

BOYS 55				
6.0	Mike Kee	Rindge Tech	1975	MASS
6.26	Mario Heslop	Franklin	2018	NJ
6.29	Terrell Wilks	Hillhouse	2007	CT
6.31	Luis Morales	Oxon Hill	1982	MD
6.31	Dennis Mitchell	Edgewood	1983	NJ
6.31	Reggie Dixon	Plainfield	2007	NJ
6.31	Jermaine Brown	Medgar Evers	2009	NY
6.32	Maxwell Booker	Essex Catholic	2001	NJ
6.32	Mario Heslop	Franklin	2019	NJ
6.34	Darren Walker	Meade	1980	MD
	Dennis Mitchell	Edgewood	1984	NJ
	Barney Borromeo	Nashua	1986	NH
	Jamar Ervin	Camden	2001	NJ
	Miles Shuler-Foster	Long Branch	2011	NJ
	Heron Maurisseau-O'Neal	St/ Anthony's	2018	NY
GIRLS 55				
6.84	Myasia Jacobs	Paramus Catholic	2011	NJ
6.91	Lynne Layne	New Rochelle	2006	NY
	English Gardner	Eastern	2010	NJ
	Halie Hazzard	St. Anthony's	2017	NY
6.92	English Gardner	Eastern	2008	NJ
	Myasia Jacobs	Paramus Catholic	2010	NJ
6.93	Branessa Thompson	Medgar Evers	2015	NY
6.94	Halie Hazzard	St. Anthony's	2016	NY
6.95	Christine Nwachuku	Kent Place	2022	NJ
	Alanna Smith	Danbury	2022	CT
BOYS HH				
6.9	Renaldo Nehemiah	Scotch Plains	1977	NJ
7.10	Yashahya Brown	Washington Twp.	2024	NJ
7.14	Nathaniel Rayan	Scotch Plains	2023	NJ
7.17	Rodney Wilson	Bartram	1979	PA
7.20	Sincere Rhea	St. Augustine Prep	2019	NJ
7.23	Sultan Tucker	Delsea	1996	NJ
7.27	Patrick Mann	Gar-Field	1984	VA
	Jordon Quinn	Freeport	2024	NY
7.28	Calvin Holmes	Denbigh	1984	MD
7.29	Nate Harley	Pleasantville	1996	NJ
	Danyne Brown	Camden	1999	NJ
	Anthony Acklin	Triton	2001	NJ
	Will Brown	Palmyra	2006	NJ

EasternsTop10

GIRLS HH				
7.66	Sydney McLaughlin	Union Catholic	2015	NJ
7.71	Charmaine Walker	Plainfield	1997	NJ
7.75	Grace O'Shea	Ramapo	2019	NJ
7.76	Lindsay Rowe	Cardozo	2007	NY
7.88	Alyssa Sandy	Paul Robeson	2016	NY
7.89	Nia Ali	Pleasantville	2006	NJ
7.89	Stey'ce McNeil	Winslow Twp.	2012	NJ
7.92	Shenae Dawkins	New Rochelle	2002	NY
7.94	Lateisha Philson	Cardozo	2011	NY
7.96	Porscha Dobson	Kent Place	2003	NJ
BOYS 200				
21.09	Mario Heslop	Franklin	2018	NJ
21.11	Mario Heslop	Franklin	2019	NJ
21.26	Fitzroy Ledgister	St. Peter's Prep	2022	NJ
21.31	Michael Blake	Mt. Vernon	2011	NY
21.34	Adian Sanderson	Ewing	2004	NJ
21.37	Rai Benjamin	Mt. Vernon	2015	NY
	Taylor McLaughlin	Union Catholic	2015	NJ
21.50	Mike Abelard	Ramapo	2008	NY
21.53	Darrell Bush	Woodbury	2012	NJ
	Xavier Donaldson	Seton Hall	2023	NJ
GIRLS 200				
23.77	Whitney Fountain	Christopher Columbus	2009	NY
24.00	Sydney McLaughlin	Union Catholic	2016	NJ
24.02	Simone Darius	New Rochelle	2014	NY
