

# **Ridgewood Boys & Girls**

## **Winter Track**

### **2019-2020**



# Schedule

<b>Date</b>	<b>Meet</b>	<b>Site</b>
Fri. Dec 20, 5:30 PM	Coach Saint Invitational	Armory, NYC
Mon. Dec 23, 9:00 AM	Spiked Shoe Invitational	Armory, NYC
Sat. Dec 28, 9:00 AM	Coach Glynn Holiday Carnival	Ocean Breeze, NYC
Thurs. Jan 2, 4:30 PM	Big North Frosh/Novice	RCC, Suffern
Sat. Jan 4, 9:00 AM	Hispanic Games	Armory, NYC
Wed. Jan 8, 4:30 PM	Ridgewood Winter Games	RCC, Suffern
Wed. Jan 8, 5:00 PM	Millrose Games Trials	Armory, NYC
Wed. Jan 15, 5:00 PM	Big North Championships	Ocean Breeze, NYC
Sat. Jan 18, 8:30 AM	New Balance Games	Armory, NYC
Wed. Jan, 22, 5:15 PM	Bergen County Relays	Armory, NYC
Fri. Jan 24, 4:30 PM	Lou Molino Invitational	FDU, Hackensack
Wed. Jan 29, 5:00 PM	Metropolitan Invitational	Armory, NYC
Mon. Feb 3, 5:00 PM	Varsity Classic	Armory, NYC
Sat. Feb 8, 5:06 PM	Millrose Games	Armory, NYC
Wed. Feb 12, 5:15 PM	Bergen County Championship	Armory, NYC
Tues. Feb 18, 4:30 PM	Eastern States Championship	Armory, NYC
Sat. Feb 22, 9:00 AM	State Sectional Championship	Toms River
Sat. Feb 29, 9:00 AM	State Group IV Championship	Toms River
Sun. March 8, 10:00 AM	State Meet of Champions	Ocean Breeze, NYC



# Varsity Letter Recipients

## Three-Time Recipients

<i>Caroline McCormack, SR</i>	<i>Taylor Barnabic, SR</i>
<i>Sarah Policano, JR</i>	<i>Ryan McKenna, JR</i>
<i>Sara VandenAssem, SR</i>	<i>Mason Zamboldi, SR</i>
<i>Ellie Veenhof, SR</i>	

## Two-Time Recipients

<i>Jules Einemer, SR</i>	<i>Mick Barbi, SO</i>
<i>Olivia Grace, SO</i>	<i>Jay Boogaert, JR</i>
<i>Josie Maasarani, JR</i>	<i>Arthur Dunn, SR</i>
<i>Emily Marr, SR</i>	<i>Kwame Grant, SR</i>
<i>Lucia Rabolli, SO</i>	<i>Luke Otterstedt, SR</i>
<i>Meaghan Rossignol, SR</i>	<i>PJ Sanchez, SR</i>
<i>Olivia Shattuck, SO</i>	<i>Ryan Seaver, SR</i>
<i>Nicoletta Venizelos, SR</i>	<i>Aidan Sheridan, SR</i>
<i>Camryn Wennersten, SO</i>	<i>Jake Stadulis, JR</i>
<i>Lily Williams, SO</i>	<i>Jason Theisen, SR</i>

## First-Time Recipients

<i>Hannah Brodsky, SO</i>	<i>Lucas Barrales, FR</i>
<i>Maddie DeVera, JR</i>	<i>Sean Fortunato, SO</i>
<i>Eliza Kessler, SR</i>	<i>Luke Gnospelius, SO</i>
<i>Ella Millstein, SO</i>	<i>Leo Gregorio, SR</i>
<i>Emma Reinke, FR</i>	<i>Andrew Hartigan, SR</i>
<i>Ria Santhanaraman, SR</i>	<i>Red Kossick, FR</i>
<i>AnnaMarie Tretola, SO</i>	<i>Quinn McCutcheon, JR</i>
	<i>Ethan McPherson, SR</i>
	<i>Cole Patel, SR</i>
	<i>Sid Patllolu, SR</i>
	<i>Ryan Pfund, JR</i>
	<i>Luca Richman, SR</i>
	<i>Alec Toner, SR</i>
	<i>Dan Weispfenning, JR</i>

# Awards and Accolades

## Team Championships

### Girls

*Big North Freedom*

*(3rd consecutive)*

*County Relay - Large School*

*(3rd consecutive)*

*North 1, Group IV State Sectional*

*(3rd consecutive)*

### Boys

*Big North Freedom*

*(4th consecutive)*

## New Records

### School Records

***Sprint Medley (400, 200, 200, 800) – 4:09.89***

*Olivia Grace, SO – 62.72*

*Josie Maasarani, JR – 26.90*

*Ella Millstein, SO – 27.02*

*Carmyn Wennersten, SO – 2:13.27*

***Camryn Wennersten, SO***

*1 Mile – 4:51.60*

*1500m – 4:32.05 (en route)*

*3000m – 9:59.57 (en route)*

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

### First Team

*Sarah Policano, JR – 1600m*

*Olivia Shattuck, SO – 3200m*

*Sara VandenAssem, SR – 55m H*

*Ellie Veenhof, SR – High Jump*

*Camryn Wennersten, SO – 800m*

*4x800m: Lily Williams, SO*

*AnnaMarie Tretola, SO*

*Jules Einemer, SR*

*Sarah Policano, JR*

*Aidan Sherdian, SR – 3200m*

*4x800m: Mason Zamboldi, SR*

*Luca Richman, SR*

*Quinn McCutcheon, JR*

*Jay Boogaert, JR*

### Second Team

*Lily Williams, SO – 1600m*

*Jay Boogaert, JR – 1600m*

*Kwame Grant – 200m*

*Ryan McKenna, JR – 400m*

*Ryan Seaver, SR – 800m*

*4x400m: Ryan Seaver, SR*

*Mick Barbi, SO*

*Ethan McPherson, SR*

*Ryan McKenna, JR*

### Honorable Mention

*Nicoletta Venizelos, SR*

*Red Kossick, FR*

## **All-County Selections**

### **First Team**

*AnnaMarie Tretola, SO – 1600m*  
*Camryn Wennersten, SO – 3200m*  
*4x800: Sarah Policano, JR*  
*Lily Williams, SO*  
*Lucia Rabolli, SO*  
*Jules Einemer, SR*  
  
*Jay Boogaert, JR – 3200m*  
*4x800: Ryan Seaver, SR*  
*Aidan Sheridan, SR*  
*Mason Zamboldi, SR*  
*Jay Boogaert, JR*

### **Second Team**

*Lucia Rabolli, SO – 800m*  
*Sarah Policano, JR – 1600m*  
*Lily Williams, SO – 3200m*

### **Third Team**

*Sarah VandenAssem, SR – 55m Hurdles*  
*4x400: Olivia Grace, SO*  
*Josie Maasarani, JR*  
*Lucia Rabolli, SO*  
*Camryn Wennersten, SO*  
  
*Ryan McKenna, JR – 600m*  
*Mason Zamboldi, SR – 800m*  
*Quinn McCutcheon, JR – 1600m*  
*Jason Theisen, SR – Pole Vault*

### **Honorable Mention**

<i>Maddie DeVera, JR</i>	<i>Mick Barbi, SO</i>
<i>Olivia Grace, SO</i>	<i>Taylor Barnabic, SR</i>
<i>Olivia Shattuck, SO</i>	<i>Luke Gnospelius, SO</i>
<i>Ellie Veenhof, SR</i>	<i>P.J. Sanchez, SR</i>
<i>Nicoletta Venizelos, SR</i>	<i>Ryan Seaver, SR</i>
	<i>Aidan Sheridan, SR</i>

## **All-North Jersey Selections**

### **First Team**

*Camryn Wennersten, SO – 800m, 1600m, 3200m*  
*4x800: Ryan Seaver, SR*  
*Aidan Sheridan, SR*  
*Mason Zamboldi, SR*  
*Jay Boogaert, JR*

### **Team of the Year**

*Ridgewood Girls – Large School*  
*(3rd consecutive)*

## **All-State Selections**

### **Second Team**

*Camryn Wennersten, SO – 3200m*

## **All-State Group IV Selections**

### **First Team**

*Camryn Wennersten, SO – 3200m*

## **Athlete of the Week**

*Camryn Wennersten, SO - January 19-25, 2020*

## **Bergen County Relays Athlete of the Meet**

**Lou Molino Award:** *Camryn Wennersten, SO*

# Winter 2019-20 Season Points

## Championship Points

Camryn	Wennersten	140 ½	Jay	Boogaert	30 ½
Sara	VandenAssem	45	Aidan	Sheridan	29
Ellie	Veenhof	45	Luke	Gnospelius	27
Lily	Williams	40 ½	Ryan	McKenna	23 ¾
Lucia	Rabolli	34	Ryan	Seaver	17 ¼
AnnaMarie	Tretola	33 ½	PJ	Sanchez	16
Nicoletta	Venizelos	30 ½	Mason	Zamboldi	14 ½
Sarah	Policano	25	Mick	Barbi	12
Olivia	Shattuck	23	Red	Kossick	11
Emma	Reinke	19	Quinn	McCutcheon	10 ½
Olivia	Grace	16 ½	Cole	Patel	10
Josie	Maasarani	16 ½	Taylor	Barnabic	8
Hannah	Brodsky	9	Sean	Fortunato	7
Maddie	DeVera	8 ½	Lucas	Barrales	6 ¼
Jules	Einemer	8	Kwame	Grant	5 ¼
Ella	Millstein	8	Ethan	McPherson	5
Caroline	McCormack	6 ½	Dan	Weispfenning	5
Emily	Marr	5	Jason	Theisen	4
Eliza	Kessler	4	Arthur	Dunn	4
			Jake	Stadulis	4
			Luca	Richman	2 ½
			Leo	Gregorio	1
			Ryan	Pfund	1



# Which was Program of the Decade in North Jersey?



**Darren Cooper, Greg Tartaglia, Sean Farrell,  
Paul Schwartz and Greg Mattura**  
NorthJersey.com  
USA TODAY NETWORK - NEW JERSEY

These are the programs that everyone else was trying to chase this decade.

They are the winners. They are the measuring stick. They are the best. Just say their name and everyone else knows what you mean.

Five members of the [NorthJersey.com](http://NorthJersey.com) HS sports staff make their selections on which they consider the Program of the Decade.

## Indian Hills softball

It's not easy to be a public school sports program anymore. Non-Public powerhouses often grab your most talented athletes. The youth sports machine has taken away others who would have been thrilled to play for their town, but by the time they're 14 years old, they're done. They want to do anything other than play sports.

So public school coaches have to be creative. They have to turn the negatives into positives. They need to hammer home the lure of playing with your friends, not in front of thousands, but in front of hundreds of fans who have your best interest at heart. They need to play up the history, the alumni, while mixing in just enough demands with fun to keep the kids engaged.

Which is what the Indian Hills softball program does better than anyone. The Braves have provided a template for other public schools to follow.

Joe Leicht is at the heart of the effort. He uses his former players to work and coach with the younger players in town. He has kept detailed records and history on his program, so the girls know they are playing for something more than themselves.

He's hard on them. Ask any Braves softball player what it's like to get the "Joe Leicht Look" of incredulous disappointment after something goes wrong, then ask them how much fun it was to pose for prom pictures with a softball bat while he looks on beaming with pride.

It's not easy, and Leicht works hard at it. That's probably why more public schools aren't able to achieve the same type of success. Indian Hills has played in six Bergen County softball finals, winning two — hey, there are many other Bergen County tournaments (especially on the girls side) that aren't dominated by non-public teams. The Braves won state titles in 2010, 2013 and 2014.

It's not easy to be a public school program anymore, but you can succeed in this environment. Indian Hills proves it.

— Darren Cooper

## Ridgewood football

My pick for Program of the Decade was solidified in the aftermath of the Maroons' hectic, 41-37 victory over Union in last month's North Group 5 regional final.

Senior Jack Wittmaack brought the trophy over to the MetLife Stadium 50-yard line and planted it on the NFL logo, prompting teammates to plant themselves alongside. "This is our house now," he said.

The linebacker recalled running onto the same field earlier in the decade. His Ridgewood sixth-grade squad played a scrimmage at halftime of the 2013 Jets/Giants preseason game, and many of those Junior Jets were senior members of the Maroons' title team.

"It all makes sense now," Wittmaack said with a laugh. "This is where it all started."

That encapsulates the things that make a true program. Success at all levels, from youth on up. Consistency — every Ridgewood team from Pee-Wee to varsity runs the Wing-T system that coach Chuck Johnson has been teaching them throughout their careers. Every Maroon to suit up since the mid-1980s has.

Ridgewood finished the 2010s with five appearances in sectional finals, a trio of North 1, Group 5 titles and its first perfect season (12-0 in 2016) since 1956.

Although Johnson was unable to coach the final seven games due to illness, his plans for the start of the next decade remain the same. Ridgewood's team-building Bench-A-Thon in June. A summer of teaching offensive intricacies at his Wing-T camp.

And then, back to work with the Program of the Decade.

— Greg Tartaglia

## Immaculate Heart swimming

Let's start with this: how many programs were the best team in North Jersey for the entire decade? How many won state and county titles at every step of the way?

That's the claim to fame for Immaculate Heart, which is unrivaled in the water. It's the surest thing in high school sports, since major upsets in swimming are almost statistically impossible.

The Blue Eagles have won all 21 Bergen Meet of Champions titles, often scoring twice as much as the next-best team. They've won more than 90 percent of meets this past decade and will start the new one on the verge of history. Immaculate Heart has a chance to break its own NJSIAA record with a 13th straight state title.

Rivals are quick to point out that the Blue Eagles can draw club stars from all over the region, but their success shouldn't be taken for granted. The faces change every season, but there is never an off day or off year at Immaculate Heart. There is always another swimmer, another younger sister, ready to step up.

As former coach Jason Schlereth once said, "Tradition never graduates".

— Sean Farrell

## Ridgewood boys and girls track and cross-country

This is not a cop-out. But frankly, even with nearly 50 years of experience, I can't separate one of the six programs that make up the Ridgewood boys and girls cross country, indoor and outdoor track teams.

They share head coaches. They have outstanding assistants throughout the years — usually alumni or alumnae, but also "outsiders" like current weight coach Warren Schoepfler.

They have stars — 14 members of the All-Decade cross country and track teams.

But most of all they have championships — an astounding 122 in the last decade in league, county, and state sectional competition, 56 percent of the 220 possible titles. Here's the breakdown:

**CROSS-COUNTRY (48 of 80):** Four boys and seven girls in Bergen County group meets; three boys and seven girls in the Bergen Meet of Champions; 10 boys and six girls in sectionals, five boys and six girls in leagues.

**INDOOR TRACK (30 of 60):** Five boys and three girls in leagues; six boys and five girls in sectionals, six boys and five girls in Bergen Relays.

**OUTDOOR TRACK (44 of 80):** Seven boys and five girls in leagues, seven boys and six girls in Bergen Relays; four boys and four girls in Bergen Groups and eight boys and three girls in state sectionals.

Add in the 2016 and 2019 girls Group 4 indoor state titles, and a combined 10 State Meet of Champions cross country finishes, all of whom led to top 10 finishes and six to state medals, and you've got a spectacular decade. You pick which season is best — I'm not going to do it.

— Paul Schwartz

## Northern Highlands girls soccer

Northern Highlands rose to prominence with a dramatic stretch of dominance unmatched this decade in New Jersey girls' soccer.

Choosing this public school as my Program of the Decade is as easy as 1-2-3.

For starters, the Highlanders' won six state Group 3 championships in the 2010s, the most NJSIAA titles this decade by a girls' soccer team in the Garden State. They also won seven Bergen County crowns.

Their success under coach Tara Madigan from 2011 to 2018 was especially staggering. They compiled a record of 179-4-4, featuring a state-record 65-game winning streak and state-record 88-game unbeaten streak from 2011 to 2014.

During that golden eight-year era, Northern Highlands won its seven Bergen titles and six state crowns. Their eight consecutive sectional titles represent the state record for a public school.

Northern Highlands dominated the [NorthJersey.com](http://NorthJersey.com) All-Decade team. The Highlanders had 13 of the 49 selections, including six on first team: Clare Shea (Class of 2014), Hana Kerner (2015), Morgan Busacca (2016), Casey Richards (2016), Eva Hurm (2017) and Sara Ghorashi (2019).

Along the way, Northern Highlands was recognized as a national powerhouse. The 2018 team won a record-tying fourth consecutive Bergen County title, a Group 3 crown, was 22-1 and finished tied for third in the USA TODAY/United Soccer Coaches Super 25 rankings.

— Greg Mattura

# Preseason

## Team-by-team previews

### Boys

#### Freedom

**Hackensack** has a senior laden team with some holes but can cause some serious problems for opponents. Top athletes are seniors Andres Benitez (D), Isaiah Buster (J), Tony Dutan (D), Joseph Dutan (D), Sincere Knott (J), George Losche (D) and Danny Mai (T), juniors Brandon Balcacer (S) and Remeesh Singh (S) and soph Walter King Jr. (J).

**Northern Highlands** has its best team in years with seniors Colin Arber (LS/MD), Decklon Blache (T), Luke Bussetti (S/J), Geoff Clark (J), Aidan Feeney (S), John Griffith (T), Ethan Harris (J), Lucas Khowaylo (PV), Phillip Meikle (J) and Stevie Ritter and juniors Kenny Morrissey (D) and Liam Conroy (PV).

**NV/Old Tappan** has several all-state contenders in senior shot putter Patrick Passalacqua and junior pole vaulter Shaun Herlihy and several other all-county hopefuls in senior Jin Woo Song (D) and juniors Steven Hatano (D) and JC Baratta (S). If others can step up, the Golden knights can contend.

**Paramus** has an outstanding senior class led by Ryan Fernando (S), Gabe Fernando (S), Dennis Hemans (S), Rylan Marquez (MD), Dan Stipanov (H/S/J), Melvin Macaayan (T), Brian Ribeiro (D), Vincent Sciglitano (T), Matt Ise (MD) and Jordan Tulkis (T).

**Ramapo** isn't very deep but has talent in every event. Top performers are seniors Francesco Ferrara (S), Tommy Cahill (J), Shane Campbell (J) and Patrick Kwasniak (S) and juniors Bobby Hymans (D), Luke Czerepak (S), Jeremy Miller (J) and Jacob Piskadlo (S/J).

**Ridgewood** is perennially a contender for league and sectional titles and with seniors Kwame Grant (S), Aidan Sheridan (D), Taylor Barnabie (D), Mason Zamboldi (D), Jason Theisen (PV), P.J. Sanchez (J), Ryan Seaver (MD), Arthur Dunn (J) and Luke Otterstedt (T) and juniors Ryan McKenna (D) and Jay Boogaert (D) and a host of good young performers they will contend in every major meet this year.

**Teaneck** has a new coach in Reginald James Jr., and he will have seniors Thai Remy (MD) and Ernesto Taveras (D) and sophs Joshua Carter (J/T) and Daye Karibi-White (T) to build the program around.

### Girls

#### Freedom

**Hackensack** has some outstanding talent in seniors Chelsei Campbell (D), Luisa Davila (S), Julia Morrone (S/J), Shanice Murray (S), Mackenzie Scheili (T) and Karen Severino (T) and needs underclassmen to step up to bring the Comets back to contention.

The loss of Boston College-bound Kyla Krawczyk (MD/LS) to a soccer injury will create some problems for **Northern Highlands** but the Highlanders still are contenders with seniors Daisy Liljegren (D), Grace Smiechowski (MD/LS) and Nicole Waletzki (H/J) leading the way. Juniors Michelle Bechtel (PV), Randi Conroy (PV), Olivia Delorenzo (MD), Christina Hughes (J/H), Brynn Madonna (T) and Ella Santoro (H/J) will determine whether Highlands can win any titles.

**NV/Old Tappan** welcomes a new winter coach, spring coach Dave Burns and he has an excellent base to work with, although the Golden Knights lost a lot to graduation. The leaders are seniors Marisa DiGia (PV/J), Nia Watson (S/H), Taylor Thornton (S) and Min Seo (Kayleen) Bae (D). Junior Rebecca Gross (PV) and soph Cara Hilbocki (MD/LS) are great underclassmen and the Knights have a very good sophomore class.

**Paramus** is rebuilding with seniors Alexa Arevalo (H/J) and Regina Valencia (MD) and junior Sunny Yoo (T) the top returnees.

**Ramapo** loses Ivy League newcomers Grace O'Shea (Penn) and Sarah Adams (Dartmouth) to graduation but as usual, the Raiders are contenders. Seniors Sophia Schwartz (S), Lauren Judd (D), Bella Conway (J) and Allie Henke (PV), juniors Sophia Vernieri (S), Cortney Lander (S), Lindsay Arone and Megan Schneider (LS/MD) and sophs Izzie Anzaldo and Bianca Wertheimer (S) make up a very strong nucleus.

**Ridgewood** may have a difficult time repeating as state Group 4 Champs but with an excellent senior class led by Ellie Veenhof (J/PV), Sara VandenAssem (H/J), Nicoletta Venizelos (J/PV/S) and Caroline McCormack (MD), very good juniors in Sarah Policano (D) and Josephine Maasarani (S) and a sensational soph class led by state group 4 1,600 champ Camryn Wennersten (D), Olivia Shattuck (D), Lily Williams (D), AnnaMarie Tretola (D), Lucia Rabolli (S/H) and Olivia Grace (S), the Maroons can win everything else.

**Teaneck** has a new coach in Reginald James and some outstanding talent in senior Gabriella Walls (S), juniors Trinity Tiwari (LS/MD) and Grace McCullough (MD) and potential state champ Kayce Darby (S).



# Athletes to watch, storylines to follow

## Boys

### The team outlook

Eight teams won major titles last year: Bergen Catholic (Bergen Relays Non-Public and Big North United); Fort Lee (Big North American); Hasbrouck Heights (NJIC); Lakeland (Big North Independence); Passaic Tech (Big North Liberty and Passaic County); Ramsey (Bergen Relays Small Schools); Ridgewood (Bergen Relays Large Schools, North 1 Group 4 and Big North Freedom) and River Dell (North 1 Group 2 and Big North Patriot).

All eight teams should be in the mix for various titles this year. Northern Highlands, NV/Demarest, Pascack Hills, West Milford, Fair Lawn, NV/Old Tappan and Bergen Tech are other teams that can contend for the various winter titles.

## Girls

### State medalists galore?

While the absence of Rogers will deprive North Jersey of its best chance to win a State Meet of Champions title this winter, the girls should earn at least a dozen medals for the sixth time in seven years and approach the record of 18 medals set in 2015 and 2016.

The addition of the triple jump will help but there are contenders in every event from North Jersey. Here's a list of the possible medalists with their rankings among returning state athletes. (\* - underclassmen)

55: Mariah Fede, Paramus Catholic (4), Kayce Darby, Teaneck\* (5) and Sanai Bryant, Englewood\* (17).

200: Fede (2), Darby\* (6), Sophia Schwartz, Ramapo (18) and Shanice Murray, Hackensack (20).

400: Grace Smiechowski, Northern Highlands (10); Fede (15) and Nicole Barbaro, Holy Angels (20).

800: Grace McCullough, Teaneck\* (25).

1,600: Camryn Wennersten, Ridgewood\* (2); Andrea Dubbels, Clifton (18); Maggie Mircovich, River Dell\* (20).

3,200: Wennersten\* (3); Daisy Liljegren, Northern Highlands (5); Corinne Barney, Indian Hills (13); Madeline Barney (15); Mia Dubac, Clifton\* (16).

55 HH: Fede (4); Emily Grubb, Ramsey (16).

Shot put: Jada Sewell, NV/Demarest (4); Karina Roze, Glen Rock (8); Julietta Ambartsoumian, NV/Demarest\* (15); Bella Sposato, NV/Demarest\* (16).

High jump: Jenna Rogers, Rutherford (1); Ellie Veenhof, Ridgewood (7); Talia Ferguson, Hasbrouck Heights (15).

Long jump: Julia Morrone, Hackensack (10); Alejandra Bartutis, North Bergen\* (15); Fiona Carter, Paramus Catholic\* (17).

Triple jump: Sara VandenAssem, Ridgewood (4); Ferguson (7); Sophia Dongaris, Tenafly (8); Milica Rodic, Wayne Valley (13); Natalie Ha, Tenafly (14); Olivia DuBois, IHA\* (15); Bartutis\* (16); Alexis Byfield, Hawthorne (18).

Pole vault: Marisa DiGia, NV/Old Tappan (2); Jordan Hecker, NV/Demarest\* (20).

### Can Ridgewood repeat as Group 4 champions?

The Maroons won their second state Group 4 championship in four years last winter as Wennersten won the 1,600 and was third in the 3,200 and joined the now graduated Katherine Muccio (2nd in 55) and Victoria Purritano (4th in the hurdles) for a two-point win with the lowest score since the scoring rules changed in 1992. But that 28 point total might again be the goal for the 2020 Group 4 winning team.

Wennersten is back but to ask her to equal her fantastic performance of last year is asking a lot of the sophomore, in the toughest of all the group meets. But the Maroons might be able to match or better the 16 points in distance races with a combination of Claire Hamlet, Sarah Policano, Olivia Shattuck, AnnaMarie Tretola, Lily Williams, all part of Ridgewood's sensational cross country team joining with Wennersten.

And seniors Sara VandenAssem (hurdles) and Ellie Veenhof (high jump) need to come close to the 12 points scored by Muccio and Purritano for the Maroons to match or better the 28 points that they probably need to try and grab a fifth overall group title, trailing only Columbia (10) and Plainfield (6) for titles in the group.

### Other teams to watch

Ridgewood also won the Big North Freedom, Bergen Relays Large School and North 1 group 4 sectional meets. 2019 Champions included: Clifton: Big North Liberty and Passaic; NV/Demarest: Big North Patriot and North 1 group 2 sectional; Glen Rock: NJIC and North 1, group 1 sectional; IHA: Bergen Relays Non-Public; Paramus Catholic: Big North United; Ramsey: Big North American and Bergen Relays Small Schools; and Wayne Valley: Big North Independence.

Hasbrouck Heights, Holy Angels, Lakeland, Lyndhurst, Kinnelon, Northern Highlands, Passaic Tech; Ramapo and River Dell are other teams that can be contenders this year.

### Top returning performers

1,600: Camryn Wennersten, Ridgewood, 4:59.73.

3,200: Wennersten, 10:44.19.

Triple jump: Sara VandenAssem, Ridgewood, 35-9 1/2.

## **Coach Saint Invitational - 168th Street Armory; Friday, 12/20/19**

### **Pole Vault**

Boys: J. Theisen 11'4, R. Pfund 10'4

Girls: N. Venizelos 8'4



### **Brown Honored, Pascack Hills and Ramapo Excel**

Legendary Ridgewood track and cross-country coach Jacob Brown was honored on Dec. 21 with induction into the Armory Track Coaches Hall of Fame as part of the Energice Armory Hall of Fame Classic.

Brown, who retired as the Maroons' cross-country coach in 2015, became just the second North Jersey coach to be inducted into the Hall, along with former colleague Mike Glynn. His cross-country teams won 152 straight dual meets at one point in his career and Brown coached state champion teams in all three seasons.



## **Spiked Shoe Invitational - 168th Street Armory; Monday, 12/23/19**

### **55m HH**

Frosh Boys: R. Kossick 9.87 / 9.66 - 1st, L. Barrales 10.77 / 10.22 - 4th, N. Cho 10.24 / 10.32 - 5th,  
B. Brady 11.19, L. Barker 11.20, J. Malloy 11.36

Novice Boys: A. MacDonnell 11.68, R. Jha DNS

Varsity Boys: P. Sanchez 8.74, R. McKenna 9.38, S. Halvorsen 10.97

Frosh Girls: E. Reinke 11.10 / 10.77 - 3rd, M. Conenello 12.67

Novice Girls: H. Brodsky 11.20, M. Fahrlender 11.70

Varsity Girls: S. VandenAssem 8.89 / 8.81 - 1st, J. Maasarani 10.33, O. Grace 11.63

### **55m**

Frosh Boys: H. Krause 7.76, R. Hauver 8.93, S. Basu 9.24

Varsity Boys: K. Grant 6.94, E. McPherson 7.08

Frosh Girls: T. Ban 8.83, A. Marra 8.86, N. Elashmawy 9.24, J. Sklyar 9.31, V. Valencia 9.51, L. Hohegger 9.77

Novice Girls: E. Millstein 8.27, L. Ajemian 8.81, L. Montagna 8.85, R. Law 9.23, L. Elashmawy 9.70,  
J. Levy 10.12

### **1600m**

Frosh Boys: T. Kolterman 5:13.31

Frosh Girls: E. Jacqueline 6:03.12 - 4th

Novice Boys: L. Richman 5:15.19, L. Fahey 5:22.89, P. Williams 5:25.63

Novice Girls: L. Vaynshteyn 6:13.45 - 4th

Varsity Boys: J. Boogaert 4:42.01, M. Zamboldi 4:43.09, Q. McCutcheon 4:47.66, T. Barnabic 4:52.09,  
M. Barbi 4:54.64

### **800m**

Frosh Boys: C. Baney 2:39.98, J. Schwenker 2:47.58, T. Ehnenn 2:59.79, B. Barbi 3:15.69

Frosh Girls: M. Lyons 3:07.89, M. Kennedy 3:09.14, C. Birdoff 3:14.84

Novice Boys: S. Halvorsen 2:15.46 - 2nd, A. Oriente 2:16.94 - 5th, B. Rana 2:27.86, S. Hughes 2:44.14

Novice Girls: S. Fitch 2:48.71, S. Wagh 2:53.55, E. Kovac 2:54.41, S. Ghinea 2:56.78, A. Brussel 3:05.77

Varsity Boys: R. Seaver 2:10.97

Varsity Girls: C. McCormack 2:41.08

## 200m

Frosh Boys: R. Kossick **25.96**, L. Barrales **26.3 (unofficial)**, L. Barker **27.33**, R. Hauver **29.27**, H. Krause **29.70**, N. Cho **28.29**, J. Malloy **31.64**, B. Brady **33.83**, S. Basu **34.38**

Frosh Girls: E. Reinke **29.51 - 2nd**, T. Ban **31.20**, A. Marra **31.56**, J. Sklyar **34.54**, N. Elashmawy **34.87**, V. Valencia **36.12**

Novice Boys: R. Jha **27.47**, A. MacDonnell **28.28**

Novice Girls: E. Millstein **29.42 - 5th**, M. Fahlender **30.39**, H. Brodsky **31.09**, L. Montagno **31.41**, L. Ajemian **31.68**, R. Law **33.58**, L. Elashmawy **36.22**, J. Levy **40.61**

Varsity Boys: K. Grant **24.09**, R. McKenna **24.16**, E. McPherson **25.55**

Varsity Girls: O. Grace **27.47**, J. Maasarani **28.05**

## LJ:

Varsity Boys: P. Sanchez **19'6 ½"**

Varsity Girls: S. VandenAssem **16'11 - 1st**, J. Maasarani **14'3**

## TJ:

Varsity Boys: P. Sanchez **F**

## HJ:

Varsity Girls: E. Veenhof **4'10**, S. VandenAssem **4'4**

## PV:

Varsity Girls: M. DeVera **9'0 - 5th**, E. Veenhof **8'0**, M. MacDonnell **NH**

Varsity Boys: J. Theisen **12'6 - 3rd**, L. Gnospelius **11'6 - 5th Place**, P. Scott **11'0**, R. Pfund **NH**

# Indoor Track: VandenAssem, Watson and Bussetti lead holiday invitational meets

North Jersey athletes competed in nearly a dozen meets from Dec. 23 to 29, but most of their success took place in three of them.

## Spike Shoe Invitational, Armory Track Center, Dec. 23

The extended Winter break for many schools led to the first big local meet of the year at the Armory held during the day instead of at night and North Jersey athletes and relays teams combined for nine gold medals.

Ridgewood's Sara VandenAssem had an impressive opening meet, winning both the long jump (16-11) and the 55 hurdles (8.81), and Holy Angels won both the 4-x-200 (1:49.12) and 4-x-400 (4:13.38).

Bergenfield shot putter Dane Watson (53-10 3/4) and Northern Highlands long jumper Luke Bussetti (21-4 1/4) set school records in winning their respective events, while Jaheim McGuire (6-0 high jump) and Amair Buffalo (6.64 55) of Passaic Tech set personal bests in winning performances. Passaic Tech also won the 4-x-400 relay in 3:30.77.

Other top performances included:

Seconds: Nicole Gysin, IHA (5-0 high jump); Isabella Sing, Rutherford (16-6 long jump); Daisy Liljegren, Northern Highlands (5:18.40 1,600); Clifton 4-x-800 girls relay (10:15.04); Allan Hinton Clarke, Bergen Catholic (5-10 high jump); Jaden Ebanks, Bergen Catholic (20-9 3/4 long jump); Josh Lyonsi, River Dell (51-5 3/4 shot put); Westwood boys 4-x-200 (1:35.16) and Dan Van Duren, Mahwah (8.00 55 hurdles).

Thirds: Emma Viggiano, IHA (9-6 pole vault); Talia Ferguson, Hasbrouck Heights (34-9 triple jump); Alyssa Campbell, Bergenfield (36-6 3/4 shot put); Amanda Mircovich, River Dell (2:21.65 800); Grace Smiechowski, Northern Highlands (26.37, 200); Clifton 4-x-400 girls relay (4:18.35); Maegan Feeney, IHA (9.04 55 hurdles); Maris Rodriguez, Holy Angels (7.47 55); Jason Theisen, Ridgewood (12-6 pole vault); New Milford boys 4-x-200 (1:35.71); Fort Lee boys 4-x-400 (3:38.19) and Everett Reilly, River Dell (8.18 55 hurdles).

## **Coach Glynn Holiday Carnival - Ocean Breeze; Saturday, 12/28/19**

### **55m HH**

Frosh Boys: R. Kossick 9.92 / 9.63 - 1st, N. Cho 10.49 / 10.32 - 3rd, L. Barker 11.38

Frosh Girls: E. Reinke 11.07 / 10.78 - 2nd, A. Bajraktari 12.01, A. Williams 12.32

Novice Girls: H. Brodsky 11.31, M. Fahlender 11.37

Varsity Girls: S. VandenAssem 8.81 / 8.85 - 4th, J. Maasarani 10.64, O. Grace 11.25

### **55m**

Frosh Boys: H. Krause 7.88, S. Basu NT

Varsity Boys: K. Grant 6.98, R. McKenna 7.06, E. McPherson 7.12

Frosh Girls: A. Marra 8.80, V. Valencia 9.69, J. Sklyar NT

Novice Girls: E. Millstein 8.24

### **3200m**

Varsity Boys: J. Boogaert 10:00.93, T. Barnabic 10:01.94, M. Zamboldi 10:10.79, Q. McCutcheon 10:18.87, A. Sheridan DNF

### **4x800m**

Novice Boys: T. Kolterman, 2:24.04, M. Rusch 2:28.84, P. Williams, S. Hughes = 10:01.20

Novice Girls: J. Einemer 2:44.94, C. McCormack 2:44.48, L. Vaynshteyn 2:53.56, M. Tilyou 2:55.71 = 11:18.68 - 1st Place

### **600m**

Varsity Boys: R. Seaver 1:27.34 - 6th

### **400m**

Varsity Boys: R. McKenna 52.68 - 3rd, E. McPherson 55.83

Varsity Girls: O. Grace 62.60 - 6th, J. Maasarani 63.98

### **200m**

Novice Boys: A. MacDonnell 28.55

Novice Girls: E. Millstein 29.34, H. Brodsky 31.38, M. Fahlender 40.51

Frosh Boys: R. Kossick 25.63, L. Barker 27.50, N. Cho 27.82, H. Krause 27.98, S. Basu 32.15

Frosh Girls: E. Reinke 30.34, A. Marra 30.96, A. Williams 31.44, V. Valencia 35.84, J. Sklyar 34.47

### **1000m**

Varsity Boys: M. Barbi 2:46.82

### **800m**

Novice Boys: L. Richman 2:17.43, L. Fahey 2:23.12, D. Byrne 2:23.44

Frosh Boys: B. Barbi 2:59.38

Frosh Girls: M. Kennedy 2:55.71 - 4th, C. Birdoff 3:07.86

**LJ:**

Novice Boys: A. MacDonnell **13'1**

Frosh Boys: R. Kossick **16'0 ¼ - 2nd**

Novice Girls: H. Brodsky **12'1 ½**, M. Fahrlander **11'10 ½**

Frosh Girls: E. Reinke **12'8 ½ - 1st**, A. Williams **12'3 ½ - 4th**

**HJ:**

Varsity Boys: A. Dunn **NH**

Novice Boys: L. Barker **5'0 - 6th**

**PV:**

Varsity Girls: M. DeVera **9'6 - 2nd**, N. Venizelos **9'0 - 5th**

Varsity Boys: J. Theisen **11'0**, R. Pfund **10'6**, P. Scott **NH**

Novice Girls: M. MacDonnell **7'6 - 3rd**, M. Conenello **6'0**, L. Hohegger **NH**

Novice Boys: D. Weispfenning **8'6**

**Shot:**

Varsity Boys: L. Gregorio **39'9 ¼**, L. Otterstedt **39'7 ½**

Varsity Girls: E. Marr **29'8**, E. Kessler **26'9**

Novice Boys: M. Olivo **33'7 ¾**, S. Miller **24'10 ¼**, A. Toner **26'1 ¾**

Novice Girls: R. Santhanaraman **22'2**

Frosh Boys: W. Pruitt **29'2 ½ - 4th**, K. Brabant **23'11**, Z. Marchetti **22'4**

Frosh Girls: H. Otterstedt **22'6**

## **Coach Glynn Relay Carnival, Ocean Breeze, Dec. 28**

Other top performances from the meet:

### Girls

Seconds: Brianna Rubio, Clifton (59.67, 400); Clifton 4-x-400 (4:12.97); River Dell 4-x-800 (10:19.76); Lindsay Fiorellini, Passaic Tech (5-0 high jump); Madison DeVera, Ridgewood (9-6 pole vault) and Milica Rodic, Wayne Valley (34-2 1/2 triple jump).

Thirds: Andrea Dubbels, Clifton (3:07.80 1,000, #5 Passaic all-time); Mia Dubac, Clifton (11:39.32 3,200); Dongaris (55 hurdles, 8.76 (8.58 in trials) and 16-5 3/4 long jump) and Clifton 4-x-800 (10:52.85).

