

	Boys 55	Boys HH	Boys 200
1995	Ed Weiss, Pascack Valley 6.5	Anthony DiCosmo, Paramus Catholic 7.6	
1996	Shawn Samuels, Englewood 6.4	Shawn Samuels, Englewood 7.8	
1997	Cooper Rego, SJR 6.5	Shawn Samuels, Englewood 7.8	
1998	Andrae McCormick, Clifton 6.6	Mike Stansfield, Garfield 7.8	
1999	Ariel Acosta, Bergenfield 6.5	Chris Stowers, Hackensack 7.7	
2000	Davon Roberts, Passaic Tech 6.5	Nick Garrett, Saddle Brook 7.5	
2001	Tyler Davis, Montclair 6.4	Aaron Richardson, Hackensack 7.7	
2002	Patel Whyte, Hackensack 6.5	Bryan Durango, Memorial 7.6	
2003	Anthony Cinelli, Paramus Catholic 6.6	Dave Lado, Ridgefield 7.8	
2004	Michael Ray Garvin, Don Bosco 6.4	Eric Dufresne, Jackson 7.6	
2005	Frank LaBoy, Hackensack 6.6	Dan Oquendo, Hackensack 7.7	
2006	A.J. Kizekai, Blair 6.6	A.J. Esguerra, Passaic Valley 7.8	
2007	Raldaine McDonald, Englewood 6.6	John ferdinand, Hackensack 8.1	
2008	Raldaine McDonald, Englewood 6.3	Jermaine Boyd, Hackensack 7.6	
2009	Raldaine McDonald, Englewood 6.4	Nicoy Hines, Passaic Tech 7.7	
2010	Conroy Walker, Hackensack 6.6	Keshon Brown, Kennedy 7.5	
2011	Devonte Artist, Shabazz 6.6	Dante Fernandez, Newark Central 7.9	
2012	Kevon Lumsden, Englewood 6.5	Tamar Godwin, Kennedy 8.1	
2013	Michael Reed, Shabazz 6.6	Robert Laing, Kennedy 7.7	
2014	Kenny Clarke, Ramapo 6.6	Zack Basile, St. Joseph 8.1	
2015	Akeem Lindo, East Orange 6.7	Cory Poole, East Orange 7.8	
2016	Raheem Roberts, Eastside 6.5	Shayne Coley, Passaic Tech 8.4	
2017	Quanzie Lumsden, Englewood 6.5	Andrew Peterson, Demarest, 8.0	
2018	Demetrius Lassiter, People's Prep 6.5	Johnny Lohrer, Old Tappan, 7.9	
2019	Quiney Hendy, Westside 6.6	Kyle Estavene, Scotch Plains 7.7	
2020	Ray Schmitt, Lakeland 6.5	Kevin Francis, Kennedy 8.0	
2022	Alex Kislenko, Fair lawn 6.7	Nathan Storz, emerson, 8.7	
2023	Xavier Hayletts, Bergenfield, 6.7	Romelo Tables, Clift., 8.6	
2024	Nate Phillip, Clifton, 6.6	Zachary McDowell, WM, 8.7	Michael Samarro, Ramapo, 23.8
	Boys 55	Boys HH	

