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|-------------------------|------------------|----------------------------|------|----------|-----------------------|---------------------------|------|
| Easterns Records | | | | | | | |
| 55 | Terrell Wilks | Hillhouse (CT) | 2007 | 6.29 | English Gardner | Eastern (NJ) | 2006 |
| | Mike Kee | Rindge Tech (MA) | 1975 | 6.0 | | | |
| 55 HH | Rodney Wilson | Bartram (PA) | 1979 | 7.17 | Charmaine Walker | Plainfield (NJ) | 1997 |
| | Renaldo Nehemiah | Scotch Plains (NJ) | 1977 | 6.9 | | | |
| 200 | Adian Sanderson | Ewing (NJ) | 2004 | 21.34 | Whitney Fountain | Christhoper Columbus (NY) | 2009 |
| 400 | Lance Wigfall | East Orange Campus (NJ) | 2003 | 47.20 | Neisha Bernard-Thomas | Tilden (NY) | 2000 |
| 800 | Paul Joyce | Clarkstown South (NY) | 2000 | 1:51.98 | Janine Davis | Queen of Peace (NJ) | 2005 |
| Mile | Blair Mancini | North Penn (PA) | 1981 | 4:11.57 | Michelle Rowan | Washington Twp. (NJ) | 1983 |
| 2 Mile | Alberto Salazar | Wayland (MA) | 1976 | 9:01.1 | Katie McCafferty | Oak Knoll (NJ) | 2008 |
| 4 x 200 relay | | Camden (NJ) | 2004 | 1:26.90 | | Uniondale (NY) | 2007 |
| 4 x 400 relay | | Vineland (NJ) | 2003 | 3:15.47 | | Plainfield (NJ) | 2004 |
| 4 x 800 relay | | Roselle Catholic (NJ) | 1970 | 7:48.6 | | Pope John (NJ) | 2007 |
| Distance medley | | West Windsor Plains N (NJ) | 2009 | 10:07.21 | | Southern (NJ) | 2009 |
| High jump | Greg Gonsalves | Falmouth (MA) | 1981 | 7-3 | Shauna Byfield | Manhasset (NY) | 2000 |
| | | | | | Tatiana Smolin | Randolph (NJ) | 1985 |
| Triple jump | Gary Webb | Webster Schroeder (NY) | 2006 | 49-9 | Stephanie McIntyre | South Brunswick (NJ) | 2007 |
| Long jump | Dion Bentley | Penn Hills (PA) | 1989 | 26-0 3/4 | Carol Lewis | Willingboro (NJ) | 1980 |
| Shot put | Nick Vena | Morristown (NJ) | 2009 | 68-11 | Jackie Hudgins | Hightstown (NJ) | 2001 |
| Pole vault | Adam Sarafian | Ocean Twp. (NJ) | 2004 | 16-3 1/4 | Danielle O'Reilly | Shawnee (NJ) | 2004 |

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| 6.92 |
| 7.71 |
| 23.77 |
| 54.87 |
| 2:09.27 |
| 4:43.1 |
| 10:32.73 |
| 1:39.41 |
| 3:48.7* |
| 9:06.94 |
| 11:48.61 |
| 5-9 |
| 5-9 |
| 40-11 |
| 20-6 1/4 |
| 46-9 |
| 13-0 |