### Boys

Seconds: Ray Schmitt, Lakeland (6.73, 55); Alan Okechukwu, Paramus (23.74, 200); Ryan Pena, Hackensack (2:41.95, 1,000); Englewood 4-x-200 (1:34.32); Albert Mahabee, Englewood (42-0 3/4) and Josh Lyonsi, River Dell (53-4, shot put).

Thirds: Ryan McKenna, Ridgewood (52.68 400); Anthony DePalma, Wayne Valley (6-0 high jump) and Mateo Zemser, West Milford (12-6, pole vault).

## **Big North Frosh/Novice Champs. - RCC; Wednesday, 1/2/20**

### **55HH**

Frosh Boys: R. Kossick 9.9 / 9.9 - 1st, N. Cho 9.8 / 10.0 - 2nd, L. Barrales 10.3 / 10.5 - 3rd

Novice Boys: R. Jha **10.7**

Frosh Girls: E. Reinke 10.9 / 11.0 - 3rd

Novice Girls: H. Brodsky **11.0**, M. Fahlender **11.2**

### **55m**

Frosh Girls: A. Marra **8.7 / 8.5**, J. Sklyar **9.0 / 8.8**, L. Seibold **8.8**, N. Elashmawy **9.8**

### **400m**

Frosh Girls: L. Seibold 72.3 - 5th, A. Marra **77.3**, J. Sklyar **82.2**, N. Elashmawy **82.8**

Novice Girls: E. Millstein **68.2**, M. Fahlender **73.6**, H. Brodsky **76.9**, L. Montagna **75.7**

Frosh Boys: R. Hauver **72.0**

Novice Boys: R. Jha **61.3**, A. MacDonnell **64.8**

### **1600m**

Frosh Girls: E. Jacqueline 6:23.4 - 2nd, M. Tilyou 6:38.9 - 4th

Frosh Boys: T. Kolterman 5:14.4 - 2nd

Novice Boys: L. Fahey 5:05.0 - 5th, L. Richman 5:09.3 - 6th, P. Williams **5:09.6**, D. Byrne **5:11.0**, S. Hughes **5:35.9**, L. Stadulis **5:43.1**

### **200m**

Frosh Boys: N. Cho **28.1**

### **800m**

Frosh Girls: M. Kennedy 2:52.8 - 5th, C. Birdoff **3:07.1**, M. Lyons **3:21.0**

Novice Girls: L. Vaynshteyn 2:46.6 - 2nd, S. Fitch **2:52.4**

Frosh Boys: C. Baney **2:31.5**, J. Wang **2:46.0**, T. Ehnenn **2:53.2**, B. Barbi **2:57.7**

Novice Boys: A. Oriente 2:18.7 - 2nd

### **4x400**

Frosh Boys: L. Barrales 57.2, N. Cho 65.5, L. Barker 61.4, R. Kossick 57.8 = 4:01.4 - 1st

Novice Boys: ?, ?, ?, ? = 4:07.2 - 6th

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

Frosh Girls: E. Reinke 14'11 ½ - 1st

Novice Girls: H. Brodsky **13'0**

Frosh Boys: R. Kossick 17'2 ¼ - 2nd, L. Barrales 16'1 - 4th

Novice Boys: R. Jha **F**

## **HJ**

Frosh Boys: L. Barker 4'8 - 1st

Novice Boys: A. MacDonnell 4'6

Frosh Girls: E. Reinke 4'4 - 1st

Novice Girls: L. Vaynshteyn **NH**, L. Williams **NH**

## **PV**

Frosh Girls: L. Hohegger 6'0 - 1st, M. Conenello 5'6 - 2nd

Novice Girls: M. MacDonnell 7'6 - 4th, E. Phelps 6'6

Novice Boys: D. Weispfenning 9'6 - 5th

## **Shot (no finals)**

Frosh Girls: H. Otterstedt 23'3 ¾ - 1st

Novice Girls: E. Marr 28'7 - 2nd, E. Kessler 26'3 ½ - 4th, K. Rahnefeld 18'10, R. Santhanaraman 23'1

Frosh Boys: W. Pruitt 29'8 - 3rd, K. Brabant 24'9 ½, Z. Marchetti 23'6 ½

Novice Boys: C. Patel 41'10 ¼ - 3rd, L. Gregorio 40'10 ½ - 5th, L. Otterstedt 39'7 ½, S. Patllollu 37'2 ½, M. Olivo 33'5, S. Miller 24'11 ½

## **Hispanic Games - 168th Street Armory; Saturday, 1/4/20**

### **Pole Vault**

Boys: L. Gnospelius 12'0, J. Theisen 11'0, R. Pfund 11'0

Girls: E. Veenhof 8'0

## **Millrose Games Trials - 168th Street Armory; Wednesday, 1/8/20**

**1 Mile Invitational: C. Wennersten 5:00.40 - 3rd; At Large Bid to Millrose Games!**

## **Indoor track: Ramapo girls 4-x-400 set to return to Millrose Games**

The Ramapo girls 4-x-400 relay is headed to the 113th Millrose Games on Feb. 8 at the Armory Track Center in New York City.

The quartet of Cortney Lander, Izzy Anzaldo, Sophia Schwartz and Sophia Vernieri ran a 2020 North Jersey best 4:06.42 to take third in the seeded heat and fourth overall at the Millrose Games Trials on Jan. 7, qualifying them for the second straight year. Lander, Schwartz and Vernieri were on the 2019 team that finished sixth in 3:58.20.

Ridgewood's Camryn Wennersten was third in the girls invitational mile in 5:00.40 in her seasonal debut, just missing an automatic bid to the event. But Wennersten, who was 10th in the Millrose Games last year is still in line for one of the at large bids which will be announced on Jan. 28.

Ramapo's 4-x-800 girls team was eighth in qualifying in a North Jersey best 10:01.04, while the Northern Highlands girls 4-x-400 team was 11th in a seasonal best 4:11.63.

## **Ridgewood Winter Games. - RCC; Wednesday, 1/8/20**

### **55HH**

Frosh Girls: E. Reinke 9.9 / 9.9 - 1st, A. Williams 12.6

Novice Girls: E. Veenhof 11.0, H. Brodsky 10.9, M. DeVera 11.1

Frosh Boys: R. Kossick 9.7 / 9.1 - 1st, L. Barker 10.3 / 10.0 - 2nd, N. Cho 10.1 / 10.1 - 3rd, M. Aono 10.7, L. Barreles 11.0, B. Brady 11.4 / 11.3

Novice Boys: J. Theisen 10.8 / 10.4, R. Jha 10.6, P. Scott 10.6, L. Gnospelius 11.1, R. Pfund 11.2

Varsity Boys: S. Halvorsen 9.9 - 4th, J. Stadulis 10.5 - 5th

### **55m**

Frosh Boys: H. Krause 7.6, R. Hauver 8.8, K. Meyer 8.9, S. Basu 9.4

Novice Boys: A. Hartigan 7.6, A. MacDonnell 8.1

Frosh Girls: K. Venizelos 8.6 / 8.6 / 8.3, T. Ban 8.3, A. Marra 8.9 / 8.6, N. Elashmawy 8.8, K. Collum 8.9, C. D'Angelo 8.9, L. Seibold 9.1, J. Sklyar 9.5, V. Valencia 9.6

Novice Girls: E. Millstein 8.0 / 8.1 / DNS, L. Montagna 8.3, L. Ajemian 8.6, E. Lee 8.9 / 8.9, R. Kant 9.1, Z. Pecoraro 9.2, L. Elashmawy 9.9, M. Yim 10.6

### **3200m**

Varsity Boys: L. Fahey 10:47.6

### **600yd**

Frosh Girls: K. Collum 1:48.9, T. Ban 1:51.2

Novice Boys: R. Jha 1:33.8

Varsity Boys: R. Seaver 1:21.2 - 2nd, M. Barbi 1:23.5

### **300yd**

Frosh Boys: L. Barrales 36.4 - 2nd, R. Kossick 37.2 - 5th, L. Barker 38.6, N. Cho 40.7, H. Krause 40.9, B. Brady 42.7,

R. Hauver 44.4, S. Basu 47.6

Frosh Girls: V. Valencia 54.4, L. Seibold 46.0, K. Venizelos 46.0, A. Marra 46.4, J. Sklyar 47.4, N. Elashmawy 50.6

Novice Boys: A. Hartigan 38.8

Novice Girls: E. Millstein 42.6 - 2nd, J. Dobson 44.3, L. Montagna 46.3, H. Brodsky 46.6, L. Ajemian 46.6, E. Lee 47.9, Z. Pecoraro 49.6, L. Elashmawy 51.7

### **1000yd**

Varsity Girls: J. Einemer 3:10.4 - 4th, L. Vaynshteyn 3:12.3, C. McCormack 3:13.1

### **1600m**

Frosh Boys: T. Kolterman 5:10.6 - 3rd, C. Baney 5:36.6, J. Wang 5:45.8, J. Schwenker 6:09.4, T. Ehnenn 6:30.2

Frosh Girls: E. Jacqueline 5:58.4 - 2nd, M. Tilyou 6:30.2, M. Kennedy 6:31.2

Novice Boys: D. Byrne 5:06.4 - 3rd, L. Richman 5:13.6 - 5th, A. Oriente 5:19.4, P. Williams 5:20.6, B. Rana 5:25.0, S. Hughes 5:28.6, L. Stadulis 5:41.6, D. Jorgensen 6:04.3, J. Nuzzolo 6:06.4, K. Patel 6:47.3

## **4x400**

Frosh Boys: A) R. Kossick 58.8, T. Kolterman 61.4, L. Barker 59.7, L. Barrales 56.6 = 3:55.8 - 1st

B) M. Aono 63.6, N. Cho 63.8, H. Krause 68.6, R. Hauver 70.7 = 4:26.7 - 5th

Novice Boys: L. Stadulis 67.7, P. Williams 64.6, J. Nuzzolo 69.5, D. Byrne 62.9 = 4:24.7

Novice Girls: E. Millstein 70.1, E. Reinke 70.3, C. McCormack 70.6, J. Einemer 69.8 = 4:40.4 - 1st

Varsity Boys: M. Barbi 56.8, L. Richman 58.8, S. Halvorsen 57.8, R. Seaver 54.4 = 3:47.7 - 3rd

**LJ** (3 jumps, no finals)

Varsity Boys: J. Stadulis 16'4

Frosh Boys: R. Kossick 17'9 - 1st, L. Barrales 16'1 - 5th

**TJ** (3 jumps, no finals)

Varsity Boys: J. Stadulis 36'1

Frosh Boys: N. Cho 33'6 ½ - 3rd

Frosh Girls: E. Reinke 27'10 ½ - 4th, A. Williams 26'10

## **HJ**

Frosh Girls: E. Reinke 4'3 - 1st,

A. Williams 4'0 - 2nd

Novice Girls: L. Vaynshteyn NH

Frosh Boys: M. Aono 4'6 - 2nd,

L. Barker 4'6 - 3rd, K. Meyer NH

Novice Boys: R. Pfund NH,

A. MacDonnell NH

## **PV**

Frosh Boys: K. Meyer 9'0 - 1st,

M. Aono 8'0 - 2nd

Varsity Boys: D. Weispfenning 9'0 - 5th (tie)

Varsity Girls: M. MacDonnell 7'0

## **Shot**

Frosh Girls: H. Otterstedt 21'7 ½ - 2nd

Novice Girls: K. Rahnefeld 19'9,

R. Santhanaraman 24'3

Varsity Girls: E. Marr 28'5 ¼, E. Kessler 27'3 ½

Frosh Boys: W. Pruitt 29'2 - 4th, K. Brabant 23'7,  
Z. Marchetti 23'6

Novice Boys: S. Patllollu 35'3, M. Olivo 30'9 ¼,  
A. Toner 25'2 ¼

Varsity Boys: L. Gregorio 39'3, C. Patel 38'2 ¼,  
L. Otterstedt 38'0

## **Big North meets on tap**

The Big North will hold its annual league championship meets on Jan. 13 and 15, both at Ocean Breeze on Staten Island.

Monday sees the American, Independence and Patriot meets with the Freedom, Liberty and United to follow Thursday.

Defending team and individual champions by division:

American Boys: Fort Lee and Marcus Cheema, Westwood (800).

American Girls: Ramsey and Kayla Jarski, Westwood (800/1,600), Sylvia Najarian, Pascack Hills (3,200) and Emily Grubb, Ramsey (55 hurdles).

Independence Boys: Lakeland and Carlos Cuevas (400) and Jesse Campoverde (3,200), Lakeland; Anthony DePalma, Wayne Valley (high jump) and Mateo Zemser, West Milford (pole vault).

Independence Girls: Wayne Valley and Caitlin Fahy, Lakeland (3,200) and Kristina Martir, Passaic Valley (shot put).

Patriot Boys: River Dell and Theo Davis, NV/Demarest (800); Vanton Evans, Englewood (long jump) and Elan Krakow, Tenafly (pole vault).

Patriot Girls: NV/Demarest and Amanda Mircovich, River Dell (800); Maggie Mircovich, River Dell (1,600); Corinne Barney, Indian Hills (3,200); Jada Sewell, NV/Demarest (shot); Sachi Williams, Tenafly (high jump) and Sophia Dongaris, Tenafly (triple jump).

Freedom Boys: Ridgewood and Luke Busseti, Northern Highlands (55/200); Patrick Passalacqua, NV/Old Tappan (shot); Jeremy Miller, Ramapo (high jump) and Tommy Cahill, Ramapo, (long jump/triple jump).

Freedom Girls: Ridgewood and Kayce Darby, Teaneck (55/200); Grace Smiechowski, Northern Highlands (400); Daisy Liljegren, Northern Highlands (1,600/3,200); Brynn Madonna, Northern Highlands (shot) and Marisa DiGia, NV/Old Tappan (triple jump/pole vault).



## **Big North Champs. - Ocean Breeze; Wednesday, 1/15/20**

### **55 HH**

Boys: P. Sanchez 8.91 / 8.74 - 3rd Place, R. Kossick 8.89 / 8.92 - 4th Place, L. Gnospelius 9.78

Girls: S. VandenAssem 9.00 / 8.84 - 1st Place, E. Reinke 10.14, N. Venizelos 11.00

### **55m**

Girls: J. Maasarani 7.73 / 7.77 - 6th Place, E. Millstein 7.82 / 7.94, K. Venizelos 8.40

Boys: K. Grant 6.87 / 6.87 - 5th Place, E. McPherson 7.11, L. Barrales 7.52

### **3200m**

Girls: C. Wennersten 11:22.66 - 1st Place, O. Shattuck 11:37.51 - 2nd Place, L. Vaynshteyn 12:53.00

Boys: A. Sheridan 9:57.16 - 1st Place, T. Barnabic 10:07.97 - 4th Place, L. Fahey 10:16.00

### **4x800m**

Girls: L. Williams 2:29.93, A. Tretola 2:31.33, J. Einemer 2:33.83, S. Policano 2:34.22 = 10:09.29 - 1st Place

Boys: M. Zamboldi 2:07.95, L. Richman 2:13.06, Q. McCutcheon 2:07.58, J. Boogaert 2:04.96 = 8:33.53 - 1st Place

### **400m**

Girls: O. Grace 61.63 - 5th Place, J. Dobson 67.94, K. Venizelos 73.15

Boys: R. McKenna 52.19 - 2nd Place, E. McPherson 54.76, L. Barrales 55.95

### **800m**

Girls: C. Wennersten 2:20.39 - 1st Place, L. Rabolli 2:30.45 - 5th Place, C. McCormack 2:31.67 - 6th Place

Boys: R. Seaver 2:05.80 - 2nd Place, M. Barbi 2:08.93 - 4th Place, A. Oriente 2:15.75

### **200m**

Girls: J. Maasarani 27.50 - 6th Place, E. Millstein 28.38, M. Fahlender 29.27

Boys: K. Grant 23.88 - 5th Place, R. Kossick 25.48, R. Jha 26.06

### **1600m**

Girls: S. Policano 5:31.58 - 1st Place, L. Williams 5:31.97 - 2nd Place, A. Tretola 5:32.00 - 3rd Place

Boys: A. Sheridan 4:38.12 - 1st Place, J. Boogaert 4:40.32 - 3rd Place, M. Zamboldi 4:43.50 - 4th Place

### **4x400m**

Girls: L. Rabolli 63.54, J. Einemer 68.56, E. Millstein 64.72, C. McCormack 66.74 = 4:23.55 - 5th Place

Boys: R. Seaver 52.79, M. Barbi 54.76, E. McPherson 54.70, R. McKenna 52.52 = 3:34.75 - 2nd Place

### **TJ**

Girls: S. VandenAssem 35'2 - 1st Place, H. Brodsky 30'3 ½, E. Reinke 29'1 ½

Boys: P. Sanchez 41'6 - 3rd Place, J. Stadulis 37'3

**LJ**

Boys: P. Sanchez **18'0 ¾**, R. Kossick **17'6 ¾**, J. Stadulis **17'1 ¾**

Girls: S. VandenAssem **16'3 ¼ - 2nd Place**, E. Reinke **14'0 ¼**, J. Maasarani **13'0 ½**

**HJ**

Girls: E. Veenhof **5'0 - 1st Place**, A. Williams **4'2**

Boys: A. Dunn **5'8 - 4th Place**, P. Sanchez **5'0**, L. Barker **5'0**

**PV**

Girls: N. Venizelos **9'6 - 3rd Place**, E. Veenhof **9'0 - 4th Place**, M. DeVera **8'6 - 5th Place**

Boys: J. Theisen **11'6 - 4th Place**, L. Gnospelius **11'6 - 5th Place**, R. Pfund **10'0 - 6th Place**

**Shot**

Boys: L. Gregorio **45'3 - 6th Place**, L. Otterstedt **42'3**, S. Patllollu **34'7**

Girls: E. Marr **30'5 ¼ - 6th Place**, E. Kessler **29'9**, H. Otterstedt **23'2**

Scores					
Girls			Boys		
<b>1</b>	<b>Ridgewood</b>	<b>124</b>	<b>1</b>	<b>Ridgewood</b>	<b>104</b>
2	Northern Highlands	106.5	2	Old Tappan	98
3	Ramapo	89	3	Northern Highlands	76
4	Hackensack	52	4	Hackensack	55
5	Teaneck	38	5	Ramapo	44
6	Old Tappan	20.5	5	Paramus	44
7	Paramus	0	7	Teaneck	11

# Indoor Track: Ridgewood tested in Big North Freedom double

Ridgewood extended its Big North Freedom indoor track championships streaks to four boys meets in a row and three straight girls titles Wednesday. But it wasn't easy.

The boys held off NV/Old Tappan, 104-98, helped by a distance double by senior Aidan Sheridan and a clutch third-place finish by P.J. Sanchez in the triple jump. The girls fell behind early but used a bravura performance by hurdler/jumper Sara VandenAssem and the usual top notch distance domination to hold strong efforts from Northern Highlands and Ramapo, 124-106 1/2-89 at Ocean Breeze in Staten Island.

"Those two wins by Aidan were huge," said Ridgewood head coach Patrick Ryan. "At the end of cross-country he was struggling and he got his ferritin (iron) levels tested the day the girls ran at the State Meet of Champions (Nov. 23). They were very low and he ended up needing an infusion and still takes iron supplements. He's been training very well and I knew the league meet races are usually tactical. So we let him run."

Not only did Sheridan, an all-North Jersey selection in cross-country beat fellow all-North Jersey selection Steven Hatano of NV/Old Tappan in the 1,600 and 3,200 races Wednesday, he ran indoor personal bests of 4:38.12 and 9:57.16 in the process.

Sanchez finished a solid third in the 55 hurdles, but had a rough night in the long jump and had trouble getting on the take-off board in the triple jump. But his good jump was an indoor PR of 41-6 and was enough to give him six points for third and clinch the win. Ridgewood's other win came in the 4-x-800.

Pat Passalacqua of NV/Old Tappan continued his hot throwing by winning the shot with a toss of 56-6.

As expected, the Ridgewood girls scored 55 of a possible 72 points in the 800, 1,600 and 3,200 with Camryn Wennersten winning the 800 (North Jersey No.1, 2:20.39) and joining with Olivia Shattuck in a 1-2 3,200 finish. The Maroons also went 1-2-3 in the 1,600 led by Sarah Policano and won the 4-x-800.

But VandenAssem's great day ultimately gave the Maroons a win.

"She's been on all year," said Ryan, after VandenAssem won the hurdles, took second in the long jump and won the triple jump. "She's always had issues with her quads so this was the first time we let her triple jump all season. And she came through like the champion she is."

Ellie Veenhof (high jump) was the only other Ridgewood winner.

Northern Highlands' Grace Smiechowski and Sophia Schwartz of Ramapo also enjoyed outstanding nights. Schwartz anchored the Green Raiders' 4-x-400 win, took third in the 55 and 400 and second in the 200 while Smiechowski won the 200 and was second in the 400, 55 and 55 hurdles.

## **New Balance Games - 168th Street Armory; Saturday, 1/18/20**

### **Pole Vault**

Boys: J. Theisen 12'6 - 2nd Place, L. Gnospelius 12'0

## **County Relays - Armory; Wednesday, 1/22/20**

### **Shuttle Hurdles**

Boys: R. Kossick 8.4, R. McKenna 8.1, J. Stadulis 8.5, P. Sanchez 8.1 = 33.38 - 2nd Place

Girls: E. Reinke 9.5, E. Veenhof 9.0, S. VandenAssem 8.3, H. Brodsky 8.8 = 35.95 - 3rd Place

### **4x1600m**

Boys: S. Fortunato 4:40.42, T. Barnabic 4:45.75, A. Sheridan 4:37.71, J. Boogaert 4:38.09 = 18:41.96 - 2nd

### **Place**

Girls: L. Williams 5:22.36, S. Policano 5:38.67, O. Shattuck 5:40.47, C. Wennersten 5:23.03 = 22:04.51 - 1st

### **Place**

### **4x200m**

Boys: R. McKenna 23.8, R. Seaver 24.1, K. Grant 24.37, E. McPherson 24.76 = 1:37.19

Girls: O. Grace 27.3, J. Maasarani 27.7, E. Millstein 28.24, N. Venizelos 27.48 = 1:50.54 - 3rd Place

### **4x800m**

Boys: Q. McCutcheon 2:08.74, S. Fortunato 2:09.56, M. Barbi 2:06.80, M. Zamboldi 2:04.31 = 8:29.40 - 3rd

### **Place**

Girls: L. Williams 2:28.71, A. Tretola 2:28.07, L. Rabolli 2:28.12, S. Policano 2:29.52 = 9:45.39 - 1st Place

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

Boys: R. Seaver 52.63, R. McKenna 23.29, E. McPherson 24.52, J. Boogaert 2:02.06 = 3:42.49 - 3rd Place

Girls: O. Grace 62.72, J. Maasarani 26.90, E. Millstein 27.02, C. Wennersten 2:13.27 = 4:09.89 - 1st Place;

**New School Record!! #5 All-Time in county history!!**

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

Boys: Q. McCutcheon 3:26.31, L. Barrales 52.65, M. Zamboldi 2:07.96, A. Sheridan 4:39.32 = 11:06.23 - 1st

### **Place**

Girls: A. Tretola 3:54.06, C. McCormack 65.06, J. Einemer 2:29.99, O. Shattuck 5:26.93 = 12:56.02 - 1st Place

### **4x400m**

Boys: R. Seaver 53.40, M. Barbi 55.03, R. Kossick 55.20, R. McKenna 52.50 = 3:36.12 - 3rd Place

Girls: O. Grace 61.40, L. Rabolli 63.05, J. Maasarani 61.76, C. Wennersten 59.69 = 4:05.89 - 2nd Place

### **LJ**

Boys: P. Sanchez 18'9  $\frac{3}{4}$ , R. Kossick 17'0  $\frac{1}{2}$  = 35'10  $\frac{1}{4}$

Girls: S. VandenAssem 16'6  $\frac{1}{2}$ , E. Reinke 14'0  $\frac{3}{4}$  = 30'7  $\frac{1}{4}$  - 2nd Place

### **TJ**

Boys: P. Sanchez 40'10, J. Stadulis 35'2  $\frac{1}{4}$  = 76'0  $\frac{1}{4}$

Girls: S. VandenAssem 34'11  $\frac{1}{2}$ , H. Brodsky 29'11  $\frac{1}{2}$  = 64'11 - 3rd Place

### **HJ**

Boys: A. Dunn 5'6, P. Sanchez 5'0 = 10'6

Girls: E. Veenhof 5'0, E. Reinke 4'4 = 9'4 - 2nd Place

## PV

Boys: J. Theisen **11'6**, L. Gnospelius **NH**

Girls: N. Venizelos 9'6, M. DeVera 7'6 = **17'0 - 4th Place**

## Shot

Boys: C. Patel **43'0**, L. Gregorio **F**

Girls: E. Marr 30'1, E. Kessler 29'6 ½ = **59'7 ½ - 4th Place**

Scores					
Girls			Boys		
1	Ridgewood	90	1	River Dell	60 ½
2	Northern Highlands	64 ½	2	Hackensack	46
3	Tenaflly	56	3	<b>Ridgewood</b>	<b>44</b>
4	Ramapo	45	4	Old Tappan	41
5	Bergen Tech	23	4	Northern Highlands	41
6	River Dell	18 ½	6	Bergen Tech	32
13	Pascack Valley	2	15	Indian Hills	2



***Sprint Medley (400, 200, 200, 800) – 4:09.89, School Record!***

*Olivia Grace, SO – 62.72*

*Josie Maasarani, JR – 26.90*

*Ella Millstein, SO – 27.02*

*Carmyn Wennersten, SO – 2:13.27*

# Indoor track: Fort Lee boys, Ramsey girls win Bergen County Relay titles

NEW YORK — A mix of old and new makes for a winning combination.

That was the theme Wednesday at the Bergen County Relay Championships as Ridgewood, Ramsey and Immaculate Heart Academy repeated as girls team champions, while River Dell, Fort Lee and Paramus Catholic captured boys crowns at the Armory Track and Field Center. IHA had to share its title with Holy Angels after a recheck of the team scoring Thursday.

## Ridgewood three-peats

The Ridgewood girls scored 90 points to win a third consecutive team title.

As expected, the distance teams stepped up as the Maroons claimed the distance medley, 4-x-800 and 4-x-1600. They also added a sprint medley title to the mix.

Senior Sara VandenAssem led Ridgewood to a second in the long jump and third in the triple jump.

## Three-way tie

Seniors Jenna Rogers of Rutherford and Maris Rodriguez of Holy Angels and sophomore Camryn Wennersten of Ridgewood received the Lou Molino Award for outstanding girls performer.

Rogers, a Nebraska signee, tied the state's best high jump of the year with a leap of 5-8 and was second in the shot put. She also helped her team to a second-place finish in the 4-x-55 hurdles from the leadoff spot and helped the Bulldogs win the long jump.

Rodriguez ran anchor legs on Holy Angels winning 4-x-200 and 4-x-400 relay teams and was the second leg on the winning sprint medley team.

Wennersten ran anchor on both of Ridgewood's 4-x-1600 and sprint medley winning teams and second place 4-x-400 team.



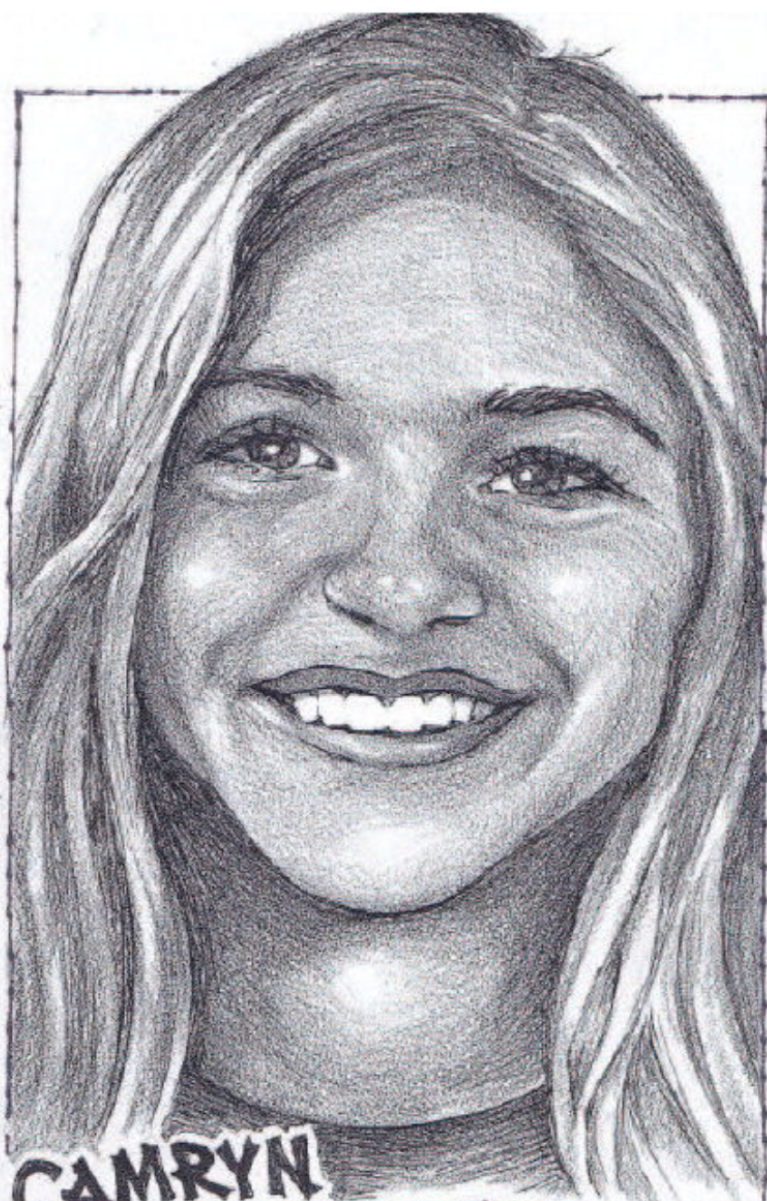




## Athletes of the Week

■ Elijah Lugo and Camryn Wennersten  
earn latest high school recognition. [65](#)

### FEMALE ATHLETE OF THE WEEK



**CAMRYN  
WENNERSTEN  
OF RIDGEWOOD**

CHARLIE McGUIRE 1-29-20

**Sport:** Indoor track and field

**Class:** Sophomore

**Age:** 15

**Accomplishment:** At the Bergen County Relays, Wennersten helped Ridgewood capture the team title and was named the outstanding athlete of the meet. She anchored two winning relays (the 4-x-1,600 in a 5:23.03 split and the sprint medley relay in a 2:13.27 split, ranked No. 8 in the nation this year, on the 800-meter leg). The SMR clocked a school-record 4:09.89, which is ranked No. 5 all-time in Bergen County and No. 4 in the nation this year. She also anchored the 4-x-400 to second place in a 59.69 anchor leg. "She is a very special and talented athlete. Coming into his high school, she has known what her big goals are, and works everyday trying to achieve those goals."

— Coach Pat Ryan

**Also nominated:** Maris Rodriguez of Holy Angels for indoor track and field.

## **Lou Molino Invitational - FDU; Friday 1/24/20**

### **55 HH**

Varsity Boys: S. Halvorsen **9.5**, E. Walsh **10.1**

Novice Boys: R. Jha **10.7**

Frosh Boys: N. Cho **9.8** / **9.5** / **9.8** - **3rd**, M. Aono **10.0** / **10.2** / **9.9** - **5th**, L. Barker **9.5** / **12.7**, B. Brady **11.2**

### **55m**

Novice Boys: A. MacDonnell **7.0**, P. Samoylov **7.2**

Frosh Boys: S. Basu **7.9**

Frosh Girls: K. Venizelos **7.4**, A. Williams **7.9**, Valencia **8.1**, J. Sklyar **7.8**, C. D'Angelo **7.4**, L. Seibold **7.9**, K. Collum **7.5**, A. Bajraktari **8.0**

### **4x800m**

Varsity Girls: M. Tilyou **2:48.6**, M. Kennedy **2:56.4**, C. Birdoff **3:13.9**, L. Vaynshteyn **2:50.1** = **11:49.1** - **4th**

### **800m**

Novice Boys: D. Byrne **2:21.2**, R. Jha **2:23.8**, B. Rana **2:31.1**, J. Nuzzolo **2:36.9**, L. Stadulis **2:39.3**, S. Hughes **2:39.6**, M. Goldzweig **2:51.2**, K. Patel **2:58.9**

Frosh Boys: T. Ehnenn **2:51.3**, K. Park \_\_\_\_\_

### **300m**

Varsity Boys: E. Walsh **42.9**

Novice Boys: A. MacDonnell **43.9**, P. Samoylov **44.9**

Frosh Boys: M. Aono **41.5** - **3rd**, L. Barker **43.2**, N. Cho **43.4**, K. Meyer **43.7**, S. Basu **54.1**

Frosh Girls: K. Collum **49.9**, A. Williams **51.6**, L. Seibold **52.0**, A. Bajraktari **52.1**, K. Venizelos **52.8**, C. D'Angelo **52.9**, Valencia **59.1**

### **1600m**

Varsity Boys: L. Fahey **5:06.9**, L. Richman **5:08.4**, P. Williams **5:26.9**, M. Salerno **5:25.1**

### **800m**

Varsity Boys: A. Oriente **2:21.0**, S. Halvorsen **2:23.4** (fall)

## **Metropolitan Invitational - 168th Street Armory; Wednesday, 1/29/20**

### **Pole Vault**

Boys: J. Theisen **13'0** - **6th Place**, L. Gnospelius **12'0**, R. Pfund **11'0**

Girls: N. Venizelos **9'0**, M. DeVera **8'6**



## Varsity Classic - Armory; Monday, 2/3/20

### 55 HH

Boys: R. Kossick **8.73**

Girls: S. VandenAssem **8.75 / 8.74**, E. Reinke **9.82**, H. Brodsky **9.99**

### 55m

Boys: R. McKenna **7.01**

Girls: E. Millstein **7.79**

### Distance Medley

Girls: S. Policano **3:48.02**, O. Grace **65.76** (fall), L. Williams **2:23.88**, C. Wennersten **4:52.45** = **12:10.09** - **2nd Place - US #6**

### 800m

Boys: M. Barbi **2:06.44**, S. Halvorsen **2:15.82**

### 400m

Boys: R. McKenna **52.61**, L. Barrales **54.47**

Girls: E. Millstein **63.82**

### 4x800m

Boys: R. Seaver **2:01.84**, A. Sheridan **2:01.19**, M. Zamboldi **2:03.82**, J. Boogaert **2:00.39** = **8:07.22** - **2nd Place - NJ #4**

Girls: A. Tretola **2:26.53**, L. Rabolli **2:28.15**, O. Shattuck **2:32.36**, C. McCormack **2:30.33** = **9:57.36**

### 200m

Boys: R. Kossick **24.88**

Girls: O. Grace **27.06**

### 1600m

Boys: Q. McCutcheon **4:39.02**, S. Fortunato **4:44.42**, T. Barnabic **4:53.73**

### LJ

Girls: S. VandenAssem **16'0**, E. Reinke **14'7 ¾**

Boys: R. Kossick **17'9**, R. Jha **F**

### TJ

Boys: J. Stadulis **34'9 ½**

Girls: E. Reinke **29'11 ½**, H. Brodsky **29'7**

### HJ

Girls: E. Veenhof **4'10**

### PV

Boys: J. Theisen **12'6**, L. Gnospelius **12'6**

Girls: N. Venizelos **10'0**

### Shot

Girls: E. Marr **30'5 ½**, E. Kessler **NM**

Boys: C. Patel **43'3 ½**, L. Gregorio **42'9 ¼**, L. Otterstedt **F/NM**

# Sports



## Chasing future goals

■ North Jersey athletes get few wins, but many achievements at meets. **6S**

**MileSplit NJ**

RESULTS RANKINGS CALENDAR TEAMS COVERAGE TRAINING REGISTRATION MORE

## CBA, Ridge, Ridgewood, Haddonfield Rock Varsity Classic



The Varsity Classic  
Jim Lambert  
Feb 5, 2020



Courtesy of CBA Track and Field

With Christian Brothers Academy leading the charge, NJ's best DMR teams burned up the track at the Varsity Classic on Monday night at the New Balance Track and Field Center in New York.

In the boys DMR, CBA and Ridge hooked up a great duel up front, and [Liam Murphy](#) of Allentown lit up the oval as he made a huge surge from the back as he put together a blazing anchor carry.

Ridge anchor [Jackson Barna](#) had a couple steps on [University of Colorado-bound Shaw Powell](#) of CBA when they touched off, but Powell dropped a 4:17.54 to overtake Barna and bring CBA across first in 10:17.63!!! Barna split 4:20.46 to bring Ridge across second in 10:19.39!! Those times are US#1 and US#2!!!

CBA's 10:17.63 is No.11 in school history, and Ridge's 10:19.39 smashed its school record by 16 seconds.

And how about the Villanova-bound Murphy!!! The All-American from Allentown hammered out a 4:11.66 to bring his team from way back to third in 10:26.79. Allentown ran a US#6 10:25.68 at the state Group 3 Relays last month, but its 1,200 leg from that race ([Nate Somers](#)) ran the 3,200 instead on Monday.

The girls DMR was also a hot one as Ridgewood battled it out with North Rockland of NY.

Ridgewood held a slight lead after three legs before the great [Katelyn Tuohy](#) blasted a 4:47.04 to rally North Rockland to victory in a US #4 12:06.06. Ridgewood sophomore [Camryn Wennersten](#) had a sensational anchor leg of 4:52.45 to bring Ridgewood across second in a NJ#2/US#6 12:10.09.

### INDOOR TRACK AND FIELD

## Track stars chasing future goals at the Varsity Classic

Paul Schwartz  
NorthJersey.com  
USA TODAY NETWORK - NEW JERSEY

Monday night's Varsity Classic at the Armory and Morris Coaches Invitational at Ocean Breeze are meets designed for several things.

They're about getting qualifying times for state sectional meets that start the weekend of Feb. 14. They're about getting qualifying times for future meets like the Eastern States on Feb. 18, the Indoor Nationals in mid March and even for spring events like the Penn Relays Apr. 23-25.

And North Jersey athletes got the chance to do all that and face high-quality competition at the same time.

