

Ridgewood Boys Cross Country 2020



Schedule

Date	Meet/Teams	Site
Fri. Oct 2, 4:15 PM	Big North Batch Meet	Darlington (Mahwah)
Sat. Oct 3, 3:00 PM	Season Opener (<i>JV & Frosh</i>)	Garret Mountain (Woodland Park)
Sat. Oct 10, 12:45 AM	Back to the Mountain Invite	Garret Mountain (Woodland Park)
Sat. Oct 17, 10:30 AM	Brett Taylor Invite	Garret Mountain (Woodland Park)
Tues. Oct 20, 4:15 PM	Big North Championship	Darlington (Mahwah)
Sat. Oct 24, 9:00 AM	Garret Invite	Garret Mountain (Woodland Park)
Sat. Oct 31, 9:00 AM	North Jersey Championships (<i>Frosh & Varsity</i>)	Garret Mountain (Woodland Park)
Thu. Nov 4, 4:15 PM	Doc Braver Frosh/Novice Champs	Garret Mountain (Woodland Park)
Sat. Nov 7, 10:00 AM	North Jersey Finale (<i>Frosh & Varsity</i>)	Garret Mountain (Woodland Park)
Wed. Nov 11, 2:00 PM	Frosh/Novice State Championship (<i>Select Frosh & Select JV</i>)	Thompson Park (Monroe Township)
Sat. Nov 14, 3:00 PM	State Sectionals (<i>Varsity</i>)	Garret Mountain (Woodland Park)
Sat. Nov 16, 2:00 PM	Holmdel Invitational (<i>Varsity</i>)	Holmdel Park (Holmdel)

Varsity Letter Recipients

Three-Time Recipients

Mick Barbi, JR

Two-Time Recipients

Jay Boogaert, SR (Captain)

Sean Fortunato, JR

Quinn McCutcheon, SR (Captain)

First-Time Recipients

Liam Fahey, SR (Captain)

Tommy Koltermann, SO

DJ Murphy, FR

Gabe Stern, JR

Mitchell Crane, SR

Laurence Fine, SR

Clark Johnson, SR

Drake Jorgensen, SR

Troy Kannell, SR

Hakyoun Kim, SR

Peter Lucky, SR

Alex Oriente, SR

Evan Stojanovic, SR

Noah Troyer, SR

Awards and Accolades

Team Championships

Big North Beta Division

4th Consecutive - COVID-19 restrictions led to the rearrangement of leagues*

North Jersey Championships - Large Schools

5th Consecutive - COVID-19 restrictions led to cancelation of Bergen County Group Champs*

North Jersey Finale

4th Consecutive - COVID-19 restrictions led to cancelation of BMOC*

North 1, Group IV State Sectionals

11th Consecutive (Sectional Record, longest current Group IV streak)

All-League Selections - Big North, Beta Division

First Team

Jay Boogaert, SR

Quinn McCutcheon, SR

Mick Barbi, JR

Sean Fortunato, JR

Tommy Koltermann, SO

Second Team

Liam Fahey, SR

Gabe Stern, JR

Honorable Mention

Alex Oriente, SR

All-County Selections

First Team

Jay Boogaert, SR

Mick Barbi, JR

Sean Fortunato, JR

Second Team

Quinn McCutcheon, SR

Honorable Mention

Tommy Koltermann, SO

All-North Jersey Selections

First Team

Jay Boogaert, SR

Mick Barbi, JR

Sean Fortunato, JR

Second Team

Quinn McCutcheon, SR

Team of the Year

Ridgewood Boys – Large School

4th Consecutive

All-State Group IV Selections

Third Team

Jay Boogaert, SR

Mick Barbi, JR

Sean Fortunato, JR

Preseason

Bergen Record

6 storylines in this x-country season

Paul Schwartz

NorthJersey.com

USA TODAY NETWORK – NEW JERSEY

The 2020 New Jersey cross-country season will look like no other season in the sport's history.

From the institution of the pods at weekend meets, to the cancellation of county and state championship competition, to the addition on the girls side of volleyball and gymnastics athletes looking for a sport to fill in for their preferred fall sport, the landscape is totally different this year.

Here's a look at the differences during this unprecedented season:

No dual meets

The traditional dual meet is off the schedule this year on both the Big North and NJIC schedules.

The NJIC will host just two meets, with the boys divisional championships on Oct. 14 and the girls following on Oct. 21, both at Garret Mountain in Woodland Park. A plan was in place prior to the pandemic of an NJIC championship involving the top three teams from each divisional race, but that was placed on hold until next year.

The Big North had eliminated dual meets last year, replacing them with "batch" meets in which all teams in a division would run their top 12 runners in a varsity race, with the rest in junior varsity and freshman races.

This year, the six divisions of between five and seven teams have been reconfigured into 10 divisions, nine of four teams and one of three. No junior varsity or freshmen races will be held but teams can run up to 12 runners. Then 10 divisional championship races will be held on 10 different dates between Oct. 19 and Nov. 3, limited to seven runners per team. All races will be held at Darlington County Park.

The birth of the 'pod'

State regulations limiting outdoor gatherings to 500 people have changed the nature of major Saturday invitational meets which would often see more than double or triple that at times in meets throughout the state.

Traditional mega meets like the Manhattan Invitational at Van Cortlandt Park in the Bronx or the Shore Coaches Invitational state preview meet at Holmdel County Park have been cancelled and other smaller invitationals have chosen to skip the year, because of course availability (Central Park of Mor-



Start of the NJSIAA North 1 Group 4 boys cross country race at Garret Mountain in Woodland Park on Nov. 9, 2019. WARREN WESTURA/SPECIAL TO NORTHJERSEY.COM

ris County) or in the case of New York invationals, the limitation of inter-sectional competition until Oct. 19.

But North Jersey meet organizers Brian Rodak, Mike Glynn and Tom Zaccone, following the lead of the separation of the state sectional meets (see below) have kept their four major meets going through the institution of pods for each of its four major meets to be held on Saturdays from Oct. 3 to Oct. 24.

Each meet is divided into four two hour pods, with a 15-minute gap between pods and 12 to 14 schools in each pod. Each pod consists of five races with a co-ed freshman race beginning 30 minutes after the time schools are allowed to enter the park and at 10 minute intervals a boys varsity, girls varsity, boys junior varsity and girls junior varsity race. All teams must vacate the park two hours after the opening of the pod.

There will be nine-foot-wide corrals assigned to each team in each pod at the starting line separated by nine feet. Other health precautions are also addressed in notices to each team involved.

Sectionals expand

With the state sectionals the official climax of the season, the meets scheduled for Garret Mountain (North 1) and Oak Ridge Park in Clark (North 2) on Saturday, Nov. 14 take on added significance.

Like the Saturday series of meets at Garret, the four public groups make up

their own pods with varsity boys and girls race within a two-hour time window. All schools must enter only at the beginning of the two-hour window and exit by the end of the window. Exact race times for the boys and girls races will be announced.

The other significant change is the institution of Non-Public A and B sectionals to be held at Garret (North) and Oak Ridge (South) for the first time. The announcement of which schools are in which region and which of the two groups will be announced after entries close on Oct. 6. The non-public sectionals will be held in two two-hour pods on Sunday, Nov. 15.

Will volleyball players and gymnasts impact the season?

Both the girls volleyball and gymnastics seasons were postponed to a hybrid season beginning in February, leaving the door open for additions to cross-country teams.

More than a dozen North Jersey schools have added volleyball players, including some potentially-competitive programs like Cliffside Park, Fort Lee, West Milford, Holy Angels, Rutherford and Cresskill. Only time will tell who will excel.

The only gymnast of note to run this fall is Ramapo junior Izzie Anzaldo, part of the Green Raiders' All-North Jersey 4-x-400 team and a solid individual track performer. She is expected to contribute to one of North Jersey's top teams.

Several other track standouts, including Claire O'Keeffe of Ramsey and Cat Marck of Park Ridge/Emerson will also bolster teams and some schools have reported a larger than normal freshman turnout.

Limited Darlington access

While Garret Mountain remains a focal point of this cross-country season, with four major Saturday meets, the NJIC championship races and two state sectional meets on the schedule, in addition to the two-meet North Jersey Championship series (see below), the Darlington County Park schedule is greatly diminished.

While there will be 20 race dates at the Mahwah facility, the races there will be limited to no more than four teams, in part because of a smaller starting line and in part because some earlier construction will impact the course.

Since none of the races will involve at least five teams, no times will be added to the all-time performance lists. No decision has been reached as to whether that construction will affect the course records in the future.

Outside the box?

There are several other competitions scheduled this season, both actual and virtual, that are likely to be limited to this year.

The most exciting of these are the North Jersey championships, scheduled for Oct. 31 at Garret Mountain. With the cancellation of Bergen and Passaic county championships, all schools in the area have been invited to participate in the meet, which will be held in five divisions with the 10 fastest teams and the fastest 20 individuals not on a team qualifying for a grand finale on Nov. 7 at Garret.

Virtual competitions are being held including the Hoka One One Postal Nationals, a two-mile national challenge between Aug. 27 and Oct. 31, where five-person teams run two miles on the track.

On Sept. 29, Ridgewood will travel to North Hunterdon to take the challenge. Currently, the top team is 56:36.8 (11:19 average) from Mount Prospect, Illinois. Lakeland is currently ninth with a 12:07 average.

North Hunterdon and Ridgewood have been the top two New Jersey teams the last two years and are expected to be the top two teams this year as well.

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Boys x-country: Preseason All-North Jersey team

Paul Schwartz

NorthJersey.com

USA TODAY NETWORK - NEW JERSEY

As we get set for the cross-country season to begin on Oct. 1, it's time to take a look at the top runners and teams heading into the 2020 season.

Here are the boys preseason All-North Jersey honors and team rankings.

First team

Nathan Armstrong, Pompton Lakes senior: The 2019 North Jersey Boys Cross-Country Runner of the Year looks to improve on last year's 27th place finish in the State Meet of Champions. He also won the North 1, Group 1 sectional, was second in Passaic County and won the NJIC Meadowlands title. He was also sixth in the State Group 1 meet.

Jay Boogaert, Ridgewood senior: He helped the Maroons stay atop the North 1, Group 4 sectional and Lou Molino Bergen Meet of Champions last year, finishing third in both races. He also was a North Jersey leading 36th in the state Group 4 championships was fifth in the Big North Freedom and second in the Bergen A race.

Collin Clinton, West Milford senior: He may be ready to leap into the spotlight after a very good junior year. He won the Big North Independence meet, was fourth in the Passaic meet, third in the North 1 group 2 sectional and had his best race, finishing 12th in State group 3, just a second away from qualifying for the State Meet of Champions.

Theo Davis, NV/Demarest senior: He has shown great promise throughout his career and may be ready to take the next step to state stardom. He won the



Jacob Heredia of Clifton competes in the NJSIAA North 1 Group 4 boys cross country race at Garret Mountain in Woodland Park in 2019. WARREN WESTURA/SPECIAL TO NORTHJERSEY.COM

Bergen B championship last year, was second in the North 1 sectional and Big North Patriot meets, was ninth in the Bergen Meet of Champions and 16th in State group 2.

Taso Gallos, Bergen Tech senior: He had an excellent first cross-country season, with his best race a fifth-place finish in the Bergen Meet of Champions. He was also fifth in the Big North Liberty, seventh in Bergen A, 11th in North 1 group 4 sectional and was a solid 37th at the

ultra competitive State group 4.

Steven Hatano, NV/Old Tappan senior: A finalist for last year's Runner of the Year honor, he had an outstanding season marred only when he was tripped up in the first 100 meters at the Bergen Meet of Champions. But he came back the next week to win the North 1, group 3 sectional title, took 12th at State Group 3 and ran a very strong 42nd at the State Meet of Champions. He won the Bergen A title and was third in the Big North Freedom meet.

