

	Boys 55	Boys HH	Boys 300
1995	Ed Weiss, Pascack Valley 6.5	Anthony DiCosmo, Paramus Catholic 7.6	Kerry Blackmun, Hoboken 36.7
1996	Shawn Samuels, Englewood 6.4	Shawn Samuels, Englewood 7.8	Anthony Campbell, Snyder 36.4
1997	Cooper Rego, SJR 6.5	Shawn Samuels, Englewood 7.8	Anthony Campbell, Snyder 37.0
1998	Andrae McCormick, Clifton 6.6	Mike Stansfield, Garfield 7.8	Joe Haro, Clifton 37.1
1999	Ariel Acosta, Bergenfield 6.5	Chris Stowers, Hackensack 7.7	Joe Velazquez, Paramus 36.7
2000	Davon Roberts, Passaic Tech 6.5	Nick Garrett, Saddle Brook 7.5	Ariel Acosta, Bergenfield 36.9
2001	Tyler Davis, Montclair 6.4	Aaron Richardson, Hackensack 7.7	Melvin Sampson, Hackensack 36.9
2002	Patel Whyte, Hackensack 6.5	Bryan Durango, Memorial 7.6	Patel Whyte, Hackensack 37.1
2003	Anthony Cinelli, Paramus Catholic 6.6	Dave Lado, Ridgefield 7.8	Andrew Anderson, Montclair 37.0
2004	Michael Ray Garvin, Don Bosco 6.4	Eric Dufresne, Jackson 7.6	Andrew Anderson, Montclair 35.8
2005	Frank LaBoy, Hackensack 6.6	Dan Oquendo, Hackensack 7.7	Tim Zadravac, Pompton Lakes 38.2
2006	A.J. Kizekai, Blair 6.6	A.J. Esguerra, Passaic Valley 7.8	Devonish Murphy, Weequahic 37.5
2007	Raldaine McDonald, Englewood 6.6	John ferdinand, Hackensack 8.1	Matt Bieszard, Midland Park 37.1
2008	Raldaine McDonald, Englewood 6.3	Jermaine Boyd, Hackensack 7.6	Nicoy Hines, PCT 36.9
2009	Raldaine McDonald, Englewood 6.4	Nicoy Hines, Passaic Tech 7.7	Geoffrey Stewart, West Side 36.1

Boys 800	Boys 1600	Boys 3200R	Boys DMR
Adam Karpf, Pascack Hills 2:04.7	Felix Olivo, Secaucus 4:30.0	Glen Rock 8:53.5	North Bergen 11:10.8
Doug Yarosz, Saddle Brook 2:03.7	Jeremy Battles, River Dell 4:34.7	Saddle Brook 8:37.9	Ridgewood 11:12.2
Cavrel Silvera, Fort Lee 2:05.0	Josh Maarleveld, Hoboken 4:36.0	St. Joseph Reg. 8:35.7	Westwood 10:56.4
Dave Finneran, Rutherford 2:08.9	Eric Knackmuhs, Ramapo 4:36.7	Fort Lee 8:43.3	Ramapo 11:32.1
Josh Kauke, Ridgewood 2:02.1	Corey Kunz, SJR 4:33.3	Hackensack 8:11.6	Ramapo 11:04.2
Dave Heerema, West Milford 2:05.3	Mike Rogers, Garfield 4:40.7	Roselle 8:40.3	Hackensack 11:02.6
Gary Gagliardi, Hasbrouck Heights, 1:59.6	Ken Sinkovitz, Bergen Catholic 4:33.2	Ridgewood 8:48.9	St. Joseph Reg. 11:16.4
Fitz-Hubert Reynolds, Bayonne 2:04.0	Ken Sinkovitz, Bergen Catholic 4:33.2	Westwood 8:46.3	Memorial 11:08.3
Joshua Simmons, Hackensack 2:13.3	Rudy Urena, Cliffside Park 4:40.2	Demarest 8:50.8	Old Tappan 11:40.9
Alejandro Shepard, Montclair, 2:08.7	Paul Bahamondes, Jackson 4:38.8	Jackson 8:44.9	Jackson 11:26.1
Mike Pachella, Walkill Valley 1:58.7	Ryan Madrid, Paramus Cath. 4:43.4	Fort Lee 8:58.0	Wayne Valley 11:08.0
Dane Bender, Pompton Lakes 2:09.2	Matt Cowhey, Ocean City 4:39.1	Northern Highlands 8:47.5	Northern Highlands 10:54.3
Nick Roman, Passaic Valley, 2:09.9	Charles Goold, Rutherford 4:39.8	Tenafly 8:44.7	Wayne Valley 10:57.0
Isaiah Butts, Passaic Tech, 2:04.9	Tommy Gaidus, NH 4:33.9	Englewood 8:43.6	Passaic Valley 11:13.5
Cody O'Flaherty, Freehold Boro 2:05.4	Peter Thorpe. Spotswood 4:35.2	St. Joseph Reg. 8:44.7	Passaic Valley 11:15.0

