

Freehold Boro Frosh/Soph  
Freehold, NJ  
4/24/04

100 M Frosh J. Exner (2<sup>nd</sup>) 11.7, T. Calcara 12.6  
100 M Soph M. Zinn (1<sup>st</sup>) 11.2 (Meet Record)  
200 M Frosh D. Deuchler (1<sup>st</sup>) 24.9, T. Calcara 26.5  
200 M Soph M. Zinn (2<sup>nd</sup>) 24.0  
400 M Frosh D. Deuchler (1<sup>st</sup>) 55.2 (Meet record)  
800 M Frosh P. Barker 2:29.0  
1600 M Frosh J. Rutigliano (4<sup>th</sup>) 5:10.6  
3200 M Frosh J. Rutigliano (4<sup>th</sup>) 11:55.1  
3200 M Soph M. Greenhall (2<sup>nd</sup>) 10:55  
Shot Frosh V. Elardo 30'5"  
Shot Soph D. Doherty (4<sup>th</sup>) 37'5", L. Lewis 25'2", S. Dotterweich 35'1", R. Norton 34'9"  
Discus Frosh V. Elardo (2<sup>nd</sup>) 110'3"  
Discus Soph D. Doherty (2<sup>nd</sup>) 107'9"  
Javelin Frosh A. Carter (1<sup>st</sup>) 129'5", V. Elardo (6<sup>th</sup>) 93'6", A. Cafiero 85'7"  
L. Jump Soph E. Stanislowski 14'6"  
T. Jump Soph E. Stanislowski 32'8"

# Holmdel Relays

## 4/17/04

4 X 100	C. Braun, M. Zinn, J. Exner, M. Ferrara, ( <i>4th</i> ) 45.08
4 X 200	C. Braun, M. Zinn, J. Exner, M. Ferrara, 1:35.3
4 X 400	T. Calcara, E. Stanislawski, J. Rutigliano, J. Exner 3:45.7
4 X 800	P. Cirina, P. Barker, J. Rutigliano, M. Greenhall 9:41.0
S. Medley	A. Hipschman, C. Braun, M. Ferrara, J. DiNicola 3:50.1
D. Medley	M. Greenhall, A. Hipschman, J. DiNicola, S. Stern ( <i>4th</i> ) 11:21.36
L. Jump	M. Keen, R. Monaghan ( <i>4th</i> ) 39'01" ( <b><i>School Record</i></b> )
Shot Put	M. Tucker, D. Dylan, S. Dotterweich, 110'5"
Discus	G. Jablonski, D. Doherty, V. Elardo 323'0"
Javelin	R. Cafiero, A. Carter, V. Elardo, 310'7'

# Huskies Relays

## 4/10/04

4 X 100	C. Braun, M. Zinn, J. Exner, M. Ferrara, (3rd) 45.72
4 X 800	P. Barker, J. Rutigliano, T. Calcara, P. Cirina 9:40
S. Medley	A. Hipschman, M. Ferrara, M. Zinn, J. DiNicola (1st) 3:55.3
D. Medley	P. Cirina, A. Hipschman, J. DiNicola, S. Stern (4th) 11:20.3
P. Vault	M. Keen, R. Monaghan (1st) 22'0"
L. Jump	M. Keen, R. Monaghan (2nd) 38'1.5"
Shot Put	M. Tucker, R. Norton (5th) 77'3"
Discus	G. Jablonski, D. Doherty (3rd) 225'9"
Javelin	R. Cafiero, E. Stanislawski (4th) 220'0"

# Lacey vs Central

## 5/11/04

400 IH C. Braun (3rd) 1:02.2  
100 M M. Ferrara (1st) 11.1, M. Zinn (3rd) 11.5 Exner 11.8  
1600 M P. Cirina (1st) 4:48.6, S. Stern (3rd) 4:53.3, M. Greenhall 5:10, J. Rutigliano 5:13, A. Greenhall 5:27  
400 M J. Exner (3rd) 53.8  
110 HH C. Braun 16.9, D. Doderer 17.0  
800 M J. DiNicola (1st) 2:06.7, P. Barker 2:22, J. Rutigliano 2:28, C. Foran 2:43  
200 M M. Ferrara (1st) 22.6, M. Zinn (3rd) 23.8, T. Calcara 26.3  
3200M P. Cirina (1st) 10:47, M. Greenhall (2nd) 11.05  
4 X 400 T. Calcara, P. Barker, A. Greenhall, J. DiNicola 4:03.9  
Shot M. Tucker 40'6", D.Doherty 40'3", R. Norton 35'½", D.Sosa 32'1", S. Dotterweich 36'1½"  
Discus G.Jablonski (2nd) 124'1", V. Elardo (3rd) 123', D.Doherty 108'10", R.Norton 96'10", E.Stanislawski 74'2"  
Javelin A. Carter 112'8", V. Elardo 117'4", R. Cafiero 110'5", A. Cafiero 85', E.Stanislawski 100'8"  
L. Jump R. Monaghan 18'5½", M. Keen 18'7¾", D. Keene 11'10½"  
T. Jump R. Monaghan 36'7", M. Keen 35'3", G. Jablonski 32'8¾", D. Keene 27'  
P. Vault M Keen (1st) 12'0", R. Monaghan 9'6"  
H. Jump E. Stanislawski 5'0"

