ashley Martinez, Passaic Tech senior
Long jump: Kathryn Brown, Kinneelon senior
Triple jump: Tiffany Bautista, Paramus Catholic senior
Pole vault: Marisa DiGia, NV/Old Tappan junior
All-around: Mia Dubac, Clifton sophomore
4-x-400 relay: Holy Angels
4-x-400 relay: Ridgewood
4-x-800 relay: Ridgewood

TRACK AND FIELD

Takeaways from the 2018-2019 H.S. indoor season

Paul Schwartz
North Jersey Record
USA TODAY NETWORK - NEW JERSEY

Here's what stood out in the 2018-19 indoor track and field season:

High-flying vaulters

As has been the case over the last seven years, North Jersey's best overall event may have been the pole vault.

Liam Landau of Pascack Hills cleared 14-11 or better a record eight times, making a Bergen County record 15-9 in winning the Big North Patriot title and becoming the third straight Bergen State Meet of champions titlist. He also won the Eastern States crown.

NV/Demarest senior Sydney Woods was even better before a foot injury suffered while attempting a state record 13-5 1/2 at the Bergen Championships. She made a Bergen record 13-0 3/4 at the Spiked Shoe meet in December and cleared 13 feet five times. Prior to this season, Jersey girls had COMBINED for three 13 foot clearances indoors.

Although Woods couldn't compete, the three overall medals (Marisa DiGia of NV/Old Tappan was second and Sydney Shannon of Passaic Tech fifth at Girls MOC) marked the seventh year North Jersey had earned at least three medals at the State championships.

Freshman sensations

The Ridgewood and Indian Hills girls had already shown how good the 2018-19 season class was during cross-country season with both teams having multiple major freshmen contributors leading to top four finishes at the State Meet of Champs.

Camryn Wennersten of Ridgewood had perhaps the greatest freshman year in state history, making the Millrose Games mile, winning Group 4 and



Kayce Darby of Teaneck runs the 60-meter dash on Feb. 9. She just missed a medal in the 200 at the Meet of Champions. KEVIN R. WEXLER/NORTHJERSEY.COM

taking second in the MOC 1,600. She also led all state frosh in the 3,200.

Teaneck freshman Kayce Darby just missed a medal in the Meet of Champions 200 and was second in Group 3 at 55 meters and fifth in the New Balance Indoor Nationals in the frosh 60.

On the boys side, Connor Munson of Westwood, with a 12 foot clearance was two FEET ahead of any other state freshman boy in the pole vault.

Long jump debuts

The state championships added the long jump to its program at the State Meet of Champions this season, a

prelude to next winter's trial separation of track and field at the MOC.

North Jersey was well represented at the inaugural event with nine of the 22 girls and three of the 21 boys from North Jersey. Hasson Klingen of Lakeland (7/ boys), Kathryn Brown of Kinnelon, Emma Cunningham of Ramsey and Kenne-dee Cox of Paramus Catholic (3/4/8 girls) all earned medals this winter.

Baginski achieves his goal

From the time he ran a sub 4:201,600 as a freshman, Will Baginski seemed destined for great things. And the Ridgewood senior has had a terrific

career, despite some injuries and illnesses that sometimes slowed his progress.

This winter there were no setbacks and Baginski was amazing, easily winning the group 4 and State Meet of Champions 1,600 races and qualifying for the Millrose Games mile. His 4:12.90 clocking at SMOC is sixth in Bergen County history.

Record-setting winter

The records set by various North Jersey athletes and relay teams this winter were numerous.

In addition to pole vault Bergen County records by Landau and Woods, Rahmir Johnson of Bergen Catholic (21.68 200), Mariah Fede of Paramus Catholic (24.66 girls 200) and Kenne-dee Cox of Paramus Catholic (3,329 pentathlon) set Bergen County records in individual events.

And then there was Grace O'Shea. The Penn-bound Ramapo senior broke her own Bergen County record in the 55 hurdles FIVE times, lowering the mark from 8.06 to 7.75, an extraordinary improvement. She also led off the Ramapo 4-x-200 girls relay that lowered the County record twice by nearly two seconds to 1:43.32. Ramapo's 4-x-400 girls team, Ridgewood's 4-x-1,600 and high jump girls relay teams, Paramus Catholic's girls long jump relay and NV/Demarest's pole vault relay teams also set Bergen records.

Ridgewood girls earn a state title

With Camryn Wennersten, Victoria Purritano and Katherine Muccio producing clutch performances, Ridgewood earned its second Group 4 state title in four years. The Maroons also won the very tough Big North Freedom, Bergen Relays Large School Relays and North 1, Group 4 sectional titles.

The 4x1600 did not break the county record, 3rd fastest time in county history. Top 3 times all Ridgewood

State Sectional Champions

Girls			Boys		
Name	Event	Year	Name	Event	Year
Katherine Muccio	55m	2019	Will Baginski	1600m	2019
Katherine Muccio	400m	2019	Will Baginski	3200m	2019
Virginia Morley	800m	2019	Tom Vandalovsky	Shot Put	2019
Camryn Wennersten	1600m	2019	Austin Engelhardt	Shot Put	2018
Camryn Wennersten	3200m	2019	Kobi Grant	55m	2017
Lizzie Veenhof	High Jump	2019	Billy Byrne	1600m	2017
Katherine Muccio	55m	2018	Billy Byrne	3200m	2017
Katherine Muccio	400m	2018	Ryan Vimba	Pole Vault	2017
Olympia Martin	1600m	2017	Michael Thurston	800m	2016
Olympia Martin	3200m	2017	M. Tai / Z. Stadulis / W. Baginski / M. Thurston	4x400m	2016
Nicole Lester	Pole Vault (Tie)	2017	Jake Sabatini	55m	2014
Maxine Earl	Pole Vault (Tie)	2017	Nick Salamone	1600m	2013
Olympia Martin	1600m	2016	Nick Salamone	3200m	2013
Olympia Martin	3200m	2016	N. Schoff / S. Dubirer / T. Migliorelli / J. Sabatini	4x400m	2013
Maxine Earl	Pole Vault	2016	Alan Wong	Pole Vault	2012
Leah Rosenfeld	800m	2015	Insoo Hwang	400m	2011
Carleen Jeffers	1600m	2015	Insoo Hwang	55 HH	2011
Carleen Jeffers	3200m	2015	J. Llinas / N. Schoff / N. Tai / I. Hwang	4x400m	2011
Carleen Jeffers	3200m	2014	Tommy DeVita	High Jump	2010
Micaela McPadden	400m	2013	John Wisener	Pole Vault	2010
Kelly Cleary	1600m	2013	Taro Shigenobu	1600m	2009
Mimi DeVita	Pole Vault	2013	Taro Shigenobu	3200m	2009
Hanako Shigenobu	800m	2012	Christian Trautwein	800m	2008
Catherine Pagano	1600m	2012	Christian Trautwein	1600m	2008
Mimi DeVita	Pole Vault	2012	Akira Monri	55 HH	2008
Sarah DeVita	55 HH	2011			
Sarah DeVita	High Jump	2011			
Sarah DeVita	High Jump	2010			
Kayla Polcari	Pole Vault	2010			
Christy Bertelsen	3200m	2008			
Anne Polcari	Pole Vault	2008			

