

## Spring Track 2022 Season Summary

It has been another successful season for the Ridge Track & Field girls team! The girls opened their season at Summit Relays. The throwers relay, composed of Sara Sahadi, Aarna Mishra, and Jennah Attia, had a huge day, earning themselves a 1st place finish in the Shot Put Relay and 3rd place finish in the Discus Relay. The 3x400 intermediate hurdle relay finished in 3rd, with senior Maura Medenilla running at 65.24 in her running debut. Maura came back to run sub-60 in the 400m leg of the SSMR, helping her relay clutch a 4th place finish.



The next meet in the schedule was Skyland Conference Relays. The girls fought their way to a win, securing the title through a stressful, weather-delayed javelin showdown.

The team's next encounter was the Somerset County Relays, where they finished 2nd place. The relays that secured the gold that day were the 4x800, SMR, HJ, and TJ. Maura Medenilla placed 1st individually in the 400H, TJ, and HJ.

We had our season best time of 4:07.27 in the 4x400 during the Penn Relays with Grace LaCapra, Annika Svensson, Maia

Ryan, and Maura Medenilla's spectacular anchor time of 57.44. Sammie Shimsky, Maura Medenilla, Annika Svensson, and Grace LaCapra also ran a 4x800. Maia Ryan, Alyssa Laird, Amelia Barclay, and Valentina Paez competed in the 4x100. Sara Sahadi also competed in Shot Put.



The Ridge girls were then off to the Randolph Relays. The varsity 4x800, consisting of Grace LaCapra, Annika Svensson, Maura Medenilla, and Sammie Shimsky, came back a short two days after Penn Relays to capture the win in the DMR at Randolph Relays. The girls' JV 4x800 also won a title in their respective event. We then had multiple exciting PRs at the Twilight Night of Miles hosted at our home track. We had an incredible PR in the 800 showcase from Maura Medenilla in a winning time of 2:13.96.



Next, the team competed at the Somerset County Championship meet and placed 2nd overall. Sara Sahadi, Somerset County Champion in the Discus and Javelin, set an outstanding new school record in Javelin with a throw of 119-4. Maura Medenilla also earned her title of Somerset County Champion in the 400H, 400, and TJ. Our freshmen and sophomores had multiple impressive performances in the Skyland Conference Frosh/Soph Championship. We had athletes medal in the 400H, 100H, 400, 1600, and 4x400s.

The team had a successful day at Hillsborough High School competing in the Skyland Conference Championship. The 4x400 relay placed 6th and Annika Svensson placed 5th in the 800. Sara Sahadi was also the Skyland Conference Champion in all three throws. The season began to wrap up with the Ridge Novice meet. Elayna Douglas took the victory in the 1600 along with Vienna Li placing 2nd in the 800. Addie Daniel placed 4th in the 1600. Alyssa Laird and Ryan Ireland placed 2nd and 4th in the 400H, while Aarna Mishra and Sara Shepard placed 1st and 2nd in Discus. Sara Shepard placed 2nd in Javelin.



After impressive performances at the State Section, Samantha Shimsky, Sara Sahadi, Aarna Mishra, Sarah Shepard, Grace LaCapra, Annika Svensson, Sierra Mark, Christine Haggard, and Maia Ryan will be moving on to the Group 4 Championships! The future is bright as the girls look forward to making it through to the Meet of Champions in June!

# Ridge Girls Spring Track 2022

## Coaches

## Captains

Coach Braga - <i>Girls Head Coach</i> Coach Gilhuley - <i>Boys Head Coach</i> Coach Evangelist - Coach Alston - Coach O'Connor - Coach Lyons Coach Cambria - Coach Youtkus - Coach Kozlowski - Coach Maginnis	Grace LaCapra Samantha Shimsky Maura Medenilla Sara Sahadi
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<b><u>Seniors</u></b>	<b><u>Juniors</u></b>	<b><u>Sophomores</u></b>	<b><u>Freshmen</u></b>
Jannah Attia Amelia Barclay Carly Cambria Christine Haggard Grace LaCapra Cate Morath Grace O'Leary Sara Sahadi Sammantha Shimsky Maura Woodland-Medenilla	Kathryn Koleto Bridget Kolshorn Alyssa Laird Olivia Lombardi Emma O'Leary Ally Ott Maia Ryan Isidora Simonovic Annika Svensson Carly Wollmuth	Addie Daniel Elayna Douglas Vienna Li Annika Malhotra Valentina Paez Sam Rao Sarah Shepard Maisha Takahashi Grace Tan	Ryan Ireland Palak Jiwani Navya Karthic Mehreen Kottaparambil Eliana Krever Jane LaCapra Sierra Mark Sophia Minassian Aarna Mishra Alexandra Pellegrino Madura Rajkumar Lina Randriatsimalona Mattea Ryan Sabrina Schwarz

