

BERGEN COUNTY RELAYS RECORDS

BOYS GROUP 3-4

400 METERS

2023-Bergen Catholic 41.78

800 METERS

2007-Teaneck 1:27.0

1600 METERS

2010-Bergen Catholic 3:20.4

3200 METERS

1974-Bergen Catholic 8:01.1

6400 METERS

2012-Don Bosco 17:35.1

SPRINT MEDLEY

2016-Pascack Valley 3:29.8

DISTANCE MEDLEY

2014-Don Bosco 10:19.6

SHUTTLE HURDLES

2024-Ridgewood 60.68

INTERMEDIATE HURDLES

2016-Demarest 2:47.4

SHOT PUT

1970-St. Joseph Regional 176-7 ½

DISCUS

1965-Paramus 470-8

JAVELIN

1982-Dumont 524-4

2023-Mahwah (new javelin) 513-0

HIGH JUMP**1982-Hackensack 18-8****LONG JUMP****2024-Demarest 63-10 ³/₄****TRIPLE JUMP****2011-Teaneck 130-8 ¹/₂****POLE VAULT****2023-Old Tappan 41-6****BOYS GROUP 1-2****400 METERS****2016-Lyndhurst 44.2****800 METERS****2021-Cresskill 1:31.2****1992-Englewood 1:31.7 (880)****1600 METERS****1973-Paramus Catholic 3:24.9 (1 mile)****3200 METERS****1973-Paramus Catholic 8:08.0 (2 miles)****6400 METERS****1979-Queen of Peace 18:21.4 (4 miles)****SPRINT MEDLEY****1973-Paramus Catholic 3:35.5****DISTANCE MEDLEY****1973-Paramus Catholic 10:37.9****SHUTTLE HURDLES****1976-New Milford 62.1****INTERMEDIATE HURDLES****1983-Tenafly 2:50.4**

SHOT PUT**1976-Rutherford 155-3 ½****DISCUS****1978-Waldwick 419-9****JAVELIN****1982-North Arlington 531-1**
2008-Wood-Ridge 511-0 (new javelin)**HIGH JUMP****1974-Park Ridge 17-10****1980-Waldwick 17-10****1999-Westwood 17-10****LONG JUMP****1997-Rutherford 64-1****TRIPLE JUMP****1992-Englewood 128-7****POLE VAULT****1973-Pascack Valley 36-6****GIRLS GROUP 3-4****400 METERS****2010-Paramus Catholic 47.1****800 METERS****2010-Paramus Catholic 1:41.0****1600 METERS****2010-Paramus Catholic 3:57.0****3200 METERS****2014-Ramapo 9:28.8****6400 METERS****2021- Ridgewood 21:08.4**

SPRINT MEDLEY	
2012-Teaneck	4:06.4
DISTANCE MEDLEY	
2012-Ridgewood	12:16.8
SHUTTLE HURDLES	
2019-Paramus Catholic	1:01.1
INTERMEDIATE HURDLES	
2019-Ridgewood	3:13.0
SHOT PUT	
2002-Demarest	112-10 ½
DISCUS	
2023-Old Tappan	348-10
JAVELIN	
2022-Fair Lawn	377-8
HIGH JUMP	
1986-Teaneck	15-6
LONG JUMP	
2019-Paramus Catholic	51-6
TRIPLE JUMP	
2014-River Dell	105-7 ¼
POLE VAULT	
2016-Demarest	32-0
GIRLS GROUP 1-2	
400 METERS	
2002-Queen of Peace	48.6
800 METERS	
2002-Queen of Peace	1:44.8

1600 METERS	
2007-Ramsey	4:03.6
3200 METERS	
2016-Park Ridge	9:59.4
6400 METERS	
2024-Ramsey	22:25.00
SPRINT MEDLEY	
2016-Hasbrouck Heights	4:16.4
DISTANCE MEDLEY	
2000-Glen Rock	12:53.5
SHUTTLE HURDLES	
2019-Glen Rock	1:04.8
INTERMEDIATE HURDLES	
2015-Hasbrouck Heights	3:24.2
SHOT PUT	
2016-Westwood	102-6 ¼
DISCUS	
2013-Cresskill	293-6
JAVELIN	
2016-Midland Park	343-4
HIGH JUMP	
1994-Mahwah	15-0
LONG JUMP	
1979-Tenafly	49-0
TRIPLE JUMP	
1997-Englewood	101-5 ½
POLE VAULT	
2016-Ramsey	26-0