

<b>Easterns Records</b>								
<b>55</b>	Mario Heslop	Franklin (NJ)	2018	6.26	Myasia Jacobs	Paramus Catholic (NJ)	2011	6.84
	Mike Kee	Rindge Tech (MA)	1975	6.0				
<b>55 HH</b>	Yashahya Brown	Washington Twp (NJ)	2024	7.10	Sydney McLaughlin	Union Catholic (NJ)	2015	7.66
	Renaldo Nehemiah	Scotch Plains (NJ)	1977	6.9				
<b>200</b>	Mario Heslop	Franklin (NJ)	2018	21.09	Whitney Fountain	Christhoper Columbus (NY)	2009	23.77
<b>400</b>	Zyaire Clemes	Trenton	2014	47.13	Talitha Diggs	Saucon Valley (PA)	2020	53.98
<b>800</b>	Paul Joyce	Clarkstown South (NY)	2000	1:51.98	Janine Davis	Queen of Peace (NJ)	2005	2:09.27
<b>Mile</b>	Blair Mancini	North Penn (PA)	1981	4:11.57	Michelle Rowan	Washington Twp. (NJ)	1983	4:43.1
<b>2 Mile</b>	Edward Cheserek	St. Benedicts (NJ)	2012	8:54.82	Katie McCafferty	Oak Knoll (NJ)	2008	10:32.73
<b>4 x 200 relay</b>		Camden (NJ)	2004	1:26.90		Paul Robeson (NY)	2016	1:38.40
<b>4 x 400 relay</b>		Vineland (NJ)	2003	3:15.47		Columbia (NJ)	2013	3:46.80
<b>4 x 800 relay</b>		Pleasantville (NJ)	2013	7:45.55		Columbia (NJ)	2014	9:05.40
<b>Distance medley</b>		West Windsor Plains N (NJ)	2009	10:07.21		Union Catholic (NJ)	2022	11:45.71
<b>High jump</b>	Greg Gonsalves	Falmouth (MA)	1981	7-3	Shauna Byfield	Manhasset (NY)	2000	5-9
					Tatiana Smolin	Randolph (NJ)	1985	5-9
<b>Triple jump</b>	Ronel Forde	Shaker (NY)	2016	51-6	Keturah Orji	Mount Olive (NJ)	2014	43-11 1/2
<b>Long jump</b>	Dion Bentley	Penn Hills (PA)	1989	26-0 3/4	Keturah Orji	Mount Olive (NJ)	2014	20-8
<b>Shot put</b>	Nick Vena	Morristown (NJ)	2011	71-3 1/4	Alyssa Wilson	Donovan Catholic (NJ)	2017	57-5 1/2
<b>Pole vault</b>	Bradley Jelmert	Watchung Hills (NJ)	2020	16-6 1/4	Leah Pasqualetti	Orchard Park (NY)	2020	13-8