

# Ridge Boys Winter Track

## 2023-2024

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### **Coaches**

Coach Gilhuley  
Coach O'Connor  
Coach Robyn  
Coach Lyons  
Coach Greene  
Coach Alston  
Coach Skrinski  
Coach Phillips  
Coach Conroy

### **Captains**

Joseph Dachnowicz  
Owen Mays  
Brenden McMahon  
Dev Patel

### **Team Honors:**

**Somerset County Champions**

**Skyland Conference Champions**

**2nd Place State Sectional**

**4x800 Meet of Champions Medalist**

**Distance Medley Relay All Americans Honors**

# Individual Honors:

## Meet of Champions Medalist:

**Brenden McMahon: 4th Place 1600**

**Dev Patel, Matthew Fukushima, Edward Condolon, Mitya Cole: 2nd Place 4x800**

## Sectional Champions:

**Brenden McMahon: 1600 Meter Run**

**Lok Hariharan: Shot Put**

## All Somerset County

### 1st Team

- Owen Mays- 55H
- Edward Condolon- 400m
- Brenden McMahon- 1600m
- Lokaditya Hariharan- Shot Put
- 4x400 Relay
  - Joseph Dachnowicz, Edward Condolon, Chase Fritz, Owen Mays
- 4x800 Relay
  - Dev Patel, Matthew Fukushima, Edward Condolon, Mitya Cole

### 2nd Team

- Matthew Fukushima- 800m
- Jared Rascio- Long Jump

### 3rd Team

- Joseph Dachnowicz- 200m
- Dev Patel- 1600m



## All Americans:

Dev Patel, Owen Mays, Edward Condolon,  
Brenden McMahon: 4th Place DMR

## School Records:

- **4x400**  
Joseph Dachnowicz, Edward Condolon,  
Chase Fritz, Owen Mays
- **Shuttle Hurdle Relay**  
Joseph Dachnowicz, Owen Mays,  
Jared Rascio, Marcus Reilly
- **2 Mile**  
Brenden McMahon

## Top 5 Ridge Performers of All Time

- **Joseph Dachnowicz**  
55 Meter Hurdles
- **Jared Rascio**  
Long Jump  
Triple Jump
- **Brenden McMahon**  
1600 Meter Run
- **Owen Mays**  
200 Meter Dash
- **Distance Medley Relay 10:10.20**  
Dev Patel, Owen Mays, Edward Condolon,  
Brenden McMahon

## Freshman School Records:

- **Kenji Hou**  
55 Meter Dash  
400 Meter Dash
- **Tristan Frank**  
Long Jump
- **Jacob Medenilla**  
Triple Jump

## Athletes of the Month

### December: Jared Rascio -

Jared has shown great improvement in December. He participated in the most events on the team and emerged as a top scorer. In our Somerset County Championship meet, Jared scored the highest number of points, contributing significantly to the team's victory. He anchored the 4x200, was a member of our 4x400, and participated in our HJ relay. Additionally, he ran in the School Record-breaking Shuttle Hurdle Relay, breaking a 16-year-old school record. Jared has also impressed the coaches with his leadership, particularly by assisting newer athletes on the team.



January: Owen Mays - Owen has proven to be one of the most reliable members of the team throughout January. He exhibits versatility by seamlessly fitting into any relay that requires a strong performance. Notably, he was a crucial part of the team that broke the shuttle hurdle relay record in early January and further improved upon that achievement during the Stanner Games, earning qualification for nationals. Additionally, Owen contributed to the 4x800 relay, securing a 3rd place finish at the Stanner Games and delivering one of the team's faster splits. In terms of his accomplishments, Owen was the Skyland Conference Champion in the 55H, playing an essential role in the team's overall victory and also qualifying individually for nationals. Owen's leadership qualities shine through as he consistently delivers strong performances in his events, contributing to the team's success.

February: Dev Patel - Dev Patel ran a strong race at the NJ State Section, helping the team place 2nd overall and qualifying himself for the Group 4 State Championship. At Groups, he impressively took the lead and finished in the top 6, qualifying him for the NJ Meet of Champions. Also in February, he led off the Distance Medley Relay, running 3:09 in the 1200, which set up the team for a winning performance and a US #3 showing in that event. The DMR qualified for the seeded heat of Nationals in March. Dev has been the team captain all year, and the coaches look forward to seeing his great leadership continue on and off the track.



