



1988

**CROSS COUNTRY
TEAM BOOK**

**RESULTS
COURSE LISTS
HONORS
AND
PHOTOGRAPHS**

1988 GIRL'S CROSS COUNTRY

COACH: JACOB BROWN

FROSH: MIKE CLYNN

TEAM RECORD:

<u>DUAL MEETS</u>	<u>4 WINS</u>
PARAMUS CATHOLIC	18-45
PASSAIC	23-36
EASTSIDE (incomplete team)	
CLIFTON	15-40
TEANECK	15-48

<u>CHAMPIONSHIP MEETS</u>	<u>4 WINS</u>
BULL DOG INVITATIONAL	1 ST
SHORE COACHES INV.	3 RD
MANHATTAN COLLEGE INV.	6 TH
RIDGEWOOD INVITATIONAL	4 TH
BERGEN GROUP IV	1 ST
N.N.J.I.L. CHAMPS	1 ST
BERGEN CHAMPIONSHIP	1 ST
STATE SECTIONAL NIGRIV	2 ND
N.J. STATE GROUP IV	12 TH

TEAM MEMBERS

SENIORS

- JEAN HUGHES * CAPT 1ST TEAM BERGEN
- LYNNE COLLAZO * CAPT 1ST TEAM BERGEN
- CAROLYN O'BRIEN *
- ~~MISSY~~
- SHEELYN MARKER *
- JANET TITUS *
- NICOLE MACLENNAN *

SOPHOMORES

- ANN BURTON
- LIZ FIGLAR *
- EILEEN MORITZ
- STEPH KANE *
- JENNY SCHWARTZ
- AMY TITUS

JUNIORS

- HEATHER FITZGERALD *
- JEN BAUMAN *
- JESSICA SCADRON

FROSH

- LISA DE CASTRO
- ADRIENNE REID

* = LETTER WINNER



US Olympic Training Center



CROSS COUNTRY 1988

JEAN HUGHES	652-5139	200 OAK STREET	12
LYNNE COLLAZO	445-0314	523 VAN BUREN ST	12
CAROLYN O'BRIEN	444-8814	74 NORTH MURRAY AVE	12
MARGARET OSTLING	445-4795	280 HILLCREST Rd	12
SHEELYN MARKER	444-1707	235 HAMILTON Rd	12
JANET TITUS	652-1268	529 VAN BUREN ST	12
NICOLE MACLENNAN	447-3710	24 N. HILLSIDE Place	12
HEATHER FITZGERALD	670-8710	202 N. WALNUT ST	11
JEN BAUMAN	447-2332	331 KENILLWORTH Rd.	11 TH
ANN BURTON	447-5110	123 LIBERTY ST.	10
LIZ FISLAR	652-5055	366 SHELBOURNE TERRACE	10 TH
EILEEN MORITZ	447-2370	677 ARCADIA Rd	10 TH
STEPHANIE KANE	652-5923	176 OAK STREET	10 TH
JESSICA SCADRON	670-8825	805 NEWCOMB Rd	11 TH
JENNY SCHWARTZ	447-1574	30 CIRCLE AVE.	10 TH
LISA DE CASTRO	444-4620	576 WEST BROOK Rd	9 TH
Amy TITUS	652-1268	529 VAN BUREN ST	10
MICHELE FLINN	445-0924		10
ADRIENNE REID	445-6815	139 CLAREMONT ROAD	9

RIDGEWOOD HIGH SCHOOL
 WOMEN'S CROSS COUNTRY SCHEDULE
 FALL 1988

<u>D A T E</u>	<u>E V E N T</u>	<u>HOME OR AWAY</u>	<u>P L A C E</u>
September 16 - 17 - 18	Mountain Training Weekend		Sugarbush
September 22 (Thursday)	Montclair Dual Meet	Away	
September 27	Paramus Catholic	Away	
October 1 (Saturday)	Shore Coaches Invitational	Away	Holmdale Park
October 4	Eastside & Passaic Tri Meet	Home	Vets Field
October 8	MANHATTAN "The Biggest & The Best"		Van Courtland Park
October 11	Clifton & Kennedy Tri Meet	Away	Garrett Mountain
October 15	Ridgewood Invitational-Williamsport Visit		Veterans Field
October 18	Teaneck Dual Meet	Home	Vets Field
October 22	Bergen County Group IV		Garrett Mountain
October 25	N.N.J.I.L. Championships		Garrett Mountain
October 29	Bergen County Championships		Garrett Mountain
November 4	Freshman and J.V. Sectional		Garrett Mountain
November 5	State Sectional Championships		Garrett Mountain
November 12	State Group IV Championships		Holmdale Park
November 19	State Championship		Holmdale Park
November 26	Kinney Regional		Van Courtland Park
December 10	Kinney Finals		San Diego
	? Junior Olympics ?		

Team Dinners: 9/30, 10/14, 10/28, 11/11, 11/18

Cross Country End of Season Party - Friday, December 2nd

JB:rsm
 9/13/88

Bulldog puts runners on par

By Paul Schwartz
Correspondent

PARAMUS — Many Bergen and Passaic cross-country leagues, county, and invitational championships are held at Garret Mountain. But another course in Bergen County, the Bergen Community College course at Orchard Hills Golf Club, will enhance its reputation Saturday with the Bulldog Invitational.

It's the eighth Bulldog Invitational, but only the fourth at BCC. The meet was run at Garret Mountain the first four years until BCC track and cross-country coach Don Bozzone received permission to move the race to the college.

"We always wanted to run it there, but because its on a functioning golf course, we couldn't make arrangements the first few years," said Bozzone. "But the people at the course have graciously helped us the rest of the time

and they've even supplied me with a golf cart.

"The footing is very good, because the runners run over a lot of fairways. And it's not boring because there are a lot of turns and hills. The spectators can get a good look at the runners here as well."

In the three previous years, some of the top runners in New Jersey have competed on the course. Cesar Gaudin of Union Hill, the 1986 Group 3 champion set the boys course record of 15 minutes, 41.5 seconds in 1986. Group 2 girls champion Christi Constantin of Kittatinny won her second consecutive title last year, setting a course record of 18:31.8.

Constantin returns this year and should easily break her course record for the third consecutive year. The senior is also favored to win the New Jersey state scholastic title this year.

Defending team champions

Paramus Catholic (Boys A), River Dell (Boys B), Hackensack (Girls A), and Horace Mann (Girls B) return to the meet. Paramus Catholic and Horace Mann are expected to contend for the title this year.

Mark Bednarz of Paramus Catholic is expected to win the race this year and perhaps challenge Gaudin's record. Defending champion Rich Wisse of Saddle Brook will miss the B race because he's recovering from an emergency appendectomy, but Rob Lipchus of Rutherford and Steve Samouhos of Fort Lee should be among

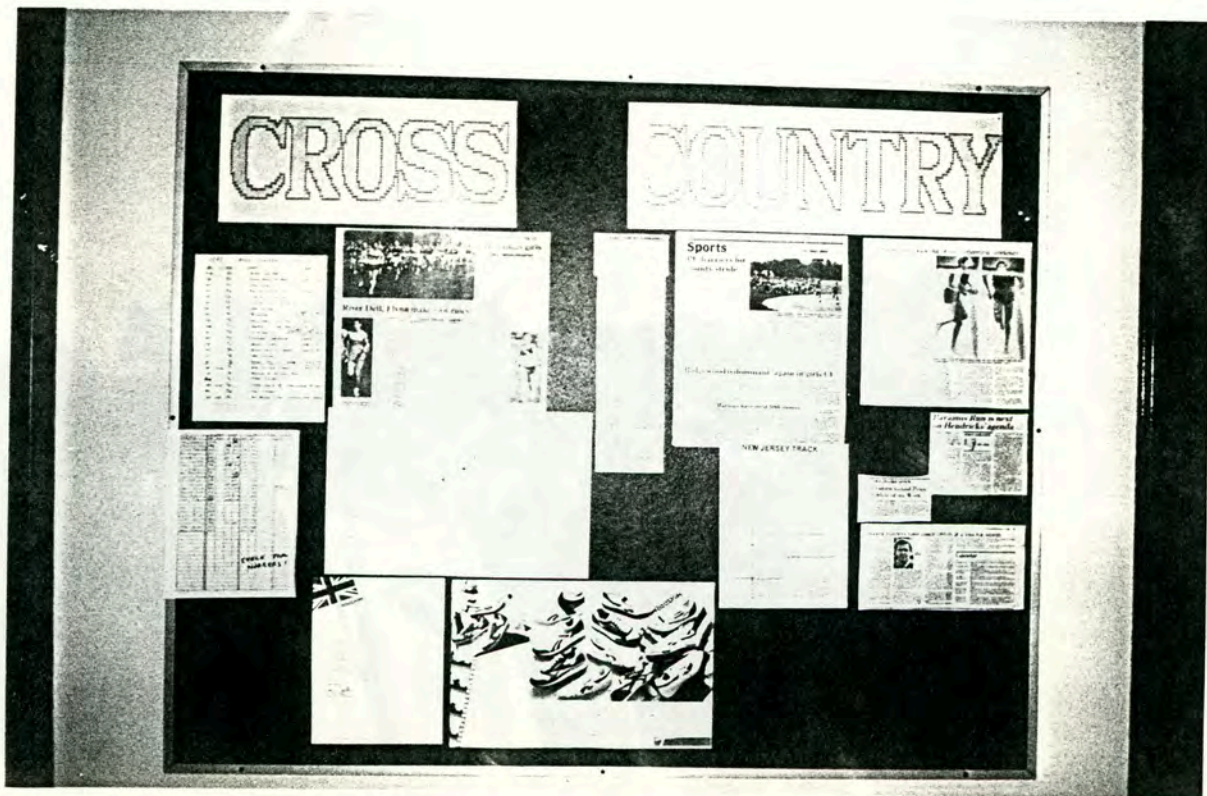
the leaders.

Ridgewood should win the Girls B race with Jean Hughes and Lynne Collazo contending for the individual title. Constantin could run fast enough in the Girls B race to finish in the top 10 of the Boys B race.

In other meets, Morris Catholic's R.J. Ryerson, who won impressively at last week's Season Opener at Garret, will challenge defending state champion Jason DiJoseph of Paul VI Haddonfield at the Philadelphia Textile Invitational at Fairmount Park in Philadelphia.

with golfers

Fri. Sept. 23, 1988



CROSS-COUNTRY SUMMARIES

Bulldog Invitational

VARSIY A BOYS

Team scoring

Paramus Catholic 54, Union Hill 90, Paramus 102, Eastside 136, Edison 150, St. Peter's 215, Dumont 221, Passaic Tech 224, Memorial 238, Pascack Hills 241, Union 288, St. Joseph Regional 299, Teaneck 301, Ramapo 307, Passaic 315, Bergenfield 456, Queen of Peace 470.

1. Mark Bedn	Paramus Catholic	16:30.
2. Carlos Roc	z, Union Hill	16:38.
3. Dave Pata	Paramus Catholic	16:46.
4. Victor Torres,	Union Hill	16:51.
5. Rich Flores,	Eastside	16:54.
6. Mike Lilley,	Paramus Catholic	16:55.
7. Lorenzo Tosado,	Memorial	17:07.
8. Rob Seidel,	Paramus	17:10.
9. Sherwin Tann,	Passaic Tech	17:22.
10. Jeff Finkel,	Union	17:24.
11. Ed Eder,	Fair Lawn	17:27.
12. Shawn Fyffe,	Passaic	17:28.
13. Jason Barnes,	Paramus	17:28.
14. Tom Faiano,	St. Peter's Prep	17:35.
15. Mike Collins,	Dumont	17:36.
16. John Sheehan,	St. Peter's Prep	17:37.
17. Darryl Tann,	Passaic Tech	17:39.
18. Clayton Borcha	Paramus Catholic	17:40.
19. Brian Long,	N. Bergen	17:40.
20. Chris LaCroix,	Union	17:46.
21. John Nugent,	Paramus	17:46.
22. Lawrence Topor,	Pascack Hills	17:50.
23. Richie Abreu,	Union Hill	17:51.
24. Gerard Sullivan,	Paramus	17:52.
25. Al Buffong,	Edison	17:52.

VARSIY B BOYS

Team scoring

St. Benedict's 90, Rutherford 91, River Dell 146, Wood-Ridge/Hasbrouck Heights 169, Dover 174, Kiltatlinny 181, Paterson Catholic 205, Emerson 212, Bogota 226, Garfield 230, Englewood 243, Wallkill Valley 281, Leonia 287, Harrison 311, Palisades Park 317, Ridgefield Park 320, DePaul 377, Paul VI 463.

1. Steve Samouhos,	Fort Lee	16:50.3.
2. Brian Morrow,	WR/HH	17:02.4.
3. Rob Mitchell,	Englewood	17:20.6.
4. Adam Vincze,	Garfield	17:21.4.
5. Jason Russell,	R.	17:27.4.
6. Nuno Santo,	St. Benedict's	17:30.0.
7. Rob Clifton,	Rutherford	17:32.4.
8. Jamar Scott,	St. Benedict's	17:34.0.
9. Andy Karcz,	Garfield	17:34.5.
10. Kiery Jackson,	Paterson Catholic	17:35.1.

