

Ridgewood Boys Cross Country 2021



Schedule

Date	Meet/Teams	Site
Sat. Sept 11, 1:00 PM	Season Opener	Darlington (Mahwah)
Sat. Sept 18, 9:00 AM	Back to the Mountain Invite	Garret Mountain (Woodland Park)
Sat. Sept 25, 9:00 AM	Garret Invite	Garret Mountain (Woodland Park)
Sat. Oct 2, 9:00 AM	Brett Taylor Invite	Darlington (Mahwah)
Sat. Oct 2, 1:30 PM	Shore Coaches Invite (<i>Frosh & Varsity</i>)	Holmdel Park (Holmdel)
Mon. Oct 4, 4:30 PM	Big North Batch Meet	Darlington (Mahwah)
Fri. Oct 15, 4:30 PM	Big North Championship	Darlington (Mahwah)
Sat. Oct 23, 12:00 PM	County Group Championships	Darlington (Mahwah)
Sat. Oct 30, 10:00 AM	BMOC (<i>Frosh & Varsity</i>)	Darlington (Mahwah)
Wed. Nov 3, 3:00 PM	Frosh/Novice State Championship (<i>Select Frosh & Select JV</i>)	Thompson Park (Monroe Township)
Sat. Nov 6, 12:30 PM	State Sectionals (<i>Varsity</i>)	Garret Mountain (Woodland Park)
Sat. Nov 13, 1:00 PM	State Groups (<i>Varsity</i>)	Holmdel Park (Holmdel)

Varsity Letter Recipients

Four-Time Recipients

Mick Barbi, SR (Captain)

Three-Time Recipients

Sean Fortunato, SR (Captain)

Two-Time Recipients

Gabe Stern, SR

Tommy Koltermann, JR

DJ Murphy, SO

First-Time Recipients

Declan Byrne, SR (Captain)

Matt Rusch, SR (Captain)

Philip Williams, SR (Captain)

Ian Bajraktari, JR

Chris Brady, SO

Jack Brewer, SR

Max Goldzweig, SR

Sean Hughes, SR

Balraj Rana, SR

Awards and Accolades

Team Championships

*Big North Freedom Division
5th Consecutive*

*Bergen County Group A
6th Consecutive*

*Bergen Meet of Champions
5th Consecutive*

Freshman / Novice State Championships - Freshmen Champions

All-League Selections - Big North, Freedom Division

First Team

Mick Barbi, SR

Declan Byrne, SR

Sean Fortunato, SR

Tommy Koltermann, JR

Second Team

Gabe Stern, SR

DJ Murphy, SO

Honorable Mention

Chris Brady, SO

All-County Selections

First Team

Mick Barbi, SR

Declan Byrne, SR

Second Team

Sean Fortunato, SR

Tommy Koltermann, JR

Third Team

DJ Murphy, SO

Gabe Stern, SR

Honorable Mention

Ian Bajraktari, JR

Chris Brady, SO

All-North Jersey Selections

Second Team

Declan Byrne, SR

Mick Barbi, SR

Team of the Year

*Ridgewood Boys – Large School
5th Consecutive*

Preseason

Bergen Record

BOYS CROSS COUNTRY

Preseason All-North Jersey teams, Top 25



Mick Barbi, left, and Sean Fortunato, both of Ridgewood, race to the finish line at the NJSIAA XC Sectionals North 1 Group 4 Boys race in 2020. Fortunato finished third, and Barbi was fourth. KEVIN R. WEXLER/NORTHJERSEY.COM

Paul Schwartz

NorthJersey.com

USA TODAY NETWORK - NEW JERSEY

As we get set for the cross-country season to begin on Sept. 11, it's time to take a look at the top runners and teams heading into the 2021 season.

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

Preseason All-North Jersey teams

FIRST TEAM

Mick Barbi, Ridgewood senior: A first team all-North Jersey and all-Bergen selection last year, placed in the top 10 in seven of the eight races he ran for the North 1, group 4 sectional champi-

ons. He was second in the Big North B race and was a fourth place finisher in both the North Jersey Finale and sectional meets.

Aidan Carroll, Glen Rock senior: Fresh off a spectacular breakout season, the all-Bergen and all-North Jersey selection became the Panthers' first sectional champ in 54 years with a win in the group 2 race. He was second in five other races and third at the North Jersey Finale. He led all Bergen County runners at the Holmdel Invitational, the substitute for the State Meet of Champions.

Sean Fortunato, Ridgewood senior: He and Barbi give the Maroons the best 1-2 punch in North Jersey and give the Maroons a chance to win an almost

inconceivable 12th straight sectional title and a 14th Bergen Meet of Champions crown. He won the Big North B batch meet was third in the sectional and fourth in the North Jersey championships. He also was all-Bergen and all-North Jersey last year.

Jacob Heredia, Clifton senior: He won seven races in 10 tries last fall including the Big North D, North Jersey Finale and group 4 sectional and took a pair of seconds before taking 25th at the Holmdel Invitational. But he was even better in track, setting the Passaic County 1,600 meter record and running one of the fastest 3,200 races in the state.

Alex Horgan, Ramapo senior: Horgan had a solid year in cross country last fall, third in the Big North J championship, sixth in the Season Opener and 12th in the group 2 sectional. But he's here because of an outstanding spring

which included an excellent tactical race that gave him a win in the Bergen A 1,600 title and five excellent 3,200 races, one of which earned a berth in the State Meet of Champions.

Ryan Pena, Wayne Valley senior: He had to endure a monthlong penalty imposed by the NJSIAA for missing a paperwork deadline after a family move, but still won a pod at the Garret Invitational, the Big North I championship, took seventh in the North Jersey championships and sixth in the North 1 group 3 sectional. The fifth all-North Jersey returnee figures to take full advantage of a full season.

Alex Saldana, River Dell sophomore: One of the best freshmen in the state last year, he was a second team all-North Jersey selection after finishing 16th or better in all seven of his races. His highlights included a win in the Big North F division, a second in the North 1 group 2 sectional, third in the Brett Taylor Invitational, 10th in the North Jersey Finale and 16th in the Oak Ridge XC Invitational, a statewide event.

SECOND TEAM

Michael Burke, Pompton Lakes senior: Had six top 10 finishes in seven

races last fall.

Owen Horevay, Lakeland junior: Had five top 10 finishes including seventh at group 2 sectional.

Braeden Carroll and Elijah Gately, Kinnelon seniors: Potent group 1 duo went 6-7 in North 1 sectional last year.

Andrew Kleinman, NV/Demarest senior: Second team all-North Jersey selection last year was 14th in North Jersey final and 3rd in group 2 sectional.

Paul Maguire, Don Bosco junior: A confident runner, who showed his promise with a ninth in the North Jersey Finale and 13th in the Non-Public A North sectional a year ago.

Evan Morrow, Hasbrouck Heights senior: Won three races last year including an NJIC divisional title and was 12th in North Jersey Finale.

Dan Phillips, Indian Hills junior: Could be a breakthrough season after his sixth place finish in the strong group 2 sectional race last fall.

Harrison Schimpf, Clifton junior: With Heredia, gives the Mustangs perhaps the best 1-2 punch in North Jersey this year after earning eight top 10 finishes in nine races.

Jaden Uram, Tenafly senior: The Ti-

gers might be a dark horse contender this year and Uram, who was 11th in the North Jersey Finale and seventh in the group 3 sectional will lead them.

Preseason Top 25 rankings

Last year's final finish in parentheses

1. Clifton (2)
2. Ridgewood (1)
3. Kinnelon (8)
4. Don Bosco (8)
5. Tenafly (16)
6. Northern Highlands (10)
7. Bergen Catholic (12)
8. Lakeland (5)
9. Wayne Hills (14)
10. River Dell (23)
11. Glen Rock (18)
12. Leonia (15)
13. Hackensack (20)
14. Indian Hills (3)
15. Ramapo (11)
16. Wayne Valley (21)
17. NV/Demarest (9)
18. Pompton Lakes (13)
19. Lyndhurst (NR)
20. Pascack Hills (22)
21. Pascack Valley (NR)
22. Ramsey (25)
23. West Milford (24)
24. NV/Old Tappan (4)
25. Mahwah (NR)

Teams to watch: Fair Lawn, Fort Lee, Hasbrouck Heights, Passaic, Secaucus.

Twitter: @northnjtrack

Boys cross-country: North Jersey team-by-team previews

BIG NORTH

Freedom

Hackensack has a strong bond among its team of veteran runners, led by seniors Alexis Yubi, Jordan Perdomo and Mauricio Perdomo, junior Moses Barrera and sophomore Dylan Guarquilla and have high hopes, including a top 10 finish in state group 4.

Indian Hills had several expected varsity runners not turn out but soph Dan Phillips and senior Russell Braver can keep the Braves very competitive.

Northern Highlands has only one senior varsity returnee, Jack Klarreich, but junior Sebastian Anderson and sophs Jeff Sohn, Carter Monaco and Freddy Liljegren should be able to keep the Highlanders in contention.

Paramus also has just one senior, Isaiah Park and junior Arash Ahmadi and soph Raj Modi should make the Spartans a team to watch in the future.

Ramapo should make a push to qualify for the state group finals, led by seniors Alex Horgan, who had a wonderful spring track season, Nate Somppi, Will Walloga and Drew Messineo.

Ridgewood has perhaps the best 1-2 punch in North Jersey in seniors Sean Fortunato and Mick Barbi. But in order to win a 12th straight group 4 sectional title and fourth state Bergen Meet of Champs crown, they'll need a lot of help from seniors Declan Byrne and Gabe Stern, junior Tommy Koltermann and soph DJ Murphy.

2021 Boys XC Team Rankings Preseason

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Ridgewood HS

@ Holmdel Invitational

Top Returners: Sean Fortunato, Mick Barbi, Tommy Koltermann, Gabe Stern, Nick Crane, Declan Byrne, Matt Rusch

Season Opener Invitational - Darlington, 9/11/21

Varsity Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
4 Barbi, Mick	12	Ridgewood HS	5:26	16:52	4
5 Byrne, Declan	12	Ridgewood HS	5:26	16:53	5
6 Koltermann, Tommy	11	Ridgewood HS	5:32	17:11	6
13 Murphy, DJ	10	Ridgewood HS	5:41	17:38	13
14 Stern, Gabe	12	Ridgewood HS	5:41	17:38	14

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	42	4	5	6	13	14		
	0:46 1-5 Split 17:14 Avg								
2	Clifton HS	72	1	10	16	22	23	31	32
	2:14 1-5 Split 17:34 Avg								
3	Seton Hall Prep	79	9	11	18	20	21	24	34
	0:39 1-5 Split 17:47 Avg								
4	Hackensack HS	85	2	15	17	25	26	30	38
	2:13 1-5 Split 17:48 Avg								
5	Tenaflly HS	111	3	12	28	33	35		
	2:34 1-5 Split 18:22 Avg								
6	Fair Lawn HS	140	8	19	36	37	40	41	43
	2:49 1-5 Split 18:53 Avg								
7	Northern Highlands	144	7	27	29	39	42	44	
	3:13 1-5 Split 19:03 Avg								

Novice Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
1 Williams, Philip	12	Ridgewood HS	5:47	17:57	1
2 Hughes, Sean	12	Ridgewood HS	6:00	18:35	2
4 Brady, Chris	10	Ridgewood HS	6:03	18:43	4
5 Oriente, Jonathan	10	Ridgewood HS	6:04	18:48	5
7 Bajraktari, Ian	11	Ridgewood HS	6:08	19:01	7
10 Rana, Balraj	12	Ridgewood HS	6:14	19:22	10
12 Wang, Justin (top 7 only)	11	Ridgewood HS	6:19	19:35	12

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	19	1	2	4	5	7	10	12
	1:04 1-5 Split 18:36 Avg								
2	Seton Hall Prep	55	6	9	11	14	15	17	18
	1:13 1-5 Split 19:31 Avg								
3	Hackensack HS	99	8	13	21	28	29	39	40
	3:18 1-5 Split 21:09 Avg								

