

MORRIS COUTY REWIND

The weather warmed up last Saturday, and so did the performances as several Morris County teams and runners turned in red hot performances.

There were several meet records, school records, and personal bests achieved, and there was also a huge announcement made regarding a New Jersey track legend.

Let's start out with some breaking news and then I will dig into the highlights.

GREAT EIGHT

It's not very often that you can go to a high school track meet and see some elite stars competing.

But that's what will happen at the **49th Morris Hills Relays** this Saturday when **NJ legend Robby Andrews** leads a group of teammates from the **NJ*NY Track Club** in the first annual Morris Hills Elite Men's 800 Pre-Penn Relays race.

Andrews, according to Sean Robinson, the Morris Hills boys cross-country coach and Morris Hills outdoor distance coach, **Liam Boylan-Pett, Declan Murray, Ben Scheetz, Brian Hill, and Sadiki White** (who graduated from Allentown High School in NJ), all from the NJ/NY Track Club, will fill at least 6 lanes as they double back from Larry Ellis Invitational at Princeton University the night before.

All those guys are coached by NJ coaching legend **Frank ``Gags'' Gagliano**.

The Morris Hills Relays will start at 9 a.m., and Robinson said the Elite Men's 800 will be event #17 on Saturday, directly before the high school DM's. **It should go off at approximately 2 p.m.**

For more information on the Morris Hills Relays go [here](#)
If you call yourself a real track fan, then you will be at Morris Hills High for this. And it's free!!! Robby Andrews + free=a must see!!!!

Andrews, according to Robinson, is gearing up to run the mile at the Penn Relays next week at Franklin Field in Philadelphia.

Andrews, who graduated from Manalapan High School in 2009 as one of the greatest track stars in state history, made an immediate impact at the University of Virginia when he won the NCAA indoor 800 title as a freshman when he outleaned Olympian Andrew Wheating. Andrews also won the NCAA outdoor 800 as sophomore, and then turned pro.

Andrews turned in two electrifying anchors at the Penn Relays in 2010 and '11 when he brought Virginia across the line first in the Championship of American 4x800 relay in both races. He was named the College MVP in 2011.

The 23-year-old Andrews, sponsored by adidas, is coming off a great indoor season that saw him finish second in the 800 at US Indoor Championships.

Bios for all the runners competing in the 800 is [here](#)

HERE IS THE BIO FOR ROBBY ANDREWS FROM THE NJ*NY TRACK CLUB WEB SITE

PERSONAL BESTS

800m 1:44.71 1000m 2:17.90 1500m 3:34.78 1 Mile 3:57.82 5 km (road) 14:49

CAREER HIGHLIGHTS

2014 USA Indoor Championships - 800m 2nd place

2013 USA Indoor Championships - 800m 2nd place

2012 U.S. Olympic Trials - 1500m 5th place

2011 NCAA Outdoor Championships - 800m 1st place USA Outdoor Championships - 800m 8th place

2010 NCAA Indoor Championships - 800m 1st place NCAA
Outdoor Championships - 800m 2nd place IAAF World Junior
Championships - 800m 3rd place

MANALAPAN HIGH SCHOOL (CLASS OF 2009)

2009

HIGH SCHOOL 800 PR-1:48.66

Nike Outdoor Nationals - 800m 1st place

NJ Meet of Champions outdoor- 800m 1st place

New Balance Indoor Nationals- 800m 1st place (national
indoor recored 1:49.21)

National High School Indoor Record - 1000m (2:22.28)

WEST MORRIS SMASHES 2 RECORDS AND THREE- PEATS

The **West Morris** girls came up with several great performances, including meet records in the 4x800 and DMR, on the way to a 67-59 victory over High Point to win the team title at the Ranger Relays for the third straight year last Saturday at Wallkill Valley.

West Morris also won the team pole vault and the sprint medley.

“We had a great day on Saturday, and our goal was to set some good qualifier times for county relays,” said West Morris coach Jay Herrigel. “It’s the 3rd year in a row that we’ve won it. Everybody did their part, but the highlights were the distance medley, 4x800, and the sprint medley. ”

Here are some details about each victory for West Morris.

