

# BOYS LEAGUE TRACK AND FIELD RECORDS

## NNJIL

100 METERS --- 10.31 by Joe Dawkins, Hackensack, 1995  
200 METERS --- 21.4 by Shaquan Brown, Kennedy, 2006  
21.58 by Dawkins, 1995  
400 METERS --- 48.12 by Joe Velazquez, Paramus, 1999  
800 METERS --- 1:52.04 by John Kauke, Ridgewood, 2000  
1600 METERS --- 4:18.5 by Bob Keino, Ridgewood, 1994  
3200 METERS --- 9:13.3 by Mohamed Khadraoui, Kennedy, 2004  
110 METER HIGH HURDLES --- 14.1 by David Jones, Montclair, 1985 and Andy Paraison, Don Bosco, 1994  
400 METER INTERMEDIATE HURDLES --- 52.6 by Andrew Cameron, Eastside, 1987.  
SHOT PUT --- 61-10  $\frac{3}{4}$  by Dave Laube, Fair Lawn, 1979  
DISCUS --- 172-11 by Dave Nowacki, Hackensack, 1976  
JAVELIN --- 191-4 by Christian Francisco, Bloomfield, 2000 (OLD)  
JAVELIN --- 189-9 by Jim Malizia, St. Joseph Regional, 2002 (NEW)  
HIGH JUMP --- 7-1  $\frac{1}{2}$  by Eric Taylor-Perry, Montclair, 1990  
LONG JUMP --- 24-1  $\frac{1}{2}$  by Derrick Horner, Don Bosco, 1988  
TRIPLE JUMP --- 48-0  $\frac{1}{2}$  by Darius Pemberton, Hackensack, 1992  
POLE VAULT --- 14-0 by Dan Cuzzo, Montclair, 1988 and Dan Cooper, Ridgewood, 2000  
4 x 400 RELAY --- 3:19.1 by Don Bosco, 2007

## NBIL

100 METERS --- 10.94 by Corey Crawford, Indian Hills, 2010  
200 METERS --- 21.78 by Crawford, 2010  
400 METERS --- 49.1 by Kroner, 2005 and 2006  
800 METERS --- 1:56.1 by Jim Siedliski, Pascack Hills, 1984  
1600 METERS --- 4:22.3 by Bob Schwartz, Demarest, 1982  
3200 METERS --- 9:18.6 by Rob Reeder, Northern Highlands, 1992  
110 METER HIGH HURDLES --- 14.3 by Guy Rose, Wayne Hills, 1999  
400 METER INTERMEDIATE HURDLES --- 53.2 by Brian Otley, Wayne Hills, 1985  
SHOT PUT --- 58-10 by Geoff Goidell, Pascack Hills, 2007  
DISCUS --- 165-1 by Bob Ellis, Ramapo, 1976  
JAVELIN --- 187-11 by Kevin Steimle, Mahwah, 2009  
HIGH JUMP --- 6-6  $\frac{1}{2}$  by Deke DeFreese, Mahwah, 1995  
LONG JUMP --- 24-2  $\frac{3}{4}$  by Craeford, 2010  
TRIPLE JUMP --- 46-8  $\frac{1}{2}$  by Ted Leshner, Northern Highlands, 2006  
POLE VAULT --- 14-6 by Greg Stripe, Mahwah, 2007 and Dan Nyfenger, Demarest, 2010  
4 x 400 RELAY --- 3:24.0 by Northern Highlands, 2006

## BCSL AMERICAN

100 METERS --- 10.8 by Mark Lumsden, Englewood, 2001 and Raldaine McDonald, Englewood, 2009  
200 METERS --- 21.5 by Cliff Duncan, Englewood, 1982  
400 METERS --- 49.6 by Dimar Labega, Rutherford, 2002  
800 METERS --- 1:56.3 by Cavrel Silvera, Fort Lee, 1997  
1600 METERS --- 4:25.6 by Charles Goold, Rutherford, 2007  
3200 METERS --- 9:43.5 by Rich Byrne, Ridgefield Park, 1982  
110 METER HIGH HURDLES --- 14.2 by Ken Clark, New Milford, 1969  
400 METER INTERMEDIATE HURDLES --- 53.1 by Anthony Hampton, Englewood, 1994  
SHOT PUT --- 61-9 by Ray Sahadi, Tenafly, 1974  
DISCUS --- 178-6 by Steve McGovern, Dumont, 2002  
JAVELIN --- 212-6 by Bruce Bacchiocchi, Dumont, 1982 (OLD)  
JAVELIN --- 206-11 by Erik Heymann, Westwood, 2005 (NEW)

