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NJ Boys Cross-Country: 2010 Season Preview

JIM LAMBERT, September 05, 2010 11:59 p.m.



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Junior Tim Ball transferred from Bishop Ahr to Piscataway and is expected to be one of the top cross-country runners in the state this fall. - (Amanda Brown/The Star-Ledger)

TOP 25 TO WATCH

Tim Ball, Piscataway, junior: The transfer from Bishop Ahr made a breakthrough on the track in the spring, running a state sophomore record in the 1,600 meters with a 4:10.57 and hitting 9:23.70 in the 3,200. Ball has a Holmdel Park best of 16:41.9.
Edward Cheserek, St. Benedict's Prep, sophomore: Expected to be the top newcomer in the state this year, Cheserek arrived at St. Benedict's this summer from an orphanage in Kenya. He has the potential to be one of the best in the state as soon as he returns from a stress

fracture later this month.

Kyle Davis, North Brunswick, senior: The reigning Greater Middlesex Conference champion ran 16:06 to finish 16th at the Meet of Champions last year and ran 4:19.75 for 1,600 meters and 9:31.75 for 3,200 in the spring.

C.J. DeFabio, Watchung Hills, senior: DeFabio, 27th at the M of C in 16:20.5, has personal bests of 9:25.19 for 3,200 meters and 4:22.54 for 1,600.

Jeremy Elkaim, Livingston, senior: Elkaim, the North Jersey, Section 1, Group 4 champion last fall in 15:53.2, ran a meet-record 8:44.08 when he won the Meet of Champions 3,200 last spring. Elkaim, who has a Holmdel personal best of 16:02.7, won the National Scholastic title in the two-mile last winter and has run 4:12.89 for 1,600.

Collin Frost, Randolph, senior: Frost, who ran 4:20.97 in the 1,600 meters and 9:33.12 in the 3,200, placed 14th at the Meet of Champions last fall in 16:03.8.

Connor Herr, Shawnee, junior: Herr ran 16:27.3 to place 36th last fall at the Meet of Champions.

Jack Leahy, Westfield, junior: Leahy, who led Westfield to the Group 4 state title last year, finished 22nd at the Meet of Champions in 16:17.5.

Stephen Lewandowski, Mountain Lakes, junior: The North Jersey, Section 1, Group 1 champion last fall placed 35th at the Meet of Champions in 16:27.0 and ran 4:20.70 for 1,600 meters as a sophomore.

Mike Mazzaccaro, Christian Brothers, senior: The reigning Non-Public A, Shore Conference and Monmouth County champion will lead the state's pre-season No. 1 team and No. 6 team in the nation. Mazzaccaro was fourth in 15:40.2 at the Meet of Champions last fall and ran 4:09.53 for 1,600 meters and 9:02.46 for 3,200 last spring.

Matt McDonald, North Hunterdon, senior: The reigning North Jersey, Section 2, Group 4 winner was 18th at the Meet of Champions in 16:08 and has a Holmdel best of 16:07.1. He has a personal best of 9:20.29 in the 3,200 meters.

Dan Mykityshyn, Christian Brothers, senior: Mykityshyn, 32nd at the Meet of Champions in 16:24, ran 9:18.99 in the 3,200 meters and 4:17.05 in the 1,600 in the spring.

Matt Nelson, Barnegat, sophomore: Nelson was the top newcomer in the state last year, placing 24th as a freshman at the Meet of Champions in 16:18.6. He also ran state freshman records of 4:20.94 indoors in the 1,600 meters and 15:12.24 for 5-K in the spring before a fractured toe cut short his outdoor season.

Scoreboard

09/07 Girls Tennis	1st	2nd	Final
West Morris (W) @	-	-	4
Roxbury (L)	-	-	1
Box Score			
09/07 Girls Tennis	1st	2nd	Final
Randolph (L) @	-	-	0
Mendham (W)	-	-	5
Box Score			
09/07 at 3:45 p.m. Girls Tennis	1st	2nd	Final
Immaculata (W) @	-	-	4
Franklin (L)	-	-	1
Box Score			

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Mike O'Dowd, Colts Neck, senior: The Central Jersey, Group 4 winner last fall ran 15:59.6 to take second in Group 4 and was 19th at the Meet of Champions in 16:08.9. He ran a personal best of 9:13.58 in the 3,200 meters last winter.

