

Ridge Boys Winter Track

2021-2022

Coaches

Coach Gilhuley

Coach Braga

Coach Robyn

Coach Rynearson

Coach O'Connor

Coach Lyons

Coach Cambria

Coach Alston

Captains

Jackson Barna

Joseph Gilligan

Andrew McCabe

James Kisker

Team Honors:

Somerset County Champions

Skyland Conference Co-Champions

DMR National Champions & National Record

4x800 National Champions

(2 Full Teams in 4x800 at Nationals!)

Individual Honors:

All Somerset County

→ Sprints/Hurdles

Andrew Hargy

→ Distance

Andrew McCabe

Jackson Barna

Patrick Doran

Hudson Yu

First Team All State

→ 1600 Meter Run

Jackson Barna

Second Team All State

→ 4 x 800 Meter Relay

Patrick Doran

Jackson Barna

Andrew McCabe

James Kisker

First Team All Group 4

→ 1600 Meter Run

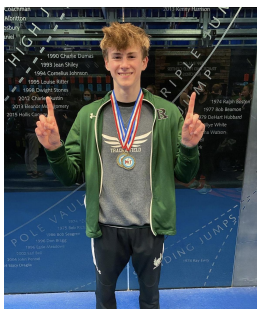
Jackson Barna



Winter Track Summary

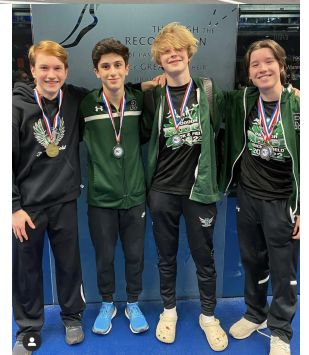
By Jackson Barna

The Ridge High School boys finished one of their best winter track seasons after not having one at all in the 2020-21 season. Following a historical cross country season, it only made sense to keep the momentum going. The team started off strong at the Passarelli Invitational with Tarun Kandra winning his first varsity race in the 1,000. The following week at the Coach Glynn Holiday



Carnival, Andrew McCabe started his season with a blazing time of 2:35.48 in the 1,000 - missing the school record by 0.7 seconds. Ending December, the varsity boys took home their 3rd straight win at the Somerset County Championships at the county meet.

At the MCTCA Frosh-Soph Relays, our boys team took home 1st place in both the DMR and 4x800, 3rd in the 4x400, and 4th in the 4x200, showing a very promising future for Ridge track. The Ocean

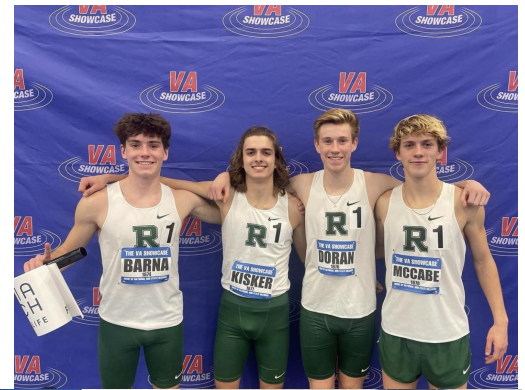


Breeze Freedom Games is where the season really started to pick up. Andrew McCabe broke the school record in the 1,000 with a time of 2:34.62 right after running a PR in the 3200. Jackson Barna opened his season by winning the 3200, and Brenden McMahon qualified for the freshman mile at nationals running the third fastest freshman mile time for Ridge.



Four members of the varsity team traveled down to Virginia for the VA showcase winning both the DMR and the 4x800. The DMR broke the school record with a time of 10:17.36. Even though they were missing some of their

fastest teammates, the boys were still able to take home 3rd in the DMR, 4th in PV, 5th in the 4x800 and 4x400, and 6th in SHR at the Group 4 Relay Championships.



