

BIG NORTH CHAMPIONSHIPS

BOYS

UNITED DIVISION

TEAM SCORING

2011---Don Bosco 178, Bergen Catholic 81 ½, Paramus Catholic 30
2012---Don Bosco 128, St. Joseph 69, Paramus Catholic 56
2013---Don Bosco 121, Bergen Catholic 121, Paramus Catholic 43
2014---Don Bosco 173, Bergen Catholic 68, Paramus Catholic 60
2015---Don Bosco 126, Bergen Catholic 104, Paramus Catholic 65
2016---Don Bosco 155.5, Bergen Catholic 106.5, Paramus Catholic 59

100 METER DASH

2011---Tarique Gray, Bergen Catholic	11.10
2012---Jabrill Peppers, Paramus Catholic	11.10
2013---Jabrill Peppers, Paramus Catholic	10.5 (h)
2014---Jabrill Peppers, Paramus Catholic	10.77
2015---Wankeith Akin, Don Bosco	11.29
2016---Javon Turner, Paramus Catholic	10.63

200 METER DASH

2011---Leonte Carroo, Don Bosco	22.28
2012---Jabrill Peppers, Paramus Catholic	21.98
2013---Jabrill Peppers, Paramus Catholic	21.37
2014---Dalton Friend, Don Bosco	22.06
2015---Wankeith Akin, Don Bosco	22.16
2016---Wankeith Akin, Don Bosco	22.19

400 METER DASH

2011---Leonte Carroo, Don Bosco	48.64
2012---Tim Hamlett, Don Bosco	49.42
2013---Joe White, DePaul	48.35
2014---Adam Ramos, Don Bosco	50.35
2015---Anthony Palmisano, DePaul	51.19
2016---Donald Stewart, Paramus Catholic	52.23

800 METER RUN

2011---Atticus DeProspero, Don Bosco	2:00.45
2012---Ryan Tucker, Don Bosco	2:00.35
2013---Mike Higgins, Don Bosco	1:57.12
2014---Joe White, DePaul	1:52.94
2015---Matt Morano, Bergen Catholic	2:00.96
2016---Alex Zeepvat, Don Bosco	2:00.24

1600 METER RUN

2011---Phelan McCormick, Don Bosco	4:30.75
2012--- Adam Ramos, Don Bosco	4:36.28
2013---Rob Townsend, Don Bosco	4:24.62
2014---Patrick Sullivan, Don Bosco	4:26.29
2015---Connor Nicholson, Don Bosco	4:27.85

2016---Connor Nicholson, Don Bosco 4:39.12

3200 METER RUN

2011---Nick Carapezza, Don Bosco 9:37.32
2012---Nick Mendolia, Don Bosco 9:48.46
2013---Mike Higgins, Don Bosco 9:38.46
2014---Mike Higgins, Don Bosco 9:25.96
2015---Patrick Sullivan, Don Bosco 9:50.00
2016---Luke Novak, Don Bosco 10:11.11

110 METER HURDLES

2011---Selwyn Maxwell, Don Bosco 15.10
2012---Joshua Floyd, Don Bosco 15.59
2013---Marc Wright, DePaul 15.3 (h)
2014---Joshua Floyd, Don Bosco 15.58
2015---Ryan Dunker, Bergen Catholic 16.62
2016---Kevin DeLoughry, Bergen Catholic 16.20

400 METER HURDLES

2011---Tyler Dilworth, Bergen Catholic 56.05
2012---Dan Lynch, Bergen Catholic 58.83
2013---Dan Lynch, Bergen Catholic 57.20
2014---Joshua Floyd, Don Bosco 57.58
2015---Kevin Deloughry, Bergen Catholic 58.41
2016---Kevin Deloughry, Bergen Catholic 57.54

SHOT PUT

2011---Marquise Wright, Paramus Catholic 56-2 ½
2012---Marcus Pantoja, Paramus Catholic 49-9
2013---Jack Lippin, Bergen Catholic 49-9 ½
2014---Marcus Pantoja, Paramus Catholic 50-0 ½
2015---Rashan Gary, Paramus Catholic 50-4 ½
2016---Marcus Valdez, Don Bosco 48-6

DISCUS

2011---Marquise Wright, Paramus Catholic 158-5
2012---Samuel Kleinberg, St. Joseph 131-9
2013---Jack Lippin, Bergen Catholic 123-9
2014---Marcus Valdez, Don Bosco 134-2
2015---Rashan Gary, Paramus Catholic 146-4
2016---Michael Mendoza, Paramus Catholic 147-4

JAVELIN

2011---Tyler Yee, Don Bosco 187-7
2012---Casey Paulosky, DePaul 155-9
2013---Paul Sheridan, Paramus Catholic 169-3
2014---Paul Sheridan, Paramus Catholic 175-3
2015---Garrett Hessman, Bergen Catholic 157-4
2016---Dohan Kim, Bergen Catholic 148-2

HIGH JUMP

2011---Almir Dobbs, Paramus Catholic 5-8

2012---	Tyrone Washington, Paramus Catholic	6-0
2013---	Kyle Quiero, Bergen Catholic	6-2
2014---	Kristian Bautista, Paramus Catholic	6-0
2015---	Drew Singleton, Paramus Catholic	6-4
2016---	Kevin Jackson, Bergen Catholic	5-6

LONG JUMP

2011---	Greg Hazell, Don Bosco	21-0
2012---	Joe Moran, Don Bosco	19-8
2013---	Zach Bazile, St. Joseph	21-7 ¼
2014---	Phil Ozuah, Don Bosco	20-4
2015---	Alijah Jackson, Paramus Catholic	20-8 ¼
2016---	Wankeith Akin, Don Bosco	20-9

TRIPLE JUMP

2011---	Greg Hazell, Don Bosco	45-2
2012---	Joe Moran, Don Bosco	42-5 ½
2013---	Kyle Quiero, Bergen Catholic	42-1
2014---	Phil Ozuah, Don Bosco	41-1 ½
2015---	Hugh Spence, Paramus Catholic	38-8 ¼
2016---	Zair Talmadge, Don Bosco	40-2

POLE VAULT

2011---	Teddy D'Amico, Bergen Catholic	11-0
2012---	Mike Moore, Bergen Catholic	11-0
2013---	Teddy D'Amico, Bergen Catholic	12-6
2014---	Chris Puntasecca, IHA	11-0
2015---	Chris Puntasecca, IHA	10-0
2016---	Derek Wafer, Bergen Catholic	11-6

1600 METER RELAY

2011---	Don Bosco	3:24.82
2012---	Don Bosco	3:24.78
2013---	Don Bosco	3:24.56
2014---	DePaul	3:33.20
2015---	Don Bosco	3:33.95
2016---	Bergen Catholic	3:34.86

FREEDOM DIVISION

TEAM SCORING

2011---	Ridgewood 130 ½, Teaneck 99, Paramus 47 ½
2012---	Ridgewood 136, Hackensack 112 ½, Teaneck 38 ½
2013---	Ridgewood 154, Ramapo 102, Indian Hills 79
2014---	Ridgewood 191, Indian Hills 109, Hackensack 75
2015---	Northern Highlands 124 ½, Indian Hills 106, Ridgewood 101
2016---	Ridgewood 167.5, Indian Hills 111, Northern Highlands 78

100 METER DASH

2011---	Malcolm McKnight, Teaneck	11.40
2012---	Deandre Jennings, Hackensack	11.14
2013---	Kenny Clarke, Ramapo	11.19

2014---	Jake Sabatini, Ridgewood	11.25
2015---	Matt Vicarri, Northern Highlands	11.61
2016---	Kobi Grant, Ridgewood	11.07

200 METER DASH

2011---	Malcolm McKnight, Teaneck	22.85
2012---	Deandre Jennings, Hackensack	22.85
2013---	Kenny Clarke, Ramapo	22.50
2014---	DooHee Han, Ridgewood	22.83
2015---	Joe Roma, Paramus	23.42
2016---	Matt Tai, Ridgewood	22.72

400 METER DASH

2011---	Bryan Murphy, Teaneck	50.41
2012---	Matt Schneider, Paramus	50.97
2013---	Storm Dublirer, Ridgewood	50.10
2014---	Mike Nowatsky, Indian Hills	49.59
2015---	Jack Kerin, Indian Hills	51.16
2016---	Michael Thurston, Ridgewood	49.74

800 METER RUN

2011---	Levi Jennings, Ridgewood	1:58.57
2012---	Levi Jennings, Ridgewood	1:57.07
2013---	Michael Thurston, Ridgewood	1:59.66
2014---	Michael Thurston, Ridgewood	1:58.14
2015---	Michael Thurston, Ridgewood	1:59.03
2016---	Michael Thurston, Ridgewood	2:01.65

1600 METER RUN

2011---	Levi Jennings, Ridgewood	4:21.12
2012---	Levi Jennings, Ridgewood	4:17.41
2013---	Chris Mascetti, Hackensack	4:23.66
2014---	J.P. Julian, Northern Highlands	4:20.53
2015---	Matt Tuohy, Indian Hills	4:24.06
2016---	Matt Cohane, Indian Hills	4:31.79

3200 METER RUN

2011---	Carlos Coronado, Hackensack	10:08.53
2012---	Travis Spicer, Ridgewood	9:46.72
2013---	Nick Salamone, Ridgewood	9:49.37
2014---	Chris Evans, Indian Hills	9:45.96
2015---	Matt Tuohy, Indian Hills	9:43.21
2016---	Derek Barney, Indian Hills	9:49.95

110 METER HURDLES

2011---	Matt Beausoleil, Ridgewood	15.63
2012---	Mo Headley, Hackensack	15.02
2013---	Kevin Chung, Ridgewood	15.01
2014---	Mike Zeno, Ridgewood	15.55
2015---	Andre Grant, Hackensack	15.82
2016---	Al-Tariq Dunson, Paramus	15.00

400 METER HURDLES

2011---	InSoo Hwang, Ridgewood	58.27
2012---	Mo Headley, Hackensack	56.51
2013---	Kevin Halloran, Indian Hills	56.96
2014---	Brandon Rousseau, Indian Hills	58.36
2015---	Liam Moran, Northern Highlands	57.78
2016---	Jack Kerin, Indian Hills	57.82