24.03	Whitney Fountain	Christopher Columbus	2010	NY
24.19	Tiandra Ponteen	Washington Irving	2001	NY
24.21	Dominque Booker	Montclair Immaculate	2008	NJ
24.25	Kyle Plante	Colonie	2010	NY
24.31	Alanna Smith	Danbury	2022	CT
24.32	Quashita McIntosh	Hope	2015	RI
24.34	Toneisha Friday	Franklin	2005	NJ
BOYS 400				
47.13	Zyaire Clemes	Trenton	2014	NJ
47.20	Lance Wigfall	East Orange Campus	2003	NJ
47.30	Taylor McLaughlin	Union Catholic	2014	NJ
47.31	Rai Benjamin	Mount Vernon	2014	NJ
47.45	Roy Williams	Scotch Plains	2002	NJ
47.54	Najee Glass	St. Peter's Prep	2011	NJ
47.69	Kedar Inico	Campus Magnet	2001	NY
47.71	Melville Rogers	Transit Tech	2002	NY
47.75	Shaquan Brown	Kennedy	2005	NJ
47.76	Aidan Sanderson	Ewing	2004	NJ

GIRLS 400				
53.98	Talitha Diggs	Saucon Valley	2020	PA
54.08	Julia Jackson	Scotch Plains	2022	NJ
54.40	Zola Golden	Arlington	2014	NY
54.87	Neisha Bernard-Thomas	Tilden	2000	NY
54.91	Nijgia Snapp	Oakcrest	2008	NJ
54.94	Margaret Conteh	Girard	2020	PA
54.98	Tawana Watkins	Kennedy	2002	NJ
55.14	Okechi Ogbuokiri	Willingboro	2003	NJ
55.21	Aliyah Taylor	Rancocas Valley	2017	NJ
55.23	Dominque Blake	Harry Truman	2004	NY
BOYS 800				
1:51.98	Paul Joyce	Clarkstown South	2000	NJ
1:52.11	Edward Cheserek	St. Benedict's Prep	2013	NJ
1:52.12	Gabe McLaren	Freeport	2003	NY
1:52.47	Brian Scotland	St. Benedict's Prep	2005	NJ
1:52.65	Sean Tully	Syosset	2005	NY
1:52.76	Jason Apwah	Roxbury	2007	NJ
1:52.86	Greg Gomez	Franklin	2004	NJ
1:53.22	Ken Sinkovitz	Bergen Catholic	2003	NJ
1:53.24	Steven Hergenrother	Ridgefield	2024	CT
1:53.27	James Buser	Mahwah	2014	NJ
GIRLS 800				
2:09.27	Janine Davis	Queen of Peace	2005	NJ
2:09.94	Brittney Sheffey	Bellport	2005	NY
2:10.61	Olicia Williams	St. Anthony's	2011	NY
2:11.16	Alaine Tate	Bayside	2010	NY
2:11.26	Brianna Welch	North Shore	2007	NY
2:11.35	Ellen Dougherty	Riverhead	2004	NY
2:11.37	Kristin Reese	Carmel	2008	NY
2:11.80	Kameron McIntosh	Suffern	2013	NY
2:11.85	Jessica Gelibert	Bay Shore	2012	NY
2:11.86	Erica Johnson	St. Mary Bay	2013	RI
BOYS MILE				
4:11.57	Blair Mancini	North Penn	1981	PA
4:11.91	Brian Pettingill	Chevers	1981	MD
4:12.31	Rob Andrews	Manalapan	2009	NJ
4:13.2	John Tuttle	Alfred-Almond	1977	NY
4:13.71	John Trautman	Monroe-Woodbury	1986	NY
4:13.8	Dan Predmore	Fairport	1976	NY
	Bill Ledder	Bishop O'Connell	1976	VA
	Tom Camien	Sewanhaka	1977	NY
4:14.01	Jim Tyler	Norwood-Norfolk	1981	NY
4:14.13	Charles Marsala	New Dorp	1983	NY