11. Kevin Ryan,	Bogota	17:35.7.
12. Paul Capuzzo,	Emerson	17:36.2.
13. Colin McNamara,	Emerson	17:36.6.
14. Mike Hill,	Kiltatlinny	17:37.2.
15. Carlos Callera,	Harrison	17:37.7.
16. Tom Penna,	WR/HH	17:39.4.
17. Dan Henkel,	Secaucus	17:51.2.
18. Charles Austin,	St. Benedict's	17:52.0.
19. Kevin Miller,	River Dell	17:54.7.
20. Lys Hutton,	Paterson Catholic	17:55.3.
21. Jon Levine,	River Dell	17:56.0.
22. Mophi Sutton,	St. Benedict's	17:57.1.
23. George Morril,	Dover	17:57.8.
24. Dave Benson,	Dover	17:59.8.
25. James Erwin,	Englewood	18:07.0.

VARSIY A GIRLS

Team scoring

Ridgewood 47, Passaic 59, Dumont 91, Edison 110, St. Dominic's Academy 111, Union 147, Pascack Hills 158, Bergenfield 192, Paramus Catholic 221.

1. Jean Hughes,	Ridgewood	19:18.
2. Gail Nunez,	Passaic	19:36.
3. Melissa Wyka,	Fair Lawn	20:08.
4. Nadine Nunez,	Passaic	20:23.
5. Lynne Collazo,	Ridgewood	20:33.
6. Liane Sullivan,	SDA	20:44.
7. Vickee Foy,	Paramus	20:53.
8. Kathy McAuliffe,	Dumont	21:06.
9. Sephora Castro,	Union Hill	21:12.
10. Gina Calleo,	Union	21:38.
11. Chris Willard,	Edison	21:39.
12. Liz Figlar,	Ridgewood	21:40.
13. Carmel Geraghty,	Paramus Catholic	21:47.
14. Michelle Felix,	Queen of Peace	22:01.
15. Carolyn O'Brien,	Ridgewood	22:01.
16. Tiffany Crennel,	Pascack Hills	22:05.
17. Colleen Doyle,	Bergenfield	22:10.
18. Jeanette Rodriguez,	Union Hill	22:13.
19. Mary Ann Jeske,	Fair Lawn	22:14.
20. Stacey Grimm,	Tenafly	22:15.
21. Ann Kane,	Fair Lawn	22:16.
22. Lisa Grimaldi,	Dumont	22:16.
23. Laura Albro,	Paramus	22:25.

VARSIY B GIRLS

Team scoring

Saddle Brook 67, Kiltatlinny 77, Palisades Park 84, Horace Mann 85, River Dell 86, Immaculate Heart Academy 142, Rutherford 161, Englewood 166.

1. Christl Constantin,	Kiltatlinny	18:02.4.*
2. Krissy Nuccitelli,	Saddle Brook	20:45.1.
3. Johanna Altman,	Dover	21:01.4.
4. Gina Fedorchak,	Garfield	21:08.1.



RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BULLDOGS
 DATE SEPTEMBER 24
 WEATHER BEAUTIFUL

COURSE BERGEN COMMUNITY COLLEGE
 COURSE RECORD 18:02.4 ^{CONSTANTIN} _{9/24/88}
 TYPE OF COURSE GRASS HILL + DALE

Varsity

place	RHS	NAME	TIME
1		JEAN HUGHES	19:18
5		LYNNE COLLAZO	20:33
12		LIZ FIGLAR	21:40
15		CAROLYN O'BRIEN	22:01
33		STEPHANIE KANE	23:08
40		HEATHER FITZGERALD	23:28
59		JANET TITUS	25:21

TEAM TOTAL: 47 PTS

TEAM PLACE: 1ST PLACE

1-5 SPLIT: 3:50

1-7 SPLIT: 6:03 (5:11)

COMMENTS: 21 TEAMS ENTERED

FROM LAST YEARS TIMES JEAN IMPROVED 39 sec, LYNNE 37 sec, CAROLYN 1 min 32 sec, HEATHER 1 min 8 sec.

Varsity A Girls
 Team scoring

Ridgewood 47, Passaic 59, Dumont 91, Edison 110, St. Dominic's Academy 111, Union 147, Pascack Hills 158, Bergenfield 192, Paramus Catholic 221.	
1. Jean Hughes, Ridgewood	19:18
2. Gail Nunez, Passaic	19:36
3. Melissa Wyka, Fair Lawn	20:08
4. Nadine Nunez, Passaic	20:23
5. Lynne Collazo, Ridgewood	20:33
6. Liane Sullivan, SDA	20:44
7. Vickee Foy, Paramus	20:53
8. Kathy McAuliffe, Dumont	21:06
9. Sephora Castro, Union Hill	21:12
10. Gina Calleo, Union	21:38
11. Chris Willard, Edison	21:39
12. Liz Figlar, Ridgewood	21:40
13. Carmel Geraghty, Paramus Catholic	21:47
14. Michelle Felix, Queen of Peace	22:01
15. Carolyn O'Brien, Ridgewood	22:01
16. Tiffany Crennel, Pascack Hills	22:05
17. Colleen Doyle, Bergenfield	22:10
18. Jeanette Rodriguez, Union Hill	22:13
19. Mary Ann Jeske, Fair Lawn	22:14
20. Stacey Grimm, Tenafly	22:15
21. Ann Kane, Fair Lawn	22:16
22. Lisa Grimaldi, Dumont	22:16
23. Laura Albro, Paramus	22:25

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BULL DOG

COURSE BERGEN COMMUNITY COLLEGE

DATE SEPTEMBER 24

COURSE RECORD _____

WEATHER BEAUTIFUL!

TYPE OF COURSE GRASS HILTDALE
(GOLF COURSE)

JUNIOR VARSITY

Overall place	place	RHS	NAME	TIME
	13 TH	7	JEN BAUMAN	24:29
		8	JESSICA SCADRON	24:45
		10	LISA DECASTRO	25:37
		11	EILEEN MORITZ	26:11
		12	JENNY SCHWARTZ	26:55
		13	ANN BURTON	28:16
		14	ADRIENNE REID	28:58
		15	AMY TITUS	29:27

TEAM TOTAL: **NO TEAM SCORE**

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

JEN IMPROVED 20 sec, Amy improved 14 sec.

JUNIOR VARSITY GIRLS	
1. Sue Haddad, Hackensack	22:21.0
2. Francia Rodriguez, Memorial	23:22.0
3. Carrie Blomquist, Ramapo	23:33.0
4. Debbie DePalma, North Bergen	23:43.0
5. Nancy Pino, Union Hill	23:44.0

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD vs PARAMUS CATHOLIC
 DATE 9/27/88
 TEAM RECORDS: R.H.S. 1 WIN
 P.C. 1 WIN 2 LOSES

DISTANCE 3.0
 COURSE RECORD 19:57
 COURSE CHARACTER ROLLING HILLS
GRASS + McADAM
 WEATHER WARM SUNNY

PLACE	NAME	SCHOOL	TIME
1.	LYNNE COLLAZO	RHS	19:57
2.	JEAN HUGHES	RHS	19:57
3.	CARMEL GERAGHTY	P.C.	21:07
4.	LIZ FIGLAR	RHS	21:15
5.	STEPHANIE KANE	RHS	21:30
6.	HEATHER FITZGERALD	RHS	22:04
7.	NICOLE McLENNAN	RHS	23:14
8.	JEN BAUMANN	RHS	24:01
9.	CHRISTY KRUG	P.C.	24:14
10.	JANET KEMPLE	P.C.	24:15
11.	LISA DE CASTRO	RHS	24:47
12.	SHEELYN MARKER	RHS	25:05
13.	LA LENA HESKE EILEEN MORITZ	P.C.	25:08
13.	EILEEN MORITZ	RHS	25:48
14.	JEN SCHWARTZ	RHS	26:13
15.	ZAKKY PROTOPSALTIS	P.C.	26:54
16.	AMY TITUS	RHS	27:09
17.	KAYE McINTYRE	P.C.	27:28
18.	JANICE DUCAT	P.C.	27:43
19.	MICHELLE KRAUSE	P.C.	28:29
20.			
21.			

SCORING	
R.H.S.	P.C.
1	3
2	9
4	10
5	(11)
6	(12)
FINAL SCORE:	
18	45

COMMENTS:

1-5 split 2:07
 1-7 split 4:04

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES C.C. INVITATIONAL COURSE HOLMDEL PARK

DATE OCTOBER 1ST 1988

COURSE RECORD 17:35.5 - JANET SMITH 1983

WEATHER HOT + HUMID

TYPE OF COURSE _____

VARSITY A RACE

Overall place	RHS	NAME	TIME
1		JEAN HUGHES	19:52
11		LYNNE COLLAZO	21:02
32		STEPH KANE	22:48
33		LIZ FIGLAR	22:49
38		HEATHER FITZGERALD	23:25
61		NICOLE MACLENNAN	24:38
84	8 TH	JEN BAUMAN	27:05

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT: 3:33

1-7 SPLIT:

COMMENTS: Jean's time places her 5TH on the RHS all time list.

Lynne moves to 13TH on the RHS Holmdel Course list.

Solid Running Day STEPH, LIZ, and Heather secured our 3RD place finish.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES

COURSE HOLMDEL PARK

DATE OCTOBER 1ST

COURSE RECORD _____

WEATHER HOTTER THAN VARSITY

TYPE OF COURSE _____

JUNIOR VARSITY RACE

place	RHS	NAME	TIME
59	7	JANET TITUS	26:40
66	9	EILEEN MORITZ	27:12
85	10	JEN SCHWARTZ	28:25
102	11	AMY TITUS	29:57
110	12	ADRIENNE REID	30:30
111	13	ANNE BURTON	30:33

TEAM TOTAL: 442

TEAM PLACE: 14TH

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: The absence of 6 team members hurt us in this race. Improved running by Amy + Adrienne were important for Ridgewood.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET MANHATTAN COLLEGE C.C. INV.

COURSE VAN CORTLANDT PARK

DATE OCTOBER 8TH 1988

COURSE RECORD 14:01.9 ^{ERIN KEOSH} LANGLEY, VA.

WEATHER RAIN + COLD + WIND

TYPE OF COURSE HILLS + PATHS

VARSITY D RACE

place	RHS	NAME	TIME
2		JEAN HUGHES	15:59.8
23		LIZ FIGLAR	17:31.7
53		NICOLE MACLENNAN	18:46
58		HEATHER FITZGERALD	19:03
62		JANET TITUS	19:18
90	(8)	EILEEN MORITZ	20:30
93	(9)	JEN BAUMAN	20:48

TEAM TOTAL: 198

TEAM PLACE: 6TH OF 31

1-5 SPLIT: 3:18

1-7 SPLIT: 4:48

COMMENTS: THE BRIGHT SPOTS ON THIS BAD DAY FOR RHS:
LIZ FIGLAR'S CONTINUED SOLID RUNNING, NICOLE MACLENNAN'S
IMPROVEMENT, AND EILEEN MORITZ BEST VARSITY FINISH.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET MANHATTAN

COURSE VAN CORTLANDT PARK

DATE OCTOBER 8TH

COURSE RECORD _____

WEATHER RAIN COLD WIND

TYPE OF COURSE _____

J.V. B RACE

place	RHS	NAME	TIME
16	6	SHEELYN MARKER	19:40
35	7	LISA DE CASTRO	20:29
66	10	AMY TITUS	22:41
76	11	ADRIANNE REID	(CLOCK TURNED OFF)

TEAM TOTAL: DUE TO MUCH SICKNESS AND INJURY WE DID NOT
 HAVE A COMPLETE TEAM. FIRST TIME IN A LONG
 TIME WE HAD THIS HAPPEN.

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD vs CLIFTON
 DATE OCTOBER 11TH 1988
 TEAM RECORDS: R.H.S. _____

DISTANCE 5,000 METERS
 COURSE RECORD _____
 COURSE CHARACTER GARRETT MOUNTAIN
 WEATHER BEAUTIFUL

PLACE	NAME	SCHOOL	TIME
1.	JEAN HUGHES	RHS	22:04
2.	LYNNE COLLAZO	RHS	22:04
3.	JANET TITUS	RHS	23:07
4.	LIZ FIGLAR	RHS	23:08
5.	HEATHER FITZGERALD	RHS	23:25
6.	TORRES	C	23:45
7.	COX	C	23:47
8.	GORZELARG	C	23:48
9.	WALSH	C	23:59
10.	FARINAS	C	24:22
11.	NICOLE MACLENNAN	RHS	24:34
12.	CASEY	C	24:37
13.	SUSAN	C	25:09
14.	EILEEN MORITZ	RHS	25:56
15.	RELCHER	C	26:16
16.	LISA DE CASTRO	RHS	26:49
17.	BUTONJA	C	26:50
18.	JEN BAUMAN	RHS	27:22
19.	SHEELYN MARKER	RHS	27:28
20.	AMY TITUS	RHS	27:36
21.	JEN SCHWARTZ	RHS	28:20
22.	SCHAFFLES	C	28:34
23.	MARGARET OSTLING	RHS	28:43
24.	ADRIENE REID	RHS	32:20

SCORING	
R.H.S.	CLIFTON
1	6
2	7
3	8
4	9
5	10
FINAL SCORE:	
15	40

COMMENTS:

GOOD RUNNING UP FRONT
 NOT SO FAST RUNNING IN
 THE BACK. WE LEARNED
 GARRETT MOUNTAIN AND
 WILL RUN MUCH FASTER
 IN TWO WEEKS.
 KENNEDY H.S. DID NOT
 HAVE A TEAM AND DOES
 NOT COUNT AS A MEET

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE VETS FIELD CHAMPIONSHIP

DATE OCTOBER 15TH

COURSE RECORD 18:14.2 Missy Duchini 1983

WEATHER SUNNY + WARM

TYPE OF COURSE FIAT-GRASS-SAND

VARSITY "C"

place	RHS	NAME	TIME
7		JEAN HUGHES	19:33
8		LYNNE COLLAZO	19:37
24		LIZ FIGLAR	20:50
42		HEATHER FITZGERALD	22:09
43		NICOLE MACLENNAN	22:13
50		JANET TITUS	22:33
75	(10)	JEN BAUMAN	24:42

TEAM TOTAL: 124 4TH PLACE

TEAM PLACE:

1-5 SPLIT: 2:40

1-7 SPLIT:

COMMENTS: LYNNE RAN AN OUTSTANDING RACE, FULL OF CONCENTRATION; LIZ RAN A STRONG EFFORT. JEAN WENT OUT TOO FAST. HEATHER, NICOLE, + JANET NEED SHARPENING TO BREAK 22 MIN.

