

Winter Track 2021-2022 Season Summary

The Girls Winter Track team accomplished so much this season! Not only were they finally able to run in indoor track facilities again, but many girls were able to set amazing personal records, place in very competitive meets, and even set some school records.

The season started with the Somerset County Relays. A lot of top runners were missing from this meet due to COVID, but the overall highlight of the meet had to be from Sara Sahadi who placed 2nd in Shot Put by throwing 33-8.5. Next came the Frosh-Soph Relays where they placed 1st in the DMR, 4x800, and 4x400. A great way to start off the season! The first meet of the season for a lot of athletes was the Group 4 Relays. Kiera McCombs placed first in Pole Vault, Maura Medenilla placed 4th in High Jump, and the 4x800 team placed 5th.



The Skyland Conference Championship brought a lot of medals! Maura Medenilla had a big day by placing 2nd in the 400, 5th in the 800, and winning High Jump! Grace LaCapra also placed in the 800 with a 6th place finish. Kiera McCombs and Annika Svensson earned 2nd and 5th in Pole Vault, and Sara Sahadi and Aarna Mishra placed 2nd and 6th in Shot Put. The day closed with the 4x400 team placing 5th! A very good way to begin championship season for the girls!

A quick trip to New York served the girls 4x800 team of Annika Svensson, Maura Medenilla, Samantha Shimsky, and Grace LaCapra well as they qualified for Nationals by running 9:37.83!

By far the best meet of the season had to be the State Section where the girls team won for the 8th season in a row. Medals went to Maura in the 400, 800, and High Jump, Grace in the 1600, Annika in Pole Vault, Sammie in the 1600 and 3200, and the 4x400 team. Sectional Champions included Kiera McCombs in the Pole Vault and Sara Sahadi in Shot Put. Not only was Kiera McCombs a Sectional Champion, but just a few days later, she set the Indoor Pole Vault school record by jumping 10-4 at Hunterdon Central!



Then it was back to Toms River for Groups! Sara, Kiera, and




Maura once again dominated the meet by placing 6th in Shot Put, 3rd in Pole Vault, and 6th in the 400. This earned each of them, and the 4x800 team, a spot at the following week's Meet of Champions. Meet of Champions had many noteworthy performances! Sara set a school record in the Shot Put and earned herself 6th place in the state with a throw of 39-2! Kiera jumped her way to 6th in Pole Vault as well. Lastly, the 4x800 placed 3rd with one more week left of practice before heading back to New York to compete at New Balance Nationals.

Overall, the team was so happy to finally return to a "normal" season following a year of Polar Bear meets and checking temperatures. The team is so proud of all the girls for working so hard and pushing themselves to their limits this season! Congratulations to all our athletes! We can't wait to see them back for Spring Track!

Ridge Girls Winter Track 2021-2022

Coaches

Captains

<p>O'Connor Coach Gilhuley-<i>Boys Head Coach</i> Coach Evangelist - Coach Alston - Coach O'Connor Coach Lyons - Coach Cambria - Coach Rynearson</p>	<p>Grace LaCapra Samantha Shimsky Maura Medenilla</p> 
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<u>Seniors</u>	<u>Juniors</u>	<u>Sophomores</u>	<u>Freshmen</u>
<p>Jannah Attia Amelia Barclay Ema Clark Christine Haggard Lilly Keiling Grace LaCapra Jamie Melillo Cate Morath Grace O'Leary Sara Sahadi Sammantha Shimsky Maura Woodland-Medenilla</p>	<p>Olivia Lombardi Kiera McCombs Emma O'Leary Ally Ott Maia Ryan Annika Svensson Isidora Simonovic</p>	<p>Addie Daniel Elayna Douglas Vienna Li Emerson McCarty Valentina Paez Sam Rao Maisha Takahashi Grace Tan</p>	<p>Jackie Grant Mehreen Kottaparambil Jane LaCapra Aarna Mishra Madura Rajkumar Lina Randriatsimialona Mattea Ryan Madeline Troso</p>

Winter Track Highlights

North 2 Group 4 Sectional Champions!
 2 Individual Sectional Champions!
 6 MOC Medalists!
 2 School Records Broken!



RIDGE KEEPS ROCKING

Led by the sensational all-round performance of [Maura Medenilla](#) and two victories in the field events, the Ridge girls extended its remarkable winning streak to eight in a row with a 66-41 victory over runner-up Elizabeth.

Ridge is now tied with Bernards (2009-20015) for the longest sectional winning streak in state history, and now owns the state record for the most sectional titles ever won with 10.

Ridge also won the NJ. Sec. 2 Group 3 titles in 2008 and '09.

Medenilla, a senior, placed second in the 400, second in the 800, second in the 800, and she ran on the fourth-place 4x400 to account for 28 points for Ridge.

Ridge also picked up victories from junior [Kiera McCombs](#) in the pole vault (10-0), and from senior [Sarah Sahadi](#) in the shot put (36-3).

Awards

Most Improved Freshman: Aarna Mishra
Most Improved 10-12: Valentina Paez

All Somerset County Team

Sara Sahadi: Field
Maura Medenilla: Field

Meet of Champions Medalists

Sara Sahadi: 6th in Shot
Kiera McCombs: 6th in Pole Vault
Annika Svensson: 3rd in 4x800
Grace LaCapra: 3rd in 4x800
Samantha Shimsky: 3rd in 4x800
Maura Medenilla: 3rd in 4x800

School Records

Event	Name	Time/Distance	Year
55 Meter Dash	Alexa Mark	7.49	2020
55 Meter Hurdles	Jackie Madden	8.44	2010
200 Meter Dash	Olivia Cicchetti	26.39	2020
300 Meter Dash	Josefine Kvist	41.73	2006
400 Meter Dash	Brooke Fazio	57.42	2016
600 Meter Run	Josefine Kvist	01:38.22	2006
800 Meter Run	Abigail Regner	02:16.54	2014
1000 Meter Run	Morgan Lyons	2:57.68	2020
One Mile Run	Dana Guglielmo	05:15.22	2008
1600 Meter Run	Dana Guglielmo	05:00.40	2009
3200 Meter Run	Dana Guglielmo	11:01.90	2008
Shot Put	Sara Sahadi	39'2"	2022
High Jump	Jessica Creedon	5'6"	2017
Long Jump	Josefine Kvist	18'5.5"	2008
Pole Vault	Kiera McCombs	10'4"	2022
Triple Jump	Courtney Wu	35'4"	2012
Pentathlon	Josefine Kvist	3528 points	2006
Shuttle Hurdles	Mikkilineni Bozzi Allen Kvist	33.53	2007
Shuttle Hurdles 5 hurdles	Mikkilineni Musso Snow Kvist	35.5	2007
800 Meter Relay	Chung Kvist Lioi McWhorter	01:47.44	2007
1600 Meter Relay	Goya Cicchetti LaCapra Lyons	03:58.76	2020
Sprint Medley	LaCapra Torales Mark Lyons	04:19.07	2020
3200 Meter Relay	Convery Giuseffi Van Baalen Fazio	09:01.64	2017
Distance Medley	Giuseffi Convery Fazio Kaitlyn Van Baalen	12:15.99	2017