

Columbia girls, boys win Essex crowns; Crocker, Sands, Corbin lead way

By JIM LAMBERT

As expected, the Columbia girls ran away with their ninth straight title and, unexpectedly, the Columbia boys, riding a triple by Kijana Corbin, made it a team sweep by dethroning Seton Hall Prep, 66-52, to capture its division at last night's 20th annual Essex County Relay Championships in Livingston.

Columbia last won the boys' trophy in 1993. Seton Hall Prep captured the last two.

The deep and balanced Columbia girls team, which received two splendid 800 anchor splits from sophomore star Dara Crocker, scored in every event and racked up 120 points to easily out-score runner-up Nutley, which scored 53.

Crocker, the favorite to win the state Meet of Champions 800, split 2:19 flat to bring her team across first in the 4x800 in 10:13.7 and carried the baton in 2:16.3 for the first-place sprint medley team that clocked 4:07.8, 12th on the state's all-time list.

Columbia's Diana Sands was a triple winner, running on the shuttle hurdles (1:05.8), the intermediate hurdles (3:31.2) and she was also a member of the winning team high jump that

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combined for 9-8. Columbia's Ayana Coleman and Shayna Polk also ran on the shuttle hurdles and in the intermediate hurdles. Jazmine Wright unloaded a throw of 35-0½ to help Columbia win the team shot put with a combined 65-11.

In the girls' 4x400, Montclair turned in a sizzling winning time of 3:55.9, the fastest in the state this season. Montclair received splits of 56.7 from freshman Aleah Williams, 58.3 from Lisa Barber and 58.9 from her sister, Miki Barber, and 61.8 from Angela Mullins. The Barber sisters are both sophomores.

In the boys' competition, Columbia, which led Seton Hall, 56-51, with two events remaining, iced the victory with a third in the sprint medley in 3:42.2 to pick up six points for a total of 62. Seton Hall, able to stay close behind its distance runners, scratched from the sprint medley.

Corbin soared 20-1 to help Columbia win the team long jump (38-4), cleared 5-9 for the victorious team high jump (11-6) and ran 55.6 to lead the Cougars to victory in the 3x400 intermediate hurdles (2:51.4). Columbia's Reiner Lamptey also had a big meet,

running the intermediate hurdles and long jumping.

Columbia's third in the sprint medley, third in the 4x100 and fourth in the 4x200 were all crucial finishes that helped them to victory.

"I was figuring that we could get fifth or sixth places in the 4x100, 4x200 and sprint medley," said Columbia coach Len Klepack. "So those finishes were pleasant surprises for us. Everyone contributed and I'm very pleased with the way everyone ran."

Seton Hall broke a meet record when Ian Mayer, Dan Lawton, Mike Frungillo and Adam Daniels, who split 4:23.1, combined to run 18:31.1 to win the 6,400 relay. That shattered the old mark of 18:42.0 set by East Side in 1989. Daniels returned to split 4:26.1 and bring his team across first in the distance medley in 10:46.1.

St. Benedict's Prep, which swept the indoor county titles, had the services of All-Staters Arif Welcher and Rahn Turner for one race each because they had to leave early to attend their prom. Welcher, headed to North Carolina in the fall, ran like he was in a hurry when he split 1:52.2 as the third leg on the winning 4x800 relay (8:11.0). St. Benedict's wound up ninth with 22 points. Turner was on the intermediate hurdles team that placed fourth.

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BOYS

TEAMS: 1-Columbia 66, 2-Seton Hall Prep 52, 3-Montclair 40, 4-Weequeah 32, 5-Irvington 31, 6-Millburn, Caldwell and East Side 28, 9-St. Benedict's Prep 22, 10-Newark Central 20, 11-Science 19, 12-Livingston 17, 13-Nutley 16, 14-West Side 14, 15-Verona 11, 16-Montclair Immaculate 9, 17-West Orange and Essex Catholic 8, 19-Arts 6, 20-Bloomfield 2, 21-Clifford Scott and Barringer 1.

400-METER RELAY (4x100): 1-Weequeah (Terrell Reliford, Rasheed Smith, Earl McMillian and Marlon Cummings) 43.8, 2-Montclair 44.2, 3-Columbia 44.4, 4-Central and Science 44.5, 6-Barringer 46.0.

800-METER RELAY (4x200): 1-Weequeah (Terrell Reliford, Marlon Cummings, Earl McMillian and Rasheed Smith) 1:32.4, 2-Montclair 1:32.9, 3-Science 1:33.6, 4-Columbia 1:33.7, 5-West Side 1:34.1, 6-Seton Hall Prep 1:35.2.