GIRLS VARSITY C

Team scoring

Williamsport 52, Hunterdon Central 87, North Rockland 109, Ridgewood 124, Clarkstown South 149, Passaic 187, Clarkstown North 200, Marlboro 202, Monroe-Woodbury 306, IHA 387, Christ The King 387.

1. Cherie Muckel, Williamsport 18:51
2. Kathy Wurster, Williamsport 19:19
3. Gail Nunez, Passaic 19:21
4. Nadine Nunez, Passaic 19:22
5. Yolanda Washington, Williamsport 19:26
6. Debbie Widman, Clarkstown South 19:27
7. Jean Hughes, Ridgewood 19:33
8. Lynne Collazo, Ridgewood 19:37
9. Jen Magliocco, Hunterdon Central 19:54
10. Lisa Barbiche, Hunterdon Central 19:55
11. Becky Greywall, Hunterdon Central 19:59
12. Michelle Quinn, North Rockland 20:07
13. Kathy Franz, Williamsport 20:14
14. Ebony Jenkins, Williamsport 20:15
15. Karen Sayre, North Rockland 20:22
23. Carmel Geraghty, Paramus Catholic 20:49
24. Liz Figlar, Ridgewood 20:50

RIDGEWOOD CROSS COUNTRY INVITATIONAL

15th ANNUAL
VETERAN'S FIELD

OCTOBER 15, 1988
RIDGEWOOD, NEW JERSEY

GIRL'S VARSITY C

TEAM SCORES

SCHOOL	POINTS & PLACING	TIME AVE.	SCHOOL	POINTS & PLACING	TIME AVE.
1. WILLIAMSPORT	35 (1-2-5-13-14/22-26)	19:57	9. MONROE-WOODBURY	306 (33-58-65-71-79/80-90)	24:33
2. HUNTERDON CENT.	63 (9-10-11-16-17/35-49)	20:41	10. IMMAC. HT. ACAD.	376 (59-64-81-84-88/92-93)	26:21
3. NO. ROCKLAND	109 (12-15-21-25-36/51-57)	21:21	11. CHRIST THE KING	387 (67-68-82-83-87/91-**)	25:39
4. RIDGEWOOD	124 (7-8-24-42-43/50-75)	21:39	12. PARAMUS CATH	*** (23-77-**-**/**/**-**)	22:56
5. CLARKSTOWN S.	149 (6-20-31-39-53/66-78)	22:08	13. QUEEN OF PEACE	*** (45-**-**/**/**-**)	22:17
6. MARLBORO-NJ	164 (18-28-34-37-47/56-**)	21:41	14. MIDDLETOWN N.	*** (27-38-73-85-**/**/**-**)	23:11
7. PASSAIC	187 (3-4-41-69-70/76-89)	23:07	15. O'NEILL	*** (19-46-52-**-**/**/**-**)	21:51
8. CLARKSTOWN N.	200 (29-30-32-54-55/60-61)	22:22	16. HACKENSACK	*** (72-74-86-**-**/**/**-**)	25:01
			17. MEMORIAL	*** (44-48-**-**/**/**-**)	22:23

INDIVIDUAL RESULTS

NAME	SCHOOL	TIME	NAME	SCHOOL	TIME
1. CHERIE MUCKEL	WILLIAMSPORT	18:51	31. LORETTA COADY	CLARKSTOWN S.	21:05
2. KATHY WURSTER	WILLIAMSPORT	19:19	32. -----	CLARKSTOWN N.	21:21
3. Nunez	PASSAIC	19:21	33. KIM ZAVITZ	MONROE-WOODBURY	21:24
4. NADINE NUNEZ	PASSAIC	19:22	34. MILISSA TRENCHER	MARLBORO-NJ	21:30
5. Y. Washington	WILLIAMSPORT	19:26	35. M. RENDA	HUNTERDON CENT.	21:38
6. D. WIDMAN	CLARKSTOWN S.	19:27	36. L. YOLLES	NO. ROCKLAND	21:38
7. JEAN HUGHES	RIDGEWOOD	19:33	37. S. TRENCHER	MARLBORO-NJ	21:44
8. LYNNE COLLAZO	RIDGEWOOD	19:37	38. TARA BLAINE	MIDDLETOWN N.	21:47
9. J. MAGLIOCCO	HUNTERDON CENT.	19:54	39. JENNIFER NEWSOME	CLARKSTOWN S.	21:57
10. L. BARBICHE	HUNTERDON CENT.	19:55	40. UNYOUNG CHANG	WILLIAMSPORT	21:59
11. Becky Greywall	HUNTERDON CENT.	19:59	41. S. MARABLE	PASSAIC	22:09
12. MICHELLE QUINN	NO. ROCKLAND	20:07	42. H. FITZGERALD	RIDGEWOOD	22:09
13. KATHY FRANZ	WILLIAMSPORT	20:14	43. N. MAC LENNAN	RIDGEWOOD	22:13
14. EBONY JENKINS	WILLIAMSPORT	20:15	44. F. RODRIGUEZ	MEMORIAL	22:16
15. KAREN SAYRE	NO. ROCKLAND	20:22	45. MICHEL FELIX	QUEEN OF PEACE	22:17
16. MARYJANE GRANDE	HUNTERDON CENT.	20:25	46. S. CURREY	O'NEILL	22:22
17. CARINA FLYNN	HUNTERDON CENT.	20:26	47. A. BLOOM	MARLBORO-NJ	22:25
18. Stella Ciwoa	MARLBORO-NJ	20:28	48. J. TOSADO	MEMORIAL	22:30
19. NANCY CSOKA	O'NEILL	20:30	49. J. DOYLE	HUNTERDON CENT.	22:30
20. KERRY HARRIGAN	CLARKSTOWN S.	20:33	50. JANET TITUS	RIDGEWOOD	22:33
21. S. HARVEY	NO. ROCKLAND	20:42	51. MARY FAHY	NO. ROCKLAND	22:36
22. -----	WILLIAMSPORT	20:43	52. K. CROWDER	O'NEILL	22:43
23. C. GERAGHTY	PARAMUS CATH	20:49	53. M. PANAGIDES	CLARKSTOWN S.	23:03
24. LIZ FIGLAR	RIDGEWOOD	20:50	54. S. KASKY	CLARKSTOWN N.	23:03
25. COLEEN RABATIN	NO. ROCKLAND	20:53	55. -----	CLARKSTOWN N.	23:04
26. MISSY HINELY	WILLIAMSPORT	20:55	56. M. STERN	MARLBORO-NJ	23:05
27. C. DALSTROM	MIDDLETOWN N.	20:56	57. S. GOKEY	NO. ROCKLAND	23:13
28. SANDY GRACE	MARLBORO-NJ	20:59	58. J. MANN	MONROE-WOODBURY	23:16
29. J. MC GOVERN	CLARKSTOWN N.	21:02	59. VERONICA DAVI	IMMAC. HT. ACAD.	23:17
30. T. HEMMER	CLARKSTOWN N.	21:04	60. JEN CIRCELLI	CLARKSTOWN N.	23:31

GIRL'S VARSITY "C"

NAME	SCHOOL	TIME			TIME
61. KRISTEN MCNAMARA	CLARKSTOWN N.	23:34	77. DEDE BURKE	PARAMUS CATH	25:03
62. Kathy McGivney	no card	23:44	78. REGINA COADY	CLARKSTOWN S.	25:04
63. D. DE PALMA	WILLIAMSPORT	23:46	79. LISA FORMUS	MONROE-WOODBURY	25:11
64. T. MURRAY	IMMAC. HT. ACAD.	23:47	80. ANA LO SCALZO	MONROE-WOODBURY	25:14
65. M. DAVIDE	MONROE-WOODBURY	23:47	81. Charleen Alcid	IMMAC. HT. ACAD.	25:19
66. H. SHINE	CLARKSTOWN S.	23:48	82. P. BATTEGLIA	CHRIST THE KING	25:21
67. FARAH MERCERON	CHRIST THE KING	23:56	83. D. SAAR	CHRIST THE KING	25:23
68. M. TAMARIT	CHRIST THE KING	24:19	84. L. HALSTEAD	IMMAC. HT. ACAD.	25:25
69. TRACEY PULLEN	PASSAIC	24:20	85. T. MC CAFFERY	MIDDLETOWN N.	25:27
70. S. MONTANEZ	PASSAIC	24:21	86. T. PROANO	HACKENSACK	25:56
71. M. JOHNSON	MONROE-WOODBURY	24:26	87. KATHY HYNES	CHRIST THE KING	26:03
72. L. NAPOLI	HACKENSACK	24:27	88. JOY MARGOLIS	IMMAC. HT. ACAD.	27:03
73. JUDY MANGIN	MIDDLETOWN N.	24:35	89. L. SANCHEZ	PASSAIC	27:37
74. J. TROANO	HACKENSACK	24:42	90. K. ROBERTS	MONROE-WOODBURY	28:36
75. Jen Bauman	RIDGEWOOD	24:42	91. -----	CHRIST THE KING	28:55
76. MELISSA HAWES	PASSAIC	24:44	92. D. MARTINEZ	IMMAC. HT. ACAD.	29:39
			93. DEBRA CELLINI	IMMAC. HT. ACAD.	30:02



RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE VETS FIELD

DATE OCTOBER 15TH

COURSE RECORD _____

WEATHER Warm

TYPE OF COURSE _____

J.V.

Overall place	Rank	NAME	TIME
24	(7)	LISA DE CASTRO	23:35
27	(8)	EILEEN MORITZ	23:52
32	(9)	SHEELYN MARKER	24:23
51	(11)	AMY TITUS	25:54
59	(12)	JEN SCHWARTZ	26:28
66	(13)	ADRIENNE REID	27:36
68	(14)	ANN BURTON	28:19

TEAM TOTAL: 193

TEAM PLACE: 3rd

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: LISA CONTINUES TO IMPROVE, EILEEN + AMY ARE STARTING TO RACE. ANN MADE A BRAVE RUN WITH AN INJURY.

GIRLS JUNIOR VARSITY
 Team scoring
 Williamsport 15, Monroe-Woodbury 75, Ridgewood 193.

1. Nikki Jackson, Williamsport	20:49
2. Jodi Stone, Williamsport	21:38
3. Shannon Masten, Williamsport	21:49
4. Taryn Butters, Williamsport	21:58
5. Tawna Ball, Williamsport	22:02

RIDGEWOOD CROSS COUNTRY INVITATIONAL

15th ANNUAL
VETERAN'S FIELD

OCTOBER 15, 1988
RIDGEWOOD, NEW JERSEY

GIRL'S J.V.

TEAM SCORES

SCHOOL	POINTS & PLACING	TIME AVE.	SCHOOL	POINTS & PLACING	TIME AVE.
1. WILLIAMSPORT	15 (1-2-3-4-5/7-11)	21:52	11. RUTHERFORD	*** (39-47-***-***-*/**)**	25:17
2. MONROE-WOODBURY	75 (8-9-16-20-22/**-**)	22:54	12. WASHINGTONVILLE	*** (18-28-42-***-*/**)**	24:04
3. HUNTERDON CENT.	116 (6-13-14-26-57/**-**)	23:35	13. BAYONNE	*** (19-33-65-***-*/**)**	24:59
4. RIDGEWOOD "A"	193 (24-27-32-51-59/66-68)	25:43	14. VERNON TWP.	*** (46-54-63-***-*/**)**	26:09
5. DUMONT	201 (23-25-40-55-58/67-**)	25:22	15. VOORHEES	*** (21-29-35-***-*/**)**	23:59
6. SO. LEHIGH "A"	209 (31-36-41-48-53/70-**)	25:47	16. BERGENFIELD	*** (45-***-***-*/**)**	25:28
7. UNION HILL	313 (37-64-69-71-72/**-**)	26:48	17. ALBERTUS MAGNUS	*** (61-***-***-*/**)**	26:37
8. NO. ROCKLAND	*** (34-***-***-*/**)**	24:43	18. WARWICK VALLEY	*** (38-60-***-*/**)**	25:43
9. EASTSIDE	*** (12-62-***-*/**)**	24:40	19. MT. PLEASANT	*** (17-43-52-***-*/**)**	24:46
10. RIDGEWOOD "B" ALBERTUS MAGNUS	*** (44-49-50-56-*/**)**	25:47	20. WEEQUAHIC	*** (10-***-***-*/**)**	22:32

