

	Boys 55	Boys HH	Boys 300	Boys 800	Boys 1000	Boys 1600	Boys 3200R	Boys DMR	Boys 1600R
1995	Ed Weiss, Pascack Valley 6.5	Anthony DiCosmo, Paramus Catholic 7.6	Kerry Blackmun, Hoboken 36.7	Adam Karpf, Pascack Hills 2:04.7		Felix Olivo, Secaucus 4:30.0	Glen Rock 8:53.5	North Bergen 11:10.8	Ridgewood 3:40.8
1996	Shawn Samuels, Englewood 6.4	Shawn Samuels, Englewood 7.8	Anthony Campbell, Snyder 36.4	Doug Yarosz, Saddle Brook 2:03.7		Jeremy Battles, River Dell 4:34.7	Saddle Brook 8:37.9	Ridgewood 11:12.2	Glen Rock 3:38.5
1997	Cooper Rego, SJR 6.5	Shawn Samuels, Englewood 7.8	Anthony Campbell, Snyder 37.0	Cavrel Silveira, Fort Lee 2:05.0		Josh Macarivelli, Hoboken 4:36.0	St. Joseph Reg. 8:35.7	Westwood 10:56.4	Paramus Catholic 3:43.3
1998	Andrae McCormick, Clifton 6.6	Mike Stansfield, Garfield 7.8	Joe Haro, Clifton 37.1	Dave Finnegan, Rutherford 2:08.9		Eric Knackmuis, Ramapo 4:36.7	Fort Lee 8:43.3	Ramapo 11:32.1	Teaneck 3:38.8
1999	Ariel Acosta, Bergenfield 6.5	Chris Stowers, Hackensack 7.7	Joe Velazquez, Paramus 36.7	Josh Kauke, Ridgewood 2:02.1		Corey Kuntz, SJR 4:33.3	Hackensack 8:11.6	Ramapo 11:04.2	Paramus Catholic 3:37.3
2000	Davon Roberts, Passaic Tech 6.5	Nick Garrett, Saddle Brook 7.5	Ariel Acosta, Bergenfield 36.9	Dave Heerema, West Milford 2:05.3		Mike Rogers, Garfield 4:40.7	Roselle 8:40.3	Hackensack 11:02.6	Roselle 3:36.2
2001	Tyler Davis, Montclair 6.4	Aaron Richardson, Hackensack 7.7	Melvin Sampson, Hackensack 36.9	Gary Gagliardi, Hasbrouck Heights, 1:59.6		Ken Sinkovitz, Bergen Catholic 4:33.2	Ridgewood 8:48.9	St. Joseph Reg. 11:16.4	Hackensack 3:38.2
2002	Patel Whyte, Hackensack 6.5	Bryan Durango, Memorial 7.6	Patel Whyte, Hackensack 37.1	Fitz-Hubert Reynolds, Bayonne 2:04.0		Ken Sinkovitz, Bergen Catholic 4:33.2	Westwood 8:46.3	Memorial 11:08.3	Westwood
2003	Anthony Cinelli, Paramus Catholic 6.6	Dave Lado, Ridgefield 7.8	Andrew Anderson, Montclair 37.0	Andrew Anderson, Montclair 37.0		Rudy Urena, Cliffside Park 4:40.2	Demarest 8:50.8	Old Tappan 11:40.9	Passaic Tech 3:45.2
2004	Michael Ray Garvin, Don Bosco 6.4	Eric Dufresne, Jackson 7.6	Andrew Anderson, Montclair 35.8	Alejandro Shepard, Montclair, 2:08.7		Paul Bahamondes, Jackson 4:38.8	Jackson 8:44.9	Jackson 11:26.1	Jackson 3:37.1
2005	Frank LaBoy, Hackensack 6.6	Dan Oquendo, Hackensack 7.7	Tim Zadavac, Pompton Lakes 38.2	Mike Pachella, Walkill Valley 1:58.7		Ryan Madrid, Paramus Cath. 4:43.4	Fort Lee 8:58.0	Wayne Valley 11:08.0	Pompton Lakes 3:49.3
2006	A.J. Kizakai, Blair 6.6	A.J. Esqueria, Passaic Valley 7.8	Devonish Murphy, Weequahic 37.5	Dane Bender, Pompton Lakes 2:09.2		Matt Cowhey, Ocean City 4:39.1	Northern Highlands 8:47.5	Northern Highlands 10:54.3	New Milford 3:44.7
