

## **MORRIS COUNTY BOYS TEAM PREVIEWS**

### **BOONTON**

COACH: Bob Bongo (29th season)

TOP RETURNERS:

Seniors - Jeremy Feland, Aiden Groll, Zach Herbek, Allan Hil, Sami Iqbal, Will Olsen, Andrew Roeting, Anthony Salamone, Rehman Sheikh, Isaac Spann.

Juniors-Ben Benaag, Steve Diese, Ish Kadam, Justin Forbes, Marshal Campbell.

Sophomores-Chris D'avano, Ali Chaudhry, Josh Smith-10.

TOP NEWCOMERS: Freshmen Nick Chermack, Joey Cheff, Jacob Feland, Ameer Koyas, and Quinn Sweeney.

COACH'S OUTLOOK: ``Senior dominated team that will cover the events well. Should be strong again in the Jumps and the Sprints and will be improved in the Hurdles and Throws. Should be competitive in the county and could contend for a sectional title.”

### **BUTLER**

COACH: Ryan Kelly (2nd season)

TOP RETURNERS: Sophomores Matthew Ianuzzi (800), and Jeremy Lake, (400).

TOP NEWCOMERS: Senior Jorge Estacio (jumps/100M), freshman Sean Medford (jumps,/100/200), freshman Michael Ashbrook (jumps), Ryan Norlander (1600 800, jumps), Kevin Lee (hurdles).

COACH'S OUTLOOK: ``With only one senior and a very large group of freshmen and sophomores, Butler is looking to continue rebuilding its team. Our strongest field by far is the hurdles.”

### **CHATHAM**

COACH: Pat Barry (5th season)

Here is what Barry said about his team:

``This will be our first year in the large school division of the NJAC Conference. We've also begun adjusting to being in Group 3 at the state level.

In the National Div. of NJAC we will be facing the likes of Randolph, Delbarton, Mendham, Morristown, Roxbury, Par Hills, W. Morris. We will lose traditional rivalries versus the likes of Madison, Dover, Hanover Park and Parsippany. But our team is growing in size (we're up to 86 boys) and

the competition is also growing more difficult.

The strength of our team will be in our hurdles and jumps. They will be led by John Walsh-11 who placed in both the HJ and H Hurdles in the Indoor State Sectional in 2013 as well as the outdoor sectional in 2012 (HH.)

Carson Burns-11 also returns after placing in the I. Hurdles in the sect in 2012. Other hurdlers include seniors Jake Budlow and Aaron Young. We hope to do well in "team intermediate hurdle" races. Jake, John and Aaron are experienced triple and/or long jumpers as well along with Alex Burns-12.

We are looking to Andrew Vena (no relation to Nick) to have a break-out season in the 400 and 800. Andrew is now our fastest leg on the 4X400 which placed 5th in the Indoor Sectional in 2013. (Jake, Aaron , and Carson are also part of that team.) Joining them, after a successful swimming season, will be Sean McHugh-12. Sean is a sprinter/high jumper and will also see action in the 4 X 400.

We look forward to doing well during the relay season with the above mentioned athletes. In addition, sophomore, Will Mitchell is having a break-out season in the distance races. Will moved up to our # 2 Cross country runner by season's end. In the Indoor Sectional he nearly upset the Cranford lead runner in the 3200, losing by one step. He went into the Group 2 meet (Indoor only for GR. 2) as the 20th seed and finished 8th in 10:01, improving by 19 seconds. He has recently had successes in road races as well.

As for our coaching staff, Jimmy Rutzler (son of former Chatham coach Jim Rutzler) joins our staff after cutting his teeth coaching at Gov. Livingston. Kelly Bray is in her second year as an assistant. Dave Gerridge is or esteemed volunteer coach handling the horizontal jumps. We were also very fortunate to add Jason Mariano as a first year assistant. With our growing numbers (over 160 boys and girls combined) the BOE wisely added a position to our staff. We are very grateful for that."

## **DELBARTON**

COACH: Dave Sulley (1st season-previously coached at Mount Olive)

Here is what Sulley said about his team:

``Like indoors, we hope to have an improved overall team this spring.

There are more events outdoors so I don't know if we can cover as we did indoors, but we are going to try. Our goal is to have a competitive team and cover all the events. We'll be deeper in some than others. We want to establish ourselves this year as a top team.

