

## TRACKING IT DOWN

The first week of track action is in the books, and what a great week it was. The weather was a big windy and chilly, but some of the results were red hot.

Among the many highlights for Morris County's finest was a record breaking debut by a rising freshman star, a possible Penn Relay qualifying 4x800 relay, a sparkling dual meet double by one of the nation's best distance runners, and several sizzling splits and some school and personal records were set.

Before I break all that down in my recaps below, I want to share some links with you that will help you follow our great sport throughout the season. For those that don't know, I manage a track and field facebook page for The Star-Ledger where you can find stories, blogs, photos and videos etc. You can find that right [here](#)

The NJ.com page is also loaded with track stuff. That site is [here](#)

You can also follow me on twitter right [here](#)

With the Penn Relays coming up April 25-27, you can find out everything about the Penn Relays right [here](#)

There are tons of stats and a full schedule of meets at NJ Runners, which can be found right [here](#)

For full results from the Summit Relays last Saturday, go [here](#)

Remember, if you want to see highlights from your team each week listed in this column, just hit me with an email each Sunday or by Monday afternoon and I will make sure to get them in here. Please send to [lambo2126@hotmail.com](mailto:lambo2126@hotmail.com). Thanks!!!

Ok, here's a look back at some of the highlights around Morris County in Week 1.

## SMASHING DEBUT

Nickolette Dunbar, a freshman at Whippany Park, wasted no time making her presence felt.

In the first high school meet of her career, Dunbar unloaded the shot put 40-1 in a tri-meet last Thursday at Morristown-Beard in Morristown.

Dunbar, who played basketball during the winter, shattered the Whippany

Park school record of 37 -0 by Terry Keenan from 1988.

Dunbar is the daughter of former NFL defensive lineman Karl Dunbar, who was named defensive line coach by the New York Jets in February of 2012 after spending six seasons in the same position with the Minnesota Vikings.

## RECORD BREAKERS

Megan Curham, who recently committed to Princeton, broke school records in both the 1,600 (5:06) and 3,200 (10:37.5), and Monica Benz broke the school record in the pole vault (9-6) and won the triple jump (32-8) to lead Villa Walsh in a dual meet loss to Hanover Park, 89-48, last Friday.

The 10:37.5 by Curham, who was a Foot Locker national finalist and the state Non Public B champion in cross-country, is No. 1 in top time in the state this season and No. 21 nationally.

Villa Walsh also won the 4x400 in 4:32.2 as Gabby West, Emily Vincent, Kelly Larkin, and Christine Clark combined on the victory.

## BEAT THE CLOCK

The Randolph 4x800 took at the starting line at Saturday's Summit Relays with one thing in mind-Run as far under 9:40 as possible!!

Why???

Because 9:40 is the cut off to be considered for acceptance into the Penn Relays Large School Division.

And as has been customary of Randolph teams in the past, the Rams came through in the clutch, finishing first in 9:35.62. Summit was second in In the 4x800,

Randolph's splits were 2:26.8 for sophomore Marisa Lansing, 2:20.6 for junior Liz Wellman, 2:26.2 for sophomore Carole Harsch, and 2:22.2 for sophomore Liz Lansing.

Although Randolph's time is under the Penn Relays cut off, it doesn't guarantee the Rams a spot in the meet, which will be held April 25-27 at Franklin Field.

That's because The Penn Relays will accept the 35 fastest Large School teams that break 9:40, so Randolph coach Len Pietrewicz and Randolph distance coach Kevin Higgins aren't taking any chances.

To improve its chances of making Penn for the sixth time in seven years, Randolph will look to drop its time on Saturday in the 4x800 at the 29<sup>th</sup> Cougar Classic at Underhill Field in Maplewood.

Randolph should get a good push in the race from Columbia, which is also chasing a Penn qualifier after running 9:43.25 indoors. 9:40.04.

Randolph also placed second in the DM at Summit in 12:52.70 as Wellman, Marisa Lansing, Harsch and Margaret Thomson shared the baton.

## THE RED HAWKS ARE FLYING HIGH

This is from Parsippany coach Walt Bleuler:

“The girls are off to a great start. They beat Morristown-Beard and Whippany Park. The team was helped by the fine performances by Kathryn Campbell in the javelin with a throw of 100 feet. Krysten Mayers was great in her first meet by running the 100 in 13.2, the 400 in 61.3, and she high jumped 4-6 and long jumped 16 feet. Allie Schlosser ran the 1600 in 5:38 and the 3200 in 12:17 .