SHOT PUT

2011---	Stephen Mozia, Hackensack	61-8 ½
2012---	D.J. Bourgeois, Hackensack	51-10
2013---	Alek Gulbenkian, Paramus	49-11 ½
2014---	Mike Mosconi, Indian Hills	47-9
2015---	Demar Stewart, Hackensack	47-11 ¾
2016---	Kenny Ekert, Ridgewood	50-10

DISCUS

2011---	Stephen Mozia, Hackensack	187-11
2012---	D.J. Bourgeois, Hackensack	127-7
2013---	Trevor Mild, Indian Hills	144-8
2014---	Mike Antosiewicz, Ridgewood	140-3
2015---	Nick Ghichian, Paramus	124-10
2016---	Demar Stewart, Hackensack	143-1

JAVELIN

2011---	Eric Lesko, Paramus	161-0
2012---	Jeremy Wills, Teaneck	152-0
2013---	Harry Sullivan, Ramapo	173-7
2014---	Nick Higgins, Ridgewood	161-2
2015---	Arun Pradhanang, Paramus	148-0
2016---	Allan Fall, Ramapo	169-5

HIGH JUMP

2011---	Sean Wimbush, Teaneck	6-3
2012---	Mike Cummings, Hackensack	6-4
2013---	Danny Thompson, Indian Hills	6-4
2014---	Kenny Clarke, Ramapo	6-2
2015---	Derek Anderson, Indian Hills	6-0
2016---	Derek Anderson, Indian Hills	6-4

LONG JUMP

2011---	John Robertson, Paramus	21-5
2012---	Evan Bartlik, Ridgewood	22-10
2013---	James Ortiz, Ramapo	21-3 ¼
2014---	Frankie Richard, Northern Highlands	21-2
2015---	Frankie Richard, Northern Highlands	21-4 ¾
2016---	Frankie Richard, Northern Highlands	22-2 ½

TRIPLE JUMP

2011---	Sean Wimbush, Teaneck	45-7 ¼
2012---	Evan Bartlik, Ridgewood	44-11 ½
2013---	Mike Menakis, Northern Highlands	43-8 ¾

2014---Harrison Escoffery, Hackensack	42-0
2015---Tommy Smith, Hackensack	44-6
2016---Frankie Richard, Northern Highlands 45-6	

POLE VAULT

2011---James Knight, Ridgewood	11-0
2012---Allan Wong, Ridgewood	12-0
2013---Dylan Downing, Ridgewood	13-6
2014---Keith Gandy, Indian Hills	14-0
2015---Michael Forbes, Hackensack	11-6
2016---Luc Bontoux, Ridgewood	13-0

1600 METER RELAY

2011---Teaneck	3:24.36
2012---Ridgewood	3:26.62
2013---Ramapo	3:25.66
2014---Ridgewood	3:26.12
2015---Ridgewood	3:31.29
2016---Indian Hills	3:30.46

NATIONAL DIVISION

TEAM SCORING

2011---Demarest 114, Old Tappan 109 1/3, Northern Highlands 64 2/3
2012---Old Tappan 137, Demarest 91, Northern Highlands 41
2013---Demarest 179, Old Tappan 130, Teaneck 74
2014---Old Tappan 174 1/2, Demarest 163, Teaneck 56
2015---Old Tappan 192, Demarest 103, Teaneck 74
2016---Old Tappan 201, Demarest 168, Pascack Valley 54 1/2

100 METER DASH

2011---Devin Fuller, Old Tappan	11.46
2012---Devin Fuller, Old Tappan	11.25
2013---Benjamin Davis, Old Tappan	11.02
2014---Jaleel Felton, Pascack Valley	11.21
2015---Pierce Lukas, Old Tappan	11.40
2016---Miles Watson, Old Tappan	11.56

200 METER DASH

2011---Devin Fuller, Old Tappan	22.88
2012---Devin Fuller, Old Tappan	22.58
2013---Benjamin Davis, Old Tappan	22.67
2014---Cory Adelson, Demarest	23.11
2015---Pierce Lukas, Old Tappan	23.11
2016---Tom Rienas, Old Tappan	23.05

400 METER DASH

2011---Brandon Gregory, Old Tappan	50.85
2012---Brandon Gregory, Old Tappan	51.09
2013---Jaleel Felton, Pascack Valley	49.92
2014---George Jenkins, Teaneck	49.08
2015---Andrew Schumacher, Old Tappan	50.68
2016---Tom Rienas, Old Tappan	50.71

800 METER RUN

2011---	Brad Paternostro, Ramapo		1:59.08
2012---	Kyle Davidson, Old Tappan	2:00.17	
2013---	George Jenkins, Teaneck		1:59.72
2014---	Marc Rienas, Old Tappan		1:58.52
2015---	A.J. Hall, Pascack Valley		1:58.06
2016---	Will Rienas, Old Tappan		1:59.69

1600 METER RUN

2011---	Brad Paternostro, Ramapo		4:21.51
2012---	Alex Weiner, Old Tappan		4:31.90
2013---	Kevin Rogovich, Demarest		4:37.83
2014---	Kevin Rogovich, Demarest		4:21.11
2015---	James Weissenborn, Old Tappan		4:25.37
2016---	Jeff Roberts, Pascack Valley		4:29.60

3200 METER RUN

2011---	Andrew Wilson, Ramapo		9:51.17
2012---	Will Maltin, Old Tappan		9:49.72
2013---	Kevin Rogovich, Demarest		9:59.37
2014---	Ian Clarke, Old Tappan		9:48.15
2015---	Max Zavidow, Tenafly		9:42.45
2016---	James Weissenborn, Old Tappan		9:54.56

110 METER HURDLES

2011---	Nick Picache, Northern Highlands		15.43
2012---	Rob Gebhard, Northern Highlands		15.00
2013---	Brendan Davidson, Old Tappan		15.62
2014---	Jay Jung, Tenafly		15.69
2015---	Joe Jordan, Old Tappan		15.12
2016---	Joe Jordan, Old Tappan		14.90

400 METER HURDLES

2011---	Brandon Gregory, Old Tappan		55.35
2012---	Brandon Gregory, Old Tappan		55.03
2013---	Brendan Davidson, Old Tappan		56.40
2014---	Brendan Davidson, Old Tappan		57.92
2015---	Tom Rienas, Old Tappan		58.91
2016---	Joe Jordan, Old Tappan		56.06

SHOT PUT

2011---	Andrew Trumbetti, Demarest		51-7
2012---	Andrew Trumbetti, Demarest		54-11 ½
2013---	Andrew Trumbetti, Demarest		59-2
2014---	Dean Pella, Old Tappan		49-5 ½
2015---	Chris Snead, Teaneck		48-2
2016---	Connor Scaglione, Demarest		46-10 ¾

DISCUS

2011---	Andrew Trumbetti, Demarest		151-0
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2012---	Andrew Trumbetti, Demarest	156-2
2013---	Andrew Trumbetti, Demarest	163-9
2014---	Chris Snead, Teaneck	141-8
2015---	Chris Snead, Teaneck	159-5
2016---	Connor Scaglione, Demarest	131-8

JAVELIN

2011---	Chris Piere, Demarest	166-8
2012---	Harry Sullivan, Ramapo	161-0
2013---	Mike Begen, Pascack Valley	175-9
2014---	Zachary DeNike, Old Tappan	158-9
2015---	Paul Ippolito, Demarest	167-6
2016---	Bryan Holden, Demarest	174-7

HIGH JUMP

2011---	Yoonil Kim, Demarest	6-0
2012---	Justin Pak, Demarest	6-2
2013---	Anthony Doran, Demarest	6-0
2014---	Josh Landsman, Demarest	6-2
2015---	Ben Stein, Tenafly	5-10
2016---	Kevin Doran, Demarest	5-8

LONG JUMP

2011---	Brian Choi, Old Tappan	20-2
2012---	George Alexandris, Fort Lee	20-9 ½
2013---	Benjamin Davis, Old Tappan	21-6 ½
2014---	Jordan Fuller, Old Tappan	20-10
2015---	Jordan Fuller, Old Tappan	20-10
2016---	Ben Stein, Tenafly	19-7

TRIPLE JUMP

2011---	Rob Gebhard, Northern Highlands	40-10
2012---	Rob Gebhard, Northern Highlands	45-11
2013---	Ben Chazen, Demarest	42-6 ¼
2014---	Romareo Anderson, Teaneck	42-7 ½
2015---	Ben Stein, Tenafly	41-0 ¼
2016---	Ben Stein, Tenafly	41-11

POLE VAULT

2011---	Eric Geider, Demarest	13-0
2012---	Eric Geider, Demarest	14-0
2013---	Eric Geider, Demarest	15-0
2014---	Luke Annichiarico, Old Tappan	15-4 ½
2015---	Sam Siegel, Demarest	13-0
2016---	Seth Kricheff, Old Tappan	13-0

1600 METER RELAY

2011---	Old Tappan	3:26.94
2012---	Demarest	3:27.51
2013---	Teaneck	3:26.86
2014---	Old Tappan	3:26.01
2015---	Old Tappan	3:28.05

2016---Old Tappan

3:32.11

LIBERTY DIVISION

TEAM SCORING

2011---Passaic Tech 127, Eastside 84, Clifton 57
2012---Passaic Tech 142, Clifton 80, Eastside 56
2013---Passaic Tech 182, Clifton 110 ½, Kennedy 87 ½
2014---Passaic Tech 167 ½, Clifton 97 ½, Kennedy 96
2015---Passaic Tech 167, Kennedy 119 ½, Eastside 69
2016---Passaic Tech 185, Kennedy 110, Clifton 74

100 METER DASH

2011---Gregory Oliver, Kennedy 11.48
2012---Kadeem O’Gilvie, Passaic Tech 11.26
2013---Thomas Jefferson, Passaic Tech 11.42
2014---Qwashon Powell, Kennedy 11.24
2015---Qwashon Powell, Kennedy 10.91
2016---Raheem Roberts, Eastside 11.25

200 METER DASH

2011---Latimere Campbell, Eastside 23.35
2012---Nalik Hodges, Eastside 22.86
2013---Thomas Jefferson, Passaic Tech 22.96
2014---Qwashon Powell, Kennedy 22.68
2015---Qwashon Powell, Kennedy 21.97
2016---Raheem Roberts, Eastside 22.69

