

## **BERGEN INDOOR RECORDS(pickup grant 90-91)**

**Except as noted --** Need auto times between 6.70 and 6.75 (55)7.51 to 7.65

200 between 23.0 and 23.8	
300 between 36.1 and 36.6	42.1 to 43.9
400 between 51.19 and 52.2	59.83 to 62.2
600 between 1:25.6 and 1:26.4	1:42 to 1:44.9
800 no boys	2:20.2 to 2:25.0
1000 no boys	3:12.0 to 3:14.3
1600 no boys	5:11.61 to 5:25
3,200 between 9:43.0 and 9:49.9	11:48.0 to 11:56.7
PV 12-6 to 13-5	
TJ 43 1 ¾ to 43-5 ¼	34-4 to 35-6 ¼
SP no boys	35-3 to 37-8 ¼

### **BOYS**

#### **55M (16)**

1. Bob Hauk, St. Joseph Regional	1969	6.2
Derrick Horner, Don Bosco	1988	
Brian Gilbert, Teaneck	2005	
4. Bill Walker, Englewood	1965	6.3
Stan Finney, Hackensack	1970	
John Rizzi, Elmwood Park	1975	
Ben James, Hackensack	1982	
Cliff Duncan, Englewood	1983	
LaMonte Brown, Demarest	1986	
Stan Finney, Jr., Hackensack	1988	
Joe Dawkins, Hackensack	1995	
Cooper Rego, St. Joseph Regional	1997	
Michael Ray Garvin, Don Bosco	2004	
Sullivan Parker, Bergenfield	2004	
Anthony Pomo, Saddle Brook	2005	
David Butler, Teaneck	2008	

#### **55M (AT) (24)**

1. Joe Dawkins, Hackensack	1995	6.30
2. Derrick Horner, Don Bosco	1988	6.41
3. Lamonte Brown, Demarest	1987	6.48
4. Stan Finney, Jr., Hackensack	1989	6.49
Cooper Rego, St. Joseph Regional	1997	
6. David Butler, Teaneck	2008	6.50
7. Raldaine McDonald, Englewood	2008	6.51
8. Michael Jackson, Hackensack	1999	6.59
9. Adrian Durant, Teaneck	2001	6.61
Sullivan Parker, Bergenfield	2004	
Anthony Pomo, Saddle Brook	2005	

Brian Gilbert, Teaneck	2005	
13. Zack Smithlin, Fair Lawn	1998	6.63
<b>Mustafa Lawrence, Queen of Peace</b>	<b>2010</b>	
15. Chris Ziegler, Ridgewood	2007	6.64
16. Greg Stripe, Mahwah	2008	6.64
17. Ackeme Brown, Englewood	2009	6.66
18. Marvin Whilby, Don Bosco	2009	6.68
19. Tony Hayes, Hackensack	1988	6.69
<b>Conroy Walker, Hackensack</b>	<b>2010</b>	
<b>Al Artesona, Glen Rock</b>	<b>2010</b>	
22. Akira Monri, Ridgewood	2008	6.70
23. Damian Miles, Teaneck	2007	6.71
Akeem Thomas, Teaneck	2007	
25. Max Witt, Ridgewood	2009	6.72
<b>Michael Sargeant, Englewood</b>	<b>2010</b>	
27. Anthony Rosenburgh, Teaneck	2002	6.73
28. Dorien Bryant, Don Bosco	2000	6.75
Kevin Thompson, Teaneck	2002	
Anthony Cinelli, Paramus Catholic	2003	
<b>200</b>		
1. Damien Miles, Teaneck	2008	21.8
2. Garrett Kroner, Indian Hills	2006	22.0
3. Marvin Whilby, Don Bosco	2009	22.17
4. David Butler, Teaneck	2008	22.1
5. Melvin Sampson, Hackensack	2001	22.2
6. Dorien Bryant, Don Bosco	2000	22.3
7. Joe Dawkins, Hackensack	1995	22.47
8. Mark Lumsden, Englewood	2001	22.5
Adrian Durant, Teaneck	2000	
<b>Elijah Holder, Bergenfield</b>	<b>2010</b>	
<b>Kevin Condal, Hasbrouck Heights</b>	<b>2010</b>	
<b>Ernest Wingate, Bergen Catholic</b>	<b>2010</b>	
<b>Casey Pleasants, Teaneck</b>	<b>2010</b>	
14. Akeem Thomas, Teaneck	2007	22.6
Conroy Walker, Hackensack	2009	
16. Zack Smithlin, Fair Lawn	1998	22.7
Sullivan Parker, Bergenfield	2004	
Tinashe Kitchen, Fort Lee	2006	
Jaivon Palmer, Englewood	2008	
<b>Zadique White, Teaneck</b>	<b>2010</b>	
21. Michael Epps, Englewood	2006	22.9
22. Jon Reid, Bergen Tech	2003	23.19
23. Ausar Walcott, Hackensack	2007	23.0
Jason Kelsey, Don Bosco	2007	
Akira Monri, Ridgewood	2008	
26. Ed Weiss, Pascack Valley	1995	23.1
Cooper Rego, SJR	1997	
Jon Relay, Bergen Catholic	1999	

Matt St. Germain, Queen of Peace	2005	
Mike DiBella, Northern Highlands	2007	
31. Stan Finney Jr., Hackensack	1989	23.2
Joe Jones, Englewood	2008	
Mark Filandro, Indian Hills	2009	
34. Brian Gilbert, Teaneck	2005	23.35
35. Ky Scott, Teaneck	2003	23.3
John Rubinetti, Bergen Catholic	2007	
Shawn Rembecky, Paramus	2007	
38. Kwame Banahene, Hackensack	2006	23.4
39. Jake Stass, Westwood	2006	23.56
40. Devon Larkins, Hackensack	1995	23.5
Raldaine McDonald, Englewood	2008	
<b>Edward Blair IV, Ridgewood</b>	<b>2010</b>	
<b>Matt Beausoleil, Ridgewood</b>	<b>2010</b>	
44. Ken Lassiter, Hackensack	1994	23.62
45. Greg Meletta, Bergen Catholic	1995	23.6
Walter King, Hackensack	1996	
Will Poppe, Bergen Catholic	1996	
Kiyon Harley, Paramus Catholic	1999	
Barry Allen, Teaneck	2008	
50. Aaron Richardson, Hackensack	2001	23.7
Mark Hanulak, Hackensack	2003	
52. Floyd Lewis, Teaneck	1996	23.85
53. Jamil Jacobs, Teaneck	1996	23.8
Alden Shorter, Teaneck	1996	
Owen Corso, Ramapo	1999	
Chris Stowers, Hackensack	1999	
Scott Zotollo, Saddle Brook	1988	
Sammy Smith, Pascack Hills	2008	
Jamie Eckmayer, Old Tappan	2009	

### 300Y

1. Doug Jackson, Hackensack	1980	31.7
2. Walt McCall, Hackensack	1988	31.99
3. Len Byrd, Leonia	1961	32.4
Cliff Duncan, Englewood	1983	
5. Jerry Wyche, Hackensack	1974	32.5
Brian Hansford, Englewood	1979	
Derrick Horner, Don Bosco	1988	
Joe Johnson, Hackensack	1986	
Patel Whyte, Hackensack	2002	
10. Mike Turner, Fort Lee	1984	32.6
11. Matt Cato, Don Bosco	2008	32.7
12. James Whiting, Hackensack	1993	32.88
13. Gary Gagliardi, Hasbrouck Heights	2001	32.8
<b>Mark Filandro, Indian Hills</b>	<b>2010</b>	
15. Matt Krever, Ridgewood	1991	32.9
Andrew Gordon, Teaneck	1985	

Akeem Thomas, Teaneck	2007		
18. Zack Smithlin, Fair Lawn	1998		33.0
<b>Tarique Gray, Bergen Catholic</b>	<b>2010</b>		
20. Tim McDermott, Bergen Catholic	1993		33.1
Greg Meletta, Bergen Catholic	1996		
Kawesi Darby, Hackensack	1998		
Jon Reid, Bergen Tech	2003		
Doug Miller, Tenafly	1984		
Joe Hawthorne, Saddle Brook	1985		
Dan Duff, Don Bosco	1985		
27. Ed Weiss, Pascack Valley	1995		33.3
Jim Froehlich, Rutherford	1984		
Rich Sobi, Don Bosco	1985		
Marvin Whilby, Don Bosco	2009		
31. Mike Rosenberg, Queen of Peace	1988		33.4
Dorien Bryant, Don Bosco	2001		
Will Van Thunen, Don Bosco	2002		
34. Kevin Ervin, Bergen Catholic	1992		33.5
Mark Lumsden, Englewood	2001		
Jamie Havenar, Don Bosco	1990		
Tom Randall, Bergen Catholic	2008		
38. Vic Herlinsky, Don Bosco	1984		33.6
Tony Long, Teaneck	1984		
Dom Gaston, Bergen Catholic	2008		
Corey Caidenhead, Bergenfield	2009		
42. Roan Sterling, Teaneck	1993		33.7
43. Mike Stein, Glen Rock	1995	33.8	
Connie Monisera, Lyndhurst	1950		
Dan Drescher, Don Bosco	1984		
Will Ring, Bergen Catholic	2008		
47. Earnest Simmons, Englewood	1992		33.9
Paul Zeuke, New Milford	1985		
Billy Griffith, Don Bosco	2009		

### 300M

1. Garrett Kroner, Indian Hills	2006		34.3
<b>2. Kevin Condal, Hasbrouck Heights</b>	<b>2010</b>		<b>34.6</b>
3. Damian Miles, Teaneck	2008		34.7
4. Akeem Thomas, Teaneck	2007		34.8
5. Dimar Labega, Rutherford	2002		35.3
<b>6. Elijah Holder, Bergenfield</b>	<b>2010</b>		<b>35.4</b>
7. Joe Velasquez, Paramus	1999	35.5	
Will Ring, Bergen Catholic	2009		
9. Mark Lumsden, Englewood	2001		35.6
Ken Sinkovitz, Bergen Catholic	2003		
11. Kiyon Harley, Paramus Catholic	1999		35.7
Patel Whyte, Hackensack	2002		
13. Tim McDermott, Bergen Catholic	1993		35.8
Ariel Acosta, Bergenfield	2000		

Derrick Darius, Bergen Catholic	2002	
Will Van Thunen, Don Bosco	2002	
<b>Andrew Sargeant, Englewood</b>	<b>2010</b>	
<b>In Soo Hwang, Ridgewood</b>	<b>2010</b>	
19. Walt McCall, Hackensack	1988	35.96
20. Stan Finney, Jr., Hackensack	1989	35.9
Darius Pemberton, Hackensack	1993	
Zack Smithlin, Fair Lawn	1998	
Jason Kelsey, Don Bosco	2007	
Raldaine McDonald, Englewood	2008	
25. Will Arzenis, Old Tappan	1999	36.0
Matt St. Germain, Queen of Peace	2005	
Matt Bieszard, Midland Park	2007	
Lonie Cunningham, Bergen Tech	2008	
29. Gerald Spears, Teaneck	1989	36.1
Dorian Bryant, Don Bosco	2000	
Andrew Giannotti, Westwood	1998	
Stai-Sean Lyew, Bergen Catholic	2005	
Tom Randall, Bergen Catholic	2008	
Matt Cato, Don Bosco	2008	
Conroy Walker, Hackensack	2009	
36. Willie Best, Hackensack	1991	36.2
Anthony Cinelli, Paramus Catholic	2003	
Darrin Chandler, Paramus Catholic	2005	
39. Michael Jackson, Hackensack	1999	36.3
Mario Pozo, Don Bosco	1999	
Aaron Richardson, Hackensack	2000	
Sullivan Parker, Bergenfield	2004	
Ausar Walcott, Hackensack	2007	
44. Gareth Hedges, Westwood	1999	36.46
45. Brian Barry, Don Bosco	1992	36.4
James Whiting, Hackensack	1993	
Joe Dawkins, Hackensack	1995	
Greg Meletta, Bergen Catholic	1996	
Rob Grammer, Glen Rock	2003	
Stan Finney Jr., Hackensack	1989	
Tinashe Kitchen, Fort Lee	2006	
Akira Monri, Ridgewood	2008	
Jake Hubschman, Demarest	2009	
54. Walter King, Hackensack	1995	36.5
Kevin McVeagh, River Dell	2007	
David Butler, Teaneck	2008	
<b>Morgan Reilly, Westwood</b>	<b>2010</b>	
<b>Casey Pleasants, Teaneck</b>	<b>2010</b>	
59. Felipe Zelaya, Fort Lee	1999	36.65
60. Tony Yamasaki, Englewood	1999	36.72
<b>400M</b>		
<b>1. Mark Filandro, Indian Hills</b>	<b>2010</b>	<b>48.53</b>
2. Ken Sinkovitz, Bergen Catholic	2003	48.7
3. Garret Kroner, Indian Hills	2006	49.07

4. Joe Velasquez, Paramus	1999	49.36
5. Akeem Thomas, Teaneck	2007	49.39
6. Matt Cato, Don Bosco	2008	49.95
7. Len LaBarre, Paramus	1979	49.9
Corey Caidenhead, Bergenfield	2009	
<b>9. Kevin Condal, Hasbrouck Heights</b>	<b>2010</b>	<b>50.0</b>
10. Walter King, Hackensack	1995	50.31
<b>11. John Sanford, St. Joseph Regional</b>	<b>2010</b>	<b>50.2</b>
<b>Brandon Gregory, Old Tappan</b>	<b>2010</b>	
13. Zack Smithlin, Fair Lawn	1998	50.3
14. Barry Allen, Teaneck	2008	50.43
15. Jerry Wyche, Hackensack	1974	50.4*
Dom Gaston, Bergen Catholic	2008	
17. Adrian Durant, Teaneck	2002	50.59
18. Willie Best, Hackensack	1991	50.5
Ed Korkuch, Bergen Catholic	1972	*
Gary Gagliardi, Hasbrouck Heights	2001	
Vic Herlinsky, Don Bosco	1984	
22. Sharif Webb, Don Bosco	2007	50.6
Keegan Carter, Paramus Catholic	2009	
Hesham Azzam, Teaneck	2009	
25. Joe Hawthorne, Saddle Brook	1985	50.7*
Mike Tyson, Englewood	1972	*
27. Jon Reid, Bergen Tech	2003	50.8
Jim Lordeman, Tenafly	2005	*
<b>29. Damien Elliott, Teaneck</b>	<b>2010</b>	<b>50.9</b>
30. Chris Hall, Teaneck	1994	51.02
<b>31. Bryan Murphy, Teaneck</b>	<b>2010</b>	<b>51.03</b>
32. Johjan Carela, Paramus Catholic	1999	50.9
Mike Turner, Fort Lee	1984	
Bob Arvidson, Don Bosco	1985	
35. Walter McCall, Hackensack	1988	51.05
36. Ariel Acosta, Bergenfield	2000	51.0
Joshua Simmons, Hackensack	2004	
Jim Froehlich, Rutherford	1984	
Vin Gareffa, Hasbrouck Heights	2005	
40. Damian Miles, Teaneck	2008	51.19
<b>41. Corey Crawford, Indian Hills</b>	<b>2010</b>	<b>51.21</b>
42. John Graham, Emerson	1973	51.1*
Marc Muckle, Teaneck	2006	
<b>Billy Leonard, Bergen Catholic</b>	<b>2010</b>	
45. Kevin Ervin, Bergen Catholic	1992	51.2
Bob Miller, Bergen Catholic	1999	
John Rubinetti, Bergen Catholic	2007	
48. Michael Ray Garvin, Don Bosco	2004	51.41
49. Matt Pichel, Dwight-Englewood	1992	51.3
Mike DiBella, Northern Highlands	2007	
51. James Whiting, Hackensack	1993	51.46
52. Ben Russell, Queen of Peace	1972	51.4*
Tinashe Kitchen, Fort Lee	2007	
54. Greg Meletta, Bergen Catholic	1996	51.5