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
4	Kearny HS 4:22 1-5 Split 21:24 Avg	103	3	20	22	23	35	41	47
5	Northern Highlands 2:46 1-5 Split 21:46 Avg	126	16	19	27	30	34	36	38
6	Fair Lawn HS 2:43 1-5 Split 22:59 Avg	154	24	25	26	37	42	44	45
7	Memorial HS WNY 3:32 1-5 Split 24:01 Avg	185	31	32	33	43	46		

Frosh Boys Large - 1.8 mi

Name	Year	School	Avg Mile	Finals	Points
1 Kane, Trevor	9	Ridgewood HS	5:18	9:33	1
2 Papageorge, Benjamin	9	Ridgewood HS	5:19	9:35	2
3 Pash, Luke	9	Ridgewood HS	5:20	9:35	3
4 Mevissen, Tom	9	Ridgewood HS	5:22	9:39	4
12 Greaney, Garrett	9	Ridgewood HS	5:38	10:09	11
23 Holmes, Ryan	9	Ridgewood HS	5:55	10:39	20
27 Shaddow, Charles (top 7 only)	9	Ridgewood HS	6:13	11:12	24

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS 0:36 1-5 Split 9:42 Avg	21	1	2	3	4	11	20	24
2	Seton Hall Prep 0:27 1-5 Split 9:55 Avg	41	5	6	8	10	12	13	15
3	Northern Highlands 2:04 1-5 Split 10:33 Avg	81	9	14	16	18	24	25	26
4	Passaic County Tech 1:18 1-5 Split 10:34 Avg	86	7	17	19	21	22	27	

2021 Boys XC Team Rankings Week 1

MileSplit50



10



5



Ridgewood HS

@ Season Opener
Invitational

Some great early season running at the
Season Opener with a 17:14 top five
average to lead the meet.

Back to the Mountain Invitational - Garret Mountain, 9/18/21

Varsity Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
6 Koltermann, Tommy	11	Ridgewood HS	5:35	17:19	6
9 Byrne, Declan	12	Ridgewood HS	5:40	17:35	8
17 Murphy, DJ	10	Ridgewood HS	5:52	18:11	16
21 Stern, Gabe	12	Ridgewood HS	5:54	18:20	20
35 Williams, Philip	12	Ridgewood HS	6:07	18:58	34
36 Brady, Chris	10	Ridgewood HS	6:07	18:58	35
49 Hughes, Sean	12	Ridgewood HS	6:16	19:27	47

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	North Hunterdon HS 1:25 1-5 Split 17:38 Avg	47	3	5	7	10	22	24	37
2	Clifton HS 2:36 1-5 Split 17:43 Avg	68	1	4	19	21	23	40	56
3	Ridgewood HS 1:39 1-5 Split 18:04 Avg	84	6	8	16	20		34	35 47
4	Northern Highlands 1:22 1-5 Split 18:36 Avg	136	11	14	31	38	42	59	62
5	Hackensack HS 2:38 1-5 Split 18:33 Avg	151	2	17	41	45	46	49	64
13	Teaneck HS 5:21 1-5 Split 22:30 Avg	365	29	78	85	86	87	90	91

Novice Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
1 Bajraktari, Ian	11	Ridgewood HS	6:07	18:59	1
6 Rana, Balraj	12	Ridgewood HS	6:18	19:34	6
7 Oriente, Jonathan	10	Ridgewood HS	6:18	19:35	7
11 Rail, Brendan	11	Ridgewood HS	6:24	19:53	11
12 Wang, Justin	11	Ridgewood HS	6:26	19:58	12
19 Diamond, Nate	11	Ridgewood HS	6:41	20:46	18
31 Ehnenn, Thomas	11	Ridgewood HS	6:51	21:15	30
(top 7 only)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS 0:59 1-5 Split 19:35 Avg	37	1	6	7	11	12	18	30
2	North Hunterdon HS 1:35 1-5 Split 20:16 Avg	75	5	8	13	24	25	27	33

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
3	West Orange HS 3:00 1-5 Split 20:45 Avg	102	2	4	14	40	42	43	45
4	Northern Highlands 1:00 1-5 Split 20:57 Avg	116	17	20	21	23	35	36	37
5	Hackensack HS 2:33 1-5 Split 21:24 Avg	138	15	19	22	38	44	46	56
12	Morris Knolls HS 7:54 1-5 Split 27:08 Avg	332	53	66	69	71	73		

Frosh Boys Large - 2 mi

Name	Year	School	Avg Mile	Finals	Points
1 Kane, Trevor	9	Ridgewood HS	5:59	11:52	1
2 Pash, Luke	9	Ridgewood HS	6:02	11:59	2
8 Mevissen, Tom	9	Ridgewood HS	6:18	12:31	5
16 Greaney, Garrett	9	Ridgewood HS	6:39	13:12	13
19 Mirsky, David	9	Ridgewood HS	6:55	13:44	15
20 Inzerillo, Luke	9	Ridgewood HS	6:56	13:47	16
28 Name?? (top 7 only)	9	Ridgewood HS	7:20	14:35	24

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	North Hunterdon HS 0:59 1-5 Split 12:38 Avg	35	3	6	7	9	10	12	18
2	Ridgewood HS 1:52 1-5 Split 12:39 Avg	36	1	2	5	13	15	16	24
3	Bergen Catholic HS 1:47 1-5 Split 13:32 Avg	70	4	8	17	20	21	22	25
4	Northern Highlands 1:46 1-5 Split 14:00 Avg	93	11	14	19	23	26	27	28

North Jersey Rankings and Notes from Week 2

Paul Schwartz | NorthJersey.com / The Record

On the course

►Congratulations to Ridgewood senior Sean Fortunato who committed to run for Boston College in the Atlantic Coast Conference next fall. Fortunato, who was an all North Jersey cross-country selection last year, is expected to contend for Bergen County and state honors this season.

Perez's spectacular performance led Lakeland to an easy sweep of the girls duals in the Independence division. Even without No. 3 runner Caitlin Fahy, nursing some sore calves, the Lancers went 1-2-3 and took seven of the top 11 spots in the division. Abby Horevay continued her return to the form that helped finish 10th in the State Meet of Champions in 2019, running 19:23 for second, followed newcomer Morgan Uhlhorn (19:51). Kyla Leathers of Wayne Hills was fourth at 20:14.



Sean Fortunato of Ridgewood (right), shown finishing third at the North 1, group 4 state sectionals last year, has committed to run at Boston College. Kevin R. Wexler/NorthJersey.com

North Jersey Boys Top 25 Rankings - Week 2

Last week's ranking in parentheses

1. Ridgewood (1)	14. Indian Hills (17)
2. Clifton (2)	15. Wayne Hills (10)
3. Kinnelon (3)	16. Wayne Valley (12)
4. Don Bosco (4)	17. Pompton Lakes (14)
5. Lakeland (5)	18. Lyndhurst (13)
6. Northern Highlands (21)	19. Pascack Hills (22)
7. NV/Demarest (13)	20. Ramapo (18)
8. Hackensack (6)	21. Hasbrouck Heights (19)
9. Leonia (7)	22. Glen Rock (20)
10. Bergen Catholic (8)	23. Cliffside Park (NR)
11. NV/Old Tappan (11)	24. Pascack Valley (23)
12. Tenaflly (9)	25. Ramsey (24)
13. River Dell (16)	

2021 Boys XC Team Rankings Week 2

MileSplit50



11



Ridgewood HS

@ Back to the Mountain Invitational

Third in the merge at the Back to the Mountain missing some top seven components. Averaged 18:04.

Garret Invitational - Garret Mountain, 10/25/21

Varsity Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
21 Brady, Chris	10	Ridgewood HS	5:49	18:03	21
31 Bajraktari, Ian	11	Ridgewood HS	5:55	18:22	31
43 Oriente, Jonathan	10	Ridgewood HS	6:04	18:49	42
57 Rana, Balraj	12	Ridgewood HS	6:13	19:18	55
60 Hughes, Sean	12	Ridgewood HS	6:16	19:26	58

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Morristown HS 1:13 1-5 Split 17:36 Avg	68	1	11	15	16	25	30	83
2	Clifton HS 1:32 1-5 Split 17:52 Avg	95	3	12	20	27	33	49	52
3	Montclair HS 1:47 1-5 Split 17:53 Avg	96	6	9	14	24	43	47	
4	Roxbury HS 2:54 1-5 Split 18:44 Avg	204	7	17	37	62	81	92	96
5	Ridgewood HS 1:23 1-5 Split 18:47 Avg	207	21	31	42	55	58		
19	Sayreville HS 4:06 1-5 Split 20:56 Avg	439	40	61	107	112	119	122	124

Novice Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
5 Kane, Trevor	9	Ridgewood HS	6:14	19:22	5
7 Wang, Justin	11	Ridgewood HS	6:20	19:40	7
17 Diamond, Nate	11	Ridgewood HS	6:34	20:22	17
22 Papageorge, Ben	9	Ridgewood HS	6:38	20:35	22
23 Ehnenn, Thomas	11	Ridgewood HS	6:39	20:40	23
25 Shechter, Daniel	10	Ridgewood HS	6:41	20:44	25
27 Pash, Luke (top 7 only)	9	Ridgewood HS	6:42	20:47	27

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS 1:18 1-5 Split 20:07 Avg	74	5	7	17	22	23	25	27
2	Hackensack HS 2:47 1-5 Split 19:59 Avg	77	2	3	13	26	33	54	67
3	Randolph HS 0:38 1-5 Split 20:41 Avg	118	19	20	21	28	30	38	45

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
4	Clifton HS 2:58 1-5 Split 20:45 Avg	123	6	11	12	34	60	75	
5	Kearny HS 1:45 1-5 Split 20:57 Avg	132	9	18	32	36	37	42	57
17	Morris Knolls HS 3:45 1-5 Split 25:03 Avg	470	69	84	104	106	107	110	

Frosh Boys Large - 2 mi

Name	Year	School	Avg Mile	Finals	Points
8 Shaddow, Charles	9	Ridgewood HS	6:36	13:06	
10 Mirsky, David	9	Ridgewood HS	6:41	13:17	
19 Inzerillo, Luke	9	Ridgewood HS	6:50	13:34	
80 Name?	9	Ridgewood HS	8:58	17:48	

Not enough to score as a team

North Jersey Boys Top 25 Rankings - Week 3

Last week's ranking in parentheses

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

2021 Boys XC Team Rankings Week 3

MileSplit50



11 - 0



Ridgewood HS

@ Garret Invitational

Should see their top squad at Shore Coaches.