HIGH JUMP --- 6-6  $\frac{3}{4}$  by Mike Curti, Dumont, 1979  
LONG JUMP --- 23-2 by Chris Hewitt, Englewood, 1992  
TRIPLE JUMP --- 46-6  $\frac{1}{2}$  by Val Terebizh, Fort Lee, 2006  
POLE VAULT --- 14-8 by Juan Andres Giglio, Ridgefield Park, 2010  
4 x 400 RELAY --- 3:26.4 by Fort Lee, 2006

## **BCSL NATIONAL**

100 METERS --- 10.8 by Mark Wiley, Cresskill, 1981  
200 METERS --- 21.7 by Da'Mon Merkerson, St. Mary's, 2007  
400 METERS --- 49.6 by Gary Gagliardi, Hasbrouck Heights, 2001  
800 METERS --- 1:56.9 by Dave Kelchner, Cresskill, 1972\*  
1600 METERS --- 4:21.4 by Mike Fezza, Cresskill, 1979\*  
3200 METERS --- 9:35.2 by Barry Scanlan, Emerson, 1976\*  
110 METER HIGH HURDLES --- 14.5 by Jeff Fedorchak, Lyndhurst, 1989  
400 METER INTERMEDIATE HURDLES --- 55.4 by Dave Lado, Ridgefield, 2003  
SHOT PUT --- 58-2 by Mark Thalasinis, Rutherford, 1976  
DISCUS --- 162-0 by Frank Cassella, Leonia, 1982  
JAVELIN --- 202-0 by Frank Bellini, Becton, 1982 (OLD)  
JAVELIN --- 197-3 by Joe Gingerelli, Wood-Ridge, 2008 (NEW)  
HIGH JUMP --- 6-6 by Tim Henkel, Secaucus, 1986 and Tom DiBuono, New Milford, 1987  
LONG JUMP --- 22-5  $\frac{1}{2}$  by Vernard Hoover, Hasbrouck Heights, 2003  
TRIPLE JUMP --- 46-7  $\frac{1}{2}$  by Dave Frazier, Rutherford, 1989  
POLE VAULT --- 12-6 by John Pierro, North Arlington, 1986, Scott Silverman, New Milford, 1995, Claudio Morsella, Lyndhurst, 1997, Steve Piskadlo, North Arlington, 2001, J.J. Ferrie, Lyndhurst, 2005 and Richie Cannici, Hasbrouck Heights, 2009 and 2010  
4 x 400 RELAY --- 3:25.5 by Hasbrouck Heights, 2010

## **BCSL OLYMPIC**

100 METERS --- 10.7 by Chris Charles, Park Ridge, 2000  
200 METERS --- 22.0 by Charles, 2000 and Donovan Bolden, Leonia, 2008  
400 METERS --- 49.7 by Jon Reid, Bergen Tech, 2003 and Hayden Duffy, Emerson, 2008  
800 METERS --- 1:58.1 by Arthur Freitas, Palisades Park, 2009  
1600 METERS --- 4:22.4 by David Clayton, Wood-Ridge, 1987  
3200 METERS --- 9:21.5 by Scott Sarnoski, Bergen Tech, 1978\*  
110 METER HIGH HURDLES --- 14.8 by Andy Lim, Leonia, 2004 and Bolden, 2007  
400 METER INTERMEDIATE HURDLES --- 55.6 by Dennis Calacione, New Milford, 2001  
SHOT PUT --- 65-3 by Andy Papathanassiou, Emerson, 1985  
DISCUS --- 168-9 by Papathanassiou, 1985  
JAVELIN --- 209-0 by Bob Erskine, North Arlington, 1982 (OLD)  
JAVELIN --- 194-2 by Kyle Elliott, Cresskill, 2007 (NEW)  
HIGH JUMP --- 6-4 by Chris Kanya, Park Ridge, 1974 and Gavin Charlton, Palisades Park, 2002  
LONG JUMP --- 22-5  $\frac{1}{2}$  by Orestes Medina, Palisades Park, 2005  
TRIPLE JUMP --- 45-10  $\frac{1}{2}$  by Charles, 2000  
POLE VAULT --- 15-0 by Greg Hoffman, Park Ridge, 2009  
4 x 400 RELAY --- 3:27.5 by New Milford, 2007

## **BPSL**

100 METERS --- 10.6 by Kenardo Henry, Manchester, 2010  
200 METERS --- 21.7 by Orion Woodard, Pompton Lakes, 2006  
400 METERS --- 49.9 by Rob Grammar, Glen Rock, 2003  
800 METERS --- 1:57.5 by Dane Bender, Pompton Lakes, 2006  
1600 METERS --- 4:19.9 by George Gusciora, Saddle Brook, 1982  
3200 METERS --- 9:23.9 by Gusciora, 1982