State Group Champions

Girls			Boys		
Name	Event	Year	Name	Event	Year
Camryn Wennersten	1600m	2019	Will Baginski	1600m	2019
Nicole Lester	Pole Vault	2017	Niall Buckley	800m	2007
Sam Halvorsen	3200m	2016	Josh Kauke	800m	2000
Nicole Lester	Pole Vault	2016	Bob Keino	1600m	1994
Carleen Jeffers	3200m	2015	Bob Keino	3200m	1994
Meg McDermott	1600m	1999	Chris Rae	800m	1987
Eileen Fitzgerald	1600m	1991	Chris Rae	800m	1986
Jean Hughes	1600m	1989	Chris Sullivan	1600m	1985
Jean Hughes	3200m	1989	Bruce Mason	3200m	1972
Ginny Figlar	400m	1988			
Lynne Collazo	800m	1988			
Jennifer Hughes	3200m	1988			
Sheryl Vander Schyff	High Jump	1988			
Margaret Scruto	1600m	1984			
Patti Mileski	3200m	1983			

SMOC Champions

Girls			Boys		
Name	Event	Year	Name	Event	Year
Lynne Collazo	800m	1988	Will Baginski	1600m	2019
Ginny Figlar	400m	1987	Josh Kauke	800m	2000
			Bob Keino	3200m	1994

Ridgewood High School Girls Indoor All-American List

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

*NSIC - National Scholastic Indoor Championships

*NBIN - New Balance Indoor Nationals

Multiple All-Americans

Name	Honors	Events/Years
Christina Law	3x	2007 - Pentathlon, 4x55 SHR; 2005 - 4x800
Mia Martinez	2x	2008 - 4x55 SHR; 2007 - 4x55 SHR
Jennifer McDermott	2x	1989 - Triple Jump, Long Jump

Ridgewood High School Boys Indoor All-American List

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

*NSIC - National Scholastic Indoor Championships

*NBIN - New Balance Indoor Nationals

Multiple All-Americans

Name	Honors	Events/Years
Michael Cator	4x	2006 - 4xMile, DMR; 2005 - 4x800; 2004 - 4x800
Byron Williams	4x	2006 - 4x800, DMR; 2005 - 4x800; 2004 - 4x800
Brian Cleary	3x	2010 - 4xMile, DMR; 2009 - DMR
Niall Buckley	3x	2006 - 4xMile, DMR; 2005 - 4x800
Levi Jennings	2x	2010 - 4xMile, DMR
Pat Rynkowski	2x	2010 - 4xMile, DMR
Jeremy Schmidt	2x	2006 - 4xMile, DMR
Dave Maher	2x	2004 - 4xMile, 4x800
Erik Nygaard	2x	2004 - 4xMile, 4x800
Ari Zamir	2x	2004 - 4xMile, 4x800

Ridgewood High School Indoor Girls Top 10 Relays

	Team Members:	Meet:	Year:
4x200m:			
1:45.28	E. Barr / E. Cigolini / L. Que / A. Wisener	168 Armory - Easterns	2007
1:47.6	V. Purritano / O. Grace / C. Emmanuel / K. Muccio	168 Armory - County Relays	2019
1:47.8	V. Purritano / V. Morley / N. Venizelos / K. Muccio	168 Armory - County Relays	2018
1:48.1	E. Barr / E. Cigolini / L. Que / A. Wisener	168 Armory - County Relays	2006
1:48.30		168 Armory - Easterns	2009
1:49.9	M. Feeney / M. McPadden / V. Oliva / S. DeVita	168 Armory - County Relays	2010
4x400m:			
4:01.7	E. Barr / K. Conheeny / A. Wisener / C. Law	168 Armory - Varsity Classic	2007
4:01.9			1989
4:05.88	V. Purritano / S. VandenAssem / V. Morley / K. Muccio	Toms River - State Group IV	
4:05.92	E. Barr / K. Michel / C. Spilka / M. Martinez	168 Armory - Easterns	2008
4:07.4			2000
4:07.7	V. Purritano / M. Adams / V. Morley / K. Muccio	168 Armory - County Relays	2018
4:07.8			1992
4:08.00			1998
4x800m:			
9:22.18	G. Figlar / Jean Hughes / Jen Hughes / L. Collazo	Yale HS Classic	1988
9:23.27	C. Davidson / M. McPadden / C. Pagano / H. Shigenobu	168 Armory - Easterns	2012
9:28.81	K. Muccio / V. Morley / E. Kotch / M. Adams	168 Armory - Varsity Classic	2018
9:30.50	M. Jones / C. Law / B. Wells / S. Westerman	168 Armory - Indoor Nationals	2005
9:32.26	C. Keyes / K. Muccio / S. Policano / V. Morley	168 Armory - Millrose Games	2019
9:36.86	/ K. Conheeny / C. Law / A. Middleton	168 Armory - Easterns	2007
9:37.10	K. Cleary / L. Weisberger / A. Caffrey / M. McPadden	168 Armory - Easterns	2013
9:37.21	C. Davidson / M. McPadden / H. Wodenshek / H. Shigenobu	168 Armory - Easterns	2011
9:38.22	K. Michel / A. Middleton / T. Middleton / C. Spilka	168 Armory - Easterns	2008
9:38.92	C. Bertelsen / M. Jones / J. Krejsa / S. Westerman	168 Armory - Easterns	2006
9:40.87	C. Law / J. Lupo / D. Mangam / E. Terrin	168 Armory - Indoor Nationals	2004
4x1600:			
20:52.36*	H. Shigenobu / E. Fishbein / C. Davidson / C. Pagano	168 Armory - Indoor Nationals	2012
21:06.20*	B. Pringle / M. Scruto / M. Mileski / P. Mileski	Yale - Indoor Nationals	1983
21:17.8	S. Policano / O. Shattuck / C. Keyes / C. Wennersten	168 Armory - County Relays	2019
21:57.6		168 Armory - County Relays	2014
22:01.2	S. Halvorsen / L. Rosenfeld / M. Adams / O. Martin	168 Armory - County Relays	2016
22:02.3	C. Keyes / H. Driscoll / M. Adams / O. Martin	168 Armory - County Relays	2017
22:03.1	M. Adams / K. Cleary / A. Taylor / C. Jeffers	168 Armory - County Relays	2015
22:10.1	M. Adams / S. Policano / H. Fishbein / C. Keyes	168 Armory - County Relays	2018
22:11.5	C. Nowakowski / J. Lupo / M. O'Connell / E. Terrin		2002
22:16.9			1998

