

Bergen Indoor Relays (need ALL national performances and double check fraulo and mctrack) state relays post 2011

BOYS

4-x-200

1. 2010 Teaneck	1:30.05
2. 2011 Teaneck	1:30.0
3. 2010 Bergen Catholic	1:30.3
4. 2012 Hackensack	1:30.7
5. 2007 Don Bosco	1:30.9
6. 2008 Englewood	1:31.0
2012 Teaneck	
8. 2009 Englewood	1:31.7
9. 2000 Hackensack	1:31.8
2001 Hackensack	
11. 2010 Englewood	1:32.2
12. 1999 Hackensack	1:32.3
2008 Teaneck	
14. 2010 Indian Hills	1:32.4
2015 Bergen Catholic	
16. 2001 Teaneck	1:32.5
17. 2016 Paramus Catholic	1:32.88
18. 2004 Hackensack	1:32.8
2011 Bergen Catholic	
20. 2007 Ridgewood	1:32.9
21. 2009 Teaneck	1:33.0
22. 1998 Hackensack	1:33.2
23. 2005 Teaneck	1:33.3
2008 Don Bosco	
25. 2013 Teaneck	1:33.4
26. 2006 Englewood	1:33.5
2007 Teaneck	
28. 2011 Garfield	1:33.6
2015 Paramus Catholic	
30. 2003 Paramus Catholic	1:33.7
2006 Teaneck	
2013 Pascack Valley	
33. 1995 Hackensack	1:33.93
34. 1999 Paramus Catholic	1:33.8
2008 Hackensack	
2011 Hackensack	
2014 Teaneck	
38. 2014 River Dell	1:33.99
39. 2000 Don Bosco	1:33.9
2006 Don Bosco	
2013 Don Bosco	
42. 1985 Don Bosco	1:34.0*

2012 Don Bosco  
2013 Ridgewood  
2014 Tenafly  
2014 Ridgewood  
47. 2014 Don Bosco 1:34.1  
48. 2007 Englewood 1:34.2  
49. 1995 Bergen Catholic 1:34.3  
2010 Ridgewood

4-x-400

1. 2010 Teaneck	3:23.58
2. 2010 Bergen Catholic	3:23.61
3. 2015 Bergen Catholic	3:23.8
4. 2016 Old Tappan	3:24.2
5. 1971 Englewood	3:24.3*
2015 Old Tappan	
7. 2012 Hackensack	3:24.7
8. 2011 Teaneck	3:25.03
9. 2008 Bergen Catholic	3:25.1
10. 2007 Don Bosco	3:25.2
11. 2012 Teaneck	3:25.8
12. 1995 Hackensack	3:26.0
13. 2007 Ridgewood	3:26.1
14. 1999 Hackensack	3:26.4
2007 Park Ridge	
16. 2005 Bergen Catholic	3:26.67
17. 2008 Teaneck	3:26.6
2009 Bergen Catholic	
19. 2008 Don Bosco	3:26.7
2014 Don Bosco	
21. 2014 Bergen Catholic	3:26.8
2014 Ridgewood	
23. 2000 Ridgewood	3:27.0
2009 Englewood	
25. 2011 Bergen Catholic	3:27.2
2013 Ridgewood	
27. 2010 Englewood	3:27.3
2016 River Dell	
29. 1999 Don Bosco	3:27.59
30. 2015 River Dell	3:27.5
31. 1999 Paramus Catholic	3:27.7
2004 Hackensack	
33. 2000 Hackensack	3:27.8
2005 Ramsey	
35. 2002 Teaneck	3:27.9
36. 1990 Don Bosco	3:28.3
37. 2002 Bergen Catholic	3:28.5
2006 Don Bosco	
39. 2010 Ridgewood	3:28.6
2013 Teaneck	
41. 2012 Pascack Valley	3:28.9
42. 1985 Don Bosco	3:29.0
43. 1993 Bergen Catholic	3:29.18
44. 1992 Hackensack	3:29.2
1998 Hackensack	

2002 Saddle Brook  
2002 Don Bosco  
48. 1997 Teaneck 3:29.39  
49. 2008 Paramus Catholic 3:29.3  
50. 2012 Indian Hills 3:29.4

4-x-800

1. 2014 Ridgewood	7:48.82
2. 1972 Bergen Catholic	7:51.2*
3. 2005 Ridgewood	7:52.16
4. 2016 River Dell	7:52.26
5. 2007 Don Bosco	7:53.90
6. 2014 Bergen Catholic	7:55.95
7. 1999 Hackensack	7:57.19
8. 2015 River Dell	7:58.32
9. 2002 Don Bosco	7:58.64
10. 2006 Ridgewood	7:58.74
11. 2016 Indian Hills	7:59.67
12. 2012 Don Bosco	8:00.58
13. 2008 Indian Hills	8:00.7
14. 2011 Ridgewood	8:00.93
15. 2004 Ridgewood	8:01.7
16. 2010 Indian Hills	8:02.1
17. 2014 Don Bosco	8:02.4
18. 2001 Don Bosco	8:02.9
19. 1999 Don Bosco	8:03.0
20. 2012 Ridgewood	8:03.14
21. 2008 Don Bosco	8:03.37
22. 2004 Don Bosco	8:03.5
23. 2003 Ridgewood	8:04.57
24. 2011 Indian Hills	8:05.0
25. 1994 Don Bosco	8:05.81
26. 2007 Indian Hills	8:06.0
27. 2010 Pascack Valley	8:06.22
28. 2015 Ridgewood	8:06.49
29. 2013 Ridgewood	8:06.6
30. 2016 Old Tappan	8:06.7
31. 1996 Bergen Catholic	8:07.61
32. 2012 Hackensack	8:07.5
33. 2006 Don Bosco	8:08.0
34. 2003 Glen Rock	8:08.3
35. 2015 Indian Hills	8:08.65
36. 2009 Indian Hills	8:09.1
37. 2003 Don Bosco	8:09.29
38. 2013 Don Bosco	8:09.8
39. 2005 Don Bosco	8:10.3
40. 1998 Don Bosco	8:10.6
41. 2001 Bergen Catholic	8:11.2
42. 2011 Pascack Valley	8:11.8
43. 1997 Westwood	8:12.22
44. 1991 Don Bosco	8:12.3
45. 1991 Bergen Catholic	8:12.4