Jacob Heredia, Clifton junior: He won a pair of early season invitationals, and the Big North Liberty meet. Took a close third at the Passaic County meet, was fifth in the North 1 group 4 state sectional and was 42nd in State Group 4.

Second team

Younas Abada, Secaucus sophomore: He placed seventh in North 2, group 1 sectionals last year.

Mick Barbi, Ridgewood junior: He placed 22nd at Bergen Meet of Champions last year.

Blake Bomersbach, Fair Lawn senior: He placed eighth in North 1, Group 4 sectionals last year.

Jake Calviello, Indian Hills senior: He won the Big North Patriot title and was seventh in Bergen Meet of Champions last year.

Marcus Cheema, Westwood senior: He won the Big North American title and was 11th in Bergen Meet of Champions last year.

Sean Fortunato, Ridgewood junior: He placed fourth in Bergen Meet of Champions last year.

Jesus Michel, Bogota senior: He won the Bergen Division D title and was

10th in Bergen Meet of Champions last year.

Jacob Michelman, Fair Lawn senior: He placed fifth in Big North Independence and 45th in State group 3 last year.

Kenneth Morrissey, Northern Highlands senior: He placed sixth in Big North Freedom and 12th in Bergen Meet of Champions last year.

Evan Morrow, Hasbrouck Heights junior: He placed second in Bergen Division D and fourth in North 1 group 1 sectionals last year.

Top 25 rankings

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

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Big North Batch Meet - Darlington Park, 10/2/20 Varsity Boys B Division - 5K

Name	Year	School	Avg Mile	Finals	Points
1 Fortunato, Sean	11	Ridgewood HS	5:06	15:47	
3 Barbi, Mick	11	Ridgewood HS	5:13	16:09	
4 McCutcheon, Quinn	12	Ridgewood HS	5:21	16:33	
6 Boogaert, Jay	12	Ridgewood HS	5:29	17:00	
9 Fahey, Liam	12	Ridgewood HS	5:33	17:12	
13 Koltermann, Tommy	10	Ridgewood HS	5:41	17:37	
15 Stern, Gabe	11	Ridgewood HS	5:42	17:39	
16 Oriente, Alex	12	Ridgewood HS	5:42	17:40	
18 Crane, Nick	11	Ridgewood HS	5:47	17:55	
20 Byrne, Declan	11	Ridgewood HS	5:49	18:02	
22 Rusch, Matt	11	Ridgewood HS	5:50	18:05	
26 Williams, Philip	11	Ridgewood HS	5:51	18:08	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
Hackensack HS vs Ridgewood HS 5000 Run									
1	Ridgewood HS	15	1	2	3	4	5	8	9
		Total Time: 1:22:41.00							
		Average: 16:32.20							
2	Hackensack HS	46	6	7	10	11	12	13	14
Indian Hills HS vs Ridgewood HS 5000 Run									
1	Ridgewood HS	18	1	2	3	5	7	8	9
		Total Time: 1:22:41.00							
		Average: 16:32.20							
2	Indian Hills HS	43	4	6	10	11	12	13	14
Northern Highlands HS vs Ridgewood HS 5000 Run									
1	Ridgewood HS	20	1	3	4	5	7	9	11
		Total Time: 1:22:41.00							
		Average: 16:32.20							
2	Northern Highlands	38	2	6	8	10	12	13	14

Season Opener Invitational - Garret Mountain, 10/3/20

Varsity Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
34 Rana, Balraj	11	Ridgewood HS	6:16	19:27	32
47 Hughes, Sean	11	Ridgewood HS	6:25	19:56	43
52 Shevchenko, Alex	10	Ridgewood HS	6:33	20:20	48
53 Bajraktari, Ian	10	Ridgewood HS	6:33	20:20	49
63 Rail, Brendan	10	Ridgewood HS	7:06	22:02	56
64 Stadulis, Luke	11	Ridgewood HS	7:11	22:17	57
65 Johnson, Clark	12	Ridgewood HS	7:12	22:22	58

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Montclair HS	42	4	6	7	12	13	25	
2	Clifton HS	61	1	9	16	17	18	21	23
3	Seton Hall Prep	62	2	10	11	19	20	22	45
4	Bergen Catholic HS	122	3	14	34	35	36	46	54
5	Don Bosco Prep	131	5	24	28	30	44		
6	West Orange HS	147	8	26	31	40	42	50	
7	Kearny HS	168	15	29	33	39	52	53	55
8	Cliffside Park HS	190	27	37	38	41	47	51	
9	Ridgewood HS	228	32	43	48	49	56	57	58
		2:35 1-5 Split 20:25 Avg							

Novice Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
10 Ehnenn, Thomas	10	Ridgewood HS	6:57	21:34	7
11 Rae, Will	10	Ridgewood HS	6:57	21:36	8
24 Diamond, Nathaniel	10	Ridgewood HS	7:15	22:31	16
40 Warne, Zander	10	Ridgewood HS	8:12	25:29	26
47 Kanell, Troy	12	Ridgewood HS	8:37	26:45	28
49 Fine, Laurence	12	Ridgewood HS	9:03	28:07	30
53 Basu, Sumantra	10	Ridgewood HS	10:12	31:40	33

(top 7 only)

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Seton Hall Prep	23	1	3	4	5	10	11	12
2	Hackensack HS	72	8	9	14	19	22	27	31
3	Clifton HS	78	2	15	17	20	24		
4	Ridgewood HS	83	6	7	16	26	28	30	33
	5:11 1-5 Split 23:35 Avg								
5	Wayne Valley HS	100	13	18	21	23	25	29	32

Frosh Boys Large - 2 mi

Name	Year	School	Avg Mile	Finals	Points
5 Murphy, DJ	9	Ridgewood HS	6:05	12:06	4
9 Oriente, Jonathan	9	Ridgewood HS	6:16	12:28	7
12 Nold, Henry	9	Ridgewood HS	6:38	13:10	9
20 Inzerillo, Jack	9	Ridgewood HS	6:51	13:38	16
24 Shechter, Daniel	9	Ridgewood HS	6:57	13:49	18
25 Kim, DJ	9	Ridgewood HS	6:57	13:49	19
27 Tobdzic, Milan	9	Ridgewood HS	7:07	14:08	21

(top 7 only)

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Seton Hall Prep	49	6	8	10	12	13	15	17
2	Ridgewood HS	54	4	7	9	16	18	19	21
	1:43 1-5 Split 13:02 Avg								
3	Don Bosco Prep	62	1	2	14	22	23	24	28
4	Wayne Valley HS	64	3	5	11	20	25	26	27

Back to the Mountain Invitational - Garret Mountain, 10/10/20

Varsity Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
4 Boogaert, Jay	12	Ridgewood HS	5:33	17:15	4
5 Barbi, Mick	11	Ridgewood HS	5:34	17:17	5
6 Fortunato, Sean	11	Ridgewood HS	5:34	17:18	6
13 McCutcheon, Quinn	12	Ridgewood HS	5:45	17:49	13
28 Stern, Gabe	11	Ridgewood HS	5:59	18:35	27

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	St. Peter's Prep	34	1	3	7	8	15		
2	Ridgewood HS	55	4	5	6	13	27		
	1:20 1-5 Split 17:38 Avg								
3	Clifton HS	76	2	9	19	21	25	29	38
4	Randolph HS	81	11	12	14	18	26	28	
5	Hackensack HS	140	16	20	30	32	42	46	48
6	Sayreville HS	151	10	31	34	37	39	47	49
7	Edison HS	157	23	24	33	36	41	43	
8	West Orange HS	158	17	22	35	40	44	45	

Novice Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
7 Oriente, Alex	12	Ridgewood HS	6:06	18:55	7
8 Williams, Philip	11	Ridgewood HS	6:06	18:57	8
9 Rusch, Matt	11	Ridgewood HS	6:07	19:00	9
14 Crane, Nick	11	Ridgewood HS	6:13	19:19	14
15 Rana, Balraj	11	Ridgewood HS	6:14	19:21	15
17 Hughes, Sean	11	Ridgewood HS	6:16	19:27	17
23 Bajraktari, Ian	10	Ridgewood HS	6:31	20:14	23

(top 7 only)

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	St. Peter's Prep	15	1	2	3	4	5	6	19
2	Ridgewood HS	53	7	8	9	14	15	(17 23)	
	0:26 1-5 Split 19:06 Avg								
3	Randolph HS	64	10	11	12	13	18	21	24
4	Hackensack HS	134	20	22	28	29	35	37	38
5	Clifton HS	136	16	26	27	33	34		
6	Edison HS	154	25	30	31	32	36		

Frosh Boys Large - 2 mi

Name	Year	School	Avg Mile	Finals	Points
3 Oriente, Jonathan	9	Ridgewood HS	5:58	11:51	3
4 Murphy, DJ	9	Ridgewood HS	5:58	11:51	4
9 Inzerillo, Jack	9	Ridgewood HS	6:40	13:16	9
12 Nold, Henry	9	Ridgewood HS	6:49	13:33	12
15 Tobdzic, Milan	9	Ridgewood HS	6:53	13:41	15
18 Maslov, Alex	9	Ridgewood HS	7:01	13:58	18
21 Lee, Isaac (top 7 only)	9	Ridgewood HS	7:12	14:19	20

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	St. Peter's Prep	32	1	5	6	7	13	14	19
2	Ridgewood HS 1:50 1-5 Split 12:50 Avg	43	3	4	9	12	15	18	20
3	Randolph HS	47	2	8	10	11	16	17	21

CROSS-COUNTRY: BOYS TOP 25 RANKINGS

Paul Schwartz

NorthJersey.com
USA TODAY NETWORK - NEW JERSEY

The first in-season rankings are scrambled from the preseason as the season looks to be as unpredictable as expected.

Only Fair Lawn (No. 4), Ramsey (No. 18) and Passaic Valley (No. 19) who had not started their season as of Oct. 10, are in the same spots that they were in the preseason rankings.

Ridgewood returns to its accustomed top spot after a solid batch meet victory and a strong second place finish against state power power St. Peter's Prep at the Back to the Mountain meet Oct. 10. But there are a number of good teams just behind the Maroons, who will shoot for a record 11th state sectional title on Nov. 14, and with the cancelled Lou Molino Bergen Meet of Champions, try to win the first (and hopefully only) North Jersey Finale Nov. 7.

Hackensack, Lakeland, Northern Highlands and Ramapo all made big jumps from last week.



Aidan Carroll of Glen Rock competes in the NJSIAA North 1 Group 2 cross-country race on Nov. 9, 2019. WARREN WESTURA/SPECIAL TO NORTHJERSEY.COM

The first championship meet of the season is Oct. 14 at Garret Mountain with the NJIC boys divisional races. Without a dual meet schedule it's hard to predict the winners but let's take a stab at it: Colonial: Pompton Lakes and it's star, Nathan Armstrong, the reigning North Jersey Boys Runner of the Year; Meadowlands: Hasbrouck Heights and its junior leader, Evan Morrow; Patriot: Waldwick and Jesus Michel, Bogota.

1. Ridgewood (2)
2. Clifton (5)

3. Lakeland (21)
 4. Fair Lawn (4)
 5. Northern Highlands (20)
 6. NV/Old Tappan (1)
 7. Wayne Hills (7)
 8. Ramapo (25)
 9. NV/Demarest (3)
 10. Indian Hills (6)
 11. Bergen Catholic (9)
 12. Don Bosco (11)
 13. Hasbrouck Heights (8)
 14. Hackensack (23)
 15. Pompton Lakes (12)
 16. Westwood (10)
 17. Glen Rock (13)
 18. Ramsey (18)
 19. Passaic Valley (19)
 20. Leonia (14)
 21. Bergen Tech (17)
 22. River Dell (NR)
 23. Garfield (NR)
 24. Eastern Christian (NR)
 25. Secaucus (22)
- Dropped out:** West Milford (15), Bogota (16), Rutherford (24).
Preseason rankings in parentheses.

