

Group I**Dash**

Year	Name	School	Performance
1976	Curt Veney	Woodbury	6.5*
1977	Blake Russell	Clifford Scott	6.6*
1978	Ken Abramowitz	Roselle Park	6.7*
1979	Ken Cooper	Woodbury	6.5*
1980	Jack Pierce	Woodbury	6.4
1981	Toby Virgil	New Brunswick	6.6
1982	Emil Walker	Glen Ridge	6.6
1983	Sid Rouse	Roselle	6.4
1984	Tim Bratton	Roselle	6.7
1985	Ron Tucker	Palmyra	6.5
1986	George Bland	Penns Grove	6.8
1987	Juan Johnson	New Brunswick	6.6
1988	Lamar Wright	Penns Grove	6.67
1989	Rich Reichenbach	South River	6.75
1990	Rich Reichenbach	South River	6.78
1991	Matt O'Donnell	Kenilworth	6.74
1992	Clifton Green	Schalick	6.78
1993	Shawn Moyle	Metuchen	6.97
1994	Shawn Moyle	Metuchen	6.83
1995	Mike Fields	Roselle	6.70
1996	Ken Scott	Glassboro	6.71
1997	Louis Smith	Burlington Twp.	6.71
1998	Louis Smith	Burlington Twp.	6.73
1999	Paris Minor	Woodbury	6.69
2000	Maxwell Booker	Essex Catholic	6.49
2001	Maxwell Booker	Essex Catholic	6.64
2002	Jamal Harris	Palmyra	6.75
2003	Charles Christopher	Essex Catholic	6.82
2004	Quawee Williams	Newark Central	6.72
2005	Anthony Pomo	Saddle Brook	6.72
2006	Bryant Fitzgerald	Highland Park	6.71
2007	Shawyney Kersey	Woodbury	6.50
2008	Bryant Fitzgerald	Highland Park	6.55
2009	James Brown	Glassboro	6.43
2010	Al Artesona	Glen Rock	6.69

**200
Year**

2005	A.J. Parillo	South River	23.39
2006	Bryant Fitzgerald	Highland Park	23.27

440/400

Year	Name	School	Performance
1976	Curt Veney	Woodbury	52.6*
1977	Blake Russell	Clifford Scott	53.1*
1978	Bill Evans	Roselle Park	52.4*
1979	Bill Evans	Roselle Park	52.5*
1980	Ken Abramowitz	Roselle Park	52.1
1981	Wayne Leggett	Newark Arts	52.2
1982	Bob Brush	Spotswood	53.9
1983	Maurice Hunter	Woodbury	52.6

1984	Joe Koye	Highland Park	52.5
1985	Joe Hawthorne	Saddle Brook	52.0
1986	Rodney Coon	Palmyra	53.5
1987	Juan Johnson	New Brunswick	52.24
1988	Steve Love	Asbury Park	52.09
1989	Wes Gasden	Academic	52.07
1990	Fuquan Ferguson	Newark Arts	51.57
1991	Tabari Sturdivant	Immaculate Conc.	53.08
1992	Mark Witkowski	Whippany Park	53.15
1993	Nakia Fenner	Newark Science	51.36
1994	Nakia Fenner	Newark Science	51.08
1995	Nakia Fenner	Newark Science	50.73
1996	Dwan Dickerson	Newark Science	52.03
1997	Tyrone Ross	Metuchen	49.99
1998	Cliff Christian	Newark Science	50.24
1999	Karif Hyder	Immaculate Conc.	51.06
2000	Ryan White	New Providence	52.06
2001	Gary Gagliardi	Hasbrouck Heights	51.77
2002	Dimar Labega	Rutherford	52.53
2003	Xavier McFarlane	Metuchen	51.83
2004	A.J.Parillo	South River	52.89
2005	A.J. Parillo	South River	52.12
2006	Bryant Fitzgerald	Highland Park	51.71
2007	Garrett Ellis	Union Catholic	50.30
2008	Kenneth Davis	Pleasantville	51.33
2009	Garrett Barbalindo	Glen Ridge	51.40
2010	Kevin Condal	Hasbrouck Heights	50.50

