

MORRIS COUNTY REWIND-WEEK 4

It was another great week of action in Morris County as many teams ran on the big stage at Franklin Field during the 119th Penn Relays in Philadelphia, and some great performances were also turned in at the Randolph Relays on Saturday.

Here are some of the highlights.

Remember, if you want to see the highlights from your team, just email me at lambo2126@hotmail.com by Sunday night each week.

Here we go.

AIR JORDAN

Things didn't start out very promising for Jordan Pacheco of Morris Hills in the boys pole vault competition at Saturday's 119th Penn Relays at Franklin Field.

But thanks to some clutch jumping, it couldn't have ended much better as Pacheco recovered from a shaky start and came up with the best performance of his career by placing third with a PR of 15-1.

Pacheco was in danger of no-heighting, but came up with a clutch clearance on his last try at 13-9 1/4, which was his opening height.

After that Pacheco found his rhythm and made 14-9 on his first try and 15-1 on his first attempt. Justin Farrenkopf of Ellenville, N.Y., also made 15-1, but since Farrenkopf made it on his 2nd attempt compared the Pacheco making it on his first try, Pacheco was awarded third.

Dylan Duvio of John Curtis in Louisiana won on fewer misses at 15-9 over Tim Moses of Palmyra, Pa.

FASTEST 4x400 IN THE COUNTY

Mendham made its presence felt at the Penn Relays last Saturday when the Minuteman cranked out a 3:22.41 to finish third in its 4x400 heat.

Mendham's 3:22.41 was the 44th fastest time out of the 537 teams that competed at the Penn Relays, was No. 7 among New Jersey teams, and is the top time 4x400 time in Morris County this season.

Mendham's four runners were Christian Kildal-Brandt (49.5), Dylan Hearths (50.7), Pat Carney (51.0), and Tom Pavarini (51.2).

CHAMBERS DROPS HOT SPLIT AT PENN

A new star has emerged at Parsippany. His name is Lionel Chambers, who should be a major contender to win the 400 at the county meet later this month at Boonton.

On the second leg of the 4x400 at the Penn Relays last Saturday, Chambers, a junior, blasted a 48.9 leg to help his team, place second in its heat in 3:26.48, the second fastest by a Morris County team this season and the 122nd fastest time among the 537 teams that finished the 4x400 at Penn. The other three legs for Parsippany were handled by Jamal Barnes (52.5), Josh Crawford (53.3), and Malik Francis (51.5). Parsippany has a good shot at breaking the school record of 3:23.3 before the end of the season.

PENN RELAYS 4x800 HEATS

Morristown placed 16th in its Large School heat at the Penn Relays in 8:05.28, the 42nd fastest time among the 71 teams that competed.

The foursome for Morristown were Greg Arabagian (1:59.5), Rudy ``Flashito'' Torres (1:59.8), John Vallachi (2:05.8) and Alex Cary (2:00.9).

Morris Hills finished 12th in its 4x800 Small School heat in 8:14.36. The quartet for Morris Hills were Travis Ellis (1:56.8), Matt Weintraub (2:00.8), Kyle O'Connor (2:07.2), and John Dennehy (2:08.2).

FASTEST 4X100 TEAM IN THE COUNTY

Anyone care to guess what 4x100 team is the fastest in the county?

Time is up?

Did you say Whippany Park?

That's right!!!

Senior Mat Foran, junior Nicholas Medway, sophomore Brian Stock, and senior Marquise Bourgeois took over the top spot in the county by running 44.19 to win the Small School 4x100 at the Randolph Relays on Saturday. The battle for the top spot at the county relay meet in the 4x100 this weekend should be a great one between Whippany Park, Hanover Park (44.28), Boonton (44.33), Randolph (44.49), Montville (44.63), Mendham and Morris Knolls (44.90) and Morris Hills (45.03).

RED HOT HURDLING

Chatham took down a pair of school records in the hurdles at the Paul Beck Memorial Relays in Millburn last Saturday.

In the shuttle hurdles, John Walsh, Carson Burns, Aaron Young, and Jake Budlow combined to finish first in school record 1:05.16.

Walsh (PR of 59.33), Burns (59.28), and Young (PR of 59.18) teamed up to win the 400 team intermediate hurdles in a school record 2:57.79.

KEEPING TRACK

Senior Alex Cary of Morristown, one of the state's top milers, has decided to attend The College of New Jersey next fall. Cary won the state Group 3 1,600 indoor title this past winter with a personal best 4:22.86. Congrats Alex!

Delbarton and Boonton had a good battle for the top spot in the Small School Division at the Randolph Relays last Saturday with Delbarton emerging with a 78-67 victory.

In the Large School competition, Passaic Tech outscored runner-up Randolph, 80-63.

In the Small School competition, Delbarton picked up wins in the 4x1,600 (18:30.04) and 4x800 (8:31.51), a pair of thirds in the shot put and discus, and second in both the high jump and pole vault. Junior Tommy Rhodes had a big day with a meet best 48-0 ¼ in the shot and a 128-11 in the discus.

IN THE PADDOCK

The action really starts to heat up this week with the Morris County Relays this Friday and Saturday at Morris Knolls. The meet is scheduled for 4 p.m. on Friday and 2:30 p.m. on Saturday.

Then next week is the NJAC Championships on Tuesday and Wednesday (Large Schools at Morris Hills/Small Schools at Wallkill Valley).

At the County Relays, Randolph, which will count on its depth and field event strength, is seeking its second straight title, fourth in the past five years, and its ninth since 2001. Randolph won in 2001, '03, '04, '05, '07, '09, '10, and last year. Randolph has won 18 county relay titles, the second most behind Morristown's 27.

But look out for red-hot Mendham, which is shooting for its first county relay title. Morris Hills, the 2011 champion, Morristown, and Delbarton should also be in the mix.

Good luck to everyone competing this week!!!

See ya at the county meet.

GET UR MORRIS TRACK ON!!!