

## Morris County - Week 3

Usually I start off the weekly notebook with a look back at the week that was in Morris County.

But with the biggest relay meet in the world coming up, I felt it was appropriate to do a Morris County Fast Forward and then get into the Rewind later.

So let's get right into what to expect at the 119<sup>th</sup> Penn Relays, which will be held this Thursday through Saturday at Franklin Field in Philadelphia. While there will be several Morris County teams competing in the 4x100 and 4x400 relay, the baton-passing extravaganza has a much more difficult qualifying standard for the 4x800-meter relay, which will feature two Morris County teams-Morristown and Morris Hills.

Morris Hills has been a fixture in the 4x800 at the Penn Relays over the years, qualifying 10 times in the past 11 years, highlighted by its epic 2009 runner-up finish in a N.J. record 7:31.60, which helped produce the greatest 4x800 finish in meet history.

Albamarle of Virginia, which finished first in 7:30.67, and the 7:31.60 by Morris Hills were the two fastest times in U.S. history at the time and still stand as the top two times in Penn Relays history.

That Morris Hills team consisted of Vinny Chiusano (1:55.22), Lucas Clyne (1:52.17), Sean Poherence (1:53.56) and Liam Tansey (1:50.65).

Continuing the great Penn Relays tradition for coach John Struck's Morris Hills team in the 4x800 in Friday morning's trials will be Travis Ellis, Matt Weintraub, Kyle O'Connor, and John Dennehy, who combined to run 8:03.89 to finish first at the Morris Hills Relays last Saturday.

Morristown, under coach Paul Buccino, has been building for this moment for the last couple years as it returns to the Penn Relays in the 4x800 for the first time since 2010 when Hamer Farag was the big fun on the team.

But Morristown's foursome of Greg Arabagian, Rudy (El Flashito) Torres, John Vallachi and Alex Cary isn't just happy to be going back to Penn.

These guys want to become the first Morristown team to ever make the 12-team final.

There are also some individual from Morris County who will be in action at the Penn Relays as Morris Hills teammates Grant Sanchez will be in the shot put and Jordan Pacheco will be compete in the pole vault.

Ok, here is look back at some of the highlights of the past week in Morris County Rewind.

Coach Dave Quinn's Mendham team continued its torred April by winning the team title at the Morris Hills Relays for the first time in school history, edging Randolph, 56-54.

Mendham's only gold medal came in the DMR (10:33.71) as Justin Naselli ran 3:10 for 1,200, Cory Pressl went 52 for 400, Tyler Pressl ran 2:02 for 800, and Paul Ehmann anchored in 4:28

Mendham, which scored in nine of the 16 events, also received second place finishes in the pole vault (Adam Mszanski 14-0), discus (John Obiedzinski 144-3) and 4x1600.

Randolph's runner-up finish was fueled by a pair of victories in the jumping events. Randolph won the long jump (59-6 ½) as Anthony Zarro leaped a meet best 21-1 ½ and Josh Sharp went 19-4 ½ and Jarren Taylor added a 19-0 ½. The Rams also won the high jump as Ryan Harris (6-0), Aaron Harris (5-8) and Zarro (5-8) teamed up for the a winning total of 17-4.

Kinnelon checked in with the following dual meet results:

Winning Team: Mountain Lakes 104

Losing Team: Kinnelon 42

IM: 1. Wright (ML) 62.1, 2. Devemezia (ML) 1.02.4, 3. Corrigan (ML) 1.08.9.

100: 1. Elazzi (ML) 11.7, 2. Novack (ML) 12.0, 3. J.Marshall (ML) 12.3.

1600: 1. Devemezia (ML) 4.36, 2. Luciano (ML) 4.50, 3. Wasserman (K) 4.58.

400: 1. Devenezia (ML) 52.5, 2. Vujie (ML) 53.9, 3. Santorella-Doyle (ML) 56.8.

HH: 1. Franklin (ML) 15.6, 2. Smith (ML) 18.4, 3. Kashulines (ML) 19.7.

800: 1. Devenezia (ML) 2.04 2. Vujic (ML) 2.09, 3. Luciano (ML) 2.09.

200: 1. Palazzi (ML) 23.6, 2. Marshall (ML) 24.1, 3. Novack (ML) 24.3.

3200: 1. Devemezia (ML) 10.04, 2. Luciano (ML) 10.35, 3. Wasserman (K) 11.02.

4x400: ML 3.41

HJ: 1. Franklin (ML) 5'6", 2. Anderseon (K) 5'4", 3. Marshall (ML).

LJ: 1. Devemezia (ML) 17'8", 2. Palazzi (ML) 17'1", 3. D. McMurrer 17'0".

TJ: 1. Franklin (ML) 40'10", 2. D. McMurrer (K) 35'0", 3. Tighe (K) 33'3".

PV: 1. Smith (ML) 9", 2. (ML) 8", 3. A. McMurrer (K) 7'6".

Shot: 1. Andretta (K) 45'3"1/4, 2. Graupe (K) 42'4"1/2, 3. Stewart 39'7".

Disc: 1. Graupe (K) 120'11", 2. (ML) 116'4", 3. (ML) 113'6".

Jav: 1. (ML) 165'11", 2. Andretta (K) 139'4", 3. (ML) 127'9".

Winning Team: Kinnelon 83

Losing Team: Pequannock 53

IM: 1. Riotto (P) 1.04, 2. Sarnelli (P) 1.05, 3. Mielarczyk (P) 1.05.

100: 1. Vangrow (P) 12.3, 2. Hatch (K) 12.6, Butler (K) 12.8.

1600: 1. Wasserman (K) 4.48, 2. A. Bertollo (5.01), 3. Eckstein (K) 5.16.

400: 1. Mielarczyk (P) 56.1, 2. Butler (K) 57.1, 3. Wisniewski (P) 57.5.

HH: 1. Sarnelli (P) 17.2, 2. Ritto (P) 17.3, 3. Couch (P) 21.3.

800: 1. A. Bertollo (K) 2.14, 2. Wisniewski (P) 2.18, 3. Eckstein (K) 2.20.

200: 1. Butler (K) 24.7, 2. Vangrow (P) 25.0, 3. Hatch (K) 25.4.

3200: 1. Wasserman (K) 11.02, 2. Weston (P) 11.43, 3. A. Bertollo (K) 11.52.

4x400: Kinnelon 3.52

HJ: 1. Andersen (K) 5'4", 2. Steed (P) 5'4", 3. Lopaz (P) 5'0".

LJ: 1. D.McMurrer (K) 17", 2. Steed (P) 16'10", 3. Ritto (P) 16'7"

TJ: 1. D. McMurrer (K) 35", 2. Riito (P) 33", 3. Tighe (K) 33'3".

PV: 1. A. McMurrer (K) 7'5"

Shot: 1. Andretta (K) 45'3"1/2, 2. Graupe (K) 42'4"1/2, 3. Stweart (K) 39'7".

Disc: 1. Graupe (K) 120'11", 2. White (P) 106'6", 3. Shanks (P) 95'10".

Jav: 1. Andretta (K) 139'8", 2. McSpirit-Brush (K) 117'6, 3. Conte (K) 112'.