Just three North Jersey athletes won events at the two meets, River Dell long jumper Justin Rhee and Indian Hills 3,200-meter runner Allison Lounsbury at the Varsity Classic and Ramapo high jumper Tommy Cahill at the Morris Invitational. But many other North Jersey stars checked off several of the aforementioned boxes by their performances at the meets, which included nearly 150 teams from three states.

In fact some of the best performances of the night were in non-winning efforts.

### Ridgewood girls, Passalacqua shine

The Ridgewood girls distance medley team of Sarah Polcano, Olivia Grace, Lily Williams and Camryn Wennersten finished second to North Rockland and their transcendent anchor Katelyn Tuohy at the Varsity Classic, but the quartet still managed to put on quite a show.

Wennersten split a personal best of 4:52.45 on her 1,600 meter leg but couldn't catch Tuohy, who ran a 4:47.05 split, fastest time in the country this winter. But with Polcano (3:48.02 1,200) and Lily Williams (2:23.88 800) running career best splits, the Maroons managed to run 12:10.09 for second, No. 3 all time in Bergen County and No. 6 in the U.S. this year.

"And that's with (400 runner) Olivia Grace running a 65 split after getting cut off and ending up on the ground," said Ridgewood coach Patrick Ryan. "She was on her way to breaking 60 and we might have been able to win the race."

Nonetheless, the performance assures that Ridgewood will be in the distance medley at Penn and at Indoor Nationals if they choose to run it.

The same holds true for NV/Old Tappan's Pat Passalacqua, who set a personal best for the third time all year, throwing 59-1 for second in the shot, 9 1/2 inches behind Winslow Township's John Purvis, the state leader, who took the event.

Passalacqua did not improve either his state or all-time Bergen County position with the throw, which was 8 1/2 inches than his winning effort at the Chiswell Classic last week. But the Columbia-bound senior did move into the top 15 in the nation and solidified his position in the Penn Relays in April.

### Trio continue breakthrough years

Rhee set an indoor school record and took over the North Jersey lead in the long jump with a leap of 21-7 to hold off Cameron Fisher of Southern Lehigh (PA) and

Englewood soph Vanton Evans, who jumped 21-6 and 21-5, respectively.

Lounsbury, a sophomore who has been a spectacular cross-country runner in her first two seasons, easily won the 3,200 at the Armory with a big indoor personal best of 11:17.08.

Cahill, who has committed to Bucknell, became the first Bergen County high jumper to clear 6-5 this year at the Morris County Invitational. Cahill was third after missing once at six feet and twice at 6-2. But he made 6-4 on his first event, clinching the win after his opponents missed at the same height and then made 6-5, a personal best, on his third try.

### Other top Varsity Classic performances

Maris Rodriguez of Holy Angels, who shared the Lou Molino Award at the Bergen County Relays was second in the 200 in a personal best 25.61 seconds, and was sixth in 7.44 seconds. Her time is likely to qualify her for the showcase 200 meter race at the State Meet of Champions at Ocean Breeze on March 8. Teammate Jalen Wynn PR'd at 26.02 for sixth and might also make the SMOC at that distance.

Daisy Liljegren of Northern Highlands continued her recovery from illness, running 11:29.23 for fifth in the 3,200, her best race in two months, while IHA sophomore Madelyn Novelli followed up her NJCTC 1,600 win on Sunday with a sixth in the 3,200 and her second PR in two days, 11:36.00.

Clifton's distance medley of Andrea Dubbels, Brianna Rubio, May Yuasa and Mia Dubac set a Passaic County record of 12:32.19 for sixth place in a loaded field.

Tenafly's Sophia Dangaris scored in three events for the Tigers, running 8.67 for sixth in the 55 hurdles, a North Jersey leading 17-4 to lose the long jump by 1/2-inch and 36-1 for fourth in the triple jump.

Other girls medalists included Corinne Barney, Indian Hills (6th, 1,600, 5:25.20); Sachi Williams, Tenafly (3rd, high jump, 5-0); Norina Khanzada, Tenafly (4th, high jump, 5-0); Marisa DiGila, NV/Old Tappan (2nd, pole vault, 11-6); Julia Tucci, NV/Demarest (5th, pole vault, 10-6(PR)); Madison Libby, IHA (3rd, long jump, 17-0); Katie Kakascik, Clifton (6th, long jump, 16-9); Jada Sewell, NV/Demarest (2nd, shot, 40-33/4) and Bella Sposato, NV/Demarest (6th, shot, 36-0).

Boys medalists: Colin Arber, Northern Highlands (4th, 400, 51.20); Nick Ortiz, Passaic (5th, 800, 1:58.14); Marcus Cheema, Westwood (6th, 800, 1:58.93); Dan Sypanov, Paramus (6th, HH, 8.01 (7.96 in trials); Ridgewood 4-x-800 relay (2nd, 8:07.22); Jack Ussher, NV/Demarest (3rd, high jump, 5-10); Shaun Herlihy, NV/Old Tappan (tie 2nd, pole vault, 13-6); Connor Munson, Westwood (6th, pole vault, 13-0); Sincere Knott, Hackensack (5th, triple jump, 42-8) and VeRon Garrison, Englewood (3rd, shot, 55-3).

Medalists from Morris County Invitational: Dan Van Duren, Mahwah (2nd, high hurdles, 7.88); Wouter Schuit, Park Ridge (4th, 800, 2:00.41); Park Ridge 4-x-200 boys relay (5th, 1:35.37); Ramapo 4-x-200 relay (6th, 1:35.72); Jeremy Miller, Ramapo (4th, high jump, 6-0).

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## INDOOR TRACK AND FIELD

# Millrose Games draws North Jersey youth

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

The Millrose Games is one of the oldest and most famous indoor track and field meets in the world, starting in 1908.

From 1914 to 2011 it was held in the several arenas known as Madison Square Garden, often drawing capacity crowds of 18,000 or more and traditionally stood as the centerpiece of a vibrant indoor track circuit in the Northeast. Over the years more than 200 Olympic gold medalists have also won Millrose titles.

In 2012, it moved to the Armory Track Center in upper Manhattan and still draws capacity crowds, although the capacity is now about a quarter of its past numbers.

On Thursday, the 113th edition of the meet kicked off with several field events. Then Saturday, the meet begins at 11:30 a.m. and at least a dozen world and Olympic medalists are scheduled to compete.

So too are more than 20 North Jersey youth, high school, collegiate and professional athletes.

Here's a look at the North Jersey athletes involved:

### Thursday results

Amarys Berry (Hackensack), a senior at St. John's was third in the women's weight throw with a toss of 53-8 1/4, while Alexis Uzauro (Ridgewood), a sophomore at Monmouth, was fourth with a throw of 52-8 1/4. Stacey Saint-Paul, FDU (9th, 42-7 1/2); Ashleigh Convery, FDU (6th, 47-6 1/2) and Elizabeth Peppernick, FDU (10th, 40-0 3/4) also competed.

Men's weight throw: Benjamin Clay, FDU (8th, 58-2 1/2); Tahj Mullings, FDU (10th, 45-3 1/2) and Austin Gere, FDU (9th, 46-4 1/4).

Girls junior pole vault: Marisa DiGlia,



Former Ridgewood star Alexis Uzauro, who now throws for Monmouth University, finishes fourth at the Millrose Games women's weight throw Thursday in New York. COURTESY OF JOHN NEPOLITAN

NV/Old Tappan (13th, 10-11 3/4).

### Saturday

Women's Distance medley (11:35 a.m.): Meggie Sullivan (Tenafly), Central Park New Balance Track Club A.

Men's Distance medley (11:50): Kevin Serrao (Bergen Tech), Tracksmith.

Girls 4-x-400 relay (Private) (12:03): Holy Angels (Nicole Barbaro, Eliza Hoover, Jalen Wynn, Maris Rodriguez).

Men's Club 4-x-200 relay (1:03): Giano Roberts (North Bergen), Monroe College.

Girls 4-x-400 relay (Suburban) (1:20): Ramapo (Cortney Lander, Izzy Ansaldo, Sophia Schwartz, Sophia Vernieri)

Women's Elite Long jump (2:25): Ky-lia Smith, FDU; Lisa Warfving, FDU; Madeline Price, FDU.

Women's Metropolitan College 4-x-400 relay (2:58): FDU.

Boys 4-x-200 Youth relay (3:09): Hackensack Junior Comets (Devin

DeCambre, Seven Garcia, Dustin DeCambre, Nicholas Shortridge).

Boys Junior 600 meters (3:14): Andrew Martinez, Pascack Valley.

Men's Elite One Mile Run (3:19): Ben Malone (Pascack Valley), Hoka NY/NJ Track Club.

Men's Metropolitan College 4-x-400 Relay (4:28): FDU; Kyle Mack (Ridgewood) Fordham.

Girls Junior One Mile Run (5:06): Camryn Wennersten, Ridgewood.

### Calm before the big finish

The Millrose Games is the only major meet in a mid-season lull between the Varsity Classic on Feb. 3 and the Bergen County Championships on Wednesday, Feb. 12. But then the last three weeks of the regular season are frantic ones.

Feb. 12 is the Bergen County championships at the Armory Track Center, which features the always exciting

Bergen County pentathlon. It's also the last chance to tune up for the state sectionals, which begin Friday, Feb. 14 at the Bennett Center in Toms River

Here's the North Jersey schedule (subject as always for winter sports, to the weather):

Friday, Feb. 14: North 2 Group 2 (Fort Lee, Garfield, Ridgefield Park and Ruthersford).

Saturday, Feb. 15: North 1 Group 2 (Bergenfield, Dumont, Englewood, Indian Hills, Lakeland, Mahwah, Manchester, NV/Demarest, Pascack Hills, Ramsey, River Dell, West Milford, Westwood) and Group 3 (Cliffside Park, Fair Lawn, NV/Old Tappan, Northern Highlands, Paramus, Pascack Valley, Passaic Valley, Ramapo, Teaneck, Tenafly, Wayne Hills and Wayne Valley).

Friday, Feb. 21: North 2, Group 1 (Lyndhurst, North Arlington, Palisades Park, Ridgefield, Secaucus).

Saturday, Feb. 22: North 1, Group 1 (Butler, Emerson, Glen Rock, Hasbrouck Heights, Hawthorne, Kinnelon, Midland Park, New Milford, Park Ridge, Pequannock, Pompton Lakes, Saddle Brook, Waldwick, Wood-Ridge) and Group 4 (Bergen Tech, Clifton, Eastside, Hackensack, Kennedy, North Bergen, Passaic, Passaic Tech, Ridgewood).

On Tuesday, Feb. 18, the oldest high school indoor track meet in the United States, The Eastern States meet, will be run at the Armory. Coaches are reminded that entries close on Feb. 13 and distance medleys can be add-up times with athletes and projected slips to be attached to the entry. Entry acceptance does not signify acceptance into the meet.

State Group meets will be held Feb. 28 and 29 with the State Meet of Champions at Ocean Breeze in Staten Island on March 8.

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

### 1 Mile Invitational

Girls: C. Wennersten 4:51.60, New School Record! #2 in county history, #9 in state history, and a sophomore state record! converts to 4:49.91 for 1600m



# Wennersten shines bright

Ridgewood sophomore gets confidence boost after Millrose Games showing



Ridgewood sophomore Camryn Wennersten was thrilled with her performance Saturday. KEVIN R. WEXLER/NORTHJERSEY.COM

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

Rarely does an elite high school athlete get a confidence boost from an eighth-place finish.

But at the Millrose Games Girls High School mile run Saturday before a capacity crowd at the Armory Track Center

Her 4:51.60 clocking left her in the middle of perhaps the greatest girls high school field ever assembled as all 15 runners, from nine states, all broke five minutes, the first time that has ever happened.

And with that, Wennersten, who was 10th last year in 4:56.59 as the only freshman in the race did all of the following:

Ran the fastest race in New Jersey this year.

Broke a 35-year-old school record set by former National 1000 meter record holder Margaret Scutro in 1985.

Ran the fastest time by a sophomore in New Jersey state history and ninth all-time.

Ran the second-fastest time in Bergen County history, missing the 2015 record of 4:50.66 set by Catherine Pagano of Northern Highlands. Pagano won that race and just four girls went under five minutes that night.

"Last year was fun just getting here and this year my goal was to compete," said Wennersten. "Everyone ran so fast and most of us ran faster than we ever had before."

Race winner Marlee Starliper of Northern (PA), won in 4:37.76, a meet record and the fourth-fastest time in U.S. history, winning by nearly 50 meters over previous 2020 U.S. leader Juliette Whittaker of Maryland.

Wennersten beat two girls who had beaten her in last year's race including two-time Nike Nationals cross-country All American Charlotte Bednar of Lawrenceville.

"I have more confidence now and I know to get out more conservatively and get comfortable in the race before moving up," said Wennersten, who was in the back of the pack in a still fast 72

**See INDOOR TRACK, Page 9S**

## Indoor track

Continued from Page 8S

seconds for the first 400. "Coach (Patrick) Ryan and coach O (Steve Opremacak) keep saying that the way it's been going, it's the right thing for me."

Wennersten, who ran a 4:52 anchor 1,600 on Monday in Ridgewood's terrific distance medley race at the Varsity Classic, will likely only run a leg at Wednesday's Bergen County meet and a leg on the Ridgewood 4-x-800 team at the Eastern States meet on Feb. 18. But after that it's the state series, where she hopes to improve on her 2019 silver medal finish in the State Meet of Champs 1,600.

### North Jersey leaders excel

The Holy Angels 4-x-400 team of Nicole Barbaro, Eliza Hoover, Jalen Wynn, and Maris Rodriguez lowered its school record and grabbed the North Jersey lead in the 4-x-400 early in the meet, taking third in the Private School girls race in 4:01.68.

But little more than an hour later, the Ramapo team of Cortney Lander, Izzy Anzaldo, Sophia Schwartz and Sophia



Neptune native Ajee' Wilson broke the American indoor record in the 800m with a time of 1:58.29 in her gold medal finish at Saturday's Millrose Games at the Armory in New York City. According to the NBC Sports broadcast, it was her 15th straight victory at the Armory. It was also her fifth win in the 800m at the Millrose Games, just one off the record six won by another N.J. native, Joetta Clark of East Orange. KIRBY LEE/USA TODAY SPORTS

Vernieri struck back, running 4:00.67 for fifth in the Suburban girls race. Only a bobble on the final exchange kept the Green Raiders from becoming Bergen County's sixth team under four min-

utes.

Ramapo now is ranked seventh and Holy Angels 10th on the all-time Bergen list.

Pascack Valley senior Andrew Marti-

nez was eighth in the 600 in a personal best and North Jersey leading 1:23.98.

### Future stars?

The Hackensack Junior Comets 4-x-200 team of Devin DeCambre, Seven Garcia, Dustin DeCambre and Nicholas Shortridge went from fourth to first on the third leg and won the Youth 4-x-200 race in 1:52.48.

Haworth seventh-grader Ivan Timochko shook off the effects of a broken hand, suffered earlier in the week and ran 2:19.54 for second place in the Youth Boys 800 meters.

### FDU puts in good showing

Fairleigh Dickinson University enjoyed a successful day. Senior Madeline Price won the women's long jump with a leap of 19-9 3/4 and teammates Lisa Warfvinge (18-8 3/4) and Kyllia Smith (18-5) finished fifth and sixth, respectively.

The Knights' men's team of Kelon Oglesby, Sandey Elysee, Conroy Ellis and Kenroy Ennis won the college men's 4-x-400 in 3:18.42.

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## County Individuals - Armory; Wednesday, 2/12/20

### **55HH**

Boys: R. Kossick **8.57**, P. Sanchez **8.66**, E. Walsh **9.82**

Girls: S. VandenAssem **8.67 / 8.76 - 5th Place**, H. Brodsky **9.77**, E. Reinke **9.84**

### **55m**

Boys: K. Grant **6.92**, E. McPherson **7.08**, L. Barrales **7.30**, A. Dunn **7.70**

Girls: O. Grace **7.77**

### **3200m**

Boys: L. Fahey **11:00.09**

Girls: L. Williams **11:26.34 - 1st Place**

### **600m**

Boys: R. McKenna **1:27.10 - 2nd Place**, S. Halvorsen **1:35.24**

### **400m**

Boys: R. Seaver **51.76 - 6th Place**

### **800m - Novice**

Boys: L. Richman **2:13.81**, M. Rusch **2:20.17**, P. Williams **2:20.64**

### **200m**

Boys: K. Grant **24.20**, E. McPherson **25.39**

### **1600m**

Boys: J. Boogaert **4:34.81 - 1st Place**, Q. McCutcheon **4:36.78 - 5th Place**, S. Fortunato **4:40.16**,  
T. Barnabie **4:51.71**

Girls: A. Tretola **5:15.79 - 1st Place**, O. Shattuck **5:19.34 - 2nd Place**

### **800m**

Boys: M. Zamboldi **2:02.19 - 2nd Place**, M. Barbi **2:03.59 - 3rd Place**

Girls: L. Rabolli **2:27.02**, J. Einemer **2:33.09**, C. McCormack **2:33.11**

### **200m - Novice/Frosh**

Novice Boys: J. Stadulis **24.50 - 2nd Place**, E. Walsh **25.47**, R. Jha **25.73**

Frosh Girls: E. Reinke **28.32 - 2nd Place**, A. Williams **30.63**

### **4x400m**

Frosh Boys: R. Kossick **55.59**, L. Barker **56.61**, M. Aono **57.0**, L. Barrales **52.2 = 3:41.38 - 1st Place**

V. Girls: O. Grace **61.66**, L. Rabolli **62.61**, S. VandenAssem **63.69**, C. Wennersten **60.73 = 4:08.67 - 3rd Place**

### **HJ**

Boys: A. Dunn **NH**

Girls: E. Veenhof **NH**

### **LJ**

Boys: R. Kossick **18'2 ½**, P. Sanchez **18'1 ½**, J. Stadulis **17'9**

### **TJ**

Girls: E. Reinke **29'8 ½**, A. Williams **29'3**, H. Brodsky **F**

Boys: P. Sanchez **40'0**, J. Stadulis **34'6 ½**



## PV

Boys: J. Theisen 13'6 - 3rd Place, L. Gnospelius 12'6 - 4th Place

Girls: M. DeVera 9'0 - 6th Place, E. Veenhof NH

## Shot

Boys: L. Otterstedt **39'9 3/4**, L. Gregorio F, C. Patel F

Girls: E. Marr **29'11 1/4**, E. Kessler **29'11 1/4**

### INDOOR TRACK AND FIELD

# Bergen title meet is tuneup for postseason

**Nick Gantaifis**

NorthJersey.com

USA TODAY NETWORK - NEW JERSEY

NEW YORK — The Bergen County Indoor Track Championships traditionally serves as a final tuneup before the postseason officially gets underway.

With the NJSIAA sectional meets scheduled to begin this weekend, the first leg on the road to the State Meet of Champions, local competitors used the annual Bergen County finals on Wednesday at the Armory Track & Field Center as a gauge for what's ahead.

Count Patrick Passalacqua as one of those participants contending for a state title. The NV/Old Tappan senior emerged from the Bergen County Championships as the front-runner and early favorite to win a state title next month when he threw a state-leading 60-02.75 in the shot put to repeat as champion.

"More than anything, winning the event and breaking 60 feet reminded me that I still have a lot left in the tank," Passalacqua said. "Sixty feet is a milestone, but it's more of a mental thing. I'm not over the moon happy with my performance because I know I can do better. But I used this meet to prepare for this weekend's sectional championships and to focus on the bigger picture.

It's a good start and it gives me confidence."

Junior Jemel Carter of Paramus Catholic led a strong Paramus Catholic team when he repeated in the boys 55 meters in 6.50 and captured the 200 in 22.45. Though Paramus Catholic and parochial schools do not participate in sectional qualifiers, Carter is looking two weeks down the road to the NJSIAA Group Championships.

"I feel good right now and I'm hitting the times I'm supposed to hit," Carter said. "Practice has been going well. I feel strong. Coach has been pushing me hard and I've been working on the little things. I'd like to work more on my start and getting out fast. I have enough power to get out fast."

Carter's teammate, Jordany Dely, won the won boys pentathlon with 3,373 points. The junior captured three of the five events, winning the 55 hurdles (7.66), long jump (20.96) and 1,000 meters (2:53.90).

"I enjoy the pentathlon. I tried it last year for the first time and really liked the style of the competition," Dely said. "It's new events I've never done before. I did well today. I hit a personal best in the long jump and that's one of the events I'll be concentrating on over the next few weeks. I'm going to keep working and practicing on the little stuff and my

techniques. Anything I can use to help me get better."

In the distance events, Ridgewood junior Jay Boogaert won the 1600 in 4:34.81 and Hackensack senior Joe Dutan captured the boys 3200 in 10:07.63.

"I think I went out a little too slow, but then I picked it up in the second half of the race," Boogaert said. "I know I can run a lot faster than this. I'm in good shape and I can run faster times."

Junior Jumal Perez of Fort Lee won the boys 400 in 50.87 and senior Andrew Martinez of Pascack Valley captured the boys 600 in 1:25.61.

In the middle distance events, Hackensack sophomore Ryan Pena won the 800 in 1:57.84 and junior Marcus Cheema of Westwood took the 1,000 in 2:35.55. Senior Daniel Van Duren of Mahwah won the 55 hurdles in 7.76.

In the field events, Max Zuckerman of Pascack Hills won the pole vault with a leap of 14-06 and Ramapo's Tommy Cahill repeated in the high jump with a leap of 6-02.

Rashawn Markman of Waldwick captured the long jump (21-07.50) and Cole Goodman of Bergen Tech won the triple jump (44-05).

### Rogers sets the record straight

Senior Jenna Rogers of Rutherford

once again rewrote the county record books when she won the girls pentathlon with a record 3,292 points. The Nebraska signee finished first in the high jump and shot put and had runner-up finishes in the long jump and 800.

### Fede hits the trifecta

Senior Mariah Fede of Paramus Catholic won three events — 55 hurdles in 8:16 and repeated in the 55 meter in 7.18 and the 200 in 24.85.

Ridgewood runners swept the distance events as sophomore AnnaMarie Tretola won the 1,600 in 5:15.79 and teammate Lily William captured the 3,200 in 11:26.34.

In the middle distance events, Ramapo junior Cortney Lander won the 400 in 59.09 and the Holy Angels duo of senior Nicole Barbaro and sophomore Eliza Hoover claimed the 600 and 800 races.

Madelyn Novelli of IHA won the 1,000 in 3:02.91.

In the field events, NV/Demarest senior Jada Sewell won the shot put for the second straight year with a throw of 40-08.75 and teammate Gretchen Haray captured the high jump with a leap of 5-04. In the jumps, Ashley Newell of Teaneck won the long jump (16-10.75) and Sophia Dongaris won the triple jump (37-03).

## Eastern States Championships - Armory; Tuesday, 2/18/20

### 55 HH

Girls: S. VandenAssem **8.87 / 8.80**

### 55m

Girls: J. Maasarani **7.95**

### 4x800m

Girls: L. Williams **2:27.23**, A. Tretola **2:26.35**, S. Policano **2:23.84**, C. Wennersten **2:12.73 = 9:30.13 -**

### 2nd Place

### DMR

Boys: A. Sheridan **3:16.18**, R. McKenna **51.64**, R. Seaver **2:02.91**, J. Boogaert **4:30.64 = 10:41.35**

### TJ

Girls: S. VandenAssem **35'1 1/2**

### PV

Boys: J. Theisen NH

INDOOR TRACK AND FIELD: EASTERN STATES INVITATIONAL

# Four North Jersey athletes win meet titles

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

The nation's oldest interscholastic meet celebrated its 86th anniversary Tuesday night and as usual, the Eastern States Invitational at the Armory Track Center produced some of the best performances of the winter season.

There were a pair of national No. 1 performances, meet records in the boys and girls pole vaults and the girls 400 and more than 20 performances that shuffled the nation's top 10 lists.

And North Jersey athletes enjoyed a sensational evening as well.

Four Bergen-Passaic athletes won titles at the prestigious meet, more than a dozen others earned medals and multiple North Jersey leading performances were achieved in individual and relay events.

#### **Rogers, Wright-Collins take high jump crowns**

Rutherford senior Jenna Rogers won't be competing in the State Meet of Champions in her preferred event, the high jump on March 8, due to concerns about the floor at the Bennett Center in Toms River where the state sectionals and group meets are held.

But the Nebraska-bound star loves jumping at the Armory Track Center and proved it again Tuesday, clearing a season's best 5-9 to regain the title she last won in 2018.

"It's been really frustrating jumping this year," said Rogers, whose clearance is the best in New Jersey this year and tied for third in the nation. "It's a technical problem and I've gotten into some bad habits that are hard to break."

Rogers had an early miss at 5-3 and another at 5-7 but still led Soledad Jean of Half Hollow Hills West on misses when the bar got to 5-9. Both missed

their first two attempts before Rogers soared over the bar and responded with her signature smile and fist pump.

"It's so familiar jumping here," said Rogers, who will next jump at Nationals in mid-March also at the Armory. "It's easiest on my legs and I've always had success here."

The same goes for Kennedy's Jamier Wright-Collins, who repeated as the boys champion and tied his career best of 6-9 before three good tries at 6-11.

"I feel good, and I'm trying to press my advantage," said Wright-Collins, who missed just once (at 6-7) until his three misses at 6-11. "I've learned a lot and am trying to keep focused and avoid bad misses at lower heights. Now I want to go get a state title."

Wright-Collins was the state Group 4 indoor champion last year both indoors and outdoors at the State Meet of Champions.

#### **Fede and Passalacqua keep winning**

There's been few things as dependable this winter as Mariah Fede of Paramus Catholic winning the girls 55 hurdles and Pat Passalacqua of NV/Old Tappan taking the boys shot put.

Both favorites came through at the Easterns, although neither had an easy time of it.

Fede battled a bad start in the finals and overcame Nadia Saunders of North Rockland at the tape in a huge personal best of 8.02 seconds, easily the fastest time in New Jersey this year and the second fastest time in Bergen County history.

She then ran a New Jersey high school best of 24.74 seconds in the 200 trials, but could "only" manage 24.82 in the final and finished second.

Passalacqua didn't score a fifth-straight personal best in the shot, but managed a seventh win in eight meets

this winter, avenging his only loss of the winter by throwing 60-6 1/2 on his fifth of six throws to defeat John Purvis of Winslow Township, who led throughout the competition and finished second at 59-11 3/4.

"It was good to have to come from behind," said Passalacqua, who fouled on a throw that appeared to be over 62 feet on the throw before his winning effort. "It's too bad I didn't improve on my best (a US No. 8 60-8) but throwing 60 feet for the third straight meet continues to push me to get better."

Purvis and Passalacqua are expected to meet three more times this winter, including at Nationals at the Armory in March.

#### **Medals and North Jersey leading marks in relays**

Ridgewood's girls added a North Jersey leading 4-x-800 time of 9:30.13 to their distance medley area leading mark and gave the Maroons the option of which event to choose at April's Penn Relays.

The all sophomore team of Lily Williams, AnnaMarie Tretola, Sarah Policano and Camryn Wennersten seemed to have the win in hand with 150 meters to go but LaSalle Academy of Philadelphia used a great anchor kick to beat Wennersten, who had split a sensational 2:12.73.

Ramsey's team of Maya Bender, Kaitlyn Garofalo, Jessica Nixon and Carolyn Coletti ran 9:39.44 for fifth out of the second heat to put themselves in line for a Penn bid, as did Ramapo, eighth in 9:42.25.

The Green Raiders' 4-x-200 team of Izzy Anzaldo, Courtney Lander, Sophia Vernieri and Sophia Schwartz broke 1:45 twice in the 4-x-200, the second time running 1:44.36, second fastest in Bergen history to gain fourth place medals, while Holy Angels was fourth in the

4-x-400 in 4:02.71.

The boys won no medals but Paramus (1:32.77) ran the fastest 4-x-200 in North Jersey this year and the Ridgewood boys (10:41.35) did likewise in the distance medley. Paramus returned in the 4-x-400 and missed a medal by just .02 seconds, running 3:25.91, one of the fastest times in New Jersey this winter.

#### **Noteworthy individual marks**

North Jersey athletes medalled in nearly every discipline at the meet, which included more than 300 schools from eight states.

Lakeland's Ray Schmitt ran a personal best of 6.56 in the 55 trials, and was sixth in the final in 6.59. Nathan Armstrong of Pompton Lakes was sixth in the two-mile in 9:50.87. And Rashawn Markman of Waldwick and Justin Rhee of River Dell went 5-6 in the long jump with identical best jumps of 21-5, but Markman did it twice and the second time gave him a seven inch second jump lead on Rhee and the higher place.

Shaun Herlihy of Old Tappan tied for sixth in the pole vault at 14 feet and John Griffith of Northern Highlands continued his own breakthrough winter in the shot, taking third behind Passalacqua with his fourth personal best of the winter, 57-9 1/2.

Marisa DiGlia of Old Tappan was fifth in the girls vault at 11-8 and Jada Sewell of NV/Demarest inched into 11th place on the all-time Bergen list and fourth in the girls shot put Tuesday throwing 42 feet even.

Non-medalists Emily Grubb of Ramsey (8.45 for 9th in the 55 hurdles), Amanda Mircovich of River Dell (2:18.94 for 12th in the 800) and Brynn Madonna of Northern Highlands (39-9, 7th in the shot) all enjoyed personal bests and in Mircovich's case, the North Jersey lead.

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# Preview: Group 1, 4 sectional championships

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USA TODAY NETWORK - NEW JERSEY

The state sectional championships continue at the Bennett Center on Friday afternoon with the Group 2 and 3 meets.

North 2 has the first meet at 4 p.m., followed by the North 1 meet Saturday at 9 a.m., Central on Saturday at 3:30 p.m. and the South meet on Sunday morning. The top six from each event qualify for the Group 2 and 3 championships Feb. 29.

Here's a look at what to expect from the six meets that involve North Jersey teams.

## Boys

### NORTH 2, GROUP 1

**Returning medalists:** Luis Soto, Palisades Park (4th, 800); Isaiah DeLaCruz, Lyndhurst (4th, pole vault).

**Favorites:** None.

**Top medal hopes:** Vishwa Naik, Secaucus (800); Victor Sayde, Ridgewood (800); Sebastian Flood, Secaucus (1,600); Younes Abada, Secaucus (1,600); Colin Kittredge, Lyndhurst (55 hurdles); DeLaCruz (pole vault); Andrew Fernandez, Lyndhurst (shot).

**Team outlook:** Verona and Whippany Park are the class of the field.

### NORTH 1, GROUP 1

**Returning medalists:** Maliki Burrell, Hasbrouck Heights (1, 55); Trevanne Green, Pompton Lakes (4, 55); Pim Schuit, Park Ridge (3, 400); Mike Robertson, Hasbrouck Heights (5, 400); John Sedlmeir, Hasbrouck Heights (5, 800; 4, 55 hurdles); Nick Bua, Hasbrouck Heights (6, 1,600); Nathan Arm-

strong, Pompton Lakes (2, 3,200); Bryce Fisher, Glen Rock (6, 3,200); Vincent Sedlmeir, Hasbrouck Heights (2, 55 hurdles); Sebastian Leduc, Park Ridge (6, 55 hurdles); Frank Avalo, Waldwick (3, high jump); Spencer Lichtenstein, Glen Rock (4, high jump); Matt Theuerkauf, Glen Rock (1, pole vault); Dylan DeMagistris, Emerson (3, shot).

**Favorites:** Burrell (55); Robbie Tormo, New Milford (400); Wouter Schuit, Park Ridge (800); Nathan Armstrong, Pompton Lakes (1,600/3,200); V. Sedlmeir (55 hurdles); Park Ridge relay; Jack Piazza, Glen Rock and Rashawn Markman, Waldwick (high jump); Theuerkauf and Bryan Keating, Pompton Lakes (pole vault); DeMagistris (shot).

**Team outlook:** It looks tight between Hasbrouck Heights and Glen Rock with Pompton Lakes and Park Ridge close behind. Never count out defending champion Mountain Lakes.

### NORTH 1, GROUP 4

**Returning medalists:** Joshua Szabo, Clifton (2, 800); Ryan Seaver, Ridgewood (3, 800); Ryan Pena, Hackensack (4, 800); Nick Ortiz, Passaic (5, 800); Jay Boogaert (6, 1,600); Jamier Wright-Collins, Kennedy (1, high jump); Jason Theissen, Ridgewood (2, pole vault); David Arroyo, Clifton (3, pole vault); Samuel Avila, Clifton (t4, pole vault); Shamar Freeman, Eastside (2, shot put); Omar Alshujaieh, Clifton (4, shot put).

**Favorites:** Pena (800); Kevin Francis, Kennedy (55 hurdles); Wright-Collins (high jump); Theissen (pole vault); Jayden Johnson, Passaic Tech (shot).

**Team outlook:** Ridgewood's four year streak is in danger of ending as the Maroons are projected as the fifth best team in the section this year. Lakeland

became Passaic County's first ever boys sectional winner last week. Passaic Tech can become the second this week in a battle with Montclair and East Orange,

## Girls

### NORTH 2, GROUP 1

**Returning medalists:** Gia Estrella, Lyndhurst (6, 55; 4, 400); Maggie Fodera, Lyndhurst (4, 55 hurdles; 4, high jump); Gabriela Heatherly Careri, Lyndhurst (5, shot).

**Favorites:** Fodera (55 hurdles/high jump); Lyndhurst relay

**Top medal hopes:** Estrella (400), Carmelina Sanci, Secaucus (400/800); Gizette Perez, Lyndhurst (800/3,200); Kayla Carrino, Lyndhurst (1,600/3,200); Rafaela Paes, Lyndhurst (55 hurdles); Secaucus relay; Maryann Ijeh, Lyndhurst (high jump); Haley Downs, Lyndhurst (shot); Alexia Jorge, Lyndhurst (shot).

**Team outlook:** A four way tussle between Lyndhurst, Verona, McNair and Whippany Park.

### NORTH 1, GROUP 1

**Returning medalists:** Amber Barrios, Hasbrouck Heights (5, 400); Lindsay Burstiner, Glen Rock (6, 400); Sarah Geormaneanu, Park Ridge (2, 800; 3, 1,600); Bella Smith, Glen Rock (3, 800); Jillian Reynolds, Waldwick (5, 800); Mary Andreou, Glen Rock (4, 1,600; 6, 3,200); Julie Baker, Waldwick (6, 1,600; 3, 3,200); Shannon Artuso, Hasbrouck Heights (4, 3,200); Rashvir Kaur, Saddle Brook (5, 3,200); Alexis Byfield, Hawthorne (2, 55 hurdles); Samantha Stalard, Waldwick (3, 55 hurdles); Allyson Martini, Kinnelon (5, 55 hurdles); Talia Ferguson, Hasbrouck Heights (6, 55 hurdles; 1, high jump); Alicja Marut, Kinnelon (t3, high jump); Kaira Torres,

Glen Rock (2, shot); Erin Karaway, Saddle Brook (3, shot); Sara Harty, Kinnelon (5, shot); Odaliana Gomez, Hasbrouck Heights (6, shot).

**Favorites:** Geormaneanu (800); Andreou (1,600/3,200); Burstiner (55 hurdles); Park Ridge relay; Marut and Caroline Tighe, Kinnelon (high jump); Alexa Gitto and Jessica Coyle, Emerson (pole vault); Karaway (shot).

**Team outlook:** Another battle royal with two time defending champion Glen Rock, Hasbrouck Heights and Park Ridge at the front, but again Mountain Lakes could be a dark horse.

### NORTH 1, GROUP 4

**Returning medalists:** Kiomy Luperon, North Bergen (4, 55); Tegann Anderson, Passaic Tech (6, 55); Brianna Rubio, Clifton (2, 400); Kim Grullon, Hackensack (3, 800); Caroline McCormack, Ridgewood (4, 800); Andrea Dubbels, Clifton (5, 800; 3, 1,600); Camryn Wennersten (1, 1,600; 1, 3,200); Sarah Policano, Ridgewood (2, 1,600; 5, 3,200); Mia Dubac, Clifton (5, 1, 600; 2, 3,200); Shannon Clancy, Bergen Tech (6, 1,600; 4, 3,200); Lily Williams, Ridgewood (3, 3,200); Ellie Veenhof, Ridgewood (2, high jump; t5, pole vault); Alianna Eucker, Bergen Tech (4, shot).

**Favorites:** Rubio (400); Wennersten (1,600/3,200); Aaliyah Booker, Bergen Tech and Nicoletta Venizelos, Ridgewood (pole vault)

**Team outlook:** West Milford, Clifton and Montclair all have a shot at winning, but don't bet against Ridgewood taking a third straight crown.

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# North 1, Group IV State Sectionals - Bennett Center, Toms River; Saturday, 2/22/20

## 400m

Boys: R. McKenna 53.23 - 6th Place, R. Seaver 53.84, L. Barrales 54.53

Girls: O. Grace 63.48

## 1600m

Boys: Q. McCutcheon 4:33.28, J. Boogaert 4:35.47, A. Sheridan 4:47.55

## 55HH

Boys: P. Sanchez 8.41, R. Kossick 8.65, E. Walsh 9.94

Girls: E. Reinke 10.00, H. Brodsky 10.04

## 1600m

Girls: C. Wennersten 5:09.92 - 1st Place, A. Tretola 5:12.06 - 3rd Place, S. Policano 5:20.15 - 6th Place

## 800m

Boys: M. Zamboldi 2:06.24, M. Barbi 2:07.36, R. Seaver 2:10.75

## 55m

Boys: K. Grant 6.97, E. McPherson 7.07

Girls: O. Grace 7.76, J. Maasarani 7.88, E. Millstein 7.96

## 800m

Girls: L. Rabolli 2:21.88 - 2nd Place, J. Einemer 2:30.99, C. McCormack 2:32.35

## 3200m

Boys: J. Boogaert 9:51.08 - 3rd Place, A. Sheridan 10:19.58, T. Barnabic 10:21.63

Girls: C. Wennersten 11:05.88 - 1st, L. Williams 11:15.17 - 2nd, O. Shattuck 11:21.99 - 5th

\*\*Official clock was slow for both races (1.2 for boys and 3.0 for girls), times above are unaltered

## 4x400m

Boys: R. Seaver 54.8, K. Grant 54.8, L. Barrales 53.2, R. McKenna 52.7 = 3:35.70 - 5th Place

Girls: O. Grace 62.5, J. Maasarani 65.1, L. Rabolli 64.7, C. Wennersten 61.2 = 4:13.55 - 4th Place

## HJ

Boys: A. Dunn 5'6, R. Kossick 5'2

Girls: E. Veenhof 4'10 - 4th Place, E. Reinke 4'4, A. Williams 4'2

## PV

Girls: N. Venizelos 9'6 - 2nd Place(tie), E. Veenhof 9'0 - 4th Place, M. DeVera 8'6 - 6th Place

Boys: L. Gnospelius 12'0 - 1st Place, D. Weispfenning 9'0 - 5th Place, J. Theisen NH

## Shot

Girls: E. Marr 29'2, E. Kessler 28'5 ¾, H. Otterstedt 22'10 ¼

Boys: C. Patel 44'7 ½ - 4th Place, L. Gregorio 38'0 ¾, L. Otterstedt 37'6 ½

Scores					
Girls			Boys		
1	Ridgewood	65	1	Passaic Tech	64
2	Clifton	47	2	Montclair	42
3	West Orange	37	3	East Orange	34
4	Bergen Tech	32	4	Livingston	30
5	Kearny	25	5	Ridgewood	27
6	Montclair	24	6	JFK - Paterson	20
14 teams scored			16 teams scored		





# PCTI boys, Glen Rock girls win at sectional

**Nick Gantaifis**  
NorthJersey.com  
USA TODAY NETWORK - NEW JERSEY

TOMS RIVER - History finds a way of repeating itself.