INDIVIDUAL RESULTS

NAME	SCHOOL	TIME	NAME	SCHOOL	TIME
1. Nikki Jackson	WILLIAMSPORT	20:49	31. S LINDE	SO. LEHIGH "A"	24:22
2. J STONE	WILLIAMSPORT	21:38	32. S MARKER	RIDGEWOOD "A"	24:23
3. S MASTEN	WILLIAMSPORT	21:49	33. L KWIATKOWSKI	BAYONNE	24:42
4. T BUTTERS	WILLIAMSPORT	21:58	34. L ACKER	NO. ROCKLAND	24:43
5. T BALL	WILLIAMSPORT	22:02	35. K KJELDSSEN	VOORHEES	24:45
6. J TRUE	HUNTERDON CENT.	22:10	36. FERRY	SO. LEHIGH "A"	24:46
7. C COWLES	WILLIAMSPORT	22:20	37. B GONZALEZ	UNION HILL	24:53
8. C MARTUSCELLI	MONROE-WOODBURY	22:23	38. L VON APPEN	WARWICK VALLEY	24:54
9. C NICHOLSON	MONROE-WOODBURY	22:27	39. D ALVAREZ	RUTHERFORD	24:54
10. T LANE	WEEQUAHIC	22:32	40. K LEYDEN	DUMONT	25:01
11. R MOREHOUSE	WILLIAMSPORT	22:34	41. M DOVE	SO. LEHIGH "A"	25:03
12. lost card	EASTSIDE	22:38	42. K KEEN	WASHINGTONVILLE	25:12
13. M VEAZEY	HUNTERDON CENT.	22:51	43. R STEPNOWSKI	MT. PLEASANT	25:17
14. M Schreiner	HUNTERDON CENT.	22:52	44. M HICKEY	RIDGEWOOD "B"	25:19
15. M GREENAWAY	WILLIAMSPORT	23:01	45. M MORRIS	BERGENFIELD	25:28
16. J MALARIC	MONROE-WOODBURY	23:04	46. K NOLAN	VERNON TWP.	25:38
17. D KEITH	MT. PLEASANT	23:05	47. M RAAB	RUTHERFORD	25:40
18. I VARRERO	WASHINGTONVILLE	23:08	48. J BONNER	SO. LEHIGH "A"	25:42
19. G WATER	BAYONNE	23:17	49. E MC CABE	RIDGEWOOD "B"	25:49
20. T GERN	MONROE-WOODBURY	23:17	50. R MC CABE	RIDGEWOOD "B"	25:51
21. SALLY HAHN	VOORHEES	23:18	51. A TITUS	RIDGEWOOD "A"	25:54
22. KIM OSWEILER	MONROE-WOODBURY	23:19	52. L O DONNELL	MT. PLEASANT	25:58
23. LEAH SCALA	DUMONT	23:34	53. A STABLER	SO. LEHIGH "A"	25:59
24. LISA DE CASTRO	RIDGEWOOD "A"	23:35	54. C MARTIN	VERNON TWP.	26:00
25. JEAN BERGER	DUMONT	23:43	55. F CRUZ	DUMONT	26:06
26. S FERRAIUOLO	HUNTERDON CENT.	23:51	56. S DARIS	RIDGEWOOD "B"	26:11
27. EILEEN MORITZ	RIDGEWOOD "A"	23:52	57. T THOMPSON	HUNTERDON CENT.	26:12
28. MARY MULLARKEY	WASHINGTONVILLE	23:52	58. E KAINÉ	DUMONT	26:12
29. CARRIER BROWNELL	VOORHEES	23:54	59. J SCHWARTZ	RIDGEWOOD "A"	26:28
30. AMY SHEBEST	WILLIAMSPORT	24:02	60. A CAPEK	WARWICK VALLEY	26:33

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NAME	SCHOOL	TIME	NAME	SCHOOL	TIME
61. C BAUN	ALBERTUS MAGNUS	26:37	67. L CROWE	DUMONT	27:38
62. T HAMM	EASTSIDE	26:43	68. A BURTON	RIDGEWOOD "A"	28:19
63. M MORAN	VERNON TWP.	26:50	69. L APONTE	UNION HILL	28:43
64. R PEREZ	UNION HILL	26:50	70. B KUNSELMAN	SO. LEHIGH "A"	28:51
65. N GRONCZEWSKI	BAYONNE	26:58	71. S UERAS	UNION HILL	0:00
66. A REID	RIDGEWOOD "A"	27:36	72. P ULLOA	UNION HILL	0:00

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD vs TEANECK
 DATE OCTOBER 18TH 1989
 TEAM RECORDS: R.H.S. _____

DISTANCE 5,000
 COURSE RECORD 18:30
 COURSE CHARACTER FLAT - GRASS
+ SAND
 WEATHER WARM + HUMID

PLACE	NAME	SCHOOL	TIME
1.	JEAN HUGHES	RHS	20:14
2.	LYNNE COLLAZO	RHS	20:14
3.	STEPH KANE	RHS	22:22
4.	JANET TITUS	RHS	22:42
5.	NICOLE MacLENNAN	RHS	23:32
6.	HEATHER FITZGERALD	RHS	23:52
7.	MATILDA MIRANDA	T	24:21
8.	STACY BEUTLEY	T	24:43
9.	EILEEN MORITZ	RHS	25:27
10.	SHEELYN MARKER	RHS	25:28
11.	NICOLE GOLDEN	T	25:59
12.	JEANINE LIMONE	T	26:06
13.	JEN SCHWARTZ	RHS	26:27
14.	Amy TITUS	RHS	27:07
15.	(LOST RUNNER)	T	N.T.
16.			
17.			
18.			
19.			
20.			
21.			

SCORING	
R.H.S.	TEANECK
1	7
2	8
3	10
4	11
5	12
FINAL SCORE:	
15	48

COMMENTS:

Great Workout day - Everyone Ran about 8 miles, with Jean and Lynne running in excess of 11.

Parity the word for group meet

CROSS-COUNTRY

Friday, October 21, 1988

By Paul Schwartz
Correspondent

The weatherman is not optimistic about the forecast for Saturday's 35th renewal of the Bergen County Cross-Country Championships at Garret Mountain in West Paterson.

If the expected rain occurs, it could wreak havoc with predicted form at the meet, which is scheduled to begin with the Group 3 girls race at 10:10 a.m. and end with the Group 2 boys race at 1:15 p.m.

Several perennial team champions are expected to win easily Saturday, with Ridgewood likely to win its eighth Group 4 girls title in the past nine years. But there may also be some first-time winners in the meet, with the Waldwick, Rutherford, and Paramus boys the most likely candidates.

Individually, although six of last year's eight champions were underclassmen, only Ken Flynn of Ramsey (Group 3), Dee Keough of Mahwah (Group 2 girls) and Jean Hughes of Ridgewood (Group 4 girls) are expected to repeat.

Here's a look at the meet, race by race (starting time in parentheses):

Group 3 girls (10:10 a.m.) — Paramus shoots for its third championship in four years, but faces a tough test from undefeated Ramsey, Bergen County Scholastic League American (defending Group 2) champion Dumont, and Bergenfield.

Vickee Foy of Paramus should battle Keri Riley of Northern Highlands, Kathy McAuliffe of Dumont, Lora Matteis of Cliffside Park, and Kim Sheekey of Ramsey in the most wide-open individual race of the day.

Group 4 girls (10:30) — Ho, hum! Ridgewood will romp again, for the fifth straight time with Hughes and Lynne Collazo going 1-2. The other two team spots, which would qualify the teams for the upcoming Meet of Champions, could go to any of the six other schools in the race, with Fair Lawn having an edge.

The Record
and Pascack Hills should contend for the third slot.

Group 4 boys (11:10) — Defending champion Paramus Catholic is the best team in Bergen County, but if any of the Paladins' top five have a sub-par race, Ridgewood and Bergen Catholic will have a chance to regain the crown they controlled from 1973 to 1986.

Defending champion Kevin McCabe of Ridgewood will compete, but Mark Bednarz and Dave Pataky of Paramus Catholic, and perhaps Ted Michaels of Bergen Catholic, are the race favorites.

Group 1 girls (12:15 p.m.) — If it was healthy, Saddle Brook would be favored to win its fourth title in six years. But the injuries that have sidelined defending champion Cathy Acevedo make the race wide open.

Palisades Park, Cresskill, and North Arlington become the favorites. Individually, look for Bergen County Scholastic League National/Olympic champion Jessica Grieco of Emerson, Cresskill's Jen Carlin, and Krissy Nuccitelli of Saddle Brook to battle for the title.

Group 2 girls (12:35) — With the departure of defending champion Dumont to Group 3, Garfield hopes to repeat its outstanding Bergen-Passaic Scholastic League performance here.

But BCSL American runner-up River Dell will contend for the title and BCSL National champion Rutherford also can challenge. Defending champion Keough and BCSL American winner Cathy Rindge of River Dell should contend for the title.

Group 1 boys (12:55) — Waldwick shoots for its first title with BCSL National champion Bogota looking for its sixth championship. Leonia, Emerson, and Becton are in contention for the third spot.

The individual battle is a two-man race between John Zurfleuh of Waldwick and Kevin Ryan of Bogota.

Group 2 boys (1:15) — Rutherford should become the ninth different champion in as many years.

The NNJIL meet is Tuesday at Garret Mountain. There is one boys race and one girls race, but the scoring is by divisions.

The top three finishers in last year's boys meet return, but it is

unlikely Kevin McCabe of Ridgewood will be in good enough shape to repeat last year's winning performance. Look for Sean Henry of Clifton, Mark Bednarz of Paramus Catholic, and perhaps last year's ninth-place finisher, Dave Pataky of Paramus Catholic, to battle for the title. Ridgewood is slightly favored over Bergen Catholic, Clifton, and Eastside for the Atlantic Division team title. Paramus Catholic should easily outdistance Paramus for the Pacific title.

Jean Hughes and Lynne Collazo of Ridgewood will battle the Nunezes for the girls title, with Vickee Foy of Paramus the top Pacific division runner. Ridgewood should hold off Passaic and Clifton for the Atlantic title, with Paramus favored over Hackensack for the Pacific title.

With the major meet season under way at Garret Mountain, these times become important:

Boys course and Passaic record: 15:34 by Jeff Van Horn, Wayne Valley, 1981.

Boys Bergen record: 15:35 by Rich Byrne, Ridgefield Park, 1981.

Girls course record: 17:58.5 by Christl Constantin, Kittatinny, 1987.

Girls Bergen record: 18:00.4 by Toni Anne Anglone, Bergenfield, 1984.

— PAUL SCHWARTZ

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN COUNTY GROUP IV

COURSE GARRETT MOUNTAIN

DATE OCT 22, 1988

COURSE RECORD - 17:58.5 CHRISTI CONSTANTIN
KITTATINNY 1987

WEATHER WET - OVERCAST - COLD
MUD + WATER ON COURSE

BERGEN RECORD - 18:00.4 TOMI ANNE ANGIONE
TYPE OF COURSE BERGENFIELD 1984

place	RHS	NAME	TIME
1	1	JEAN HUGHES	20:17
2	2	LYNNE COLLAZO	21:26
3	3	LIZ FIGLAR	21:34
8	(6)	STEPH KANE	23:02
16	(13)	NICOLE MACLENNAN	23:54
17	(14) 7	JANET TITUS	24:03
24	(21) 9	HEATHER FITZGERALD	24:54

TEAM TOTAL: **25**

TEAM PLACE: **CHAMPIONS**

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: *We accomplished our goal: To Win and get through a terrible day with no injuries.*

GIRLS GROUP 4
Team scoring
Ridgewood 25*, Hackensack 47*, Holy Angels 92*, Immaculate Heart Academy 99, Paramus Catholic 108.

1. Jean Hughes, Ridgewood	20:16.4
2. Lynne Collazo, Ridgewood	21:25
3. Liz Figlar, Ridgewood	21:32
4. Carmel Geraghty, Paramus Catholic	21:52.*
5. Ann Kane, Fair Lawn	21:59.*
6. Mary Ann Jeske, Fair Lawn	22:16.*
7. Veronica Davi, IHA	22:38.*
8. Stephanie Kane, Ridgewood	23:02
9. Bryana Johnson, Hackensack	23:14
10. Sheryl Barke, Hackensack	23:15
11. Jeanine Limone, Teaneck	23:30.*
12. Susan Haddad, Hackensack	23:35
13. Michele Smith, Holy Angels	23:36
14. Stacy Weisfeld, Hackensack	23:37
15. Kerri-Ann Codling, Hackensack	23:53
16. Nicole MacLennan, Ridgewood	23:56
17. Janet Titus, Ridgewood	24:02
18. Jen Proano, Hackensack	24:14
19. Meredith Bolta, Holy Angels	24:18
20. Laura Cardine, Holy Angels	24:19
21. Tracy Murray, IHA	24:31
22. Laura Halstead, IHA	24:38
23. Lisa Napoli, Hackensack	24:50
24. Heather Fitzgerald, Ridgewood	24:55
25. Lalena Heske, Paramus Catholic	24:57

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN COUNTY J.V. GR III+IV COURSE GARRETT MOUNTAIN
 DATE OCT 22ND COURSE RECORD _____
 WEATHER BAD! TYPE OF COURSE _____

place	RHS	NAME	TIME
2	6	SHEELYN MARKER	23:54
4	8	JEN BAUMAN	24:14
9 (8)		EILEEN MORITZ	25:18
23 (21)		JESSICA SCADRON	26:48
25 (23)		JENNY SCHWARTZ	27:13
34		AMY TITUS	28:12

TEAM TOTAL: **58 PTS**

TEAM PLACE: **2ND**

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: A deep Bergenfield squad took the race away from us right from the start. Sheelyn Marker was outstanding just missing a win. Sheelyn's time breaks into the varsity ranks.

