

MORRIS COUNTY REWIND

The **Randolph** boys, **Sean Lyons** of Morristown, **Conor McClain** of Morris Hills **Sierra Tonnesen** of Mendham, **Leah Wis** of Montville, and **Nickolette Dunbar** of Whippany Park were among many Morris County stars that shined during the first week of the outdoor track and field season.

Let's take a look back at some of the highlights of the opening week.

RAMS IMPRESS AT SUMMIT RELAYS

Randolph, with some emerging young stars, established veterans, and key newcomers, opened its invitational season with a very impressive 70-52 over county rival Morris Hills in the boys competition at the Summit Relays last Saturday.

Randolph won the team 400 IH in 2:59.79, finished first in the shuttles in 1:05.13, placed first in the SMR in 3:39.81, and captured the tripe jump behind Anthony Zarro's meet best 42-7 1/2.

Here a recap of Randolph's great meet provied by Randolph coach Luke Suttile.

400IH - ``The guys had a great start at the Roxbury dual on 4/1 all going 56. so they were excited about the race at Summit," said Suttile. ``It was windy and none of them had clean races, plus Dan Leanza completely fell over #6. Even with all that, still going sub 3:00 is a good start. I think Dan, Collin and Stephen can break the county record this season."

The Morris County 3x400 IH record of 2:47.4 has stood since Randolph's Dave Jan, Paul Grech, Patrick Slater combined to run that time at the East Coast Relays in 1992.

“Shuttles was more of the same. Nobody had super clean races, but Soph Ethan Damiano ran a great 2nd leg (16.5 PR) coming from behind to put us in the lead, and then Collin and Dan (1st HH race ever - 15.9 PR) did a good job holding on for the win against a very good Madison team.”

“In the jumps, Anthony Zarro is the anchor and started his season of well with a win in the TJ (42' 7.5"), but with the loss of the Harris brothers, Josh Sharp and Jarren Taylor to graduation, we have some rebuilding to do. Sprinter James Lienhardt has stepped up to help fill vacancies in the LJ/TJ. Anthony's brother, Carlo, is has already established himself as a freshman stud going close to 21-0 indoors in LJ this past season, and Greg Stickle showed he can do more than run fast by long jumping 19-9 in his debut at Roxbury earlier in the week.

Greg is a huge pick up. Up until this season he played lacrosse in the spring, but with his breakout success this past winter (in the 800) he decided to give spring track a try. He anchored our winning sprint medley at Summit in a very comfortable 2:01, and then about a half hour later came back and lead off 50.2 in the 4x400.”

“Other new guys look to get into the action as well. Junior Connor Logoyda (QB for the football team) is a versatile field event guy. He threw 153' in the jav this weekend. And this freshman class is going to carry this team in the upcoming years. Carlo Zarro, Jeremy Simmons (Aaron and Ryan Harris's

younger brother), Anthony Salemi and Johnny Daddario won the JV 4x100, and Zarro, Simmons, Daddario and Keanan Mitchell won frosh/soph 4x200 - both in very fast times for all freshman teams."

MCCLAIN LEADS FIELD ASSAULT FOR MORRIS HILLS

Conor McClain led a strong field event performance by Morris Hills at the Summit Relays as the Scarlet Knights scored 32 of its 52 points in the throws and jumps. McClain came up with a pair of big PR's, highlighted by his meet best throw of 181-6 to lead Morris Hills to victory in the javelin. McClain's previous best was 171-11, which he threw at the state group meet last spring.

The South Carolina-bound McClain also added a PR of 137-8 in the discus. But he's not just a thrower. McClain, who has a PR once 50 in the shot put, has a unique blend of power and speed. Indoors, he broke 7.00 in the 55 dash and he is also a very good hurdler. McClain may be the best all-round track athlete that no know about outside the county.

TONNESEN SPARKS MENDHAM

The Mendham girls, led by junior Sierra Tonnesen, finished second to Millburn, 58-50, at the Summit Relays.

Tonnesen split 59.6 on the winning 4x400 (4:08.07), ran a big PR of 2:28 on the fourth place 4x800, and ran on the runner-up 4x100.

Also for Mendham, **Julia Mzanski** had the top vault of the meet with a 9-6 to help Mendham place second in the team

pole vault. and Audrey O'Neill split 12.5 in the 4x100 and 60.2 in the 4x400, and Cali Heffernan ran 67.83, the second fastest time of the meet, on the runner-up 400 hurdle team.

LYONS ROARS IN METUCHEN

Morristown senior Sean Lyons took a shot at going sub 15 in the 5-K at the Metuchen Relays, and came up just short, placing first in 15:02.9. The Morris County 5-K record is 14:48.73 by Ben Massam of Chatham in 2006.

``I should have started my kick a little sooner," said Lyons, who also anchored the winning distance medley relay. ``But I felt really good and am really happy to run thus fast this early in the season."

WEST MORRIS GIRLS WIN A PAIR

West Morris scored two wins over Parsipanny Hills (120-20) and Morristown (92-47) last week.

Senior Katie Sabatino, who scored 30 points for West Morris, won the 400 hurdles (70.0), 100 hurdles (18.0), and the 200 (27.5). Christen Cooper scored 20 points in the shot put and discus. Many others contributed to the win - Sierra Castaneda, Miranda Carpenter, Cat Cazes, Mikayla Cochrane, Kylene Cochrane, Kelsey Cronin, Christina Egan, Tanna Holzworth, Abby Rec, Brennan Sharkey, Marlena Paz, Mikayla Young, and Katrina Kolvek were the top point scorers.

