

**2013**

**18<sup>TH</sup> ANNUAL**

**JACK O'LEARY LID LIFTER**

**Thursday, December 19, 2013**

**SPONSORED BY:**

**MORRIS COUNTY TRACK COACHES ASSOCIATION**

### **Jack O'Leary Dedication**

After graduation from Essex Catholic High School, where he set the New Jersey state one-mile run record with a 4:16.1 clocking, and Villanova University, where he ran for the legendary 'Jumbo' Jim Elliot, O'Leary began his coaching career as an assistant coach at Roselle Catholic High School.

After one year, he moved to his alma mater and continued that school's outstanding track tradition. While at Essex Catholic, O'Leary won many state parochial and Essex County team and individual titles, placing EC among NJ's top programs

In 1974, O'Leary was hired by Morris Hills athletic director Frank Fox to take over that program. For the next 28 years, O'Leary would add to the proud tradition started by Fox at Morris Hills.

During his tenure with the Scarlet Knights, O'Leary's teams were among the best teams in the state in all three running sports.

In cross country, the Scarlet Knights won eight Morris County titles, many Iron Hills Conference crowns and several state sectional titles. After the Scarlet Knights lost the 1975 Meet of Champions by one point to Morris Catholic, O'Leary convinced state officials to implement the displacement system used today but which had not been used in state meets before.

In winter track, the Scarlet Knights won four county and county relay titles, numerous IHC championships and were many times contenders for state honors

During the spring, the Scarlet Knights won the 1977 Morris County Championships with one of the strongest teams in Morris County history, and four Morris County Relays team titles. The Scarlet Knights also claimed many individual honors in conference, county and state competition.

While O'Leary is probably best known for the success of his distance runners in all three seasons, the Scarlet Knights were successful in all areas, including the hurdles, throws and jumps.

O'Leary was part of the group of coaches who turned the Morris County Track Coaches Association into the best association in the state. He served several years as the MCTCA president. He won the MCTCA Service Award for his contributions to the program and has received the numerous Coach of the Year honors and the respect of his fellow coaches.

After leaving Morris Hills, O'Leary continued his coaching success turning Monsignor Donovan (Toms River) into a winning program before retiring in 2009.

# JACK O'LEARY LID LIFTER

## ORDER OF EVENTS:

### Running Events

4:30pm

B-55 Hurdles	Semis	(7 Fastest to Final)
G-55 Hurdles	Semis	(7 Fastest to Final)
B-55 Hurdles		Final
G-55 Hurdles		Final

<b>B-Jack O'Leary 600</b>	<b>Final</b>
<b>G-Jack O'Leary 600</b>	<b>Final</b>

**Shot Put (Circle #1) 4:30pm**  
Boys (Minimum Measure 30')  
**Shot Put (Circle #2) 4:30pm**  
Girls (Minimum Measure 20')

B-55	Semis	(7 Fastest to Final)
G-55	Semis	(7 Fastest to Final)

B-1600	Final
G-1600	Final

B-55	Final
G-55	Final

**Pole Vault Clinic 4:30pm**  
Boys/Girls

B-1000	Final
G-1000	Final

B-4 x 200	Final
G-4 x 200	Final

**High Jump 4:30pm**  
Girls  
Boys

B-4 x 400	Final
G-4 x 400	Final

## JACK O'LEARY LID LIFTER MEET RECORDS

### RUNNING EVENTS:

<b>B-55m Dash</b>	Jeff Comacho	Parsippany	2003	6.56
<b>G-55m Dash</b>	Ogechi Nwaneri	Chatham	2006	7.29
<b>B-55m Hurdles</b>	Mike Cuppari	Hanover Park	2007	7.75
<b>G-55m Hurdles</b>	Briana Feldhaus	Randolph	2009	8.65
<b>B-600m Run</b>	Pat Schellberg	Delbarton	2010	1:23.14
<b>G-600m Run</b>	Ariann Neutts	Roxbury	2008	1:39.42
<b>B-1000m Run</b>	Kyle Soloff	Morris Hills	2007	2:37.24
<b>G-1000m Run</b>	Ariann Neutts	Roxbury	2009	3:05.87
<b>B-1600m Run</b>	Andrew Adams	Randolph	1998	4:33.17
<b>G-1600m Run</b>	Ariann Neutts	Roxbury	2009	5:12.40
<b>B-3200m Run</b>	Ben Massam	Chatham	2006	9:34.69
<b>G-3200m Run</b>	MacKenzie Barry	Mendham	2012	11:06.80
<b>B-4 x 200 Relay</b>		Parsippany	2003	1:35.42
<b>G-4 x 200 Relay</b>		Mendham	2011	1:49.42
<b>B-4 x 400 Relay</b>		Mendham	2012	3:36.84
<b>G-4 x 400 Relay</b>		Sparta	2013	4:11.04

### FIELD EVENTS:

<b>B-Shot Put</b>	Nick Vena	Morristown	2011	70-6 <sup>3</sup> / <sub>4</sub>
<b>G-Shot Put</b>	Angie Rosamilia	Parsippany Hills	1999	41-6 <sup>1</sup> / <sub>2</sub>
<b>B-High Jump</b>	Russell Buchmann	Morris Knolls	1996	6-5
<b>G-High Jump</b>	Rebecca Baskinger	Butler	2002	5-4
	Lauren Burke	Morris Hills	2008	5-4
<b>Freshmen Boys</b>				
<b>55m Hurdles (36')</b>	Yudi Liu	Randolph	2003	8.97
<b>1600m Run</b>	Doug Smith	Roxbury	2006	4:49.18
<b>Shot Put (4k)</b>	Arthur Pomiecinski	Randolph	2004	45-1 <sup>1</sup> / <sub>4</sub>
<b>JV Girls</b>				
<b>55m Dash</b>	Sara Harris	Morristown	2005	7.95
<b>55m Hurdles</b>	Briana Feldhaus	Randolph	2006	9.72
<b>1000m Run</b>	Samantha Bahnsen	Morris Catholic	1999	3:19.00
<b>JV Boys</b>				
<b>55m Dash</b>	Aeron Gilson	Mount Olive	2007	6.99
<b>600m Run</b>	Ryan VanAntwerp	Jefferson	2003	1:34.89

**2014**

**31<sup>st</sup> ANNUAL**

**WAYNE GARDINER**

**HOLIDAY RELAYS**

**Saturday, December 15, 2012**

**SPONSORED BY:**

**MORRIS COUNTY TRACK COACHES ASSOCIATION**

## Wayne Gardiner Dedication

Following graduation from Bowdoin College in Maine, Wayne Gardiner came to New Jersey and became a math teacher (has taught for 36 year) and assistant track and cross country coach at Delbarton School, under one of Morris County's legends, Tony Passarelli.

Gardiner helped mold Delbarton's first Morris County championship cross country team while Passarelli was battling cancer, a fight Passarelli would lose just weeks after the Green Wave won the county title in 1979.

Gardiner took over the program following Passarelli's death and continued to coach all three seasons until 1999. The Green Wave would also win in 1980 and 1981 and add two more county titles under Gardiner in 1988 and 1989. He also served as the school's cross country coach in 2003.

Gardiner's cross country teams won three Parochial titles and 15 Northern Hills Conference championships as the Green Wave dominated that league.

Under Gardiner's guidance, the Green Wave runners had outstanding success winning individual titles on the three decades running over the Kraft/Nabisco course. Green Wave runners, coached by Gardiner, earned six individual titles.

While much of his coaching success came in cross country, Gardiner's athletes have been among the best in all areas of the sport. It is even more remarkable since Delbarton did not have a track until last year. Marcus Hickerson was one of the nation's top long and triple jumpers in the mid-1980's and Gardiner has coached several outstanding throwers. He served as the Green Wave throws coach from 2000-2004..

Gardiner's contributions to the growth and success of Morris County track go beyond the time he spent teaching and coaching his athletes. He has been a driving force behind the growth of the Morris County Track Coaches Association, serving as its president for many years, a post he continues to hold.

One of the areas where Gardiner has been invaluable was securing the site for the county cross country championships, first with the executives at Kraft/Nabisco and now working with Len Pietrewicz and the Morris County Park Commission setting up the new Central Park @ Greystone course.

He has also been involved in making the MCTCA finish line/timing systems one of the state's best as evidenced by its presence at the spring track state championships.

In winter track, he spends many hours making sure that the Drew facility is ready to go for the series of meets that the MCTCA conducts here. He and Pietrewicz work closely with former outstanding Morris Catholic athlete, now the Drew assistant athletic director, Christa Racine.

# GARDINER HOLIDAY RELAYS

## ORDER OF EVENTS

### Running Events 9:00am

G - Shuttle	Final
B - Shuttle	Final
B - Distance Medley	Final
G - Distance Medley	Final
B - 800m Relay	Final
G - 800m Relay	Final
Frosh B - 800m Relay	Final
JV G - 800m Relay	Final
JV B - 800m Relay	Final
B - 3200m Relay	Final
G - 3200m Relay	Final
JV B - 3200m Relay	Final
JV G - 3200m Relay	Final
B - Sprint Medley	Final
G - Sprint Medley	Final
B - 1600m Relay	Final
G - 1600m Relay	Final
Frosh B - 1600m Relay	Final
JV G - 1600m Relay	Final
JV B - 1600m Relay	Final