880/800

Year	Name	School	Performance
1976	Steve Chew	Woodbury	2:04.2*
1977	Mike Stickle	Roselle Park	2:01.5*
1978	Rich Caton	Woodbury	2:03.6*
1979	Rich Caton	Woodbury	2:00.2*
1980	Bob Dickovicky	Roselle Park	2:04.7
1981	Paul Chrenko	Roselle Park	2:02.3
1982	John Mueller	Midland Park	1:59.4
1983	John Carlotti	Bernards	1:59.0
1984	Ranjan Sinha	Bernards	2:00.6
1985	Ranjan Sinha	Bernards	1:56.6
1986	Terry Salmon	Metuchen	2:04.1
1987	Bruno Sgambellone	Palisades Park	2:01.57
1988	Steve Love	Asbury Park	2:02.92
1989	Alex Fernandez	Newark Science	2:00.66
1990	James Carrea	Kenilworth	2:00.19
1991	Kirk Earney	Haddon Twp.	2:03.03
1992	Steve Jacob	Metuchen	2:06.01
1993	Steve Jacob	Metuchen	2:01.77
1994	Michael Spellman	New Providence	2:00.72
1995	Michael Spellman	New Providence	2:01.80
1996	Ernesto Colon	Pleasantville	2:01.99
1997	Ricky Gibson	Ridge	1:59.14
1998	Joe Lewis	Pleasantville	1:58.16

1999	Brian Saliter	Whippany Park	2:01.63
2000	Jeff Blank	Haddonfield	2:02.60
2001	Gary Gagliardi	Hasbrouck Heights	2:02.78
2002	Skip Stiles	Haddonfield	2:00.07
2003	Chris Platt	Haddonfield	2:02.48
2004	William Doherty	Madison Boro	2:01.56
2005	Pat DiGioacchino	Bernards	2:00.14
2006	Brendan McDonough	Woodstown	2:00.42
2007	Mike Soroko	Kinnelon	1:57.38
2008	Billy Latta	Metuchen	2:01.30
2009	Lamere Buchanan	Glassboro	2:01.24
2010	Ben Potts	Haddonfield	1:58.96

Mile/1500/1600

Year	Name	School	Performance
1976	Barry Scanlon	Emerson	4:33.8*
1977	Rich Caton	Woodbury	4:27.3*
1978	Rich Caton	Woodbury	4:30.5*
1979	Rich Caton	Woodbury	4:43.7*
1980	Dave Moughalian	Highland Park	4:20.6&
1981	Mark Singleton	Woodbury	4:24.1&
1982	Tom West	Bernards	4:38.9
1983	John Carlotti	Bernards	4:21.6
1984	Jim Nielsen	Bernards	4:19.6
1985	Lyle Smith	Bernards	4:36.4
1986	Dan Gough	Haddonfield	4:33.3
1987	Dan Gough	Haddonfield	4:28.2
1988	Bryan Spoonire	Asbury Park	4:33.19
1989	William Nann	Bernards	4:28.19
1990	Tim Shanahan	Haddonfield	4:33.22
1991	Larry Weiss	Metuchen	4:40.75
1992	Chris Lear	Pingry	4:21.77
1993	Dan Schuman	Saddle Brook	4:33.22
1994	Tom Horne	Glassboro	4:38.56
1995	Felix Olivo	Secaucus	4:35.38
1996	Eric Bonnette	Haddonfield	4:37.02
1997	Sean Ryan	Metuchen	4:33.77
1998	Ricky Gibson	Ridge	4:23.80
1999	Brad Becker	Spotswood	4:41.87
2000	Ryan Perazzelli	Bishop Eustace	4:38.63
2001	Jorge Ventura	Colts Neck	4:33.32
2002	Skip Stiles	Haddonfield	4:27.44
2003	Chris Platt	Haddonfield	4:31.16
2004	Chris Guerriero	Saddle Brook	4:33.47
2005	Rob Novak	Bordentown	4:24.94
2006	Matt Mitchell	Haddon Heights	4:32.94
2007	Jon Juleus	Pope John	4:28.89
2008	Colin Baker	Haddonfield	4:28.71
2009	Colin Baker	Haddonfield	4:23.03
2010	Ben Potts	Haddonfield	4:17.74