# Lacey vs Lakewood

## 4/28/04

400 IH C. Braun (2nd) 1:00.9 D. Doderer 1:08.2  
100 M M. Ferrara (3rd) 11.6, M. Zinn 11.9 Exner 12.1  
1600 M P. Cirina (1st) 4:58.8, S. Stern (3rd) 5:00.6 J. Rutigliano 5:10  
400 M A. Hipschman (2nd) 55.8, D. Deuchler (3rd) 57.5, T. Calcara 62.4  
110 HH C. Braun (2nd) 16.5 D. Doderer (3rd) 17.4  
800 M J. DiNicola (1st) 2:04.5 P. Barker 2:21 C. Foran 2:50  
200 M M. Ferrara (2nd) 22.9, J. Exner (3rd) 25.0 M. T. Calcara 27.2  
3200M P. Cirina (2nd) 10:39.2 M. Greenhall 11.03 J. Rutigliano 11:40  
4 X 400 D. Deuchler, E Stanislawski, J. Exner, A. Hipschman (1st) 3:46.6  
Shot M. Tucker (1st) 39'10", S. Dotterweich (3rd) 36'4½" R. Norton 33'4½", D. Keene 31'1", D. Sosa 34'11½"  
Discus V. Elardo (1st) 119'10", G. Jablonski (2nd) 110'11" R. Norton 94'10", J. Deuchler 91'3", M. Tucker 86'6"  
Javelin A. Carter (1st) 111'9", V. Elardo (2nd) 111'9", R. Cafiero (3rd) 102'7", A. Cafiero 86'3", J. Deuchler 69'11"  
L. Jump M. Keen 17'10", E. Stanislawski 15'11"  
T. Jump G. Jablonksi 31'8"  
P. Vault M. Keen (1st) 11'0"  
H. Jump G. Jablonski (2nd) 5'4" J. Exner (3rd) 5'2"



# Lacey vs Manasquan

## 5/17/04

400 IH D. Doderer (2nd) 1:02  
100 M M. Ferrara (1st) 11.1, M. Zinn (3rd) 11.3  
1600 M P. Cirina (3rd) 4:55, S. Stern 5:02, M. Greenhall 5:10, A. Greenhall 5:21  
400 M J. Exner (3rd) 53.9  
110 HH D. Doderer (1st) 17.3  
800 M J. DiNicola (2nd) 2:04.9, P. Barker 2:13, C. Foran 2:39  
200 M M. Ferrara (1st) 22.5, M. Zinn (3rd) 23.7, T. Calcara 26.3  
3200M P. Cirina (2nd) 10:27.9, M. Greenhall (3rd) 10:47, J. Rutigliano 11:21  
4 X 400 D. Deuchler, M. Ferrara, M. Zinn, J. DiNicola (1st) 3:41.3  
Shot M. Tucker (1st) 39'4", D.Doherty (2nd) 38'9½", R. Norton 36'5½"  
Discus G.Jablonski (1st) 131'11", V.Elardo (2nd) 118', D.Doherty 93'9", R.Norton 89'10"  
Javelin R. Cafiero (1st) 129'11", V. Elardo (2nd) 126'3", A. Carter 106'8", A. Cafiero 88'8", E.Stanislawski 94'2"  
L. Jump R. Monaghan (2nd) 18', M. Keen 17'5"  
T. Jump R. Monaghan (2nd) 36'3½", M. Keen (3rd) 34'8½", G. Jablonski 32'10¾"  
P. Vault M Keen (3rd) 12'0"  
H. Jump E. Stanislawski 5'0"

