

2008 New Jersey Outdoor TF SMR Rankings

Rank	Time	Athlete Name	Team Affiliation	C/O	Date	Meet
★ 1.	3:29.60	NJ	<u>Absegami HS</u>	0	2008-04-19	<u>36th Woodbury Relays</u>
★ 2.	3:31.16	NJ	<u>Jackson Memorial HS</u>	0	2008-05-19	<u>East Coast Relays</u>
★ 3.	3:32.80	NJ	<u>Millville HS</u>	0	2008-04-19	<u>36th Woodbury Relays</u>
★ 4.	3:33.67	NJ	<u>Piscataway Twp HS</u>	0	2008-05-19	<u>East Coast Relays</u>
★ 5.	3:34.30	NJ	<u>Lacey Twp. HS</u>	0	2008-04-18	<u>33rd Holmdel Relay Carnival</u>
★ 6.	3:34.48	NJ	<u>Union HS</u>	0	2008-05-19	<u>East Coast Relays</u>
★ 7.	3:34.49	NJ	<u>Pope John XXIII HS</u>	0	2008-05-19	<u>East Coast Relays</u>
★ 8.	3:34.70	NJ	<u>Don Bosco Prep</u>	0	2008-04-18	<u>Bergen County Relays</u>
★ 9.	3:34.80	NJ	<u>Vineland High School</u>	0	2008-04-19	<u>36th Woodbury Relays</u>
*** MILESPLIT US FIRST TEAM ELITE 3:35.00 ***						
*** MILESPLIT US SECOND TEAM ELITE 3:45.00 ***						
10.	4:02.59	NJ	<u>Voorhees High School</u>	0	2008-05-19	<u>East Coast Relays</u>

2008 New Jersey Outdoor TF DMR Rankings

Rank	Time	Athlete Name	Team Affiliation	C/O	Date	Meet
★ 1.	10:22.73	NJ	<u>Christian Brothers Academy</u>	0	2008-04-22	<u>Penn Relays Carnival</u>
★ 2.	10:25.52	NJ	<u>Franklin Twp HS</u>	0	2008-04-22	<u>Penn Relays Carnival</u>
*** MILESPLIT US FIRST TEAM ELITE 10:30.00 ***						
☆ 3.	10:30.10	NJ	<u>Lacey Twp. HS</u>	0	2008-04-18	<u>33rd Holmdel Relay Carnival</u>
☆ 4.	10:31.40	NJ	<u>W Windsor-Plainsboro So. HS</u>	0	2008-04-19	<u>Mercer County Relays</u>
☆ 5.	10:32.20	NJ	<u>Ocean City High School</u>	0	2008-04-19	<u>36th Woodbury Relays</u>
☆ 6.	10:32.30	NJ	<u>Holy Cross HS</u>	0	2008-04-19	<u>36th Woodbury Relays</u>
☆ 7.	10:33.20	NJ	<u>Westfield High School</u>	0	2008-05-02	<u>Union County Relays</u>
☆ 8.	10:33.70	NJ	<u>Old Bridge High School</u>	0	2008-04-19	<u>Blue Devils Relays</u>
☆ 9.	10:33.90	NJ	<u>Union Catholic High School</u>	0	2008-05-02	<u>Union County Relays</u>
☆ 10.	10:34.20	NJ	<u>Southern Reg. HS</u>	0	2008-05-02	<u>Ocean County Relays</u>

2008 MENS SPRING TRACK

DATE	DAY	MEET/ INVITATIONAL	PLACE
APRIL			
1	TUE	TR South	HOME
5	SAT	REBEL RELAYS	HOWELL HS
8	TUE	TR-NORTH-BRICK MEM.	HOME
12	SAT	HUSKIE RELAYS	MATAWAN HS
15	TUE	SOUTHERN-BRICK TWP	HOME
17	THURS	CENTRAL	CENTRAL
19	SAT	HOLMDEL RELAYS	HOLMDEL HS
24-26	TH-FR-SA	PENN RELAYS	PHILADELPHIA, PA
29	TUE	JACKSON-TR EAST	JACKSON
MAY			
2	FRI	OCEAN COUNTY RELAYS	BARNEGAT
3	SAT	OCEAN CO FROSH/SOPH	BARNEGAT
9/10	FRI/SAT	OCEAN CO CHAMPIONSHIP	NEPTUNE
16/17	FRI/SAT	SHORE CONFEENCE	NEPTUNE
19	MON	EAST COAST RELAYS	MORRISTOWN
23/24	FRI/SAT	STATE SECTIONALS	EGG HARBOR
30/31	FRI/SAT	GROUP 4 CHAMPIONSHIP	EGG HARBOR
JUNE			
4	WED	MEET OF CHAMPIONS	SOUTH PLAINFIELD

