

Ridgewood Boys & Girls

Winter Track

2020-2021



Schedule

Date	Meet	Site
Thurs - Fri. March 4-5, 4:00 PM	Winter Sprint Series #1	River Dell HS
Wed. March 10, 4:00 PM	Winter Distance Night	Ramsey HS
Fri. March 12, 3:45 PM	Dual vs Paramus	BFMS - Ridgewood
Wed. March 17, 4:00 PM	Winter Sprint Series #2	River Dell HS
Fri. March 19, 4:00 PM	Tri vs N. Highlands & Ramapo	Northern Highlands HS
Thurs. March 25, 4:00 PM	Big North Championships	Indian Hills HS
Tues. March 30, 4:00 PM	Distance Medley Invitational	Indian Hills HS

Varsity Letter Recipients

Four-Time Recipients

Sarah Policano, SR

Ryan McKenna, JR

Three-Time Recipients

Olivia Grace, JR

Mick Barbi, JR

Lucia Rabolli, JR

Jay Boogaert, SR

Olivia Shattuck, JR

Jake Stadulis, SR

Lily Williams, JR

Two-Time Recipients

Hannah Brodsky, JR

Lucas Barrales, SO

Maddie DeVera, SR

Sean Fortunato, JR

Claire Hamlet, SR

Luke Gnospelius, JR

Ella Millstein, JR

Red Kossick, SO

Emma Reinke, SO

Quinn McCutcheon, SR

AnnaMarie Tretola, JR

Ryan Pfund, SR

First-Time Recipients

Anyia Bajraktari, SO

Matthew Aono, SO

Beatrice Brassel, FR

Declan Byrne, JR

Marette Conenello, SO

Nick Cho, SO

Caroline Deiss, JR

Dexter DeMarco, SO

Lindsey Devir, SO

Tyrone Dickson, JR

Anna Dort, SR

Liam Fahey, SR

Lauren Hohegger, SO

Rohan Jha, JR

Ava Marra, SO

Tahir Kenyatta, SO

Cellina Rabolli, FR

Tommy Koltermann, SO

Alyssia Spencer, JR

Racine Ly, SO

Daisy Torres, SR

Seth Miller, SR

Lia Vaynshteyn, JR

DJ Murphy, FR

Anna Williams, SO

Alex Oriente, SR

Will Pruitt, SO

Awards and Accolades

Team Championships

Girls

Big North Freedom
(4th consecutive)

Boys

Big North Freedom
(5th consecutive)

**No other championship meets were held this season*

All-League Selections - Big North, Freedom Division

First Team

Ella Millstein, JR – 200m
Lucia Rabolli, JR – 800m
AnnaMarie Tretola, JR – 1600m
Caroline Deiss, JR – 3200m
Hannah Brodsky, JR – 55m H
Olivia Grace, JR – Long Jump
4x400m: Lindsey Devir, SO
Sarah Policano, SR
Lucia Rabolli, JR
Olivia Grace, JR
4x800m: Olivia Shattuck, JR
Cellina Rabolli, FR
Lia Vaynshteyn, JR
Lily Williams, JR

Lucas Barrales, SO – 200m
Ryan McKenna, SR – 400m
Mick Barbi, JR – 800m
Sean fortunato, JR – 1600m
Quinn McCutcheon, SR – 3200m
Red Kossick, SO – 55m H
Luke Gnospelius, JR – Pole Vault
Jake Stadulis, JR – Triple Jump
4x400m: Lucas Barrales, SO
Racine Ly, SO
Rohan Jha, JR
Ryan McKenna, SR
4x800m: Quinn McCutcheon, SR
Tommy Koltermann, SO
Mick Barbi, JR
Declan Byrne, JR

Second Team

Anya Bajraktari, SO – 200m
Lindsey Devir, SO – 400m
Lily Williams, JR – 800m
Sarah Policano, SR – 1600m
Madison DeVera, SR – Pole Vault
Anna Williams, SO – High Jump
Emma Reinke, SO – Long Jump

Tahir Kenyatta, SO – 55m
Jay Boogaert, SR – 1600m
Liam Fahey, SR – 3200m
Dexter DeMarco, SO – 55m H
Ryan Pfund, SR – Pole Vault
Matthew Aono, SO – High Jump
Tyrone Dickson, JR – Long Jump
Nick Cho, SO – Triple Jump
Rohan Jha, SO – All-Around

Honorable Mention

Claire Hamlet, SR
Alex Oriente, SR

Winter 2020-21 Season Points

Championship Points

Emma	Reinke	21	Red	Kossick	30
Olivia	Grace	20 ½	Sean	Fortunato	20
Hannah	Brodsky	20	Luke	Gnospelius	18
Ella	Millstein	18	Jay	Boogaert	16
Lucia	Rabolli	12 ½	Matthew	Aono	14
Anna	Williams	12	Tahir	Kenyatta	13
Sarah	Policano	10 ½	Ryan	McKenna	12 ½
Lily	Williams	10 ½	Mick	Barbi	12 ½
AnnaMarie	Tretola	10	Lucas	Barrales	12 ½
Caroline	Deiss	10	Jake	Stadulis	12
Olivia	Shattuck	8 ½	Quinn	McCutcheon	10 ½
Lindsey	Devir	8 ½	Nick	Cho	10
Madison	DeVera	8	Racine	Ly	8 ½
Claire	Hamlet	6	Ryan	Pfund	8
Anyia	Bajraktari	4	Tyrone	Dickson	8
Bea	Brassel	4	Rohan	Jha	6 ½
Marette	Conenello	4	Liam	Fahey	6
Lia	Vaynshteyn	3 ½	Alex	Oriente	4
Cellina	Rabolli	2 ½	DJ	Murphy	4
Lauren	Hochegger	2	Declan	Byrne	2 ½
Hannah	Otterstedt	2	Tommy	Koltermann	2 ½
Ava	Marra	1	Will	Pruitt	1

Winter Sprint Series #1 - River Dell HS

Thursday (Varsity) and Friday (Sub-varsity), March 4-5

Thursday

400m

Boys: L. Barrales 53.4 - 1st Place, R. McKenna 57.0, R. Jha 57.2

Girls: O. Grace 62.6 - 1st Place, L. Devir 65.8

55HH

Boys: R. Kossick 8.2 - 2nd Place, N. Cho 9.2, L. Gnospelius 9.6

Girls: H. Brodsky 9.2 - 1st Place, E. Reinke 9.2 - 2nd Place

55m

Boys: T. Kenyatta 6.9, R. Ly 7.3

Girls: E. Millstein 7.3 - 1st Place, A. Spencer 7.5 - 2nd Place, L. Devir 8.5

4x200m

Boys: A) R. McKenna 25.2, R. Kossick 24.5, T. Kenyatta 26.2, L. Barrales 23.6 = 1:40.1 - 2nd Place

B) R. Jha 25.7, N. Cho 28.0, R. Ly 25.1, L. Gnospelius 25.6 = 1:44.9

Girls: O. Grace 28.8, E. Millstein 28.1, E. Reinke 27.4, A. Spencer 27.4 = 1:51.4 - 1st Place

H. Brodsky 28.8 (3rd leg on NH/RD/RW relay)

Friday

55HH

Boys: M. Aono 10.5, J. Lee 11.0, T. Dickson 11.1

Girls: A. Marra 11.7, B. Brassel 11.9, T. Florida 12.0

55m

Boys: P. Wilson 7.6, L. Grace 7.6

Girls: A. Bajraktari 8.3, J. Sklyar 8.4, T. Perez 8.7, Z. Pecoraro 8.8, J. Sands 8.9, M. Conenello 8.9, R. Kant 9.1, L. Hohegger 9.1, N. Elashmawy 9.4

4x200m

Boys: L. Grace 28.1, P. Wilson 28.5, T. Dickson 28.4, M. Aono 24.9

J. Lee 26.7 (lead off)

Girls: A) A. Marra 31.4, J. Sklyar 34.7, T. Perez 35.0, A. Bajraktari 33.2 = 2:14.2

B) R. Kant 31.8, L. Hohegger 34.7, J. Sands 34.2, Z. Pecoraro 34.1 = 2:14.6

C) B. Brassel 29.4, M. Conenello 36.7, N. Elashmawy 36.6, T. Florida 37.1 = 2:19.7

Winter Distance Night - Ramsey HS

Wednesday, March 10

1600m

Boys: J. Boogaert 4:41.3 - 1st Place, Q. McCutcheon 4:42.5 - 2nd Place, L. Fahey 4:54.4, T. Koltermann 4:55.2, D. Byrne 5:04.5, D. Murphy 5:09.8, P. Williams 5:11.3

Girls: A. Tretola 5:14.4, O. Shattuck 5:16.2, L. Williams 5:18.3, C. Hamlet 5:21.3, S. Policano 5:35.1, C. Deiss 5:38.7, L. Vaynshteyn 5:56.4, A. Dort 6:31.4

800m

Boys: M. Barbi 2:06.9 - 1st Place, A. Oriente 2:17.9

Girls: L. Rabolli 2:21.8 - 2nd Place, C. Rabolli 2:35.8

4x400m

Boys: A) J. Boogaert 55.3, T. Koltermann 58.4, Q. McCutcheon 58.5, M. Barbi 55.9 = 3:48.2

B) D. Byrne 62.3, D. Murphy 64.0, P. Williams 64.0, A. Oriente 58.9 = 4:09.0

L. Fahey 64.5

Girls: A) A. Tretola 66.8, L. Williams 67.4, S. Policano 66.1, L. Rabolli 66.0 = 4:26.3

B) C. Deiss 75.5, O. Shattuck 72.8, A. Dort 80.2, C. Hamlet 72.2 = 5:00.6

L. Vaynshteyn 71.5

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

Friday, March 12 - 3:45 PM

55m

Girls: E. Millstein 7.6, M. Conenello 8.4, L. Hohegger 8.7

Boys: T. Kenyatta 6.9

1600m:

Girls: C. Hamlet 5:22.7, L. Rabolli 5:28.7, C. Deiss 5:30.6, L. Vaynshteyn 5:56.5, A. Dort 6:29.7

Boys: M. Barbi 4:45.9, D. Byrne 4:56.1, T. Koltermann 4:56.9, L. Fahey 4:57.2, D. Murphy 5:02.6,

A. Oriente 5:07.9, P. Williams 5:11.4, S. Hughes 5:22.4, L. Stadulis 5:26.9, J. Oriente 5:27.1, T. Ehnenn 5:52.1

400m:

Girls: A. Bajraktari 70.7, Priya?? 70.8, Z. Pecoraro 74.0, J. Sklyar 74.3, J. Sands 74.7, L. Montagna 75.0, T. Florida 76.8, T. Perez 83.5

Boys: P. Wilson 62.1, L. Grace 62.2, T. Grathwohl 63.6, J. Morley 64.7

55HH:

Girls: H. Brosky 9.0, E. Reinke 9.4, A. Spencer 10.1, A. Marra 10.9, B. Brassel 11.0, L. Devir 11.3, O. Grace 10.1 (DQ)

Boys: R. Kossick 7.8, M. Aono 9.1, L. Gnospelius 9.2, R. McKenna 9.4, R. Ly 9.5, N. Cho 9.6, R. Jha 9.7, J. Stadulis 10.0, D. DeMarco DNF

800m:

Girls: A. Tretola 2:23.4, S. Policano 2:24.7, L. Williams 2:26.6, O. Shattuck 2:27.4, M. Tilyou 2:47.6, S. Lanzisera 2:54.7, R. Schick 2:55.2, M. Lyons 2:55.9

Boys: J. Boogaert 2:02.6, Q. McCutcheon 2:06.3, J. Nuzzolo 2:22.1, A. Shevchenko 2:24.5

200m:

Girls: A. Spencer **26.0**, O. Grace **26.3**, E. Millstein **26.4**

Boys: R. McKenna **23.5**, J. Stadulis **24.8**, R. Kossick **25.3**, T. Kenyatta **25.4**

3200m:

Girls: A. Tretola **12:58.5**, L. Williams **12:58.5**, O. Shattuck **12:58.5**, S. Policano **13:16.0**

Boys: J. Boogaert **11:51.9**, Q. McCutcheon **12:37.0**

4x400:

Girls: L. Devir **66.0**, A. Marra **70.8**, B. Brassel **67.1**, L. Rabolli **64.7 = 4:28.7**

Boys: A) R. Jha **56.4**, D. DeMarco **56.7**, M. Aono **56.6**, M. Barbi **56.6 = 3:46.3**

B) T. Koltermann **58.7**, D. Murphy **63.9**, P. Williams **62.8**, R. Ly **56.7 = 4:02.0**

Long Jump:

Girls: O. Grace **16'3 ¼**, B. Brassel **12'6**

Boys: R. Kossick **18'10 ¼**, T. Kenyatta **17'2 ¼**, N. Cho **16'7**, R. Ly **15'4**, D. DeMarco **14'2**

Triple Jump:

Boys: J. Stadulis **33'6**

Girls: E. Reinke **31'5**, H. Brosky **31'4**, A. Williams **28'9 ½**

Shot Put:

Boys: W. Pruitt **34'2**, N. Merlino **32'3**, K. Brabant **30'9**, S. Miller **28'11**, Z. Marchetti **27'0**

Winter Sprint Series #2 - River Dell HS

Wednesday (Varsity), March 17

400m

Boys: R. McKenna **52.2**, R. Jha **54.7**

55HH

Girls: H. Brodsky **9.2**, E. Reinke **9.4**, A. Spencer **9.9**, O. Grace **10.5**, L. Devir **11.1**, A. Marra **11.2**

Boys: R. Kossick **8.3**, D. DeMarco **8.7**, R. Ly **8.8**, M. Aono **8.9**, N. Cho **9.6**, J. Stadulis **10.0**, T. Dickson **10.0**

55m

Girls: E. Millstein **7.6**, A. Bajraktari **8.3**

4x200m

Girls: A) O. Grace **26.9**, E. Millstein **27.0**, E. Reinke **27.2**, A. Spencer **26.5 = 1:47.8**

B) H. Brodsky **28.0**, A. Bajraktari **29.5**, A. Marra **30.0**, L. Devir **29.2 = 1:56.6**

Boys: A) J. Stadulis **24.6**, T. Dickson **26.2**, D. DeMarco **24.9**, R. Ly **23.9 = 1:40.1**

Tri vs Northern Highlands & Rambo - N. Highlands HS

Friday, March 19 - 4:00 PM

200m

Boys: P. Wilson **26.3**, L. Grace **27.3**

Girls: A. Spencer **26.2**, O. Grace **26.4**, E. Millstein **26.5**, A. Bajraktari **29.9**, R. Kant **30.7**, J. Sklyar **30.8**, L. Montagna **31.4**, Z. Pecoraro **31.9**, T. Perez **32.2**, J. Sands **32.5**, N. Elashmawy **35.1**

1600m

Boys: S. Fortunato **4:30.6**, J. Boogaert **4:38.6**, Q. McCutcheon **4:38.8**, D. Byrne **4:54.8**, L. Fahey **4:56.4**, D. Murphy **5:09.6**, P. Williams **5:10.1**, S. Hughes **5:13.1**, J. Oriente **5:20.0**, L. Stadulis **5:28.4**

Girls: S. Policano **5:19.8**, A. Tretola **5:20.7**, O. Shattuck **5:21.5**, L. Vaynshteyn **5:54.2**

55m - measure incorrectly; ~65m

Girls: E. Millstein **8.8 (~7.5)**

55HH - measure incorrectly; ~57m+

Boys: R. Kossick **8.4**, M. Aono **9.1**, R. Ly **9.5**, T. Dickson **9.8**, J. Stadulis **10.0**, R. Jha **10.1**, D. DeMarco **DNF**, L. Gnospelius **DNF**

Girls: H. Brodsky **8.7**, E. Reinke **9.6**, A. Spencer **10.1**, L. Devir **10.4**, A. Marra **10.7**, A. Williams **10.9**, T. Florida **11.1**