2007	Raldaine McDonald, Englewood 6.6	John Ferdinand, Hackensack 8.1	Matt Bieszard, Midland Park 37.1	Nick Roman, Passaic Valley, 2:09.9		Charles Goold, Rutherford 4:39.8	Tenafly 8:44.7	Wayne Valley 10:57.0	Eastside 3:37.4
2008	Raldaine McDonald, Englewood 6.3	Jermaine Boyd, Hackensack 7.6	Nicoy Hines, PCT 36.9	Isalah Butts, Passaic Tech, 2:04.9		Tommy Gaidus, NH 4:33.9	Englewood 8:43.6	Passaic Valley 11:13.5	Passaic Tech 3:33.5
2009	Raldaine McDonald, Englewood 6.4	Nicoy Hines, Passaic Tech 7.7	Geoffrey Stewart, West Side 36.1	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	Hackensack 3:44.3
2010	Conroy Walker, Hackensack 6.6	Keshon Brown, Kennedy 7.5	Kevin Condal, Hasbrouck Heights 36.7	Nigel Burgess, Passaic Tech 2:09.9		Andreas Kellas, Bergen Tech 4:39.4	Passaic Tech 8:58.6	Kennedy 11:13.3	Englewood 3:37.2
2011	Devonte Artist, Shabazz 6.6	Dante Fernandez, Newark Central 7.9	Anthony Tripodi, Cliffside Park 37.4	Nick Ward, Indian Hills 2:08.0		Scott Chamberlain, Blair 4:39.2	Ramsey 8:34.8	Indian Hills 11:16.6	Garfield 3:36.4
2012	Keven Lumsden, Englewood 6.5	Tamar Godwin, Kennedy 8.1	Lalimere Campbell, Eastside 36.6	Kevin Serrao, Bergen Tech 2:07.8		Nick Rodriguez, Passaic Tech 4:42.4	Passaic Tech 8:43.6	Newark Eastside 11:50.3	Passaic Tech 3:48.1
2013	Michael Reed, Shabazz 6.6	Robert Lang, Kennedy 7.7	Jacquan Pinnix, University 37.3	Joe McKenna, Ramapo 2:06.4		Moustafa Abdelhak, Kennedy 4:50.6	Indian Hills n.t.	Passaic Tech 11:16.3	Westwood 3:50.6
2014	Kenny Clarke, Ramapo 6.6	Zack Basile, St. Joseph 8.1	Chris Estrella, Ridgely Park 36.5	Mike Germinario, Wayne Valley 2:09.6	Kevin Serrao, Bergen Tech 2:40.4	no race	Indian Hills 8:43.8	Old Tappan 11:05.5	Old Tappan 3:44.0
2015	Akeem Lindo, East Orange 6.7	Cory Poole, East Orange 7.8	Christian Ozoria, Teaneck 37.0	Michael Amoako, Teaneck 2:12.4	Sean Sullivan, Rutherford 2:44.4	no race	Westwood 8:43.8	Pascack Hills 11:10.5	East Orange Campus 3:39.0
2016	Raheem Roberts, Eastside 6.5	Shayne Coley, Passaic Tech 8.4	Jack Kerin, Indian Hills 37.2	Tarin Nelson, Passaic Tech 2:08.6	Will Daly, River Dell 2:43.6	no race	Indian Hills 8:52.4	Clifton 11:12.2	Indian Hills 3:35.6
2017	Quanzie Lumsden, Englewood 6.5	Andrew Peterson, Demarest, 8.0	Quanzie Lumsden, Englewood 36.1	LaShan White, Bloomfield 2:07.7	Kevin Heredia, Clifton 2:45.7	no race	Bloomfield 8:45.2	Clifton 10:59.5	Indian Hills 3:38.4
2018	Demetrius Lassiter, People's Prep 6.5	Johnny Lohrer, Old Tappan, 7.9	Quanzie Lumsden, Englewood 37.3	Isalah Sparks, Manchester 2:09.2	Jake Cooper, Emerson 2:47.6	no race	Union City 8:59.1	Clifton 11:09.3	Clifton 3:39.5