400 METER DASH

2011---Messiah Quinones, Eastside 50.91
2012---Latimere Campbell, Eastside 51.06
2013---Nigel Burgess, Passaic Tech 49.36
2014---Qwashon Powell, Kennedy 50.37
2015---Qwashon Powell, Kennedy 48.85
2016---Raheem Roberts, Eastside 49.94

800 METER RUN

2011---Nigel Burgess, Passaic Tech 2:02.13
2012---Nigel Burgess, Passaic Tech 2:00.36
2013---Nigel Burgess, Passaic Tech 1:56.85
2014---Jeremy Hernandez, Clifton 1:57.06
2015---Rory Houston, Clifton 2:01.00
2016---Tarin Nelson, Passaic Tech 1:58.82

1600 METER RUN

2011---Nicolas Rodriguez, Passaic Tech 4:30.18
2012---Jessie Boria, Clifton 4:34.72
2013---Zak Fouad, Passaic Tech 4:22.78
2014---Jeremy Hernandez, Clifton 4:21.19
2015---Rory Houston, Clifton 4:32.63
2016---Jeron Jordan, Kennedy 4:33.31

3200 METER RUN

2011---	Victor Reyes, Passaic Tech	10:02.79
2012---	Justin Tanayan, Clifton	10:16.19
2013---	Justin Tanayan, Clifton	9:50.62
2014---	Octavio Sanchez, Clifton	10:13.22
2015---	Maurisio Nazario, Passaic	10:07.26
2016---	Jeron Jordan, Kennedy	10:08.45

110 METER HURDLES

2011---	Warren Beason, Passaic Tech	15.56
2012---	Tamar Godwin, Kennedy	15.21
2013---	Robert Laing, Kennedy	15.15
2014---	Tavoris Carter, Kennedy	15.55
2015---	Tyree Frazier, Passaic Tech	14.98
2016---	Shayne Coley, Kennedy	15.43

400 METER HURDLES

2011---	Warren Beason, Passaic Tech	55.14
2012---	Robert Laing, Kennedy	56.60
2013---	Robert Laing, Kennedy	54.03
2014---	Kevin Serrao, Bergen Tech	56.42
2015---	Marco Joseph, Eastside	55.78
2016---	Marco Joseph, Eastside	56.16

SHOT PUT

2011---	Robin Cepeda, Passaic Tech	47-6 ¼
2012---	Mark Ramsey, Kennedy	55-1
2013---	Robin Cepeda, Passaic Tech	52-6
2014---	David Gaynor, Passaic Tech	48-4
2015---	Nazier Lovely, Kennedy	48-4 ½
2016---	Patrick Henry, Passaic Tech	45-3 ½

DISCUS

2011---	John Sunday, Clifton	129-10
2012---	Robin Cepeda, Passaic Tech	142-9
2013---	Mark Ramsey, Kennedy	151-10
2014---	David Gaynor, Passaic Tech	132-9
2015---	Drew Lindsay, Passaic Tech	135-4
2016---	Patrick Henry, Passaic Tech	138-5

JAVELIN

2011---	Quatrell Huffin, Passaic Tech	168-0
2012---	Emmanuel Soriano, Passaic Tech	156-0
2013---	Jose Mercado, Passaic Tech	153-6
2014---	Emmanuel Soriano, Passaic Tech	159-5
2015---	Drew Lindsay, Passaic Tech	154-8
2016---	Thomas Laskowski, Passaic Tech	159-4

HIGH JUMP

2011---	Jabari Butler, Passaic Tech	6-2
2012---	Marcel McKinney, Passaic Tech	6-0
2013---	Quatier Jackson, Eastside	6-0

2014---	Tyree Frazier, Passaic Tech	6-2
2015---	Kevin Copper, Passaic Tech	6-7
2016---	Kevin Copper, Passaic Tech	6-2

LONG JUMP

2011---	Shareick Linder, Eastside	21-0 $\frac{3}{4}$
2012---	Quatier Jackson, Eastside	20-3 $\frac{1}{4}$
2013---	Quatier Jackson, Eastside	22-0 $\frac{1}{2}$
2014---	Travelle Curry, Passaic Tech	20-11 $\frac{1}{2}$
2015---	Jaciir Mack, Kennedy	22-3 $\frac{1}{2}$
2016---	Kevin Copper, Passaic Tech	21-9 $\frac{1}{2}$

TRIPLE JUMP

2011---	Rahmir McCray, Passaic Tech	44-1 $\frac{3}{4}$
2012---	Rahmir McCray, Passaic Tech	43-7 $\frac{1}{4}$
2013---	Travelle Curry, Passaic Tech	42-7 $\frac{1}{4}$
2014---	Travelle Curry, Passaic Tech	43-0 $\frac{1}{4}$
2015---	Jaciir Mack, Kennedy	45-0 $\frac{1}{2}$
2016---	Yasir Thomas, Passaic Tech	41-11 $\frac{1}{2}$

POLE VAULT

2011---	Tamar Godwin, Kennedy	11-0
2012---	Jose Gonzalez, Passaic Tech	11-6
2013---	Travelle Curry, Passaic Tech	12-0
2014---	Travelle Curry, Passaic Tech	12-6
2015---	Aritanit Sazimani, Clifton	10-6
2016---	Takashi Yuasa, Clifton	11-0

1600 METER RELAY

2011---	Eastside	3:28.46
2012---	Clifton	3:32.77
2013---	Clifton	3:25.90
2014---	Bergen Tech	3:29.39
2015---	Eastside	3:29.33
2016---	Clifton	3:30.88

INDEPENDENCE DIVISION

TEAM SCORING

2011---	West Milford 98, Wayne Valley 95, Lakeland 87
2012---	Wayne Hills 100, West Milford 75, Lakeland 65
2013---	Wayne Hills 107, Wayne Valley 101, West Milford 96
2014---	Wayne Hills 135.6, Wayne Valley 119.6, West Milford 89
2015---	Wayne Valley 125 $\frac{1}{2}$, West Milford 90, Fair Lawn 88
2016---	Wayne Hills 146.25, Wayne Valley 125.25, Passaic Valley 69

100 METER DASH

2011---	Joseph Ramadan, Wayne Hills	11.45
2012---	Patrick Benson, Wayne Valley	11.04
2013---	Kevin Diana, West Milford	11.39
2014---	Tabansi Collins, Wayne Valley	11.33
2015---	Tabansi Collins, Wayne Valley	11.10
2016---	Hunter Hayek, Wayne Hills	11.29

200 METER DASH

2011---Aaron Aquino, Lakeland	23.69
2012---Patrick Benson, Wayne Valley	22.66
2013---George Alexandris, Fair Lawn	23.04
2014---Tabansi Collins, Wayne Valley	23.36
2015---St Jacob Diodonet, West Milford	22.23
2016---Hunter Hayek, Wayne Hills	22.80

400 METER DASH

2011---Rob Pamarozza, Wayne Valley	50.28
2012---Jeff Gignac, Wayne Hills	52.32
2013---Kevin Diana, West Milford	52.23
2014---St Jacob Diodonet, West Milford	51.66
2015---St Jacob Diodonet, West Milford	49.70
2016---Tyler Hayek, Wayne Hills	50.05

800 METER RUN

2011---Chris Connolly, Wayne Valley	2:02.91
2012---Justin Diamond, Wayne Hills	2:04.62
2013---Brendan Ungemach, Wayne Hills	2:01.78
2014---Adam Herskovits, Wayne Valley	1:58.77
2015---Adam Herskovits, Wayne Valley	1:57.89
2016---Timothy Wong, West Milford	2:01.63

1600 METER RUN

2011---Zach Post, Wayne Valley	4:38.83
2012---Dan DeBlock, West Milford	4:25.59
2013---Brendan Ungemach, Wayne Hills	4:26.82
2014---Brendan Ungemach, Wayne Hills	4:23.09
2015---Adam Herskovits, Wayne Valley	4:28.13
2016---George Galkin, Wayne Hills	4:36.70

3200 METER RUN

2011---Zach Post, Wayne Valley	10:19.03
2012---Brendan Ungemach, Wayne Hills	9:58.34
2013---Brendan Ungemach, Wayne Hills	9:54.50
2014---Brendan Ungemach, Wayne Hills	10:02.50
2015---Joseph Zisa, Wayne Hills	10:00.38
2016---Joseph Zisa, Wayne Hills	10:11.42

110 METER HURDLES

2011---Mark Van Teyens, West Milford	15.31
2012---Mark Van Teyens, West Milford	15.24
2013---Brandon Ortiz, Lakeland	15.53
2014---Sueng Hwang, Wayne Hills	15.76
2015---Joseph Lewicki, Passaic Valley	15.97
2016---Jamel Williams, Passaic Valley	15.93

400 METER HURDLES

2011---Mark Van Teyens, West Milford	56.65
2012---Mark Van Teyens, West Milford	57.12

2013---George Alexandris, Fair Lawn	55.00
2014---Sueng Hwang, Wayne Hills	58.58
2015---Greg Borbon, Fair Lawn	59.95
2016---Rafael Santana, Passaic Valley	59.50

SHOT PUT

2011---Dan Portillo, West Milford	46-7 ¼
2012---Lou Caltagirone, Passaic Valley	48-0
2013---Lou Caltagirone, Passaic Valley	48-8
2014---Justin Hogan, Wayne Hills	46-11
2015---Jacob Pluta, Wayne Valley	44-11
2016---Shane Connelly, Wayne Valley	44-11

DISCUS

2011---Eric Sinke, Lakeland	136-2
2012---Jimmy Dygos, West Milford	117-8
2013---Jimmy Dygos, West Milford	142-0
2014---Mahrad Ramin, Wayne Hills	128-1
2015---Ron Westervelt, Wayne Valley	124-5
2016---Kyle Lindstrom, Wayne Hills	133-1

JAVELIN

2011---Steven Wilken, Lakeland	156-0
2012---Ryan Pavalchak, Passaic Valley	160-5
2013---Muhammed Darwish, Lakeland	151-2
2014---Kyle Brackett, Wayne Hills	158-8
2015---Kyle Brackett, Wayne Hills	166-1
2016---Jordan Montero, Wayne Valley	163-7

