

	<b>Boys 55</b>	<b>Boys HH</b>	<b>Boys 300</b>
<b>1995</b>	Ed Weiss, Pascack Valley 6.5	Anthony DiCosmo, Paramus Catholic 7.6	Kerry Blackmun, Hoboken 36.7
<b>1996</b>	Shawn Samuels, Englewood 6.4	Shawn Samuels, Englewood 7.8	Anthony Campbell, Snyder 36.4
<b>1997</b>	Cooper Rego, SJR 6.5	Shawn Samuels, Englewood 7.8	Anthony Campbell, Snyder 37.0
<b>1998</b>	Andrae McCormick, Clifton 6.6	Mike Stansfield, Garfield 7.8	Joe Haro, Clifton 37.1
<b>1999</b>	Ariel Acosta, Bergenfield 6.5	Chris Stowers, Hackensack 7.7	Joe Velazquez, Paramus 36.7
<b>2000</b>	Davon Roberts, Passaic Tech 6.5	<b>Nick Garrett, Saddle Brook 7.5</b>	Ariel Acosta, Bergenfield 36.9
<b>2001</b>	Tyler Davis, Montclair 6.4	Aaron Richardson, Hackensack 7.7	Melvin Sampson, Hackensack 36.9
<b>2002</b>	Patel Whyte, Hackensack 6.5	Bryan Durango, Memorial 7.6	Patel Whyte, Hackensack 37.1
<b>2003</b>	Anthony Cinelli, Paramus Catholic 6.6	Dave Lado, Ridgefield 7.8	Andrew Anderson, Montclair 37.0
<b>2004</b>	Michael Ray Garvin, Don Bosco 6.4	Eric Dufresne, Jackson 7.6	<b>Andrew Anderson, Montclair 35.8</b>
<b>2005</b>	Frank LaBoy, Hackensack 6.6	Dan Oquendo, Hackensack 7.7	Tim Zadravac, Pompton Lakes 38.2
<b>2006</b>	A.J. Kizekai, Blair 6.6	A.J. Esguerra, Passaic Valley 7.8	Devonish Murphy, Weequahic 37.5
<b>2007</b>	Raldaine McDonald, Englewood 6.6	John ferdinand, Hackensack 8.1	Matt Bieszard, Midland Park 37.1
<b>2008</b>	<b>Raldaine McDonald, Englewood 6.3</b>	Jermaine Boyd, Hackensack 7.6	Nicoy Hines, PCT 36.9
<b>2009</b>	Raldaine McDonald, Englewood 6.4	Nicoy Hines, Passaic Tech 7.7	Geoffrey Stewart, West Side 36.1
<b>2010</b>	Conroy Walker, Hackensack 6.6	<b>Keshon Brown, Kennedy 7.5</b>	Kevin Condal, Hasbrouck Heights 36.7
<b>2011</b>	Devonte Artist, Shabazz 6.6	Dante Fernandez, Newark Central 7.9	Anthony Tripodi, Cliffside Park 37.4
<b>2012</b>	Kevon Lumsden, Englewood 6.5	Tamar Godwin, Kennedy 8.1	Latimere Campbell, Eastside 36.6
<b>2013</b>	Michael Reed, Shabazz 6.6	Robert Laing, Kennedy 7.7	Jacquan Pinnix, University 37.3
<b>2014</b>	Kenny Clarke, Ramapo 6.6	Zack Basile, St. Joseph 8.1	Chris Estrella, Ridgefield Park 36.5
<b>2015</b>	Akeem Lindo, East Orange 6.7	Cory Poole, East Orange 7.8	Christian Ozoria, Teaneck 37.0
<b>2016</b>	Raheem Roberts, Eastside 6.5	Shayne Coley, Passaic Tech 8.4	Jack Kerin, Indian Hills 37.2

<b>Boys 800</b>	<b>Boys 1000</b>	<b>Boys 1600</b>
Adam Karpf, Pascack Hills 2:04.7		<b>Felix Olivo, Secaucus 4:30.0</b>
Doug Yarosz, Saddle Brook 2:03.7		Jeremy Battles, River Dell 4:34.7
Cavrel Silvera, Fort Lee 2:05.0		Josh Maarleveld, Hoboken 4:36.0