We have senior Jules Hislop to handle the hurdles. He'll run 200 or anchor 4 x 400. Senior Chris D'Aliso is a good all-around athlete. He'll go 110h, triple, long, and high jumps. Junior Mike Benz will be a good scorer for us in the pole vault. Junior Tommy Rhodes will do shot and discus. These 4 guys made MOC indoors.

In the distances we have three good juniors-Robbie Siegel (4:29, 10:01)), Mike Maguire (4:34, 9:54) and Jack O'Reilly (2:05,4:38). Senior Jamie Downey was injured indoors but will return; he was top 4 in xc for us. Javelin will be a decent event for us with junior Nick Hamilton returning. He threw in the 140's last year. Bill Gorski has returned to coach this event; he coached Sullivan ?

Other throwers include junior Jerry Donini, and senior A.J. Papetti,12. We will be okay in the jumps and hurdles and distances. Throws are going to be improved this year. Tommy Rhodes has done lacrosse all his life (doesn't everybody at Delbarton? Oh, yeah, we're good at baseball, golf, and tennis, too. We lost some indoor guys to those sports. And rugby, ha, ha, where we're state champs), so having Tommy Rhodes is a huge help to the throwing.

The sprints are the most major area of building. They were rather weak last year. We have managed to recruit a few guys out that do other sports and hopefully they will make us competitive. Our fastest guys indoors (besides Hislop and D'Aliso)--Matt Oplinger, Steve Kovalsky, and Brandon Kenny--do lacrosse.

Morristown and Mendham will be tough in our division of the NJAC. I imagine Randolph will be tougher outdoors than indoors. They are always hard to beat in a dual meet."

## **DOVER**

Coach: Mike Clear (head coach from 2007-2011/freshman coach last 2 years)

TOP RETURNERS: Seniors Geovani Ocampo (sprints, LJ,TJ (4th at the County Championships 42-11, jumped 20-7.5 at county championships). William Cabanilla - hurdles (3rd NJAC small schools 400 IH 59.08). Jesus Carrasco (distances), Patrick Metullus and Theo Smith (throws), Anthony Zegarra - sprints (hurt 2012 season).

Juniors-JP Quintero (hurdles/jumps), Nick Boyle (throws), Luis Rodriguez - (LJ/TJ). Freshmen-McLane Flemming (distances).

TOP NEWCOMERS: Senior Alfonso Nunez (mid-distance). Freshmen Marcel Brown (sprints/throws), Luis Lucero (sprints/throws), and sprinters

Leandro Suarez and Kevin Rodriguez.

### **HANOVER PARK**

COACH: Chris Mello (2nd year)

TOP RETURNER: Eric Hepworth (12), Matt Santangelo (12), Jaquill Scott (12), Dan Barreira (12), Mike Masino (12), Rob Masino (12), Ryan Agbim (12), Chris Clement (12), DeVon McGriff (10), Mike LoConte (11)

TOP NEWCOMERS: Brian Platoff (12), Steve Guida (11), Jihwan Yoon (10), Jonathan Radomski (11), Tom Radomski (9), Eric Boccard (10), Mason Sangillo (10).

COACH'S OUTLOOK: ``We have a strong core group of returning athletes and we are looking to be competitive in every meet that we enter this season.

2011 Finish: record, MCT or SCIL results, state results:

Undefeated in dual meets, NJAC small schools champion, & North II Group II Sectional Champions

### **JEFFERSON**

Coach: Darren Bruseo (2nd season)

TOP RETURNERS: Seniors- Kyle Wall hurdles, Brian Ubhaus 3200, Christian Tedford 800, 1600, John Marzocca High Jump, long Jump, Kevin Conklyn 400

Juniors- Quinn Burke- 800, 1600, Rick Gambutti and Rich Heyes- Throws

TOP NEWCOMERS: Mike Agnes and Connor Luime (pole vault), Kyle Neuschatz (100, 200), Rob Hajnos and Tyler Zimmerman Throws

Coach's outlook: ``We are returning most of our point scorers from last year and are going down to the smaller school division. We hope to be competitive among the schools we compete against.”