* Converted from 4xMile

+ County Record

Ridgewood High School Indoor Girls Top 10 Relays

	Team Members:	Meet:	Year:
Sprint Medley: (200-200-400-800):			
4:11.2	L. Que / E. Cigolini / A. Wisener / C. Law	168 Armory - Indoor Nationals	2007
4:12.09		168 Armory - Indoor Nationals	2008
4:17.87	J. Krejsa / E. Cigolini / A. Wisener / S. Westerman	168 Armory - Indoor Nationals	2006
4:17.7		168 Armory - County Relays	2011
4:18.7	K. Muccio / V. Purritano / S. VandenAssem / M. Adams	168 Armory - County Relays	2018
Distance Medley:			
11:56.5+	M. Mileski / M. Scutro / B. Pringle / P. Mileski	Yale - Yale Track Classic	1983
12:10.15	C. Law / A. Wisener / A. Llerandi / K. Conheaney	168 Armory - Indoor Nationals	2007
12:11.77	S. Policano / K. Muccio / V. Morley / C. Wennersten	168 Armory - Varsity Classic	2019
12:11.9	S. Halvorsen / L. Rosenfeld / M. Adams / O. Martin	168 Armory - Varsity Classic	2016
12:15.42	L. Collazo / J. McDermott / L. Figlar / Jean Hughes	Harvard - Easterns	1989
12:16.3	C. Davidson / A. Caffrey / H. Shigenobu / C. Pagano	168 Armory - Varsity Classic	2012
12:19.01	E. Kotch / K. Muccio / V. Morley / C. Keyes	168 Armory - Easterns	2018
12:22.9*		Princeton - State Relays	1988
12:25.9	S. Westerman / A. Wisener / C. Law / M. Jones	168 Armory - Varsity Classic	2005
12:30.99	K. Cleary / L. Monnerat / L. Rosenfeld / C. Jeffers	168 Armory - Indoor Nationals	2015
* Converted from yds			
+ County Record			
4x51.5 HH - 4 Hurdles:			
32.3	V. Morley / A. Schoff / S. VandenAssem / K. Muccio	168 Armory - County Relays	2018
32.4	M. Martinez / E. Barr / A. Wisener / L. Que	168 Armory - County Relays	2007
32.8	S. Ramirez / M. DeVita / K. McKeon / M. McPadden	168 Armory - County Relays	2013
33.1	V. Morley / S. VandenAssem / J. Maasarani / V. Purritano	168 Armory - County Relays	2019
33.8	V. Oliva / H. Shigenobu / A. Scibetta / S. DeVita	168 Armory - County Relays	2010
4x55 HH - 5 Hurdles:			
34.14	M. Martinez / C. Law / A. Wisener / L. Que	168 Armory - Indoor Nationals	2007
34.60	V. Morley / V. Purritano / S. VandenAssem / K. Muccio	168 Armory - Indoor Nationals	2018
35.23	E. Barr / V. Oliva / K. Michel / M. Martinez	168 Armory - Indoor Nationals	2008
36.42	S. DeVita / R. Lee / J. Narvaez / V. Oliva	168 Armory - Indoor Nationals	2009
36.64	S. DeVita / K. Polcari / H. Shigenobu / V. Oliva	168 Armory - Indoor Nationals	2010
Shot Put:			
67'4"	L. Uzoaru / M. Carey	168 Armory - County Relays	2018
66'3"	Rayevich / Eldridge		1988
63'9 1/2"	L. Uzoaru / M. Carey	168 Armory - County Relays	2017
High Jump:			
10'6" +	E. Veenhof / L. Veenhof	168 Armory - County Relays	2019
10'2"	H. Roche / S. DeVita	168 Armory - County Relays	2011
10'0"	S. Montgomery / L. DeVita	168 Armory - County Relays	2014
+ County Record			

Ridgewood High School Indoor Girls Top 10 Relays

	Team Members:	Meet:	Year:
Long Jump:			
32'4"	B. Bogart / E. Cigolini	168 Armory - County Relays	2006
32'2 1/4"			1988
32'1"	V. Purritano / S. VandenAssem	168 Armory - County Relays	2019
30'11 1/2"	V. Purritano / S. VandenAssem	168 Armory - County Relays	2018
30'9 1/2"	I. Park / K. Callaghan	168 Armory - County Relays	2016
30'8 1/2"	K. McKeon / K. Callaghan	168 Armory - County Relays	2015
Triple Jump:			
68'9"	S. VandenAssem / L. Veenhof	168 Armory - County Relays	2019
66'7 1/2"	S. DeVita / H. Roche	168 Armory - County Relays	2011
66'3 1/4"	S. VandenAssem / A. Schoff	168 Armory - County Relays	2018
66'3"			2009
65'0 3/4"	I. Park / C. Shippee	168 Armory - County Relays	2016
64'6"	A. Schoff / L. Veenhof	168 Armory - County Relays	2017
Pole Vault:			
22'0"	M. Earl / N. Lester	168 Armory - County Relays	2017
20'6"	M. Earl / N. Lester	168 Armory - County Relays	2016
20'6"	M. DeVita / I. Brown	168 Armory - County Relays	2012
19'0"	N. Lester / E. Veenhof	168 Armory - County Relays	2018
19'0"	M. DeVita / R. Simoncini	168 Armory - County Relays	2013
19'0"	K. Polcari / M. DeVita	168 Armory - County Relays	2010