1,600-METER RELAY (4x400): 1-Weequeah (Earl McMillian, Rasheed Smith, Marlon Cummings and Raheem Lay) 3:24.4, 2-West Side 3:27.3, 3-Science 3:29.1, 4-Essex Catholic 3:33, 5-Newark Central 3:34.9, 6-Clifford Scott 3:35.5.

3,200-METER RELAY (4x800): 1-St. Benedict's Prep (Rafael Sanchez, Andy Desormes, Arif Welcher and Nii Darko) 8:11.0, 2-East Side 8:22.7, 3-Irvington 8:32.1, 4-Essex Catholic 8:39.1, 5-Seton Hall Prep 8:48.1, 6-Millburn 8:48.4.

6,400-METER RELAY (4x1,600): 1-Seton Hall Prep (Ian Mayer, Dan Lawton, Mike Frungillo and Adam Daniels) 18:31.1 record; former record 18:42.0, East Side, 1989, 2-West Orange 19:20.5, 3-Caldwell 19:29.9, 4-Science 19:41.7, 5-East Side, 19:47.6, 6-Nutley 20:15.7.

SPRINT MEDLEY RELAY: 1-Nutley (Rob Bhattacharyya, Dave Orr, Gary Wilks and Mike Pietoso) 3:38.5, 2-Irvington 3:41.3, 3-Columbia 3:42.2, 4-West Side 3:44.9, 5-Weequeah 3:45.1, 6-Livingston 3:47.8.

DISTANCE MEDLEY RELAY: 1-Seton Hall Prep (Ian Mayer, John Walter, Mike Frungillo and Adam Daniels) 10:46.1, 2-Irvington 11:12.0, 3-East Side 11:13.0, 4-Caldwell 11:27.7, 5-Bloomfield 11:37.6, 6-Montclair Immaculate 12:00.6.

SHUTTLE HURDLES: 1-Seton Hall Prep (Ken Shannon, Paul Cappeto, Adam Reamer and Brian Jean Joseph) 1:03.4,

2-Columbia 1:04.3, 3-Irvington 1:04.4, 4-Arts 1:07.9, 5-Millburn 1:13.4, 6-Nutley 1:13.7.

TEAM INTERMEDIATE HURDLES: 1-Columbia (Kijana Corbin, Reiner Lamptey and Dwayne Clark) 2:51.4, 2-Seton Hall Prep 3:02.4, 3-Livingston 3:04.1, 4-St. Benedict's Prep 3:04.5, 5-Arts 3:05.2, 6-Irvington 3:05.6.

TEAM HIGH JUMP: 1-Columbia (Kijana Corbin and Willie Anderson) 11-6, 2-St. Benedict's Prep 11-0, 3-Montclair 11-0, 4-Newark Central 10-9, 5-Irvington 10-4, No other places.

TEAM POLE VAULT: 1-Millburn (Joel Schafer and Adam Tenzer) 21-0, 2-Verona 20-0, 3-Columbia 19-0, No other places.

TEAM LONG JUMP: 1-Columbia (Kijana Corbin and Reiner Lamptey) 38-4, 2-Montclair Immaculate 37-0½, 3-Livingston 36-11½, 4-Nutley 35-11½, 5-Montclair 35-2¾, 6-Newark Central 34-5½.

TEAM SHOT PUT: 1-East Side (Joe Walker and Will Barra) 90-2, 2-Seton Hall Prep 90-2, 3-Montclair 89-9, 4-Caldwell 85-11, 5-Columbia 83-3, 6-Millburn 81-3.

TEAM DISCUS: 1-Montclair (Jason Ferguson and Joseph McMillion) 272-4, 2-Caldwell 247-0, 3-Millburn 245-3, 4-Columbia 237-4, 5-Verona 228-1, 6-Seton Hall Prep 227-2.

TEAM JAVELIN: 1-Newark Central (Carswell Ransome and Charles Kentish) 273-2.4, 2-Millburn 268-8, 3-Caldwell 264-10, 4-Livingston 248-2, 5-Seton Hall Prep 247-4, 6-Verona 245-11.