Notes

Congratulations to Ramapo's Bobby

Hymans who broke his school's long-standing Garret Mountain course record at the Season Opener meet on Oct. 3. The senior ran 16:19 and easily defeated defending Bergen Division A and group 3 sectional champion Steven Hatano to take a second off of the school record of 16:20 set by Frank Baldassare in 1990.

Nathan Armstrong has looked impressive in his first two races of the year. The Pompton Lakes senior, the Record's 2019 Cross-Country Runner of the Year, easily won his opener in 16:36, defeating Glen Rock's Aidan Carroll, who broke 17 minutes at Garret for the first time. He probably got close to his Garret personal best of 16:21 in an even easier win at the Back to the Mountain meet but a timing snafu has not yet been resolved.

Jacob Heredia of Clifton did set a family record at Garret with his 16:21 second place finish Oct. 10. He took a second off the mark he shared with older brother Kevin, now a junior at Rider College.

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MileSplit NJ

Boys Top 20 State Team Rankings

October 16th Update

20

(NR)



[Ridgewood HS](#)

Strong opener at the Big North Division B batch, averaged 16:32 at Darlington Park. Second in the unofficial merge at Back to the Mountain behind No. 3 St. Peter's Prep.

Averaged 17:42.

Brett Taylor Invitational - Garret Mountain, 10/17/20

Novice Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
3 Williams, Philip	11	Ridgewood HS	5:58	18:33	3
4 Oriente, Alex	12	Ridgewood HS	6:06	18:57	4
6 Crane, Nick	11	Ridgewood HS	6:08	19:01	5
8 Murphy, DJ	9	Ridgewood HS	6:11	19:12	7
9 Bajraktari, Ian	10	Ridgewood HS	6:13	19:19	8
10 Oriente, Jonathan	9	Ridgewood HS	6:15	19:24	9
24 Shevchenko, Alex (top 7 only)	10	Ridgewood HS	6:36	20:30	23

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS 0:46 1-5 Split 19:00 Avg	27	3	4	5	7	8	9	23
2	Seton Hall Prep	61	1	10	12	17	21	22	31
3	Montclair HS	72	2	6	15	24	25		
4	Hunterdon Central	83	11	13	14	16	29		
5	Hackensack HS	149	19	20	30	38	42	50	51
6	Bergen County Tech	163	26	28	34	36	39	41	43
7	Edison HS	176	18	32	35	44	47	48	
8	Kearny HS	182	27	33	37	40	45	46	49

Frosh Boys Large - 2 mi

Name	Year	School	Avg Mile	Finals	Points
14 Inzerillo, Jack	9	Ridgewood HS	6:34	13:02	13
21 Tobdzic, Milan	9	Ridgewood HS	6:38	13:11	19
25 Shechter, Daniel	9	Ridgewood HS	6:46	13:27	21
30 Nold, Henry	9	Ridgewood HS	6:59	13:53	24
32 Lee, Isaac	9	Ridgewood HS	7:07	14:09	25
35 Maslov, Alex	9	Ridgewood HS	7:20	14:34	27
43 Donahue, Connor (top 7 only)	9	Ridgewood HS	7:40	15:14	28

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Seton Hall Prep	35	3	4	5	9	14	15	16
2	Bergen County Tech	43	6	7	8	10	12	20	22
3	Don Bosco Prep	49	1	2	11	17	18	23	26
4	Ridgewood HS 1:07 1-5 Split 13:32 Avg	102	13	19	21	24	25	27	28

Cross-country: Boys make Top 25 rankings

Paul Schwartz

NorthJersey.com

USA TODAY NETWORK - NEW JERSEY

The top six teams remained where they were last week, but big moves were made by the next three teams in the North Jersey boys cross-country Top 25 rankings.

Indian Hills moved up three spots to No. 7 following its Brett Taylor Invitational pod win last week, with Bergen Catholic also moving up three to No. 8 after its second place finish.

Hasbrouck Heights dominated both the NJIC Meadowlands boys meet and the final pod at the Brett Taylor meet to move up four spots to No. 9. Leonia, Bergen Tech and River Dell also made big moves.

The Big North has divisional championships, Monday through Thursday this

week for the Alpha, Beta, Charlie and Delta divisions, although COVID-19 shutdowns might impact the schedule.

Top 25 rankings

1. Ridgewood (1)
2. Clifton (2)
3. Lakeland (3)
4. Fair Lawn (4)
5. Northern Highlands (5)
6. NV/Old Tappan (6)
7. Indian Hills (10)
8. Bergen Catholic (11)
9. Hasbrouck Heights (13)
10. Ramapo (8)
11. Wayne Hills (7)
12. Don Bosco (12)
13. NV/Demarest (9)
14. Leonia (20)
15. Pompton Lakes (15)
16. Bergen Tech (21)

17. River Dell (22)
 18. Glen Rock (17)
 19. Hackensack (14)
 20. Westwood (16)
 21. Pascack Hills (NR)
 22. Garfield (23)
 23. Rutherford (NR)
 24. Ramsey (18)
 25. Passaic Valley (19)
- Dropped out: Eastern Christian (24), Secaucus (25).
- Last week's rankings in parentheses.

Notes

Passaic Valley's batch meet sweep last week puts the Hornets in line for its first league title since the 1966 NNJIL crown. That's the year after teams started running at Garret Mountain for the first time.

With Back to the Mountain official re-

sults still not posted, Jacob Heredia's 16:11 clocking in winning a Brett Taylor Invitational pod race last week is atop the annual Garret standings. It's the fastest time by a Clifton runner at the course since Paul Kornaszewski ran the school record mark of 15:54 in 2002.

Bobby Hymans of Ramapo (16:19) is currently second and Nathan Armstrong of Pompton Lakes (16:36) is fourth, although Armstrong likely ran faster at the Back to the Mountain meet.

Other North Jersey runners in the top 10: Aidan Carroll, Glen Rock (tie fifth, 16:59); Jake Calviello, Indian Hills (seventh, 17:09); Steven Hatano, NV/Old Tappan (tie eighth, 17:11) and Ethan Lehr, Lakeland and Owen McCarthy, Bergen Catholic (tie 10th, 17:13).

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Big North Championships - Darlington Park, 10/20/20

Varsity Boys B Division - 5K

Name	Year	School	Avg Mile	Finals	Points
1 Boogaert, Jay	12	Ridgewood HS	5:13	16:10	1
2 Barbi, Mick	11	Ridgewood HS	5:17	16:17	2
4 McCutcheon, Quinn	12	Ridgewood HS	3:18	16:26	4
7 Fortunato, Sean	11	Ridgewood HS	5:18	16:42	7
13 Koltermann, Tommy	10	Ridgewood HS	5:33	17:10	13
20 Fahey, Liam	12	Ridgewood HS	5:46	17:52	20
23 Stern, Gabe	11	Ridgewood HS	5:48	17:58	23

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	27	1	2	4	7	13	20	23
	1:00 1-5 Split 16:33 Avg								
2	Indian Hills HS	40	5	6	8	9	12	24	25
3	Northern Highlands	62	3	10	15	16	18	19	21
4	Hackensack HS	90	11	14	17	22	26	27	28

Garret Invitational - Garret Mountain, 10/24/20

Varsity Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
10 Barbi, Mick	11	Ridgewood HS	5:33	17:14	10
19 McCutcheon, Quinn	12	Ridgewood HS	5:42	17:42	19
35 Stern, Gabe	11	Ridgewood HS	5:55	18:23	35
43 Koltermann, Tommy	10	Ridgewood HS	6:03	18:45	43
51 Oriente, Alex	12	Ridgewood HS	6:07	19:00	51
53 Crane, Nick	11	Ridgewood HS	6:12	19:14	53
54 Williams, Philip	11	Ridgewood HS	6:13	19:17	54

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	North Hunterdon HS	24	1	2	6	7	8	11	20
2	St. Peter's Prep	71	4	13	15	16	23	26	
3	Montclair HS	128	12	22	27	30	37	38	39
4	Randolph HS	131	18	21	24	32	36	45	49
5	Ridgewood HS	158	10	19	35	43	51	53	54
	1:46 1-5 Split 18:12 Avg								
6	Roxbury HS	185	3	9	46	55	72	73	78
7	West Orange HS	190	25	29	34	42	60	64	68
8	Sayreville HS	199	14	28	40	56	61	65	70
9	Hackensack HS	221	17	44	50	52	58	59	69
10	Morris Knolls HS	231	31	33	48	57	62	63	74
11	River Dell HS	250	5	41	66	67	71		
12	Passaic HS	354	47	75	76	77	79		

Novice Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
7 Oriente, Alex	12	Ridgewood HS	6:06	18:55	7
8 Williams, Philip	11	Ridgewood HS	6:06	18:57	8
9 Rusch, Matt	11	Ridgewood HS	6:07	19:00	9
14 Crane, Nick	11	Ridgewood HS	6:13	19:19	14
15 Rana, Balraj	11	Ridgewood HS	6:14	19:21	15
17 Hughes, Sean	11	Ridgewood HS	6:16	19:27	17
23 Bajraktari, Ian	10	Ridgewood HS	6:31	20:14	23
(top 7 only)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	North Hunterdon HS	58	2	5	13	15	23	30	34
2	Ridgewood HS	67	4	9	11	17	26	31	39
	1:12 1-5 Split 19:07 Avg								
3	Randolph HS	70	8	12	14	16	20	33	35

4	St. Peter's Prep	77	1	3	18	27	28	43	
5	Montclair HS	78	6	7	19	22	24	29	36
6	Hackensack HS	135	10	21	25	38	41	45	50
7	Morris Knolls HS	218	32	37	44	52	53	54	55
8	Roxbury HS	223	40	42	46	47	48	49	51

Frosh Boys Large - 2 mi

Name	Year	School	Avg Mile	Finals	Points
19 Tobdzic, Milan	9	Ridgewood HS	6:55	13:45	17
20 Shechter, Daniel	9	Ridgewood HS	7:00	13:55	18
23 Nold, Henry	9	Ridgewood HS	7:04	14:03	21
24 Maslov, Alex	9	Ridgewood HS	7:08	14:10	22
31 Brodsky, Max	9	Ridgewood HS	7:25	14:44	26
32 Lee, Isaac	9	Ridgewood HS	7:26	14:47	27
33 Kim, DJ	9	Ridgewood HS	7:34	15:02	28

(top 7 only)

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	North Hunterdon HS	25	1	4	5	7	8	15	23
2	Montclair HS	61	2	9	14	16	20	31	
3	Randolph HS	65	6	10	11	13	25	29	
4	St. Peter's Prep	88	3	12	19	24	30		
5	Ridgewood HS	104	17	18	21	22	26	27	28

0:59 1-5 Split | 14:07 Avg

CROSS-COUNTRY: BOYS TOP 25 RANKINGS

Paul Schwartz
NorthJersey.com
 USA TODAY NETWORK - NEW JERSEY

There are eight teams in the North Jersey boys cross-country Top 25 rankings that are currently in the midst of or nearing the end of shutdowns as a result of suspected COVID-19 exposures.

The biggest move of the week came from Wayne Valley, which benefitted from the return of transfer Ryan Pena, going from unranked to No. 13. The Indians are one spot ahead of Pena's former school, Hackensack, which moved up five spots. Pena won his pod at the Garret Invitational and led his team to a solid fourth-place finish. Indian Hills continued its recent surge, finishing a very competitive second to No. 1 Ridgewood in the Big North Beta to move up from No. 7 to No. 4. But the momentum may be stopped if Indian Hills' shutdown is extended beyond a few days.