110 METER HIGH HURDLES --- 13.9 by Anthony Pomo, Saddle Brook, 2005  
400 METER INTERMEDIATE HURDLES --- 54.9 by King Perry, 1991  
SHOT PUT --- 59-2 ¼ by Ron Kort, Mahwah, 1976  
DISCUS --- 169-9 by Scott Miller, Elmwood Park, 1986  
JAVELIN --- 224-1 by Kaleb Zuidema, Midland Park, 2010  
HIGH JUMP --- 6-6 by Mike Stansfield, Garfield, 1999  
LONG JUMP --- 22-8 ½ by Chris Phipps, Lodi, 2008  
TRIPLE JUMP --- 48-0 ½ by Phipps, 2008  
POLE VAULT --- 13-0 by Steve Keating, Pompton Lakes, 1986 and Dan Lalewski, Garfield, 2002  
4 x 400 RELAY --- 3:22.8 by Passaic Tech, 1989

## **NORTHERN HILLS**

100 METERS --- 10.6 by Al-teriq Suber, West Side, 1995  
200 METERS --- 22.05 by Lance Wigfall, Clifford Scott, 2002  
400 METERS --- 47.51 by Lance Wigfall, Clifford Scott, 2002  
800 METERS --- 1:56.0 by Ernesto Perez, West Side, 1990 (1:56.14 by Dave Heerema, West Milford, 2001)  
1600 METERS --- 4:17.28 by Curtis Richbyrg, West Orange, 2009  
3200 METERS --- 9:22.82 by Tyler udland, Millburn, 2008  
110 METER HIGH HURDLES --- 14.4 by Rich Ryerson, Morris Catholic, 1996 (14.61 by Alec Marshall, Wayne Valley, 2007)  
400 METER INTERMEDIATE HURDLES --- 54.30 by Nicoy Hines, Passaic Tech, 2009  
SHOT PUT --- 57-6 ½ by Dan Bulger, Pequannock, 1985  
DISCUS --- 178-4 by George Abyad, Passaic Valley, 2007  
JAVELIN --- 214-1 by Chris Corcoran, Morris Catholic, 1990 (OLD)  
JAVELIN --- 197-1 by Mark Paski, Delbarton, 2006 (NEW)  
HIGH JUMP --- 6-8 by Andrew Dambreville, West Orange, 1994  
LONG JUMP --- 23-0 ¼ by Brad Mayo, West Orange, 1984  
TRIPLE JUMP --- 44-7 by James Buroughs, West Orange, 2009  
POLE VAULT --- 13-10 by Adam Lazor, West Milford, 2008  
4 x 400 RELAY --- 3:24.8 by Clifford Scott, 1986

## **GIRLS LEAGUE TRACK AND FIELD RECORDS**

### **NNJIL**

100 METERS --- 11.66 by Aleah Williams, Montclair, 1997  
200 METERS --- 23.72 by Williams, 1997  
400 METERS --- 55.8 by Viola Harris, Passaic, 1986 and Essence Carson, Eastside, 2004  
800 METERS --- 2:09.5 by Jasmin Jones, Hackensack, 1986  
1600 METERS --- 4:57.6 by Jones, 1986  
3200 METERS --- 10:36.5 by Jones, 1987  
100 METER HIGH HURDLES --- 14.44 by Jennifer Whitlock, Montclair, 2001  
400 METER LOW HURDLES --- 62.4 by Tawana Watkins, Kennedy, 2000  
SHOT PUT --- 41-3 ½ by Nakiesha Leon, Passaic, 1997  
DISCUS --- 134-11 by Sue Piekarz, Clifton, 1987  
JAVELIN --- 140-8 by Shannon Sullivan, IHA, 2009  
HIGH JUMP --- 5-4 by Sue McMurdy, Wayne Valley, 1981, Anne Bansemeir, Nutley, 1986, Lauren Singleton, Teaneck, 1987 and Chris Branigan, Nutley, 1988  
LONG JUMP --- 19-8 by Cassandra Grant, Passaic, 1992  
TRIPLE JUMP --- 38-2 ½ by Sharon Allen, Eastside, 1987 and Jen McDermott, Ridgewood, 1988  
POLE VAULT --- 11-6 by Emily Urciuoli, Clifton, 2008 and 2009  
4 x 400 RELAY --- 3:59.3 by Kennedy, 2006