It's just not that often it happens in such a short period of time.

For the second time in a week and only the second time ever, a Passaic County boys team claimed a state sectional indoor track title on Saturday when Passaic Tech captured the North 1 Group 4 crown at the NJSIAA Sectional Championships at the Bennett Track & Field Center.

The Bulldogs joined county rival Lakeland, who made history last weekend when they claimed the North 1 Group 2 sectional crown at the same location.

Passaic Tech's Jordan Ricketts and senior Jayden Johnson were the Bulldogs only individual champions, but the Wayne-based school accumulated team points with two runner-up- and three third-place finishes and scored in six of 10 events to run away with the team title over second place Montclair (42).

"I'm doing good now. Everything was touch and go earlier," PCT coach Jeff Cioletti said. "Today started out as a disaster. One of our kids missed the bus, our high jumper pulled his hamstring and couldn't compete and we had a disqualification in another event that cost us some points. Even with all that we managed to pull out the win. We kept competing and pulled together. Our field events in the shot put and pole vault really helped us pull away."

Ricketts, a junior, won the 400 in 50.82 and Johnson had the top throw in the shot put of 46-07.50. Senior Julius Pallero finished second in the two mile and the 4-x-400 relay team of Truman

Williams, Nathan Bryan, Reuven Frye and Jessie Legister, finished behind champion Montclair.

Sophomore Ian Spoelstra and junior Juan Hernandez finished third and fourth in the pole vault.

"At this point of the season, this is all I've been thinking about," Ricketts said. "First it was the league, county and now the sectionals. This is my first season winning anything. I feel confident and the team has been working hard. We're strong and we're in a good place going forward."

The sectional title is Passaic Tech's third championship this season. Last month the Bulldogs won the Big North Liberty and Passaic County championships in convincing fashion.

The top six from each event qualify for the Group 1 and 4 championships Feb. 29.

## Aviators soars to title

Hasbrouck Heights captured its first sectional boys title since 2016, edging Glen Rock in Group 1 by just three points, 49-46.

Senior Vincent Sedlmeir was the Aviators' lone champion, winning the 55 hurdles in 8.25.

"I felt very confident coming in. My sophomore year I came in fourth place and last year I lost by less than a second. So this year I set some goals and I knew what I wanted," Sedlmeir said. "I didn't give in. I trained a lot during the off-season and built up my strength and legs. I still want to reach my ultimate goal of 7.9 seconds. I'm right there. The team is working together and everyone is working hard. We're focused."

Similar to Passaic Tech, Heights accumulated most of their team points with top six finishes. Senior Maliki Bur-



Vincent Sedlmeir helped Hasbrouck Heights capture its first sectional boys title since 2016 on Saturday by edging Glen Rock. KEVIN R. WEXLER/NORTHJERSEY.COM

rell was second in the 55 meter as was the 4-x-400 relay team of Burrell, Damian Summers, John Sedlmeir and Vincent Sedlmeir.

"I'm really happy with the boys performance today. We had help in the distance events with third, fourth and fifth place finishes in the 3200 to give us 12 points. The Sedlmeir twins had a great meet. We put John (Sedlmeir) in the 400 today for the first time this year and he came in third from an unseeded heat and that gave us key points right there. We're healthy and trying to stay focused."

In the distance events, junior Nathan Armstrong of Pompton Lakes doubled up, winning both the mile (4:29.02) and two mile (9:52.12).

"I wasn't mentally prepared last year and that's the difference between this year and last," said Armstrong, who

didn't qualify in either event last season. "I feel strong going into next week."

Another double winner was New Milford's Robbie Tormo, who claimed the 400 (51.48) and the 55 (6.82).

## Glen Rock girls win by slimmest of margins

Two time defending team champion Glen Rock won a third straight Group 1 title, edging runner-up Hasbrouck Heights by just half a point, 44 - 43.50.

The Panthers got a boost from senior Karina Roze, who won the shot put with a throw of 35-09.25. It was Roze's season debut, after missing the last few months with a shoulder injury.

Senior Lindsey Burstiner finished second in the 55 hurdles behind cham-

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## Track

Continued from Page 6S

pion Alexis Byfield of Hawthorne and senior Mary Andreou took second in the 1600 and third in the 3200.

"We dealt with a ton of heartbreaking injuries this season and lost a lot of our best runners," Glen Rock coach J.P. McCarten said. "The fact that we were able to come back and pull it off is unbelievable. Heights is an amazing team and they're always right with us. Having Karina (Roze) back really helped. We saw her return as a possibility, but we weren't sure. It worked out. She felt healthy and got cleared and I said why not."

Hasbrouck Heights senior Talia Ferguson won the high jump at 4-10 and sophomore Megan Napolitano finished second in the pole vault to aid the Aviators in scoring.

In the girls distance events, Danielle Tilp of Cresskill won the girls Group 1 mile in 5:36.93 and the two mile in 12:11.22 to lead the Cougars to a third place finish. She was second in the 800.

Jessica Coyle of Emerson won the pole vault with a leap of 8-02 and Emma Petrolia of New Milford claimed the 800 in 2:28.15.

## Maroons win third straight

The Ridgewood girls maintained their hold on Group 4, winning a third straight title.

Sophomore Camryn Wennersten repeated in both the mile in 5:09 and 2 mile in 11:05.88 as the Maroons outdistanced Clifton 65-47.

Sophomores Lily Williams and Lucia Rabolli finished second in the 3200 and 800 and sophomore AnnaMarie Tretola and senior Nicoletta Venizelos were third in the 1600 and pole vault to lift Ridgewood to another title.

Clifton senior Brianna Rubio won the 400 in 58.73 and senior Andrea Dubbels claimed the 800 2:20.16.

The Bergen Tech duo of Aaliyah Booker and Daphne Kalkanis went 1-2 in Group 4 pole vault with a leap of 9-06 as the Knights finished in a distant team fourth.

## Other notable performances

Bryan Keating of Pompton Lakes won the boys Group 1 pole vault with a leap of 12-03.

Emerson's Dylan De Magistris won the Group 1 boys shot put with a throw of 45-05.

Jack Piazza of Glen Rock won the boys Group 1 high jump with a leap of 5-10.

Jamier Wright-Collins of Paterson Kennedy repeated in the boys Group 4 high jump with a leap of 6-06.

Kennedy's Kevin Francis won the Group 4 boys 55 hurdles in 7.88.

Luke Gnospelius of Ridgewood won the boys Group 4 pole vault with a leap of 12-00.

Passaic's Nicholas Ortiz won the boys Group 4 800 in 1:57.03.



# These athletes could qualify for Showcase events

Paul Schwartz

NorthJersey.com

USA TODAY NETWORK - NEW JERSEY

In addition to the 10 standard events to be contested at the State Meet of Champions March 8 at Ocean Breeze in Staten Island, there are four Showcase events that will be contested: the 4-x-800 relay, the 200, the long jump and the triple jump.

The SMOC entrants in the standard events, are determined by the State Group meets to be contested Feb. 28-29 and will be the top three finishers from each group meet and 12 wild cards from the six group meets combined.

But in the showcase events, the standards are different.

1. There are 24 entrants in each event.
2. Coaches must go to the Mile Split Meet Registration Page for the State Meet of Champions by March 3 at noon and enter their athlete, which is a declaration that you would accept if selected.
3. The MileSplit NJ list as of the deadline is the official list that will be used for

selection. If you are not entered, your athlete will not be invited to compete even if your athlete or relay is among the top 24 in the state. That means athletes outside the top 24 should also enter if they are close to the cut-off performance.

The NJSIAA is hosting a last-chance meet for long and triple jumpers beginning 4 p.m. March 2 at the Bennett Center in Toms River.

Registration is on MileSplitNJ and closes March 1 at 6 p.m. Entries are \$14 with up to three entrants allowed in each event.

Here are the current North Jersey athletes in the top 36 as of Feb. 25, 2020:

## Boys

200: 18. Jemel Carter, Paramus Catholic, 22.45; 24. Alan Okechukwu, Paramus, 22.54; 29. Quayvier Alexander, Eastside, 22.63; 31. Lacquan Stewart, Bergenfield, 22.66; 36. Lukkas Londono, Cliffside Park, 22.76. **CURRENT CUT-OFF: 22.54.**

Long jump: 10. Rashawn Markman, Waldwick, 21-7 1/2; 12. Justin Rhee, River Dell, 21-7; 13. Matt Brunelle, Emerson, 21-5 1/2; 16. Vanton Evans, Englewood, 21-5; 18. Luke Bussetti, Northern Highlands, 21-4 1/2; 30. Jamier Wright-Collins, Kennedy, 21-1. **CUT-OFF: 21-2 1/2.**

Triple jump: 6. Cole Goodman, Bergen Tech, 44-5; 13. Tommy Cahill, Ramapo, 43-8 1/2; 14. Rhee, 43-8; 18. Kevin Francis, Kennedy, 43-3 1/2; 20. Albert Mahabee, Englewood, 43-1 1/2; 22. Brunelle, 43-0 1/2; 28. Nathan Storz, Emerson, 42-8 1/2; 30. Sincere Knott, Hackensack, 42-8; 31. Evans, 42-7 1/2. **CUT-OFF: 42-11.**

4-x-800 relay: 6. Ridgewood, 8:07.22; 16. NV/Old Tappan, 8:14.97; 17. Clifton, 8:16.07; 21. River Dell 8:20.27; 23. Hasbrouck Heights, 8:22.19; 24. Westwood, 8:22.63; 31. Hackensack, 8:26.41. **CUT-OFF: 8:22.63.**

## Girls

200: 1. Mariah Fede, Paramus Catholic, 24.74; 10. Kayce Darby, Teaneck, 25.55\*; 15. Maris Rodriguez, Holy An-

gels, 25.61; 24. Brianna Rubio, Clifton, 25.78; 32. Jalen Wynn, Holy Angels, 26.02. **CUT-OFF: 25.78.**

Long jump: 21. Sophia Dongaris, Tenafly, 17-4; 22. Isabella Sing, Rutherford, 17-3 1/2; 24. Fiona Carter, Paramus Catholic, 17-3; 29. Madison Libby, IHA, 17-0 1/2; 31. Julia Morrone, Hackensack, 16-11 1/2; 34. Sara VandenAssem, Ridgewood and Lynaisha Smith, Englewood, 16-11; 36. Ashley Newell, Teaneck, 16-10 3/4. **CUT-OFF: 17-3.**

Triple jump: 4. Dongaris, 37-3; 10. Alejandra Bartitus, North Bergen, 36-7 1/2; 20. Talia Ferguson, Hasbrouck Heights, 35-6 1/2; 23. Jada Carroll, Ridgewood Park, 35-2 1/2; 24. VandenAssem, 35-2; 30. Newell, 34-10 1/2; 34. Milica Rodic, Wayne Valley, 34-9 1/2. **CUT-OFF: 35-2.**

4-x-800 relay: 5. Ridgewood, 9:30.13; 12. Ramsey, 9:39.44; 15. Clifton, 9:41.96; 17. Ramapo, 9:42.25; 25. River Dell, 9:51.06. **CUT-OFF: 9:50.79.**

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## INDOOR TRACK AND FIELD

# Previewing the NJSIAA state group championships

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USA TODAY NETWORK - NEW JERSEY

The NJSIAA indoor track and field group championships take place this weekend at the Bennett Center in Toms River.

The top three athletes and teams in each of the 10 standard events will advance to the State Meet of Champions March 8 at Ocean Breeze in Staten Island along with 12 wild cards in each event, from results from all six groups.

The Non-Public A and B meets will be held Friday, Feb. 28 at 3:30 p.m.

The Group 1 and 4 meets are Saturday, Feb. 29 at 9 a.m.

Group 2 and 3 will compete Saturday, Feb. 29 at 3 p.m.

Here's a group-by-group preview.

## Boys

### GROUP 1

Reigning Team Champion: Willingboro  
Returning North Jersey medalists: none  
North Jersey seeds: Robbie Tormo, New Milford (2, 400); Pin Schuit, Park Ridge (6, 400); Nathan Armstrong, Pompton Lakes (2, 1,600); 3, 2,200; Vincent Sedimeir, Hasbrouck Heights (5, 55 hurdles); Dylan DeMagistris, Emerson (6, shot put); Bryan Keating, Pompton Lakes (2, pole vault); Isaiah DeLaCruz, Lyndhurst (3, pole vault); Park Ridge relay (3).  
Other North Jersey competitors: Vishna Naik, Secaucus (800); Sebastian Flood, Secaucus (1,600); Secaucus and Lyndhurst relays; Andrew Fernandez, Lyndhurst (shot put); Tormo (55); Malik Burrell, Hasbrouck Heights (55/400); Rashawn Markman, Waldwick (55/high jump); Brandon Perez, Glen Rock (55); Matthew Brunelle, Emerson (55); Shemar Mills, New Milford (55); John Sedimeir, Hasbrouck Heights (400); Rob Nicolich, Park Ridge (400); Michael Ptak, Hawthorne (400); Bryce Fisher, Glen Rock (800/1,600/3,200); Wouter Schuit, Park Ridge (800); Armstrong (800); Ludovic Guerdat, Midland Park (800); Jayson Harner, Hawthorne (1,600); Evan Morrow, Hasbrouck Heights (1,600, 3,200); Jake Porco, Hasbrouck Heights (3,200); Cole Sonzogni, Hasbrouck Heights (3,200); Elijah Gately, Kinnelon (3,200); Jack Juliana, Glen Rock (55 hurdles); Keating (55 hurdles); Nathan Storz, Emerson (55 hurdles); Sebastian Leduc, Park Ridge (55 hurdles); Hasbrouck Heights, Hawthorne, Emerson and New Milford relays; Jack Pizza and Spencer Lichtenstein, Glen Rock (high jump); Joey Lacorazca, Emerson (high jump); Vincent Sedimeir (high jump); Tyler Zarpaylik, Kinnelon (shot); Gus Bickert, Midland Park (shot); Pete Garifalos, Hasbrouck Heights (shot put); Cole DeMagistris, Emerson (shot).

### GROUP 2

Reigning Team Champion: Haddonfield.  
Returning North Jersey medalists: Isaiah Sparkes, Manchester (5, 800); VeRon Garrison, Englewood (3, shot put).  
North Jersey seeds: Dean Park, Fort Lee (14, 55); Jumaal Perez, Fort Lee (5, 400); Zachary Volk, Lakeland (3, 800); Jesse Camperverde, Lakeland (1,160/1,3,200); Dan Van Duren, Mahwah (3, 55 hurdles); Garrison (1, shot); Josh Lyons, River Dell (2, shot); Parker Simpson, Ramsey (12, high jump); Max Zuckerman, Pascack Hills

(3, pole vault); Connor Munson, Westwood (13, pole vault); Mateo Zenser, West Milford (16, pole vault); Westwood relay (3).  
Other North Jersey competitors: Carrington Page, Ridgewood Park (400); Ezekial Reyes, Ridgewood Park (800/1,600); Fort Lee relay; Ed Mendez, Ridgewood Park (high jump); Vishu Mangulika, Rutherford (high jump); Jason Levin, Fort Lee (pole vault); Ray Schmitt, Lakeland (55); Lacquan Stewart, Bergenfield (55/400); Khaleh Hunt, Englewood (55); Matt Marcelo, Indian Hills (55); Aidan Chumas, Indian Hills (55); Aaron March, Ramsey (400); Adam Beck, Westwood (400); Justin Napier, Westwood (400); Carlos Cuevas, Lakeland (400); Matt Turcina, Westwood (400); Marcus Cheema, Westwood (800/1,600); Sparkes (800); Aidan McElroy, River Dell (800); Ryan Ford, Mahwah (800); Theo Davis, NV/Demarest (1,600); Voll (1,600); Collin Clinton, West Milford (3,200); Ethan Lehi, Lakeland (3,200); Anthony Maciejka, Indian Hills (3,200); Mason Murphy, Lakeland (3,200); Max Weinberg, River Dell (55 hurdles); Egidio Gilante, West Milford (55 hurdles); A.J. Iardi, Indian Hills (55 hurdles); Shane Skoglund, Manchester (55 hurdles); Patrick O'Neill, Ramsey (55 hurdles); River Dell, Manchester, Ramsey, Mahwah and Lakeland relays; Jack Ussher, NV/Demarest (high jump); Victor Basco, Englewood (high jump); Munson (high jump); Reese Muller, Mahwah (pole vault); Stephen Munson, Westwood (pole vault); Brian Wanamaker, Mahwah (pole vault); Ryan McDonald, River Dell (shot); Dane Watson, Bergenfield (shot).

**GROUP 3**  
Reigning Team Champion: Scotch Plains-Fanwood.  
Returning North Jersey medalists: Tommy Cahill, Ramapo (1-6, high jump); Pat Pascallacqua, NV/Old Tappan (2, shot put).  
North Jersey seeds: Colin Arper, Northern Highlands (6, 400); Pascallacqua (1, shot put); John Griffith, Northern Highlands (3, shot put); Cahill (12, high jump); Jeremy Miller, Ramapo (16, high jump); Shaun Herlihy, NV/Old Tappan (2, pole vault); Lucas Khawlyo, Northern Highlands (15, pole vault); Paramus relay (3).  
Other North Jersey competitors: JC Barratta, NV/Old Tappan (55); Alan Okechukwu, Paramus (55); Andrew Martinez, Pascack Valley (800); Kenneth Morrissey, Northern Highlands (800); Dallas O'Connor, Pascack Valley (800); Steven Hatano, NV/Old Tappan (1,600/3,200); Oliver Misra, Tenafly (3,200); Bobby Hymans, Ramapo (3,200); Dan Stipanov, Paramus (55 hurdles); Pascack Valley and NV/Old Tappan relays; Liam Conroy, Northern Highlands (pole vault); Decklon Blache, Northern Highlands (shot put); Patrick O'Neill (shot put).

**GROUP 4**  
Reigning Team Champion: Franklin Township.  
Returning North Jersey medalists: Jamier Wright-Collins, Kennedy (high jump champion).  
North Jersey seedings: Jordan Rickets, Passaic Tech (4, 400); Nick Ortiz, Passaic (3, 800); Wright-Collins (1, HJ); Passaic Tech (5, relay).

Other North Jersey competitors: Ian Wilkinson, Amair Buffalo and Edmon Jones, Passaic Tech (55); Anthony Nix, Passaic (55); Buffalo (400); Ryan McKenna, Ridgewood (400); Ryan Pina, Hackensack (800); Josh Szabo, Clifton (800); Jacob Heredia, Clifton (1,600); Julius Palero, Passaic Tech (3,200); Jay Boogaert, Ridgewood (3,200); Taso Gallos, Bergen Tech (3,200); Kevin Francis, Kennedy (55 hurdles); Jordan Nelson, Bergen Tech (55 hurdles/high jump); Ridgewood relay; Tyreece Brown, North Bergen (high jump); Renaldo Robinson, Bergen Tech (high jump); Luke Gnospelius and Daniel Weispenning, Ridgewood (pole vault); Ian Spoelstra and Juan Hernandez, Passaic Tech (pole vault); David Arroyo, Clifton (pole vault); Victor Mai, Hackensack (pole vault); Jayden Johnson, Passaic Tech (shot); Omar Alshajieh and Mohammad Abedrdo, Clifton (shot); Cole Patel, Ridgewood (shot); Daniel Mai, Hackensack (shot); Shamar Freeman, Eastside (shot).

### NON-PUBLIC A

Reigning Team Champion: CBA  
Returning North Jersey medalists: Jemel Carter, Paramus Catholic (2, 55); Jordany Del, Paramus Catholic (5, 55 hurdles).  
North Jersey contenders: Fabian France, Bergen Catholic (55); Allan Hilton Clarke, Bergen Catholic (55); Cooper Stroka, Don Bosco (shot put); Andre Barrett, Paramus Catholic (high jump); Jaden Ebanks, Bergen Catholic (high jump); Paramus Catholic and Bergen Catholic relays.

### NON-PUBLIC B

Reigning Team Champion: Bishop Eustace.  
Returning North Jersey medalists: Caleb Dalgetty, Dwight-Englewood (5, 1,600; 4, 3,200); Jibrael Harrell, Dwight-Englewood (6, high jump); Matias Cortes, Eastern Christian (2, pole vault); David DeVries, Eastern Christian (4, pole vault).  
North Jersey contenders: DeMere White, DePaul (55); Jordan Sellers, DePaul (55); Marcello Silva, DePaul (1,600); DeVries (55 hurdles/high jump); Eastern Christian relay.

## Girls

### GROUP 1

Reigning Team Champion: Collingswood  
Returning North Jersey medalists: Julie Baker, Waldwick (6, 3,200); Karina Roze, Glen Rock (5, shot).  
North Jersey seeds: Emma Petrolia, New Milford (4, 800); Danielle Tilp, Cresskill (5, 800/6, 1,600/5,200); Baker (6, 3,200); Alexis Byfield, Hawthorne (4, 55 hurdles); Lindsey Bursstien, Glen Rock (5, 55 hurdles); Maggie Fodera, Lyndhurst (6, 55 hurdles); Roze (1, shot); Erin Karaway, Saddle Brook (4, shot); Kaira Torres, Glen Rock (6, shot); six North Jersey competitors among 21 tied for 4th in the high jump.  
Other North Jersey competitors: Kennedy Klinzing, Midland Park (55); Gracie Gault, Glen Rock (55); Lauren Crossan, Waldwick (55/400); Carli Sorvino, Emerson (55/55 hurdles); Amber Barrios, Hasbrouck Heights (400/800); Kristine Robertson, Hasbrouck Heights (400); Elyse VanderLiet, Park Ridge (800); Tara Lambert, Waldwick (800); Jillian Reynolds, Waldwick (800); Mary Andreu, Glen Rock (1,600/3,200); Sarah Geormaneau, Park Ridge (1,600/3,200); Heather DeBoer, Pompton Lakes (1,600/3,200); Cali Marck, Emerson (1,600); Devin Davila, Saddle Brook (1,600); Samantha Stallard (55 hurdles); Allyson Martini, Kinnelon (55 hurdles); Talia Ferguson, Hasbrouck Heights (55 hurdles/high jump); Park Ridge, Hasbrouck Heights, Glen Rock and Waldwick relays; Alicia Marut, Kinnelon (high jump); Caroline Tighe, Kinnelon (high jump); Byfield (high jump); Allyson Martini, Kinnelon (high jump); Jessica Coyle, Emerson (pole vault); Megan Napolitano, Hasbrouck Heights (pole vault); Chiara Lucas, Kinnelon (pole vault); Alexa Gitta, Emerson (pole vault); Emma Cunningham, Hasbrouck Heights (pole vault); Csege Pajtko, Kinnelon (pole vault); Zaria Jenkins, Hasbrouck Heights (shot); Isabelle Robinson, Hawthorne (shot).

### GROUP 2

Reigning Team Champion: Rumson-Fair Haven.  
Returning North Jersey medalists: Sanai Bryant, Dumont (5, 55); Corine Barney, Indian Hills (3, 2,200); Allison Lounsbury (6, 3,200); Emily Grubb, Ramsey (3, 55 hurdles); Jada Sewell, NV/Demarest (4, shot put); Alyssa Campbell, Bergenfield (6, shot put).  
North Jersey seeds: Bryant (3, 55); Amanda Micovich, River Dell (4, 800); Angelina Perez, Lakeland (4, 1,600; 1,3,200); Abigail Horvay, Lakeland (2, 3,200); Barney (6, 3,200); Grubb (5, 55 hurdles); Sewell (2, shot); Bella Spasato, NV/Demarest (3, shot); Campbell (4, shot); Jenna Rogers, Rutherford (6, shot put); Kaia Paulsen, Pascack Hills and Gretchen Haray, NV/Demarest (12, high jump); Jada Carroll, Ridgewood Park and Allie Canciani, Pascack Hills (16, high jump); Julia Tuce, NV/Demarest (13, pole vault); Julia Dakwar, Ramsey (15, pole vault); Ramsey relay (5).  
Other North Jersey competitors: Isabella Sing, Rutherford (55 hurdles); Rutherford relay; Claire O'Keefe, Ramsey (55/400); Jemal Knowles, Bergenfield (55); Lynaisha Smith, Englewood (55); Brianna Garger, Westwood (400); Kyra Paltos, NV/Demarest (400); Hanna Mills, Lakeland (400); Kyla Jarski, Westwood (800/2,200); Carolyn Coletti, Ramsey (800/high jump); Maya Bender, Ramsey (800); Lounsbury (1,600); Horvay (1,600); Kaitlyn Garofalo, Ramsey (1,600/3,200); Njavier Narjan, Pascack Hills (3,200); Hanna Leto, Ramsey (55 hurdles); Julia D'Amico, Ramsey (55 hurdles); Shea Gilmore, Indian Hills (55 hurdles); Casey Lam, NV/Demarest (55 hurdles); Gabby Tulsarian, NV/Demarest (55 hurdles); Westwood, NV/Demarest, River Dell and Pascack Hills relays; Julia Monaco, NV/Demarest (high jump); Jordan Hecker, NV/Demarest (pole vault); Abigail Fowler, NV/Demarest (pole vault); Colette Metcalf, West Milford (pole vault); Kayla Martino, Ramsey (pole vault); Julietta Ambartsumian, NV/Demarest

(shot put); Mia Raso, River Dell (shot put).

### GROUP 3

Reigning Team Champion: Winslow Township.  
Returning North Jersey medalists: Sophia Vernieri, Ramapo (5, 400); Grace Smiechowski, Northern Highlands (6, 400); Daisy Liljegren, Northern Highlands (2, 3,200); Marisa Dixia, NV/Old Tappan (2, pole vault).  
North Jersey seeds: Smiechowski (5, 55); Vernieri (5, 400); Sophia Dongaris, Tenafly (6, 55 high hurdles); Brynn Madonna, Northern Highlands (3, shot put); Norina Khanzada, Tenafly (2, high jump); Sacha Williams, Tenafly and Milica Rodic, Wayne Valley (13, high jump); Dixia (1, pole vault); Hana Lee, Tenafly (16, pole vault); Ramapo relay (3).  
Other North Jersey competitors: Sophia Schwartz, Ramapo (3, 55); Smiechowski (400/55 hurdles); Molly Bennett, Northern Highlands (4, 400); Courtney Lander, Ramapo (5, 400); Katherine Cottone, Passaic Valley (800); Elizabeth Conklin, Ramapo (800/1,600); Megan Schneider, Ramapo (800); Carly Griffin, Ramapo (800/1,600); Cara Hilboki, NV/Old Tappan (800); Liljegren (1,600/3,200); Lauren Judd, Ramapo (3,200); Jessica Reilly, Northern Highlands (3,200); Sydney Schindler, Northern Highlands (3,200); Zuania Victoria, Passaic Valley (55 hurdles); Julia Smolyak, Tenafly (55 hurdles); Nicole Waletzky, Northern Highlands (55 hurdles); Christina Hughes, Northern Highlands (55 hurdles); Northern Highlands, Tenafly and Wayne Valley relays; Bella Conroy, Ramapo (high jump); Allie Henke, Ramapo (pole vault); Rebecca Gross, NV/Old Tappan (pole vault); Victoria Pardi, Passaic Valley (shot put); Lindsay Arone, Ramapo (shot put).

### GROUP 4

Reigning Team Champion: Ridgewood  
Returning North Jersey medalists: Camryn Wennerstein, Ridgewood (1,600 meter champion; 3, 3,200); Andrea Dubbels, Clifton (6, 1,600).  
North Jersey seeds: Brianna Rubio, Clifton (4, 400); Dubbels (4, 800); Wennerstein (6, 1,600/2, 3,200); Lily Williams, Ridgewood (3, 3,200); Mia Dubac, Clifton (4, 3,200); Shannon Clancy, Bergen Tech (5, 3,200); Clifton relay (6).  
Other North Jersey competitors: Tegann Anderson, Passaic Tech (55); Lucia Rabolli, Ridgewood (800); Dubbels (1,600); AnnaMae Tretola, Ridgewood (1,600); Dubac (1,600); Clancy (1,600); Sarah Policanso, Ridgewood (1,600); Olivia Shattuck, Ridgewood (3,200); Kayla Dusan, North Bergen (55 hurdles); Francesca Mignano, Bergen Tech (55 hurdles); Ridgewood relay; Alejandra Bartitus, North Bergen (high jump); Lindsey Fiorellini, Passaic Tech (high jump); Ellie Veenhof, Ridgewood (high jump/pole vault); Alianna Eucker, Bergen Tech (high jump/shot); Mackenzie Schiel, Hackensack (shot); Natanaia Ward, Kennedy (shot); Haide Schaefer, Clifton (shot); Aaliyah Booker and Daphne Kalkanis, Bergen Tech (pole vault); Nicoletta Venizelos and Madison DeVera, Ridgewood (pole vault).

### NON-PUBLIC A

Reigning Team Champion: Union Catholic.  
Returning North Jersey medalists: Mariah Fede, Paramus Catholic (5, 55; 4, 400; 2, HJ); Nicole Barbara, Holy Angels (5, 400); Nicole Gysin, IHA (4, high jump); Christine Ajao, IHA (3, shot put).  
North Jersey contenders: Maris Rodriguez, Holy Angels (55); Eliza Hoover, Holy Angels (800); Madeline Novelli, IHA (1,600/3,200); Maegan Feeney, IHA (55 hurdles); Fiona Carter, Paramus Catholic (55 hurdles/high jump); Jae Min Chu, Holy Angels (shot put); Emma Viggiano, IHA (pole vault); Mary Flahive, Holy Angels (pole vault); Holy Angels and Paramus Catholic relays.

### NON-PUBLIC B

Reigning Team Champion: Morris Catholic.  
Returning North Jersey medalists: Elizabeth Szambel, St. Mary's (4, 3,200); Grace Kellogg, Eastern Christian (pole vault champion); (India Marselle, Dwight Englewood was 5th in Non-Parochial A last year).  
North Jersey contenders: Caroline Lee, Dwight-Englewood (55/400); Jaden Belen, Eastern Christian (55); Szambel (1,600); Annie Kuperus, Eastern Christian (high jump); Linsey Lam, Dwight-Englewood (pole vault).

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## State Group IV Championships - Bennett Center, Toms River; Saturday, 2/29/20

### 400m

Boys: R. McKenna **52.95**

### 1600m

Girls: C. Wennersten 4:57.20 - 2nd Place, A. Tretola **5:13.60**, S. Policano **5:14.16**

### 800m

Girls: L. Rabolli **2:23.92**

### 3200m

Boys: J. Boogaert **9:46.57**

Girls: C. Wennersten 10:46.59 - 1st Place, O. Shattuck **11:23.55**

### 4x400m

Boys: R. Seaver **53.3**, K. Grant **53.5**, L. Barrales **53.6**, R. McKenna **52.2** = **3:32.97**

Girls: O. Grace **62.4**, J. Maasarani **63.9**, S. Policano **64.9**, A. Tretola **65.4** = **4:17.36**

### HJ

Girls: E. Veenhof **4'10**

### PV

Boys: L. Gnospelius **13'0**

Girls: M. DeVera **NH**

Scores		
Girls		
1	Hillsboro	26
2	Eastern Regional	25
3	Hunterdon Central	24
4	<b>Ridgewood</b>	<b>18</b>
4	Kingsway	18
4	Watchung Hills	18
4	Millville	18
8	Franklin Twp	16
9	Egg Harbor Twp	12
9	Montgomery	12

28 total teams scored



# Perez leads area contingent at Group Championships

**Nick Gantaifis**  
NorthJersey.com  
USA TODAY NETWORK - NEW JERSEY

TOMS RIVER - By now, you would think that Angelina Perez recognizes her synchronicity and is no longer surprised with her success.

But even after all her accomplishments the last few months, the Lakeland track standout is still in awe after each big race.

Perez shocked herself again on Saturday when she won the girls 3200 race at the NJSIAA Group Championships at the Bennett Center.

The sophomore ran a personal best 10:45.41 to win the Group 2 title and qualified for next weekend's season ending State Meet of Champions.

"I'm really happy with my performance. It's a personal best since last week's sectional championships," said Perez, competing in her first indoor track season. "I felt more comfortable today. This is probably the calmest I've ever been before a meet. I usually get nervous the day before a meet, but not this time."

"I'm just really excited to be going to the Meet of Champions. I'm still amazed at what I can do. I was not expecting this at all."

Perez crossed ahead of sophomore teammate Abigail Horevay, who finished second in 11:09.96.

Two weeks ago, the teammates went back-to-back in the 2 mile at the Sectional Championships, with Perez recording a 10:48.05 and Horevay an 11:16.85. Both showed improvement on Saturday.

"I knew I was seeded first and my time was a couple of seconds faster than second place," Perez said. "I was just trying to keep calm and I think it definitely helped me with this race. I'm just hoping to do my best and give it all I've got next week."

Originally scheduled to compete in the mile earlier in the day, Perez and

Lakeland coach Damiano Conforti decided to skip out on that race for strategic and precautionary reasons.

"After I ran the 1600 at the sectional meet, I was getting some pain in the side of my foot and it was going to the sole," Perez revealed. "So I knew that I was seeded higher for the 3200 and if I made it to the Meet of Champions that was what I was going to run, so I wanted to save it all for that race today."

Perez was one of six North Jersey girls to win individual and respective Group titles Saturday.

The top three athletes and teams in each of the 10 standard events advance to the SMOC March 8 at Ocean Breeze in Staten Island along with 12 wild cards in each event, from all six groups.

Hawthorne senior Alexis Byfield was the first champion of the day when she claimed the Group 1 55 hurdles.

"To be honest, I was in it to just compete to have fun. It's my senior year and my coaches pushed me as hard as they could," said Byfield, who ran a personal best 8.56. "They said have fun. My goal was to break the school record."

"I feel like if I just have fun again, it's less stress and less pressure and I feel like next week it's going to be the same. It's cool to just go to the state meet of champions. I didn't make it this far last year. I'm going to have as much fun as I can and continue to work hard. It's now the mental part I want to work on."

Demarest senior Jada Sewell won the Group 2 shot put with a throw of 44-00, ninth best throw in Bergen County history.

Other North Jersey champions were Brynn Madonna of Northern Highlands, who claimed the Group 3 shot put with a throw of 40-03.50 and Old Tappan senior Marisa DiGlia, who won the Group 3 pole vault with a jump of 12-00.75.

In Group 4, Ridgewood sophomore Camryn Wennersten bounced back to win the two mile in 10:46.59 after finishing second in the mile in 4:57.20.

"I learned from the mile about finish-

ing the turn and using my stride and arms more," Wennersten said. "I used the same tactic as last week of pacing off someone else and then decisively making a move when I was ready. I keep getting more knowledge every day, even at practice and from others. Even when I lose I feel I learn more than when I win."

"I'm not majorly disappointed with my performance in the mile. But I feel like I may have either made a move too early or didn't push myself at the end. I still have to decide between the mile and two mile for the state meet of champions. I'm not sure yet. I feel like I'm better in the 3200, but I also want to get revenge in the mile."

## PC's Fede doubles

Mariah Fede of Paramus Catholic scored an impressive double and seven other North Jersey athletes won events Friday night at the Non-Public A and B Championships at the Bennett Center.

Fede, who has led the state all year in the 200 and 300 meters and the 55-meter hurdles, won the 55 hurdles race in the NP A meet in 8.19 seconds, edging Paul VI star Aliya Rae Garozzo, who had finished ahead of Fede at last year's Non-Public A 400 intermediate hurdles race.

Fede, who is headed for Northeastern in the fall to join former teammates Isabelle Dely and Kennedee Cox, won the 400 comfortably in 57.72, just off her personal best and added a fourth place in the 55 meter dash (7.26) in a busy first hour of the meet.

Combined with a sixth place finish by high jumper Fiona Carter, the Paladins finished sixth overall with 25 points behind perennial champion Union Catholic.

Other North Jersey medalists in the meet were Holy Angels, which advanced to the State Meet of Champions March 8 with a third place finish in the 4-x-400 relay (4:09.57), Alexa Cawood of Holy Angels, sixth in the pole vault

and Madelyn Novelli of IHA (6th, 1,600, 5:18.45) and Christina Ajao of IHA (4, shot put, 34-3.5).

The Eastern Christian girls were only sixth with 31 points but finished seven points behind meet winner Morris Catholic (38).

The Eagles scored the most wins as sophomore Jaden Belen ran 7.60 to comfortably win the 55, freshman Anneke Kuperus made five feet for the first time to win the high jump and pole vaulter Grace Kellogg repeated in the pole vault, clearing a personal best 10-3.

The Eagles also got a sixth place in the shot from Anneke Kuperus.

Elizabeth Szambel of St. Mary's took fourth in both the 1,600 (5:36.56) and 3,200 (12:02.59) and for the first time in her four-year career had company on the medal stand from a teammate, senior Jensen Kraft, who was sixth in the 1,600 (5:39.29).

Hawthorne Christian teammates Grace Guignon (9-6) and Zoe Higby (9-0) went 2-3 in the pole vault.

## Other SMOC qualifiers

### Group 1

Senior Karina Roze of Glen Rock finished second in the shot put with a throw of 35-11.

Cresskill freshman Danielle Tilp was third in the mile in 5:23.56 and the 2 mile in 11:46.81.