# Lacey vs Manchester

## 5/4/04

400 IH C. Braun (3rd) 1:03.0, D. Doderer 1:10.5  
100 M M. Ferrara (1st) 11.01, M. Zinn 11.35, Exner 11.50  
1600 M S. Stern (3rd) 4:50, P. Cirina 5:09, J. Rutigliano 5:25  
400 M A. Hipschman (1st), D. Deuchler (2nd) 55.94  
110 HH C. Braun (1st) 16.3, D. Doderer 18.13  
800 M J. DiNicola (1st) 2:05.08, P. Barker 2:18, C. Foran 2:40  
200 M M. Ferrara (1st) 22.73, M. Zinn (3rd) 23.9, T. Calcara 26.2  
3200M P. Cirina (1st) 10:27 M. Greenhall (3rd) 11.04  
4 X 400 D. Deuchler, E Stanislawski, J. Exner, A. Hipschman 3:46.5  
Shot D. Doherty 41'2½", S. Dotterweich 37'8½", R. Norton 33'5.½" D. Keene 28'.11"  
Discus G. Jablonski (1st) 122'1.5, V. Elardo (2nd) 121'3", D. Doherty 102'10.5, R. Norton 93'5"  
Javelin A. Carter 114'6.½", R. Cafiero 102'2", E Stanislawski 100'8.½", V. Elardo 111'  
L. Jump M. Keen (3rd) 17'8"  
T. Jump M. Keen (3rd) 36'3.5", G. Jablonski 34' 1.5"  
P. Vault M Keen (1st) 11'6"  
H. Jump J. Exner (2nd) 5'0", E. Stanislawski (3rd) 5'0"



# Lacey vs MonDon

## 4/26/04

- 400 IH C. Braun (*3rd*) 1:08.2
- 100 M M. Ferrara (*1st*) 11.7, M. Zinn 11.9, Exner 12.3
- 1600 M S. Stern (*1st*) 4:53, P. Cirina (*3rd*) 5:04.8, J. Rutigliano 5:20
- 400 M D. Deuchler (*1st*) 56.4
- 110 HH C. Braun (*3rd*) 17.1, D. Doderer 18.3
- 800 M J. DiNicola (*1st*) 2:03.8, P. Barker 2:15, C. Foran 2:43
- 200 M M. Ferrara (*1st*) 23.6, J. Exner (*3rd*) 25.0, T. Calcara 26.9
- 3200M P. Cirina (*1st*) 10:30, M. Greenhall (*3rd*) 11.09, J. Rutigliano 11:55
- 4 X 400 D. Deuchler, E Stanislowski, J. Exner, C. Braun (*1st*) 3:48.5
- Shot D. Doherty 37'10 (*1st*), M. Tucker (*2nd*) 37'6", R. Norton (*3rd*) 36'6", D. Keene 31'8½", D. Sosa 32'2½"
- Discus V. Elardo (*1st*) 117'7", G. Jablonski (*2nd*) 110'4" D. Doherty (*3rd*) 108'9", R. Norton 83'8", J. Deuchler 93'6"
- Javelin A. Carter (*2nd*) 119'4", V. Elardo (*3rd*) 118'3", R. Cafiero 103'5", A. Cafiero 84'3", J. Deuchler 65'2"
- L. Jump M. Keen (*1st*) 19'7½", D. Keene 14'10", E. Stanislowski 15'10½"
- T. Jump M. Keen (*2nd*) 35'3", D. Keene 26'5", E. Stanislowski 30'5", G. Jablonksi 30'4"
- P. Vault M Keen (*1st*) 11'6"
- H. Jump G. Jablonski (*3rd*) 4'10"

