

KEEPING TRACK

The first week of the track season was filled with plenty of great performances from Morris County teams and athletes, but it also featured some very significant moments, such as the first track meet at Dover in more than a decade, the latest installment of the Buccino Bowl, and a big college signing.

Before I go into all that I'd like to remind coaches to please send me any highlights of your team that you would like to see listed here to me at lambo2126@hotmail.com. Please send to me by Sunday or Monday each week so I can include them in this column.

I didn't receive a whole lot of feedback this week, so I am hoping to get a bigger response as the season goes on. I can't only write about it if you tell me about it. Let me know about PR's, school records, good splits, college signings, and any other info that pertains to your team.

I will include several links that will help you keep in touch with everything that is happening in NJ track.

Everything I do for The Star-Ledger, stories, blogs, photos and videos, can be found on this facebook page [here](#).

All the boys track coverage for NJ.com can be found [here](#)

And feel free to follow me on twitter right [here](#)

Ok, it's time for the MORRIS COUNTY REWIND

MINUTEMEN REACH THE SUMMIT

Mendham, which lost several key members to graduation of last year's sectional championships team, began its season with a bang when it tied Middlesex County power St. Joseph's (Met.) for the team title at the Summit Relays on Saturday as both teams tallied 42 points to edge Randolph, third with 41.

The top performers of the day for coach Dave Quinn were John Obiedzinski, who had the top throw of the meet in the discus (142-9) to lead his team a third place in that event, and quarter miler Christian Kildal-Brandt, who stepped up with a 1:58 split in his first ever 800 relay carry and ran on the 6th place 4x100.

Mendham also won the DM (10:43.69), was fourth in the 4x800 (8:13.50), and was second in the team intermediate hurdles (3:03.64) as Cory Pressl ran 58.51, third fastest time of the meet.

Full results of the Summit Relays are [here](#)

TRACK IS BACK

The season opening meet for Dover against Madison last Tuesday had special significance for the Tigers and longtime coach Wayne Valentine. Valentine, who has coached track for 50 years, had waited a long time to see track and field return to Dover's historic Hamilton Field.

How long??

It was the first meet at Dover in 11 years as its old cinder track, considered the best around during its heyday, was finally replaced.

“At one time, Hamilton Field was one of the best, if not the best cinder track in Morris County,” said Valentine. “The Morris County Relays were held there and the stands were loaded with fans. It was a track meet only and was also the host for more than a dozen years of the Dover Invitational. That was a boys only meet between the sectional and group meets. The highlight of course was the javelin heave of 252-8 in 1967 by Mark Murro of Essex Catholic, which broke Terry Bradshaw's (the Hall of Fame quarterback with the Steelers). His record was then broken by Russ Francis, the NFL tight end (New England Patriots).”

Madison won the matchup with Dover, 98-42. But Dover earned a huge victory by having its track back!!!

HERE ARE THE RESULTS FROM THE FIRST MEET AT HAMILTON FIELD SINCE 2002

400IH 1. Matt Richards (M) 60.8 2. William Cabinilla (D) 62.9 3. Dillion Anderson (M) 63.9

100 1. Geovani Ocampo (D) 11.7 2. Nick Haboj (M) 12.0 3. Quinn Heyrick (M) 12.2

1600 1. Daniel Iskandar (M) 4:51 2 Patrick Hanely (M) 5:01 3. McLean Flemming (D) 5:10

400 1. William Hendrickson (M) 55.0 2. Matt Mutone (M) 56.0 3 Nick Faulk (M) 57.9

110H 1. Dillion Anderson (M) 15.3 2. Matt Richards (M) 15.8 3. William Cabinilla (D) 16.4

800 1. Daniel Iskander (M) 2:08 2. Nick Wilde (M) 2:12 3. Jesus Carrasco

(D) 2:18

200 1. Dillion Anderson (M) 25.2 2. Geovani Ocampo (D) 25.9 3. Abe Gertler (M) 26.1

3200 1. Patrick Hanley (M) 11:11 2. Doug Capuder (M) 11:19 3. Jason Gordon (D) 11:55

Relay 1. Dover 4:23 (Cabinilla, Zegarra, Pineda, K. Gonzalez)

LJ 1. Geovani Ocampo (D) 18-3.5 2. Nick Faulk (M) 17-6.75 3. Luis Rodriguez (D) 17-4.25

TJ 1. Geovani Ocampo (D) 39-6.25 2. Matt Richards (M) 37-7.5 3. Matt Mutone (M) 36-1.25

HJ 1. William Cabinilla (D) 5-4 2. Luke Rosica (M) 5-2 3. Jacob Baer (M) 5-2

Shot 1. Theo Smith (D) 37-4 2. Kevin Choi (M) 37-3 3. Patrick Metullus (D) 32-10

Jav 1. Nick Hoboj (M) 108-8 2. Abe Gertler (M) 102-6 3. Michael Ubectacio (M) 81-8

Disc 1. Kevin Choi (M) 88-9 2. Michael Ubectacio (M) 82-0 3. Jake Ducey (M) 76-2

OH, BROTHER

Senior brother Aaron and Ryan Harris of Randolph teamed up for a big day at last Saturday's Summit Relays, leading their team to a third-place finish with 41 points, one behind co-champs Mendham and St., Joseph's (Met.) Aaron cleared a meet-tying best 6-0 in the high jump and Ryan went 5-8 for a combined winning total of 11-8 in the high jump.