46. 2000 Don Bosco	8:13.3
47. 2012 Demarest	8:13.5
48. 1994 Bergen Catholic	8:14.31
49. 1994 Fort Lee	8:14.55
50. 2015 Bergen Catholic	8:14.6

4-x-1,600

1. 2015 River Dell	17:54.4
2. 2015 Don Bosco	17:55.4
3. 2012 Don Bosco	18:02.3
4. 2011 Ridgewood	18:04.4
5. 2015 Indian Hills	18:06.0
6. 2002 Don Bosco	18:08.1
7. 2003 Ridgewood	18:09.3
8. 2009 Don Bosco	18:11.2
9. 2014 Don Bosco	18:12.9
10. 2011 Don Bosco	18:14.5
11. 2010 Ridgewood	18:14.8
12. 2010 Don Bosco	18:15.3
13. 2009 Ridgewood	18:16.4
14. 2012 Hackensack	18:16.8
15. 2014 Ridgewood	18:17.2
16. 2014 Indian Hills	18:20.5
17. 1998 Don Bosco	18:22.3
18. 2003 Don Bosco	18:25.9
19. 2007 Ridgewood	18:29.5
20. 2011 Indian Hills	18:30.5
21. 2016 Ridgewood	18:30.6
22. 2016 Don Bosco	18:31.0
23. 1992 Northern Highlands	18:34.0
24. 2007 Don Bosco	18:34.6
25. 1991 Ridgewood	18:36.0
26. 2006 Northern Highlands	18:36.3
27. 1999 Hackensack	18:37.1
28. 1991 Bergen Catholic	18:38.4
29. 2006 Don Bosco	18:38.6
30. 2008 Don Bosco	18:39.1
31. 1992 Ridgewood	18:39.4
32. 2006 Ridgewood	18:41.4
33. 1992 Don Bosco	18:41.7
34. 2006 Old Tappan	18:41.9
35. 2013 Ridgewood	18:46.7
36. 2011 Hackensack	18:47.2
37. 2016 Ridgewood	18:47.4
38. 1998 Ridgewood	18:49.2
39. 1998 St. Joseph	18:49.3
40. 1999 St. Joseph	18:49.5
41. 2000 Don Bosco	18:50.9
42. 1987 Ridgewood	18:52.0*
43. 1993 Don Bosco	18:52.6
44. 1998 Westwood	18:52.7
2016 Ridgewood	

46. 2005 Ridgewood	18:53.9
47. 2010 Indian Hills	18:54.3
48. 2014 Demarest	18:54.7
49. 2002 Ridgewood	18:54.9
50. 1993 Ridgewood	18:55.6



SMR

1. 2012 Pascack Valley	3:29.9
2. 1999 Hackensack	3:33.1
3. 2001 Don Bosco	3:33.3
4. 2011 Teaneck	3:34.3
5. 1985 Don Bosco	3:34.8*
6. 2006 Teaneck	3:35.8
2016 Old Tappan	
8. 1985 Ridgewood	3:35.9*
2008 Ridgewood	
2016 Ridgewood	
11. 2010 Indian Hills	3:36.2
12. 2013 Pascack Valley	3:36.80
13. 2005 Indian Hills	3:37.56
14. 2011 Indian Hills	3:37.5
15. 2015 Bergen Catholic	3:37.6
16. 2012 Don Bosco	3:37.7
17. 2008 Don Bosco	3:38.0
18. 2000 Ridgewood	3:38.2
19. 2005 Bergen Catholic	3:38.3
2014 Ridgewood	
21. 2009 Ridgewood	3:38.6
22. 2010 Bergen Catholic	3:38.7
23. 2015 River Dell	3:38.8
24. 1999 Bergen Catholic	3:38.9
2010 Don Bosco	
26. 2016 Indian Hills	3:39.0
27. 1993 Hackensack	3:39.1
28. 1991 Hackensack	3:39.4
2000 Hackensack	
2009 Paramus Catholic	
2014 Mahwah	3;39.81
31. 2010 Ridgewood	3:39.7
32. 2000 Don Bosco	3:39.8
2002 Bergen Catholic	
34. 1992 Don Bosco	3:40.1
2001 Bergen Catholic	
36. 1991 Bergen Catholic	3:40.3
2014 Bergen Tech	
38. 1990 Don Bosco	3:40.4
2009 Northern Highlands	
2014 Don Bosco	3:40.55
40. 1989 Ridgewood	3:40.5
1994 Don Bosco	
2004 Don Bosco	3:40.88
42. 1990 Hackensack	3:40.8

1992 Hackensack	
1994 Ridgewood	
2003 River Dell	
1999 Hackensack	3:41.02
46. 1999 Ridgewood	3:41.0
2005 Ridgewood	
48. 1998 Westwood	3:41.1
2007 Ridgewood	
2014 Ramsey	

