

**Group I****Dash**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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	<b>Anthony Pomo</b>	<b>Saddle Brook</b>	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	<b>6.43</b>
2010	<b>Al Artesona</b>	<b>Glen Rock</b>	6.69
2011	Darrell Bush	Woodbury	6.59
2012	Anthony Averett	Woodbury	6.51
2013	Anthony Averett	Woodbury	6.50
2014	Kashif Miller	Haddon Heights	6.52
2015	Matt Preto	Haddon Heights	6.68
2016	<b>Brian Moran</b>	<b>Hasbrouck Heights</b>	6.62

<b>200</b>			
<b>Year</b>			
<b>2005</b>	A.J. Parillo	South River	23.39
<b>2006</b>	Bryant Fitzgerald	Highland Park	<b>23.27</b>
<b>440/400</b>			
<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
<b>1976</b>	Curt Veney	Woodbury	52.6*
<b>1977</b>	Blake Russell	Clifford Scott	53.1*
<b>1978</b>	Bill Evans	Roselle Park	52.4*
<b>1979</b>	Bill Evans	Roselle Park	52.5*
<b>1980</b>	Ken Abramowitz	Roselle Park	52.1
<b>1981</b>	Wayne Leggett	Newark Arts	52.2
<b>1982</b>	Bob Brush	Spotswood	53.9
<b>1983</b>	Maurice Hunter	Woodbury	52.6
<b>1984</b>	Joe Koye	Highland Park	52.5
<b>1985</b>	<b>Joe Hawthorne</b>	<b>Saddle Brook</b>	52.0
<b>1986</b>	Rodney Coon	Palmyra	53.5
<b>1987</b>	Juan Johnson	New Brunswick	52.24
<b>1988</b>	Steve Love	Asbury Park	52.09
<b>1989</b>	Wes Gasden	Academic	52.07
<b>1990</b>	Fuquan Ferguson	Newark Arts	51.57
<b>1991</b>	Tabari Sturdivant	Immaculate Conc.	53.08
<b>1992</b>	Mark Witkowski	Whippany Park	53.15
<b>1993</b>	Nakia Fenner	Newark Science	51.36
<b>1994</b>	Nakia Fenner	Newark Science	51.08
<b>1995</b>	Nakia Fenner	Newark Science	50.73
<b>1996</b>	Dwan Dickerson	Newark Science	52.03
<b>1997</b>	Tyrone Ross	Metuchen	49.99
<b>1998</b>	Cliff Christian	Newark Science	50.24
<b>1999</b>	Karif Hyder	Immaculate Conc.	51.06
<b>2000</b>	Ryan White	New Providence	52.06
<b>2001</b>	<b>Gary Gagliardi</b>	<b>Hasbrouck Heights</b>	51.77
<b>2002</b>	<b>Dimar Labega</b>	<b>Rutherford</b>	52.53
<b>2003</b>	Xavier McFarlane	Metuchen	51.83
<b>2004</b>	A.J.Parillo	South River	52.89
<b>2005</b>	A.J. Parillo	South River	52.12
<b>2006</b>	Bryant Fitzgerald	Highland Park	51.71
<b>2007</b>	Garrett Ellis	Union Catholic	50.30
<b>2008</b>	Kenneth Davis	Pleasantville	51.33
<b>2009</b>	Garrett Barbalindo	Glen Ridge	51.40
<b>2010</b>	<b>Kevin Condal</b>	<b>Hasbrouck Heights</b>	50.50
<b>2011</b>	Darrell Bush	Woodbury	50.03
<b>2012</b>	Darrell Bush	Woodbury	<b>49.13</b>
<b>2013</b>	Phillip Gomez	Glen Ridge	49.53
<b>2014</b>	Raymund Clarke	Roselle	50.77
<b>2015</b>	Norman Morris	Penns Grove	49.72
<b>2016</b>	Luke Colehower	Haddonfield	49.91