800m

Boys: M. Barbi **2:11.6**, A. Orient **2:17.5**, M. Rusch **2:22.3**, A. Shevchenko **2:23.4**

Girls: L. Rabolli **2:26.4**, L. Williams **2:29.3**, C. Hamlet **2:33.7**, C. Rabolli **2:35.7**, C. Deiss **2:37.6**, M. Tilyou **2:47.4**, S. Lanzisera **3:00.4**, R. Schick **3:04.1**, M. Lyons **3:05.6**, A. Calvetti **3:13.4**

4x400

Boys: R. Jha **55.9**, D. DeMarco **56.4**, M. Aono **55.3**, R. Ly **54.4 = 3:41.9**

Girls: A) L. Devir **63.9**, A. Marra **72.9**, T. Florida **76.5**, A. Bajraktari **71.2 = 4:44.4**
B) R. Kant **71.6**, L. Montagna **73.9**, J. Sands **74.5**, Z. Pecoraro **73.7 = 4:53.8**

Long Jump

Boys: R. Kossick **18'9**, T. Dickson **15'1**, R. Ly **13'9**, D. DeMarco **13'8**

Girls: H. Brodsky **15'10**, O. Grace **15'6**

Triple Jump

Boys: J. Stadulis **34'4**

Girls: E. Reinke **31'7**, H. Brodsky **30'11**, A. Williams **28'6**

Shot Put

Boys: W. Pruitt **32'0**

Big North Championships - Indian Hills HS

Thursday, March 25

4x800

Boys: Q. McCutcheon 2:03.7, T. Koltermann 2:11.7, M. Barbi 2:05.9, D. Byrne 2:15.4 = 8:36.86 - 1st Place

Girls: O. Shattuck 2:25.8, C. Rabolli 2:27.8, L. Vaynshteyn 2:36.7, L. Williams 2:25.8 = 9:56.53 - 1st Place

55m

Boys: T. Kenyatta 7.03 - 2nd Place, T. Dickson 7.51 - 5th Place, N. Cho 7.74

Girls: E. Millstein 7.67 - 2nd Place, A. Bajraktari 8.32 - 5th Place

1600m

Boys: S. Fortunato 4:25.51 - 1st Place, J. Boogaert 4:41.17 - 2nd Place, D. Murphy 4:57.82 - 4th Place

Girls: A. Tretola 5:08.91 - 1st Place, S. Policano 5:10.35 - 2nd Place, C. Hamlet 5:15.36 - 3rd Place

55HH

Boys: R. Kossick 8.37 - 1st Place, D. DeMarco 8.96 - 2nd Place, M. Aono 9.02 - 3rd Place

Girls: H. Brodsky 8.99 - 1st Place, E. Reinke 9.24 - 3rd Place, A. Marra 11.43 - 6th Place

400m

Boys: R. McKenna 52.14 - 1st Place, R. Ly 54.28 - 3rd Place, R. Jha 54.43 - 4th Place

Girls: O. Grace 61.32 - 2nd Place, L. Devir 62.98 - 3rd Place

800m

Boys: M. Barbi 2:08.57 - 1st Place, J. Boogaert 2:09.10 - 2nd Place, A. Oriente 2:10.05 - 4th Place

Girls: L. Rabolli 2:18.94 - 1st Place, L. Williams 2:25.79 - 2nd Place

200m

Boys: L. Barrales 24.07 - 1st Place, J. Stadulis 24.57 - 3rd Place, T. Kenyatta 25.25 - 4th Place

Girls: E. Millstein 27.08 - 1st Place, A. Bajraktari 30.01 - 5th Place

3200m

Boys: S. Fortunato 9:58.79 - 1st Place, Q. McCutcheon 10:22.04 - 2nd Place, L. Fahey 10:32.90 - 3rd Place

Girls: C. Deiss 11:40.57 - 1st Place, O. Shattuck 11:49.73 - 3rd Place, L. Vaynshteyn 13:06.16 - 6th Place

4x400

Boys: L. Barrales 52.9, R. Ly 57.9, R. Jha 55.5, R. McKenna 51.5 = 3:37.87 - 1st Place

Girls: L. Devir 62.9, S. Policano 64.9, L. Rabolli 65.2, O. Grace 61.5 = 4:15.06 - 1st Place

Long Jump

Boys: R. Kossick 18'8 ½ - 1st Place, T. Dickson 16'8 ¼ - 3rd Place, T. Kenyatta 10'10 ½ - 6th Place

Girls: O. Grace 15'6 ¼ - 1st Place, H. Brodsky 14'1 ¼ - 4th Place, E. Reinke 12'3 - 6th Place

Triple Jump

Boys: R. Kossick 38'5 ¼ - 1st Place, J. Stadulis 34'0 - 3rd Place, N. Cho 33'2 - 4th Place

Girls: E. Reinke 31'6 - 2nd Place, H. Brodsky 30'11 - 3rd Place, A. Williams 28'2 - 4th Place

Shot Put

Boys: W. Pruitt 32'6 ¾ - 6th Place, S. Miller 29'8, K. Brabant 29'1 ½

Girls: H. Otterstedt 23'3 ½ - 5th Place

Pole Vault

Boys: L. Gnospelius 12'0 - 1st Place, R. Pfund 11'0 - 2nd Place, M. Aono 9'0 - 4th Place

Girls: M. de Vera 8'6 - 2nd Place, M. Conenello 6'6 - 4th Place, L. Hohegger 6'6 - 5th Place

High Jump

Boys: M. Aono 5'0 - 1st Place, L. Gnospelius 4'10 - 2nd Place, N. Cho 4'8 - 3rd Place

Girls: A. Williams 4-6 - 2nd Place, E. Reinke 4'6 - 3rd Place, B. Brassel 4'6 - 4th Place

Scores					
Girls			Boys		
1	Ridgewood	199	1	Ridgewood	246
2	Northern Highlands	159	2	Hackensack	77
3	Hackensack	22	3	Northern Highlands	56
4	Indian Hills	15	4	Indian Hills	32
5	Paramus	12	5	Paramus	5

Distance Medley Invitational - Indian Hills HS

Tuesday, March 30

Distance Medley

Girls: A) S. Policano 3:48.92, O. Grace 61.70, L. Rabolli 2:22.64, A. Tretola 5:11.76 = 12:25.01 - 1st Place

B) O. Shattuck 3:53.48, L. Devir 62.32, L. Williams 2:25.62, C. Hamlet 5:20.82 = 12:42.23 - 3rd Place

Boys: J. Boogaert 3:17.48, R. McKenna 51.44, Q. McCutcheon 2:04.09, S. Fortunato 4:35.01 = 10:48.02 - 1st Place

Girls Team History

Year	League	County Relays	State Sectional	State Group	State Relays
2021	Champions	All but league champs cancelled due to Covid-19			
2020	Champions	Champions	Champions	4th Place (Tie)	
2019	Champions	Champions	Champions	Champions	
2018	Champions	Champions	Champions	8th Place	
2017	2nd Place	2nd Place	2nd Place		
2016	2nd Place	Champions	Champions	Champions	
2015	2nd Place	2nd Place	3rd Place	10th Place	
2014	4th Place	5th Place	2nd Place		
2013	3rd Place	2nd Place	Champions		
2012	2nd Place	Champions	Champions		
2011	Champions	Champions	2nd Place		
2010	2nd Place	2nd Place	2nd Place		
2009	Champions	2nd Place	3rd Place		
2008	Champions	2nd Place	Champions	9th Place	
2007	Champions	Champions		4th Place	
2006	Champions				
2005	Champions			9th Place	
2004	Champions				
2003	Champions				
2002	Champions				
2001	<i>Missing Records</i>				
2000					
1999				10th Place	
1998		Champions		3rd Place	
1997					
1996	Champions				
1995	Champions	2nd Place			
1994					
1993					
1992					
1991				2nd Place	

Girls Team History

Year	League	County Relays	State Sectional	State Group	State Relays
1990				8th Place	
1989				Champions	Champions
1988				Champions	Champions
1987					Champions
1986					
1985					
1984				3rd Place	
1983				2nd Place	
1982					
1981				7th Place (tie)	
1980					

Boys Team History

Year	League	County Relays	State Sectional	State Group	State Relays
2021	Champions	All but league champs cancelled due to Covid-19			
2020	Champions	3rd Place	5th Place		
2019	Champions	Champions	Champions	6th Place (Tie)	
2018	Champions	Champions	Champions		
2017	Champions	Champions	Champions		
2016	3rd Place	Champions	Champions		
2015	3rd Place	9th Place	Champions		
2014	Champions	Champions	2nd Place		
2013	2nd Place	Champions	Champions		
2012	3rd Place	5th Place	3rd Place		
2011	Champions	3rd Place	Champions		
2010	Champions	2nd Place	3rd Place	6th Place	
2009	Champions	2nd Place	3rd Place		
2008	Champions	3rd Place	3rd Place		
2007	Champions	2nd Place		4th Place	
2006	Champions			8th Place	

Boys Team History

Year	League	County Relays	State Sectional	State Group	State Relays
2005	Champions			4th Place (Tie)	
2004	Champions				
2003	Champions				
2002	Champions				
2001	Missing Records				
2000				9th Place	
1999					
1998	Champions	3rd Place			
1997					
1996					
1995	2nd Place	2nd Place			
1994				3rd Place	
1993					
1992					
1991					
1990					
1989					
1988					
1987				4th Place	
1986				6th Place (Tie)	
1985				3rd Place	
1984					
1983					
1982					
1981					
1980					
1979					
1978					
1977					
1976					
1975					

Boys Team History

Year	League	County Relays	State Sectional	State Group	State Relays
1974					
1973					
1972				6th Place (Tie)	
1971					
1970					
1969					
1968					
1967					
1966					

Outstanding Athlete Awards

County Relays

Alan Wedemeier Award

Name	Year
Will Baginski	2019
Billy Byrne	2017
Michael Thurston	2016
Jake Sabatini	2013

Lou Molino Award

Name	Year
Camryn Wennersten	2020
Katherine Muccio	2018
Mimi DeVita	2012
Sarah DeVita	2011
Cristina Law	2007
Meg McDermott	1998

Ridgewood High School Girls Indoor All-American List

<u>Event:</u>	<u>Time/Distance:</u>	<u>Place:</u>	<u>Athlete(s):</u>	<u>Year:</u>	<u>Meet:</u>
4xMile	20:59.66	6th	C. Davidson / E. Fishbein / H. Shigenobu / C. Pagano	2012	NBIN
4x55 SHR	35.23	1st	E. Barr / V. Oliva / K. Michel / M. Martinez	2008	NSIC
Pentathlon	3184	5th	Christina Law	2007	NSIC
4x55 SHR	34.14	2nd	M. Martinez / C. Law / A. Wisner / L. Que	2007	NSIC
4x800	9:30.50	6th	M. Jones / C. Law / B. Wells / S. Westerman	2005	NSIC
Mile	5:03.61	4th	Jenna Rogers	1994	NSIC
Triple Jump	39'10 1/2"	2nd	Jennifer McDermott	1989	NSIC
Long Jump	18'6 1/2"	4th	Jennifer McDermott	1989	NSIC
4x800	9:22.18	2nd	G. Figlar / Jean Hughes / Jen Hughes / L. Collazo	1988	NSIC
4xMile	21:13.58	1st	B. Pringle / M. Scruto / M. Mileski / P. Mileski	1983	NSIC

*NSIC - National Scholastic Indoor Championships

*NBIN - New Balance Indoor Nationals

Multiple All-Americans

Name	Honors	Events/Years
Christina Law	3x	2007 - Pentathlon, 4x55 SHR; 2005 - 4x800
Mia Martinez	2x	2008 - 4x55 SHR; 2007 - 4x55 SHR
Jennifer McDermott	2x	1989 - Triple Jump, Long Jump

Ridgewood High School Boys Indoor All-American List

<u>Event:</u>	<u>Time/Distance:</u>	<u>Place:</u>	<u>Athlete(s):</u>	<u>Year:</u>	<u>Meet:</u>
DMR	10:35.21	6th	B. Cleary / I. Hwang / L. Jennings / P. Rynkowski	2010	NSIC
4xMile	18:00.76	5th	B. Cleary / S. Spreitzer / P. Rynkowski / L. Jennings	2010	NSIC
DMR	10:22.95	5th	A. Fine / I. Hwang / B. Cleary / T. Shigenobu	2009	NSIC
4x800	7:53.46	3rd	M. Cator / N. Buckley / J. Schmidt / B. Williams	2006	NSIC
DMR	10:20.85	4th	M. Cator / J. Schmidt / N. Buckley / B. Williams	2006	NSIC
4x800	7:52.16	5th	N. Buckley / M. Cator / O. Onwubu / B. Williams	2005	NSIC
4xMile	17:45.20	3rd	E. Nygaard / M. Cator / D. Maher / A. Zamir	2004	NSIC
4x800	8:00.14	6th	D. Maher / E. Nygaard / B. Williams / A. Zamir	2004	NSIC
Pole Vault	14'3 1/4"	5th	Dan Cooper	2000	NSIC
Mile	4:16.44	2nd	Bob Keino	1993	NSIC
Long Jump	23'5 1/2"	4th	Craig Halyard	1989	NSIC

*NSIC - National Scholastic Indoor Championships

*NBIN - New Balance Indoor Nationals

Multiple All-Americans

Name	Honors	Events/Years
Michael Cator	4x	2006 - 4xMile, DMR; 2005 - 4x800; 2004 - 4x800
Byron Williams	4x	2006 - 4x800, DMR; 2005 - 4x800; 2004 - 4x800
Brian Cleary	3x	2010 - 4xMile, DMR; 2009 - DMR
Niall Buckley	3x	2006 - 4xMile, DMR; 2005 - 4x800
Levi Jennings	2x	2010 - 4xMile, DMR
Pat Rynkowski	2x	2010 - 4xMile, DMR
Jeremy Schmidt	2x	2006 - 4xMile, DMR
Dave Maher	2x	2004 - 4xMile, 4x800
Erik Nygaard	2x	2004 - 4xMile, 4x800
Ari Zamir	2x	2004 - 4xMile, 4x800

State Sectional Champions

Name	Event	Year
Camryn Wennersten	1600m	2020
Camryn Wennersten	3200m	2020
Katherine Muccio	55m	2019
Katherine Muccio	400m	2019
Virginia Morley	800m	2019
Camryn Wennersten	1600m	2019
Camryn Wennersten	3200m	2019
Lizzie Veenhof	High Jump	2019
Katherine Muccio	55m	2018
Katherine Muccio	400m	2018
Olympia Martin	1600m	2017
Olympia Martin	3200m	2017
Nicole Lester	Pole Vault (Tie)	2017
Maxine Earl	Pole Vault (Tie)	2017
Olympia Martin	1600m	2016
Olympia Martin	3200m	2016
Maxine Earl	Pole Vault	2016
Leah Rosenfeld	800m	2015
Carleen Jeffers	1600m	2015
Carleen Jeffers	3200m	2015
Carleen Jeffers	3200m	2014
Micaela McPadden	400m	2013
Kelly Cleary	1600m	2013
Mimi DeVita	Pole Vault	2013
Hanako Shigenobu	800m	2012
Catherine Pagano	1600m	2012
Mimi DeVita	Pole Vault	2012
Sarah DeVita	55m HH	2011
Sarah DeVita	High Jump	2011
Sarah DeVita	High Jump	2010
Kayla Polcari	Pole Vault	2010
Christy Bertelsen	3200m	2008
Anne Polcari	Pole Vault	2008

3+ Sectional Champions

Name	Wins	Years
Camryn Wennersten	4	2019-2020
Katherine Muccio	4	2018-2019
Olympia Martin	4	2016-2017
Carleen Jeffers	3	2014-2015
Sarah DeVita	3	2010-2011

Most Single Year Wins

2019	6 wins
Katherine Muccio	55m / 400m
Camryn Wennersten	1600m / 3200m
Virginia Morley	800m
Lizzie Veenhof	High Jump

