Easterns Records						Easterns Records				
	Boys						**Girls**			
55	Mario Heslop	Franklin Twp (NJ)	2018	6.26		**55**	Myasia Jacobs	Paramus Catholic (NJ)	2011	6.84
	Mike Kee	Rindge Tech (MA)	1975	6.0						
55 HH	Rodney Wilson	Bartram (PA)	1979	7.17		**55 HH**	Sydney McLaughlin	Union Catholic (NJ)	2015	7.66
	Renaldo Nehemiah	Scotch Plains (NJ)	1977	6.9						
200	Mario Heslop	Franklin Twp (NJ)	2018	21.09		**200**	Whitney Fountain	Christhoper Columbus (NY)	2009	23.77
400	Zyaire Clemes	Trenton	2014	47.13		**400**	Zola Golden	Arlington (NY)	2014	54.40
800	Paul Joyce	Clarkstown South (NY)	2000	1:51.98		**800**	Janine Davis	Queen of Peace (NJ)	2005	2:09.27
Mile	Blair Mancini	North Penn (PA)	1981	4:11.57		**Mile**	Michelle Rowan	Washington Twp. (NJ)	1983	4:43.1
2 Mile	Edward Cheserek	St. Benedicts (NJ)	2012	8:54.82		**2 Mile**	Lesley Welch	Peabody MA	1981	10:22.29
4 x 200 relay		Camden (NJ)	2004	1:26.90		**4 x 200 relay**		Paul Robeson (NY)	2016	1:38.40
4 x 400 relay		Vineland (NJ)	2003	3:15.47		**4 x 400 relay**		Columbia (NJ)	2013	3:46.80
4 x 800 relay		Pleasantville (NJ)	2013	7:45.55		**4 x 800 relay**		Columbia (NJ)	2014	'9:05.40
Distance medley		West Windsor Plains N (NJ)	2009	10:07.21		**Distance medley**		Southern (NJ)	2009	11:48.61
High jump	Greg Gonsalves	Falmouth (MA)	1981	7-3		**High jump**	Emily Kianka	Hopewell Valley (NJ)	2010	11-May
Triple jump	Ronel Forde	Shaker (NY)	2016	51-6		**Triple jump**	Keturah Orji	Mount Olive (NJ)	2014	43-11 1/2
Long jump	Dion Bentley	Penn Hills (PA)	1989	26-0 3/4		**Long jump**	Keturah Orji	Mount Olive (NJ)	2014	20-8
Shot put	Nick Vena	Morristown (NJ)	2011	71-3 1/4		**Shot put**	Alyssa Wilson	Donovan Catholic (NJ)	2017	57-5.5
Pole vault	Jordan Yamoah	Arlington (NY)	2011	16-6		**Pole vault**	Abby Norwillo	Pittston Area HS (PA)	2018	13-00.75
								Compiled 3/2018		