

Ed Grant's 2009 All State Cross Country Teams

Following is the New Jersey Track all-state team for the 2009 season. As usual, it is the only such team open to boys and girls from every school in the state,

Choosing this team was made more complex than usual because of the swine flu which swept through the state early in the campaign; it seemed to have its most serious effect in northwest area and removed at least one serious contender from consideration: Emma Giantisco of Delaware Valley. She did return for the late meets but was obviously not in the form which had seen her defeat second-team selection Colette Whitney of Voorhees in opening Petty Classic.

On the other hand, the all-group results confirmed what had happened earlier in more than usual fashion. The first eight boys all made the first team, as did the first six girls (and a seventh, Michelle Capozzi of Red Bank Catholic, finished ninth.) Ashley Smolinka of Hillsboro, who had scored impressive wins in her county and conference meets, was a disappointing 14th in the AG race, but rebounded the next week to be the only NJ girls to qualify for the Nike Nationals.

Most surprising of the first team selections was Delbarton junior Morgan Pearson. In his first cross-country campaign, Pearson started slowly but finished with a whirl, placing second in both the NJCTC and Parochial A meets, a 7th in the AG race and a 4th behind the Rosa twins at the Nike Northeast qualifier.

Joe Rosa was, of course, the star of the season, His astonishing course record at Holmdel and a debatable course record at Van Cortlandt matched the state's best previous junior campaign, that of Brad Hudson in 1983. (Marty Liquori missed the first half of his junior year, finished 2nd at the Easterns and never lost another high school race, also setting course records at Van Cortlandt and the then state championship course, Warinanco Park.

Chelsea Ley of Kingsway sailed through the New Jersey season with three races under 18:00 at Holmdel.

BOYS

FIRST TEAM

Mike Mazzaccaro, Christian Bros.	Jr.
David Oster, Verona	Sr.
Morgan Pearson, Delbarton	Jr.
James Rosa, WW-Plainsboro North	Jr.
Joe Rosa, WW-Plainsboro North	Jr.
Pat Schellberg, Delbarton	Sr.
Tyler Udland, Millburn	Sr.
Jon Vitez, Haddonfield	Sr.

SECOND TEAM

Michael Belgiovine, Don Bosco	Sr.
Joe Kotran, Toms River North	Sr.
Matt McDonald, North Hunterdon	Jr.
Sam Macaluso WW-Plainsboro So.	Sr.
Michael O'Dowd, Colts Neck	Jr.
Patrick Rono, Lyndhurst	Jr.
Howard Rosas, Don Bosco	Sr.
Rafael Vargas, Don Bosco	Sr.

THIRD TEAM

Kyle Davis, North Brunswick	Jr.
Jeremy Elkaim, Livingston	Jr.
David Forward, Shawnee	Sr.
Collin Frost, Randolph	Jr.
Curtis Richburg, West Orange	Sr.
Colin Richmond, St. Rose	Jr.
Jon Squeri, WW-Plainsboro North	Sr.
Paul Szulewski, Williamstown	Jr.

GIRLS

FIRST TEAM

Joelle Amaral, Randolph	Jr.
Michelle Capozzi, Red Bank Catholic	Sr.
Marielle Hall, Haddonfield	Sr.
Caroline Kellner, WW-Plainsboro So.	So.
Chelsea Ley, Kingsway	Sr.
Ashley Smolinka, Hillsboro	Sr.
Megan Venables, Highland	Jr.
Laura Vigilante, Mendham	Sr.

SECOND TEAM

Megan Lacy, Cherokee	So.
Molly McNamara, Red Bank Catholic	Jr.
Mary Migton, Roxbury	Jr.
Caitlin Orr, Lenape	Sr.
Jillian Prentice, Montgomery	Sr.
Emily Scott, WW-Plainsboro North	Sr.
Erin Thompson, Imm. Heart Acad.	Jr.
Colette Whitney, Voorhees	Sr.

THIRD TEAM

Holly Bischoff, Bishop Eustace	Sr.
Alexandra Clinton, Ramsey	Sr.
Julia Jablonski, Hopewell Valley	Sr.
Alyssa LaGuardia, DePaul	Jr.
Jen Molke, Holy Angels	Jr.
Natalia Ocasio, Lenape	Fr.
Kristen Traub, Eastern Christian	So.
Caroline Williams, Mt. St. Mary's	Sr.