State Sectional Champions

Name	Event	Year
Will Baginski	1600m	2019
Will Baginski	3200m	2019
Tom Vandalovsky	Shot Put	2019
Austin Engelhardt	Shot Put	2018
Kobi Grant	55m	2017
Billy Byrne	1600m	2017
Billy Byrne	3200m	2017
Ryan Vimba	Pole Vault	2017
Michael Thurston	800m	2016
M. Tai / Z. Stadulis / W. Baginski / M. Thurston	4x400m	2016
Jake Sabatini	55m	2014
Nick Salamone	1600m	2013
Nick Salamone	3200m	2013
N. Schoff / S. Dubirer / T. Migliorelli / J. Sabatini	4x400m	2013
Alan Wong	Pole Vault	2012
Insoo Hwang	400m	2011
Insoo Hwang	55 HH	2011
J. Llinas / N. Schoff / N. Tai / I. Hwang	4x400m	2011
Tommy DeVita	High Jump	2010
John Wisener	Pole Vault	2010
Taro Shigenobu	1600m	2009
Taro Shigenobu	3200m	2009
Christian Trautwein	800m	2008
Christian Trautwein	1600m	2008
Akira Monri	55 HH	2008

3+ Sectional Champions

Name	Wins	Years
Will Baginski	3	2016-2019
Insoo Hwang	3	2011

Most Single Year Wins

2017	4 wins
Billy Byrne	1600m / 3200m
Kobi Grant	55m
Ryan Vimba	Pole Vault

State Group Champions

Name	Event	Year
Camryn Wennersten	3200m	2020
Camryn Wennersten	1600m	2019
Nicole Lester	Pole Vault	2017
Sam Halvorsen	3200m	2016
Nicole Lester	Pole Vault	2016
Carleen Jeffers	3200m	2015
Meg McDermott	1600m	1999
Eileen Fitzgerald	1600m	1991
Jean Hughes	1600m	1989
Jean Hughes	3200m	1989
Ginny Figlar	400m	1988
Lynne Collazo	800m	1988
Jennifer Hughes	3200m	1988
Sheryl Vander Schyff	High Jump	1988
Margaret Scruto	800m	1984
Margaret Scruto	1600m	1984
Patti Mileski	3200m	1983

2+ Group Champions

Name	Wins	Years
Camryn Wennersten	2	2019-2020
Nicole Lester	2	2016-2017
Jean Hughes	2	1989
Margaret Scruto	2	1984

State Group Champions

Name	Event	Year
Will Baginski	1600m	2019
Niall Buckley	800m	2007
Josh Kauke	800m	2000
Bob Keino	1600m	1994
Bob Keino	3200m	1994
Chris Rae	800m	1987
Chris Rae	800m	1986
Chris Sullivan	1600m	1985
Bruce Mason	2 Mile	1972

2+ Group Champions

Name	Wins	Years
Bob Keino	2	1994
Chris Rae	2	1986-1987

SMOC Medalists

Name	Event	Performance	Place	Year
Camryn Wennersten	3200m	10:43.72	2nd	2020
Camryn Wennersten	1600m	4:59.73	2nd	2019
C. Keyes / K. Muccio / S. Policano / V. Morley	4x800m	9:46.38	7th	2019
E. Kotch / K. Muccio / M. Adams / V. Morley	4x800m	9:28.95	2nd	2018
Katherin Muccio	200m	25.70	6th	2018
Olympia Martin	3200m	10:41.29	2nd	2016
Sam Halvorsen	3200m	10:44.29	4th	2016
Maxine Earl	Pole Vault	10'6"	6th	2016
Carleen Jeffers	3200m	10:49.91	3rd	2015
Mimi DeVita	Pole Vault	11'0"	8th	2012
Kayla Polcari	Pole Vault	12'0"	3rd	2010
Anne Polcari	Pole Vault	11'0"	7th	2008
Kate Michel	800m	2:19.23	6th	2008
Anne Polcari	Pole Vault	10'0"	6th	2007
E. Barr / A. Wisener / K. Conheeny / C. Law	4x400m	4:05.89	8th	2007
Lara-Jane Que	55m HH	8.30	2nd	2007
Cristina Law	800m	2:16.55	5th	2007
Kelly Conheeny	1600m	5:04.37	7th	2007
Cassie Wong	Pole Vault	10'6"	5th	2006
Cristina Law	800m	2:18.78	7th	2005
Claire Nowakowski	1600m	5:13.38	4th	2001
Claire Nowakowski	3200m	11:34.43	6th	2000
Kelly Behan	3200m	11:34.55	7th	2000
Meg McDermott	1600m	5:12.82	4th	1999
Celeste Sedo	3200m	11:11.57	4th	1998
Celeste Sedo	1600m	5:13.22	3rd	1998
Meg McDermott	1600m	5:16.80	6th	1998
Claire Blaney	800m	2:22.04	5th	1992
Stephanie Doyle	1600m	5:19.03	5th	1996
Stephanie Doyle	1600m	5:13.93	6th	1995
Renee Pavleski	800m	2:21.97	6th	1993
Eileen Fitzgerald	1600m	5:20.01	3rd	1992

SMOC Medalists

Name	Event	Performance	Place	Year
Claire Blaney	800m	2:22.04	5th	1992
NAMES?	4x400m	4:12.39	5th	1992
Eileen Fitzgerald	1600m	5:18.00	2nd	1991
Liz Figlar	800m	2:20.30	3rd	1990
Lynne Collazo	800m	2:16.60	2nd	1989
Jean Hughes	3200m	11:05.10	2nd	1989
K. Reilly / Jean Hughes / L. Collazo / J. McDermott	4x400m	4:02.30	2nd	1989
Jen McDermott	400m	58.30	3rd	1989
<i>Lynne Collazo</i>	<i>800m</i>	<i>2:19.09</i>	<i>1st</i>	<i>1988</i>
Ginny Figlar	400m	58.80	3rd	1988
G. Figlar? / NAMES?	4x400m	4:08.00	3rd	1988
Jennifer Hughes	3200m	11:31.61	4th	1988
<i>Ginny Figlar</i>	<i>400m</i>	<i>58.42</i>	<i>1st</i>	<i>1987</i>
Jennifer Hughes	3200m	11:26.9	3rd	1987
Norine D'Arey	3200m	11:30.4	4th	1987
L. Collazo / N. D'Arey / A. Donnelly / G. Figlar	4x400m	4:14.23	3rd	1987
NAMES?	4x400m	4:11.4	4th	1985
Margaret Scruto	800m	2:18.4	2nd	1984
Margaret Scruto	1600m	5:06.1	2nd	1984
Patti Mileski	3200m	11:03.6	2nd	1983
Patti Mileski	3000m	10:34.1	3rd	1981

2+ SMOC Medals

Name	Medals	Years	Name	Medals	Years
Lynne Collazo	4	1987-1989	Celeste Sedo	2	1998
Ginny Figlar	4	1987-1988	Stephanie Doyle	2	1995-1996
Katherin Muccio	3	2018-2019	Eileen Fitzgerald	2	1991-1992
Cristina Law	3	2005-2007	Jean Hughes	2	1989
Camryn Wennersten	2	2019-2020	Jen McDermott	2	1989
Virginia Morley	2	2018-2019	Jennifer Hughes	2	1987-1988
Anne Polcari	2	2007-2008	Norine D'Arey	2	1987
Kelly Conheeny	2	2007	Margaret Scruto	2	1984
Claire Nowakowski	2	2000-2001	Patti Mileski	2	1981-1983
Meg McDermott	2	1998-1999			

SMOC Medalists

Name	Event	Performance	Place	Year
R. Seaver / A. Sheridan / M. Zamboldi / J. Boogaert	4x800m	8:11.57	8th	2020
<i>Will Baginski</i>	<i>1600m</i>	<i>4:12.90</i>	<i>1st</i>	<i>2019</i>
Will Baginski	1600m	4:17.38	6th	2018
Ryan Vimba	Pole Vault	13'6"	6th	2017
Michael Thurston	800m	1:57.63	8th	2015
Tommy DeVita	High Jump	6'6"	2nd	2010
John Wisner	Pole Vault	14'6"	4th	2010
Michael Cator	3200m	9:34.97	7th	2006
Michael Cator	1600m	4:23.88	3rd	2005
Byron Williams	800m	1:58.44	6th	2005
<i>Ari Zamir</i>	<i>1600m</i>	<i>4:23.04</i>	<i>1st</i>	<i>2004</i>
<i>Josh Kauke</i>	<i>800m</i>	<i>1:57.42</i>	<i>1st</i>	<i>2000</i>
<i>Bob Keino</i>	<i>3200m</i>	<i>9:18.11</i>	<i>1st</i>	<i>1994</i>
Bob Keino	1600m	4:26.99	6th	1992
Eric Boucher	1600m	4:23.9	3rd	1991
Eric Boucher	1600m	4:29.2	4th	1990
Chris Rae	800m	2:00.4	4th	1987
Chris Sullivan	1600m	4:22.3	2nd	1985
Tom Hughes	3000m	8:50.5	5th	1981

2+ SMOC Medals

Name	Medals	Years
Will Baginski	2	2018-2019
Michael Cator	2	2005-2006
Bob Keino	2	1992, 1994
Eric Boucher	2	1990-1991

Ridgewood High School Indoor Girls Top 10 Relays

Team Members:

Meet:

Year:

4x200m:

1:45.28	E. Barr / E. Cigolini / L. Que / A. Wisener	168 Armory - Easterns	2007
1:47.6	V. Purritano / O. Grace / C. Emmanuel / K. Muccio	168 Armory - County Relays	2019
1:47.8	O. Grace / E. Millstein / E. Reinke / A. Spencer	River Dell HS - Sprint Series #2	2021
1:47.8	V. Purritano / V. Morley / N. Venizelos / K. Muccio	168 Armory - County Relays	2018
1:48.1	E. Barr / E. Cigolini / L. Que / A. Wisener	168 Armory - County Relays	2006
1:48.30	R. Lee / C. Buckley / J. Narvaez / V. Oliva	168 Armory - Easterns	2009
1:49.9	M. Feeney / M. McPadden / V. Oliva / S. DeVita	168 Armory - County Relays	2010
1:50.54	O. Grace / J. Maasarani / E. Millstein / N. Venizelos	168 Armory - County Relays	2020
1:51.1	V. Oliva / J. Bitzer / R. Lee / M. Martinez	168 Armory - County Relays	2008
1:51.4	M. Feeney / M. Jennings / A. Caffrey / M. McPadden	168 Armory - County Relays	2011
1:51.6*	J. McGuire / L. Degelmann / G. Figlar / L. Ross	FDU - County Relays	1985
1:52.0	V. Purritano / M. Earl / V. Morley / K. Muccio	168 Armory - County Relays	2017

* Converted from 4x220yd

4x400m:

4:01.7	E. Barr / K. Conheeny / A. Wisener / C. Law	168 Armory - Varsity Classic	2007
4:01.9	K. Reilly / Jean Hughes / L. Collazo / J. McDermott	FDU - County Champs	1989
4:04.14	K. Reilly / L. Degelmann / J. McDermott / G. Figlar	Byrne Arena - U.S. Olympic Invitational	1988
4:05.88	V. Purritano / S. VandenAssem / V. Morley / K. Muccio	Toms River - State Group IV	2019
4:05.89	O. Grace / L. Rabolli / J. Maasarani / C. Wennersten	168 Armory - County Relays	2020
4:05.92	E. Barr / K. Michel / C. Spilka / M. Martinez	168 Armory - Easterns	2008
4:07.4			2000
4:07.7	V. Purritano / M. Adams / V. Morley / K. Muccio	168 Armory - County Relays	2018
4:07.8	C. Blainey / J. Reilly / R. Pavelski / M. Gilbert	FDU - County Champs	1992
4:08.2	E. Barr / J. Kresja / A. Wisener / S. Westerman	168 Armory - League Champs	2006
4:09.5	A. Caffrey / A. Muccio / S. Ramirez / M. McPadden	168 Armory - County Champs	2013

4x800m:

9:22.18	G. Figlar / Jean Hughes / Jen Hughes / L. Collazo	Yale HS Classic	1988
9:23.27	C. Davidson / M. McPadden / C. Pagano / H. Shigenobu	168 Armory - Easterns	2012
9:28.81	K. Muccio / V. Morley / E. Kotch / M. Adams	168 Armory - Varsity Classic	2018
9:30.13	L. Williams / A. Tretola / S. Policano / C. Wennersten	168 Armory - Easterns	2020
9:29.9	C. Law / B. Wells / M. Jones / S. Westerman	168 Armory - Metropolitan	2005
9:32.26	C. Keyes / K. Muccio / S. Policano / V. Morley	168 Armory - Millrose Games	2019
9:36.86	K. Conheeny / T. Middleton / A. Middleton / C. Law	168 Armory - Easterns	2007
9:37.10	K. Cleary / L. Weisberger / A. Caffrey / M. McPadden	168 Armory - Easterns	2013
9:37.21	C. Davidson / M. McPadden / H. Wodenshek / H. Shigenobu	168 Armory - Easterns	2011
9:38.22	K. Michel / A. Middleton / T. Middleton / C. Spilka	168 Armory - Easterns	2008
9:38.92	C. Bertelsen / M. Jones / J. Krejsa / S. Westerman	168 Armory - Easterns	2006

Ridgewood High School Indoor Girls Top 10 Relays

Team Members:

Meet:

Year:

4x1600:

20:52.36*+	H. Shigenobu / E. Fishbein / C. Davidson / C. Pagano	168 Armory - Indoor Nationals	2012
21:06.20*	B. Pringle / M. Scruto / M. Mileski / P. Mileski	Yale - Indoor Nationals	1983
21:17.8	S. Policano / O. Shattuck / C. Keyes / C. Wennersten	168 Armory - County Relays	2019
21:57.6	C. Jeffers / L. Rosenfeld / K. Cleary / S. Halvorsen	168 Armory - County Relays	2014
22:01.2	S. Halvorsen / L. Rosenfeld / M. Adams / O. Martin	168 Armory - County Relays	2016
22:02.3	C. Keyes / H. Driscoll / M. Adams / O. Martin	168 Armory - County Relays	2017
22:03.1	M. Adams / K. Cleary / A. Taylor / C. Jeffers	168 Armory - County Relays	2015
22:04.51	L. Williams / S. Policano / O. Shattuck / C. Wennersten	168 Armory - County Relays	2020
22:10.1	M. Adams / S. Policano / H. Fishbein / C. Keyes	168 Armory - County Relays	2018
22:11.5	C. Nowakowski / J. Lupo / M. O'Connell / E. Terrin	168 Armory - County Relays	2002

* Converted from 4xMile

+ County Record

Sprint Medley: (Nationals - 200-200-400-800 / Others - 400-200-200-800):

4:09.89	O. Grace / J. Maasarani / E. Millstein / C. Wennersten	168 Armory - County Relays	2020
4:11.2	L. Que / E. Cigolini / A. Wisener / C. Law	168 Armory - County Relays	2007
4:12.09	M. Martinez / V. Oliva / E. Barr / K. Mitchel	168 Armory - Indoor Nationals	2008
4:17.87	J. Krejsa / E. Cigolini / A. Wisener / S. Westerman	168 Armory - Indoor Nationals	2006
4:17.7		168 Armory - County Relays?	
4:18.7	K. Muccio / V. Purritano / S. VandenAssem / M. Adams	168 Armory - County Relays	2018
4:21.1	A. Caffrey / C. Campbell / R. Simoncini / M. McPadden	168 Armory - County Relays	2013
4:22.1	C. Wong / A. Wisener / J. Tyler / C. Law	168 Armory - County Relays	2005
4:22.2	G. Watson / K. Brunner / M. Gilbert / J. Rogers	Fairleigh Dickenson - County Relays	1994
4:22.5*	K. Reilly / J. McDermott / L. Pollaci / L. Collazo	Princeton - State Relays	1988

* Converted from yds

Distance Medley:

11:55.0*&+\$	B. Pringle / M. Scutro / M. Mileski / P. Mileski	Princeton - Princeton Relays	1983
12:10.09	S. Policano / O. Grace / L. Williams / C. Wennersten	168 Armory - Varsity Classic	2020
12:10.15	C. Law / A. Wisener / A. Llerandi / K. Conheeney	168 Armory - Indoor Nationals	2007
12:11.77	S. Policano / K. Muccio / V. Morley / C. Wennersten	168 Armory - Varsity Classic	2019
12:11.9	S. Halvorsen / L. Rosenfeld / M. Adams / O. Martin	168 Armory - Varsity Classic	2016
12:15.42	L. Collazo / J. McDermott / L. Figlar / Jean Hughes	Harvard - Easterns	1989
12:15.4	C. Davidson / A. Caffrey / H. Shigenobu / C. Pagano	168 Armory - Varsity Classic	2012
12:19.01	E. Kotch / K. Muccio / V. Morley / C. Keyes	168 Armory - Easterns	2018
12:22.9*	L. Collazo / G. Figlar / Jean Hughes / Jen Hughes	Princeton - State Relays	1988
12:25.02	S. Policano / O. Grace / L. Rabolli / A. Tretola	Indian Hills HS - DMR Invite	2021
12:25.9	S. Westerman / A. Wisener / C. Law / M. Jones	168 Armory - Varsity Classic	2005

* Old Order - 800, 400, 1200, 1600

& converted from yards

+ County Record

\$ National Record until 1984

Ridgewood High School Indoor Girls Top 10 Relays

Team Members:

Meet:

Year:

4x51.5 HH - 4 Hurdles:

32.3	V. Morley / A. Schoff / S. VandenAssem / K. Muccio	168 Armory - County Relays	2018
32.5	M. Martinez / E. Barr / A. Wisener / L. Que	168 Armory - County Relays	2007
32.8	S. Ramirez / M. DeVita / K. McKeon / M. McPadden	168 Armory - County Relays	2013
33.1	V. Morley / S. VandenAssem / J. Maasarani / V. Purritano	168 Armory - County Relays	2019
33.5	L. Que / C. Wong / B. Bogart / M. Martinez	168 Armory - County Relays	2005
33.8	V. Oliva / H. Shigenobu / A. Scibetta / S. DeVita	168 Armory - County Relays	2010
34.5	K. Michel / E. Barr / V. Oliva / M. Martinez	168 Armory - County Relays	2008
34.6	H. Shigenobu / S. Ramirez / M. McPadden / M. DeVita	168 Armory - County Relays	2012
35.0	H. Shigenobu / M. DeVita / M. McPadden / S. DeVita	168 Armory - County Relays	2011
35.2	V. Morley / M. Earl / A. Schoff / N. Lester	168 Armory - County Relays	2017

4x55 HH - 5 Hurdles:

34.14	M. Martinez / C. Law / A. Wisener / L. Que	168 Armory - Indoor Nationals	2007
34.60	V. Morley / V. Purritano / S. VandenAssem / K. Muccio	168 Armory - Indoor Nationals	2018
35.23	E. Barr / V. Oliva / K. Michel / M. Martinez	168 Armory - Indoor Nationals	2008
35.5*	S. van der Schyff / L. Degelmann / A. Donnelly / J. Wrugel	Princeton - State Group IV Relays	1988
36.42	S. DeVita / R. Lee / J. Narvaez / V. Oliva	168 Armory - Indoor Nationals	2009
36.64	S. DeVita / K. Polcari / H. Shigenobu / V. Oliva	168 Armory - Indoor Nationals	2010
37.43	C. Wong / B. Bogart / M. Martinez / L. Que	168 Armory - Marine Corp	2006
37.50	N. Lester / K. Callaghan / S. Keppler / C. Shippee	Toms River - State Relays	2016

*converted from 4x60 yd

Shot Put:

73'5 1/2"	J. Sauerman / L. Glidewell	East Stroudsburg - County Relays	1980
67'4"	L. Uzoaru / M. Carey	168 Armory - County Relays	2018
66'3"	T. Rayevich / A. Eldridge	Princeton - State Group IV Relays	1988
63'9 1/2"	L. Uzoaru / M. Carey	168 Armory - County Relays	2017
59'7 1/2"	E. Marr / E. Kessler	168 Armory - County Relays	2020
58'5"	M. Gonzalez / L. Que	168 Armory - County Relays	2007
58'4 3/4"	L. Uzoaru / M. Carey	168 Armory - County Relays	2016
54'6"	M. Halvorsen / E. Marr	168 Armory - County Relays	2019
54'2"	M. Gonzalez / C. Nelson	168 Armory - County Relays	2009

High Jump:

10'6" +	E. Veenhof / L. Veenhof	168 Armory - County Relays	2019
10'2"	H. Roche / S. DeVita	168 Armory - County Relays	2011
10'0"	S. Montgomery / L. DeVita	168 Armory - County Relays	2014
9'10"	J. Wrubel / S. van der Schyff	Princeton - State Group IV Relays	1988
9'8"	L. Veenhof / E. Veenhof	168 Armory - County Relays	2018
9'8"	L. Veenhof / A. Schoff	168 Armory - County Relays	2017
9'8"	S. Keppler / K. Callaghan	168 Armory - County Relays	2016
9'8"	S. DeVita / H. Roche	168 Armory - County Relays	2009
9'8"		RCC - County Relays	1983
9'8"	V. Dailey / M. Richter	East Stroudsburg - County Relays	1980
9'4"	E. Veenhof / E. Reinke	168 Armory - County Relays	2020
9'4"	S. Montgomery / L. DeVita	168 Armory - County Relays	2015
9'4"	M. Martinez / S. Westerman	168 Armory - County Relays	2006

+ County Record

Ridgewood High School Indoor Girls Top 10 Relays

Team Members:

Meet:

Year:

Long Jump:

32'4"	B. Bogart / E. Cigolini	168 Armory - County Relays	2006
32'2 1/4"			1988
32'1"	V. Purritano / S. VandenAssem	168 Armory - County Relays	2019
31'1 3/4"		RCC - County Relays	1983
30'11 1/2"	V. Purritano / S. VandenAssem	168 Armory - County Relays	2018
30'9 1/2"	I. Park / K. Callaghan	168 Armory - County Relays	2016
30'8 1/2"	K. McKeon / K. Callaghan	168 Armory - County Relays	2015
30'7 1/4"	S. VandenAssem / E. Reinke	168 Armory - County Relays	2020
30'2 3/4"	E. Cigolini / M. Martinez	168 Armory - County Relays	2007
30'1"	K. McKeon / R. Simoncini	168 Armory - County Relays	2014
29'6 1/4"	S. DeVita / H. Roche	168 Armory - County Relays	2009
29'6 1/2"	V. Purritano / A. Schoff	168 Armory - County Relays	2017

Triple Jump:

68'9"	S. VandenAssem / L. Veenhof	168 Armory - County Relays	2019
66'7 1/2"	S. DeVita / H. Roche	168 Armory - County Relays	2011
66'3 1/4"	S. VandenAssem / A. Schoff	168 Armory - County Relays	2018
66'3"	S. DeVita / R. Lee	168 Armory - County Relays	2009
65'11 3/4"		RCC - County Relays	1983
65'3"	C. Law / B. Bogart	168 Armory - County Relays	2005
65'1"	B. Bogart / A. Polcari	168 Armory - County Relays	2006
65'0 3/4"	I. Park / C. Shippee	168 Armory - County Relays	2016
64'11"	S. VandenAssem / H. Brodsky	168 Armory - County Relays	2020
64'6"	A. Schoff / L. Veenhof	168 Armory - County Relays	2017
63'2"	J. Long / L. DeVita	168 Armory - County Relays	2014
62'2 3/4"	R. Lee / K. Michel	168 Armory - County Relays	2007

Pole Vault:

22'0"	M. Earl / N. Lester	168 Armory - County Relays	2017
20'6"	M. Earl / N. Lester	168 Armory - County Relays	2016
20'6"	M. DeVita / I. Brown	168 Armory - County Relays	2012
20'0"	K. Polcari / M. DeVita	168 Armory - Marine Corp	2011
19'0"	N. Lester / E. Veenhof	168 Armory - County Relays	2018
19'0"	M. DeVita / R. Simoncini	168 Armory - County Relays	2013
19'0"	K. Polcari / M. DeVita	168 Armory - County Relays	2010
18'0"	A. Polcari / R. Lee	168 Armory - County Relays	2008
18'0"	C. Wong / A. Polcari	168 Armory - Marine Corp	2006
17'6"	K. Polcari / R. Brown	168 Armory - County Relays	2009
17'6"	A. Polcari / R. Lee	168 Armory - Marine Corp	2007

Ridgewood High School Indoor Boys Top 10 Relays

Team Members:

Meet:

Year:

4x200m:

1:33.18	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	168 Armory - Indoor Nationals	2007
1:32.9	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	168 Armory - County Relays	2007
1:33.9	J. Chun / M. Tai / A. Ruhl / R. Aono	168 Armory - County Relays	2018
1:34.18	M. Tai / Ko. Grant / Z. Stadulis / S. Do	168 Armory - Easterns	2017
1:34.0	D. Han / D. Boresta / T. Migliorelli / J. Sabatini	168 Armory - County Relays	2014
1:34.30	K. Chung / N. Schoff / N. Tai / D. Boresta	168 Armory - Easterns	2012
1:34.36	K. Chung / N. Schoff / D. Boresta / J. Sabatini	168 Armory - Easterns	2013
1:34.3	M. Grundy / S. Mattson / J. Riemer / I. Hwang	168 Armory - County Relays	2010
1:34.84	I. Hwang / E. Blair / M. Beausoleil / N. Schoff	Dartmouth - Dartmouth Invite	2011
1:35.18	M. Witt / I. Hwang / S. Matson / M. Grundy	168 Armory - Easterns	2009

*Converted from yds

4x400m:

3:25.21	C. Zeigler / Z. Ontiveros / C. Trautwein / N. Buckley	168 Armory - Easterns	2007
3:26.26	A. Ruhl / R. McKenna / W. Baginski / L. Reinke	168 Armory - Easterns	2019
3:26.1	M. Grundy / J. Llinas / J. Riemer / I. Hwang	168 Armory - County Champs	2010
3:26.71	D. Boresta / B. Collins / L. Dublirer / J. Sabatini	168 Armory - Easterns	2014
3:27.0	D. Cooper / A. Dolgin / C. DiPasquale / J. Kauke	168 Armory	2000
3:27.2	T. Migliorelli / L. Dublirer / S. Dublirer / J. Sabatini	168 Armory - County Champs	2013
3:27.2	C. Cortellesi / B. Williams / R. Lanni / J. Parisi	Yale	1983
3:30.6	I. Hwang / N. Tai / N. Schoff / J. Llinas	168 Armory - Varsity Classic	2011
3:30.7	B. Williams / N. Buckley / O. Onwubu / A. Genova	168 Armory - County Champs	2005
3:30.9	A. Monri / S. Pierce / J. Schmidt / N. Buckley	168 Armory - County Relays	2006

4x800m:

7:48.82+	M. Thurston / D. Frering / B. Collins / L. Dublirer	168 Armory - Millrose Games	2014
7:52.16	N. Buckley / M. Cator / O. Onwubu / B. Williams	168 Armory - Indoor Nationals	2005
7:53.46	M. Cator / N. Buckley / J. Schmidt / B. Williams	168 Armory - Indoor Nationals	2006
7:59.44	A. Taggart / W. Baginski / B. Zamboldi / M. Thurston	168 Armory - Millrose Games	2016
8:00.14	D. Maher / E. Nygaard / B. Williams / A. Zamir	168 Armory - Indoor Nationals	2004
8:00.93	L. Jennings / A. Andrews / J. Llinas / P. Rynkowski	168 Armory - Easterns	2011
8:03.01	K. Tamura / J. Byrne / K. Marshall / M. Thurston	168 Armory - Indoor Nationals	2015
8:03.14	W. Ades / B. Collins / T. Spicer / L. Jennings	168 Armory - Easterns	2012
8:04.57	E. Nygaard / G. Corcoran / R. Crispin / A. Zamir	168 Armory - Easterns	2003
8:04.5	O'Leary / Kelley / Marino / Williams	West Point	1982

+ County Record

Ridgewood High School Indoor Boys Top 10 Relays

Team Members:

Meet:

Year:

<u>4x1600:</u>			
17:39:03*+	E. Nygaard / M. Cator / D. Maher / A. Zamir	168 Armory - Indoor Nationals	2004
17:54.50*	B. Cleary / S. Spreitzer / P. Rynkowski / L. Jennings	168 Armory - Indoor Nationals	2010
17:55.2	W. Baginski / B. Rynkowski / S. Wagh / B. Byrne	168 Armory - County Relays	2017
17:59.78*	L. Jennings / M. Eid / A. Andrews / P. Rynkowski	168 Armory - Indoor Nationals	2011
18:09.3	R. Crispin / K. Engelken / D. Maher / A. Zamir	168 Armory - County Relays	2003
18:16.4	A. Fine / B. Cleary / S. Martyn / T. Shigenobu	168 Armory - County Relays	2009
18:17.2	D. Frering / R. Neville / B. Clarendon / L. Dublirer	168 Armory - County Relays	2014
18:28.37*	N. Salamone / S. Dublirer / B. Clarendon / D. Frering	168 Armory - Indoor Nationals	2013
18:28.8	R. Fahey / T. Barnabic / J. Boogaert / W. Baginski	168 Armory - County Relays	2019
18:30.6	W. Baginski / K. Marshall / S. Wagh / B. Byrne	168 Armory - County Relays	2016

* Converted from 4xMile

+ County Record

Sprint Medley: (Nationals - 200-200-400-800 / Others - 400-200-200-800):

3:31.10	D. Cooper / A. Dolgin / C. DiPasquale / J. Kauke	168 Armory - Indoor Nationals	2000
3:33.55	D. Han / J. Sabatini / B. Domenic / L. Dublirer	168 Armory - Indoor Nationals	2014
3:35.3	J. Chun / M. Tai / A. Ruhl / W. Baginski	168 Armory - County Relays	2018
3:35.9	M. Tai / Ko. Grant / J. Stadulis / M. Thurston	168 Armory - County Relays	2016
3:35.9	A. Monri / P. Nygaard / W. Jacoby / C. Trautwein	168 Armory - County Relays	2008
3:35.9*	Darrow / Donlan / Caminiti / Sullivan	RCC	1985
3:38.6	I. Hwang / M. Witt / M. Grundy / T. Shigenobu	168 Armory - County Relays	2009
3:38.9	I. Hwang / M. Grundy / J. Riemer / B. Cleary	168 Armory - County Relays	2010
3:39.1	M. Tai / Ko. Grant / S. Do / W. Baginski	168 Armory - County Relays	2017
3:39.5	R. McKenna / A. Ruhl / Kw. Grant / W. Baginski	168 Armory - County Relays	2019

* Converted from yards

Distance Medley: (1200-400-800-1600)

10:17.39	L. Jennings / N. Schoff / J. Llians / P. Rynkowski	168 Armory - Indoor Nationals	2011
10:18.57	M. Cator / J. Schmidt / N. Buckley / B. Williams	168 Armory - Easterns	2006
10:20.20*	C. Sullivan / Caminiti / Lander / J. LeMay	Yale	1985
10:22.45	S. Wagh / M. Tai / B. Zamboldi / W. Baginski	168 Armory - Varsity Classic	2018
10:22.95	A. Fine / I. Hwang / B. Cleary / T. Shigenobu	168 Armory - Indoor Nationals	2009
10:23.52	E. Nygaard / B. Williams / D. Maher / A. Zamir	168 Armory - Easterns	2004
10:24.4	B. Williams / O. Onwubu / N. Buckley / M. Cator	168 Armory - Varsity Classic	2005
10:26.79	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	168 Armory - Easterns	2007
10:28.47	N. Salamone / J. Sabatini / S. Dublirer / D. Frering	168 Armory - Indoor Nationals	2013