Dave Finneran, Rutherford 2:08.9		Eric Knackmuhs, Ramapo 4:36.7
Josh Kauke, Ridgewood 2:02.1		Corey Kunz, SJR 4:33.3
Dave Heerema, West Milford 2:05.3		Mike Rogers, Garfield 4:40.7
Gary Gagliardi, Hasbrouck Heights, 1:59.6		Ken Sinkovitz, Bergen Catholic 4:33.2
Fitz-Hubert Reynolds, Bayonne 2:04.0		Ken Sinkovitz, Bergen Catholic 4:33.2
Joshua Simmons, Hackensack 2:13.3		Rudy Urena, Cliffside Park 4:40.2
Alejandro Shepard, Montclair, 2:08.7		Paul Bahamondes, Jackson 4:38.8
<b>Mike Pachella, Walkill Valley 1:58.7</b>		Ryan Madrid, Paramus Cath. 4:43.4
Dane Bender, Pompton Lakes 2:09.2		Matt Cowhey, Ocean City 4:39.1
Nick Roman, Passaic Valley, 2:09.9		Charles Goold, Rutherford 4:39.8
Isaiah Butts, Passaic Tech, 2:04.9		Tommy Gaidus, NH 4:33.9
Cody O'Flaherty, Freehold Boro 2:05.4		Peter Thorpe. Spotswood 4:35.2
Nigel Burgess, Passaic Tech 2:09.9		Andreas Kellas, Bergen Tech 4:39.4
Nick Ward, Indian Hills 2:08.0		Scott Chamberlain, Blair 4:39.2
Kevin Serrao, Bergen Tech 2:07.8		Nick Rodriguez, Passaic Tech 4:42.4
Joe McKenna, Ramapo 2:05.4		Moustafa Abdelhak, Kennedy 4:50.6
Mike Germinario, Wayne Valley 2:09.6	<b>Kevin Serrao, Bergen Tech 2:40.4</b>	no race
Michael Amoako, Teaneck 2:12.4	Sean Sullivan, Rutherford 2:44.4	no race
Tarin Nelson, Passaic Tech 2:08.6	Will Daly, River Dell 2:43.6	no race

<b>Boys 3200R</b>	<b>Boys DMR</b>	<b>Boys 1600R</b>	<b>Girls 55</b>
Glen Rock 8:53.5	North Bergen 11:10.8	Ridgewood 3:40.8	Tiffany Walker, Hackensack 7.4
Saddle Brook 8:37.9	Ridgewood 11:12.2	Glen Rock 3:38.5	Tiamecua Fulton, Eastside 7.3
St. Joseph Reg. 8:35.7	Westwood 10:56.4	Paramus Catholic 3:43.3	Lauren Fanelli, River Dell 7.3
Fort Lee 8:43.3	Ramapo 11:32.1	Teaneck 3:38.8	Courtney Cubicciotti, IHA 7.4
<b>Hackensack 8:11.6</b>	Ramapo 11:04.2	Paramus Catholic 3:37.3	Chantel Coppedge, Montclair 7.2
Roselle 8:40.3	Hackensack 11:02.6	Roselle 3:36.2	Courtney Cubicciotti, IHA 7.5
Ridgewood 8:48.9	St. Joseph Reg. 11:16.4	Hackensack 3:38.2	Thatcha DaCosta, Englewood 7.5
Westwood 8:46.3	Memorial 11:08.3	Westwood	Camelia Watson, Montclair 7.6
Demarest 8:50.8	Old Tappan 11:40.9	Passaic Tech 3:45.2	Jessica Oravetz, Waldwick 7.6
Jackson 8:44.9	Jackson 11:26.1	Jackson 3:37.1	Consandria Walker, Hackensack 7.1
Fort Lee 8:58.0	Wayne Valley 11:08.0	Pompton Lakes 3:49.3	Amma Walcott, Hackensack 7.5
Northern Highlands 8:47.5	<b>Northern Highlands 10:54.3</b>	New Milford 3:44.7	Korvette Hinton, Orange 7.5
Tenafly 8:44.7	Wayne Valley 10:57.0	Eastside 3:37.4	<b>Angelica Johnson, RP 7.0</b>
Englewood 8:43.6	Passaic Valley 11:13.5	<b>Passaic Tech 3:33.5</b>	Vicky Caruso, Walkkill Valley 7.1