Shore Coaches Invitational - Holmdel Park, 10/2/21

Varsity Boys B - 5K

Name	Year	School	Avg Mile	Finals	Points
31 Barbi, Mick	12	Ridgewood HS	5:37	17:27	31
34 Byrne, Declan	12	Ridgewood HS	5:39	17:31	34
50 Murphy, DJ	10	Ridgewood HS	5:45	17:50	49
56 Brady, Chris	10	Ridgewood HS	5:50	18:07	55
61 Stern, Gabe	12	Ridgewood HS	5:55	18:21	60
72 Bajraktari, Ian	11	Ridgewood HS	6:00	18:36	71

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridge HS 0:39 1-5 Split 16:58 Avg	84	6	12	17	21	28	67	
2	North Hunterdon HS 0:34 1-5 Split 17:01 Avg	86	8	13	16	22	27	68	80
3	Princeton HS 1:08 1-5 Split 17:17 Avg	137	3	29	30	36	39	46	110
4	St. Peter's Prep 1:39 1-5 Split 17:27 Avg	157	10	23	26	32	66	73	74
5	Howell HS 2:04 1-5 Split 17:33 Avg	180	5	11	15	70	79	95	108
6	Toms River North 1:11 1-5 Split 17:34 Avg	181	14	25	40	48	54	89	154
7	Clifton HS 2:24 1-5 Split 17:33 Avg	194	1	33	45	57	58	109	115
8	Ridgewood HS 0:54 1-5 Split 17:51 Avg	229	31	34	49	55	60	71	
25	Hammonton HS 3:52 1-5 Split 23:06 Avg	760	140	151	153	157	159		

Frosh Boys A - 3200m

Name	Year	School	Avg Mile	Finals	Points
8 Kane, Trevor	9	Ridgewood HS	6:06	12:12	7
20 Papageorge, Benjamin	9	Ridgewood HS	6:21	12:41	19
32 Pash, Luke	9	Ridgewood HS	6:32	13:03	26
70 Mevissen, Tom	9	Ridgewood HS	6:57	13:53	57
78 Greaney, Garrett	9	Ridgewood HS	6:59	13:57	61
93 Shaddow, Charles	9	Ridgewood HS	7:06	14:11	71
122 Mirsky, David	9	Ridgewood HS	7:23	14:45	93

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Christian Brothers	60	1	2	8	14	35	64	85
	2:05 1-5 Split 12:08 Avg								
2	Southern Regional	75	3	9	13	18	32	37	41
	1:32 1-5 Split 12:29 Avg								
3	Cherokee HS	134	10	15	24	39	46	74	80
	1:25 1-5 Split 12:59 Avg								
4	Freehold Township	160	16	27	29	43	45	48	58
	1:01 1-5 Split 13:12 Avg								
5	Ridgewood HS	170	7	19	26	57	61	71	93
	1:45 1-5 Split 13:09 Avg								
19	Manalapan HS	566	92	99	119	127	129		
	3:34 1-5 Split 16:06 Avg								

Brett Taylor Invitational - Darlington Park, 10/2/21

Novice Boys Large - 5K

Name	Year	School	Avg Mile	Finals	Points
1 Williams, Philip	12	Ridgewood HS	5:46	17:55	1
3 Rana, Balraj	12	Ridgewood HS	6:06	18:56	3
4 Diamond, Nathaniel	11	Ridgewood HS	6:07	19:00	4
6 Shechter, Daniel	10	Ridgewood HS	6:17	19:29	6
13 Karam, Jack	10	Ridgewood HS	6:43	20:51	12
18 Hernandez, Cesar	11	Ridgewood HS	6:44	20:55	17
39 Brewer, Jack	12	Ridgewood HS	7:03	21:54	36
(top 7 only)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	26	1	3	4	6	12	17	36
	2:56 1-5 Split 19:14 Avg								
2	Hackensack HS	93	7	10	15	23	38	39	43
	1:46 1-5 Split 21:01 Avg								
3	Seton Hall Prep	102	14	19	20	22	27	30	31
	0:31 1-5 Split 21:05 Avg								
4	Dwight Morrow HS	125	8	16	29	32	40	53	68
	1:40 1-5 Split 21:23 Avg								
11	Bergen Catholic HS	275	2	63	69	70	71		
	10:03 1-5 Split 25:14 Avg								

Frosh Boys Large - 1.8 mi

Name	Year	School	Avg Mile	Finals	Points
12 Inzerillo, Luke	9	Ridgewood HS	5:38	10:07	
36 van Kempen, Alexander	9	Ridgewood HS	6:14	11:12	
Not enough to score as a team					

Big North Batch Meet - Darlington Park, 10/5/21

Varsity Boys Freedom Division - 5K

Name	Year	School	Avg Mile	Finals	Points
3 Byrne, Declan	12	Ridgewood HS	5:19	16:28	
6 Barbi, Mick	12	Ridgewood HS	5:26	16:49	
11 Murphy, DJ	10	Ridgewood HS	5:34	17:14	
12 Brady, Chris	10	Ridgewood HS	5:34	17:15	
13 Stern, Gabe	12	Ridgewood HS	5:36	17:20	
15 Koltermann, Tommy	11	Ridgewood HS		17:29	
17 Bajraktari, Ian (top 7 only)	11	Ridgewood HS		17:34	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
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Hackensack HS vs Ridgewood HS 5000 Run

1	Ridgewood HS	23	2	3	5	6	7	8	9
	0:52 1-5 Split 17:01 Avg								
2	Hackensack HS	38	1	4	10	11	12	13	14

Indian Hills HS vs Ridgewood HS 5000 Run

1	Ridgewood HS	27	2	4	6	7	8	9	10
2	Indian Hills HS	32	1	3	5	11	12	13	14

Northern Highlands HS vs Ridgewood HS 5000 Run

1	Ridgewood HS	22	1	3	5	6	7	9	11
2	Northern Highlands	36	2	4	8	10	12	13	14

Paramus HS vs Ridgewood HS 5000 Run

1	Ridgewood HS	18	1	2	4	5	6	7	8
2	Paramus HS	45	3	9	10	11	12	13	14

Ramapo HS vs Ridgewood HS 5000 Run

1	Ridgewood HS	15	1	2	3	4	5	6	7
2	Ramapo HS	50	8	9	10	11	12	13	14

Frosh Mixed - 1.8 mi

Name	Year	School	Avg Mile	Finals	Points
10 van Kempen, Alexander	9	Ridgewood HS	6:17	11:17	
15 Joseph, William	9	Ridgewood HS	6:46	12:10	
24 Holmes, Ryan	9	Ridgewood HS	7:48	14:02	

North Jersey Boys Top 25 Rankings - Week 4

Last week's ranking in parentheses

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

2021 Boys XC Team Rankings Week 4

MileSplit50



18 ▼
7



Ridgewood HS

@ Big North - Freedom
Batch Meet

Ran without their full squad at Shore
Coaches, still 23rd in merge, averaged
17:51.

2021 Boys XC Team Rankings Week 5

MileSplit50



19 ▼
1



Ridgewood HS

Big North Championships - Darlington Park, 10/15/21**Varsity Boys Freedom Division - 5K**

Name	Year	School	Avg Mile	Finals	Points
2 Fortunato, Sean	12	Ridgewood HS	5:02	15:37	2
6 Koltermann, Tommy	11	Ridgewood HS	5:18	16:26	6
7 Byrne, Declan	12	Ridgewood HS	5:18	16:27	7
8 Barbi, Mick	12	Ridgewood HS	5:19	16:31	8
10 Murphy, DJ	10	Ridgewood HS	5:28	16:58	10
13 Stern, Gabe	12	Ridgewood HS	5:32	17:11	13
17 Brady, Chris	10	Ridgewood HS	5:36	17:23	17

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	33	2	6	7	8	10	13	17
	1:21 1-5 Split 16:23 Avg								
2	Northern Highlands	69	4	12	16	18	19	21	25
	1:24 1-5 Split 17:08 Avg								
3	Hackensack HS	75	1	9	20	22	23	27	35
	2:17 1-5 Split 17:08 Avg								
4	Indian Hills HS	107	5	11	28	30	33	36	
	2:26 1-5 Split 17:54 Avg								
5	Ramapo HS	113	3	24	26	29	31	34	39
	2:39 1-5 Split 17:58 Avg								
6	Paramus HS	136	14	15	32	37	38	40	41
	2:50 1-5 Split 18:37 Avg								

Novice Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
1 Bajraktari, Ian	11	Ridgewood HS	5:44	17:45	1
2 Oriente, Jonathan	10	Ridgewood HS	5:50	18:03	2
3 Williams, Philip	12	Ridgewood HS	5:52	18:10	3
4 Rana, Balraj	12	Ridgewood HS	5:59	18:31	4
5 Kane, Trevor	9	Ridgewood HS	6:00	18:36	5
7 Diamond, Nathaniel	11	Ridgewood HS	6:07	18:57	7
8 Pash, Luke	9	Ridgewood HS	6:07	18:57	8

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	15	1	2	3	4	5	7	8
	0:51 1-5 Split 18:13 Avg								
2	Northern Highlands	54	6	10	11	12	15	18	20
	1:55 1-5 Split 19:43 Avg								
3	Hackensack HS	85	9	14	17	22	23	24	25
	2:53 1-5 Split 20:55 Avg								
4	Ramapo HS	95	13	16	19	21	26	27	28
	3:32 1-5 Split 21:39 Avg								

Frosh Boys - 1.8 mi

Name	Year	School	Avg Mile	Finals	Points
1 Greaney, Garrett	9	Ridgewood HS	5:28	9:50	1
2 Mevissen, Tom	9	Ridgewood HS	5:30	9:54	2
5 Holmes, Ryan	9	Ridgewood HS	5:38	10:08	5
7 Mirsky, David	9	Ridgewood HS	5:42	10:14	7
8 Inzerillo, Luke	9	Ridgewood HS	5:42	10:15	8
9 Shaddow, Charles	9	Ridgewood HS	5:43	10:16	9
19 van Kempen, Alexander	9	Ridgewood HS	6:27	11:36	16
21 Joseph, William	9	Ridgewood HS	6:48	12:14	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS 0:25 1-5 Split 10:04 Avg	23	1	2	5	7	8	9	16
2	Northern Highlands 1:14 1-5 Split 10:36 Avg	49	4	6	10	14	15	17	19
3	Indian Hills HS 2:24 1-5 Split 10:55 Avg	57	3	11	12	13	18		

North Jersey Boys Top 25 Rankings - Week 6

Last week's ranking in parentheses

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

2021 Boys XC Team Rankings

Week 6

MileSplit50



15



Ridgewood HS

@ Big North Championships - Freedom

Highlights from the Big North Divisional Championships

Paul Schwartz | NorthJersey.com / The Record

Here's what stood out at the Big North divisional championships.

Whittle making a name for himself

Amiri Whittle ran the 800 and 1,500 meters as a seventh grader for the New Jersey Striders track club and did pretty well. But other things became more important and Whittle left the sport until returning as a junior last spring to run some 400s.

Friday he capped his return to the sport with an impressive win in the Freedom division boys in a school record 15:33, the fastest time at Darlington since 2016 and number 13 in course history. For the second time in a week, he knocked former Bergen county champion Tom Baldwin out of the Comet record book, setting a school record at Darlington to go with the Van Cortlandt Park record he set last week. He defeated Ridgewood's Sean Fortunato by about 15 meters, as Fortunato, running his first race of the year, ran the 16th fastest race in course history, 15:37.

"The coaches convinced me to do cross-country to get into better shape and I was hoping to make varsity as the number seven runner," said Whittle, who realized during a summer time trial that he was likely much better than that.

A great first race at Garret Mountain confirmed that and the season has just gotten better for Whittle, who is one of the top favorites to win the Lou Molino Bergen Meet of Champions on Oct. 30.

"I'm so thankful to get this opportunity."

Ridgewood swept the team titles with the boys running their best race of the year to rout Northern Highlands, 33-69. Alex Horgan was third for Ramapo, running 16:10, five seconds ahead of Northern Highlands soph Jeffrey Sohn.



Teams and Runners to Watch at the Bergen County Group Meet

Paul Schwartz | NorthJersey.com / The Record

The Bergen County Group Cross-Country championships return after a one-year absence due to COVID-19 Saturday at Darlington County Park with 18 races including 10 varsity races in five divisions.

There are changes in qualification for the Lou Molino Bergen Meet of Champions Oct. 30 with the girls race at 11 a.m. and the boys at 11:40 a.m.

The winners in each of the 5 divisions advance to BMOC along with 6 wild card teams based on the merge of all five races, one of whom MUST be from either Division C or D.

Individual runners in the top 50 of the meet merge who are not part of a qualifying team will also advance.

Boys Division A

Race time: 1:15 p.m.

Teams: Bergenfield, Bergen Tech, Cliffside Park, Fair Lawn, Hackensack, Northern Highlands, Paramus, Ramapo, Ridgewood, Teaneck, Tenaflly.

2019 champions: Ridgewood and Steven Hatano, NV/Old Tappan.