GIRLS MILE				
4:43.1	Michelle Rowan	Washington Twp.	1983	NJ
4:50.11	Maddy Berkson	Classical	2014	RI
4:52.31	Eileen Ellig	Rutland	1985	VT
4:52.36	Shola Lynch	Hunter	1986	NY
4:52.55	Nnenna Lynch	Hunter	1987	NY
4:54.73	Erin Donohue	Haddonfield	2001	NJ
4:55.87	Shola Lynch	Hunter	1988	NY
4:55.96	Rachel Vick	Kingsway	2017	NJ
4:55.98	Hannah Bonaguidi	Delaware Valley	2016	NY
4:56.19	Jessica Drop	Coginchaug	2016	NY
BOYS 2 MILE				
8:54.82	Ed Cheserek	St. Benedict's	2012	NJ
9:01.1	Alberto Salazar	Wayland	1976	MA
9:02.40	Ed Cheserek	St. Benedict's	2011	NJ
9:03.65	Brian Dalpiaz	Sayville	2002	NY
9:04.17	Charles Alexander	St. Christopher	1982	NY
9:07.85	Steve Murdock	Shenendehowa	2007	NJ
9:07.87	Kris Hardt	Walt Whitman	1984	NY
9:08.32	Jim Rosa	West Windsor North	2011	NJ
9:09.0	Steve Ferri	Bishop O'Connell	1977	VA
9:09.1	Chris Hallinan	Bernards	1976	NJ
9:09.27	Hakon DeVries	John Jay	2003	NY
GIRLS 2 MILE				
10:28.20	Aisling Cuffe	Cornwall	2010	NY
10:29.86	Charlotte Bednar	The Lawrenceville Sch.	2020	NJ
10:32.73	Katie McCafferty	Oak Knoll	2008	NJ
10:34.26	Christine Crowley	Wellesley	1986	MA
10:35.66	Anne Letko	North Hunterdon	1986	NJ
10:36.63	Bella Burda	Arlington	2014	NY
10:38.0	Cathy Feeney	Wayne Valley	1990	NJ
10:40.01	Jodie Bilotta	North Hunterdon	1987	NJ
10:40.8	Patti Mileski	Ridgewood	1983	NJ
10:42.01	Tracy Biber	Springfield	1986	NJ
10:43.47	Josette Norris	Tenaflly	2013	NJ
BOYS 800 RELAY				
1:26.90	Camden		2004	NJ
1:27.89	Hamilton North		2020	NJ
1:28.05	Campus Magnet		2001	NY
1:28.07	Vineland		2004	NJ
1:28.35	Union Catholic		2008	NJ
	Trenton		2008	NJ
1:28.46	Lenape		2000	NJ
1:28.57	Hillhouse		2015	CT
1:28.62	Plainfield		2001	NJ
	Toms River North		2024	NJ
GIRLS 800 RELAY				

1:38.40	Paul Robeson		2016	NY
1:39.27	Middle College		2011	NY
1:39.29	Union Catholic		2016	NJ
1:39.41	Uniondale		2007	NY
1:39.75	Winslow Twp.		2018	NJ
1:39.86	Paul Robeson		2001	NY
1:39.94	East Orange		2007	NJ
1:40.22	Medgar Evers		2015	NY
1:40.37	Washington Irving		2001	NY
1:40.51	Hempstead		2005	NY
BOYS 1600 RELAY				
3:15.47	Vineland		2003	NJ
3:15.78	Camden		2001	NJ
3:15.94	Trenton		2003	NJ
3:18.23	Winslow Twp.		2003	NJ
3:18.90	Pleasantville		2007	NJ
3:19.0*	Boys and Girls		1977	NY
3:19.1*	Asbury Park		1978	NJ
3:19.2*	Fairmont Heights		1979	MD
3:19.3*	Chester		1981	PA
3:19.36	Seton Hall Prep		2005	NJ
GIRLS 1600 RELAY				
3:46.80	Columbia		2013	NJ
3:47.03	Union Catholic		2015	NJ
3:48.7*	Plainfield		1980	NJ