# Lacey vs Pinelands

## 4/21/04

400 IH C. Braun (1st) 1:02.5 D. Doderer (3rd) 107.3  
100 M M. Ferrara (1st) 11.3, M. Zinn (2nd) 11.8 (3rd) Exner 11.8  
1600 M S. Stern (3rd) 4:57 M. Greenhall 5:07, J. Rutigliano 5:16, A. Greenhall 5:31, C. Foran 6:33  
400 M D. Deuchler 56.4, A. Hipschman 57.1 T. Calcara 60.0  
110 HH C. Braun (2nd) 16.7, D. Doderer (3rd) 17.2  
800 M J. DiNicola (1st) 2:05.2 P. Barker 2:55  
200 M M. Ferrara (1st) 23.3, M. Zinn (2nd) 23.8, J. Exner 25.0 M. T. Calcara 27.4  
3200M P. Cirina (2nd) 10:28, M. Greenhall 11:02 J. Rutigliano 12:26  
4 X 400 D. Deuchler, E Stanislawski, J. Exner, A. Hipschman 3:47.2  
Shot M. Tucker (2nd) 40'¾", D.Doherty 38'¼", R. Norton 31'9½", D.Sosa 33'11", E. Stanislawski 32'5"  
Discus G.Jablonski (1st) 123'7" D.Doherty (2nd) 108'8", V. Elardo 101' R.Norton 88'3", A. Cafiero 65'3"  
Javelin A. Carter (2nd) 119'4", V. Elardo (3rd) 118'3", R. Cafiero 103'5", A. Cafiero 84'3", J. Deuchler 65'2"  
L. Jump M. Keen (2nd) 17'5½", C. Braun 16'9", J. Exner 17'1"  
T. Jump M. Keen (2nd) 34'4", G. Jablonski 31'11¾" D. Keene 27'1", E. Stanislawski 31'5½"  
P. Vault M Keen no mark  
H. Jump G. Jablonski (3rd) 5'4"



# Lacey vs Point Boro

## 4/19/04

- 400 IH C. Braun (1st) 1:02.3, D. Doderer (3rd) 1:09.1
- 100 M M. Ferrara (1st) 11.4, J. Buckley 12.12, J. Exner 12.3
- 1600 M S. Stern (2nd) 4:54, M. Greenhall (3rd) 4:58, J. Rutigliano 5:10
- 400 M A. Hipschman (1st) 56.4, D. Deuchler (2nd) 57.1, T. Calcara 61.4
- 110 HH C. Braun (1st) 17.09, D. Doderer (3rd) 17.69
- 800 M J. DiNicola (1st) 2:06.0, S. Stern (3rd) 2:17, P. Barker 2:23, C. Foran 2:41
- 200 M M. Ferrara (1st) 23.6, J. Exner 24.8, T. Calcara 26.2
- 3200M P. Cirina (1st) 10:28, M. Greenhall (3rd) 11.22, J. Rutigliano 11:40
- 4 X 400 D. Deuchler, E Stanislawski, J. Exner, A. Hipschman (1st) 3:49.75
- Shot M. Tucker (2nd) 41'½", D. Doherty (3rd) 38'11", R. Norton 32'10", D. Keene 30'1", D. Sosa 32'10"
- Discus D. Doherty (1st) 112'6", V. Elardo 93'4", G. Jablonski 92'8", R. Norton 84'2", J. Deuchler 77'9"
- Javelin A. Carter 105', V. Elardo 105'11", R. Cafiero 117'8", A. Cafiero 84'5", E. Stanislawski 110'1"
- L. Jump M. Keen 17'6"
- T. Jump R. Monaghan (1st) 37'6½", M. Keen 35'3"
- P. Vault M Keen (1st) 11'0" R. Monaghan (3rd) 10'0"
- H. Jump G. Jablonski 5'2" E. Stanislawski 5'0"

# Lions Dual Meet Records

B South - Won 3 Lost 3 Tie 1

Point Boro	79-61
Pinelands	82-54
MonDon	73½ -66½
Lakewood	70-70
Manchester	55½-83½
Central	48-92
Manasquan	67-72

Ocean County Championships  
Brick Township  
5/7-8/04

100 M	Matt Ferrara 11.7 (5 <sup>th</sup> ), Matt Zinn 12.24, Joe Exner 12.5
200 M	Matt Ferrara 23.66 (7 <sup>th</sup> ), Matt Zinn 25.84, Joe Exner 25.71
800 M	John DiNicola 2:07.81, Sean Stern 2:10.16
1600 M	Pete Cirina 4:52.91, Matt Greenhall 5:13.80
3200 M	Matt Greenhall 11:08.71, Adam Greenhall 11:55.53
110 HH	Dennis Doderer 17.19
400 IH	Casey Braun 1:01.3
Pole Vault	Mike Keen (5 <sup>th</sup> ) 12'0"
Long Jump	Mike Keen 17' 4"
Triple Jump	Glen Jablonski 31'11.75"
Shot Put	Scott Dotterweich 38'9.5", Dylan Doherty 36'4.5", Ryan Norton 34'11"
Discus	G. Jablonski 114'9", Ryan Norton 92'11", Dylan Doherty 82'11"
Javelin	R. Cafiero 100'10", E. Stanislawski 98'7", V. Elardo 97'4",