Morgan Pearson, Delbarton, senior: Pearson placed seventh at the Meet of Champions in 15:47, was second in Non-Public A, and finished 95th at the Nike National Championship. He lowered his personal best to 9:08.98 in the two-mile last spring.

Ben Potts, Haddonfield, senior: Potts was 28th at the Meet of Champions last fall in 16:28.5, ran 4:16.47 for 1,600 meters and was a member of Haddonfield's national championship 4xmile team last spring.

Everett Price, New Providence, junior: Price placed 40th at the Meet of Champions in 16:36.2 and dropped his personal best for 1,600 meters to 4:14.96 last spring.

Colin Richmond, St. Rose, senior: The Non-Public B champion last fall, Richmond placed 17th at the Meet of Champions in 16:06.5 and ran 4:23.70 for 1,600 meters and 9:25.35 for 3,200 in the spring.

Evan Rolke, Ridge, senior: Rolke placed 23rd in 16:18.4 at the Meet of Champions and was 12th in Group 4.

Patrick Rono, Lyndhurst, junior: Rono, who has senior eligibility, was ninth at the Meet of Champions last year in 15:54.4. He ran personal bests of 1:52.60 in the 800 meters and 4:14.35 in the 1,600 last spring.

Jim Rosa, West Windsor-Plainsboro North, senior: He finished second to his twin, Joe, at both the Meet of Champions (15:14.3) and Nike Northeast Regional. Last June, Rosa won the 1,600 meters at the M of C in a meet-record 4:07.89, took second to Joe in the two-mile at the New Balance Nationals in 8:51.46, ran 4:07.70 in the mile and was 18th at the Nike Cross Nationals.

Joe Rosa, West Windsor-Plainsboro North, senior: Rosa is coming off one of the greatest seasons in state history. He set the Holmdel Park record twice last fall and won the Meet of Champions in 14:55.6. Rosa also won his second straight Nike Northeast Regional and was third at the Nike National Championships. Last spring, Rosa won the New Balance National two-mile title in a state-record 8:44.06 and ran 4:08.65 in the mile.

Miles Schoedler, Ocean City, senior: Schoedler, the South Jersey, Group 3 winner last fall, has a Holmdel best of 16:18 and was fourth in the M of C 1,600 meters last spring in 4:11.46.

Brian Schoepfer, West Windsor-Plainsboro South, senior: Schoepfer ran 16:04.5 to take 15th at the Meet of Champions last year and ran 4:15.87 in the 1,600 meters in the spring.

Paul Szulewski, Williamstown, senior: Szulewski finished 10th in 15:57.0 at the Meet of Champions last November and has a personal best of 9:13.93 in the 3,200 meters.

TEAMS TO WATCH

MEET OF CHAMPIONS

FAVORITE: After finishing third in 2008 and second last year to Don Bosco Prep, Christian Brothers Academy, ranked No. 6 in the nation by The Harrier, should win its first title since 2005 and extend its state record to 16 Meet of Champions titles. Tom Heath, in his 40th year as head coach at the Lincroft school, has one of his best teams ever on paper, led by seniors Mike Mazzaccaro, the defending Non-Public A champion, and Dan Mykityshyn. CBA's biggest strength is its depth. Returning are a staggering nine sub-10-minute two-milers. Its top five returning runners from track averaged 4:19 for 1,600 meters and 9:26 for 3,200 last spring, both school records. In recent time trials, CBA's top five averaged a school-record 10:50 on the freshman course at Holmdel Park and 9:58 on CBA's course, which is slightly longer than two miles. Junior George Kelly, sophomores Billy Bragg and Aaron Liberatore, and juniors Tim Gorman and Conrad Lippert round out the top seven. Senior William Villa (9:46 for 3,200), Scott Zapic (9:54 for 3,200) and junior T.J. Mullen (10:00 for 3,200) are in the mix as well. CBA enters the season with a national record dual meet winning streak of 303. For CBA to get back on top it will have to get through nationally ranked powers West Windsor-Plainsboro North (No. 17) and Don Bosco (No. 23).