### **NBIL**

100 METERS --- 11.95 by Myasia Jacobs, Paramus Catholic, 2010

200 METERS --- 24.90 by Jacobs, 2010  
400 METERS --- 56.76 by Amy Salek, Ramapo, 2008  
800 METERS --- 2:16.2 by Toni Ann Angione, Bergenfield, 1985  
1600 METERS --- 4:59.2 by Kesley Ramsey, Ramapo, 2007  
3200 METERS --- 11:15.4 by Ramsey, 2006  
100 METER HIGH HURDLES --- 14.2 by Jamie Lilien, Pascack Valley, 2000  
400 METER LOW HURDLES --- 63.5 by Kim Baumbach, Pascack Valley, 1987  
SHOT PUT --- 46-7 ¼ by Kelly Fazekas, Demarest, 2003  
DISCUS --- 137-2 by Linda Clayton, Demarest, 1979  
JAVELIN --- 152-9 by Daina Pucurs, Demarest, 2004  
HIGH JUMP --- 5-6 by Amy Nehls, Indian Hills, 1986 and Cheryl Burdick, Ramsey, 1998 and 1999  
LONG JUMP --- 17-11 by Margaret Rottkamp, Indian Hills, 1985-1986  
TRIPLE JUMP --- 37-9 by Rottkamp, 1986  
POLE VAULT --- 11-6 by Chelsea Hartigan, Ramapo, 2010  
4 x 400 RELAY --- 4:02.64 by Ramapo, 2008

## **BCSL AMERICAN**

100 METERS --- 12.1 by Carlene Cummings, Englewood, 1998  
200 METERS --- 24.7 by Janine Davis, Queen of Peace, 2005  
400 METERS --- 55.4 by Janine Davis, Queen of Peace, 2005  
800 METERS --- 2:15.0 by Janine Davis, Queen of Peace, 2004  
1600 METERS --- 5:11.6 by Eileen Keyes, Tenafly, 1982  
3200 METERS --- 11:28.9 by Keyes, 1982  
100 METER HIGH HURDLES --- 14.5 by Cummings, 1998  
400 METER LOW HURDLES --- 64.0 by Caitlin Sherry, River Dell, 2001  
SHOT PUT --- 38-3 by Kim Grein, Ridgefield Park, 2001  
DISCUS --- 115-9 by Chris Coppola, River Dell, 2008  
JAVELIN --- 128-3 by Paula DiMeglio, Ridgefield Park, 1982 (OLD)  
JAVELIN --- 120-0 by Laura Bruno, Tenafly, 2010 (NEW)  
HIGH JUMP --- 5-3 by C.J. Jacob, Ridgefield Park, 2005  
LONG JUMP --- 19-1 ½ by Carlene Cummings, Englewood, 1997  
TRIPLE JUMP --- 40-0 ½ by Carlene Cummings, Englewood, 1998  
POLE VAULT --- 10-6 by Emily Mino, River Dell, 2008  
4 x 400 RELAY --- 4:04.9 by River Dell, 2007 and River Dell, 2008

## **BCSL NATIONAL**

100 METERS --- 12.7 by Jen Cagaio, Hasbrouck Heights, 2002  
200 METERS --- 26.2 by Jenn Nass, Hasbrouck Heights, 2009  
400 METERS --- 60.4 by Celine Lee, North Arlington, 2001  
800 METERS --- 2:22.4 by Debbie Hillery, Leonia, 1983  
1600 METERS --- 5:15.7 by Robyn Heim, Lyndhurst, 1986  
3200 METERS --- 11:50.0 by Jennifer Narr, Rutherford, 1985  
100 METER HIGH HURDLES --- 15.3 by Shannon Dillon, New Milford, 1993  
400 METER LOW HURDLES --- 65.8 by Dillon, 1993  
SHOT PUT --- 40-6 ½ by Kirsten Christiansen, Rutherford, 1987  
DISCUS --- 122-6 by Sue Zak, Rutherford, 1978  
JAVELIN --- 132-8 by Elena Primerano, Lyndhurst, 1989 (OLD)  
JAVELIN --- 125-10 by Courtney Reggo, Ridgefield, 2003 (NEW)  
HIGH JUMP --- 5-4 by Sylvia Battista, Rutherford, 1985  
LONG JUMP --- 16-9 ½ by Nicole Weingartner, Hasbrouck Heights, 2007  
TRIPLE JUMP --- 36-0 ½ by Petrolia, 1987  
POLE VAULT --- 9-0 by Tara Fisher, North Arlington, 2008  
4 x 400 RELAY --- 4:13.9 by Rutherford, 1981

