

Columbia boys, girls

Although the season has changed, the results remain the same at the Essex County Relays.

Columbia, which swept both the county girls' and boys' relays during the indoor season, duplicated the feat outdoors yesterday at Livingston High.

The Columbia boys' team received two strong anchor legs from Per Chilstrom for come-from-behind victories in the 3,200-meter relay and the sprint medley while accumulating 73 points to outdistance St. Bene-

dict's by 23 points.

Rhea Moore and Monique Nichols solidified victories in the same two events for the girls' when Columbia scored 81 points. Nutley and Montclair tied for second with 49.

In the 3,200, Chilstrom started the last leg more than a full turn out of first place, but made up the distance and wrestled the lead on the final turn to clock 8:24.9.

Chilstrom found himself in third place entering the final lap of the sprint medley and wound up winning

TRACK

by nearly three seconds as Columbia crossed in 3:32.6. He also secured a second-place finish for Columbia in the 6,400.

"We had to spread things out, so it makes it that much tougher to win races," said Chilstrom, who finished fifth in the Penn Relays at the 3,200-meter individual race last week. "Sometimes we won't have our strongest team out there for a specific event, but we're here to gain as many points for our team as possible. That's what counts."

Shot putter Romel Cureton of Shabazz, who finished fourth in the Penn Relays, heaved the shot for a personal best of 55-4 and combined with partner Keith Baldwin for first place with a combined mark of 102-7. The two also teamed for a second-place finish in the discus.

"The reason I keep improving is because I keep working hard, concentrate more and listen to my coach," said Cureton, a junior who had a runnerup finish in the shot put to Matawan's Tyrone Garland in last year's Meet of Champions.

Cureton feels he will have a better chance of obtaining the gold medal at the Meet of Champions next year because Garland, who consistently is in the range of 60-feet, is a senior this season.

"I'm positive about improving," added Cureton, who hopes to use this year as a springboard for better things to come, "but as a continue to make better throws, so does he (Garland). But I'm not getting down. I'll just keep trying harder."

BOYS

TEAMS: 1-Columbia 73. 2-St. Benedict's Prep 50. 3-Montclair 43. 4-Arts 39. 5-Seton Hall Prep 27. 6-Caldwell, Orange, Shabazz and Newark West Side 20. 10-Science and Weequahic 18. 12-Millburn 17. 13-Clifford Scott 15. 14-West Orange 14. 15-Irvington 11. 16-East Side and Cedar Grove 10. 18-Belleville 9. 19-Essex Catholic 7. 20-Bloom-

capture Essex titles

field and Livingston 6. 22-Nutley 5. 23-Montclair
Montclair Immaculate 2. 24-West Essex 2. 25-Glen
Ridge and Verona 1. 27-East Orange, Central and
University 0.

400-METER RELAY: 1-St. Benedict's Prep
(Abdul Ashwood, Roger Brumant, Joe Etta and
Joe Lee) 42.3. 2-Newark West Side 43.1. 3-Mont-
clair 43.8. 4-Weequahic 43.8. 5-Shabazz 43.9.

800-METER RELAY: 1-St. Benedict's Prep
(Joe Etta, Roger Brumant, Jason Joice and Joe
Lee) 1:30.3. 2-Newark West Side 1:30.8. 3-Weequa-
hic 1:32.2. 4-Arts 1:32.7. 5-Clifford Scott 1:34.8.

1,600-METER RELAY: 1-St. Benedict's
Prep (Joe Etta, Jason Juice, Roger Brumant and
Joe Lee) 3:20.3. 2-Weequahic 3:23.4. 3-Science
3:23.9. 4-Arts 3:33.0. 5-Clifford Scott 3:34.5.

3,200-METER RELAY: 1-Columbia (An-
thony Tager, Titomas Joseph, Neil Jasey and Per
Chilstrom) 8:24.9. 2-East Side 8:28.1. 3-Bloomfield
8:40.5. 4-Arts 8:41.3. 5-Clifford Scott 8:43.3.