HIGH JUMP

2011---Jason Fuehring, Lakeland	6-0
2012---Jason Fuehring, Lakeland	6-0
2013---Chris Kuhnlein, Wayne Hills	6-0
2014---Troy Smith, Wayne Hills	6-0
2015---Jamel Williams, Passaic Valley	5-10
2016---Erick Alvarez, Passaic Valley	5-8

LONG JUMP

2011---Rob Palmarozza, Wayne Valley	20-9 ¼
2012---Jason Fuehring, Lakeland	20-11 ½
2013---George Alexandris, Fair Lawn	22-5
2014---Troy Smith, Wayne Hills	19-8 ½
2015---Tyler Johnson, Fair Lawn	21-2 ½
2016---Luca Grave, Wayne Hills	20-6

TRIPLE JUMP

2011---Edwin Trevil, West Milford	41-7
2012---Jason Fuehring, Lakeland	42-0 ½
2013---Nick Fonsfria, Fair Lawn	41-7 ½
2014---Troy Smith, Wayne Hills	42-0
2015---Greg Borbon, Fair Lawn	42-4 ¼
2016---Jacob Rosenberg, Fair Lawn	41-6 ½

POLE VAULT

2011---Connor Glacken, Lakeland	12-0
2012---Josh Leibman, Wayne Valley	10-6
2013---Calvin Gould, Lakeland	12-6
2014---Calvin Gould, Lakeland	13-0
2015---Calvin Gould, Lakeland	14-0
2016---Michael Sorce, Wayne Valley	12-0

1600 METER RELAY

2011---Wayne Valley	3:28.08
2012---Wayne Valley	3:35.11
2013---West Milford	3:36.01
2014---Wayne Valley	3:32.86
2015---Wayne Valley	3:36.10
2016---Wayne Valley	3:34.36

PATRIOT DIVISION

TEAM SCORING

2011---River Dell 108, Ramsey 105 ½, Pascack Valley 100 ½
2012---Ramsey 125, Pascack Valley 102, River Dell 97 ½
2013---River Dell 128, Ramsey 101, Mahwah 69
2014---River Dell 141, Ramsey 105 ½, Mahwah 46 ½
2015---River Dell 151, Mahwah 66, Ramsey 55
2016---River Dell 164, Mahwah 59, Westwood 55

100 METER DASH

2011---Hayden Lyons, Tenafly	11.33
2012---Hayden Lyons, Tenafly	11.21
2013---Ryan Oellerman, River Dell	11.3h
2014---Conor Davidson, River Dell	10.89
2015---Dejour Hanniford, Westwood	11.48
2016---Matt Keosayian, Ramsey	11.86

200 METER DASH

2011---Hayden Lyons, Tenafly	22.79
2012---Hayden Lyons, Tenafly	22.37
2013---Zack Mooney, Mahwah	22.65
2014---Conor Davidson, River Dell	22.25
2015---Eric Kim, Mahwah	23.41
2016---Ebner Edwards, Mahwah	23.76

400 METER DASH

2011---Max Linden, Pascack Valley	50.43
2012---Jaleel Felton, Pascack Valley	50.31
2013---Zach Hubner, River Dell	51.03
2014---Kyle Florio, Westwood	51.34
2015---Eric Kim, Mahwah	50.71
2016---Evan Bonafield, Mahwah	52.02

800 METER RUN

2011---Ben Malone, Pascack Valley	1:57.75
2012---Ben Malone, Pascack Valley	2:00.83
2013---James Buser, Mahwah	2:01.49
2014---Patrick Watters, Ramsey	1:57.28
2015---Noah Osterhus, Westwood	1:57.03
2016---Colin Daly, River Dell	2:03.43

1600 METER RUN

2011---Ben Malone, Pascack Valley	4:22.28
2012---Ben Malone, Pascack Valley	4:30.98
2013---James Buser, Mahwah	4:28.31
2014---Will Daly, River Dell	4:25.63
2015---Will Daly, River Dell	4:28.91
2016---Colin Daly, River Dell	4:41.85

3200 METER RUN

2011---John Prizzi, Indian Hills	9:43.87
2012---Ben Malone, Pascack Valley	10:00.75
2013---Will Daly, River Dell	9:56.33
2014---Colin Daly, River Dell	10:03.55
2015---Colin Daly, River Dell	9:50.00
2016---Gary Wilhelm, River Dell	9:57.65

110 METER HURDLES

2011---Kris Yoo, Pascack Valley	15.38
2012---Brian Psota, Ramsey	15.06
2013---Christian Desanctis, River Dell	15.1h
2014---Alejandro Capote, River Dell	15.11
2015---Kenn Klopff, River Dell	16.13
2016---Nick Quinn, River Dell	16.23

400 METER HURDLES

2011---Erik Moutenot, Mahwah	54.72
2012---Kevin Halloran, Indian Hills	55.92
2013---Christian Desanctis, River Dell	56.67
2014---Anthony Salemo, Ramsey	55.33
2015---Kenn Klopff, River Dell	58.44
2016---Justin Fernandez, River Dell	58.45

SHOT PUT

2011---Matt Koh, River Dell	46-8 ³ / ₄
2012---Matt Koh, River Dell	55-6 ¹ / ₂
2013---Spencer Ross, Mahwah	59-3
2014---Spencer Ross, Mahwah	58-3
2015---Frank Ahearn, Ramsey	55-10 ¹ / ₄
2016---Jae Choi, River Dell	48-9

DISCUS

2011---Cory Connell, Ramsey	152-3
2012---Matt Koh, River Dell	147-0
2013---Spencer Ross, Mahwah	146-11
2014---Jack Vigneron, River Dell	147-5

2015---Jack Vigneron, River Dell	158-10
2016---Dante DeSimone, River Dell	143-5

JAVELIN

2011---Sam Becourtney, River Dell	168-5
2012---Pat Czernizer, Pascack Valley	176-1
2013---Alex Zhang, Mahwah	157-1
2014---Shane DeMaso, River Dell	146-3
2015---Jack Vigneron, River Dell	160-9
2016---Steele Lombardi, Westwood	144-1

HIGH JUMP

2011---Isaiah Holder, Bergenfield	6-2
2012---Danny Thompson, Indian Hills	6-2
2013---Brandon Jurasin, River Dell	6-0
2014---C.J. Nobile, River Dell	5-8
2015---Jairus Paul, Mahwah	6-2
2016---Pete McNally, Ramsey	5-6

LONG JUMP

2011---Kris Yoo, Pascack Valley	20-9 ½
2012---Charles Dzienis, Indian Hills	21-5
2013---George Trival, Ramsey	21-8
2014---Jairus Paul, Mahwah	23-1
2015---Jairus Paul, Mahwah	22-2 ¼
2016---John Forester, River Dell	19-0 ¼

TRIPLE JUMP

2011---Kris Yoo, Pascack Valley	42-11
2012---Rob Pepper, Ramsey	43-7 ½
2013---George Trival, Ramsey	43-10
2014---Mike Pepper, Ramsey	44-8 ¼
2015---Jairus Paul, Mahwah	46-7 ¼
2016---John Forester, River Dell	40-10

POLE VAULT

2011---Brad Hoey, River Dell	14-4
2012---Ty Poland, Mahwah	14-7
2013---Calvin Hartman, River Dell	13-6
2014---Dominic Roca, Mahwah	12-0
2015---Willem Glans, River Dell	13-0
2016---Jack Muller, Mahwah	13-0

1600 METER RELAY

2011---Pascack Valley	3:27.42
2012---Indian Hills	3:26.13
2013---Ramsey	3:30.95
2014---River Dell	3:27.17
2015---River Dell	3:31.16
2016---Westwood	3:33.57

AMERICAN DIVISION

TEAM SCORING

2011---Cliffside Park 134, Ridgefield Park 98 ¼, Englewood 75 1/3
2012---Ridgefield Park 192, Westwood 100, Cliffside Park 83
2013---Ridgefield Park 135, Cliffside Park 86, Dumont 45
2014---Ridgefield Park 124, Cliffside Park 110, Englewood 65
2015---Ridgefield Park 130 ½, Dumont 79, Cliffside Park 46
2016---Ridgefield Park 110, Fort Lee 100, Dumont 62

100 METER DASH

2011---Kevon Lumsden, Englewood	11.25
2012---Luke Lyons, Westwood	11.35
2013---Kemp Midgett, Englewood	10.9h
2014---Chris Estrella, Ridgefield Park	10.78
2015---John Robinson, Englewood	11.47
2016---Michael Huertas, Fort Lee	11.52

200 METER DASH

2011---Kevon Lumsden, Englewood	23.12
2012---Luke Lyons, Westwood	23.27
2013---Chris Ashman, Fort Lee	22.52
2014---Chris Estrella, Ridgefield Park	21.98
2015---John Robinson, Englewood	23.55
2016---Jason Samuel-Olagunju, Fort Lee	23.67

400 METER DASH

2011---Anthony Tripodi, Cliffside Park	51.02
2012---Dylan Perez, Ridgefield Park	51.81
2013---Dylan Perez, Ridgefield Park	51.15
2014---John Robinson, Englewood	50.55
2015---John Robinson, Englewood	52.46
2016---Dylan Scallo, Dumont	52.61

800 METER RUN

2011---Sherif Ali, Cliffside Park	2:02.93
2012---Warren O'Neill, Ridgefield Park	2:02.36
2013---Samir Abuledba, Cliffside Park	2:05.40
2014---Anthony D'Annunzio, Cliffside Park	2:00.03
2015---Frank Scallo, Dumont	2:03.89
2016---Frank Scallo, Dumont	2:05.63

1600 METER RUN

2011---Sherif Ali, Cliffside Park	4:33.67
2012---Yehia Fahmy, Fort Lee	4:35.37
2013---Stephan Pena, Ridgefield Park	4:37.23
2014---Moe Abuledba, Cliffside Park	4:41.18
2015---Frank Scallo, Dumont	4:46.42
2016---Frank Scallo, Dumont	4:40.21

3200 METER RUN

2011---Sherif Ali, Cliffside Park	10:15.71
2012---Brendan Conway, Ridgefield Park	10:07.37
2013---Stephan Pena, Ridgefield Park	10:00.72