Top 15 returnees from 2019: Sean Fortunato, Ridgewood (4th); Mick Barbi, Ridgewood (13th)

Race outlook: Ridgewood looked vulnerable before Fortunato returned at the Big North Freedom meet and with great races from Tommy Koltermann, Declan Byrne and Barbi, the Maroons seem to have more than enough to easily win the team title again. Northern Highlands, Hackensack and Tenaflly should easily qualify for wild card advancement to BMOC, while Ramapo, Fair Lawn, Cliffside Park and Bergen Tech could contend for spots.

Fortunato was the pre-season favorite to run away with the individual race, with Alex Horgan of Ramapo the probable runner-up. But first year senior Amiri Whittle of Hackensack has been Bergen's best runner almost all season and he's now the favorite. Others to watch are Northern Highlands soph Jeff Sohn, Michael Lustberg of Fair Lawn, Dylan Decambre of Bergen Tech and Jaden Uram and Jacob Wolmer of Tenaflly.



Mick Barbi and Sean Fortunato, both of Ridgewood, race to the finish line, at the NJSIAA XC Sectionals North 1 Group 4 Boys race. Fortunato came in a fraction of a second faster, for third place. Both runners ran the course with a time of 16:52, at Garret Mountain Reservation. Saturday, November 15, 2020 Kevin R. Wexler/NorthJersey.com

County Group Championships - Darlington Park, 10/23/21

Varsity Boys A - 5K

Name	Year	School	Avg Mile	Finals	Points
3 Barbi, Mick	12	Ridgewood HS	5:12	16:09	3
5 Byrne, Declan	12	Ridgewood HS	5:15	16:18	5
7 Fortunato, Sean	12	Ridgewood HS	5:19	16:29	7
11 Murphy, DJ	10	Ridgewood HS	5:25	16:49	11
12 Koltermann, Tommy	11	Ridgewood HS	5:27	16:54	12
17 Stern, Gabe	12	Ridgewood HS	5:31	17:08	17
20 Bajraktari, Ian	11	Ridgewood HS	5:35	17:20	20

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS 0:45 1-5 Split 16:31 Avg	38	3	5	7	11	12	17	20
2	Hackensack HS 1:53 1-5 Split 16:58 Avg	73	1	10	18	19	25	32	36
3	Northern Highlands 1:01 1-5 Split 17:09 Avg	87	8	13	21	22	23	24	35
4	Tenaflly HS 1:50 1-5 Split 17:23 Avg	112	6	9	26	34	37	38	40
5	Ramapo HS 2:43 1-5 Split 17:52 Avg	146	4	27	31	39	45	55	57
9	Cliffside Park HS 1:53 1-5 Split 18:42 Avg	213	29	33	44	49	58	59	

Novice Boys Pod 2 - 5K

Name	Year	School	Avg Mile	Finals	Points
1 Williams, Philip	12	Ridgewood HS	5:42	17:43	1
2 Oriente, Jonathan	10	Ridgewood HS	5:42	17:43	2
3 Rana, Balraj	12	Ridgewood HS	5:52	18:14	3
9 Shechter, Daniel	10	Ridgewood HS	6:11	19:12	9
43 Karam, Jack	10	Ridgewood HS	6:38	20:36	33
44 Lopez, Saveley	10	Ridgewood HS	6:38	20:37	34
50 Brewer, Jack	12	Ridgewood HS	6:44	20:56	38

top 7 only

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Northern Highlands 1:01 1-5 Split 18:49 Avg	38	4	5	7	10	12	25	26
2	Ridgewood HS 2:53 1-5 Split 18:41 Avg	48	1	2	3	9	33	34	38

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
3	Hackensack HS 1:14 1-5 Split 19:29 Avg	80	6	14	18	19	23	35	40
4	Leonida HS 4:57 1-5 Split 20:23 Avg	119	8	13	21	24	53	58	
9	Tenaflly HS 7:04 1-5 Split 23:31 Avg	236	30	42	52	55	57		

Frosh Boys Pod 2 - 1.8 mi

Name	Year	School	Avg Mile	Finals	Points
1 Kane, Trevor	9	Ridgewood HS	5:08	8:56	1
2 Papageorge, Benjamin	9	Ridgewood HS	5:10	9:00	2
3 Pash, Luke	9	Ridgewood HS	5:11	9:00	3
8 Mevissen, Tom	9	Ridgewood HS	5:30	9:34	5
15 Greaney, Garrett	9	Ridgewood HS	5:40	9:51	12
18 Shaddow, Charles	9	Ridgewood HS	5:43	9:56	15
19 Holmes, Ryan	9	Ridgewood HS	5:44	9:58	16

top 7 only

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS 0:55 1-5 Split 9:16 Avg	23	1	2	3	5	12	15	16
2	Leonida HS 0:24 1-5 Split 9:39 Avg	36	4	6	7	8	11	13	14
3	Northern Highlands 1:29 1-5 Split 10:33 Avg	100	9	10	25	27	29	30	32
4	Bergen County Tech 0:42 1-5 Split 10:40 Avg	104	17	20	21	22	24	26	28
5	Fair Lawn HS 2:29 1-5 Split 11:16 Avg	124	18	19	23	31	33		

2021 Boys XC Team Rankings Week 7

MileSplit50



16 ▼
1



Ridgewood HS

@ Bergen County Group Championships

Best of the Bergen Group Championships

Paul Schwartz | NorthJersey.com / The Record

Ridgewood Primed for BMOG

The Ridgewood boys won their fifth straight Division A title and record 21st overall while the girls captured their third straight division title and record 32nd overall.

But both teams used the day to prepare for an even more important race on Oct. 30, the Lou Molino Bergen Meet of Champions. The boys have won the last three titles (in 2017, 2018 and 2019) and look to equal Don Bosco's total of 15 titles, while the girls shoot for third straight title and to extend their own record of 31 wins.

"We did a good job today," said boys coach Patrick Ryan, after his team put five runners into the top 12 and seven in the top 20 for an easy 38-73 win over Hackensack. "Sean (Fortunato's) knee bugged him a bit so he took it easy and two of our guys had ACTs and got there real late but we performed well."

Amiri Whittle of Hackensack continued to establish his claim as Bergen County's best runner, winning by about 50 meters in 15:50 with Bergen Tech junior Dylan Decambre running the best race of his life for second in 16:01. Ridgewood's Mick Barbi was next, in 16:09 and was followed by Alex Horgan of Ramapo (16:17) and Declan Byrne of Ridgewood (16:18).

Fortunato was a comfortable 7th and DJ Murphy of Tommy Koltermann went 11-12, each under 17 minutes.

"Declan had a good sophomore season, but the pandemic didn't help last year and he never ran varsity last fall," said Ryan. "But he started coming on in the winter and had a solid spring, so I made him a captain to motivate and he's really stepped up this fall."



Lou Molino Bergen Meet of Champions - Darlington Park, 10/30/21

Course was washed out. Change to course added ~190m for 5K; ~90m for Frosh

Varsity Boys - 5K (~5,190m)

Name	Year	School	Avg Mile	Adjusted	Finals	Points
5 Byrne, Declan	12	Ridgewood HS	5:12	16:07*	16:42	4
9 Barbi, Mick	12	Ridgewood HS	5:17	16:21*	16:56	7
11 Koltermann, Tommy	11	Ridgewood HS	5:17	16:22*	16:57	9
23 Murphy, DJ	10	Ridgewood HS	5:26	16:50*	17:25	19
28 Stern, Gabe	12	Ridgewood HS	5:29	17:00*	17:35	23
31 Brady, Chris	10	Ridgewood HS	5:30	17:03*	17:38	24
34 Bajraktari, Ian	11	Ridgewood HS	5:31	17:06*	17:41	27

**-35 seconds; actual finish time @5,190 in listed as well*

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	62	4	7	9	19	23	24	27
	0:53 1-5 Split 16:32* (17:07 Avg)								
2	Don Bosco Prep	83	2	16	18	22	25	51	52
	1:03 1-5 Split 16:42* (17:17 Avg)								
3	Northern Highlands	100	5	17	20	28	30	40	49
	1:05 1-5 Split 16:51* (17:26 Avg)								
4	Hackensack HS	118	1	14	32	35	36	41	43
	2:04 1-5 Split 16:54* (17:29 Avg)								
5	Tenaflly HS	158	11	12	44	45	46	56	58
	1:29 1-5 Split 17:27* (18:02 Avg)								

11 River Dell HS 283 3 66 69 ... 71 74

7:10 1-5 Split | 19:50* (20:25 Avg)

**-35 seconds; actual finish time @5,190 in listed as well*

Frosh Boys - 1.8 mi (~1.85)

Name	Year	School	Adjusted	Finals	Points
4 Papageorge, Benjamin	9	Ridgewood HS	8:46*	9:03	1
5 Kane, Trevor	9	Ridgewood HS	9:06*	9:23	2
6 Pash, Luke	9	Ridgewood HS	9:07*	9:24	3
12 Mevissen, Tom	9	Ridgewood HS	9:23*	9:40	9
27 Greaney, Garrett	9	Ridgewood HS	9:54*	10:11	21
28 Shaddow, Charles	9	Ridgewood HS	9:55*	10:12	22
31 Mirsky, David	9	Ridgewood HS	9:58*	10:15	24

top 7 only

**-17 seconds; actual finish time @full distance in listed as well*

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS	35	1	2	3	9	21	22	24
	1:08 1-5 Split 9:16* (9:33 Avg)								
2	Leonida	57	8	10	12	13	14	17	19
3	Bergen Catholic	103							
4	Don Bosco Prep	141							
5	Northern Highlands	147							
10	Old Tappan	274							

*-17 seconds; actual finish time @full distance in listed as well



Whittle, Lounsbury battle elements to win

Paul Schwartz

NorthJersey.com

USA TODAY NETWORK - NEW JERSEY

Amiri Whittle got off the Hackensack bus at Darlington Park Saturday morning, prepared to run the fastest race of his young cross-country career.

Not so fast.

"When we got off the bus the officials were already there telling us how the course was going to be different today," said Whittle, referring to a course adjustment that added up to 200 meters and as much as 35-40 seconds after heavy rains Friday and Saturday morning had washed out parts of the course.

But that didn't stop Whittle, who concluded his meteoric rise from just trying to make varsity to Bergen County boys champion by easily running away from Bergen Tech sophomore Dylan Decambre at the Lou Molino Bergen Meet of Champions at Darlington.

"I knew the course was going to be longer than usual, but they took out a lot of the sand which slows my momentum," said Whittle, who dominated the second half of the race to win by 125 meters in 16:04. "I was hoping to run faster on the regular course than I had (in leagues) when I ran 15:33, and I had a lot left, but it wasn't about time today."

Whittle joined 1998 champion Thomas Baldwin as the only Comet boys to win the race, and that meant a lot to the first year senior runner.

"It's a great feeling," said Whittle, who led his team to a fourth place finish behind race winner Ridgewood. "The meaning behind this race is just so important."

Now it's on the sectionals and a shot at defending group 4 sectional (and Pasaic) champ Jacob Heredia of Clifton, who handed Whittle his only North Jersey loss of the year.

"I'm really excited to race against him again," said Whittle. "And I'm excited to run at Garret again."

Lounsbury wins Braves first girls crown

In her outstanding four year varsity career, Allison Lounsbury won one ma-



Amiri Whittle, of Hackensack, on his way to finishing first in the Bergen Cross-Country Meet of Champions at Darlington Park in Mahwah on Saturday. MICHAEL KARAS/NORTHJERSEY.COM

jor cross-country race, the 2019 Big North Freedom race. Lots of high finishes, not a lot of wins.

Her first seven races this season were much of the same. Three second place finishes and four third places.

But race No. 8 was a lucky one for the Indian Hills senior, with a breakthrough performance to win the BMOC girls race in 18:38, 50 meters ahead of Olivia Shattuck of Ridgewood.

"Running against great competition every week really helps," said Lounsbury, who raced against the rest of the top 10 either in league and or county group competition multiple times this year.

"It was senior day and my team was super supportive," said Lounsbury, who got out well and was fifth or sixth during the first loop of her course. "I wanted to stay with the lead pack and I caught up

to (third place finisher Leanna Johnston of IHA and Shattuck) as we came off the gravel."