* Old Order - 880yd, 440yd, 1320yd, Mile

Ridgewood High School Indoor Boys Top 10 Relays

Team Members:

Meet:

Year:

4x55 HH (4 flights):

30.7	J. Nagano-Gerace / J. Moody / S. Pierce / A. Monri	168 Armory - County Relays	2006
30.8	L. Reinke / N. DeVita / P. Sanchez / A. Ruhl	168 Armory - County Relays	2019
30.8	I. Hwang / E. Blair / M. Beausoleil / T. DeVita	168 Armory - County Relays	2010
31.0	Z. Stadulis / M. Bartlik / A. Ruhl / R. Harada	168 Armory - County Relays	2017
31.5	M. Zeno / E. Berry / A. Armatas / K. Chung	168 Armory - County Relays	2013
31.5	P. Nygaard / Z. Ontiveros / L. Cichocki / A. Monri	168 Armory - County Relays	2007
31.6	P. Nygaard / L. Cichocki / T. DeVita / A. Monri	168 Armory - County Relays	2008
32.1	A. Ruhl / D. Romero / N. DeVita / M. Bartlik	168 Armory - County Relays	2018
32.4	Jacoby / Buckley / Parisi / Kelley	Princeton	1981
32.8	J. Moody / S. Pierce / A. Monri / J. Nagano-Gerace	168 Armory - County Relays	2005
33.38	R. Kossick / R. McKenna / J. Satdulis / P. Sanchez	168 Armory - County Relays	2020

4x55 HH (5 flights):

31.36	I. Hwang / T. DeVita / M. Beausoleil / S. Matson	168 Armory - Indoor Nationals	2010
32.28	S. Pierce / A. Monri / J. Moody / J. Nagano-Gerace	168 Armory - Marine Corp	2005
32.63	M. Zeno / E. Berry / A. Armatas / K. Chung	168 Armory - Indoor Nationals	2013
33.44	E. Berry / B. Collins / A. Armatas / M. Zeno	Toms River - State Group IV Relays	2014
35.33	T. DeVita / S. Matson / M. Beausoleil / I. Hwang	168 Armory - Marine Corp	2009
35.37	Z. Stadulis / M. Bartlik / C. Perlman / R. Harada	Toms River - State Group IV Relays	2016

Shot Put:

97'3"	E. Bryant / Kearns	Paramus Catholic	1981
96'0 1/2"	S. McAvey / K. Ekert	168 Armory - County Relays	2016
93'10"	J. Murdock / B. Zuccala	168 Armory - County Relays	1998
90'9 1/4"	T. Vandalovsky / L. Otterstedt	168 Armory - County Relays	2019
86'3"	A. Engelhardt / M. Toner	168 Armory - County Relays	2018

High Jump:

12'2"	J. Davis / F. Rosenbach	Princeton - State Group IV Relays	1995
12'0"	R. Harada / D. Romero	168 Armory - County Relays	2017
12'0"	T. DeVita / M. Beausoleil	168 Armory - County Relays	2010
11'10"	L. Reinke / A. Dunn	168 Armory - County Relays	2019
11'10"	D. Romero / M. Bartlik	168 Armory - County Relays	2018
11'10"			1994
11'8"	M. Thurston / R. Harada	168 Armory - County Relays	2016
11'6"	T. DeVita / M. Levitsky	168 Armory - County Relays	2009
11'6"	T. DeVita / L. Cichocki	168 Armory - County Relays	2008
11'6"	G. Knutson / B. Davis	168 Armory - County Relays	2004

Ridgewood High School Indoor Boys Top 10 Relays

Team Members:

Meet:

Year:

Long Jump:

40'10 1/2"	Hong / Darrow	RCC - County Relays	1987
40'1"	G. Knutson / B. Davis	168 Armory - County Relays	2004
38'3 1/2"	R. Dudley / T. DeVita	168 Armory - County Relays	2010
38'3"	E. Berry / M. Zeno	168 Armory - County Relays	2014
38'2"	R. Harada / D. Romero	168 Armory - County Relays	2017
37'10"	R. Harada / M. Bartlik	168 Armory - County Relays	2016
37'8 3/4"	D. Romero / J. Chun	168 Armory - County Relays	2018
37'7 1/2"	M. Beausoleil / J. Knight	168 Armory - County Relays	2011
37'2"	T. DeVita / M. Witt	168 Armory - County Relays	2009
36'10 1/2"	A. Punjabi / R. Harada	168 Armory - County Relays	2015

Triple Jump:

84'9 3/4"	C. Halyard / Hong	RCC - County Relays	1987
81'7 1/2"	T. DeVita / R. Dudley	168 Armory - County Relays	2010
80'9"	M. Bartlik / D. Romero	168 Armory - County Relays	2018
80'6 3/4"	M. Bartlik / D. Romero	168 Armory - County Relays	2017
80'4 3/4"	G. Knutson / B. Climente	168 Armory - County Relays	2004
79'10 1/2"	A. Monri / P. Nygaard	168 Armory - County Relays	2008
79'0 1/2"	Z. Stadulis / M. Bartlik	168 Armory - County Relays	2016
78'3"	A. Monri / P. Nygaard	168 Armory - County Relays	2007
77'9 1/2"	A. Monri / B. Climente	168 Armory - County Relays	2006
76'8 3/4"	M. Beausoleil / J. Knight	168 Armory - County Relays	2011

Pole Vault:

26'0"	A. Wong / S. Llerandi	168 Armory - County Relays	2014
25'0"	R. Vimba / D. Schechter	168 Armory - County Relays	2017
25'0"	D. Downing / A. Wong	168 Armory - County Relays	2013
24'6"	J. Ricciardi / C. Jensen	168 Armory - County Relays	2005
22'6"	A. Wong / J. Knight	168 Armory - County Relays	2012
22'6"	G. Knutson / J. Ricciardi	168 Armory - County Relays	2003
22'6"	Warton / Cooper	168 Armory - County Relays	1998
22'6"	Boyland / Cronin	RCC - County Relays	1979
22'0"	L. Bontoux / R. Vimba	168 Armory - County Relays	2016

Ridgewood High School Girls All-Time Indoor List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
<u>55m:</u>			
7.23 / 6.9h	Katherine Muccio	168 Armory - Varsity Classic / Spiked Shoe	2018
7.46	Emily Barr	168 Armory - Easterns	2008
7.48 / 7.2h	Erica Cigolini	Toms River - State Group IV / 168 Armory - League Champs	2007
7.67	Ella Millstein	Indian Hills HS - League Champs	2021
7.72	Jackie Tyler	168 Armory - Easterns	2005
7.73	Josie Maasarani	Ocean Breeze - League Champs	2020
7.73	Isabel Park	Toms River - State Sectionals	2016
7.74	Victoria Purritano	168 Armory - League Champs	2018
7.76	Moriah Jennings	168 Armory - Easterns	2012
7.76	Olivia Grace	Toms River - State Sectionals	2020
7.79	Maura Keeney	Toms River - State Sectionals	2012
<u>200m:</u>			
25.67	Katherine Muccio	168 Armory - Easterns	2019
26.42 / 26.1	Erica Cigolini	168 Armory - Easterns / Varsity Classic	2006/2007
26.4	Alice Wisener	168 Armory - Varsity Classic	2007
26.7	Victoria Purritano	168 Armory - Spiked Shoe	2018
27.06	Olivia Grace	168 Armory - Varsity Classic	2020
27.08	Ella Millstein	Indian Hills HS - League Champs	2021
27.2	Micaela McPadden	168 Armory - Spiked Shoe	2011
27.4	Reid Simoncini	168 Armory - League Champs	2015
27.77	Sara VandenAssem	168 Armory - League Champs	2018
<u>300y:</u>			
37.25	Ginny Figlar	Harvard - Easterns	1987
39.0	Melissa Gilbert	Rockland Community College	1992
39.5	Liz Ross	Rockland Community College	1985
39.9	Kate Brunner	Rockland Community College	1995
<u>300m:</u>			
40.8	Alice Wisener	168 Armory - County Champs	2007
40.9	Katherine Muccio	168 Armory - County Champs	2017
42.21	Ginny Figlar		1988
42.2	Melissa Gilbert	Fairleigh Dickinson - County Champs	1994
42.2	Micaela McPadden	168 Armory - League Champs	2012
42.3	Erica Cigolini	168 Armory - County Champs	2007
42.9	Emily Barr	168 Armory - County Champs	2007
43.5	Gizele Watson	Fairleigh Dickinson	1994
43.6	Victoria Purritano	168 Armory - County Champs	2017
43.6	Mia Martinez	168 Armory - League Champs	2008

Ridgewood High School Girls All-Time Indoor List

Athlete:

Meet:

400m:

57.71*	Ginny Figlar	Yale - Nationals	1987
58.42	Jen McDermott	Princeton - State Group IV	1989
58.66 / 58.68	Katherine Muccio	168 Armory - Hispanic Games / Toms River - State Group IV	2018
58.71	Micaela McPadden	168 Armory - Eastern States	2013
60.66	Victoria Purritano	168 Armory - Varsity Classic	2018
60.84	Emily Barr	Toms River - State Sectionals	2008
61.32	Olivia Grace	Indian Hills HS - League Champs	2021
61.49	Lynn Degelmann		1987
61.75	Hanako Shigenobu	Toms River - State Sectionals	2012

* converted from 440 yd

600y:

1:24.58	Ginny Figlar	Harvard - Easterns	1988
1:27.4	Mary Ellen Mileski	RCC - County Champs	1983
1:29.3	Renee Pavelski	RCC	1993
1:31.5	Lynne Collazo		1989
1:33.7	Jess Krejsa	RCC - Ridgewood Winter Games II	2006
1:33.8	Jen Zucaro		2001
1:33.9	Catherine Buckley	RCC - Ridgewood Winter Games II	2009

600m:

1:36.6	Kate Michel	168 Armory - County Champs	2008
1:36.6	Cristina Law	168 Armory - League Champs	2007
1:39.0	Renee Pavelski	Fairleigh Dickinson	1993
1:39.8	Hanako Shigenobu	168 Armory - League Champs	2012
1:40.3	Catherine Buckley	168 Armory - County Champs	2009
1:40.5	Micaela McPadden	FDU - North Jersey Champs	2013
1:40.9	Jess Krejsa	168 Armory - League Champs	2006
1:41.0	Stephanie Westerman	168 Armory - League Champs	2005
1:41.1	Kelly Conheaney	168 Armory - County Champs	2007
1:41.9	Jen Zucaro		2001

800m:

2:13.0	Margaret Scutro	Byrne Arena (Continental Arena)	1985
2:16.55	Cristina Law	Toms River - State Meet of Champs	2007
2:16.59	Lynne Collazo		1989
2:17.57	Kate Michel	168 Armory - Nationals	2008
2:18.67	Micaela McPadden	Toms River - State Group IV	2013
2:18.94	Lucia Raboli	Indian Hills HS - League Champs	2021
2:19.37	Virginia Morley	Toms River - State Group IV	2018
2:20.39	Camryn Wennersten	Ocean Breeze - League Champs	2020
2:20.2	Liz Figlar		1990
2:21.75	Claire Blaney	Princeton - State Group IV	1992
2:21.89	Hanako Shigenobu	Toms River - State Meet of Champs	2012

Ridgewood High School Girls All-Time Indoor List

Athlete:

Meet:

1000y:

2:32.7+	Margaret Scutro	Rockland Community College	1985
2:37.2	Mary Ellen Mileski		1983
2:38.61	Lynne Collazo		1988
2:46.6	Clair Nowakowski	Rockland Community College	2002
2:52.7	Stephanie Westerman	Rockland Community College	2005
2:53.3	Alex Middleton	RCC - Ridgewood Winter Games II	2008
2:53.8	Caroline Davidson	Rockland Community College	2012
2:54.0	Claire Blaney		1993
2:54.1	Emily Fishbein	Rockland Community College	2012
+ County Record			

1000m:

2:47.44+\$	Margaret Scutro	Byrne Arena - U.S. Olympic Invitational	1985
2:56.26	Lynne Collazo	Byrne Arena - Vitalis-Meadowlands Invite	1989
3:01.1	Meg McDermott	County Champs	1999
3:02.8	Hanako Shigenobu	168 Armory - County Champs	2012
3:03.0	Justine Lupo	168 Armory - County Champs	2003
3:04.7	Kelly Conheeney	168 Armory - League Champs	2007
3:06.18	Stephanie Westerman	Dartmouth - Dartmouth Relays	2006
3:06.3	Clair Nowakowski		2002
3:07.1	Stephanie Doyle	Fairleigh Dickenson - County Champs	1996
3:07.2	Jenna Rogers	Fairleigh Dickenson - North Jersey Champs	1994
+ County Record			
\$ National Record - 1985-2003			

1500m:

4:32.05*	Camryn Wennersten	168 Armory - Millrose Games	2020
4:33.35	Margaret Scutro	Yale - Yale Classic	1985
* en-route			

1600m:

4:57.20	Camryn Wennersten	Toms River - State Group IV	2020
5:03.26	Olympia Martin	Toms River - State Sectionals	2017
5:04.37	Kelly Conheeney	Toms River - State Meet of Champs	2007
5:07.17	Catherine Pagano	Toms River - State Group IV	2012
5:08.91	AnnaMarie Tretola	Indian Hills HS - League Champs	2021
5:10.35	Sarah Policano	Indian Hills HS - League Champs	2021
5:10.5	Jean Hughes	Princeton - State Group IV	1989
5:10.92	Caroline Davidson	Toms River - State Group IV	2012
5:11.83	Cassie Keyes	Toms River - State Group IV	2018
5:11.4	Clair Nowakowski		2001
5:12.41	Carleen Jeffers	Toms River - State Sectionals	2015

Ridgewood High School Girls All-Time Indoor List

Athlete:

Meet:

Mile:

4:51.60	Camryn Wennersten	168 Armory - Millrose Games	2020
4:56.53	Margaret Scutro	Dartmouth - Dartmouth Relays	1985
5:03.61	Jenna Rogers	Syracuse - Indoor Nationals	1994
5:07.96	Jean Hughes	Dartmouth - Dartmouth Relays	1989
5:12.53	Carleen Jeffers	168 Armory - New Balance Games	2015
5:12.7	Mary Ellen Mileski	RCC - Spiked Shoe	1983
5:12.03*	Stephanie Doyle		1996
5:15.02	Caroline Davidson	Dartmouth - Dartmouth Relays	2012

* need to convert to mile/find 1600 time

3000m:

9:59.57*	Camryn Wennersten	Ocean Breeze - State Meet of Champs	2020
10:03.12	Jennifer Hughes	Yale - Yale Classic	1988
10:04.1	Patti Mileski		1983
10:07.32*	Carleen Jeffers	168 Armory - Nationals	2015

* en-route

3200m:

10:37.1*	Patti Mileski	Harvard - Easterns	1983
10:41.29	Olympia Martin	Toms River - State Meet of Champs	2016
10:43.72	Camryn Wennersten	Ocean Breeze - State Meet of Champs	2020
10:44.29	Samantha Halvorsen	Toms River - State Meet of Champs	2016
10:47.37*	Carleen Jeffers	168 Armory - Nationals	2015
10:55.09*	Celeste Sedo	Reggie Lewis Center - Nationals	1998
11:04.5	Jenna Rogers	Fairleigh Dickenson - County Champs	1994
11:05.1	Jean Hughes	Princeton - State Meet of Champs	1989
11:11.3	Jen Hughes		1988
11:14.94	Kelly Cleary	Toms River - State Group IV	2013
11:15.17	Lily Williams	Toms River - State Sectionals	2020

* converted from 2 Mile

55m HH:

8.25	Lara-Jane Que	Toms River - State Meet of Champs	2007
8.40	Sarah DeVita	Toms River - State Meet of Champs	2011
8.61	Victoria Purritano	168 Armory - Easterns	2019
8.62	Katherine Muccio	Toms River - State Sectionals	2018
8.63	Sheryl van der Schyff	Yale - Yale Classic	1988
8.67	Sara VandenAssem	168 Armory - County Champs	2020
8.73	Mia Martinez	168 Armory - Easterns	2008
8.99	Hannah Brodsky	Indian Hills HS - League Champs	2021
8.99	Virginia Morley	Toms River - State Group IV	2018
9.09	Katie McKeon	Toms River - State Sectionals	2015

Ridgewood High School Girls All-Time Indoor List

Athlete:

Meet:

200m Splits:

24.7	Katherine Muccio	168 Armory - County Relays	2018
25.3	Erica Cigolini	168 Armory - Easterns / Indoor Nationals	2007
25.7	Alice Wisener	168 Armory - Easterns	2007
26.2	Micaela McPadden	168 Armory - County Relays	2013
26.5	Alysia Spencer	River Dell HS - Sprint Series #2	2021
26.5	Emily Barr	168 Armory - Easterns	2007
26.6	Victoria Purritano	168 Armory - County Relays	2018
26.90	Josie Maasarani	168 Armory - County Relays	2020
26.7	Victoria Oliva	168 Armory - Easterns	2009
26.7	Catherine Buckley	168 Armory - Easterns	2009
26.8	Sara VandenAssem	168 Armory - County Relays	2019
26.9	Olivia Grace	168 Armory - County Relays	2019

400m Splits:

56.80	Katherine Muccio	168 Armory - Easterns	2018
57.8	Jen McDermott	Princeton - State Group IV	1989
58.4	Micaela McPadden	168 Armory - County Champs	2013
58.4	Ginny Figlar	Byrne Arena - Vitalis-Meadowlands Invite	1988
59.1	Cristina Law	168 Armory - League Champs	2007
59.2	Alice Wisener	168 Armory - Varsity Classic	2007
59.3	Kate Michel	168 Armory - Easterns	2008
59.65	Camryn Wennersten	168 Armory - County Relays	2020
59.9	Emily Barr	168 Armory - Indoor Nationals	2008
60.9	Hanako Shigenobu	Toms River - State Group IV	2011

800m Splits:

2:12.73	Camryn Wennersten	168 Armory - Easterns	2020
2:14.9	Cristina Law	168 Armory - Easterns	2007
2:17.4	Kate Michel	168 Armory - Indoor Nationals	2008
2:18.5	Caroline Davidson	168 Armory - Easterns	2011
2:18.5	Lynn Collazo	Yale - Yale Classic	1988
2:18.7	Micaela McPadden	168 Armory - Easterns	2013
2:19.3	Hanako Shigenobu	168 Armory - Easterns	2012
2:19.3	Catherine Pagano	168 Armory - Easterns	2012
2:19.6	Stephanie Westerman	168 Armory - Indoor Nationals	2005
2:19.8	Jen Hughes	Yale - Yale Classic	1988

Ridgewood High School Girls All-Time Indoor List

Athlete:

Meet:

1200m Splits:

3:35.7	Mary Ellen Mileski	Yale - Yale Classic	1983
3:40.1	Cristina Law	168 Armory - Indoor Nationals	2007
3:42.9	Sam Halvorsen	168 Armory - Varsity Classic	2016
3:43.84	Evelyn Kotch	168 Armory - Easterns	2018
3:45.8	Stephanie Westerman	168 Armory - Varsity Classic	2005
3:46.2	Caroline Davidson	168 Armory - Varsity Classic	2012
3:47.4*	Jean Hughes	Princeton - State Group IV Relays	1988
3:47.9	Hanako Shigenobu	168 Armory - Varsity Classic	2011
3:48.02	Sarah Policano	168 Armory - Varsity Classic	2020
3:53.48	Olivia Shattuck	Indian Hills HS - DMR Invite	2021
3:54.06	AnnaMarie Tretola	168 Armory - County Relays	2020

* converted from 1320 yd

1600m Splits:

4:52.45	Camryn Wennersten	168 Armory - Varsity Classic	2020
4:52.7*	Patti Mileski	Princeton - Princeton Relays	1983
5:01.5	Olympia Martin	168 Armory - Varsity Classic	2016
5:04.3	Kelly Conheeny	168 Armory - Indoor Nationals	2007
5:05.0	Jean Hughes	Harvard - Easterns	1989
5:05.5	Catherine Pagano	168 Armory - Varsity Classic	2012
5:08.8	Carleen Jeffers	168 Armory - Varsity Classic	2015
5:10.1*	Caroline Davidson	168 Armory - Indoor Nationals	2012
5:11.0	Jen Hughes	Princeton - State Group IV Relays	1988
5:11.76	AnnaMarie Tretola	Indian Hills HS - DMR Invite	2021
5:13.6*	Hanako Shigenobu	168 Armory - Indoor Nationals	2012
5:15.9	Sarah Policano	168 Armory - County Relays	2019

* converted from mile

High Jump:

5'8 1/4"	Becky Deetz	Syracuse	1974
5'4"	Ellie Veenhof	168 Armory - County Relays	2019
5'4"	Renee Pavelski	Princeton - State Group IV	1993
5'4"	Sarah DeVita	Toms River - State Group IV	2011
5'3"	Lizzie Veenhof	Ocean Breeze - League Champs	2019
5'2"	Sophie Montgomery	168 Armory - County Relays	2014
5'2"	Haley Roche	168 Armory - County Champs	2011
5'0"	Saskia Keppler	168 Armory - League Champs	2016
5'0"	Mia Martinez	Toms River - State Sectionals	2008
5'0"	Jennifer Wrubel	Princeton - State Group IV Relays	1988
4'11"	Cristina Law	168 Armory - Nationals	2007

Ridgewood High School Girls All-Time Indoor List

Athlete:

Meet:

Long Jump:

18'11 1/2"	Jen McDermott	Harvard - Easterns	1989
17'3 1/2"	Emily Chang	168 Armory	1993
17'3"	Victoria Purritano	Ocean Breeze - League Champs	2019
16'11 3/4"	Brooke Bogart	168 Armory - League Champs	2006
16'11 3/4"	Sara VandenAssem	168 Armory - Spiked Shoe	2020
16'10"	Cristina Law	168 Armory - Nationals	2007
16'9 1/2"	Katie McKeon	168 Armory - Varsity Classic	2015
16'8 3/4"	Sarah DeVita	168 Armory - Nationals	2011
16'8 3/4"	Emily Barr	168 Armory - League Champs	2008
16'7 1/4"	Faith Ninivaggi	Rockland Community College	1995

Triple Jump:

39'10 1/2"	Jen McDermott	Annapolis - Nationals	1989
35'9 1/2"	Sara VandenAssem	168 Armory - Easterns	2019
34'7 3/4"	Sarah DeVita	168 Armory - Easterns	2011
34'6 3/4"	Helena LaMothe	168 Armory - Varsity Classic	1999
34'5"	Brooke Bogaert	168 Armory - Spiked Shoe	2006
34'4 3/4"	Ana Law	168 Armory - Easterns	1999
34'0 3/4"	Robin Lee	168 Armory - League Champs	2009
33'10 1/4"	Kayla Polcari	168 Armory - League Champs	2011
33'9 3/4"	Libby DeVita	168 Armory - Varsity Classic	2015
33'5 3/4"	Lizzie Veenhof	168 Armory - Varsity Classic	2018

Pole Vault:

12'3"	Kayla Polcari	168 Armory - Varsity Classic	2011
11'6"	Nicole Lester	Reno - PV Summit	2018
11'5 3/4"	Anne Polcari	168 Armory - Nationals	2008
11'1"	Mimi DeVita	168 Armory - Nationals	2012
11'0"	Maxine Earl	168 Armory - League Champs	2016
10'7 1/2"	Cassie Wong	168 Armory - Nationals	2006
10'0"	Nicoletta Venizelos	Ocean Breeze - Varsity Classic	2020
9'6"	Maddie DeVera	Ocean Breeze - Coach Glynn	2020
9'6"	Kerri Norton	168 Armory - Easterns	2004
9'6"	Illana Brown	168 Armory - County Relays	2012
9'6"	Ramelle Brown	168 Armory - County Champs	2009
9'6"	Robin Lee	Dartmouth - Dartmouth Relays	2009

Ridgewood High School Girls All-Time Indoor List

Athlete:

Meet:

Shot Put:

38'9"	Lexi Uzoaru	168 Armory - Spiked Shoe	2017
37'5"	Shayna Brown	Garfield - Garfield Classic	1998
36'9 1/4"	Tammy Rayevich		1988
36'1"	Alfreda Eldridge		1989
34'7"	Meghan Gonzalez	168 Armory - League Champs	2009
33'11"	Janet Sauerman	Saddle Brook - County Champs	1980
32'7 1/4"	Lisa Glidewill	RCC - Pearl River Invitational	1980
31'5"	Michelle Carey	Toms River - State Sectionals	2018
30'5 1/2"	Emily Marr	Ocean Breeze - Varsity Classic	2020
30'2"	Lara-Jane Que	168 Armory - League Champs	2007

Pentathlon:

3267	Sarah DeVita	168 Armory - Nationals	2011
3184	Cristina Law	168 Armory - Nationals	2007
3068	Renee Pavelski	Syracuse - Nationals	1993
2632	Kerry Callaghan	168 Armory - County Champs	2016
2609	Katie McKeon	168 Armory - County Champs	2014
2172	Anna Schoff	168 Armory - County Champs	2018

Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

55m:

6.64 / 6.5h	Chris Zeigler	Toms River - State Group IV / 168 Armory - County Champs	2007
6.67	Jake Sabatini	Yale - Yale Track Classic	2014
6.69	Matt Tai	Ocean Breeze - League Champs	2018
6.69	Kobi Grant	Toms River - State Sectionals	2017
6.70	Akira Monri	Toms River - State Sectionals	2008
6.72	Max Witt	Toms River - State Sectionals	2009
6.5h	Phil McGillicuddy		1971
6.80	Edwin Elias	Toms River - State Group IV	2009
6.82	Kwame Grant	Ocean Breeze - League Champs	2019
6.86	Alex Ruhl	Toms River - State Sectionals	2019

200m:

22.8	Kobi Grant	168 Armory - Varsity Classic	2017
23.0	Jake Sabatini	168 Armory - League Champs	2014
23.0	Akira Monri	168 Armory - Spiked Shoe	2008
23.34	Alex Ruhl	168 Armory - County Champs	2019
23.1	Matt Tai	168 Armory - Varsity Classic	2016
23.1	Insoo Hwang	168 Armory - League Champs	2011
23.3	Doohee Han	168 Armory - League Champs	2014
23.5	Matt Beausoleil	168 Armory - Varsity Classic	2010
23.5	Edward Blair IV	168 Armory - Varsity Classic	2010
23.88	Kwame Grant	Ocean Breeze - League Champs	2020

300y:

32.9	Matt Krever	Rockland Community College	1991
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300m:

35.8	InSoo Hwang	168 Armory - County Champs	2010
36.4	Kobi Grant	168 Armory - County Champs	2017
36.4	Matt Tai	168 Armory - County Champs	2017
36.4	Akira Monri	168 Armory - League Champs	2008
36.7	Dan Cooper	168 Armory	2000

400m:

50.31	Tim Geckler	Annapolis - Indoor Nationals	1989
51.40	InSoo Hwang	Toms River - State Sectionals	2011
51.66	Juan Llinas	Toms River - State Sectionals	2011
51.4	Akira Monri	168 Armory - Varsity Classic	2008
51.76	Ryan Seaver	168 Armory - County Champs	2020
51.7	Rob Lanni	RCC - County Champs	1983
52.03	Neil Schoff	Toms River - State Sectionals	2012
52.14	Ryan McKenna	Indian Hills HS - League Champs	2021
52.0	Matt Krever	Rockland Community College	1991
52.0	Matt Grundy	168 Armory - League Champs	2010

Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

500m:

1:09.6	Charles Cortellesi	West Point	1983
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600y:

1:15.5	Tim Geckler	Princeton	1989
1:17.03	Doug Shultz	Princeton - Easterns	1987

600m:

1:20.1	Michael Thurston	168 Armory - County Champs	2016
1:21.4	Josh Kauke	168 Armory - League Champs	2000
1:22.3	Niall Buckley	168 Armory - League Champs	2007
1:24.2	Storm Dublirer	168 Armory - County Champs	2013
1:24.4	Juan Llinas	168 Armory - County Champs	2011
1:24.7	Jeremy Schmidt	168 Armory - County Champs	2006
1:24.8	Christian Trautwein	168 Armory - League Champs	2008
1:25.6	Byron Williams	168 Armory - League Champs	2005
1:25.93	Ryan Seaver	168 Armory - County Champs	2019
1:25.9	Sadek Alsedi	Fairleigh Dickinson	1993

800m:

1:54.1	Josh Kauke	168 Armory - Varsity Classic	2000
1:55.2	Michael Thurston	168 Armory - League Meet	2016
1:55.49	John Parisi	Princeton - Princeton Relays	1983
1:56.9	Niall Buckley	168 Armory - County Champs	2005
1:57.68	Luke Dublirer	Toms River - State Meet of Champs	2014
1:58.44	Byron Williams	Princeton - State Meet of Champs	2005
1:58.35	Chris Rae	Princeton - State Group IV	1987
1:58.89	Christian Trautwein	Toms River - State Group IV	2008
1:58.94	Will Baginski	Ocean Breeze - League Champs	2018
1:59.44	Chris Perez	168 Armory	2001

1000y:

2:17.41	John Parisi	Princeton - Easterns	1983
2:17.6	Chris Rae	Princeton	1987
2:18.0	Chris Sullivan	Princeton	1985
2:21.3	Byron Williams	RCC - Ridgewood Winter Games	2005

Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

1000m:

2:30.4	Niall Buckley	168 Armory - Varsity Classic	2007
2:31.0	Bob Keino	168 Armory	1994
2:32.06	Chris Rae	Yale - Yale Invitational	1987
2:32.5	Levi Jennings	168 Armory - County Champs	2012
2:34.0	Byron Williams	168 Armory - County Champs	2005
2:35.2	David Maher	168 Armory - County Champs	2004
2:35.4	Erik Nygaard	168 Armory - League Champs	2004
2:35.7	Taro Shigenobu	168 Armory - League Champs	2009
2:35.9	Christian Trautwein	168 Armory - League Champs	2008
2:36.0	Will Ades	168 Armory - League Champs	2012

1500m:

3:59.39*	Will Baginski	168 Armory - Millrose Games	2019
4:00.15*	Bob Keino	Syracuse - National Champs	1993

* en-route

1600m:

4:12.90	Will Baginski	Toms River - State Meet of Champs (Winner)	2019
4:18.40	Ari Zamir	Dartmouth - Dartmouth Invitational	2004
4:22.04	Levi Jennings	Toms River - State Group IV	2011
4:22.3	Chris Sullivan	Princeton - State Meet of Champs	1985
4:22.76	Billy Byrne	Toms River - State Group IV	2017
4:23.88	Michael Cator	Princeton - State Meet of Champs	2006
4:23.9	Eric Boucher	Princeton - State Meet of Champs	1991
4:25.51	Sean Fortunato	Indian Hills HS - League Champs	2021
4:26.67	Brian Cleary	Toms River - State Group IV	2010
4:27.00	Luke Dublirer	Toms River - State Sectionals	2014
4:27.02	Pat Rynkowski	Toms River - State Sectionals	2011

Mile:

4:14.31	Bob Keino	MSG - Millrose Mile (Winner)	1994
4:15.73	Ari Zamir	168 Armory - New Balance Games	2004
4:16.87	Will Baginski	168 Armory - Millrose Games Trials	2019
4:18.82	Byron Williams	168 Armory - Hispanic Games	2006
4:19.73	Michael Cator	168 Armory - New Balance Games	2006
4:23.81	Luke Dublirer	Yale - Yale Track Classic	2014
4:24.62	Taro Shigenobu	168 Armory - Molloy Stanner Games	2009
4:25.7	Chris Rae	RCC - County Champs	1987