### Group 2

Sophomore Gretchen Haray of Demarest finished third in the high jump with a leap of 5 feet.

River Dell junior Amanda Mircovich was third in the 800 in 2:38.02.

Dumont sophomore Sanai Bryant finished second in the 55 meter in 7.33.

### Group 3

Freshman Norina Khanzada of Tenafly was third in the high jump with a leap of 5-02.

Paul Schwartz contributed to the article.

## TRACK AND FIELD

# List of State Meet of Champions qualifiers

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

The indoor track State of Meet of Champions gets started at 10 a.m. Sunday at Ocean Breeze in Staten Island.

Here are all the qualifiers from North Jersey (numbers in parentheses denote seed):

### Boys

55: Allan Hilton Clarke, Bergen Catholic; Fabian France, Bergen Catholic; Ray Schmitt, Lakeland; De'Mere White, DePaul.  
200 (S): Jewel Carter, Paramus Catholic; Alan Okechukwu, Paramus; Lacquan Stewart, Bergenfield.  
400: Robbie Tormo, New Milford; Pim Schuit, Park Ridge; Jordan Ricketts, Passaic Tech.

800: Nick Ortiz, Passaic (5); Zach Voll, Lakeland; Ryan Pena, Hackensack.  
1,600: Nathan Armstrong, Pompton Lakes; Jesse Campoverde, Lakeland; Jacob Heredia, Clifton.  
3,200: Nathan Armstrong, Pompton Lakes; Jesse Campoverde, Lakeland.  
55 hurdles: David DeVries, Eastern Christian; JORDANY DELY, Paramus Catholic; Daniel Van Duren, Mahwah.  
Shot put: PAT PASSALACQUA, NV/Old Tappan (1); JOSH IWONSI, River Dell (7); John Griffith, Northern Highlands\* (6); Vellon Garrison, Englewood\*; Jayden Johnson, Passaic Tech.  
High jump: ANDRE BARRETT, Paramus Catholic (16); JAMIER WRIGHT-COLLINS, Kennedy (1); Tommy Cahill, Ramapo (15); Parker Simpson, Ramsey; Jordany Dely, Paramus Catholic.  
Long jump (S): Rashawn Markman, Waldwick; Justin Rhee, River Dell; Matthieu Brunelle, Emerson; Vanton Evans, Englewood; Luke Bussetti, Northern Highlands.  
Triple jump (S): Cole Goodman, Bergen Tech (6); Justin Rhee, River Dell; Kevin Francis, Kennedy; Matthieu Brunelle, Emerson.  
Pole vault: DAVID DEVRIES, Eastern Christian; Matias Cortes, Eastern Christian; Shaun Herlihy, NV/Old Tappan; Bryan Keating, Pompton Lakes; Max Zuckerman, Pascack Hills (4); Luke Gnospius, Ridgewood\*; Matteo Zemer, West Milford.  
4-x-400 relay: Passaic Tech; Paramus.  
4-x-800 relay (S): Ridgewood (5); NV/Old Tappan; River Dell; Hasbrouck Heights.

### Girls

55: JADEN BELEN, Eastern Christian; Sanai Bryant, Dumont; Mariah Fede, Paramus Catholic.  
200 (S): MARIAH FEDE, Paramus Catholic (1); Maris Rodriguez, Holy Angels; Brianna Rubio, Clifton.  
400: MARIAH FEDE, Paramus Catholic (5); Brianna Rubio, Clifton\*; Sophia Verrier, Ramapo\*; Grace Smieschowski, Northern Highlands\*.  
800: Andrea Dubbels, Clifton (4); Amanda Mircovich, River Dell (6); Emma Petrolia, New Milford.  
1,600: Sarah Policano, Ridgewood\*; Danielle Tilp, Cresskill; Anna-Marie Tretola, Ridgewood\*; Camryn Wennersten, Ridgewood (2).  
3,200: Shannon Clancy, Bergen Tech\*; Mia Dubac, Clifton\*; Abigail Horevay, Lakeland (7); Allison Lounsbury, Indian Hills\*; ANGELINA PEREZ, Lakeland (1); Olivia Shattuck, Ridgewood\*; Danielle Tilp, Cresskill; CAMRYN WENNERSTEN, Ridgewood (2).  
55 hurdles: ALEXIS BYFIELD, Hawthorne, MARIAH FEDE, Paramus Catholic (2).  
Shot put: Alyssa Campbell, Bergenfield; BRYNN MADONNA, Northern Highlands (6); Jenna Rogers, Rutherford; Karina Roze, Glen Rock; JADA SEWELL, NV/Demarest (1); Mackenzie Schiell, Hackensack\*; Bella Sposato, NV/Demarest\*.  
High jump: Alejandra Bartutis, North Bergen\*; Carolyn Coletti, Ramsey\*; Talia Ferguson, Hasbrouck Heights\*; Gretchen Haray,

NV/Demarest\*; Norina Khanzada, Tenafly\*; ANNEKE KUPERUS, Eastern Christian; Kaia Paulsen, Pascack Hills\*; Milica Rodic, Wayne Valley\*; Caroline Tighe, Kinnelon\*.  
Long jump (S): Isabella Sing, Rutherford; Fiona Carter, Paramus Catholic.  
Triple jump (S): Sophia Dongaris, Tenafly (4); Alejandra Bartutis, North Bergen; Talia Ferguson, Hasbrouck Heights; Jada Carroll, Ridgefield Park.  
Pole vault: MARISA DIGIA, NV/Old Tappan (2); Grace Guignon, Hawthorne Christian; Zoe Higby, Hawthorne Christian; GRACE KELLOGG, Eastern Christian; Hana Lee, Tenafly\*; Julia Tucci, NV/Demarest\*.  
4-x-400 relay: Clifton\*; Holy Angels; Northern Highlands\*; Ramapo\*.  
4-x-800 relay (S): Ridgewood (5); Ramsey; Clifton; Ramapo; River Dell.  
ALL CAPS Denotes Group winner  
\* denotes wild card  
S denotes Showcase event.

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## INDOOR TRACK AND FIELD

# State Meet of Champions has all-new look

**Paul Schwartz**

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USA TODAY NETWORK – NEW JERSEY

There's a new look for the State Meet of Champions which will be held Sunday at 10 a.m.

It starts with the venue, the beautiful Ocean Breeze Center in Staten Island, which will allow athletes to excel in a modern airy setting, and fans to actually see entire races and field events.

The shift to Ocean Breeze from the cramped Bennett Center in Toms River will also allow the long jump and triple jump to be held concurrently with the other events on the program. The long jump was added last winter but competition was held after school with no other events in the building and very few spectators.

This year, the long jump is back and added is the triple jump, giving the meet four showcase events (including the 200 and 4-x-800 relays) in addition to the ten standard winter events.

Qualification for the showcase events came from the top 24 entrants based on their seasonal performances. The standard winter events had 30 qualifiers, the top three in each group and the next 12 best performers from the group meet. For the first time, the order of events has a time schedule attached.

The top eight finishers in each event will medal.

Here's a look at North Jersey medal chances, event by event:

### On the track

Girls 4-x-800 relay (10 a.m.): Union Catholic, Ridge and Haddon-

field are all within about a second of each other and are the favorites to win. Ramsey, Clifton and Ramapo have chances to medal if they can in the 9:35 range. River Dell was third last year and is entered again this year.

Boys 4-x-800 relay (10:25): Ridge and Kingsway have been among the best teams in the country all year and should have a terrific battle for the win. If Ridgewood runs the way it did at the Varsity Classic, the Maroons should grab a medal here. NV/Old Tappan and Clifton hope to run fast enough to qualify for the Penn Relays in April. The meet record of 7:56.49 is likely to fall. Girls 55 hurdles trials (10:45): Mariah Fede has been the fastest girl in the state all year, winning the Eastern States in a state leading 8.02. But Eastern Regional junior Jaiya Ash had the fastest time at groups and Fede barely edged Aliya Rae Garozzo of Paul VI. The winner will come from this group. Group 1 champ Alexis Byfield of Hawthorne looks for a personal best.

Boys 55 hurdles trials (11:05): Jordany Dely of Paramus Catholic had his best race of the year at the Big North meet at Ocean Breeze but the Non-Public A champ needs to improve his start to have a shot at the finals and a medal. Dwight Henry of Irvington and Terrel Williams of Columbia are the favorites.

Girls 55 meters trials (11:20): Sanai Bryant of Dumont has seemingly improved her personal best in every meet. And if the soph can run a few hundredths faster, she can earn a spot in the final and an unexpected medal. Lauren Prinz of Egg Harbor Township is the favorite, but four other runners are within .05 of her seed time.

Boys 55 meters trials (11:30): Defending champ Louis Akpadago of Hamilton North and James Bivins of Donovan Catholic are the favorites in this race and the meet record of 6:38, first set in 2008 and tied by Akpadago last year, could fall. Freshman Allan Hilton Clarke and sophomore Fabian France set personal records last week and Ray Schmitt of Lakeland has run well at Ocean Breeze but they would need to run personal bests in order to make the final and medal.

Girls 400 (11:40): Fede would have a shot at winning a medal, but she'll skip this race leaving Clifton's Brianna Rubio the area's best hope here. Grace Smiechowski of Northern Highlands and Sophia Vernieri of Ramapo look for personal bests. Jade Pope of Pennsauken, Nylah Perry of Winslow Township and Lily Orr of Rumson Fair Haven are the race favorites.

Boys 400 (11:50): Gabe Moronta of Pleasantville may try the 400-800 double, and is favored here over Liam O'Hara of CBA and Remy Berberena of North Brunswick. Jordan Ricketts of Passaic Tech is the top local medal hope.

Boys 55 hurdles final (Noon)

Girls 55 hurdles final (12:05)

Girls 55 dash final (12:15)

Boys 55 dash final (12:20)

Girls 1,600 (12:25): Ridgewood's Camryn Wennersten was second in the race last year but will run the 3,200 meters this year. That leaves the favorite's role to Katie Hamilton of Westfield, Emma McGill of Voorhees and Lilly Shapiro of Colts Neck. Ridgewood's AnnaMarie Tretola and Sarah Policano are the top hopes for medals and hope to break 5:10.

Boys 1,600 (12:45): It's a terrific field with eight sub 4:21 runners in the field, led by Liam Murphy of Allentown and Jack Jennings of Mendham but it's unlikely any North Jersey runner will medal. Nathan Armstrong of Pompton Lakes looks to improve on his personal best of 4:23.89.

Girls 800 (1:00): Only two girls in the more than 40 years of the State Meet of Champions have won their event four times, Olivia Baker of Columbia (2011-2014 400) and Nicole Sims of Plainfield (1990-1993 shot put). Victoria Vanriele of Grove Livingston will be the third and should break her own meet record of 2:08.81. An-

drea Dubbels of Clifton and Amanda Mircovich of River Dell, coming off solid group races are significant medal hopefuls.

Boys 800 (1:15): Jordan Kaplan of Monroe Township and Nick Medeiros of Old Bridge are threats to defending champion Elijah Brown of Union Catholic. Nick Ortiz of Passaic has had a terrific stretch and should medal, and Lakeland's Zach Voll who has had an excellent season and soph Ryan Pena of Hackensack can also contend for a medal.

Girls 200 (1:20): Fede was third last year but has the three fastest races of the season and is the only girl under 25 seconds this winter. She is favored over Prinz and Jewel Ash of Eastern. Maris Rodriguez of Holy Angels and Rubio can also medal and probably need to break 25.60 to do it. The meet record of 24.94 should fall. Boys 200 (1:30): No one has broken 22 seconds this year but Akpadago, Bivins and O'Hara are all capable of that. And they're the 4-5-6 seeds! Quincy Hendy of West Side, Greg McQueen of Elizabeth and Aaron Stillitano of Middletown South have the three fastest times of the winter. Jemel Carter of Paramus Catholic leads the local contingent.

Girls 3,200 (1:40): Potentially the race of the meet, especially for North Jersey fans. Group 2 champ Angelina Perez of Lakeland and Group 4 champ Camryn Wennersten of Ridgewood meet for the first time on the track as the top two sophomores in the state and two of the top 10 sophs in the country. They're the top two seeds in this race, although Laura Baeyans of Watchung Hills and Nicole Vanasse of Pingry are also championship contenders. Abigail Horevay, also a Lakeland soph is also in position to medal, and join her mother, 1993 1,600 third place winner Amy Mizzone as an SMOC indoor medalist.

Boys 3,200 (1:55): It's not clear who will run this race and who will pick the 1,600 but there are eight entrants who ran 9:17 or better last week. Murphy won last year in 8:54.22. Lakeland's Jesse Campoverde should be in position to break 9:20 and could medal.

Girls 4-x-400 relay (2:15): Ramapo was fifth last year but will have to bid for a medal from the next to last heat. Union Catholic is a heavy favorite but there are a dozen teams including the Green Raiders that could medal.

Boys 4-x-400 relay (2:50): It's been five years since a North Jersey boys team medaled here and more than 30 since a Passaic County team has placed but Passaic Tech has every chance of breaking those streaks. Union Catholic is a heavy favorite to end the running portion of the meet with a win.

### In the field

10 a.m.

Boys Pole vault: It's been quite a year in the event with Bradley Jelmer of Watchung Hills likely to break the meet record of 16 feet and take a run at the state indoor record of 17 feet set 40 years ago by Bill Lange. Jelmer will break a three year streak of Bergen County winners if he wins but Pascack Hills soph Max Zuckerman, the first Bergen 10th grader to clear 15 feet should continue the medal streak which began in 2009. Look for Shaun Herlihy of NV/Old Tappan to be in the medal mix as well.

Boys Long jump: Bivins and Highland Regional's Floyd Whitaker are the heavy favorites but North Jersey has five potential medal winners in seniors Justin Rhee of River Dell, Matt Brunelle of Emerson and Luke Bussetti of Northern Highlands, junior Rashawn Markman and soph Vanton Evans of Englewood and a 22 foot jump could cinch a top eight finish.

Girls Long jump: Nakaja Weaver of North Brunswick is the defending champ but Bridget McNally of Paul VI and Aliyah Thom-

as of Union Catholic have jumped further this year. Isabella Sing of Rutherford and Fiona Carter of Paramus Catholic are the only North Jersey entrants and both underclassmen should gain experience.

Boys Shot Put: North Jersey throwers have medaled in nine of the last 10 meets, but no one has won since Bergen Catholic's Shaun McGregor won in 1996. But NV/Old Tappan's Pat Passalacqua could end that streak as he has the top throw in the state this year, and fifth best in Bergen history, 61-7 3/4 in winning Group 2 last week. John Purvis of Winslow Township has battled Passalacqua all year and handed the Columbia bound senior his only defeat before losing the Eastern States and Group 3 meets to him. Northern Highlands' John Griffith and River Dell's Josh Lyons should also medal and VeRon Garrison of Englewood can also grab one.

12:30 p.m.

Girls Pole vault: Caroline Dannenbaum of Pingry is the defending champion and is favored again. But last year's runner-up, Marisa DiGia of NV/Old Tappan is vaulting as well as she ever has after a Group 3 meet record 12-0 3/4 vault and should give Dannenbaum a battle. Non-Public B champ Grace Kellogg is also vaulting well and could be a dark horse to grab a medal if she can clear 10-6 on her first attempt.

Boys Triple jump: It would be fitting if Whitaker becomes the first indoor state champ in this event, after dominating the event last spring and this winter. Bergen Tech junior Cole Goodman has a great shot at a medal and Rhee is a contender here as well.

Girls Triple jump: Felicia Quainoo of Union Catholic, Teja Brown of Pope John and Dai'jah Wiggins of Elizabeth are the top seeds here. But look out for Tenafly's Sophia Dongaris, who has a 37-3 jump to her credit, less than 10 inches from the top seed. Alejandra Bartutis of North Bergen is also a potential medalist.

Boys High jump: Can Jamier Wright-Collins break the three year Kennedy silver medal "jinx" and win gold? Jason Thoburne (2017), Jadon Watson (2018) and Wright-Collins himself (2019) have each won Group 4 and finished second in the SMOC. Wright-Collins loves Ocean Breeze, clearing his indoor best 6-9 there less than a month ago. He'll get a battle from Kameron Smith of Willingboro, Aden Tomeo of Audubon and Nate Robertson of Willingboro. Non-Public A champ Andre Barrett of Paramus Catholic and Bergen champ Tommy Cahill can medal and a 6-4 clearance would probably clinch one.

Girls High jump: The state's best high jumper, Jenna Rogers of Rutherford, will be throwing the shot while this is going on after skipping the state series because of a concern about the Bennett Center site. That probably means that the title will go to Carly Tarentino of A.L. Johnson with at least 10 other jumpers in the field over 5-4, including Gretchen Haray of NV/Demarest and Kaia Paulsen of Pascack Hills. There are nine North Jersey entrants in this event, more than in any other event.

Girls Shot put: Jada Sewell of NV/Demarest has had a terrific year but even she has to be surprised to be the top seed after most of the attention went to Bryanna Wilson of Donovan Catholic, Denae Hill of West Orange and Elizabeth Makar of Pinelands, but Sewell's two foot PR of 44 feet in winning Group 2 will do that. Brynn Madonna of Northern Highlands won Group 3 last week and should medal again. Look for Alyssa Campbell of Bergenfield to contend. And don't count out 2019 medalist Karina Roze of Glen Rock, who's coming back from injury.

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## State Meet of Champions - Ocean Breezer; Sunday, 3/8/20

### 4x800m

Boys: R. Seaver 2:01.57, A. Sheridan 1:59.67, M. Zamboldi 2:05.89, J. Boogaert 2:04.46 = 8:11.57 - 8th Place

### 1600m

Girls: A. Tretola 5:10.37, S. Policano 5:10.90

### 3200m

Girls: C. Wennersten 10:43.72 - 2nd Place, O. Shattuck 11:29.87

### PV

Boys: L. Gnospelius 13'0"

# 4 get gold at State Meet of Champions

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

Mariah Fede and Angelina Perez are ready for a break, after a long and productive indoor track season. So when things weren't going so well for them during Sunday's State Meet of Champions at Ocean Breeze on Staten Island, both could have mentally checked out, satisfied with silver medals for second place after a season of great races.

Neither did and today both have gold medals and records after terrific performances, both mentally and physically.

Fede, the Northeastern-bound senior from Paramus Catholic, had finished second in the 55 hurdles earlier in the meet, despite having led New Jersey all year and having won the Eastern States championship two weeks ago. She was beaten by Jailya Ash of Eastern in the hurdles, not being able to overcome a slower than usual start.

"But I had my eye on the 200 all year, because I'm much more consistent in the 200 as you could see," said Fede, who came into the race as the only New Jersey girl under 25 seconds this year.

Her 200 start wasn't much better than her hurdle start, but it didn't matter as her ferocious final 50 meters gave her an easy five meter win in a meet and Bergen County record 24.34 seconds, nearly a half second of 55 winner Lauren Prinz of Egg Harbor Township.

"It felt good to redeem myself from the hurdles," said Fede, who will run the championship 200 and Emerging Elite hurdles at next week's New Balance Indoor Nationals before taking a short break. "I wanted this badly."

Perez, the sophomore from Lakeland, who has been a phenomenon from the first race of cross-country season six months ago, faced a different challenge in the 3,200 meters. She was a slight favorite but called herself "stressed" going into the race.

"It's been difficult this week," said Perez. "At the end of cross country I was physically drained and this winter I was mentally drained, (fellow sophomore and teammate) Abigail Horevay and I were trying to help each other all week but we were both so stressed."

So when Perez was passed by Ridge-wood sophomore Camryn Wennersten with seven laps to go in the 16-lap race, she could have checked out and settled for second, knowing that she was "only" a sophomore and there would be other chances.

"I was trying but in the back of my mind I thought about just finishing the race when Camryn passed me and went far ahead," said Perez, who trailed by nearly 40 meters with three laps to go.

"I decided I really wanted it so I tried to push through the race," said Perez, who cut the lead in half on lap 14, pulled even at the bell and sped away in 37.21, her fastest 200 of the race, on the final lap to win in a Passaic County record 10:36.48, to become Passaic County's first 3200 champ since Cathy Feeney captured the 1989 race for Wayne Valley.

"I wasn't expecting that at all, but it's certainly going to help me with my confidence in the future."

### **Favorites Passalacqua and Wright-Collins finish the job**

All season, NV/Old Tappan shot put-

ter Patrick Passalacqua and Kennedy high jumper Jamier Wright-Collins had led the state in their respective events. Sunday they completed their all but unbeaten seasons with impressive starts to finish with wins at the first state meet ever held outside the state.

Passalacqua took the lead in the shot on his first of 58-9, extended it to 59-6 1/2 on his fourth throw and then sealed the deal with his second best throw ever, 61-4 1/2 on his fifth attempt to become the first North Jersey athlete to win the boys shot since Bergen Catholic's Shaun McGregor won in 1996.

"Nobody was really at their best today except for Chris (runner-up Tavarone of Morris Knolls, who was second with a three-foot PR at 60-5 3/4) because everyone was tight and trying to do too much," said Passalacqua. "Coach (Peter) Dunn told me coming in that might happen and he said 60-11 was going to be enough to win."

"I had a great opener with the 58-9 but then I had two poor throws and had some things to correct in the finals," said Passalacqua, who had a little scare when Tavarone made his big toss just before Passalacqua had his final chance.

"I didn't see where it landed, but he had such a big smile, I was a little concerned," said Passalacqua, who readied himself to try and take the lead back if necessary.

But the mark came and, for once, Passalacqua relaxed.

"I guess I had a sigh of relief and wasn't quite as focused on my last throw because I had already won."

There wasn't as much drama for Wright-Collins, until he tried to clear the magical seven-foot barrier.

He'd missed at 6-6, giving Nate Robertson of Willingboro the brief lead, but a first attempt clearance at 6-8 all but assured him of becoming the first North Jersey high jumper to win the event since Kennedy's Ron Thomas won in 1992.

And after Robertson missed all three of his attempts at 6-10, Wright-Collins cleared on his final try, setting a personal best and giving him his first chances at seven feet.

"I had a real chance on my last jump at seven feet," said Wright-Collins, who broke a three-year streak of Kennedy silver medals in the event, the last own silver a year ago. "I really love jumping here."

Wright-Collins tried to stay humble all year despite being the season long favorite in the event.

"I tried not to keep the light on myself and kept working hard every day," said Wright-Collins, who will play football at Rutgers. "It paid off."

Both Passalacqua (who will play football at Columbia) and Wright-Collins will compete at the New Balance Nationals later this week at the Armory Track Center. Both are expected to be in contention for All-American status.

"I just want to have fun and do as well as I can," said Passalacqua. Wright-Collins echoed the thought.

"I'll do the best I can do to jump as high as I can," said Wright-Collins.

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# Girls indoor track and field: 2020 All-North Jersey teams

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

After an exciting season, the following athletes have been selected to the 2020 All-North Jersey girls indoor track and field teams.

In addition, the 10 athletes selected to the first team — Marisa DiGia, Sophia Dongaris, Andrea Dubbels, Mariah Fede, Brynn Madonna, Angelina Perez, Jenna Rogers, Brianna Rubio, Jada Sewell and Camryn Wennersten — are nominees for the 2020 NorthJersey.com Sports Awards Girls Indoor Track and Field Athlete of the Year award.

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

## FIRST TEAM

### Marisa DiGia

#### NV/Old Tappan senior pole vault

She won eight major titles in 12 competitions, taking the Big North Freedom, Bergen County, North 1, Group 3 and state Group 3 titles. She was second at the Varsity Classic and the State Meet of Champions, and fifth at the Eastern States. Her personal best jump of 12-0 3/4 is fifth all time in Bergen County.

### Sophia Dongaris

#### Tenafly senior jumper/hurdler

Dongaris stepped up this year to become one of the area's best and most versatile athletes. She won the North 1, Group 3 and Big North Patriot 55 hurdles. But her best efforts came in the triple jump where she won four titles, including the Bergen and league crowns and took sixth in the State Meet of Champions.

### Andrea Dubbels

#### Clifton senior, 600 to 3,200 meters

The Columbia-bound standout completed her indoor career with wins in the Big North Liberty, Passaic and North 1, Group 4 sectional 800 races and should get a silver in the Group 4 800. She also won the Passaic 1,600 and medaled in 11 of 12 races this year from 600 to 3,200.

### Mariah Fede

#### Paramus Catholic senior, 55 to 400 meters and 55 meter hurdles

It's hard to imagine anyone in New Jersey having a better season than the Northeast-bound star. She won the Big North United, Bergen and State Meet of Champions 200 titles, setting a Bergen County record in the SMOC. She also won the Non-Public A, league, Bergen, Non-Public A and Eastern States 55 hurdles title was second in the SMOC. In addition to her county record in the 200, she's ranked second all-time at 55 hurdles, third at 300, fifth at 400



Camryn Wennersten of Ridgewood won multiple major titles this season, including the state Group 4 3,200 title. KEVIN R. WEXLER/NORTHJERSEY.COM

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## GIRLS INDOOR TRACK AND FIELD

# What we learned this past season

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

Here are five things we learned from the 2020 indoor track season in North Jersey:

**Mariah Fede, Angelina Perez dominate**

Two names stood out throughout the 2020 indoor track season, one who was expected to be one of the best in the state from the end of last winter and one who hadn't even run in the 2019 indoor track season.

Paramus Catholic senior Mariah Fede has had a terrific career. But sometimes she seemed to be eclipsed by the PC class of 2019, which included triple State Meet of Champions winner Tiffany Bautista, Isabelle Dely and Kennedee Cox. But Fede's spectacular 400 hurdles performance at last spring's State Meet of Champs made her one of the state's top returning athletes and she delivered all season.

Fede won the 200 meters at the State Meet of Champions, running a Bergen County record 24.34 seconds and finished nearly half a second ahead of the runner-up. She also took second in the 55 hurdles final and recorded the fastest time of any New Jersey runner this year, in winning the Eastern States Championship.

Lakeland sophomore Angelina Perez didn't even run winter track last year and made a very limited impact as a good freshman 800 runner last spring, finishing as the 120th-ranked freshman in New Jersey last spring.

But Perez was the breakout cross country runner of the fall, winning the Passaic County championship, easily, and taking second in the state Group 2 championship before a late season illness pushed her way back in the State Meet of Champions.

When the winter season started, Perez was ready. She won her first race of the year, running a solid 3,200 at the Coach Glynn Classic in December at Ocean Breeze on December 28. By the time she ran her final race 10 weeks later, also at the Staten Island facility, she had won 8 of 9 races, and improved her time in every single race, with her Passaic County record run of 10:36.48, #19 in the U.S.A.

## A great senior class

Even though it is still nearly two weeks to the originally scheduled start to the 2020 New Jersey high school spring season, it is becoming apparent that even if there is a spring season, it will be unlike any such season in scholastic sports history.

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# Teams

Continued from Page 4S

and sixth at 55.

## Brynn Madonna

**Northern Highlands junior, shot put**

Madonna had a breakthrough season, setting school records in the shot put five times in 11 meets, capped by a toss of 40-7½ to finish sixth in the State Meet of Champions. She won the Big North Freedom, North 1, Group 3 sectional and won the state Group 3 title. Her best throw puts her in 16th place in Bergen County with a year of throwing left.

## Angelina Perez

**Lakeland Sophomore, 1,600 and 3,200 meters**

Perez, who was the Passaic County cross country champ last fall, didn't run indoors last year but ran nine races this past winter. She won eight of the nine, losing only the Passaic 1,600 to Dubbels.

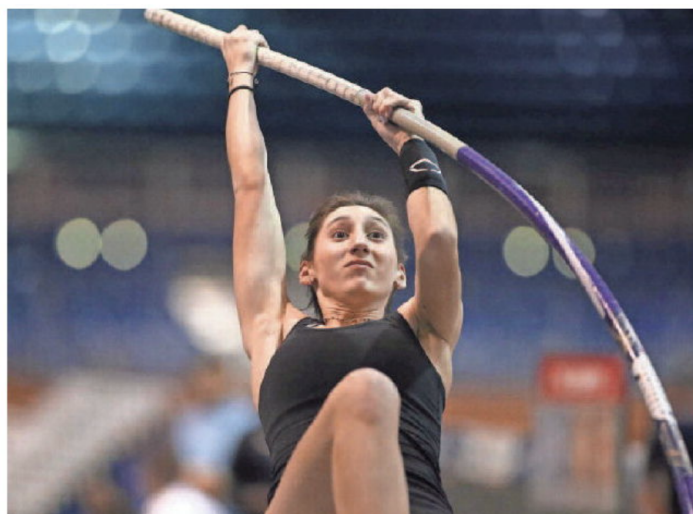
She ran faster in every race she ran that she had the race before, taking titles in the Passaic, North 1, Group 2, state Group 2 and State Meet of Champions 3,200 races, setting a Passaic County record of 10:36.48 in the final one.

## Jenna Rogers

**Rutherford senior, high jump, shot put and pentathlon**

Nebraska gets one of North Jersey's all-time greats next fall, and the former National high jump champion gets to just high jump again.

The state's best high jumper won all six high jump meets she entered and had the state's top jump of 5-9. She also won six shot put titles including the NJIC and North 2, Group 2 meet and won the Bergen pentathlon with the second-best score in meet history.



Marisa DiGlia of NV/Old Tappan takes her attempts at 11-5½ at the Millrose Games girls junior pole vault in New York on Feb. 6. COURTESY JOHN NEPOLITAN

## Brianna Rubio

**Clifton senior, 55 to 600 meters**

She won the 200 at the Big North Liberty and Passaic Championships, won the 300 at the Paul Schwartz Invitational and took third at the Tom Zaccane 600. She also medalled in four 55 meter dash finals this winter. But Rubio owned the 400, winning major titles at the league, Passaic County and North 1, Group 4 state sectional meets. She ranks third all-time on the Passaic 200 and 400 lists.

## Jada Sewell

**NV/Demarest senior, shot put**

Before this season, Sewell had just two meets where she threw the shot more than 40 feet. This winter, she had eight meets and threw the shot over 40 feet eight times with her best a throw of 44 feet in winning the state Group 3 championship. That was her fifth win of

the winter, including the Big North American, Bergen championship and North 1, group 2 sectional. Her 44 foot throw leaves her ninth in Bergen history.

## Camryn Wennersten

**Ridgewood sophomore, 800 to 3,200 meters**

Five seasons, five North Jersey selections for Wennersten, who is well on her way to joining the pantheon of all-time greats in North Jersey. She won the 800 and 3,200 races at the Big North Freedom meet, doubled the 1,600 and 3,200 at North 1, Group 4 sectionals, won the state Group 4 3,200 title and led most of the way at the State Meet of Champions 3,200 before placing second.

## Ramapo 4-x-400 relay

Cortney Lander, Izzie Anzaldo, Sophia Schwartz and Sophia Vernieri Ramapo is synonymous with the

4-x-400 relay, and this year's was no exception. The Green Raiders ran 10 high quality races, winning five of them, including the Big North Freedom, Bergen Relays Large Schools, North 1, Group 3 and Bergen County championships. Their top time of 3:58.11 is third-best in Bergen County history.

## Clifton 4-x-800 relay

Mia Dubac, Remy Dubac, May Yuasa and Andrea Dubbels

The Mustangs won early season meets at the Tom Zaccane Invitational and the Paul Schwartz Invitational and took second at the Spiked Shoe Holiday Festival.

The talented quartet then crushed the Passaic County record by running 9:41.96 in a second place finish at the Metropolitan Invitational, then took it even lower, running 9:36.75 for fourth at the State Meet of Champions.

## SECOND TEAM

Molly Bennett, Northern Highlands sophomore

Sanai Bryant, Dumont sophomore  
Alexis Byfield, Hawthorne senior  
Alyssa Campbell, Bergenfield junior  
Kayce Darby, Teaneck sophomore  
Mia Dubac, Clifton junior  
Gretchen Haray, NV/Demarest sophomore

Abigail Horevay, Lakeland sophomore

Allison Lounsbury, Indian Hills junior

Amanda Mircovich, River Dell junior

Kaia Paulsen, Pascack Hills senior  
Maris Rodriguez, Holy Angels senior  
Grace Smiechowski, Northern Highlands senior

Holy Angels 4-x-400 relay (Nicole Barbaro, Eliza Hoover, Jalen Wynn, Maris Rodriguez)

Ramsey 4-x-800 relay (Maya Bender, Kaitlyn Garofalo, Jessica Nixon, Carolyn Coletti)

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# Track

Continued from Page 4S

So let's do a little salute to a fantastic senior class that has given coaches, teammates, parents and other track and field fans a lot of joy over the last four years. For space purposes we'll skip over this year's first team all North Jersey selections. This is far from a comprehensive list but some of those who have made watching track fun from 2016-2020.

Tegann Anderson, Passaic Tech — Indoor Passaic sprint champion.

Nicole Barbaro, Holy Angels — 400 hurdles standout who was the best 400 leadoff runner in the area.

Corinne Barney, Indian Hills — multiple time state group winner and one of best North Jersey distance runners ever.

Madeline Barney, Indian Hills — When healthy, joined her twin as the part of the best 1-2 punch in the state.

Lindsay Burstiner, Glen Rock — School record setting hurdler.

Alexis Byfield, Hawthorne — State group 1 indoor hurdle champ and outstanding triple jumper.

Shannon Clancy, Bergen Tech — Very good distance runner who turned herself into a state contender.

Talia Ferguson, Hasbrouck Heights

— Versatile jumper/hurdler for area's most consistent winning team.

Emily Grubb, Ramsey — Fierce competitor and outstanding hurdler.

Grace Kellogg, Eastern Christian — Non Public B pole vault champ who got better each year.

Kyla Krawczyk, Northern Highlands — One of the funniest, most talented and enthusiastic runners from her first race to her last.

Daisy Liljegen, Northern Highlands — She had some illness issues but when she was right there was no better distance runner in the state.

Julia Morrone, Hackensack — One of the better long and triple jumpers in the area.

Shanice Murray, Hackensack — With Morrone, gave Hackensack a chance in every meet they competed in.

Kaia Paulsen, Pascack Hills — State Meet of Champions medal winner in the high jump.

Milica Rodic, Wayne Valley — Another in the long line of versatile Indian girl jumpers.

Maris Rodriguez, Holy Angels — Gritty and talented sprinter who was at her best in big meets, especially on the relay.

Karina Roze, Glen Rock — Pound for pound (she's tiny for a thrower) the best thrower in the area — and battled through multiple injuries to get there.

Sophia Schwartz, Ramapo — No relation but a tenacious sprinter I'd be proud to call a relative.

Grace Smiechowski, Northern Highlands — Would be lacrosse player who turned into one of the most versatile and competitive runners in the state.

Bella Sposato, NV/Demarest — Over-shadowed by classmate Jada Sewell but has had a solid career.

Sara VandenAssem, Ridgewood — Multitalented hurdler/jumper had injury issues which held her back.

Ellie Veenhof, Ridgewood — Steady consistent point scorer for the powerhouse Maroons.

Zuania Victoria, Passaic Valley — Helped mold a Hornet resurgence.

Jalen Wynn, Holy Angels — Steady relay leg for Angels' top 4-x-200 and 4-x-400 teams.

Thank you girls for your consistent excellence.

## Champions All

Until about 20 years ago, the indoor track season had few events where team scoring was included. But league championships by division became the norm in the now defunct NNJL, NBIL and BCSL in the late 1990s, state sectionals began in 2008 the Big North started in 2011 and the NJIC followed suit in 2013.

This season, nine teams combined to

won the major team titles awarded. None won state group championships and none were first time winners of an event. Here's a look at the winners:

Ridgewood won its third straight Big North Freedom, North 1, Group 4 section and Bergen Relays Large Schools titles. It was the Maroons' fourth Big North, sixth sectional and record 20th Bergen Relays title. Clifton won its second straight Big North Liberty and third straight Passaic County title. It was the Mustangs' record setting 10th Passaic crown.

NV/Demarest won its 2nd straight Big North Patriot title and fifth overall and it's second straight North 1, Group 2 sectional title, both by one point over Ramsey.

The Rams however, still won a second straight Big North American and fourth overall and a second straight Bergen Relays Small Schools and seventh overall. IHA won a fifth Big North United title, it's first since 2014 and a 2nd straight Bergen Relays Non-Public title and eighth overall relays crown.

Glen Rock took its third straight North 1, Group 1 sectional crown, Hasbrouck Heights its fifth NJIC title overall, Lakeland its fifth Big North Independence and Northern Highlands its fourth North 1, Group 3 sectional title.

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# Boys indoor track and field: 2020 All-North Jersey teams

Paul Schwartz  
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USA TODAY NETWORK - NEW JERSEY

After an exciting season, the following athletes have been selected to the 2020 All-North Jersey boys indoor track and field teams.

In addition, the 10 athletes selected to the first team — Nathan Armstrong, Tommy Cahill, Jesse Campoverde, Jordany Dely, John Griffith, Nicholas Ortiz, Pat Passalacqua, Ray Schmitt, Jamier Wright-Collins and Max Zuckerman — are nominees for the 2020 NorthJersey.com Sports Awards Boys Indoor Track and Field Athlete of the Year award.

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

## FIRST TEAM

### Nathan Armstrong

Pompton Lakes junior, 800 to 3,200-meter run

After a wonderful cross-country season, Armstrong was even better in indoor track, earning fifth place in the State Meet of Champions 1,600 running a North Jersey leading and No. 2 Passaic County all-time mark of 4:19.96. He doubled the 1,600 and 3,200 at the NJIC meet and the North 1 Group 1 state sectional meet.

### Tommy Cahill

Ramapo senior, high and triple jumps

The Bucknell-bound jumper excelled in both jumps throughout his career, earning a sixth-place medal at the State Meet of Champions in the high jump. He won three golds in the high jump, including the Bergen County title and was second in North Jersey with an indoor best of 6-5.

He also won the Big North Freedom long and triple jumps and ranked 14th in the state in the triple jump.

### Jesse Campoverde

Lakeland senior, 1,600 and 3,200-meter runs

Campoverde's last race of the season was his best as the senior ran a 12-second PR in the State Meet of Champions and finished ninth in the 3,200 meters with a stunning 9:17.76 time, tops in North Jersey this year and second all-time in Passaic County history. Campoverde is 10th all-time in Passaic 1,600 history.