The North Jersey Invitational meet will likely be held in three pods instead of four Saturday at Garret Mountain because of the current spate of shutdowns. It's likely that some top-rated schools and individuals unable to run at the qualifying meet will be invited to the North Jersey finale on Nov. 7 if they become eligible by that date. The Big North has divisional championships, Monday through Thursday this week for the Alpha, Fox, Golf and Hotel divisions, although COVID-19 shutdowns might impact the schedule.

Top 25 rankings

1. Ridgewood (1)



Ryan Pena of Hackensack runs the anchor leg for the victorious 4x1600-meter team on Jan. 22.
 KEVIN R. WEXLER/NORTHJERSEY.COM

2. Clifton (2)
3. Lakeland (3)
4. Indian Hills (7)
5. Fair Lawn (4)
6. Northern Highlands (5)
7. NV/Old Tappan (6)
8. Bergen Catholic (8)
9. Hasbrouck Heights (9)
10. Ramapo (10)
11. Don Bosco (12)
12. NV/Demarest (13)
13. Wayne Valley (NR)
14. Hackensack (19)

See BOYS, Page 7S

North Jersey Championships - Garret Mountain, 10/31/20

Varsity Boys A - 5K

Name	Year	School	Avg Mile	Finals	Points
4 Fortunato, Sean	11	Ridgewood HS	5:23	16:41	4
5 Boogaert, Jay	12	Ridgewood HS	5:28	16:58	5
6 Barbi, Mick	11	Ridgewood HS	5:29	17:00	6
9 McCutcheon, Quinn	12	Ridgewood HS	5:36	17:22	8
24 Koltermann, Tommy	10	Ridgewood HS	5:52	18:12	21
47 Fahey, Liam	12	Ridgewood HS	6:20	19:39	40

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	44	4	5	6	8	21	40	
	1:31 1-5 Split 17:14 Avg								
2	Clifton HS	63	1	9	12	17	24	29	32
3	Old Tappan HS	77	2	14	19	20	22	23	30
4	Ramapo HS	107	3	11	13	38	42	47	51
5	Bergen Catholic HS	118	7	15	28	33	35	36	37
6	Wayne Hills HS	125	10	18	27	31	39	41	44
7	Garfield HS	176	25	26	34	43	48	50	52
8	Passaic HS	209	16	45	46	49	53	54	

Frosh Boys Large - 2 mi

Name	Year	School	Avg Mile	Finals	Points
1 Murphy, DJ	9	Ridgewood HS	5:50	11:35	1
2 Oriente, Jonathan	9	Ridgewood HS	5:50	11:36	2
11 Maslov, Alex	9	Ridgewood HS	6:40	13:14	6
13 Shechter, Daniel	9	Ridgewood HS	6:41	13:17	7
14 Tobdzic, Milan	9	Ridgewood HS	6:42	13:19	8
16 Kim, DJ	9	Ridgewood HS	6:50	13:35	9
17 Lee, Isaac	9	Ridgewood HS	6:51	13:36	10

(top 7 only)

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	24	1	2	6	7	8	9	10
	1:44 1-5 Split 12:36 Avg								
2	Wayne Hills HS	35	3	4	5	11	12		

Cross-country

Continued from Page 9S

Ridgewood sweeps Pod 2

Ridgewood's girls cross-country team, running the meet as a workout, easily won the second of three pods and advanced to the finale with a 20-47 win over IHA in the first head-to-head meeting of the two Bergen County powers.

Mia Dubac of Clifton, running as an individual won the race easily in 19:02 with IHA sophomore Leanna Johnston second, in 19:54, a big Garret Mountain personal best. The Ridgewood quintet of AnnaMarie Tretola, Sarah Policano, Lily Williams, Olivia Shattuck and Caroline Deiss finished in the next five spots within eight seconds of each other, but still

recorded the day's best team time by over five minutes over runner-up IHA.

IHA, Ramapo and NV/Old Tappan seem certain to advance from this pod.

Sean Fortunato, Jay Boogaert and Mick Barbi finished 4-5-6 as the Maroon boys easily defeated Clifton, 44-63, in the first of three probable matchups over the next two weeks between the area's top two teams. Quinn McCutcheon was ninth for Ridgewood, which put four runners between Clifton race winner Jacob Heredia and Clifton's No. 2 Harrison Schimpf, who finished 10th.

Heredia ran 16:24 to defeat NV/Old Tappan's Steven Hatano and Ramapo's Bobby Hymans by about 40 meters as both Hatano and Hymans ran 16:33. NV/Old Tappan and Ramapo finished third and fourth in the team standings and are expected to be joined by Bergen Catholic in the finale.

Armstrong, Allen remain red hot

Pompton Lakes senior Nathan Armstrong and River Dell freshman Christina Allen remained unbeaten against North Jersey competition with easy wins in the Pod 1 races.

Armstrong, whose only loss came in an excellent fifth place finish at the Colt Invitational at the state course at Holmdel on Oct. 21, won his fifth race of the year at Garret Mountain, running a Garret personal best time of 16:21, the same he ran at last year's Passaic County championships. He finished more than 100 meters ahead of Glen Rock's Aidan Carroll, who PR'ed in 16:45.

NV/Demarest went 4-5 behind Andrew Kleinman and Theo Davis and put four runners ahead of Hasbrouck Heights' third to hand the Aviators a 64-77 defeat, the first time Heights has lost

to a North Jersey school this year. Both teams are expected to advance to the final along with third place finisher Pompton Lakes, which edged Leonia on a sixth man tiebreaker.

Allen finished nearly 300 meters ahead of NV/Demarest's Casey Walter in 19:03 in winning her fourth race in four tries. Allen led the Golden Hawks to a comfortable 54-81-82 win over Mahwah and Demarest for the team title, helped by the 9-10 finish of freshman Isabella Gabay and junior Alex Grivas. Amanda Mircovich was 13th and Sarah Cookson rounded out the scorers for River Dell which will skip the finale to prepare for sectionals on Nov. 14. Mahwah, Demarest and fourth-place finisher Lyndhurst are expected to advance.

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Ridgewood Sweeps, Dubac, Armstrong Lead North Jersey Champs

Looking for the perfect example of how to run a controlled team race that looks more like a workout while still rolling to a team title.

Well, look no further than the Ridgewood girls, who put on a pack-running clinic and reminded everyone why they are the No. 1 ranked team in the state with an eye-opening performance at Saturday's North Jersey Championships at Garret Mountain.

Ridgewood, which had its top guns ease off the gas while using this race as a tune-up for the upcoming sectional championships, packed up and had a ridiculous 1-5 compression of eight seconds!! Yup, that's right-eight seconds!!!

Ridgewood went 3-4-5-6-7 in the Pod 2 race on the way to a 20-47 victory over a very strong Immaculate Heart Academy team.

The top five for Ridgewood were junior AnnaMarie Tretola, third in 20:05, senior Sarah Policano, fourth in 20:06, junior Lily Williams, fifth in 20:07, junior Olivia Shattuck, sixth in 20:08, and junior Caroline Deiss, seventh in 20:13.

A Ridgewood vs. Haddonfield matchup could be epic! Haddonfield is ranked No. 2 in the state.

The Pod 2 Division featured a pair of sweeps.

Senior Mia Dubac of Clifton continued her torrid season by winning the Pod 2 girls race in 19:02, the top girls time of the day, and the red hot Jacob Heredia of Clifton was the boys winner in 16:24.

The No. 20 ranked Ridgewood boys made it a team sweep for the Maroons in Pod 2 with a very impressive 44-63 victory over Clifton.

Ridgewood put four runners across the line before Clifton's No. 2 man and snatched up places 3-4-6-9-24 and averaged a meet best 17:14. Junior Sean Fortunato led the surge for Ridgewood by placing third in 16:41, a 45 second PR at Garret.

The Pod 3 Division featured a sweep of the individual titles as junior Cali Marck (a huge PR on any course of 20:59) and senior Richard Weissenborn (17:05) of Park Ridge/Emerson finished first. Marck's victory triggered a 1-3-8-11-12 finish for Park Ridge/Emerson, which outscored Mt. St. Dominic, 29-59, for the girls team title.

The Newark Academy boys, the Non-Public B state champs last year, reeled off a remarkable 2-3-4-5-6 finish on the way to a 15-71 victory in Pod 3 over runner-up Eastern Christian. Newark Academy finished with a perfect score because Weissenborn's team didn't score.

The top individual boys performance of the meet came from Pompton Lakes senior Nathan Armstrong, the Pod 1 champion in 16:21, which matches the PR he ran at Garret to place second at the Passaic County Championships last year.

In the Pod 1 team competition, the Demarest boys defeated Hasbrouck Heights, 62-77, and freshman Christina Allen crossed first in 19:03 to help lead the River Dell girls to a 54-81 victory over runner-up Mahwah.

Doc Braver Frosh / Novice Championships - Garret Mountain, 11/5/20

Novice Boys Large - 5K

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

(top 7 only)

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	15	1	2	3	4	5	6	11
	0:28 1-5 Split 19:00 Avg								
2	Northern Highlands	71	7	9	17	18	20	22	26
3	Bergen Catholic HS	79	8	10	12	15	34	35	36
4	Mount Olive HS	111	13	19	21	28	30	33	38
5	Don Bosco Prep	120	14	16	24	27	39	41	
6	Passaic Valley HS	154	23	25	29	37	40	44	45
7	Paramus HS	194	31	32	42	43	46		

Frosh Boys Large - 2 mi

Name	Year	School	Avg Mile	Finals	Points
14 Inzerillo, Jack	9	Ridgewood HS	6:34	13:02	13
21 Tobdzic, Milan	9	Ridgewood HS	6:38	13:11	19
25 Shechter, Daniel	9	Ridgewood HS	6:46	13:27	21
30 Nold, Henry	9	Ridgewood HS	6:59	13:53	24
32 Lee, Isaac	9	Ridgewood HS	7:07	14:09	25
35 Maslov, Alex	9	Ridgewood HS	7:20	14:34	27
43 Donahue, Connor	9	Ridgewood HS	7:40	15:14	28

(top 7 only)

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	33	3	4	7	8	11	12	13
	2:40 1-5 Split 12:35 Avg								
2	Don Bosco Prep 48	1	2	10	17	18	19	20	
3	Northern Highlands	50	5	6	9	14	16	21	
4	Dwight Morrow HS	109	15	22	23	24	25		

North Jersey Finale - Garret Mountain, 11/7/20

Varsity Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
4 Barbi, Mick	11	Ridgewood HS	5:26	16:52	3
5 Boogaert, Jay	12	Ridgewood HS	5:27	16:56	4
16 Fortunato, Sean	11	Ridgewood HS	5:37	17:25	12
19 McCutcheon, Quinn	12	Ridgewood HS	5:41	17:39	15
56 Murphy, DJ	9	Ridgewood HS	6:00	18:37	50
62 Stern, Gabe	11	Ridgewood HS	6:02	18:42	56
74 Koltermann, Tommy	10	Ridgewood HS	6:13	19:18	68

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	84	3	4	12	15	50	56	68
	1:45 1-5 Split 17:29 Avg								
2	Newark Academy	122	14	18	20	23	47	63	80
3	Old Tappan HS	136	2	28	33	34	39	41	72
4	Hasbrouck Heights	156	9	16	30	48	53	66	81
5	Indian Hills HS	159	19	29	31	37	43	61	79
6	Don Bosco Prep	165	8	25	36	42	54	58	
7	Clifton HS	169	1	22	38	51	57	59	67
8	Northern Highlands	192	7	35	40	46	64	82	84
9	Ramapo HS	199	5	17	26	73	78	89	
10	Bergen Catholic HS	212	6	27	44	65	70	75	77
11	Lakeland Regional	216	13	21	32	62	88	92	93
12	Demarest HS	241	10	45	55	60	71		
13	Pompton Lakes HS	295	11	52	69	76	87	90	
14	Leonida HS	315	24	49	74	83	85	86	91