Ridgewood High School Indoor Boys Top 10 Relays

	Team Members:	Meet:	Year:
4x200m:			
1:33.18	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	168 Armory - Indoor Nationals	2007
1:32.9h	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	168 Armory - County Relays	2007
1:33.9h	J. Chun / M. Tai / A. Ruhl / R. Aono	168 Armory - County Relays	2018
1:34.18	M. Tai / K. Grant / Z. Stadulis / S. Do	168 Armory - Easterns	2017
1:34.0h		168 Armory - County Relays	2014
1:34.30	K. Chung / N. Schoff / N. Tai / D. Boresta	168 Armory - Easterns	2012
1:34.36	K. Chung / N. Schoff / D. Boresta / J. Sabatini	168 Armory - Easterns	2013
1:34.3h	M. Grundy / S. Mattson / J. Riemer / I. Hwang	168 Armory - County Relays	2010
4x400m:			
3:25.21	C. Zeigler / Z. Ontiveros / C. Trautwein / N. Buckley	168 Armory - Easterns	2007
3:26.26	A. Ruhl / R. McKenna / W. Baginski / L. Reinke	168 Armory - Easterns	2019
3:26.1			2010
3:26.71	D. Boresta / B. Collins / L. Dublirer / J. Sabatini	168 Armory - Easterns	2014
3:27.0			2000
3:27.2	T. Migliorelli / L. Dublirer / S. Dublirer / J. Sabatini	168 Armory - County Champs	2013
4x800m:			
7:48.82+	M. Thurston / D. Frering / B. Collins / L. Dublirer	168 Armory - Millrose Games	2014
7:52.16	N. Buckley / M. Cator / O. Onwubu / B. Williams	168 Armory - Indoor Nationals	2005
7:53.46	M. Cator / N. Buckley / J. Schmidt / B. Williams	168 Armory - Indoor Nationals	2006
7:59.44	A. Taggart / W. Baginski / B. Zamboldi / M. Thurston	168 Armory - Millrose Games	2016
8:00.14	D. Maher / E. Nygaard / B. Williams / A. Zamir	168 Armory - Indoor Nationals	2004
8:00.93	L. Jennings / A. Andrews / J. Llinas / P. Rynkowski	168 Armory - Easterns	2011
8:03.01	K. Tamura / J. Byrne / K. Marshall / M. Thurston	168 Armory - Indoor Nationals	2015
8:03.14	W. Ades / B. Collins / T. Spicer / L. Jennings	168 Armory - Easterns	2012
8:04.57		168 Armory - Easterns	2003
+ County Record			
4x1600:			
17:39:03*+	E. Nygaard / M. Cator / D. Maher / A. Zamir	168 Armory - Indoor Nationals	2004
17:54.50*	B. Cleary / S. Spreitzer / P. Rynkowski / L. Jennings	168 Armory - Indoor Nationals	2010
17:55.2	W. Baginski / B. Rynkowski / S. Wagh / B. Byrne	168 Armory - County Relays	2017
17:59.78*	L. Jennings / M. Eid / A. Andrews / P. Rynkowski	168 Armory - Indoor Nationals	2011
18:09.3			2003
18:14.8	P. Rynkowski / L. Jennings / S. Spreitzer / B. Cleary	168 Armory - County Relays	2010

* Converted from 4xMile

+ County Record

Ridgewood High School Indoor Boys Top 10 Relays

	Team Members:	Meet:	Year:
Sprint Medley: (200-200-400-800):			
3:31.10	D. Cooper / A. Dolgin / C. DiPasquale / J. Kauke	168 Armory - Indoor Nationals	2000
3:33.55	D. Han / J. Sabatini / B. Domenic / L. Dublirer	168 Armory - Indoor Nationals	2014
3:35.3	J. Chun / M. Tai / A. Ruhl / W. Baginski	168 Armory - County Relays	2018
3:35.9	/// M. Thurston	168 Armory - County Relays	2016
3:35.9			2008
3:35.9			1985
Distance Medley:			
10:17.39	L. Jennings / N. Schoff / J. Llians / P. Rynkowski	168 Armory - Indoor Nationals	2011
10:18.57	M. Cator / J. Schmidt / N. Buckley / B. Williams	168 Armory - Easterns	2006
10:22.45	S. Wagh / M. Tai / B. Zamboldi / W. Baginski	168 Armory - Varsity Classic	2018
10:22.95	A. Fine / I. Hwang / B. Cleary / T. Shigenobu	168 Armory - Indoor Nationals	2009
10:23.52	E. Nygaard / B. Williams / D. Maher / A. Zamir	168 Armory - Easterns	2004
10:24.6	B. Williams / O. Onwubu / N. Buckley / M. Cator	168 Armory - Varsity Classic	2005
10:26.79	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	168 Armory - Easterns	2007
10:28.47	N. Salamone / J. Sabatini / S. Dublirer / D. Frering	168 Armory - Indoor Nationals	2013
4x55 HH (4 flights):			
30.7	J. Nagano-Gerace / J. Moody / S. Pierce / A. Monri	168 Armory - County Relays	2006
30.8	L. Reinke / N. DeVita / P. Sanchez / A. Ruhl	168 Armory - County Relays	2019
30.8	I. Hwang / E. Blair / M. Beausoleil / T. DeVita	168 Armory - County Relays	2010
31.0	Z. Stadulis / M. Bartlik / A. Ruhl / R. Harada	168 Armory - County Relays	2017
31.5	M. Zeno / E. Berry / A. Armatas / K. Chung	168 Armory - County Relays	2013
31.5	P. Nygaard / Z. Ontiveros / L. Cichocki / A. Monri	168 Armory - County Relays	2007
32.1	A. Ruhl / D. Romero / N. DeVita / M. Bartlik	168 Armory - County Relays	2018
4x55HH (5 flights):			
31.36	I. Hwang / T. DeVita / M. Beausoleil / S. Matson	168 Armory - Indoor Nationals	2010
32.63	M. Zeno / E. Berry / A. Armatas / K. Chung	168 Armory - Indoor Nationals	2013
Shot Put:			
97'3"	E. Bryant / Kearns		1981
96'0 1/2"	S. McAvey / K. Ekert	168 Armory - County Relays	2016
93'10"			1998
90'10 1/4"	T. Vandalovsky / L. Otterstedt	168 Armory - County Relays	2019
High Jump:			
12'2"	J. Davis / F. Rosenbach	Princeton - State Group IV Relays	1995
12'0"	R. Harada / D. Romero	168 Armory - County Relays	2017
12'0"	T. DeVita / M. Beausoleil	168 Armory - County Relays	2010
11'10"	L. Reinke / A. Dunn	168 Armory - County Relays	2019
11'10"	D. Romero / M. Bartlik	168 Armory - County Relays	2018
11'10"			1994
11'8"	M. Thurston / R. Harada	168 Armory - County Relays	2016

