

## Ridge Bridge Boys Spring Track 2022

By Evan Woo, Joseph Gilligan and Aidan Clark

The Ridge High School boys spring track team had multiple ups and downs this season but ultimately came out with one of the most successful seasons as the team worked together as a whole. Following the extremely successful winter track season, the team started off the season strong at Summit Relays. Boys took home 3rd place in the 400IH relay, 2nd place in the DMR, 4th in pole vault, 4th in the frosh/soph 4x800, 3rd in the frosh/soph 4x400, and 4th place in the varsity 4x400.

At the Explorers Invitational, the team went home with a whopping 2 school records and Jackson Barna improving his own school record in the mile, it being the first mile of the spring season under 4:10.

In addition, Owen Mays ran a blazing 300H in 41.65 seconds which remained number one in the state throughout the remainder of the season.

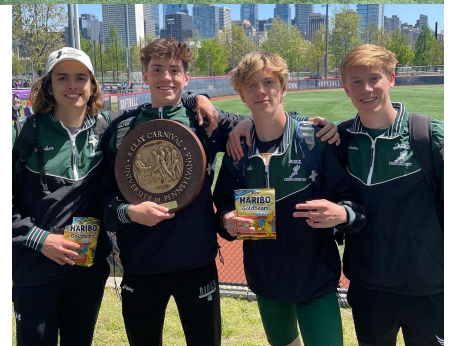
The boys then became the Somerset County Relay Champions for the 4th time in school history where they won the 4x1600, 3x400H, 4x8, SMR, 4x200, DMR.

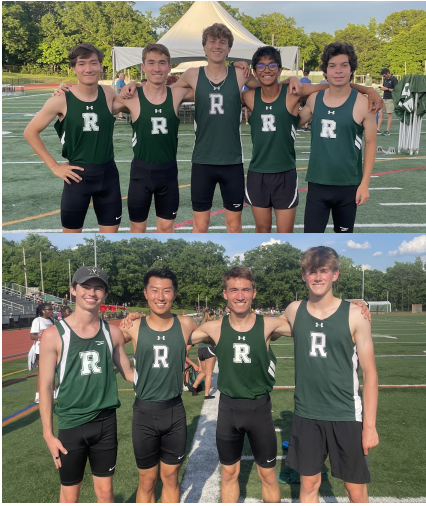
The team moved onto Penn Relays after this. The 4x8 starring Andrew McCabe, James Kisker, Patrick Doran, and Jackson Barna started off the meet by qualifying for the Championship of America for the second time in

school history (after a slight scare), but qualifying nonetheless. The 4x1 then took the stage where the runners, Aaron Dobkin, Andrew Hargy, Aryan Malik, and Owen Mays, ran their fastest time of the season at that time. A day later, the 4x8 found themselves back at Franklin field where they became the top American team at that time, being the 3rd fastest time in school history and losing only to the Jamaicans. On the same day as the 4x8 was running in the Championship of America, the rest of the Ridge boys had a great day at Randolph Relays. Too many medals and PRs to count. Wins in the boys DMR, 4x800, JV 4x800, and JV 4x400. In Ridge's own Night of Miles, Jackson Barna won the mile with yet again another school record with a time of 4:07!

The Somerset County Championship saw some solid performances as well, most notably a 1-2-3 in the 3200m by Brenden McMahon, Hudson Yu, and Matthew Fukushima. Jackson Barna and James Kisker torched the competition in the 800m as well, scoring a solid 1-2.

In a long day of competition at Hillsborough High School for the Skyland Conference Championship, the team finished 2nd in the division and 3rd overall in the meet. Ridge got off to a great start in the 400m IH, with Ridge placing 1, 2, 3, thanks to incredible performances from Owen Mays (1st), Andrew Hargy (2nd) and Evan Woo (3rd). Coming back in the 110m hurdles were Owen Mays and Evan Woo, alongside Captain Joseph Gilligan. In this race, Mays went 2nd, Mays' fast time was enough to push him into the finals, where he had a HUGE PR of 15.91 seconds. Next up in the 800m, we had 3 incredible performances from James Kisker, Andrew McCabe and Patrick Doran, placing 1-2-3. In everybody's favorite event on the track, the 3200m, we had Brenden McMahon place 2nd in the division as a FRESHMAN, and Hudson Yu place 3rd. In the last event on the track, the Ridge 4x4 came in first place, with the team of Andrew Hargy, James Kisker, Patrick Doran and Andrew McCabe. In the throws, we had lots of big performances, Carson Giust coming 1st in shot, in the Discus we had Carson Giust come in 3rd. Up next in Pole Vault, we had Chris Kirkwood come in 1st place, and Joey Gilligan coming in 3rd. In the last event off the track, Triple Jump, Aidan Clark was able to PR and secure 1st place in the division.