Frosh Boys Large - 2 mi

Name	Year	School	Avg Mile	Finals	Points
1 Oriente, Jonathan	9	Ridgewood HS	5:49	11:34	1
13 Shechter, Daniel	9	Ridgewood HS	6:31	12:57	5
15 Inzerillo, Jack	9	Ridgewood HS	6:37	13:10	7
20 Tobdzic, Milan	9	Ridgewood HS	6:57	13:49	10
22 Maslov, Alex	9	Ridgewood HS	7:04	14:03	12
29 Brodsky, Max	9	Ridgewood HS	7:33	15:01	16
31 Nold, Henry	9	Ridgewood HS	7:38	15:11	18
(top 7 only)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	35	1	5	7	10	12	16	18
	2:29 1-5 Split 13:06 Avg								
2	Leonia HS	38	3	4	8	9	14	15	
3	Pascack Hills HS	49	2	6	11	13	17	19	20

Freshman / JV State Championships - Thompson Park, 11/11/20
JV Boys 1 - 5K

Name	Year	School	Avg Mile	Finals	Points
13 Byrne, Declan	11	Ridgewood HS	5:59	18:33	13
14 Stern, Gabe	11	Ridgewood HS	5:59	18:34	14
17 Oriente, Alex	12	Ridgewood HS	6:02	18:44	17
20 Rana, Balraj	11	Ridgewood HS	6:05	18:53	20
25 Hughes, Sean	11	Ridgewood HS	6:09	19:06	25
29 Williams, Philip	11	Ridgewood HS	6:14	19:21	28
31 Crane, Nick	11	Ridgewood HS	6:17	19:30	30
(top 7 only)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridge HS	28	1	2	7	8	10	27	31
2	East Brunswick HS	54	3	4	6	18	23	24	35
3	Old Bridge HS	66	5	9	11	12	29	39	
4	Ridgewood HS	89	13	14	17	20	25	28	30
	0:33 1-5 Split 18:46 Avg								
5	North Hunterdon HS	124	15	21	22	26	40	43	48
6	Hunterdon Central	157	16	32	33	34	42	46	
7	Montgomery HS	192	19	38	41	44	50	51	52
8	Voorhees HS	214	36	37	45	47	49	53	54

Frosh Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
17 Oriente, Jonathan	9	Ridgewood HS	6:38	20:37	12
27 Shechter, Daniel	9	Ridgewood HS	6:56	21:32	19
29 Tobdzic, Milan	9	Ridgewood HS	7:00	21:43	21
30 Inzerillo, Jack	9	Ridgewood HS	7:01	21:46	22
51 Maslov, Alex	9	Ridgewood HS	7:43	23:57	32
54 Kim, DJ	9	Ridgewood HS	7:49	24:16	34

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Monroe Twp. HS	32	1	2	7	8	14	25	30
2	North Hunterdon HS	33	3	4	6	9	11	18	23
3	Hunterdon Central	70	5	10	15	16	24	26	27
4	Ridgewood HS	106	12	19	21	22	32	34	
	3:20 1-5 Split 21:55 Avg								
5	East Brunswick HS	107	13	17	20	28	29	31	33

State Sectionals - Garret Mountain, 11/14/20

Varsity Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
2 Boogaert, Jay	12	Ridgewood HS	5:25	16:49	2
3 Fortunato, Sean	11	Ridgewood HS	5:26	16:52	3
4 Barbi, Mick	11	Ridgewood HS	5:26	16:52	4
6 4 McCutcheon, Quinn	12	Ridgewood HS	5:32	17:12	6
28 Fahey, Liam	12	Ridgewood HS	5:51	18:10	25
34 Murphy, DJ	9	Ridgewood HS	5:57	18:28	31
38 Koltermann, Tommy	10	Ridgewood HS	6:02	18:43	34

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	40	2	3	4	6	25	31	34
	1:21 1-5 Split 17:11 Avg								
2	Montclair HS	57	5	9	10	15	18	36	37
3	Clifton HS	72	1	8	19	21	23	24	33
4	Randolph HS	78	7	13	14	17	27	32	41
5	Memorial HS WNY	161	12	29	35	38	47	54	
6	Hackensack HS	186	20	22	42	49	53	57	64
7	Mount Olive HS	192	16	28	40	48	60	61	65
8	Bloomfield HS	213	26	44	45	46	52	63	68
9	Kearny HS	238	30	39	51	56	62	66	67
10	Union City HS	259	11	50	55	71	72	73	
11	Passaic HS	299	43	58	59	69	70		

NORTH JERSEY SPORTS

Ridgewood run of sectional titles rolls on

Paul Schwartz

NorthJersey.com

USA TODAY NETWORK - NEW JERSEY

When Ridgewood last lost the North 1, group 4 boys cross-country state sectional, Jay Boogaert and Quinn McCutcheon were in first grade. Sean Fortunato and Mick Barbi were in kindergarten. And D.J. Murphy was four.

Saturday, those five boys along with Liam Fahey and Tommy Koltermann combined to give the Maroons an amazing 11th straight title, 40-57 over a resurgent Montclair team, in a year where head coach Patrick Ryan was at times less than confident of the end result.

"This was a year of difficulties," said Ryan, whose teams have gone six for six since he took over the head coaching job from the legendary Mike Glynn in 2015. "This is a team that in other years might not have won a sectional championship. Mick, Sean, Liam and Tommy missed opportunities in the spring to learn the way to become varsity athletes and leaders and had to learn on the fly this fall. We've had our ups and downs."

Saturday was an up with the Maroons taking 2-3-4-6 behind the winning effort of Jacob Heredia of Clifton, who ran the day's best time at Garret, 16:19 to outrun Boogaert (16:49) by 150 yards. Fortunato edged Barbi for third with identical times of 16:52 and McCutcheon was sixth in 17:12. Fahey's personal Garret best of 18:10 left him 28th and clinched the record 11th straight title.

Only Fortunato and Koltermann didn't record personal bests at Garret as the Maroons won their fourth major title of the year, including the North Jersey Finale a week ago.

"I love to be part of the continuing tradition of success here," said Ryan, whose team won its 27th sectional title overall, tying Bernards for the second most in state history, behind only Haddonfield's 40. "And it's cool to share this streak with coach Glynn."

Heredia became Clifton's second sectional champion, joining Justin Tanayan, who took the 2013 title. And despite a comfortable margin, he didn't let up on the crisp windy day.

"With those Ridgewood kids working behind me, I couldn't slack off," said Heredia. "My main objective was to secure the win, but it would have been a good bonus to get a personal record. I wanted to bang out the first mile and try and get



Mick Barbi and Sean Fortunato, both of Ridgewood, race to the finish line, at the NJSIAA XC Sectionals North 1 Group 4 Boys race. KEVIN R. WEXLER/NORTHJERSEY.COM

it but it didn't work out that way."

Indian Hills hangs in, wins again

While it's not as impressive as the Ridgewood streak, Indian Hills has been on a great run of its own since Tom Zaccone took over as the head coach in 2008. The Braves took their eighth win in 13 years, capturing group 2 in the closest race of the day, holding off NV/Demarest and defending champion Lakeland, 84-88-96.

"We have been so erratic this year," said Zaccone. "At our (Big North) batch meet on Oct. 2 we got beat by everyone. "Then we had to suspend two kids who were skipping practice. If you told me at that point we'd win the sectionals, I wouldn't have believed you."

But the two suspended runners returned with a new and improved attitude and the Braves began to get better.

Freshman Daniel Phillips joined the varsity and rose to become the number one runner, taking sixth in 17:27 Saturday to lead the Braves. Senior Jake Calviello was ninth and Russell Braver passed several runners on the final hill to finish 15th. Sophomore Aidan Calviello was 26th just ahead of senior Anthony Macejka, who fought off a cramp to finish 28th, outpacing the fifth runners of Demarest and Lakeland to clinch the win.

"We didn't have a great day, but we did what we had to do," said Zaccone. "Going back to my first year of coaching more than 50 years ago as a freshman coach at Hackensack, the head coach (Bill Kess-

ler) always made the sectionals a focal point and I've always felt that way."

"A win like this one might keep me coaching for another year or two."

Aidan Carroll became Glen Rock's first sectional titlist since Ev Schenk won the 1966 group 3 title as the junior ran a Garret best of 16:38 and won by more than 150 meters over River Dell freshman Alex Saldana. Demarest junior Andrew Kleinman was third.

"My coaches kept telling me, 'Aidan you can win this' and I was excited coming into the race," said Carroll. "But then I got really nervous. So many kids started ahead of me and I saw Andrew get out strong and I thought he might win this. Then I got to the straightaway and I thought 'no I'm going to win.'"

Young Kinnelon team overcomes adversity

It's one senior didn't finish the season. One of its top five runners (state 106 pound champion Evan Mougellian) decided to wrestle full-time.

But Kinnelon team leaders juniors Elijah Gately and Braeden Carroll and soph Andrew Garcia worked hard through the spring quarantine and summer training. The trio led the Colts through a season that looked like it might never happen, resulting in a 64-85 group 1 win over defending champion Hasbrouck Heights and a first sectional title since 2006.

"In addition to what everybody went through, we had a two week shutdown in the middle of the season and another short one that held our schedule down to two early season races at Greystone," said Colt head coach Laura Chegwidan Jacobs. "It really changed our approach, because we weren't even sure we'd get to get to run at sectionals."

But Gately (sixth), Carroll (seventh) and Garcia (12th) led the way, and junior Ryan Hur was 17th and soph Matt Mazurkiewicz finished 22nd as Kinnelon ran a tight 66 second pack.

"I'm so excited for them," said Jacobs. "I'm hoping this result gives the rest of the team the fire in the belly to go after not only another sectional champion next year but maybe a state Group 1 title as well."

Pompton Lakes senior Nathan Armstrong repeated as the individual champion, holding off North Warren's Jack Kellaher by about 30 meters in 16:25.

"My legs were really tired coming up

the first hill," said Armstrong, who is coming off a tough stretch of hard races. "But I was pushing to become a two-time sectional champion. I had a feeling that I wasn't going to be any amazing times today but I wanted the win."

Earlier in the week, Armstrong signed a National Letter of Intent to attend Rider University, where his father had a Hall of Fame career more than 20 years ago.

"My dad wanted me to go where I would be happy," said Armstrong. "But when I told him I wanted to go to Rider, he was so excited."

Hymans breaks through

Since his freshman year, Ramapo's Bobby Hymans looked to be on the cusp of stardom. Every great race he ran seemed to be countered by a poor one and even within some races there was great inconsistency.

Not this year.

Hymans has been spot on in nearly every race he's run this year starting with an open 5,000 meter race on the track in September, where ran 15:31 and held his own with state contenders Edwin Klanke of St. Peter's and Brady Shute of Gateway/Woodbury.

Saturday he put it all together at the group 3 race, running 16:28 and comfortably winning the Green Raiders' first individual title in 25 years.

"I've been thinking I've been waiting to do this for a long time and it was a matter of actually executing," said Hymans, who let out a triumphant roar as he crossed the finish line. "Over the summer I worked hard even though I knew about the uncertainty of the season. Then I went into the race at Edison (on Sept. 19) and just ran to see what I could do, and I gained confidence."

Hymans' only subpar race of the season came at last week's North Jersey finale, where he was sixth, more than a minute behind race winner Heredia.

"After last week, I sat down with myself and remembered why I was doing this and why I had made the sacrifices I did. I thought of all the things I did in training and over the summer and I was just so pumped and happy when I finished."

Morris Hills held off Roxbury, 73-77 to win its third title in four years. NV/Old Tappan was third.

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Boys cross-country: Best of the 2020 season, final rankings

That there was any semblance of a traditional cross-country season was a pleasant surprise to many athletes, coaches and fans of the sport. The fact that, in North Jersey at least, the season was as close to "normal" as it was can only be termed a minor miracle.