Kerr, Tenafly	1967	*
Brian Reilly, Indian Hills	2007	
Andrew Giannotti, Westwood	1998	51.64
58. Alden Shorter, Teaneck	1997	51.73
59. Bob Korkush, Bergen Catholic	1974	51.6*
Ryan McVeigh, River Dell	2009	
61. Mark Fabish, Bergen Catholic	1993	51.7
Jose Lopes, Queen of Peace	1995	
Ibrahim Malcom, Hackensack	1998	
Rob DelCalzo, Hasbrouck Heights	2003	
Chris Seijo, Hasbrouck Heights	2005	
King, Englewood	1967	*
67. Jason Kelsey, Don Bosco	2007	51.92
68. Shawn Rembecky, Paramus	2007	51.8
69. Neil Concepcion, Demarest	1995	51.96
70. Willie Best, Hackensack	1991	52.02
71. Tim Byrne, Don Bosco	2003	51.9
Race, St. Joseph Regional	1967	*
Kendall Jones, Englewood	2009	
<b>Max Linden, Pascack Valley</b>	<b>2010</b>	
<b>75. In Soo Hwang, Ridgewood</b>	<b>2010</b>	<b>52.11</b>
76. Matt Krever, Ridgewood	1991	52.0
Brian Burns, River Dell	2000	
Justin Frazier, Paramus Catholic	2003	
Mike Orlando, Bergen Catholic	2005	
Kevin McVeigh, River Dell	2007	
Andrew Sargeant, Englewood	2009	
<b>Andre Williams, Englewood</b>	<b>2010</b>	
83. Will Von Thunen, Don Bosco	2002	52.22
84. Matt St. Germain, Queen of Peace	2003	52.1
Don Duff, Don Bosco	1985	
86. Tony Yamasaki, Englewood	1999	52.2
Dimar Labega, Rutherford	2002	
Kevin Englert, Bergen Catholic	2002	
Trevor Hedges, Westwood	2002	
Ryan Mills, Ramsey	2004	

#### **500M (5)**

1. Bob Arvidsen, Don Bosco	1985	1:06.22
2. Andrew Giannotti, Westwood	1998	1:06.70
3. Neil Concepcion, Demarest	1995	1:07.91
4. Greg Meletta, Bergen Catholic	1996	1:08.63
5. Tom Randall, Bergen Catholic	2008	1:09.11

#### **600Y**

1. Bob Arvidson, Don Bosco	1985	1:13.4
2. Joe Hurley, Don Bosco	1975	1:13.5
3. Ken Sinkovitz, Bergen Catholic	2003	1:13.7
4. Willie Best, Hackensack	1991	1:13.9
5. Vic Herlinsky, Don Bosco	1984	1:14.1
6. Kevin Byrne, Bergen Catholic	1975	1:14.5

Mark Filandro, Indian Hills	2008	
8. Andrew Giannotti, Westwood	1998	1:15.1
Bob Korkush, Bergen Catholic	1974	
10. Brian Barry, Don Bosco	1992	1:15.2
11. Ed Korkush, Bergen Catholic	1972	1:15.3
John Graham, Emerson	1974	
13. Courtney Davis, Hackensack	1993	1:15.4
Neil Concepcion, Demarest	1995	
Jim Lordeman, Tenafly	1974	
Bruno Sgambellone, Palisades Park	1987	1:15.6
17. Steve Scialabba, Bergen Catholic	1972	1:15.7
18. Gary Gagliardi, Hasbrouck Heights	2001	1:15.9
19. Brendan Stickles, Glen Rock	1995	1:16.0
20. Mark Fabish, Bergen Catholic	1993	1:16.4
21. Will Van Thunen, Don Bosco	2002	1:16.62
22. Jamie Havenar, Don Bosco	1990	1:16.6
Jay Benkovich, Paramus Catholic	1974	
Mike Geraghty, Don Bosco	1980	
25. Craig Murphy, Ramsey	1993	1:16.7
Steve Cates, Paramus Catholic	1974	
27. Paul St. Germain, Queen of Peace	1974	1:16.9
28. Rob Grammer, Glen Rock	2003	1:17.2
29. Mike Loh, Old Tappan	1984	1:17.4
30. Mark Wojcik, Paramus Catholic	1991	1:17.6
Greg Horn, River Dell	2003	
32. Hector Martinez, Ridgefield Park	1991	1:17.7
Mike Norris, Teaneck	1984	

## 600M

1. Ken Sinkovitz, Bergen Catholic	2003	1:20.0
<b>2. Mark Filandro, Indian Hills</b>	<b>2010</b>	<b>1:20.1</b>
3. Andrew Giannotti, Westwood	1998	1:20.7
<b>4. Bill Leonard, Bergen Catholic</b>	<b>2010</b>	<b>1:20.9</b>
5. Joe Velasquez, Paramus	1999	1:21.3
6. Josh Kauke, Ridgewood	2000	1:21.4
7. Sharif Webb, Don Bosco	2007	1:21.7
8. Niall Buckley, Ridgewood	2007	1:22.3
9. Greg Horn, River Dell	2003	1:22.8
10. Leroy Brooks, Hackensack	1999	1:23.1
11. Alex Wechsler, Don Bosco	2004	1:23.2
12. Brian Barry, Don Bosco	1992	1:23.3
13. Courtney Davis, Hackensack	1993	1:23.4
Brian Burns, River Dell	2000	
Chris Wilk, Bergen Catholic	2005	
16. Brent Napoleon, Don Bosco	2004	1:23.5
17. Rob McKay, Don Bosco	2002	1:23.7
18. Alex Lanuto, Ramsey	2005	1:23.9
19. Mike Chioffe, Glen Rock	1999	1:24.2
20. Ryan McVeigh, River Dell	2009	1:24.3

21. Steve Wexler, Don Bosco	2008	1:24.4
22. Sharrod Reeves, Teaneck	2004	1:24.5
23. Willie Best, Hackensack	1991	1:24.78
24. John Rubinetti, Bergen Catholic	2007	1:24.7
25. Tom Redmond, Bergen Catholic	1997	1:24.8
Christian Trautwein, Ridgewood	2008	
27. Ryan Donahue, Don Bosco	1999	1:25.0
Davon Robinson, Paramus Catholic	2009	
29. Jeremy Schmidt, Ridgewood	2006	1:25.1
Matt Bertinato, Bergen Tech	2007	
Keegan Carter, Paramus Catholic	2009	
32. Daquan Huffin, Palisades Park	2004	1:25.3
33. Cavrel Silvera, Fort Lee	1997	1:25.5
Joe Cronin, Don Bosco	1999	
Joshua Simmons, Hackensack	2004	
Mark Wojcik, Paramus Catholic	1991	
Frank Gassert, Don Bosco	2008	
38. Byron Williams, Ridgewood	2005	1:25.6
Marc LoForte, River Dell	2007	
Patrick Mulkeen, Paramus Catholic	2008	
41. Frank Monks, Don Bosco	1994	1:25.7
Neil Concepcion, Demarest	1995	
43. Ibrahim Malcom, Hackensack	1998	1:25.8
Jack MacDonnell, Don Bosco	2006	
45. Sadek Alsaïdi, Ridgewood	1993	1:25.9
46. Brendan Stickle, Glen Rock	1995	1:26.0
Jim Vogel, Fair Lawn	1997	
48. Alex Pierre, Hackensack	2004	1:26.1
Toby Emanuel, Tenafly	2007	
<b>Warren Fields, Teaneck</b>	<b>2010</b>	
51. Antonio Telejo, Queen of Peace	2007	1:26.2
52. Brian Hilliard, Rutherford	1994	1:26.3
53. Jim Kearney, Bergen Catholic	2003	1:26.41
54. Andy Scott, Rutherford	1999	1:26.4
A.J. Franchini, Don Bosco	2000	
Javian Quintana, Paramus	1998	
Dave Lado, Ridgefield	2003	
OK Onwubu, Ridgewood	2005	
Barry Allen, Teaneck	2008	
<b>800M</b>		
1. Ken Sinkovitz, Bergen Catholic	2003	1:53.22
2. Josh Kauke, Ridgewood	2000	1:54.1
3. Max Bruno, Indian Hills	2007	1:54.33
4. Roger Jones, Ramsey	1977	1:55.4
5. John Parisi, Ridgewood	1983	1:55.49
6. Andrew Giannotti, Westwood	1998	1:55.66
7. Frank Courtney, Bergen Catholic	1972	1:55.7
8. Chris Elliot, Ramapo	1970	1:56.1*
9. Rick Rothschild, Paramus	1975	1:56.3*
10. George MacKay, Pascack Hills	1973	1:56.4*

John Pedati, Queen of Peace	1981	
Max Bruno, Indian Hills	2006	
13. Tom Redmond, Bergen Catholic	1997	1:56.76
14. Ryan Madrid, Paramus Catholic	2005	1:56.83
15. Ryan McCann, Glen Rock	2004	1:56.8
16. Niall Buckley, Ridgewood	2005	1:56.9
17. Brian Barry, Don Bosco	1992	1:57.0
18. Brian Burns, River Dell	2000	1:57.42
19. Mark Bednarz, Paramus Catholic	1988	1:57.51
20. Willie Best, Hackensack	1991	1:57.4
21. Greg Horn, River Dell	2003	1:57.80
22. Higgins, St. Joseph Regional	1967	1:57.7*
<b>23. Joel Douglas, Hackensack</b>	<b>2010</b>	<b>1:58.01</b>
24. Tommy San George, Teaneck	2006	1:57.9
25. Mark Chiusano, Indian Hills	1973	1:58.1*
<b>Billy Leonard, Bergen Catholic</b>	<b>2010</b>	
27. Conor Sullivan, Don Bosco	2007	1:58.2
28. Bob Arvidson, Don Bosco	1984	1:58.26
29. Samir Mane, Fort Lee	2003	1:58.42
30. Byron Williams, Ridgewood	2005	1:58.44
31. Chris Rae, Ridgewood	1987	1:58.55
32. Ralph Bolognese, Paramus Catholic	1973	1:58.5*
33. Sharif Webb, Don Bosco	2007	1:58.72
34. Gary Gagliardi, Hasbrouck Heights	2001	1:58.6
35. Courtney Davis, Hackensack	1993	1:58.86
36. Christian Trautwein, Ridgewood	2008	1:58.89
37. Dayne Mosconi, Tenafly	2009	1:58.90
38. Jim Wozny, Paramus Catholic	1974	1:58.8*
39. John Tanner, Demarest	1972	1:59.0*
Steve Durant, St. Joseph Regional	1973	*
41. Frank Monks, Don Bosco	1994	1:59.22
42. John Graham, Emerson	1974	1:59.1*
Ev Schenck, Glen Rock	1967	*
Tommy Gaidus, Northern Highlands	2009	
<b>45. Mark Filandro, Indian Hills</b>	<b>2010</b>	<b>1:59.50</b>
46. Joe Lefkowitz, Teaneck	2005	1:59.5
47. Tom McCabe, Don Bosco	1995	1:59.70
48. Chris Perez, Ridgewood	2002	1:59.77
49. Martin Hickey, Don Bosco	1994	1:59.7
Luke Ciaccio, Bergen Catholic	1973	*
51. Steve Wexler, Don Bosco	2008	1:59.90
52. Chris Wilk, Bergen Catholic	2005	1:59.8
53. Scott Maxfield, Tenafly	2007	1:59.9
<b>Luke Nowicki, Pascack Valley</b>	<b>2010</b>	
55. Peter Cherico, Fort Lee	1973	2:00.1*
56. Chris Bervine, Rutherford	1984	2:00.2
57. A.J. Andreano, Saddle Brook	2002	2:00.3
Matt Bertinato, Bergen Tech	2007	
59. Davon Robinson, Paramus catholic	2009	2:00.45
60. Mark Ervin, Northern Highlands	1993	2:00.4
61. Mike Matos, Queen of Peace	1995	2:00.5

Rob MacKay, Don Bosco	2002	
Matiss Batarags, Northern Highlands	2009	
64. Rick Lehmbeck, Don Bosco	1998	2:00.68
65. Erik Fidel, Old Tappan	1988	2:00.6
Matt Filandro, Indian Hills	2004	
67. Elvis Cole, Hackensack	2003	2:00.89
68. Eric Knackmuhs, Ramapo	1999	2:01.0
Craig Murphy, Ramsey	1993	2:01.14
Keith Brown, Rutherford	1972	*
Andy White, St. Joseph Regional	1972	*
72. Cavrel Silvera, Fort Lee	1997	2:01.1

### 1000Y

1. Roger Jones, Ramsey	1977	2:12.6
2. Kevin Byrne, Paramus Catholic	1976	2:13.2
3. George MacKay, Pascack Hills	1973	2:14.3
4. John Pedati, Queen of Peace	1981	2:15.8
5. Frank Stanton, Bergen Catholic	1977	2:16.8
6. John Parisi, Ridgewood	1983	2:17.2
7. Mike Rice, Bergen Catholic	1975	2:17.3
8. Bill Leonard, Bergen Catholic	1978	2:17.6
Chris Rae, Ridgewood	1987	
10. Steve Schadler, Bergenfield	1984	2:17.7
11. Mark Bednarz, Paramus Catholic	1988	2:18.23
12. Chris Sullivan, Ridgewood	1985	2:18.2
13. Willie Best, Hackensack	1991	2:18.5
14. Courtney Davis, Hackensack	1992	2:18.8
15. Ralph Bolognese, Paramus Catholic	1973	2:18.9
16. Jim Wozny, Bergen Catholic	1974	2:19.1
17. Frank Courtney, Bergen Catholic	1972	2:19.4
18. Rob Schwartz, Demarest	1983	2:19.5
19. Bob McDermott, Paramus Catholic	1974	2:19.6
20. Ken Sinkovitz, Bergen Catholic 2002		2:20.0
21. Jim Sugrue, Bergen Catholic	1983	2:20.2
22. Steve Durant, St. Joseph Regional	1973	2:20.5
23. Pete Veverka, Don Bosco	1984	2:21.1
24. Jerry Carney, Paramus Catholic 1973		2:21.2
25. Byron Williams, Ridgewood	2005	2:21.3
26. Luke Ciaccio, Bergen Catholic	1972	2:21.6
27. Gary Riley, Queen of Peace	1972	2:21.7
28. Ken Flynn, Ramsey	1991	2:22.0
Rich Byrne, Ridgefield Park	1981	
29. Mike Pfaff, Hackensack	1992	2:22.4
30. Bill Grogan, Bergenfield	1993	2:22.6
Tom Dames, Queen of Peace	1973	

