

MORRIS COUNTY GIRLS - WEEK 2 REWIND

Most of the action in Week 2 in Morris County was spread out among three relay invitationals as several teams competed at the Ranger Relays at Wallkill Valley, the Dodgertown Relays at Madison, and the Cougar Classic at Underhill Field in Maplewood.

Some of the highlights included Mendham steamrolling the field at the Dodgertown meet with some impressive school record performances, Randolph getting what it was looking for in a race against the clock at the Cougar Classic, and the high scoring battle between West Morris and Kittatinny at the Ranger Relays.

Results for all three of those meets can be found [here](#)

In some other news, the Penn Relays, held April 25-27 at Franklin Field in Philadelphia, released its accepted high school 4x800 and DM teams and its individual qualifiers this past week.

The full list of qualifiers is right [here](#)

Ok, let's dig a little deeper into the week that was with Morris County Rewind.

BEAT THE CLOCK

After running a 9:35.62 to win the 4x800 at the Summit Relays on April 6, Randolph felt it had to drop its time a little more to make sure it secured a Penn Relay berth for the sixth time in seven years.

So junior Liz Wellman, sophomore Marisa Lansing, sophomore Carole Harsch, and sophomore Liz Lansing, lined up again last Saturday at the Cougar Classic in Maplewood to try to drop its time against a loaded Columbia team.

They got exactly what they came for as the talented foursome sliced nearly four seconds off its time with a 9:31.70 as it placed second to Columbia's US#2 time of 9:13.79.

Randolph's 9:31.70 locked up a spot in the Penn Relays, which will be held April 25-27 at Franklin Field in Philadelphia.

This will be Randolph's sixth 4x800 appearance in seven years, and they reached the Championship of America final in 2007 and 2010.

“We knew that with Columbia in the race that would help make is run faster,” said Harsch. Making it back to Penn in the 4x800 was a huge goal for all of us, so it's a great feeling to do it again.”

Wellman, Harsch and Liz Lansing all ran in the 4x800 at Penn last year.

Liz Lansing, the Meet of Champions winner in the 1,600 last spring, said she's hoping she and her teammates can redeem themselves at Penn.

“We we're real happy about how we ran at Penn last year,” said Lansing.

“But that was the first time for all of us and know we feel like we will be more prepared for what to expected and we'll run much better. We'd like to get as close to 9:20 as we can and be as competitive as possible in our race.”

Randolph's splits at the Cougar Classic were 2:20.0 for Wellman, 2:23.4 for Marisa Lansing, 2:27.8 for Harsch and 2:20.2 for Liz Lansing. Wellman and both Lansing's ran faster than they did at the Summit meet and Marisa Lansing's time was a drop of 3.4 seconds.

The 4x800 race culminated a big week for Liz Lansing, who earlier in the week in a dual meet ran a personal best 59.2 400 leg about 10 minutes after running a 12:25 3,200.

MINUTEMEN BURN UP THE TRACK

Mendham put on a great show at the Dodgertown Relays at Madison, breaking school records in the 4x200 (1:47.21) and sprint medley (4:13.82) and also winning the distance medley (12:20.79) en route to a 56-38 victory over Livingston.

In the SM, Laura Papili ran a 58.0 flat 400 leg and Abby Seel anchored in 2:20.8. In the DM, Mackenzie Barry had a 5:01.1 anchor carry.

THRILLER AT WALKIILL

One of the most exciting and thrilling meets of the week came at the Ranger Relays at Wallkill Valley as West Morris, a team on the rise under coach Jay Herrigel, edged Kittatinny, 102-94, to repeat as team champions.

Here is what Herrigel said about the performance by his team.

“Our distance medley team of Brennan Sharkey (3:58.0), Katie Sabatini (62.4), Lauren Toth (2:31.8), and Kylene Cochrane (5:06.2) ran a 12:38.34 and broke the meet record set by Montville in 2003. Marlena Paz broke the spring pole vault school record with a jump of 9-0. Meggie LaGueux won the high jump with a jump of 5-0 to hit 5-0 for the first time since last season.”

MOUNT OLIVE 4X800 IS PHILLY-BOUND

For the first time in several years, Mount Olive is headed back to the Penn Relays to run the 4x800 at Franklin Field.

The Marauders qualified by running 9:39.33 at the New Balance Games back on Jan. 26 at the New York City Armory.

Mount Olive will be running in one of the small school 4x800 heats at Penn on April 25.

BOURLAND IS RIPPING IT UP

Clarice Bourland, a senior at Morristown, has started this season off on a tear.

At the Kearny Relays on April 6, she had splits of 5:20 on the school record breaking 4x1600 that ran 22:14, ran 2:22 in the 800, and led off the 4x400 with a 62.4

She also added a 2:20 800 and 5:23 1,600 in a meet vs. Mendham and West Morris, and then ran 2:28 for 800 and 5:22.6 for 1,600 in a dual last Tuesday vs. Chatham.

Bourland is certainly a runner to keep on eye on this season.

Here are the results from the Chatham and Morristown dual last Tuesday.