The same girls helped the girls to place 7th at the Summit Relays. Kathryn threw the javelin 95-6. Krysten anchored the mile relay with a split of 61.3 and the team ran 4:08 for a second place finish. Allie Schlosser ran 2:32 for 800 to help her team get the school record of 10:12.32 in the 4x800, and lead off the DM with a 3:59 on the 1,200 leg. These athletes are going to help the team to follow the path of last years great team.”

## MENDHAM SHINES AT THE SUMMIT RELAYS

Led by Laura Papili, Abby Seel, Mackenzie Bary and Cali Heffernan, Mendham finished third at the Summit Relays with 43 points. Pope John was first with 80 and South Brunswick took second with 49.

The Bucknell-bound Papili ran a meet best 65.20 to lead Mendham to the team 400 hurdle title (3:27.52), ripped a 59.0 leg on the fourth place 4x400 (4:09.73), and ran on the third-place shuttle hurdle team (1:08.94).

Heffernan split 61.0 in the 4x400, ran 1:11.02 in the 400 hurdles, ran on the fourth-place SM team (4:29.84), and ran a leg on the shuttles.

Mendham also won the DM (12:28.60) and was third in the 4x800 (9:48.41) In the 4x800, Seel ran a 2:22 and Barry had a career best carry of 2:25. First year runner Lauren Villa ran an impressive 61.0 in the Novice 4x400.

## IMRPESSIVE OPENER FOR THE GAELS

This is from Roxbury coach Laura Myers:

“Nicolle Natali, a junior, had her 1st varsity win in the 400H with a time of 1:12 vs. Randolph.

Tiffany Larusso continues her role as point leader of the team winning the 100m, and scoring in the 400, and 4x400.

Deanna Grazianni, freshman, had her 1st varsity win in the 200 with a time of 28.4 vs. Randolph. She also contributed to the winning 4x400 and placed in the open 400 and the long jump.

Tara Liska, junior, also had her 1st varsity win of the season in the pole vault with a jump of 8 feet and also placed in the 200, and triple jump.

Andrea Morales, a sophomore, had her 1st varsity win of the season in the Jav with a throw of 84'3".”

## CIRIELLO SPARKS MADISON

Madison started off its season with an 85-44 victory over Dover last Wednesday at Dover’s new Hamilton Field. It was the first meet at Dover since 2002.

“Highlights included strong performances by Rose Ciriello, a sophomore who participated in winter track for the first time this year,” said Madison coach Mark Ladolcetta. “She is emerging as a talented and versatile athlete. Rose cleared a personal best 4'10" in the high jump to win the event in cold and windy conditions. She also won the the 400 hurdles in her first attempt at the event in 1:17.3, and won the 400 and long jump to score 20 points in the victory over Dover. On Saturday at the Summit Relays, Rose ran the 400 IH for the 2nd time in 1:12.64.”

## WEST MORRIS OFF TO FAST START

This is from West Morris coach Jay Herrigel:

“We competed against Par Hills and Morristown last Tuesday. Led by Kylene Cochrane, Brennan Sharkey, Brigitte Rec, Katie Sabatino, Marlena Paz, Kendall Ballotti, Carli Thurber and Alex Donaldson, we were able to come out of the meet 2-0. The scores were 95-41 West Morris over Morristown and 90-59 over Parsippany Hills.

It was so cold, so not too many PRs on Tuesday, but Brennan Sharkey went from a 13:10 PR last spring to an outdoor PR of 11:29 in the 3,200. Also, Sierra Castaneda (my new freshman) ran a 5:24 in the 1,600. This was a big PR for her. Sierra is a swimmer during the winter months. She ran track the last few years of Middle School. I believe her previous PR was around 5:35 in the 1600.”

## IN THE PADDOCK

Several Morris County teams will be in action at Saturday’s Dodgertown Relays in Madison. Info for that meet can be found [here](#)  
Also Saturday are the 20<sup>th</sup> Rangers Relays at Wallkill Valley, and the 29<sup>th</sup> 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](#)