### 1000M

1. Max Bruno, Indian Hills	2007	2:27.2
2. Steve Schadler, Bergenfield	1984	2:27.71
3. Niall Buckley, Ridgewood	2007	2:30.4
4. Bob Keino, Ridgewood	1994	2:31.0

5. Chris Rae, Ridgewood	1987	2:32.51
6. Ken Sinkovitz, Bergen Catholic	2003	2:32.4
<b>Mike Belgiovine, Don Bosco</b>	<b>2010</b>	
8. Samir Mane, Fort Lee	2002	2:33.7
9. Byron Williams, Ridgewood	2005	2:34.0
10. Thomas Baldwin, Hackensack	1999	2:34.1
11. Bob Schwartz, Demarest	1983	2:34.5
12. Jose Berges, Paramus Catholic	1979	2:34.8
13. Marc Pollifrone, Rutherford	2005	2:35.1
14. Dave Maher, Ridgewood	2004	2:35.2
Tommy Gaidus, Northern Highlands	2009	
16. Ryan McCann, Glen Rock	2003	2:35.3
17. Mike Pfaff, Hackensack	1992	2:35.4
Erik Nygaard, Ridgewood	2004	
19. Sean Swift, Don Bosco	2003	2:35.5
20. Taro Shigenobu, Ridgewood	2009	2:35.7
21. Ryan Madrid, Paramus Catholic	2005	2:35.9
Tommy San George, Teaneck	2006	
Christian Trautwein, Ridgewood	2008	
Rob Molke, Don Bosco	2008	
25. Matt Horesta, Don Bosco	2002	2:36.0
26. Corey Kunz, St. Joseph Regional	1999	2:36.2
27. Courtney Davis, Hackensack	1992	2:36.4
28. Eric Knackmuhs, Ramapo	1999	2:36.9
<b>Matiss Batarags, Northern Highlands</b>	<b>2010</b>	
30. Davon Robinson, Paramus Catholic	2009	2:37.0
31. Jim Cronin, Don Bosco	1992	2:37.6
32. Andrei Olifer, Fort Lee	2004	2:37.7
33. Matt Caporaletti, Westwood	1998	2:37.8
<b>James Haggerty, River Dell</b>	<b>2010</b>	
35. Ken Flynn, Ramsey	1991	2:37.9
36. Romeo Joseph, Hackensack	1997	2:38.0
37. Leigh Cadigan, Old Tappan	1995	2:38.2
38. Marquise Singletary, Hackensack	2000	2:38.4
Pat Rochford, Bogota	2009	
<b>40. Rafael Vargas, Don Bosco</b>	<b>2010</b>	<b>2:38.5</b>
41. Conor Sullivan, Don Bosco	2007	2:38.6
42. Dan Kearney, Bergen Catholic	2002	2:38.8
43. Nick Arnell, Don Bosco	1999	2:39.0
44. A.J. Franchini, Don Bosco	2000	2:39.2
Elvis Cole, Hackensack	2003	
Tony Naimo, Bergen Catholic	2004	
47. Matt Suozzi, Don Bosco	2008	2:39.3
48. Dan Schuman, Saddle Brook	1993	2:39.6
49. Henoch Assefa, Fort Lee	1994	2:39.7
Ro Crispin, Ridgewood	2003	
51. Dayne Mosconi, Tenafly	2008	2:39.8
52. Ryan Miller, Bergen Catholic	2000	2:39.9
<b>Brian Cleary, Ridgewood</b>	<b>2010</b>	

#### 1600 METERS(MILE -1 1/2)

1. Kevin Byrne, Paramus Catholic	1977	4:06.5*
2. Bob Keino, Ridgewood	1994	4:12.81*
3. Roger Jones, Ramsey	1977	4:12.9*
4. Chris Elliott, Ramapo	1970	4:13.1*
5. Steve Schadler, Bergenfield	1984	4:13.42*
6. Ari Zamir, Ridgewood	2004	4:14.23*
7. George MacKay, Pascack Hills	1973	4:14.4*
8. Ken Sinkovitz, Bergen Catholic	2003	4:16.03*
9. Jack Conheeneey, Paramus Catholic	1970	4:16.9*
10. Rick Rothschild, Paramus	1975	4:17.0*
11. Kevin Conheeneey, Hackensack	1971	4:17.2*
12. Rob Reeder, Northern Highlands	1992	4:17.24*
13. Byron Williams, Ridgewood	2006	4:17.32*
14. Clark Woods, Pascack Valley	1974	4:17.4*
15. Rick Devine, Westwood	1976	4:17.7*
16. Mike Cator, Ridgewood	2006	4:18.23*
17. Tom Baldwin, Hackensack	1999	4:18.3
<b>18. Mike Belgiovine, Don Bosco</b>	<b>2010</b>	<b>4:19.78</b>
19. Bob McDermott, Paramus Catholic	1974	4:19.7*
20. Mike Scarborough, Bergen Catholic	1972	4:21.0*
21. Jim McIntyre, Queen of Peace	1973	4:21.1*
22. Bill Duffy, Bergen Catholic	1974	4:21.5*
Rich Byrne, Ridgfield Park	1981	*
24. Jerry Carney, Paramus Catholic 1973	4:21.7*	
Tim Conheeneey, Paramus Catholic	1973	4:21.7*
26. Corey Kunz, St. Joseph Regional	1998	4:22.35
27. Chris Sullivan, Ridgewood	1985	4:22.3
28. Chris Clarke, Bergen Catholic	1967	4:22.6*
29. Mike Matos, Queen of Peace	1995	4:23.03
30. Taro Shigenobu, Ridgewood	2009	4:23.12*
31. J.R. Meloro, Bergen Catholic	1991	4:23.1*
32. Rob Schwartz, Demarest	1983	4:23.2
33. Tommy Gaidus, Northern Highlands	2009	4:23.51
34. Ryan McCann, Glen Rock	2004	4:23.68*
35. Rich Stukey, Teaneck	1973	4:23.7*
36. Moses Mekbeb, Cliffside Park	1991	4:24.01*
37. Eric Boucher, Ridgewood	1991	4:23.9
38. Jason Kaplan, Westwood	1987	4:24.0*
39. Jason Baker, Don Bosco	2006	4:24.3
40. Dayne Mosconi, Tenafly	2009	4:24.46
41. Chris Rae, Ridgewood	1986	4:24.4*
42. Kevin Walsh, St. Joseph Regional	1974	4:24.5*
43. Harry Carle, Bergen Catholic	1985	4:24.6*
John Tanner, Demarest	1972	*
45. Leighton Spencer, Don Bosco	2009	4:25.01
46. James LaGreca, Demarest	2005	4:25.09
47. Bryan Kretschmer, Ramsey	2005	4:25.0
48. Bill Grogan, Bergenfield	1993	4:25.2
49. Mark Jaeckel, Saddle Brook	1974	4:25.3*
50. Conor Sullivan, Don Bosco	2007	4:25.51
51. Sean Swift, Don Bosco	2003	4:25.5

52. Rob Molke, Don Bosco	2008	4:25.88
53. Greg Miller, Northern Highlands	1972	4:25.8*
<b>54. Brad Paternostro, Ramapo</b>	<b>2010</b>	<b>4:26.04*</b>
55. Ken Flynn, Ramsey	1990	4:26.0*
<b>56. Brian Cleary, Ridgewood</b>	<b>2010</b>	<b>4:26.16*</b>
57. Gene Pfleuger, Bergen Catholic	1973	4:26.1*
58. Eric Knackmuhs, Ramapo	1999	4:26.2
59. Dan Contreras, Don Bosco	1998	4:26.4
60. Chris Guerriero, Saddle Brook	2005	4:26.6
<b>61. Pat Rynkowski, Ridgewood</b>	<b>2010</b>	<b>4:26.76</b>
62. D.J. Puleo, Pascack Hills	2009	4:27.44
63. James Clifford, Don Bosco	2001	4:27.4
64. Rich Harrington, SJR	1988	4:27.64
65. Mike Pfaff, Hackensack	1993	4:28.0
66. Sadek Alsaidi, Ridgewood	1993	4:28.1
67. Chris Langan, Don Bosco	1992	4:28.46*
68. Rich Wisse, Saddle Brook	1989	4:28.53
69. Anthony Belgiovine, Don Bosco	2008	4:29.01
70. Joe LeMay, Ridgewood	1985	4:29.0
Niall Buckley, Ridgewood	2006	
<b>72. John Prizzi, Indian Hills</b>	<b>2010</b>	<b>4:29.14</b>
73. Rafael Vargas, Don Bosco	2009	4:29.5
74. Erik Nygaard, Ridgewood	2004	4:29.58*
75. Martin Hickey, Don Bosco	1993	4:29.8

### 3200 METERS(Two mile -3.3)

1. Kevin Byrne, Paramus Catholic	1977	8:56.4*
2. Tim Conheaney, Paramus Catholic	1973	9:04.6*
3. Mike Scarborough, Bergen Catholic	1972	9:11.5*
4. Bill Mahon, Bergen Catholic	1971	9:12.4*
5. Leighton Spencer, Don Bosco	2009	9:15.56
6. Roger Jones, Ramsey	1977	9:15.6*
7. Rich Byrne, Ridgefield Park	1982	9:16.25*
8. Harry Carle, Bergen Catholic	1985	9:17.06*
9. Bob Keino, Ridgewood	1994	9:18.11
10. John Eberle, Bergenfield	1979	9:18.2*
11. Kevin Walsh, SJR	1974	9:19.0*
12. Steve Riley, Queen of Peace	1971	9:19.3*
13. J.R. Meloro, Bergen Catholic	1991	9:20.11*
14. Harry Carle, Bergen Catholic	1985	9:20.8
15. Dan Emont, Ridgewood	2007	9:21.1
16. Greg Miller, Northern Highlands	1972	9:21.6*
17. Bruce Mason, Ridgewood	1972	9:23.2*
18. Ian Leavesley, Mahwah	1980	9:23.5*
19. Jim McIntyre, Queen of Peace	1973	9:26.0*
20. Tom Hughes, Ridgewood	1980	9:26.7*
21. Taro Shigenobu, Ridgewood	2009	9:27.20
22. Corey Kunz, St. Joseph Regional	1999	9:27.47*
23. Jason Kaplan, Westwood	1987	9:27.86
24. Matt Illian, Pascack Valley	1995	9:29.01*
25. Tom Baldwin, Hackensack	1999	9:29.21

26. Jason Baker, Don Bosco	2007	9:29.40
27. Rob Reeder, Northern Highlands	1992	9:29.6
28. Ken Flynn, Ramsey	1991	9:31.0
29. Jim Connor, Dumont	1973	9:31.9*
30. Jerry Carney, Paramus Catholic 1973	9:32.2*	
31. Ari Zamir, Ridgewood	2004	9:32.7
32. Clark Woods, Pascack Hills	1974	9:33.3*
33. Marty Carle, Bergen Catholic	1974	9:33.5*
34. Robert Molke, Don Bosco	2008	9:33.66
35. Kevin O'Shea, Paramus	1972	9:34.1*
36. Mike Cator, Ridgewood	2006	9:34.97
37. Joe LeMay, Ridgewood	1985	9:35.6*
38. Frank Noto, Bergen Catholic	1972	9:36.0*
39. Mike Belgiovine, Don Bosco	2009	9:37.70
40. George Bloom, Queen of Peace	1974	9:37.7*
41. Andrew Fine, Ridgewood	2009	9:37.92
42. James LaGreca, Demarest	2005	9:38.42
43. Norbert Berneyi, Old Tappan	1987	9:38.5
44. Caiphus Vilakazi, Pascack Hills 1984	9:38.7*	
45. Rafael Vargas, Don Bosco	2009	9:38.86
<b>46. Nick Ward, Indian Hills</b>	<b>2010</b>	<b>9:39.0</b>
47. Chris Guerriero, Saddle Brook	2004	9:39.33
48. Eric Berntsen, Ridgewood	1987	9:39.38
<b>49. Howie Rosas, Don Bosco</b>	<b>2010</b>	<b>9:39.98</b>
50. Will Nowicki, Pascack Valley	2005	9:40.2
51. Marty Hickey, Don Bosco	1993	9:40.9
52. Rich Meigh, Queen of Peace	1974	9:41.1*
53. Chris Langan, Don Bosco	1992	9:41.3
Owen Bourgholtzer, Mahwah	2001	
55. Bragg, Bergenfield	1967	9:41.4*
<b>56. Pat Rynkowski, Ridgewood</b>	<b>2010</b>	<b>9:42.5</b>
57. Dave Pataky, Paramus Catholic	1990	9:42.7*
<b>58. Brian Cleary, Ridgewood</b>	<b>2010</b>	<b>9:42.9</b>
59. Matt Wyatt, Demarest	2008	9:43.0
60. Larry Connolly, St. Joseph Regional	1967	9:43.1*
61. Colin McCullough, Don Bosco	2006	9:43.2
62. Matt Klypka, Indian Hills	2004	9:43.33
63. Gerard Pescatore, Hackensack	1988	9:43.7
64. Sean Durkin, Don Bosco	1993	9:44.0
<b>65. Levi Jennings, Ridgewood</b>	<b>2010</b>	<b>9:46.17</b>
66. George Crosby, St. Joseph Regional	1967	9:46.2*
67. Dan Contreras, Don Bosco	1998	9:46.5
68. Mike Matos, Queen of Peace	1995	9:47.0*
69. Jeremy Muratore, Tenafly	1995	9:47.1
Kyle Engelken, Ridgewood	2004	
71. Dan Olson, River Dell	2006	9:47.2
72. Bill Farquahar, Ridgefield Park	1985	9:48.7
73. Peter Gerboth, Don Bosco	2002	9:48.8
74. Anthony Belgiovine, Don Bosco	2007	9:48.94
75. Sean Swift, Don Bosco	2002	9:49.1
76. Rich Harrington, SJR	1988	9:49.5

Mike Mitchell, Bergen Tech	2008	
<b>78. John Dugan, Ramsey</b>	<b>2010</b>	<b>9:49.85</b>
79. Paul Roer, Hackensack	1992	9:49.9