DMR

1. 1976 Paramus Catholic	10:13.0*
2. 2014 Don Bosco	10:13.4
3. 2006 Ridgewood	10:18.57
4. 2013 Don Bosco	10:19.2
5. 2016 River Dell	10:20.8
6. 2015 Old Tappan	10:23.32
7. 2004 Ridgewood	10:23.52
8. 2005 Ridgewood	10:24.6
9. 2012 Old Tappan	10:25.88
10. 2015 Don Bosco	10:26.4
11. 2007 Don Bosco	10:26.55
12. 2007 Ridgewood	10:26.79
13. 2011 Indian Hills	10:27.4
14. 2009 Ridgewood	10:29.30
15. 2009 Don Bosco	10:29.76
16. 2012 Don Bosco	10:29.9
17. 2011 Ridgewood	10:30.4
18. 2010 Don Bosco	10:35.5
19. 2004 Indian Hills	10:36.19
20. 2014 Ridgewood	10:37.32
21. 2015 River Dell	10:37.38
22. 1993 Don Bosco	10:37.4
23. 1992 Don Bosco	10:40.6
24. 1994 Don Bosco	10:41.7
25. 2015 Indian Hills	10:42.1
26. 2016 Indian Hills	10:43.86
27. 2004 Don Bosco	10:44.4
28. 1998 Don Bosco	10:45.07
29. 2011 Ramsey	10:45.9
30. 2010 Old Tappan	10:46.50
31. 2012 Hackensack	10:47.51
32. 1994 Ridgewood	10:47.9
33. 2007 Northern Highlands	10:48.5
34. 2003 Don Bosco	10:49.1
35. 2014 Indian Hills	10:49.9
36. 2008 Don Bosco	10:50.07
49. 1997 Westwood	10:51.13
37. 1999 Hackensack	10:51.38
2013 Hackensack	10:53.19
38. 2010 Ridgewood	10:53.2
39. 1985 Ridgewood	10:53.4*
2014 Demarest	
41. 2006 Northern Highlands	10:54.0
42. 2014 Don Bosco	10:54.2
43. 2014 Hackensack	10:54.3

44. 1988 Pascack Valley	10:54.9
45. 2015 Pascack Hills	10:55.83
46. 2005 Demarest	10:55.9
47. 1992 Northern Highlands	10:56.0
48. 1990 Ramsey	10:56.1
2016 Bergen Catholic	10:56.4

SPR

1. 2007 River Dell	108-10 ½
2. 2000 Hackensack	103-11 ¾
3. 2013 Demarest	102-11 ¼
4. 1996 Bergen Catholic	101-10 ¼
5. 2015 River Dell	101-1 ½
6. 2002 Hackensack	100-10 ½
7. 1988 Hackensack	100-7 ¾
8. 2014 Mahwah	99-11 ¼
9. 2013 Mahwah	99-5 ¾
10. 1988 Indian Hills	99-3 ¾
11. 2006 Hasbrouck Heights	98-11 ¾
12. 2013 Don Bosco	98-9
13. 2011 Hackensack	98-8 ¾
14. 2008 River Dell	98-7 ¾
15. 1987 Hackensack	98-7 ½
16. 1988 Demarest	98-1 ¼
17. 2012 Hasbrouck Heights	98-0 ¾
18. 1987 Demarest	98-0
19. 1989 St. Joseph	97-9 ½
20. 2010 Old Tappan	97-8
21. 1990 Elmwood Park	97-0
22. 1992 Indian Hills	96-11
23. 2009 Hasbrouck Heights	96-10 ½
24. 2015 Bergen Catholic	96-8 ¾
2012 Hackensack	96-8 ½
25. 2013 River Dell	96-7 ½
26. 2014 Bergen Catholic	96-3 ¼
27. 2012 Old Tappan	96-1 ½
28. 2007 Hasbrouck Heights	96-1
29. 2005 Fort Lee	96-0 ½
2016 Ridgewood	
2015 Ramsey	
32. 2016 River Dell	95-7 ¼
33. 2005 Indian Hills	95-6 ¾
34. 2010 Hasbrouck Heights	95-6
2011 Hasbrouck Heights	95-5 ¾
35. 2004 Hackensack	95-4 ¾
37. 2008 Paramus Catholic	94-8 ¾
38. 1997 Bergen Catholic	94-6 ½
39. 1988 Elmwood Park	94-5 ½
40. 2012 Demarest	94-4 ¾
2001 Hackensack	94-1 ¾
41. 1987 Hackensack B	93-10 ½
42. 1998 Ridgewood	93-10
48. 2004 New Milford	93-7 ½

43. 1985 Don Bosco	93-7
44. 1988 Saddle Brook	93-5 $\frac{3}{4}$
45. 1988 Fort Lee	93-4
46. 2011 Paramus Catholic	93-2 $\frac{1}{2}$
47. 2014 River Dell	93-1 $\frac{3}{4}$
49. 1993 Saddle Brook	93-0 $\frac{3}{4}$
50. 2006 River Dell	92-11 $\frac{3}{4}$

HJR

1. 1995 Indian Hills	12-6
2. 1989 Don Bosco	12-4
1991 Hackensack	
1998 Paramus Catholic	
1999 Westwood	
2005 Teaneck	
2014 Ramapo	
8. 1988 Tenafly	12-2
1995 Ridgewood	
2012 Hackensack	
2014 Ridgefield Park	
12. 1990 Old Tappan	12-0
1990 Ramapo	
1994 St. Joseph	
1994 Demarest	
1997 Old Tappan	
2000 St. Joseph	
2007 Indian Hills	
2008 Bergen Catholic	
2010 Ridgewood	
2010 Indian Hills	
21. 1985 Don Bosco	11-10
1987 Teaneck	
1990 Hackensack	
1991 Paramus Catholic	
1992 Hackensack	
1993 Tenafly	
1994 Ridgefield Park	
1994 Ridgewood	
1998 Westwood	
1999 Dumont	
2001 Wood-Ridge	
2001 Teaneck	
2006 Northern Highlands	
2009 Don Bosco	
2012 Indian Hills	
2013 Hackensack	
2016 Paramus Catholic	
39. 1985 Paramus	11-8
1987 No. Highlands	
1987 Saddle Brook	
1988 Saddle Brook	
1988 Waldwick	
1991 Tenafly	
1992 Paramus Catholic	

1993 Englewood  
1993 Demarest  
1994 Don Bosco  
1995 St. Joseph Regional  
1997 Westwood  
1997 St. Joseph Regional  
2001 Demarest  
2003 Don Bosco  
2010 Don Bosco  
2011 Don Bosco  
2011 Ridgefield Park  
2011 Hasbrouck Heights  
2013 Hasbrouck Heights  
2014 Demarest  
2015 Hackensack  
2016 Ridgewood