3:49.19	Boys and Girls		2007	NY
3:49.27	Willingboro		2003	NJ
3:49.74*	Plainfield		1981	NJ
3:50.17	Camden		1995	NJ
3:51.30*	Tilden		1987	NY
3:52.31	Simon Gratz		1998	PA
3:52.55	Wilson (Camden)		2006	NJ
3:52.76	Willingboro		2002	NJ
BOYS 3200 RELAY				
7:45.55	Pleasantville		2013	NJ
7:47.00	Pope John		2012	NJ
7:47.81	Morris Hills		2009	NJ
7:47.84	Cherokee		2012	NJ
07:48.3	Northport		2018	NY
7:48.6*	Roselle Catholic		1970	NJ
7:48.81	Phillips Exeter		2020	NH
7:49.4*	Maria Regina		1975	NY
7:49.89	South Brunswick		2014	NJ
7:49.96	Old Bridge		2017	NJ

GIRLS 3200 RELAY				
9:05.40	Columbia		2014	NJ
9:06.94	Pope John		2007	NJ
9:11.22	Upper Perkiomen		1982	PA
9:11.37	Lenape		2012	NJ
9:11.94	Lenape		2008	NJ
9:12.67	Bay Shore		1996	NY
9:13.0	Notre Dame		1987	NY
9:13.30	Southern		2009	NJ
9:13.82	Freehold Twp.		2013	NJ
9:13.96	Boys and Girls		2001	NY
BOYS DISTANCE MEDLEY				
10:07.21	West Windsor Plainsboro N		2009	NJ
10:10.23	Fordham Prep		2016	NY
10:10.60	Haddonfield		2010	NJ
10:10.70	St. Benedict's		2012	NJ
10:10.72	Ridge		2024	NJ
10:11.61	Union Catholic		2023	NJ
10:12.19	CBA		2019	NJ
10:13.60	West Windsor Plainsboro S		2013	NJ
10:14.02	Chaminade		2014	NY
10:14.31	Haddonfield		2015	NJ
GIRLS DISTANCE MEDLEY				
11:45.7	Union Catholic		2022	NJ
11:48.61	Southern		2009	NJ
11:49.59	Warwick Valley		2008	NY
11:49.62	Southern		2007	NJ
11:49.73	Colts Neck		2022	NJ
11:50.86	Boys and Girls		2002	NY
11:51.28	Shenendehowa		2009	NY
11:51.54	Red Bank Regional		2002	NJ
11:52.9	Red Bank Regional		2003	NJ
11:54.63	Lenape		2013	NJ
BOYS HIGH JUMP				
7-3	Greg Gonsalves	Falmouth	1981	MA
7-2.5	Milt Goode	Monmouth	1979	NJ
7-2	Eric Taylor-Perry	Montclair	1990	NJ
	Mike Morrison	Willingboro	2003	NJ
7-1.5	Tim Walker	Rogers	1975	RI
	Rudy Reavis	New Rochelle	1975	NY
7-0	Desmond DaCosta	Overbrook	1980	PA
	Eldred Williams	Music and Arts	1981	NY
	Terry Ferguson	Cherry Hill West	1987	NJ
	Tommy Thompson	St. John Baptist	1993	NY
	Mike Morrison	Willingboro	2002	NJ
	Adam Bergo	Westfield	2008	NJ
GIRLS HIGH JUMP				

5-11	Emily Kianka	Hopewell Valley	2010	NJ
5-10	Lacey Shuman	Maryvale Prep	2010	MD
5-9	Shauna Byfield	Manhasset	2000	NY
	Tatiana Smolin	Randolph	1985	NJ
	Jenna Rogers	Rutherford	2020	NJ
5-8	Kathy Kilar	J.P. Stevens	1996	NJ
	Michelle June	Meade	1997	MD
	Jessica Taibe	Hunterdon Central	2000	NJ
	Tish Edwards	Mater Dei	1980	NJ
	Shelley Mitchell	Lakewood	1988	NJ
	Tammy Peeples	Weston	1991	MA
	Stacy Grant	South Shore	1995	NY
