

TRIPLE CROWN WINNERS – Cross Country - (1965-DATE)

BERGEN BOYS TEAMS (26 SCHOOLS, 76 TRIPLE CROWNS)

BECTON	1990
BOGOTA	1978, 1988, 1992, 2016
DEMAREST	1995, 1996, 1997, 2001, 2017
DUMONT	1968, 1986
ENGLEWOOD	1992
GLEN ROCK	2001
HACKENSACK	1998
HASBROUCK HEIGHTS	1974
INDIAN HILLS	2002, 2010, 2013, 2015, 2016, 2018, 2023
MAHWAH	1965, 1975, 1981, 1993
MIDLAND PARK	2003
NORTHERN HIGHLANDS	1967
OLD TAPPAN	1982, 1984
PALISADES PARK	1976, 1987, 1995, 1996, 1999, 2000, 2002
PARAMUS	1989
PARK RIDGE	1973
PASCACK VALLEY	1973, 1992
RAMAPO	1969
RAMSEY	1976, 1978, 1985, 1986, 1990
RIDGEWOOD	1980, 1984, 1986, 1989, 1991, 1992, 1995, 1996, 2002, 2003, 2004, 2005, 2017, 2018, 2019, 2023
RIVER DELL	2014, 2015
RUTHERFORD	1988, 1998, 1999
SADDLE BROOK	1974, 1977, 1986
TENAFLY	1969
WALDWICK	1989
WESTWOOD	1996, 1997

BERGEN GIRLS TEAMS (19 SCHOOLS, 68 TRIPLE CROWNS)

BOGOTA	1994, 1996, 1997, 1998, 2022
CRESSKILL	1979
GLEN ROCK	2001, 2002
HASBROUCK HEIGHTS	2023
HOLY ANGELS	2009
INDIAN HILLS	2003, 2018, 2019, 2023
MAHWAH	1985, 1986
MIDLAND PARK	1993
NORTHERN HIGHLANDS	1991, 1993, 2016
OLD TAPPAN	1979, 1982, 2002, 2021, 2022
PALISADES PARK	1989, 1990, 2003
PARK RIDGE/EMERSON	2021
PASCACK VALLEY	1981
RAMSEY	1995, 1996, 1997, 1999, 2000, 2014
RIDGEFIELD	1999
RIVER DELL	2015

RIDGEWOOD	1980, 1981, 1982, 1984, 1986, 1990, 1992, 1993, 1994, 1995, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2010, 2011, 2012, 2015, 2018, 2019, 2021, 2023
SADDLE BROOK	1983, 1984, 1987, 2000
TENAFLY	1982
WALDWICK	2006

PASSAIC BOYS TEAMS (3 SCHOOLS, 5 TRIPLE CROWNS)

Clifton	1987, 2021
Lakeland	1998, 2019
Wayne Valley	2009

PASSAIC GIRLS TEAMS (5 SCHOOLS, 10 TRIPLE CROWNS)

Clifton	1985
Kennedy	1983
Lakeland	2021
Wayne Hills	2015
Wayne Valley	1984, 1986, 1987, 1988, 1992, 1994

BERGEN BOYS INDIVIDUALS (29 SCHOOLS, 55 RUNNERS, 66 TRIPLE CROWNS)

Bill Grogan, Bergenfield	1992
Steve Schadler, Bergenfield	1983
Dylan Decambre, Bergen Tech	2022
Scott Sarnoski, Bergen Tech	1977
Jeff Clark, Bogota	1996, 1997
Mike Fitzgerald, Bogota	1976
Glenn Johnston, Bogota	1967
Cary Snyder, Demarest	1996, 1997
Chris Moore, Emerson	1986
Mike Rogers, Garfield	1999
Aidan Carroll, Glen Rock	2021
Thomas Baldwin, Hackensack	1998
Frank Browne, Hackensack	1999
Matt Klypka, Indian Hills	2002
Mike Meagher, Indian Hills	1968
Jerome Perkins, Indian Hills	2006
Nick Ward, Indian Hills	2009, 2010
Bobby Oehrlein, Indian Hills	2018
Victor Lopez, Leonia	2008
Patrick Rono, Lyndhurst	2010
Frank Lamberti, Mahwah	1982
Ian Leavesley, Mahwah	1978, 1979
Craig Masker, Mahwah	1988, 1989
Ryan Van Alstine, Midland Park	2005
Greg Miller, Northern Highlands	1971, 1972
John Nelson, Old Tappan	1979
Ralph Nickl, Old Tappan	1984
Nick Harris, Palisades Park	2000
Dave Ledgerwood, Park Ridge	1993