2014---	Moe Abuledba, Cliffsides Park	10:22.59
2015---	Mario Tobar, Ridgefield Park	10:38.21
2016---	Mario Tobar, Ridgefield Park	10:27.43

110 METER HURDLES

2011---	Anthony Tripodi, Cliffsides Park	15.21
2012---	Kyle Arbadji, Dumont	16.66
2013---	Kyle Arbadji, Dumont	15.9h
2014---	Humberto Hilario, Cliffsides Park	16.38
2015---	Dylan Scallo, Dumont	15.58
2016---	Eric Ramirez, Dumont	15.92

400 METER HURDLES

2011---	Anthony Tripodi, Cliffsides Park	55.64
2012---	Darren Fink, Cliffsides Park	59.42
2013---	Christian Abril, Ridgefield Park	59.68
2014---	Christian Abril, Ridgefield Park	57.41
2015---	Dylan Scallo, Dumont	56.80
2016---	Garrett Norcross, Ridgefield Park	58.57

SHOT PUT

2011---	James Kostka, Dumont	45-10
2012---	Eric DelVescovo, Ridgefield Park	47-11 ¼
2013---	Eric DelVescovo, Ridgefield Park	52-0 ¼
2014---	Will Mailley, Cliffsides Park	43-9 ¼
2015---	Freddy Garcia, Ridgefield Park	42-4 ¼
2016---	Aidan Kenny, Ridgefield Park	44-11 ¾

DISCUS

2011---	Tom Hicks, Dumont	140-8
2012---	Jamie Cooper, Dumont	131-1
2013---	John Monnett, Ridgefield Park	157-9
2014---	Will Mailley, Cliffsides Park	139-0
2015---	Alex Astacio, Fort Lee	108-5
2016---	Darlan Serventi, Ridgefield Park	128-6

JAVELIN

2011---	Joey Spies, Westwood	154-3
2012---	Nakiim Yamaguchi, Fort Lee	160-9
2013---	Matt Perdomo, Ridgefield Park	163-2
2014---	Boyce Vass, Cliffsides Park	149-2
2015---	Chandler Oliveiri, Ridgefield Park	160-0
2016---	Chandler Oliveiri, Ridgefield Park	156-3

HIGH JUMP

2011---	Rakesh Dataram, Ridgefield Park	5-10
2012---	Rakesh Dataram, Ridgefield Park	6-0
2013---	Tyler Olivieri, Ridgefield Park	5-6
2014---	Chris Estrella, Ridgefield Park	6-6
2015---	Tyler Olivieri, Ridgefield Park	6-0
2016---	David Feliz, Ridgefield Park	5-10

LONG JUMP

2011---Kevon Lumsden, Englewood	21-8 $\frac{3}{4}$
2012---Mike Reyes, Ridgefield Park	20-9 $\frac{1}{2}$
2013---Julius Wingate, Englewood	21-3 $\frac{1}{4}$
2014---Chris Estrella, Ridgefield Park	21-2 $\frac{1}{4}$
2015---Jermal Fevrier, Ridgefield Park	21-0 $\frac{1}{4}$
2016---Jason Samuel-Olagunju, Fort Lee	20-1

TRIPLE JUMP

2011---Phil Dowell, Englewood	42-11
2012---Mike Reyes, Ridgefield Park	43-1
2013---Jermal Fevrier, Ridgefield Park	42-10 $\frac{1}{4}$
2014---Maurice West, Englewood	43-9
2015---Tayo Fatiregun, Ridgefield Park	41-2
2016---Michael Huertas, Fort Lee	41-10 $\frac{3}{4}$

POLE VAULT

2011---Kevin Costantino, Dumont	11-6
2012---Kevin Costantino, Dumont	13-0
2013---Raul Ferreira, Ridgefield Park	13-6
2014---Chris Diaz, Ridgefield Park	13-6
2015---Joe Kim, Ridgefield Park	12-0
2016---Joe Kim, Ridgefield Park	12-0

1600 METER RELAY

2011---Englewood	3:30.92
2012---Ridgefield Park	3:34.26
2013---Ridgefield Park	3:31.39
2014---Englewood	3:33.11
2015---Englewood	3:30.85
2016---Dumont	3:34.88

GIRLS

UNITED DIVISION

TEAM SCORING

2011---Holy Angels 108, IHA 83, Paramus Catholic 43
2012---Holy Angels 95 $\frac{1}{2}$, IHA 73, Paramus Catholic 60 $\frac{1}{2}$
2013---Holy Angels 101, IHA 74, Paramus Catholic 44
2014---Holy Angels 101, Paramus Catholic 82, IHA 46
2015---Holy Angels 91 $\frac{5}{6}$, IHA 67 $\frac{5}{6}$, Paramus Catholic 61 $\frac{1}{3}$
2016---IHA 87, Holy Angels 86, Paramus Catholic 65

100 METER DASH

2011---Angela Harrison, Paramus Catholic	12.76
2012---Jordyn Smith, Paramus Catholic	12.64
2013---Tatiyanna Sanders, Paramus Catholic	12.5h
2014---Tatiyanna Sanders, Paramus Catholic	12.65
2015---Maria Acosta, Paramus Catholic	12.58
2016---Christian Rasnake, IHA	12.33

200 METER DASH

2011---	Jordyn Smith, Paramus Catholic	26.35
2012---	Tatiana Sanders, Paramus Catholic	26.52
2013---	Tatiana Sanders, Paramus Catholic	25.87
2014---	Tatiana Sanders, Paramus Catholic	26.16
2015---	Christian Rasnake, IHA	26.95
2016---	Christian Rasnake, IHA	25.89

400 METER DASH

2011---	Myasia Jacobs, Paramus Catholic	56.88
2012---	Jordyn Smith, Paramus Catholic	59.54
2013---	Danielle Caruccio, DePaul	59.93
2014---	Kristen Sherlock, Holy Angels	58.98
2015---	Maria Acosta, Paramus Catholic	58.45
2016---	Maria Acosta, Paramus Catholic	57.29

800 METER RUN

2011---	Amanda Garcia, Holy Angels	2:25.14
2012---	Kylie McCavitt, IHA	2:23.87
2013---	Colleen Buckley, IHA	2:20.63
2014---	Colleen Buckley, IHA	2:21.88
2015---	Maria Acosta, Paramus Catholic	2:20.10
2016---	Tara Lyons, Holy Angels	2:21.60

1600 METER RUN

2011---	Maureen Crimmins, Holy Angels	5:14.58
2012---	Ashley Stryko, Holy Angels	5:15.64
2013---	Ashley Stryko, Holy Angels	5:13.23
2014---	Colleen Buckley, IHA	5:12.08
2015---	Mary Watters, Holy Angels	5:12.43
2016---	Giavanna Tabbachino, IHA	5:24.86

3200 METER RUN

2011---	Erin Thompson, IHA	11:20.09
2012---	Ashley Stryko, Holy Angels	11:26.69
2013---	Lydon Kersting, Holy Angels	11:22.50
2014---	Lydon Kersting, Holy Angels	11:10.14
2015---	Matt Watters, Holy Angels	11:11.03
2016---	Giavanna Tabbachino, IHA	11:33.34

100 METER HURDLES

2011---	Gina Carlino, IHA	15.83
2012---	Kelly Stimmel, DePaul	16.00
2013---	Kelly Stimmel, DePaul	16.1h
2014---	Liz Garcia, Holy Angels	15.79
2015---	Liz Garcia, Holy Angels	15.39
2016---	Liz Garcia, Holy Angels	14.69

400 METER HURDLES

2011---	Kelsey Burnett, Holy Angels	1:05.18
2012---	Rosie Menyhart, Paramus Catholic	1:09.79
2013---	Kristen Sherlock, Holy Angels	1:08.63
2014---	Rosie Menyhart, Paramus Catholic	1:05.74

2015---Rosie Menyhart, Paramus Catholic	1:06.76
2016---Faith Sutton, Paramus Catholic	1:09.04

SHOT PUT

2011---Theresa Picciallo, IHA	45-5 ¼
2012---Gabrielle Nutile, IHA	32-9 ¼
2013---Lisa Sesink-Clee, Holy Angels	36-4 ½
2014---Mackenzie Merkel, Holy Angels	32-8
2015---Megan Swords, IHA	32-4
2016---Megan Swords, IHA	36-0 ¼

DISCUS

2011---Theresa Picciallo, IHA	111-11
2012---Gabrielle Nutile, IHA	94-11
2013---Dannie Griffin, Paramus Catholic	102-9
2014---Dannie Griffin, Paramus Catholic	96-7
2015---Jackie McDonald, DePaul	100-1
2016---Any Skaw, Holy Angels	93-11

JAVELIN

2011---Jamie Klein, Paramus Catholic	136-8
2012---Emma Perazzo, IHA	96-5
2013---Lisa Sesink-Clee, Holy Angels	128-0
2014---Dannie Griffin, Paramus Catholic	106-1
2015---Megan Swords, IHA	87-3
2016---Alexa Vecchione, Holy Angels	107-1

HIGH JUMP

2011---Lisa Sesink-Clee, Holy Angels	5-2
2012---Tatiana Sanders, Paramus Catholic	5-4
2013---Amanda Fields, Holy Angels	5-0
2014---Kayla Adams, Paramus Catholic	5-2
2015---Rosemary Menyhart, Paramus Catholic, Samantha Fellowes, Holy Angels and Colette Petric, IHA	5-0
2016---Tiffany Bautista, Paramus Catholic	5-2

LONG JUMP

2011---Amanda Fields, Holy Angels	16-11 ½
2012---Tatiana Sanders, Paramus Catholic	17-9
2013---Tatiana Sanders, Paramus Catholic	17-9 ½
2014---Tatiana Sanders, Paramus Catholic	18-0
2015---Alexis Trott, Paramus Catholic	16-8 ¼
2016---Alexis Trott, Paramus Catholic	17-2 ½

TRIPLE JUMP

2011---Amanda Fields, Holy Angels	35-5 ¾
2012---Amanda Fields, Holy Angels	36-7
2013---Amanda Fields, Holy Angels	38-1 ½
2014---Tatiana Sanders, Paramus Catholic	38-5 ¼
2015---Rosemary Menyhart, Paramus Catholic	36-9
2016---Liz Garcia, Holy Angels	36-3