2M/3000/3200

Year	Name	School	Performance
1976	Chris Hallinan	Bernards	9:31.6*

1977	Joe Logan	Bernards	9:53.6*
1978	Ken Hildebrandt	Pt. Pleasant Beach	9:50.8*
1979	Charles Logan	Bernards	9:40.4*
1980	Ian Leavesley	Mahwah	9:00.7&
1981	Ted Lorenz	Metuchen	9:46.6&
1982	Tom West	Bernards	10:05.5
1983	Chris Blanchet	Bernards	9:33.2
1984	Jim Nielsen	Bernards	9:36.6
1985	Dan Gough	Haddonfield	9:46.6
1986	Dan Gough	Haddonfield	9:33.6
1987	Dan Gough	Haddonfield	9:30.68
1988	Bryan Spoonire	Asbury Park	9:33.90
1989	William Nann	Bernards	9:33.6
1990	Tim Shanahan	Haddonfield	9:33.24
1991	Larry Weiss	Metuchen	10:03.77
1992	Tim Lear	Pingry	9:40.57
1993	Anthony DeBenedictis	Roselle Park	9:57.30
1994	Anthony DeBenedictis	Roselle Park	9:45.63
1995	Felix Olivo	Secaucus	9:59.34
1996	Eric Bonnette	Haddonfield	9:59.44
1997	Eric Bonnette	Haddonfield	9:59.71
1998	Tim Callinan	Sacred Heart	9:45.48
1999	Matt Zappile	Pope John	10:08.57
2000	Danny Chaves	Secaucus	9:54.40
2001	Chris Platt	Haddonfield	9:34.30
2002	Breton Bonnette	Haddonfield	9:39.93
2003	Tim Vitez	Haddonfield	9:48.64
2004	Oskar Nordenbring	Montclair-Kimberley	9:30.21
2005	Nicolai Naranjo	Montclair-Kimberley	9:55.38
2006	Matt Mitchell	Haddon Heights	9:37.80
2007	Doug Smith	Gill St. Bernard's	9:08.01
2008	Jonathan Vitez	Haddonfield	9:35.03
2009	Nicholas Lachman	Robbinsville	9:30.52
2010	Jonathan Vitez	Haddonfield	9:18.87

Hurdles

Year	Name	School	Performance
1976	Curt Veney	Woodbury	7.6*
1977	Bruce Washington	Woodbury	7.7*
1978	Rod Wise	Penns Grove	7.6*
1979	Jack Pierce	Woodbury	7.9*
1980	Jack Pierce	Woodbury	7.4
1981	Don Dmochowski	Riverside	8.1
1982	Don Dmochowski	Riverside	7.8
1983	Bob Critelli	Roselle Park	8.0
1984	Dave Andrews	Metuchen	7.9
1985	Jon Dickey	Penns Grove	7.5
1986	George Bland	Penns Grove	7.5
1987	George Bland	Penns Grove	7.67
1988	Troy Dublin	Salem	7.79
1989	Rich Reichenbach	South River	7.79
1990	Rich Reichenbach	South River	7.70
1991	Dave Schuman	Saddle Brook	8.01

1992	Jason Fennes	Kenilworth	7.96
1993	Hakim Smith	Newark Arts	8.08
1994	Gerrit Kempes	Haddonfield	8.02
1995	Nate Harley	Pleasantville	7.97
1996	Nate Harley	Pleasantville	7.55
1997	Derek Baylor	Schalick	7.61
1998	Jon McGowens	Haddonfield	7.97
1999	Elton Rosalino	New Providence	7.94
2000	Nick Garrett	Saddle Brook	7.59
2001	Matt Dahms	Haddonfield	7.92
2002	Matt Dahms	Haddonfield	7.79
2003	Dennis Dahms	Haddonfield	7.95
2004	Anthony Pomo	Saddle Brook	8.05
2005	Anthony Pomo	Saddle Brook	7.74
2006	William Brown	Palmyra	7.85
2007	Rahdel Savage	Roselle	7.83
2008	Kenneth Davis	Pleasantville	7.73
2009	Shawill Greene	Burlington City	7.89
2010	Dajan Mindingalli	Asbury Park	7.88

High Jump

Year	Name	School	Performance
1976	Timm Johnson	Woodbury	6-2
1977	Paul Brodner	Pt. Pleasant Beach	6-0
1978	Paul Brodner	Pt. Pleasant Beach	6-3
1979	Paul Hoffman	Pt. Pleasant Beach	6-7
1980	Steve Miller	Midland Park	6-4
1981	Toby Virgil	New Brunswick	6-2
1982	Phil Ruff	Highland Park	6-2
1983	Scott Zoeller	Roselle Park	6-2
1984	Bob Eldringham	Metuchen	6-4
1985	Dave Shoehalter	Highland Park	6-2
1986	Ed Malone	Gloucester	6-8
1987	Lenny Hunt	Palmyra	6-2
1988	J.C. Slocum	Bordentown	6-2
1989	J.C. Slocum	Bordentown	6-8
1990	J.C. Slocum	Bordentown	6-2
1991	Jason Fennes	Kenilworth	6-2
1992	Jason Fennes	Kenilworth	6-4
1993	Marvin Bass	Palmyra	6-6
1994	Marvin Bass	Palmyra	6-4
1995	Victor Mallory	Penns Grove	6-7
1996	Rich Ryerson	Morris Catholic	6-10
1997	Jim Cuccinella	Butler	6-2
1998	Chris Feigenbutz	Bishop Eustace	6-4
1999	Craig Mellows	Madison Boro	6-4
2000	Craig Mellows	Madison Boro	6-4
2001	Michael Lee	Pennsville	6-2
2002	Michael Lee	Pennsville	6-0
2003	Luke Edwards	Metuchen	6-0
2004	Tom McCarthy	Saddle Brook	6-0
2005	Donnie Hill	Schalick	6-2
2006	Joe Kropa	Roselle Catholic	6-0