# Winter Track Summary

**By Brenden McMahon, Dev Patel**

Building off their 11th-place team finish at the New Jersey Cross Country Meet of Champions, the Ridge Boys Winter Track team had a really strong season. This season had a little bit of everything - personal bests, school records, and an All-American relay team! The team's success reflects the hard work and effort put in throughout the winter, pushing through the cold weather to achieve new levels of success.

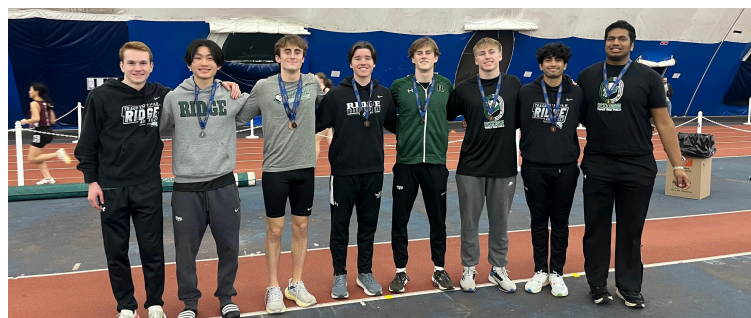
The first major meet of the indoor season was the Somerset County Relay Championship. The Boys won this meet for the fifth year in a row, even though the team was missing some of its best athletes. With a win in the 4x800 relay and a (former) school record time of 32.78 to win the Shuttle Hurdle Relay, the boys showcased their dominance in the County in both distance and sprints. Another key athlete was Jared Rascio, competing in 4 events and helping his team score in all of them, earning himself the highly coveted honor of Dedicated Dev.



The next championship meet was the Skyland Conference Championship. The boys also won this meet, for the third time in school history. This year was the first time in school history that the boys have swept the county and conference championships. Edward Condolon and Joseph Dachnowicz scored in the 400; Brenden McMahon and Dev Patel put up points in the 1600 with Brenden winning the event; Owen

Mays won the 55m hurdles and Joseph also scored; Matthew Fukushima placed in the 800, and Brenden, Dev, and Mitya Cole all scored in the 3200. Lok Hariharan's win in the shot put and Marcus Reilly's points from the pole vault contributed points alongside the 4x400 relay to secure the win.

After the County and Conference wins came the State Sectional at The Bubble. The boys placed 2nd as a team putting up a valiant effort across the board. Kenji Hou started the meet off with a gutsy performance, tying Ridge's freshman 400m record with an impressive time of 53.9. Kenji also placed 2nd in the pole vault, jumping 9-6 and advancing to the State Group Championship in his first-ever state meet. Brenden McMahon captured a commanding individual win in the 1600, running a 4:16.38 to put him 2nd all-time for Ridge. Dev Patel also placed in the top 6 in the 1600. Eddie Condolon placed top 6 in the 800, Owen placed 2nd in the 55 hurdles, and Brenden placed 3rd in the 3200. Lok Hariharan won the shot put with a throw of 50-1, and the 4x400 closed out the meet by placing 4th.



Between the Sectional Championship and the Group State Championship, the boys 4x8 relay team of Dev, JDac, Eddie, and Brenden ran a season-best of 7:59.87 at the Millrose games! Brenden (1:57.08), JDac (2:03.76), and Eddie (1:58.31) all set personal bests!

At the State Group Championship, several athletes qualified for the New Jersey Meet of Champions.

Brenden and Dev qualified for the 1600, and Brenden also qualified for the 3200. Johnny Kaiser stepped up in the 4x400 relay, filling in for an absence and securing the relay's ticket to the Meet of Champions with a fearless personal best of 53.1. Last but certainly not least, Lok also qualified in shot put.