Girls 55	Girls HH	Girls 300	Girls 800	Girls 1000	Girls 1600	Girls 3200R	Girls DMR	Girls 1600R
Tiffany Walker, Hackensack 7.4	Melene Thomas, Garfield 8.6	Colleen O'Neil, Howell 44.5	Caitlin Wittreich, Tenafly 2:27.0		Lisa Ryder, Bergenfield 5:28.2	Tenafly 10:24.4	Hunterdon Central 12:49.8	Hackensack 4:17.8
Tamecia Fulton, Eastside 7.3	Marissa Jackson, Hackensack 8.6	Nakiesha McIntosh, Eastside 43.0	Vicky Byrne, Saddle Brook 2:27.3		Karen Petouvis, Paramus 5:30.7	Tenafly 10:43.9	Fort Lee 13:30.1	Hackensack 4:19.3
Lauren Fanelli, River Dell 7.3	Erica Benedict, Passaic Valley 8.9	Crystal Jenkins, Snyder 44.5	Enka Papacicili, Paramus 2:31.5		Caitlin Wittreich, Tenafly 5:26.0	Paramus 10:18.9	Fort Lee 13:38.4	River Dell 4:29.6
Courtney Cubicciotti, IHA 7.4	Mary Jones, Hackensack 8.7	Courtney Cubicciotti, IHA 43.6	Mary D'Ariano, IHA 2:30.6		Aisha Alexander, Passaic Valley 5:26.5	Fair Lawn 10:39.3	Teaneck 13:49.5	Ridgewood 4:24.2
Chantel Coppedge, Montclair 7.2	Bridgette Atkinson, Hackensack 8.7	Chantel Coppedge, Montclair 42.8	Natalie Popowicz, Clifton 2:28.1		Julie Clifford, Holy Angels 5:24.8	Ridgewood 10:23.7	Hackensack 13:01.0	Ridgewood 4:21.5
Courtney Cubicciotti, IHA 7.5	Jill Turner, Pascack Hills 8.6	Kenneisha Reid, Passaic Tech 42.3	Amy Giacobone, IHA 2:29.6		Christine Mendoza, Hudson Prep 5:30.5	Tenafly 10:37.1	Ridgewood 13:04.3	Passaic Tech 4:27.5
Thatcha DaCosta, Englewood 7.5	Justine Diana, Saddle Brook 8.4	Andrea Herbert, Passaic Tech 43.8	Esther Feldman, Montclair 2:32.8		Briana Bayersdorfer, River Dell 5:37.8	Demarest 10:47.2	IHA 13:18.5	Passaic Tech 4:22.4
Camelia Watson, Montclair 7.6	Fatima Palomo, Memorial 8.6	Yhounic Vassel, Passaic Tech 42.4	Caitlin Schoop, West Milford 2:32.8		Lindsay Van Alstine, Hawthorne Christian 5:21.9	Paramus 10:39.5	Ridgewood 13:50.5	Passaic Tech 4:12.1
Jessica Oravetz, Waldwick 7.6	Michelle Ribustello, Pascack Valley 9.1	Camelia Watson, Montclair 43.3	Tara Connelly, Pascack Valley 2:28.4		Jesse Mizzone, Passaic Valley 5:26.5	Demarest 10:57.5	Old Tappan 14:01.2	Old Tappan 4:29.4
Consandria Walker, Hackensack 7.1	Lindsay May, Dumont 9.1	Janine Davis, Queen of Peace 41.4	Emily McMillan, St. Rose 2:26.9		Jenny Clausen, Jackson 5:18.9	Holy Angels 10:32.4	Westwood 13:56.9	Hackensack 4:17.4
Amma Walcott, Hackensack 7.5	Jessia Malacrida, Paramus 8.9	Sophia Davis, Queen of Peace 43.2	Melanie Wilson, Ramapo 2:34.9		Aimee Cheswidder, Walkill Valley 5:43.2	Westwood 11:19.0	Wayne Valley 13:32.1	Hackensack 4:19.3
Korvette Hinton, Orange 7.5	Arianna Pomo, Saddle Brook 8.9	Kristin Crawford, Kennedy 42.5	Kristin Crawford, Kennedy 2:27.8		Kesley Ramsey, Ramapo 5:26.7	Paramus 10:35.8	Ramapo 13:06.1	Ocean City 4:23.9