GIRLS JUNIOR VARSITY

Team scoring

Bergenfield 28, Ridgewood 54, Dumont 93, River Dell 112, Holy Angels 113, Palisades Park 113.

1. Breda McGowan, Bergenfield _____ 23:49.1
2. Sheelyn Marker, Ridgewood _____ 23:55
3. Jean Berger, Dumont _____ 24:02
4. Jen Bauman, Ridgewood _____ 24:14
5. Antonia Allen, Hackensack _____ 24:25

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NJIL CHAMPIONSHIP

COURSE GARRETT

DATE OCTOBER 25TH

COURSE RECORD _____

WEATHER PERFECT FOR RUNNING

TYPE OF COURSE _____

place	RHS	NAME	TIME
1		JEAN HUGHES	19:22
2		LYNNE COLLAZO	19:32
7 (5)		LIZ FIGLAR	21:41
9 (6)		STEPH KANE	22:10
21 (10)		NICOLE MACLENNAN	22:56
27 (15)		JANET TITUS	23:27
33 (19)	8	SHEELYN MARKER	23:53

TEAM TOTAL: **24 pts**

TEAM PLACE: **LEAGUE CHAMPS**

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: Both divisions of our league ran together and we were separated for team scoring. We would have won the pacific division (we are the champs of the atlantic division) had it been scored. Jean and Lynne made BIG breakthroughs. They ran the Top two times in Bergen County this season and moved to 5TH and 7TH on the all time Ridgewood High School list.

File: NNJIL CC CHAMPS

Report: VARSITY GIRLS

Page 1

Selection: CLASS begins with VAR. GIRLS
and NAME is not blank

NAME	SCHOOL	CLOCK	DIVISION	DIVISION PLACE	OVERALL PLACE	TEAM SCORER	CLASS
JEAN HUGHES	RIDGEWOOD	19.22	ATLANTIC	1	1	YES	VAR. GIRLS
LYNNE COLLAZO	RIDGEWOOD	19.32	ATLANTIC	2	2	YES	VAR. GIRLS
NADINE NUNEZ	PASSAIC	20.15	ATLANTIC	3	3	YES	VAR. GIRLS
VICKEE FOY	PARAMUS	20.18	PACIFIC	1	4	YES	VAR. GIRLS
GAIL NUNEZ	PASSAIC	20.53	ATLANTIC	4	5	YES	VAR. GIRLS
CARMEL GERAGHTY	PARAMUS CATHOLIC	21.36	PACIFIC	2	6	YES	VAR. GIRLS
LIZ FIGLAR	RIDGEWOOD	21.41	ATLANTIC	5	7	YES	VAR. GIRLS
VERONICA DAVI	IHA	21.51	PACIFIC	3	8	YES	VAR. GIRLS
STEPH KANE	RIDGEWOOD	22.10	ATLANTIC	6	9	YES	VAR. GIRLS
SHARON TORRES	CLIFTON	22.11	ATLANTIC	7	10	YES	VAR. GIRLS
LAURA ALBRO	PARAMS	22.20	PACIFIC	4	11	YES	VAR. GIRLS
IRENE GORZELANY	CLIFTON	22.22	ATLANTIC	8	12	YES	VAR. GIRLS
BRYANA JOHNSON	HACKENSACK	22.34	PACIFIC	5	13	YES	VAR. GIRLS
JEANINE LIMONE	TEANECK	22.36	PACIFIC	6	14	YES	VAR. GIRLS
SHERYL BARTKE	HACKENSACK	22.38	PACIFIC	7	15	YES	VAR. GIRLS
STACY WEISFELD	HACKENSACK	22.40	PACIFIC	8	16	YES	VAR. GIRLS
JELONDA THOMAS	EASTSIDE	22.50	ATLANTIC	9	17	NO	VAR. GIRLS
KERRI ANN CODLING	HACKENSACK	22.53	PACIFIC	9	18	YES	VAR. GIRLS
LARA VANDERBEEK	PARAMUS	22.54	PACIFIC	10	19	YES	VAR. GIRLS
DEBBIE GOLDEN	NUTLEY	22.54	PACIFIC	11	20	YES	VAR. GIRLS
NICOLE MACLENNAN	RIDGEWOOD	22.56	ATLANTIC	10	21	YES	VAR. GIRLS
SHERNITA MARABLE	PASSAIC	23.05	ATLANTIC	11	22	YES	VAR. GIRLS
TRACEY PULLEN	PASSAIC	23.06	ATLANTIC	12	23	YES	VAR. GIRLS
TAMMY WALSH	CLIFTON	23.08	ATLANTIC	13	24	YES	VAR. GIRLS
MICHELE COX	CLIFTON	23.15	ATLANTIC	14	25	YES	VAR. GIRLS
JENNY PROANO	HACKENSACK	23.25	PACIFIC	12	26	YES	VAR. GIRLS
JANET TITUS	RIDGEWOOD	23.27	ATLANTIC	15	27	YES	VAR. GIRLS
HEATHER	SILVESTRI	23.28	PACIFIC	13	28	YES	VAR. GIRLS
KAREN CASEY	CLIFTON	23.34	ATLANTIC	16	29	YES	VAR. GIRLS
LAURA FARINAS	CLIFTON	23.37	ATLANTIC	17	30	YES	VAR. GIRLS
SANDRA MONTANEZ	PASSAIC	23.42	ATLANTIC	18	31	YES	VAR. GIRLS
SUE STEIN	PARAMUS	23.47	PACIFIC	14	32	YES	VAR. GIRLS
SHEELYN MARKER	RIDGEWOOD	23.53	ATLANTIC	19	33	YES	VAR. GIRLS
TRACY MURRAY	IHA	23.55	PACIFIC	15	34	YES	VAR. GIRLS
SAMIE LOCKWOOD	PARAMUS	24.08	PACIFIC	16	35	YES	VAR. GIRLS
DEDE BURKE	PARAMUS CATHOLIC	24.17	PACIFIC	17	36	YES	VAR. GIRLS
LALEN'A HESKE	PARAMUS CATHOLIC	24.21	PACIFIC	18	37	YES	VAR. GIRLS
MATILDA MIRANDA	TEANECK	24.25	PACIFIC	19	38	YES	VAR. GIRLS
LAURA HALSTEAD	IHA	24.30	PACIFIC	20	39	YES	VAR. GIRLS
STACY BENTLEY	TEANECK	24.40	PACIFIC	21	40	YES	VAR. GIRLS
FLORISSA CARIAGA	NUTLEY	24.41	PACIFIC	22	41	YES	VAR. GIRLS
FRID BRANHA,	CLIFTON	24.48	ATLANTIC	20	42	YES	VAR. GIRLS
PATTY TARGOS	IHA	24.49	PACIFIC	23	43	YES	VAR. GIRLS
CHRISTIE KLUG	PARAMUS CATHOLIC	24.50	PACIFIC	24	44	YES	VAR. GIRLS
JOANN GONZALEZ	PASSAIC	24.52	ATLANTIC	21	45	YES	VAR. GIRLS
ANTONIA ALLEN	HACKENSACK	25.04	PACIFIC	25	46	YES	VAR. GIRLS
MELISSA HAWES	PASSAIC	25.07	ATLANTIC	22	47	YES	VAR. GIRLS
DENISE ENGLE	PARAMUS	25.07	PACIFIC	26	47	YES	VAR. GIRLS

File: NNJIL CC CHAMPS

Report: VARSITY GIRLS

Selection: CLASS begins with VAR. GIRLS
and NAME is not blank

NAME	SCHOOL	CLOCK	DIVISION	DIVISION PLACE	OVERALL PLACE	TEAM	SCORER	CLASS
JANICE DUCATE	PARAMUS CATHOLIC	25.57	PACIFIC	27	48	YES		VAR. GIRLS
HIEDI DEMOURA	NUTLEY	26.17	PACIFIC	28	49	YES		VAR. GIRLS
DOLORES MARTINEZ	IHA	26.23	PACIFIC	29	50	YES		VAR. GIRLS
ZACKY PROTOPSALTIS	PARAMUS CATHOLIC	26.46	PACIFIC	30	51	YES		VAR. GIRLS
MARYANN MANNELL	IHA	27.02	PACIFIC	31	52	YES		VAR. GIRLS
MICOLE GOLDEN	TEANECK	27.06	PACIFIC	32	53	YES		VAR. GIRLS
DIANE SULLIVAN	IHA	27.13	PACIFIC	33	54	YES		VAR. GIRLS
MICHELLE KRAUSE	PARAMUS CATHOLIC	27.23	PACIFIC	34	55	YES		VAR. GIRLS
GERMANINE GRISWOLD	NUTLEY	27.53	PACIFIC	35	56	YES		VAR. GIRLS
HAPHNE BLICK	TEANECK	28.09	PACIFIC	36	57	YES		VAR. GIRLS
DIANE DiVINCENZO	BELLEVILLE	28.35	PACIFIC	37	58	YES		VAR. GIRLS

MEET NNJIL CHAMPS J.V.

COURSE GARRETT

DATE OCTOBER 25TH

COURSE RECORD _____

WEATHER _____

TYPE OF COURSE _____

place	RHS	NAME	TIME
2	7	JEN BAUMAN	23:33
3	9	HEATHER FITZGERALD	24:05
12 (10)	10	JENNY SCHWARTZ	26:36
13 (11)	11	EILEEN MORITZ	26:57
14 (12)	12	AMY TITUS	27:01

TEAM TOTAL: **38 pts.**
 TEAM PLACE: **LEAGUE CHAMPS!**
 1-5 SPLIT:
 1-7 SPLIT:

NNJIL Atlantic girls
 Team scoring
 Ridgewood 23, Passaic 45, Clifton 55.

NNJIL Pacific girls
 Team scoring
 Hackensack 41, Paramus 45, Paramus Catholic 88, IHA 90, Nutley 109, Teaneck 114.

1. Jean Hughes (R)	19:22
2. Lynne Collazo (R)	19:32
3. Nadine Nunez (Pas)	20:15
4. Vickee Foy (Par)	20:18
5. Gall Nunez (Pas)	20:43
6. Carmel Geraghty (DB)	21:36
7. Liz Figlar (R)	21:41
8. Veronica Davi (IHA)	21:51
9. Steph Kane (R)	22:10
10. Sharon Torres (C)	22:11
11. Laura Albro (P)	22:20
12. Irene Gorrelany (C)	22:22
13. Bryana Johnson (H)	22:34
14. Jeanine Limone (T)	22:36
15. Cheryl Barlke (H)	22:38
16. Stacy Weisfeld (H)	22:40
17. Jelonda Thomas (E)	22:50
18. Keri Ann Codling (H)	22:53
19. Lara Vanderbeek (P)	22:54
20. Debbie Golden (N)	22:54
21. Nicole MacLennan (P)	22:56
22. Shernita Marble (Pas)	23:05
23. Tracy Pullen (Pas)	23:06
24. Tammy Walsh (C)	23:08
25. Michelle Cox (C)	23:15

JUNIOR VARSITY
 1. Mary Ellen Caulfield (C) 23:03
 2. Jen Bauman (R) 23:33

COMMENTS: Jen Bauman is back with a 39 second improvement from last saturday and a move up to the varsity level. Jenny and Amy continue to improve while Heather and Eileen struggled. We must all point to run our best next Friday at State Sectionals.

3. Heather Fitzgerald (R) 24:05.

FRESHMAN
 1. Karen Most (C) 15:22
 2. Cassandra Brandt (P) 15:41
 3. Sharon Karcischko (BI) 15:46
 Course: Garret Mountain. Distance: 5,000 meters.

