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Columbia girls win Essex Relays crowns

passing out of the ex- and Seton Hall was third to earn six points.

l took a 50-43 lead by distance medley relay in -Stater Adam Daniels :27.2. Daniels, who won the NJSIAA outdoor champions in 1996 and at the this past winter, also 35.1 to bring Seton Hall the 4x1,600 in 19:02.7. ep also won the team r Lambert and Ernest ned to throw 295-0.

stayed in the hunt bers and throwers. The the 4x100 in 42.7, the and took second in the Montclair also won the t and team discus as had marks of 49-8 ½ in 19-0 in the discus.

s' competition, Colum- eight of the 14 events,

outdistanced runner-up Irvington, 108-58. Coleman and Ingram were the catalysts for the Cougars as each was on four winning teams. Coleman ran 1:01.9, Ingram 1:06.4 and Natalie Deffenbaugh 1:04.9 as Columbia ran 3:12.2 to smash the meet record in the team intermediate hurdles. The old mark of 3:17.5 was set in 1987 by Vailsburg.

Coleman also split 14.0 on the winning shuttle hurdle team that ran 1:03.0, long jumped 16-2¼ and high jumped 5-0. Ingram also high jumped 5-0 and was on the winning team long jump and shuttle hurdles.

In the sprint medley, Deffenbaugh split 57.6 for 400 and All-Stater Dara Crocker anchored in 2:15.0 as the Cougars placed first in 4:06.5, which is No. 6 all-time in state outdoor history. Crocker also anchored the winning 4x1,600 and the victorious 4x800.

Montclair's All-State twins, Lisa and Mikele Barber, sizzled on the

track as usual. Mikele, the indoor state record holder in the 400, anchored in 23.5 to bring the Mounties across first in the 4x200 in 1:42.4 and split 55.7 to help the 4x400 win in 4:03.5. Lisa had splits of 24.1 in the 4x200 and 56.8 as the 4x400 leadoff. Montclair All-Stater Aleah Williams didn't run due to a lingering stomach virus.

One of the best races of the meet was the boys' sprint medley where Deon Bascom anchored in 1:56.4 to bring West Side across first in 3:35.9. Quwan Ellis anchored in 1:55.1 for runner-up Shabazz, which ran 3:36.3.

BOYS

TEAMS: 1-Seton Hall Prep 56. 2-Montclair 53. 3-Livingston 45. 4-Columbia 39. 5-Newark Central 38. 6-St. Benedict's Prep 31. 7-West Orange 27. 8-Weequahic 24. 9-Arts 23. 10-Newark East Side 22. 11-Newark West Side 20. 12-Millburn 16. 13-Montclair Immaculate 14. 14-Essex Catholic, Bloomfield and Caldwell 10. 17-Shabazz 8. 18-Irvington 5. 19-Nutley and Barringer 4. 21-Verona 3.

400-METER RELAY (4x100): 1-Montclair (Fred Brown, Justin Avery, Ryan Cook and Jarrad Granderson) 42.7. 800-METER RELAY (4x200): 1-Montclair (Fred Brown, Justin Avery, Ryan Cook and Jarrad Granderson) 1:30.1. 1,600-METER RELAY (4x400): 1-Weequahic (Rasheed

Smith, Rahem Lay, Jerome Copeland and Jurisha Boone) 3:22.7.

3,200-METER RELAY (4x800): 1-West Side (Dwight DeSilva, Deon Bascom, Corey Lewis and Damion Vassell) 8:21.8.

6,400-METER RELAY (4x1,600): 1-Seton Hall Prep (Pat Murphy, Mike Simon, Dan Lawton and Adam Daniels) 19:02.7.

SPRINT MEDLEY RELAY: 1-West Side (Dwight DeSilva, Willie Davis, Corey Lewis and Deon Bascom) 3:35.9.

DISTANCE MEDLEY RELAY: 1-Seton Hall Prep (Pat Murphy, Leslie Walter, Dan Lawton and Adam Daniels) 10:57.6.

SHUTTLE HURDLES: 1-Livingston (Ben August, Shane Lee, Yoo-jin Choi and David Rosa) 1:03.0.

TEAM INTERMEDIATE HURDLES: 1-Newark Central (Derrick Brown, Ahmad Pederson and Carswell Ransome) 2:53.4.

TEAM LONG JUMP: 1-St. Benedict's Prep (Alan Fryer and Bowley) 39-6¼.

TEAM HIGH JUMP: 1-West Orange (Marcus Washington and Assarnie Fannell) 12-0.

TEAM SHOT PUT: 1-Montclair (Cheo Johnson and George Stanley) 94-5½.

TEAM DISCUS: 1-Montclair (Cheo Johnson and George Stanley) 270-5.

TEAM JAVELIN: 1-Seton Hall Prep (Peter Lambert and Ernest Buechel) 295-0.

TEAM POLE VAULT: 1-Millburn (Ed San Giacomo and Joel Schaffer) 22-0.

GIRLS

TEAMS: 1-Columbia 108. 2-Irvington 58. 3-Montclair 42. 4-Nutley 29. 5-Science 28. 6-Livingston, Millburn and West Orange 18. 9-Newark Academy 16. 10-Arts 15. 11-Belleville and Orange 14. 13-Newark West Side 12. 14-West Essex 9½. 15-Glen Ridge 9. 16-Caldwell 5½.

17-Verona 5. 18-Newark East Side 3. 19-East Orange, Bloomfield, Barringer and Mt. St. Dominic 2.

400-METER RELAY (4x100): 1-Irvington (Keesha Charles, Tamika Williams, Tanisha Minto and Yanique Stephenson) 51.5.

800-METER RELAY (4x200): 1-Montclair (Chantell Coppedge, Lisa Barber, Jeff Sony Jean-Louis and Mikele Barber) 1:42.4.

1,600-METER RELAY (4x400): 1-Montclair (Lisa Barber, Katie Isidor, Mikele Barber and Tamika Hill) 4:03.5.

3,200-METER RELAY (4x800): 1-Columbia (Fatima Garuba, Shauna McFadzean, Janelle Gravesende and Dara Crocker) 10:18.8.

6,400-METER RELAY (4x1,600): 1-Columbia (Lauren Tharaud, Catherine Casey, Sharon Lillien-Zwiebel and Dara Crocker) 23:46.5.

SPRINT MEDLEY RELAY: 1-Columbia (Adrienne Ashford, Shauna McFadzean, Natalie Deffenbaugh and Dara Crocker) 4:06.5.

DISTANCE MEDLEY RELAY: 1-Irvington (Joane Williams, Yanique Stephenson, Priscilla Jones and Noeleene Harris) 13:21.8.

SHUTTLE HURDLES: 1-Columbia (Ayana Coleman, Latasha Sears, Bridgett Ingram and Nneka Offor) 1:03.0.

TEAM INTERMEDIATE HURDLES: 1-Columbia (Ayana Coleman, Natalie Deffenbaugh and Bridgett Ingram) 3:12.2, record; former record, 3:17.5, Vailsburg, 1987.

TEAM LONG JUMP: 1-Columbia (Ayana Coleman and Bridgett Ingram) 32-1¼.

TEAM HIGH JUMP: 1-Columbia (Ayana Coleman and Bridgett Ingram) 10-0.

TEAM SHOT PUT: 1-Columbia (Jazmine Wright and Marie Glemaud) 71-5.

TEAM DISCUS: 1-Montclair (Helen Dock and Ellen Dock) 195-7.

TEAM JAVELIN: 1-Belleville (Diana Cifelli and Dilma Hernandez) 166-7.