	Debra Vento	Freehold Boro	2003	NJ
	Lauren Biscardi	Shoreham Wading River	2004	NY
	Carin Knight	New Rochelle	2004	NY
	Lauren Biscardi	Shoreham Wading River	2005	NY
	Lataya Dixon	J.P. Stevens	2007	NJ
	Emily Kianka	Hopewell Valley	2009	NJ
	Sarah Palmer	Schuylerville	2010	NY
	Kyaira Wright-Harmon	Franklin	2012	NJ
	Noel Jancewicz	Robbinsville	2012	NJ
	Kate Gulbrandsen	Lawrenceville	2014	NJ
	My Khiyah Williams	Benjamin Banneker	2017	NY
	Jenna Rogers	Rutherford	2018	NJ
	Alanna Woolfolk	Clayton	2023	NJ
BOYS TRIPLE JUMP				
51-6	Ronel Forde	Shaker	2016	NY
49-9	Gary Jones	Webster Schroeder	2006	NY
49-6.5	Craig Halyard	Ridgewood	1989	NJ
	Eric Bethea	Piscataway	2015	NJ
49-5.25	Dodley Therimus	Elizabeth	2017	NJ
49-1.25	Erik Clinton	Hope	1993	RI
49-1	Khaliel Burnett	Delsea	2018	NJ
48-9.5	Sanya Owolabi	Sleepy Hollow	1977	NY
48-9.25	Steve Crouch	Colonie	2008	NY
48-8.5	Tristan Wilson	Delsea	2014	NJ
GIRLS TRIPLE JUMP				
43-11.5	Keturah Orji	Mount Olive	2014	NJ
40-11	Stephanie McIntyre	South Brunswick	2007	NJ
40-10.5	Keturah Orji	Mount Olive	2013	NJ
40-8.5	Gabriela Baiter	John H. Glenn	2007	NY
40-6	Carlene Cummings	Englewood	1998	NJ
39-9.25	Kirsten Fields	Mt. Vernon	2005	NY
39-9	Bryanna Grant	Cranford	2012	NJ
39-7.75	Adefunke Sonaike	Montgomery	2012	NJ
39-7.25	Iana Amsterdam	Newark Tech	2011	NJ
39-6.75	Ebony Young	Hillsborough	2009	NJ

BOYS LONG JUMP				
26-0.75	Dion Bentley	Penn Hills	1989	PA
25-7.75	Marvin Ford	Uniondale	1993	NY
25-5.5	Carl Lewis	Willingboro	1979	NJ
25-3.75	Eric Metcalfe	Bishop O'Connell	1985	VA
24-10.5	Ron Dickerson	State College	1989	PA
24-6.75	Gerard Reynolds	Willingboro	1990	NJ
24-4.75	Eric Metcalfe	Bishop O'Connell	1984	VA
24-2	Jason Grimes	Overbrook	1977	PA
24-1.5	Boris Goins	Cardozo	1985	DC
24-0.25	Isaac Samuels	Kennedy	1983	NJ
24-0.25	Justes Nance	Blair Academy	2016	NJ
GIRLS LONG JUMP				
20-8	Keturah Orji	Mount Olive	2014	NJ
20-7.75	Sydney McLaughlin	Union Catholic	2017	NJ
20-6.25	Carol Lewis	Willingboro	1980	NJ
19-11.5	Nolle Graham	Taft	1998	NY
19-8.25	Tionna Tobias	Winslow Twp.	2018	NJ
19-8	Cidae'a Woods	Winslow Twp.	2013	NJ
19-7.75	Adia Sackor	Worcester Tech	2016	MA
19-7.5	Keyon Soley	Uniondale	1998	NY
19-7.5	Lynne Layne	New Rochelle	2005	NY
19-5.5	Claire Connor	Rahway	1984	NJ
BOYS SHOT PUT				
71-3 1/4	Nick Vena	Morristown	2011	NJ
70-8	Braheme Days Jr.	Bridgeton	2012	NJ
69-2	Nick Vena	Morristown	2010	NJ
68-11	Nick Vena	Morristown	2009	NJ