St. Joseph Reg. 8:44.7	Passaic Valley 11:15.0	Hackensack 3:44.3	Serenity Martin, IHA 7.4
Passaic Tech 8:58.6	Kennedy 11:13.3	Englewood 3:37.2	Julisa Isom, Kennedy 7.5
Ramsey 8:34.8	Indian Hills 11:16.6	Garfield 3:36.4	Chamekea Davis, Eastside 7.3
Passaic Tech 8:43.6	Newark Eastside 11:50.3	Passaic Tech 3:48.1	Alexes Washington, PCT 7.6
Indian Hills n.t.	Passaic Tech 11:16.3	Westwood 3:50.6	Arnelle Ackon, Belleville, 7.4
Indian Hills 8:43.8	Old Tappan 11:05.5	Old Tappan 3:44.0	Madeline Soto, University 7.2
Westwood 8:43.8	Pascack Hills 11:10.5	East Orange Campus 3:39.0	Alexes Washington, PCT 7.3
Indian Hills 8:52.4	Clifton 11:12.2	Indian Hills 3:35.6	Toni James, Teaneck 7.4

<b>Girls HH</b>	<b>Girls 300</b>	<b>Girls 800</b>
Melene Thomas, Garfield 8.6	Colleen O'Neil, Howell 44.5	Caitlin Wittreich, Tenafly 2:27.0
Marissa Jackson, Hackensack 8.6	Nakiesha McIntosh, Eastside 43.0	Vicky Byrne, Saddle Brook 2:27.3
Erica Benedict, Passaic Valley 8.9	Crystal Jenkins, Snyder 44.5	Erika Papaccioli, Paramus 2:31.5
Mary Jones, Hackensack 8.7	Courtney Cubicciotti, IHA 43.6	Mary D'Ariano, IHA 2:30.6
Bridgette Atkinson, Hackensack 8.7	Chantel Coppedge, Montclair 42.8	Natalie Popowicz, Clifton 2:28.1
Jill Turner, Pascack Hills 8.6	Kenneisha Reid, Passaic Tech 42.3	Amy Giacobone, IHA 2:29.6
Justine Diana, Saddle Brook 8.4	Andrea Herbert, Passaic Tech 43.8	Esther Feldman, Montclair 2:32.8
Fatima Palomo, Memorial 8.6	Yhounic Vassell, Passaic Tech 42.4	Caitlin Schopp, West Milford 2:32.8
Michelle Ribustello, Pascack Valley 9.1	Camelia Watson, Montclair 43.3	Tara Connelly, Pascack Valley 2:28.4
Lindsay May, Dumont 9.1	<b>Janine Davis, Queen of Peace 41.4</b>	Emily McMillan, St. Rose, 2:26.9
Jessia Malacrida, Paramus 8.9	Sophia Davis, Queen of Peace 43.2	Melanie Wilson, Ramapo 2:34.9
Arianna Pomo, Saddle Brook 8.9	Kristin Crawford, Kennedy 42.5	Kristin Crawford, Kennedy 2:27.8
Arianna Pomo, Saddle Brook 9.0	Angelina Johnson, RP 43.1	Megan Patterson, Freehold Boro 2:34.1
<b>Evana Edwards, Hackensack 8.3</b>	Vicky Caruso, Wallkill Valley 41.9	Jendal Robinson, Elizabeth 2:36.6
Tiffany Evangelou, IHA 8.8	Jenni Zymet, Paramus 43.2	<b>Julie Sinkovitz, IHA 2:20.7</b>
Jaivaria Bacote, Kennedy 8.6	Jenni Zymet, Paramus 41.6	Julie Sinkovitz, IHA 2:27.2
Melissa Pascual, PV 9.3	Chamekea Davis, Eastside 43.7	Jamie Pepper, Indian Hills 2:37.2
Breaisha Morton, PCT 8.5	Breaisha Morton, PCT 42.6	Crystal Lawrence, PCT 2:39.7
Chiba Ike, Linden 8.6	Emma Sullivan, Northern Highlands 42.7	Deanna DiLandro, Ramapo 2:22.1
<b>Breaisha Morton, PCT 8.3</b>	Breaisha Morton, PCT 41.8	Catherine Pagano, No. Highlands 2:25.3