## 880/800

Year	Name	School	Performance
1976	Steve Chew	Woodbury	2:04.2*
1977	Mike Stickles	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	<b>John Mueller</b>	<b>Midland Park</b>	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	<b>Bruno Sgambellone</b>	<b>Palisades Park</b>	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	<b>Gary Gagliardi</b>	<b>Hasbrouck Heights</b>	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	<b>Mike Soroko</b>	<b>Kinnelon</b>	1:57.38
2008	Billy Latta	Metuchen	2:01.30
2009	Lamere Buchanan	Glassboro	2:01.24
2010	Ben Potts	Haddonfield	1:58.96
2011	Ben Potts	Haddonfield	1:59.11
2012	Isaac Clark	Pleasantville	2:00.31
2013	Jacob Clark	Pleasantville	<b>1:55.25</b>
2014	<b>Danny Cordeiro</b>	<b>North Arlington</b>	1:58.29
2015	Kevin Mazzella	Shore	2:00.22
2016	Greg Pelose	Haddonfield	1:56.49

**Mile/1500/1600**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
1976	<b>Barry Scanlon</b>	<b>Emerson</b>	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	<b>Dan Schuman</b>	<b>Saddle Brook</b>	4:33.22
1994	Tom Horne	Glassboro	4:38.56
1995	<b>Felix Olivo</b>	<b>Secaucus</b>	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	<b>Chris Guerriero</b>	<b>Saddle Brook</b>	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
2011	Ben Potts	Haddonfield	4:20.32
2012	Stephen Lewandowski	Mountain Lakes	4:18.22
2013	Jacob Clark	Pleasantville	4:18.22
2014	Craig Corti	Wallkill Valley	4:21.97
2015	Luke Petela	Haddon Twp.	4:16.95
2016	Greg Pelose	Haddonfield	<b>4:16.74</b>

**2M/3000/3200**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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	<b>Ian Leavesley</b>	<b>Mahwah</b>	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	<b>Felix Olivo</b>	<b>Secaucus</b>	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	<b>Danny Chaves</b>	<b>Secaucus</b>	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	<b>9:08.01</b>
2008	Jonathan Vitez	Haddonfield	9:35.03
2009	Nicholas Lachman	Robbinsville	9:30.52
2010	Jonathan Vitez	Haddonfield	9:18.87
2011	Matt Nussbaum	Haddonfield	9:51.78
2012	Kevin Ratigan	McNair Academic	9:41.59
2013	Craig Corti	Wallkill Valley	9:26.69
2014	Owen Long	Haddon Twp.	9:37.03
2015	Craig Corti	Wallkill Valley	9:27.58
2016	Owen Long	Haddon Twp.	9:24.21

**Hurdles**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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	<b>7.4</b>
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	<b>Dave Schuman</b>	<b>Saddle Brook</b>	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	<b>7.55</b>
1997	Derek Baylor	Schalick	7.61
1998	Jon McGowens	Haddonfield	7.97
1999	Elton Rosalino	New Providence	7.94
2000	<b>Nick Garrett</b>	<b>Saddle Brook</b>	7.59
2001	Matt Dahms	Haddonfield	7.92
2002	Matt Dahms	Haddonfield	7.79
2003	Dennis Dahms	Haddonfield	7.95
2004	<b>Anthony Pomo</b>	<b>Saddle Brook</b>	8.05
2005	<b>Anthony Pomo</b>	<b>Saddle Brook</b>	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
2011	Jordan Harris	Haddonfield	7.68
2012	Sam Maniglia	Penns Grove	7.92
2013	Corson Harter	Haddon Twp.	7.69
2014	Steven McLean	Roselle	7.77
2015	Raymund Clarke	Roselle	7.72
2016	Jason Stefanski	Penns Grove	7.60

## 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	<b>Steve Miller</b>	<b>Midland Park</b>	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	<b>6-10</b>
1997	<b>Jim Cuccinella</b>	<b>Butler</b>	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	<b>Tom McCarthy</b>	<b>Saddle Brook</b>	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
2011	Kweku Sapara-Grant	Verona	6-2
2012	Anthony Averett	Woodbury	6-6
2013	<b>Roland Gamez</b>	<b>Hasbrouck Heights</b>	6-2
2014	Nicholas Medway	Whippany Park	5-10
2015	Tariq Adams	Pleasantville	6-8
2016	Divine Mercer	Weequahic	6-2