Distance medley

- Brennan Sharkey (1200m - 4:02), Katie Sabatino (400m - 60s), Meghan Lloyd (800m - 2:26), and Sierra Castaneda (1600m - 5:05) - Total time of 12:35.58 broke the meet record of 12:38.34 that West Morris ran last year.

4x800m - Kylene Cochrane (2:18), Taylor Brown (2:37), Sierra Castaneda (2:28), and Meghan Lloyd (2:27). Total time of 9:52.92 broke the meet record of 12:53.91 set in 2012 by Morris Knolls, and is a new West Morris school record..

Sprint medley - Katie Sabatino (400- 60s), Tanna Holzworth (200m-28s), Dot Lare (200m-29s), Kylene Cochrane (800m - 2:19) - Total time: 4:17

Pole vault-Marlena Paz, a meet best 10-6, and Melissa Krueger (6-6).

For full girls results go [here](#)

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DUNBAR SMASHES RECORDS

Sophomore **Nickolette Dunbar** broke the 26-year-old **Whippany Park** school discus record when she sent the saucer flying 112-8 at the Dodgertown Relays in Madison. That broke the record of 111-0 set in 1998 by Tammy Keenend. Led by Dunbar, who teamed with **Kate Matrisciano** (88-0), and **Tyffany Brisbane** (64-5), Whippany also broke the school team discus record with a combined throw of 265-1. Dunbar and Matrisciano also set a new meet record in the team

shot put relay by throwing 73-3. Dunbar went 42-1 and Matrisciano 31-2. The old record was 72-5.50 by Mendham in 2008.

Led by its great throwing, Whippany Park finished second in the team standings to Essex County power Millburn, 61-58.

For full girls results go [here](#)

For full boys results go [here](#)

RED HOT HURDLES

The **Butler and Chatham girls** each broke a record when they had a great battle over the barriers in the shuttle hurdles at the Dodgertown Relays last Saturday in Madison.

Butler's **Kathryn Ianuzzi, Alison Wedemeier, Melissa Mattson, and Mykah Curry** combined to win the race in a meet record **1:06.99**. The former meet record of 1:07.22 was set by Summit in 2012.

Meanwhile, Chatham broke its school record when they placed second in the shuttles in 1:07.21, also under the old meet record.

Chatham's splits were

Liz Malatesta-17.1

Erin O'Connor-17.0

Rashida Haye-18.3

Simone Kirton-14.5

AIRING IT OUT

Alex Messick and Kyle Allison each came up with the best throws of their lives to

set a new meet record in the team javelin at the Dodgertown

Relays in Madison

Messick launched the spear 195-0 feet, a PR of nearly 15 feet, and Allison threw 181-10, a PR of 13 feet!! Together they combined for a 376-10, which crushed the meet record of 336-11 set by Robbinsville in 2012.

With their throws, Messick is now ranked No. 3 in New Jersey this season and Allison is ranked No. 8.

GOING THE DISTANCE

The **Morristown and Morris Hills boys** each scored big victories in the distance medley relay last Saturday.

At the 26th Blue Devil Classic in Westfield, Morristown tuned up for the 4x800 at the Penn Relays by winning the DM in 10:24.73, the third fastest time in the state this season.

Morristown's splits-

Greg Arabagian-3:11.0

John Vallachi-53.2

Rudy Torres-2:00.1

Sean Lyons-4:19.9

The same four guys came back later to place second in the 4x800 in 8:04.86.

Meanwhile, at the Ranger Relays at Wallkill Valley, Morris Hills won the DMR in 10:43.86.

Morris Hills splits-

John Dennehy 3:15

Mike Gosden 52.8

Jason Schweizer 2:03

Matt Weintraub 4:28

Dennehy, Gosden, Schweizer joined with Kyle O'Connor later in the meet to win the 4x800 in 8:18.10.

WALSH SPARKS CHATHAM

John Walsh tied with **Steven Webb** of Whippany Park for the top high jump mark of the meet (6-0) and the 2nd best long jump (**a PR 20-3 ¾**) as he helped lead Chatham to a runner-up finish at the Dodgertown Relays. Chatham finished second to Essex County's Livingston, 55-47.

PENN RELAYS

The Penn Relays (April 24-26 at Franklin Field in Philadelphia) released its acceptances for the high school 4x800 and DMR this week.