Ridgewood High School Indoor Boys Top 10 Relays

	Team Members:	Meet:	Year:
Long Jump:			
40'10 1/2"	Hong / Darrow	168 Armory - County Relays	1987
40'1"			2004
Triple Jump:			
84'9 3/4"	C. Halyard / Hong	168 Armory - County Relays	1987
81'7 1/2"	T. DeVita / R. Dudley	168 Armory - County Relays	2010
80'9"	M. Bartlik / D. Romero	168 Armory - County Relays	2018
80'6 3/4"	M. Bartlik / D. Romero	168 Armory - County Relays	2017
Pole Vault:			
26'0"	A. Wong / S. Llerandi	168 Armory - County Relays	2014
25'0"	R. Vimba / D. Schechter	168 Armory - County Relays	2017
25'0"	D. Downing / T. Migliorelli	168 Armory - County Relays	2013
24'6"			2005

Ridgewood High School Girls All-Time Indoor List

	Athlete:	Meet:	Year:
55m:			
7.23	Katherine Muccio	168 Armory - Varsity Classic	2018
6.9h	Katherine Muccio	168 Armory - Spiked Shoe	2018
7.46	Emily Barr	168 Armory - Easterns	2008
7.48	Erica Cigolini	Toms River - State Group IV	2007
7.2h	Erica Cigolini	168 Armory - League Champs	2007
200m:			
25.67	Katherine Muccio	168 Armory - Easterns	2019
25.6h	Katherine Muccio	168 Armory - Spiked Shoe	2018
26.1h	Erica Cigolini	168 Armory - Varsity Classic	2007
26.4h	Alice Wisener	168 Armory - Varsity Classic	2007
26.7h	Victoria Purritano	168 Armory - Spiked Shoe	2018
300y:			
37.25	Ginny Figlar	Harvard - Easterns	1987
39.0	Melissa Gilbert	Rockland Community College	1992
39.5	Liz Ross	Rockland Community College	1985
39.9	Kate Brunner	Rockland Community College	1995
300m:			
40.8	Alice Wisener	168 Armory - County Champs	2007
40.9	Katherine Muccio	168 Armory - County Champs	2017
42.21	Ginny Figlar		1988
42.2	Melissa Gilbert	Fairleigh Dickinson - County Champs	1994
42.2	Micaela McPadden	168 Armory - League Champs	2012
42.3	Erica Cigolini	168 Armory - County Champs	2007
42.9	Emily Barr	168 Armory - County Champs	2007
43.5	Gizele Watson	Fairleigh Dickinson	1994
43.6	Mia Martinez	168 Armory	2008
43.9	Jen McDermott		1989
43.9	Kerri Reilly		1989
400m:			
57.71*	Ginny Figlar	Yale - Nationals	1987
58.42	Jen McDermott		1989
58.66	Katherine Muccio	168 Armory - Hispanic Games	2018
58.71	Micaela McPadden	168 Armory - Eastern States Invite	2013
60.66	Victoria Purritano	168 Armory - Varsity Classic	2018
60.84	Emily Barr	Toms River - State Sectionals	2008
61.46	Olivia Grace	Ocean Breeze - League Champs	2019
61.49	Lynn Degelmann		1987
61.75	Hanako Shigenobu	Toms River - State Sectionals	2012

* converted from 440 yd

Ridgewood High School Girls All-Time Indoor List

	Athlete:	Meet:	Year:
600y:			
1:24.58	Ginny Figlar	Harvard - Easterns	1988
1:29.3	Renee Pavelski	Rockland Community College	1993
1:31.5	Lynne Collazo		1989
1:33.8	Jen Zucaro		2001
1:33.8	Jess Krejsa	Rockland Community College	2006
1:33.8	Catherine Buckley	Rockland Community College	2009
600m:			
1:36.6	Cristina Law	168 Armory - League Champs	2007
1:36.6	Kate Michel	168 Armory - County Champs	2008
1:39.0	Renee Pavelski	Fairleigh Dickinson	1993
1:39.8	Hanako Shigenobu	168 Armory - League Champs	2012
1:40.3	Catherine Buckley	168 Armory - County Champs	2009
1:40.5	Micaela McPadden	FDU - North Jersey Champs	2013
1:40.9	Jess Krejsa		2006
1:41.0	Stephanie Westerman		2005
1:41.1	Kelly Conheeeney	168 Armory - County Champs	2007
1:41.9	Jen Zucaro		2001
800m:			
2:16.55	Cristina Law	Toms River - State Meet of Champs	2007
2:16.59	Lynne Collazo		1989
2:17.57	Kate Michel	168 Armory - Nationals	2008
2:17.9	Margaret Scutro	Princeton - State Group IV	1984
2:18.67	Micaela McPadden	Toms River - State Group IV	2013
2:19.37	Virginia Morley	Toms River - State Group IV	2018
2:20.2	Liz Figlar		1990
2:21.75	Claire Blaney	Princeton - State Group IV	1992
2:21.89	Hanako Shigenobu	Toms River - State Meet of Champs	2012
2:21.99	Evelyn Kotch	Toms River - State Sectionals	2018
2:21.8	Renee Pavelski		1993
2:22.4	Catherine Pagano	168 Armory - County Champs	2012
2:22.86	Meghan Adams	Toms River - State Groups	2017
1000y:			
2:32.7	Margaret Scutro	Rockland Community College	1985
2:37.2	Mary Ellen Mileski		1983
2:38.61	Lynne Collazo		1988
2:46.6	Clair Nowakowski	Rockland Community College	2002
2:52.7	Stephanie Westerman	Rockland Community College	2005
2:53.3	Alex Middleton	Rockland Community College	2008
2:53.8	Caroline Davidson	Rockland Community College	2012
2:54.0	Claire Blaney		1993
2:54.1	Emily Fishbein	Rockland Community College	2012