POLE VAULT

2011---Reid McLain, Holy Angels	8-0
2012---Alex Eckert, Holy Angels	9-0
2013---Natalie Miller, IHA	9-0
2014---Julie Weismiller, IHA	9-6
2015---Julie Weismiller, IHA	9-6
2016---Caroline McGann, Holy Angels	10-0

1600 METER RELAY

2011---IHA	4:09.27
2012---Holy Angels	4:11.79
2013---IHA	4:12.59
2014---Paramus Catholic	4:09.47
2015---Holy Angels	4:17.11
2016---Paramus Catholic	4:14.65

FREEDOM DIVISION

TEAM SCORING

2011---Ridgewood 130, Teaneck 118, Bergen Tech 39
2012---Teaneck 114, Ridgewood 113, Hackensack 40 ½
2013---Ramapo 151, Northern Highlands 140, Ridgewood 101
2014---Ramapo 142, Northern Highlands 133, Hackensack 95
2015---Northern Highlands 146, Ridgewood 115 ½, Ramapo 103
2011---Ridgewood 162, Northern Highlands 154, Ramapo 72

100 METER DASH

2011---Talasiah Balgoban, Teaneck	12.85
2012---Kahlia Taylor, Teaneck	12.86
2013---Naomi Clarke, Hackensack	12.98
2014---Naomi Clarke, Hackensack	12.42
2015---Lauren Brzozowski, Ramapo	12.64
2016---Morgan Florio, Northern Highlands	12.25

200 METER DASH

2011---Kahlia Taylor, Teaneck	26.03
2012---Kahlia Taylor, Teaneck	25.76
2013---Emma Sullivan, Northern Highlands	26.28
2014---Lauren Brzozowski, Ramapo	25.92
2015---Lauren Brzozowski, Ramapo	25.64
2016---Morgan Florio, Northern Highlands	26.01

400 METER DASH

2011---Kahlia Taylor, Teaneck	59.64
2012---Micaela McPadden, Ridgewood	58.58
2013---Emma Sullivan, Northern Highlands	57.47
2014---Lauren Brzozowski, Ramapo	57.17
2015---Lauren Brzozowski, Ramapo	58.45
2016---Robine Arami, Northern Highlands	58.82

800 METER RUN

2011---Caroline Davidson, Ridgewood	2:22.48
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2012---	Catherine Pagano, Ridgewood	2:17.08
2013---	Madison Holleran, Northern Highlands	2:14.20
2014---	Deanna DiLandro, Ramapo	2:17.66
2015---	Julia Guerra, Indian Hills	2:19.39
2016---	Julia Guerra, Indian Hills	2:22.75

1600 METER RUN

2011---	Caroline Davidson, Ridgewood	5:30.84
2012---	Caroline Davidson, Ridgewood	5:23.57
2013---	Catherine Pagano, Ridgewood	5:04.19
2014---	Julia Guerra, Indian Hills	5:00.74
2015---	Julia Guerra, Indian Hills	5:03.90
2016---	Olympia Martin, Ridgewood	5:12.84

3200 METER RUN

2011---	Victoria Pan, Ridgewood	12:05.82
2012---	Tina Gibble, Ridgewood	11:54.19
2013---	Julia Guerra, Indian Hills	11:14.87
2014---	Julia Guerra, Indian Hills	11:03.26
2015---	Catherine Pagano, Northern Highlands	11:29.44
2016---	Olympia Martin, Ridgewood	11:20.55

100 METER HURDLES

2011---	Sarah DeVita, Ridgewood	15.97
2012---	Amanda Simms, Teaneck	15.69
2013---	Mimi DeVita, Ridgewood	16.05
2014---	Dana Lynch, Hackensack	15.72
2015---	Dana Lynch, Hackensack	15.32 (ran 15.01 in trials)
2016---	Erin Racano, Ramapo	16.40

400 METER HURDLES

2011---	Ashley Barker, Teaneck	1:07.30
2012---	Micaela McPadden, Ridgewood	1:04.82
2013---	Madison Holleran, Northern Highlands	1:03.01
2014---	Hilary McElwain, Northern Highlands	1:04.64
2015---	Hilary McElwain, Northern Highlands	1:04.65
2016---	Hilary McElwain, Northern Highlands	1:04.67

SHOT PUT

2011---	Apresha Hampton, Teaneck	42-4 ½
2012---	Jessica Reuveni, Paramus	38-3
2013---	Ariela King, Hackensack	32-11 ½
2014---	Amarys Berry, Hackensack	39-8
2015---	Amarys Berry, Hackensack	41-11 ½
2016---	Amarys Berry, Hackensack	45-7 ½

DISCUS

2011---	Apresha Hampton, Teaneck	127-10
2012---	Jessica Reuveni, Paramus	113-11
2013---	Ariela King, Hackensack	104-10
2014---	Amarys Berry, Hackensack	93-7
2015---	Sara Dec, Northern Highlands	100-0

2016---Amarys Berry, Hackensack 112-5

JAVELIN

2011---Grayson Llerandi, Ridgewood 104-7
2012---Hope Yi, Bergen Tech 109-6
2013---Jackie Reyneke, Northern Highlands 124-5
2014---Sophia Caride, Ramapo 106-0
2015---Sophia Sheehy, Ridgewood 99-8
2016---Kaitlyn Amoruso, Ridgewood 92-7

HIGH JUMP

2011---Sarah DeVita, Ridgewood 5-0
2012---I'India Davenport, Teaneck 5-0
2013---Jenna Phillips, Ramapo 5-2
2014---Sasha Bromfield, Hackensack 4-10
2015---Amber Redmond, Hackensack 5-2
2016---Kayla Pituras, Paramus 5-0

LONG JUMP

2011---Talasiah Balgoban, Teaneck 16-7
2012---Trenice Foster, Teaneck 16-0 ½
2013---Gina Salmins, Ramapo 15-9 ½
2014---Re'ona Pettway, Hackensack 16-9 ¼
2015---Isabel Park, Ridgewood 16-0 ½
2016---Julia Healy, Northern Highlands 16-11

TRIPLE JUMP

2011---Ana Atkinson, Teaneck 33-10 ½
2012---Ana Atkinson, Teaneck 33-5 ½
2013---Jackie Reyneke, Northern Highlands 34-11 ¾
2014---Julia Healy, Northern Highlands 34-1 ¾
2015---Libby DeVita, Ridgewood 33-11 ¼
2016---Julia Healy, Northern Highlands 35-6

POLE VAULT

2011---Kayla Polcari, Ridgewood 10-6
2012---Mimi DeVita, Ridgewood 10-0
2013---Megan Gambuti, Ramapo 11-0
2014---Megan Gambuti, Ramapo 10-0
2015---Kirsten Skead, Ramapo 8-6
2016---Maxine Earl, Ridgewood 10-6

1600 METER RELAY

2011---Ridgewood 4:05.33
2012---Teaneck 4:02.28
2013---Ramapo 4:03.06
2014---Ramapo 4:02.61
2015---Northern Highlands 4:03.84
2016---Northern Highlands 4:00.41

NATIONAL DIVISION TEAM SCORING

2011---Demarest 122 ½, Northern Highlands 108, Old Tappan 47 ½
2012---Demarest 96, Northern Highlands 90, Ramapo 89
2013---Demarest 126.33, Tenafly 105, Old Tappan 93.33
2014---Demarest 132 ½, Teaneck 112, Old Tappan 106
2015---Demarest 178, Old Tappan 106 ½, Teaneck 90
2016---Demarest 153, Old Tappan 123 ½, Teaneck 98 ½

100 METER DASH

2011---Emily Zimick, Demarest 13.59
2012---Claire Scavone, Ramapo and
Emma Sullivan, Northern Highlands 12.95
2013---Nicole Miller, Pascack Valley 13.19
2014---Maxine McConnell, Old Tappan 12.73
2015---Aminah Sarraga, Teaneck 13.06
2016---Toni James, Teaneck 13.04

200 METER DASH

2011---Megan Chakmakian, Demarest 27.69
2012---Allison Tell, Demarest 26.22
2013---Nicole Miller, Pascack Valley 26.70
2014---Aminah Sarraga, Teaneck 25.93
2015---Lexi DelGizzo, Tenafly 26.65
2016---Lexi DelGizzo, Tenafly 25.83

400 METER DASH

2011---Deanna DiLandro, Ramapo 1:01.43
2012---Emma Sullivan, Northern Highlands 59.19
2013---Phoebe Hersh, Tenafly 1:00.54
2014---Aminah Sarraga, Teaneck 58.02
2015---Aminah Sarraga, Teaneck 59.45
2016---Lexi DelGizzo, Tenafly 57.63

800 METER RUN

2011---Deanna DiLandro, Ramapo 2:21.23
2012---Madison Holleran, Northern Highlands 2:18.59
2013---Josette Norris, Tenafly 2:15.24
2014---Christina Welzer, Demarest 2:22.26
2015---Christina Welzer, Demarest 2:22.01
2016---Caroline O'Sullivan, Old Tappan 2:16.61

1600 METER RUN

2011---Lisa Zimmer, Ramapo 5:19.99
2012---Lisa Zimmer, Ramapo 5:01.20
2013---Josette Norris, Tenafly 5:24.56
2014---Josette Norris, Tenafly 5:18.47
2015---Chelsea Lee, Pascack Valley 5:15.55
2016---Caroline O'Sullivan, Old Tappan 5:18.54

3200 METER RUN

2011---Brittany Day, Demarest 11:32.28
2012---Ariana North, Northern Highlands 11:04.99
2013---Josette Norris, Tenafly 11:35.79

2014---	Josette Norris, Tenafly	12:00.61
2015---	Veronica Rocco, Tenafly	11:45.36
2016---	Ashley Evans, Pascack Valley	11:34.95

100 METER HURDLES

2011---	Allison Tell, Demarest	16.54
2012---	Allison Tell, Demarest	15.72
2013---	Christina Welzer, Demarest	15.65
2014---	Amanda Simms, Teaneck	15.80
2015---	Christina Welzer, Demarest	15.33 (ran 15.22 in trials)
2016---	Olivia Pandolfo, Tenafly	15.87