CAMPBELL AND FIGUEROA STRIKE GOLD FOR

PARSIPPANY

The **ParsIPPany girls**, seventh out of 21 teams with 22 points team started the year well at the Summit Relays.

Leading the charge was sophomore Kathryn Campbell, who threw a meet best and personal best 115-07 to help Parsippany win the javelin. Campbell teamed with senior Elena Figueroa (92-2) on the victory.

The girls sixth place 4x100 team (54.01) was anchored by Bria Saunders in 54.01. Teammates were freshman Selina La Donne, Amanda Angulo, and Gabby Rachmaciej. The DMR team placed 3rd with a time of 12:58-Sam Pignatelli (4:02), Bria Saunders (61.2), Jen Mylnar (2:31) and Ally Schlosser (5:21). The 4x800 team was 6th in 10:08 with Katie Hsu (2:36), Sam Pignatelli (2:35), Mylnar (2:31) and Schlosser (2:28). The 4x400 team was 4th in 4:21 with Mylnar, Hsu, Rachmaciej, and Schlosser.

The Red Hawks also had medal winners with Frosh/Soph teams 4x200 team of Salena La Donne, Nicole Herreria, Michele Hereria, and Megan Wizneweski in 1:57.08. The girls Frosh/Soph 4x400 team was third with La Donne, Cristina Fernandez, and Nicole and Michele Hereria in 4:41.67.

Parsippany, 1-1 in dual meets after beating Morristown Beard and losing to Whippany Park, will be back in action at the Dodgertown Relays in Madison this Saturday.

TRACKING IT DOWN

Sophomore **Leah Wis** had the top jump of the meet at the Summit Relays with a 5-3 to lead the Montville girls to victory in the team high jump.

Sophomore **Nickolette Dunbar** of Whippany Park threw 40-8, the top throw in the state so far this season, to help her team win the shot put at the Summit Relays.

Aliyah Huland El, an All-State basketball player who is headed to play at Virginia next year, leaped a meet best 35-4 ½ to lead Randolph to a second place finish behind Hanover Park in the girls triple jump at Summit. **Danielle Monahan** and **Emily Steinbach** combined on the win for Hanover Park.

Mendham's **Spenser Clouse** (6-0) and **Malcolm Montilius** (5-10) won the high jump. , and **Paul Ehmman** split 4:23 to bring Mendham across first in 10:54.71 at the Summit Relays.

Mendham coach Dave Quinn added that several athletes won medals for the first time in their careers at the Summit Relays. They were **Peter Miu** in the 400 IH (62.07) **Mitch Anderson** in the DMR (2:12), **Joe Kennel** in the DMR (56.0), **Carl Barta** in the discus (77-4) , and **Aidan Williams** in the 400 IH (68.70).

Quinn was also very excited about sophomore **Chris Schlegel's** 126-0 javelin throw at Summit in the JV competition in his first ever attempt with the implement.

Zach Matthiessen of Roxbury opened his season on April 1 with a huge PR of 2:00 in the 800 in a dual meet against Randolph. That is 11 seconds faster than his previous best!!!! In that same meet, Roxbury's **Brandon Rizzo** knocked three seconds off his PR in the 400 IH by running 60.2.

Sophomore **Jason Schweizer of Morris Hills** has all the makings of a future star. He opened plenty of eyes when he split a PR of 2:01.2 and came from behind to catch Millburn's anchor right at the line to give his team the win in the 4x800 at Summit.

Dover senior **Luis Rodriguez** jumped 19-11.25 in the LJ and 39'-1.25 in triple jump to win both events in a dual meet at Madison.

Abe Gertler had the best vault at the Summit Relays, 13' 6 and Madison Boys won the event with a total of 24-0. Gertler cleared a Morris County record-tying 15-0 indoors.

PENN RELAYS

The Penn Relays (April 24-26 at Franklin Field in Philadelphia) released its acceptances for the high school individual events this week, and several Morris County athletes made the cut.

Congratulations to **Kylene Cochrane** of West Moris (mile), **Mackenzie Barry** of Mendham (3,000), **Keturah Orji** of Mount Olive (triple jump), **Halia Rosemond** of Morristown-Beard (discus), **Mike Benz** of Delbarton (pole vault), **Abe Gertler** of Madison (pole vault), **Tommy Rhodes** of Delbarton (shot put) for qualifying.

The full list of every high school individual qualifier is [here](#)

The deadline to update times for the 4x800 and distance medley relays for the Penn Relays in this Sunday at noon. Acceptances will be announced early next week.

KEEPING TRACK

Here are some links that I think you will helpful during the course of the season.

The Star-Ledger track and field facebook page is [here](#)

My twitter page is [here](#)

To follow Brian Deakyne of The Star-Ledger, who covers girls track, go [here](#)

The N.J. milesplit page is [here](#)

The DyeStat rankings are [here](#)

IN THE PADDOCK

The majority of Morris County teams will be heading to Madison this Saturday for the Dodgertown Relays, while some will be competing at the Blue Devil Classic in Westfield.

Good luck to everyone competing this week.

GET UR MORRIS COUNTY TRACK AND FIELD ON!!!