Aaron also had a meet best 166-10 in the javelin to help the Rams place second in that event. Meanwhile, Ryan leaped a meet best 20-10 and Josh Sharp went 19-2 ½ for a combined winning total of 40-0 ½ in the team long jump.

CARSON BURNS UP THE TRACK

Carson Burns, a junior at Chatham, came up with a personal best of 58.49, the second fastest of the meet, to lead the Cougars to victory in the team 400 intermediate hurdles at the Summit Relays last Saturday. Seniors Aaron Young (1:00.93) and Jake Budlow (1:01.45) combined with Burns on the

victory as the three hurdlers ran a combined 3:00.87 to win by nearly three seconds over Mendham,

Budlow and Carson Burns also ran on the 4x400 that ran 3:38 to finish first in a double dual vs. Delbarton and Mendham.

In a double dual last week vs. Delbarton and Mendham, John Walsh came up with a total of seven wins. He scored 2 wins in the high jump (6-0), 2 wins in the LJ (19-6) and 2 wins in the TJ (40-6), one win in the HH (15.9) and a second place in the HH.

ELLIS MAKES IT OFFICIAL

Travis Ellis of Morris Hills, one of the state's top distance runners, has accepted a track scholarship to attend George Mason University and signed his national letter of intent at his school on Tuesday.

Ellis, who won the Morris County cross-country title in 15:49.5 last fall (No. 2 in Greystone Park history), has a unique blend of speed and endurance that enables him to have great range on the track

He has personal bests on the track of 49 point on a 400 relay, 1:53.71 in the 800, and 4:16.54 in the 1,600.

ONE LAST SHOT

Morris Hills will be chasing a Penn Relay qualifying time in the 4x800 at Saturday's Ranger Relays at Wallkill Valley.

Travis Ellis is the only runner who has locked up a spot on that relay. The other three spots will be determined by what happens at a dual meet vs. Pope John at Morris Hills on Wednesday, April 10.

Matt Weintraub and Alec Manson, who ran at Penn along with Ellis last year, Kyle O'Connor, Michael Gosden and John Dennehy are among the leading candidates for the remaining three spots.

The time Morris Hills is aiming for at Wallkill Valley is sub 8:14, the cut off time for consideration into the Penn Relays for Small Schools, which is what Morris Hills is by Penn Relays standards.

The Penn Relays will accept the fastest 35 Small School and 35 fastest Large Schools teams that run under the cut off times. The deadline to update times for the Penn Relays is this Sunday at noon.

The Penn Relays will be held April 25-27 at Franklin Field in Philadelphia.

Morris Hills has qualified for Penn in the 4x800 nine of the last 10 years, missing in 2010, the year after it finished second in a state record 7:31.60 in an epic race with Albemarle of Virginia, first in a then national record 7:30.67.

All info for the Penn Relays can be found [here](#)

FROM THE TRACK TO THE CHURCH

Josiah Hanco of Trinity Christian, a multiple state champion, had a busy day last Saturday. After the junior won the 1,600 in 4:28.70 (he ran 63.0 for the final 400), he had to hustle to get changed into his tux and get to his brother Andrew's wedding, where he was one of the groomsmen. ?? Andrew Hanco was an All-State runner at Trinity Christian (Class of 2007) before starring at the Naval Academy.

Congrats Andrew!!!

BIG SHOTS

Matt Santangelo (49-10 $\frac{3}{4}$) and Ryan Agbim (49-0 $\frac{1}{4}$) of Hanover Park, the state Group 1 indoor champs in the shot put this past winter, combined to win that event at the Summit Relays last Saturday.

THE BUCCINO BOWL

Twin brothers Paul Buccino, the head coach at Morristown, and Pete Buccino, the head coach at Piscataway, renewed their sibling track rivalry last Saturday. Paul and his Colonials came out on top, 79-61.

IN THE PADDOCK

Several Morris County teams will be in action at Saturday's Dodgertown Relays in Madison.

Also Saturday are the 20th Rangers Relays at Wallkill Valley, and the 29th Cougar Relays hosted by Columbia High in Maplewood. The New Jersey Catholic Track Conference Relays are on tap for Sunday at St. John Vianney.

To get specific info about upcoming meets, go [here](#)