### Gardiner SHOT PUT (Circle #1) 9:00am

G - Shot Put Relay

### Gardiner SHOT PUT (Circle #2) 9:00am

B - Shot Put Relay

### SHOT PUT (JV)

JV Boys follows Varsity

JV Girls follows Varsity

### HIGH JUMP 9:00am

G - High Jump Relay

B - High Jump Relay



## GARDINER HOLIDAY RELAYS MEET RECORDS

<b>B-Shuttle Hurdles: (4x55m)</b>	North Hunterdon	1991	30.50
<b>G-Shuttle Hurdles: (4x51m)</b>	Franklin	1997	33.60
<b>B-Distance Medley:</b>	Cranford	2005	10:47.56
<b>G-Distance Medley:</b>	Roxbury	2008	12:33.07
<b>B-4 x 200m Relay:</b>	Elizabeth	1989	1:32.40
<b>G-4 x 200m Relay:</b>	Union	2013	1:48.06
<b>B-4 x 800m Relay:</b>	Westfield	2013	8:13.05
<b>G-4 x 800m Relay</b>	Roxbury	2008	9:50.21
<b>B-Sprint Medley:</b>	Union	2002	3:42.06
<b>G-Sprint Medley:</b>	Morris Knolls	2006	4:18.07
<b>B-4 x 400m Relay:</b>	Metuchen	1999	3:30.68
<b>G-4 x 400m Relay:</b>	Mount Olive	2013	4:12.51
<b>B-Shot Put Relay:</b>	Morristown	2010	111-11
<b>G-Shot Put Relay:</b>	Hillsborough	2006	73-8
<b>B-High Jump Relay:</b>	West Orange	2007	13-0
<b>G-High Jump Relay:</b>	Morris Hills	1988	10-2
<b>B-Pole Vault Relay:</b>	Hunterdon Central	2000	26-6

### FROSH BOYS RELAYS

<b>4 x 200m Relay</b>	Franklin	1993	1:41.00
<b>4 x 400m Relay</b>	Metuchen	2000	3:59.24

### JV BOYS RELAYS

<b>4 x 200m Relay</b>	Metuchen	1999	1:39.65
<b>Distance Medley</b>	Randolph	1999	11:28.78
<b>4 x 800m Relay</b>	Westfield	2009	8:54.38
<b>4 x 400m Relay</b>	Westfield	2009	3:48.53
<b>Shot Put Relay (12lb)</b>	Hanover Park	2007	81-8 ¼

### JV GIRLS RELAYS

<b>4 x 200m. Relay</b>	Randolph	2002	1:57.70
<b>4 x 400m Relay</b>	Mendham	2011	4:30.84
<b>4 x 800m Relay</b>	Roxbury	2008	10:41.67
<b>Shot Put Relay (4k)</b>	Union	2009	59-8

**2014**

**33<sup>rd</sup> ANNUAL**

**DICK DESCHRIER INVITATIONAL**

**Monday, December 23, 2013**

**SPONSORED BY:**

**MORRIS COUNTY TRACK COACHES ASSOCIATION**

# **DICK DESCHRIVER INVITATIONAL**

## **DEDICATION**

Morris County Track Athletes enjoy perhaps one of the finest Winter Track Programs in the State. This is due in a large part to the efforts of Dr. Dick DeSchrive, of East Stroudsburg University.

In 1975, the County Coaches Association, in an effort to upgrade the Winter Track Program, sought the aid of Dr. DeSchrive to secure the use of the East Stroudsburg facility.

That year the Association staged two Championships. Those two meets have now expanded to include two girls Championships and five Invitationals. In addition, the Iron-Hills Conference began using the facility in 1983 to stage their annual winter championship.

Dr. DeSchrive coached at East Stroudsburg for over 20 years. He has produced NCAA Division II All-Americans in both Cross Country and Track. His teams consistently posted winning records and were contenders for conference and regional honors.

Besides the extensive work Dick has performed for Morris County, under his direction ESSU became a center for Track activities, with summer all-comer meets, the Pocono Mini-Marathon, the Pocono Decathlon, the ESSU Invitational and numerous other events.

# Dick DeSchrivier Invitational

## ORDER OF EVENTS:

### Running Events:

4:30pm

B-55m. High Hurdles	Semis (7 Fastest to Final)
B-FR-55m Hurdles (36")	Final
G-55m. High Hurdles	Semis (7 Fastest to Final)
G-JV-55m Hurdles	Final
B-55m. High Hurdles	Final
G-55m. High Hurdles	Final

<b>B-Dick DeSchrivier</b> 1600m Run	Final
<b>G- Dick DeSchrivier</b> 1600m Run	Final
Fr 1600m	Final

B-55m. Dash	Semis (7 Fastest to Final)
G-55m. Dash	Semis (7 Fastest to Final)
B-JV-55m Dash	Final
G-JV-55m Dash	Final

**Shot Put (Circle #1) 4:30pm**  
Boys (Minimum Measure 30')  
**Shot Put (Circle #2) 4:30pm**  
Girls (Minimum Measure 20')

B-600m. Run	Final
G-600m. Run	Final
B-JV-600m Run	Final

Fr Boys (4k) (first available circle)  
JV Girls (4k) (first available circle)  
JV Boys (first available circle)

B-55m. Dash	Final
G-55m. Dash	Final

**HIGH JUMP 4:30pm**  
Girls  
Boys

G-JV-300m Dash	Final
B-300m. Dash	Final
G-300m. Dash	Final

B-3200m Relay	Final
G-3200m Relay	Final

**POLE VAULT (Morris County Only) 4:30pm**  
Boys (competitive)  
Girls (practice)

## Dick DeSchraver Invitational MEET RECORDS

<b>55-B</b>	Latif Brewer	Union	2005	6.62
<b>55-G</b>	Angela Hill	West Side	1985	7.34
<b>55 HH-B</b>	Neville Hector	Morristown	1994	7.75
<b>55 HH-G</b>	Cinnamon McMillan	Mount Olive	2000	8.56
<b>300m-B</b>	Reggie Berry	Morristown	2004	36.47
<b>300m-G</b>	Celeste Holder	Parsippany	2005	41.50
<b>600m-B</b>	Marcel Van Eeden	Mendham	2005	1:23.06
<b>600m-G</b>	Erin Crawford	Hillsborough	2002	1:39.57
<b>1600m-B</b>	Ben Massam	Chatham	2006	4:24.71
<b>1600m-</b>	Kylene Cochrane	West Morris	2013	5:08.81
<b>4 x 800m Relay-B</b>		Westfield	2012	8:13.49
<b>4 x 800m Relay-G</b>		Roxbury	2006	9:39.62
<b>Shot Put-B</b>	Nicholas Vena	Morristown	2011	70-7
<b>Shot Put-G</b>	Rena Antanelis	Randolph	1981	40-10
<b>High Jump-B</b>	Mike Lofton	North Hunterdon	1991	6-9
<b>High Jump-G</b>	Tanya Smolin	Randolph	1985	5-6 ½
<b>Pole Vault</b>	Anthony Abitante	Governor Livingston	2005	14-6

### FRESHMAN BOYS RECORDS

<b>55m Hurdles (36')</b>	Tyler Szwarc	Hillsborough	2004	8.80
<b>1600m Run</b>	Jeremy Zagorski	Parsippany Hills	2001	4:45.27
<b>Shot Put (4k)</b>	Nick Alexander	West Morris	2004	44-9

### JV GIRLS RECORDS

<b>55m Dash</b>	Tara Bernard	West Morris	1997	7.81
<b>55m Hurdle</b>	Jenizah Melendez	Hillsborough	2002	9.87
<b>300m Dash</b>	Rachel Krunemaker	Roxbury	2003	44.46
<b>1000m Run</b>	Kimberly Tully	Hunterdon Central	2001	3:23.51

### JV BOYS RECORDS

<b>55m Dash</b>	Bryan VanderPloeg	Jefferson	2009	7.14
<b>600m Run</b>	Chris Caggiano	Chatham	2004	1:31.82

**2014**

**20<sup>TH</sup> ANNUAL**

**CHRISTA RACINE  
INVITATIONAL**

**Friday, December 27, 2013**

**SPONSORED BY:**

**DREW UNIVERSITY**

## **Christa Racine**

When Christa (Aluotto) Racine was competing in track and field at Morris Catholic, Morris County schools had to make long bus trips to East Stroudsburg (Pa.) University for its winter track meets. Since she has been a coach and assistant athletic director at Drew University, Morris County winter track teams have been able to call Drew University their home.

Racine has served as liaison between the Morris County Track Coaches Association and Drew University officials in her role as assistant athletic director. She has been an invaluable friend for the MCTCA program.

While Racine has enjoyed much of her success in athletics in soccer, she also has a background in track and field. As a senior, the Morris Catholic graduate won the Morris County long jump championship in 1988 as she tied the county meet record in the long jump. Her 17-7 effort matched the 1985 mark of Randolph's Tatiana Smolin.

Racine put together one of the best Morris County high school soccer careers as a Crusader. Her efforts earned her High School All-America honors. The Star Ledger named her to its "All-Century Team" in 2000. She earned a scholarship to Rutgers, the State University, where she continued her outstanding play.

Racine led Rutgers to a four-year record of 50-24-7. The Scarlet Knights won three ECAC championships (1990-1992). She scored 39 goals in her collegiate career, which tied her for the most goals in Rutgers history. He also held the school record for most assists in a game with four.

After her college career, which included a Regional All-American honor, Racine continued to play soccer at the Olympic Festival. She starred for the East team, which won the gold medal in 1994.

As the women's soccer coach at Drew since 1994, Racine has guided the Rangers to a 152-92-21 record and 11 conference playoff appearances. She has been named Coach of the Year three times and earned Division III CSANJ Coach of the Year in 1994. She is a member of the CSANJ "Century Club" with team winning more than 100 games.

The Morris County Track Coaches Association appreciates Racine's efforts on behalf of its winter track program and has honored her by renaming the Drew Invitational the Christa Racine Invitational.