LJR

1. 2012 Teaneck	44-1 ¼
2. 2007 Hackensack	43-3 ½
3. 1985 Hackensack	42-6 ½
4. 1987 Demarest	42-1 ¾
5. 2010 Indian Hills	41-10 ½
6. 2010 Don Bosco	41-10 ¼
7. 2014 St. Joseph	41-10
8. 2005 Saddle Brook	41-9 ½
9. 1997 Englewood	41-4
2000 Rutherford	
11. 1995 Paramus Catholic	41-3 ¼
12. 1998 Westwood	40-11
2011 Teaneck	
14. 1987 Ridgewood	40-10 ½
15. 2002 Saddle Brook	40-9
16. 2012 Hasbrouck Heights	40-7 ¾
17. 1999 St. Joseph	40-7 ½
18. 1987 Saddle Brook	40-3 ¾
19. 1997 Glen Rock	40-3 ½
20. 1987 Don Bosco	40-2 ¾
21. 2004 Ridgewood	40-1
22. 2009 St. Joseph	40-0 ½

TJR

1. 2003 Hackensack	86-8
2. 1996 Hackensack	86-6 ½
3. 2007 Hackensack	86-1 ½
4. 1998 Westwood	86-1 ¼
5. 1985 Hackensack	85-4 ¼
6. 1987 Ridgewood	84-9 ¾
7. 2013 Hasbrouck Heights	84-9 ¼
8. 2010 Englewood	84-6 ¾
9. 1999 Teaneck	84-6
2012 Teaneck	
11. 2011 Teaneck	84-2 ¾
2012 Hasbrouck Heights	
13. 2013 Hackensack	84-1 ½
14. 2004 Hackensack	84-1
15. 2003 Don Bosco	84-0
16. 1995 Paramus Catholic	83-11 ½
17. 1987 Demarest	83-5 ½
18. 1996 Teaneck	83-5
2000 St. Joseph Regional	
2000 Rutherford	
21. 2004 Bergenfield	82-10 ½
22. 2011 Don Bosco	82-9 ½
23. 2014 Teaneck	82-7 ¾
24. 2010 Don Bosco	82-6 ¾
25. 1987 Don Bosco	82-5 ¾
26. 2007 Park Ridge	82-3 ½
27. 2005 Saddle Brook	82-3
28. 2010 Hackensack	82-2 ½
29. 2003 Dumont	82-2
2008 Teaneck	
31. 1985 Paramus	82-1 ¾
2014 Garfield	
33. 2005 Bergenfield	82-1 ¼
34. 2002 Teaneck	82-1
35. 1997 Englewood	81-11
36. 2012 Bergen Tech	81-10 ¾
37. 1996 Glen Rock	81-10
2002 Bergenfield	
39. 2001 Wood-Ridge	81-9 ¾
40. 2013 Bergen Catholic	81-9 ¼
41. 2001 Bergenfield	81-8 ¾
2008 Hackensack	
43. 2006 Northern Highlands	81-8 ¼
44. 2010 Ridgewood	81-7 ½
45. 2010 Teaneck	81-5 ½

46. 1987 Paramus Cath.	81-4 ½
2005 Northern Highlands	
48. 2001 Paramus Catholic	81-4 ¼
49. 2009 Don Bosco	81-4
50. 1985 Don Bosco	81-2 ½

PVR

1. 2014 Old Tappan	27-6
2. 2015 Demarest	27-0
3. 2009 Park Ridge	26-6
4. 2014 Ridgewood	26-0
2016 Mahwah	
6. 2007 Mahwah	25-6
2008 Wood-Ridge	
2013 Demarest	
2013 Ridgefield Park	
2014 Demarest	
2014 Ridgefield Park	
12. 2004 Hackensack	25-0
2010 Don Bosco	
2013 Ridgewood	
15. 2003 Don Bosco	24-6
2005 Ridgewood	
2006 Don Bosco	
2010 Mahwah	
2010 River Dell	
2012 Demarest	
2012 Ramsey	
2013 River Dell	
2016 Old Tappan	
24. 2010 Old Tappan	24-0
2011 River Dell	
2015 Mahwah	
27. 1985 Paramus	23-6
2002 Don Bosco	
2008 Ramsey	
2008 River Dell	
2011 Mahwah	
2012 Dumont	
33. 1987 Bergen Catholic	23-0
1995 Fair Lawn	
1998 Don Bosco	
2002 Saddle Brook	
2008 River Dell	
2011 Don Bosco	
2013 Indian Hills	
2016 Demarest	
2016 Ridgefield Park	
41. 1997 Don Bosco	22-6
1998 Ridgewood	
2002 Old Tappan	
2003 Ridgewood	

2009 Fort Lee  
2009 Don Bosco  
2012 Ridgewood

## GIRLS

4-x-200

1. 2016 Paramus Catholic	1:45.0
2. 2012 Teaneck	1:45.1
3. 2007 Ridgewood	1:45.28
4. 2003 Queen of Peace	1:45.6
5. 2009 Teaneck	1:45.8
6. 2004 Teaneck	1:46.42
7. 2011 Paramus Catholic	1:46.3
8. 2010 Paramus Catholic	1:46.4
9. 2009 IHA	1:46.8
10. 2015 Ramapo	1:47.0
11. 2014 Paramus Catholic	1:47.2
12. 2016 Teaneck	1:47.3
13. 2011 Teaneck	1:47.6
14. 2010 Mahwah	1:47.7
15. 2005 Hackensack	1:47.9
2016 Pascack Hills	
17. 1997 Hackensack	1:48.04
18. 2010 IHA	1:48.0
19. 2006 Ridgewood	1:48.1
2012 Paramus Catholic	
2013 Teaneck	
2014 Hackensack	
2016 Northern Highlands	
25. 2002 Queen of Peace	1:48.39
24. 2007 Teaneck	1:48.3
26. 2006 Teaneck	1:48.4
2014 Teaneck	
28. 2015 Teaneck	1:48.5
29. 1987 Teaneck	1:48.6*
30. 1990 Teaneck	1:48.7
2015 River Dell	
32. 2004 Hackensack	1:48.9
33. 1995 Hackensack	1:49.04
34. 2013 Paramus Catholic	1:49.1
35. 2015 Paramus Catholic	1:49.3
36. 2013 Teaneck	1:49.58
37. 1999 IHA	1:49.5
38. 2012 Ramsey	1:49.6
49. 2001 Queen of Peace	1:49.81
39. 2009 Ridgewood	1:49.7
2016 Paramus Catholic	
41. 2000 IHA	1:49.9
2007 River Dell	