Ridgewood High School Girls All-Time Indoor List

	Athlete:	Meet:	Year:
1000m:			
2:47.44	Margaret Scutro	Byrne Arena (Continental Arena)	1985
2:56.26	Lynne Collazo		1989
3:01.1	Meg McDermott	County Champs	1999
3:02.8	Hanako Shigenobu	168 Armory - County Champs	2012
3:03.6	Justine Lupo		2003
3:04.7	Kelly Conheeney	168 Armory - League Champs	2007
3:06.18	Stephanie Westerman		2006
3:06.3	Clair Nowakowski		2002
3:07.1	Stephanie Doyle	Fairleigh Dickinson - County Champs	1996
3:07.2	Jenna Rogers	Fairleigh Dickinson	1994
1500m:			
4:33.35	Margaret Scutro	Yale - Yale High School Classic	1985
4:35.83*	Camryn Wennersten	168 Armory - Millrose Games	2019
* en-route			
1600m:			
4:54.87*	Camryn Wennersten	168 Armory - Millrose Games	2019
4:54.7*	Margaret Scutro	Dartmouth - Dartmouth Relays	1985
5:00.91*	Jenna Rogers		1994
5:03.26	Olympia Martin	Toms River - State Sectionals	2017
5:04.37	Kelly Conheeney	Toms River - State Meet of Champs	2007
5:06.16*	Jean Hughes		1989
5:07.17	Catherine Pagano	Toms River - State Group IV	2012
5:10.73*	Carleen Jeffers	168 Armory - New Balance Games	2015
5:10.92	Caroline Davidson	Toms River - State Group IV	2012
5:11.83	Cassie Keyes	Toms River - State Group IV	2018
5:11.4	Clair Nowakowski		2001
5:12.03*	Stephanie Doyle		1996
* converted from Mile			
3000m:			
10:03.12	Jennifer Hughes	Yale - Yale Classic	1988
10:07.32*	Carleen Jeffers	168 Armory - Nationals	2015
* en-route			

Ridgewood High School Girls All-Time Indoor List

	Athlete:	Meet:	Year:
3200m:			
10:37.1*	Patti Mileski	Harvard - Easterns	1983
10:41.29	Olympia Martin	Toms River - State Meet of Champs	2016
10:44.19	Camryn Wennersten	Toms River - State Sectionals	2019
10:44.29	Samantha Halvorsen	Toms River - State Meet of Champs	2016
10:47.37*	Carleen Jeffers	168 Armory - Nationals	2015
10:55.09*	Celeste Sedo	Reggie Lewis Center - Nationals	1998
11:04.5	Jenna Rogers	Fairleigh Dickinson - County Champs	1994
11:05.34	Jean Hughes		1989
11:11.3	Jen Hughes		1988
11:14.94	Kelly Cleary	Toms River - State Group IV	2013
11:22.58	Norine D'Arcy		1986
11:23.6	Meredith Jones	RCC - Ridgewood Winter Games II	2005
* converted from 2 Mile			
55m HH:			
8.25	Lara-Jane Que	Toms River - State Meet of Champs	2007
8.40	Sarah DeVita	Toms River - State Meet of Champs	2011
8.61	Victoria Purritano	168 Armory - Easterns	2019
8.62	Katherine Muccio	Toms River - State Sectionals	2018
8.73	Mia Martinez	168 Armory - Easterns	2008
8.85	Sara VandenAssem	168 Armory - County Champs	2019
8.99	Virginia Morley	Toms River - State Group IV	2018
9.09	Katie McKeon	Toms River - State Sectionals	2015
High Jump:			
5'8 1/4"	Becky Deetz	Syracuse	1974
5'4"	Ellie Veenhof	168 Armory - County Relays	2019
5'4"	Renee Pavelski	Princeton - State Group IV	1993
5'4"	Sarah DeVita	Toms River - State Groups	2011
5'3"	Lizzie Veenhof	Ocean Breeze - League Champs	2019
5'2"	Sophie Montgomery	168 Armory - County Relays	2014
5'2"	Haley Roche	168 Armory - County Champs	2011
Long Jump:			
18'11 1/2"	Jen McDermott	Harvard - Easterns	1989
17'3 1/2"	Emily Chang	168 Armory	1993
17'3"	Victoria Purritano	Ocean Breeze - League Champs	2019
16'11 3/4"	Brooke Bogart	168 Armory - League Champs	2006
16'10"	Cristina Law	168 Armory	2007
16'9 1/2"	Katie McKeon	168 Armory	2015
16'8 3/4"	Emily Barr	168 Armory - League Champs	2008
16'8 3/4"	Sarah DeVita	168 Armory - Nationals	2011
16'7 1/4"	Faith Ninivaggi	Rockland Community College	1995