6,400-METER RELAY: 1-Seton Hall Prep
(Joe Lipari, Jim Cacciabeve, Mike O'Connor and
Mark McCrea) 18:55.8. 2-Columbia 19:12.1. 3-
Montclair 19:13.6. 4-West Orange 19:18.7. 5-Nutley
19:34.6.

SPRINT MEDLEY: 1-Columbia (Dexter
Douglas, Jason Gerdes, Neil Jasey and Per Chil-
strom) 3:32.6. 2-Science 3:35.5. 3-West Essex
3:35.6. 4-Newark West Side 3:40.3. 5-Clifford Scott
3:44.5.

DISTANCE MEDLEY: 1-Montclair (Aaron
Smith, Aquil Jannah, Ray Shamberger and Brian
Wynne) 10:52.3. 2-Caldwell 11:03.0. 3-Columbia
11:25.1. 4-Science 11:28.3. 5-West Essex 11:29.0.

SHUTTLE HURDLES: 1-Irvington (Gary
Plunkett, Billy Atkins and Mark Quince) 62.7. 2-
Columbia 63.0. 3-Arts 63.1. 4-Seton Hall Prep 69.2.
5-Caldwell 71.2.

400-METER INTERMEDIATE HURDLES:
1-Montclair (Aaron Smith, Myles Goodwin and
Aquil Jannah) 2:49.8, record; former record,
2:50.3. Montclair 1992. 2-Arts 2:56.3. 3-Columbia
2:57.8. 4-Seton Hall Prep 3:01.1. 5-St. Benedict's
Prep 3:05.1.

TEAM LONG JUMP: 1-Orange (Marquis
Banks and William Holder) 40-3 1/2. 2-Arts 40-3
1/4. 3-Montclair 39-8 1/2. 4-St. Benedict's Prep 38-4
1/2. 5-Columbia 37-8 1/4.

TEAM HIGH JUMP: 1-West Orange (Nolan
Farris and Andrew Damberville) 12-3. 2-Caldwell
11-9. 3-Montclair and Arts 11-6. 5-St. Benedict's
Prep 11-3.

TEAM DISCUS: 1-St. Benedict's Prep
(Kareem Jackson and Greg Washington) 272-8. 2-
Shabazz 268-2. 3-Columbia 249-1. 4-Seton Hall
Prep 235-1. 5-Montclair Montclair Immaculate
233-11.

TEAM SHOT PUT: 1-Shabazz (Keith Bald-
win and Romel Cureton) 102-7. 2-Columbia 94-7.
3-Clifford Scott 86-5. 4-Seton Hall Prep 84-5. 5-
Belleville 82-0.

TEAM JAVELIN: 1-Orange (Al Donald and
Tom Ferguson) 298-3. 2-Millburn 291-3. 3-Belle-
ville 258-0. 4-Columbia 252-6. 5-St. Benedict's
Prep 250-10.

TEAM POLE VAULT: 1-Cedar Grove
(Chris Budelman and John Scuzorzo) 23-0. 2-Mill-
burn 22-0. 3-Livingston 20-0. 4-Columbia 19-6. 5-
Caldwell 11-0.

GIRLS

TEAMS: 1-Columbia 81. 2-Montclair and
Nutley 49. 4-Glen Ridge 34. 5-Livingston 32. 6-
Weequahic 30. 7-West Orange 28. 8-Science 24. 9-
West Essex 18. 10-Newark West Side 16. 11-Irving-
ton 14. 12-Cedar Grove 13. 13-Clifford Scott 9. 14-
Caldwell 7. 15-Montclair Immaculate and Mill-
burn 6. 17-Arts and East Side 4. 19-Shabazz 3. 20-
Orange 2. 21-Central 1. 22-Belleville, Bloomfield,
East Orange, University and Verona 0.

