

Parochial A

Dash

Year	Name	School	Performance
1961	Jerry Krumeich	Essex Catholic	6.6*
1962	Jerry Krumeich	Essex Catholic	6.4*
1963	Bill Madden	Bergen Catholic	6.6*
1964	Bob Reinoehl	Marist	6.7*
1965	Ken Foley	St. Aloysius	6.7*
1966	Charlie Dougherty	Bergen Catholic	6.8*
1967	Bob Hauk	St. Joseph Reg.	6.6*
1968	Bob Hauk	St. Joseph Reg.	6.5*
1969	Bob Hauk	St. Joseph Reg.	6.5*
1970	Don Braxton	Essex Catholic	6.5*
1971	Tom Newman	Don Bosco	n.t.
1972	Tom Newman	Don Bosco	n.t.
1973	Leon Lackey	St. Anthony's (T)	6.6*
1974	Del Lawson	Don Bosco Tech	6.6*
1975	Roger Hoskins	Essex Catholic	6.6*
1976	Rory Robinson	St. Peter's Prep	6.5*
1977	Remo Biagioni	Bergen Catholic	6.5*
1978	Ed Nieves	St. Peter's Prep	6.7*
1979	Tim Gilmore	CBA	6.6*
1980	Mike Geraghty	Don Bosco	6.7
1981	Curt Hampstead	St. Jos. (Met)	6.5
1982	Howard Ashley	Seton Hall	6.71
1983	Rich Thomas	St. Peter's (NB)	6.5
1984	Reggie Smith	Seton Hall	6.6
1985	Reggie Smith	Seton Hall	6.6
1986	Benson Goodwyn	Essex Catholic	6.6
1987	Derrick Horner	Don Bosco	6.6
1988	Derrick Horner	Don Bosco	6.61
2008	Mike Suarez	Union Catholic	6.68
2009	Clayton Parros	Seton Hall	6.58
2010	Keith Cumming	St. Peter's Prep	6.69

440/400

Year	Name	School	Performance
1961	Frank Koch	St. Peter's Prep	52.5*
1962	George McHugh	St. Aloysius	54.3*
1963	Ken Baile	St. Aloysius	54.2*
1964	Rich Zindell	Marist	53.6*
1965	Ed Paxson	St. Aloysius	53.2*
1966	Bill Rabadan	Bergen Catholic	52.9*
1967	Jim Scheidemann	Essex Catholic	51.8*
1968	Jim Barnacle	CBA	51.8*
1969	Peter Tuohy	Essex Catholic	51.8*
1970	James Carter	Seton Hall	50.8*
1971	James Carter	Seton Hall	50.5*
1972	Vince Campi	Seton Hall	49.9*
1973	Don Nizolek	St. Jos. (Met)	51.3*
1974	Keith Royster	Essex Catholic	53.2*
1975	Keith Royster	Essex Catholic	51.5*
1976	Ian Johnston	St. Jos. (Met)	51.6*

1977	P.J. Mastro	Paramus Catholic	52.3*
1978	Art Jones	Essex Catholic	51.8*
1979	Rick Green	Seton Hall	51.8*
1980	Mike Geraghty	Don Bosco	51.4
1981	John Pedati	Queen of Peace	51.8
1982	Vic St. Preux	Essex Catholic	52.0
1983	Vic Herlinsky	Don Bosco	51.5
1984	Vic Herlinsky	Don Bosco	50.5
1985	Jameel Spencer	Seton Hall	50.6
1986	Vern Richards	Seton Hall	52.5
1987	Don Carter	Seton Hall	51.42
1988	Barry Hughes	Seton Hall	51.62
2008	Clayton Parros	Seton Hall	49.92
2009	Clayton Parros	Seton Hall	49.04
2010	Najee Glass	St. Peter's Prep	48.77