Boys 300	Boys 600	Boys 800
Kerry Blackmun, Hoboken 36.7		Adam Karpf, Pascack Hills 2:04.7
Anthony Campbell, Snyder 36.4		Doug Yarosz, Saddle Brook 2:03.7
Anthony Campbell, Snyder 37.0		Cavrel Silvera, Fort Lee 2:05.0
Joe Haro, Clifton 37.1		Dave Finneran, Rutherford 2:08.9
Joe Velazquez, Paramus 36.7		Josh Kauke, Ridgewood 2:02.1
Ariel Acosta, Bergenfield 36.9		Dave Heerema, West Milford 2:05.3
Melvin Sampson, Hackensack 36.9		Gary Gagliardi, Hasbrouck Heights, 1:59.6
Patel Whyte, Hackensack 37.1		Fitz-Hubert Reynolds, Bayonne 2:04.0
Andrew Anderson, Montclair 37.0		Joshua Simmons, Hackensack 2:13.3
Andrew Anderson, Montclair 35.8		Alejandro Shepard, Montclair, 2:08.7
Tim Zadravac, Pompton Lakes 38.2		Mike Pachella, Wallkill Valley 1:58.7
Devonish Murphy, Weequahic 37.5		Dane Bender, Pompton Lakes 2:09.2
Matt Bieszard, Midland Park 37.1		Nick Roman, Passaic Valley, 2:09.9
Nicoy Hines, PCT 36.9		Isaiah Butts, Passaic Tech, 2:04.9
Geoffrey Stewart, West Side 36.1		Cody O'Flaherty, Freehold Boro 2:05.4
Kevin Condal, Hasbrouck Heights 36.7		Nigel Burgess, Passaic Tech 2:09.9
Anthony Tripodi, Cliffside Park 37.4		Nick Ward, Indian Hills 2:08.0
Latimere Campbell, Eastside 36.6		Kevin Serrao, Bergen Tech 2:07.8
Jacquan Pinnix, University 37.3		Joe McKenna, Ramapo 2:05.4
Chris Estrella, Ridgefield Park 36.5		Mike Germinario, Wayne Valley 2:09.6
Christian Ozoria, Teaneck 37.0		Michael Amoako, Teaneck 2:12.4
Jack Kerin, Indian Hills 37.2		Tarin Nelson, Passaic Tech 2:08.6
Quanzie Lumsden, Englewood 36.1		La'Shan White, Bloomfield 2:07.7
Quanzie Lumsden, Englewood 37.3		Isaiah Sparks, Manchester 2:09.2
Jacob Leigh, Scotch Plains 37.8		Jeremy Bailey, Hasbrouck Heights 2:12.6
Amilear Rendell, Bloomfield 37.3		Jayson Harmer, Hawthorne, 2:09.7
no race		Alex Shaia, Bergen Catholic, 2:13.9
no race	Andrew Armstrong, PL, 1:37.2	Andrew Armstrong, PL, 2:15.2
no race	Ryan Pascual, Fair Lawn, 1:28.2	Aidan Soukas, Fair Lawn, 2:14.1
Boys 300		Boys 800

Boys 1000	Boys 1600	Boys 800 R
	Felix Olivo, Secaucus 4:30.0	
	Jeremy Battles, River Dell 4:34.7	
	Josh Maarleveld, Hoboken 4:36.0	
	Eric Knackmuhs, Ramapo 4:36.7	
	Corey Kunz, SJR 4:33.3	
	Mike Rogers, Garfield 4:40.7	
	Ken Sinkovitz, Bergen Catholic 4:33.2	
	Ken Sinkovitz, Bergen Catholic 4:33.2	
	Rudy Urena, Cliffside Park 4:40.2	
	Paul Bahamondes, Jackson 4:38.8	
	Ryan Madrid, Paramus Cath. 4:43.4	
	Matt Cowhey, Ocean City 4:39.1	
	Charles Goold, Rutherford 4:39.8	
	Tommy Gaidus, NH 4:33.9	
	Peter Thorpe. Spotswood 4:35.2	
	Andreas Kellas, Bergen Tech 4:39.4	
	Scott Chamberlain, Blair 4:39.2	
	Nick Rodriguez, Passaic Tech 4:42.4	
	Moustafa Abdelhak, Kennedy 4:50.6	
Kevin Serrao, Bergen Tech 2:40.4	no race	
Sean Sullivan, Rutherford 2:44.4	no race	
Will Daly, River Dell 2:43.6	no race	
Kevin Heredia, Clifton 2:45.7	no race	
Jake Cooper, Emerson 2:47.6	no race	
Braedon Fiume, Bergen Catholic 2:41.2	no race	
Nick Ortiz, Passaic 2:39.1	no race	
Ryan Pena, WV, 2:47.3	no race	Passaic Tech, 1:40.4
Sean Matthews, WV, 2:47.4	no race	Clifton, 1:38.1
Ryan Welch, Ramapo, 2:47.1	Lamarr Olive, Clifton, 4:50.0	no race
Boys 1000	Boys 1600	Boys 800 relay