# RACINE DREW INVITATIONAL

## ORDER OF EVENTS:

### Running Events

9:00am

B-Sprint Medley Final (No B Teams)  
G-Sprint Medley Final (No B Teams)

B-55m. High Hurdles Semis (7 Fastest to Final)  
B-FR-55m Hurdles (36") Final  
G-55m. High Hurdles Semis (7 Fastest to Final)  
G-JV-55m Hurdles Final  
B-55m. High Hurdles Final  
G-55m. High Hurdles Final

B 1600m Final  
G 1600m Final  
Fr 1600m Final

B-55m. Dash Semis (7 Fastest to Final)  
G-55m. Dash Semis (7 Fastest to Final)  
B-JV-55m Dash Final  
G-JV-55m Dash Final

**Shot Put (Circle #1) 9:00am**

Boys (Minimum Measure 30')

**Shot Put (Circle #2) 9:00am**

Girls (Minimum Measure 20')

Fr Boys (4k) (first available circle)

JV Girls (4k) (first available circle)

JV Boys (first available circle)

B-400 Final  
G-400 Final

**B-Racine 55** Final  
**G-Racine 55** Final

**High Jump 9:00am**

Girls

Boys

B-800 Final  
G-800 Final  
B-JV-800 Final  
G-JV-800 Final

**POLE VAULT (Morris County Only) 9:00am**

Boys (competitive)

Girls (practice)

B-4 x 400 Final  
G-4 x 400 Final



## RACINE DREW INVITATIONAL MEET RECORDS

<b>55m-B</b>	Charlz Hester	Toms River South	1998	6.60
	Doug Cloninger	Morristown	2006	6.60
<b>55m-G</b>	Ogechi Nwaneri	Chatham	2006	7.21
<b>55m HH-B</b>	LaeJon Brooks	West Orange	2003	7.64
<b>55m HH-G</b>	Fatimat Ayinde	Union	2013	8.48
<b>400m-B</b>	Tyrone Ross	Metuchen	1997	51.09
<b>400m-G</b>	Keturah Orji	Mount Olive	2013	59.15
<b>800m-B</b>	Mike Carmody	Gov. Livingston	2004	1:57.32
<b>800m-G</b>	Ariann Neutts	Roxbury	2008	2:19.87
<b>1600m-B</b>	Ben Massam	Chatham	2006	4:25.93
<b>1600m-G</b>	Ariann Neutts	Roxbury	2008	5:07.63
<b>3200m-B</b>	Andrew Hanko	Trinity Christian	2006	9:44.12
<b>3200m-G</b>	Autumn Fogg	Hunterdon Central	1996	11:27.70
<b>1600m Relay-B</b>		Elizabeth	1998	3:30.13
<b>1600m Relay-G</b>		West Orange	2004	4:13.10
<b>Sprint Medley-B</b>		Randolph	2006	3:44.02
<b>Sprint Medley -G</b>		Sparta	2013	4:20.74
<b>Shot Put-B</b>	Nick Vena	Morristown	2011	71-4
<b>Shot Put-G</b>	Rachel Young	Sparta	2003	41-3 ¼
<b>High Jump-B</b>	Mark Jones	Summit	2011	6-10 ½
<b>High Jump-G</b>	Alaina Alfano	Hanover Park	2005	5-6
<b>Pole Vault</b>	Anthony Abitante	Governor Livingston	2005	14-6

### FRESHMAN BOYS RECORDS

<b>55m Hurdles (36')</b>	Jules Hislop	Delbarton	2010	8.90
<b>1600m Run</b>	Greg Arabagian	Morristown	2011	4:57.08
<b>Shot Put (4k)</b>	Sam Kaplan	Randolph	2010	40-9

### JV GIRLS RECORDS

<b>55m Dash</b>	Katrina Jackson	Randolph	2011	8.03
<b>55m Hurdle</b>	Rachael Verrone	Randolph	2008	10.12
<b>800m Run</b>	Margaret Thomson	Randolph	2012	2:31.67
<b>Shot Put</b>	Afrika Clemons	Randolph	2010	30-9 ½

### JV BOYS RECORDS

<b>55m Dash</b>	Dexter Valley	West Orange	2009	7.14
	Brian Marsh	West Orange	2009	7.14
<b>800m Run</b>	Joe Flores-Morales	Morristown	2013	2:12.47

**2013**

**34<sup>th</sup> ANNUAL**

**TONY PASSARELLI INVITATIONAL**

**Monday, December 30, 2013**

**SPONSORED BY:**

**MORRIS COUNTY TRACK COACHES ASSOCIATION**

# TONY PASSARELLI INVITATIONAL

## ORDER OF EVENTS:

### Running Events

**9:00am**

G-Shuttle	Final
B-Shuttle	Final

<b>B-Tony Passarelli 3200m Run</b>	Final	(1 Section top 15 seeds only, others run 1600)
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B 1600m	Final
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<b>G-Tony Passarelli 3200m Run</b>	Final	(1 Section top 15 seeds only, others run 1600)
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G 1600m	Final
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FR-B 1600m	Final
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B-55	Semis	(7 Fastest to Final)
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G-55	Semis	(7 Fastest to Final)
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B-JV 55	Final
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G-JV 55	Final
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B-600	Final
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G-600	Final
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B-JV 600	Final
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B-55	Final
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G-55	Final
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**Shot Put (Circle #1)** 9:00am

Boys (Minimum Measure 30')

**Shot Put (Circle #2)** 9:00am

Girls (Minimum Measure 20')

G-JV 300	Final
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B-300	Final
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G-300	Final
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Fr Boys (4k) (first available circle)

JV Girls (4k) (first available circle)

JV Boys (first available circle)

**High Jump** 9:00am

Girls

Boys

B-1000	Final
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G-1000	Final
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G-JV 1000	Final
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**POLE VAULT** (Morris County Only) 9:00am

Girls (competitive)

Boys (practice)

B-1600m Relay	Final
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G-1600m Relay	Final
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# PASSARELLI INVITATIONAL

## DEDICATION

Tony Passarelli held many jobs after attending Georgetown University, but no position gave him more enjoyment and satisfaction than coaching the running sports at Delbarton. He was a proud father and grandfather and he coached in the same way. Most of the boys with whom he worked in his 25 years at Delbarton were like sons to him. He spent many hours making them better athletes and young men.

Tony's coaching record is there for all to see. His Green Wave teams' won more than 300 track and cross country meets and lost less than 100. His squads captured numerous State Prep titles and several Morris County Championships including the schools' first cross country title in 1979, just one week before Tony lost a long battle to cancer.

Tony's contribution to track and life in general are not as much an open record because he didn't want them to be. He did more than his share in conducting meets, even those which his teams did not compete. He was part of the growth of Winter Track among Morris County schools.

Tony Passarelli was synonymous with Delbarton running, but he was much more. He would not hesitate to help any boy who needed it, no matter what school he competed for. Winning was nice, but it was not the most important thing in coaching for Tony.

Because he cared, running was fun for Tony and his runners and that made it fun for those against whom Delbarton competed. In that spirit, let the athletes and coaches enjoy this, the 32<sup>nd</sup> Annual Passarelli Invitational.

**PASSARELLI INVITATIONAL  
MEET RECORDS**

<b>B-220m Shuttle</b>		Hillsborough		2003	31.29
<b>G-206m. Shuttle</b>		Columbia		2013	32.91
<b>B-55m</b>	Latif Brewer	Union		2005	6.64
<b>G-55m</b>	Haisha Bisiolu	Union		2013	7.33
<b>B-300m</b>	Reggie Berry	Morristown		2004	36.75
<b>G-300m</b>	Jennifer Edobi	Union		2013	41.24
<b>B-600m</b>	Jason Apwah	Roxbury		2006	1:24.21
<b>G-600m</b>	Brigitte Mania	Hunterdon Central		2009	1:37.13
<b>B-1000m</b>	Brad Schmidt	Dover		2001	2:35.94
* <b>(B-1000 yd.</b>	John Carlotti	Bernards	1983	2:14.0)	
<b>G-1000m</b>	Ariann Neutts	Roxbury		2009	3:00.40
* <b>(G-1000 yd.</b>	Meg Waldron	Bernards	1983	2:40.8)	
<b>B-1600m</b>	Pat Schellberg	Delbarton		2008	4:29.07
* <b>(B-Mile</b>	Andy Jacob	Westfield	1984	4:27.5)	
<b>G-1600m</b>	Kristen Meyer	Hillsborough		2000	5:13.07
* <b>(G-Mile</b>	Theresa Gschwind	Summit	1982	5:08.7)	
<b>B-3200m</b>	Ben Massam	Chatham		2006	9:21.82
<b>G-3200m</b>	Mackenzie Barry	Mendham		2013	10:59.68
<b>B-1600m Relay</b>		Elizabeth		1997	3:33.22
* <b>(B-Mile Relay</b>	Elizabeth	1982	3:31.0)		
<b>G-1600m Relay</b>		Columbia		2005	4:07.85
<b>B-Shot Put</b>	Nick Vena	Morristown		2009	67-8 ¼
<b>G-Shot Put</b>	Rena Antanelis	Randolph		1981	42-5 ½
<b>B-High Jump</b>	Mark Jones	Summit		2010	6-8 ¼
<b>G-High Jump</b>	Tanya Smolin	Randolph		1984	5-7
<b>B-Pole Vault</b>	Anthony Abitante	Gov. Livingston		2004	15-0
<b>G-Pole Vault</b>	Chrissy Finkel	Montville		2007	9-6
	Tara Oberg	Hunterdon Central		2006	9-6

**\*YD. Mark is as good as or better than the Metric Mark**

**FRESHMAN BOYS EVENTS**

<b>1600m</b>	Pete Cavaluzzo	Randolph		1997	4:52.70
* <b>B-Mile Run</b>	Dave Greenblatt	Dover	1983	4:50.0)	
<b>B-Shot Put (4k)</b>	Matt Maitilasso	Morris Knolls		1997	44-9 ½

**JV GIRLS EVENTS**

<b>55m</b>	Taylor Medd	Villa Walsh		2012	7.82
<b>300m</b>	Sara Harris	Morristown		2005	45.52
<b>1000m</b>	Katie Watson	Summit		2009	3:16.25
<b>Shot Put</b>	Jordan Wildermuth	Jefferson		2013	30-0 ½

**JV BOYS EVENTS**

<b>55m</b>	Anthony Chierici	Montville		2006	7.10
<b>600m</b>	Conor Whelan	Morris Hills		2012	1:32.31
<b>Shot Put</b>	Michael Rewick	Morris Hills		2013	38-11 ½

