

BERGEN COUNTY RELAYS RECORDS

BOYS GROUP 3-4

400 METERS

2014-Paramus Catholic 42.2

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

2012-Pascack Valley 3:30.1

DISTANCE MEDLEY

2014-Don Bosco 10:19.6

SHUTTLE HURDLES

2010 Ridgewood 61.0

INTERMEDIATE HURDLES

2015-Old Tappan 2:47.8

SHOT PUT

1970-St. Joseph Regional 176-7 ½

DISCUS

1965-Paramus 470-8

JAVELIN

1982-Dumont 524-4

HIGH JUMP**1982-Hackensack 18-8****LONG JUMP****1981-Hackensack 62-11 ¼****TRIPLE JUMP****2011-Teaneck 130-8 ½****POLE VAULT****2017-Old Tappan 38-6****BOYS GROUP 1-2****400 METERS****1997-Englewood 44.3****800 METERS****1967-Tenafly 1:31.7****1992-Englewood 1:31.7****1600 METERS****1973-Paramus Catholic 3:24.9****3200 METERS****1973-Paramus Catholic 8:08.0****6400 METERS****1979-Queen of Peace 18:21.4****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****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****2018- Ridgewood 21:16.5****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	
2002-Demarest	333-3
JAVELIN	
2017-Demarest	351-10
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	
2015-Hasbrouck Heights	9:59.7
6400 METERS	
2001-Glen Rock	22:29.1
SPRINT MEDLEY	
2007-Ramsey	4:20.6
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	
2013-Westwood	101-3 ½
DISCUS	
1988-Westwood	291-7
JAVELIN	
1983-New Milford	326-3
HIGH JUMP	
1994-Mahwah	15-0
LONG JUMP	
1979-Tenafly	49-0
TRIPLE JUMP	
1997-Englewood	101-5 ½
POLE VAULT	
2018-Glen Rock	25-0