

MORRIS COUNTY GIRLS-WEEK 7 REWIND

Jefferson pulled off a stunning, dramatic and historic victory, Liz Lansing of Randolph and Bria Saunders of Parsippany lit up the track, Keturah Orji soared to a pair of wins, Nikolette Dunbar of Whippany broke another record at the Morris County Championships, and Randolph broke a county record at the East Coast Relays to highlight a great week of track and field action around the county.

Let's start right off with the wild finish to the girls team competition at the Morris County Championships, held last Tuesday and Wednesday under brilliant sunshine at Boonton.

JEFFERSON PULL OFF A STUNNER

When Carrie Wasdyke was done competing in the discus at the Morris County Championships last Wednesday, she walked over to the awards table to get her medal for placing third. But she walked away with much more than a medal.

"When I went over there they told me to stick around for the championship plaque," said Wasdyke, who was the only member of the Jefferson team still at the meet at the time.

Wasdyke's third-place finish with a throw of 117-7 enabled Jefferson to rally past Mendham and win its first girls title ever with a thrilling 67-66 upset victory over Mendham.

Wasdyke had no idea her team had won.

"I was in a different dimension over in the discus and had no idea what was going on," said Wasdyke, a senior who is headed to West Point. "But it was great news to go pick up my medal and get the championship plaque as well."

There were a lot of stars that shined for Jefferson.

Senior Katie Hatler, who is headed to Lehigh, broke the meet record in the 100 with a personal best 14.41; senior Brandy Corsaro won the javelin with a personal best 116-4; and Wasdyke was second in the shot put on Tuesday with a personal best 44-4 3/4 to go with her third place in the discus.

"It really means a lot to win this because our seniors are coming down to our last last days here at Jefferson High School and on the track team," said Wasdyke, who is headed to West Point next fall. "So it means a lot to finish

with a bang and win a big championship like this. It's really awesome that we can make history and set the standards high for the freshman and sophomores at Jefferson to try to achieve the same success in the future."

Hatler was ecstatic after her meet record in the hurdles.

"This is so surreal and crazy," said Hatler, second the previous two years.

"It seems like I have been stuck on second forever at this meet, so I really want to win and get a new PR. To get the record is just so awesome. I heard I ran 14.41 I just went nuts."

Hatler, who also placed second in the long jump and third in the 100, was one of six girls to break meet records at the county meet.

Princeton-bound Megan Curham of Villa Walsh ran 10:25.33 to break the 3,200 record as she beat previous record holder and defending champion Mackenzie Barry of Mendham.

Junior Keturah Orji of Mount Olive broke her own meet record in the triple jump with a 40-1 ½ and repeated as long jump champion with an 18-11.

Bria Saunders of Parsippany ran 12.09 to break the meet record in the 100 on Tuesday, and tied her own record in the 200 on Wednesday in 24.53.

Nikollette Dunbar, who broke the state freshman record in the shot put two weeks ago with a state season best 45-7 ¾ at the NJAC meet, broke the meet record in the shot put with a throw of 45-3 ¼ to edge defending champion e Wasdyke (44-4 ¾).

In other highlights at the county meet, Laura Papili won her second straight 400 hurdle title with a PR of 1:02.13, and anchored the winning 4x400 (3:58.59) with a 58.0 split.

Freshman Leah Wis of Montville won the discus with a 122-8, and sophomore Claire Johnson of Morris Catholic captured the high jump (5-2).

RANDOLPH RIPS IT UP

What a week it was for Randolph!!!

Although the Rams didn't win the Morris County title last week and didn't finish first in the shuttle hurdles at the 43rd East Coast Relays this past Monday performances they had at those meets were remarkable.

At the Morris County meet, sophomore Liz Lansing won the 1,600 in a meet record 4:51.53, and led an extraordinary finish by her team in the 800 on Wednesday by placing first in a PR of 2:13.83,

Lansing was one of eight runners from Randolph to run under 2:28 in the 800!!!! How many teams in the state have ever had that many runners from

the same team run that fast in one season??? And they are all underclassmen.

RANDOLPH'S GREAT EIGHT

Sophomore Liz Lansing, 2:13.83

Junior Liz Wellman, 2:18.20

Sophomore Marissa Lansing, 2:20.93

Freshman Nora May McSorley, 2:25.42

Junior Marle Brackelmanns-Puig, 2:26.50

Junior Marianna Loeken, 2:26.64

Freshman Esther Wellman, 2:26.64

Sophomore Margaret Thomson, 2:27.12

Then this past Monday, it Randolph's hurdlers turn to grab the spotlight as the foursome of freshman Elly Scherer, sophomore Hanna Stepan, junior Aliyah Huland El, and senior Samantha Kral placed third in the shuttle hurdles at the East Coast Relays at Randolph in 1:03.23 to break the Morris County record of 1:03.51 set by Randolph in 2009.