**2014**

**4<sup>th</sup> ANNUAL**

**FROSH-SOPH**

**RELAYS**

**Friday, January 3, 2014**

**SPONSORED BY:**

**MORRIS COUNTY TRACK COACHES ASSOCIATION**

## FROSH SOPH RELAYS

### ORDER OF EVENTS

#### Running Events 4:30pm

4:30	G Fr-So Shuttle	Final
4:40	B – Fr-So Shuttle (39” hurdles)	Final
4:50	G – Fr-So Distance Medley (No B teams)	Final
5:20	B – Fr-So Distance Medley (No B teams)	Final
5:50	B – Frosh 4 x 200m Relay	Final
6:10	G – Fr-So 4 x 200m Relay	Final
6:30	B – Soph 4 x 200m Relay	Final
6:45	G – Fr-So 4 x 800m Relay (No B teams)	Final
7:05	B – Fr-So 4 x 800m Relay (No B teams)	Final
7:20	B – Frosh 4 x 400m Relay	Final
7:35	G – Fr-So 4 x 400m Relay	Final
7:50	B – Soph 4 x 400m Relay	Final

**SHOT PUT RELAY (Circle #1 ) 4:30pm**  
B Fr-So (12# shot)

**SHOT PUT RELAY (Circle #2 ) 4:30pm**  
G-Fr-So (4K shot)

**SHOT PUT RELAY (1<sup>st</sup> available Circle )**  
B- Frosh (4K shot)

**HIGH JUMP RELAY 4:30pm**  
G Fr-So  
B Fr-So  
(We will be using 2 Pits)

**FROSH-SOPH RELAYS  
MEET RECORDS**

<b>B-F-S Shuttle Hurdles: (4x55m)</b>	Randolph	2010	34.84
<b>G-F-S Shuttle Hurdles: (4x51m)</b>	Randolph	2010	37.09
<b>B-F-S Distance Medley:</b>	Westfield	2010	11:34.37
<b>G-F-S Distance Medley:</b>	Voorhees	2010	13:52.32
<b>B-Frosh 4 x 200m Relay:</b>	Delbarton	2010	1:44.66
<b>B-Soph 4 x 200m Relay:</b>	Randolph	2010	1:41.88
<b>G-F-S 4 x 200m Relay:</b>	Bridgewater	2010	1:58.63
<b>B-F-S 4 x 800m Relay:</b>	Westfield	2010	9:01.26
<b>G-F-S 4 x 800m Relay</b>	Summit	2010	11:11.93
<b>B-Frosh 4 x 400m Relay:</b>	Morristown	2010	3:57.81
<b>B-Soph 4 x 400m Relay:</b>	Westfield	2010	3:53.53
<b>G-F-S 4 x 400m Relay:</b>	Ridge	2010	4:34.75
<b>B-F-S Shot Put Relay (12 lb.)</b>	Montville	2012	70-4
<b>B-Frosh Shot Put Relay (4K)</b>	Randolph	2010	79-10 <sup>3</sup> / <sub>4</sub>
<b>G-F-S Shot Put Relay:</b>	Randolph	2010	55-10 <sup>1</sup> / <sub>4</sub>
<b>B-F-S High Jump Relay:</b>	Summit	2010	10-5
<b>G-F-S High Jump Relay:</b>	Chatham	2012	8-10



**2014**

**16<sup>TH</sup> ANNUAL**

**LEN PIETREWICZ**

**POLAR BEAR**

**INVITATIONAL**

**Saturday, January 4, 2014**

**SPONSORED BY:**

**MORRIS COUNTY TRACK COACHES ASSOCIATION**

## **Len Pietrewicz Dedication**

Growing up in Bound Brook, Len Pietrewicz and his childhood buddies built a makeshift track to begin what has become a lifetime passion for the Randolph High School girls cross country, winter and spring track coach.

An elementary physical education teacher in the Randolph school district for nearly four decades before recently retiring, he was what his supervisor Cliff Back, the Morris County Track Coaches Association meet director, called “an innovative teacher who created interesting programs.” Among those program was a district-wide field day. Many of the youngsters who participated in Pietrewicz’s field days became track and cross country stars when they became high school students.

Pietrewicz began his coaching career at Randolph High School in 1975 as a boys track assistant to long-time Rams coach Ted Loeffler. After a few years, he took over the Rams’ girls program. For much of the past three decades, Pietrewicz has had the Rams girls program among New Jersey’s best.

One of the latest highlights of the Rams success came at the 2009 NJSIAA Cross Country Meet of Champions when the Rams finished second, one point behind winning Hillsborough. The Rams have a large number of state sectional team trophies in cross country and spring track.

Pietrewicz’s teams have dominated both the winter and spring Morris County Championships and have earned four Morris County Cross Country Championships. The Rams have won 13 county winter track titles and 16 county spring titles. The have added 15 winter track county relays crowns and 15 spring track relays titles and many Iron Hills Conference championships in all three running seasons.

Pietrewicz has not limited his success to team efforts but has guided individuals to championship status, including Brianna Feldhaus, now running the collegiate hurdles in California and middle distance runner Kimberly Standridge, a Cornell senior.

Two of Morris County girls legends have worn Randolph uniforms. Rena Antanelis dominated the throwing events in the late 1970’s and early 1980’s. She was a longtime county record holder in the shot and javelin. After Antanelis graduated, Tatiana Smolin came along and dominated the sprints, high jump and long jump for four years. Pietrewicz has had county champions in virtually every event.

Pietrewicz was one of the coaches who helped move the Morris County Track Coaches Association to its rank as the top coaches association in the state in his position as MCTCA treasurer. The MCTCA finish line timing systems and the technology used to make the MCTCA winter program the best in New Jersey are in a large part a credit to Pietrewicz.

## PIETREWICZ POLAR BEAR INVITATIONAL

### ORDER OF EVENTS:

#### Running Events

**9:00am**

B-55 Hurdles	Semis	(7 Fastest to Final)
B-FR-55 Hurdles (36")		Final
G-55 Hurdles	Semis	(7 Fastest to Final)
G-JV-55 Hurdles		Final
B-55 Hurdles		Final
G-55 Hurdles		Final

B- 600		Final
G- 600		Final
B-JV -600		Final

B-55	Semis	(7 Fastest to Final)
G-55	Semis	(7 Fastest to Final)
B-JV-55		Final
G-JV-55		Final

B-55		Final
G-55		Final

**Shot Put (Circle #1) 9:00am**

Boys (Minimum Measure 30')

**Shot Put (Circle #2) 9:00am**

Girls (Minimum Measure 20')

B-1600		Final
G-1600		Final
B-FR-1600		Final

Fr Boys (4k) (first available circle)

JV Girls (4k) (first available circle)

JV Boys (first available circle)

B-4 x 200		Final
G-4 x 200		Final

**Pietrewicz High Jump 9:00am**

Girls

Boys

B-1000		Final
G-1000		Final
G-JV-1000		Final

B-4 x 400		Final
G-4 x 400		Final

**Pole Vault (Morris County Only) 9:00am**

Girls (competitive)

Boys (practice)

**PIETREWICZ INVITATIONAL  
MEET RECORDS**

<b>55-B</b>	Jhakyse Williams	Westfield	2010	6.63
<b>55-G</b>	Racquel Vassell	East Orange	2006	7.38
<b>55 HH-B</b>	Josh Major	West Orange	2010	7.70
<b>55 HH-G</b>	Briana Feldhaus	Randolph	2009	8.60
<b>600m-B</b>	Mike Carmody	Governor Livingston	2004	1:23.28
<b>600m-G</b>	Erika Veidis	Sparta	2011	1:40.59
<b>1000m-B</b>	Mike Carmody	Governor Livingston	2004	2:36.63
<b>1000m-G</b>	Joelle Amaral	Randolph	2010	2:59.90
<b>1600m-B</b>	Chris Pruitt	Hunterdon Central	2000	4:22.15
<b>1600m-G</b>	Mary Migton	Roxbury	2010	5:10.10
<b>4 x 200m Relay-B</b>		Union	2000	1:35.01
<b>4 x 200m Relay-G</b>		East Orange	2005	1:48.63
<b>4 x 400m Relay-B</b>		Metuchen	2000	3:32.55
<b>4 x 400m Relay-G</b>		Union	2012	4:09.37
<b>Shot Put-B</b>	Nick Vena	Morristown	2011	71-0 <sup>3</sup> / <sub>4</sub>
<b>Shot Put-G</b>	Sarah Herskee	Mendham	1999	39-10 <sup>1</sup> / <sub>2</sub>
<b>High Jump-B</b>	Mark Jones	Summit	2010	6-8 <sup>1</sup> / <sub>2</sub>
<b>High Jump-G</b>	Rebecca Baskinger	Butler	2004	5-6
<b>Pole Vault-B</b>	Matt Bradley	Matawan	2005	14-0
<b>Pole Vault-G</b>	Chrissy Finkel	Montville	2008	11-6

**FRESHMAN BOYS RECORDS**

<b>55m Hurdles (36')</b>	Kyle Soden	Hanover Park	2006	9.07
<b>1600m Run</b>	Doug Smith	Roxbury	2006	4:46.65
<b>Shot Put (4k)</b>	Paul Applegate	Toms River South	2000	48-0 <sup>1</sup> / <sub>2</sub>

**JV GIRLS RECORDS**

<b>55m Dash</b>	Jenna Harris	Franklin	2000	7.85
<b>55m Hurdle</b>	Caroline Trank	Mendham	2007	9.81
<b>1000m Run</b>	Anne Lennox	Chatham	2004	3:24.71
<b>Shot Put</b>	Alexis Green	Hanover Park	2012	30-5 <sup>1</sup> / <sub>4</sub>

**JV BOYS RECORDS**

<b>55m Dash</b>	John Johnson	Mount Olive	2010	7.09
<b>600m Run</b>	Fil Murdzoski	Butler	2007	1:32.12
<b>Shot Put</b>	Jay Shah	Mount Olive	2012	37-7 <sup>1</sup> / <sub>4</sub>

**2014**

**33<sup>rd</sup> ANNUAL**

**CLIFF BACK INVITATIONAL**

**Saturday, January 10, 2014**

**SPONSORED BY:**

**MORRIS COUNTY TRACK COACHES ASSOCIATION**

# CLIFF BACK INVITATIONAL

## ORDER OF EVENTS:

### Running Events

4:30pm

B-55 Hurdles	Semis	(7 Fastest to Final)	
B-FR-55m Hurdles(36")		Final	
G-55 Hurdles	Semis	(7 Fastest to Final)	
G-JV-55m Hurdles		Final	
<b>B-55 Cliff Back Hurdles</b>		<b>Final</b>	
<b>G-55 Cliff Back Hurdles</b>		<b>Final</b>	