There were few traditional dual meets, and as a result the NJIC regular season was eliminated. It also prevented the conference from holding a true championship meet as planned, matching the top teams and runners in an overall league title after divisional championships. But divisional titles were awarded after boys and girls meets at Garret Mountain, held on separate dates.

The Big North, led by cross-country chairman John Downey of IHA, divided into 10 divisions instead of the usual six and held batch meets at a newly configured Darlington County Park course that was one of the fastest in the country.

Those meets were limited to three or four teams each with up to 12 runners per team and although several were run with a team or two missing, it provided every league school in North Jersey with at least one meet. The Big North then repeated the process with divisional championship meets.

But perhaps the biggest reason the season was close to normal were the Saturday meets run at Garret Mountain hosted by the Bergen Track Association and its leadership of Jacob Brown, Mike Glynn, Brian Rodak and Tom Zacccone. They formulated a plan for five weekly events, pioneered a pod system that separated the teams into groups of 10-15 teams per two hour time slot and managed to run varsity, junior varsity and freshman meets every Saturday. More than 4,000 individuals ran in the nearly 90 races over the five week series.

The officials spaced the runners in widely spaced boxes with nine feet between each team in each race. Runners were instructed to finish and return right to their team locations. The result was a successful season with few problems and apparently no COVID complications. The Bergen Track Association group and all the officials who worked much longer days than usual (the meets were up to eight hours long as opposed to the usual three or four because of the separation of races) deserve credit for that.

The season ended with the state sectionals, held as usual, but in the same pod format as the Garret invitationals. Before that the North Jersey Finale served as a replacement for the traditional Bergen Meet of Champions (with some outside schools and runners involved. The inaugural Lou Fraulo Invitational served as an unofficial Passaic County championship.

The stars

The season was dominated by two workhorse athletes from Passaic County, senior Nathan Armstrong of Pompton Lakes and junior Jacob Heredia of Clifton.

The duo shared many distinctions during the year, including becoming the seventh and eighth runners in Passaic County history to break 16 minutes at Garret Mountain. It was just third time that two Passaic runners did so in the same year. Armstrong ranks 12th on the overall Garret list while Heredia is 18th.

Both won sectionals, Armstrong taking North 1, Group 1 for the second straight year and Heredia winning North 1, Group 4 to become the first Clifton underclassmen to do so.

Armstrong ran 15:50 to win the Lou Fraulo Invitational, one of eight wins in 11 races for the season. Heredia ran 15:53 four days later to win the North Jersey Finale, one of seven wins in 10 starts. The duo also finished 23rd and 25th, respectively at the Holmdel Invitational, a race that matched the best runners and teams in the state at Holmdel Park, traditional site of the state championships, cancelled this year.



Jacob Heredia, of Clifton, wins the NJSIAA XC Sectionals North 1 Group 4 Boys race, with a time of 16:19, at Garret Mountain Reservation. Saturday, November 15, 2020 Kevin R. Wexler/NorthJersey.com

But they weren't the only stars of the season. Ramapo's Bobby Hymans led all Bergen runners at both Darlington and Garret, won a North 1, group 3 sectional (the Raiders' first since 1995) and captured three more wins. Glen Rock junior Aidan Carroll, who said earlier in the season that he wanted to be famous, did just that, winning the North 1 group 2 sectional (first for his school in 53 years!) and had just one finish under third in eight starts. That one finish lower than third was at the Holmdel Invitational where he led the all Bergen runners with a 16:53 clocking.

The champions (team division)

Ridgewood, while not the preseason number one, grabbed the top spot with it's excellent performance in the batch meet the day after the season started and never let go. The Maroons, led by a core four of seniors Jay Boogaert and Quinn McCutcheon and juniors Mick Barbi and Sean Fortunato lost only one meet when they ran their top runners, to one of the state's top teams, St. Peter's Prep.

By the end of the year they had won the Big North B, North Jersey Finale and their 11th straight North 1, group 4 sectional title and were the only North Jersey team to be invited to run in the Holmdel Invitational, the 2020 version of the cancelled State Meet of Champions. Senior Liam Fahey, sophomore Tommy Koltermann and freshman D.J. Murphy were part of the championship run for the Maroons.

Other champions this fall: Bergen Catholic: Big North G; Bogota: NJIC Patriot; Clifton: Big North D; Fair Lawn: Big North C; Hasbrouck Heights: NJIC Meadowlands; Indian Hills: North 1, group 2 state sectional; Leonia: NJIC Colonial; NV/Old Tappan: Big North E; Pascack Valley: Big North H; Ramapo: Big North J; Ridgefield Park: Big North A; River Dell: Big North F and Wayne Valley: Big North I.

Boys cross-country: 2020 All-North Jersey teams

After an abbreviated but exciting season, the following players have been selected to the 2020 All-North Jersey boys cross-country teams.

Later this month, we will unveil the nominees for Boys Cross Country Runner of the Year, which will be announced at the [2021 North Jersey High School Sports Awards](#).



Nathan Armstrong

Pompton Lakes senior

Last year's Runner of the Year had the busiest season of any runner. The Rider-bound star ran 11 races, including wins in the North 1, Group 1 sectional, NJJC, Oak Ridge Invitational, Lou Fraulo Invitational, and pods of the Season Opener, Back to the Mountain, Garret Invitational and North Jersey Championships.

Mick Barbi

Ridgewood junior

He was a solid performer for the area's top team all season, placing in the top 10 in seven of the eight races he ran. His best races came as the second-place finisher in Big North B and fourth-place finisher at both the North Jersey Finale and the North 1, Group 4 sectional.

Jay Boogaert

Ridgewood senior

He overcame a preseason injury to be the Maroons' leader almost all season, winning the Big North B title, taking second at the North 1, Group 4 sectionals and finishing in the top 5 at the Big North Finale and two other races.

Aidan Carroll

Glen Rock junior

He enjoyed a spectacular breakthrough season, winning the North 1, Group 2 sectional title to become the Panthers' first champ in 54 years. He was also second in five other races and third at the North Jersey finale. He led all Bergen County runners at the Holmdel Invitational.

Sean Fortunato

Ridgewood junior

He won the Big North B batch meet and had other top 10 finishes, including third in the North 1, group 4 sectionals, and fourth in the North Jersey championships. He and Mick Barbi will give the Maroons a terrific 1-2 punch up front next year

Steven Hatano

NV/Old Tappan senior

He won both of his races at the new Darington course, including winning the Big North E championship. He was second in the Season Opener, North Jersey Championships and North Jersey Finale and was eighth in defense of the North 1, Group 3 sectional championship.

Jacob Heredia

Clifton junior

He won seven races in 10 tries, including the Big North D, North Jersey Finale and North 1, Group 4 titles, and pod races at the Brett Taylor, Season Opener and North Jersey championships. He had a pair of seconds and was 25th at the Holmdel Invitational.

Bobby Hymans

Ramapo senior

His great race at a preseason 5,000 meter race on the track proved the prelude to an outstanding season, which included wins in the Big North J, North 1, Group 3 sectional and two other races. He was sixth in the North Jersey Finale and qualified for the Holmdel Invitational.

Ryan Pena

Wayne Valley junior

A penalty imposed by the NJSIAA because of missing a paperwork deadline when he moved with his family from Hackensack shortened his season, but he managed to win a pod of the Garret Invitational and the Big North I championship, finish seventh in the North Jersey championships and sixth in the North 1, Group 3 sectional.



Andrew Kleinman, NV/Demarest junior

Ethan Lehr, Lakeland senior

Owen McCarthy, Bergen Catholic senior

Quinn McCutcheon, Ridgewood senior

Kenneth Morrissey, Northern Highlands senior

Evan Morrow, Hasbrouck Heights junior

Alex Saldana, River Dell freshman

Jaden Uram, Tenafly junior

Rich Weissenborn, Park Ridge/Emerson senior

Final 2020 New Jersey Boys Top 20 Team Rankings

Boys Top 20 State Team Rankings

2020 Season Final Update

1
(1)



[Christian Brothers Academy](#)

1st Holmdel Invitational
1st Non-Public A South Sectional
1st Monmouth County Merge
1st Colt Invitational
1st Cougar Invitational

6
(6)



[South Brunswick HS](#)

6th Holmdel Invitational
1st Central Group 4 Sectional
2nd Middlesex County Invitational
5th Colt Invitational
3rd Central Jersey XC Shootout Merge

2
(2)



[Ridge HS](#)

3rd East Coast Championships Merge
2nd Holmdel Invitational
1st North 2 Group 4 Sectional
2nd Colt Invitational
1st Skyland Raritan Divisional
2nd Cougar Invitational

7
(7)



[Union Catholic Reg. HS](#)

7th East Coast Champs Merge
3rd Oak Ridge Invitational
2nd Non-Public A South Sectional
1st Union County Championships
2nd Union County Conference
2nd Central Jersey XC Shootout Merge

3
(3)



[North Hunterdon HS](#)

1st East Coast Championships Merge
3rd Holmdel Invitational
1st Oak Ridge Invitational
2nd North 2 Group 4 Sectional
1st Skyland Valley A Division
1st Garret Invitational Merge

8
(8)



[Cherokee HS](#)

1st South Group 4 Sectional
1st Burlington County XC Open
2nd Olympic Conference Merge

4
(4)



[Haddonfield Memorial HS](#)

4th Holmdel Invitational
1st South Group 2 Sectional
1st Colonial All-Star Meet
1st Camden County Champs
4th Colt Invitational
6th Cougar Invitational

9
(9)



[Westfield HS](#)

7th Holmdel Invitational
2nd Union County Championships
3rd Cougar Invitational

5
(5)



[Colts Neck HS](#)

5th East Coast Championships Merge
5th Holmdel Invitational
1st Central Group 3 Sectional
2nd Monmouth County Merge
3rd Colt Invitational
4th Cougar Invitational

10
(10)



[Cherry Hill East HS](#)

8th East Coast Championships Merge
8th Holmdel Invitational
2nd South Group 4 Sectional
2nd Camden County Championships
1st Olympic Conference Merge
5th Cougar Invitational

Final 2020 New Jersey Boys Top 20 Team Rankings

Boys Top 20 State Team Rankings

2020 Season Final Update

11
(11)



[East Brunswick HS](#)

9th Holmdel Invitational
2nd Central Group 4 Sectional
3rd Middlesex County Invitational
2nd XC 7on7 Invitational Merge
4th Central Jersey XC Shootout Merge

16
(16)



[Ridgewood HS](#)

10th Holmdel Invitational
1st North 1 Group 4 Sectional
1st North Jersey Finale
1st North Jersey Championships Merge
1st Big North Division B Championship
2nd Back to the Mountain Invitational Merge

12
(12)



[Old Bridge HS](#)

3rd Central Group 4 Sectional
1st Middlesex County Invitational
1st XC 7on7 Invitational Merge
1st Central Jersey XC Shootout Merge

17
(17)



[Mendham HS](#)

1st North 2 Group 3 Sectional

13
(13)



[Southern Regional HS](#)

3rd South Group 4 Sectional
1st Ocean County Championships

18
(18)



[Seton Hall Prep](#)

2nd Non-Public A North Sectional
1st Brett Taylor Invitational Merge
2nd Season Opener Invitational Merge

14
(14)



[Summit HS](#)

2nd Oak Ridge Invitational
3rd Union County Championships
1st Union County Conference
7th Cougar Invitational

19
(19)



[Chatham HS](#)

2nd North 2 Group 3 Sectional
1st NJAC Championships Merge

15
(15)



[St. Peter's Prep](#)

1st Non-Public A North Sectional
1st Hudson County Championships
2nd Garret Mountain Invitational Merge
6th Colt Invitational
2nd South Hudson Championship
1st Jersey City Championships
1st Back to the Mountain Invitational Merge
1st SDA Invitational