Congrats to the **Mendham and Morristown boys (4x800) and the Randolph girls (DMR)** on qualifying.

The Mendham boys made the 4x800 for the first time in school history by running 7:56.56 indoors. Morristown, which qualified with a 7:58.01 indoors, has made several trips to Penn in the past in the 4x800, but is still seeking its first Championship of America berth.

The most amazing thing about Randolph's DMR berth is that it qualified without one of the top distance runners in the nation, junior Liz Lansing.

Lansing, who won the Meet of Champions in the 1,600 as a freshman in the spring of 2012 and was an NXN finalist this past XC season, suffered a stress fracture in the winter.

But **Carole Harsch, Liz Wellman, Margaret Thomson, Nora May McSorley** did a great job by running 12:11:20 indoors to qualify.

Speaking of Lansing, Randolph distance coach Kevin Higgins reports that Lansing has been working out hard and should be

cleared to start running any day now.
Imagine Randolph's DM with a healthy Lansing on it??
Scary!!!

KEEPING TRACK

Delbarton coach Dave Sulley checked with this report on his team, which turned in some very nice results over the the last week.,

``Delbarton competed against Randolph and Parsippany Hills last Wednesday (4.9)," said Sulley. ``**Luke Mayer** had a nice PR in the 110 HH at 15.0. Bigger yet was soph. **Joey Gambetta** in the javelin with a 164' 9". **Teryon Lowery** hit 5'10" in the h.j., equalling his performance indoors at the MOC. At the Ranger Relays at Wallkill Valley, **Tommy Rhodes** hit a 54' 3" in the shot to break his own school outdoor record and nearly equal his indoor PR Senior classmate **Jerry Donini** had a whopping PR in the disc at 142' 3". Delbarton won shot and disc behind those two as both recorded 1-2 overall finishes on the day in those events. **Teryon Lowery** had a p.r. in the TJ at 38' 6" to lead that team to 2nd. **Nick Hamilton** had a 150' spear toss.

The **Parsippany girls** had a fine showing at the Dodgertown Relays in Madison.

Coach Walt Bleuler filed this report-

``Despite having girls on spring break, the team scored 44 points and finished fifth.

Gold Medals were in the 4x100 with a time of 51.7 with Selina La Donne, Megan Wizinewski, Gabby Rachmaciej, and Bria Saunders. The 4x400 was also first with a time of 4:06.37 as Jen Mylnar, Gabby Rachmaciej, Michele Hereria, and Bria

Saunders.

The shuttle hurdle team was 5th with Jen Mylnar, Nicole Hereria, Michele Hereria, and Kelly Higinbotham in 1:12.61, The SM team was second with LaDonne, Saunders, Mlynar, and Sam Pignatelli in 4:26.38. The DMR was 4th with Jen Mlynar, Megan Wizinewski, Gabby Rachmaciej, and Sam Pignatelli in 13.06.

The discus team with Donna Herbst (75-6) and Emily Fales (60-0). The javelin team was 3rd with Kathryn Campbell with 109-6 and Donna Herbst with 92-4. The team also beat Hanover Park in a dual meet 71-69.

Congrats to Morris Hills distance ace **Matt Weintraub**, who recently committed to run for **Lafayette College**.

CAROLINA HERE WE COME

The **Mount Olive boys** ran two New Balance National qualifiers at the Cougar Classic last Saturday at Underhill Field in Maplewood. The NB Nationals will be held in June at the University of North Carolina A&T.

In the 1,600 medley **Marcquis Smallwood 23.3, Kevin Jean-Pierre 23.3, Jeff Schafer 52.6, and Eddie Garcia 1:57.4** combined to place second in 3:27.22 to qualify for the New Balance Championships in North Carolina in June.

Mount Olive also ran 1:38.60 to place sixth overall and first in their heat in the 800 medley and qualify for the Emerging Elite race at the NB Nationals. Marcquis Smallwood ran 11.5, Jeff Schafer 12.8 (shaky handoff), Kevin Jean-Pierre 23.4, and Eddie Garcia 50.6. Garcia passed four runners on the anchor leg to win the heat.

Full results from the Cougar Classic are [here](#)

That's all for now.

GOOD LUCK TO EVERYONE COMPETING THIS WEEK!!

GET UR MORRIS COUNTY TRACK ON!!!