Ken Marzan, Park Ridge	1973
Paul Marzan, Park Ridge	1974, 1975
Ben Malone, Pascack Valley	2011
Andy Zucaro, Pascack Valley	1974
Andrew Knight, Ramapo	1995
Tim Chambers, Ramsey	1973
Matt Collins, Ramsey	1999
Ken Flynn, Ramsey	1988, 1989, 1990
Roger Jones, Ramsey	1976
Don Neubart, Ridgefield	1980
Rich Byrne, Ridgefield Park	1981
Eric Castillo, Ridgefield Park	1993
Eric Boucher, Ridgewood	1989
Billy Byrne, Ridgewood	2016
Tom Hughes, Ridgewood	1980
Bob Keino, Ridgewood	1992, 1993
Ari Zamir, Ridgewood	2003
Sean Sullivan, Rutherford	2015
Rick Bolline, Saddle Brook	1976
Chris Guerriero, Saddle Brook	2003, 2004
Danny Schuman, Saddle Brook	1992
Rich Wisse, Saddle Brook	1987
Rich Stukey, Teaneck	1973
Tony Fitzgerald, Tenafly	1978
Kyle Alessi, Waldwick	1990
Matt Caporaletti, Westwood	1997

BERGEN GIRLS INDIVIDUALS (21 SCHOOLS, 41 INDIVIDUALS, 56 TRIPLE CROWNS)

Toni Ann Angione, Bergenfield	1983, 1984
Kirsten LaFond, Bogota	1994
Tricia Madden, Cresskill	1981
Michele Forzani, Dumont	1984
Cheyenne Ogletree, Garfield	2004
Tracy Della Torre, Glen Rock	1996
Erin Henry, Glen Rock	2000, 2001
Beth Androski, Hackensack	1999
Jasmin Jones, Hackensack	1985, 1986
Corrine Barney, Indian Hills	2018
Carli Gallo, Mahwah	1990, 1992
Kerry Moore, Midland Park	1991
Amy Van Alstine, Midland Park	2004, 2005
Jennie Meighan, No. Highlands	1995
Ariana North, No. Highlands	2011
Caroline Preece, No. Highlands	1991
Catherine Pagano, No. Highlands	2014
Monica Hebner, No. Highlands	2017
Michele Berardo, Palisades Park	1982
Michelle Guido, Paramus Catholic	1977
Samantha Green, Park Ridge/Emerson	2017

Brianna Braver, Ramapo	2021
Kesley Ramsey, Ramapo	2006
Melissa Conway, Ramsey	1998, 1999, 2000
Tracy Kirk, Ramsey	1997
Dana Satir, Ramsey	1996
Liz Figlar, Ridgewood	1990
Justine Lupo, Ridgewood	2002
Mary Ellen Mileski, Ridgewood	1979, 1980, 1981
Patty Mileski, Ridgewood	1981, 1982
Olympia Martin, Ridgewood	2016
Clair Nowakowski, Ridgewood	2000, 2001
Barbara Remmers, Ridgewood	1978
Jenna Rogers, Ridgewood	1993
Margaret Scutro, Ridgewood	1984
Celeste Sedo, Ridgewood	1996, 1997
Amy Smith, Ridgewood	1995
Shannon Gorla, River Dell	2015, 2017
Jennifer Narr, Rutherford	1985
Vicky Gusciora, Saddle Brook	1983, 1984
Laura McKenna, Tenafly	1982
Josette Norris, Tenafly	2012, 2013

PASSAIC BOYS INDIVIDUALS (7 SCHOOLS, 11 INDIVIDUALS, 15 TRIPLE CROWNS)

Mohamed Khadraoui, Kennedy	2002, 2003
Paul Wright, Kennedy	1979
Owen Horevay, Lakeland	2022
Pierre LeTennier, Manchester	1983, 1984
Yves LeTennier, Manchester	1981
Luis Peralta, Passaic	2017, 2018
Andres Cordero, Passaic Valley	1998
Brendan Ungemach, Wayne Hills	2012, 2013
George Galkin, Wayne Hills	2015
Jeff Van Horn, Wayne Valley	1981
Tony Salvatore, Wayne Valley	2006

PASSAIC GIRLS INDIVIDUALS (8 SCHOOLS, 12 INDIVIDUALS, 16 TRIPLE CROWNS)

Remy Dubac, Clifton	2022
Vanessa McClure, Kennedy	1991
Laura Riebold, Lakeland	1981
Angelina Perez, Lakeland	2019, 2021
Aisha Alexander, Passaic Valley	1997
Jesse Mizzone, Passaic Valley	2000, 2001, 2002
Meghan Gaffney, Pompton Lakes	2003
Nina Zollo, Wayne Hills	1977
Cathy Feeney, Wayne Valley	1988
Amy Mizzone, Wayne Valley	1993, 1994
Jen Van Horn, Wayne Valley	1985
Christina Valerio, West Milford	2005