20
(20)



[Middletown South HS](#)

3rd Monmouth County Merge
8th Cougar Invitational

			Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet
			Hoka Postal 2 Mile (9/26)	Batch Dar. (10/2)	Season Opener (10/3)	Back to the Mtn (10/10)	Brett Taylor (10/17)	Big North (10/20)	Garret Invite (10/24)	North Jersey Champs (10/31)
First Name	Last Name	Grade	BF	Darlington	Garret	Garret	Garret	Darlington	Garret	Garret
Sean	Fortunato	11	:9:52.9	:15:47.0		:17:18.0		:16:42.0		:16:41.0
Mick	Barbi	11	:10:11.5	:16:09.0		:17:17.0		:16:17.0	:17:14.0	:17:00.0
Jay	Boogaert	12		:17:00.0		:17:15.0		:16:10.0		:16:58.0
Quinn	McCutcheon	12	:10:36.1	:16:33.0		:17:49.0		:16:26.0	:17:42.0	:17:22.0
Tommy	Koltermann	10	:10:56.8	:17:37.0		?		:17:10.0	:18:45.0	:18:12.0
Liam	Fahey	12		:17:12.0		?		:17:52.0		:19:39.0
Gabriel	Stern	11	:11:31.7	:17:39.0		:18:35.0		:17:58.0	:18:23.0	
Alex	Oriente	12	:11:09.0	:17:40.0		:18:55.0	:18:57.0		:19:00.0	
Nicky	Crane	11	:10:58.6	:17:55.0		:19:19.0	:19:01.0		:19:14.0	
Declan	Byrne	11	:11:17.2	:18:02.0		?			:19:21.0	
Matthew	Rusch	11	:11:03.4	:18:05.0		:19:00.0			:18:59.0	
Philip	Williams	11	:11:09.6	:18:08.0		:18:57.0	:18:33.0		:19:17.0	
DJ	Murphy	9	:12:29.2		:12:06.0	:11:51.0	:19:12.0		:18:33.0	:11:35.0
Balraj	Rana	11	:11:48.5		:19:27.0	:19:21.0			:18:57.0	
Sean	Hughes	11	:12:01.9		:19:56.0	:19:27.0			:19:45.0	
Ian	Bajraktari	10	:11:46.7		:20:20.0	:20:14.0	:19:19.0		:20:08.0	
Jonathan	Oriente	9	:12:29.4		:12:28.0	:11:51.0	:19:24.0		:21:31.0	:11:36.0
Alex	Shevchenko	10	:11:47.6		:20:20.0	:20:47.0	:20:30.0			
Nate	Diamond	10	:13:00.3		:22:31.0				:21:00.0	
Luke	Stadulis	11	:12:46.3		:22:17.0	:24:49.0	:21:38.0			
Brendan	Rail	10	:12:59.9		:22:02.0	:21:50.0			:21:14.0	
William	Rae	10	:13:18.6		:21:36.0	:21:40.0			:21:24.0	
Daniel	Shechter	9	:13:44.8		:13:49.0	?	:13:27.0		:13:55.0	:13:17.0
Drake	Jorgensen	12							:21:32.0	
Thomas	Ehenn	10	:13:27.3		:21:34.0		:21:58.0			

			Meet	Meet	Meet	Meet	Meet		
			Doc Braver (11/5)	North Jersey Finale (Frosh / JV State Champs (11/11)	Sectionals (11/14)	Holmdel Invite (11/25)	Season Best 5K	Season Best Frosh	
First Name	Last Name	Grade	Garret	Garret	Thompson	Garret	Holmdel		
Sean	Fortunato	11		:17:25.0		:16:52.0	:17:31.0	:15:47.0	
Mick	Barbi	11		:16:52.0		:16:52.0	:17:28.0	:16:09.0	
Jay	Boogaert	12		:16:56.0		:16:49.0	:16:58.0	:16:10.0	
Quinn	McCutcheon	12		:17:39.0		:17:12.0	:17:14.0	:16:26.0	
Tommy	Koltermann	10		:19:18.0		:18:43.0	:18:30.0	:17:10.0	
Liam	Fahey	12				:18:10.0	:18:09.0	:17:12.0	
Gabriel	Stern	11		:18:42.0	:18:34.0			:17:39.0	
Alex	Oriente	12	:18:43.0		:18:44.0			:17:40.0	
Nicky	Crane	11	:19:11.0		:19:30.0			:17:55.0	
Declan	Byrne	11	:18:46.0		:18:34.0			:18:02.0	
Matthew	Rusch	11						:18:05.0	
Philip	Williams	11	:19:08.0		:19:21.0			:18:08.0	
DJ	Murphy	9		:18:37.0		:18:28.0	:19:03.0	:18:28.0	:11:35.0
Balraj	Rana	11	:19:08.0		:18:53.0			:18:53.0	
Sean	Hughes	11	:19:11.0		:19:06.0			:19:06.0	
Ian	Bajraktari	10	:19:38.0		:20:41.0			:19:19.0	
Jonathan	Oriente	9		:11:34.0	:20:37.0			:19:24.0	:11:34.0
Alex	Shevchenko	10						:20:20.0	
Nate	Diamond	10	:21:48.0					:21:00.0	
Luke	Stadulis	11	:21:10.0					:21:10.0	
Brendan	Rail	10	:21:22.0					:21:14.0	
William	Rae	10						:21:24.0	
Daniel	Shechter	9	:13:15.0	:12:57.0	:21:32.0			:21:32.0	:12:57.0
Drake	Jorgensen	12	:22:43.0					:21:32.0	
Thomas	Ehnenn	10	:23:32.0					:21:34.0	

			Meet	Meet	Meet	Meet	Meet	Meet	Meet	Meet
			Hoka Postal 2 Mile (9/26)	Batch Dar. (10/2)	Season Opener (10/3)	Back to the Mtn (10/10)	Brett Taylor (10/17)	Big North (10/20)	Garret Invite (10/24)	North Jersey Champs (10/31)
First Name	Last Name	Grade	BF	Darlington	Garret	Garret	Garret	Darlington	Garret	Garret
Milan	Tobdzic	9	:14:28.7		:14:08.0	:13:41.0	:13:11.0		:13:45.0	:13:19.0
Jack	Inzerillo	9	:14:27.7		:13:38.0	:13:16.0	:13:02.0			
Noah	Troyer	12	:13:10.0							
Clark	Johnson	12	:13:18.3		:22:22.0	:22:26.0				
Peter	Lucky	12					:22:52.0			
Alex	Maslov	9	:17:34.8		:14:53.0	:13:58.0	:14:34.0		:14:10.0	:13:14.0
DJ	Kim	9	:19:10.0		:13:49.0	:14:51.0				:13:35.0
Zander	Warne	10	:14:58.6		:25:29.0					
Troy	Kannell	12	:14:47.1		:26:45.0				:25:17.0	
Billy	Barbi	10					:27:09.0			
Rahil	Bhatia	10	:16:24.8		:31:48.0		:26:00.0			
Laurence	Fine	12			:28:07.0					
Jake	Teller	10			:32:11.0					
Sumantra	Basu	10	:17:35.8		:31:40.0					
Jaden	Cano	10			:34:32.0					
Mitchell	Crane	12	:16:28.1							
Evan	Stojanovic	12	:14:30.8							
Henry	Nold	9	:13:43.7		:13:10.0	:13:33.0	:13:53.0		:14:03.0	:14:29.0
Isaac	Lee	9			:15:01.0	:14:19.0	:14:09.0		:14:47.0	:13:36.0
Max	Brodsky	9			:15:50.0	:15:37.0			:14:44.0	:15:31.0
Mason	Fraiman	9							:15:03.0	
Connor	Donahue	9				:16:02.0	:15:14.0		:16:45.0	:16:31.0
Eamon	Connelly	9				:17:04.0	:17:54.0			
Colin	Delabie	9	:21:19.4				:18:14.0		:19:07.0	:17:11.0

All-Decade Teams

2020s

2010s

<u>Darlington:</u>	<u>Darlington (Frosh):</u>	<u>Darlington:</u>	<u>Darlington (Frosh):</u>
Sean Fortunato (2020) 15:47		Pat Rynkowski (2010) 15:22	Will Baginski (2015) 8:15.4*
Mick Barbi (2020) 16:09		Billy Byrne (2016) 15:32	Michael Thurston (2012) 8:18.5
Jay Boogaert (2020) 16:10		Will Baginski (2017) 15:41	Kenny Marshall (2012) 8:28.0
Quinn McCutcheon (2020) 16:26		Levi Jennings (2010) 15:44	Ben Zamboldi (2014) 8:33.0
Tommy Kolterman (2020) 17:10		Nick Barnabic (2015) 15:49	Brian Clarendon (2010) 8:36.0
<i>*Course redesign for 2020*</i>			
		<u>Garret Mountain:</u>	<u>Garret Mountain (Frosh):</u>
<u>Garret Mountain:</u>	<u>Garret Mountain (Frosh):</u>	Pat Rynkowski (2010) 16:01	Michael Thurston (2012) 10:56
Sean Fortunato (2020) 16:41	Jonathan Oriente (2020) 11:34	Will Baginski (2017) 16:06	Will Baginski (2015) 11:01
Jay Boogaert (2020) 16:49	DJ Murphy (2020) 11:35	Billy Byrne (2016) 16:06	Ben Zamboldi (2014) 11:14
Mick Barbi (2020) 16:52		Levi Jennings (2010) 16:11	Mick Barbi (2018) 11:15
Quinn McCutcheon (2020) 17:12		Kenny Marshall (2014) 16:14	Kenny Marshall (2012) 11:19
Liam Fahey (2020) 18:10			
		<u>Holmdel:</u>	<u>Bowdoin (NY):</u>
<u>Holmdel:</u>	<u>Bowdoin (NY):</u>	Billy Byrne (2016) 15:57	Billy Byrne (2016) 16:02.9
Jay Boogaert (2020) 16:58		Pat Rynkowski (2010) 15:59	Pat Rynkowski (2010) 16:31.2
Quinn McCutcheon (2020) 17:14		Will Baginski (2017) 16:16	Levi Jennings (2010) 16:35.0
Mick Barbi (2020) 17:28		Nick Salamone (2012) 16:17	Kenny Marshall (2015) 16:45.1
Sean Fortunato (2020) 17:31		Levi Jennings (2010) 16:21	Nick Salamone (2011) 16:55.1
		<u>Van Cortlandt - 2.5 mi (NY):</u>	<u>Thompson:</u>
<u>Van Cortlandt - 2.5 mi (NY):</u>	<u>Thompson:</u>	Billy Byrne (2016) 12:31.2	Travis Spicer (2011) 16:16
	Declan Byrne (2020) 18:33	Ryan Fahey (2018) 13:02.6	Nick Salamone (2011) 16:36
	Gabe Stern (2020) 18:34	Pat Rynkowski (2010) 13:03.3	Levi Jennings (2011) 16:41
	Alex Oriente (2020) 18:44	Will Baginski (2018) 13:08.8	Storm Dublirer (2011) 16:56
	Balraj Rana (2020) 18:53	Brad Rynkowski (2016) 13:19.4	Quinn McCutcheon (2019) 17:01
	Sean Hughes (2020) 19:06		
		<u>Goddard Park East (RI):</u>	<u>Greystone:</u>
		Will Baginski (2017) 16:24	Nick Salamone (2012) 16:29
		Sid Wagh (2017) 16:44	Ryan Neville (2012) 16:52
		Ryan Fahey (2017) 17:10	Graham Jones (2012) 16:55
		Ben Zamboldi (2017) 17:38	Brian Clarendon (2012) 16:57
		Charlie Branca (2017) 17:40	Brian Daniels (2012) 17:03
		<u>*Course Record</u>	