## **BCSL OLYMPIC**

100 METERS --- 12.6 by Erika Ostrove, Cresskill, 2004  
200 METERS --- 26.3 by Kate Watson, Leonia, 2005 and 2006 and Terra Luke, Leonia, 2009  
400 METERS --- 58.5 by Aly Hanson, New Milford, 2005  
800 METERS --- 2:23.7 by Alicia Henry, Cresskill, 2005  
1600 METERS --- 5:30.2 by Camille Longue, Bergen Tech, 2006  
3200 METERS --- 11:56.6 by Longue, 2006  
100 METER HIGH HURDLES --- 16.2 by Irene Oustergard, Park Ridge, 1994 and April Kaiser, Park Ridge, 2008  
400 METER LOW HURDLES --- 66.8 by Jen Grasso, Hasbrouck Heights, 1993  
SHOT PUT --- 37-4½ by Laura Cowan, Cresskill, 2008  
DISCUS --- 123-1 by Tiffany Phoenix, Cresskill, 2002  
JAVELIN --- 124-6 by Chris Bradley, Ridgefield, 1982 (OLD)  
JAVELIN --- 120-1 by Kaiser, 2008 (NEW)  
HIGH JUMP --- 5-4 by Deneen Steiner, Ridgefield, 1982  
LONG JUMP --- 17-4 ½ by Kathy Harmel, Wallington, 1982  
TRIPLE JUMP --- 35-9 ½ by Jen Barthelemy, Bogota, 2001  
POLE VAULT --- 9-0 by Nicole Hernandez, Cresskill, 2009  
4 x 400 RELAY --- 4:15.7 by Cresskill, 2004

## **BPSL**

100 METERS --- 11.7 by Ajda Dotday, Hawthorne, 2008  
200 METERS --- 25.2 by Andrea Herbert, Passaic Tech, 2002 and Katelyn Savage, Manchester, 2006  
400 METERS --- 58.0 by Kim Mineo, Glen Rock, 2002  
800 METERS --- 2:17.8 by Erin Henry, Glen Rock, 2001  
1600 METERS --- 5:13.9 by Kristen Traub, Eastern Christian, 2009  
3200 METERS --- 11:16.9 by Amy Van Alstine, Midland Park, 2005  
100 METER HIGH HURDLES --- 14.8 by Justine Diana, Saddle Brook, 2001  
400 METER LOW HURDLES --- 63.4 by Kiara Arrick, Manchester, 2007  
SHOT PUT --- 37-4 ¾ by Nikki Uzelac, Midland Park, 2001  
DISCUS --- 114-0 by Colette Kloetz, Ramsey, 1978  
JAVELIN --- 141-4 by Jen Austin, Garfield, 2000 (OLD)  
JAVELIN --- 128-5 by Whitney Verduin, Hawthorne, 2002 and Shaunteriah Douglas, Garfield, 2010  
HIGH JUMP --- 5-4 by Nancy Larena, Saddle Brook, 1983  
LONG JUMP --- 17-7 ½ by Megan Burke, Glen Rock, 1991  
TRIPLE JUMP --- 37-8 by Andrea Herbert, Passaic Tech, 2001  
POLE VAULT --- 11-9 by Michelle Favre, Saddle Brook, 2009  
4 x 400 RELAY --- 4:03.8 by Glen Rock, 1995

## **NORTHERN HILLS**

100 METERS --- 11.9 by Vanessa Lewis, Morris Catholic, 1995  
200 METERS --- 25.0 by Staci Jordan, Orange, 1992  
400 METERS --- 56.0 by Lewis, 1995  
800 METERS --- 2:17.36 by Alyssa Douma, West Milford, 2005  
1600 METERS --- 5:05.6 by Jen van Horn, Wayne Valley, 1985  
-3200 METERS --- 10:41.1 by Jen Mizzone, Passaic Valley, 2003  
100 METER HIGH HURDLES --- 15.0 by Karen James, Clifford Scott, 1987  
400 METER LOW HURDLES --- 64.22 by Amber Allen, Passaic Tech, 2009  
SHOT PUT --- 39-5 by Alisha Gray, West Orange, 2008  
DISCUS --- 142-2 by Fenlator, 2003  
JAVELIN --- 130-4 by Tayler Siegrist, Madison, 2008  
HIGH JUMP --- 5-6 ¼ by Michele Dudzinski, Passaic Valley, 1993  
LONG JUMP --- 17-10 by Jen Roy, Wayne Valley, 1993  
TRIPLE JUMP --- 36-3 ¾ by Sherene Stephens, Orange, 2005  
POLE VAULT --- 12-4 by Chrissy Finkel, Montville, 2008  
4 x 400 RELAY --- 4:00.0 by Clifford Scott, 1988