Boys 3200R	Boys DMR	Boys 1600R	Boys HJ
Glen Rock 8:53.5	North Bergen 11:10.8	Ridgewood 3:40.8	
Saddle Brook 8:37.9	Ridgewood 11:12.2	Glen Rock 3:38.5	
St. Joseph Reg. 8:35.7	Westwood 10:56.4	Paramus Catholic 3:43.3	
Fort Lee 8:43.3	Ramapo 11:32.1	Teaneck 3:38.8	
Hackensack 8:11.6	Ramapo 11:04.2	Paramus Catholic 3:37.3	
Roselle 8:40.3	Hackensack 11:02.6	Roselle 3:36.2	
Ridgewood 8:48.9	St. Joseph Reg. 11:16.4	Hackensack 3:38.2	
Westwood 8:46.3	Memorial 11:08.3	Westwood	
Demarest 8:50.8	Old Tappan 11:40.9	Passaic Tech 3:45.2	
Jackson 8:44.9	Jackson 11:26.1	Jackson 3:37.1	
Fort Lee 8:58.0	Wayne Valley 11:08.0	Pompton Lakes 3:49.3	
Northern Highlands 8:47.5	Northern Highlands 10:54.3	New Milford 3:44.7	
Tenafly 8:44.7	Wayne Valley 10:57.0	Eastside 3:37.4	
Englewood 8:43.6	Passaic Valley 11:13.5	Passaic Tech 3:33.5	
St. Joseph Reg. 8:44.7	Passaic Valley 11:15.0	Hackensack 3:44.3	
Passaic Tech 8:58.6	Kennedy 11:13.3	Englewood 3:37.2	
Ramsey 8:34.8	Indian Hills 11:16.6	Garfield 3:36.4	
Passaic Tech 8:43.6	Newark Eastside 11:50.3	Passaic Tech 3:48.1	
Indian Hills n.t.	Passaic Tech 11:16.3	Westwood 3:50.6	
Indian Hills 8:43.8	Old Tappan 11:05.5	Old Tappan 3:44.0	
Westwood 8:43.8	Pascack Hills 11:10.5	East Orange Campus 3:39.0	
Indian Hills 8:52.4	Clifton 11:12.2	Indian Hills 3:35.6	
Bloomfield 8:45.2	Clifton 10:59.5	Indian Hills 3:38.4	
Union City 8:59.1	Clifton 11:09.3	Clifton 3:39.5	
Bergen Catholic 8:45.7	Scotch Plains 11:04.5	Bloomfield 3:40.5	
Hackensack 8:56.9	Clifton 11:00.6	Paramus 3:43.1	
Passaic Tech, 9:56.8	no race	Passaic Tech, 3:45.8	Connor Havison, PR, 5-9
Wayne Valley, 9:16.5	no race	Clifton, 3:48.5	Christian Mercado, WV, 5-6
Wayne Valley, 8:47.1	no race	Fair Lawn, 3:44.0	Tyler Meier, WM, 6-0
Boys 3200R	Boys DMR	Boys 1600R	Boys HJ

Boys LJ	Boys TJ	Boys SP	Boys PV
Ryan Van Es, WV, 19-4	Nathan Storz, Emerson, 42-4 3/4	Jason Ballen, MP, 45-7 1/4	Ryan Balsam, Emer.
Noah Traverso, WM, 19-11	Noah Traverso, WM, 40-5	Winston Calvo, WV, 48-2 1/2	Todd Korman, Suffern, 11-0
Victor Echavarria, PCT, 20-11	Nate Phillip, Clift., 40-8 3/4	Michael Clark, Pass., 52-3 3/4	Owen Keating, PL, 11-0
Boys LJ	Boys TJ	Boys SP	Boys PV

Girls 55	Girls HH	Girls 200
Tiffany Walker, Hackensack 7.4	Melene Thomas, Garfield 8.6	
Tiamecua Fulton, Eastside 7.3	Marissa Jackson, Hackensack 8.6	
Lauren Fanelli, River Dell 7.3	Erica Benedict, Passaic Valley 8.9	
Courtney Cubicciotti, IHA 7.4	Mary Jones, Hackensack 8.7	
Chantel Coppedge, Montclair 7.2	Bridgette Atkinson, Hackensack 8.7	
Courtney Cubicciotti, IHA 7.5	Jill Turner, Pascack Hills 8.6	
Thatcha DaCosta, Englewood 7.5	Justine Diana, Saddle Brook 8.4	
Camelia Watson, Montclair 7.6	Fatima Palomo, Memorial 8.6	
Jessica Oravetz, Waldwick 7.6	Michelle Ribustello, Pascack Valley 9.1	
Consandria Walker, Hackensack 7.1	Lindsay May, Dumont 9.1	
Amma Walcott, Hackensack 7.5	Jessia Malacrida, Paramus 8.9	
Korvette Hinton, Orange 7.5	Arianna Pomo, Saddle Brook 8.9	
Angelica Johnson, RP 7.0	Arianna Pomo, Saddle Brook 9.0	
Vicky Caruso, Walkkill Valley 7.1	Evana Edwards, Hackensack 8.3	
Serenity Martin, IHA 7.4	Tiffany Evangelou, IHA 8.8	
Julisa Isom, Kennedy 7.5	Jaivaria Bacote, Kennedy 8.6	
Chamekea Davis, Eastside 7.3	Melissa Pascual, PV 9.3	
Alexes Washington, PCT 7.6	Breaisha Morton, PCT 8.5	
Arnelle Ackon, Belleville, 7.4	Chiba Ike, Linden 8.6	
Madeline Soto, University 7.2	Breaisha Morton, PCT 8.3	
Alexes Washington, PCT 7.3	Dana Lynch, Hackensack 8.7	
Toni James, Teaneck 7.4	Olivia Pandolfo, Tenafly 8.8	
Nakiyah Robinson, North Star 7.4	Alenys Morales, Clifton 9.0	
Kayleigh Furth, Newton 7.7	Alenys Morales, Clifton 8.5	
Sanai Bryant, Englewood 7.6	Alexis Byfield, Hawthorne 9.4	
Sanai Bryant, Dumont 7.3	Alexis Byfield, Hawthorne 9.1	
Briana Fasoli, PCT 7.9	Briana Fasoli, PCT 9.5	
Gina Certo, Holy Angels, 7.5	Cali Terranova, EP, 8.9	
Nicole Freiler, PR, 7.7	Ava Maher, WV, 9.2	Athena Giotis, WV, 28.3
Girls 55	Girls HH	