### **KINNELON**

COACH: Emily Drew (4th season as head coach)

TOP RETURNERS: Marco Conte, Sr. throws, Bruce Andersen, Sr., all around, Dylan McMurrer, Sr., all around, Troy Andretta, Sr., thrower, Kyle Dolph, Jr., field events, Cristian Graupe, Jr., thrower, Matt Holman, Jr., sprinter, Brenton Young, Jr., thrower, Dennis Moeser, Jr., thrower Ben Wasserman, Soph., distance, Griffin Weiss, Soph., sprinter, Joe Ahart, Soph., thrower, Andrew Bertollo, Soph., distance, John Hatch, Soph. sprinter/ horizontal jumper, Joe Janoski, Jr. spinter/jumper, Aiden

McMurrer, Soph., thrower, Kevin Novak, Soph., thrower, Pat Stewart, Soph., thrower, Jamie Tighe, Jr. sprinter, Jay Van Put, Soph. thrower  
TOP NEWCOMERS: Donovan Griggs, Jr. sprints, Jarret McSpirit-Brush, Soph., thrower, Patrick Rzeszutko, Bryan Palmer, Marco Scimeca, Aidan VanWijk, Christian Cavallo, Matt Mallqui, Nick Pugsley, Ryan Griffin, Matt Bertollo, Tyshaun Butler Travis Whipple, Rollie Andersen, Nick Singer, Peter Matthews, Donovan Griggs,  
COACH'S OUTLOOK: ``The Kinnelon boys track team is looking forward to the spring season. Each year the team continues to grow and build a stronger program. This year we have the biggest team with of thirty-eight athletes. The Colts recognize this success in growth and anticipate the upcoming season. The experienced and new athletes are ready to accomplish great things on the track and field.”

## **MADISON**

COACH: Kevin Carroll (27th year with track program, 23rd as head coach). Record-109-93-2

TOP RETURNERS: Nick Foulke 400, Nick Haboj Jav = 160+ 2 yrs ago/ not out last year, Austin Tolbert PV = 12"0 this winter, Dyan Anderson HH/IH, Abe Gertler HH/PV - 12"0 this winter, Pat Hanley 1600/3200 - 10:14 last yr Tom Hendrickson 400/800/IH, Daniel Iskandar 800/1600, Matt Richards IH/HH/TJ/LJ - 15.71 NJAC Small Schools Champion 110H, Luke Rosica HJ, Nick Wilde 1600/3200.

TOP NEWCOMERS: Conor Riley - distance, Quinn Heyrich - mid distance, Mike Ubertaccio - throws, Jacob Baer - all-round athlete,

COACH'S OUTLOOK: ``Need to develop sprinters and depth in weight events in order to compete w/ conference heavy weight teams like HP/PAR/WP.”

## **MENDHAM**

COACH: David Quinn

TOP RETURNERS: Seniors-Pat Carney (200, 400, LJ), Adam Mszanski (PV), Tom Pavarini (400, 800, 1600), Cory Pressl (110 HH, 400 IH), Chris Lieb (110 HH, 400 IH), John Obiedzinski (Shot, Disc), Matt Flanagan (Shot), John Stanton (Jav), Connor Hess (Jav), Chris Maffei (PV), Charlie Turner (800), Steven Savercool (800), Eddie Thomas (800).

Juniors-Save Matthews (400 IH, 800), Ian Graham (LJ, TJ), Justin Naselli (1600, 3200).

Sophomores-Paul Ehmann (1600, 3200), Dylan Heraghty (200, 400), Christian Kildal-Brandt (200, 400), Stephon Cole (LJ, TJ, PV)

TOP NEWCOMERS- John DelTufo (12th – Shot, Disc), Malcolm Montilius (11th - 400, 110 HH, HJ), Sam Curtis (10th - 100, 200), Spenser Clouse (10th – HJ, LJ, TJ)

COACH'S OUTLOOK: We'll need a more well-rounded scoring contribution to replace strong distance runners Pete Ehmann and Gerald Gorman and sprinters James Herb and Bryan Ricciardi from our sectional championship team. We'll rely on seniors as always, with Carney, Pavarini, Mszanski, and Obiedzinski leading the way. Kids are working hard to perform their best during the season, and we're excited to compete for a county title and sectional championship with the other great teams in our county."