John Griffith from Upper Saddle River, a senior at Northern Highlands Regional High School, won three titles during the indoor season and placed in all 10 of his meets. He was third at Eastern States and sixth in the State Meet of Champions. PHOTO COURTESY OF JO GRIFFITH



Jordany Dely of Paramus Catholic won titles in multiple events this winter. MICHAEL KARAS/NORTHJERSEY.COM



Jesse Campoverde of Lakeland runs in the NJSIAA State Meet of Champions. KEVIN R. WEXLER/NORTHJERSEY.COM

### Jordany Dely

Paramus Catholic senior, pentathlon

The versatile Dely won the Big North United 400 title in, arguably, his fourth-best event. He won the Bergen County pentathlon with 3,373 points, seventh in the U.S. this year and eighth in Bergen County history. He also won the Non-Public A in the 55 hurdles, medaled in the State Meet of Champions in the same event and placed in the Non-Public A high jump.

### John Griffith

Northern Highlands senior, shot put

Before this season, Griffith was better known as one of the state's top discus throwers. But he had a breakthrough winter in the shot, bringing his personal best of 50-4½ to a best of 57-9½, breaking his own school record seven times. He won three titles, placed in all 10 of his meets, was third in the

See TRACK, Page 5S

## BOYS INDOOR TRACK AND FIELD

# What we learned this past season

Paul Schwartz  
NorthJersey.com  
USA TODAY NETWORK - NEW JERSEY

Here are five things we learned from the 2020 indoor track season in North Jersey:

### The move to Ocean Breeze was well worth it

After some hesitation, the New Jersey State Interscholastic Athletic Association took its State Meet of Champions out of the state from the Bennett Center in Toms River to Ocean Breeze in Staten Island.

The meet, aside from an inexplicable error in the seeded heat of the Boys 1,600, was a rousing success.

The meet's first 30 years at Princeton, on the slow Jadwin Gym track, seemed to be a stage show with spectators far away from the action and the shot put contested in the basement far away from the main track.

The folks at the Bennett Center stepped up a dozen years ago and filled a void left when Princeton priced themselves out of the meet and couldn't provide enough dates for the full state schedule.

The venue remains adequate for sectional competition and has been very helpful for South Jersey teams and athletes, but the hard surface made it difficult to high jump, and it remains a nightmare for spectators. And holding long and triple jump competitions at the same time as track events is impossible.

At Ocean Breeze, the air is fresh, the venue is brightly lit and spectators can spectate comfortably. The track is fast, the field event venues are top notch and the performances, up and down the entry list were sensational.

If only we could take the next step and move the group meets there as well.

### Pat Passalacqua and Jamier Wright-Collins are really good

Coming into the winter season, both Pat Passalacqua of NV/Old Tappan and Jamier Wright-Collins of Kennedy had secured their college athletic

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# Track

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Eastern States meet and sixth in the State Meet of Champions.

## Nicholas Ortiz

### Passaic senior, 800 to 1,600 meters

After a promising start to his season, winning the 800 and 1,600 at the Big North Liberty meet and taking the 1,000 at the Paul Schwartz Invitational, Ortiz put together a strong fifth-place finish at the loaded Varsity Classic. He won the North 1, Group 4 sectional, took third in Group 4 and was sixth in the State Meet of Champions in a stunning 1:54.25, tops in North Jersey this year and third on the all-time Passaic County list.

## Pat Passalacqua

### NV/Old Tappan senior, shot put

One stat jumps out from a plethora of remarkable statistics from Passalacqua's 2019-20 indoor season: There were 7 throws of more than 60 feet in New Jersey this season. Passalacqua had 5 of them. He threw in 11 meets, winning 10. He set personal bests in

seven meets with a best of 61-7½, fifth in Bergen history and seventh in the nation. He became Bergen County's first boy state shot champ in 24 years.

## Ray Schmitt

### Lakeland senior, 55 and 200 meters

Hopefully we'll get to see this former baseball player make his outdoor track debut after a consistently outstanding indoor season. He won major 55 titles at the Paul Schwartz, Big North Independence and Passaic County and earned five other major medals, including sixths at the Eastern States, Group 2 and the State Meet of Champions.

## Jamier Wright-Collins

### Kennedy senior, high jump, long jump and 55 meters

What Passalacqua did in the shot put, Wright-Collins did in the high jump. A fellow football recruit (Passalacqua to Columbia, Wright-Collins to Rutgers), Wright-Collins competed in 10 high jumps, winning 9, and cleared 6-10 in winning the State Meet of Champions. He also won the Passaic, league, Group 4 and Eastern States titles and finished with the No. 6 performance in the nation and No. 2 Passaic all-time.

## Max Zuckerman

### Pascack Hills sophomore pole vault

A solid freshman, he cleared 11-6 last spring and started his winter season with an astounding vault of 14-3 to win the Energize Coaches Hall of Fame Invitational. He won titles at the Big North Patriot, Bergen County and North 1, Group 2 sectional, was second in state Group 2 and was fifth in the State Meet of Champions, finishing as the top underclassmen in the state.

## Passaic Tech 4-x-400 relay

### Jordan Ricketts, Ian Steinberg, Amair Buffaloe and Keshon Holt

Ricketts and Buffaloe returned from last year's top squad, and this year's quartet was even better. After winning the Spike Shoe Invitational, Big North Liberty and Passaic County titles, the quartet was second at the North 1, Group 4 sectional meet, fourth in Group 4 and 5th in the State Meet of Champions.

The SMOC time of 3:23.58, set a Passaic County record and ranked No. 7 in New Jersey and No. 26 in the country. It was the first time in more than 30 years that a Passaic County boys relay placed in the State Meet of Champions.

## Ridgewood 4-x-800 relay

### Ryan Seaver, Aidan Sheridan, Mason Zamboldi and Jay Boogaert

This veteran team recorded the top time in the area, 8:07.22, taking second at the Varsity Classic and was the only North Jersey team to medal at the State Meet of Champions when it ran 8:11.57 for eighth place, paced by Sheridan's sub 2:00 split.

## SECOND TEAM

### Andre Barrett, Paramus Catholic junior

### Jemel Carter, Paramus Catholic junior

### Veron Garrison, Englewood junior

### Shaun Herlihy, NV/Old Tappan junior

### Joshua Iyonsi, River Dell senior

### Rashawn Markman, Waldwick junior

### Connor Munson, Westwood sophomore

### Ryan Pena, Hackensack sophomore

### Jordan Ricketts, Passaic Tech junior

### Dan Van Duren, Mahwah senior

### Zach Voll, Lakeland senior

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# Boys

Continued from Page 4S

futures by committing to play football at Columbia University and Rutgers, respectively.

But both seniors were among the best returnees in the state in the shot put and high jump, respectively, and went into the season wanting to prove how good they were.

They did.

Each lost just one time all season, and swept sectional, league, county, Eastern States and group titles before dominating their competition at the State Meet of Champions.

Passalacqua has seven personal bests including a throw of 61-7½, fifth all-time in Bergen County and seventh

best in the U.S. this year, while Wright-Collins jumped a personal best of 6-10, second all-time in Passaic and No. 6 in the U.S. this year.

The only thing that stopped both of them from earning official All-American status was the coronavirus outbreak that canceled the New Balance Indoor Nationals.

## Passaic County boys can run

There are six running events in indoor track that don't involve hurdles. Five different Passaic County boys from four different schools led North Jersey in their respective events this season, four won medals at the State Meet of Champions and four are part of our All North Jersey team.

Ray Schmitt (55) and Jesse Campo-verde (3,200) of Lakeland, Nathan

Armstrong of Pompton Lakes (1,600), Nick Ortiz (800) of Passaic and Jordan Ricketts of Passaic Tech (400) all moved up the all-time Passaic County list this year with their area leading performances with Schmitt, Armstrong and Campoverde all finishing second all-time on the list in their respective races and Ortiz third. Ricketts is "only" No. 10 in this event, but he's just a junior, and he is part of the Passaic County record holding Passaic Tech 4-x-400 relay team.

## Championship rundown

Nine different schools won team titles this winter including several who won specific titles for the first time.

Fort Lee won its first Bergen Relays Small Schools title despite winning just one event and Paramus Catholic its first

Large School Relays title. Lakeland won the North 1, Group 2 state sectional title, becoming the first ever Passaic County boys team to win a winter track sectional. A week later Passaic Tech won the North 1, Group 4 title.

Here's a complete list of the North Jersey indoor track team champions:

**Bergen Catholic:** Big North United; **Fort Lee:** Bergen Relays Small Schools; **Hasbrouck Heights:** North 1, Group 1 Sectional 1 and NJIC; **Lakeland:** Big North Independence and North 1, Group 2; **Paramus Catholic:** Bergen Relays Non-Public; **Passaic Tech:** Big North Liberty, Passaic and North 1, Group 4; **Ridgewood:** Big North Freedom; **River Dell:** Big North Patriot and Bergen Relays Large Schools; **Westwood:** Big North American.

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## All-Group 4 team, 2019-20



### FIRST TEAM

55-meter dash: Lauren Princz, Egg Harbor Township, Jr.

55-meter hurdles: Jailya Ash, Eastern, Jr.

400-meter dash: Jewel Ash, Eastern, Sr.

800-meter run: Cynthia Boryeskne, Edison, Sr.

1,600-meter run: Katie Hamilton, Westfield, Jr.

3,200-meter run: Camryn Wennersten, Ridgewood, So.

4x400-meter relay: Rancocas Valley

High jump: Bryanna Craig, Millville, So.

Pole vault: Gretel Jelmert, Watchung Hills, Jr.

Shot put: Denae Hill, West Orange, Sr.

## All-State Second Team, 2019-20

**55-meter dash:** Christiana Nwachuku, Kent Place, So.

**55-meter hurdles:** Mariah Fede, Paramus Catholic, Sr.

**200-meter dash:** Lauren Princz, Egg Harbor Township, Jr.

**400-meter dash:** Chidumba Nkulume, Union Catholic, Sr.

**800-meter run:** Lindsay Colflesh, Haddonfield, Jr.

**1,600-meter run:** Julianne Kopec, Red Bank Catholic, Jr.

**3,200-meter run:** Camryn Wennersten, Ridgewood, So.

**4x400-meter relay:** Paul VI

**4x800-meter relay:** Union Catholic

**Long jump:** Bridget McNally, Pope John, Sr.

**Triple jump:** Felicia Quainoo, Union Catholic, Sr.

**High jump:** Bryanna Craig, Millville, So.

**Pole vault:** Marisa DiGia, Old Tappan, Sr.

**Shot put:** Bryanna Wilson, Donovan Catholic, Jr.

# New Jersey MileSplit All-State Teams for Indoor 2020

## 1600 Meter Run



1st Team - [Katie Hamilton](#) - JR - [Westfield HS](#)

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2nd Team - [Camryn Wennersten](#) - SO - [Ridgewood HS](#)

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3rd Team - [Lilly Shapiro](#) - SO - [Colts Neck HS](#)

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Freshmen - Reese Fahys - FR - [Middletown South HS](#)

# Girls Team History

Year	League	County Relays	State Sectional	State Group	State Relays
2020	Champions	Champions	Champions	4th Place (Tie)	
2019	Champions	Champions	Champions	Champions	
2018	Champions	Champions	Champions	8th Place	
2017	2nd Place	2nd Place	2nd Place		
2016	2nd Place	Champions	Champions	Champions	
2015	2nd Place	2nd Place	3rd Place	10th Place	
2014	4th Place	5th Place	2nd Place		
2013	3rd Place	2nd Place	Champions		
2012	2nd Place	Champions	Champions		
2011	Champions	Champions	2nd Place		
2010	2nd Place	2nd Place	2nd Place		
2009	Champions	2nd Place	3rd Place		
2008	Champions	2nd Place	Champions	9th Place	
2007	Champions	Champions		4th Place	
2006	Champions				
2005	Champions			9th Place	
2004	Champions				
2003	Champions				
2002	Champions				
2001	Missing Records				
2000					
1999				10th Place	
1998	Champions	Champions		3rd Place	
1997					
1996	Champions				
1995	Champions	2nd Place			
1994					
1993					
1992					
1991				2nd Place	
1990				8th Place	
1989				Champions	Champions
1988				Champions	Champions

## Girls Team History

Year	League	County Relays	State Sectional	State Group	State Relays
1987					Champions
1986					
1985					
1984				3rd Place	
1983				2nd Place	
1982					
1981				7th Place (tie)	
1980					

## Boys Team History

Year	League	County Relays	State Sectional	State Group	State Relays
2020	Champions	3rd Place	5th Place		
2019	Champions	Champions	Champions	6th Place (Tie)	
2018	Champions	Champions	Champions		
2017	Champions	Champions	Champions		
2016	3rd Place	Champions	Champions		
2015	3rd Place	9th Place	Champions		
2014	Champions	Champions	2nd Place		
2013	2nd Place	Champions	Champions		
2012	3rd Place	5th Place	3rd Place		
2011	Champions	3rd Place	Champions		
2010	Champions	2nd Place	3rd Place	6th Place	
2009	Champions	2nd Place	3rd Place		
2008	Champions	3rd Place	3rd Place		
2007	Champions	2nd Place		4th Place	
2006	Champions			8th Place	
2005	Champions			4th Place (Tie)	
2004	Champions				
2003	Champions				
2002	Champions				
2001	Missing Records				
2000				9th Place	
1999					



# Boys Team History

Year	League	County Relays	State Sectional	State Group	State Relays
1998	Champions	3rd Place			
1997					
1996					
1995	2nd Place	2nd Place		3rd Place	
1994					
1993					
1992					
1991					
1990					
1989					
1988					
1987				4th Place	
1986				6th Place (Tie)	
1985				3rd Place	
1984					
1983					
1982					
1981					
1980					
1979					
1978					
1977					
1976					
1975					
1974					
1973					
1972				6th Place (Tie)	
1971					
1970					
1969					
1968					
1967					
1966					

# Outstanding Athlete Awards

## County Relays

### Alan Wedemeier Award

Name	Year
Will Baginski	2019
Billy Byrne	2017
Michael Thurston	2016
Jake Sabatini	2013

### Lou Molino Award

Name	Year
<b>Camryn Wennersten</b>	<b>2020</b>
Katherine Muccio	2018
Mimi DeVita	2012
Sarah DeVita	2011
Cristina Law	2007
Meg McDermott	1998

## Ridgewood High School Boys Indoor All-American List

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

\*NSIC - National Scholastic Indoor Championships

\*NBIN - New Balance Indoor Nationals

### Multiple All-Americans

<u>Name</u>	<u>Honors</u>	<u>Events/Years</u>
Michael Cator	4x	2006 - 4xMile, DMR; 2005 - 4x800; 2004 - 4x800
Byron Williams	4x	2006 - 4x800, DMR; 2005 - 4x800; 2004 - 4x800
Brian Cleary	3x	2010 - 4xMile, DMR; 2009 - DMR
Niall Buckley	3x	2006 - 4xMile, DMR; 2005 - 4x800
Levi Jennings	2x	2010 - 4xMile, DMR
Pat Rynkowski	2x	2010 - 4xMile, DMR
Jeremy Schmidt	2x	2006 - 4xMile, DMR
Dave Maher	2x	2004 - 4xMile, 4x800
Erik Nygaard	2x	2004 - 4xMile, 4x800
Ari Zamir	2x	2004 - 4xMile, 4x800

## Ridgewood High School Girls Indoor All-American List

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

\*NSIC - National Scholastic Indoor Championships

\*NBIN - New Balance Indoor Nationals

### Multiple All-Americans

<b>Name</b>	<b>Honors</b>	<b>Events/Years</b>
Christina Law	3x	2007 - Pentathlon, 4x55 SHR; 2005 - 4x800
Mia Martinez	2x	2008 - 4x55 SHR; 2007 - 4x55 SHR
Jennifer McDermott	2x	1989 - Triple Jump, Long Jump

## State Sectional Champions

Name	Event	Year	Name	Event	Year
<b>Camryn Wennersten</b>	<b>1600m</b>	<b>2020</b>	Sarah DeVita	High Jump	2010
<b>Camryn Wennersten</b>	<b>3200m</b>	<b>2020</b>	Kayla Polcari	Pole Vault	2010
Katherine Muccio	55m	2019	Christy Bertelsen	3200m	2008
Katherine Muccio	400m	2019	Anne Polcari	Pole Vault	2008
Virginia Morley	800m	2019			
Camryn Wennersten	1600m	2019			
Camryn Wennersten	3200m	2019			
Lizzie Veenhof	High Jump	2019			
Katherine Muccio	55m	2018			
Katherine Muccio	400m	2018			
Olympia Martin	1600m	2017			
Olympia Martin	3200m	2017			
Nicole Lester	Pole Vault (Tie)	2017			
Maxine Earl	Pole Vault (Tie)	2017			
Olympia Martin	1600m	2016			
Olympia Martin	3200m	2016			
Maxine Earl	Pole Vault	2016			
Leah Rosenfeld	800m	2015			
Carleen Jeffers	1600m	2015			
Carleen Jeffers	3200m	2015			
Carleen Jeffers	3200m	2014			
Micaela McPadden	400m	2013			
Kelly Cleary	1600m	2013			
Mimi DeVita	Pole Vault	2013			
Hanako Shigenobu	800m	2012			
Catherine Pagano	1600m	2012			
Mimi DeVita	Pole Vault	2012			
Sarah DeVita	55m HH	2011			
Sarah DeVita	High Jump	2011			

## 3+ Sectional Champions

Name	Wins	Years
<b>Camryn Wennersten</b>	<b>4</b>	<b>2019-2020</b>
Katherine Muccio	4	2018-2019
Olympia Martin	4	2016-2017
Carleen Jeffers	3	2014-2015
Sarah DeVita	3	2010-2011

## Most Single Year Wins

2019	6 wins
Katherine Muccio	55m / 400m
<b>Camryn Wennersten</b>	<b>1600m / 3200m</b>
Virginia Morley	800m
Lizzie Veenhof	High Jump



## State Sectional Champions

Name	Event	Year
Will Baginski	1600m	2019
Will Baginski	3200m	2019
Tom Vandalovsky	Shot Put	2019
Austin Engelhardt	Shot Put	2018
Kobi Grant	55m	2017
Billy Byrne	1600m	2017
Billy Byrne	3200m	2017
Ryan Vimba	Pole Vault	2017
Michael Thurston	800m	2016
M. Tai / Z. Stadulis / W. Baginski / M. Thurston	4x400m	2016
Jake Sabatini	55m	2014
Nick Salamone	1600m	2013
Nick Salamone	3200m	2013
N. Schoff / S. Dubirer / T. Migliorelli / J. Sabatini	4x400m	2013
Alan Wong	Pole Vault	2012
Insoo Hwang	400m	2011
Insoo Hwang	55 HH	2011
J. Llinas / N. Schoff / N. Tai / I. Hwang	4x400m	2011
Tommy DeVita	High Jump	2010
John Wisener	Pole Vault	2010
Taro Shigenobu	1600m	2009
Taro Shigenobu	3200m	2009
Christian Trautwein	800m	2008
Christian Trautwein	1600m	2008
Akira Monri	55 HH	2008

## 3+ Sectional Champions

Name	Wins	Years
Will Baginski	3	2016-2019
Insoo Hwang	3	2011

## Most Single Year Wins

2017	4 wins
Billy Byrne	1600m / 3200m
Kobi Grant	55m
Ryan Vimba	Pole Vault

## State Group Champions

Name	Event	Year
<b>Camryn Wennersten</b>	<b>3200m</b>	<b>2020</b>
Camryn Wennersten	1600m	2019
Nicole Lester	Pole Vault	2017
Sam Halvorsen	3200m	2016
Nicole Lester	Pole Vault	2016
Carleen Jeffers	3200m	2015
Meg McDermott	1600m	1999
Eileen Fitzgerald	1600m	1991
Jean Hughes	1600m	1989
Jean Hughes	3200m	1989
Ginny Figlar	400m	1988
Lynne Collazo	800m	1988
Jennifer Hughes	3200m	1988
Sheryl Vander Schyff	High Jump	1988
Margaret Scruto	800m	1984
Margaret Scruto	1600m	1984
Patti Mileski	3200m	1983

## 2+ Group Champions

Name	Wins	Years
<b>Camryn Wennersten</b>	<b>2</b>	<b>2019-2020</b>
Nicole Lester	2	2016-2017
Jean Hughes	2	1989
Margaret Scruto	2	1984

## State Group Champions

Name	Event	Year
Will Baginski	1600m	2019
Niall Buckley	800m	2007
Josh Kauke	800m	2000
Bob Keino	1600m	1994
Bob Keino	3200m	1994
Chris Rae	800m	1987
Chris Rae	800m	1986
Chris Sullivan	1600m	1985
Bruce Mason	2 Mile	1972

## 2+ Group Champions

Name	Wins	Years
Bob Keino	2	1994
Chris Rae	2	1986-1987

## SMOC Medalists

Name	Event	Performance	Place	Year
<b>Camryn Wennersten</b>	<b>3200m</b>	<b>10:43.72</b>	<b>2nd</b>	<b>2020</b>
Camryn Wennersten	1600m	4:59.73	2nd	2019
C. Keyes / K. Muccio / S. Policano / V. Morley	4x800m	9:46.38	7th	2019
E. Kotch / K. Muccio / M. Adams / V. Morley	4x800m	9:28.95	2nd	2018
Katherin Muccio	200m	25.70	6th	2018
Olympia Martin	3200m	10:41.29	2nd	2016
Sam Halvorsen	3200m	10:44.29	4th	2016
Maxine Earl	Pole Vault	10'6"	6th	2016
Carleen Jeffers	3200m	10:49.91	3rd	2015
Mimi DeVita	Pole Vault	11'0"	8th	2012
Kayla Polcari	Pole Vault	12'0"	3rd	2010
Anne Polcari	Pole Vault	11'0"	7th	2008
Kate Michel	800m	2:19.23	6th	2008
Anne Polcari	Pole Vault	10'0"	6th	2007
E. Barr / A. Wisener / K. Conheeny / C. Law	4x400m	4:05.89	8th	2007
Lara-Jane Que	55m HH	8.30	2nd	2007
Cristina Law	800m	2:16.55	5th	2007
Kelly Conheeny	1600m	5:04.37	7th	2007
Cassie Wong	Pole Vault	10'6"	5th	2006
Cristina Law	800m	2:18.78	7th	2005
Claire Nowakowski	1600m	5:13.38	4th	2001
Claire Nowakowski	3200m	11:34.43	6th	2000
Kelly Behan	3200m	11:34.55	7th	2000
Meg McDermott	1600m	5:12.82	4th	1999
Celeste Sedo	3200m	11:11.57	4th	1998
Celeste Sedo	1600m	5:13.22	3rd	1998
Meg McDermott	1600m	5:16.80	6th	1998
Claire Blaney	800m	2:22.04	5th	1992
Stephanie Doyle	1600m	5:19.03	5th	1996
Stephanie Doyle	1600m	5:13.93	6th	1995
Renee Pavleski	800m	2:21.97	6th	1993
Eileen Fitzgerald	1600m	5:20.01	3rd	1992
Claire Blaney	800m	2:22.04	5th	1992

## SMOC Medalists

Name	Event	Performance	Place	Year
NAMES?	4x400m	4:12.39	5th	1992
Eileen Fitzgerald	1600m	5:18.00	2nd	1991
Liz Figlar	800m	2:20.30	3rd	1990
Lynne Collazo	800m	2:16.60	2nd	1989
Jean Hughes	3200m	11:05.10	2nd	1989
K. Reilly / Jean Hughes / L. Collazo / J. McDermott	4x400m	4:02.30	2nd	1989
Jen McDermott	400m	58.30	3rd	1989
<i>Lynne Collazo</i>	<i>800m</i>	<i>2:19.09</i>	<i>1st</i>	<i>1988</i>
Ginny Figlar	400m	58.80	3rd	1988
G. Figlar? / NAMES?	4x400m	4:08.00	3rd	1988
Jennifer Hughes	3200m	11:31.61	4th	1988
<i>Ginny Figlar</i>	<i>400m</i>	<i>58.42</i>	<i>1st</i>	<i>1987</i>
Jennifer Hughes	3200m	11:26.9	3rd	1987
Norine D'Arey	3200m	11:30.4	4th	1987
L. Collazo / N. D'Arey / A. Donnelly / G. Figlar	4x400m	4:14.23	3rd	1987
NAMES?	4x400m	4:11.4	4th	1985
Margaret Scruto	800m	2:18.4	2nd	1984
Margaret Scruto	1600m	5:06.1	2nd	1984
Patti Mileski	3200m	11:03.6	2nd	1983
Patti Mileski	3000m	10:34.1	3rd	1981

## 2+ SMOC Medals

Name	Medals	Years	Name	Medals	Years
Lynne Collazo	4	1987-1989	Celeste Sedo	2	1998
Ginny Figlar	4	1987-1988	Stephanie Doyle	2	1995-1996
Katherin Muccio	3	2018-2019	Eileen Fitzgerald	2	1991-1992
Cristina Law	3	2005-2007	Jean Hughes	2	1989
<b>Camryn Wennersten</b>	<b>2</b>	<b>2019-2020</b>	Jen McDermott	2	1989
Virginia Morley	2	2018-2019	Jennifer Hughes	2	1987-1988
Anne Polcari	2	2007-2008	Norine D'Arey	2	1987
Kelly Conheeny	2	2007	Margaret Scruto	2	1984
Claire Nowakowski	2	2000-2001	Patti Mileski	2	1981-1983
Meg McDermott	2	1998-1999			

## SMOC Medalists

Name	Event	Performance	Place	Year
<b>R. Seaver / A. Sheridan / M. Zamboldi / J. Boogaert</b>	<b>4x800m</b>	<b>8:11.57</b>	<b>8th</b>	<b>2020</b>
<i>Will Baginski</i>	<i>1600m</i>	<i>4:12.90</i>	<i>1st</i>	<i>2019</i>
Will Baginski	1600m	4:17.38	6th	2018
Ryan Vimba	Pole Vault	13'6"	6th	2017
Michael Thurston	800m	1:57.63	8th	2015
Tommy DeVita	High Jump	6'6"	2nd	2010
John Wisner	Pole Vault	14'6"	4th	2010
Michael Cator	3200m	9:34.97	7th	2006
Michael Cator	1600m	4:23.88	3rd	2005
Byron Williams	800m	1:58.44	6th	2005
<i>Ari Zamir</i>	<i>1600m</i>	<i>4:23.04</i>	<i>1st</i>	<i>2004</i>
<i>Josh Kauke</i>	<i>800m</i>	<i>1:57.42</i>	<i>1st</i>	<i>2000</i>
<i>Bob Keino</i>	<i>3200m</i>	<i>9:18.11</i>	<i>1st</i>	<i>1994</i>
Bob Keino	1600m	4:26.99	6th	1992
Eric Boucher	1600m	4:23.9	3rd	1991
Eric Boucher	1600m	4:29.2	4th	1990
Chris Rae	800m	2:00.4	4th	1987
Chris Sullivan	1600m	4:22.3	2nd	1985
Tom Hughes	3000m	8:50.5	5th	1981

## 2+ SMOC Medals

Name	Medals	Years
Will Baginski	2	2018-2019
Michael Cator	2	2005-2006
Bob Keino	2	1992, 1994
Eric Boucher	2	1990-1991



# Ridgewood High School Indoor Girls Top 10 Relays

## Team Members:

## Meet:

## Year:

### 4x200m:

1:45.28	E. Barr / E. Cigolini / L. Que / A. Wisener	168 Armory - Easterns	2007
1:47.6	V. Purritano / O. Grace / C. Emmanuel / K. Muccio	168 Armory - County Relays	2019
1:47.8	V. Purritano / V. Morley / N. Venizelos / K. Muccio	168 Armory - County Relays	2018
1:48.1	E. Barr / E. Cigolini / L. Que / A. Wisener	168 Armory - County Relays	2006
1:48.30	R. Lee / C. Buckley / J. Narvaez / V. Oliva	168 Armory - Easterns	2009
1:49.9	M. Feeney / M. McPadden / V. Oliva / S. DeVita	168 Armory - County Relays	2010
<b>1:50.54</b>	<b>O. Grace / J. Maasarani / E. Millstein / N. Venizelos</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
1:51.1	V. Oliva / J. Bitzer / R. Lee / M. Martinez	168 Armory - County Relays	2008
1:51.4	M. Feeney / M. Jennings / A. Caffrey / M. McPadden	168 Armory - County Relays	2011
1:51.6*	J. McGuire / L. Degelmann / G. Figlar / L. Ross	FDU - County Relays	1985
1:52.0	V. Purritano / M. Earl / V. Morley / K. Muccio	168 Armory - County Relays	2017

\* Converted from 4x220yd

### 4x400m:

4:01.7	E. Barr / K. Conheeny / A. Wisener / C. Law	168 Armory - Varsity Classic	2007
4:01.9	K. Reilly / Jean Hughes / L. Collazo / J. McDermott	FDU - County Champs	1989
4:04.14	K. Reilly / L. Degelmann / J. McDermott / G. Figlar	Byrne Arena - U.S. Olympic Invitational	1988
4:05.88	V. Purritano / S. VandenAssem / V. Morley / K. Muccio	Toms River - State Group IV	2019
<b>4:05.89</b>	<b>O. Grace / L. Rabolli / J. Maasarani / C. Wennersten</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
4:05.92	E. Barr / K. Michel / C. Spilka / M. Martinez	168 Armory - Easterns	2008
4:07.4			2000
4:07.7	V. Purritano / M. Adams / V. Morley / K. Muccio	168 Armory - County Relays	2018
4:07.8	C. Blainey / J. Reilly / R. Pavelski / M. Gilbert	FDU - County Champs	1992
4:08.2	E. Barr / J. Kresja / A. Wisener / S. Westerman	168 Armory - League Champs	2006
4:09.5	A. Caffrey / A. Muccio / S. Ramirez / M. McPadden	168 Armory - County Champs	2013

### 4x800m:

9:22.18	G. Figlar / Jean Hughes / Jen Hughes / L. Collazo	Yale HS Classic	1988
9:23.27	C. Davidson / M. McPadden / C. Pagano / H. Shigenobu	168 Armory - Easterns	2012
9:28.81	K. Muccio / V. Morley / E. Kotch / M. Adams	168 Armory - Varsity Classic	2018
<b>9:30.13</b>	<b>L. Williams / A. Tretola / S. Policano / C. Wennersten</b>	<b>168 Armory - Easterns</b>	<b>2020</b>
9:29.9	C. Law / B. Wells / M. Jones / S. Westerman	168 Armory - Metropolitan	2005
9:32.26	C. Keyes / K. Muccio / S. Policano / V. Morley	168 Armory - Millrose Games	2019
9:36.86	K. Conheeny / T. Middleton / A. Middleton / C. Law	168 Armory - Easterns	2007
9:37.10	K. Cleary / L. Weisberger / A. Caffrey / M. McPadden	168 Armory - Easterns	2013
9:37.21	C. Davidson / M. McPadden / H. Wodenshek / H. Shigenobu	168 Armory - Easterns	2011
9:38.22	K. Michel / A. Middleton / T. Middleton / C. Spilka	168 Armory - Easterns	2008
9:38.92	C. Bertelsen / M. Jones / J. Krejsa / S. Westerman	168 Armory - Easterns	2006

# Ridgewood High School Indoor Girls Top 10 Relays

## Team Members:

## Meet:

## Year:

<b>4x1600:</b>			
20:52.36*+	H. Shigenobu / E. Fishbein / C. Davidson / C. Pagano	168 Armory - Indoor Nationals	2012
21:06.20*	B. Pringle / M. Scruto / M. Mileski / P. Mileski	Yale - Indoor Nationals	1983
21:17.8	S. Policano / O. Shattuck / C. Keyes / C. Wennersten	168 Armory - County Relays	2019
21:57.6	C. Jeffers / L. Rosenfeld / K. Cleary / S. Halvorsen	168 Armory - County Relays	2014
22:01.2	S. Halvorsen / L. Rosenfeld / M. Adams / O. Martin	168 Armory - County Relays	2016
22:02.3	C. Keyes / H. Driscoll / M. Adams / O. Martin	168 Armory - County Relays	2017
22:03.1	M. Adams / K. Cleary / A. Taylor / C. Jeffers	168 Armory - County Relays	2015
<b>22:04.51</b>	<b>L. Williams / S. Policano / O. Shattuck / C. Wennersten</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
22:10.1	M. Adams / S. Policano / H. Fishbein / C. Keyes	168 Armory - County Relays	2018
22:11.5	C. Nowakowski / J. Lupo / M. O'Connell / E. Terrin	168 Armory - County Relays	2002

\* Converted from 4xMile

+ County Record

## Sprint Medley: (Nationals - 200-200-400-800 / Others - 400-200-200-800):

<b>4:09.89</b>	<b>O. Grace / J. Maasarani / E. Millstein / C. Wennersten</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
4:11.2	L. Que / E. Cigolini / A. Wisener / C. Law	168 Armory - County Relays	2007
4:12.09	M. Martinez / V. Oliva / E. Barr / K. Mitchel	168 Armory - Indoor Nationals	2008
4:17.87	J. Krejsa / E. Cigolini / A. Wisener / S. Westerman	168 Armory - Indoor Nationals	2006
4:17.7		168 Armory - County Relays?	
4:18.7	K. Muccio / V. Purritano / S. VandenAssem / M. Adams	168 Armory - County Relays	2018
4:21.1	A. Caffrey / C. Campbell / R. Simoncini / M. McPadden	168 Armory - County Relays	2013
4:22.1	C. Wong / A. Wisener / J. Tyler / C. Law	168 Armory - County Relays	2005
4:22.2	G. Watson / K. Brunner / M. Gilbert / J. Rogers	Fairleigh Dickinson - County Relays	1994
4:22.5*	K. Reilly / J. McDermott / L. Pollaci / L. Collazo	Princeton - State Relays	1988

\* Converted from yds

## Distance Medley:

11:55.0*+&\$	B. Pringle / M. Scutro / M. Mileski / P. Mileski	Princeton - Princeton Relays	1983
<b>12:10.09</b>	<b>S. Policano / O. Grace / L. Williams / C. Wennersten</b>	<b>168 Armory - Varsity Classic</b>	<b>2020</b>
12:10.15	C. Law / A. Wisener / A. Llerandi / K. Conheeney	168 Armory - Indoor Nationals	2007
12:11.77	S. Policano / K. Muccio / V. Morley / C. Wennersten	168 Armory - Varsity Classic	2019
12:11.9	S. Halvorsen / L. Rosenfeld / M. Adams / O. Martin	168 Armory - Varsity Classic	2016
12:15.42	L. Collazo / J. McDermott / L. Figlar / Jean Hughes	Harvard - Easterns	1989
12:15.4	C. Davidson / A. Caffrey / H. Shigenobu / C. Pagano	168 Armory - Varsity Classic	2012
12:19.01	E. Kotch / K. Muccio / V. Morley / C. Keyes	168 Armory - Easterns	2018
12:22.9*	L. Collazo / G. Figlar / Jean Hughes / Jen Hughes	Princeton - State Relays	1988
12:25.9	S. Westerman / A. Wisener / C. Law / M. Jones	168 Armory - Varsity Classic	2005
12:30.99	K. Cleary / L. Monnerat / L. Rosenfeld / C. Jeffers	168 Armory - Indoor Nationals	2015

\* Old Order - 800, 400, 1200, 1600

& converted from yards

+ County Record

\$ National Record until 1984

# Ridgewood High School Indoor Girls Top 10 Relays

## Team Members:

## Meet:

## Year:

### 4x51.5 HH - 4 Hurdles:

32.3	V. Morley / A. Schoff / S. VandenAssem / K. Muccio	168 Armory - County Relays	2018
32.5	M. Martinez / E. Barr / A. Wisener / L. Que	168 Armory - County Relays	2007
32.8	S. Ramirez / M. DeVita / K. McKeon / M. McPadden	168 Armory - County Relays	2013
33.1	V. Morley / S. VandenAssem / J. Maasarani / V. Purritano	168 Armory - County Relays	2019
33.5	L. Que / C. Wong / B. Bogart / M. Martinez	168 Armory - County Relays	2005
33.8	V. Oliva / H. Shigenobu / A. Scibetta / S. DeVita	168 Armory - County Relays	2010
34.5	K. Michel / E. Barr / V. Oliva / M. Martinez	168 Armory - County Relays	2008
34.6	H. Shigenobu / S. Ramirez / M. McPadden / M. DeVita	168 Armory - County Relays	2012
35.0	H. Shigenobu / M. DeVita / M. McPadden / S. DeVita	168 Armory - County Relays	2011
35.2	V. Morley / M. Earl / A. Schoff / N. Lester	168 Armory - County Relays	2017

### 4x55 HH - 5 Hurdles:

34.14	M. Martinez / C. Law / A. Wisener / L. Que	168 Armory - Indoor Nationals	2007
34.60	V. Morley / V. Purritano / S. VandenAssem / K. Muccio	168 Armory - Indoor Nationals	2018
35.23	E. Barr / V. Oliva / K. Michel / M. Martinez	168 Armory - Indoor Nationals	2008
35.5*	S. van der Schyff / L. Degelmann / A. Donnelly / J. Wrugel	Princeton - State Group IV Relays	1988
36.42	S. DeVita / R. Lee / J. Narvaez / V. Oliva	168 Armory - Indoor Nationals	2009
36.64	S. DeVita / K. Polcari / H. Shigenobu / V. Oliva	168 Armory - Indoor Nationals	2010
37.43	C. Wong / B. Bogart / M. Martinez / L. Que	168 Armory - Marine Corp	2006
37.50	N. Lester / K. Callaghan / S. Keppler / C. Shippee	Toms River - State Relays	2016

\*converted from 4x60 yd

### Shot Put:

73'5 1/2"	J. Sauerman / L. Glidewell	East Stroudsburg - County Relays	1980
67'4"	L. Uzoaru / M. Carey	168 Armory - County Relays	2018
66'3"	T. Rayevich / A. Eldridge	Princeton - State Group IV Relays	1988
63'9 1/2"	L. Uzoaru / M. Carey	168 Armory - County Relays	2017
<b>59'7 1/2"</b>	<b>E. Marr / E. Kessler</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
58'5"	M. Gonzalez / L. Que	168 Armory - County Relays	2007
58'4 3/4"	L. Uzoaru / M. Carey	168 Armory - County Relays	2016
54'6"	M. Halvorsen / E. Marr	168 Armory - County Relays	2019
54'2"	M. Gonzalez / C. Nelson	168 Armory - County Relays	2009