CENTRAL REGIONAL

@ CENTRAL REGIONAL HIGH SCHOOL

APRIL 17, 2008

Name	400IH	100M	1600M	400M	110H	800M	200M	3200M	4X400	SHOT	DISC	JAV	LJ	TJ	PV	HJ
Burt, Andrew	58.3 (1)			51.8 (1)			23.8 (2)		51.5							
Caputo, Anthony												122-04				
Charette, Erik						2:18.0										
Colasurdo, Anthony						2:04.0 (2)										
Colasurdo, Joe						2:11.0										
Colasurdo, Mark																
Copolla, David																
Darcy, Wes																
Datello, Frank															9-06 (2)	
Ehrnstrom, Jesse	64.7				17.2											5-06
Foggiano, Steve																
Giombetti, Dylan												111-05				
Gonzalez, Nick																
Grande, Rich										42-05	106-01					
Hopper, Roger			4:47.7 (2)					10:28.9 (2)								
Keller, Erik																
Lawler, Dave								10:28.2 (1)								
Marine, Evan						2:26.3										
Mason, Matt		11.4					23.6 (1)									
Massa, Ken																
McMahon, Joe																
Molzon, Jarrod	67.4				18.2									36-02.5		
Mueller, Kenny											93-09	119-05				
Murray, Tom																
Owens, Jerry																
Paulov, Tom										40-02.5						
Phipps, Jacob										35-00.5						
Pierson, Tom				53.7		2:02.7 (1)			52.6							
Rickmers, Tom		11.8					26.2		53.7							
Schemel, Carl		11.9														
St. Clair, Stephan					16.8									36-10		5-10 (2)
Stephensen, Ron										45-06.5	131-03	169-04 (1)				
Stork, Al											111-10	104-09				
Tulino, Joe										35-03.5	91-03					
Uveges, Matt																
Vieira, David																
Wood, Phil			4:47.2 (1)					10:29.4 (3)								
Yednak Mike		11.8							51.6							
TOTAL									3:25.0							

Total *School Rec.	1:16.5		44.7 (1)	1:34.6	3:29.2 (2)	8:23.6	3:34.1*(1)	10:31.1* (1)	85-04.5		288-03 (2)	
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JACKSON MEMORIAL - TOMS RIVER EAST					@ JACKSON MEMORIAL							APRIL 29, 2008				
Name	400IH	100M	1600M	400M	110H	800M	200M	3200M	4X400	SHOT	DISC	JAV	LJ	TJ	PV	HJ
Burt, Andrew	55.8			51.77(2)					**							
Caputo, Anthony																
Charette, Erik						2:22.0										
Colasurdo, Anthony						2:09.3										
Colasurdo, Joe						2:15.0										
Colasurdo, Mark																
Capolla, David																
Darcy, Wes																
Datello, Frank																
DiMartino, Matt																
Dorsey, Scott																
Ehrnstrom, Jesse	62.5				17.48											5-04
Foggiano, Steve																
Giombetti, Dylan												123-09				5-04
Gonzalez, Nick																
Grande, Rich										39-02	106-06					
Hopper, Roger			4:39.0					10:06.0								
Hughes, Pat													19-03	36-05		
Jamison, Patrick																
Keller, Erik																
Lawler, Dave								10:46.0								
Lewis, Sam																9-00
Marine, Evan																
Mason, Matt		11.56					23.9									
Massa, Ken																
McMahon, Joe								14:18.0								
Molzon, Jarrod	63.9				17.86							103-00	16-10	34-10.5		
Mueller, Kenny											93-04	101-00				
Murray, Tom										33-08						
Neal, Corey																
Owens, Jerry								14:15.								
Paulov, Tom																
Peluso, Mike										32-04						
Phipps, Jacob																
Pierson, Tom						2:03.5			**							
Rickmers, Tom							24.88		**							
Schemel, Carl		11.58					24.44									
St. Clair, Stephan					17.49								19-02	37-10.5		5-08
Stephensen, Ron										44-08	109-00	165-10				
Tulino, Joe										36-01						
Uveges, Matt											86-07					
Vieira, David																
Williams, Alex																
Wood, Phil			4:34.1													
Yednak Mike				53.31					**							
Total									3:34.9							

Boys Notebook: Second glances can be more revealing

By *MATT MANLEY*
STAFF WRITER



Lacey's distance medley relay team of Phil Wood, Andrew Burt, Tom Pierson and Roger Hopper knew their 10:30.1 time at the Holmdel Relays was good enough to win the event and likely good enough to set a meet record. When they looked into it further, they found it was the best time in the state this year.