## **MONTVILLE**

COACH: Mark Philhower

TOP ATHLETES: Booker McLean (2012 Morris County long jump champ), Jared McPherson (Morris County medal winning sprinter), Jones Mcekeni, George Ohashi, JJ Brania-Hopp, Christian Works and Vijay Solanki and newcomer Stephen Rizio will lead Montville in the sprints. Andrew Tedeschi will lead our distance squad, which includes sophomores Stephen McManus, Joe Puleo and Matt Picon, freshman Jenks Hehmeyer, and upperclass newcomers Joe Salomone and Dave Karg.

Cousins Adam and Anthony Fano will cover pole vault. Throwers include Alex Rodgers, Michael Van Koppen, Joe Salomone, Nick Corazza, and Titus Wong.

## **MORRIS HILLS**

Coach: John Struck (took over in 1998).

LAST YEAR: Won the Morris County, North Jersey, Section 1 Group 2 and state Group 2 titles.

TOP RETURNERS: "Greg Leeper will do everything.," said Struck. "He will be the Adrian Samsel of this year's team. Primarily, LJ, TJ, 110HH and IH. Travis Ellis will be our top 800 and 1600 guy, and we have Jordan Pacheco (pole vault) and Robert Biro in the 1600 and 3200."

Pacheco cleared a Morris County indoor record 15-0 this past winter.

TOP NEWCOMER: Grant Sanchez, who won the shot and discus at the county meet last year for Montville.

**COACH'S OUTLOOK:** ``We lost a lot from last years team.,'' said Struck. ``We want to be competitive in all of the championship meets. We are not a relay team. We have good individual strength. I wouldn't put one aspect of our team over another. Young guys will be the difference.''

## **MORRIS KNOLLS**

**COACH:** Bill Thalman (13th season)

Morris Knolls has been switched to the NJAC's American Division this season, which includes Moris Hills, Vernon, Sparta, Pope John, Montville, Mt. Olive, and High Point).

``We have 72 athletes on the Morris Knolls team this year, 16 of whom are seniors,'' said Thalman. ``A majority of those seniors have been with my team for at least three years and many have participated in all three running seasons: XC, indoor, & outdoor track. There are also several underclassmen who will make a varsity contribution to the team this season.''

**TOP RETURNERS BY EVENT:** 100-Gabe Haila Jr., S.Pateman/C.Charles Sr/Jr. 200-Chad Charles Jr, J.Schultz/N.Russo Sr/So. 400-David Lewus Sr., H.Coakley/R.Nguyen-Le Jr/Sr. 800-Mike Kedzierski Jr., R.Meneses/N.Casey Jr/Sr. 1600-Tim Ford Jr., R.Randolph/K.Plati Jr/Sr. 3200-Peter LaVallee Sr., K.Bjellquist/B.Covello Jr/So. 110HH-Nick Patterson Sr., N.Punzo/J.Hines Jr/Jr. 400IH Nick Punzo Jr., N.Russo/N.Elumunor So/So. SP-Greg King Sr., V.Valentino/A.Wong Jr/Jr. Discus-Bryon Plutchok Jr., Z.Graff/A.Agnihotri Sr/Sr. Javelin-Mario Prassas Sr., S.Pateman/G.King/M.Krysa Sr/Sr/So. PV-Nick Patterson Sr., D.Hambleton/T.Simmons Sr/So. LJ-Justin Hines Jr., C.Charles/N.Patterson Jr/Sr. TJ-Zach Chaves Sr., H.Coakley/M.Whitmore Jr/So. HJ-Justin Hines Jr., U.W-Thorpe/N.Elumunor So/So.

**COACH'S OUTLOOK:** ``Besides the seniors, we have a slew of underclassmen filling the scoring heats of all the events this season, and many are multi-season athletes, part of the XC and indoor programs as well as the spring season. I am relying on the senior's expertise in their individual events to help prepare the up and coming athletes to achieve their own goals as well as contribute to the team's success. All of these athletes, I expect, will contribute to the team's point scoring efforts. Some additional seniors not included above: Mike Antonelli (throws) and Jason White (throws).

In addition to the athletes cited in the above table, some additional competitors I'm expecting good things from are: Keenan Dostanko (Jr, 800); Brian Afful (So, sprints); Josh Hardie (So, jumps); Zach Plutchok (So,

sprints); Dylan Shaw (So, HJ); Rob Gioioso (Fr, hurdles); Max Oppermann (Fr, throws); Bryan Wong (Fr, throws). These athletes will also contribute to the team's scoring efforts.