Dana Lynch, Hackensack 8.7	Aminah Sarraga, Teaneck 43.1	Kelly Moran, Holy Angels 2:37.9
Olivia Pandolfo, Tenafly 8.8	Aminah Sarraga, Teaneck 43.2	Kelly McLaughlin, Voorhees 2:29.6

<b>Girls 1000</b>	<b>Girls 1600</b>	<b>Girls 3200R</b>	<b>Girls DMR</b>
	Lisa Ryder, Bergenfield 5:28.2	Tenafly 10:24.4	<b>Hunterdon Central 12:49.8</b>
	Karen Petouvis, Paramus 5:30.7	Tenafly 10:43.9	Fort Lee 13:30.1
	Caitlin Wittreich, Tenafly 5:26.0	Paramus 10:18.9	Fort Lee 13:38.4
	Aisha Alexander, Passaic Valley 5:26.5	Fair Lawn 10:39.3	Teaneck 13:49.5
	Julie Clifford, Holy Angels 5:24.8	Ridgewood 10:23.7	Hackensack 13:01.0
	Christine Mendoza, Hudson Prep 5:30.5	Tenafly 10:37.1	Ridgewood 13:04.3
	Briana Bayersdorfer, River Dell 5:37.8	Demarest 10:47.2	IHA 13:18.5
	Lindsay Van Alstine, Hawthorne Christian 5:21.9	Paramus 10:39.5	Ridgewood 13:50.5
	Jesse Mizzone, Passaic Valley 5:26.5	Demarest 10:57.5	Old Tappan 14:01.2
	Jenny Clausen, Jackson 5:18.9	Holy Angels 10:32.4	Westwood 13:56.9
	Aimee Chegwidde, Wallkill Valley 5:43.2	Westwood 11:19.0	Wayne Valley 13:32.1
	Kesley Ramsey, Ramapo 5:26.7	Paramus 10:35.8	Ramapo 13:08.1
	Jillian Rothschild, Demarest 5:31.1	Indian Hills 10:24.5	Holy Angels 13:22.5
	Ines Simoes, Roselle Catholic 5:26.7	Westwood 10:39.2	Northern Highlands 12:55.2
	Sarah Pagano, IHA 5:19.7	Freehold Boro 10:37.3	Old Tappan 13:51.0
	Erin Thompson, IHA 5:39.3	Montclair 10:58.9	Southern 13:48.2
	Jennifer Teets, New Milford 5:54.0	Indian Hills 10:36.7	Hasbrouck heights 13:37.1
	Kristy Bono, Belleville 5:47.7	Pascack Valley 10:34.8	Verona 13:27.6
	<b>Ariana North, Northern Highlands 5:16.5</b>	<b>Indian Hills 10:06.9</b>	Westwood 13:03.5
<b>Corinne Myers, Westwood 3:05.5</b>	no race	Holy Angels 10:25.7	Northern Highlands 12:57.2
Stephanie Hayes, Montclair 3:12.8	no race	Holy Angels 10:25.0	Montclair 13:22.6
Shannon Gorla, River Dell 3:10.0	no race	Lakeland 10:45.0	River Dell 13:01..4

<b>Girls 1600R</b>	
Hackensack 4:17.8	<b>1995</b>
Hackensack 4:19.3	<b>1996</b>
River Dell 4:29.6	<b>1997</b>
Ridgewood 4:24.2	<b>1998</b>
Ridgewood 4:21.5	<b>1999</b>
Passaic Tech 4:27.5	<b>2000</b>
Passaic Tech 4:22.4	<b>2001</b>
<b>Passaic Tech 4:12.1</b>	<b>2002</b>
Old Tappan 4:29.4	<b>2003</b>
Hackensack 4:17.4	<b>2004</b>
Hackensack 4:19.3	<b>2005</b>
Ocean City 4:23.9	<b>2006</b>
Ramsey 4:19.9	<b>2007</b>
DePaul 4:28.8	<b>2008</b>
IHA 4:19.4	<b>2009</b>
Passaic Tech 4:19.0	<b>2010</b>
Indian Hills 4:21.3	<b>2011</b>
Passaic Tech 4:21.4	<b>2012</b>
East Orange 4:27.7	<b>2013</b>
Westwood 4:24.8	<b>2014</b>
Indian Hills 4:26.8	<b>2015</b>
Indian Hills 4:19.3	<b>2016</b>