Girls 300	Girls 600	Girls 800
Colleen O'Neil, Howell 44.5		Caitlin Wittreich, Tenafly 2:27.0
Nakiesha McIntosh, Eastside 43.0		Vicky Byrne, Saddle Brook 2:27.3
Crystal Jenkins, Snyder 44.5		Erika Papaccioli, Paramus 2:31.5
Courtney Cubicciotti, IHA 43.6		Mary D'Ariano, IHA 2:30.6
Chantel Coppedge, Montclair 42.8		Natalie Popowicz, Clifton 2:28.1
Kenneisha Reid, Passaic Tech 42.3		Amy Giacobone, IHA 2:29.6
Andrea Herbert, Passaic Tech 43.8		Esther Feldman, Montclair 2:32.8
Yhounic Vassell, Passaic Tech 42.4		Caitlin Schopp, West Milford 2:32.8
Camelia Watson, Montclair 43.3		Tara Connelly, Pascack Valley 2:28.4
Janine Davis, Queen of Peace 41.4		Emily McMillan, St. Rose, 2:26.9
Sophia Davis, Queen of Peace 43.2		Melanie Wilson, Ramapo 2:34.9
Kristin Crawford, Kennedy 42.5		Kristin Crawford, Kennedy 2:27.8
Angelina Johnson, RP 43.1		Megan Patterson, Freehold Boro 2:34.1
Vicky Caruso, Walkkill Valley 41.9		Jendal Robinson, Elizabeth 2:36.6
Jenni Zymet, Paramus 43.2		Julie Sinkovitz, IHA 2:20.7
Jenni Zymet, Paramus 41.6		Julie Sinkovitz, IHA 2:27.2
Chamekea Davis, Eastside 43.7		Jamie Pepper, Indian Hills 2:37.2
Breaisha Morton, PCT 42.6		Crystal Lawrence, PCT 2:39.7
Emma Sullivan, Northern Highlands 42.7		Deanna DiLandro, Ramapo 2:22.1
Breaisha Morton, PCT 41.8		Catherine Pagano, No. Highlands 2:25.3
Aminah Sarraga, Teaneck 43.1		Kelly Moran, Holy Angels 2:37.9
Aminah Sarraga, Teaneck 43.2		Kelly McLaughlin, Voorhees 2:29.6
Lily DeMartino, IH 43.3		Tara Lyons, Holy Angels 2:23.7
Alenys Morales, Clifton 42.7		Niurkelys Colindres, Union City 2:34.4
Angelina Ramos, Bloomfield 44.6		Ashley Linares, Paramus Catholic 2:39.7
Brianna Rubio, Clifton 41.8		Eliza Hoover, Holy Angels, 2:29.6
no race		Alexa Friedland, Ramsey, 2:42.9
no race	Abby Petrolia, New Milford, 1:48.8	Diana Valentini, Fort Lee, 2:29.1
no race	Kara Williams, Ramapo, 1:49.3	Ava Maher, WV, 2:40.3
Girls 300		Girls 800