Ridgewood High School Girls All-Time Indoor List

	Athlete:	Meet:	Year:
Triple Jump:			
39'10 1/2"	Jen McDermott	Annapolis - Nationals	1989
35'9 1/2"	Sara VandenAssem	168 Armory - Easterns	2019
34'7 3/4"	Sarah DeVita	168 Armory - Easterns	2011
34'6 3/4"	Helena LaMothe	168 Armory - Varsity Classic	1999
34'4 3/4"	Ana Law	168 Armory - Easterns	1999
34' 3/4"	Robin Lee	168 Armory - League Champs	2009
33'10 1/4"	Kayla Polcari	168 Armory - NJTCC	2011
33'9 3/4"	Libby DeVita	168 Armory - Varsity Classic	2015
33'5 3/4"	Lizzie Veenhof	168 Armory - Varsity Classic	2018
33'4 1/2"	Anna Schoff	168 Armory - Varsity Classic	2017
33'4"	Isabel Park	168 Armory - League Champs	2016
33'4"	Jade Long	168 Armory - League Champs	2015
Pole Vault:			
12'3"	Kayla Polcari	168 Armory - Varsity Classic	2011
11'6"	Nicole Lester	Reno - PV Summit	2018
11'5 3/4"	Anne Polcari	168 Armory - Nationals	2008
11'1"	Mimi DeVita	168 Armory - Nationals	2012
11'0"	Maxine Earl	168 Armory - League Champs	2016
10'6"	Cassie Wong	Princeton - State Meet of Champs	2006
9'6"	Kerri Norton		2003
9'6"	Ilana Brown	168 Armory - County Relays	2012
9'6"	Ramelle Brown	168 Armory - County Champs	2009
9'6"	Robin Lee	Dartmouth - Dartmouth Relays	2009
Shot Put:			
38'9"	Lexi Uzoaru	168 Armory - Spiked Shoe	2017
37'5"	Shayna Brown	Garfield - Garfield Classic	1998
36'9 1/4"	Tammy Rayevich		1988
36'1"	Alfreda Eldridge		1989
Pentathlon:			
3267	Sarah DeVita	168 Armory - Nationals	2011
3184	Cristina Law	168 Armory - Nationals	2007
3068	Renee Pavelski	Syracuse - Nationals	1993

Ridgewood High School Boys Indoor All-Time List

	Athlete:	Meet:	Year:
55m:			
6.64	Chris Zeigler	Toms River - State Group IV	2007
6.67	Jake Sabatini	Yale Track Classic	2014
6.69	Matt Tai	Ocean Breeze - League Champs	2018
6.69	Kobi Grant	Toms River - State Sectional	2017
6.70	Akira Monri	Toms River - State Sectional	2008
6.72	Max Witt	Toms River - State Sectional	2009
6.5h	Phil McGillicuddy		1971
6.80	Edwin Elias	Toms River - State Group IV	2009
6.82	Kwame Grant	Ocean Breeze - League Champs	2019
200m:			
22.8	Kobi Grant	168 Armory - Varsity Classic	2017
23.0	Jake Sabatini	168 Armory - League Champs	2014
23.0	Akira Monri	168 Armory - Spiked Shoe	2008
23.34	Alex Ruhl	168 Armory - County Champs	2019
23.1	Matt Tai	168 Armory - Varsity Classic	2016
23.1	Insoo Hwang	168 Armory - NJTCC	2011
23.3	Doohee Han	168 Armory - League Champs	2014
23.5	Matt Beausoleil	168 Armory - Varsity Classic	2010
23.5	Edward Blair IV	168 Armory - Varsity Classic	2010
300y:			
32.9	Matt Krever	Rockland Community College	1991
300m:			
35.8	InSoo Hwang	168 Armory - County Champs	2010
36.4	Kobi Grant	168 Armory - County Champs	2017
36.4	Matt Tai	168 Armory - County Champs	2017
36.4	Akira Monri	168 Armory - League Champs	2008
36.7	Dan Cooper	168 Armory	2000
400m:			
50.31	Tim Geckler	Annapolis - Nationals	1989
51.40	InSoo Hwang	Toms River - State Sectional	2011
51.66	Juan Llinas	Toms River - State Sectional	2011
51.4	Akira Monri	168 Armory - Varsity Classic	2008
52.03	Neil Schoff	Toms River - State Sectional	2012
52.0	Matt Krever	Rockland Community College	1991
52.0	Matt Grundy	168 Armory - NJTCC	2010
52.1	Will Baginski	168 Armory - Track Universe	2018
52.1	Domenic Boresta	168 Armory - League Champs	2014

Ridgewood High School Boys Indoor All-Time List

	Athlete:	Meet:	Year:
500m:			
1:09.6	Charles Cortellesi	West Point	1983
600y:			
1:15.5	Tim Geckler	Princeton	1989
1:17.5	Doug Shultz	RCC - Ridgewood Winter Games	1987
600m:			
1:20.1	Michael Thurston	168 Armory - County Champs	2016
1:21.4	Josh Kauke	168 Armory - League Champs	2000
1:22.3	Niall Buckley	168 Armory - League Champs	2007
1:24.2	Storm Dublirer	168 Armory - County Champs	2013
1:24.4	Juan Llians	168 Armory - County Champs	2011
1:24.8	Christian Trautwein	168 Armory - League Champs	2008
1:25.1	Jeremy Schmidt	168 Armory	2006
1:25.6	Byron Williams	168 Armory - League Champs	2005
1:25.93	Ryan Seaver	168 Armory - County Champs	2019
1:25.9	Sadek Alsedi	Fairleigh Dickinson	1993
1:26.0	Bryan Clarendon	168 Armory - County Champs	2013
1:26.1	Brian Collins	168 Armory - County Champs	2014
800m:			
1:54.1	Josh Kauke	168 Armory - Varsity Classic	2000
1:55.2	Michael Thurston	168 Armory - League Meet	2016
1:55.49	John Parisi	Princeton - Princeton Relays	1983
1:56.9	Niall Buckley	168 Armory - County Champs	2005
1:57.68	Luke Dublirer	Toms River - State Meet of Champs	2014
1:58.44	Byron Williams	Princeton - State Meet of Champs	2005
1:58.35	Chris Rae	Princeton - State Group IV	1987
1:58.89	Christian Trautwein	Toms River - State Group IV	2008
1:58.94	Will Baginski	Ocean Breeze - League Champs	2018
1:59.44	Chris Perez	168 Armory	2001
1000y:			
2:17.4	John Parisi	Princeton	1983
2:17.6	Chris Rae	Princeton	1987
2:18.2	Chris Sullivan	Princeton	1985
2:21.3	Byron Williams	RCC - Ridgewood Winter Games	2005