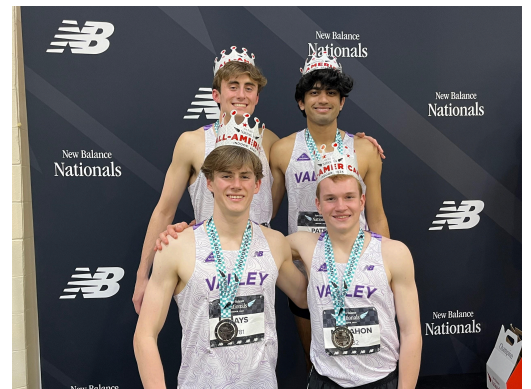
The Ridge Boys had lots of great performances at the Meet of Champions. First off was the 4x800 relay, and the boys' team of Dev Patel, Matthew Fukushima, Edward Condolon and Mitya Cole placed 2nd! They ran a new season best of 7:58.68. Next up was Brenden McMahon in the 1600. Brenden took a big risk taking the lead on a stacked heat early in the race, but it paid off, and Brenden finished 4th in 4:15.02!



Finally, the boys 4x400 all came together, each reaching personal bests to set the school record in 3:24.88! Highlighted by Chase Fritz running a big PR of 51.91, the team of JDac, Eddie, Chase, and Owen rose to the occasion when it mattered.

To close out a great season, eleven boys went to New Balance Indoor Nationals up in Boston! On Thursday, freshmen Kenji Hou and Tristan Frank raced in the freshman 400. After several weeks without having any races, both ran great races and

came very close to their personal bests! On Friday, the boys DMR dropped their season best to a 10:10.20, placing 4th and earning All-American status! The relay team of Dev, Owen, Eddie, and Brenden got the job done in Boston, with hopes of dropping their time even more this spring. On Saturday, Owen Mays competed early in the morning in the 60m hurdles, and Brenden competed later that afternoon in the 2 mile. Brenden ran an incredible 9:04.07, placing 15th overall and breaking his personal best by over 7 seconds! On Sunday, the day



began with the Shuttle Hurdle Relay. JDac, Owen, Jared, and Marcus Reilly brought their school record down to 32.14. That afternoon, the boys 4x800 ran 8:01.34, with Eddie and Brenden splitting 1:58s and Kaleb Huang setting a personal best of 2:02.10. To finish off the season, the boys 4x400 ran 3:26.63, the third fastest 4x400 time in school history.



Overall, the boys had an awesome season, with strong performances in all disciplines and several great achievements. The boys are now looking ahead, getting ready to keep pushing limits and running fast, throwing far, and jumping high in the Spring.

## **Seniors:**

Peter Achenbach, Dylan Beers, Justin Breivogel, Dmitry Cole, Edward Condolon, Eddie Doherty, Matthew Foster, Matthew Fukushima, Alaap Gami, Lokaditya Hariharan, Evan James, Owen Mays, Dev Patel, Ajay Sharma, William Weber, Tyler Zumbach

## **Juniors:**

Andrew Dachnowicz, Joseph Dachnowicz, Chase Fritz, Nick Gonzalez-Adler, Kaleb Huang, Johnny Kaiser, Alex Kovatch, Brenden McMahon, Matthew Olmsted, Anthony Paulsen, Jared Rascio, Marcus Reilly, Bobby Savastano, Nathaniel Schneider, Ayaan Sufi, Danny Way, Timothy Wei, Jason Wiatroski

## **Sophomores:**

Nick Alapatt, Ryan Barclay, Nick Elissa, Jaden Eng, Russell Hagerman, Mayank Jadhav, Will Ligos, Jack McQuaid, Maxwell Neumann, Davis Norton, Ryan Schmolze, Jack Schon, John Torres

## **Freshmen:**

Pedro Arantes, Tejas Bharadwaj, Eduardo Carolei, Stephen Coffey, Henry Costa, Charlie Cutting, Neil Dalal, Tristan Frank, Jonathan Grant, Andrew Grant, Kenji Hou, Owen James, Ayaan Kodvawala, Avinash Kumar, Maddox Lenz, Matthew Lin, Jacob Medenilla, Wyatt Morgan, Ritvik Peddi, Francisco Pravda, Hyunwoo Seo, Xavier Severin, Raghav Shekhar, Sidarth Shekhawat, Kang Shi, Sabareesh Thooyavan Jayakumar, Matias Valle