### 55 HURDLES (AT)(23)

1. Darius Pemberton, Hackensack	1993	7.35
2. Jerome Pemberton, Hackensack	1986	7.36
3. Dan Oquendo, Hackensack	2005	7.43
4. Curtis Green, Teaneck	1984	7.47
5. Anthony DiCosmo, Paramus Catholic	1995	7.52
6. Nick Garrett, Saddle Brook	2000	7.59
7. Mike Stansfield, Garfield	1999	7.63
8. Akira Monri, Ridgewood	2008	7.64
9. Jaivon Palmer, Englewood	2008	7.65
10. Rasheed Goodlowe, Teaneck	1989	7.70
11. Dave Lado, Ridgefield	2003	7.71
Jeremy Perussi, Demarest	2004	
13. Brandon Hambric, Teaneck	2009	7.72
14. Brent Hobbs, Don Bosco	2001	7.73
15. Andy Parasion, Don Bosco	1994	7.74
Anthony Pomo, Saddle Brook	2005	
17. Joe Swasey, Bergen Catholic	1990	7.75
18. Mark Sprague, Teaneck	1996	7.78
19. Bob Ghelli, Bergen Catholic	1988	7.79
20. Joe Vargas, Paramus	2009	7.80
21. Jermaine Boyd, Hackensack	2008	7.81
22. Aaron Richardson, Hackensack	2001	7.84
Craig Halyard, Ridgewood	1989	
<b>Ernest Wingate, Bergen Catholic</b>	<b>2010</b>	
25. Earle Griffin, Teaneck	1989	7.85
<b>26. In Soo Hwang, Ridgewood</b>	<b>2010</b>	<b>7.86</b>
27. Dan Chediak, Fort Lee	2009	7.88
28. Jared Aprahamian, Don Bosco	2000	7.90
29. Sean Rhinehart, Hackensack	1991	7.91
30. Ken Green, Teaneck	1987	7.94
Basheem Dudley, Hackensack	1991	
<b>Edward Blair IV, Ridgewood</b>	<b>2010</b>	
33. Tim White, Saddle Brook	2008	7.98

### HIGH JUMP

1. Darius Pemberton, Hackensack	1993	6-10 <sup>3</sup> / <sub>4</sub>
2. Skip Johnson, Hackensack	1973	6-10
3. Rich Robinson, SJR	1989	6-8 <sup>3</sup> / <sub>4</sub>
4. Oderick Turner, Teaneck	2005	6-8
<b>Tommy DeVita, Ridgewood</b>	<b>2010</b>	
6. Thanniel Robinson, Englewood	1994	6-7
<b>Corey Crawford, Indian Hills</b>	<b>2010</b>	
8. Mark DeAngelus, Tenafly	1988	6-6
Willie Best, Hackensack	1991	
Dave Kruse, Tenafly	1993	
Keijuan Keitt, Indian Hills	1995	

Fletcher Rosenbach, Ridgewood	1995	
Paul Berberian, Old Tappan	1997	
Mike Stansfield, Garfield	1997	
Ayo Oluwole, St. Joseph Regional	2000	
Brent Hobbs, Don Bosco	2001	
Tony Velazquez, Don Bosco	1989	
Kevin Bostick, Bergen Catholic	2008	
19. Tom Bozman, Indian Hills	1996	6-5
Jim Paolillo, Old Tappan	1990	
Val Terebizh, Fort Lee	2006	
22. Bill Waterfall, New Milford	1967	6-4 ½
23. John Lyons, Don Bosco	1985	6-4
Dan Holdefehr, Paramus	1985	
Rob Edler, Ramapo	1990	
Pat Destro, SJR	1994	
Kevin Kirstein, Demarest	1994	
Donnel Hatter, Ridgefield Park	1994	
Jeff Ochipa, Fair Lawn	1995	
Dario Peynado, Paramus Catholic	1999	
Dan Kiely, Old Tappan	2003	
Tom McCarthy, Saddle Brook	2004	
Dan Oquendo, Hackensack	2005	
E.J. Schuck, Westwood	2005	
Kurt Von Weisenstein, Indian Hills	2007	
Tim White, Saddle Brook	2008	

#### POLE VAULT

1. Gabe Knutson, Ridgewood	2004	15-0
Greg Hoffman, Park Ridge	2009	
3. Greg Stripe, Mahwah	2008	14-10
<b>4. Juan Andres Giglio, Ridgefield Park</b>	<b>2010</b>	<b>14-7 ¼</b>
5. Tim Blashford, Ramapo	2007	14-6
Scott Weismiller, Don Bosco	2009	
<b>John Wisener, Ridgewood</b>	<b>2010</b>	
8. Dan Cooper, Ridgewood	2000	14-3 ¾
9. Paul Wilson, Bergen Catholic	1983	14-0
Adam Sacher, Pascack Valley	2004	
Matt Steeg, Don Bosco	2007	
12. Al Schepps, Teaneck	1976	13-7
13. Greg Munier, Hackensack	1979	13-6
David Dickey, Teaneck	1980	
Jeff Hooten, Ramsey	1984	
Matt Psaltis, Fair Lawn	1992	
Ryota Uetani, Demarest	1995	
Ken Scheider, Don Bosco	1999	
Gareth Hedges, Westwood	1999	
Emanuel Ayvas, Wood-Ridge	2001	
Owen Pope, Hackensack	2001	
Kevin Sofia, Ramsey	2008	
Austin Schaller, Old Tappan	2008	

**Rich Cannici, Hasbrouck Heights 2010**

25. John Boylan, Ridgewood	1980		13-3
Todd Pitcher, Don Bosco	1997		
Jake Ricciardi, Ridgewood	2004		
28. Dom Criscione, River Dell	1973		13-2
Jim Redington, Hackensack	1983		
30. Vahe Hagopian, Ridgewood	1993		13-0
Scott Kolkebeck, Old Tappan	1996		
Bob Miller, Bergen Catholic	1999		
Mark Peros, Saddle Brook	2001		
Tom McCormick, Don Bosco	2002		
Ian Straughter, Hackensack	2004		
Ching Pei, Hackensack	1990		
Claude Guinchard, Don Bosco	2006		
<b>Dan Nyfinger, Demarest</b>	<b>2010</b>		
<b>Yaniv Sofer, Demarest</b>	<b>2010</b>		
<b>Tyler Poland, Mahwah</b>	<b>2010</b>		
41. Ed Rice, Don Bosco	1985		12-9
Dave Esposito, St. Joseph Regional	1985		
43. Dan Chediak, Fort Lee	2009	12-7	
44. Frank Martinez, Ridgefield Park	1992		12-6
Mike Van Grouw, Mahwah	1993		
Mike Bobovnick, Fort Lee	1993		
Pat Destro, SJR	1994		
Sean Lumley, Demarest	1994		
Joe Kim, Fort Lee	1995		
Colin Mutchler, Old Tappan	1995		
Max Kosoy, Fair Lawn	1995		
Doug Park, Fort Lee	2006		
Dom Fittizzi, Hackensack	2007		
<b>Brad Hoey, River Dell</b>	<b>2010</b>		
<b>Garret LaCroce, Park Ridge</b>	<b>2010</b>		

#### LONG JUMP

<b>1. Corey Crawford, Indian Hills</b>	<b>2010</b>		<b>23-11 <math>\frac{3}{4}</math></b>
2. Darius Pemberton, Hackensack	1992		23-7 $\frac{3}{4}$
3. Craig Halyard, Ridgewood	1989		23-5 $\frac{1}{2}$
4. Tony Hayes, Hackensack	1988		23-4
5. Mikkel Brown, Glen Rock	1997		23-1 $\frac{3}{4}$
6. Kwame Collins, Hackensack	2007		22-10 $\frac{1}{2}$
7. Gerald Spears, Teaneck	1989		22-10
8. Pat McManus, St. Joseph Regional	1999		22-9 $\frac{1}{2}$
9. Joe Johnson, Hackensack	1986		22-9 $\frac{1}{4}$
10. Ackeme Brown, Englewood	2009		22-9
11. Anthony Pomo, Saddle Brook	2005		22-8 $\frac{1}{2}$
12. Chris O'Reilly, Paramus Catholic	2000		22-5 $\frac{1}{2}$
13. Lamonte Brown, Demarest	1987		22-5
14. Anthony DiCosmo, Paramus Catholic	1995		22-4 $\frac{3}{4}$
15. Walter King, Hackensack	1996		22-3 $\frac{1}{2}$
16. Derrick Horner, Don Bosco	1988		22-3 $\frac{1}{4}$
Gabe Knutson, Ridgewood	2004		
18. Mike Moliere, Teaneck	1997		22-3

19. Mike Roberts, Englewood	1990	22-2 ½
20. Naum Krstevski, Garfield	1992	22-2
<b>21. Conroy Walker, Hackensack</b>	<b>2009</b>	<b>22-1 ½</b>
22. Danny Wu, Tenafly	2008	22-1
23. Ausar Walcott, Hackensack	2007	22-0 ¾
24. Val Terebizh, Fort Lee	2006	22-0
<b>25. K'Waun Williams, St. Joseph Reg.</b>	<b>2009</b>	<b>21-11 ½</b>
26. Aaron Finley, Teaneck	1992	21-10 ½
Sheldon Woodley, Teaneck	1992	
Shawn Samuels, Englewood	1996	
<b>John Porteous, Wood-Ridge</b>	<b>2010</b>	
30. Nick Garrett, Saddle Brook	1999	21-10
31. Dan Oquendo, Hackensack	2005	21-9 ½
32. Chris Woodford, Old Tappan	2003	21-9
Chris DeGannes, St. Joseph Regional	2005	
34. John Deschamps, Ridgewood	1994	21-8 ¼
Ted Winfield, Ridgewood	1998	
36. Willie Best, Hackensack	1991	21-7 ½
37. Brent Hobbs, Don Bosco	2001	21-7
38. Sullivan Parker, Bergenfield	2004	21-6 ¼
39. John Augustynowicz, Rutherford	2000	21-5 ½
40. Julius Martin, Hackensack	1994	21-5
Harold Blyden, Bergenfield	2005	
42. Leslie Mongo, Ramsey	2000	21-4 ¾
Greg Stripe, Mahwah	2007	
44. Mark Sprague, Teaneck	1996	21-4 ½
45. David Dennis, Hackensack	2003	21-4 ¼
<b>46. Greg Hazell, Don Bosco</b>	<b>2010</b>	<b>21-4</b>
47. Kevin Bostick, Bergen Catholic	2008	21-3 ½
48. Sean Rhinehart, Hackensack	1991	21-3 ¼
49. Joey Marcoux, Don Bosco	2003	21-3
Tyler Palumbo, Don Bosco	2003	
51. Gareth Hedges, Westwood	1999	21-2
Travis Lloyd, Dumont		

### TRIPLE JUMP

1. Craig Halyard, Ridgewood	1989	49-6 ½
2. Darius Pemberton, Hackensack	1992	48-6 ¼
3. Anthony DiCosmo, Paramus Catholic	1995	47-9
4. Tony Hayes, Hackensack	1988	47-8
5. Ed Alston, Hackensack	1982	47-6 ¾
<b>6. Tevin Ankle, Glen Rock</b>	<b>2010</b>	<b>47-2</b>
7. Weston Daniel, Bergenfield	2002	46-10 ½
8. Ted Leshner, Northern Highlands	2006	46-10 ¼
9. Neil Okarter, Westwood	1998	46-6
10. John Augustynowicz, Rutherford	2000	46-5 ½
11. Harold Blyden, Bergenfield	2005	45-10
12. Gabe Knutson, Ridgewood	2004	45-9 ½
13. Lamonte Brown, Demarest	1987	45-9
14. Anthony Jacobs, Englewood	1993	45-7 ½
15. David Dennis, Hackensack	2003	45-7 ¼

16. Pat McManus, St. Joseph Regional	1999		45-6 ½
<b>17. Greg Hazell, Don Bosco</b>	<b>2010</b>		<b>45-5 ¾</b>
18. Walter King, Hackensack	1996		45-3
19. Jacques Brutus, Don Bosco	1990		45-2
20. Kwame Collins, Hackensack	2006		44-11 ¾
21. Craig Brown, Teaneck	2008		44-11
22. Sheldon Smith, Teaneck	1999		44-10 ¼
23. Mikkel Brown, Glen Rock	1996		44-9 ¼
24. Dan Oquendo, Hackensack	2005		44-8 ¼
<b>25. Conroy Walker, Hackensack</b>	<b>2009</b>		<b>44-7 ¼</b>
26. John Lyons, Don Bosco	1985		44-6 ½
27. Shawn Samuels, Englewood	1997		44-6 ¼
28. Sean Rhinehart, Hackensack	1991		44-5 ½
Danny Wu, Tenafly	2008		
30. Val Terebizh, Fort Lee	2006	44-4 ¾	
31. Andrew Dolgin, Ridgewood	2000		44-4 ½
<b>John Porteous, Wood-Ridge</b>	<b>2010</b>		
<b>33. Phil Dowell, Englewood</b>	<b>2010</b>		<b>44-4 ¼</b>
34. Brian Horton, Hackensack	2004		44-4
35. Jaivon Palmer, Englewood	2008		44-3
36. Nick Garrett, Saddle Brook	2000		44-2 ½
37. Marquis Mitchell, Bergenfield	2004		44-1 ¾
38. Jeremy Perussi, Demarest	2004		44-1
39. Jon Perdomo, Englewood	1994		44-0
40. Jelani Manigault, Teaneck	1996		43-11
41. Joe Swasey, Bergen Catholic	1990		43-10 ½
<b>Angel Lora, Garfield</b>	<b>2010</b>		
<b>43. Colin Cunningham, Englewood</b>	<b>2010</b>		<b>43-8 ½</b>
44. Gerald Spears, Teaneck	1989		43-7 ½
45. Anthony Toscano, St. Joseph Regional	2000		43-7
46. Lawrence Banton, Hackensack	2008		43-5 ¼
<b>47. Bryan Murphy, Teaneck</b>	<b>2010</b>		<b>43-5</b>
48. Tyler Palumbo, Don Bosco	2003		43-4 ½
49. Naum Krstevski, Garfield	1992		43-4 ¼
50. Jason Endres, Paramus	2002	43-4	
51. Rasheed Goodlowe, Teaneck	1989		43-3 ½
Kevin Bostick, Bergen Catholic	2008		
53. John McGuinness, Emerson	1985		43-3 ¼
54. Randy Clarke, Hackensack	2001		43-3
55. Derrick Horner, Don Bosco	1988		43-2 ¼
56. Anthony Pomo, Saddle Brook	2005		43-1 ¾

#### SHOT PUT

1. Steve Adams, SJR	1970		65-10
2. Randy Sokolik, New Milford	1969		61-9
3. Mark Saner, SJR	1975		61-4 ½
4. Bob Brady, SJR	1970		61-2 ½
5. Ray Sahadi, Tenafly	1974		61-2
6. Bruce Hedendal, Paramus	1965		60-11
7. Shaun McGregor, Bergen Catholic	1996		60-4 ¼
8. Marcus Thomas, Hackensack	1982		59-9 ½