File: NNJIL CC CHAMPS
 Report: GIRLS J.V.
 Selection: CLASS contains J.V. GIRLS
 and NAME is not blank

NAME	SCHOOL	CLOCK	DIVISION	DIVISION PLACE	OVERALL PLACE	TEAM SCORER	CLASS
MARY ELLEN CAULFIE	CLIFTON	23.03	ATLANTIC	1	1	NO	J.V. GIRLS
JEN BAUMAN	RIDGEWOOD	23.33	ATLANTIC	2	2	NO	J.V. GIRLS
HEATHER FITZGERALD	RIDGEWOOD	24.05	ATLANTIC	3	3	NO	J.V. GIRLS
JEN SWAN	CLIFTON	24.17	ATLANTIC	4	4	NO	J.V. GIRLS
LISA NAPOLI	HACKENSACK	24.43	PACIFIC	1	5	NO	J.V. GIRLS
TRACEY PROANO	HACKENSACK	24.53	PACIFIC	2	6	NO	J.V. GIRLS
KRISTIN PELCHER	CLIFTON	24.59	ATLANTIC	5	7	NO	J.V. GIRLS
LISSETTE SANCHEZ	PASSAIC	25.54	ATLANTIC	6	8	NO	J.V. GIRLS
NANCY BUKONJA	CLIFTON	25.58	ATLANTIC	7	9	NO	J.V. GIRLS
GIOVANNA CAMPOS	PASSAIC	26.09	ATLANTIC	8	10	NO	J.V. GIRLS
TAMMY HAMM	EASTSIDE	26.33	ATLANTIC	9	11	NO	J.V. GIRLS
JEN SCHWARTZ	RIDGEWOOD	26.36	ATLANTIC	10	12	NO	J.V. GIRLS
EILEEN MORITZ	RIDGEWOOD	26.57	ATLANTIC	11	13	NO	J.V. GIRLS
AMY TITUS	RIDGEWOOD	27.01	ATLANTIC	12	14	NO	J.V. GIRLS
JANICE SANCHEZ	PASSAIC	27.10	ATLANTIC	13	15	NO	J.V. GIRLS
PAULA HANSON	PASSAIC	27.40	ATLANTIC	14	16	NO	J.V. GIRLS
TANYA SCOTT	PASSAIC	28.04	ATLANTIC	15	17	NO	J.V. GIRLS
ROCIO HORNANDEZ	CLIFTON	28.13	ATLANTIC	16	18	NO	J.V. GIRLS
ANN MARTIN	CLIFTON	30.22	ATLANTIC	17	19	NO	J.V. GIRLS
CAROLYN SCHULTEIS	CLIFTON	30.39	ATLANTIC	18	20	NO	J.V. GIRLS

File: NNJIL CC CHAMPS
 Report: FRESHMAN GIRLS
 Selection: DIVISION contains ATLANTIC
 and CLASS begins with 99

NAME	SCHOOL	CLOCK	DIVISION	DIVISION PLACE	OVERALL PLACE	TEAM SCORER	CLASS
KAREN ROSE	CLIFTON	18.23	ATLANTIC	1	1	NO	J.V. GIRLS
CASSANDRA GRANT	PASSAIC	18.41	ATLANTIC	2	2	NO	J.V. GIRLS
ROCHELLE GAIN	PASSAIC	18.57	ATLANTIC	3	3	NO	J.V. GIRLS
WANDA RIVERA	PASSAIC	17.28	ATLANTIC	4	4	NO	J.V. GIRLS
DANN KRAM	EASTSIDE	19.11	ATLANTIC	5	5	NO	J.V. GIRLS

File: NNJIL CC CHAMPS
 Report: FRESHMAN GIRLS
 Selection: DIVISION contains PACIFIC
 and CLASS equals 99

NAME	SCHOOL	CLOCK	DIVISION	DIVISION PLACE	OVERALL PLACE	TEAM SCORER	CLASS
SHAWN KANTISCH	WILMINGTON	17.46	PACIFIC	1	1	NO	J.V. GIRLS
SELIMIA KENNY	WACKENSACK	18.03	PACIFIC	2	2	NO	J.V. GIRLS
LISA LEWIS	WACKENSACK	18.20	PACIFIC	3	3	NO	J.V. GIRLS
COBBIE MCALPHEE	WACKENSACK	18.41	PACIFIC	4	4	NO	J.V. GIRLS
GENEVE FERST	WILMINGTON	17.48	PACIFIC	5	5	NO	J.V. GIRLS
JACKIE BLAIR	WACKENSACK	18.04	PACIFIC	6	6	NO	J.V. GIRLS
KIM PALCHETTO	BLOOMFIELD	18.09	PACIFIC	7	7	NO	J.V. GIRLS
SHAWN TYRRE	WILMINGTON	18.21	PACIFIC	8	8	NO	J.V. GIRLS

File: NNJIL CC CHAMPS
 Report: FRESHMAN GIRLS
 Selection: CLASS contains GF

NAME	SCHOOL	CLOCK	DIVISION	DIVISION PLACE	OVERALL PLACE	TEAM SCORER	CLASS
KAREN MOST	CLIFTON	15.22	ATLANTIC	1	1	NO	GF
CASSANDRA GRANT	PASSAIC	15.41	ATLANTIC	2	2	NO	GF
SHARON KARTISCHKO	BLOOMFIELD	15.46	PACIFIC	1	3	NO	GF
FELECIAN PEAVY	HACKENSACK	16.03	PACIFIC	2	4	NO	GF
LISA LEWIS	HACKENSACK	16.30	PACIFIC	3	5	NO	GF
CORRIE McAULIFFE	HACKENSACK	16.41	PACIFIC	4	6	NO	GF
ROCHELLE CAIN	PASSAIC	16.57	ATLANTIC	3	7	NO	GF
WANDA RIVERA	PASSAIC	17.28	ATLANTIC	4	8	NO	GF
RENEE FESTA	NUTLEY	17.45	PACIFIC	5	9	NO	GF
JACKIE QUIROZ	HACKENSACK	18.06	PACIFIC	6	10	NO	GF
KIM FALCHETTO	BLOOMFIELD	18.09	PACIFIC	7	11	NO	GF
DAWN NUNN	EASTSIDE	19.47	ATLANTIC	5	12	NO	GF
SHARON TYRPAK	NUTLEY	19.57	PACIFIC	8	13	NO	GF

File: NNJIL CC CHAMPS
 Report: FRESHMAN GIRLS
 Selection: DIVISION contains ATLANTIC
 and CLASS begins with GF

NAME	SCHOOL	CLOCK	DIVISION	DIVISION PLACE	OVERALL PLACE	TEAM SCORER	CLASS
KAREN MOST	CLIFTON	15.22	ATLANTIC	1	1	NO	GF
CASSANDRA GRANT	PASSAIC	15.41	ATLANTIC	2	2	NO	GF
ROCHELLE CAIN	PASSAIC	16.57	ATLANTIC	3	7	NO	GF
WANDA RIVERA	PASSAIC	17.28	ATLANTIC	4	8	NO	GF
DAWN NUNN	EASTSIDE	19.47	ATLANTIC	5	12	NO	GF

File: NNJIL CC CHAMPS
 Report: FRESHMAN GIRLS
 Selection: DIVISION contains PACIFIC
 and CLASS equals GF

NAME	SCHOOL	CLOCK	DIVISION	DIVISION PLACE	OVERALL PLACE	TEAM SCORER	CLASS
SHARON KARTISCHKO	BLOOMFIELD	15.46	PACIFIC	1	3	NO	GF
FELECIAN PEAVY	HACKENSACK	16.03	PACIFIC	2	4	NO	GF
LISA LEWIS	HACKENSACK	16.30	PACIFIC	3	5	NO	GF
CORRIE McAULIFFE	HACKENSACK	16.41	PACIFIC	4	6	NO	GF
RENEE FESTA	NUTLEY	17.45	PACIFIC	5	9	NO	GF
JACKIE QUIROZ	HACKENSACK	18.06	PACIFIC	6	10	NO	GF
KIM FALCHETTO	BLOOMFIELD	18.09	PACIFIC	7	11	NO	GF
SHARON TYRPAK	NUTLEY	19.57	PACIFIC	8	13	NO	GF

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN MEET OF CHAMPS

COURSE GARRETT MOUNTAIN

DATE 10/29/88

COURSE RECORD _____

WEATHER CRISP-CLEAR-GREAT

TYPE OF COURSE _____

Overall place	place	RHS	NAME	TIME
	1		LYNNE COLLAZO	19:54.1
	2		JEAN HUGHES	20:00
	5	(4)	LIZ FIGLAR	20:43
	12	(6)	STEPH KANE	21:31
	36	(21)	NICOLE MACLENNAN	22:53
	56	(35)	JANET TITUS	23:58
	59	(38)	JEN BAUMAN	24:04

TEAM TOTAL: 34

TEAM PLACE: CHAMPIONS

1-5 SPLIT: 3 min 4 sec

1-7 SPLIT: 4:16

COMMENTS: Great Day for Ridgewood. 4 of our athletes in the Top 12 in Bergen County. Lynne Collazo first major championship win in cross country. Jean 2nd place trophy only a few steps behind. Jean Lizjo all county possibilities and Nicole's great lake loop were just a few of the good things about Today. The last time some one else held the county meet of champs trophy? 1979 Old Tappan!

Twin crowns for Ridgewood

CROSS-COUNTRY

By Paul Schwartz
Correspondent

WEST PATERSON — Ridgewood girls coach Jacob Brown has a simple method for getting his team prepared for the Bergen County cross-country Meet of Champions each year.

"I get the rotating championship trophy out of the case and show it to the team," said Brown. "Then I remind them how long we've had it."

Ridgewood retained the trophy for the ninth consecutive year after an impressive 34-56 victory over Bergenfield Saturday at Garret Mountain.

The Ridgewood boys also won handily, 61-91-96, over Ramsey and Rutherford.

Individually, Lynne Collazo of Ridgewood upset teammate Jean Hughes to win the girls title, and junior Craig Masker of Mahwah outdueled sophomore Ken Flynn of Ramsey in an exciting boys race.

Ridgewood's girls team seemed vulnerable after a comparatively weak performance by their fourth and fifth runners at the county Group 4 championship last week. Sophomore Stephanie Kane took more than 1½ minutes off her time of last Saturday and finished 12th. Combined with a fifth-place finish by fellow sophomore Liz Figlar, the Maroons survived a fine team performance by Bergenfield, which placed its top six runners from 15th to 31st.

"I didn't feel that much pressure on me," said Kane. "We did a lot of work in the last week and I haven't been fooling around at practice anymore. I knew I had to do well for us to do well."

Collazo, who defeated Hughes by 20 yards in a comparatively slow 19 minutes, 54.1 seconds, was surprised by her victory.

"I have never felt that I'm nearly as good a cross-country runner as Jean is and I still consider her the best cross-country runner in Bergen County," said Collazo. "It doesn't feel like I really won."

Collazo's sub-20 performance at Tuesday's Northern New Jersey Interscholastic League meet gave the state's premier 800-meter runner confidence that she could take the final step to cross-country prominence.

"It was over a minute faster

than I had ever run before and I never thought I could run that fast for 5,000 meters," said Collazo.

Mahwah's Dee Keough was third, followed by Garfield's Gina Fedorchak, Figlar, and Cliffside Park's Lora Matteis.

"I'm really happy about the way our girls ran," said Bergenfield coach Frank Schorling. "We had each of our girls run a personal best and they finished within 53 seconds of each other. We made Ridgewood work for the title."

Masker fought off a surge from Flynn in the final 600 meters to win.

"I wanted to know where [Paramus Catholic's Mark] Bednarz was when we hit the bathroom on the final hill," said Masker, a junior. "When they said he was way back, I took off. I didn't want him to get a chance to out-kick me."

Masker won by 25 yards over Flynn in a season-best 16:19.7 to become the second Thunderbird to win the title. Ian Leavesley won the 1979 race.

"When the season started, I was just hoping I could make second team All-County," said Masker. "Then after the Passaic Coaches meet, I thought I could be top five."

But the day's top performance in last week's group meet convinced Masker that he had a chance to win.

Flynn ran a career-best 16:25 for second, staying with Masker until the final 200 yards. Bednarz was third and Mahwah senior Jim Heaney was fourth, just ahead of Paramus Catholic's Dave Pataky.

The Ridgewood boys team continued to improve in leaps and bounds to earn its third Meet of Champions victory in five seasons. Defending Bergen County champion Kevin McCabe continued his recovery from a broken foot to finish sixth to lead the Maroons, who took six of the first 29 places. Junior Jon Berntsen recovered from a poor NNJIL race to finish 10th and sophomore Eric Boucher was 11th.

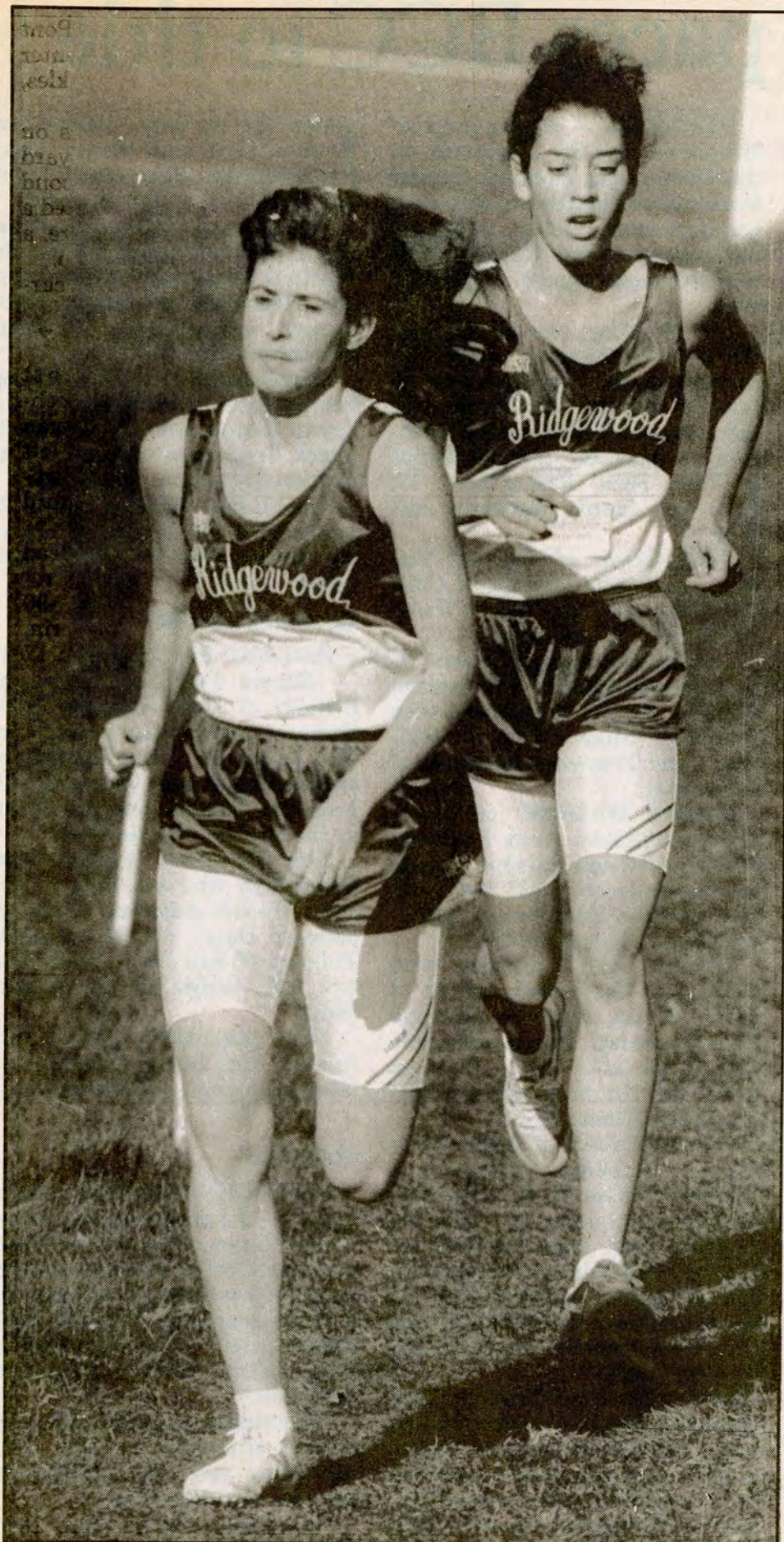
Ramsey and Rutherford both ran sound team races, and should contend for state sectional championships this weekend. Bergen Catholic was fourth, and defending champion Paramus Catholic faded to fifth place.