"When I passed my coach (with about 1/2 mile to go) he said to go for it and I did."

The win boosts Lounsbury's confidence going into next week's state sectionals and she's hoping for a strong finish over the next three weeks.

"My goal is to medal at the State Meet of Champions (top 20)," said Lounsbury, who was 21st as a freshman.

Ridgewood keeps both team titles

The team races went as expected with the Ridgewood boys winning their fourth straight and record tying 16th overall and the Ridgewood girls winning a third straight and 32nd overall (out of 43 awarded).

The boys had a tougher than expected challenge from Don Bosco, especially after finding out Friday that 2020 All-North Jersey selection Sean Fortunato would miss the race with a balky knee.

"But my guys handled it well," said Ridgewood coach Patrick Ryan after the Maroons wrapped up a 62-83 win over Don Bosco, placing three runners in the top 11 and 7 in the top 35. "The race went out way too fast, but it always does. It was sloppy out there but they didn't care. They knew everyone had to deliver and they did."

Declan Byrne led the Ridgewood runners in fifth place and Mick Barbi and Tommt Koltermann finished 9th and 11th. That was enough to give the Maroons a 16 point lead through three runners and when soph D.J. Stern (23rd) and senior Gabe Stern (28th) finished of Bosco's fifth man, the victory was assured.

Ryan singled out Stern, a first year varsity runner, for his hard work all season.

"His improvement is nothing short of incredible," said Ryan. "He worked with (former Ridgewood girls coach) Jacob Brown on his form over the summer and he just keeps going. He can run forever."

The Ridgewood girls were hoping to set a Darlington five girl record, breaking the mark set by the 2019 Ridgewood

team, but the altered course ended that plan. But it was time for a full speed effort by the Maroons and they delivered. Ridgewood put its top five in the top eight and easily defeated Northern Highlands and NV/Old Tappan, 27-89-90.

Shattuck was second in 18:48, Anna-Marie Tretola fourth in 18:58, Lucia Rabolli sixth in 19:09 and Lily Williams was seventh in 19:16. But it was the fifth senior, Caroline Deiss that made it clear that the Maroons could be better than the teams that took second in the 2018 and 2019 SMOC and in the 2020 Holmdel Invitational.

Deiss ran 19:26 for eighth and ran 20 seconds faster than she had in any race this fall despite the slower nature of the course.

"We wanted to race really hard and run in a pack and we did that," said an elated Steve Opremcak. "If we had been able to run the normal Darlington course, it would have been historical, but this is emotional confirmation of where we are."

"Now we can run hard at tempo and prepare for the next two weeks and see where we are at the end of the year."

Inside the Races

After Whittle and Decambre, the rest of the boys top five was Don Bosco junior Paul Maguire, River Dell soph Alex Saldana and Byrne. Northern Highlands was third as a team with 100 points, followed by Hackensack and Tenafly. There were four sophomores and four juniors in the boys top 20.

Lounsbury, Shattuck, Johnston, Tratola and Ramapo junior Brianna Braver were the girls top five. IHA and Ramapo finished 4-5 in the girls team race.

There were seven seniors in the girls top 10, the most in at least a decade. Johnston (3rd), Braver (5th) and NV/Old Tappan's Kristen Johnson (10th) were the only juniors in the top 10. The Northern Highlands soph duo of Rebecca Maclaren and Autumn Ritter went 11-12 and NV/Old Tappan's Sophia Katechis was the top freshman, in 19th.

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Whittle, Lounsbery Win; Ridgewood Sweeps Team Races

Will Harrigan | NJ.com

At this time last year, Hackensack senior Amiri Whittle had never participated in track on the high school level in any season.

But being a bit bored in the aftermath of the COVID-19 pandemic, and a little prodding from Hackensack cross-country coach Gioser Torrealba, Whittle went out for cross-country this year after a solid spring season.

Considering Whittle is now the Bergen County champion, it turned out to be a terrific decision.

Whittle's 16:04 was good enough to win the Lou Molino Bergen County Meet of Champions on Saturday afternoon at Darlington Park in Mahwah. Whittle bested runner up Dylan Decambre of Bergen Tech by some 25 seconds.

"It's really a nice thing to be able to win the county championship. I wish I had done cross country before this year," Whittle said. "I never really considered doing track until last spring, and coach came up to me and asked me to run."

In the girls race, Indian Hills senior Allison Lounsbery made up for a frustrating season of second and third place finishes to win her first race of the year at the most opportune time, winning the Bergen County crown with an 18:38 mark.

In the team title hunts, it was Ridgewood who dominated both races, adding yet another Bergen County laurel to a long list of them earned by the Maroons program. The boys outpaced Don Bosco by a 62-83 margin, while the girls ran some 62 points clear of runner up Northern Highlands.

The team title is the third in a row for the Maroons' girls side, while the boys racked up their fifth in a row with the triumph.

"They actually changed the course because of some wet spots that were unable to be run on," said Ridgewood girls coach Steve Opremcak. "Everyone may have actually ran a little more than 3.1 miles today and its not what we all practiced. But our girls did a good job adjusting and ran well all things considered."

Ridgewood placed all five of its girls runners in the top eight to win easily. Olivia Shattuck came in 10 seconds behind Lounsbery to take runner-up honors, while fellow senior AnnaMarie Tretola took fourth at 18:58.

Lucia Rabolli (19:09), Lily Williams (19:16), and Caroline Deiss (19:26) would follow by going 6-7-8 to ensure no drama with the team race.

Despite not having star runner Sean Fortunato available for this meet, the Maroons boys showcased their depth to win the boys race. Their top finisher was senior Declan Byrne, who took fifth with a 16:42 mark.

Seniors Mick Barbi (16:56) and Tommy Koltermann (16:57) went ninth and 11th to help guide the Maroons on their successful drive for five in a row.

"With the mud and everything, times across the board were running 35-40 seconds behind for everyone," said Ridgewood boys coach Patrick Ryan. "While that was disappointing, our guys did a great job stepping up. My eighth kid ran today and did well. Our goal was to come here and win, and guys are expected to step up as the season goes on."

For Lounsbery, winning her first ever Bergen County title as a senior was somewhat of a relief. The senior had ran sub-19 on three different occasions prior to Saturday, but took either runner-up or third place finishes in every race she won until this one.

"All year long I kept finishing in second or third, but I'm happy I got my first win of the year in the county meet," Lounsbery said. "I made my move after the second lap, and the (roaring crowd) definitely helped give me more energy when I came towards the finish line."

Immaculate Heart's Leanna Johnston (18:51) and Tretola were the other sub-19 finishers in the girls race. Ramapo's Brianna Braver came in at 19:08 to round out the top five in the meet.

North Jersey Boys Top 25 Rankings - Week 8

Last week's ranking in parentheses

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

2021 Boys XC Team Rankings Week 8

MileSplit50



16 ⁻/₀



Ridgewood HS

@ Bergen County / Lou Molino MOCs

Freshman / JV State Championships - Thompson Park, 11/3/21

Frosh Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
3 Kane, Trevor	9	Ridgewood HS	5:51.4	18:11.8	3
5 Papageorge, Benjamin	9	Ridgewood HS	5:53.7	18:18.8	5
12 Pash, Luke	9	Ridgewood HS	6:06.1	18:57.4	12
40 Mevissen, Tom	9	Ridgewood HS	6:28.3	20:06.4	39
49 Shaddow, Charles	9	Ridgewood HS	6:37.5	20:34.8	48
61 Greaney, Garrett	9	Ridgewood HS	6:43.4	20:53.3	60
65 Mirsky, David	9	Ridgewood HS	6:45.5	20:59.8	63

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridgewood HS 2:23 1-5 Split 19:13 Avg	107	3	5	12	39	48	60	63
2	South Brunswick HS 1:35 1-5 Split 19:33 Avg	131	9	13	26	41	42	43	90
3	Mendham HS 2:15 1-5 Split 19:33 Avg	140	7	10	20	50	53	61	84
4	WWP North HS 1:40 1-5 Split 19:42 Avg	145	11	19	24	45	46	47	85
5	Summit HS 3:10 1-5 Split 19:37 Avg	157	2	4	27	58	66	99	104
					...				
17	Watchung Hills 0:35 1-5 Split 23:03 Avg	519	101	102	103	106	107	115	



What to Look for at State Sectionals

Paul Schwartz | NorthJersey.com / The Record

The cross-country state sectionals are Saturday at Garret Mountain for North 1 and at Oak Ridge Park in Clark for North 2.

Here's a quick look at the six boys and six girls group races involving North Jersey schools. The top five teams in each race and runners in the Top 10 advance to the State Group championships at Holmdel County Park on Nov. 13.

Boys North 1, Group IV

Race time: 12:30 p.m.

Favorites: Ridgewood, Clifton, Morristown.

Other North Jersey teams to watch: Hackensack.

Individual favorites: Jacob Heredia, Clifton (defender), Amiri Whittle, Hackensack, Dylan Decambre, Bergen Tech.

Other North Jersey individuals to watch: Declan Byrne, Mick Barbi and Tommy Koltermann, Ridgewood; Harrison Schimpf, Clifton; Luis Abreu, Passaic Tech; Dylan Guarquila, Hackensack.

Predicted North Jersey Qualifiers: Ridgewood, Clifton, Hackensack, Decambre, Abreu.



Predictions For 2021 NJSIAA Sectional Championships

North 1

	Jim	Pat
Group 1	Kinnelon	Kinnelon
Group 2	River Dell	River Dell
Group 3	Northern Highlands	Northern Highlands
Group 4	Ridgewood	Ridgewood

State Sectionals - Garret Mountain, 11/6/21

Varsity Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
3 Barbi, Mick	12	Ridgewood HS	5:26	16:50	3
4 Byrne, Declan	12	Ridgewood HS	5:27	16:55	4
17 Stern, Gabe	12	Ridgewood HS	5:39	17:32	17
18 Murphy, DJ	10	Ridgewood HS	5:41	17:37	18
27 Koltermann, Tommy	11	Ridgewood HS	5:44	17:47	27
28 Bajraktari, Ian	11	Ridgewood HS	5:44	17:49	28
46 Brady, Chris	10	Ridgewood HS	6:14	19:21	46

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Clifton HS 1:58 1-5 Split 17:03 Avg	56	1	9	12	15	19	32	38
2	Ridgewood HS 0:57 1-5 Split 17:20 Avg	69	3	4	17	18	27	28	46
3	Montclair HS 0:39 1-5 Split 17:22 Avg	69	7	8	13	20	21	35	36
4	Morristown HS 0:44 1-5 Split 17:29 Avg	87	6	10	22	24	25	39	41
5	Hackensack HS 2:23 1-5 Split 17:38 Avg	119	2	23	30	31	33	34	42
14	Union City HS 4:32 1-5 Split 21:43 Avg	377	44	76	80	88	89	91	

2021 Boys XC Team Rankings

Week 9

MileSplit50



17 ▼
1



Ridgewood HS

@ NJSIAA Sectionals - North 1

These Were the North Jersey Standouts at State Sectionals

Paul Schwartz | NorthJersey.com / The Record

It was hard for John Pontes to get the words out even though he had had some time to think about it.

The Clifton boys had just won their first North 1 state sectional cross-country title since 1987 and the same young coach that had led that team was reflecting on a win 34 years later.

"This means the world to me," said Pontes, after his Mustangs ended Ridgewood's North 1, group 4 record streak at 11 straight with a 56-69 win over the Maroons. "With everything these kids have gone through the last two years, all the sacrifices they've made, the fact that they looked at this almost-71 year-old coach and said 'we have to stay healthy for him' and then to do this. No wonder I have tears in my eyes."