Similarly, Lacey's entire team, ranked sixth in the Asbury Park Press Top 10, was happy with a strong showing at Holmdel, finishing second to Toms River North. Upon further review, the Lions found they had defeated the Mariners.

Lacey's big weekend culminated not at the end of the Holmdel Relays, but later in the week when meet director and Holmdel coach Sean McCafferty notified the team it won the meet after coach Chuck Edens submitted an inquiry on Monday. According to McCafferty, Lacey actually won the meet 80-76, not Toms River North.

Regardless of place, Lacey established itself as a threat in Ocean County with the performance over the weekend. Under the lights at Holmdel on April 18, Wood, Burt, Pierson and Hopper ran the top distance medley time in the state through Thursday.

"I would have been happy with running a best time and running a 10:40," said Hopper, who ran the 1,600 leg. "We all just happened to be on. It was a great night to run and we all did fast times."

Burt (400) and Pierson (800) are two of the best at their respective races, but Wood and Hopper consider themselves interchangeable with one another, which they feel is beneficial to them individually and to the team.

"We've improved a lot in this race since last year, even since indoor," Wood said. "It surprised me a lot that we improved that much, but we knew we were getting better."

OCEAN COUNTY CHAMPIONSHIP

NEPTUNE HIGH SCHOOL

May 7 & 10 2008

Name	400IH	100M	1600M	400M	110H	800M	200M	3200M	4X400	SHOT	DISC	JAV	LJ	TJ	PV	HJ
Addalia, Mike																
Burt, Andrew	55.58(4)			49.89(1)			22.76									
Caputo, Anthony												123-05				
Charette, Erik																
Colasurdo, Anthony																
Colasurdo, Joe																
Colasurdo, Mark																
Copolla, David																
Darcy, Wes																
Datello, Frank																
DiMartino, Matt																
Dorsey, Scott																
Ehrnstrom, Jesse																
Foggiano, Steve																
Giombetti, Dylan																
Gonzalez, Nick																
Grande, Rich										41-03.25						
Hopper, Roger			4:35.86					9:40.19(6)								
Hughes, Pat																
Jamison, Patrick																
Keller, Erik																
Lawler, Dave																
Lewis, Sam								10:20.58								
Marine, Evan																
Mason, Matt		11.89					23.76									
Massa, Ken																
McMahon, Joe																
Molzon, Jarrod																
Mueller, Kenny																
Murray, Tom																
Neal, Corey																
Owens, Jerry																
Paulov, Tom																
Peluso, Mike																
Phipps, Jacob																
Pierson, Tom			4:34.62			1:56.68(2)										
Rickmers, Tom				55.09(4)												
Schemel, Carl		12.16														
St. Clair, Stephan													19-04.5	38-07.5		
Stephensen, Ron										42-04.25	132-08(5)	170-05(3)				
Stork, Al											108-06					
Tulino, Chris																
Tulino, Joe																
Uveges, Matt																
Vieira, David																
Williams, Alex																
Wood, Phil			4:52.09					9:36.56(4)								
Yednak Mike									3:26.24*	School Record						

OCEAN COUNTY RELAYS			SOUTHERN REGIONAL HIGH SCHOOL						May 2, 2008					
Name	4X100H	3X400H	2X400IH	4X100	4X200	4X400	4X800	S. Med	D Med	SHOT	DISC	JAV	HJ	TJ
Burt, Andrew														
Caputo, Anthony						48.4		51.2	49.6			134-04		
Charette, Erik														
Colasurdo, Anthony							2:08.0							
Colasurdo, Joe		72.3					2:16.2							
Colasurdo, Mark														
Darcy, Wes														
Datello, Frank														
Ehrnstrom, Jesse		62.4												
Giombetti, Dylan												116-00		
Gonzalez, Nick														
Grande, Rich										40-00				
Hopper, Roger							2:06.1		4:30.4					
Keller, Erik														
Lawler, Dave							2:11.5							
Mason, Matt					23.1			23.6						
McMahon, Joe														
Molzon, Jarrod		64.6												
Mueller, Kenny										36-02				
Murray, Tom														
Owens, Jerry														
Paulov, Tom														
Pierson, Tom						52.1		1:58.0	1:58.3					
Rickmers, Tom					24.2	53.7								
Schemel, Carl					23.8			23.3						
St. Clair, Stephan														
Stephensen, Ron										43-06.25		159-02		
Stork, Al														
Tulino, Joe														
Uveges, Matt														
Vieira, David														
Wood, Phil									3:18.3					
Yednak Mike					22.7	51.2								
Total	1:11.1	3:19.3		43.9(4)	1:34.1(6)	3:26.8(4)*	8:47.8	3:37.1(2)	10:36.50(2)	119-08.25		409-06(4)*		109-10.25