400-METER RELAY: 1-Weequahic (Ta-
mara Barker, Ceella Alston, Shanzey Sowell and
Charlisa McClean) 50.0. 2-Montclair 50.2. 3-Co-
lumbia 51.4. 4-West Orange 51.6. 5-Nutley 52.9.

800-METER RELAY: 1-Weequahic (Ta-

mara Barker, Ceella Alston, Shanzey Sowell and
Charlisa McClean) 1:45.0. 2-Columbia 1:46.0. 3-
Montclair 1:47.7. 4-Nutley 1:49.9. 5-West Orange
1:54.4.

1,600-METER RELAY: 1-Weequahic (Ta-
mara Barker, Ceella Alston, Shanzey Sowell and
Charlisa McClean) 3:59.7. 2-Newark West Side
4:10.6. 3-Columbia 4:12.2. 4-Arts 4:21.2. 5-Science
4:24.9.

3,200-METER RELAY: 1-Columbia (Mikea-
la Chilstrom, Chrissie Brittain, Monique Nichols
and Rhea Moore) 10:19.3. 2-Clifford Scott 10:25.2.
3-Caldwell 10:48.5. 4-Cedar Grove 11:17.3. 5-East
Side 11:19.7.

6,400-METER RELAY: 1-West Essex
(Corinne Szwecyk, Allison Del Sord, Michelle
L'Eplattenier and Lisle Lising) 23:25.2. 2-Living-
ston 23:55.2. 3-Irvington 24:03.7. 4-Columbia
24:21.3. 5-East Side 25:35.5.

SPRINT MEDLEY: 1-Columbia (Arisa
Lee, Courtney Evans, Rhea Moore and Monique
Nichols) 4:17.7. 2-West Orange 4:21.8. 3-Newark
West Side 4:26.7. 4-Montclair 4:31.1. 5-Science
4:39.2.

DISTANCE MEDLEY: 1-Glen Ridge
(Karen Carniol, Shannon Miller, Carolyn King and
Jessica King) 13:01.6. 2-West Essex 13:37.2. 3-Nut-
ley 13:45.5. 4-Livingston 14:03.0. 5-Irvington
14:15.6.

SHUTTLE HURDLES: 1-Montclair (Kelly
Johnson, Vinnetta Gordon, Jennifer Griffith and
Tiffany Anglin) 1:03.5. 2-Columbia 1:07.0. 3-Nutley
1:07.3. 4-Livingston 1:13.7. 5-Irvington 1:15.0.

400-METER INTERMEDIATE HURDLES:
1-Columbia (Aryanna Burton, Kerry Gayle and
Courtney Evan) 3:25.2. 2-Nutley 3:39.7. 3-Living-
ston 3:40.9. 4-Irvington 3:49.3.

TEAM LONG JUMP: 1-Columbia (Joy On-
onju and Kerry Gayle) 30-3. 2-Nutley 28-8. 3-
Montclair 28-5. 4-Livingston 25-5 1/2. 5-Orange 25-
5.

TEAM HIGH JUMP: 1-West Orange (Kler-
sten Schehr and Shona Nester) 9-3. 2-Glen Ridge
9-0. 3-Millburn 9-0. 4-Columbia and Cedar Grove
8-9.

TEAM DISCUS: 1-Science (Tina Richard-
son and Frances Smith) 188-3. 2-Glen Ridge 186-0.
3-Montclair 171-5. 4-Columbia 167-0. 5-Nutley 162-
3.

TEAM SHOT PUT: 1-Science (Tina Rich-
ardson and Francis Smith) 67-9. 2-Montclair 61-0.
3-Montclair Immaculate 56-11. 4-West Orange 54-
9. 5-Shabazz 54-5.

TEAM JAVELIN: 1-Nutley (Kataryn Ru-
cinski and Vanessa Santini) 172-0. 2-Glen Ridge
167-6. 3-Cedar Grove 166-2. 4-Livingston 160-0. 5-
Columbia 136-11.