

MORRIS COUNTY - WEEK 3

When I received a text message last Saturday from Roxbury coach Brendan Donegan, my BlackBerry nearly bounced out of my hand when I read what Keturah Orji did-20-2 in the long jump at the Morris Hills Relays!!!!
WOW!!!!

But then I asked myself why I was surprised???

Nothing the Mount Olive junior does anymore should surprise anyone. Orji continues to take her greatness to new levels seemingly every time she steps on a runway.

Her 20-2 not only smashed the Morris County record, but moved her to No. 3 all-time in state history, is just two inches short of the state junior class record of 20-4 set in 1980 by the legendary Carol Lewis of Willingboro, and is and is No. 3 in the nation this season.

Orji's 20-2 is the longest the state has seen in 29 years. The last New Jersey girl to jump 20 feet was Claire Connor of Rahway, who went 20-9 in 1984. The state record of 21-4 1/2 was set by Carol Lewis in 1980.

Orji's long jump was the highlight of a huge day for the superstar. Orji, the national indoor champion in the triple jump this past winter, also soared 40-0 1/2 in the triple jump, ran a leg on the winning 4x100 (50.50) and ran a 57 point 400 on the runner-up sprint medley (4:13.38).

Led by Orji, Mount Olive placed third in the team standings with 50 points. Pope John of Sparta was first with 62 and Mendham second with 56.

For her accomplishments, Orji was named the New Jersey Girls Track Athlete of the Week by The Star-Ledger.

Orji will be back in action on Thursday when she competes in the triple jump, 4x100 and 4x400 at the 119th Penn Relays at Franklin Field in Philadelphia.

Orji, who is seeded third in the TJ and has a personal best of 41-0 3/4, could make a run at the state record of 42-2 3/4, which was set by Carlene Cummings of Englewood when she finished first at the Penn Relays in 1998. The 42-2 3/4 by Cummings stood as the Penn Relays meet record for nine years.

Speaking of the Penn Relays, which starts Thursday and concludes on Saturday, there will be lots of Morris County teams in action at venerable Franklin Field.

On Thursday, Randolph and Mount Olive will be running in the 4x800

trials, Mendham will be running in the DM, and Meghan Curham of Villa Walsh will be compete in the 3,000.

PENN RELAYS 4x800

Randolph will be running in this race for the sixth time in seven years and it will seek to make the 12-team Championship of America for the third time since 2007. It made the final in 2007 and 2010.

The all underclassmen lineup will consist of sophomore twins Liz and Marisa Lansing, sophomore Carole Harsch, and junior Liz Wellman. Three of the four girls ran last year (Marisa Lansing is the new leg).

Speaking of Liz Lansing-she is coming of a big meet last Saturday when she anchored the runner-up 4x1,600 in 5:03 and doubled back with a 2 second PR of 2:17.5 in the SM at the Morris Hills Relays.

The Lansing twins, Harsch and Wellman told me after the Cougar Classic in Columbia two weeks ago how anxious they were to get back to Franklin Field and redeem themselves for the 9:47.89 last year.

Randolph is targeting a 9:20, which would most likely put them close to a qualifying spot in the C of A race.

Mount Olive, according to former coach Dave Sulley (now the coach at Delbarton), is making its first appearance in the Penn 4x800 in at least 15 years. Mount Olive's lineup will consist of Marissa Karl, Sarah Masukewicz, Jamie Tavalare, and Mikaela Poggi.

PENN RELAYS DISTANCE MEDLEY RELAY

Mendham coach Roy Hamblen will take the same four runners that finished ninth at Penn last year in the DM-Abby Seel (1,200), Laura Papili (400), Reagan Kolakowski (800) and Mackenzie Barry (1,600). Mendham will try to improve on its 11:59.78 that it ran a year ago.

Mendham tuned up for Penn with an impressive 21:04.76 victory in the 4x1,600 at the Morris Hills Relays. Seel ran 5:04 and Barry 5:06.

Mendham also won the 4x200, 4x400, and 400 hurdles as Papili ran 1:04.68 in the hurdles and 58.8 in the 4x400.

PENN RELAYS 3,000-METER RUN

Princeton-bound Megan Curham of Villa Walsh, a state champion and National Foot Locker finalist in cross-country, is only seeded 13th, but don't let that fool you. Curham has been dropping some ridiculous times in dual meets as she has shown that she is very fit and very capable of being in the mix for a top spot in this.

Curham ran a personal best 10:26.2, No. 14 in the nation this season, in the 3,200 in a dual meet at Morristown-Beard last Tuesday.

PENN RELAYS-IN THE FIELD

Carrie Wasdyke of Jefferson, the indoor Meet of Champions winner in the shot put, and Halia Rosemond of Morristown-Beard (discus) are the only two Morris County athletes competing in throwing events at the Penn Relays.

Wasdyke threw a meet best 41-4 ¼ at the Morris Hills Relays last Saturday and has a personal best of 44-3 ½. The county record is 46-5, set in 2008 by Sarah Bella of Mendham.

CROWLEY SPARKLES

Senior Megan Crowley of Parsippany Hills, who had personal bests of 5-0 in the high jump and 1:05.48 in the 400 hurdles prior to Wednesday's dual meet versus Mendham, exploded with a personal best of 5-6 to win the high jump, ran a personal best of 1:03.6 to edge Laura Papili of Mendham (also 1:03.6), the 2012 Morris County champion, and won the 100 hurdles in 15.0.