The many veteran athletes on the team this season leads to the expectation for some excellent individual and relay performances this year. We expect their motivation and competitive efforts will contribute to another bright outlook for this season. ”

## **MORRISTOWN**

COACH: Paul Buccino (took over as head coach in 1999)

TOP RETURNERS: Alex Cary 12 1600,800,3200, Charles Katz 12 800  
Dan Miller 12 Shot/Disc, Sean Wukitsch 11 Shot Disc, Kamau Dumas 12  
Sprints/HH/jump, Gavin Pitt 11 1600,3200, Rudy Torres 11 800,1600  
Greg Arabagian 11 1600,800,3200, Sean Lyons 11 1600, 800,3200  
Matt Anders 11 Sprints/HH

COACH'S OUTLOOK: ``The Colonials will be among the top teams in the county, NJAC, and the sectional,” said Buccino. ``The sprint core is very young and in-experienced along with the jumps. The boys 4x800 will look forward to running in Penn-Gavin Pitt could be one of the possible legs on that relay. The winter 4x800 was Rudy Torres, Alex Cary, Greg Arabagian, and Charles Katz.

TEAM GOALS: A winning dual season, be among the top 5 teams at county relays and county, be among the top 5 teams at NJAC, be among the top 3 teams at the state sectional, and to break the school record for the 4x1600 (18:09).

INDIVIDUAL GOALS: Cary , Torres, Miller aiming to repeat a trip to the spring Meet of Champions.

## **MOUNT OLIVE**

COACH: Joe Hehn (First year as head coach after 7 years as Dave Sulley's assistant (sprints).

TOP RETURNERS: Junior Eddie Garcia: Morris County Champion 600m, North 1 Group 3 Indoor 800m Champion, Team MVP; 800m, 1600m, 4x400m;

Anthony Talanca: 400m, 4x400m relay; Senior

Mike Eppel: PV, 400m IH, 110m HH, Relays; Senior

Justin Maksimow: LJ, TJ, Sprints. Relays; Senior



Gennaro Ruggiero: 110m HH, 400m IH, Sprints, Relays; Senior  
Moises Gomez: 110m HH, 400m IH; Relays; Senior  
Cody Mott: Jumps, Sprints, Relays; Senior  
Justin Bakelmun: Sprints, Relays; Senior  
JJ Moore: 100m, 200m, Relays; Senior  
Nick Hars: 400m, 4x400m; Junior  
Anthony Cerda: 400m; 4x400m; Junior  
Jeff Schafer: 110m HH, 400m IH, HJ; Junior  
Adam Gartside: PV; Junior  
Jayner Gorospe: 100m, 200m, Relays; Freshman

Improving distance group - mostly injured during indoor season; two promising freshman:

Nick Miele: 3200m; Senior  
Steve Kubicki: 3200m; Junior  
Nick Yanakas: 800m, 1600m; Junior  
Max McVicar: 800m, 1600m; Freshman  
Sameer Bhatti: 800m, 1600m, 4x400m; Freshman

Throws should be a strong area this year:

Ethan Weiss: SP, DT  
Matt Kraemer: SP, DT  
Zach Heeman: SP, DT  
Rob Amoroso: JT

COACH'S OUTLOOK: ``Still evaluating the kids - weather has not helped with the "skill events". Sprinters are very deep.”

## **MOUNTAIN LAKES**

COACH: Vicki Allison (third season)

Mountain Lakes won the state Group 1 title last spring

TOP RETURNERS: Adam Franklin (Jr--100, 200, HJ), Ben DeVenezia (Soph-1600, 3200), Chris Luciano (Jr-1600, 3200), Kyle Allison (Jr-Jav), Alex Messick (Jr-Jav), Jack Palazzi (soph-sprints), Alec Vujic (Sr- mid-distance), Harrison Hsiang (Sr-pole vault) , Josh DeVenezia (Sr- 400)

TOP NEWCOMERS:

John DuBose (Soph --throws), Murat Bajdok (Jr--throws), Max Ford (Soph--throws), Gene Hong (Soph- sprints), Kyle Wright (Jr- mid-distance), Will Novak (Jr-sprints), David Graf (So -distance), Mark DiIunno (Soph-throws),

Mark Cappuccitti(Fr-distance), Drew Santorella-Doyle (Jr-400),  
COACH'S OUTLOOK: ``We are excited about the boys team and hoping to do well on the girls' side too with some strong returning athletes and newcomers. We are working to continue building a successful program.”