9. Mike Theuerkauf, Demarest	1988	59-9 ¼
10. Jason Miller, Elmwood Park	1988	59-4
11. Bob Celentano, Demarest	1978	58-3 ½
12. Scott DeCandia, SJR	1974	58-3
13. Jim Munier, Hackensack	1976	58-1 ½
14. Zach Shapiro, River Dell	2007	58-1
15. Valbert Wyche, Hackensack	2002	57-8 ½
16. Tony Ruggeri, Bergen Catholic	1972	57-1 ½
17. Howie Saner, St. Joseph Regional	1972	56-10 ½
Jeff Sokolik, New Milford	1973	
<b>19. Patrick Cole, Hasbrouck Heights</b>	<b>2010</b>	<b>56-9 ¼</b>
20. Geoff Goidell, Pascack Hills	2007	55-10 ½
21. Steve Saner, St. Joseph Regional	1967	55-9 ½
22. John Frizalone, Paramus Catholic	1972	55-6 ½
23. Jim Quinn, Paramus Catholic	1974	55-5
24. Sean Power, Don Bosco	1985	55-4
25. Orefice, Demarest	1967	55-0
26. Tom Jennings, Indian Hills	1992	54-10
27. Steve Rice, SJR	1989	54-7 ¼
28. Jeff Seidel, Hasbrouck Heights	2006	54-7 ½
29. Frank Kozibroda, Wood-Ridge	1999	54-7
<b>Stephen Mozia, Hackensack</b>	<b>2010</b>	
31. Bill McKennith, Englewood	1972	54-6
32. Marty Moskovich, Fair Lawn	2000	54-3 ½
<b>33. Marquise Wright, Paramus Catholic</b>	<b>2010</b>	<b>54-1 ¾</b>
34. Andrew Trass, River Dell	2008	54-1 ½
35. Jim Fischer, Bergen Catholic	1998	54-0
Dave Shepard, St. Joseph Regional	1984	
Mike Reilly, Old Tappan	2009	
38. Schwab, Tenafly	1967	53-10
Conrad Coye, Hackensack	1979	
40. Tim Lanni, Rutherford	2005	53-9 ½
41. Doug Klopacz, St. Joseph Regional	2006	53-6 ¾
42. Charles Sharpe, Ridgefield Park	1973	53-6 ½
Patrick Rae, Ridgewood	1989	
44. Mike Renna, Hasbrouck Heights	2008	53-5 ½
45. Randy Statler, Saddle Brook	1974	53-5
46. Jason Maier, New Milford	2004	53-4
47. Eric Van Dunk, Mahwah	2009	53-3 ¾
48. Marlin Townes, Hackensack	2000	53-3 ½
49. Jim Murphy, Indian Hills	1988	53-3
50. Chuck D'Amico, Bergen Catholic	1974	53-2
51. George Ennis, Paramus Catholic	1974	53-1
52. Tom May, New Milford	1974	53-0 ½
53. Mike Hammond, Hackensack	1988	52-11
Matt Quinn, Bergen Catholic	1997	
55. Eric Beebe, Hackensack	1998	52-10 ¼
Stacy Elliott, Hackensack	1988	
57. Mike Neglia, St. Joseph Regional	1984	52-10
58. Erik Heymann, Westwood	2005	52-9 ¼
59. Steven Kim, Fort Lee	2005	52-7 ½

60. Brad Moser, Demarest	1990	52-7
61. Mike Rea, Paramus	1973	52-6 ½
62. Ed Vanden Thoren, Elmwood Park	1990	52-5 ½
63. Bill Truesdale, Hackensack	1979	52-4 ¼
64. Len Haak, River Dell	1972	52-1
65. Dave Marko, Paramus	1993	52-0 ½
<b>66. John Farelli, River Dell</b>	<b>2010</b>	<b>51-9 ¼</b>
67. Dennis DeMartino, Fair Lawn	1988	51-9
68. Joe Viglione, Garfield	2003	51-7 ¾
69. John Hsu, Paramus	1991	51-5 ¾
Tristan Henry, Bergenfield	2003	
71. Curtis Loudermilk, Saddle Brook	1994	51-4 ½
Ralph Sanon-Jules, SJR	1990	
73. Gary Leranian, Rutherford	1992	51-4
74. Ralph Sanon-Jules, St. Joseph Regional	1991	51-3 ¾

### PENTATHLON(19)

1. Darius Pemberton, Hackensack	1993	4,120
2. Mike Stansfield, Garfield	1999	3,604
3. Danny Oquendo, Hackensack	2005	3,576
4. Tim White, Saddle Brook	2008	3,529
<b>5. Corey Crawford, Indian Hills</b>	<b>2010</b>	<b>3,520</b>
6. Brent Hobbs, Don Bosco	2001	3,377
7. Harold Blyden, Bergenfield	2005	3,332
8. Brandon Fronjian, Palisades Park	2002	3,272
9. Justin Everett, Paramus Catholic	1991	3,268
10. Gabe Knutson, Ridgewood	2004	3,259
11. Tom O'Connell, Ramsey	2005	3,236
12. Brian Rodak, Ramsey	2000	3,234
13. Joe Vargas, Paramus	2009	3,216
14. Rich Miller, Cresskill	1990	3,190
15. Steve Gomez, Hackensack	2001	3,189
16. Dave Schuman, Saddle Brook	1992	3,181
17. Matt Psaltis, Fair Lawn	1992	3,174
18. Moritz Hoemke, Westwood	1996	3,172
19. Joey Marcoux, Don Bosco	2003	3,121
20. Ausar Walcott, Hackensack	2007	3,103
21. Trevor O'Grady, Wood-Ridge	2001	3,088
22. Jake Manzo, Ramsey	2008	3,087
James Doherty, Tenafly	2009	
24. Brian Voorhis, River Dell	2004	3,021
25. Mike Iozzia, Ramsey	2007	3,020
26. Chris Woodford, Old Tappan	2003	3,004

### GIRLS

#### 55M (13)

<b>1. Myasia Jacobs, Paramus Catholic</b>	<b>2010</b>	<b>6.8</b>
2. Tisa Stubbs, Englewood	1983	6.9
3. Marteze Golden, Teaneck	1983	7.0
Michelle Forrester, Teaneck	1984	

Carlene Cummings, Englewood	1995		
Takara Wilks, Queen of Peace	2002		
Janine Davis, Queen of Peace	2004		
Kristen Brown, Englewood	2009		
Janay Mitchell, Teaneck	2009		
<b>Bryanna Knight, Paramus Catholic</b>	<b>2010</b>		
11. Lori Morton-Soley, Westwood	1982	7.1	
Neretta Freeman, Garfield	1985		
Nicole Golden, Teaneck	1990		
Mary Jones, Hackensack	1999		
Consandria Walker, Hackensack	2004		
Cheryl Anscombe, Westwood	2004		
Michelle Forrester, Teaneck	1984		
Amma Walcott, Hackensack	2005		
Angelica Johnson, Ridgefield Park	2007		
<b>55M (AT)</b>			
<b>1. Myasia Jacobs, Paramus Catholic</b>	<b>2010</b>		<b>6.93</b>
2. Takara Wilks, Queen of Peace	2001		7.14
3. Janay Mitchell, Teaneck	2009	7.16	
4. Carlene Cummings, Englewood	1997		7.19
5. Angelica Johnson, Ridgefield Park	2007		7.20
6. Kristen Brown, Englewood	2009		7.21
7. Missy Hicks, Teaneck	1988		7.25
Courtney Cubicciotti, IHA	2000		
9. Janine Davis, Queen of Peace	2005		7.26
10. Anike Orimogunje, Queen of Peace	2003		7.30
11. Gily Dishon, Tenafly	1989		7.32
12. Nicole Golden, Teaneck	1990		7.33
Missy Hicks, Teaneck	1987		
<b>14. Bryanna Knight, Paramus Catholic</b>	<b>2010</b>		
15. Consandria Walker, Hackensack	2004		7.34
16. Lauren Fanelli, River Dell	1999		7.37
17. Nina Njoku, Queen of Peace	2000		7.41
18. Serenity Martin, IHA	2009		7.42
19. Megan Gadaleta, Demarest	2008		7.43
20. Diana Lawson, Queen of Peace	2000		7.44
21. Cheryl Anscombe, Westwood	2004		7.45
22. Sara Pieri, Ramapo	1988		7.46
Emily Barr, Ridgewood	2008		
24. Erica Cigolini, Ridgewood	2007		7.48
Kellie Dunn, Rutherford	2008		
<b>26. Jen Pash, IHA</b>	<b>2010</b>		<b>7.49</b>
27. Keirsten Wallace, Westwood	1989		7.51
<b>Kim Nagotko, Mahwah</b>	<b>2010</b>		
<b>29. Kahlia Taylor, Teaneck</b>	<b>2010</b>		<b>7.53</b>
<b>Angela Harrison, Paramus Catholic</b>	<b>2010</b>		
31. Abby Beutel, River Dell	2003		7.54
Neretta Freeman, Garfield	1987		
32. Krystal Wyche, Hackensack	2007		7.56
33. Jessica Perkel, Old Tappan	2003		7.58

Amma Walcott, Hackensack	2005		
35. Amy Salek, Ramapo	2006		7.61
36. Jenni Zymet, Paramus	2009		7.62
37. Jennifer Andujar, Teaneck	2002		7.63
<b>200M</b>			
<b>1. Myasia Jacobs, Paramus Catholic</b>	<b>2010</b>		<b>24.6</b>
2. Anike Orimogunje, Queen of Peace	2000		24.99
3. Janine Davis, Queen of Peace	2005		25.04 (24.96)
4. Courtney Cubicciotti, IHA	1999		25.3
5. Sophia Davis, Queen of Peace	2003		25.63
6. Angelica Johnson, Ridgely Park	2007		25.6
7. Michelle Forrester, Teaneck	1984		25.86
8. Janay Mitchell, Teaneck	2007	25.95	
<b>9. Bryanna Knight, Paramus Catholic</b>	<b>2010</b>		<b>25.9</b>
<b>10. Serenity Martin, IHA</b>	<b>2009</b>	<b>26.22</b>	
11. Amma Walcott, Hackensack	2005		26.1
Erica Cigolini, Ridgewood	2007		
13. Diana Lawson, Queen of Peace	1998		26.25
14. Amy Salek, Ramapo	2006		26.3
15. Sonia Malpeso, Holy Angels	2005		26.4
Alice Wisener, Ridgewood	2007		
Rebecca Coffman, Indian Hills	2008		
18. Daphne Blick, Teaneck	1990		26.57
<b>19. Jen Pash, IHA</b>	<b>2010</b>		<b>26.5</b>
20. Jennifer Andujar, Teaneck	2002		26.77
21. Carlene Cummings, Englewood	1995	26.7	
Alyssa Fanucci, Old Tappan	2005		
23. Nicole Golden, Teaneck	1990		26.8
Delcita Russell, Hackensack	1995		
Krystal Wyche, Hackensack	2007		
Melody Lopez-Bernstein, Paramus Cath.	2008		
27. Consandria Walker, Hackensack	2006		27.00
28. Krystal Wyche, Hackensack	2005		26.9
<b>300Y</b>			
1. Ginny Figlar, Ridgewood	1987		37.1
2. Tisa Stubbs, Englewood	1983	37.4	
3. Renita Terry, Hackensack	1981		37.5
Jen Metz, Pascack Valley	1992		
5. Dana Riley, Teaneck	1993		38.0
7. Aquansa Garth, Westwood	1988		38.2
Matilda Miranda, Teaneck	1989		
Daphne Blick, Teaneck	1990		
10. Marissa Jackson, Hackensack	1997		38.3
11. Christine Rose, IHA	1991		38.4
12. Delcita Russell, Hackensack	1995		38.49
13. Adria Ferguson, Old Tappan	1993		38.5
14. Aleta Fischer, Pascack Valley	1976		38.7
<b>Jenni Zymet, Paramus</b>	<b>2010</b>		
16. Aileen Trendler, Old Tappan	1985		38.8

<b>Jen Pash, IHA</b>	<b>2010</b>	
18. Adriana Lanuto, Ramsey	2008	38.9
19. Terri Bieber, Tenafly	1988	39.0
Melissa Gilbert, Ridgewood	1992	
Venida Rodman, Teaneck	1984	
22. Heather Parrish, Old Tappan	1992	39.3
23. Mary Sok, Westwood	1988	39.4
Liz Ross, Ridgewood	1985	39.5
25. Kim Baumbach, Pascack Valley	1988	39.6
Michelle Forrester, Teaneck	1985	
Michele Satine, Glen Rock	1995	
Heather Nicoletti, Hasbrouck Heights	2001	
Tori Roth, River Dell	2009	
30. Caitlin Sherry, River Dell	2000	39.7
Janay Mitchell, Teaneck	2007	
Colleen Murphy, Westwood	2008	
33. Jean Readie, Queen of Peace	1993	39.8
Jen Mueller, IHA	2005	
Taylor Meding, Northern Highlands	1988	
36. Kate Brunner, Ridgewood	1995	39.9
Terri Bieber, Tenafly	1987	
<b>300M</b>		
1. Janine Davis, Queen of Peace	2004	39.1
2. Anike Orimogunje, Queen of Peace	2002	40.5
3. Janay Mitchell, Teaneck	2009	40.6
4. Alice Wisener, Ridgewood	2007	40.8
5. Rebecca Coffman, Indian Hills	2006	41.0
6. Dana Riley, Teaneck	1993	41.1
Cheryl Anscombe, Westwood	2003	
8. Jean Readie, Queen of Peace	1993	41.5
Courtney Cubicciotti, IHA	2000	
Myasia Jacobs, Paramus Catholic	2009	
<b>Bryanna Knight, Paramus Catholic</b>	<b>2010</b>	
<b>Colleen Murphy, Westwood</b>	<b>2010</b>	
13. Sophia Davis, Queen of Peace	2006	41.6
<b>Jenni Zymet, Paramus</b>	<b>2010</b>	
15. Amy Salek, Ramapo	2006	41.8
16. Sonia Malpeso, Holy Angels	2005	41.9
Angelica Johnson, Ridgefield Park	2007	
18. Adria Ferguson, Old Tappan	1993	42.0
Nina Njuko, Queen of Peace	2000	
Melody Lopez-Bernstein, Paramus Cath.	2008	
Adrianna Lanuto, Ramsey	2008	
22. Ginny Figlar, Ridgewood	1988	42.21
23. Jessica Perkel, Old Tappan	2004	42.1
24. Melissa Gilbert, Ridgewood	1994	42.2
25. Erica Cigolini, Ridgewood	2007	42.3
Michelle McCourt, IHA	2009	
27. Diana Lawson, Queen of Peace	2000	42.4