880/800

Year	Name	School	Performance
1961	NO RACE		
1962	NO RACE		
1963	NO RACE		
1964	NO RACE		
1965	NO RACE		
1966	NO RACE		
1967	Rich Higgins	St. Joseph Reg.	1:58.6*
1968	Rich Stickles	Roselle Catholic	1:58.9*
1969	Joe Savage	Essex Catholic	1:53.3*
1970	Joe Savage	Essex Catholic	1:51.3*
1971	Gary Trojanowski	St. Jos. (Met)	1:59.4*
1972	Gary Trojanowski	St. Jos. (Met)	1:57.6*
1973	Alex Long	Hudson Catholic	1:56.4*
1974	Steve Mohyla	Seton Hall	1:59.5*
1975	Steve Mohyla	Seton Hall	1:58.9*
1976	Joe Hurley	Don Bosco	1:58.6*
1977	Mike Saletta	Don Bosco	1:58.1*
1978	Pete Casagrande	CBA	1:58.5*
1979	Pete Casagrande	CBA	1:58.3*
1980	Rick Green	Seton Hall	2:02.6
1981	John Pedati	Queen of Peace	2:00.7
1982	Bill Dwyer	Don Bosco	1:58.3
1983	Frank Baier	Red Bank Catholic	1:59.2
1984	Bob Carroll	CBA	1:59.6
1985	Jim Hickey	CBA	2:01.4
1986	John Alexander	CBA	1:59.6
1987	James Barnes	St. Benedict's	1:58.6
1988	Matt Mitchell	CBA	1:57.41
2008	Brandon Pierson	CBA	1:59.36
2009	Jamie Gibilisco	Notre Dame	2:00.06
2010	Kevin Byrne Jr.	Red Bank Catholic	1:55.73

1000 Y

Year	Name	School	Performance
1961	Henry Gretzinger	St. Mary's (JC)	2:20.1*
1962	Alex Fraenkel	Seton Hall	2:22.4*

1963	Vadim Schaldenko	Seton Hall	2:24.3*
1964	Jack O'Leary	Essex Catholic	2:21.1*
1965	Tom Hayes	Essex Catholic	2:20.2*
1966	Jim Weir	St. Jos. (Met)	2:20.1*

Mile/1500/1600

Year	Name	School	Performance
1961	Paul Gately	St. Rose	4:35.7*
1962	Ted Zizlsperger	Seton Hall	4:41.9*
1963	Tim Sheehan	CBA	4:41.4*
1964	Larry Rooney	Essex Catholic	4:38.2*
1965	Mike Garvey	Roselle Catholic	4:32.9*
1966	Fred Lane	Essex Catholic	4:35.7*
1967	Marty Liquori	Essex Catholic	4:20.5*
1968	Dave Lynch	Essex Catholic	4:20.9*
1969	Tim Turner	St. Jos. (Met)	4:23.6*
1970	Bill Sieben	Union Catholic	4:17.0*
1971	Paul Donovan	Seton Hall	4:24.1*
1972	Chris Inman	Essex Catholic	4:21.1*
1973	Jerry Carney	Paramus Catholic	4:24.0*
1974	Bill Duffy	Bergen Catholic	4:26.9*
1975	Kevin Byrne	Bergen Catholic	4:20.0*
1976	Kevin Byrne	Paramus Catholic	4:21.5*
1977	Kevin Byrne	Paramus Catholic	4:14.0*
1978	John Wavro	St. Jos. (Met)	4:21.8*
1979	John Wavro	St. Jos. (Met)	4:24.7*
1980	Don Sullivan	Essex Catholic	4:04.6&
1981	Len McLeod	CBA	4:06.5&
1982	Steve Singer	St. Jos. (Met)	4:29.0
1983	Frank Baier	Red Bank Catholic	4:24.1
1984	Bill Barrett	CBA	4:21.1
1985	Bill Kolb	CBA	4:27.1
1986	Marty Malague	St. Jos. (Met)	4:30.7
1987	James Barnes	St. Benedict's	4:24.8
1988	Matt Mitchell	CBA	4:23.3
2008	Brandon Pierson	CBA	4:23.89
2009	Pat Schellberg	Delbarton	4:22.40
2010	Pat Schellberg	Delbarton	4:10.48

2M/3000/3200

Year	Name	School	Performance
1966	Marty Liquori	Essex Catholic	9:44.2*
1967	Steve Baran	Union Catholic	9:47.3*
1968	Mike Keogh	Essex Catholic	9:31.8*
1969	Mike Keogh	Essex Catholic	9:26.2*
1970	Mike Keogh	Essex Catholic	9:29.2*
1971	Steve Riley	Queen of Peace	9:22.6*
1972	Mike Scarborough	Bergen Catholic	9:14.8*
1973	Chris Inman	Essex Catholic	9:18.1*
1974	Jim Cioban	Roselle Catholic	9:36.8*
1975	Dave Lamm	Morris Catholic	9:20.5*
1976	Ron Gale	CBA	9:22.5*
1977	Ron Gale	CBA	9:29.6*
1978	Bill Mariski	Marist	9:35.4*