B-3200m Run	Final	(1 Section top 15 seeds only, others run 1600)
B-1600m	Final	
G-3200m Run	Final	(1 Section top 15 seeds only, others run 1600)
G-1600m	Final	
FR-B 1600m	Final	

**Shot Put (Circle #1)** 4:30pm  
Boys (Minimum Measure 30')  
**Shot Put (Circle #2)** 4:30pm  
Girls (Minimum Measure 20')

B-55m. Dash	Semis	(7 Fastest to Final)	Fr Boys (4k) (first available circle)
G-55m. Dash	Semis	(7 Fastest to Final)	JV Girls (4k) (first available circle)
			JV Boys (first available circle)

B-JV-55m Dash	Final
G-JV-55m Dash	Final

B-600m. Run	Final
G-600m. Run	Final
B-JV-600m Run	Final

B-55m. Dash	Final	<b>HIGH JUMP</b>	4:30pm
G-55m. Dash	Final	Girls	
		Boys	

G-400m. Dash	(3 sections of 9)-MC ONLY	Final
B-400m Dash	(3 sections of 9)-MC ONLY	Final

G-JV-300m. Dash	Final
B-300m. Dash	Final
G-300m Dash	Final

B-1000m. Run	Final
G-1000m. Run	Final
G-JV-1000m Run	Final

**POLE VAULT** (Morris County Only) 4:30pm  
Boys (Competitive)  
Girls (Practice)

B-4 x 400	Final
G-4 x 400	Final

# **CLIFF BACK INVITATIONAL**

## **DEDICATION**

Cliff Back has been part of the education field for over thirty years, twenty-seven of those have been spent in support of Morris County Schools

When the Morris County Track Coaches began their Winter Track program in 1975, Cliff was one of the people they contacted. Since that time he has been invaluable to the Association, either acting as a Meet Director or serving as an official.

As an educator, Cliff began his career at Highland Park High School in 1954 as a Physical Education Instructor and he was also an assistant coach in both Track and Football teams. In 1960 he moved on to West Essex High School where he assumed the duties of Head Coach in Football, Hockey, and Track. His association with Morris County began at this time, since the old Jersey Hills Conference was made up of mostly County Schools. While at West Essex his athletic teams compiled outstanding records, especially in Track where his string of 28 dual meet victories in a row came at the expense of many of the County schools.

Around this time Cliff also helped establish the Northwest Chapter of the New Jersey Track Officials Association. He served as President of this Chapter and later was President of the State Association.

In 1964 his duties took him to Morris Hills High. He was Head Coach in Football and Hockey, and an assistant coach in Track. Many of the coaches will remember the outstanding hurdlers and high jumpers he was able to develop.

Leaving Morris Hills in 1971, Cliff came to Randolph where he served as Supervisor of Health and Physical Education and Vice Principal of the Intermediate School until his retirement in December 1987. Since that time Cliff has continued to serve as the Meet Director of all Association Meets. In December of 1990 he came out of retirement to assume the role of Director of Athletics at Randolph High School after the death of long time A.D. John Bauer.

As an Association, our wholehearted thanks go out to you. We wish you good health and it is our sincere hope that your retirement years will bring you joy and fulfillment. You have helped mold Morris County Track into what it is today. We greatly appreciate your efforts and we dedicate this Winter Track Meet to you.

## BACK INVITATIONAL MEET RECORDS

<b>B-55m</b>	Juan Jones	Elizabeth	1989		6.61
<b>G-55m</b>	Ogechi Nwaneri	Chatham		2006	7.34
<b>B-55m Hurdles</b>	Scott Welfel	West Essex	2002		7.73
<b>G-55m Hurdles</b>	Ann Bansemir	Nutley	1986		8.49
<b>B-300m</b>	Matt Messmer	Hanover Park	2002		36.53
<b>G-300m</b>	Josefine Kvist	Ridge	2006		41.73
<b>B-600m</b>	Marcel VanEeden	Mendham	2005		1:22.23
<b>G-600m</b>	Erika Veidis	Sparta	2011		1:37.93
<b>B-1000m</b>	Kyle Soloff	Morris Hills	2006		2:38.91
<b>G-1000m</b>	Brigitte Mania	Hunterdon Central	2009		3:00.91
<b>B-1600m</b>	Jeffrey Perrella	Westfield	2006		4:27.72
<b>G-1600m</b>	Kylene Cochrane	West Morris	2013		5:07.24
<b>B-3200m</b>	Ben Massam	Chatham	2006		9:26.00
<b>G-3200m</b>	Caroline Wolf	Hanover Park	2012		11:17.31
<b>B-1600m Relay</b>		Hillsborough	2000		3:35.54
	*(B-Mile Relay)	Morris Hills	1991	3:35.7)	
<b>G-1600m Relay</b>		Sparta	2012		4:10.07

\*YD. Mark is as good as or better than the Metric Mark

<b>B-Shot Put</b>	Nick Vena	Morristown	2011		70-10 <sup>3</sup> / <sub>4</sub>
<b>G-Shot Put</b>	Rachel Young	Sparta	2003		41-2
<b>B-High Jump</b>	Mike Lofton	North Hunterdon	1991		6-10
<b>G-High Jump</b>	Tanya Smolin	Randolph	1983		5-5
	Katherine Petruzzellis	Voorhees	2010		5-5
<b>B-Pole Vault</b>	Ken Morris	Randolph	1995		14-0
<b>G-Pole Vault</b>	Chrissy Finkel	Montville	2008		10-6

### FRESHMAN BOYS EVENTS

<b>55m Hurdles</b>	Tyler Szwarc	Hillsborough	2004		8.65
<b>1600m</b>	Kyle Soloff	Morris Hills	2004		4:51.32
<b>B-Shot Put (4k)</b>	Patrick Park	Toms River South	2005		46-5

### JV GIRLS EVENTS

<b>55m</b>	Lynn Petrella	Randolph	2010		7.91
<b>55m Hurdles</b>	Rachael Verrone	Randolph	2008		9.87
<b>300m Dash</b>	Cara Sims	Morristown	1999		45.15
<b>1000m Run</b>	Lindsey Schafer	Mount Olive	2011		3:27.42
<b>Shot Put</b>	Ashley Van Liu	Hunterdon Central	2005		28-7 <sup>3</sup> / <sub>4</sub>

### JV BOYS EVENTS

<b>55m Dash</b>	Owen Cox	West Morris	2004		7.20
<b>600m</b>	Karl Mulligan	Parsippany Hills	2013		1:30.40
<b>Shot Put</b>	Greg Baron	Ridge	2005		43-3 <sup>1</sup> / <sub>2</sub>



**2014**

**FRESHMEN - SOPHOMORE**

**CHAMPIONSHIPS**

**Monday, January 13, 2014**

**SPONSORED BY:**

**MORRIS COUNTY TRACK COACHES ASSOCIATION**

## MORRIS COUNTY FROSH-NOVICE CHAMPIONS - BOYS

<b>1975</b>	FROSH NOVICE	Morris Catholic Morris Hills Morristown	29 PTS. 29 PTS. 30 PTS.	<b>1994</b>	FROSH SOPH	Randolph Hanover Park	65PTS. 62PTS.
<b>1976</b>	FROSH NOVICE	Morris Catholic Morris Hills	51 PTS. 50 PTS.	<b>1995</b>	FROSH SOPH	Morristown Morristown	55PTS. 56PTS.
<b>1977</b>	FROSH NOVICE	Parsippany Morristown	52 PTS. 68 PTS.	<b>1996</b>	FROSH SOPH	Morristown Morristown	94PTS. 106PTS.
<b>1978</b>	FROSH NOVICE	Randolph Morris Hills Randolph	31 PTS. 31 PTS. 63 PTS.	<b>1997</b>	FROSH SOPH	Morris Hills Morristown	87PTS. 89PTS.
<b>1979</b>	FROSH NOVICE	Delbarton Morris Knolls	33 PTS. 36 PTS.	<b>1998</b>	FROSH SOPH	Mount Olive Morris Hills	43PTS. 94PTS.
<b>1980</b>	FROSH NOVICE	Morris Hills Delbarton	27 PTS. 41 PTS.	<b>1999</b>	FROSH SOPH	Meet Not Held Meet Not Held	
<b>1981</b>	FROSH NOVICE	Delbarton Morris Catholic	35 PTS. 40 PTS.	<b>2000</b>	FROSH SOPH	Randolph Morristown	80PTS, 88PTS.
<b>1982</b>	FROSH NOVICE	Morristown Morris Hills	40 PTS. 36 PTS.	<b>2001</b>	FROSH SOPH	Morristown Morristown	80PTS, 84PTS.
<b>1983</b>	FROSH NOVICE	Morristown Morristown	37 PTS. 36 PTS.	<b>2002</b>	FROSH SOPH	Randolph Morristown	74PTS, 55PTS.
<b>1984</b>	FROSH NOVICE	Randolph Morristown	28 PTS. 43 PTS.	<b>2003</b>	FROSH SOPH	Randolph Randolph	61PTS. 98PTS.
<b>1985</b>	FROSH NOVICE	Morristown Randolph	68 PTS. 37 PTS.	<b>2004</b>	FROSH SOPH	Randolph Randolph	103PTS. 65PTS.
<b>1986</b>	FROSH NOVICE	Meet Not Held Meet Not Held		<b>2005</b>	FROSH SOPH	Roxbury Randolph	58PTS. 87PTS.
<b>1987</b>	FROSH NOVICE	Mount Olive Morristown	40PTS. 49PTS.	<b>2006</b>	FROSH SOPH	Randolph Morristown	63PTS. 75PTS.
<b>1988</b>	FROSH NOVICE	Morristown Hanover Park	51PTS. 36PTS.	<b>2007</b>	FROSH SOPH	Randolph Mendham	67PTS. 90PTS.
<b>1989</b>	FROSH NOVICE	Hanover Park Randolph	60PTS. 43PTS.	<b>2008</b>	FROSH SOPH	Madison Hanover Park	45PTS. 59PTS.
<b>1990</b>	FROSH NOVICE	Morris Hills Parsippany Hills	67PTS. 48PTS.	<b>2009</b>	FROSH SOPH	Mendham Hanover Park	74PTS. 63.3PTS.
<b>1991</b>	FROSH NOVICE	Whippany Park Parsippany Hills	68PTS. 34PTS.	<b>2010</b>	FROSH SOPH	Delbarton Randolph	61PTS. 63.3PTS.
<b>1992</b>	FROSH NOVICE	Morristown Whippany Park	79PTS. 49PTS.	<b>2011</b>	FROSH SOPH	Morristown Morristown	68PTS. 55.8PTS.
<b>1993</b>	FROSH SOPH	Morris Knolls Morristown	66PTS. 78PTS.	<b>2012</b>	FROSH SOPH	Mendham Delbarton	48PTS. 64PTS.
				<b>2013</b>	FROSH SOPH	Mount Olive Mendham	47PTS. 45PTS.