Jen Mueller, IHA	2005	
29. Ebony Ramos, Hackensack	2001	42.7
Michelle Smith, Teaneck	2003	
Abby Beutel, River Dell	2004	
32. Caitlin Sherry, River Dell	1999	42.77
<b>33. Kim Nagotko, Mahwah</b>	<b>2010</b>	<b>42.8</b>
<b>Kelsley Broomfield, Holy Angels</b>	<b>2010</b>	
35. Marissa Jackson, Hackensack	1997	42.9
Tarashon Broomes, Paramus Catholic	2002	
Emily Barr, Ridgewood	2007	
38. Heather Parrish, Old Tappan	1992	43.0
Jennifer Andujar, Teaneck	2002	
Consandria Walker, Hackensack	2004	
Krystal Wyche, Hackensack	2006	
42. Tori Roth, River Dell	2007	43.1
43. Gily Dishon, Tenafly	1990	43.2
44. Matilda Miranda, Teaneck	1989	43.3
Michele Satine, Glen Rock	1995	
Brittney Saunders, Fort Lee	1999	
Nicole Golden, Teaneck	1991	
48. Chris Coche, Pascack Hills	1988	43.4
Pam Kopfensteiner, Northern Highlands	2006	
Katie Landrigan, Rutherford	2009	
<b>Michelle Cascio, Westwood</b>	<b>2010</b>	
52. Gizele Watson, Ridgewood	1994	43.5
Krista Saunders, Fort Lee	1997	
Diana Orrico, IHA	2004	
Sarah Giblin, IHA	2004	
56. Hailey Coonrad, Ramsey	2003	43.6
Mia Martinez, Ridgewood	2008	
58. Stephanie Ottino, IHA	2005	43.7
Alyssa Maier, River Dell	2007	
<b>Jade Toote', New Milford</b>	<b>2010</b>	
61. Mary Sok, Westwood	1988	43.8
Daphne Blick, Teaneck	1990	
Kelly Johnson, Teaneck	1998	
Bernie Bonomo, Westwood	2002	
Evana Edwards, Hackensack	2007	
66. Jen McDermott, Ridgewood	1989	43.9
Melissa Koberle, Rutherford	2000	
Kerri Reilly, Ridgewood	1989	

#### 400M

1. Janine Davis, Queen of Peace	2004	54.70
<b>2. Myasia Jacobs, Paramus Catholic</b>	<b>2010</b>	<b>56.82</b>
3. Amy Salek, Ramapo	2008	57.00
<b>4. Jenni Zymet, Paramus</b>	<b>2010</b>	<b>57.02</b>
5. Sophia Davis, Queen of Peace	2004	57.50
6. Dana Riley, Teaneck	1993	57.58
7. Jen Metz, Pascack Valley	1992	57.5
8. Ginny Figlar, Ridgewood	1987	57.74

9. Delcita Russell, Hackensack	1997	58.26
10. Jen McDermott, Ridgewood	1989	58.42
11. Rebecca Coffman, Indian Hills	2006	58.9
12. Melody Lopez-Bernstein, Para. Cath.	2007	59.0
13. Matilda Miranda, Teaneck	1989	59.37
14. Tarashon Broomes, Paramus Catholic	2002	59.40
15. Caitlin Sherry, River Dell	2001	59.47
16. Diana Lawson, Queen of Peace	1998	59.53
17. Julieanne Fontana, Pascack Hills	2008	59.82
<b>18. Colleen Murphy, Westwood</b>	<b>2010</b>	<b>59.91</b>
19. Sonia Malpeso, Holy Angels	2005	59.9
<b>20. Michelle McCourt, IHA</b>	<b>2010</b>	<b>60.0</b>
<b>21. Jen Pash, IHA</b>	<b>2010</b>	<b>60.16</b>
22. Nina Njoku, Queen of Peace	2000	60.1
Cheyenne Ogletree, Garfield	2005	
Victoria Mold, Mahwah	2009	
25. Diane Bain, Ramsey	2009	60.31
26. Jean Readie, Queen of Peace	1993	60.2
27. Abby Beutel, River Dell	2004	60.5
28. Racquel Clarke, Teaneck	2005	60.6
Pam Kopfensteiner, Northern Highlands	2006	
30. Sarah Giblin, IHA	2004	60.7
Aderonke Bakare, Teaneck	2009	
32. Daphne Blick, Teaneck	1990	60.8
Tori Roth, River Dell	2009	
34. Christine Siebold, Demarest	2000	60.9
35. Teri Martin, Hackensack	1992	61.0
<b>Janay Ferrel, Teaneck</b>	<b>2010</b>	
37. Jenn Pierce, Northern Highlands	2006	61.1
Ceili Brennan, Westwood	2009	
<b>Jenn Nass, Hasbrouck Heights</b>	<b>2010</b>	
40. Nancy Scott, Garfield	1991	61.2
Anise Johnson, Teaneck	2006	
42. Jen O'Brien, Pascack Valley	1999	61.46
43. Lynn Degelmann, Ridgewood	1987	61.49
<b>44. Bryanna Knight, Paramus Catholic</b>	<b>2010</b>	<b>61.53</b>
<b>45. Micaela Mcpadden, Paramus Cath.</b>	<b>2010</b>	<b>61.4</b>
46. Michele Satine, Glen Rock	1994	61.5
47. Elina Ploskin, Fair Lawn	2003	61.7
Katie Landrigan, Holy Angels	2007	
Adriana Lanuto, Ramsey	2008	
50. Adria Ferguson, Old Tappan	1993	61.9
Kymm Silversey, Fair Lawn	2001	
52. Aquansa Garth, Westwood	1988	62.0
Toni Gatchalian, Tenafly	2009	
54. Janelle McCallum, Teaneck	1999	62.1
55. Hailey Coonrad, Ramsey	2003	62.20
<b>56. Serenity Martin, IHA</b>	<b>2010</b>	<b>62.29</b>
57. Heather Parrish, Old Tappan	1990	62.2
Carolyn Filandro, Indian Hills	1999	

Heather Nicoletti, Hasbrouck Heights 2002

**500M (1)**

1. Janine Davis, Queen of Peace 2005 1:12.99

**600Y (20)**

1. Jen Metz, Pascack Valley 1992 1:23.92

2. Ginny Figlar, Ridgewood 1988 1:24.58

3. Jean Readie, Queen of Peace 1992 1:27.65

**4. Jenni Zymet, Paramus 2010 1:27.7**

5. Dana Riley, Teaneck 1993 1:28.0

6. Jasmin Jones, Hackensack 1985 1:28.7

7. Donna Lesch, Indian Hills 1985 1:28.8

8. Heather Parrish, Old Tappan 1992 1:28.92

9. Christine Spilka, Old Tappan 2008 1:28.9

10. Renee Pavelski, Ridgewood 1993 1:29.3

11. Bry Bonavita, River Dell 2007 1:29.9

**12. Julie Sinkovitz, IHA 2010 1:30.2**

13. Michelle McCourt, IHA 2009 1:31.3

14. Lynne Collazo, Ridgewood 1989 1:31.5

15. Jessica Setless, Paramus 2005 1:31.6

16. Maria Werner, Bergenfield 1985 1:31.9

17. Nancy Scott, Garfield 1992 1:32.0

Diane Bain, Ramsey 2009

19. Elina Ploskin, Fair Lawn 2002 1:32.4

20. Teri Martin, Hackensack 1991 1:32.7

**Elizabeth Rosenberger, Ramsey 2010**

22. Leah Jerome, Glen Rock 2001 1:32.9

23. Mary Sok, Westwood 1987 1:33.1

24. Caitlin Sherry, River Dell 2001 1:33.2

25. Liz Raciti, Ramsey 1991 1:33.3

Karen Weissinger, Westwood 1985

27. Kim Mineo, Glen Rock 2001 1:33.5

28. Jen Zucaro, Ridgewood 2001 1:33.8

Jess Krejsa, Ridgewood 2006

Catherine Buckley, Ridgewood 2009

**600M**

1. Janine Davis, Queen of Peace 2005 1:29.27

**2. Jenni Zymet, Paramus 2010 1:34.9**

3. Bry Bonavita, River Dell 2007 1:36.1

4. Cristina Law, Ridgewood 2007 1:36.6

Kate Michel, Ridgewood 2008

Diane Bain, Ramsey 2009

7. Kim Mineo, Glen Rock 2002 1:37.7

8. Janelle McCallum, Teaneck 1999 1:37.8

9. Sophia Davis, Queen of Peace 2004 1:37.9

10. Jean Readie, Queen of Peace 1993 1:38.0

11. Michelle McCourt, IHA 2008 1:38.4

12. Shauna Koenig, Hackensack 2000 1:38.9

13. Renee Pavelski, Ridgewood 1993 1:39.0

14. Caitlin Wittreich, Tenafly	1996	1:39.6
15. Christine Spilka, Old Tappan	2009	1:39.8
16. Kayla Savage, Indian Hills	2009	1:40.0
17. Lauren Sherry, River Dell	1999	1:40.3
Catherine Buckley, Ridgewood	2009	
19. Jen Metz, Pascack Valley	1991	1:40.4
20. Racquel Clarke, Teaneck	2005	1:40.5
21. Heather Parrish, Old Tappan	1992	1:40.6
22. Jess Krejsa, Ridgewood	2006	1:40.9
23. Stephanie Westerman, Ridgewood	2005	1:41.0
Jessica Setless, Paramus	2005	
25. Kelly Conheeneey, Ridgewood	2007	1:41.1
26. Diana Lana, Saddle Brook	1995	1:41.4
Caitlin Hemmer, IHA	2002	
<b>Nancie Sophias, Fort Lee</b>	<b>2010</b>	
29. Jen Zucaro, Ridgewood	2001	1:41.9
Kelly Berkanish, River Dell	2006	
31. Julie Sinkovitz, IHA	2009	1:42.0
32. Vicki Byrne, Saddle Brook	1996	1:42.1
33. Kaitlyn Cooney, IHA	2008	1:42.2
<b>34. Allison Torsiglieri, Tenafly</b>	<b>2010</b>	<b>1:42.3</b>
35. Alison Pojanowski, Ramsey	1993	1:42.4
36. Erika Papaccioli, Paramus	1997	1:42.8
Ginny Figlar, Ridgewood	1988	
38. Katherine Zucaro, Ridgewood	2000	1:42.9
Leah Noble, Bergen Tech	2007	
40. Megan Clarke, River Dell	2003	1:43.0
41. Caitlin Smyth, IHA	2001	1:43.1
Teisha Ruggiero, River Dell	2004	
43. Tara Keegan, Westwood	2009	1:43.2
<b>44. Gabby Sloezen, Westwood</b>	<b>2010</b>	<b>1:43.3</b>
45. Caitlin Sherry, River Dell	2000	1:43.4
Emily Drew, Westwood	2000	
47. Justine Lupo, Ridgewood	2004	1:43.5
Jean Hughes, Ridgewood	1989	
49. Delcita Russell, Hackensack	1997	1:43.7
50. Tara Connelly, Pascack Valley	2002	1:43.8
Jessica Villalba, Ridgefield Park	2003	
52. Christina Patoir, Glen Rock	2004	1:44.0
Nicki Gross, Holy Angels	2004	
54. Michelle Smith, Teaneck	2004	1:44.1
55. Meri Silberstein, Tenafly	1999	1:44.19
56. Lisa Tarulli, Ramsey	2005	1:44.2
57. Lauren Fowler, Bergen Tech	2002	1:44.3
Alyssa Beasley, Paramus Catholic	2008	
59. Jessica Thomas, Westwood	2002	1:44.4
Toni Gatchalian, Tenafly	2009	
61. Leah Jerome, Glen Rock	2001	1:44.5
Nadia Traylor, Fort Lee	2000	
Sarah Volkomer, Glen Rock	2004	
64. Jen O'Brien, Pascack Valley	1998	1:44.6

65. Sherri LaJoie, River Dell	2007	1:44.7
66. Kourtney Gallo, IHA	1996	1:44.8
Allison Weinberg, Tenafly	2002	
68. Erin O'Reilly, Pascack Valley	2002	1:44.9

### 800M

1. Janine Davis, Queen of Peace	2005	2:07.60
2. Jasmin Jones, Hackensack	1987	2:11.50
3. Julie Sinkovitz, IHA	2009	2:13.8
4. Jen Metz, Pascack Hills	1992	2:14.01
5. Toni Ann Angione, Bergenfield	1985	2:15.32
6. Cristina Law, Ridgewood	2007	2:16.55
7. Lynne Collazo, Ridgewood	1989	2:16.59
8. Bry Bonavita, River Dell	2007	2:16.78
9. Cheyenne Ogletree, Garfield	2005	2:16.7
10. Erin McKenna, Ramapo	2009	2:17.54
11. Jess Setless, Paramus	2006	2:17.56
12. Caitlin Hemmer, IHA	2003	2:17.63
13. Kesley Ramsey, Ramapo	2007	2:17.80
14. Margaret Scutro, Ridgewood	1984	2:17.9
15. Kate Michel, Ridgewood	2008	2:18.55
<b>16. Julieanne Fontana, Pascack Hills</b>	<b>2010</b>	<b>2:18.93</b>
17. Kaitlyn Cooney, IHA	2008	2:19.38
18. Shauna Koenig, Hackensack	2000	2:19.65
19. Kim Mineo, Glen Rock	2002	2:19.81
20. Ceili Brennan, Westwood	2009	2:19.86
21. Jean Readie, Queen of Peace	1993	2:19.7
22. Liz Figlar, Ridgewood	1990	2:20.2
Sarah Pagano, IHA	2008	
24. Heather Parrish, Old Tappan	1992	2:20.3
25. Caitlin Wittreich, Tenafly	1997	2:20.31
<b>26. Christine Spilka, Old Tappan</b>	<b>2010</b>	<b>2:20.6</b>
27. Caitlin Smyth, IHA	2001	2:20.90
28. Erin Peters, Hackensack	1992	2:20.8
29. Diana Lana, Saddle Brook	1994	2:21.09
30. Jenni Zymet, Paramus	2009	2:21.1
31. Nancy Scott, Garfield	1991	2:21.30
32. Claire Blaney, Ridgewood	1992	2:21.75
33. Renee Pavelski, Ridgewood	1993	2:21.8
<b>34. Diane Bain, Ramsey</b>	<b>2010</b>	<b>2:22.32</b>
35. Jenn Pierce, Northern Highlands	2006	2:22.5
36. Kourtney Gallo, IHA	1995	2:23.5
37. Dana Catanese, IHA	1993	2:23.6
38. Donna Lesch, Indian Hills	1985	2:23.7*
39. Jenna Rogers, Ridgewood	1994	2:23.8
40. Sophia Davis, Queen of Peace	2003	2:24.27
41. Erika Papaccioli, Paramus	1997	2:24.40
42. Melissa Wyka, Fair Lawn	1991	2:24.4
43. Vicki Byrne, Saddle Brook	1996	2:24.53
44. Breda McGowan, Bergenfield	1992	2:24.7
Amy Giacobone, IHA	1999	

Katelyn Ary, Demarest	2009	
47. Stephanie Westerman, Ridgewood	2005	2:24.85
48. Julie Clifford, Holy Angels	1999	2:25.10
49. Jean Hughes, Ridgewood	1988	2:25.14