## Spring Track Highlights

1st Place Skyland Conference Relays!  
 Jack Webb Memorial DMR Winner!  
 1 Individual Sectional Champion!  
 1 MOC Medalist!  
 2 School Records Broken!



### All-Conference "Raritan Division"

#### **1st Team**

Sara Sahadi: Shot Put  
 Sara Sahadi: Discus  
 Sara Sahadi: Javelin

Maia Ryan, Annika Svensson, Ryan Ireland, Grace

LaCapra: 4x400m Relay

#### **2nd Team**

Annika Svensson: 800m  
 Grace LaCapra: HJ

**Honorable Mention:** Maura Medenilla

### Meet of Champions Medalist

Sara Sahadi: 5th in Discus

### All-Somerset County

#### **1st Team**

Sierra Mark: Long Jump  
 Maura Medenilla: Triple Jump  
 Sara Sahadi: Discus

#### **2nd Team**

Grace LaCapra: 800m

#### **3rd Team**

Maia Ryan, Annika Svensson, Ryan Ireland, Grace  
 LaCapra: 4x400m Relay

### Awards

Most Improved Freshman: Ryan Ireland  
 Most Improved 10-12: Sarah Shepard

## School Records

Event	Name	Time/ Distance	Year	Event	Name	Time/ Distance	Year
100 Meter Dash	Kaitlin McWhorter	12.42	2009	SMR	Laura Lioi	04:08.45	2008
200 Meter Dash	Josefine Kvist	25.30	2005		Kaitlin McWhorter		
	Katilin McWhorter	25.41*	2008		Josefine Kvist		
400 Meter Dash	Brooke Fazio	55.51	2016		Dana Guglielmo		
100 Meter Hurdles	Jackie Madden	14.36	2010	3200M Relay	Meghan Convery	8:55.82	2017
400 Meter Hurdles	Jackie Madden	61.20	2010		Catherine Giuseffi		
800 Meter Run	Brooke Fazio	2:10.32	2017		Kaitlyn Van Baalen		
1500 Meter Run	Meghann Ganey	04:45.5	1997		Brooke Fazio		
1600 Meter Run	Nicol Traynor	4:56:53	2007	DMR	Abby Regner	12:11.55	2015
Mile Run	Meghann Ganey	05:02.04	1997		Brooke Fazio		
3000 Meter Run	Nicol Traynor	09:59.89	2007		Kelly Van Baalen		
3200 Meter Run	Nicol Traynor	10:32.86	2007		Liz Newman		
Long Jump	Josefine Kvist	18' 10.75"	2006	400M Relay	Stephanie Chung	49.75	2008
High Jump	Jessica Creedon	5'8"	2017		Laura Lioi		
Triple Jump	Courtney Wu	36' 7.75"	2013		Jackie Madden		
Shot Put	Rhea Phipps	39' 10"	2010		Kaitlin McWhorter		
<b>Discus</b>	<b>Sara Sahadi</b>	<b>134' 5"</b>	<b>2022</b>	800M Relay	Samantha Menza	01:46.88	2009
<b>Javelin</b>	<b>Sara Sahadi</b>	<b>119'4"</b>	<b>2022</b>		Caroline Bozzi		
Pole Vault	Cat Wain	10' 6"	2013		Jackie Madden		
	Francesca Porambo	10' 6"	2015		Kaitlin McWhorter		
1600M Relay	Grace LaCapra	3:52.78	2019	6400M Relay	Shayna Bains	21:31.94	2016
	Morgan Lyons				Lexy Donaldson		
	Stella Smith				Claire Jones		
	Olivia Cicchetti				Sophie Spring		
				3x400H Relay	Alex Cicchetti	03:13.32	2008
					Josefine Kvist		
					Jackie Madden		
				SHR	Bronwyn Snow	01:04.5	2005
					Kara Musso		
					Anita Mikkilineni		
					Josefine Kvist		