REBEL RELAYS		HOWELL HIGH SCHOOL							APRIL 5 2008				
Name	4X100H	3X400H	4X100	4X200	4X400	4X800	S. Med	D Med	SHOT	DISC	JAV	HJ	TJ
Burt, Andrew		58.5	11.1		54.0	2:06.2							
Caputo, Anthony													
Charette, Erik													
Colasurdo, Anthony					55.1 (b)		2:02.4 (b)						
Colasurdo, Joe							58.7 (b)						
Colasurdo, Mark													
Darcy, Wes													
Datello, Frank							26.5 (b)						9-00
Ehrnstrom, Jesse	17.4	67.5			58.1(b)								
Giombetti, Dylan													
Grande, Rich									42-02	100-01			
Hopper, Roger					54.6	2:03.3							
Lawler, Dave							2:11.9						
Lewis, Sam													9-00
Mason, Matt			10.9	23.6			23.9						
Massa, Ken													
McMahon, Joe													
Molzon, Jarrod	18.9	69.6			58.1 (b)								
Mueller, Kenny										107-04	112-09		
Owens, Jerry													
Paulov, Tom									37-04				
Phipps, Jacob													
Pierson, Tom					52.6	1:58.3							
Rickmers, Tom				24.0									
Schemel, Carl			11.7	24.4			24.1						
St. Clair, Stephan	17.1						23.7 (b)						
Stephensen, Ron									43-03	122-10	138-01		
Stork, Al											107-04		
Uveges, Matt													
Vieira, David					56.3 (b)		58.3						
Wood, Phil						2:06.4							
Yednak Mike	20.6		11.4	23.5	53.1								
Total *School Rec.	1:14.3 (6)	3:15.5	44.8 (5)	1:35.3		8:14.5 (1)*	3:58.2		122-09 (6)	327-07(3)	378-11 (6)		18-00

SOUTHERN REGIONAL / BRICK TOWNSHIP

@ LACEY

APRIL 15, 2008

Name	400IH	100M	1600M	400M	110H	800M	200M	3200M	4X400	SHOT	DISC	JAV	LJ	TJ	PV	HJ
Burt, Andrew	57.4 (1)			51.2 (1)			22.8 (1)		53.3							
Caputo, Anthony												123-9.5				
Charette, Erik																
Colasurdo, Anthony						2:03.0 (3)										
Colasurdo, Joe																
Colasurdo, Mark																
Copolla, David																
Darcy, Wes																
Datello, Frank															9-06 (3)	
Ehrnstrom, Jesse	65.2				17.2											5-02
Foggiano, Steve																
Giombetti, Dylan												114-10				5-06
Gonzalez, Nick																
Grande, Rich										42-11.5	111-07.5					
Hopper, Roger			4:38 (3)					10:02.5 (1)								
Keller, Erik																
Lawler, Dave								10:20.0								
Marine, Evan						2:32.0										
Mason, Matt	11.2 (2)						23.6		56.6							
Massa, Ken						2:42.0										
McMahon, Joe			5:53.0													
Molzon, Jarrod	64.5										101-02.5	115-02				
Mueller, Kenny																
Murray, Tom																
Owens, Jerry																
Paulov, Tom										39-10						
Phipps, Jacob										35-07.5						
Pierson, Tom						2:00.7 (1)			54.7							
Rickmers, Tom		11.5					24.0									
Schemel, Carl		11.4 (3)														
St. Clair, Stephan				16.3 (2)												
Stephensen, Ron										45-6.5 (2)	124-7.5(3)	151-3(1)		21-02 (2)	39-9.5 (3)	
Stork, Al											108-1.5					
Tulino, Joe											31-10					
Uveges, Matt												98-11				
Vieira, David																
Wood, Phil			4:32 (2)					10:05.4(2)								
Yednak Mike		11.6			53.8				54.6							
TOTAL									3:42.1 (1)							