Ridgewood High School Boys Indoor All-Time List

	Athlete:	Meet:	Year:
1000m:			
2:30.4	Niall Buckley	168 Armory - Varsity Classic	2007
2:31.0	Bob Keino	168 Armory	1994
2:32.51	Chris Rae		1987
2:32.5	Levi Jennings	168 Armory - County Champs	2012
2:34.0	Byron Williams	168 Armory - County Champs	2005
2:35.2	David Maher	168 Armory - County Champs	2004
2:35.4	Erik Nygaard	168 Armory - League Champs	2004
2:35.7	Taro Shigenobu	168 Armory - League Champs	2009
2:35.9	Christian Trautwein	168 Armory - League Champs	2008
2:36.0	Will Ades	168 Armory - League Champs	2012
1500m:			
3:59.39*	Will Baginski	168 Armory - Millrose Games	2019
4:00.4	Bob Keino	Fairleigh Dickinson	1993
* en-route			
1600m:			
4:12.83*	Bob Keino	MSG - Millrose Mile (Winner)	1994
4:12.90	Will Baginski	Toms River - State Meet of Champs	2019
4:14.23*	Ari Zamir	168 Armory - New Balance Games	2004
4:17.32*	Byron Williams	168 Armory - New Balance Games	2006
4:18.23*	Michael Cator	168 Armory - New Balance Games	2006
4:22.04	Levi Jennings	Toms River - State Group IV	2011
4:22.28*	Luke Dublirer	Yale Track Classic	2014
4:22.76	Billy Byrne	Toms River - State Group IV	2017
4:22.3	Chris Sullivan		1985
4:23.09*	Taro Shigenobu	168 Armory - Molloy Stanner Games	2009
4:23.9	Eric Boucher		1991
4:24.4*	Chris Rae		1986
* converted from 1 Mile			
Mile Walk:			
8:36.0	Ed Landers	Rockland Community College	1985
3000m:			
8:25.28	Bob Keino	Princeton	1993

Ridgewood High School Boys Indoor All-Time List

	Athlete:	Meet:	Year:
3200m:			
9:18.11	Bob Keino	Princeton - State Meet of Champs	1994
9:21.1	Dan Emont	168 Armory - Varsity Classic	2007
9:23.2*	Bruce Mason		1972
9:26.7*	Tom Hughes		1980
9:27.20	Taro Shigenobu	Toms River - State Meet of Champs	2009
9:30.97	Will Baginski	Toms River - State Sectionals	2019
9:32.7	Ari Zamir	168 Armory	2004
9:33.81	Travis Spicer	Toms River - State Group IV	2012
9:34.97	Michael Cator	Princeton - State Meet of Champs	2006
9:35.6*	Joe LeMay	Princeton	1985
9:36.22	Billy Byrne	Toms River - State Sectional	2016
9:37.39	Patrick Rynkowski	Toms River - State Group IV	2011
9:37.92	Andrew Fine	Toms River - State Group IV	2009
9:39.83	Ryan Fahey	Toms River - State Sectional	2019
* converted from 2 Mile			
55m HH:			
7.64	Akira Monri	Toms River - State Sectional	2008
7.76	InSoo Hwang	Toms River - State Sectional	2011
7.82	Kevin Chung	Toms River - State Sectional	2013
7.84	Craig Halyard		1989
7.86	Matt Beausoleil	Toms River - State Sectional	2011
7.94	Alex Ruhl	Ocean Breeze - League Champs	2019
7.96	Edward Blair IV	Toms River - State Group IV	2010
8.06	Luke Reinke	168 Armory - County Champs	2019
7.3h	Rich Wankmueller		1975
High Jump:			
6'8"	Tommy DeVita	168 Armory - Spiked Shoe	2010
6'6"	James Davis	Garfield - Garfield Classic	1995
6'6"	Fletcher Rosenbach	Garfield - Garfield Classic	1995
Long Jump:			
23'5 1/2"	Craig Halyard	Annapolis - Nationals	1989
22'3 1/4"	Gabe Knutson	168 Armory - League Champs	2004
21'8 1/4"	Ted Winfield	168 Armory	1998
Triple Jump:			
49' 6 1/2"	Craig Halyard	Princeton - Easterns	1989
45'9 1/2"	Gabe Knutson	168 Armory - Varsity Classic	2004
44'8"	Evan Bartlik	168 Armory - Nationals	2012
44'4 1/2"	Andrew Dolgin	168 Armory - League Champs	2000
43'2"	Max Bartlik	168 Armory - Easterns	2017

Ridgewood High School Boys Indoor All-Time List

	Athlete:	Meet:	Year:
Pole Vault:			
15'0"	Gabe Knutson	168 Armory - Easterns	2004
14'6"	John Wisener	Toms River - State Group IV	2010
14'3 3/4"	Dan Cooper	Reno - PV Summit	2000
13'6"	Ryan Vimba	Toms River - State Meet of Champs	2017
13'6"	Spencer Llerandi	Toms River - State Meet of Champs	2014
13'6"	Allan Wong	168 Armory - County Relays	2014
13'6"	Dylan Downing	168 Armory - County Champs	2013
13'3"	John Boylan		1983
13'3"	Jake Ricciardi	168 Armory - League Champs	2004
13'0"	Vahe Hagopian		1993
Shot Put:			
54'9"	Eric Bryant	Saddle Brook	1981
53'6 1/2"	Patrick Rae	Annapolis - Nationals	1989
51'1 3/4"	Tom Vandalovsky	168 Armory - County Champs	2019
50'5 1/2"	Spencer McAvey	168 Armory - League Champs	2016
49'6 1/2"	Austin Engelhardt	168 Armory - Varsity Classic	2018
48'11"	Kenny Ekert	168 Armory - County Championship	2016
Pentathlon:			
3259	Gabe Knutson	168 Armory - County Champs	2004
3233	Max Bartlik	168 Armory - County Champs	2018
2989	Michael Zeno	168 Armory - County Champs	2014