### **PARSIPPANY**

COACH: Mark Westphal

Here is what Westphal said about his team:

``The Parsippany boys are looking forward to an exciting spring track season. This year we have a strong contingent of returning athletes led by junior Lionel Chambers in the sprints, Lionel broke 50 seconds in the 400 at his last meet in 2012 and looks to continue his dominance in everything from the 100-400, he is joined by sophomores Jamal Barnes in the 110 HH TJ and HJ and Malik Francis in the 400H and 110 HH. Other important returnees are soph Josh Crawford in Sprints, junior Sheldon Ealy in sprints, hurdles and PV, Junior Peter Hernandez in middle Distance, junior Barghav Tarpara in the distances and soph Dan Campbell in the throws. Promising newcomers are Tremel Lonon in the sprints, John Ho in distance and Rich Martin in throws, all frosh.

### **PARSIPPANY HILLS**

COACH: Dave Albano (took over in 2003)

TOP RETURNERS: Chase Boyle (shot and discus), James McGinley (shot, discus and javelin), Frankie Rodriguez (400 IH, 400), Evan Smith (100, 200 110 HH), Zachary Sempier (1600, 3200), Ryan McNulty (100, 200, 400), Tyler Bartro (400 IH, 400), Andrew Muller (high jump, long jump, javelin), Carl Mulligan (800, 400).

TOP NEWCOMERS: Kevin Mancini (100, 200, 400), Randy McNulty (100, 200, 400).

COACH'S OUTLOOK: ``We are a very young team and want to compete in the conference and peak at the end of the season."

### **RANDOLPH**

COACH: Luke Suttile (8th season)

Seniors: throwers Sam Kaplan and Anthony Lauria, sprinters Thayer Wallace and Nick Hodge, hurdlers Kevin Johnson and Nick Roche, distance runners Aaron Rumack and Stephen Snelson, and multi-event stand out Aaron Harris.

Juniors: sprinter/hurdlers Stephen Nalbach, Collin McAlmont and Dan Leanza, distance runner Seamus Higgins, pole vaulters Adam Garramone and Patrick Gannon, and jumper Anthony Zarro

TOP NEWCOMERS: Freshman sprinter Endale Seleshi has been doing a great job running with the varsity guys in practice so far and looks to make his mark in his first season with us. Also a group of senior basketball players are coming out for the first time and should fit in well to our sprints/jumps/hurdles group - Aaron's brother Ryan Harris, former county champion Justin Taylor's brother Jarren Taylor and Josh Sharp are all hungry for varsity spots.

COACH'S OUTLOOK: ``All those listed above should be major players for us this season. Along with them, some younger guys looking to make a serious impact are sophomore distance runner Ethan Bedrock, sophomore thrower David Vargas and sophomore sprinters Gunnar Brewen and James Lienhardt.”

As always, our goal is to compete at the top of county and local competition for the major championships as well as establish a core group of younger guys along the way to carry that winning tradition on in the coming years. We hold the Morris County Relays in very high regard because it takes a balanced team to win. We are always gunning for that meet and this year is no different. We've won 7 of the last 10 Outdoor County Relay titles and we want to continue our success in that meet.”

## **ROXBURY**

COACH: Brendan Donegan (became head coach in 1999)

TOP RETURNERS: Seniors: Angelo Adamo (PV, Indoor Gr3 Qualifier); Malcolm Chavis ('12 Gr 4 200/400 qualifier); Griffin Bossard (400/800/HH/ IH); Justin Gale (HH/IH, Indoor Gr 3 qualifier); Daniel Morales (Throws), Michael Taglienti (Throws);

Juniors: Michael Koch (Dist); Mark McElgunn (400/1600 – Indoor Gr 3 800 qualifier); Joseph Moreira (Dist/PV, indoor Gr 3 1600 qualifier); Sophomores: Kyle Gasiorowski (Dist); Max Russ (100-400).