### High Jump:

10'6" +	E. Veenhof / L. Veenhof	168 Armory - County Relays	2019
10'2"	H. Roche / S. DeVita	168 Armory - County Relays	2011
10'0"	S. Montgomery / L. DeVita	168 Armory - County Relays	2014
9'10"	J. Wrubel / S. van der Schyff	Princeton - State Group IV Relays	1988
9'8"	L. Veenhof / E. Veenhof	168 Armory - County Relays	2018
9'8"	L. Veenhof / A. Schoff	168 Armory - County Relays	2017
9'8"	S. Keppler / K. Callaghan	168 Armory - County Relays	2016
9'8"	S. DeVita / H. Roche	168 Armory - County Relays	2009
9'8"		RCC - County Relays	1983
9'8"	V. Dailey / M. Richter	East Stroudsburg - County Relays	1980
<b>9'4"</b>	<b>E. Veenhof / E. Reinke</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
9'4"	S. Montgomery / L. DeVita	168 Armory - County Relays	2015
9'4"	M. Martinez / S. Westerman	168 Armory - County Relays	2006

+ County Record

# Ridgewood High School Indoor Girls Top 10 Relays

## Team Members:

## Meet:

## Year:

### Long Jump:

32'4"	B. Bogart / E. Cigolini	168 Armory - County Relays	2006
32'2 1/4"			1988
32'1"	V. Purritano / S. VandenAssem	168 Armory - County Relays	2019
31'1 3/4"		RCC - County Relays	1983
30'11 1/2"	V. Purritano / S. VandenAssem	168 Armory - County Relays	2018
30'9 1/2"	I. Park / K. Callaghan	168 Armory - County Relays	2016
30'8 1/2"	K. McKeon / K. Callaghan	168 Armory - County Relays	2015
<b>30'7 1/4"</b>	<b>S. VandenAssem / E. Reinke</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
30'2 3/4"	E. Cigolini / M. Martinez	168 Armory - County Relays	2007
30'1"	K. McKeon / R. Simoncini	168 Armory - County Relays	2014
29'6 1/4"	S. DeVita / H. Roche	168 Armory - County Relays	2009
29'6 1/2"	V. Purritano / A. Schoff	168 Armory - County Relays	2017

### Triple Jump:

68'9"	S. VandenAssem / L. Veenhof	168 Armory - County Relays	2019
66'7 1/2"	S. DeVita / H. Roche	168 Armory - County Relays	2011
66'3 1/4"	S. VandenAssem / A. Schoff	168 Armory - County Relays	2018
66'3"	S. DeVita / R. Lee	168 Armory - County Relays	2009
65'11 3/4"		RCC - County Relays	1983
65'3"	C. Law / B. Bogart	168 Armory - County Relays	2005
65'1"	B. Bogart / A. Polcari	168 Armory - County Relays	2006
65'0 3/4"	I. Park / C. Shippee	168 Armory - County Relays	2016
<b>64'11"</b>	<b>S. VandenAssem / H. Brodsky</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
64'6"	A. Schoff / L. Veenhof	168 Armory - County Relays	2017
63'2"	J. Long / L. DeVita	168 Armory - County Relays	2014
62'2 3/4"	R. Lee / K. Michel	168 Armory - County Relays	2007

### Pole Vault:

22'0"	M. Earl / N. Lester	168 Armory - County Relays	2017
20'6"	M. Earl / N. Lester	168 Armory - County Relays	2016
20'6"	M. DeVita / I. Brown	168 Armory - County Relays	2012
20'0"	K. Polcari / M. DeVita	168 Armory - Marine Corp	2011
19'0"	N. Lester / E. Veenhof	168 Armory - County Relays	2018
19'0"	M. DeVita / R. Simoncini	168 Armory - County Relays	2013
19'0"	K. Polcari / M. DeVita	168 Armory - County Relays	2010
18'0"	A. Polcari / R. Lee	168 Armory - County Relays	2008
18'0"	C. Wong / A. Polcari	168 Armory - Marine Corp	2006
17'6"	K. Polcari / R. Brown	168 Armory - County Relays	2009
17'6"	A. Polcari / R. Lee	168 Armory - Marine Corp	2007

# Ridgewood High School Indoor Boys Top 10 Relays

## Team Members:

## Meet:

## Year:

### 4x200m:

1:33.18	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	168 Armory - Indoor Nationals	2007
1:32.9	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	168 Armory - County Relays	2007
1:33.9	J. Chun / M. Tai / A. Ruhl / R. Aono	168 Armory - County Relays	2018
1:34.18	M. Tai / Ko. Grant / Z. Stadulis / S. Do	168 Armory - Easterns	2017
1:34.0	D. Han / D. Boresta / T. Migliorelli / J. Sabatini	168 Armory - County Relays	2014
1:34.30	K. Chung / N. Schoff / N. Tai / D. Boresta	168 Armory - Easterns	2012
1:34.36	K. Chung / N. Schoff / D. Boresta / J. Sabatini	168 Armory - Easterns	2013
1:34.3	M. Grundy / S. Mattson / J. Riemer / I. Hwang	168 Armory - County Relays	2010
1:34.84	I. Hwang / E. Blair / M. Beausoleil / N. Schoff	Dartmouth - Dartmouth Invite	2011
1:35.18	M. Witt / I. Hwang / S. Matson / M. Grundy	168 Armory - Easterns	2009

\*Converted from yds

### 4x400m:

3:25.21	C. Zeigler / Z. Ontiveros / C. Trautwein / N. Buckley	168 Armory - Easterns	2007
3:26.26	A. Ruhl / R. McKenna / W. Baginski / L. Reinke	168 Armory - Easterns	2019
3:26.1	M. Grundy / J. Llinas / J. Riemer / I. Hwang	168 Armory - County Champs	2010
3:26.71	D. Boresta / B. Collins / L. Dublirer / J. Sabatini	168 Armory - Easterns	2014
3:27.0	D. Cooper / A. Dolgin / C. DiPasquale / J. Kauke	168 Armory	2000
3:27.2	T. Migliorelli / L. Dublirer / S. Dublirer / J. Sabatini	168 Armory - County Champs	2013
3:27.2	C. Cortellesi / B. Williams / R. Lanni / J. Parisi	Yale	1983
3:30.6	I. Hwang / N. Tai / N. Schoff / J. Llinas	168 Armory - Varsity Classic	2011
3:30.7	B. Williams / N. Buckley / O. Onwubu / A. Genova	168 Armory - County Champs	2005
3:30.9	A. Monri / S. Pierce / J. Schmidt / N. Buckley	168 Armory - County Relays	2006

### 4x800m:

7:48.82+	M. Thurston / D. Frering / B. Collins / L. Dublirer	168 Armory - Millrose Games	2014
7:52.16	N. Buckley / M. Cator / O. Onwubu / B. Williams	168 Armory - Indoor Nationals	2005
7:53.46	M. Cator / N. Buckley / J. Schmidt / B. Williams	168 Armory - Indoor Nationals	2006
7:59.44	A. Taggart / W. Baginski / B. Zamboldi / M. Thurston	168 Armory - Millrose Games	2016
8:00.14	D. Maher / E. Nygaard / B. Williams / A. Zamir	168 Armory - Indoor Nationals	2004
8:00.93	L. Jennings / A. Andrews / J. Llinas / P. Rynkowski	168 Armory - Easterns	2011
8:03.01	K. Tamura / J. Byrne / K. Marshall / M. Thurston	168 Armory - Indoor Nationals	2015
8:03.14	W. Ades / B. Collins / T. Spicer / L. Jennings	168 Armory - Easterns	2012
8:04.57	E. Nygaard / G. Corcoran / R. Crispin / A. Zamir	168 Armory - Easterns	2003
8:04.5	O'Leary / Kelley / Marino / Williams	West Point	1982

+ County Record

### 4x1600:

17:39:03*+	E. Nygaard / M. Cator / D. Maher / A. Zamir	168 Armory - Indoor Nationals	2004
17:54.50*	B. Cleary / S. Spreitzer / P. Rynkowski / L. Jennings	168 Armory - Indoor Nationals	2010
17:55.2	W. Baginski / B. Rynkowski / S. Wagh / B. Byrne	168 Armory - County Relays	2017
17:59.78*	L. Jennings / M. Eid / A. Andrews / P. Rynkowski	168 Armory - Indoor Nationals	2011
18:09.3	R. Crispin / K. Engelken / D. Maher / A. Zamir	168 Armory - County Relays	2003
18:16.4	A. Fine / B. Cleary / S. Martyn / T. Shigenobu	168 Armory - County Relays	2009
18:17.2	D. Frering / R. Neville / B. Clarendon / L. Dublirer	168 Armory - County Relays	2014
18:28.37*	N. Salamone / S. Dublirer / B. Clarendon / D. Frering	168 Armory - Indoor Nationals	2013
18:28.8	R. Fahey / T. Barnabic / J. Boogaert / W. Baginski	168 Armory - County Relays	2019
18:30.6	W. Baginski / K. Marshall / S. Wagh / B. Byrne	168 Armory - County Relays	2016

\* Converted from 4xMile

+ County Record



# Ridgewood High School Indoor Boys Top 10 Relays

## Team Members:

## Meet:

## Year:

### Sprint Medley: (Nationals - 200-200-400-800 / Others - 400-200-200-800):

3:31.10	D. Cooper / A. Dolgin / C. DiPasquale / J. Kauke	168 Armory - Indoor Nationals	2000
3:33.55	D. Han / J. Sabatini / B. Domenic / L. Dublirer	168 Armory - Indoor Nationals	2014
3:35.3	J. Chun / M. Tai / A. Ruhl / W. Baginski	168 Armory - County Relays	2018
3:35.9	M. Tai / Ko. Grant / J. Stadulis / M. Thurston	168 Armory - County Relays	2016
3:35.9	A. Monri / P. Nygaard / W. Jacoby / C. Trautwein	168 Armory - County Relays	2008
3:35.9*	Darrow / Donlan / Caminiti / Sullivan	RCC	1985
3:38.6	I. Hwang / M. Witt / M. Grundy / T. Shigenobu	168 Armory - County Relays	2009
3:38.9	I. Hwang / M. Grundy / J. Riemer / B. Cleary	168 Armory - County Relays	2010
3:39.1	M. Tai / Ko. Grant / S. Do / W. Baginski	168 Armory - County Relays	2017
3:39.5	R. McKenna / A. Ruhl / Kw. Grant / W. Baginski	168 Armory - County Relays	2019

\* Converted from yards

### Distance Medley: (1200-400-800-1600)

10:17.39	L. Jennings / N. Schoff / J. Llians / P. Rynkowski	168 Armory - Indoor Nationals	2011
10:18.57	M. Cator / J. Schmidt / N. Buckley / B. Williams	168 Armory - Easterns	2006
10:20.20*	C. Sullivan / Caminiti / Lander / J. LeMay	Yale	1985
10:22.45	S. Wagh / M. Tai / B. Zamboldi / W. Baginski	168 Armory - Varsity Classic	2018
10:22.95	A. Fine / I. Hwang / B. Cleary / T. Shigenobu	168 Armory - Indoor Nationals	2009
10:23.52	E. Nygaard / B. Williams / D. Maher / A. Zamir	168 Armory - Easterns	2004
10:24.4	B. Williams / O. Onwubu / N. Buckley / M. Cator	168 Armory - Varsity Classic	2005
10:26.79	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	168 Armory - Easterns	2007
10:28.47	N. Salamone / J. Sabatini / S. Dublirer / D. Frering	168 Armory - Indoor Nationals	2013

\* Old Order - 880yd, 440yd, 1320yd, Mile

### 4x55 HH (4 flights):

30.7	J. Nagano-Gerace / J. Moody / S. Pierce / A. Monri	168 Armory - County Relays	2006
30.8	L. Reinke / N. DeVita / P. Sanchez / A. Ruhl	168 Armory - County Relays	2019
30.8	I. Hwang / E. Blair / M. Beausoleil / T. DeVita	168 Armory - County Relays	2010
31.0	Z. Stadulis / M. Bartlik / A. Ruhl / R. Harada	168 Armory - County Relays	2017
31.5	M. Zeno / E. Berry / A. Armatas / K. Chung	168 Armory - County Relays	2013
31.5	P. Nygaard / Z. Ontiveros / L. Cichocki / A. Monri	168 Armory - County Relays	2007
31.6	P. Nygaard / L. Cichocki / T. DeVita / A. Monri	168 Armory - County Relays	2008
32.1	A. Ruhl / D. Romero / N. DeVita / M. Bartlik	168 Armory - County Relays	2018
32.4	Jacoby / Buckley / Parisi / Kelley	Princeton	1981
32.8	J. Moody / S. Pierce / A. Monri / J. Nagano-Gerace	168 Armory - County Relays	2005
33.38	R. Kossick / R. McKenna / J. Satdulis / P. Sanchez	168 Armory - County Relays	2020

### 4x55 HH (5 flights):

31.36	I. Hwang / T. DeVita / M. Beausoleil / S. Matson	168 Armory - Indoor Nationals	2010
32.28	S. Pierce / A. Monri / J. Moody / J. Nagano-Gerace	168 Armory - Marine Corp	2005
32.63	M. Zeno / E. Berry / A. Armatas / K. Chung	168 Armory - Indoor Nationals	2013
33.44	E. Berry / B. Collins / A. Armatas / M. Zeno	Toms River - State Group IV Relays	2014
35.33	T. DeVita / S. Matson / M. Beausoleil / I. Hwang	168 Armory - Marine Corp	2009
35.37	Z. Stadulis / M. Bartlik / C. Perlman / R. Harada	Toms River - State Group IV Relays	2016

# Ridgewood High School Indoor Boys Top 10 Relays

## Team Members:

## Meet:

## Year:

### Shot Put:

97'3"	E. Bryant / Kearns	Paramus Catholic	1981
96'0 1/2"	S. McAvey / K. Ekert	168 Armory - County Relays	2016
93'10"	J. Murdock / B. Zuccala	168 Armory - County Relays	1998
90'9 1/4"	T. Vandalovsky / L. Otterstedt	168 Armory - County Relays	2019
86'3"	A. Engelhardt / M. Toner	168 Armory - County Relays	2018

### High Jump:

12'2"	J. Davis / F. Rosenbach	Princeton - State Group IV Relays	1995
12'0"	R. Harada / D. Romero	168 Armory - County Relays	2017
12'0"	T. DeVita / M. Beausoleil	168 Armory - County Relays	2010
11'10"	L. Reinke / A. Dunn	168 Armory - County Relays	2019
11'10"	D. Romero / M. Bartlik	168 Armory - County Relays	2018
11'10"			1994
11'8"	M. Thurston / R. Harada	168 Armory - County Relays	2016
11'6"	T. DeVita / M. Levitsky	168 Armory - County Relays	2009
11'6"	T. DeVita / L. Cichocki	168 Armory - County Relays	2008
11'6"	G. Knutson / B. Davis	168 Armory - County Relays	2004

### Long Jump:

40'10 1/2"	Hong / Darrow	RCC - County Relays	1987
40'1"	G. Knutson / B. Davis	168 Armory - County Relays	2004
38'3 1/2"	R. Dudley / T. DeVita	168 Armory - County Relays	2010
38'3"	E. Berry / M. Zeno	168 Armory - County Relays	2014
38'2"	R. Harada / D. Romero	168 Armory - County Relays	2017
37'10"	R. Harada / M. Bartlik	168 Armory - County Relays	2016
37'8 3/4"	D. Romero / J. Chun	168 Armory - County Relays	2018
37'7 1/2"	M. Beausoleil / J. Knight	168 Armory - County Relays	2011
37'2"	T. DeVita / M. Witt	168 Armory - County Relays	2009
36'10 1/2"	A. Punjabi / R. Harada	168 Armory - County Relays	2015

### Triple Jump:

84'9 3/4"	C. Halyard / Hong	RCC - County Relays	1987
81'7 1/2"	T. DeVita / R. Dudley	168 Armory - County Relays	2010
80'9"	M. Bartlik / D. Romero	168 Armory - County Relays	2018
80'6 3/4"	M. Bartlik / D. Romero	168 Armory - County Relays	2017
80'4 3/4"	G. Knutson / B. Climente	168 Armory - County Relays	2004
79'10 1/2"	A. Monri / P. Nygaard	168 Armory - County Relays	2008
79'0 1/2"	Z. Stadulis / M. Bartlik	168 Armory - County Relays	2016
78'3"	A. Monri / P. Nygaard	168 Armory - County Relays	2007
77'9 1/2"	A. Monri / B. Climente	168 Armory - County Relays	2006
76'8 3/4"	M. Beausoleil / J. Knight	168 Armory - County Relays	2011

## Ridgewood High School Indoor Boys Top 10 Relays

### Team Members:

### Meet:

### Year:

### Pole Vault:

26'0"	A. Wong / S. Llerandi	168 Armory - County Relays	2014
25'0"	R. Vimba / D. Schechter	168 Armory - County Relays	2017
25'0"	D. Downing / A. Wong	168 Armory - County Relays	2013
24'6"	J. Ricciardi / C. Jensen	168 Armory - County Relays	2005
22'6"	A. Wong / J. Knight	168 Armory - County Relays	2012
22'6"	G. Knutson / J. Ricciardi	168 Armory - County Relays	2003
22'6"	Warton / Cooper	168 Armory - County Relays	1998
22'6"	Boyland / Cronin	RCC - County Relays	1979
22'0"	L. Bontoux / R. Vimba	168 Armory - County Relays	2016

## Ridgewood High School Girls All-Time Indoor List

### Athlete:

### Meet:

### Year:

### 55m:

7.23 / 6.9h	Katherine Muccio	168 Armory - Varsity Classic / Spiked Shoe	2018
7.46	Emily Barr	168 Armory - Easterns	2008
7.48 / 7.2h	Erica Cigolini	Toms River - State Group IV / 168 Armory - League Champs	2007
7.72	Jackie Tyler	168 Armory - Easterns	2005
<b>7.73</b>	<b>Josie Maasarani</b>	<b>Ocean Breeze - League Champs</b>	<b>2020</b>
7.73	Isabel Park	Toms River - State Sectionals	2016
7.74	Victoria Purritano	168 Armory - League Champs	2018
7.76	Moriah Jennings	168 Armory - Easterns	2012
<b>7.76</b>	<b>Olivia Grace</b>	<b>Toms River - State Sectionals</b>	<b>2020</b>
<b>7.79</b>	<b>Ella Millstein</b>	<b>168 Armory - Varsity Classic</b>	<b>2020</b>
7.79	Maura Keeney	Toms River - State Sectionals	2012

### 200m:

25.67	Katherine Muccio	168 Armory - Easterns	2019
26.42 / 26.1	Erica Cigolini	168 Armory - Easterns / Varsity Classic	2006/2007
26.4	Alice Wisener	168 Armory - Varsity Classic	2007
26.7	Victoria Purritano	168 Armory - Spiked Shoe	2018
<b>27.06</b>	<b>Olivia Grace</b>	<b>168 Armory - Varsity Classic</b>	<b>2020</b>
27.2	Micaela McPadden	168 Armory - Spiked Shoe	2011
27.4	Reid Simoncini	168 Armory - League Champs	2015
27.77	Sara VandenAssem	168 Armory - League Champs	2018

### 300y:

37.25	Ginny Figlar	Harvard - Easterns	1987
39.0	Melissa Gilbert	Rockland Community College	1992
39.5	Liz Ross	Rockland Community College	1985
39.9	Kate Brunner	Rockland Community College	1995

# Ridgewood High School Girls All-Time Indoor List

**Athlete:**

**Meet:**

**Year:**

## **300m:**

40.8	Alice Wisener	168 Armory - County Champs	2007
40.9	Katherine Muccio	168 Armory - County Champs	2017
42.21	Ginny Figlar		1988
42.2	Melissa Gilbert	Fairleigh Dickinson - County Champs	1994
42.2	Micaela McPadden	168 Armory - League Champs	2012
42.3	Erica Cigolini	168 Armory - County Champs	2007
42.9	Emily Barr	168 Armory - County Champs	2007
43.5	Gizele Watson	Fairleigh Dickinson	1994
43.6	Victoria Purritano	168 Armory - County Champs	2017
43.6	Mia Martinez	168 Armory - League Champs	2008

## **400m:**

57.71*	Ginny Figlar	Yale - Nationals	1987
58.42	Jen McDermott	Princeton - State Group IV	1989
58.66 / 58.68	Katherine Muccio	168 Armory - Hispanic Games / Toms River - State Group IV	2018
58.71	Micaela McPadden	168 Armory - Eastern States	2013
60.66	Victoria Purritano	168 Armory - Varsity Classic	2018
60.84	Emily Barr	Toms River - State Sectionals	2008
<b>61.46</b>	<b>Olivia Grace</b>	<b>Ocean Breeze - League Champs</b>	<b>2019</b>
61.49	Lynn Degelmann		1987
61.75	Hanako Shigenobu	Toms River - State Sectionals	2012

\* converted from 440 yd

## **600y:**

1:24.58	Ginny Figlar	Harvard - Easterns	1988
1:27.4	Mary Ellen Mileski	RCC - County Champs	1983
1:29.3	Renee Pavelski	RCC	1993
1:31.5	Lynne Collazo		1989
1:33.7	Jess Krejsa	RCC - Ridgewood Winter Games II	2006
1:33.8	Jen Zucaro		2001
1:33.9	Catherine Buckley	RCC - Ridgewood Winter Games II	2009

## **600m:**

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



# Ridgewood High School Girls All-Time Indoor List

**Athlete:**

**Meet:**

**Year:**

## **800m:**

2:13.0	Margaret Scutro	Byrne Arena (Continental Arena)	1985
2:16.55	Cristina Law	Toms River - State Meet of Champs	2007
2:16.59	Lynne Collazo		1989
2:17.57	Kate Michel	168 Armory - Nationals	2008
2:18.67	Micaela McPadden	Toms River - State Group IV	2013
2:19.37	Virginia Morley	Toms River - State Group IV	2018
<b>2:20.39</b>	<b>Camryn Wennersten</b>	<b>Ocean Breeze - League Champs</b>	<b>2020</b>
2:20.2	Liz Figlar		1990
2:21.75	Claire Blaney	Princeton - State Group IV	1992
<b>2:21.88</b>	<b>Lucia Raboli</b>	<b>Toms River - State Sectionals</b>	<b>2020</b>
2:21.89	Hanako Shigenobu	Toms River - State Meet of Champs	2012

## **1000y:**

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

+ County Record

## **1000m:**

2:47.44+\$	Margaret Scutro	Byrne Arena - U.S. Olympic Invitational	1985
2:56.26	Lynne Collazo	Byrne Arena - Vitalis-Meadowlands Invite	1989
3:01.1	Meg McDermott	County Champs	1999
3:02.8	Hanako Shigenobu	168 Armory - County Champs	2012
3:03.0	Justine Lupo	168 Armory - County Champs	2003
3:04.7	Kelly Conheeney	168 Armory - League Champs	2007
3:06.18	Stephanie Westerman	Dartmouth - Dartmouth Relays	2006
3:06.3	Clair Nowakowski		2002
3:07.1	Stephanie Doyle	Fairleigh Dickinson - County Champs	1996
3:07.2	Jenna Rogers	Fairleigh Dickinson - North Jersey Champs	1994

+ County Record

\$ National Record - 1985-2003

## **1500m:**

<b>4:32.05*</b>	<b>Camryn Wennersten</b>	<b>168 Armory - Millrose Games</b>	<b>2020</b>
4:33.35	Margaret Scutro	Yale - Yale Classic	1985

\* en-route

# Ridgewood High School Girls All-Time Indoor List

Athlete:

Meet:

Year:

## 1600m:

<b>4:57.20</b>	<b>Camryn Wennersten</b>	<b>Toms River - State Group IV</b>	<b>2020</b>
5:03.26	Olympia Martin	Toms River - State Sectionals	2017
5:04.37	Kelly Conheeney	Toms River - State Meet of Champs	2007
5:07.17	Catherine Pagano	Toms River - State Group IV	2012
<b>5:10.37</b>	<b>AnnaMarie Tretola</b>	<b>Ocean Breeze - State Meet of Champs</b>	<b>2020</b>
5:10.5	Jean Hughes	Princeton - State Group IV	1989
<b>5:10.90</b>	<b>Sarah Policano</b>	<b>Ocean Breeze - State Meet of Champs</b>	<b>2020</b>
5:10.92	Caroline Davidson	Toms River - State Group IV	2012
5:11.83	Cassie Keyes	Toms River - State Group IV	2018
5:11.4	Clair Nowakowski		2001
5:12.41	Carleen Jeffers	Toms River - State Sectionals	2015

## Mile:

<b>4:51.60</b>	<b>Camryn Wennersten</b>	<b>168 Armory - Millrose Games</b>	<b>2020</b>
4:56.53	Margaret Scutro	Dartmouth - Dartmouth Relays	1985
5:03.61	Jenna Rogers	Syracuse - Indoor Nationals	1994
5:07.96	Jean Hughes	Dartmouth - Dartmouth Relays	1989
5:12.53	Carleen Jeffers	168 Armory - New Balance Games	2015
5:12.7	Mary Ellen Mileski	RCC - Spiked Shoe	1983
5:13.84	Stephanie Doyle		1996
5:15.02	Caroline Davidson	Dartmouth - Dartmouth Relays	2012

## 3000m:

<b>9:59.57*</b>	<b>Camryn Wennersten</b>	<b>Ocean Breeze - State Meet of Champs</b>	<b>2020</b>
10:03.12	Jennifer Hughes	Yale - Yale Classic	1988
10:04.1	Patti Mileski		1983
10:07.32*	Carleen Jeffers	168 Armory - Nationals	2015

\* en-route

## 3200m:

10:37.1*	Patti Mileski	Harvard - Easterns	1983
10:41.29	Olympia Martin	Toms River - State Meet of Champs	2016
<b>10:43.72</b>	<b>Camryn Wennersten</b>	<b>Ocean Breeze - State Meet of Champs</b>	<b>2020</b>
10:44.29	Samantha Halvorsen	Toms River - State Meet of Champs	2016
10:47.37*	Carleen Jeffers	168 Armory - Nationals	2015
10:55.09*	Celeste Sedo	Reggie Lewis Center - Nationals	1998
11:04.5	Jenna Rogers	Fairleigh Dickinson - County Champs	1994
11:05.1	Jean Hughes	Princeton - State Meet of Champs	1989
11:11.3	Jen Hughes		1988
11:14.94	Kelly Cleary	Toms River - State Group IV	2013
<b>11:15.17</b>	<b>Lily Williams</b>	<b>Toms River - State Sectionals</b>	<b>2020</b>

\* converted from 2 Mile

# Ridgewood High School Girls All-Time Indoor List

Athlete:

Meet:

Year:

## 55m HH:

8.25	Lara-Jane Que	Toms River - State Meet of Champs	2007
8.40	Sarah DeVita	Toms River - State Meet of Champs	2011
8.61	Victoria Purritano	168 Armory - Easterns	2019
8.62	Katherine Muccio	Toms River - State Sectionals	2018
8.63	Sheryl van der Schyff	Yale - Yale Classic	1988
<b>8.67</b>	<b>Sara VandenAssem</b>	<b>168 Armory - County Champs</b>	<b>2020</b>
8.73	Mia Martinez	168 Armory - Easterns	2008
8.99	Virginia Morley	Toms River - State Group IV	2018
9.09	Katie McKeon	Toms River - State Sectionals	2015
9.30	Cassie Wong	Toms River - State Group IV	2005

## 200m Splits:

24.7	Katherine Muccio	168 Armory - County Relays	2018
25.3	Erica Cigolini	168 Armory - Easterns / Indoor Nationals	2007
25.7	Alice Wisener	168 Armory - Easterns	2007
26.2	Micaela McPadden	168 Armory - County Relays	2013
26.5	Emily Barr	168 Armory - Easterns	2007
26.6	Victoria Purritano	168 Armory - County Relays	2018
26.7	Victoria Oliva	168 Armory - Easterns	2009
26.7	Catherine Buckley	168 Armory - Easterns	2009
26.8	Sara VandenAssem	168 Armory - County Relays	2019
<b>26.90</b>	<b>Josie Maasarani</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
26.9	Olivia Grace	168 Armory - County Relays	2019

## 400m Splits:

56.80	Katherine Muccio	168 Armory - Easterns	2018
57.8	Jen McDermott	Princeton - State Group IV	1989
58.4	Micaela McPadden	168 Armory - County Champs	2013
58.4	Ginny Figlar	Byrne Arena - Vitalis-Meadowlands Invite	1988
59.1	Cristina Law	168 Armory - League Champs	2007
59.2	Alice Wisener	168 Armory - Varsity Classic	2007
59.3	Kate Michel	168 Armory - Easterns	2008
<b>59.65</b>	<b>Camryn Wennersten</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
59.9	Emily Barr	168 Armory - Indoor Nationals	2008
60.9	Hanako Shigenobu	Toms River - State Group IV	2011

# Ridgewood High School Girls All-Time Indoor List

**Athlete:**

**Meet:**

**Year:**

## **800m Splits:**

<b>2:12.73</b>	<b>Camryn Wennersten</b>	<b>168 Armory - Easterns</b>	<b>2020</b>
2:14.9	Cristina Law	168 Armory - Easterns	2007
2:17.4	Kate Michel	168 Armory - Indoor Nationals	2008
2:18.5	Caroline Davidson	168 Armory - Easterns	2011
2:18.5	Lynn Collazo	Yale - Yale Classic	1988
2:18.7	Micaela McPadden	168 Armory - Easterns	2013
2:19.3	Hanako Shigenobu	168 Armory - Easterns	2012
2:19.3	Catherine Pagano	168 Armory - Easterns	2012
2:19.6	Stephanie Westerman	168 Armory - Indoor Nationals	2005
2:19.8	Jen Hughes	Yale - Yale Classic	1988

## **1200m Splits:**

3:35.7	Mary Ellen Mileski	Yale - Yale Classic	1983
3:40.1	Cristina Law	168 Armory - Indoor Nationals	2007
3:42.9	Sam Halvorsen	168 Armory - Varsity Classic	2016
3:43.84	Evelyn Kotch	168 Armory - Easterns	2018
3:45.8	Stephanie Westerman	168 Armory - Varsity Classic	2005
3:46.2	Caroline Davidson	168 Armory - Varsity Classic	2012
3:47.4*	Jean Hughes	Princeton - State Group IV Relays	1988
3:47.9	Hanako Shigenobu	168 Armory - Varsity Classic	2011
<b>3:48.02</b>	<b>Sarah Policano</b>	<b>168 Armory - Varsity Classic</b>	<b>2020</b>
<b>3:54.06</b>	<b>AnnaMarie Tretola</b>	<b>168 Armory - County Relays</b>	<b>2020</b>

\* converted from 1320 yd

## **1600m Splits:**

<b>4:52.45</b>	<b>Camryn Wennersten</b>	<b>168 Armory - Varsity Classic</b>	<b>2020</b>
4:52.7*	Patti Mileski	Princeton - Princeton Relays	1983
5:01.5	Olympia Martin	168 Armory - Varsity Classic	2016
5:04.3	Kelly Conheeny	168 Armory - Indoor Nationals	2007
5:05.0	Jean Hughes	Harvard - Easterns	1989
5:05.5	Catherine Pagano	168 Armory - Varsity Classic	2012
5:08.8	Carleen Jeffers	168 Armory - Varsity Classic	2015
5:10.1*	Caroline Davidson	168 Armory - Indoor Nationals	2012
5:11.0	Jen Hughes	Princeton - State Group IV Relays	1988
5:13.6*	Hanako Shigenobu	168 Armory - Indoor Nationals	2012
5:15.9	Sarah Policano	168 Armory - County Relays	2019

\* converted from mile



# Ridgewood High School Girls All-Time Indoor List

Athlete:

Meet:

Year:

## High Jump:

5'8 1/4"	Becky Deetz	Syracuse	1974
5'4"	Ellie Veenhof	168 Armory - County Relays	2019
5'4"	Renee Pavelski	Princeton - State Group IV	1993
5'4"	Sarah DeVita	Toms River - State Group IV	2011
5'3"	Lizzie Veenhof	Ocean Breeze - League Champs	2019
5'2"	Sophie Montgomery	168 Armory - County Relays	2014
5'2"	Haley Roche	168 Armory - County Champs	2011
5'0"	Saskia Keppler	168 Armory - League Champs	2016
5'0"	Mia Martinez	Toms River - State Sectionals	2008
5'0"	Jennifer Wrubel	Princeton - State Group IV Relays	1988
4'11"	Cristina Law	168 Armory - Nationals	2007

## Long Jump:

18'11 1/2"	Jen McDermott	Harvard - Easterns	1989
17'3 1/2"	Emily Chang	168 Armory	1993
17'3"	Victoria Purritano	Ocean Breeze - League Champs	2019
16'11 3/4"	Brooke Bogart	168 Armory - League Champs	2006
<b>16'11 3/4</b>	<b>Sara VandenAssem</b>	<b>168 Armory - Spiked Shoe</b>	<b>2020</b>
16'10"	Cristina Law	168 Armory - Nationals	2007
16'9 1/2"	Katie McKeon	168 Armory - Varsity Classic	2015
16'8 3/4"	Sarah DeVita	168 Armory - Nationals	2011
16'8 3/4"	Emily Barr	168 Armory - League Champs	2008
16'7 1/4"	Faith Ninivaggi	Rockland Community College	1995

## Triple Jump:

39'10 1/2"	Jen McDermott	Annapolis - Nationals	1989
35'9 1/2"	Sara VandenAssem	168 Armory - Easterns	2019
34'7 3/4"	Sarah DeVita	168 Armory - Easterns	2011
34'6 3/4"	Helena LaMothe	168 Armory - Varsity Classic	1999
34'5"	Brooke Bogaert	168 Armory - Spiked Shoe	2006
34'4 3/4"	Ana Law	168 Armory - Easterns	1999
34'0 3/4"	Robin Lee	168 Armory - League Champs	2009
33'10 1/4"	Kayla Polcari	168 Armory - League Champs	2011
33'9 3/4"	Libby DeVita	168 Armory - Varsity Classic	2015
33'5 3/4"	Lizzie Veenhof	168 Armory - Varsity Classic	2018

# Ridgewood High School Girls All-Time Indoor List

**Athlete:**

**Meet:**

**Year:**

## **Pole Vault:**

12'3"	Kayla Polcari	168 Armory - Varsity Classic	2011
11'6"	Nicole Lester	Reno - PV Summit	2018
11'5 3/4"	Anne Polcari	168 Armory - Nationals	2008
11'1"	Mimi DeVita	168 Armory - Nationals	2012
11'0"	Maxine Earl	168 Armory - League Champs	2016
10'7 1/2"	Cassie Wong	168 Armory - Nationals	2006
<b>10'0</b>	<b>Nicoletta Venizelos</b>	<b>Ocean Breeze - Varsity Classic</b>	<b>2020</b>
<b>9'6</b>	<b>Maddie DeVera</b>	<b>Ocean Breeze - Coach Glynn</b>	<b>2020</b>
9'6"	Kerri Norton	168 Armory - Easterns	2004
9'6"	Illana Brown	168 Armory - County Relays	2012
9'6"	Ramelle Brown	168 Armory - County Champs	2009
9'6"	Robin Lee	Dartmouth - Dartmouth Relays	2009

## **Shot Put:**

38'9"	Lexi Uzoaru	168 Armory - Spiked Shoe	2017
37'5"	Shayna Brown	Garfield - Garfield Classic	1998
36'9 1/4"	Tammy Rayevich		1988
36'1"	Alfreda Eldridge		1989
34'7"	Meghan Gonzalez	168 Armory - League Champs	2009
33'11"	Janet Sauerman	Saddle Brook - County Champs	1980
32'7 1/4"	Lisa Glidewill	RCC - Pearl River Invitational	1980
31'5"	Michelle Carey	Toms River - State Sectionals	2018
<b>30'5 1/2"</b>	<b>Emily Marr</b>	<b>Ocean Breeze - Varsity Classic</b>	<b>2020</b>
30'2"	Lara-Jane Que	168 Armory - League Champs	2007

## **Pentathlon:**

3267	Sarah DeVita	168 Armory - Nationals	2011
3184	Cristina Law	168 Armory - Nationals	2007
3068	Renee Pavelski	Syracuse - Nationals	1993
2632	Kerry Callaghan	168 Armory - County Champs	2016
2609	Katie McKeon	168 Armory - County Champs	2014
2172	Anna Schoff	168 Armory - County Champs	2018

# Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

## 55m:

6.64 / 6.5h	Chris Zeigler	Toms River - State Group IV / 168 Armory - County Champs	2007
6.67	Jake Sabatini	Yale - Yale Track Classic	2014
6.69	Matt Tai	Ocean Breeze - League Champs	2018
6.69	Kobi Grant	Toms River - State Sectionals	2017
6.70	Akira Monri	Toms River - State Sectionals	2008
6.72	Max Witt	Toms River - State Sectionals	2009
6.5h	Phil McGillicuddy		1971
6.80	Edwin Elias	Toms River - State Group IV	2009
6.82	Kwame Grant	Ocean Breeze - League Champs	2019
6.86	Alex Ruhl	Toms River - State Sectionals	2019

## 200m:

22.8	Kobi Grant	168 Armory - Varsity Classic	2017
23.0	Jake Sabatini	168 Armory - League Champs	2014
23.0	Akira Monri	168 Armory - Spiked Shoe	2008
23.34	Alex Ruhl	168 Armory - County Champs	2019
23.1	Matt Tai	168 Armory - Varsity Classic	2016
23.1	Insoo Hwang	168 Armory - League Champs	2011
23.3	Doohee Han	168 Armory - League Champs	2014
23.5	Matt Beausoleil	168 Armory - Varsity Classic	2010
23.5	Edward Blair IV	168 Armory - Varsity Classic	2010
<b>23.88</b>	<b>Kwame Grant</b>	<b>Ocean Breeze - League Champs</b>	<b>2020</b>

## 300y:

32.9	Matt Krever	Rockland Community College	1991
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## 300m:

35.8	InSoo Hwang	168 Armory - County Champs	2010
36.4	Kobi Grant	168 Armory - County Champs	2017
36.4	Matt Tai	168 Armory - County Champs	2017
36.4	Akira Monri	168 Armory - League Champs	2008
36.7	Dan Cooper	168 Armory	2000