## MORRIS COUNTY NOVICE CHAMPIONS - GIRLS

<b>1983</b>	NOVICE	Randolph	36PTS.			
<b>1984</b>	NOVICE	Morristown	34PTS.	<b>1999</b>	FROSH SOPH	Meet Not Held Meet Not Held
<b>1985</b>	NOVICE	Mount Olive	34PTS.	<b>2000</b>	FROSH SOPH	Randolph Morristown 77PTS. 72PTS.
<b>1986</b>	NOVICE	Meet Not Held		<b>2001</b>	FROSH SOPH	Montville Morris Hills 77PTS. 61PTS.
<b>1987</b>	NOVICE	Randolph	34PTS.	<b>2002</b>	FROSH SOPH	Randolph Montville 92PTS, 48PTS.
<b>1988</b>	NOVICE	Randolph	43PTS.	<b>2003</b>	FROSH SOPH	Morristown Randolph 49PTS, 85PTS.
<b>1989</b>	NOVICE	Randolph	59PTS.	<b>2004</b>	FROSH SOPH	West Morris Roxbury 46PTS 56PTS
<b>1990</b>	NOVICE	Randolph	76PTS.	<b>2005</b>	FROSH SOPH	Morris Knolls Morris Knolls 56PTS 60PTS
<b>1991</b>	NOVICE	Randolph	37.5PTS.	<b>2006</b>	FROSH SOPH	Randolph Morris Knolls 62PTS 66PTS
<b>1992</b>	NOVICE	Jefferson	74PTS.	<b>2007</b>	FROSH SOPH	Hanover Park Madison 66PTS 60PTS
<b>1993</b>	FROSH SOPH	Randolph Randolph	79PTS. 78PTS.	<b>2008</b>	FROSH SOPH	Morristown Randolph 59PTS 84PTS
<b>1994</b>	FROSH SOPH	Morris Hills Randolph	52PTS. 47PTS.	<b>2009</b>	FROSH SOPH	Hanover Park Randolph 50PTS 83PTS
<b>1995</b>	FROSH SOPH	Randolph Randolph	73PTS. 56PTS.	<b>2010</b>	FROSH SOPH	Morris Knolls Mount Olive 46PTS 55PTS
<b>1996</b>	FROSH SOPH	Randolph Morristown	81PTS. 72PTS.	<b>2011</b>	FROSH SOPH	Randolph Morris Hills 71PTS 55PTS
<b>1997</b>	FROSH SOPH	Mount Olive Roxbury	75PTS. 91PTS.	<b>2012</b>	FROSH SOPH	Mendham Mount Olive 46PTS 45PTS
<b>1998</b>	FROSH SOPH	Moreris Hills Mount Olive	62PTS. 85PTS.	<b>2013</b>	FROSH SOPH	Chatham Morris Hills 48PTS 49PTS

# MORRIS COUNTY FROSH - SOPH MEET

## ORDER OF EVENTS

### Running Events

4:30pm

FR-G 55 HH	Semis	(7 Fastest to Final)
SO-G 55 HH	Semis	(7 Fastest to Final)
FR-B 55 HH (36")	Semis	(7 Fastest to Final)
SO-B 55 HH	Semis	(7 Fastest to Final)

FR-G 55 HH	Final
SO-G 55 HH	Final
FR-B 55 HH (36")	Final
SO-B 55 HH	Final

FR-G 1600	Final
FR-B 1600	Final
SO-G 1600	Final
SO-B 1600	Final

FR-G 55	Semis	(7 Fastest to Final)
FR-B 55	Semis	(7 Fastest to Final)
SO-G 55	Semis	(7 Fastest to Final)
SO-B 55	Semis	(7 Fastest to Final)

FR-G 600	Final
FR-B 600	Final
SO-G 600	Final
SO-B 600	Final

**SHOT PUT (Circle #1) 4:30pm**

FR-B  
SO-B

**SHOT PUT (Circle #2) 4:30pm**

FR-G  
SO-G

FR-G 55	Final
FR-B 55	Final
SO-G 55	Final
SO-B 55	Final

**HIGH JUMP 4:30pm**

Combined FR-G & SO-G  
Combined FR-B & SO-B

FR-G 300	Final
FR-B 300	Final
SO-G 300	Final
SO-B 300	Final

**POLE VAULT-B 4:30pm**

**POLE VAULT-G Follows Boys**

FR-G 1000	Final
FR-B 1000	Final
SO-G 1000	Final
SO-B 1000	Final

FR-G 1600 Relay	Final
FR-B 1600 Relay	Final
SO-G 1600 Relay	Final
SO-B 1600 Relay	Final

## MEET RECORDS

<b>FROSH-B</b>	<b>55</b>	Aeron Gilson	Mount Olive	2007	6.85
<b>SOPH-B</b>	<b>55</b>	Doug Cloninger	Morristown	2004	6.82
		Aeron Gilson	Mount Olive	2008	6.82
<b>FROSH-G</b>	<b>55</b>	Lynn Petrella	Randolph	2010	7.67
<b>SOPH-G</b>	<b>55</b>	Lillie Anderson	Kinnelon	2001	7.53
<b>FROSH-B</b>	<b>55HH</b>	Kevin Gilligan	Roxbury	2002	8.57
		John Lade	Randolph	2004	8.57
<b>SOPH-B</b>	<b>55HH</b>	Mike Fritz	Whippany Park	2009	8.14
<b>FROSH-G</b>	<b>55HH</b>	Cara Hessels	West Morris	2003	9.19
<b>SOPH-G</b>	<b>55HH</b>	Katie Hatler	Jefferson	2011	8.78
<b>FROSH-B</b>	<b>300</b>	Kahil Harris	Dover	2000	38.25
<b>SOPH-B</b>	<b>300</b>	Robert Rodriguez	Parsippany	2002	37.53
<b>FROSH-G</b>	<b>300</b>	Megan McDonald	Roxbury	1996	42.90
<b>SOPH-G</b>	<b>300</b>	Marissa Evans	Morris Catholic	2012	42.06
<b>FROSH-B</b>	<b>600</b>	Matt Strange	Madison	1997	1:31.92
<b>SOPH-B</b>	<b>600</b>	Gregg Slanovec	Randolph	2002	1:26.99
<b>FROSH-G</b>	<b>600</b>	Stephanie Snyder	Randolph	1996	1:43.40
<b>SOPH-G</b>	<b>600</b>	Kerry-Ann Binns	Morris Knolls	2005	1:40.93
<b>FROSH-B</b>	<b>1000</b>	Jeremy Zagorski	Parsippany Hills	2001	2:49.15
<b>SOPH-B</b>	<b>1000</b>	Sean Lyons	Morristown	2012	2:44.12
<b>FROSH-G</b>	<b>1000</b>	Kylene Cochrane	West Morris	2012	3:06.68
<b>SOPH-G</b>	<b>1000</b>	Sarah Masukewicz	Mount Olive	2013	3:04.60
<b>FROSH-B</b>	<b>1600</b>	Jeremy Zagorski	Parsippany Hills	2001	4:40.59
<b>SOPH-B</b>	<b>1600</b>	Paul Ehmann	Mendham	2013	4:32.96
<b>FROSH-G</b>	<b>1600</b>	Jennifer Ennis	Roxbury	2003	5:19.85
<b>SOPH-G</b>	<b>1600</b>	Jennifer Ennis	Roxbury	2004	5:09.56
<b>FROSH-B</b>	<b>4 x 400m Relay</b>		Morristown	2010	3:54.69
<b>SOPH-B</b>	<b>4 x 400m Relay</b>		Morristown	2008	3:43.34
<b>FROSH-G</b>	<b>4 x 400m Relay</b>		Roxbury	1996	4:23.70
<b>SOPH-G</b>	<b>4 x 400m Relay</b>		Randolph	2003	4:17.93
<b>FROSH-B</b>	<b>SP</b>	Nick Vena	Morristown	2008	57-0 ½ (12lb.)
<b>SOPH-B</b>	<b>SP</b>	Ron Sappio	Randolph	1977	47-0 ½
<b>FROSH-G</b>	<b>SP</b>	Gemma Naclerio	Morris Hills	2002	33-4 ¼
<b>SOPH-G</b>	<b>SP</b>	Carrie Wasdyke	Jefferson	2011	37-8 ¼
<b>FROSH-B</b>	<b>HJ</b>	Lester Davis	Randolph	1979	5-8
<b>SOPH-B</b>	<b>HJ</b>	Nick Syzonenko	Randolph	2001	6-2
<b>FROSH-G</b>	<b>HJ</b>	Jennifer Gleason	Butler	2000	4-8 ½
<b>SOPH-G</b>	<b>HJ</b>	Anna Shaw	Mendham	1996	5-2
<b>FROSH-B</b>	<b>PV</b>	Andrew Morris	Randolph	1996	10-0
<b>SOPH-B</b>	<b>PV</b>	Ali Hashemi	Randolph	2008	11-1
<b>FROSH-G</b>	<b>PV</b>	Julia Mazanski	Mendham	2013	9-6
<b>SOPH-G</b>	<b>PV</b>	Chrissy Finkel	Montville	2007	11-0