1979	Steve Trembley	Essex Catholic	9:31.9*
1980	Marc Librizzi	CBA	8:46.8&
1981	Greg Noll	Morris Catholic	8:52.8&
1982	Tony Morelli	St. John Vianney	9:35.1
1983	Paul Marabito	CBA	9:23.9
1984	Bill Barrett	CBA	9:43.8
1985	Bill Kolb	CBA	9:25.3
1986	Doug Tilton	St. Jos. (Met)	9:04.3&
1987	John Coyle	CBA	9:40.5
1988	John Coyle	CBA	9:30.9
2008	Leighton Spencer	Don Bosco	9:42.29
2009	D.J. Thornton	Union Catholic	9:27.03
2010	Michael Rankin	Paul VI	9:24.85

Hurdles

Year	Name	School	Performance
1961	Jim Spellman	St. Aloysius	8.8*
1962	Jim Wolf	Seton Hall	8.1*
1963	Don Orth	Seton Hall	7.7*
1964	Jim Wenthe	Bergen Catholic	7.8*
1965	Bill Sabo	Roselle Catholic	8.0*
1966	Bill Sabo	Roselle Catholic	7.5*
1967	Jim Cooney	Union Catholic	7.7*
1968	Tom Garrity	Essex Catholic	7.5*
1969	Joe Abitante	Roselle Catholic	7.4*
1970	Dave Dolan	St. Jos. (Met)	7.5*
1971	John Haug	Seton Hall	7.5*
1972	Kevin McEvoy	St. Jos. (Met)	7.5*
1973	Tom Mindel	St. Jos. (Met)	7.6*
1974	Gary Vanderhoof	Roselle Catholic	7.5*
1975	Keith Royster	Essex Catholic	7.4*
1976	Paul Snipes	Essex Catholic	7.2*
1977	Vince Reilly	St. Jos. (Met)	7.7*
1978	George Martinez	Essex Catholic	7.9*
1979	Miguel Alvarez	Hudson Catholic	7.4*
1980	Larry Moran	Don Bosco	7.7
1981	Pete Newman	St. Jos. (Met)	7.6
1982	Bill Fern	St. Jos. (Met)	7.6
1983	Phil Horrisberger	CBA	7.6
1984	Mike Ruane	St. Jos. (Met)	7.9
1985	Todd Urbanik	Morris Catholic	7.5
1986	Frank Verga	Hudson Catholic	7.6
1987	Sean O'Connell	Morris Catholic	7.76
1988	Todd Walthall	Seton Hall	7.65
2008	Medina	Mater Dei	8.05
2009	Shalikat Bardhan	Bishop Ahr	7.82
2010	Marquis McEwen	Notre Dame	7.81

High Jump

Year	Name	School	Performance
1961	Gus Strittmater	Don Bosco	5-9.75
1962	Rich Kennedy	Don Bosco	5-11
1963	Ed Mulvihill	CBA	6-2
1964	Ed Mulvihill	CBA	6-3.75

1965	Greg Walsh	St. Aloysius	6-3
1966	Joe Utz	CBA	6-0
1967	Steve Finlay	Bergen Catholic	6-0
1968	Tom DeLaura	Bergen Catholic	6-1
1969	Paul Madden	CBA	6-0
1970	Henry Engelbrecht	CBA	6-2
1971	Henry Engelbrecht	CBA	6-0
1972	Ed Fern	St. Jos. (Met)	6-4
1973	Joe Zarra	Essex Catholic	6-0
1974	Don Holmes	Paramus Catholic	6-2
1975	Alton Williams	Essex Catholic	6-4
1976	Art Steadman	CBA	6-2
1977	Tim Carr	St. Jos. (Met)	6-6.5
1978	Mike Shanks	Essex Catholic	6-4
1979	Mike Shanks	Essex Catholic	6-8
1980	Glen Harscar	CBA	6-2
1981	Glen Harscar	CBA	6-4
1982	Glen Harscar	CBA	6-6
1983	Kevin Spellman	CBA	6-4
1984	Tim Bracken	CBA	6-2
1985	Tim Bracken	CBA	6-6
1986	Tucker Carroll	Roselle Catholic	6-0
1987	Greg Rodier	Bishop Eustace	6-4
1988	Rich Robinson	St. Joseph Reg.	6-5
2008	Chris Thomas	Pope John	6-6
2009	Jake Bartlett	CBA	6-3
2010	Christian Smith	Seton Hall	6-2