Led by repeat individual winner Jacob Heredia, who ran 15:40, the 10th fastest time ever run at the Garret Mountain course in Woodland Park, the team of Heredia, fellow seniors Kevin Arroyo and Harsh Prajapati, juniors Hisham Ettayebi, Josue Xochipa and Harrison Schimpf and freshman Lamarr Olive not only broke a 34 year old drought, and a record winning streak, they ran the fastest five man average by a Passaic County team in couse history, 17:03.4.

"They're a unique group," said Pontes.

"Since the first day of practice this was our goal," said Heredia, who won the race by about 100 meters over Bergen champion Amiri Whittle of Hackensack. "I told everyone the first day and I was very serious about this -- we can beat Ridgewood. Everything was about sectionals and sectionals only."

It wasn't easy. A runner, projected to be in the top five, chose not to come out. Schimpf, the number two runner all season and a projected top 10 finisher yesterday, struggled with illness over the past few weeks and was only Clifton's fifth finisher Saturday, finishing 19th.

"But even he charged up that last hill in the last 400 and passed five or six runners," said Pontes. "He had a smile on his face when he finished for the first time in a month."

Ettayebi was 9th, Arroyo 12th and Prajapati 15th, all with personal bests at Garret, where the Mustangs practice nearly every day. "I'm so proud of them," said Pontes. "In the las 400 they made history."



Ridgewood student-athletes wear the shirts of their college choices. SUBMITTED

SIGNING DAY JOY

Which local student-athletes signed with colleges Wednesday?

Joe Ragazzino and Ryan Rivero

NorthJersey.com

USA TODAY NETWORK - NEW JERSEY

These are the athletes from North Jersey who are signed or will sign a national letter of intent, or made a formal commitment to play sports in college.

Wednesday is the first day of the 2021-22 national signing period for all athletes, except football players. The early signing period for football begins Dec. 15.

Our list is based on information provided by athletic officials.

Ridgewood

Will Anderson, Stony Brook (lacrosse)
 Jack Casavant, Colgate (swimming)
 John Carlos Cortez, UCLA (soccer)
 Cole Cunningham, Air Force (lacrosse)
 Cole Dawkins, Monmouth (lacrosse)
 Caroline Deiss, Vermont (cross-country/track & field)
 Timothy Devir, Connecticut College (lacrosse)
 Miles du Bois, Stevens Tech (lacrosse)
 John Dunphey, Princeton (lacrosse)

Sean Fortunato, Boston College (cross-country/track & field)
 Ryan Gess, Gettysburg (lacrosse)
 Olivia Grace, Richmond (track & field)
 Joe Grasso, Franklin & Marshall (football/baseball)
 Yusef Gueye, Lehigh (soccer)
 Lily Johnson, Stevenson University (soccer)
 Jack Lira, Colgate (swimming)
 Jaylin Locke, William & Mary (lacrosse)
 Sarah Marcovici, Colgate (lacrosse)


Nina Marra, Gettysburg (lacrosse)
 Courtney McKenna, Bowdoin (lacrosse)
 Will Messineo, Holy Cross (lacrosse)
 Laura Montagna, Wofford (lacrosse)
 Peter Mullen, Franklin & Marshall (baseball)
 John Pilla, Stony Brook (baseball)
 Lucia Rabolli, Rutgers (cross-country/track & field)
 Lilan Reidel, Northeastern (rowing)
 Keira Savage, Fairfield (lacrosse)

Olivia Shattuck, Syracuse (cross-country/track & field)
 Alysia Spencer, Massachusetts (track & field)
 Paisley Tornatore, Susquehanna (soccer)
 AnnaMarie Tretola, Maryland (cross-country/track & field)
 Bobby Turso, Mount St. Mary's (lacrosse)
 Zoe Warne, Franklin & Marshall (soccer)
 Lilly Williams, Navy (cross-country/track & field)

COMMITTED

Men's Cross Country and Track & Field

Sean Fortunato



Boston College

#GOMARCOONS

State Groups - Holmdel Park, 11/16/19

Varsity Boys - 5K

Name	Year	School	Avg Mile	Finals	Points
70 Murphy, DJ	10	Ridgewood HS	5:42	17:40	58
80 Barbi, Mick	12	Ridgewood HS	5:45	17:50	68
82 Stern, Gabe	12	Ridgewood HS	5:46	17:53	70
117 Bajraktari, Ian	11	Ridgewood HS	6:01	18:40	105
130 Williams, Philip	12	Ridgewood HS	6:09	19:07	118

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Ridge HS 1:26 1-5 Split 16:41 Avg	91	2	14	15	23	37	42	53
2	Westfield HS 0:59 1-5 Split 16:46 Avg	99	5	9	24	28	33	55	57
3	Manalapan HS 1:32 1-5 Split 16:56 Avg	134	7	16	20	26	65	88	98
4	Princeton HS 1:06 1-5 Split 17:01 Avg	149	6	31	34	35	43	44	46
5	Cherokee HS 1:19 1-5 Split 17:04 Avg	164	10	11	29	47	67	76	91
17	Ridgewood HS 1:27 1-5 Split 18:14 Avg	419	58	68	70	105	118		
20	Monroe Twp. HS 2:38 1-5 Split 18:39 Avg	480	22	94	108	127	129	135	

North Jersey Final Rankings and Season Notes

Paul Schwartz | NorthJersey.com / The Record

It was back to normal for cross-country in 2021 after a 2020 season that included no official county championships, a one-time-only Big North alignment, the postponement of the first NJIC conference title races, the one-year redesign at Darlington County and the cancellation of the state group meet and the Meet of Champions.

Everything was back the way it was in 2019 except the top of the boys Top 25 rankings.

Clifton and Ridgewood battled back and forth all season before the Mustangs dethroned the 11-time defending champion Maroons at the North 1, Group 4 sectional race, grabbing its first sectional crown since 1987. Jacob Heredia of Clifton had a sensational season and finished as the first Passaic County boy in the top 4 at the Meet of Champs in nearly 20 years.

North Jersey Boys Top 25 Final Rankings

Preseason ranking in parentheses

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

Did not finish in final rankings:

Pompton Lakes (18); Lyndhurst (19); Ramsey (22); Mahwah (25).

Boys All-County 2021

First Team

Mick Barbi, Ridgewood, SR

Declan Byrne, Ridgewood, SR

Aidan Carroll, Glen Rock, SR

Dylan Decambre, Bergen Tech, JR

Paul Maguire, Don Bosco, JR

Evan Morrow, Hasbrouck Heights, SR

Alex Saldana, River Dell, SO

Jeffery Sohn, Northern Highlands, SO

Amiri Whittle, Hackensack, SR

Second Team

Graham Badenhausen, Ramsey, SR

Sean Fortunato, Ridgewood, SR

Alex Horgan, Ramapo, SR

Andrew Kleinman, Demarest, SR

Tommy Koltermann, Ridgewood, JR

Brayden Lowe-Massi, Mahwah, JR

Tadael Mihret, Rutherford, JR

Dylan Quarguila, Hackensack, SO

Jaden Uram, Tenaflly, SR

Jacob Wolmer, Tenaflly, SR

Third Team

Russell Braver, Indian Hills, JR

Ryan Lociero, Don Bosco, SO

Michael Lustberg, Fair Lawn, SR

Killian Moore, Don Bosco, SR

DJ Murphy, Ridgewood, SO

Daniel Phillips, Indian Hills, SO

Jack Schuller, Leonia, SR

Gabe Stern, Ridgewood, SR

Jackson Vogel, Northern Highlands, JR

Large School Team of the Year: Ridgewood

Small School Team of the Year: Leonia

Honorable Mention

James Hughes, Thomas Rogers, Alex Shaia-Bergen Catholic; Nicholas Perry-Bogota; Frane Ceballo, Andres Gomez, Antonio Rinaldi, Jorge Urias- Cliffside Park; Omer Chai-Cresskill; Ryan Calvario, Gavin Dorfler, Tom Petrie-Don Bosco; Brandon Barretto, Ramses Peralta-Dumont; Ethan Scher- Dwight-Englewood; Justin Brooks-Fair Lawn; Ekuyami Conteh-Fort Lee; Ben Raser-Glen Rock; Moses Barrera, Jonathan Nunez, Mauricio Perdomo-Hackensack; Zach Cali, Ayaan Modak, Aidan Morrow-Hasbrouck Heights; Brian Gummere-Indian Hills; Alex Coello, Joshua Gelayder- Leonia; Alan Carrino, Hayden DeKoyer-Lyndhurst; Jorge Hernandez-Midland Park; Sebastian Anderson, Jack Klarreich, Frederik Liljegren, Carter Monaco-Northern Highlands; Ethan Kalajian, Ivan Timochko-NV/Demarest; Matt Malora, Ian McGreevy, Casey Thomas Symons-NV/Old Tappan; Isaiah Park, Bryce Teto-Paramus; Corey Sanders Jr.-Paramus Catholic; Patrick Tallman-Park Ridge/Emerson; Eli Behar-Pascack Hills; Michael Pizzella-Pascack Valley; **Ian Bajraktari, Chris Brady - Ridgewood**; Max Emelo, Lukas Lopez, Matt Murray-River Dell; Joseph Quimby Colin Unis-Saddle Brook; Gabe Manalang-Tenaflly; Joseph Capuzzo, Marshall Carver-Waldwick.

2021 All-North Jersey teams are selected



Aidan Carroll, of Glen Rock, finishes first in the Group 1 Boys race at the NJSIAA North 1 cross country sectional championships at Garret Mountain Reservation in Woodland Park on Nov. 6.

MICHAEL KARAS/NORTHJERSEY.COM

Paul Schwartz

NorthJersey.com

USA TODAY NETWORK - NEW JERSEY

After an exciting season, the following players have been selected to the 2021 All-North Jersey boys cross-country teams.

Later this month, we will unveil the nominees for Boys Cross-Country Runner of the Year, which will be announced at the 2022 North Jersey High School Sports Awards.

First team

Aidan Carroll

Glen Rock senior

Carroll became the first runner in school history to win back-to-back sectional titles, adding a Group 1 title to the

pions in five years, and he scored a top-50 finish in the state's biggest race.

He won the Big North United and Bergen Group E races easily and placed third at the Bergen Meet of Champions before grabbing a 12th place finish in Non-Public A and a coveted wild card.

Evan Morrow

Hasbrouck Heights senior

Morrow recovered brilliantly from a stress fracture in his foot to enjoy one of the great seasons in school history. He became the first Aviator to win a sectional race in more than 50 years when he won North 2, Group 1 and led his team to a sectional title.

He also won the NJIC Meadowlands and Bergen D titles, finished third in Group 1, placed third in the NJIC Conference race and 10th at BMOC. He had four other major top-10 finishes.

Alex Saldana

River Dell sophomore

Saldana was one of the best freshmen in the state last year and continued his improvement despite missing the State Meet of Champions by fewer than 10 seconds with a 14th place finish.

Group 2 title he won last year. He also became the first-ever NJIC overall champion after winning the Colonial division title.

A balky back probably prevented him from finishing better than fourth in Group 1 and seventh in the Lou Molino Bergen Meet of Champions, but he finished his career with six major meet titles.

Dylan Decambre

Bergen Tech junior

Decambre wasn't even projected as the Knights' top runner before the season but he ended up as one of the surprise runners in the state, becoming the first Bergen Tech boy to make it to the State Meet of Champions in 44 years.

He placed second in both the Bergen

He won the Bergen B and Big North Patriot titles, scored a win at the Back to the Mountain invitational, placed fourth at the BMOC, third at the North 1, Group 2 sectional and eighth in a race at Shore Coaches.

Jeffery Sohn

Northern Highlands sophomore

Northern Highlands was one of the biggest surprise teams of the season and Sohn was the leader of the team in every race he ran. He held his own in first his two invitationals at two of the nation's toughest courses at Holmdel and Bowdoin Park.

He then ran six outstanding races in a row, including a fourth at the Big North Freedom, eighth in the Bergen A race, sixth at BMOC, third at the North 1, Group 3 and 15th in Group 3, missing the Meet of Champs by seven seconds. He then took seventh in the Nike Northeast Regional Open race.