After a full day of competition at the Skyland Conference championships, the Ridge boys track team finished as co-champions with Hunterdon Central. It came down to the last event with Ridge winning the 4x400 to earn 10 points, and Hunterdon Central finishing 5th by just 0.3 seconds to earn 2 points to secure a 67-67 tie. The 1600 and 800 meter races proved to be key events in Ridge's victory. Jackson Barna, Andrew McCabe and Patrick Doran finished 1-2-3 in the 1600 to earn 24 points. In the 800, Andrew McCabe, James Kisker and Patrick Doran finished 2-3-4 to earn 18 points.

At one of the biggest meets of the season, The Millrose Games, the Ridge boys entered as defending champions in the 4x800 meter relay, but would be without one of their top runners. Senior James Kisker had been battling injury and illness and was not able to compete. Coach Gilhuley went to her 5th man, senior Hudson Yu, to fill Kisker's spot on the four man team and Yu delivered.

Junior Patrick Doran ran the lead off leg in 2:00.87 and handed the baton to Yu with a lead. Yu ran a gutsy second leg in 2:01.5 to keep the team in contention just off the lead. Senior Andrew McCabe took the baton and ran a tactical 1:57.83 third leg to retake the lead in his final lap. On the anchor leg, senior Jackson Barna ran 1:55.35 to secure the victory and repeat championship for Ridge.



Kicking off the championship season, the boys had a number of runners qualify for groups after amazing performances at the state sectional meet. Jackson Barna set two new school records in his events and broke the sectional record for the 1600 taking home 1st with a time of 4:09.96 in that event and 2nd in the 3200 with a time of 9:11.21, Andrew McCabe placed 3rd in both the 1600 and the 800, and Patrick Doran placed 5th in both the 1600 and the 800. But the success didn't stop there. Chris Kirkwood and Joey Gilligan placed 2nd and 3rd in PV, and Andrew McCabe, Patrick Doran, Edward Condolon, and Andrew



Hargy made up the 4x400 team that took home 4th. Although Brenden McMahon didn't advance, he broke the Ridge freshman 3200 record which was previously held by Barna.

Two weeks later, athletes from 30 of the top teams in the state competed for group championship titles and an opportunity to qualify for the Meet of Champions. The Ridge boys team finished fourth overall. While they fell short of their goal of a team title, there were many outstanding performances. Jackson Barna got things going for Ridge, winning the 1600m race in 4:06, and placing 2nd in the 3200. Andrew McCabe ran the fastest Ridge 800 on a flat track taking home 4th and placing 6th in the 1600. The boys 4x400 also placed 7th.



Finishing the season at the Meet of Champions in Toms River, Andrew McCabe placed 5th in the 800 with a PR of 1:55.88. Jackson Barna placed 2nd in the 3200 and broke his own school record by over 15 seconds in a time of 8:51.94. The last meet of the winter season is the New Balance Indoor Nationals where 9 members will compete. Brenden McMahon will compete in the Freshman Mile and Jackson Barna will be running in the boys mile championship. The DMR team will also be in attendance as well as not one, but two 4x800 meter teams. Andrew McCabe will be running the individual 800 at the Nike Indoor Nationals.



Ridge Wins 4x800 To Complete Historic Double At NB Nationals

By Jim Lambert

Mar 14, 2022

Holy smokes!!!

The Ridge boys burned up the track again on Sunday by winning the 4x800-meter relay to complete a stunning and historic double at the New Balance National Championships at the Armory in New York. Two days after they took down the national record in the DMR on Friday night, junior Patrick Doran, and seniors Andrew McCabe, Jackson Barna and James Kisker dropped another bomb, this time stopping the clock at 7:42.89 to put an exclamation point on one of the greatest relay doubles in NJ and US history.



Ridge's 7:42.89 is the fastest time in the nation this season, No. 15 in U.S. history, and No. 3 in NJ indoor history. Only CBA (7:41.53 in 2012) and St. Benedict's Prep (7:42.53 in 2019) have run faster indoors in NJ history.

Ridge is just the second team in US history to run under 10 minutes in the DMR and under 7:44 in the 4x800 in the same indoor season. Loudoun Valley of Virginia did it 2019 when they ran 9:54.41 in the DMR and 7:40.49 in the 4x800.

Unlike its electrifying DMR victory, there was no drama in the 4x800 as Ridge just overpowered the field to win by nearly seven seconds over runner-up West Springfield of Virginia, second in 7:49.55.