400 METER HURDLES

2011---	Katelyn Ary, Demarest	1:03.96
2012---	Allison Tell, Demarest	1:03.16
2013---	Christina Welzer, Demarest	1:03.59
2014---	Christina Welzer, Demarest	1:05.19
2015---	Christina Welzer, Demarest	1:03.20
2016---	Georgia Markham, Demarest	1:10.82

SHOT PUT

2011---	Danielle Bach, Northern Highlands	38-0 ½
2012---	Danielle Bach, Northern Highlands	36-1 ½
2013---	Haley Hirsch, Demarest	35-3 ½
2014---	Nikolia Kanaris, Demarest	39-0
2015---	Nikolia Kanaris, Demarest	41-3
2016---	Nikolia Kanaris, Demarest	39-5 ¼

DISCUS

2011---	Tina Menezes, Demarest	112-1
2012---	Jane Kim, Old Tappan	114-0
2013---	Haley Hirsch, Demarest	111-1
2014---	Amiynah Campbell, Teaneck	117-0
2015---	Amiynah Campbell, Teaneck	122-5
2016---	Sarah Ahmed, Demarest	117-1

JAVELIN

2011---	Danielle Bach, Northern Highlands	114-6
2012---	Danielle Bach, Northern Highlands	110-8
2013---	Alana Bassen, Tenafly	99-7
2014---	Jesse Geller, Demarest	107-8
2015---	Jesse Geller, Demarest	124-0
2016---	Jesse Geller, Demarest	113-5

HIGH JUMP

2011---	Maura Nestor, Northern Highlands	4-10
2012---	Haley Hirsch, Demarest	5-2
2013---	Taryn DeLeon, Old Tappan	5-0
2014---	Taryn DeLeon, Old Tappan	5-5 ½
2015---	Taylor Parcells, Old Tappan	5-2
2016---	Caitlin Reverand, Demarest	4-10

LONG JUMP

2011---	Maura Nestor, Northern Highlands	15-10 ¼
2012---	Taryn DeLeon, Old Tappan	16-2
2013---	Taryn DeLeon, Old Tappan	16-11 ¼
2014---	Amanda Simms, Teaneck	17-2 ¼
2015---	Hana Shapiro, Pascack Valley	16-1 ½
2016---	Hana Shapiro, Pascack Valley	16-11 ¼

TRIPLE JUMP

2011---	Emily Zimick, Demarest	34-1 ¼
2012---	Gina Salmins, Ramapo	32-9
2013---	Anastasia Atkinson, Teaneck	37-2 ¾
2014---	Jazzin Clark, Demarest	34-6 ¾
2015---	Nia Van Brackle, Teaneck	35-11 ½
2016---	Ja'Neil Humphrey, Teaneck	35-7 ½

POLE VAULT

2011---	Anne Kavalarchuk, Fair Lawn	9-6
2012---	Jordan Even-Chen, Ramapo	10-6
2013---	Alex Paspalas, Demarest	10-6
2014---	Lauren Bilali, Old Tappan	9-6
2015---	Lauren Bilali, Old Tappan	10-6
2016---	Michelle Rubinetti, Demarest	12-0

1600 METER RELAY

2011---	Demarest	4:05.62
2012---	Ramapo	4:01.93
2013---	Demarest	4:09.16
2014---	Demarest	4:10.29
2015---	Tenafly	4:09.20
2016---	Teaneck	4:14.88

LIBERTY DIVISION

TEAM SCORING

2011---	Passaic Tech 131, Clifton 111, Passaic 35
2012---	Passaic Tech 145, Clifton 141, Eastside 22
2013---	Passaic Tech 135, Clifton 121.66, Kennedy 91.33
2014---	Passaic Tech 137 ½, Clifton 117, Kennedy 110
2015---	Passaic Tech 176, Clifton 130, Bergen Tech 109
2016---	Passaic Tech 164, Clifton 162, Bergen Tech 81

100 METER DASH

2011---	Chamekea Davis, Eastside	12.68
2012---	Monika Miazga, Clifton	12.86
2013---	Alexes Washington, Passaic Tech	12.40
2014---	Alexes Washington, Passaic Tech	12.37
2015---	Alexes Washington, Passaic Tech	12.71
2016---	Ebonee Jackson, Kennedy	12.46

200 METER DASH

2011---	Chamekea Davis, Eastside	26.00
2012---	Monika Miazga, Clifton	25.83

2013---	Alexes Washington, Passaic Tech	26.26
2014---	Breaisha Morton, Passaic Tech	26.36
2015---	Aaniyah Robinson, Passaic Tech	26.98
2016---	Aaniyah Robinson, Passaic Tech	27.23

400 METER DASH

2011---	Breaisha Morton, Passaic Tech	1:00.12
2012---	Monika Miazga, Clifton	59.57
2013---	Zahtae Mouzone, Passaic	58.62
2014---	Tashique Francis, Kennedy	1:00.73
2015---	Morgan Duncan, Passaic Tech	1:01.12
2016---	Aaniyah Robinson, Passaic Tech	1:01.90

800 METER RUN

2011---	Gabrielle Gonzaga, Clifton	2:29.71
2012---	Danielle Parker, Passaic Tech	2:34.47
2013---	Christina Stevens, Bergen Tech	2:22.98
2014---	Christina Stevens, Bergen Tech	2:29.89
2015---	Michelle Kubasek, Bergen Tech	2:24.95
2016---	Carly Spinnler, Passaic Tech	2:21.40

1600 METER RUN

2011---	Keri-Ann Edwards, Passaic Tech	5:36.14
2012---	Gabrielle Gonzaga, Clifton	5:31.31
2013---	Yuria Yuasa, Clifton	5:26.64
2014---	Christina Stevens, Bergen Tech	5:27.60
2015---	Michelle Kubasek, Bergen Tech	5:14.25
2016---	Abigail McLaughlin, Bergen Tech	5:19.57

3200 METER RUN

2011---	Keri-Ann Edwards, Passaic Tech	12:20.65
2012---	Keri-Ann Edwards, Passaic Tech	12:29.40
2013---	Keri-Ann Edwards, Passaic Tech	11:56.42
2014---	Sofia Nedelcheva, Clifton	12:04.58
2015---	Michelle Kubasek, Bergen Tech	11:20.72
2016---	Abigail McLaughlin, Bergen Tech	11:23.83

100 METER HURDLES

2011---	Breaisha Morton, Passaic Tech	16.24
2012---	Shianne Nevers, Clifton	16.42
2013---	Breaisha Morton, Passaic Tech	15.18
2014---	Breaisha Morton, Passaic Tech	15.11
2015---	Ebonee Jackson, Kennedy	15.20
2016---	Ebonee Jackson, Kennedy	14.85

400 METER HURDLES

2011---	Breaisha Morton, Passaic Tech	1:08.44
2012---	Shianne Nevers, Clifton	1:08.93
2013---	Breaisha Morton, Passaic Tech	1:05.01
2014---	Breaisha Morton, Passaic Tech	1:04.92
2015---	Ebonee Jackson, Kennedy	1:08.38
2016---	Rikayvia Palmer, Passaic Tech	1:09.20

SHOT PUT

2011---Yaniri Jimenez, Passaic	37-10
2012---Kailah Smith, Passaic Tech	33-3 ¼
2013---Marla Minnella, Clifton	34-2
2014---Sonya Sachdev, Bergen Tech	33-11 ½
2015---Monika Dlugosz, Clifton	35-10 ½
2016---Monika Dlugosz, Clifton	36-4 ½

DISCUS

2011---Yaniri Jimenez, Passaic	106-8
2012---Samantha Cooley, Passaic Tech	84-8
2013---Yanique Spigner, Bergen Tech	107-4
2014---Monika Dlugosz, Clifton	102-9
2015---Monika Dlugosz, Clifton	111-4
2016---Monika Dlugosz, Clifton	96-8

JAVELIN

2011---Tiana Chappell, Passaic Tech	86-8
2012---Carolina Tacconi, Passaic Tech	87-10
2013---Carolina Tacconi, Passaic Tech	92-0
2014---Carolina Tacconi, Passaic Tech	101-0
2015---Nee-Yah Corbin, Clifton	100-8
2016---Carmen Ramirez, Passaic Tech	108-9

HIGH JUMP

2011---Kriss Xambrano, Clifton	4-8
2012---Alexes Washington, Passaic Tech	4-10
2013---Breisha Morton, Passaic Tech	5-4
2014---Breisha Morton, Passaic Tech	5-2
2015---Alexes Washington, Passaic Tech	4-8
2016---Eboney Jackson, Kennedy	5-0

LONG JUMP

2011---Wanae Smith, Passaic Tech	15-5 ¼
2012---Shianne Nevers, Clifton	16-0 ¼
2013---Zahtae Mouzone, Passaic	16-11 ¾
2014---Ariel Lam, Bergen Tech	15-11 ¾
2015---Michelle Aplogan, Clifton	16-5
2016---Kinga Dabek, Bergen Tech	16-9

TRIPLE JUMP

2011---Danielle Parker, Passaic Tech	34-7 ¼
2012---Danielle Parker, Passaic Tech	34-0
2013---Ianna McGregor, Kennedy	34-3
2014---Ianna McGregor, Kennedy	36-9
2015---Angel Rowe, Passaic Tech	33-10 ½
2016---Angel Rowe, Passaic Tech	34-5 ½

POLE VAULT

2011---Karina Carmichael, Clifton	9-0
2012---Nicole Buttell, Clifton	8-6

2013---Nicole Buttel, Clifton	9-6
2014---Cassidy Cardone, Clifton	8-6
2015---Alison Proszowski, Clifton	9-0
2016---Kristen Wong, Clifton	9-6

1600 METER RELAY

2011---Passaic Tech	4:27.70
2012---Clifton	4:11.93
2013---Passaic Tech	4:14.31
2014---Passaic Tech	4:20.03
2015---Passaic Tech	4:15.83
2016---Passaic Tech	4:13.02