Amiri Whittle

Hackensack senior

Whittle was probably the biggest surprise of any runner in the state in his first year of cross-country after half of a

Group A and the Bergen Meet of Champions, took fifth in the North 1, Group 4 sectionals and made the SMOC as a wild card. He also had three other top 10 finishes in his first season as a cross-country runner.

Jacob Heredia

Clifton senior

He completed one of the great careers in North Jersey history with one of the best seasons in Passaic County history, winning back-to-back North 1, Group 4 sectional titles and becoming the first Clifton boy to crack the Top 5 in the State Meet of Champions, finishing fourth.

He set school records at Darlington,

See CROSS-COUNTRY, Page 75

season of spring track last year. He won the Bergen Meet of Champs, Bergen A and Big North Freedom titles, and placed second at sectionals and fourth in state group 4.

He was also 22nd in the State Meet of Champions and became the first Bergen County boy to break 16 minutes at Garret Mountain in 28 years. In 11 races, he finished outside the top 5 just once, at the SMOC.

Second team

Younes Abada, Secaucus junior

Graham Badenhausen, Ramsey senior

Mick Barbi, Ridgewood senior

Declan Byrne, Ridgewood senior

Nathan Caldwell, Lakeland junior

Braeden Carroll, Kinnelon senior

Alex Horgan, Ramapo senior

Andrew Kleinman, NV/Demarest senior

Brayden Lowe-Massi, Mahwah junior

Daniel Phillips, Indian Hills sophomore

Jaden Uram, Tenaflly senior

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Cross-country

Continued from Page 6S

Garret Mountain, Holmdel and on the 2½ mile course at Van Cortlandt Park. He won the Passaic County title this year and finished his four-year varsity career with 17 major cross-country titles and nine other Top 10 finishes.

Owen Horevay

Lakeland junior

Horevay became Lakeland's best-ever finisher at the State Meet of Champions, and the school record-holder at Holmdel, when he finished 41st last month. He also became the Lancers' first boys state sectional champion.

He won the Big North Independence title, placed second at the Passaic County championships, finished ninth in Group 2 and had four other Top 5 finishes during a breakthrough season.

Paul Maguire

Don Bosco junior

Maguire became the first Don Bosco runner to reach the State Meet of Cham-

Underclass Awards

Junior

2021 Tommy Koltermann



Sophomore

DJ Murphy



Freshman

Trevor Kane



2020 Mick Barbi

Tommy Koltermann

DJ Murphy

			Meet	Meet	Meet	Time Trial	Meet	Meet	Meet
			Season Opener (9/11)	Back to the Mtn (9/18)	Garret Invite (9/25)	Hoka Postal Nationals (9/28)	Brett Taylor (10/2)	Shore Coaches (10/2)	Batch Meet (10/4)
First Name	Last Name	Grade	Darlington	Garret	Garret	BF Track - 2 Mile	Darlington	Holmdel	Darlington
Sean	Fortunato	12							
Declan	Byrne	12	:16:53.0	:17:35.0		:10:05.3		:17:31.0	:16:28.0
Mick	Barbi	12	:16:52.0			:9:57.5		:17:27.0	:16:49.0
Tommy	Koltermann	11	:17:11.0	:17:19.0		:10:25.6			:17:29.0
DJ	Murphy	10	:17:38.0	:18:11.0		:10:43.8		:17:50.0	:17:14.0
Gabriel	Stern	12	:17:38.0	:18:20.0		:10:47.6		:18:21.0	:17:20.0
Chris	Brady	10	:18:43.0	:18:58.0	:18:03.0	:10:47.7		:18:07.0	:17:15.0
Ian	Bajraktari	11	:19:01.0	:18:59.0	:18:22.0	:10:47.2		:18:36.0	:17:34.0
Phil	Williams	12	:17:57.0	:18:58.0		:10:58.8	:17:55.0		:17:46.0
Johnny	Oriente	10	:18:48.0	:19:35.0	:18:49.0	:10:52.9			:18:40.0
Trevor	Kane	9	:9:33.0	:11:52.0	:19:22.0	:11:36.4		:12:12.0	:17:49.0
Balraj	Rana	12	:19:22.0	:19:34.0	:19:18.0	:11:52.7	:18:56.0		
Benjamin	Papageorge	9	:9:35.0		:20:35.0	:11:43.5		:12:41.0	
Sean	Hughes	12	:18:35.0	:19:27.0	:19:26.0				
Nate	Diamond	11	:20:30.0	:20:46.0	:20:22.0	:12:04.0	:19:00.0		:18:35.0
Luke	Pash	9	:9:35.0	:11:59.0	:20:47.0			:13:03.0	:19:06.0
Danny	Shechter	10	:20:12.0	:22:47.0	:20:44.0	:11:41.1	:19:29.0		:18:58.0
Justin	Wang	11	:19:35.0	:19:58.0	:19:40.0	:11:37.5			
Brenden	Rail	11		:19:53.0					
Tom	Mevissen	9	:9:39.0	:12:31.0	:20:57.0	:12:31.3		:13:53.0	:20:15.0
Jack	Karam	10	:20:57.0	:22:52.0	:21:27.0	:13:08.4	:20:51.0		:20:10.0
Tommy	Ehnenn	11	:20:11.0	:21:15.0	:20:40.0	:12:27.3			
Alex	Shevchenko	11	:20:20.0						
Charles	Shaddow	9	:11:12.0		:13:06.0	:13:26.1		:14:11.0	:21:19.0
Saveley	Lopez	10	:23:24.0	:25:40.0	:23:38.0				
Cesar	Hernandez Martinez	11	:22:02.0	:22:08.0	:21:42.0	:13:31.3	:20:55.0		:20:49.0
Garrett	Greaney	9	:10:09.0	:13:12.0	:21:29.0	:13:18.2		:13:57.0	:21:15.0
Jack	Brewer	12	:27:51.0	:24:27.0	:23:26.0	:13:52.0	:21:54.0		:21:08.0
David	Mirsky	9		:13:44.0	:13:17.0			:14:45.0	:21:20.0
Mason	Fraiman	10	:21:38.0	:22:20.0					
Rahil	Bhatia	11	:24:29.0	:24:57.0	:23:30.0	:14:28.2			:22:33.0
Manny	DiLiberto	10	:21:50.0	:22:23.0					
Max	Goldzweig	12	:28:50.0		:24:53.0	:14:58.9	:23:29.0		
Luke	Inzerillo	9		:13:47.0	:13:34.0	:13:53.7	:10:07.0		:22:45.0
Hrutvik	Pamuluri	10	:27:35.0	:30:54.0	:24:26.0		:28:43.0		:26:32.0
Billy	Barbi	11				:14:00.3			
Sumantra	Basu	11	:30:48.0	:31:52.0	:29:35.0	:16:23.0			:29:14.0
Connor	Donahue	10		:29:14.0	:26:52.0	:14:41.7			
Ryan	Holmes	9	:10:39.0						:14:02.0
Alexadner	van Kempen	9	:11:36.0			:16:51.9			:11:17.0
William	Joseph	9							:12:10.0
Zahmir	McCollum	9							
Matt	Rusch	12							

All-Decade Teams

2020s

2010s

<u>Darlington:</u>		<u>Darlington:</u>	<u>Darlington (Frosh):</u>
Sean Fortunato (2021) 15:37*		Pat Rynkowski (2010) 15:22	Will Baginski (2015) 8:15.4*
Declan Byrne (2021) 16:07** (16:42)		Billy Byrne (2016) 15:32	Michael Thurston (2012) 8:18.5
Mick Barbi (2021) 16:09*		Will Baginski (2017) 15:41	Kenny Marshall (2012) 8:28.0
Jay Boogaert (2020) 16:10***		Levi Jennings (2010) 15:44	Ben Zamboldi (2014) 8:33.0
Tommy Kolterman (2021) 16:22** (16:57)		Nick Barnabic (2015) 15:49	Brian Clarendon (2010) 8:36.0
*2021 and on, 10 sec faster than old			
**Washout, course ~190m long (-35 sec)		<u>Garret Mountain:</u>	<u>Garret Mountain (Frosh):</u>
***2020 course ~20 sec faster than old		Pat Rynkowski (2010) 16:01	Michael Thurston (2012) 10:56
		Will Baginski (2017) 16:06	Will Baginski (2015) 11:01
<u>Darlington (Frosh):</u>		Billy Byrne (2016) 16:06	Ben Zamboldi (2014) 11:14
Ben Papageorge (2021) 8:46* (9:03)		Levi Jennings (2010) 16:11	Mick Barbi (2018) 11:15
Trevor Kane (2021) 8:56		Kenny Marshall (2014) 16:14	Kenny Marshall (2012) 11:19
Luke Pash (2021) 9:00			
Tom Mevissen (2021) 9:23* (9:40)		<u>Holmdel:</u>	<u>Bowdoin (NY):</u>
Garrett Greaney (2021) 9:50		Billy Byrne (2016) 15:57	Billy Byrne (2016) 16:02.9
New Course, 2021 and on		Pat Rynkowski (2010) 15:59	Pat Rynkowski (2010) 16:31.2
*Washout, course ~90m long (-17 sec)		Will Baginski (2017) 16:16	Levi Jennings (2010) 16:35.0
		Nick Salamone (2012) 16:17	Kenny Marshall (2015) 16:45.1
<u>Garret Mountain:</u>	<u>Garret Mountain (Frosh):</u>	Levi Jennings (2010) 16:21	Nick Salamone (2011) 16:55.1
Sean Fortunato (2020) 16:41	Jonathan Oriente (2020) 11:34		
Jay Boogaert (2020) 16:49	DJ Murphy (2020) 11:35	<u>Van Cortlandt - 2.5 mi (NY):</u>	<u>Thompson:</u>
Mick Barbi (2021) 16:50	Trevor Kane (2021) 11:52	Billy Byrne (2016) 12:31.2	Travis Spicer (2011 - V) 16:16
Declan Byrne (2021) 16:55	Luke Pash (2021) 11:59	Ryan Fahey (2018) 13:02.6	Nick Salamone (2011 - V) 16:36
Quinn McCutcheon (2020) 17:12		Pat Rynkowski (2010) 13:03.3	Levi Jennings (2011 - V) 16:41
		Will Baginski (2018) 13:08.8	Storm Dublirer (2011 - V) 16:56
<u>Holmdel:</u>	<u>Holmdel (Frosh):</u>	Brad Rynkowski (2016) 13:19.4	Quinn McCutcheon (2019-JV) 17:01
Jay Boogaert (2020) 16:58	Trevor Kane (2021) 12:12		
Quinn McCutcheon (2020) 17:14	Ben Papageorge (2021) 12:41	<u>Goddard Park East (RI):</u>	<u>Greystone:</u>
Mick Barbi (2021) 17:27	Luke Pash (2021) 13:03	Will Baginski (2017) 16:24	Nick Salamone (2012) 16:29
Declan Byrne (2021) 17:31	Tom Mevissen (2021) 13:53	Sid Wagh (2017) 16:44	Ryan Neville (2012) 16:52
Sean Fortunato (2020) 17:31	Garrett Greaney (2021) 13:57	Ryan Fahey (2017) 17:10	Graham Jones (2012) 16:55
		Ben Zamboldi (2017) 17:38	Brian Clarendon (2012) 16:57
<u>Thompson:</u>	<u>Van Cortlandt - 2.5 mi (NY):</u>	Charlie Branca (2017) 17:40	Brian Daniels (2012) 17:03
Trevor Kane (2021- FR) 18:11.8			
Ben Papageorge (2021-FR) 18:18.8		*Course Record	
Declan Byrne (2020 - JV) 18:33			
Gabe Stern (2020 - JV) 18:34			
Alex Oriente (2020 - JV) 18:44			
<u>Bowdoin (NY):</u>			