Angelica Johnson, RP 7.0	Arianna Pomo, Saddle Brook 9.0	Angelina Johnson, RP 43.1	Megan Patterson, Freehold Boro 2:34.1		Jillian Rothschild, Demarest 5:31.1	Indian Hills 10:24.5	Holy Angels 13:22.5	Ramsey 4:19.9
Vicky Caruso, Walkill Valley 7.1	Evana Edwards, Hackensack 8.3	Vicky Caruso, Walkill Valley 41.9	Jendal Robinson, Elizabeth 2:36.6		Ines Simoes, Roselle Catholic 5:26.7	Westwood 10:39.2	Northern Highlands 12:55.2	DePaul 4:28.8
Serenity Martin, IHA 7.4	Tiffany Evangelou, IHA 8.8	Jenni Zymet, Paramus 43.2	Julie Sinkovitz, IHA 2:20.7		Sarah Pagano, IHA 5:19.7	Freehold Boro 10:37.3	Old Tappan 13:51.0	IHA 4:19.4
Julisa Isom, Kennedy 7.5	Javaria Bacote, Kennedy 8.6	Jenni Zymet, Paramus 41.6	Julie Sinkovitz, IHA 2:27.2		Erin Thompson, IHA 5:39.3	Montclair 10:58.9	Southern 13:48.2	Passaic Tech 4:19.0
Chamekea Davis, Eastside 7.3	Melissa Pascual, PV 9.3	Chamekea Davis, Eastside 43.7	Jamie Pepper, Indian Hills 2:37.2		Jennifer Teets, New Milford 5:54.0	Indian Hills 10:36.7	Hasbrouck heights 13:37.1	Indian Hills 4:21.3
Alexes Washington, PCT 7.6	Breaisha Morton, PCT 8.5	Breaisha Morton, PCT 42.6	Crystal Lawrence, PCT 2:39.7		Kristy Bono, Belleville 5:47.7	Pascack Valley 10:34.8	Verona 13:27.6	Passaic Tech 4:21.4
Anelle Ackon, Belleville 7.4	Chiba Ike, Linden 8.6	Emma Sullivan, Northern Highlands 42.7	Deanna Dilandro, Ramapo 2:22.1		Ariana North, Northern Highlands 5:16.5	Indian Hills 10:06.9	Westwood 13:03.5	East Orange 4:27.7
Madeline Soto, University 7.2	Breaisha Morton, PCT 8.3	Breaisha Morton, PCT 41.8	Catherine Pagano, No. Highlands 2:25.3	Corinne Myers, Westwood 3:05.5	no race	Holy Angels 10:25.7	Northern Highlands 12:57.2	Westwood 4:24.8
Alexes Washington, PCT 7.3	Dana Lynch, Hackensack 8.7	Aminah Sarraga, Teaneck 43.1	Kelly Moran, Holy Angels 2:37.9	Stephanie Hayes, Montclair 3:12.8	no race	Holy Angels 10:25.0	Montclair 13:22.6	Indian Hills 4:26.8
Toni James, Teaneck 7.4	Olivia Pandolfo, Tenafly 8.8	Aminah Sarraga, Teaneck 43.2	Kelly McLaughlin, Voorhees 2:29.6	Shannon Goria, River Dell 3:10.0	no race	Lakeland 10:45.0	River Dell 13:01.4	Indian Hills 4:19.3
Nakiyah Robinson, North Star 7.4	Alenys Morales, Clifton 9.0	Lily DeMartino, IH 43.3	Tara Lyons, Holy Angels 2:23.7	Nicole Bertollo, Hawthorne 3:18.1	no race	Northern Highlands 10:16.9	Scotch Plains/Fanwood 13:18.0	Hasbrouck Heights 4:26.6
Kayleah Furth, Newton 7.7	Alenys Morales, Clifton 8.5	Alenys Morales, Clifton 42.7	Niurkely Colindres, Union City 2:34.4	Andrea Dubbels, Clifton 3:20.6	no race	Clifton 10:42.5	Clifton 13:09.1	Clifton 4:20.5