

## MORRIS COUNTY REWIND-WEEK 5

The Championship Season got into full swing with one of the most memorable meets in the 41 year history of the girls competition this past weekend at the Morris County Relays at Morris Knolls.

The meet opened with a bang on Friday when **Jefferson smashed two meet and Morris County records** in the 4x100 and the three person shot put, and **Randolph** and Mendham staged a great battle in the 4x1,600. More on these events later.

There was more history made on the track at Caruso Stadium the following day when **Randolph** took down a meet record in the DM, and **Mendham went crazy after winning its first team title ever.**

A few minutes after the girls clinched the title, the Mendham boys made it a sweep by also winning the 4x400 to clinch its first title, sending the Mendham boys and girls team into a wild celebration around the track.

Let's dig a little deeper into what happened at the Morris County Relays on Friday and Saturday at Caruso Stadium at Morris Knolls in Rockaway.

## MORRIS COUNTY RELAY HIGHLIGHTS

### MENDHAM MAKES HISTORY

Mendham rolled up 74 of its 79 points on the track (two wins, six seconds and a third) to outscore runner-up Mount Olive by 23 points for its first outdoor relay title.

"The year just keeps getting better and better," Mendham coach Roy Hamblen said. "We're fortunate to have a lot of talent at one time but they really deserve it. These kids are probably more deserving than any other team I've coached, and that's why they won. Because they come and give it everything they have."

Senior Laura Papili led the charge for Mendham by anchoring the winning 4x400 (3:58.72) and running the top 400 hurdle time of the meet (1:03.22) to lead her team to victory in that event.

Abby Seel, Mackenzie Barry and Regan Kolakowski ran on Mendham's

runner-up 4x1,600, DM, and 4x800 teams.

"That's icing on top of the cake," Papili said of the 4x400. "Obviously we wanted to win the meet, but to be able to win the most exciting event at the end makes it that much better."

Papili said being the first Mendham team to win the county relay team is a special feeling.

"It means so much to be the first in Mendham history to win it," Papili said.

"It's been on our minds since the beginning of winter to win both county meets and I think we have the best team we've had in a long time. The best part is that everyone scored for us.

"We score points everywhere and don't rely on one or two studs. It's a big team effort."

## **FALCONS FLY**

Senior Katie Hatler, juniors Lindsay Brown and Danielle Beniulis, and senior Brielle Shuster had no designs on trying to break the meet or county record in the 4x100, but near flawless baton passes gave the Jefferson quartet an unexpected record victory in 49.13 on Friday!!!!

A week before, they ran 50.90 in the 4x100 at the Penn Relays.

"It was absolutely surreal," said standout senior Katie Hatler, who led off the race. "We came here knowing we had a title to defend, but we had no idea we were even close to breaking the county record. The whole thing was just amazing."

The former county record of 49.29 was set by Randolph at the 2010 Morris County Relays.

Jefferson didn't know it broke the county record until the meet was over.

"We were waiting around at the end and when they called out that we ran a 49.13, we were completely ecstatic," Hatler said. "To go from starting as a team from sophomore year, three years of working together, and to come this far and break a record that's been there for three years is absolutely amazing."

Shuster ran a great anchor leg after dealing with a sore groin.

"It means the world to me," said Shuster. "To come back and be able to still run an awesome time and cross that finish line was amazing."

"We have been running together since me and Katie were sophomores and Danielle and Lindsay were freshman so it really means a lot that we can end

it on this note."

Shuster said the handoffs were the key.

"All of our handoffs went off excellent," Shuster said. "As soon as I got the handoff from Danielle I knew that it went perfect because we always struggle with out handoffs. If I felt it perfectly that means that the rest of the race went exceptionally."

## **BIG SHOTS**

Jefferson's trio of senior Carrie Wasdyke (41-1), Jordan Wildermuth (32-7), and senior Caitlin Noonan (31-10) combined for a 105-6 to finish first in the team shot put on Friday and break the county record of 105-1 ½ set by Morris Knolls in 2010.

That's not all.

Also in the shot, rising freshman star Nikolette Dunbar of Whippany Park sent the shot a meet best 43-4 ¼ to break her own school record and move up to No. 2 in the state this season. Only 2012 national outdoor shot put champion Jessica Woodard of Cherokee has thrown further than Dunbar among New Jersey athletes this spring.

Dunbar is now within striking distance of the state freshman record of 45-6 ¼ set in 1990 by Nicole Sims of Plainfield.

## **DISTANCE TRIPLE**

Randolph's impressive distance triple began on Friday when Liz Wellman (a 7 sec. PR of 5:07.8), Carole Harsch (5:14), Margaret Thompson (5:25.7) and Liz Lansing (4:54.0) combined for victory in the 4x1,600 in a US #6 20:42.47.

The next day, Wellman ran a PR of 3:39.9 for 1,200, Nora McSorley ran 62.2, Harsch went 2:22.4,, and Liz Lansing anchored in 4:57.4 as Randolph stopped the clock at 12:02.00, breaking the meet record of 12:04.81 set in 2006 by Roxbury.

Randolph came back to take first in the 4x800 (9:37.50) when Lansing split 2:15.8 on the anchor.

For her remarkable triple, Lansing was named The Star-Ledger Track and Field Athlete of the Week.

## **TRIPLE WINNER**

Junior Keturah Orji of Mount Olive led her team to victories in the TJ and LJ as expected, and also ran a 57.2 on the victorious SM team (4:14.16). Mount Olive also received a 25.9 from Alicia Warren, a 26.9 from Micaela Poggi, and a 2:24.1 anchor from Marissa Karl.

## **PARSIPPANY KEEPS GETTING FASTER**

Parsippany, first among Small Schools and sixth overall at the county relays with 38 points, won the 4x200 in 1:44.33 as Jen Mylnar, Gabby Rachmaciej, Krysten Mayers, and Bria Saunders team up for the win.

That same foursom placed second in the 4x400 in a time of 4:03.73. In the SM, the Red Hawks placed fifth in a school record 4:17.78 as Mylnar, Saunders, Robin Barthelus and freshman Ally Schlosser ran on the team. Schlosser anchored in in 2:23

The 4x100 team was third in a season best 50.50 with Barthelus, Rachmaciej, Mayers and Saunders. The javelin team placed second in 275-03 with Donna Herbst 98-02, Kathryn Campbell, and Elena Figueroa . The high jump team placed fourth, but Mayers jumped 5-0 followed by Mylnar and Kelly Higenbotham at 4-6 each,

## **IN THE PADDOCK**

The two-day NJAC Championships are scheduled for Tuesday and Wednesday, May 7-8 at two different sites.

The National and American Division tweams will compete for one overall championships at Morris Hills. The Independence, Freedom and Liberty Divisions will clash for one overall championship at Wallkill Valley.

Actions is scheduled to start at 4 p.m., both days. Thursday and Friday are the rain dates at the same places and times.

One of the best races of the season is expected to take place at the NJAC meet at Morris Hills on Tuesday, when five Meet of Champions winners could clash in the 1,600 meters.

They are Sarah Disanza of High Point, Mackenzie Barry of Mendham, Liz Lansing of Randolph, Claudia DiSomma of Sparta and Emily Bushey of Vernon.

Disanza won the cross-country Meet of Champions last fall. Barry has won two M of C titles in the 3,200 (one indoors and one outdoors) while Bushey won the 1,600 at the indoor M of C this past winter.

Lansing captured the 1,600 at the M of C last June, the same title DiSomma won as a freshman in 2010. Add Abby Seel of Mendham and Kylene Cochrane of West Morris into the mix, and there could be seven runners under five minutes.