2010 Ridgewood	
44. 2016 Teaneck	1:50.08
45. 2006 Northern Highlands	1:50.0
2007 Paramus Catholic	
47. 2004 River Dell	1:50.1
2016 Ramsey	
2005 Teaneck	1:50.2

4-x-400

1. 2016 Ramapo	3:58.04
2. 2016 Northern Highlands	3:58.52
3. 2015 Ramapo	4:00.40
4. 2015 Northern Highlands	4:01.20
5. 2012 Westwood	4:01.1
6. 2007 Ridgewood	4:01.7
2013 Westwood	
8. 1989 Ridgewood	4:01.9
9. 2008 IHA	4:02.24
10. 2011 Westwood	4:02.4
11. 2011 Teaneck	4:02.7
12. 2014 Westwood	4:03.3
13. 2007 River Dell	4:03.5
14. 2015 Paramus Catholic	4:03.8
15. 2015 River Dell	4:03.99
16. 2012 Ramsey	4:04.01
17. 2016 River Dell	4:04.0
18. 2013 River Dell	4:04.2
19. 2009 IHA	4:04.6
20. 2012 Teaneck	4:04.8
21. 2014 Northern Highlands	4:05.5
22. 2008 Ridgewood	4:05.7
23. 1989 Teaneck	4:06.0
24. 2004 Teaneck	4:06.1
2007 Teaneck	
26. 2005 Teaneck	4:06.54
27. 2016 Paramus Catholic	4:06.8
28. 2007 Ramapo	4:07.0
2010 IHA	
30. 2004 Old Tappan	4:07.33
31. 2009 Westwood	4:07.2
32. 2013 Ramsey	4:07.3
33. 2000 Ridgewood	4:07.4
34. 2006 Teaneck	4:07.5
35. 2016 Ramsey	4:07.6
36. 2015 Ramsey	4:07.7
37. 2014 Westwood	4:07.80
38. 1992 Ridgewood	4:07.8
39. 1988 Ridgewood	4:08.00
40. 1992 Hackensack	4:07.9
41. 2006 Ridgewood	4:08.2
42. 2016 Hasbrouck Heights	4:08.3
43. 1996 Hackensack	4:08.47
44. 2010 Teaneck	4:08.6
45. 2004 River Dell	4:08.9



46. 1995 Hackensack	4:09.4
47. 2013 Ridgewood	4:09.5
2015 Hasbrouck Heights	
49. 2012 River Dell	4:09.67
50. 2006 River Dell	4:09.6
2008 Ramsey	

4-x-800

1. 2012 Ridgewood	9:23.27
2. 2015 Northern Highlands	9:24.53
3. 2014 Westwood	9:28.98
4. 2009 IHA	9:29.7
5. 2005 Ridgewood	9:30.0
6. 2014 Northern Highlands	9:30.24
7. 2014 Ramapo	9:30.8
8. 2008 IHA	9:31.5
9. 2010 Ramsey	9:32.88
10. 2013 River Dell	9:34.31
11. 2012 Westwood	9:34.36
12. 2003 IHA	9:34.3
13. 2002 Glen Rock	9:35.3
14. 2007 Ridgewood	9:36.86
15. 2013 Ridgewood	9:37.10
16. 2008 Ridgewood	9:38.22
17. 2013 Westwood	9:38.5
18. 2006 Ridgewood	9:38.92
19. 2002 IHA	9:41.1
20. 2001 Glen Rock	9:41.3
21. 1999 Hackensack	9:42.65
22. 2016 Indian Hills	9:43.6
23. 2015 Indian Hills	9:44.98
24. 2004 Ridgewood	9:45.84
25. 2013 Indian Hills	9:46.0
26. 2013 Holy Angels	9:46.6
27. 1998 Ridgewood	9:46.85
28. 2000 Ridgewood	9:46.8
29. 2004 IHA	9:47.16
30. 2011 Westwood	9:47.3
31. 1997 Paramus	9:47.51
32. 2014 Holy Angels	9:47.4
33. 2013 Ramapo	9:47.9
34. 2003 Glen Rock	9:48.1
35. 2005 IHA	9:48.6
36. 2011 Ridgewood	9:49.34
37. 2014 Ramapo	9:49.5
38. 1999 Ridgewood	9:50.4
40. 1988 Ridgewood	9:51.8*
41. 2010 Old Tappan	9:52.2
42. 1998 Hackensack	9:52.9
43. 2013 IHA	9:54.2
2012 Holy Angels	9:54.36
44. 2013 Ramsey	9:54.4
45. 2016 Ramsey	9:55.08

- 46. 1992 Northern Highlands 9:55.0
- 47. 2012 Ridgewood 9:55.4
- 48. 2014 IHA 9:56.4
- 49. 1995 IHA 9:56.7
- 50. 1996 IHA 9:56.9