## 400m:

50.31	Tim Geckler	Annapolis - Indoor Nationals	1989
51.40	InSoo Hwang	Toms River - State Sectionals	2011
51.66	Juan Llinas	Toms River - State Sectionals	2011
51.4	Akira Monri	168 Armory - Varsity Classic	2008
<b>51.76</b>	<b>Ryan Seaver</b>	<b>168 Armory - County Champs</b>	<b>2020</b>
51.7	Rob Lanni	RCC - County Champs	1983
52.03	Neil Schoff	Toms River - State Sectionals	2012
<b>52.19</b>	<b>Ryan McKenna</b>	<b>Ocean Breeze - League Champs</b>	<b>2020</b>
52.0	Matt Krever	Rockland Community College	1991
52.0	Matt Grundy	168 Armory - League Champs	2010

# Ridgewood High School Boys Indoor All-Time List

**Athlete:**

**Meet:**

**Year:**

## **500m:**

1:09.6	Charles Cortellesi	West Point	1983
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## **600y:**

1:15.5	Tim Geckler	Princeton	1989
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1:17.03	Doug Shultz	Princeton - Easterns	1987
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## **600m:**

1:20.1	Michael Thurston	168 Armory - County Champs	2016
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1:21.4	Josh Kauke	168 Armory - League Champs	2000
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1:22.3	Niall Buckley	168 Armory - League Champs	2007
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1:24.2	Storm Dublirer	168 Armory - County Champs	2013
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1:24.4	Juan Llinas	168 Armory - County Champs	2011
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1:24.7	Jeremy Schmidt	168 Armory - County Champs	2006
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1:24.8	Christian Trautwein	168 Armory - League Champs	2008
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1:25.6	Byron Williams	168 Armory - League Champs	2005
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1:25.93	Ryan Seaver	168 Armory - County Champs	2019
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1:25.9	Sadek Alsedi	Fairleigh Dickinson	1993
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## **800m:**

1:54.1	Josh Kauke	168 Armory - Varsity Classic	2000
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1:55.2	Michael Thurston	168 Armory - League Meet	2016
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1:55.49	John Parisi	Princeton - Princeton Relays	1983
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1:56.9	Niall Buckley	168 Armory - County Champs	2005
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1:57.68	Luke Dublirer	Toms River - State Meet of Champs	2014
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1:58.44	Byron Williams	Princeton - State Meet of Champs	2005
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1:58.35	Chris Rae	Princeton - State Group IV	1987
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1:58.89	Christian Trautwein	Toms River - State Group IV	2008
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1:58.94	Will Baginski	Ocean Breeze - League Champs	2018
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1:59.44	Chris Perez	168 Armory	2001
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## **1000y:**

2:17.41	John Parisi	Princeton - Easterns	1983
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2:17.6	Chris Rae	Princeton	1987
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2:18.0	Chris Sullivan	Princeton	1985
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2:21.3	Byron Williams	RCC - Ridgewood Winter Games	2005
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# Ridgewood High School Boys Indoor All-Time List

**Athlete:**

**Meet:**

**Year:**

## **1000m:**

2:30.4	Niall Buckley	168 Armory - Varsity Classic	2007
2:31.0	Bob Keino	168 Armory	1994
2:32.06	Chris Rae	Yale - Yale Invitational	1987
2:32.5	Levi Jennings	168 Armory - County Champs	2012
2:34.0	Byron Williams	168 Armory - County Champs	2005
2:35.2	David Maher	168 Armory - County Champs	2004
2:35.4	Erik Nygaard	168 Armory - League Champs	2004
2:35.7	Taro Shigenobu	168 Armory - League Champs	2009
2:35.9	Christian Trautwein	168 Armory - League Champs	2008
2:36.0	Will Ades	168 Armory - League Champs	2012

## **1500m:**

3:59.39*	Will Baginski	168 Armory - Millrose Games	2019
4:00.15*	Bob Keino	Syracuse - National Champs	1993

\* en-route

## **1600m:**

4:12.90	Will Baginski	Toms River - State Meet of Champs (Winner)	2019
4:18.40	Ari Zamir	Dartmouth - Dartmouth Invitational	2004
4:22.04	Levi Jennings	Toms River - State Group IV	2011
4:22.3	Chris Sullivan	Princeton - State Meet of Champs	1985
4:22.76	Billy Byrne	Toms River - State Group IV	2017
4:23.88	Michael Cator	Princeton - State Meet of Champs	2006
4:23.9	Eric Boucher	Princeton - State Meet of Champs	1991
4:26.67	Brian Cleary	Toms River - State Group IV	2010
4:27.00	Luke Dublirer	Toms River - State Sectionals	2014
4:27.02	Pat Rynkowski	Toms River - State Sectionals	2011

## **Mile:**

4:14.31	Bob Keino	MSG - Millrose Mile (Winner)	1994
4:15.73	Ari Zamir	168 Armory - New Balance Games	2004
4:16.87	Will Baginski	168 Armory - Millrose Games Trials	2019
4:18.82	Byron Williams	168 Armory - Hispanic Games	2006
4:19.73	Michael Cator	168 Armory - New Balance Games	2006
4:23.81	Luke Dublirer	Yale - Yale Track Classic	2014
4:24.62	Taro Shigenobu	168 Armory - Molloy Stanner Games	2009
4:25.7	Chris Rae	RCC - County Champs	1987

## **Mile Walk:**

8:36.0	Ed Landers	Rockland Community College	1985
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# Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

## 3000m:

8:25.28	Bob Keino	Princeton	1993
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## 3200m:

9:18.11	Bob Keino	Princeton - State Meet of Champs (Winner)	1994
9:21.1	Dan Emont	168 Armory - Varsity Classic	2007
9:23.2*	Bruce Mason		1972
9:26.7*	Tom Hughes		1980
9:27.20	Taro Shigenobu	Toms River - State Meet of Champs	2009
9:30.97	Will Baginski	Toms River - State Sectionals	2019
9:32.7	Ari Zamir	168 Armory - County Champs	2004
9:33.81	Travis Spicer	Toms River - State Group IV	2012
9:34.97	Michael Cator	Princeton - State Meet of Champs	2006
9:35.41	Billy Byrne	Toms River - State Sectionals	2016

\* converted from 2 Mile

## 55m HH:

7.64	Akira Monri	Toms River - State Sectionals	2008
7.76	InSoo Hwang	Toms River - State Sectionals	2011
7.82	Kevin Chung	Toms River - State Sectionals	2013
7.74	Craig Halyard	Dartmouth - Dartmouth Relays	1989
7.86	Matt Beausoleil	Toms River - State Sectionals	2011
7.94	Alex Ruhl	Ocean Breeze - League Champs	2019
7.96	Edward Blair IV	Toms River - State Group IV	2010
8.06	Luke Reinke	168 Armory - County Champs	2019
7.3h	Rich Wankmueller		1975

## 200m Splits:

22.1	Jake Sabatini	168 Armory - County Relays	2014
22.4	Chris Zeiglar	168 Armory - County Relays	2007
22.5	Matt Tai	168 Armory - County Relays	2018
22.7	Kobi Grant	168 Armory - County Relays	2017
22.7	InSoo Hwang	168 Armory - County Relays	2010
22.8	Alex Ruhl	168 Armory - County Relays	2019
22.8	Domenic Boresta	168 Armory - County Relays	2014
23.0	Doohee Han	168 Armory - County Relays	2014
<b>23.29</b>	<b>Ryan McKenna</b>	<b>168 Armory - County Relays</b>	<b>2020</b>
23.1	Macky Schoff	168 Armory - Easterns	2012
23.1	Nick Tai	168 Armory - Easterns	2012
23.1	Akria Monri	168 Armory - County Relays	2007
23.1	Niall Buckley	168 Armory - Indoor Nationals	2007

# Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

## 400m Splits:

49.7	InSoo Hwang	168 Armory - Indoor Nationals	2010
49.8	Michael Thurston	168 Armory - League Champs	2016
49.9	Will Baginski	168 Armory - County Relays	2019
49.9	Chris Zeigler	168 Armory - Easterns	2007
50.6	Akira Monri	168 Armory - League Champs	2008
50.6	Luke Dublirer	168 Armory - County Champs	2014
50.6	Jake Sabatini	168 Armory - County Relays	2013
50.6	Niall Buckley	168 Armory - Easterns	2007
51.21	Matt Tai	168 Armory - Varsity Classic	2018
51.1	Bob Keino	Fairleigh Dickinson - North Jersey Champs	1994

## 800m Splits:

1:51.86	Michael Thurston	168 Armory - Millrose Games	2016
1:53.53	Will Baginski	168 Armory - Easterns	2019
1:54.6	Luke Dublirer	168 Armory - Millrose Games	2014
1:54.8	Byron Williams	168 Armory - Indoor Nationals	2006
1:55.4	Christian Trautwein	168 Armory - County Relays	2008
1:56.1	David Frering	168 Armory - Millrose Games	2014
1:56.2	Bob Keino	Fairleigh Dickinson - North Jersey Champs	1994
1:56.4	Storm Dublirer	168 Armory - Indoor Nationals	2013
1:56.8	Levi Jennings	168 Armory - Easterns	2012
1:57.1	Ari Zamir	168 Armory - County Relays	2004

## 1200m Splits:

3:06.9	Levi Jennings	168 Armory - Indoor Nationals	2011
3:07.2	Byron Williams	168 Armory - Varsity Classic	2005
3:07.2	Chris Sullivan	Yale - Yale Classic	1985
3:09.2	Niall Buckley	168 Armory - Easterns	2007
3:09.9	Michael Cator	168 Armory - Marine Corp	2006
3:10.9	Erik Nygaard	168 Armory - Easterns	2004
3:11.32	Sid Wagh	168 Armory - Varsity Classic	2018
3:11.1	David Frering	168 Armory - Easterns	2014
3:11.6	Nick Salamone	168 Armory - Indoor Nationals	2013
3:11.6	Andrew Fine	168 Armory - Indoor Nationals	2009

# Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

## 1600m Splits:

4:16.26	Will Baginski	168 Armory - Varsity Classic	2018
4:17.3	Taro Shigenobu	168 Armory - Indoor Nationals	2009
4:17.9	Ari Zamir	168 Armory - Easterns	2004
4:19.8	Patrick Rynkowski	168 Armory - Indoor Nationals	2011
4:20.2	Michael Cator	168 Armory - Easterns	2006
4:20.9	Byron Williams	168 Armory - Indoor Nationals	2005
4:24.8	Luke Dublirer	Toms River - State Group IV Relays	2014
4:25.2*	Dave Maher	168 Armory - Indoor Nationals	2004
4:25.7	Brian Cleary	168 Armory - County Relays	2010
4:26.3	Levi Jennings	168 Armory - County Relays	2011

\* converted from Mile

## High Jump:

6'8"	Tommy DeVita	168 Armory - Spiked Shoe	2010
6'6"	James Davis	Garfield - Garfield Classic	1995
6'6"	Fletcher Rosenbach	Garfield - Garfield Classic	1995
6'2"	Max Bartlik	168 Armory - County Champs	2018
6'2"	Danilo Romero	168 Armory - County Champs	2018
6'0"	Luke Reinke	168 Armory - County Relays	2019
6'0"	Arthur Dunn	168 Armory - Spiked Shoe	2019
6'0"	Ray Harada	Toms River - State Group IV	2017
6'0"	Michael Thurston	168 Armory - County Relays	2016
6'0"	Michael Zeno	168 Armory - County Champs	2014

## Long Jump:

23'5 1/2"	Craig Halyard	Annapolis - Indoor Nationals	1989
22'3 1/4"	Gabe Knutson	168 Armory - League Champs	2004
21'8 1/4"	Ted Winfield	168 Armory - Varsity Classic	1998
20'1 1/2"	Brian Climente	168 Armory - County Champs	2006
20'1 1/4"	Ray Harada	168 Armory - County Champs	2016
20'1"	Jason Chun	168 Armory - Varsity Classic	2018
20'0 1/4"	Richardson Dudley	168 Armory - County Champs	2010
19'10"	Danilo Romero	168 Armory - County Relays	2018
19'9"	Luke Reinke	168 Armory - County Champs	2019
<b>19'6 1/2"</b>	<b>PJ Sanchez</b>	<b>168 Armory - Spiked Shoe</b>	<b>2020</b>
19'6"	Akira Monri	RCC - Ridgewood Winter Games II	2008

# Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

## Triple Jump:

49' 6 1/2"	Craig Halyard	Princeton - Easterns	1989
45'9 1/2"	Gabe Knutson	168 Armory - Varsity Classic	2004
44'8"	Evan Bartlik	168 Armory - Indoor Nationals	2012
44'4 1/2"	Andrew Dolgin	168 Armory - League Champs	2000
43'2"	Max Bartlik	168 Armory - Easterns	2017
42'5 1/4"	Armand Punjabi	168 Armory - County Champs	2015
42'1 1/2"	Akira Monri	168 Armory - County Relays	2008
<b>41'6"</b>	<b>PJ Sanchez</b>	<b>Ocean Breeze - League Champs</b>	<b>2020</b>
41'3 1/2"	Danilo Romero	168 Armory - Track Universe	2017
41'2 1/4"	Tommy DeVita	168 Armory - County Relays	2010

## Pole Vault:

15'0"	Gabe Knutson	168 Armory - Easterns	2004
14'6"	John Wisener	Toms River - State Group IV	2010
14'3 3/4"	Dan Cooper	Reno - PV Summit	2000
<b>13'6"</b>	<b>Jason Theisen</b>	<b>168 Armory - County Champs</b>	<b>2020</b>
13'6"	Ryan Vimba	Toms River - State Meet of Champs	2017
13'6"	Spencer Llerandi	Toms River - State Meet of Champs	2014
13'6"	Allan Wong	168 Armory - County Relays	2014
13'6"	Dylan Downing	168 Armory - County Champs	2013
13'3"	John Boylan		1983
13'3"	Jake Riccairdi	168 Armory - League Champs	2005
<b>13'0"</b>	<b>Luke Gnospelius</b>	<b>Ocean Breeze - State Meet of Champs</b>	<b>2020</b>
13'0"	Vahe Hagopian		1993

## Shot Put:

54'9"	Eric Bryant	Saddle Brook	1981
53'6 1/2"	Patrick Rae	Annapolis - Indoor Nationals	1989
51'1 3/4"	Tom Vandalovsky	168 Armory - County Champs	2019
51'0 1/2"	J.D. Murdock	168 Armory - Varsity Classic	1998
50'5 1/2"	Spencer McAvey	168 Armory - League Champs	2016
49'6 1/2"	Austin Engelhardt	168 Armory - Varsity Classic	2018
48'11"	Kenny Ekert	168 Armory - County Champs	2016
46'11 1/2"	Steve Aboallah	168 Armory - Spiked Shoe	2006
<b>45'3"</b>	<b>Leo Gregorio</b>	<b>Ocean Breeze - League Champs</b>	<b>2020</b>
<b>44'7 1/2"</b>	<b>Cole Patel</b>	<b>Toms River - State Sectionals</b>	<b>2020</b>

# Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

Pentathlon:

3259	Gabe Knutson	168 Armory - County Champs	2004
3233	Max Bartlik	168 Armory - County Champs	2018
2989	Michael Zeno	168 Armory - County Champs	2014
2765	Ray Harada	168 Armory - County Champs	2017
2736	Danilo Romero	168 Armory - County Champs	2018
2585	Zack Stadulis	168 Armory - County Champs	2017
2550	Matt Beausoleil	168 Armory - County Champs	2010
2471	Luke Reinke	168 Armory - County Champs	2019



# **All-Decade Team - 2020s**

## **Girls**

### **55m:**

Josie Maasarani (2020) 7.73  
Olivia Grace (2020) 7.76  
Ella Millstein (2020) 7.79

### **200m:**

Olivia Grace (2020) 27.06  
Josie Maasarani (2020) 27.50  
Emma Reinke (2020) 28.32

### **300m:**

### **400m:**

Olivia Grace (2020) 61.63  
Josie Maasarani (2020) 63.98  
Ella Millstein (2020) 63.82

### **600m:**

### **800m:**

Camryn Wennersten (2020) 2:20.39  
Lucia Rabolli (2020) 2:21.88  
Jules Einemer (2020) 2:30.99

### **1000m:**

### **1600m:**

### **Mile:**

Camryn Wennersten (2020) 4:57.20  
AnnaMarie Tretola (2020) 5:10.37  
Sarah Policano (2020) 5:10.90

Camryn Wennersten (2020) 4:51.60

### **3200m:**

Camryn Wennersten (2020) 10:43.72  
Lily Williams (2020) 11:15.17  
Olivia Shattuck (2020) 11:21.99

### **55HH:**

Sara VandenAssem (2020) 8.67  
Hannah Brodsky (2020) 9.77  
Emma Reinke (2020) 9.82

### **200m Splits:**

Josie Maasarani (2020) 26.90  
Ella Millstein (2020) 27.02  
Nicoletta Venizelos (2020) 27.48  
Olivia Grace (2020) 27.3

### **400m Splits:**

Camryn Wennersten (2020) 59.69  
Olivia Grace (2020) 61.40  
Josie Maasarani (2020) 61.76  
Lucia Rabolli (2020) 62.61

### **800m Splits:**

Camryn Wennersten (2020) 2:12.73  
Sarah Policano (2020) 2:23.84  
Lily Williams (2020) 2:23.88  
AnnaMarie Tretola (2020) 2:26.35

### **1200m Splits:**

Sarah Policano (2020) 3:48.02  
AnnaMarie Tretola (2020) 3:54.06

### **1600m Splits:**

Camryn Wennersten (2020) 4:52.45  
Lily Williams (2020) 5:22.36  
Olivia Shattuck (2020) 5:26.93  
Sarah Policano (2020) 5:38.67

### **Long Jump:**

Sara VandenAssem (2020) 16'11"  
Emma Reinke (2020) 14'11 1/2"  
Josie Maasarani (2020) 14'3"

### **Triple Jump:**

Sara VandenAssem (2020) 35'2"  
Hannah Brodsky (2020) 30'3 1/2"  
Emma Reinke (2020) 29'11 1/2"

### **High Jump:**

Ellie Veenhof (2020) 5'0"  
Emma Reinke (2020) 4'4"  
Sara VandenAssem (2020) 4'4"

### **Pole Vault:**

Nicoletta Venizelos (2020) 10'0"  
Maddie DeVera (2020) 9'6"  
Ellie Veenhof (2020) 9'0"

### **Shot Put:**

Emily Marr (2020) 30'5 1/2"  
Eliza Kessler (2020) 29'11 1/4"  
Hannah Otterstedt (2020) 23'3 3/4"

### **Pentathlon:**

# **All-Decade Team - 2020s**

## **Boys**

### **55m:**

Kwame Grant (2020) 6.87  
Ryan McKenna (2020) 7.06  
Ethan McPherson (2020) 7.08

### **200m:**

Kwame Grant (2020) 23.88  
Ryan McKenna (2020) 24.16  
Jake Stadulis (2020) 24.50

### **300m:**

### **400m:**

Ryan Seaver (2020) 51.76  
Ryan McKenna (2020) 52.19  
Lucas Barrales (2020) 54.47

### **600m:**

Ryan McKenna (2020) 1:27.10  
Ryan Seaver (2020) 1:27.34

### **800m:**

Mason Zamboldi (2020) 2:02.19  
Mick Barbi (2020) 2:03.59  
Ryan Seaver (2020) 2:05.80

### **1000m:**

Mick Barbi (2020) 2:46.82

### **1600m:**

Quinn McCutcheon (2020) 4:33.28  
Aidan Sheridan (2020) 4:38.12  
Jay Boogaert (2020) 4:34.81

### **Mile:**

### **3200m:**

Jay Boogaert (2020) 9:46.57  
Aidan Sheridan (2020) 9:57.16  
Taylor Barnabic (2020) 10:01.94

### **55HH:**

PJ Sanchez (2020) 8.41  
Red Kossick (2020) 8.57  
Ryan McKenna (2020) 9.38

### **200m Splits:**

Ryan McKenna (2020) 23.29  
Kwame Grant (2020) 24.37  
Ryan Seaver (2020) 24.1  
Ethan McPherson (2020) 24.52

### **400m Splits:**

Ryan McKenna (2020) 51.64  
Lucas Barrales (2020) 52.20  
Ryan Seaver (2020) 52.63  
Kwame Grant (2020) 53.5

### **800m Splits:**

Aidan Sheridan (2020) 1:59.67  
Jay Boogaert (2020) 2:00.39  
Ryan Seaver (2020) 2:01.57  
Mason Zamboldi (2020) 2:03.82

### **1200m Splits:**

Aidan Sheridan (2020) 3:16.18  
Quinn McCutcheon (2020) 3:26.31

### **1600m Splits:**

Jay Boogaert (2020) 4:30.64  
Aidan Sheridan (2020) 4:37.71  
Sean Fortunato (2020) 4:40.42  
Taylor Barnabic (2020) 4:45.75

### **Long Jump:**

PJ Sanchez (2020) 19'6 1/2"  
Red Kossick (2020) 18'2 1/2"  
Jake Stadulis (2020) 17'9"

### **Triple Jump:**

PJ Sanchez (2020) 41'6"  
Jake Stadulis (2020) 37'3"

### **High Jump:**

Arthur Dunn (2020) 5'8"  
Red Kossick (2020) 5'2"  
PJ Sanchez (2020) 5'0  
Lucas Barker (2020) 5'0

### **Pole Vault:**

Jason Theisen (2020) 13'6"  
Luke Gnospelius (2020) 13'0"  
Peter Scott (2020) 11'0"  
Ryan Pfund (2020) 11'0"

### **Shot Put:**

Leo Gregorio (2020) 45'3"  
Cole Patel (2020) 44'7 1/2"  
Luke Otterstedt (2020) 42'3"

### **Pentathlon:**

# **All-Decade Team - 2010s**

## **Girls**

### **55m:**

Katherine Muccio (2018) 7.23  
Isabel Park (2016) 7.73  
Victoria Purritano (2018) 7.74

### **200m:**

Katherine Muccio (2019) 25.67  
Victoria Purritano (2018) 26.7  
Micaela McPadden (2011) 27.2

### **300m:**

Katherine Muccio (2017) 40.9  
Micaela McPadden (2012) 42.2  
Victoria Purritano (2017) 43.6

### **400m:**

Katherine Muccio (2018) 58.66  
Micaela McPadden (2013) 58.71  
Victoria Purritano (2018) 60.66

### **600m:**

Hanako Shigenobu (2012) 1:39.8  
Micaela McPadden (2013) 1:40.5

### **800m:**

Micaela McPadden (2013) 2:18.67  
Virginia Morley (2018) 2:19.37  
Hanako Shigenobu (2012) 2:21.89

### **1000m:**

Hanako Shigenobu (2012) 3:02.8  
Meghan Adams (2015) 3:11.3  
Caroline McCormack (2018) 3:15.8

### **1600m:**

Camryn Wennersten (2019) 4:59.73  
Olympia Martin (2017) 5:03.26  
Catherine Pagano (2012) 5:07.17

### **Mile:**

Camryn Wennersten (2019) 4:56.59  
Carleen Jeffers (2015) 5:12.53  
Caroline Davidson (2012) 5:15.02

### **3200m:**

Olympia Martin (2016) 10:41.29  
Camryn Wennersten (2019) 10:44.19  
Sam Halvorsen (2016) 10:44.29

### **55HH:**

Sarah DeVita (2011) 8.40  
Victoria Purritano (2019) 8.61  
Katherine Muccio (2018) 8.62

### **200m Splits:**

Katherine Muccio (2018) 24.7  
Micaela McPadden (2013) 26.2  
Victoria Purritano (2018) 26.6  
Sara VandenAssem (2019) 26.8

### **400m Splits:**

Katherine Muccio (2018) 56.80  
Micaela McPadden (2013) 58.4  
Victoria Purritano (2019) 61.0  
Lauren Monerat (2015) 61.34

### **800m Splits:**

Caroline Davidson (2011) 2:18.5  
Micaela McPadden (2013) 2:18.7  
Hanako Shigenobu (2012) 2:19.9  
Meghan Adams (2018) 2:20.37

### **1200m Splits:**

Sam Halvorsen (2016) 3:42.9  
Evelyn Kotch (2018) 3:43.84  
Caroline Davidson (2012) 3:46.2  
Hanako Shigenobu (2011) 3:47.9

### **1600m Splits:**

Camryn Wennersten (2019) 4:58.90  
Olympia Martin (2016) 5:01.5  
Catherine Pagano (2012) 5:05.5  
Carleen Jeffers (2015) 5:08.8

### **Long Jump:**

Victoria Purritano (2019) 17'3"  
Katie McKeon (2015) 16'9 1/2"  
Sarah DeVita (2011) 16'8 3/4"

### **Triple Jump:**

Sara VandenAssem (2019) 35'9 1/2"  
Sarah DeVita (2011) 34'7 3/4"  
Kayla Polcari (2011) 33'10 1/4"

### **High Jump:**

Ellie Veenhof (2019) 5'4"  
Sarah DeVita (2011) 5'4"  
Lizzie Veenhof (2019) 5'3"

### **Pole Vault:**

Kayla Polcari (2011) 12'3"  
Nicole Lester (2018) 11'6"  
Mimi DeVita (2012) 11'1"

### **Shot Put:**

Lexi Uzoaru (2017) 38'9"  
Michelle Carey (2018) 31'5"  
Maya Halvorsen (2019) 28'8"

### **Pentathlon:**

Sarah DeVita (2011) 3,267  
Kerry Callaghan (2016) 2,632  
Katie McKeon (2014) 2,609

# **All-Decade Team - 2010s**

## **Boys**

### **55m:**

Jake Sabatini (2014) 6.67  
Matt Tai (2018) 6.69  
Kobi Grant (2017) 6.69

### **400m:**

InSoo Hwang (2011) 51.40  
Juan Llinas (2011) 51.66  
Macky Schoff (2012) 52.03

### **1000m:**

Levi Jennings (2012) 2:32.5  
Will Ades (2012) 2:36.0  
Billy Byrne (2016) 2:40.6

### **3200m:**

Will Baginski (2019) 9:30.97  
Travis Spicer (2012) 9:33.81  
Billy Byrne (2016) 9:35.41

### **400m Splits:**

InSoo Hwang (2010) 49.7  
Michael Thurston (2016) 49.8  
Will Baginski (2019) 49.9  
Luke Dublirer (2014) 50.6  
Jake Sabatini (2013) 50.6

### **1600m Splits:**

Will Baginski (2018) 4:16.26  
Patrick Rynkowski (2011) 4:19.8  
Luke Dublirer (2014) 4:24.8  
Brian Cleary (2010) 4:25.7

### **High Jump:**

Tommy DeVita (2010) 6'8"  
Max Bartlik (2018) 6'2"  
Danny Romero (2018) 6'2"

### **Pentathlon:**

Max Bartlik (2018) 3,233  
Michael Zeno (2014) 2,989  
Ray Harada (2017) 2,765

### **200m:**

Kobi Grant (2017) 22.8  
Jake Sabatini (2014) 23.0  
Alex Ruhl (2019) 23.34

### **600m:**

Michael Thurston (2016) 1:20.1  
Storm Dublirer (2013) 1:24.2  
Juan Llinas (2011) 1:24.4

### **1600m:**

Will Baginski (2019) 4:12.90  
Levi Jennings (2011) 4:22.04  
Billy Byrne (2017) 4:22.76

### **55HH:**

InSoo Hwang (2011) 7.76  
Kevin Chung (2013) 7.82  
Matt Beausoleil (2011) 7.86

### **800m Splits:**

Michael Thurston (2016) 1:51.86  
Will Baginski (2019) 1:53.53  
Luke Dublirer (2014) 1:54.6  
David Frering (2014) 1:56.1

### **Long Jump:**

Ray Harada (2016) 20'1 1/4"  
Jason Chun (2018) 20'1"  
Richardson Dudley (2010) 20'0 1/4"

### **Pole Vault:**

John Wisener (2010) 14'6"  
Ryan Vimba (2017) 13'6"  
Spencer Llerandi (2014) 13'6"  
Allan Wong (2014) 13'6"  
Dylan Downing (2013) 13'6"

### **300m:**

InSoo Hwang (2010) 35.8  
Kobi Grant (2017) 36.4  
Matt Tai (2017) 36.4

### **800m:**

Michael Thurston (2016) 1:55.2  
Luke Dublirer (2014) 1:57.68  
Will Baginski (2018) 1:58.94

### **Mile:**

Will Baginski (2019) 4:16.87  
Luke Dublirer (2014) 4:23.81  
Brian Cleary (2010) 4:27.66

### **200m Splits:**

Jake Sabatini (2014) 22.1  
Matt Tai (2018) 22.5  
Kobi Grant (2017) 22.7  
InSoo Hwang (2010) 22.7  
Alex Ruhl (2019) 22.8  
Domenic Boresta (2014) 22.8

### **1200m Splits:**

Levi Jennings (2011) 3:06.9  
Sid Wagh (2018) 3:11.32  
David Frering (2014) 3:11.1  
Nick Salamone (2013) 3:11.6

### **Triple Jump:**

Evan Bartlik (2012) 44'8"  
Max Bartlik (2017) 43'2"  
Armand Punjabi (2015) 42'5 1/4"

### **Shot Put:**

Tom Vandalovsky (2019) 51'1 3/4"  
Spencer McAvey (2016) 50'5 1/2"  
Austin Engelhardt (2018) 49'6 1/2"

# **All-Decade Team - 2000s**

## **Girls**

### **55m:**

Emily Barr (2008) 7.46  
Erica Cigolini (2007) 7.48  
Jackie Tyler (2004) 7.72

### **200m:**

Erica Cigolini (2007) 26.1 / 26.42 (2006)  
Alice Wisner (2007) 26.4  
Jackie Tyler (2005) 27.8

### **300m:**

Alice Wisener (2007) 40.8  
Erica Cigolini (2007) 42.3  
Emily Barr (2007) 42.9

### **400m:**

Emily Barr (2008) 60.84  
Victoria Oliva (2008) 63.90  
Jenny Narvaez (2009) 64.24

### **600m:**

Kate Michel (2008) 1:36.6  
Cristina Law (2007) 1:36.6  
Catherine Buckley (2009) 1:40.3

### **800m:**

Cristina Law (2007) 2:16.55  
Kate Michel (2008) 2:17.57  
Stephanie Westernan (2005) 2:24.85

### **1000m:**

Justine Lupo (2003) 3:03.0  
Kelly Conheeney (2007) 3:04.7  
Stephanie Westernan (2006) 3:06.18

### **1600m:**

Kelly Conheeney (2007) 5:04.37  
Clair Nowakowski (2001) 5:11.4  
Justine Lupo (2004) 5:20.70

### **Mile:**

Justine Lupo (2003) 5:20.94  
Kelly Conheeney (2007) 5:22.57

### **3200m:**

Meredith Jones (2005) 11:26.7  
Christy Bertelsen (2008) 11:47.94

### **55HH:**

Lara-Jane Que (2007) 8.25  
Mia Martinez (2008) 8.73  
Cassie Wong (2005) 9.30

### **200m Splits:**

Erica Cigolini (2007) 25.3  
Alice Wisener (2007) 25.7  
Emily Barr (2007) 26.5  
Victoria Oliva (2009) 26.7  
Catherine Buckley (2009) 26.7

### **400m Splits:**

Cristina Law (2007) 59.1  
Alice Wisener (2007) 59.2  
Kate Michel (2008) 59.3  
Emily Barr (2008) 59.9

### **800m Splits:**

Cristina Law (2007) 2:14.9  
Kate Michel (2008) 2:17.4  
Stephanie Westerman (2005) 2:19.6  
Jess Kresja (2006) 2:20.3

### **1200m Splits:**

Cristina Law (2007) 3:40.1  
Stephanie Westerman (2005) 3:45.8  
Justine Lupo (2003) 3:56.2  
Becca Wells (2005) 4:05.4

### **1600m Splits:**

Kelly Conheeney (2007) 5:04.3  
Meredith Jones (2005) 5:17.6

### **Long Jump:**

Brooke Bogart (2006) 16'11 3/4"  
Cristina Law (2007) 16'10"  
Emily Barr (2008) 16'8 3/4"

### **Triple Jump:**

Sarah DeVita (2009) 34'7 3/4"  
Brooke Bogart (2005) 34'2"  
Robin Lee (2009) 34'0 3/4"

### **High Jump:**

Haley Roche (2009) 5'0"  
Cristina Law (2007) 4'11"  
Sarah DeVita (2009) 4'10"  
Mia Martinez (2005) 4'10"

### **Pole Vault:**

Anne Polcari (2008) 11'5 3/4"  
Cassie Wong (2006) 10'7 1/2"  
Kayla Polcari (2009) 9'6"  
Ramelle Brown (2009) 9'6"  
Robin Lee (2009) 9'6"  
Kerri Norton (2004) 9'6"

### **Shot Put:**

Meghan Gonzalez (2009) 34'7"  
Lara-Jane Que (2007) 30'2"  
Berit Nelson (2004) 29'7"

### **Pentathlon:**

Cristina Law (2007) 3,184  
Sarah DeVita (2009) 2,697



# **All-Decade Team - 2000s**

## **Boys**

### **55m:**

Chris Zeigler (2007) 6.64  
Akira Monri (2008) 6.70  
Max Witt (2009) 6.72

### **200m:**

Akira Monri (2008) 23.0  
John Moody (2006) 23.9  
Andrew Genova (2005) 23.9  
InSoo Hwang (2009) 23.9  
Max Witt (2009) 23.9

### **300m:**

Akira Monri (2008) 36.4  
InSoo Hwang (2009) 36.6  
Dan Cooper (2000) 36.7

### **400m:**

Akira Monri (2008) 51.4  
Chris Zeigler (2007) 52.50  
Steve Pierce (2006) 53.1

### **600m:**

Josh Kauke (2000) 1:21.4  
Niall Buckley (2007) 1:22.3  
Jeremy Schmidt (2006) 1:24.7

### **800m:**

Josh Kauke (2000) 1:54.1  
Niall Buckley (2005) 1:56.9  
Byron Williams (2005) 1:58.44

### **1000m:**

Niall Buckley (2007) 2:30.4  
Byron Williams (2005) 2:34.0  
David Maher (2004) 2:35.2

### **1600m:**

Ari Zamir (2004) 4:18.40  
Michael Cator (2006) 4:21.9  
Byron Williams (2006) 4:24.3

### **Mile:**

Ari Zamir (2004) 4:15.73  
Byron Williams (2006) 4:18.83  
Michael Cator (2006) 4:19.73

### **3200m:**

Dan Emont (2007) 9:21.1  
Taro Shigenobu (2009) 9:27.20  
Ari Zamir (2004) 9:32.7

### **55HH:**

Akira Monri (2008) 7.64  
John Moody (2006) 7.8  
Luke Cichocki (2007) 7.9

### **200m Splits:**

Chris Zeiglar (2007) 22.4  
Akria Monri (2007) 23.1  
Niall Buckley (2007) 23.1  
Zack Ontiveros (2007) 23.4  
InSoo Hwang (2009) 23.4  
Matt Grundy (2009) 23.4

### **400m Splits:**

Chris Zeigler (2007) 49.9  
Akira Monri (2008) 50.6  
Niall Buckley (2007) 50.6  
Jeremy Schmidt (2006) 51.4

### **800m Splits:**

Byron Williams (2006) 1:54.8  
Christian Trautwein (2008) 1:55.4  
Ari Zamir (2004) 1:57.1  
Niall Buckley (2007) 1:57.3

### **1200m Splits:**

Byron Williams (2005) 3:07.2  
Niall Buckley (2007) 3:09.2  
Michael Cator (2006) 3:09.9  
Erik Nygaard (2004) 3:10.9

### **1600m Splits:**

Taro Shigenobu (2009) 4:17.3  
Ari Zamir (2004) 4:17.9  
Michael Cator (2005) 4:20.2  
Byron Williams (2005) 4:20.9

### **Long Jump:**

Gabe Knutson (2004) 22'3 1/4"  
Brian Climente (2005) 20'1 1/2"  
Tommy DeVita (2009) 19'4"

### **Triple Jump:**

Gabe Knutson (2004) 45'9 1/2 "  
Andrew Dolgin (2000) 44'4 1/2"  
Akira Monri (2008) 42'1 1/2"

### **High Jump:**

Tommy DeVita (2009) 6'2"  
Brian Davis (2004) 6'0"  
Gabe Knutson (2004) 5'8"  
Luke Cichocki (2008) 5'8"

### **Pole Vault:**

Gabe Knutson (2004) 15'0"  
Dan Cooper (2000) 14'3 3/4"  
Jake Riccairdi (2005) 13'3"

### **Shot Put:**

Steve Pierce (2006) 45'10"  
Gabe Knutson (2004) 43'2 1/4"  
Neal Kovach (2003) 40'11 3/4"

### **Pentathlon:**

Gabe Knutson (2004) 3,259

## **All-Decade Teams - 1990s & 1980s**

*(work in progress)*

### **1990s - Girls**

#### **1600m:**

Meg McDermott (1999) 5:12.82  
Celeste Sedo (1998) 5:13.22

### **1980s - Girls**

#### **1000m:**

Margaret Scutro (1985) 2:47.44

#### **Mile:**

Margaret Scutro (1985) 4:56.53

#### **55HH:**

Sheryl van der Schyff (1988) 8.63

#### **200m Splits:**

Jen McDermott (1988) 27.8\*  
Laura Pollaci (1988) 28.6\*  
\*converted from yards

### **1980s - Boys**

#### **1000m:**

Chris Rae (1987) 2:32.06

#### **1600m:**

Eric Bernstein (1987) 4:31.29

#### **Mile:**

Chris Rae (1987) 4:25.7

#### **3200m:**

Eric Bernstein (1987) 9:39.38

#### **1200m Splits:**

Chris Sullivan (1985) 3:07.2

#### **400m Splits:**

Ginny Figlar (1988) 58.4  
Liz Ross (1985) 61.5\*  
Kerri Reilly (1988) 61.7  
Jen McDermott (1988) 61.8  
\*converted from yards

#### **1200m Splits:**

Mary Ellen Mileski (1983) 3:35.7  
Jean Hughes (1988) 3:47.4\*  
\*converted from yards

#### **High Jump:**

Jennifer Wrubel (1988) 5'0"  
Sheryl van der Schyff (1988) 4'10"

#### **800m Splits:**

Lynn Collazo (1988) 2:18.5  
Jen Hughes (1988) 2:19.8  
Beth Pringle (1983) 2:21.0  
Jean Hughes (1988) 2:24.5

#### **1600m Splits:**

Patti Mileski (1983) 4:52.7\*  
Jean Hughes (1989) 5:05.0\*  
Jen Hughes (1988) 5:11.0\*  
\*converted from yards