To start off the Ridge Novice invite, we had a great 1-2 punch of Connor McMahon winning the 1600m with a time of 4:37 and Anthony Clerici coming in 2nd. In the 4x4 we had 2 teams, the team of Dev Patel, Joseph Dachnowicz, Andrew Li and Rohan Haware finishing in first, and the team of Ian Dasilva, Eddie Doherty, Will Surett and Andrew Dachnowicz coming 3rd. In the Throws, we had Rastko Simonovic finish 4th in Disc, and Robbie Koenig finish 3rd in Disc. In the High jump, Aidan Clark came in 3rd. In the 800 Jon Wey came in 1st, with Mitya Cole also finishing 3rd. We also had 3 4x8 teams come 1-2-3. And with an INCREDIBLE performance from the Ridge Shuttle Hurdle Team of Evan Woo, Joe Gilligan, Owen Mays and Andrew Hargy, FINALLY shattering the Ridge High school record. The Ridge 4x1 also came first (Aaron Dobkin, Andrew Hargy,



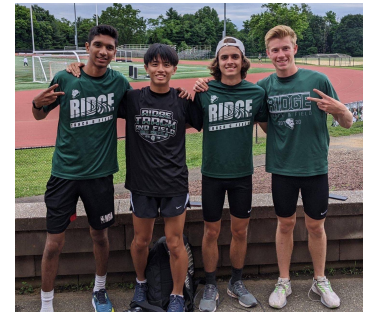
Aryan Malik, Ryan Hargy).

Off the track, Captain Joey Gilligan was named the Somerset County Scholar Athlete for having the most varsity letters alongside the highest grade point average amongst all the male student athletes at Ridge. Furthermore, Captain Jackson Barna received the Christopher Zachman Award which is given to the overall best male athlete in the senior class.

Ridge put together an extremely strong weekend at the sectional championships at home, highlighted by victories in the 1600m by Andrew McCabe, the 3200m by Jackson Barna, and the 4x800 by Jackson Barna, James Kisker, Hudson Yu and Tarun Kandra. Barna was the first in sectional history to crack 9 minutes in the



3200m, running a time of 8:59.92. Sophomore Owen Mays enjoyed a big weekend as well, with a huge PR in the 400mIH to take second place, before coming back the next day to take 5th in the 110mH. The 4x100 team of Andrew Hargy, Ryan Hargy, Aryan Malik, and Aaron Dobkin made their marks on the record books by cracking the all time top 10, as did Aidan Clark in the Triple Jump. The 800m was another strong event for Ridge, with James Kisker, Andrew McCabe, and Patrick Doran taking 3rd, 4th, and 5th. Doran advanced in the 1600m as well. To cap off the weekend, the 4x400 team of Andrew Hargy, Edward Condolon, Jackson Barna, and James Kisker ran a solid 3:24.03 to take 3rd place. James Kisker's anchor leg of 49.10 put an exclamation point on his big meet, advancing in three events.



A week later, Ridge's qualifiers headed to the Group 4 Championships in Franklin to prove themselves against some of the best runners in the state. James Kisker put the hammer down in the 800m, winning the meet in a blazing fast time of 1:51.51, a school record. Andrew McCabe took 3rd in the 1600m, running 4:11.78, the second fastest time in Ridge history. Owen Mays competed in both hurdle events, running a PR of 15.53 in the 110mH, 7th all time in Ridge history. The 4x800 team of Tarun Kandra, Hudson Yu, James Kisker, and Patrick Doran ran a strong time of 7:50.12. Yu stepped up to run a 1:58 split, breaking 2 for the second time in his high school career, helping secure a 2nd place finish in the event.

Jackson Barna was invited to the prestigious Brooks PR invitational running 4:08.07. Jackson raced every mile this season faster than the school record he set as a junior! The weekend of June 18-19, Ridge sent 10 people to the Nike Nationals at Hayward Field in Eugene, Oregon. They captured the National Title again in the Distance Medley relay and placed 2nd in the 4x800. Although a



second place performance, they ran the 2nd fastest NJ time ever run in that event and 8th All-Time for the US! Such an amazing finish for the Ridge team.

