

# Bergen County Track and Field Records

## Individual Events

### 100 meter dash:

10.31	Joe Dawkins	Hackensack High School	1995
11.44	Myasia Jacobs	Paramus Catholic High School	2010

### 200 meter dash:

20.8* (220 -0.1)	Bill Walker	Englewood High School	1965
23.73	Myasia Jacobs	Paramus Catholic High School	2010

### 400 meter dash:

47.18	Walter McCall	Hackensack High School	1988
54.68	Dana Riley	Teaneck High School	1993

### 800 meter run:

1:50.10	Patrick Rono	Lyndhurst High School	2011
2:05.80	Corinne Myers	Westwood High School	2014

### 1600 meter run:

4:04.09* (1mi-1.5)	Ben Malone	Pascack Valley High School	2013
4:41.61	Josette Norris	Tenaflly High School	2013

### 3200 meter run:

8:55.41	Kyle Levermore	Don Bosco Preparatory High School	2013
10:25.57	Josette Norris	Tenaflly High School	2014

### 100/110 meter hurdles:

13.96	Darius Pemberton	Hackensack High School	1992
13.55	Grace O'Shea	Ramapo High School	2019

### 400 intermediate hurdles:

51.92	Anthony Hampton	Dwight Morrow (Englewood) High School	1994
60.08	Alex Cimino	Westwood High School	2013

### High Jump:

6-10	Scoot Palmer	Teaneck High School	1979
	Darius Pemberton	Hackensack High School	1993
	Godfrey Gordon	Garfield High School	1995
6-0 $\frac{3}{4}$	Jenna Rogers	Rutherford High School	2017

### Long Jump:

25-0 $\frac{1}{2}$	Corey Crawford	Indian Hills High School	2010
19-5 $\frac{3}{4}$	Tatyanna Sanders	Paramus Catholic High School	2014

### Triple Jump:

50-5	Chris Phipps	Lodi High School	2008
42-5	Carlene Cummings	Dwight Morrow (Englewood) High School	1998

### Pole Vault:

16-0	Max Zuckerman	Pascack Hills High School	2022
12-7	Melissa Purcell	Pascack Valley High School	2018

### Shot Put:

68-3	Andy Papathanassiou	Emerson High School	1985
48-10 $\frac{1}{2}$	Amarys Berry	Hackensack High School	2016

### Discus:

193-10	Benjamin Shue	Bergen Catholic High School	2022
143-4	Jenn Flinchum	Demarest High School	1999

### Javelin:

224-1	Kaleb Zuidema	Midland Park High School	2010
155-8	Daina Pucurs	Demarest High School	2004

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## Relays:

### 4x100 meter relay:

41.71	Teaneck High School	2010
46.90	Paramus Catholic High School	2010

### 4x200 meter relay:

1:26.78	Teaneck High School	2007
1:41.0	Paramus Catholic High School	2010

### 4x400 meter relay:

3:15.15	Teaneck High School	2010
3:51.44	Northern Highlands High School	2013

### 4x800 meter relay:

7:39.57	Ridgewood High School	2014
9:00.43	Ridgewood High School (M.McPaddan, H.Shigenobu, C.Davidson, C.Pagano)	2012

### 4x1600 meter relay:

17:06.6*	Paramus Catholic (*Adjusted from 4xmile: 17:12.2)	1973
20:27.2*	Ridgewood (*Adjusted from 4xmile: 20:34.4) (M.Scutro, B.Pringle, M.Mileski, P.Mileski)	1983

### Sprint Medley (200,200,400,800):

3:25.04	Ridgewood High School (M.Tai-22.3, K.Grant-21.6, K.Mack-49.9, M.Thurston-1:50.86)	2016
4:02.84	Westwood High School (? Ran faster at Nationals)	2013

### Distance Medley (1200,400,800,1600):

10:04.2*	Paramus Catholic High School (*Adjusted from yards -3.7)	1973
11:50.73	Ridgewood High School (C.Davidson, M.McPaddan, H.Shigenobu, C.Pagano)	2012

### 4x100/110 hurdles:

59.2	Ridgewood High School (Lane, Rogers, Muth, Wankmuller)	1975
59.43	Paramus Catholic High School	2019

### 3x400 hurdles:

2:47.8	Old Tappan High School	2015
3:13.0	Ridgewood High School (K.Muccio-(61.2), V.Purritano-(65.1), V.Morley-(66.7))	2019

### 3xHigh Jump:

18-8	Hackensack High School	1982
16-2	Ridgewood High School (R.DuFlon, B.Granata, B.Deetz)	1975

### 3xLong Jump:

64-1	Rutherford High School	1997
51-6	Paramus Catholic High School (I.Dely-(18-4), T.Bautista-(17-5.5), K.Cox(15-8.5))	2019

### 3xTripleJump:

130-8 ½	Teaneck High School	2011
106-9 ¾	Mahwah High School	2012

### 3xPoleVault:

40-0	Ridgefield Park High School	2014
33-6	Demarest High School (Michell Rubinetti-(12-0), Caitlin Reverand-(11-6), Erin Yuder-(10-0))	2016

### 3xShotPut:

179-1	St. Joseph Regional High School	1970
114-8	Demarest High School	2002

### 3xDiscus:

470-8	Paramus High School	1965
348-10	Old Tappan High School (Layla Giordano-(146-7), Maya Giordano-(103-7), Mackenzie Ward-(98-8))	2023

### 3xJavelin:

547-9	Ridgefield Park High School	1993
350-6	Garfield High School	2000