Shot Put

Year	Name	School	Performance
1961	Jim Kearney	St. Aloysius	46-4
1962	Gus Zilincar	CBA	41-4.75
1963	Gus Zilincar	CBA	54-2
1964	Tim Obrotka	Bergen Catholic	54-2.75
1965	Dennis Kanach	Roselle Catholic	56-11
1966	Joe Wilson	St. Jos. (Met)	56-7
1967	Joe Wilson	St. Jos. (Met)	57-4
1968	Bob Gray	Essex Catholic	58-10
1969	Steve Adams	St. Joseph Reg.	62-9.5
1970	Steve Adams	St. Joseph Reg.	65-10
1971	Rudy Guevara	Essex Catholic	62-7.5
1972	Al Wujciak	Essex Catholic	58-0
1973	Fred Batista	Roselle Catholic	59-5
1974	Mark Saner	St. Joseph Reg.	59-3
1975	Jim Casson	Paul VI	55-3
1976	Gerry McIntyre	St. Joseph Reg.	54-9
1977	Bob Vorhies	OLV	61-10.5
1978	Bill Wilson	St. Joseph Reg.	53-4
1979	Angelo Anicito	Roselle Catholic	52-9
1980	Mike Masters	CBA	52-7
1981	George Dippold	CBA	55-2.5
1982	Bob Lutkewitte	CBA	59-5
1983	Shawn Wilson	Hudson Catholic	52-4.5

1984	Joe Quartaro	Seton Hall	53-3
1985	Sean Power	Don Bosco	53-8.25
1986	Joe Sabia	Hudson Catholic	48-11
1987	Tom Vandemark	St. Jos. (Met)	55-0.5
1988	Tom Vandemark	St. Jos. (Met)	57-10
2008	Eric Davis	Notre Dame	51-11
2009	George Solujich	Notre Dame	54-0.25
2010	George Solujich	Notre Dame	54-10.5

1000 Y Relay

Year	Name	School	Performance
1962		St. Peter's Prep	1:55.3*
1963		Marist	1:55.2*
1964	NO RACE		
1965		St. Peter's Prep	1:53.0*

2 Mile Relay

Year	Name	School	Performance
1961		Seton Hall	8:25.7*
1962		Seton Hall	8:41.3*
1963		Essex Catholic	8:32.0*
1964		Essex Catholic	8:27.0*
1965		Seton Hall	8:20.7*

Mile/1600 Relay

Year	Name	School	Performance
1961		St. Peter's Prep	3:37.8*
1962		Holy Trinity	3:43.0*
1963		OLV	3:42.8*
1964		Roselle Catholic	3:42.5*
1965		Roselle Catholic	3:39.2*
1966		Seton Hall	3:43.7*
1967	NO RACE		
1968	NO RACE		
1969		Roselle Catholic	3:28.2*
1970		Seton Hall	3:25.4*
1971		Seton Hall	3:27.0*
1972	NO RACE		
1973	NO RACE		
1974	NO RACE		
1975	NO RACE		
1976	NO RACE		
1977	NO RACE		
1978	NO RACE		
1979	NO RACE		
1980	NO RACE		
1981	NO RACE		
1982	NO RACE		
1983	NO RACE		
1984	NO RACE		
1985	NO RACE		
1986	NO RACE		
1987	NO RACE		
1988	NO RACE		
2008		Bergen Catholic	3:29.84

2009		Pope John	3:27.92
2010		Bergen Catholic	3:26.24

Pole Vault

2008	Mike Reese	St. John Vianney	12-0
2009	Scott Weismiller	Don Bosco	14-0
2010	Scott Weismiller	Don Bosco	13-6

Team Scoring

Year	Name	School	Performance
1961		St. Aloysius	20
1962		Seton Hall	35
1963		Bergen Catholic	32
1964		Essex Catholic	
1965		Roselle Catholic	39
1966		Essex Catholic	34
1967		Roselle Catholic	28
1968		Essex Catholic	41
1969		Roselle Catholic	35
1970		Seton Hall	24
1971		Seton Hall	36
1972		Essex Catholic	30.5
1973		St. Jos. (Met)	21
1974		Essex Catholic	18
1975		Essex Catholic	37
1976		Essex Catholic	23
1977		St. Jos. (Met)	27
1978		CBA	27
1979		Essex Catholic	37.5
1980		Seton Hall	22
		Don Bosco	
		CBA	
1981		CBA	36
1982		CBA	39.5
1983		CBA	34
1984		CBA	46
1985		CBA	35
1986		CBA	26
1987		CBA	35
1988		CBA	33
2008		CBA	63
2009		St. Joseph (Met.)	42
2010		Don Bosco	50