### 1000Y (19)

1. Margaret Scutro, Ridgewood	1985		2:32.7
2. Jasmin Jones, Hackensack	1986		2:33.2
3. Mary Ellen Mileski, Ridgewood	1983		2:37.2
4. Lynne Collazo, Ridgewood	1988		2:38.61
5. Erin McKenna, Ramapo	2009	2:43.8	
6. Julie Sinkovitz, IHA	2009		2:44.1
<b>7. Julieanne Fontana, Pascack Hills</b>	<b>2010</b>		<b>2:44.9</b>
8. Diana Lana, Saddle Brook	1995		2:45.26
9. Lisa Sinkovitz, IHA	2005		2:45.9
10. Kim Mineo, Glen Rock	2002		2:46.5
11. Clair Nowakowski, Ridgewood	2002		2:46.6
12. Meggie Sullivan, Tenafly	2005		2:46.7
13. Erin Henry, Glen Rock	2001	2:47.0	
14. Julia Emanuel, Tenafly	2002	2:48.1	
15. Toni Ann Angione, Bergenfield	1985	2:48.7	
<b>16. Justine Schnell, Northern Highlands</b>	<b>2010</b>		<b>2:49.1</b>
17. Caitlin Hemmer, IHA	2003		2:49.9
18. Caitlin Wittreich, Tenafly	1995		2:50.7
19. Monica Landy, Tenafly	2008		2:51.6
20. KerriAnne Codling, Hackensack	1991		2:52.0
21. Danielle Patoir, Glen Rock	2003		2:52.5
22. Stephanie Westerman, Ridgewood	2005		2:52.7
23. Alex Middleton, Ridgewood	2008		2:53.3
24. Claire Blaney, Ridgewood	1993		2:54.0
25. Alison Pojanowski, Ramsey	1993		2:54.1

### 1000M

1. Margaret Scutro, Ridgewood	1985		2:47.44
2. Janine Davis, Queen of Peace	2005		2:47.86
3. Jasmin Jones, Hackensack	1986		2:50.36
4. Lynne Collazo, Ridgewood	1989		2:56.26
5. Erin McKenna, Ramapo	2007	2:57.8	
6. Erin Henry, Glen Rock	2002		2:58.4
7. Jen Metz, Pascack Valley	1992		2:59.5
8. Julie Sinkovitz, IHA	2009		2:59.7
9. Julia Emanuel, Tenafly	2003		2:59.9
10. Lindsay Jeltis, Indian Hills	2007		3:00.1
11. Meg McDermott, Ridgewood	1999		3:01.1
12. Jess Setless, Paramus	2006		3:01.4
13. Kim Mineo, Glen Rock	2003		3:01.6
14. Lisa Sinkovitz, IHA	2005		3:03.4
Kaitlyn Cooney, IHA	2008		
16. Justine Lupo, Ridgewood	2003		3:03.6
17. Jenica Asadorian, Westwood	1999		3:03.8

Monica Landy, Tenafly	2008	
19. Caitlin Smyth, IHA	2002	3:03.9
<b>20. Julianne Fontana, Pascack Hills</b>	<b>2010</b>	<b>3:04.2</b>
21. Mary D'Ariano, IHA	1999	3:04.5
Melissa Wyka, Fair Lawn	1991	
23. Kelly Conheaney, Ridgewood	2007	3:04.7
24. Susana Markolovic, Holy Angels	2009	3:06.0
25. Stephanie Westermann, Ridgewood	2006	3:06.18
26. Clair Nowakowski, Ridgewood	2002	3:06.3
27. Caitlin Hemmer, IHA	2004	3:06.8
28. Stephanie Doyle, Ridgewood	1996	3:07.1
Meggie Sullivan, Tenafly	2004	
30. Jenna Rogers, Ridgewood	1994	3:07.2
31. Diana Lana, Saddle Brook	1995	3:07.5
<b>32. Justine Schnell, Northern Highlands</b>	<b>2010</b>	<b>3:07.6</b>
33. Shauna Koenig, Hackensack	1998	3:07.7
34. Kerriann Codling, Hackensack	1991	3:07.9
Cristina Law, Ridgewood	2007	
36. Danielle Breuel, Hackensack	1994	3:08.6
37. Tracy Della Torre, Glen Rock	1997	3:08.9
Caitlin Wittreich, Tenafly	1997	
39. Sarah Pagano, IHA	2009	3:09.4
40. Ceile Brennan, Westwood	2009	3:09.9
41. Eileen Fitzgerald, Ridgewood	1991	3:10.0
42. Claire Blaney, Ridgewood	1993	3:10.5
<b>Maggie Loudon, Old Tappan</b>	<b>2009</b>	
44. Liz Figlar, Ridgewood	1989	3:10.6
45. Danielle Patoir, Glen Rock	2003	3:11.06
46. Belmax DeJesus, Fort Lee	2001	3:11.4
47. Katie Sylvester, Holy Angels	2009	3:11.6
48. Sarah Mellea, IHA	2007	3:11.7
49. Alex Middleton, Ridgewood	2008	3:11.96
50. Brenna O'Rourke, Glen Rock	2003	3:12.1
51. Julie Sprich, Ridgewood	1999	3:12.2
Jean Hughes, Ridgewood	1988	
Maggie McPartland, IHA	2007	
54. Allison Gadaleta, Holy Angels	2007	3:12.4
55. Kerry Taylor, IHA	2005	3:12.5
56. Amy Van Alstine, Midland Park	2004	3:12.7
Emily Terrin, Ridgewood	2004	
58. Torey Middleton, Ridgewood	2009	3:12.8
59. Natalie Rowland, Mahwah	2009	3:13.0
60. Diana Mangam, Ridgewood	2004	3:13.1
61. Nicole Stinson, Westwood	2000	3:13.5
62. Katie Nestor, Northern Highlands	2008	3:13.6
63. Christina Burke, Holy Angels	2005	3:13.8
64. Eileen Farrell, Ridgewood	2000	3:13.9
65. Sophia Davis, Queen of Peace	2003	3:14.1
66. Kerry Moore, Midland Park	1993	3:14.2
Katie D'Aco, Westwood	2000	

Becca Wells, Ridgewood	2005	
69. Tara Connelly, Pascack Valley	2003	3:14.3
Ari Ackerman, River Dell	2007	
Kathleen McCurdy, IHA	2009	

### 1600 METERS (MILE - 1.8)

1. Jasmin Jones, Hackensack	1987		4:47.32
2. Margaret Scutro, Ridgewood	1985		4:54.7*
3. Toni Ann Angione, Bergenfield	1984		4:56.4*
4. Kesley Ramsey, Ramapo	2007		4:58.81
5. Patti McCluskey, Dumont	1982		4:58.7*
6. Mary Ellen McGowan, Pascack Valley	1981		4:59.2*
7. Caitlin Smyth, IHA	2003		5:00.5*
8. Jenna Rogers, Ridgewood	1994		5:00.91*
9. Erin McKenna, Ramapo	2007	5:04.17	
10. Sarah Pagano, IHA	2009		5:04.24
11. Kelly Conheaney, Ridgewood	2007		5:04.37
12. Jean Hughes, Ridgewood	1989		5:06.16*
13. Lisa Sinkovitz, IHA	2005		5:07.36*
<b>14. Julieanne Fontana, Pascack Hills</b>	<b>2010</b>		<b>5:08.08</b>
<b>15. Julie Sinkovitz, IHA</b>	<b>2010</b>		<b>5:08.98</b>
16. Lindsay Jelts, Indian Hills	2005		5:09.1
17. Martina Brosnahan, IHA	1993		5:09.8
18. Mary Kay Duff, IHA	2009		5:10.66
19. Erin Nestor, Northern Highlands	2008		5:11.41
20. Clair Nowakowski, Ridgewood	2001		5:11.4
<b>21. Alexandra Clinton, Ramsey</b>	<b>2010</b>		<b>5:12.00</b>
22. Stephanie Doyle, Ridgewood	1995		5:12.03*
23. Meg McDermott, Ridgewood	1999		5:12.82
24. Celeste Sedo, Ridgewood	1998		5:13.22
25. Julia Emanuel, Tenafly	2003	5:14.0	
26. Karen Cannon, Ridgewood	1988		5:14.30
27. Beth Androski, Hackensack	1999		5:14.5
28. Andrea Rovegno, Ramapo	2003		5:15.0
29. Justine Schnell, Northern Highlands	2009		5:15.78
30. Eileen Fitzgerald, Ridgewood	1991		5:16.6
31. Erin Peters, Hackensack	1992		5:16.7*
32. Jennifer Hughes, Ridgewood	1988		5:16.8
33. Lynne Collazo, Ridgewood	1989		5:17.0
34. Kim Mineo, Glen Rock	2002		5:17.12*
35. Taylor Lebovich, Old Tappan	2005		5:17.2
<b>36. Kaleigh Kenny, Holy Angels</b>	<b>2010</b>		<b>5:17.52</b>
<b>37. Maggie Loudon, Old Tappan</b>	<b>2010</b>		<b>5:18.01</b>
38. Justine Lupo, Ridgewood	2002		5:18.0
39. Meggie Sullivan, Tenafly	2005		5:18.18
<b>40. Teresa Gagliostro, Westwood</b>	<b>2010</b>		<b>5:18.53</b>
41. Jess Setless, Paramus	2006		5:19.3
42. Amy Kempf, Paramus	1988		5:20.11
43. Erin Henry, Glen Rock	2002	5:20.41*	
44. Melissa Wyka, Fair Lawn	1990		5:20.7*

45. Jillian Rothschild, Demarest	2007	5:21.2
46. Charlotte Tregelles, No. Highlands	2009	5:21.7
47. Mary D'Ariano, IHA	1999	5:21.8
48. Jen Metz, Pascack Valley	1992	5:21.9
49. Karen Petouvis, Paramus	1995	5:22.03*
50. Katie Malachowski, Paramus Cath.	2006	5:22.7
51. Patty Hannon, Paramus	2007	5:23.43
52. Caitlin Wittreich, Tenafly	1997	5:23.3
Meredith Jones, Ridgewood	2005	
54. Jennifer Narr, Rutherford	1988	5:23.4
55. Sarah Polansky, Indian Hills	2009	5:23.6
56. Kerry Taylor, IHA	2006	5:23.98
57. Vicki Foy, Paramus	1989	5:24.1
58. Nikki Callaghan, Westwood	1997	5:24.2
59. Kerri Moore, Midland Park	1993	5:24.3
60. Kourtney Gallo, IHA	1995	5:24.59
61. Diana Lana, Saddle Brook	1995	5:24.7
62. Julie Clifford, Holy Angels	1999	5:24.8

### 3200 METERS (2 MILES -4.0)

1. Patti Mileski, Ridgewood	1983	10:40.96
2. Sarah Pagano, IHA	2008	10:43.98
3. Toni Ann Angione, Bergenfield	1985	10:53.2
4. Celeste Sedo, Ridgewood	1998	10:55.09
<b>5. Alex Clinton, Ramsey</b>	<b>2010</b>	<b>10:59.79</b>
6. Erin McKenna, Ramapo	2007	11:00.84
7. Caitlin Smyth, IHA	2002	11:03.3
8. Jenna Rogers, Ridgewood	1994	11:04.5
9. Jean Hughes, Ridgewood	1989	11:05.34
10. Amy Kempf, Paramus	1987	11:10.03
11. Jen Hughes, Ridgewood	1988	11:11.3
12. Amy Van Alstine, Midland Park	2006	11:12.30
<b>13. Emily Dunne, Holy Angels</b>	<b>2010</b>	<b>11:12.33</b>
14. Beth Androski, Hackensack	1999	11:14.70
15. Lisa Schadler, Bergenfield	1980	11:17.0
16. Andrea Rothschild, Demarest	2006	11:20.3
17. Norine D'Arcy, Ridgewood	1988	11:22.58
18. Mary Kay Duff, IHA	2008	11:23.0
19. Jasmin Jones, Hackensack	1987	11:23.4*
20. Meredith Jones, Ridgewood	2005	11:23.6
21. Cheyenne Ogletree, Garfield	2005	11:25.8
22. Kourtney Gallo, IHA	1995	11:26.59
23. Stephanie Gibney, Holy Angels	2008	11:27.29
24. Jen Molke, Holy Angels	2008	11:29.28
<b>25. Teresa Gagliostro, Westwood</b>	<b>2010</b>	<b>11:29.6</b>
26. Nikki Callaghan, Westwood	1997	11:29.93
27. Patty Martin, Hackensack	1999	11:31.32*
28. Jenica Asadorian, Westwood	1998	11:31.43
29. Kesley Ramsey, Ramapo	2007	11:31.9
30. Liz Bissell, Indian Hills	2005	11:33.0
31. Clair Nowakowski, Ridgewood	2000	11:34.43

32. Kelly Behan, Ridgewood	2000	11:34.55
33. Stephanie Doyle, Ridgewood	1995	11:34.5
34. Melissa Wyka, Fair Lawn	1990	11:36.5
35. Meghan O'Toole, Garfield	1997	11:37.2
36. Martina Brosnahan, IHA	1993	11:38.8
37. Jenna Bauberger, Indian Hills	2004	11:39.11
38. Briana Bayersdorfer, River Dell	2001	11:39.2
39. Eileen Schultz, Northern Highlands	1985	11:40.7*
40. Mary Kaye Duff, Holy Angels	2007	11:41.1
41. Liz Figlar, Ridgewood	1991	11:42.6
42. Patty Hannon, Paramus	2007	11:42.7
43. KerryAnn Codling, Hackensack	1991	11:43.2
<b>44. Maggie Loudon, Old Tappan</b>	<b>2010</b>	<b>11:45.0</b>
45. Holly Potts, Mahwah	2000	11:45.3*
46. Tara Quinn, Teaneck	1995	11:45.38
47. Shanieka Bernard, Hackensack	2002	11:45.9
48. Suzana Markolovic, Holy Angels	2009	11:47.1
49. Christy Bertelsen, Ridgewood	2008	11:47.94
<b>50. Erin Thompson, IHA</b>	<b>2010</b>	<b>11:48.7</b>
51. Maggie Harms, Ridgewood	2004	11:49.03*
52. Vicky Gusciora, Saddle Brook	1984	11:49.4
53. Lisa Sinkovitz, IHA	2005	11:49.6
54. Stacey Bond, Ramsey	2006	11:49.72
55. Jessica Setless, Paramus	2006	11:50.3
56. Theresa Hearn, IHA	2003	11:51.1
Lily Rutler, Ramapo	2009	
58. Eileen Fitzgerald, Ridgewood	1992	11:52.5
59. Sari Weissbard, Fair Lawn	2002	11:52.8
Maria Pavkovitch, Garfield	2002	
61. Hadas Tal, Fair Lawn	1991	11:53.0
<b>62. Katie Hitchen, Northern Highlands</b>	<b>2010</b>	<b>11:53.1</b>
63. Emily Luther, Tenafly	1994	11:56.4
64. Sarah Adelson, Tenafly	2002	11:56.5
65. Jen Reeder, Northern Highlands	1994	11:56.7

### 55 HURDLES AT (13)

1. Carlene Cummings, Englewood	1998	8.11
2. Michelle Smith, Teaneck	2005	8.23
3. Lara-Jane Que, Ridgewood	2007	8.25
4. Evana Edwards, Hackensack	2007	8.29
5. Jamie Lilien, Pascack Valley	2000	8.42
6. Melene Thomas, Garfield	1996	8.44
7. Kim Baumbach, Pascack Valley	1987	8.49
8. Jill Turner, Pascack Hills	2001	8.55
9. Marissa Jackson, Hackensack	1996	8.59
10. Kerry Fraser, Demarest	1995	8.62
Bridgette Atkinson, Hackensack	1999	
12. Chelsea Townes, Hackensack	2005	8.63
13. Justine Diana, Saddle Brook	2001	8.67
Veronica Davi, IHA	1991	