All-Decade Teams

2000s

1990s

<u>Darlington:</u>	<u>Darlington (Frosh):</u>	<u>Darlington:</u>	<u>Garret Mountain:</u>
Ari Zamir (2003) 15:37	Ari Zamir (2000) 8:26.8	Bob Keino (1993) 15:05*	Bob Keino (1993) 15:32**
Dan Emont (2006) 15:40	Erik Nygaard (2000) 8:40.0		
Byron Williams (2005) 15:43	Nick DiSalvo (2000) 8:46.0	<u>Holmdel:</u>	<u>Van Cortlandt - 2.5 mi (NY):</u>
Taro Shigenobu (2008) 15:44	Christian Trautwein (2004) 8:51.0	Bob Keino (1993) 15:50	Bob Keino (1992) 12:25.8**
Mike Cator (2005) 15:48	David Maher (2000) 8:53.0	Sadek Alsaidi (1991) 16:52	
		Neil Burt (1996) 16:53	
<u>Garret Mountain:</u>	<u>Holmdel:</u>		
Ari Zamir (2003) 16:01	Ari Zamir (2003) 15:53	<u>Bergen Community College:</u>	
Taro Shigenobu (2008) 15:46** (16:07)	Taro Shigenobu (2008) 16:09	Bob Keino (1993) 15:24	
Dan Emont (2006) 16:08	Byron Williams (2005) 16:19	Sadek Alsaidi (1992) 16:31	
Mike Cator (2004) 16:15	Dan Emont (2007) 16:25	Tom Ricart (1993) 16:59	
Rodolfo Crispin (2002) 16:30	Mike Cator (2005) 16:27	Josh Fronefield (1992) 17:17	
		Todd Cotten (1992) 17:22	
<u>Bowdoin (NY):</u>	<u>Van Cortlandt - 2.5 mi (NY):</u>		
Taro Shigenobu (2008) 16:16.3	Taro Shigenobu (2008) 12:54.0	*Course Record	
Levi Jennings (2009) 17:16.9	Ari Zamir (2008) 12:55.4	**Course Record - Bergen County	
Pat Rynkowski (2009) 17:54.8	Dan Emont (2006) 13:03.3		
Brian Cleary (2009) 18:00.4	Mike Cator (2004) 13:09.0		
Nick Francis (2009) 18:00.5	Brian Davis (2003) 13:09.7		
<u>Belmont Plateau (PA):</u>		<u>Garret Mountain:</u>	<u>Holmdel:</u>
Taro Shigenobu (2008) 16:17		Eric Bernsten (1986) 15:51	Kevin McCabe (1987) 16:13
Dan Emont (2006) 16:37		Tom Hughes (1980) 16:01	Tom Hughes (1980) 16:26
Niall Buckley (2006) 16:40		Kevin McCabe (1987) 16:07	Eric Bernsten (1986) 16:32
Brian Cleary (2009) 16:44		Jim Ketterson (1981) 16:19	Joe Lemay (1984) 16:35
Mike Cator (2003) 16:46		David Nutt (1983) 16:19	
		<u>Van Cortlandt - 2.5 mi (NY):</u>	
** Altered/shortened course		Eric Bernsten (1986) 12:46.5	
		Kevin McCabe (1987) 12:52.0	
		Tom Hughes (1980) 12:59.7	
		<u>Van Cortlandt - 2.5 mi (NY):</u>	
		Tom Tomai (1974) 13:05.0	

1980s / 1970s

Ridgewood Boys Cross Country Championships

League Champions

Big North - Freedom Division

2020	Ridgewood, Jay Boogaert
2019	Ridgewood
2018	Ridgewood, Will Baginski
2017	Ridgewood, Will Baginski
2016	Billy Byrne
2015	Billy Byrne
2014	Ridgewood
2012	Ridgewood
2011	Ridgewood
2010	Pat Rynkowski

NNJIL

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

Triple Crown Winners

(League, County, Sectional)

2020	Ridgewood
2019	Ridgewood
2018	Ridgewood
2017	Ridgewood
2016	Ridgewood, Billy Byrne
2005	Ridgewood
2004	Ridgewood, Mike Cator
2003	Ridgewood, Ari Zamir
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Ridgewood, Bob Keino
1991	Ridgewood
1989	Ridgewood, Eric Boucher
1986	Ridgewood
1984	Ridgewood
1980	Ridgewood, Tom Hughes

Ridgewood Boys Cross Country Championships

County Champions

Group A

2020	Ridgewood*
2019	Ridgewood
2018	Ridgewood, Will Baginski
2017	Ridgewood, Will Baginski
2016	Ridgewood, Billy Byrne
2010	Pat Rynkowski
2008	Taro Shigenobu
2005	Ridgewood
2004	Ridgewood, Mike Cator
2003	Ridgewood, Ari Zamir

Group IV

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

Group III-IV

1965	Ridgewood
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*Due to COVID-19 (2020), County Championships replaced with North Jersey Championships

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

***From 1965-1972 there were only two group races (I/II & III/IV), no combined county championship race

Triple Crown Plus Winners

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

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

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

Years: 2020*, 2019, 2018, 2003, 1995, 1986, 1984

*2020 - County/BMOC replaced with North Jersey Champs/North Jersey Finale

Ridgewood Boys Cross Country Championships

BMOC

Champions

2020	Ridgewood*
2019	Ridgewood
2018	Ridgewood
2017	Ridgewood, Will Baginski
2006	Dan Emont
2005	Ridgewood, Byron Williams
2004	Ridgewood
2003	Ridgewood, Ari Zamir
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1992	Bob Keino
1991	Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes
1978	Ridgewood
<hr/>	
1964	Ridgewood

*Due to COVID-19 (2020), BMOC replaced with North Jersey Finale

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

***From 1965-1972 there was no combined county championship race (1973 inaugural BMOC)

Top 3 Individual Finishes (Since 1974)

2020	Mick Barbi	3rd*
2019	Aidan Sheridan	2nd
2019	Jay Boogaert	3rd
2018	Will Baginski	3rd
2017	Will Baginski	<i>1st</i>
2016	Billy Byrne	2nd
2010	Pat Rynkowski	3rd
2008	Taro Shigenobu	3rd
2006	Dan Emont	<i>1st</i>
2005	Byron Williams	<i>1st</i>
2005	Mike Cator	3rd
2004	Byron Williams	2nd
2003	Ari Zamir	<i>1st</i>
2003	Brian Davis	3rd
2002	Ari Zamir	2nd
1992	Bob Keino	<i>1st</i>
1990	Eric Boucher	2nd
1989	Eric Boucher	3rd
1987	Kevin McCabe	<i>1st</i>
1986	Eric Bernsten	2nd
1980	Tom Hughes	<i>1st</i>
1979	Tom Hughes	3rd

*4th place overall, 3rd among Bergen County runners

Ridgewood Boys Cross Country Championships

State Sectional Champions

North 1, Group IV

2020	Ridgewood
2019	Ridgewood
2018	Ridgewood
2017	Ridgewood
2016	Ridgewood, Billy Byrne
2015	Ridgewood
2014	Ridgewood, Kenny Marshall
2013	Ridgewood
2012	Ridgewood, Nick Salamone
2011	Ridgewood
2010	Ridgewood
2008	Taro Shigenobu
2007	Ridgewood
2006	Ridgewood, Dan Emont
2005	Ridgewood, Mike Cator
2004	Ridgewood, Mike Cator
2003	Ridgewood
2002	Ridgewood
1997	Ridgewood
1996	Ridgewood
1995	Ridgewood
1993	Bob Keino
1992	Ridgewood, Bob Keino
1991	Ridgewood, Bob Keino
1990	Ridgewood, Eric Boucher
1989	Ridgewood, Eric Boucher
1988	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Ridgewood, Tom Hughes

North 1 Sectional Record (2020) for most team titles (27) and most consecutive team titles (11) [2010-present]

***This is the longest current Group IV streak
Currently 2nd in NJ history for most sectional titles***

State Group Champions

Group IV

1993	Ridgewood, Bob Keino
1992	Ridgewood, Bob Keino

Top 3 Team Finishes

2011	3rd
2006	2nd
2005	3rd
2003	3rd
1995	2nd
1992	<i>1st</i>
1991	<i>1st</i>
1986	2nd
1984	2nd

Top 10 Individual Finishes

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

*Due to COVID-19 (2020), State Groups cancelled

Ridgewood Boys Cross Country Championships

SMOC

Champions

1993	Bob Keino
1992	Bob Keino

Top 6 Team Finishes

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

Top 25 Individual Finishes

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

*Due to COVID-19 (2020), SMOC cancelled

Foot Locker Cross Country Championship

Northeast Regionals (National Qualifiers)

1993	Bob Keino	1st
1992	Bob Keino	7th

Kinney Regionals before 1993

Nationals (Finishes)

1993	Bob Keino	5th
1992	Bob Keino	4th

Kinney Nationals before 1993

Nike Cross Country Championship

Northeast Regionals (National Qualifiers)

2008	Taro Shigenobu	4th
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Nationals (Finishes)

2008	Taro Shigenobu	91st
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*Due to COVID-19 (2020), Nike Regionals and Nationals cancelled

Ridgewood Boys Cross Country Championships

Major Invitational Champions

Shore Coaches Invitational

Holmdel Park - Holmdel, NJ

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

Manhattan Invitational*

Van Cortlandt Park - Bronx, NY

2016	Ridgewood, Billy Byrne
2005	Ridgewood
1993	Bob Keino

Briarwood Invitational

Belmont Plateau - Philadelphia, PA

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

Ocean State Invitational

Goddard Park East - East Greenwich, RI

2017	Ridgewood, Will Baginski
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*Incomplete

Ridgewood Boys Cross Country All-Time Lists

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

Darlington County Park - Mahwah, NJ

1.	Bob Keino	15:05*	1993	County Groups
2.	Pat Rynkowski	15:22	2010	Bergen Meet of Champions
3.	Billy Byrne	15:32	2016	Big North - Freedom
4.	Ari Zamir	15:37	2003	Bergen Meet of Champions
5.	Dan Emont	15:40	2006	Bergen Meet of Champions
6.	Will Baginski	15:41	2017	Bergen Meet of Champions
7.	Byron Williams	15:43	2005	Bergen Meet of Champions
8.	Levi Jennings	15:44	2010	Bergen Meet of Champions
8.	Taro Shigenobu	15:44	2008	Bergen Meet of Champions
10.	Mike Cator	15:48	2005	Bergen Meet of Champions
11.	Nick Barnabic	15:49	2015	Bergen Meet of Champions
12.	Nick Salamone	15:53	2012	County Groups
12.	Brian Davis	15:53	2003	County Groups
14.	Kenny Marshall	15:55	2014	Bergen Meet of Champions
15.	Sean Fortunato	15:47**	2020	Big North - Batch Meet
15.	Brad Rynkowski	15:59	2016	Big North - Freedom
15.	Sid Wagh	15:59	2016	Bergen Meet of Champions

*Course Record

** Altered course (10-12 seconds faster)

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

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

Freshman All-Time List

Darlington County Park - Mahwah, NJ (1.8 mi)

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

*Course Record

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Garret Mountain Reservation - Woodland Park, NJ

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

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

**Course Record (Bergen County runners)

***Before 1980 course was 2.85 mi

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

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

Holmdel County Park - Holmdel, NJ

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

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Bowdoin County Park - Wappingers Falls, NY

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

*National Qualifier

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

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

Van Cortlandt Park (2.5 mi) - Bronx, NY

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

*Course Record (Bergen County runners)

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Thompson Park - Jamesburg, NJ

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

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

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

Belmont Plateau - Philadelphia, PA

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

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

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

Ridgewood Boys Cross Country All-Time Lists

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

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

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

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

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

Nike Cross Nationals, Portland Meadows - Portland, OR

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