GIRLS

Team scoring

Ridgewood 34, Bergenfield 56, Garfield 81, Dumont 103, Hackensack 120, River Dell 157, Palsades Park 186, Rutherford 201, Holy Angels 202. Cresskill, Pascack Hills and Saddle Brook had incomplete teams.

1. Lynne Collazo, Ridgewood	19:54.1
2. Jean Hughes, Ridgewood	20:00.
3. Dee Keough, Mahwah	20:19.
4. Gina Fedorchak, Garfield	20:34.
5. Liz Figlar, Ridgewood	20:43.
6. Lora Matteis, Cliffside Park	20:43.
7. Sarah Davey, Pascack Hills	20:51.
8. Cathy Rindge, River Dell	20:52.
9. Jessica Grieco, Emerson	21:01.
10. Jen Carlin, Cresskill	21:02.
11. Carmel Geraghty, Paramus Catholic	21:27.
12. Stephanie Kane, Ridgewood	21:31.
13. Mary Ann Jeske, Fair Lawn	21:41.
14. Colleen Doyle, Bergenfield	21:44.
15. Melissa May, Bergenfield	21:50.
16. Michelle Felix, Queen of Peace	21:51.
17. Christine Obsuth, Garfield	21:56.
18. Rachel Williams, Englewood	22:02.
19. Anne Sourek, Palsades Park	22:07.
20. Sheryl Bartke, Hackensack	22:08.
21. Tiffany Crennel, Pascack Hills	22:13.
22. Nadine Poveromo, Bergenfield	22:16.
23. Danielle Valente, Bergenfield	22:19.
24. Veronica Davi, IHA	22:19.
25. Jeanine Limone, Teaneck	22:22.
26. Medeada Steidl, Garfield	22:26.
27. Laura Albro, Paramus	22:26.
28. Tricia Sheehan, Dumont	22:31.
29. Janine Velling, Ramsey	22:31.
30. Stephanie Tedesco, Bergenfield	22:31.
31. Laurie Scalone, Bergenfield	22:37.
32. Bryana Johnson, Hackensack	22:42.
33. Kathy Kelly, Dumont	22:44.
34. Jen Murray, Dumont	22:47.
35. Stacey Grimm, Tenafly	22:51.
36. Nicole MacLennan, Ridgewood	22:53.
37. Mary Bills, Rutherford	22:54.
38. Tricia Brady, Dumont	22:55.
39. Sue Haddad, Hackensack	22:56.
40. Christine Hubsmlth, Pascack Hills	22:58.
41. Angela Allegretta, Palsades Park	23:01.
42. Amy Giannantonio, Cresskill	23:03.
43. Rachel Smith, Cresskill	23:07.
44. Liz Raciti, Ramsey	23:15.
45. Leslie Bunger, Ramsey	23:15.
46. Lisa Grimaldi, Dumont	23:18.
47. Sonia Roman, Garfield	23:25.
48. Soojung Choi, Garfield	23:26.
49. Maya Alexandri, River Dell	23:30.
50. Yvonne Logan, North Arlington	23:32.



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Lynne Collazo of Ridgewood, right, is about to pass teammate Jean Hughes en route to the Bergen County Meet of Champions title.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET J.V. SECTIONAL

COURSE GARRETT

DATE NOVEMBER ~~11~~ 4TH

COURSE RECORD _____

WEATHER Warm Humid

TYPE OF COURSE _____

Overall place	RHS	NAME	TIME
1		HEATHER FITZGERALD	23:13.4
2		JEN BAUMAN	23:32.5
4		SHEELYN MARKER	23:46.1
25 (19)		JESSICA SCADRON	25:34.5
40 (28)		JEN SCHWARTZ	26:28.7
44 (31)		Amy TITUS	26:42.9

TEAM TOTAL: 54

TEAM PLACE: FIRST

1-5 SPLIT:

1-7 SPLIT:

RHS 54
 DUMONT 67
 BERGENFIELD 69
 PARAMUS (ATH.) 105

COMMENTS: Everyone ran great. All had best times of the season and we beat Bergenfield and Dumont! Heather learned the value of going out slower or even paced. Sheelyn ran an aggressive race but lost it up the hill - Jen continues to improve. Jessica runs tough considering her low mileage.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE SECTIONAL CHAMPIONSHIP
NORTH I GROUP IV

COURSE GARRETT

DATE NOVEMBER 5TH 1988

COURSE RECORD _____

WEATHER RAIN-RAIN-RAIN
WARM BUT MUD

TYPE OF COURSE _____

place	RHS	NAME	TIME
2		LYNNE COLLAZO	20:33.6
5		JEAN HUGHES	20:55.3
10	(9)	LIZ FIGLAR	22:19.1
12	(10)	STEPH KANE	22:33.1
26	(21)	NICOLE MACLENNAN	23:31.1
40	(32)	JANET TITUS	24:23.4
49	(39)	HEATHER FITZGERALD	24:54.5

TEAM TOTAL: 47
TEAM PLACE: 2ND
1-5 SPLIT: 2:58
1-7 SPLIT: 4:21

KEARNEY - 33
R.H.S. - 47
PASSAIC - 102
VERNON - 109
N. BERGEN - 118

13 TEAMS - 18 SCHOOLS

COMMENTS:

WE RAN very well in the mud today - Kearney was State Champion last year and continues to be very tough. Lynne ran a solid race against a big time cross country runner!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE GROUP IV CHAMPIONSHIP

COURSE HOLMDEL

DATE NOVEMBER 12TH 1988

COURSE RECORD 17:35.5 JANET SMITH (1983)
J.P. STEVENS H.S.

WEATHER SUNNY - WARM - CLEAR

TYPE OF COURSE GRASS + PATHS
HILL + DALE
GREAT CROSS COUNTRY

place	RHS	NAME	TIME
22	(20)	JEAN HUGHES	20:57
53	(45)	LIZ FIGLAR	21:53
55	(50)	STEPH KANE	21:56
98	(91)	NICOLE MACLENNAN	23:42
99	(92)	JEN BAUMAN	23:42
103		LYNEE COLLARO	23:59
116		JANET TITUS	24:51

TEAM TOTAL: **301**
TEAM PLACE: **12TH**
1-5 SPLIT:
1-7 SPLIT:

Girls Group 4

Team scoring

Toms River East 91, Brick Township 106, Hunterdon Central 113, Paul VI (Haddonfield) 126, North Hunterdon 141, Kearny 152, Toms River North 201, Newark East Side 210, Marlboro 234, Madison Central 273, Shawnee 277, Ridgewood 301, Morristown 304, Vernon 349, Middletown North 351, Passaic 400, Westfield 402, North Bergen 445, Columbia 483.

- Paula Vagueira, Newark East Side 19:32
- Colleen Spillane, Brick Township 19:43
- Erinn Carmody, Paul VI (Haddonfield) 19:43
- Sandy Wright, Paul VI (Haddonfield) 19:57
- Jen Maczka, Madison Central 19:57
- Liz Duarte, Kearny 20:05
- Michele Bull, Toms River East 20:05
- Melissa Niechwindowitz, Madison Central 20:08
- Michelle Dey, Notre Dame 20:10
- Patty Hoernlein, Brick Township 20:13
- Nadine Nunez, Passaic 20:21.11
- Jean Hughes, Ridgewood 20:57
- Ana Mateus, Kearny 21:06
- Uloopi Desai, Kearny 21:12
- Tara McDermott, Kearny 21:14

COMMENTS: SICKNESS, LACK OF SPARK, AND WHO KNOWS WHAT CREATED OUR WORST TEAM RACE OF THE YEAR. THIS WAS ONE OF OUR WORST TEAM RACES EVER and TIED (12TH) FOR OUR WORST TEAM FINISH IN THIS MEET RIDGEWOOD WAS 12TH in 1983 and 1978! HOPEFULLY LIZ, STEPH, + JEN WILL LEARN LESSONS FOR NEXT YEAR SO WE CAN PEAK AND RUN WELL AT HOLMDEL NEXT NOVEMBER.



Tony Vassallo/The Ridgewood News

Maroon Kingpins — The is Ridgewood High's champion girls cross country team. Front (from left): Stepf Kane, Liz Figlar, Jen Bauman and Heather Fitzgerald. Back: Sheelyn Marker, Lynne Collazo, Jean Hughes, Janet Titus and Nicole MacLellan.

Ridgewood girls run to county apex again

By JIM JONES

In what sport can an athlete who finishes in 36th place be a hero? Cross country, of course, and the 36th-place finish of Ridgewood High senior Nicole MacLennan in the Bergen County Meet of Champions was just as important as senior Lynne Collazo's 19:54.1 winning mark in that team victory.

Depth is the key in this sport, and that balance of talent has been the Maroons' trademark for the nine straight years they have held what was supposed to be a rotating trophy.

The Maroons also won the NNJIL Atlantic Division and Bulldog Invitational titles this fall, and coach Jacob Brown said this is a team that was able to accomplish all that it could accomplish. "I was pleased with that."

"I feel real good about this team," the 15-year coach said. "I like the way they came together. They did a good job. Kearny, with four runners back from last year's state championship team, was just too good. In the others, they rose to the occasion."

Seniors Lynne Collazo and Jean Hughes led the way. Hughes was the early-season pacesetter but Colazzo came on strong at season's end to capture the county Meet of Champions individual title and

finish second in the the North Jersey sectional Group 4 race.

Kearny's Liz Duarte was the sectional winner in 20:23, with Colazzo clocked in 20:33 on the rainy day. Hughes, who was second in the county event at Garret Mountain in 20:00, was fifth in Section I in 20:55. She turned in an outstanding 19:22 effort to win the league race at Garret.

Sophomores Liz Figlar and Steph Kane have been consistent third and fourth-place finishers for the Maroons, with MacLennan in the fifth spot. Senior Janet Titus and junior Heather Fitzgerald are the sixth and seventh runners.

Bergenfield and Passaic provided the toughest competition for the Maroons on the area level.

The college ranks are dotted with former Maroon stars, including Margaret Scutro and Karen Cannon at Georgetown, Nancy Titus, Wagner; Kathy Shevlin, St. Michael's (Vermont); Amy Donnelly, Holy Cross; Noreen D'Arcy, West Point, and Jennifer Hughes, St. Joseph's (Philadelphia).

The team fielded 17 runners this season, but with injuries usually 12 or 13 competed. While Figlar, Kane and Fitzgerald will return next autumn, a slender freshman turnout leaves Brown with concern about continued Maroon supremacy.

1988

ALL-BERGEN GIRLS CROSS-COUNTRY



Dee Keough
Mahwah



Cathy Rindge
River Dell



Gina Fedorchak
Garfield



Lynne Collazo
Ridgewood



Vickee Foy
Paramus



Jean Hughes
Ridgewood



Kim Sheekey
Ramsey

All-Bergen girls

First team

LYNNE COLLAZO, Ridgewood _____ Senior
 GINA FEDORCHAK, Garfield _____ Senior
 VICKEE FOY, Paramus _____ Sophomore
 JEAN HUGHES, Ridgewood _____ Senior
 DEE KEOUGH, Mahwah _____ Junior
 CATHY RINDGE, River Dell _____ Sophomore
 KIM SHEEKEY, Ramsey _____ Junior

Second team

JENNIFER CARLIN, Cresskill _____ Sophomore
 SARAH DAVEY, Pascack Hills _____ Freshman
 LIZ FIGLAR, Ridgewood _____ Sophomore
 CARMEL GERAGHTY, Paramus Catholic _____ Junior
 JESSICA GRIECO, Emerson _____ Sophomore
 LORA MATTEIS, Cliffside Park _____ Senior
 KATHY McAULIFFE, Dumont _____ Sophomore

Third team

COLLEEN DOYLE, Bergenfield _____ Junior
 MICHEL FELIX, Queen of Peace _____ Senior
 MARIANNE JESKE, Fair Lawn _____ Senior
 STEPHANIE KANE, Ridgewood _____ Sophomore
 MELISSA MAY, Bergenfield _____ Senior
 KERI RILEY, Northern Highlands _____ Junior
 ANN SOUREK, Palisades Park _____ Junior

Honorable mention

Nadine Poveromo, Laurie Scalone, Stephanie Tedesco, and Danielle Valente, Bergenfield; Kathleen Kelly, Jen Murray, and Tricia Sheehan, Dumont; Rachel Williams, Englewood; Ann Kane, Fair Lawn; Chris Obsuth and Madeana Steidl, Garfield; Sheryl Bartke, Bryana Johnson, and Stacey Weisfeld, Hackensack; Veronica Davi, Immaculate Heart Academy; Katie Morris and Caroline Preece; Northern Highlands, Allison McSweeney, Old Tappan; Laura Albro, Paramus; Tiffany Crennel, Pascack Hills; Stephanie Rogers, Pascack Valley; Janine Veling, Ramsey; Cathy Acevedo, Jenny Nuccitelli, and Krissy Nuccitelli, Saddle Brook; Jeanine Limone, Teaneck, and Stacey Grimm, Tenafly.