Boys 1600R	Girls 55	Girls HH
Ridgewood 3:40.8	Tiffany Walker, Hackensack 7.4	Melene Thomas, Garfield 8.6
Glen Rock 3:38.5	Tiamecua Fulton, Eastside 7.3	Marissa Jackson, Hackensack 8.6
Paramus Catholic 3:43.3	Lauren Fanelli, River Dell 7.3	Erica Benedict, Passaic Valley 8.9
Teaneck 3:38.8	Courtney Cubicciotti, IHA 7.4	Mary Jones, Hackensack 8.7
Paramus Catholic 3:37.3	Chantel Coppedge, Montclair 7.2	Bridgette Atkinson, Hackensack 8.7
Roselle 3:36.2	Courtney Cubicciotti, IHA 7.5	Jill Turner, Pascack Hills 8.6
Hackensack 3:38.2	Thatcha DaCosta, Englewood 7.5	Justine Diana, Saddle Brook 8.4
Westwood	Camelia Watson, Montclair 7.6	Fatima Palomo, Memorial 8.6
Passaic Tech 3:45.2	Jessica Oravetz, Waldwick 7.6	Michelle Ribustello, Pascack Valley 9.1
Jackson 3:37.1	Consandria Walker, Hackensack 7.1	Lindsay May, Dumont 9.1
Pompton Lakes 3:49.3	Amma Walcott, Hackensack 7.5	Jessia Malacrida, Paramus 8.9
New Milford 3:44.7	Korvette Hinton, Orange 7.5	Arianna Pomo, Saddle Brook 8.9
Eastside 3:37.4	Angelica Johnson, RP 7.0	Arianna Pomo, Saddle Brook 9.0
Passaic Tech 3:33.5	Vicky Caruso, Wallkill Valley 7.1	Evana Edwards, Hackensack 8.3
Hackensack 3:44.3	Serenity Martin, IHA 7.4	Tiffany Evangelou, IHA 8.8

Girls 300	Girls 800	Girls 1600
Colleen O'Neil, Howell 44.5	Caitlin Wittreich, Tenafly 2:27.0	Lisa Ryder, Bergenfield 5:28.2
Nakiesha McIntosh, Eastside 43.0	Vicky Byrne, Saddle Brook 2:27.3	Karen Petouvis, Paramus 5:30.7
Crystal Jenkins, Snyder 44.5	Erika Papaccioli, Paramus 2:31.5	Caitlin Wittreich, Tenafly 5:26.0
Courtney Cubicciotti, IHA 43.6	Mary D'Ariano, IHA 2:30.6	Aisha Alexander, Passaic Valley 5:26.5
Chantel Coppedge, Montclair 42.8	Natalie Popowicz, Clifton 2:28.1	Julie Clifford, Holy Angels 5:24.8
Kenneisha Reid, Passaic Tech 42.3	Amy Giacobone, IHA 2:29.6	Christine Mendoza, Hudson Prep 5:30.5
Andrea Herbert, Passaic Tech 43.8	Esther Feldman, Montclair 2:32.8	Briana Bayersdorfer, River Dell 5:37.8
Yhounic Vassell, Passaic Tech 42.4	Caitlin Schopp, West Milford 2:32.8	Lindsay Van Alstine, Hawthorne Christian 5:21.9
Camelia Watson, Montclair 43.3	Tara Connelly, Pascack Valley 2:28.4	Jesse Mizzone, Passaic Valley 5:26.5
Janine Davis, Queen of Peace 41.4	Emily McMillan, St. Rose, 2:26.9	Jenny Clausen, Jackson 5:18.9
Sophia Davis, Queen of Peace 43.2	Melanie Wilson, Ramapo 2:34.9	Aimee Chegvidden, Walkill Valley 5:43.2
Kristin Crawford, Kennedy 42.5	Kristin Crawford, Kennedy 2:27.8	Kesley Ramsey, Ramapo 5:26.7
Angelina Johnson, RP 43.1	Megan Patterson, Freehold Boro 2:34.1	Jillian Rothschild, Demarest 5:31.1
Vicky Caruso, Wallkill Valley 41.9	Jendal Robinson, Elizabeth 2:36.6	Ines Simoes, Roselle Catholic 5:26.7
Jenni Zymet, Paramus 43.2	Julie Sinkovitz, IHA 2:20.7	Sarah Pagano, IHA 5:19.7

Girls 3200R	Girls DMR	Girls 1600R	
Tenafly 10:24.4	Hunterdon Central 12:49.8	Hackensack 4:17.8	1995
Tenafly 10:43.9	Fort Lee 13:30.1	Hackensack 4:19.3	1996
Paramus 10:18.9	Fort Lee 13:38.4	River Dell 4:29.6	1997
Fair Lawn 10:39.3	Teaneck 13:49.5	Ridgewood 4:24.2	1998
Ridgewood 10:23.7	Hackensack 13:01.0	Ridgewood 4:21.5	1999
Tenafly 10:37.1	Ridgewood 13:04.3	Passaic Tech 4:27.5	2000
Demarest 10:47.2	IHA 13:18.5	Passaic Tech 4:22.4	2001
Paramus 10:39.5	Ridgewood 13:50.5	Passaic Tech 4:12.1	2002
Demarest 10:57.5	Old Tappan 14:01.2	Old Tappan 4:29.4	2003
Holy Angels 10:32.4	Westwood 13:56.9	Hackensack 4:17.4	2004
Westwood 11:19.0	Wayne Valley 13:32.1	Hackensack 4:19.3	2005
Paramus 10:35.8	Ramapo 13:08.1	Ocean City 4:23.9	2006
Indian Hills 10:24.5	Holy Angels 13:22.5	Ramsey 4:19.9	2007
Westwood 10:39.2	Northern Highlands 12:55.2	DePaul 4:28.8	2008
Freehold Boro 10:37.3	Old Tappan 13:51.0	IHA 4:19.4	2009