Girls 1000	Girls 1600	Girls 3200R
	Lisa Ryder, Bergenfield 5:28.2	Tenafly 10:24.4
	Karen Petouvis, Paramus 5:30.7	Tenafly 10:43.9
	Caitlin Wittreich, Tenafly 5:26.0	Paramus 10:18.9
	Aisha Alexander, Passaic Valley 5:26.5	Fair Lawn 10:39.3
	Julie Clifford, Holy Angels 5:24.8	Ridgewood 10:23.7
	Christine Mendoza, Hudson Prep 5:30.5	Tenafly 10:37.1
	Briana Bayersdorfer, River Dell 5:37.8	Demarest 10:47.2
	Lindsay Van Alstine, Hawthorne Christian 5:21.9	Paramus 10:39.5
	Jesse Mizzone, Passaic Valley 5:26.5	Demarest 10:57.5
	Jenny Clausen, Jackson 5:18.9	Holy Angels 10:32.4
	Aimee Chegwiddden, Wallkill Valley 5:43.2	Westwood 11:19.0
	Kesley Ramsey, Ramapo 5:26.7	Paramus 10:35.8
	Jillian Rothschild, Demarest 5:31.1	Indian Hills 10:24.5
	Ines Simoes, Roselle Catholic 5:26.7	Westwood 10:39.2
	Sarah Pagano, IHA 5:19.7	Freehold Boro 10:37.3
	Erin Thompson, IHA 5:39.3	Montclair 10:58.9
	Jennifer Teets, New Milford 5:54.0	Indian Hills 10:36.7
	Kristy Bono, Belleville 5:47.7	Pascack Valley 10:34.8
	Ariana North, Northern Highlands 5:16.5	Indian Hills 10:06.9
Corinne Myers, Westwood 3:05.5	no race	Holy Angels 10:25.7
Stephanie Hayes, Montclair 3:12.8	no race	Holy Angels 10:25.0
Shannon Gorla, River Dell 3:10.0	no race	Lakeland 10:45.0
Nicole Bertollo, Hawthorne 3:18.1	no race	Northern Highlands 10:16.9
Andrea Dubbels, Clifton 3:20.6	no race	Clifton 10:42.5
Elizabeth Szambel, St. Mary's 3:17.1	no race	Clifton 10:54.0
Andrea Dubbels, Clifton 3:16.7	no race	Clifton 10:49.7
Cali Marck, Emerson, 3:31.4	no race	no race
Danielle Tilp, Cresskill, 3:15.3	no race	Clifton, 11:12.6
Katie Rubin, Ramsey, 3:25.7	Ciara Clinton, WM, 5:42.4	West Milford, 11:02.7
Girls 1000	Girls 1600	Girls 3200R

Girls DMR	Girls 1600R		Girls 800R	Girls SP
Hunterdon Central 12:49.8	Hackensack 4:17.8	1995		
Fort Lee 13:30.1	Hackensack 4:19.3	1996		
Fort Lee 13:38.4	River Dell 4:29.6	1997		
Teaneck 13:49.5	Ridgewood 4:24.2	1998		
Hackensack 13:01.0	Ridgewood 4:21.5	1999		
Ridgewood 13:04.3	Passaic Tech 4:27.5	2000		
IHA 13:18.5	Passaic Tech 4:22.4	2001		
Ridgewood 13:50.5	Passaic Tech 4:12.1	2002		
Old Tappan 14:01.2	Old Tappan 4:29.4	2003		
Westwood 13:56.9	Hackensack 4:17.4	2004		
Wayne Valley 13:32.1	Hackensack 4:19.3	2005		
Ramapo 13:08.1	Ocean City 4:23.9	2006		
Holy Angels 13:22.5	Ramsey 4:19.9	2007		
Northern Highlands 12:55.2	DePaul 4:28.8	2008		
Old Tappan 13:51.0	IHA 4:19.4	2009		
Southern 13:48.2	Passaic Tech 4:19.0	2010		
Hasbrouck heights 13:37.1	Indian Hills 4:21.3	2011		
Verona 13:27.6	Passaic Tech 4:21.4	2012		
Westwood 13:03.5	East Orange 4:27.7	2013		
Northern Highlands 12:57.2	Westwood 4:24.8	2014		
Montclair 13:22.6	Indian Hills 4:26.8	2015		
River Dell 13:01..4	Indian Hills 4:19.3	2016		
Scotch Plains/Fanwood 13:18.0	Hasbrouck Heights 4:26.6	2017		
Clifton 13:09.1	Clifton 4:20.5	2018		
Clifton 13:09.1	Bloomfield 4:26.9	2019		
Clifton 12:52.2	Holy Angels 4:18.6	2020		
no race	Passaic Tech, 4:26.3	2022	Passaic Tech, 1:58.7	Erin Karaway, Emer., 32-4 1/2
no race	Cliffside Park, 4:44.7	2023	Holy Angels, 1:54.5	Paris Higgs, Eastside, 30-11 1/2
no race	Bergenfield, 4:39.8	2024	no race	Grace Gilbert, Ramapo, 35-4 1/4
Girls DMR	Girls 1600R		Girls 800 R	Girls SP