All-Star team points toward bright future

By Paul Schwartz
Correspondent

After years of domination by state champion runners such as Toni Ann Angione of Bergenfield, Margaret Scutro of Ridgewood, Amy Kempf of Paramus, and Mary Ellen McGowan of Pascack Valley, this year's All-Bergen team members have had good but not outstanding scholastic cross-country seasons.

And even though, for the first time, no Bergen County team or individual ran in the State Meet of Champions, the future looks bright. There are only seven seniors on the three All-Bergen girls cross-country teams, including Lynne Collazo and Jean Hughes of Ridgewood and Gina Fedorchak of Garfield on first team.

But the future of Bergen County cross-country is in runners such as sophomores Vickee Foy of Paramus and Cathy Rindge of River Dell and juniors Dee Keough of Mahwah and Kim Sheekey of Ramsey, who are also on the first team. They may lead a Bergen resurgence next year.

Here's a look at the team:

LYNNE COLLAZO, Ridgewood — She may be better known as the state's best half-miler, but Collazo also managed to become the Bergen County cross-country champion. She had a good season before the Northern New Jersey Interscholastic League meet, finishing fifth in the Bulldog Invitational A race, 11th in the Shore Coaches A race, and eighth in the Ridgewood Invitational C race. Collazo then finished second in the Bergen Group 4 race before running her career best of 19:32 to finish second in the NNJIL to Hughes. That set up her upset of Hughes in the Bergen County championship. She was second in the Group 4 sectional championship before a sub-par final race in the Group 4 championship. Her 19:32 time at Garret Mountain is 38th all-time, 17th by a Bergen runner.

GINA FEDORCHAK, Garfield — Fedorchak was the veteran who led Garfield to its first County Group title and first undefeated dual meet season. She finished fourth in the Bulldog Invitational B race, took eighth in the Ridgewood Invitational A race, and finished second in the Bergen-Passaic Scholastic League King Division race. She then took third in the Bergen Group 2 race and a surprising fourth in the Bergen County Meet of Champions with a career-best time of 20:34 at Garret Mountain, the sixth fastest time of the year by a Bergen runner.

VICKEE FOY, Paramus — Moving up from second team last year, Foy made All-Bergen despite not competing in the Bergen Meet of Champions because she and four others, including Sheekey, took the wrong route and cut about 200 yards from the Garret Mountain course. But before and

after that race, Foy had an excellent year. She finished seventh in the Season Opener A race, seventh in the Bulldog A race, and third in the Eastern States C race. She then finished fourth in the NNJIL race in her seasonal-best time of 20:18, fourth fastest of the year. She took third in the Group 3 sectional meet and was 25th in the Group 3 state championship.

JEAN HUGHES, Ridgewood — Hughes made the team for the third consecutive year, although her season was not quite up to her expectations. She won the Bulldog Invitational A championship impressively and then captured the Shore Coaches A race in 19:53 at Holmdel, the 23rd fastest time run by a Bergen-Passaic athlete. A seventh-place finish in the Ridgewood Invitational A race followed before Hughes snapped back with impressive victories in the Bergen Group 4 and NNJIL races, the latter in 19:22, the 30th fastest time in history and 11th by a Bergen runner. She then finished second in the Bergen Meet of Champions, fifth in the Group 4 state sectional, and 22nd in the state Group 4 championship.

DEE KEOUGH, Mahwah — Another three-time All-Bergen selection, Keough suffered through an injury-filled season, but still managed to excel in county races. She took third in the Passaic Coaches B race, then won the B-PSL King Division race in a seasonal best of 20:13, the third best time by a Bergen runner in 1988. She then finished second in the County Group 2 race, took third in the Bergen County Meet of Champions, and second in the sectional Group 2 race. She then finished 27th in the state Group 2 race.

CATHY RINDGE, River Dell — She moves up from third team after a solid season, which included major championship victories in the Cumberland Run, Bergen Group 2, and Bergen County Scholastic League American championship; eighth-place finishes in the Season Opener B, Bulldog Invitational B, and Shore Coaches C races; and perhaps her best race of the year, an impressive second-place finish in the Ridgewood Invitational A race. She also finished eighth in the Bergen Meet of Champions, fifth in the sectional Group 2 race, and 19th in the Group 2 state championship.

KIM SHEEKEY, Ramsey — Another victim of the Group 3 mishap, Sheekey moves up from third team. She finished fifth in the Season Opener A race, and had her best race in an impressive Shore Coaches C third-place finish, sparking Ramsey to a stunning victory. She came back after the County disqualification to easily win the Northern Bergen Interscholastic League title and was fifth in the state sectional Group 3 race. She finished 48th in the state Group 3 championship.

ATLANTIC DIVISION
ALL LEAGUE
GIRLS

1st Team

	<u>Name</u>	<u>School</u>	<u>Year</u>
1	Jean Hughes	Ridgewood	Sr.
2	Lynne Collazo	Ridgewood	Sr.
3	Nadine Nunez	Passaic	Jr.
4	Gail Nunez	Passaic	Sr.
5	Liz Figlan	Ridgewood	Soph.
6	Stephan Kane	Ridgewood	Soph.
7	Sharon Torres	Clifton	Jr.
8	Irene Gorzelany	Clifton	Jr.
9	Jelonda Thomas	Eastside	Soph.

2nd Team

1	Nicole MacLennan	Ridgewood	Sr.
2	Shernita Marable	Passaic	Sr.
3	Tracy Pullen	Passaic	Soph.
4	Tammy Walsh	Clifton	Jr.
5	Michele Cox	Clifton	Soph.
6	Janet Titus	Ridgewood	Sr.
7	Karen Casey	Clifton	Jr.
8	Laura Farinas	Clifton	Frosh
9	Sandra Montanez	Passaic	Sr.

Honorable Mention

	Sheelyn Marker	Ridgewood	Sr.
	MaryEllen Caulfield	Clifton	Soph.
	Joann Gonzales	Passaic	Soph.

TEAM CHAMPIONSHIP - GIRLS
ATLANTIC DIVISION

1	Ridgewood	7-0	8	1st	8	16
2	Passaic	6-1	7	2nd	7	14
3	Clifton	5-2	6	3rd	6	12

PASSAIC NEWS ALL AREA TEAM
FIRST TEAM
JEAN HUGHES
LYNNE COLLAZO



Ridgewood all-stars (from left): Stephanie Kane, Lynne Collazo, Jean Hughes and Liz Figlar.

All-Suburban cross country

GIRLS FIRST TEAM

Dee Keough, Mahwah.....Jr.
 Lynne Collazo, Ridgewood.....Sr.
 Jean Hughes, Ridgewood.....Sr.
 Kim Sheekey, Ramsey.....Jr.
 Liz Figlar, Ridgewood.....Soph.
 MaryAnn Jeske, Fair Lawn.....Jr.
 Stephanie Kane, Ridgewood.....Soph.
 Keri Riley, No. Highlands.....Jr.

GIRLS SECOND TEAM

Janet Titus, Ridgewood.....Sr.
 Nicole MacLennan, Ridgewood.....Sr.
 Anne Kane, Fair Lawn.....Jr.
 Katie Morris, No. Highlands.....Jr.
 Caroline Preece, No. Highlands.....Jr.
 Janine Veling, Ramsey.....Jr.
 Melissa Wyka, Fair Lawn.....Soph.
 Liz Raciti, Ramsey.....Fr.

GIRLS HONORABLE MENTION

Jen Bauman, Heather Fitzgerald, Sheelyn Marker, Ridgewood; Leslie Bounger, Lori Reid, Ramsey; Bell Mader, Alicia Mader, Jen Wilson, Midland Park; Carrie Blomquist, Kim Curran, Ramapo; Jan McMullen, Paige Thoban, No. Highlands.

BOYS FIRST TEAM

Craig Masker, Mahwah.....Jr.

Jim Heaney, Mahwah.....Sr.
 Ken Flynn, Ramsey.....Soph.
 Gian Raciti, Ramsey.....Jr.
 Jon Bernsten, Ridgewood.....Jr.
 Eric Boucher, Ridgewood.....Soph.
 Kevin McCabe, Ridgewood.....Sr.
 Tom Stevenson, Ridgewood.....Jr.
 John Zurflueh, Waldwick.....Sr.

BOYS SECOND TEAM

Jeff Lim, Ramsey.....Jr.
 Ed Eder, Fair Lawn.....Sr.
 J.P. Byrne, Ridgewood.....Jr.
 John Chidiac, Ridgewood.....Jr.
 Todd Neumann, Ramsey.....Jr.
 Joe Leung, Don Bosco.....Jr.
 Chris La Croix, Ramapo.....Sr.
 Paul Murphy, Ramsey.....Sr.
 Tareck Anis, Ridgewood.....Jr.

BOYS HONORABLE MENTION

Hoon Lee, Ridgewood; Ryan Ing, Glen Rock; Rich Straut, Jerry Martin, Drew Caruso, Waldwick; Matt MacDonald, Mahwah; Matt Sweeney, Don Bosco; Jim Coker, Nate Shapiro, Fair Lawn; Sean Chamberlin, Hawthorne; Craig Davis, Midland Park; Howard Bernard, Kevin Monahan, Brian Osoba, Ramapo; Chad Thobin, Steve Godfrey, No. Highlands; Joe Raab, Indian Hills.



The Record's girls cross-country polls

BERGEN GROUP 1-2

	Pts.
1. Garfield (7) _____	35
2. River Dell _____	17
3. Rutherford _____	14
4. Palisades Park _____	13
5. Cresskill _____	11

Also: Saddle Brook 9, North Arlington 6.

BERGEN GROUP 3-4

	Pts.
1. Ridgewood (7) _____	35
2. Ramsey _____	24
3. Dumont _____	21
4. Paramus _____	13

5. Pascack Hills _____	10
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Also: Cliffs Park and Hackensack 1.

PASSAIC-MORRIS

	Pts.
1. Wayne Valley (5) _____	25
2. Clifton _____	18
3. Passaic _____	17
4. Pompton Lakes _____	10
5. Lakeland _____	5

Selections made by The Record's sports staff.

First-place votes in parentheses. Voting done on a 5-4-3-2-1 basis.

Garrett Mountain 5,000 meter cross country course

	FIRST POLE 331 m	BOTTOM OF HILL 1744 m	2 ND TIME 3482 m	LAKE LOOP 1738 m	LAST SPLIT 1518 m	FINAL TIME 5,000 m
Dean		6:28	13:55			BERGEN INV 20:17
		MISSED THE SPLIT	13:29			NNJIL CHAMPS 10/25/88 19:22
	59	6:23				BERGEN MEET OF CHAMPS 20:00
	65					SECTIONALS 11/5/88 20:55
Lynne		6:33	14:35			21:26
			13:30			10/25 19:32
	60	6:25				19:54.1
	65				11/5	20:33
LIZ		6:59	14:55			21:34
			14:53			10/25 21:41
	64	6:40				20:43
					11/5	22:19
STEPH		7:02	16:08			23:02
			15:19			10/25 22:10
	64	6:41				21:31
	67				11/5	22:33
NICOLE		7:36	16:26			23:54
			15:52			10/25 22:56
	1:12 (72)	7:26	15:48			22:53
	73				11/5	23:31
Janet		7:36	16:36			24:03
			16:06			10/25 23:27
	1:12 (72)	7:30	16:24			
	75				11/5	24:23
Heather F.		7:43	17:05			24:54
		7:28	16:35			League J.V. 10/25/88 24:05
		7:38	16:15			J.V. SECTIONAL 11/3/88 23:13.4
	79				11/5	24:54
Jan Bauman	1:13 (73)	7:36	16:28			Bergen Meet of champs

Olympians in U.S. and Canada had 3 common traits

- Deeply committed
- Quality training
- Set clear goals Daily, Weekly, Season

Goal Setting

State positive goals I want to relax on the third lap

State goals in specific behavioral terms I'm not ^{not}going to slow down on the 3rd lap

State goals that are under your control

Make sure you're committed to the goal

Goal Stoppers

- Lack of Knowledge
- Lack of Skill
- Lack of Risk Taking
- Lack of Social Support

When you meet a goal - Reward yourself and then set another

When you don't meet a goal, then re-adjust the goal

Mental Practice

Immagery

Coping Imagery

Simulation Training - make an activity or race like "THE RACE"

Successful Athletes had 4 things

- Pre competition plan
- Ability to "center" - TASK CUES - focus on specific behaviors
- Competitive focus - a plan - cues, positive self talk - after races
focus on positive
- Keep a training log and diary. Tape in walkman
- Distraction control

INVERTED U THEORY: U SHAPED AROUSAL CURVE

Too much or too little can be detrimental. Find best place for you in the middle.

* Confidence is saying it to yourself and doing it ✓

* Boasting is saying it out loud and not doing it ✓