4-x-1,600

1. 2002 Glen Rock	21:40.1
2. 2014 Northern Highlands	21:51.5
3. 2013 Northern Highlands	21:54.2
4. 2003 IHA	21:56.6
5. 2010 IHA	21:57.2
6. 2010 Holy Angels	21:57.4
7. 2014 Ridgewood	21:57.6
8. 2016 Ridgewood	22:01.2
9. 2015 Ridgewood	22:03.1
10. 2008 IHA	22:03.3
11. 2002 IHA	22:05.9
12. 2009 IHA	22:07.2
13. 2016 River Dell	22:09.1
14. 2002 Ridgewood	22:12.0
15. 1998 Ridgewood	22:16.9
16. 2009 Holy Angels	22:17.3
2011 Holy Angels	
18. 2012 Ridgewood	22:18.1
19. 2015 IHA	22:18.9
20. 1998 Hackensack	22:22.1
21. 2007 Holy Angels	22:22.5
22. 2013 Holy Angels	22:23.7
23. 2013 IHA	22:26.3
24. 2011 IHA	22:26.7
25. 2016 Northern Highlands	22:30.1
26. 2014 Holy Angels	22:30.8
27. 2008 Ridgewood	22:32.4
28. 2012 IHA	22:33.1
29. 2014 Indian Hills	22:34.7
30. 2006 IHA	22:38.1
31. 2015 Northern Highlands	22:39.1
32. 2006 Ridgewood	22:41.0
33. 1987 Ridgewood	22:43.4*
34. 2008 Holy Angels	22:43.9
35. 2016 IHA	22:44.9
36. 2001 Glen Rock	22:46.8
37. 2011 Ridgewood	22:47.5
38. 1994 Ridgewood	22:49.8
39. 2015 River Dell	22:52.0
40. 2015 Holy Angels	22:52.7
41. 2005 Ridgewood	22:56.2
42. 1999 Ridgewood	22:56.6
43. 1997 Tenafly	22:58.2
44. 2004 IHA	22:58.3
45. 2007 IHA	22:58.8

46. 1997 Ridgewood	23:03.3
47. 2015 Bergen Tech	23:03.5
48. 2013 Ridgewood	23:07.4
49. 2006 Holy Angels	23:08.0
50. 2000 Hackensack	23:09.7

SMR

1. 2014 Westwood	4:10.48
2. 2007 Ramapo	4:10.4
3. 2007 Ridgewood	4:11.2
4. 2015 Northern Highlands	4:11.94
5. 2016 Paramus Catholic	4:14.0
6. 2003 Queen of Peace	4:17.23
7. 2008 Ramapo	4:17.70
8. 2006 Ridgewood	4:17.8
2013 Ramapo	4:18.11
9. 1987 Hackensack	4:18.5*
10. 1985 Bergenfield	4:18.8*
11. 2015 Old Tappan	4:18.9
12. 2007 River Dell	4:19.1
2013 Northern Highlands	
14. 2006 Northern Highlands	4:19.4
2016 Indian Hills	
16. 2003 Tenafly	4:20.1
17. 2012 Westwood	4:20.3
18. 2010 Paramus	4:20.6
19. 2013 Ridgewood	4:21.1
2014 Northern Highlands	
2016 Teaneck	4:21.36
21. 2010 IHA	4:21.3
2002 Queen of Peace	4:21.62
22. 1999 IHA	4:21.5
1999 Westwood	
2013 Westwood	
25. 2009 Ramapo	4:21.99
26. 2015 Indian Hills	4:21.9
27. 2005 Ridgewood	4:22.1
28. 1994 Ridgewood	4:22.2
29. 1993 Old Tappan	4:22.4
2015 Ramsey	
31. 1991 Ridgewood	4:22.6
1993 Ridgewood	
2015 Teaneck	
34. 1988 Ridgewood	4:22.8*
35. 2005 Garfield	4:23.3
36. 2011 Demarest	4:23.4
37. 2001 River Dell	4:23.5
2008 Ridgewood	
2011 Westwood	
40. 2001 IHA	4:23.7
2004 Queen of Peace	
2010 Paramus Catholic	

2011 Pascack Valley  
44. 2016 Northern Highlands 4:23.8  
45. 2011 Tenafly 4:23.9  
2012 Ridgewood  
47. 2016 Pascack Hills 4:24.0  
48. 1992 Pascack Valley 4:24.1  
2008 Tenafly  
50. 2010 Ridgewood 4:24.2

DMR

1. 2008 IHA	12:00.25
2. 2009 IHA	12:07.72
3. 2014 Northern Highlands	12:10.44
4. 2013 Northern Highlands	12:11.10
5. 2012 Ridgewood	12:16.3
6. 2007 Ramapo	12:21.61
7. 2002 Glen Rock	12:22.9
8. 2016 Ridgewood	12:23.43
9. 2015 Northern Highlands	12:24.68
10. 2005 Ridgewood	12:25.9
11. 1988 Ridgewood	12:27.2
12. 2010 IHA	12:30.2
13. 1989 Ridgewood	12:30.7
14. 2016 IHA	12:34.1
15. 2013 Holy Angels	12:34.4
16. 2002 IHA	12:36.37
17. 2006 Ramapo	12:37.6
30. 2014 Ramapo	12:38.64
18. 2011 Ridgewood	12:39.3
19. 1994 Ridgewood	12:40.3
20. 2001 Ridgewood	12:40.8
21. 2016 River Dell	12:41.8
22. 1998 Ridgewood	12:42.0
2012 Ramapo	
24. 2007 Ridgewood	12:42.44
25. 2014 Holy Angels	12:42.4
26. 1999 Ridgewood	12:44.0
2010 Old Tappan	12:46.50
27. 2005 IHA	12:47.5
28. 2013 Tenafly	12:48.7
29. 2013 Indian Hills	12:49.6
31. 2015 IHA	12:50.7
32. 2003 IHA	12:50.8
33. 2000 Hackensack	12:51.3
34. 2014 Indian Hills	12:51.9
35. 1996 IHA	12:52.28
36. 1995 IHA	12:55.0
37. 2008 Northern Highlands	12:55.2
38. 1992 Hackensack	12:55.8
39. 2010 Holy Angels	12:56.47
40. 2016 Old Tappan	12:57.6
41. 1987 Ridgewood	12:58.2*
42. 1999 Hackensack	12:58.6
43. 2015 Ramapo	12:59.0
44. 1996 Paramus	12:59.27