CONTENDERS: West Windsor North, Don Bosco, Westfield, Ridgewood.

GROUP 4

FAVORITE: Westfield is the defending champion and coach Jack Martin's crew will be tough to dethrone with three of its top five and four of the top seven back from a team that was fifth at the M of C. The leader of Westfield's deep pack is junior Jack Leahy, 22nd at the M of C in 16:17.5. Also back from last year's top seven are seniors Andrew Kirna and Zach Lizmi and junior John Kirna. Depth is supplied by Sam Tooley, David Carville, Kevin Ingram, Kevin Smith, Evan Tarlow and Eric Sokol.

CONTENDERS: Ridge, Toms River North, Old Bridge, East Brunswick, Southern, Ridgewood, West Windsor-Plainsboro South, Bridgewater-Raritan, Randolph, North Hunterdon.

GROUP 3

FAVORITE: It will be hard to beat West Windsor-Plainsboro North, which starts most meets with a virtually guaranteed 1-2 finish thanks to the Rosa twins, Joe and Jim. The Pirates aim for their fourth straight Group 3 crown and coach Brian Gould can rely on depth as five of his top seven return. Among

those backing the Rosas' frontal assault will be seniors Casey Dalrymple and Patrick O'Connell, junior Danny Lee and sophomore Eddie Cunningham.

CONTENDERS: Mendham, Millburn, Indian Hills, Delsea, Ocean City, Princeton.

GROUP 2

FAVORITE: Haddonfield lost a lot of talent up front in three-time Group 2 champion Jon Vitez (now at Princeton) and Colin Baker (Penn), but coach Nick Baker's pack has enough firepower to win a fifth straight title. Counted on to lead the way will be seniors Ben Potts and Matt Nussbaum and a talented supporting cast that includes seniors Ethan Quanci and Tim Malloy.

CONTENDERS: Holmdel, Delaware Valley, Wallkill Valley, Ramsey, Morris Hills.

GROUP 1

FAVORITE: Robbinsville is the defending champion, but 2009 third-place finisher Mountain Lakes is the only team that finished in the top 10 last year that has its top five intact from last year's Group 1 race. Junior Stephen Lewandowski (35th at the M of C in 16:27) and senior Rutger Admirand went 5-6 in the Group 1 race last year and should lead Mountain Lakes to its first state title since 1958. Among the other returners are freshman Cameron Kane, junior Doug Lappe and seniors Matt Muilenburg and Sam Higgs.

CONTENDERS: Robbinsville, Metuchen, Whippany Park, North Warren, Haddon Township, Pennsville.

NON-PUBLIC A

FAVORITE: Don Bosco Prep, which has won the last three titles and the last two M of C trophies, lost five key runners to graduation. Although Don Bosco coach Kevin Kilduff retains eight sub-10-minute two-milers and is ranked No. 23 in the nation, it appears as though No. 6 Christian Brothers Academy, second the last three years, will be just too strong. CBA should capture its 22nd state title, one short of the state record of 23 held by Bernards.

CONTENDERS: Don Bosco Prep, Red Bank Catholic, Paul VI, Delbarton, Seton Hall Prep, St. Augustine, Pope John, Msgr. Donovan.

NON-PUBLIC B

FAVORITE: Last year's champion, St. Rose, has five of its top seven returning, led by defending individual state champion Colin Richmond, a senior. Also back are sophomore Sean Wheat, juniors Chris Myles and Pat Cleary and senior Alex Lustig.

CONTENDERS: Pingry, Mater Dei, Moorestown Friends, Oratory.

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