Chatham 77, Morristown 63

100: 1. Lia Ferone (C) 12.88 2. Sarah Prill (C) 13.07 3. Rashida Haye(C) 13.3

200: 1. Lia Ferone (C) 27.4 2. Amber Whitley (M) 27.7 3. Rachel Prill (C)

28.3

400: 1. Amber Whitley (M) 61.1 2. Kate Robertson (C) 64.3 3. Chrissy Coon (M) 64.4

800: 1. Clarice Bourland (M) 2:28 2. Amy Durran (C) 2:35 3. Erin Tensic (C) 2:37

1,600: 1. Clarice Bourland (M) 5:22.6 2. Emma Carey (M) 5:24.1 3. Laura Walsh (C) 5:37

3200: 1. Christine O'Kane (M) 11:44.3 2. Lauren Barone (M) 11:47 3. Laura Walsh (C) 12:33.5

400 IH 1. Rachel Prill (C) 70.4 2. Alexandra Cote (C) 73.2 3. Nicote Cote (M) 76.0

100HH 1. Elizabeth Malateta (C) 17.58 2. Alexandra Cote (C) 18.5 3. Tess Degginger (M) 18.88

1600 relay: 1. Morristown 4:18.9 Chrissy Coon, Amber Whitley, Nicole Griffin, Nicole Cote 2. Chatham 4:34.5

High jump: 1. Rashida Haye (C) 4'8 2. Clenency Neville (C) 4'6 3. Alexandra Cote (C) 4'4

Long jump: 1. Tess Degginger (M) 15'7 2. Nicole Griffin (M) 14'11 3. Sarah Prill (C) 14'9"1/2 .

Triple jump: 1. Tess Degginger (M) 2. Nicole Griffin (M) 29'11 3. Marissa Joel (M) 29'1 1/2 1. Xxxx. Pole vault: 1. Colleen o'Neil (C) 8'6 2. Nicole Marsh (C) 8' 3. Micheala Connor (C) 7'6

Shot put: 1. Olivia Walker (M) 29'6 2. Kim Pyhel (C) 27'2 3. Olisha Walker (M) 26'8

Discus: 1. Kim Pyhel (C) 87'5 2. Olivia Walker (M) 83'61/2 3. Jill Lamantia (C) 70'5

Javelin: 1. Kim Pyhel (C) 87 2. Jianna Caronan 76'10 3. Olivia Walker 61'7

Team records: Chatham 2-1 Morristown 0-3

BIG SHOTS

The shot put duo of Helene Rowland and Meg Calcaterra finished in 2nd place at the Dodgertown Relays on Saturday with a total of 62'11.5". Rowland moved up to #5 on Madison's all-time list with a throw of 36'3.5". Calcaterra, a senior, is out for track for the first time and threw 28-0 at a dual meet last Wednesday. She's the goalie on Madison's soccer team that won a 2011 state sectional title.

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RED HAWKS FLYING HIGH

Parsippany coach Walt Bleuler checks in with this report on his team:

“The Parsippany girls suffered a tough loss to Hanover Park 75-65 last week. The team was without Sam Pignatelli in the 1600-3200 due to medical issues. However, the team continues to get great performances from freshman Ally Schlosser in the 1600 and 3200. Ally ran her best 1600 in 5:23.2 and the 3200 in 12:02, and Kathryn Campbell threw the javelin 105. The team did well at the Dodgertown Relays on Saturday by placing third in the Varsity Division. The team was without Sam Pignatelli and Krysten Mayers, but Bria Saunders led the way in the 4x200 (3rd in 1:51.08), sprint medley (3rd in 4:26.6) and the 4x400 (2nd in 4:20.03). In the 4x400, Bria ran a leadoff leg of 60.2. Then Ally Schlosser ran 67.2, freshman Katie Hsu 68.4, and Gabby Rachmaciej anchored with a 63.4. Jen Mylnar also helped the team by running the 4x200 in 28.2, the 4x800 in 2:28, the sprint medley 400 in 62.3, and high jumping 4-6. This is Jen's first year of high jumping. The javelin team of Donna Herbst (92-2), and Kathryn Campbell (87-3) placed 3rd. Lastly, the shot put team of Kathryn Campbell (28-4) and Faye Cabaccang (27-6). The team travels to the Morris Hills Relays on Saturday. We're hoping to have Sam Pignatelli back and Krysten Mayers will return to help the team in sprints and jumps.”

ROXBURY HAD A STRONG WEEK

Coach Laura Myers had this to say:

“On Wednesday, Roxbury faced West Morris Central and Mendham in a double dual meet. Despite getting rained out after the 400, we started the

meet with some strong performances.

Tiffany Larusso, sophomore, continued her scoring streak in the 100 with a time of 12.8 and also placed in the 400. Olivia Viparina, a sophomore, placed in the 1600 with a time of 5:28. We also had some PRs in the high jump.

On Saturday, we traveled to the Cougar Classic hosted by Columbia High School. Our DM of Nicolle Natali, Niki Alford, Deanna Grazianni, and Olivia Viparina placed 3rd with an overall with a time of 13:11.6.

Our Javelin Relay also placed 3rd with a combined throw of 195-7 by Kat Ramage (74-6), Andrea Morales (64-9), and Shayna Dubos (56-4).

We also had many places and PRs in the freshman, sophomore, and novice events.”

VIKINGS SHOW FLAIR IN THE AIR

Senior Chrissy Clark and junior Sholei Croom of Villa Walsh combined for a winning total of 62-2 ½ in the triple jump at the Dodgertown Relays.

Clark went a meet best 34-0 ¼, and Croom went 28-2 ¼.

Villa Walsh was also third in the DM in 12:56.49 as Trish Maheras, Chrissy Clark, Mary Lynch, and Meg Curham shared the baton. Curham split 5:00.3. Gabby West, Alina Cathcart, Emily Vincent and Curham teamed up to get 5th in the SM in 4:29.35.