2007	Chris Thomas	Pope John	6-0
2008	Kenneth Davis	Pleasantville	6-2
2009	Ryan Chance	Glassboro	6-0
2010	Branden Austin	Haddonfield	6-0

Shot Put

Year	Name	School	Performance
1976	Felix Lee	Highland Park	60-2
1977	Felix Lee	Highland Park	58-5
1978	Al Renzo	Kenilworth	53-2
1979	John Genereux	Highland Park	50-8
1980	John Genereux	Highland Park	54-8.5
1981	Joe Parente	Kenilworth	46-6
1982	Joe Parente	Kenilworth	49-5
1983	Ed Rojas	Glassboro	46-10.5
1984	Gary Lockwood	Highland Park	47-5
1985	Russ Willitt	Penns Grove	53-5
1986	Russ Willitt	Penns Grove	53-5.5
1987	Mike Chalenski	Kenilworth	48-0
1988	Steve Armstrong	Asbury Park	54-4
1989	Keith Loneker	Roselle Park	49-1.5
1990	Doug D'Pete	Whippany Park	47-1.5
1991	Jeff Kropiewnicki	Saddle Brook	46-2.5
1992	Darrell Sweet	Montgomery	49-1.25
1993	Erik Swarts	Springfield	51-6.75
1994	Jerome Daniels	Whippany Park	50-0.25
1995	Korey Evans	Marist	48-1.75
1996	Bryan Schroeder	Wildwood Catholic	46-11
1997	Maurice Jones	Asbury Park	51-8.25
1998	Steve Dance	River Dell	48-8.5
1999	Frank Kozibroda	Wood-Ridge	51-9
2000	Frank Kozibroda	Wood-Ridge	50-5
2001	Brian Gavin	Haddonfield	54-0.75
2002	Matthew Sauer	Pennsville	47-11.25
2003	Chris Pressley	Woodbury	56-3.25
2004	Bernard McKenna	Shore	54-2.25
2005	Geoff Goidell	Pascack Hills	52-0
2006	Geoff Goidell	Pascack Hills	50-2 3/4
2007	Geoff Goidell	Pascack Hills	55-10 1/2
2008	Mike Renna	Hasbrouck Heights	51-0 3/4
2009	Patrick Cole	Hasbrouck Heights	49-3 3/4
2010	Patrick Cole	Hasbrouck Heights	54-6 1/2

Pole Vault

Year	Name	School	Performance
2005	Greg Lewis	Metuchen	12-6
2006	Ricky Zamora	Bernards	13-0
2007	Kyle DeGhetto	Bernards	12-6
2008	Sean Kelly	Shore	13-0
2009	Greg Hoffman	Park Ridge	14-6
2010	Mike Rivard	Haddonfield	14-6

Mile/1600 Relay

Year	Name	School	Performance
1994		Newark Science	3:32.46

1995		New Providence	3:33.90
1996		Pleasantville	3:30.61
1997		Metuchen	3:31.86
1998	NO RACE		
1999		Metuchen	3:34.72
2000		Metuchen	3:31.12
2001		Metuchen	3:37.27
2002		Metuchen	3:34.70
2003		Metuchen	3:37.18
2004		Whippany Park	3:38.87
2005	NO RACE		
2006	NO RACE		
2007		Union Catholic	3:27.51
2008		Pleasantville	3:31.13
2009		Snyder	3:31.89
2010		Metuchen	3:31.10

Team Scoring

Year	Name	School	Performance
1976		Woodbury	45
1977		Clifford Scott	28
1978		Pt. Pleasant Beach	25
1979		Woodbury	44
1980		Highland Park	28
		Roselle Park	
1981		Woodbury	29
1982		Woodbury	27
1983		Bernards	27
1984		Highland Park	40
1985		Bernards	27
1986		Penns Grove	35
1987		Haddonfield	26
1988		Asbury Park	38
1989		Bernards	20
1990		Metuchen	16
		South River	
1991		Saddle Brook	23
1992		Kenilworth	42
1993		Metuchen	47
1994		Newark Science	55
1995		Newark Science	31
		New Providence	
1996		Pleasantville	65
1997		Metuchen	42
1998		Immaculate Conc.	30
1999		Metuchen	53
2000		Haddonfield	32
2001		Haddonfield	52
2002		Haddonfield	53
2003		Haddonfield	56
2004		Saddle Brook	38
		Shore	
2005		Saddle Brook	38

2006	Haddon Heights	37
2007	Pope John	28
2008	Pleasantville	58
2009	Glassboro	55
2010	Haddonfield	66