Doran led off for Ridge with a strong 1:57.64 carry and handed off to McCabe in third place. McCabe put Ridge slightly ahead with a clutch 1:54.94 second leg. Then Barna completely blew the race apart on the third leg when he dropped a 1:52.98!! It was pretty much game over right there as Barna gave the stick to Kisker with a huge seven plus second lead. Kisker refused to let anyone get close to him as he finished off Ridge's masterful performance with a 1:57.33 anchor split.

The 1:52.98 by Barna, who earlier in the day ran 4:06.93 to place eighth in the mile, was the fastest split of the meet.



Let's rewind back to Friday night when Ridge won an epic DMR clash with Union Catholic by running 9:53.40 to break the national record!!!! The former record was the 9:54.41 set in 2019 when Loudoun Valley won the New Balance National title. Union Catholic was second to Ridge in 9:55.12, No. 3 in U.S. history.

In that race, McCabe hammered out a 3:03.52 for 1,200, Doran split 51.42 on his 400 carry, Kisker went 1:54.96 on the 800 leg as he rallied to give Ridge a small lead. Then Barna blasted a smoking hot 4:03.71 anchor to nail down the heart-pounding victory. When the time flashed up on the board it ignited a wild celebration as the Ridge boys jumped up and down in total jubilation.

Every once in a while a special group of runners comes around at the same time and accomplishes things together that have never been done before, and they carve out a place for themselves in track and field history that will last forever. What Doran, McCabe, Barna and Kisker did over the weekend in New York earns them a special place in NJ T&F lore. Their names will never be forgotten, and what they did may never be duplicated.



Ridge coach Nicole Gilhuley was blown away by what Doran, McCabe, Barna, and Kisker did, as was everyone else who saw what these four studs pulled off. "I'm so unbelievably proud of these boys," said Gilhuley. "We came in as big underdogs in the distance medley relay and knew that it would be a tough win. They ran phenomenal, and couldn't have asked for better. Last spring, we tried for the DMR 4x800 double win at Nationals and fell just short in the DMR. So coming back on Sunday and winning the 4x800 was a huge goal. We knew we would have to run well to do it. Jackson was especially determined after his mile and wanted to show how fast he really is. He said, "I'm ready for the 4x800" immediately after finishing. He dropped a 1:52.89 as his third event of the weekend. It was a lifetime PR from Patrick, Andrew and Jackson, and James Kisker secured the win! James had a big indoor PR in the DMR. We didn't have a

perfect season, but these boys are all so talented on their own that when they come together, I'm not surprised history was made. I'm extremely lucky to have a group of kids like them, they buy into everything and want to win relays for each other."

Seniors:

Jackson Barna, Aidan Clark, Anthony Clerici, Aaron Dobkin, Joey Gilligan, Carson Guist, Ryan Hargy, Andrew Hargy, Rohan Haware, William Hess, James Kisker, Kyle Kosakowski, Chris Kosakowski, Andrew McCabe, Connor McCue, Rahul Sibal, Altamash Toor, Evan Woo, Hudson Yu

Juniors:

Beckett Burcat, Giancarlo Chuquitarco, Dawson Deng, Patrick Doran, Bryan Eberhardt, Alex Grant, Eric Heinemann, Arrish Jayan, Tarun Kandra, Chris Kirkwood, Robbie Koenig, Aryan Malik, Connor McMahon, Tyler Rooney, John Ruggiero, Kyro Saleeb, Rastko Simonovic, Jon Wey

Sophomores:

Justin Breivogel, Mitya Cole, Edward Condolon, Jack Donnelly, Matthew Fukushima, Nicholas George, Lokaditya Hariharan, Andrew Li, Owen Mays, Krrish Rohit, Will Surett, Tomou Takahashi, William Weber

Freshman:

Douglas Bradley, Santiago Chagoya, Joseph Dachnowicz, Kaleb Huang, Lucas Kang, Brenden McMahon, Ajay Patel, Jared Rascio, Marcus Reilly, Nicky Romer, Spencer Shernoff, Albert Yang, Caleb Zhang