**2014**

**23<sup>rd</sup> ANNUAL**

**WAYNE VALENTINE INVITATIONAL**

**Wednesday, January 15, 2014**

**SPONSORED BY:**

**MORRIS COUNTY TRACK COACHES ASSOCIATION**

# WAYNE VALENTINE INVITATIONAL

## ORDER OF EVENTS:

### Running Events:

4:30pm

B-55m. High Hurdles	Semis (7 Fastest to Final)
B-FR-55m Hurdles (36")	Final
G-55m. High Hurdles	Semis (7 Fastest to Final)
G-JV-55m Hurdles	Final
B-55m. High Hurdles	Final
G-55m. High Hurdles	Final

<b>B Wayne Valentine 1600m</b>	Final
<b>G Wayne Valentine 1600m</b>	Final
FR-B 1600m	Final

B-55m. Dash	Semis (7 Fastest to Final)
G-55m. Dash	Semis (7 Fastest to Final)
B-JV-55m Dash	Final
G-JV-55m Dash	Final

### **Shot Put (Circle #1) 4:30pm**

Boys (Minimum Measure 30')

### **Shot Put (Circle #2) 4:30pm**

Girls (Minimum Measure 20')

Fr Boys (4k) (first available circle)

JV Girls (4k) (first available circle)

JV Boys (first available circle)

B-600m. Run	Final
G-600m. Run	Final
G-JV-600m Run	Final

B-55m. Dash	Final
G-55m. Dash	Final

### **HIGH JUMP**

4:30pm

Girls

Boys

G-400m. Dash (3 sections of 9)-MC ONLY	Final
B-400m Dash (3 sections of 9)-MC ONLY	Final

B-JV-300m. Dash	Final
G-300m. Dash	Final
B-300m Dash	Final

B-1000m. Run	Final
G-1000m. Run	Final
B-JV-1000m Run	Final

### **POLE VAULT (Morris County Only) 4:30pm**

Girls (Competitive)

Boys (Practice)

B-4 x 400	Final
G-4 x 400	Final

# WAYNE VALENTINE INVITATIONAL

## DEDICATION

This meet is dedicated to a man who has dedicated his life to the sport of Track and Field, Wayne Valentine. He has touched the lives of athletes throughout Morris County for more than 50 years.

An outstanding distance runner himself, Wayne began his coaching career at his Alma Mater, Dover HS in 1964. He started the first girls Cross Country and Winter Track programs in Morris County. His 1973 girls Cross Country team won the Morris County Championship.

His boys Cross Country teams at Dover HS experienced much success. Seven Conference Championships, five State Sectional titles, and five Group runner-up finishes made the Dover program one of Morris County's finest.

Wayne's girls Spring Track team of 1985 and 1986 won Morris County Relay titles and the 1985 & 1986 team added 2 State Sectional Championships. The boys Spring Track teams' won a State Sectional title in 1986 and his 1979 Winter Track team was co-Champion at the Group II meet.

The girls one mile run was selected as the featured event of this meet. Mr. Valentine has produced some of Morris County's best women distance runners. Gale Thomson (1976), Lynn Puchalski (1982), and Yolanda Santana (1987). All won numerous conference, county, and state titles.

Wayne's coaching career has spanned three high schools: Dover 1964 - 1988, 1996 - present, Morris Hills 1988 - 1992 and Morristown 1992 -1995. He has served as President of the Morris County Track Coaches Association and has been active on committees serving the N.J.S.I.A.A. Most of all he has made the sport of Track & Field better for all involved. The Morris County Track Coaches thank Wayne for his 50 years of leadership and undiminished enthusiasm for the sport of Track and Field.



## Wayne Valentine Invitational Meet Records

<b>55m-B</b>	Jeff Comacho	Parsippany	2003	6.65
<b>55m-G</b>	Keturah Orji	Mount Olive	2013	7.32
<b>55m HH-B</b>	Mike Fritz	Whippany Park	2011	7.81
<b>55m HH-G</b>	Amber Williams	Roxbury	2000	8.49
<b>300m-B</b>	Keith Tweedy	Morristown	1996	36.10
<b>300m-G</b>	Racquel Vassell	East Orange	2005	42.06
<b>600m-B</b>	Marcel Van Eeden	Mendham	2005	1:22.71
	Josefine Kvist	Ridge	2006	1:38.22
<b>1000m-B</b>	Everett Price	New Providence	2012	2:34.92
<b>1000m-G</b>	Lauren Gregory	Morris Knolls	2006	2:56.84
<b>1600m-B</b>	Andrew Hanko	Trinity Christian	2007	4:26.36
<b>1600m-G</b>	Claudia Disomma	Sparta	2012	5:03.99
<b>4 x 400-B</b>		Morris Hills	2008	3:36.03
<b>4 x 400-G</b>		Hunterdon Central	2010	4:10.81
<b>Shot Put-B</b>	Nick Vena	Morristown	2011	71-5 <sup>3</sup> / <sub>4</sub>
<b>Shot Put-G</b>	Angie Rosamilia	Parsippany Hills	1999	41-4 <sup>3</sup> / <sub>4</sub>
<b>High Jump-B</b>	Mark Jones	Summit	2010	6-9
<b>High Jump-G</b>	Rebecca Baskinger	Butler	2003	5-7
<b>Pole Vault-G</b>	Chrissy Finkel	Montville	2007	12-0

### FROSH BOYS RECORDS

<b>55m Hurdles</b>	Jamal Barnes	Parsippany	2012	8.68
<b>1600m</b>	Peter Ehmann	Mendham	2009	4:50.33
<b>Shot Put</b>	Donyell Bourgeois	Whippany Park	2009	45-7

### JV GIRLS RECORDS

<b>55m</b>	Hayley Fisch	Morris Knolls	1998	8.03
<b>55m Hurdles</b>	Rachel Vaccaro	Butler	2008	9.79
<b>300m</b>	Danielle Osborne	Morristown	2006	45.54
<b>1000m</b>	Amie Lowe	Mendham	2005	3:26.01
<b>Shot Put</b>	Sean Wukitsch	Morristown	2012	37-5 <sup>1</sup> / <sub>2</sub>

### JV BOYS RECORDS

<b>55m</b>	John Kaschak	Jefferson	2007	7.08
<b>600m</b>	Doug Cloninger	Morristown	2003	1:33.70

**2014**

**MORRIS COUNTY WINTER TRACK**

**CHAMPIONSHIPS**

**Wednesday, January 22, 2014**

**SPONSORED BY:**

**MORRIS COUNTY ATHLETIC DIRECTORS ASSOCIATION**

# MORRIS COUNTY CHAMPIONSHIPS

## ORDER OF EVENTS:

### Running Events:

4:30pm

B-55m. High Hurdles Semis (7 Fastest to Final)  
G-55m. High Hurdles Semis (7 Fastest to Final)  
B-55m. High Hurdles Final  
G-55m. High Hurdles Final

B-1600m Run Final  
G-1600m Run Final

B-55m. Dash Semis (7 Fastest to Final)  
G-55m. Dash Semis (7 Fastest to Final)

B-600m. Run Final  
G-600m. Run Final

B-55m. Dash Final  
G-55m. Dash Final

B-300m. Dash Final (**Seeded Section last**)  
G-300m. Dash Final (**Seeded Section last**)

B-1000m. Run Final  
G-1000m. Run Final

B-3200m Run Final  
G-3200m Run Final

B-4 x 400m Relay Final  
G-4 x 400m Relay Final

**Shot Put (Circle #1) Boys 4:30pm**  
**Shot Put (Circle #2) Girls 4:30pm**

**HIGH JUMP** 4:30pm  
Boys  
Girls

**POLE VAULT** 4:30pm  
Boys  
Girls

## MORRIS COUNTY WINTER TRACK CHAMPIONS

### BOYS

1975	Morris Catholic	47pts.
1976	Morristown	35pts.
1977	Morris Hills	48pts.
1978	Delbarton	29pts.
1979	Morris Hills	32pts.
1980	Morristown	43pts.
1981	Morristown	40pts.
1982	Delbarton	48pts.
1983	Morristown	49pts.
1984	Morristown	48 ½ pts.
1985	Morris Hills	58pts.
1986	Morristown	53 ½ pts.
1987	Morristown	40 pts.
1988	Hanover Park	48 pts.
1989	Morristown	98 pts.
1990	Morristown	83 pts.
1991	Morristown	64 pts.
1992	Whippany Park	49 pts.
1993	Whippany Park	66pts.
1994	Randolph	68pts.
1995	Randolph	84pts.
1996	Morristown	72pts.
1997	Morristown	81pts.
1998	Morristown	91pts.
1999	Randolph	116pts.
2000	Morris Hills	67pts.
2001	Hanover Park	51pts.
2002	Morristown	49pts.
2003	Morristown	85pts.
2004	Morris Hills	62pts.
2005	Randolph	65pts.
2006	Morris Hills	96pts.
2007	Randolph	84pts.
2008	Morris Hills	91pts.
2009	Morris Hills	72pts.
2010	Randolph	66pts.
2011	Randolph	52pts.
2012	Morris Hills	95pts.
2013	Morristown	55pts.

### GIRLS

1976	Madison	40pts.
1977	Butler	37pts.
1978	Madison	33pts.
1979	Bayley Ellard	40pts.
1980	Morris Hills	26pts.
1981	Morristown	27pts.
1982	Morris Hills	39pts.
1983	Randolph	51pts.
1984	Randolph	60pts.
1985	Morristown	38pts.
1986	Morristown	42pts.
1987	Morris Hills	35pts.
1988	Morris Hills	30 pts.
1989	Randolph	68 pts.
1990	Mount Olive	73 pts.
1991	Randolph	103 pts.
1992	Randolph	65 pts.
1993	Randolph	56pts.
1994	Randolph	95 pts.
1995	Morris Catholic	66pts.
1996	Randolph	70pts.
1997	Mount Olive	60 pts.
1998	Roxbury	76pts.
1999	Roxbury	94pts.
2000	Roxbury	76pts.
2001	Morristown	51pts.
2002	Montville	51pts.
2003	Randolph	58pts.
2004	Randolph	58pts.
2005	Roxbury-Hanover Park	38pts.
2006	Roxbury	72pts.
2007	Hanover Park	73pts.
2008	Hanover Park	51pts.
2009	Randolph	90pts.
2010	Randolph	73pts.
2011	Randolph	73pts.
2012	Mendham	61pts.
2013	Mendham	66pts.

