

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	
2015- Ridgewood	21:24.6
SPRINT MEDLEY	
2012-Teaneck	4:06.4
DISTANCE MEDLEY	
2012-Ridgewood	12:16.8
SHUTTLE HURDLES	
2015-River Dell	1:02.6
INTERMEDIATE HURDLES	
2012-Demarest	3:20.1
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	
2014-Paramus Catholic	51-0 ¾
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	
2015-Cresskill	1:06.2
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	
2014-Pascack Hills	24-0