Mile Walk:

8:36.0	Ed Landers	Rockland Community College	1985
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3000m:

8:25.28	Bob Keino	Princeton	1993
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Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

3200m:

9:18.11	Bob Keino	Princeton - State Meet of Champs (Winner)	1994
9:21.1	Dan Emont	168 Armory - Varsity Classic	2007
9:23.2*	Bruce Mason		1972
9:26.7*	Tom Hughes		1980
9:27.20	Taro Shigenobu	Toms River - State Meet of Champs	2009
9:30.97	Will Baginski	Toms River - State Sectionals	2019
9:32.7	Ari Zamir	168 Armory - County Champs	2004
9:33.81	Travis Spicer	Toms River - State Group IV	2012
9:34.97	Michael Cator	Princeton - State Meet of Champs	2006
9:35.41	Billy Byrne	Toms River - State Sectionals	2016

* converted from 2 Mile

55m HH:

7.64	Akira Monri	Toms River - State Sectionals	2008
7.76	InSoo Hwang	Toms River - State Sectionals	2011
7.82	Kevin Chung	Toms River - State Sectionals	2013
7.74	Craig Halyard	Dartmouth - Dartmouth Relays	1989
7.86	Matt Beausoleil	Toms River - State Sectionals	2011
7.94	Alex Ruhl	Ocean Breeze - League Champs	2019
7.96	Edward Blair IV	Toms River - State Group IV	2010
8.06	Luke Reinke	168 Armory - County Champs	2019
7.3h	Rich Wankmueller		1975

200m Splits:

22.1	Jake Sabatini	168 Armory - County Relays	2014
22.4	Chris Zeiglar	168 Armory - County Relays	2007
22.5	Matt Tai	168 Armory - County Relays	2018
22.7	Kobi Grant	168 Armory - County Relays	2017
22.7	InSoo Hwang	168 Armory - County Relays	2010
22.8	Alex Ruhl	168 Armory - County Relays	2019
22.8	Domenic Boresta	168 Armory - County Relays	2014
23.0	Doohee Han	168 Armory - County Relays	2014
23.29	Ryan McKenna	168 Armory - County Relays	2020
23.1	Macky Schoff	168 Armory - Easterns	2012
23.1	Nick Tai	168 Armory - Easterns	2012
23.1	Akria Monri	168 Armory - County Relays	2007
23.1	Niall Buckley	168 Armory - Indoor Nationals	2007

Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

400m Splits:

49.7	InSoo Hwang	168 Armory - Indoor Nationals	2010
49.8	Michael Thurston	168 Armory - League Champs	2016
49.9	Will Baginski	168 Armory - County Relays	2019
49.9	Chris Zeigler	168 Armory - Easterns	2007
50.6	Akira Monri	168 Armory - League Champs	2008
50.6	Luke Dublirer	168 Armory - County Champs	2014
50.6	Jake Sabatini	168 Armory - County Relays	2013
50.6	Niall Buckley	168 Armory - Easterns	2007
51.21	Matt Tai	168 Armory - Varsity Classic	2018
51.1	Bob Keino	Fairleigh Dickenson - North Jersey Champs	1994

800m Splits:

1:51.86	Michael Thurston	168 Armory - Millrose Games	2016
1:53.53	Will Baginski	168 Armory - Easterns	2019
1:54.6	Luke Dublirer	168 Armory - Millrose Games	2014
1:54.8	Byron Williams	168 Armory - Indoor Nationals	2006
1:55.4	Christian Trautwein	168 Armory - County Relays	2008
1:56.1	David Frering	168 Armory - Millrose Games	2014
1:56.2	Bob Keino	Fairleigh Dickenson - North Jersey Champs	1994
1:56.4	Storm Dublirer	168 Armory - Indoor Nationals	2013
1:56.8	Levi Jennings	168 Armory - Easterns	2012
1:57.1	Ari Zamir	168 Armory - County Relays	2004

1200m Splits:

3:06.9	Levi Jennings	168 Armory - Indoor Nationals	2011
3:07.2	Byron Williams	168 Armory - Varsity Classic	2005
3:07.2	Chris Sullivan	Yale - Yale Classic	1985
3:09.2	Niall Buckley	168 Armory - Easterns	2007
3:09.9	Michael Cator	168 Armory - Marine Corp	2006
3:10.9	Erik Nygaard	168 Armory - Easterns	2004
3:11.32	Sid Wagh	168 Armory - Varsity Classic	2018
3:11.1	David Frering	168 Armory - Easterns	2014
3:11.6	Nick Salamone	168 Armory - Indoor Nationals	2013
3:11.6	Andrew Fine	168 Armory - Indoor Nationals	2009

Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

1600m Splits:

4:16.26	Will Baginski	168 Armory - Varsity Classic	2018
4:17.3	Taro Shigenobu	168 Armory - Indoor Nationals	2009
4:17.9	Ari Zamir	168 Armory - Easterns	2004
4:19.8	Patrick Rynkowski	168 Armory - Indoor Nationals	2011
4:20.2	Michael Cator	168 Armory - Easterns	2006
4:20.9	Byron Williams	168 Armory - Indoor Nationals	2005
4:24.8	Luke Dublirer	Toms River - State Group IV Relays	2014
4:25.2*	Dave Maher	168 Armory - Indoor Nationals	2004
4:25.7	Brian Cleary	168 Armory - County Relays	2010
4:26.3	Levi Jennings	168 Armory - County Relays	2011

* converted from Mile

High Jump:

6'8"	Tommy DeVita	168 Armory - Spiked Shoe	2010
6'6"	James Davis	Garfield - Garfield Classic	1995
6'6"	Fletcher Rosenbach	Garfield - Garfield Classic	1995
6'2"	Max Bartlik	168 Armory - County Champs	2018
6'2"	Danilo Romero	168 Armory - County Champs	2018
6'0"	Luke Reinke	168 Armory - County Relays	2019
6'0"	Arthur Dunn	168 Armory - Spiked Shoe	2019
6'0"	Ray Harada	Toms River - State Group IV	2017
6'0"	Michael Thurston	168 Armory - County Relays	2016
6'0"	Michael Zeno	168 Armory - County Champs	2014

Long Jump:

23'5 1/2"	Craig Halyard	Annapolis - Indoor Nationals	1989
22'3 1/4"	Gabe Knutson	168 Armory - League Champs	2004
21'8 1/4"	Ted Winfield	168 Armory - Varsity Classic	1998
20'1 1/2"	Brian Climente	168 Armory - County Champs	2006
20'1 1/4"	Ray Harada	168 Armory - County Champs	2016
20'1"	Jason Chun	168 Armory - Varsity Classic	2018
20'0 1/4"	Richardson Dudley	168 Armory - County Champs	2010
19'10"	Danilo Romero	168 Armory - County Relays	2018
19'9"	Luke Reinke	168 Armory - County Champs	2019
19'6 1/2"	PJ Sanchez	168 Armory - Spiked Shoe	2020
19'6"	Akira Monri	RCC - Ridgewood Winter Games II	2008

Ridgewood High School Boys Indoor All-Time List

Athlete:

Meet:

Year:

Triple Jump:

49' 6 1/2"	Craig Halyard	Princeton - Easterns	1989
45'9 1/2"	Gabe Knutson	168 Armory - Varsity Classic	2004
44'8"	Evan Bartlik	168 Armory - Indoor Nationals	2012
44'4 1/2"	Andrew Dolgin	168 Armory - League Champs	2000
43'2"	Max Bartlik	168 Armory - Easterns	2017
42'5 1/4"	Armand Punjabi	168 Armory - County Champs	2015
42'1 1/2"	Akira Monri	168 Armory - County Relays	2008
41'6"	PJ Sanchez	Ocean Breeze - League Champs	2020
41'3 1/2"	Danilo Romero	168 Armory - Track Universe	2017
41'2 1/4"	Tommy DeVita	168 Armory - County Relays	2010

Pole Vault:

15'0"	Gabe Knutson	168 Armory - Easterns	2004
14'6"	John Wisener	Toms River - State Group IV	2010
14'3 3/4"	Dan Cooper	Reno - PV Summit	2000
13'6"	Jason Theisen	168 Armory - County Champs	2020
13'6"	Ryan Vimba	Toms River - State Meet of Champs	2017
13'6"	Spencer Llerandi	Toms River - State Meet of Champs	2014
13'6"	Allan Wong	168 Armory - County Relays	2014
13'6"	Dylan Downing	168 Armory - County Champs	2013
13'3"	John Boylan		1983
13'3"	Jake Riccairdi	168 Armory - League Champs	2005
13'0"	Luke Gnospelius	Ocean Breeze - State Meet of Champs	2020
13'0"	Vahe Hagopian		1993

Shot Put:

54'9"	Eric Bryant	Saddle Brook	1981
53'6 1/2"	Patrick Rae	Annapolis - Indoor Nationals	1989
51'1 3/4"	Tom Vandalovsky	168 Armory - County Champs	2019
51'0 1/2"	J.D. Murdock	168 Armory - Varsity Classic	1998
50'5 1/2"	Spencer McAvey	168 Armory - League Champs	2016
49'6 1/2"	Austin Engelhardt	168 Armory - Varsity Classic	2018
48'11"	Kenny Ekert	168 Armory - County Champs	2016
46'11 1/2"	Steve Aboallah	168 Armory - Spiked Shoe	2006
45'3"	Leo Gregorio	Ocean Breeze - League Champs	2020
44'7 1/2"	Cole Patel	Toms River - State Sectionals	2020

Pentathlon:

3259	Gabe Knutson	168 Armory - County Champs	2004
3233	Max Bartlik	168 Armory - County Champs	2018
2989	Michael Zeno	168 Armory - County Champs	2014
2765	Ray Harada	168 Armory - County Champs	2017
2736	Danilo Romero	168 Armory - County Champs	2018
2585	Zack Stadulis	168 Armory - County Champs	2017
2550	Matt Beausoleil	168 Armory - County Champs	2010
2471	Luke Reinke	168 Armory - County Champs	2019

All-Decade Teams - 2020s

Girls

55m:

Ella Millstein (2021) 7.67
Josie Maasarani (2020) 7.73
Olivia Grace (2020) 7.76

200m:

Alysia Spencer (2021) 26.0
Olivia Grace (2021) 26.3
Ella Millstein (2021) 27.08 / 26.4

300m:

400m:

Olivia Grace (2021) 61.32
Lindsey Devir (2021) 62.98
Ella Millstein (2020) 63.82

600m:

800m:

Lucia Rabolli (2021) 2:18.94
Camryn Wennersten (2020) 2:20.39
AnnaMarie Tretola (2021) 2:23.4

1000m:

1600m:

Camryn Wennersten (2020) 4:57.20
AnnaMarie Tretola (2021) 5:08.91
Sarah Policano (2021) 5:10.35

Mile:

Camryn Wennersten (2020) 4:51.60

3200m:

Camryn Wennersten (2020) 10:43.72
Lily Williams (2020) 11:15.17
Olivia Shattuck (2020) 11:21.99

55HH:

Sara VandenAssem (2020) 8.67
Hannah Brodsky (2021) 8.99
Emma Reinke (2021) 9.3

200m Splits:

Josie Maasarani (2020) 26.90
Alysia Spencer (2021) 26.5
Ella Millstein (2020) 27.02
Olivia Grace (2021) 26.9

400m Splits:

Camryn Wennersten (2020) 59.69
Olivia Grace (2020) 61.40
Josie Maasarani (2020) 61.76
Lindsey Devir (2021) 62.32

800m Splits:

Camryn Wennersten (2020) 2:12.73
Lucia Rabolli (2021) 2:22.64
Lily Williams (2020) 2:23.88
Olivia Shattuck (2021) 2:25.8

1200m Splits:

Sarah Policano (2020) 3:48.02
Olivia Shattuck (2021) 3:53.48
AnnaMarie Tretola (2020) 3:54.06

1600m Splits:

Camryn Wennersten (2020) 4:52.45
AnnaMarie Tretola (2020) 5:11.76
Claire Hamlet (2021) 5:20.82
Lily Williams (2020) 5:22.36

Long Jump:

Sara VandenAssem (2020) 16'11"
Olivia Grace (2021) 16'3 1/4"
Hannah Brodsky (2021) 15'10"

Triple Jump:

Sara VandenAssem (2020) 35'2"
Emma Reinke (2021) 31'7"
Hannah Brodsky (2021) 31'4"

High Jump:

Ellie Veenhof (2020) 5'0"
Emma Reinke (2021) 4'6"
Anna Williams (2021) 4'6"
Beatrice Brassel (2021) 4'6"

Pole Vault:

Nicoletta Venizelos (2020) 10'0"
Maddie DeVera (2020) 9'6"
Ellie Veenhof (2020) 9'0"

Shot Put:

Emily Marr (2020) 30'5 1/2"
Eliza Kessler (2020) 29'11 1/4"
Hannah Otterstedt (2020) 23'3 3/4"

Pentathlon:

***2021 season was a series of outdoor polar bear meets**

All-Decade Teams - 2020s

Boys

55m:

Kwame Grant (2020) 6.87
Tahir Kenyatta (2021) 7.03
Ryan McKenna (2020) 7.06

200m:

Ryan McKenna (2021) 23.5
Kwame Grant (2020) 23.88
Lucas Barrales (2021) 24.07

300m:

400m:

Ryan Seaver (2020) 51.76
Ryan McKenna (2021) 52.14
Lucas Barrales (2021) 53.4

600m:

Ryan McKenna (2020) 1:27.10
Ryan Seaver (2020) 1:27.34

800m:

Mason Zamboldi (2020) 2:02.19
Jay Boogaert (2021) 2:02.6
Mick Barbi (2020) 2:03.59

1000m:

Mick Barbi (2020) 2:46.82

1600m:

Sean Fortunato (2021) 4:25.51
Quinn McCutcheon (2020) 4:33.28
Jay Boogaert (2020) 4:34.81

Mile:

3200m:

Jay Boogaert (2020) 9:46.57
Aidan Sheridan (2020) 9:57.16
Sean Fortunato (2021) 9:58.79

55HH:

Red Kossick (2021) 8.37
PJ Sanchez (2020) 8.41
Dexter DeMarco (2021) 8.96

200m Splits:

Ryan McKenna (2020) 23.29
Lucas Barrales (2021) 23.6
Racine Ly (2021) 23.9
Kwame Grant (2020) 24.37

400m Splits:

Ryan McKenna (2021) 51.44
Lucas Barrales (2020) 52.20
Ryan Seaver (2020) 52.63
Kwame Grant (2020) 53.5

800m Splits:

Aidan Sheridan (2020) 1:59.67
Jay Boogaert (2020) 2:00.39
Ryan Seaver (2020) 2:01.57
Quinn McCutcheon (2021) 2:03.7
Mason Zamboldi (2020) 2:03.82

1200m Splits:

Aidan Sheridan (2020) 3:16.18
Jay Boogaert (2021) 3:17.48
Quinn McCutcheon (2020) 3:26.31

1600m Splits:

Jay Boogaert (2020) 4:30.64
Sean Fortunato (2021) 4:35.01
Aidan Sheridan (2020) 4:37.71
Taylor Barnabic (2020) 4:45.75

Long Jump:

PJ Sanchez (2020) 19'6 1/2"
Red Kossick (2021) 18'10 1/4"
Jake Stadulis (2020) 17'9"

Triple Jump:

PJ Sanchez (2020) 41'6"
Red Kossick (2021) 38 5 1/4"
Jake Stadulis (2020) 37'3"

High Jump:

Arthur Dunn (2020) 5'8"
Red Kossick (2020) 5'2"
Matt Aono (2021) 5'0"
PJ Sanchez (2020) 5'0"
Lucas Barker (2020) 5'0"

Pole Vault:

Jason Theisen (2020) 13'6"
Luke Gnospelius (2020) 13'0"
Ryan Pfund (2020) 11'0"
Peter Scott (2020) 11'0"

Shot Put:

Leo Gregorio (2020) 45'3"
Cole Patel (2020) 44'7 1/2"
Luke Otterstedt (2020) 42'3"

Pentathlon:

*2021 season was a series of outdoor polar bear meets

All-Decade Teams - 2010s

Girls

55m:

Katherine Muccio (2018) 7.23
Isabel Park (2016) 7.73
Victoria Purritano (2018) 7.74

200m:

Katherine Muccio (2019) 25.67
Victoria Purritano (2018) 26.7
Micaela McPadden (2011) 27.2

300m:

Katherine Muccio (2017) 40.9
Micaela McPadden (2012) 42.2
Victoria Purritano (2017) 43.6

400m:

Katherine Muccio (2018) 58.66
Micaela McPadden (2013) 58.71
Victoria Purritano (2018) 60.66

600m:

Hanako Shigenobu (2012) 1:39.8
Micaela McPadden (2013) 1:40.5

800m:

Micaela McPadden (2013) 2:18.67
Virginia Morley (2018) 2:19.37
Hanako Shigenobu (2012) 2:21.89

1000m:

Hanako Shigenobu (2012) 3:02.8
Meghan Adams (2015) 3:11.3
Caroline McCormack (2018) 3:15.8

1600m:

Camryn Wennersten (2019) 4:59.73
Olympia Martin (2017) 5:03.26
Catherine Pagano (2012) 5:07.17

Mile:

Camryn Wennersten (2019) 4:56.59
Carleen Jeffers (2015) 5:12.53
Caroline Davidson (2012) 5:15.02

3200m:

Olympia Martin (2016) 10:41.29
Camryn Wennersten (2019) 10:44.19
Sam Halvorsen (2016) 10:44.29

55HH:

Sarah DeVita (2011) 8.40
Victoria Purritano (2019) 8.61
Katherine Muccio (2018) 8.62

200m Splits:

Katherine Muccio (2018) 24.7
Micaela McPadden (2013) 26.2
Victoria Purritano (2018) 26.6
Sara VandenAssem (2019) 26.8

400m Splits:

Katherine Muccio (2018) 56.80
Micaela McPadden (2013) 58.4
Victoria Purritano (2019) 61.0
Lauren Monerat (2015) 61.34

800m Splits:

Caroline Davidson (2011) 2:18.5
Micaela McPadden (2013) 2:18.7
Hanako Shigenobu (2012) 2:19.9
Meghan Adams (2018) 2:20.37

1200m Splits:

Sam Halvorsen (2016) 3:42.9
Evelyn Kotch (2018) 3:43.84
Caroline Davidson (2012) 3:46.2
Hanako Shigenobu (2011) 3:47.9

1600m Splits:

Camryn Wennersten (2019) 4:58.90
Olympia Martin (2016) 5:01.5
Catherine Pagano (2012) 5:05.5
Carleen Jeffers (2015) 5:08.8

Long Jump:

Victoria Purritano (2019) 17'3"
Katie McKeon (2015) 16'9 1/2"
Sarah DeVita (2011) 16'8 3/4"

Triple Jump:

Sara VandenAssem (2019) 35'9 1/2"
Sarah DeVita (2011) 34'7 3/4"
Kayla Polcari (2011) 33'10 1/4"

High Jump:

Ellie Veenhof (2019) 5'4"
Sarah DeVita (2011) 5'4"
Lizzie Veenhof (2019) 5'3"

Pole Vault:

Kayla Polcari (2011) 12'3"
Nicole Lester (2018) 11'6"
Mimi DeVita (2012) 11'1"

Shot Put:

Lexi Uzoaru (2017) 38'9"
Michelle Carey (2018) 31'5"
Maya Halvorsen (2019) 28'8"

Pentathlon:

Sarah DeVita (2011) 3,267
Kerry Callaghan (2016) 2,632
Katie McKeon (2014) 2,609

All-Decade Teams - 2010s

Boys

55m:

Jake Sabatini (2014) 6.67
Matt Tai (2018) 6.69
Kobi Grant (2017) 6.69

200m:

Kobi Grant (2017) 22.8
Jake Sabatini (2014) 23.0
Alex Ruhl (2019) 23.34

300m:

InSoo Hwang (2010) 35.8
Kobi Grant (2017) 36.4
Matt Tai (2017) 36.4

400m:

InSoo Hwang (2011) 51.40
Juan Llinas (2011) 51.66
Macky Schoff (2012) 52.03

600m:

Michael Thurston (2016) 1:20.1
Storm Dublirer (2013) 1:24.2
Juan Llinas (2011) 1:24.4

800m:

Michael Thurston (2016) 1:55.2
Luke Dublirer (2014) 1:57.68
Will Baginski (2018) 1:58.94

1000m:

Levi Jennings (2012) 2:32.5
Will Ades (2012) 2:36.0
Billy Byrne (2016) 2:40.6

1600m:

Will Baginski (2019) 4:12.90
Levi Jennings (2011) 4:22.04
Billy Byrne (2017) 4:22.76

Mile:

Will Baginski (2019) 4:16.87
Luke Dublirer (2014) 4:23.81
Brian Cleary (2010) 4:27.66

3200m:

Will Baginski (2019) 9:30.97
Travis Spicer (2012) 9:33.81
Billy Byrne (2016) 9:35.41

55HH:

InSoo Hwang (2011) 7.76
Kevin Chung (2013) 7.82
Matt Beausoleil (2011) 7.86

200m Splits:

Jake Sabatini (2014) 22.1
Matt Tai (2018) 22.5
Kobi Grant (2017) 22.7
InSoo Hwang (2010) 22.7
Alex Ruhl (2019) 22.8
Domenic Boresta (2014) 22.8

400m Splits:

InSoo Hwang (2010) 49.7
Michael Thurston (2016) 49.8
Will Baginski (2019) 49.9
Luke Dublirer (2014) 50.6
Jake Sabatini (2013) 50.6

800m Splits:

Michael Thurston (2016) 1:51.86
Will Baginski (2019) 1:53.53
Luke Dublirer (2014) 1:54.6
David Frering (2014) 1:56.1

1200m Splits:

Levi Jennings (2011) 3:06.9
Sid Wagh (2018) 3:11.32
David Frering (2014) 3:11.1
Nick Salamone (2013) 3:11.6

1600m Splits:

Will Baginski (2018) 4:16.26
Patrick Rynkowski (2011) 4:19.8
Luke Dublirer (2014) 4:24.8
Brian Cleary (2010) 4:25.7

Long Jump:

Ray Harada (2016) 20'1 1/4"
Jason Chun (2018) 20'1"
Richardson Dudley (2010) 20'0 1/4"

Triple Jump:

Evan Bartlik (2012) 44'8"
Max Bartlik (2017) 43'2"
Armand Punjabi (2015) 42'5 1/4"

High Jump:

Tommy DeVita (2010) 6'8"
Max Bartlik (2018) 6'2"
Danny Romero (2018) 6'2"

Pole Vault:

John Wisener (2010) 14'6"
Ryan Vimba (2017) 13'6"
Spencer Llerandi (2014) 13'6"
Allan Wong (2014) 13'6"
Dylan Downing (2013) 13'6"

Shot Put:

Tom Vandalovsky (2019) 51'1 3/4"
Spencer McAvey (2016) 50'5 1/2"
Austin Engelhardt (2018) 49'6 1/2"

Pentathlon:

Max Bartlik (2018) 3,233
Michael Zeno (2014) 2,989
Ray Harada (2017) 2,765

All-Decade Teams - 2000s

Girls

55m:

Emily Barr (2008) 7.46
Erica Cigolini (2007) 7.48
Jackie Tyler (2004) 7.72

200m:

Erica Cigolini (2007) 26.1 / 26.42 (2006)
Alice Wisner (2007) 26.4
Jackie Tyler (2005) 27.8

300m:

Alice Wisener (2007) 40.8
Erica Cigolini (2007) 42.3
Emily Barr (2007) 42.9

400m:

Emily Barr (2008) 60.84
Victoria Oliva (2008) 63.90
Jenny Narvaez (2009) 64.24

600m:

Kate Michel (2008) 1:36.6
Cristina Law (2007) 1:36.6
Catherine Buckley (2009) 1:40.3

800m:

Cristina Law (2007) 2:16.55
Kate Michel (2008) 2:17.57
Stephanie Westernan (2005) 2:24.85

1000m:

Justine Lupo (2003) 3:03.0
Kelly Conheaney (2007) 3:04.7
Stephanie Westernan (2006) 3:06.18

1600m:

Kelly Conheaney (2007) 5:04.37
Clair Nowakowski (2001) 5:11.4
Justine Lupo (2004) 5:20.70

Mile:

Justine Lupo (2003) 5:20.94
Kelly Conheaney (2007) 5:22.57

3200m:

Meredith Jones (2005) 11:26.7
Christy Bertelsen (2008) 11:47.94

55HH:

Lara-Jane Que (2007) 8.25
Mia Martinez (2008) 8.73
Cassie Wong (2005) 9.30

200m Splits:

Erica Cigolini (2007) 25.3
Alice Wisener (2007) 25.7
Emily Barr (2007) 26.5
Victoria Oliva (2009) 26.7
Catherine Buckley (2009) 26.7

400m Splits:

Cristina Law (2007) 59.1
Alice Wisener (2007) 59.2
Kate Michel (2008) 59.3
Emily Barr (2008) 59.9

800m Splits:

Cristina Law (2007) 2:14.9
Kate Michel (2008) 2:17.4
Stephanie Westerman (2005) 2:19.6
Jess Kresja (2006) 2:20.3

1200m Splits:

Cristina Law (2007) 3:40.1
Stephanie Westerman (2005) 3:45.8
Justine Lupo (2003) 3:56.2
Becca Wells (2005) 4:05.4

1600m Splits:

Kelly Conheaney (2007) 5:04.3
Meredith Jones (2005) 5:17.6

Long Jump:

Brooke Bogart (2006) 16'11 3/4"
Cristina Law (2007) 16'10"
Emily Barr (2008) 16'8 3/4"

Triple Jump:

Sarah DeVita (2009) 34'7 3/4"
Brooke Bogart (2005) 34'2"
Robin Lee (2009) 34'0 3/4"

High Jump:

Haley Roche (2009) 5'0"
Cristina Law (2007) 4'11"
Sarah DeVita (2009) 4'10"
Mia Martinez (2005) 4'10"

Pole Vault:

Anne Polcari (2008) 11'5 3/4"
Cassie Wong (2006) 10'7 1/2"
Kayla Polcari (2009) 9'6"
Ramelle Brown (2009) 9'6"
Robin Lee (2009) 9'6"
Kerri Norton (2004) 9'6"

Shot Put:

Meghan Gonzalez (2009) 34'7"
Lara-Jane Que (2007) 30'2"
Berit Nelson (2004) 29'7"

Pentathlon:

Cristina Law (2007) 3,184
Sarah DeVita (2009) 2,697

All-Decade Teams - 2000s

Boys

55m:

Chris Zeigler (2007) 6.64
Akira Monri (2008) 6.70
Max Witt (2009) 6.72

200m:

Akira Monri (2008) 23.0
John Moody (2006) 23.9
Andrew Genova (2005) 23.9
InSoo Hwang (2009) 23.9
Max Witt (2009) 23.9

300m:

Akira Monri (2008) 36.4
InSoo Hwang (2009) 36.6
Dan Cooper (2000) 36.7

400m:

Akira Monri (2008) 51.4
Chris Zeigler (2007) 52.50
Steve Pierce (2006) 53.1

600m:

Josh Kauke (2000) 1:21.4
Niall Buckley (2007) 1:22.3
Jeremy Schmidt (2006) 1:24.7

800m:

Josh Kauke (2000) 1:54.1
Niall Buckley (2005) 1:56.9
Byron Williams (2005) 1:58.44

1000m:

Niall Buckley (2007) 2:30.4
Byron Williams (2005) 2:34.0
David Maher (2004) 2:35.2

1600m:

Ari Zamir (2004) 4:18.40
Michael Cator (2006) 4:21.9
Byron Williams (2006) 4:24.3

Mile:

Ari Zamir (2004) 4:15.73
Byron Williams (2006) 4:18.83
Michael Cator (2006) 4:19.73

3200m:

Dan Emont (2007) 9:21.1
Taro Shigenobu (2009) 9:27.20
Ari Zamir (2004) 9:32.7

55HH:

Akira Monri (2008) 7.64
John Moody (2006) 7.8
Luke Cichocki (2007) 7.9

200m Splits:

Chris Zeiglar (2007) 22.4
Akria Monri (2007) 23.1
Niall Buckley (2007) 23.1
Zack Ontiveros (2007) 23.4
InSoo Hwang (2009) 23.4
Matt Grundy (2009) 23.4

400m Splits:

Chris Zeigler (2007) 49.9
Akira Monri (2008) 50.6
Niall Buckley (2007) 50.6
Jeremy Schmidt (2006) 51.4

800m Splits:

Byron Williams (2006) 1:54.8
Christian Trautwein (2008) 1:55.4
Ari Zamir (2004) 1:57.1
Niall Buckley (2007) 1:57.3

1200m Splits:

Byron Williams (2005) 3:07.2
Niall Buckley (2007) 3:09.2
Michael Cator (2006) 3:09.9
Erik Nygaard (2004) 3:10.9

1600m Splits:

Taro Shigenobu (2009) 4:17.3
Ari Zamir (2004) 4:17.9
Michael Cator (2005) 4:20.2
Byron Williams (2005) 4:20.9

Long Jump:

Gabe Knutson (2004) 22'3 1/4"
Brian Climente (2005) 20'1 1/2"
Tommy DeVita (2009) 19'4"

Triple Jump:

Gabe Knutson (2004) 45'9 1/2 "
Andrew Dolgin (2000) 44'4 1/2"
Akira Monri (2008) 42'1 1/2"

High Jump:

Tommy DeVita (2009) 6'2"
Brian Davis (2004) 6'0"
Gabe Knutson (2004) 5'8"
Luke Cichocki (2008) 5'8"

Pole Vault:

Gabe Knutson (2004) 15'0"
Dan Cooper (2000) 14'3 3/4"
Jake Riccairdi (2005) 13'3"

Shot Put:

Steve Pierce (2006) 45'10"
Gabe Knutson (2004) 43'2 1/4"
Neal Kovach (2003) 40'11 3/4"

Pentathlon:

Gabe Knutson (2004) 3,259

All-Decade Teams - 1990s & 1980s

(work in progress)

1990s Girls

1600m:

Meg McDermott (1999) 5:12.82
Celeste Sedo (1998) 5:13.22

1980s Boys

1000m:

Chris Rae (1987) 2:32.06

1600m:

Eric Bernstein (1987) 4:31.29

Mile:

Chris Rae (1987) 4:25.7

3200m:

Eric Bernstein (1987) 9:39.38

1200m Splits:

Chris Sullivan (1985) 3:07.2

1980s Girls

Mile:

Margaret Scutro (1985) 4:56.53

200m Splits:

Jen McDermott (1988) 27.8*

Laura Pollaci (1988) 28.6*

*converted from yards

800m Splits:

Lynn Collazo (1988) 2:18.5

Jen Hughes (1988) 2:19.8

Beth Pringle (1983) 2:21.0

Jean Hughes (1988) 2:24.5

1600m Splits:

Patti Mileski (1983) 4:52.7*

Jean Hughes (1989) 5:05.0*

Jen Hughes (1988) 5:11.0*

*converted from yards

1000m:

Margaret Scutro (1985) 2:47.44

55HH:

Sheryl van der Schyff (1988) 8.63

400m Splits:

Ginny Figlar (1988) 58.4

Liz Ross (1985) 61.5*

Kerri Reilly (1988) 61.7

Jen McDermott (1988) 61.8

*converted from yards

1200m Splits:

Mary Ellen Mileski (1983) 3:35.7

Jean Hughes (1988) 3:47.4*

*converted from yards

High Jump:

Jennifer Wrubel (1988) 5'0"

Sheryl van der Schyff (1988) 4'10"