Parochial B

Dash

Year	Name	School	Performance
1978	John Lobur	Morris Catholic	6.8*
1979	John Lobur	Morris Catholic	6.7*
1980	Ken Davenport	St. Benedict's	6.7
1981	Kevin Jenkins	St. Benedict's	6.7
2008	Lawrence Brown	St. Patrick	6.93
2009	Vacant		
2010	Mustafa Lawrence	Queen of Peace	6.63

440/400

Year	Name	School	Performance
1978	Mike Brower	Oratory	53.8*
1979	Tony Jenkins	St. Benedict's	52.7*
1980	Tony Balestrieri	Oratory	53.1*
1981	Ron Mobley	St. Benedict's	53.5*
2008	Brian Laskowski	Bishop Eustace	51.53
2009	Carlton Bowers	Pingry	51.83
2010	Justin Ramsey	Holy Cross	53.13

880/800

Year	Name	School	Performance
1978	Bob Bongo	Morris Catholic	2:02.8*
1979	Bob Bongo	Morris Catholic	2:01.9*
1980	Mike Hoffman	Oratory	2:08.9
1981	Mike Montecorvo	Mater Dei	2:06.6
2008	Brian Laskowski	Bishop Eustace	2:00.10
2009	Dan Schuchinsky	Pingry	2:03.49
2010	Colin Richmond	St. Rose	2:05.12

Mile/1500

Year	Name	School	Performance
1978			
1979			
1980			
1981			
2008	Mike Sheehan	Holy Cross	4:26.02
2009	Dan Schuchinsky	Pingry	4:28.14
2010	Colin Richmond	St. Rose	4:30.12

2M/3000

Year	Name	School	Performance
1978	Tony Barberio	Morris Catholic	9:54.8*
1979	Mark Russell	Bayley-Ellard	9:53.6*
1980	John Leary	Bayley-Ellard	9:33.1&
1981	Bob DeReyna	Oratory	9:32.7&
2008	Doug Smith	Gill St. Bernard	9:14.48
2009	Doug Smith	Gill St. Bernard	9:16.50
2010	Colin Richmond	St. Rose	10:16.72

Hurdles

Year	Name	School	Performance
1978	Dave Melfi	Queen of Peace	7.8*
1979	John Lobur	Morris Catholic	7.8*
1980	Rick Lever	Immaculate Conc.	8.4
1981	Rick Lever	Immaculate Conc.	8.1
2008	Robert Rogers	St. Rose	8.39
2009	Lawrence Casseus	St. Patrick	8.04
2010	Robert Hugin	Pingry	8.46

High Jump

Year	Name	School	Performance
1978	Rich Bongo	Morris Catholic	5-8
1979	Rich Bongo	Morris Catholic	6-0
1980	Rick Lever	Immaculate Conc.	5-8
1981	Rick Lever	Immaculate Conc.	6-2
2008	Robert Rogers	St. Rose	5-8
2009	Tony Smith	St. Patrick	5-6

2010	Pete Toso	Holy Cross	6-2
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Shot Put

Year	Name	School	Performance
1978	Jim Morrison	Morris Catholic	57-7
1979	Jeff Long	Queen of Peace	48-8
1980	Dan Kelleher	Mater Dei	48-10
1981	John Elzin	Mater Dei	49-3
2008	Joe Giannndrea	Bishop Eustace	47-10.5
2009	Rory Walsh	Holy Cross	43-4.5
2010	Nick Battaglia	Bishop Eustace	44-3

Pole Vault

2008	Josh Brinkerhoff	Veritas	12-0
2009	Josh Brinkerhoff	Veritas	13-6
2010	Drew Harris	Holy Cross	11-6

Team Scoring

Year	Name	School	Performance
1978		Morris Catholic	44
1979		Morris Catholic	44
1980		Oratory	38
1981		Mater Dei	34
2008		Holy Cross	72
2009		Pingry	78
2010		Bishop Eustace	64
		St. Rose	64