67-8	Braheme Days Jr.	Bridgeton	2013	NJ
66-2	Glenn DiGiorgio	Bayonne	2002	NJ
64-8	Steve Adams	St. Joseph Regional	1970	NJ
64-7.75	Dan Krueger	Bayside	1978	VA
64-7	Benjamin Bonhorst	Smithtown West	2014	NY
64-5.25	Bruce Heide	Dayton	1975	NJ
GIRLS SHOT PUT				
57-5.5	Alyssa Wilson	Donovan Catholic	2017	NJ
54-11	Alyssa Wilson	Donovan Catholic	2016	NJ
51-8	Nickolette Dunbar	Whippany Park	2016	NJ
50-2	Shelby Bigsby	Montclair	2018	NJ
49-10	Jessica Molina	Westwood	2016	NJ
48-10	Jessica Molina	Westwood	2015	NJ
47-8.5	Danielle Notarfancesco	Jackson Liberty	2016	NJ
47-4.75	Vanessa Stewart	North Babylon	2010	NY
46-9	Jackie Hudgins	Hightstown	2001	NJ
46-6	Theresa Picciallo	IHA	2011	NJ
	Danielle Notarfancesco	Jackson Liberty	2017	NJ
46-1.5	Amarys Berry	Hackensack	2016	NJ

BOYS POLE VAULT				
16-6 1/4	Bradley Jelmert	Watchung Hills	2020	NJ
16-6	Jordan Yamoah	Arlington	2011	NY
16-3.25	Adam Serafin	Ocean Twp.	2004	NJ
16-3	Jack Vecello	Frontier Reg.	2022	NY
16-0	Todd Uckermark	Warwick Valley	2014	NY
	James Deutmeyer	Fordham Prep	2014	NY
15-10	Bill Hartley	Southern Ocean	1976	NJ
15-6	Vin Reilly	St. Joseph (Metuchen)	1977	NJ
	Don Heyburn	Cranford	1980	NJ
	Eric Richard	Bridgewater East	1980	NJ
	Chris Lockett	Woodbridge	1986	NJ
	Gavin McMahon	Fordham Prep	2003	NY
	Brian Duggan	Mons. Farrell	2005	NY
	Casey DiCesare	Irvington	2005	NY
	Dan Batdorf	West Deptford	2008	NJ
	Darwin Gibbons	Caravel	2009	DE
	Greg Gallagher	Iona Prep	2012	NJ
	Craig Hunter	Robbinsville	2013	NJ
	Derek Dibona	Warwick Valley	2014	NY
	Matt Fay	Iona Prep	2015	NY
	Chris Hough	Westhill	2015	CT
	Derek Dibona	Warwick Valley	2015	NY
	Ryan Herrera-Murphy	Iona Prep	2015	NY
	Nicholas Marino	Hatford Horsham	2017	PA
	Colin Duignan	Fordham Prep	2017	NY
	Charles Crispi	Mons. Farrell	2018	NY
	Louis Martinez	Walkill	2020	NY
	Max Zuckerman	Pascack Hills	2022	NJ
	Neil Howard	Taconic Hill	2024	MA
GIRLS POLE VAULT				
13-8	Leah Pasquarietti	Orchard Park	2020	NY
13-4	Kaeli Thompson	Warwick Valley	2019	NY
13-0.75	Abby Norwillo	Pittston Area	2018	PA
13-0.5	Leah Saifi	Gov. Livingston	2017	NJ
13-0	Danielle O'Reilly	Shawnee	2004	NJ
	Megan Clark	James O'Neill	2011	NY
12-10	Amy Linnen	Mount Sinai	2000	NY
12-8	Caroline Dannenbaum	Pingry	2020	NJ
12-6	Michelle Rubinetti	Demarest	2016	NJ
	Madisyn Hawkins	JM Coughlin	2017	PA
	Julia Dannenbaum	Pingry	2017	NJ
	Michelle Rubinetti	Demarest	2017	NJ
	Kaeli Thompson	Warwick Valley	2018	NY
	Francesca Porambo	Bernards	2018	NJ