TOMS RIVER SOUTH VS. LACEY					@ LACEY							APRIL 1, 2008				
Name	400IH	100M	1600M	400M	110H	800M	200M	3200M	4X400	SHOT	DISC	JAV	LJ	TJ	PV	HJ
Addalia, Mike		15.5														
Burt, Andrew	57.2(1)			51.5(1)	17.1(3)				**							
Caputo, Anthony										35-6.5	92-4.5	121-6.5				
Charette, Erik																
Colasurdo, Anthony			4:47.5(1)													
Colasurdo, Joe						2:18(3)										
Colasurdo, Mark						2:41										
Capolla, David							29.8									
Darcy, Wes																
Datello, Frank							27.5								8-06(2)	
DiMartino, Matt																
Dorsey, Scott																
Ehrnstrom, Jesse	66.0				18.4											5-06
Foggiano, Steve																
Giombetti, Dylan																5-06
Gonzalez, Nick																
Grande, Rich										41-11(3)	112-09					
Hopper, Roger			4:55(2)					10:54.7(3)								
Hughes, Pat														32-7.5		
Jamison, Patrick																
Keller, Erik																
Lawler, Dave								10:51(1)								
Lewis, Sam															8-00(3)	
Marine, Evan						2:33										
Mason, Matt		11.8(2)					24.49(2)		**							
Massa, Ken			6:04													
McMahon, Joe			5:57													
Molzon, Jarrod					18.8										34-06	
Mueller, Kenny											104-9.5	116-06				
Murray, Tom												104-4.5				
Neal, Corey																
Owens, Jerry						2:38										
Paulov, Tom										37-06						
Peluso, Mike																
Phipps, Jacob																
Pierson, Tom				52.6(3)		2:06.3(1)			**							
Rickmers, Tom				55.7												
Schemel, Carl		11.9(3)					24.7(3)									
St. Clair, Stephan					17.3								20-11.5(1)	38-5.5(3)		5-08
Stephensen, Ron										44-0.5(1)	137-0(2)	158-05(1)				
Stork, Al											104-04	115-9.5				
Tulino, Chris																
Tulino, Joe										35-5.5						
Uveges, Matt																
Vieira, David							25.0									
Williams, Alex				1:37												
Wood, Phil			4:56(3)					10:51.3(3)								
Yednak Mike		11.9					24.8		**							
Total										3:33.5						

TOMS RIVER NORTH-BRICK MEMORIAL

@ LACEY

APRIL 8, 2008

Name	400IH	100M	1600M	400M	110H	800M	200M	3200M	4X400	SHOT	DISC	JAV	LJ	TJ	PV	HJ
Addalia, Mike		14.6														
Burt, Andrew	59.6(1)			52.5(1)	16.4(2)				**							
Caputo, Anthony												134-10				
Charette, Erik			5:06													
Colasurdo, Anthony						2:04.8(2)										
Colasurdo, Joe						2:11.9										
Colasurdo, Mark																
Capolla, David		14.8														
Darcy, Wes		13.2														
Datello, Frank															8-0	
DiMartino, Matt																
Dorsey, Scott																
Ehrnstrom, Jesse	65.7				16.9(3)											5-04
Foggiano, Steve																
Giombetti, Dylan												122-04				5-04
Gonzalez, Nick																
Grande, Rich										41-0.5	F					
Hopper, Roger			4:40(3)					10:05(2)								
Hughes, Pat													16-11.5	32-9.5		
Jamison, Patrick																
Keller, Erik																
Lawler, Dave								10:36.0								
Lewis, Sam															9-0	
Marine, Evan						2:37.8										
Mason, Matt		11.6(3)					23.9		**							
Massa, Ken																
McMahon, Joe																
Molzon, Jarrod	67.2				19.9								16-10.5	35-07		
Mueller, Kenny										35-00	105-10					
Murray, Tom																
Neal, Corey										33-1.5						
Owens, Jerry																
Paulov, Tom										37-5.5						
Peluso, Mike																
Phipps, Jacob																
Pierson, Tom						2:02(1)			**							
Rickmers, Tom				55.6(3)												
Schemel, Carl		11.2(1)					24.1									
St. Clair, Stephan					16.5(1)								19-5.5(1)			
Stephensen, Ron										45-4.5	134-09(1)	161-9(1)		35.6.5		5-10
Stork, Al											76-07	96-10				
Tulino, Chris																
Tulino, Joe																
Uveges, Matt											94-06					
Vieira, David																
Williams, Alex		14.6														
Wood, Phil			4:39.6(2)					10:04(1)								
Yednak Mike		11.7					24.5		**							
Total									3:37.3(1)							