COACH'S OUTLOOK: ``The Gaels will be an interesting team to watch in 2013. They will be fielding one of the largest and deepest teams in recent years. Don't be surprised if championship version of the Gaels doesn't

resemble their dual meet line-up or record. The versatility and athleticism of this year's team will provide multiple looks throughout the year as they chase several shots at breaking school records in the 4 x 110 HH, 4x 400, 4x 800, 200m, 400m."

### **TRINITY CHRISTIAN**

**COACH:** Brian Lee (became head coach when the program started in 1995 and has been the coach ever since).

**TOP RETURNER:** Junior Josiah Hanko, the state Non Public B champion in cross-country and in the 1,600 indoors, has personal bests of 4:19.79 for 1,600 and 9:14.56 for 3200.

#### **NOTABLE RETURNERS:**

Senior Jonathan Campbell-Discus (133-01) and Javelin (150-08)

Senior Ben Smith-800 and 1600

Senior Dan Larrazabal-1600 and 3200

Senior Andrew Justnes-800

Junior Josiah Hanko- 800, 1600, 3200 (2:00, 4:19, 9:14)

Sophomore Daletyn Harris-sprints (11.85, 24.58)

Sophomore Oliver Budd-sprints

Sophomore Chris Rumeau-sprints

#### **TOP NEWCOMERS:**

Sophomore Jacob Lipps-sprints and throws

Freshman Ethan Hastings-mid-distance

Freshman Iain Morrison-distance

Freshman Greg Tanis-sprints and throws

**COACH'S OUTLOOK:** ``After a very good season last year, winning several invitationals in our circles, we came in third in the NJSIAA North Non-B sectionals with 63 points. We were the smallest school by far, the next smallest being three times our size. We hope to do well in our invitationals and then to place well in sectionals and groups. Individually we look for big years from Jon Campbell in the throws and Josiah Hanko in the distances. Also our young sprinters look for improvement in their second seasons."

### **WEST MORRIS**

**COACH:** Tom Lawrence (3rd year as head coach/8<sup>th</sup> year on coaching staff)

**TOP RETURNERS:**

David Reed – mile – 4:26.  
Rob Hughes – javelin – 161  
Jon Fischer – long jump – 18-0  
Nick Kontos – mile – 4:41  
Kyle Gouldner – discus

**TOP NEWCOMERS:**

Adam Ungemach – 800  
Max Maroney – pole vault

**COACH'S OUTLOOK:** ``Very optimistic. Our team has been improving in steps the last three years. I look forward to new personal bests.”

**WHIPPANY PARK**

**COACH:** Head Coach Colin Feeney (1st season-previously coached at Chatham and Kinnelon).

**TOP RETURNERS:** Seniors-Sean Bolduc (Throws), Marquise Bourgeois (Sprints/Jav), Matt Foran (Sprints/ Jumps), Andrew Shang (sprints, jumps)  
Juniors-11th: John Galvis (Jumps/ Throws), Mitch Graessle (Jumps), Nick Medway (Sprints/Jumps/ Hurdles), Liam McGlaughlin (Throws)  
Sophomores-10th Mike Matrisciano (Hurdles/Jumps), Karl Melchior (Distance), Matt Neptun (Sprints/ Jumps), and Brian Stock (Sprints/ Jumps).  
**TOP NEWCOMERS:** Juniors Nick Castano (Jumps/ Sprints), Nick Cetrulo (Throws), Alex DiMeo (Jumps/ Mid- distance), Jesse Lorenzo (Throws), Matt Marano (Jumps/ Sprints), Stevan Webb (Jumps/ Throws).  
Sophomores Eric Bartholomew (Sprints/ Hurdles), Nick Coppollo (Mid-distance), Ryan Kim (Throws), Justin Lam (Throws), Mateo Soto (Throws)  
Freshman-Carman DelloRusso (Jumps, Distance), Matt Jeng (Throws/ Jumps), Brian Lee (Sprints/ Jumps), John McGuire (Sprints), Joe Michalewsky (Sprints).

**COACH'S OUTLOOK:** ``The team is young, with only 4 seniors, but is looking to be a very competitive team in the 2013 season. Many athletes are

returning from last year's team in which they gained valuable experience, and there are several newcomers that will help the team out immediately.”