GIRLS

TEAMS: 1-Columbia 120, 2-Nutley 53, 3-Montclair 36, 4-Science 34, 5-Irvington 29, 6-Caldwell 24, 7-East Side 22, 8-West Side 20, 9-Millburn 16, 10-Belleville 13, 11-Clifford Scott 12, 12-Arts 10, 13-Montclair Immaculate, West Orange 8, 15-Livingston, Orange 7, 17-Verona, Central 4, 19-Glen Ridge 3.

400-METER RELAY (4x100): 1-Columbia (Joy Ononuju, Ayana Coleman, Ariana Gossnell and Joy Uduh) 48.9, 2-West Side 50.4, 3-Nutley 51.9, 4-Orange 52.1, 5-Science 52.3, 6-Newark Central 52.7.

800-METER RELAY (4x200): 1-Montclair (Lisa Barber, Angela Mullins, Jache Williams and Miki Barber) 1:44.9, 2-West Side 1:47.7, 3-Clifford Scott 1:48.1, 4-Science 1:50.3, 5-Columbia 1:50.5, 6-Orange 1:52.1.

1,600-METER RELAY (4x400): 1-Montclair (Lisa Barber,

Aleah Williams, Angela Mullins and Miki Barber) 3:55.9, 2-Columbia 3:59.9, 3-Clifford Scott 4:04.4, 4-West Side 4:06.3, 5-Irvington 4:10.0, 6-Verona 4:27.5.

3,200-METER RELAY (4x800): 1-Columbia (Amy Stein, Catherine Casey and Dara Crocker) 10:13.7, 2-Irvington 10:16.0, 3-East Side 10:35.2, 4-Arts 10:43.2, 5-Millburn 10:44.4, 6-Science 10:52.4.

6,400-METER RELAY (4x1,600): 1-East Side (Ana Tavares, Sonia Neal, Lizett Barbosa and Maria Loureiro) 23:12.2, 2-Columbia 23:27.3, 3-Caldwell 23:36.3, 4-Nutley 24:03.1, 5-Science 24:07.5, 6-Livingston 24:20.6.

SPRINT MEDLEY RELAY: 1-Columbia (Joy Ononuju, Joy Uduh, Ariana Gossnell and Dara Crocker) 4:07.8, 2-Science 4:25.0, 3-Arts 4:27.1, 4-Irvington 4:30.5, 5-East Side 4:36.6, 6-Verona 4:45.3.

DISTANCE MEDLEY RELAY: 1-Caldwell (Colleen Rile, Jodi Flecker, Kirsten Rosotti and Lindsay Mann) 13:26.5, 2-Columbia 13:36.0, 3-Nutley 14:15.3, 4-East Side 14:20.2, 5-Livingston 14:26.1, 6-Science 14:35.1.

SHUTTLE HURDLES: 1-Columbia (Ayana Coleman, Diana Sands, Shayna Polk and Laisha Sears) 1:05.8, 2-Irvington 1:06.2, 3-Nutley 1:09.3, 4-Livingston 1:14.5, 5-Glen Ridge 1:20.4.

TEAM INTERMEDIATE HURDLES: 1-Columbia (Ayana Coleman, Shayna Polk and Diana Sands) 3:31.2, 2-West Orange 3:34.1, 3-Irvington 3:38.4, 4-Nutley 4:04.1, No other places.

TEAM HIGH JUMP: 1-Columbia (Diana Sands and Bridgett Ingram) 9-8, 2-Science 9-8, 3-Montclair 9-5, 4-Belleville 9-0, 5-Millburn 8-6, 6-Nutley 8-4.

TEAM LONG JUMP: 1-Millburn (Britt Boegershausen and Tipper Davie) 30-4¼, 2-Columbia 30-2, 3-Nutley 29-4, 4-Science 29-3½, 5-Verona 27-2, 6-Newark Central 25-9.

TEAM SHOT PUT: 1-Columbia (Jazmine Wright and Marie Glemand) 65-11, 2-Montclair Immaculate 55-5, 3-Montclair 55-0½, 4-Nutley 54-9, 5-Newark Central 52-6½, 6-Belleville 52-1.

TEAM DISCUS: 1-Nutley (Allyson Rucinski and Jessica Slova) 96-6, 2-Caldwell 181-2, 3-Columbia 180-4, 4-Montclair 171-2, 5-Orange 164-5, 6-Glen Ridge 161-8.

TEAM JAVELIN: 1-Columbia (Stacey Townsend and Mary Connolly) 138-8, 2-Belleville 138-2, 3-Nutley 128-2, 4-Science 125-1, 5-Millburn 111-3, 6-Irvington 110-3.