## MORRIS COUNTY WINTER TRACK RECORDS

<b>B-55m</b>	Jeff Sokolowski	Butler	2000	6.67
	Michael Watts	Randolph	2002	6.67
<b>G-55m</b>	Vanessa Lewis	Morris Catholic	1995	7.18
<b>B-55m Hurdles</b>	Mike Cuppari	Hanover Park	2007	7.49
<b>G-55m Hurdles</b>	Vanessa Lewis	Morris Catholic	1995	8.57
	Alanna Poirier	Mount Olive	1987	8.57
	Alaina Alfano	Hanover Park	2005	8.57
	Briana Feldhaus	Randolph	2009	8.57
	Samantha Kral	Randolph	2013	8.57
<b>B-300m</b>	Reggie Berry	Morristown	2004	36.14
<b>G-300m</b>	Celeste Holder	Parsippany	2004	40.64
<b>B-600m</b>	Marcel Van Eden	Mendham	2005	1:22.81
<b>G-600m</b>	Kimberly Standridge	Randolph	2006	1:36.82
<b>B-1000m</b>	Pat Schellberg	Delbarton	2010	2:32.53
<b>G-1000m</b>	Joelle Amaral	Randolph	2011	2:59.44
<b>B-1600m</b>	Steve Slattery	Mount Olive	1997	4:17.30
<b>G-1600m</b>	Joelle Amaral	Randolph	2011	5:00.00
<b>B-3200m</b>	Kyle Soloff	Morris Hills	2007	9:19.40
<b>G-3200m</b>	Colette Richter	Mountain Lakes	2012	10:51.25
<b>B-4 x 400m Relay</b>		Mount Olive	2009	3:29.35
<b>G-4 x 400m Relay</b>		Morris Knolls	2006	4:07.29
<b>B-Shot Put</b>	Nick Vena	Morristown	2010	71-3 <sup>3</sup> / <sub>4</sub>
<b>G-Shot Put</b>	Rena Antanelis	Randolph	1981	42-3
<b>B-High Jump</b>	Rich Ryerson	Morris Catholic	1996	6-6 <sup>3</sup> / <sub>4</sub>
<b>G-High Jump</b>	Tanya Smolin	Randolph	1984	5-8
<b>B-Pole Vault</b>	Zach Suttile	Randolph	2000	14-6
<b>G-Pole Vault</b>	Nicole Pompei	Hanover Park	2008 & '09	12-0

**2014**

**MORRIS COUNTY WINTER TRACK**

**RELAY CHAMPIONSHIPS**

**MONDAY, JANUARY 6, 2014**

**SPONSORED BY:**

**MORRIS COUNTY ATHLETIC DIRECTORS ASSOCIATION**

## MORRIS COUNTY RELAY CHAMPIONSHIPS

### ORDER OF EVENTS:

<b>4:30</b>	G - SHUTTLE	Final		
<b>4:45</b>	B - SHUTTLE	Final		
<b>5:00</b>	B - DISTANCE MEDLEY	Final		
<b>5:15</b>	G - DISTANCE MEDLEY	Final		
<b>5:20</b>	B - 800m. RELAY	Final		
<b>5:30</b>	G - 800m. RELAY	Final	<b>Shot Put (Circle #1)</b> Boys	<b>4:30pm</b>
			<b>Shot Put (Circle #2)</b> Girls	<b>4:30pm</b>
			JV Boys (Circle #1)	
			JV Girls (Circle #2)	
<b>5:35</b>	JV-B - 800m. RELAY	Final		
<b>5:40</b>	JV-G - 800m. RELAY	Final	<b>HIGH JUMP RELAYS</b>	<b>4:30pm</b>
			GIRLS	
<b>5:45</b>	B - 3200m RELAY	Final	BOYS	
<b>6:00</b>	G - 3200m RELAY	Final		
<b>6:15</b>	JV-B - 3200m RELAY	Final	<b>POLE VAULT RELAY</b>	<b>4:30pm</b>
			BOYS	
<b>6:30</b>	JV-G-3200m RELAY	Final	GIRLS	
<b>6:45</b>	B - SPRINT MEDLEY	Final		
<b>7:00</b>	G - SPRINT MEDLEY	Final		
<b>7:15</b>	JV-B - 1600m RELAY	Final		
<b>7:30</b>	JV G - 1600m RELAY	Final		
<b>7:45</b>	B - 1600m RELAY	Final		
<b>8:00</b>	G- 1600m RELAY	Final		

**NOTE: TIMES ARE APPROXIMATE, WE WILL PROBABLY RUN AHEAD OF SCHEDULE.**

## MORRIS COUNTY WINTER TRACK RELAY CHAMPIONS

### BOYS

1975	Morris Catholic	31pts.
1976	Delbarton	27pts
1977	Morris Hills	32pts.
1978	Morris Hills	31pts.
1979	Morristown	26pts.
1980	Morristown	27pts.
1981	Morristown	29pts.
1982	Morristown	34pts.
1983	Morristown	39pts.
1984	Morris Hills	400pts.
1985	Morristown	37pts.
1986	Morristown	38 ½ pts.
1987	Morristown	48pts.
1988	Morristown	35 ½ pts.
1989	Morristown	55pts.
1990	Morristown	80pts.
1991	Morristown	62pts.
1992	Whippany Park	42pts.
1993	Whippany Park	50pts.
1994	Randolph	60pts.
1995	Randolph	58pts.
1996	Morristown	58pts.
1997	Randolph	63pts.
1998	Randolph	74pts.
1999	Randolph	58pts.
2000	Morris Hills	52pts.
2001	Morristown	47pts.
2002	Morristown	52pts.
2003	Morristown	72pts.
2004	Randolph	52pts.
2005	Randolph	66pts.
2006	Morris Hills	62pts.
2007	Randolph	62pts.
2008	Morris Hills	60pts.
2009	Randolph	52pts.
2010	Randolph	61 pts.
2011	Randolph	49 pts.
2012	Randolph	58 pts.
2013	Delbarton	50pts.

### GIRLS

1981	Morris Hills	21pts.
1982	Randolph	26pts.
1983	Morris Hills	39pts.
1984	Randolph	42pts.
1985	Morristown	37pts.
1986	Morristown	39pts.
1987	Morris Hills	34pts.
1988	Randolph	31 pts.
1989	Randolph	50pts.
1990	Mount Olive	58pts.
1991	Randolph	68pts.
1992	Randolph	62pts.
1993	Morris Catholic	54pts.
1994	Morris Catholic	59pts.
1995	Randolph	60pts.
1996	Randolph	58pts.
1997	Mount Olive	62pts.
1998	Roxbury	70pts.
1999	Roxbury	74pts.
2000	Roxbury	56pts.
2001	Roxbury	57pts.
2002	Randolph	48pts.
2003	Randolph	59pts.
2004	Randolph	50pts.
2005	Morris Knolls	40pts.
2006	Morris Knolls	67pts.
2007	Randolph	54pts.
2008	Randolph	50pts.
2009	Randolph	62pts.
2010	Randolph	52 pts.
2011	Randolph	74 pts.
2012	Morris Knolls	43 pts.





## VARSITY MEET RELAY RECORDS

<b>B-Shuttle Hurdles</b>		Morris Hills			1977	30.60
<b>G-Shuttle Hurdles (206m)</b>		Randolph			2008	33.09
<b>B-800m Relay</b>		Parsippany			2003	1:34.15
<b>G-800m Relay</b>		Chatham			2006	1:49.72
<b>B-1600m Relay</b>		Randolph			2007	3:34.09
<b>G-1600m Relay</b>	*(B-Mile Relay)	Morristown	1986	3:32.7)	2006	4:07.63
<b>B-3200m Relay</b>		Morristown			2010	8:23.25
<b>G-3200m Relay</b>	*(B-2 Mile Relay)	Morristown	1976	8:17.8)	2006	9:40.55
<b>B-Distance Medley</b>		Morristown			1997	10:47.26
<b>G-Distance Medley</b>	*(B-Distance Medley)	Morris Catholic	1977	10:46.5)	2006	12:16.28
<b>B-Sprint Medley</b>		Morris Hills			2012	3:42.18
<b>G-Sprint Medley</b>	*(B-Sprint Medley)	Morristown	1982	3:42.2)	2006	4:19.71
<b>B-Shot Put Relay</b>		Morristown			2010	111-8 $\frac{3}{4}$
<b>G-Shot Put Relay</b>		Madison			2007	74-11 $\frac{1}{2}$
<b>B-High Jump Relay</b>		Mendham			2000	12-10 $\frac{1}{4}$
<b>G-High Jump Relay</b>		Morris Hills			1987	10-9
<b>B - Pole Vault Relay</b>		Randolph			1995	26-0
<b>G - Pole Vault Relay</b>		Hanover Park			2008	19-6

\*YD. Mark is as good as or better than the Metric Mark

## FRESHMEN BOYS RECORDS

<b>800m Relay</b>		Randolph			2002	1:42.22
<b>Distance Medley</b>		Randolph			1997	9:00.10
<b>1600m Relay</b>	*(Distance Medley (1 7/8)	Morristown	1995	8:48.6)	2007	3:55.63

## JV BOYS RECORDS

<b>013</b>						
<b>1600m Relay</b>		Morris Knolls			2003	3:50.59
<b>3200m Relay</b>		Morris Hills			2007	8:58.12
<b>Shot Put Relay</b>		Madison			1983	82-5

## JV GIRLS RECORDS

<b>800m Relay</b>		Mount Olive			2011	1:57.19
<b>1600m Relay</b>		Madison			2006	4:32.46
<b>3200m Relay</b>		Mount Olive			2013	10:32.65
<b>Shot Put</b>		Jefferson			2013	56-2