KEEPING TRACK

Mendham took down the school record in the 4x800 at the 43rd East Coast Relays at Randolph on Monday when senior Abby Seel (2:21), junior Mackenzie Barry (2:21), senior Regan Kolakowski (2:21) and junior Margo Meden Bach (2:28) finished first in 9:28.08.

Parsippany finished first in the Small School scoring at the Morris County Championship with 39 points . Bria Saunders lead the team with her meet record of 12.9 in the 100 and her meet record tying victory in the 200 of 24.53.

Also for Parsippany, Jen Mylnar continued her rise with a 6th place finish in the 400 hurdles in 66.72, and ran a school record 2:18.97 to get 6th in the 800. .

Krysten Mayers helped the team with a 5th in the long jump at 16-7 and a 5tjh in the 200.

The javelin duo of Kathryn Campbell (third at 105-4) and Donna Herbst (sixth at 101-4) added 7 points, and the 4x400 relay placed 3rd in a time of 4:03.76 with Saunders, Mayers, Mylnar, and Gabby Rachmaciej.

THE ROAD TO THE MEET OF CHAMPIONS

The NJ track season is entering the homestretch as teams and athletes prepare for the state sectional championships this Friday and Saturday at nine sites across the state as the Road to the June 5th Meet of Champions continues .

All start times and order of events are the same at each sectional site. **Start times are 3:30 on Friday and 10 a.m. on Saturday.**

There are some significant changes that need to be explained regarding team advancement to the state group meets, and there's two new events added to the schedule.

The new events are the 4x100 and 4x800 relays, which will be scored just like every other event.

The biggest change regarding sectional meets has to do with the advancement of teams to the state group championships for public school teams only. There is no change in how non-public teams will advance to the Non Public Groups.

As for individuals at the public school sectionals, there is no change to how the individuals advance. The top six finishers in each event from each public school section still advance to the state group meet, as has been the case in the past.

But the big change is that now the top 2 teams in each sectional in each group will now advance to the group meet with all their athletes who placed anywhere from first through 12.

At the group meets, only the top 2 teams from each sectional in each group can score team points. Thus, the group title can only be awarded to a team that finished in the top 2 in its sectional meet.

Qualifying into the Meet of Champions from the group meets hasn't changed.

At the group meets, all individuals and wildcards (there are six wild cards per event from all the groups combined) will advance to the Meet of Champions as they have done in the past.

There are also changes involving sites.

Millburn has replaced South Plainfield as host of the North Jersey, Section, 2 Groups 3 and 4 meet.

Msgr. Donovan is hosting the Non Public South A and B and Non Public North B Championships. The Non Public A North meet will be held at Randolph along with the North Jersey, Section 1 Groups 1 and 4 meet.

Old Bridge, which hosted a state group meet and the Meet of Champions the past two years, is not hosting any state meets this season.

Egg Harbor has replaced Old Bridge as one of the state group sites (Groups 1-4 and B this year), and the Meet of Champions has returned to its long time home at Frank Jost Field in South Plainfield. The M of C has returned to a Wednesday this season (June 5)

South Plainfield will also host the state Groups 2-3 and Non Public A meet.

Ok, you got all that???

I sure hope so!!!.

SITES FOR EACH SECTIONAL MEET

North Jersey, Sec. 1

Randolph-Groups 1-4, Non Public North A

Mahwah, Groups 2-3

North Jersey, Section 2

Ridge-Groups 1-4

Millburn-Groups 2-3

Central Jersey

Hillsborough-Groups 1-4

Monmouth-Group 2-3

South Jersey

Egg Harbor-Groups 1-4

Buena-Groups 2-3

NON PUBLICS

Msgr. Donovan-North Jersey Non Public B and South Jersey Non Public A
and B

SITES AND DATES FOR THE STATE GROUP MEETS

Friday May 31, 3:30 p.m.

Saturday-June 1, 11 a.m.

EGG HARBOR-Groups 1-4 and Non Public B

SOUTH PLAINFIELD-Groups 2-3 and Non Public A

MEET OF OF CHAMPIONS

Wednesday, June 5

3:00 p.m.

SOUTH PLAINFIELD