45. 2013 Ridgewood	12:59.5
46. 2010 Ramsey	13:00.19
47. 1993 Ridgewood	13:01.2
48. 1993 IHA	13:01.4
49. 2015 Ridgewood	13:01.9
50. 2000 Ridgewood	13:02.14

SPR

1. 2002 Demarest	91-2
2. 2015 Demarest	79-1 $\frac{1}{4}$
3. 2001 Demarest	77-8 $\frac{1}{2}$
4. 2015 Hackensack	77-4
5. 2009 Paramus Catholic	76-6 $\frac{1}{2}$
6. 2010 Paramus Catholic	76-0
7. 2012 IHA	75-3 $\frac{1}{4}$
8. 2011 Demarest	75-1 $\frac{3}{4}$
9. 2011 Teaneck	74-6
10. 2010 Demarest	73-10 $\frac{1}{2}$
11. 1999 Demarest	73-5 $\frac{3}{4}$
12. 2014 Demarest	73-2
13. 2009 Demarest	73-1 $\frac{3}{4}$
14. 2014 Westwood	72-5 $\frac{1}{2}$
15. 2010 Teaneck	71-8 $\frac{1}{2}$
16. 2011 Hackensack	71-4
17. 2011 IHA	71-0
18. 2008 Park Ridge	70-7
19. 1985 Pascack Valley	70-4 $\frac{1}{2}$
20. 2013 Demarest	70-0 $\frac{3}{4}$
21. 2012 Teaneck	69-8
22. 2004 Old Tappan	69-7
23. 1983 Westwood	69-6
24. 2006 Indian Hills	69-3 $\frac{1}{2}$
25. 2001 Hackensack	69-2
26. 2007 Bergenfield	68-11 $\frac{3}{4}$
27. 2016 River Dell	68-8 $\frac{1}{2}$
28. 2000 Dumont	68-8 $\frac{1}{4}$
29. 2008 Paramus Catholic	68-6 $\frac{1}{2}$
30. 2006 Demarest	68-6 $\frac{1}{4}$
31. 1998 Demarest	68-4 $\frac{1}{2}$
32. 2008 Indian Hills	67-7 $\frac{1}{2}$
2014 River Dell	
34. 2005 Indian Hills	67-6 $\frac{1}{4}$
35. 2009 Rutherford	67-4 $\frac{1}{4}$
36. 2000 Ridgefield Park	67-3 $\frac{1}{4}$
37. 2013 Teaneck	66-10
38. 2016 Demarest	66-9 $\frac{3}{4}$
39. 2005 Teaneck	66-7
40. 2009 IHA	66-6 $\frac{1}{2}$
41. 2012 Hackensack	66-5 $\frac{1}{4}$
42. 2000 Demarest	66-4
2006 Saddle Brook	
44. 1997 Demarest	66-3 $\frac{1}{2}$
45. 1988 Ridgewood	66-3

46. 2001 New Milford	66-1
47. 2013 River Dell	66-0 ½
48. 2001 Paramus Catholic	65-10
49. 2010 Ridgefield Park	65-8 ½
50. 2005 Bergenfield	65-8

HJR

1. 1999 Hackensack	10-4
2. 2006 IHA	10-2
2009 Mahwah	
2011 Ridgewood	
5. 1997 Hackensack	10-0
2005 Hackensack	
2005 IHA	
2007 Waldwick	
2010 Ridgefield Park	
2013 Paramus Catholic	
2014 Ridgewood	
2015 Paramus Catholic	
2016 River Dell	
14. 1988 Ridgewood	9-10
1989 Pascack Valley	
1991 Fair Lawn	
1994 Ridgefield Park	
2010 Ridgefield Park	
2012 Mahwah	
2014 Old Tappan	
20. 1987 Midland Park	9-8
1992 Garfield	
1993 Queen of Peace	
1994 Mahwah	
1994 Saddle Brook	
1995 Ridgewood	
2001 Pascack Hills	
2005 Paramus	
2006 Saddle Brook	
2009 Rutherford	
2009 Ridgewood	
2009 Indian Hills	
2011 Teaneck	
2013 Demarest	
2016 Holy Angels	
2016 Ridgewood	
2016 Paramus	
2016 Hasbrouck Heights	
38. 1987 New Milford	9-6
1989 Old Tappan	
1991 Garfield	
1992 Saddle Brook	
1993 Garfield	
1993 Mahwah	
1993 Tenafly	

1993 Saddle Brook  
1995 Glen Rock  
1996 Hackensack  
1996 New Milford  
2000 Garfield  
2001 Paramus Catholic  
2004 Paramus  
2005 River Dell  
2007 River Dell  
2007 Rutherford  
2008 Mahwah  
2009 Demarest  
2009 Holy Angels  
2010 Rutherford  
2011 Ridgefield Park  
2012 Old Tappan  
2012 Holy Angels  
2013 River Dell  
2013 Old Tappan  
2013 Hackensack  
2014 Mahwah  
2015 River Dell  
2015 Tenafly  
2015 Garfield  
2016 Holy Angels