HAWK TIME

Parsippany Red Hawk coach Walt Bleuler gave this weekly update on his team.

``Parsippany improved to 3-1 with a win over Madison. The team was without Bria Saunders, Krysten Mayers, Sam Pignatelli along with some other teammates due to college visits and spring break.

Despite being down key members the team was lead by Jen Mylnar who

scored 20 points by winning the 400 IH, 800, 400, and the high jump.

Mylnar cleared 4-10 in her first year jumping.

Gabby Rachmacieji was second in the 400 and the 800. Robin Barthelus was second in the 100 and first in the 200 and anchored the winning 4x400.

Ally Schlosser continues to be impressive in the 1600 and 3200, running 5:29 and 12:02 as a freshman .The field team went 1 and 2 in the javelin .

Donna Herbst threw 92-3 and Kathryn Campbell 91-7. Pole vaulters Donna Herbst, Catherine Lanigan, and Katie Hsu all cleared 6-0.,

On Saturday, Parsippany scored 17 points at the Morris Hills Relays. The 4x400 team ran 4:04:2 to place second with Bria Saunders, Jen

Mylnar, Gabby Rachmaciej, and Krysten Mayers. The SM team ran 4:21:6 only to finish 7th as Sanders, Mylnar, Mayers and Schlosser (a 2:27 800 anchor) shared the baton.

The javelin team placed 2nd with Donna Herbst, Kathryn Campbell and Faye Cabbacang, the high jump team was 6th with Jen Mylnar, Krysten Mayers, and Kelly Higenbotham. ”

WHAT A DUAL

Sophomore Liz Lansing of Randolph, the Meet of Champions 1,600 winner last spring, caught junior Kylene Cochrane of West Morris right at the finish line to win the 1,600, 5:03.1 to 5:03.3, in a tri-meet last Wednesday at West Morris.

After a 2:41 first 1,600, Lansing and Cochrane ran 2:22 over the last 800. But despite the outcome of that race, West Morris emerged with a 76-60 win over Randolph and a 97-43 victory over Chatham to improve to 4-0. It's the first time West Morris beat Randolph since Jay Herrigel became the coach seven years ago.

West Morris 76 Randolph 60

West Morris 97 Chatham 43

Randolph 78 Chatham 61

400H: 1. K. Sabatino (WM) 1:09.50, 2. B. Rec (WM) 1:10.03, 3. A Cote (C) 1:10.5, 100: 1. L Petrella (R) 12.4, 2. S. Prill (C) 13.1, 3. L. Ferrone (C) 13.2, 1600: 1. L. Lansing (R) 5:03.1, 2. K. Cochrane (WM) 5:03.3, 3. B. Sharkey (WM) 5:21.2, 400: 1. M. Lansing (R) 1:00.0, 2. L. Toth (WM) 1:02.4, 3. K Robertson (C) 1:03.8, 100H: 1. S. Kral (R) 15.3, 2. E. Scherer

(R) 16.5, 3. Malatesta (C) 17.0, 800: 1. L. Lansing (R) 2:23.4, 2. K. Cochrane (WM) 2:24.2, L. Wellman (R) 2:27.0, 200: 1. L. Petrella (R) 25.7, 2. K. Sabatino (WM) 26.7, 3. Ferone (C) 27.3, 3200: 1. B. Sharkey (WM) 11:15.4, 2. C. Harsh (R) 11:41.0, L. Walch (C) 11:58.0, 4x400: 1. Kral, Wellman, Lansing, (R) 4:10.3, PV: 1. M. Paz (WM) 10'-0", 2. C. O'Neill (C) 9'-0", 3. N. Marsh (C) 7'-0", LJ: 1. L. Petrella (R) 15'-8.75", 2. K. Ballotti (WM) 15'-5", 3. S. Prill (C) 15'-2.25", TJ: 1. K. Ballotti (WM) 30'-10.75", 2. M. LaGueux (WM) 30'-4.5", 3. S. Prill (C) 29'-7.25", HJ: 1. M. LaGueux (WM) 5'-0", 2. A. Rec (WM) 5'-0", 3. K. Ballotti (WM) 5'-0", Jav: 1. K. Pyhel (C) 94'-0", 2. S. Kral (R) 85'-9", 3. M. Young (WM) 75'-3", Shot: 1. C. Thurber (WM) 35'-9", 2. C. Cooper (WM) 30'-0", 3. K. Davenport (R) 29'-4", Disc: 1. C. Thurber (WM) 104'-3", 2. K. Pyhel (C) 96'-2", 3. C. Cooper (WM) 78'-7"

KEEPING TRACK

Grace McGurn of Villa Walsh threw the javelin a school record 115-0 in a dual meet last week against Morristown-Beard.

Leah Wis of Montville continued her great rookie season as the freshman unloaded the discus a meet best 114-5 at the Morris Hills Relays. Wis, who has a personal best of 117-3 in the discus, has also cleared 5-2 in the high jump this season.

IN THE Paddock

While the Penn Relays takes center stage this weekend, it's not the only show in town.

The 34th Randolph Relays are scheduled for Saturday, and the 1st Randolph Throwers Invitational (shot, discus and javelin for varsity and novice) will be held on Monday at 4 p.m. Both meets are at Randolph High School.