**Shot Put**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
1976	Felix Lee	Highland Park	<b>60-2</b>
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	<b>Jeff Kropiewnicki</b>	<b>Saddle Brook</b>	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	<b>Steve Dance</b>	<b>River Dell</b>	48-8.5
1999	<b>Frank Kozibroda</b>	<b>Wood-Ridge</b>	51-9
2000	<b>Frank Kozibroda</b>	<b>Wood-Ridge</b>	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	<b>Geoff Goidell</b>	<b>Pascack Hills</b>	52-0
2006	<b>Geoff Goidell</b>	<b>Pascack Hills</b>	50-2 3/4
2007	<b>Geoff Goidell</b>	<b>Pascack Hills</b>	55-10 1/2
2008	<b>Mike Renna</b>	<b>Hasbrouck Heights</b>	51-0 3/4
2009	<b>Patrick Cole</b>	<b>Hasbrouck Heights</b>	49-3 3/4
2010	<b>Patrick Cole</b>	<b>Hasbrouck Heights</b>	54-6 1/2
2011	Dontaye Rivera	Pleasantville	56-6 1/2
2012	Dontaye Rivera	Pleasantville	57-8 1/2
2013	Matt Santangelo	Hanover Park	55-2 3/4
2014	Nicholas James-Mclean	Wallkill Valley	47-3 1/4
2015	Ryan Addelsberger	Cinnaminson	54-1 3/4
2016	<b>Gio Gutierrez</b>	<b>Saddle Brook</b>	51-6 3/4



**Pole Vault****Year**

<b>2005</b>	Greg Lewis	Metuchen	12-6
<b>2006</b>	Ricky Zamora	Bernards	13-0
<b>2007</b>	Kyle DeGhetto	Bernards	12-6
<b>2008</b>	Sean Kelly	Shore	13-0
<b>2009</b>	<b>Greg Hoffman</b>	<b>Park Ridge</b>	14-6
<b>2010</b>	Mike Rivard	Haddonfield	14-6
<b>2011</b>	Pat Rynearson	Whippany Park	14-0
<b>2012</b>	Craig Hunter	Robbinsville	<b>15-1</b>
<b>2013</b>	Michael Closs	New Providence	13-0
<b>2014</b>	Luke Pease	Haddonfield	12-6
<b>2015</b>	<b>Travis Fisher</b>	<b>North Arlington</b>	14-0
<b>2016</b>	Joshua Ornovitz	New Providence	13-0

**Mile/1600 Relay****Year**

	<b>Name</b>	<b>School</b>	<b>Performance</b>
<b>1994</b>		Newark Science	3:32.46
<b>1995</b>		New Providence	3:33.90
<b>1996</b>		Pleasantville	3:30.61
<b>1997</b>		Metuchen	3:31.86
<b>1998</b>	NO RACE		
<b>1999</b>		Metuchen	3:34.72
<b>2000</b>		Metuchen	3:31.12
<b>2001</b>		Metuchen	3:37.27
<b>2002</b>		Metuchen	3:34.70
<b>2003</b>		Metuchen	3:37.18
<b>2004</b>		Whippany Park	3:38.87
<b>2005</b>	NO RACE		
<b>2006</b>	NO RACE		
<b>2007</b>		Union Catholic	3:27.51
<b>2008</b>		Pleasantville	3:31.13
<b>2009</b>		Snyder	3:31.89
<b>2010</b>		Metuchen	3:31.10
<b>2011</b>		Pleasantville	3:31.98
<b>2012</b>		Pleasantville	3:31.43
<b>2013</b>		Weequahic	3:28.05
<b>2014</b>		Metuchen	<b>3:27.06</b>
<b>2015</b>		Willingboro	3:29.43
<b>2016</b>		Weequahic	3:29.80

**Team Scoring**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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		<b>Saddle Brook</b>	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		<b>Saddle Brook</b>	38
		Shore	
2005		<b>Saddle Brook</b>	38
2006		Haddon Heights	37
2007		Pope John	28
2008		Pleasantville	58
2009		Glassboro	55
2010		Haddonfield	<b>66</b>
2011		Haddonfield	50
2012		Pleasantville	49
2013		Pleasantville	54
2014		Roselle	30
2015		Haddonfield	36
2016		Haddonfield	55