LJR

1. 2006 Saddle Brook	33-4 $\frac{3}{4}$
2. 2014 Paramus Catholic	33-4 $\frac{1}{2}$
3. 2012 IHA	33-1 $\frac{1}{4}$
4. 2015 Paramus Catholic	32-10 $\frac{1}{4}$
5. 2014 Old Tappan	32-9 $\frac{1}{2}$
6. 2004 Hackensack	32-8 $\frac{3}{4}$
7. 2014 River Dell	32-8
8. 2012 Teaneck	32-6 $\frac{1}{2}$
9. 2006 Ridgewood	32-4
2009 IHA	
11. 1987 Pascack Valley	32-3 $\frac{1}{4}$
12. 1988 Ridgewood	32-2 $\frac{1}{4}$
2007 Hackensack	
2007 River Dell	
15. 1987 Demarest	32-1 $\frac{3}{4}$
16. 1985 Indian Hills	32-1
2006 Old Tappan	
18. 2016 Paramus Catholic	32-0 $\frac{3}{4}$
19. 2010 IHA	31-11 $\frac{1}{2}$
20. 2011 Teaneck	31-10 $\frac{3}{4}$
21. 2009 Englewood	31-10 $\frac{1}{2}$
22. 2006 Hackensack	31-9 $\frac{1}{2}$
23. 2008 Indian Hills	31-9 $\frac{1}{4}$
24. 1996 Englewood	31-9
25. 2014 Hackensack	31-8
2014 Tenafly	
2014 Hasbrouck Heights	
28. 2015 River Dell	31-6
29. 2013 IHA	31-5 $\frac{1}{2}$
30. 2013 Ramsey	31-4 $\frac{3}{4}$
31. 2006 Northern Highlands	31-4
2013 River Dell	
33. 2012 Mahwah	31-3
34. 1985 Westwood	31-2 $\frac{1}{2}$
2014 Hackensack	
36. 2005 Indian Hills	31-2
37. 2014 Dumont	31-1 $\frac{1}{2}$
38. 2001 Indian Hills	31-1
39. 2016 Hasbrouck Heights	31-0 $\frac{3}{4}$
40. 2012 Pascack Hills	31-0
41. 2011 Ridgefield Park	30-11 $\frac{1}{4}$
42. 2005 River Dell	30-10 $\frac{1}{4}$
2015 Hasbrouck Heights	
44. 2016 Ridgewood	30-9 $\frac{1}{2}$
45. 2010 Saddle Brook	30-9

46. 1997 Demarest	30-8 ½
2013 Waldwick	
2015 Ridgewood	
49. 1987 Teaneck	30-8 ¼
50. 1996 Demarest	30-7 ½
2012 Holy Angels	
2014 Ramsey	

TJR

1. 2013 Paramus Catholic	72-3
2. 2014 Paramus Catholic	71-10 ½
3. 2015 River Dell	70-9
4. 2008 Indian Hills	69-11 ½
5. 1995 Demarest	69-2 ½
2012 Teaneck	
7. 2014 River Dell	69-1
8. 1987 Teaneck	68-11 ½
9. 2004 Hackensack	68-10
10. 2008 IHA	68-8
11. 1987 Pascack Valley	68-7 ½
2012 Mahwah	
13. 2005 Old Tappan	68-6
14. 2013 Teaneck	68-5
15. 2007 River Dell	68-4 ¼
16. 1995 Hackensack	68-3 ¾
17. 2013 Mahwah	68-3
18. 2010 IHA	68-2 ¾
19. 2016 Paramus Catholic	68-0 ¾
20. 2014 Mahwah	68-0 ½
21. 2014 Teaneck	67-4 ½
22. 1995 Glen Rock	67-2
2009 Mahwah	
24. 2001 Indian Hills	67-0 ¾
25. 2009 Holy Angels	66-11 ¾
26. 1998 Englewood	66-10 ½
2009 IHA	
28. 2012 Hasbrouck Heights	66-9 ½
29. 2011 Ridgewood	66-7 ½
2014 Old Tappan	
31. 1985 Westwood	66-6 ¾
32. 2010 Teaneck	66-5 ½
33. 1997 Englewood	66-5
34. 2009 Ridgewood	66-3
35. 2011 Ridgefield Park	66-2 ¾
36. 2008 Mahwah	66-2 ½
37. 2013 Dumont	66-1
38. 2016 Glen Rock	65-11 ¼
39. 2011 IHA	65-10 ½
40. 2014 IHA	65-10
41. 1987 New Milford	65-9 ¾
42. 2006 Old Tappan	65-9 ½
43. 2015 Mahwah	65-8 ¼
44. 1997 Demarest	65-7
45. 1985 Indian Hills	65-6 ½



46. 1996 Glen Rock	65-6
47. 2016 Teaneck	65-5 ½
48. 2013 Ramsey	65-4 ½
49. 2005 Ridgewood	65-3 ½
2009 Westwood	

PVR

1. 2016 Demarest	21-7
2. 2013 Queen of Peace	21-6
3. 2013 Ramapo	21-0
2014 Ramapo	
5. 2012 Ridgewood	20-6
2016 Ridgewood	
7. 2010 Mahwah	20-0
2015 Mahwah	
8. 2009 Mahwah	19-6
2012 Ramapo	
2012 Mahwah	
2016 Mahwah	
12. 2010 Ramapo	19-0
2010 Ridgewood	
2011 Old Tappan	
2011 Mahwah	
2013 Ridgewood	
18. 2008 River Dell	18-8
19. 2015 Ramapo	18-6
2015 Old Tappan	
2016 Ramsey	
22. 2006 Mahwah	18-0
2008 Ridgewood	
2012 Queen of Peace	
2014 IHA	
2016 Holy Angels	
27. 2007 Ridgewood	17-6
2009 Ridgewood	
2013 River Dell	
30. 2010 River Dell	17-0
2013 IHA	
2012 Holy Angels	
33. 2005 Ridgewood	16-6
2010 Westwood	
2011 Ridgefield Park	
2014 Pascack Hills	
2015 Paramus	
2015 Ridgefield Park	
2016 Old Tappan	
40. 2007 River Dell	16-0
2007 Hasbrouck Heights	
2009 River Dell	
2010 Indian Hills	
2012 Ramsey	
45. 2003 Dumont	15-6

2006 Hackensack  
2008 Holy Angels  
2016 Hasbrouck Heights  
49. 2008 Ramapo            15-0  
2013 Holy Angels  
2013 Ramsey  
2014 Old Tappan  
2016 River dell