# Pinelands Relays

## 4/03/04

4 X 100	C. Braun, M. Zinn, J. Exner, M. Ferrara, ( <i>4th</i> ) 45.8
4 X 200	C. Braun, M. Zinn, J. Exner, M. Ferrara, ( <i>4th</i> ) 135.80
4 X 400	J. Buckley, J. Rugitliano, D. Deuchler, J. Exner 3:56.9
4 X 800	J. Rutigliano, P. Cirina, P. Barker, S. Stern ( <i>5th</i> ) 9:19
S. Medley	A. Hipschman, C. Braun, M. Zinn, J. DiNicola ( <i>2nd</i> ) 3:52.5
D. Medley	A. Hipschman, E. Stanislawski, J. DiNicola, S. Stern ( <i>5th</i> ) 11:36.9
P. Vault	M. Keen, R Monaghan 23'0" ( <i>2nd</i> )
Shot	M. Tucker 39', D. Sosa 32'2", D. Keene 28'4"
Discus	G. Jablonski 119'6" ( <i>6th</i> ), Doherty 108', Norton 91'3"
Javelin	R. Cafiero 107'3", E. Stanislawski 98'7", J. Deuchler 63'4"
Frosh 800 M	P. Barker ( <i>2nd</i> ) 2:28
Frosh 400 M	T. Calcara 62.1
Frosh Shot	V. Elardo ( <i>2nd</i> ) 33'1.5",
Frosh Javelin	A. Carter ( <i>1st</i> ) 127'7", V. Elardo ( <i>2nd</i> ) 106'10", A. Cafiero ( <i>6th</i> ) 81'11"

Group III Sectionals  
Buena Regional  
5/21-22/04

100 M	Matt Ferrara 11.10 (6 <sup>th</sup> ) , Matt Zinn 11.95
200 M	Matt Ferrara 22.85 , Matt Zinn 23.78
800 M	John DiNicola 2:02.78, Sean Stern 2:05.4, Paul Barker 2:14.68
1600 M	Pete Cirina 4:48.00
3200 M	Pete Cirina 10:25.6, James Rutigliano 11:57.0
Pole Vault	Mike Keen 12'0" (5 <sup>th</sup> )
Long Jump	Ryan Monaghan 18'3"
Triple Jump	Ryan Monaghan 38'0"
Shot Put	Dylan Doherty 38'9"
Discus	V. Elardo 124'4", G. Jablonski 116'9"



Shore Conference  
Brick Township  
5/7-8/04

100 M	Matt Ferrara 11.52 , Matt Zinn 11.78
200 M	Matt Ferrara 23.25 (6 <sup>th</sup> ), Matt Zinn 23.89
800 M	John DiNicola 2:04.68, Sean Stern 2:08.79
1600 M	Pete Cirina 4:50.00
Pole Vault	Mike Keen 12'6"
Long Jump	Ryan Monaghan 18'1.75"
Triple Jump	Ryan Monaghan 37'9.75", Mike Keen 33'2.75"
Shot Put	Dylan Doherty 38'9"
Discus	V. Elardo 119'4", G. Jablonski 114'9"

# LACEY LIONS

## SPRING TRACK SCHEDULE

DATE	DAY	MEET/INVITATIONAL	PLACE
April			
2	SAT	PINELAND RELAYS	PINELANDS
5	TUE	M. DONOVAN	HOME
9	SAT	HUSKIE RELAYS	MATAWAN
12	TUE	LAKWOOD	AWAY
16	SAT	HOLMDEL RELAYS	HOLMDEL
19	TUE	CENTRAL	HOME
23	SAT	FREEHOLD FROSH/SOPH	FREEHOLD
26	TUE	PINELANDS	AWAY
29	FRI	COUNTY RELAYS	SOUTHERN
30	SAT	LIONS INVITATIONAL	MIDDLETOWN
MAY			
3	TUE	MANCHESTER	HOME
7	SAT	O COUNTY FROSH/SOPH	BARNEGAT
11	WED	O COUNTY CHAMPIONSHIP	BRICK
14	SAT	O COUNTY CHAMPIONSHIP	BRICK
16	TUE	PIONT BORO	AWAY
20/21	FRI/SAT	SHORE CONFERENCE	BRICK
27/28	FRI/SAT	STATE SECTIONALS	BUENA
JUNE			
3/4	FRI/SAT	GROUP III CHAMPIONSHIP	S. Plainfield