## HIGH JUMP

1. Cheryl Burdick, Ramsey	1999	5-9
2. Becky Deetz, Ridgewood	1975	5-8 ¼
3. Amy Nehls, Indian Hills	1986	5-7
4. Jessica Malacrida, Paramus	2005	5-6
5. Jamie Lilien, Pascack Valley	2000	5-5 ¼
6. Kelly Barrett, Westwood	1984	5-5
7. Renee Pavelski, Ridgewood	1993	5-4
Ami Racich, Cresskill	1993	
Marie Greaux, Ridgefield Park	1994	
Kerry Wasser, Saddle Brook	1994	
Lesley Hodgson, Glen Rock	1995	
Janet Andrews, Bergenfield	1996	
Bridgette Atkinson, Hackensack	1997	
Nicole Brown, Teaneck	1999	
Jill Turner, Pascack Hills	2001	
Chelsea Townes, Hackensack	2005	
17. Jain Lattes, Dwight-Englewood	1992	5-2
Janice Meyer, Midland Park	1985	
Debbie McDonald, Teaneck	1987	
Jen Maxfield, Tenafly	1994	
Julie Denisenko, Fair Lawn	1994	
Jessica Ramirez, Mahwah	1994	
Delcita Russell, Hackensack	1996	
Kerry Frazer, Demarest	1997	
Rosalyn Perez, Paramus Catholic	1997	
Mary Jones, Hackensack	1999	
Lauren Donahue, Westwood	1999	
Cherilyn Marfino, Hasbrouck Heights	2002	
Serika Thomas, Hackensack	2002	
Tyler Teaton, IHA	2005	
Shenise Halsey, Old Tappan	2006	
Arianna Pomo, Saddle Brook	2006	
Heather Garity, Rutherford	2008	
Liz Schuck, Westwood	2008	
Allie Ritchards, Mahwah	2009	
Kirsten Bowens, Mahwah	2009	
<b>Khyla Bailey, Paramus Catholic</b>	<b>2010</b>	

## LONG JUMP

1. Carlene Cummings, Englewood	1998	19-1 ¼
2. Jen McDermott, Ridgewood	1989	18-11 ½
3. Margaret Rottkamp, Indian Hills	1986	18-8
4. Consandria Walker, Hackensack	2004	18-7
5. Kristen Brown, Englewood	2009	18-4
6. Caroline Morris, Hackensack	1981	18-3 ¾
7. Lori Morton-Soley, Westwood	1982	18-2 ½
8. Kim Baumbach, Pascack Valley	1987	17-11 ½
9. Evana Edwards, Hackensack	2008	17-9
<b>10. Danna Wasserman, Demarest</b>	<b>2010</b>	<b>17-8 ¼</b>
11. Erica Albies, Pascack Valley	1994	17-7 ½

12. Teri Martin, Hackensack	1992		17-6 ½
13. Arianna Pomo, Saddle Brook	2006		17-6 ¼
14. Krystal Wyche, Hackensack	2007		17-5
15. Kerry Frazer, Demarest	1995		17-4
16. Adria Ferguson, Old Tappan	1993		17-3 ¾
17. Emilie Chang, Ridgewood	1995		17-3 ½
18. Gina Carlino, IHA	2009		17-3
19. Tiffany Evangelou, IHA	2008		17-2 ¼
20. Jamie Lilien, Pascack Valley	2000		17-1 ¾
21. Jackie Geitz, Old Tappan	2009		17-1
<b>Shaena Wizzard, Teaneck</b>	<b>2010</b>		
23. Lori Rogoff, Pascack Valley	1990		17-0 ½
24. Jenn Pierce, Northern Highlands	2005		17-0 ¼
<b>25. Asher Beasley, Paramus Catholic</b>	<b>2010</b>		
26. Danielle Kroll, Indian Hills	2004		17-0
Jessica Molosh, Indian Hills	2008		
Kirsten Bowens, Mahwah	2009		
29. Brooke Bogart, Ridgewood	2006		16-11 ¾
30. Aisha Barber, Teaneck	1995	16-11	
Thatcha DaCosta, Englewood	2001		
Jackie Kasen, Pascack Valley	2002		
Jenn Pierce, Northern Highlands	2006		
34. Nicole Phillibosian, Paramus	2004		16-10
Cristina Law, Ridgewood	2007		
Marie Minasi, Holy Angels	2009		
37. Keirsten Wallace, Westwood	1990		16-9 ½
38. Chrissy Procopio, Indian Hills	2002		16-8 ¾
Emily Barr, Ridgewood	2008		
40. Jill Turner, Pascack Hills	2001		16-8
41. Melissa Bochiario, Glen Rock	1995		16-7 ¾
42. Justine Diana, Saddle Brook	2001		16-7 ¼
Faith Ninivaggi, Ridgewood	1993		
44. Mary Sok, Westwood	1985		16-6 ¾
45. Jackie Kaminski, Saddle Brook	2003		16-6 ½

### TRIPLE JUMP

1. Carlene Cummings, Englewood	1998		40-9 ¾
2. Jen McDermott, Ridgewood	1989		39-10 ½
3. Consandria Walker, Hackensack	2004		39-3
4. Margaret Rottkamp, Indian Hills	1986	38-0¾	
5. Evana Edwards, Hackensack	2008		37-5 ¼
6. Kerry Fraser, Demarest	1996		37-0 ¾
7. Alyssa Maier, River Dell	2007		36-11 ½
Kirsten Bowens, Mahwah	2009		
9. Teri Martin, Hackensack	1992		36-8 ¾
10. Kim Baumbach, Pascack Valley	1987	36-8	
11. Tiffany Walker, Hackensack	1995		36-7 ¼
12. Marie Minasi, Holy Angels	2009		36-3 ¾
13. Ashley Marquard, Glen Rock	1995		35-11 ½
<b>Shaena Wizzard, Teaneck</b>	<b>2010</b>		
15. Sheena Strachan, Englewood	2004		35-10 ¼

16. Jessica Molosh, Indian Hills	2008	35-9 ½
17. Danielle Kroll, Indian Hills	2005	35-8 ¾
Tiffany Evangelou, IHA	2008	
19. Keirsten Wallace, Westwood	1990	35-8 ¼
20. Kristen Brown, Englewood	2009	35-7 ¼
21. Katie Cochran, Westwood	1982	35-6
22. Daphne Blick, Teaneck	1990	35-5 ½
23. Shanelle Cross, Garfield	2005	35-5 ¼
24. Tara Keegan, Westwood	2009	35-4 ¾
25. Racquel Clarke, Teaneck	2005	35-3 ¾
26. Brooke Kristensen, Mahwah	2008	35-3 ¼
27. Mary Jones, Hackensack	1999	35-3
28. June Hoppie, Englewood	1994	35-2 ¾
29. Shenise Halsey, Old Tappan	2005	35-2 ¼
30. Jackie Kaminski, Saddle Brook	2003	35-1 ½
31. Caitlin Sherry, River Dell	2001	35-1
32. Alyssa Fanucci, Old Tappan	2005	35-0 ½
33. Emily Lampariello, Old Tappan	2000	34-11 ½
34. Chrissy Procopio, Indian Hills	2002	34-11
35. Angela Talucci, Indian Hills	2001	34-10 ¾
36. Hayley Kellinger, Saddle Brook	2005	34-10 ¼
37. Marissa Jackson, Hackensack	1997	34-9 ¾
38. Aisha Barber, Teaneck	1994	34-9 ¼
39. Kristin Kern, Indian Hills	2006	34-9
40. Karly McIlwain, River Dell	2004	34-8 ¾
41. Lori Jones, Westwood	1990	34-8 ¼
42. Sarah DeVita, Ridgewood	2009	34-7 ¾
43. Lynn Matanle, Glen Rock	2005	34-7 ½
44. Thatcha DaCosta, Englewood	2001	34-7
Serenity Martin, IHA	2009	
<b>Melinda Rothman, Mahwah</b>	<b>2010</b>	
47. Helena LaMothe, Ridgewood	1999	34-6 ¾
48. Jain Lattes, Dwight Englewood	1992	34-5 ¼
49. Ana Law, Ridgewood	1999	34-4 ¾
50. Tanya Brown, Englewood	1992	34-4
Cheryl Simmons, Paramus Catholic	2002	

#### SHOT PUT

1. Kelly Fazekas, Demarest	2003	48-6 ½
2. Jessica Fazekas, Demarest	2002	46-7 ½
<b>3. Kathryn Hirsch, Demarest</b>	<b>2010</b>	<b>44-10</b>
<b>4. Theresa Picciallo, IHA</b>	<b>2010</b>	<b>44-3</b>
<b>5. Apresha Hampton, Teaneck</b>	<b>2010</b>	<b>43-3 ¼</b>
6. Regina Weinpahl, Westwood	1983	42-6 ½
7. Jen Flinchum, Demarest	1999	41-10 ¼
8. Liz Zachgo, Pascack Valley	1985	41-9
9. Elethia Graham, Bergenfield	2002	41-2 ½
10. Kirstine Christiansen, Rutherford	1987	40-10
11. Shannon Sullivan, IHA	2009	40-2 ½
<b>12. Olivia Wade, Paramus Catholic</b>	<b>2010</b>	<b>40-1</b>

<b>13. Rachel Pena, Ridgefield Park</b>	<b>2010</b>	<b>39-9 <sup>3</sup>/<sub>4</sub></b>
14. Ashley Sims, Paramus Catholic	2009	39-8
15. Young Park, Dwight-Englewood	1989	39-7 <sup>1</sup> / <sub>2</sub>
16. Stacey Price, Westwood	1988	39-6
17. Tammy Jones, Teaneck	1992	39-5
<b>18. Aretah Ettarh, Fort Lee</b>	<b>2010</b>	<b>39-1 <sup>3</sup>/<sub>4</sub></b>
19. April Kaiser, Park Ridge	2008	39-1
20. Andrea Cerbie, Old Tappan	2004	38-11 <sup>3</sup> / <sub>4</sub>
21. Taylor Stever, Rutherford	2009	38-8
22. Chelsea Schiffman, Demarest	2006	38-5 <sup>1</sup> / <sub>2</sub>
23. Shelley Taketa, Demarest	2002	38-3 <sup>1</sup> / <sub>2</sub>
24. Danielle Dabaghian, Garfield	2004	38-2 <sup>1</sup> / <sub>2</sub>
25. Kacey Brown, Teaneck	1992	38-1 <sup>1</sup> / <sub>2</sub>
Jenicka Carter, Westwood	1995	
27. Nicole Uzelac, Midland Park	2001	38-0 <sup>1</sup> / <sub>2</sub>
28. Jessy Steinbeigle, Indian Hills	2005	37-9 <sup>1</sup> / <sub>4</sub>
29. Eileen Becker, Indian Hills	2008	37-9
<b>30. Jill Hudson, River Dell</b>	<b>2010</b>	<b>37-7 <sup>1</sup>/<sub>2</sub></b>
31. Erika Czujko, Garfield	1997	37-6 <sup>1</sup> / <sub>2</sub>
Renee Wilson, Hasbrouck Heights	2000	
33. Shayna Brown, Ridgewood	1998	37-5
34. Angela Acosta, Bergenfield	2008	37-4 <sup>3</sup> / <sub>4</sub>
35. Lila Lee, Demarest	1999	37-3 <sup>1</sup> / <sub>4</sub>
36. Kristy Potts, Ridgefield Park	2000	37-2 <sup>1</sup> / <sub>4</sub>
37. Tanya Elashawai, Indian Hills	2006	37-1 <sup>3</sup> / <sub>4</sub>
38. Jamila Morrison, Hackensack	2005	37-0 <sup>1</sup> / <sub>2</sub>
39. Kristine Josef, Paramus Catholic	2001	36-10 <sup>1</sup> / <sub>2</sub>
40. Shaniek Easley, Hackensack	2002	36-10
41. Tammy Rayevich, Ridgewood	1988	36-9 <sup>1</sup> / <sub>4</sub>
42. Lindsay Renna, Hasbrouck Heights	2004	36-8
43. Tarah Davis, Demarest	1996	36-6 <sup>1</sup> / <sub>4</sub>
44. Alfreda Eldridge, Ridgewood	1989	36-1
45. Lynne Haywood, Dumont	1999	36-0
46. Nicole Robinson, Hackensack	2004	35-9
47. Jesse Jeffs, Demarest	2000	35-8 <sup>1</sup> / <sub>2</sub>
48. Kerry Frazer, Demarest	1997	35-8
Kim Grein, Ridgefield Park	2001	
Tatiana Ciccone, New Milford	2003	
51. Alana O'Reilly, Hackensack	1988	35-7 <sup>3</sup> / <sub>4</sub>
52. Alyssa Connors, Hasbrouck Heights	2009	35-6 <sup>1</sup> / <sub>2</sub>
53. Jessica Sarubbi, Cliffside Park	1996	35-3
Pam Carabetta, Dumont	2001	
O'Kievia Redway, Hackensack	2007	

#### POLE VAULT

<b>1. Kayla Polcari, Ridgewood</b>	<b>2010</b>	<b>12-0</b>
<b>Chelsea Hartigan, Ramapo</b>	<b>2010</b>	
3. Michelle Favre, Saddle Brook	2008	11-8 <sup>1</sup> / <sub>2</sub>
4. Ann Polcari, Ridgewood	2008	11-4
5. Cassie Wong, Ridgewood	2006	10-6
Ashley Walker, Mahwah	2009	

<b>Melinda Rothman, Mahwah</b>	<b>2010</b>	
8. Emily Mino, River Dell	2008	10-0
Melissa Davila, Hackensack	2007	
Tricia Murphy-Kennelly, Mahwah	2006	
<b>Carolyn Edler, Mahwah</b>	<b>2010</b>	
<b>Giana Abballe, Old Tappan</b>	<b>2010</b>	
13. Kerri Norton, Ridgewood	2004	9-6
Robin Lee, Ridgewood	2009	
Ramelle Brown, Ridgewood	2009	
Gina Germinaro, Old Tappan	2009	
Hilary Felice, River Dell	2009	
<b>Mimi DeVita, Ridgewood</b>	<b>2010</b>	<b>9-0</b>
19. Sherri Lajoie, River Dell	2008	8-10
<b>PENTATHLON (3007) (3)</b>		
1. Jamie Lilien, Pascack Valley	2000	3,232
2. Kerry Frazer, Demarest	1997	3,193
3. Cristina Law, Ridgewood	2007	3,184
4. Renee Pavelski, Ridgewood	1993	3,068
5. Heather Gearity, Rutherford	2009	3,044

need 1986-87 boys, 1988-1989 boys, 1989-1990 boys; 1990-1991 girls

pre 1986-87

February 12, 1984 Bergen Relays

February 7, 1986 Bergen Relays

feb. 20, 1987

21-Feb-86

feb 24, 1984

mar. 7, 1976

23-Feb-77

mar 2 1980

February 6, 1987