All-Decade Teams

2000s

1990s

<u>Darlington:</u>	<u>Darlington (Frosh):</u>	<u>Darlington:</u>	<u>Garret Mountain:</u>
Ari Zamir (2003) 15:37	Ari Zamir (2000) 8:26.8	Bob Keino (1993) 15:05*	Bob Keino (1993) 15:32**
Dan Emont (2006) 15:40	Erik Nygaard (2000) 8:40.0		
Byron Williams (2005) 15:43	Nick DiSalvo (2000) 8:46.0	<u>Holmdel:</u>	<u>Van Cortlandt - 2.5 mi (NY):</u>
Taro Shigenobu (2008) 15:44	Christian Trautwein (2004) 8:51.0	Bob Keino (1993) 15:50	Bob Keino (1992) 12:25.8**
Mike Cator (2005) 15:48	David Maher (2000) 8:53.0	Sadek Alsaidi (1991) 16:52	
		Neil Burt (1996) 16:53	
<u>Garret Mountain:</u>	<u>Holmdel:</u>		
Ari Zamir (2003) 16:01	Ari Zamir (2003) 15:53	<u>Bergen Community College:</u>	
Taro Shigenobu (2008) 15:46** (16:07)	Taro Shigenobu (2008) 16:09	Bob Keino (1993) 15:24	
Dan Emont (2006) 16:08	Byron Williams (2005) 16:19	Sadek Alsaidi (1992) 16:31	
Mike Cator (2004) 16:15	Dan Emont (2007) 16:25	Tom Ricart (1993) 16:59	
Rodolfo Crispin (2002) 16:30	Mike Cator (2005) 16:27	Josh Fronefield (1992) 17:17	
		Todd Cotten (1992) 17:22	
<u>Bowdoin (NY):</u>	<u>Van Cortlandt - 2.5 mi (NY):</u>		
Taro Shigenobu (2008) 16:16.3	Taro Shigenobu (2008) 12:54.0	*Course Record	
Levi Jennings (2009) 17:16.9	Ari Zamir (2008) 12:55.4	**Course Record - Bergen County	
Pat Rynkowski (2009) 17:54.8	Dan Emont (2006) 13:03.3	<u>1980s / 1970s</u>	
Brian Cleary (2009) 18:00.4	Mike Cator (2004) 13:09.0		
Nick Francis (2009) 18:00.5	Brian Davis (2003) 13:09.7		
		<u>Garret Mountain:</u>	<u>Holmdel:</u>
<u>Belmont Plateau (PA):</u>		Eric Bernsten (1986) 15:51	Kevin McCabe (1987) 16:13
Taro Shigenobu (2008) 16:17		Tom Hughes (1980) 16:01	Tom Hughes (1980) 16:26
Dan Emont (2006) 16:37		Kevin McCabe (1987) 16:07	Eric Bernsten (1986) 16:32
Niall Buckley (2006) 16:40		Jim Ketterson (1981) 16:19	Joe Lemay (1984) 16:35
Brian Cleary (2009) 16:44		David Nutt (1983) 16:19	
Mike Cator (2003) 16:46			
		<u>Van Cortlandt - 2.5 mi (NY):</u>	
** Altered/shortened course		Eric Bernsten (1986) 12:46.5	
		Kevin McCabe (1987) 12:52.0	
		Tom Hughes (1980) 12:59.7	
		<u>Van Cortlandt - 2.5 mi (NY):</u>	
		Tom Tomai (1974) 13:05.0	

Ridgewood Boys Cross Country Championships

League Champions

Big North - Freedom Division

2021	Ridgewood
2020	Ridgewood, Jay Boogaert
2019	Ridgewood
2018	Ridgewood, Will Baginski
2017	Ridgewood, Will Baginski
2016	Billy Byrne
2015	Billy Byrne
2014	Ridgewood
2012	Ridgewood
2011	Ridgewood
2010	Pat Rynkowski

NNJIL

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

Triple Crown Winners

(League, County, Sectional)

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

Ridgewood Boys Cross Country Championships

County Champions

Group A

2021	Ridgewood
2020	Ridgewood*
2019	Ridgewood
2018	Ridgewood, Will Baginski
2017	Ridgewood, Will Baginski
2016	Ridgewood, Billy Byrne
2010	Pat Rynkowski
2008	Taro Shigenobu
2005	Ridgewood
2004	Ridgewood, Mike Cator
2003	Ridgewood, Ari Zamir

Group IV

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

Group III-IV

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

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

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

Triple Crown Plus Winners

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

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

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

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

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

Ridgewood Boys Cross Country Championships

BMOC

Champions

2021	Ridgewood
2020	Ridgewood*
2019	Ridgewood
2018	Ridgewood
2017	Ridgewood, Will Baginski
2006	Dan Emont
2005	Ridgewood, Byron Williams
2004	Ridgewood
2003	Ridgewood, Ari Zamir
2002	Ridgewood
1996	Ridgewood
1995	Ridgewood
1992	Bob Keino
1991	Ridgewood
1988	Ridgewood
1987	Kevin McCabe
1986	Ridgewood
1984	Ridgewood
1980	Tom Hughes
1978	Ridgewood

1964 Ridgewood

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

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

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

County record for most team titles (17)

Ridgewood is the ONLY school to have swept the boys and girls races at BMOC

Years: **2021**, 2020*, 2019, 2018, 2005, 2004, 2003, 1996, 1995, 1988, 1986, 1984

Top 3 Individual Finishes (Since 1974)

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

*4th place overall, 3rd among Bergen County runners (North Jersey Finale)

Ridgewood Boys Cross Country Championships

State Sectional Champions

North 1, Group IV

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

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

Currently 2nd in NJ history for most sectional titles

State Group IV

Champions

1993	Ridgewood, Bob Keino
1992	Ridgewood, Bob Keino

Top 3 Team Finishes

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

Top 10 Individual Finishes

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

~Due to COVID-19, 2020 State Groups cancelled~

Ridgewood Boys Cross Country Championships

SMOC

Champions

1993	Bob Keino
1992	Bob Keino

Top 6 Team Finishes

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

Top 25 Individual Finishes

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

~Due to COVID-19, 2020 SMOC cancelled~

Freshman / JV State Championships

Champions

2021	Ridgewood (Frosh)
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Top 3 Team Finishes

2021	1st (Frosh)
2011	3rd (JV)
2011	3rd (Frosh)
2010	3rd (Frosh)

Top 10 Individual Finishes

2021	Trevor Kane	3rd (Frosh)
2021	Ben Papageorge	5th (Frosh)
2019	Quinn McCutcheon	6th (JV)
2015	Will Baginski	2nd (Frosh)
2014	Ben Zamboldi	5th (Frosh)
2012	Luke Dublirer	3rd (JV)
2012	Nick Barnabic	7th (Frosh)
2011	Mark French	3rd (JV)
2011	Kotaro Tamura	5th (Frosh)

*Meet first held in 2007, we first attended in 2009

Foot Locker Cross Country Championship

Northeast Regionals (National Qualifiers)

1993	Bob Keino	1st
1992	Bob Keino	7th

Kinney Regionals before 1993

Nationals (Finishes)

1993	Bob Keino	5th
1992	Bob Keino	4th

Kinney Nationals before 1993

Nike Cross Country Championship

Northeast Regionals

Top 25 Individual Finishes

2016	Billy Byrne	7th
2010	Pat Rynkowski	16th
2010	Levi Jennings	18th
2008	Taro Shigenobu	4th*

*National Qualifier

Nationals

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

Ridgewood Boys Cross Country Championships

Major Invitational Champions

Shore Coaches Invitational

Holmdel Park - Holmdel, NJ

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

Manhattan Invitational*

Van Cortlandt Park - Bronx, NY

2016	Ridgewood, Billy Byrne
2005	Ridgewood
1993	Bob Keino

*Incomplete

Briarwood Invitational

Belmont Plateau - Philadelphia, PA

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

Ocean State Invitational

Goddard Park East - East Greenwich, RI

2017	Ridgewood, Will Baginski
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Ridgewood Boys Cross Country All-Time Lists

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

Darlington County Park - Mahwah, NJ

1. Bob Keino	15:05*	1993	County Groups
2. Pat Rynkowski	15:22	2010	Bergen Meet of Champions
3. Billy Byrne	15:32	2016	Big North Championships
4. Ari Zamir	15:37	2003	Bergen Meet of Champions
5. Dan Emont	15:40	2006	Bergen Meet of Champions
6. Will Baginski	15:41	2017	Bergen Meet of Champions
7. Byron Williams	15:43	2005	Bergen Meet of Champions
8. Levi Jennings	15:44	2010	Bergen Meet of Champions
8. Taro Shigenobu	15:44	2008	Bergen Meet of Champions
10. Sean Fortunato	15:37**	2021	Big North Championships
11. Mike Cator	15:48	2005	Bergen Meet of Champions
12. Nick Barnabic	15:49	2015	Bergen Meet of Champions
13. Nick Salamone	15:53	2012	County Groups
13. Brian Davis	15:53	2003	County Groups
15. Kenny Marshall	15:55	2014	Bergen Meet of Champions
16. Brad Rynkowski	15:59	2016	Big North Championships
16. Sid Wagh	15:59	2016	Bergen Meet of Champions

*Course Record

** New Course (~10 seconds faster)

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

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

Freshman All-Time List

Darlington County Park - Mahwah, NJ (1.8 mi)

1. Will Baginski	8:15.4*	2015	Frosh Meet of Champions
2. Michael Thurston	8:18.5	2012	Frosh Meet of Champions
3. Ari Zamir	8:26.8	2000	Frosh Meet of Champions
4. Kenny Marshall	8:28.0	2012	Frosh Meet of Champions
5. Ben Zamboldi	8:33.0	2014	County Groups
6. Brian Clarendon	8:36.0	2010	Frosh Meet of Champions
7. Erik Nygaard	8:40.0	2000	Frosh Meet of Champions
8. Charlie Branca	8:46.0	2014	County Groups
8. David Frering	8:46.0	2010	Frosh Meet of Champions
8. Nick DiSalvo	8:46.0	2000	Frosh Meet of Champions
8. Ben Papageorge	8:46.0**(9:03)	2021	Frosh Meet of Champions
12. Angus Callan	8:48.0	2014	County Groups
13. Kotaro Tamura	8:49.0	2011	County Groups
14. Nick Barnabic	8:51.0	2012	Frosh Meet of Champions
14. Christian Trautwein	8:51.0	2004	County Groups
14. Zach Seibold	8:51.0	2014	County Groups

*Course Record

**Frosh MOC 2021 course was altered, about ~90 meters longer due to construction

~Course change from 2021 onward~

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

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

Ridgewood Boys Cross Country All-Time Lists

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

Garret Mountain Reservation - Woodland Park, NJ

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

*Course Record (Bergen County runners)

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

***Before 1980 course was 2.85 mi

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

Billy Byrne 16:06, Sid Wagh 16:33, Brad Rynkowski 16:34, Will Baginski 16:34,

Matteo Robazza 17:00 (Jonah Naftzger 17:01, Ryan Fahey 17:30)

Holmdel County Park - Holmdel, NJ

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

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

Ari Zamir 15:53, Mike Cator 16:42, Byron Williams 16:44, Brian Davis 16:52,

David Maher 17:02 (Kyle Engelken 17:03, Henry Ricciardi 17:36)

Ridgewood Boys Cross Country All-Time Lists

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

Bowdoin County Park - Wappingers Falls, NY

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

*National Qualifier

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

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

Van Cortlandt Park (2.5 mi) - Bronx, NY

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

*Course Record (Bergen County runners)

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

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

Ridgewood Boys Cross Country All-Time Lists

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Thompson Park - Jamesburg, NJ

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

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

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

Belmont Plateau - Philadelphia, PA

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

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

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

Ridgewood Boys Cross Country All-Time Lists

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

- | | | | |
|----|-----------|------------------------|------|
| 1. | Bob Keino | 15:41.4 (<i>1st</i>) | 1993 |
| 2. | Bob Keino | 15:57 (7th) | 1992 |

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

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

Nike Cross Nationals, Portland Meadows - Portland, OR

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