INDEPENDENCE DIVISION

TEAM SCORING

2011---Lakeland 118 ½, Wayne Valley 72 ½, Wayne Hills 54
2012---Wayne Hills 97, Passaic Valley 93, Wayne Valley 59
2013---Wayne Hills 133, Wayne Valley 116, Passaic Valley 83
2014---Wayne Hills 151, Wayne Valley 115, Passaic Valley 84 ½
2015---Fair Lawn 173, Wayne Hills 138, Wayne Valley 78
2016---Wayne Hills 159, Fair Lawn 106, Wayne Valley 104 ¼

100 METER DASH

2011---Annie Rivera, Lakeland	13.30
2012---Annie Rivera, Lakeland	13.06
2013---Victoria Kriv, Passaic Valley	12.88
2014---Nicole Gignac, Wayne Hills	13.07
2015---Nicole Gignac, Wayne Hills	12.93
2016---Meghan Griffin, Wayne Hills	13.44

200 METER DASH

2011---Annie Rivera, Lakeland	27.77
2012---Victoria Kriv, Passaic Valley	27.45
2013---Victoria Kriv, Passaic Valley	26.58
2014---Nicole Gignac, Wayne Hills	26.83
2015---Nicole Gignac, Wayne Hills	26.36
2016---Giuliana Guarino, Wayne Hills	27.55

400 METER DASH

2011---Lindsay Hefferon, West Milford	1:00.71
2012---Victoria Kriv, Passaic Valley	1:03.48
2013---Victoria Kriv, Passaic Valley	1:00.73
2014---Nicole Gignac, Wayne Hills	59.31
2015---Nicole Gignac, Wayne Hills	59.40
2016---Cameron SanTERS, Wayne Hills	1:02.96

800 METER RUN

2011---Kaylan Bruzzone, Lakeland	2:33.45
2012---Stephanie Bitcon, Wayne Hills	2:27.23
2013---Stephanie Bitcon, Wayne Hills	2:20.43
2014---Stephanie Bitcon, Wayne Hills	2:20.67
2015---Erin Callaghan, Wayne Valley	2:26.19

2016---Emily Becker, Wayne Hills 2:23.70

1600 METER RUN

2011---Kelly Curtin, Wayne Hills 5:42.30

2012---Stephanie Bitcon, Wayne Hills 5:28.36

2013---Stephanie Bitcon, Wayne Hills 5:10.50

2014---Stephanie Bitcon, Wayne Hills 5:25.95

2015---Madeline Pluta, West Milford 5:34.67

2016---Katerina Zachmann, Wayne Hills 5:17.25

3200 METER RUN

2011---Kristen Ascione, Wayne Hills 12:30.06

2012---Alyssa Loffredo, Wayne Hills 12:11.20

2013---Alyssa Loffredo, Wayne Hills 11:45.19

2014---Jillian O'Donohoe, Wayne Hills 11:49.77

2015---Taylor Domico, Wayne Hills 11:49.71

2016---Taylor Domico, Wayne Hills 11:37.87

100 METER HURDLES

2011---Melissa Pascual, Passaic Valley 16.18

2012---Jessica Addonizio, Passaic Valley 16.74

2013---Jessica Addonizio, Passaic Valley 16.28

2014---Julie Goldberg, Passaic Valley 16.47

2015---Cathryn Cole, Passaic Valley 17.17

2016---Meghan Corso, Wayne Valley 16.07

400 METER HURDLES

2011---Audra Kalinowski, Wayne Valley 1:09.77

2012---Sara DeVita, Lakeland 1:10.09

2013---Kristi Nati, Fair Lawn 1:07.64

2014---Julie Goldberg, Passaic Valley 1:09.46

2015---Lisa Kestelboym, Fair Lawn 1:08.76

2016---Samantha Sklar, Wayne Hills 1:07.38

SHOT PUT

2011---Samantha Markowski, Wayne Valley 36-11

2012---Alicia Hester, Wayne Valley 38-0

2013---Alicia Hester, Wayne Valley 39-8 ¼

2014---Alicia Hester, Wayne Valley 41-1 ½

2015---Olivia Pantale, Wayne Valley 33-11 ¾

2016---Olivia Pantale, Wayne Valley 35-1 ¼

DISCUS

2011---Stephanie Easse, Wayne Valley 113-3

2012---Stephanie Easse, Wayne Valley 115-6

2013---Alicia Hester, Wayne Valley 103-9

2014---Carol Chen, Wayne Valley 114-0

2015---Olivia Pantale, Wayne Valley 109-0

2016---Olivia Pantale, Wayne Valley 108-4

JAVELIN

2011---Grace Agresta, Lakeland 97-6

2012---	Jessica Rolando, West Milford	101-7
2013---	Stephanie Easse, Wayne Valley	107-7
2014---	Olivia Pantale, Wayne Valley	103-7
2015---	Olivia Pantale, Wayne Valley	119-7
2016---	Olivia Pantale, Wayne Valley	125-10

HIGH JUMP

2011---	Michaela Bukoski, Lakeland	5-0
2012---	Amy DeVoe, Wayne Valley	5-0
2013---	Jessica Cusick, Wayne Valley	5-4
2014---	Michelle Furman, Lakeland	4-8
2015---	Nicole Gignac, Wayne Hills	4-10
2016---	Brittany Kriley, Fair Lawn	5-0

LONG JUMP

2011---	Gabriella Crocco, Passaic Valley	16-0 ¼
2012---	Kristina Langan, Wayne Hills	15-8 ½
2013---	Sarah Bright, Lakeland	16-0 ¾
2014---	Sarah Bright, Lakeland	15-8 ¼
2015---	Mya Drayton, Fair Lawn	16-6
2016---	Jessica Ippolito, Fair Lawn	16-4 ½

TRIPLE JUMP

2011---	Mackenzie Bradley, Lakeland	34-5
2012---	Kristina Langan, Wayne Hills	34-6 ¼
2013---	Jessica Cusick, Wayne Valley	34-1
2014---	Julie Goldberg, Passaic Valley	31-10 ¼
2015---	Jabria Pittman, Fair Lawn	34-11 ¼
2016---	Hannah Sikorski, Wayne Valley	33-9 ½

POLE VAULT

2011---	Brittany DalCais, West Milford	10-6
2012---	Kristina Langan, Wayne Hills	8-6
2013---	Kristina Langan, Wayne Hills	10-6
2014---	Haley Steele, West Milford	10-0
2015---	Kristina Langan, Wayne Hills	11-0
2016---	Jessica Ippolito, Fair Lawn	10-6

1600 METER RELAY

2011---	West Milford	4:16.75
2012---	Wayne Hills	4:21.98
2013---	Wayne Hills	4:10.45
2014---	Wayne Valley	4:14.88
2015---	Fair Lawn	4:17.95
2016---	Wayne Hills	4:14.68

PATRIOT DIVISION

TEAM SCORING

2011---	Mahwah 109, River Dell 97, Tenafly 94
2012---	River Dell and Mahwah 113, Ramsey 90
2013---	River Dell 124, Ramsey 83, Westwood 57
2014---	River Dell 108, Ramsey 73, Westwood 62

2015---River Dell 155, Ramsey 73, Westwood 38
2016---River Dell 143, Ramsey 92, Mahwah 40

100 METER DASH

2011---Kim Nagotko, Mahwah	12.53
2012---Molly Cohan, Mahwah	12.90
2013---Erin Hughes, River Dell	12.8h
2014---Ayo O'uhuru, Pascack Hills	12.70
2015---Ayo O'uhuru, Pascack Hills	12.54
2016---Ayo O'uhuru, Pascack Hills	12.81

200 METER DASH

2011---Kim Nagotko, Mahwah	26.04
2012---Katie Vernon, Ramsey	26.48
2013---Alexandra Cimino, Westwood	25.81
2014---Erin Hughes, River Dell	26.66
2015---Isabel Sella, Pascack Hills	27.12
2016---Ayo O'uhuru, Pascack Hills	26.64

400 METER DASH

2011---Victoria Mold, Mahwah	59.49
2012---Katie Vernon, Ramsey	58.85
2013---Katie Vernon, Ramsey	58.50
2014---Corinne Myers, Westwood	58.24
2015---Isabel Sella, Pascack Hills	59.98
2016---Kim Lewis, River Dell	1:00.52

800 METER RUN

2011---Josette Norris, Tenafly	2:19.08
2012---Phoebe Hersh, Tenafly	2:19.21
2013---Paige Fernandez, River Dell	2:21.41
2014---Kelsey Larkin, Ramsey	2:23.77
2015---Kelsey Larkin, Ramsey	2:20.39
2016---Kelsey Larkin, Ramsey	2:22.24

1600 METER RUN

2011---Josette Norris, Tenafly	5:24.50
2012---Josette Norris, Tenafly	5:24.64
2013---Kaitlyn Johnston, Ramsey	5:14.88
2014---Amanda Tosi, Pascack Hills	5:30.54
2015---Erica Nagotko, Mahwah	5:27.01
2016---Shannon Gorla, River Dell	5:08.96

3200 METER DASH

2011---Josette Norris, Tenafly	11:43.45
2012---Josette Norris, Tenafly	11:57.27
2013---Amanda Tosi, Pascack Hills	12:00.25
2014---Amanda Tosi, Pascack Hills	11:45.94
2015---Ginger Pojednic, River Dell	11:54.75
2016---Shannon Gorla, River Dell	11:23.05

100 METER HURDLES

2011---	MaryElizabeth Pfund, Tenafly	16.29
2012---	Gena Pickett, Mahwah	16.19
2013---	Alexandra Cimino, Westwood	14.4h
2014---	Quincy Kersbergen, Ramsey	16.37
2015---	Ebony Forbes, River Dell	15.23
2016---	Lauren Stern, Mahwah	16.21

400 METER HURDLES

2011---	Cat McQuade, River Dell	1:06.15
2012---	Paige Fernandez, River Dell	1:03.86
2013---	Paige Fernandez, River Dell	1:03.94
2014---	Noreen Byrne, River Dell	1:04.39
2015---	Kelsey Larkin, Ramsey	1:03.83
2016---	Christine Woods, River Dell	1:04.24

SHOT PUT

2011---	Jill Hudson, River Dell	35-0 ³ / ₄
2012---	Laura Oh, River Dell	34-2 ¹ / ₄
2013---	Laura Oh, River Dell	37-9 ¹ / ₄
2014---	Jessica Molina, Westwood	41-0 ¹ / ₄
2015---	Jessica Molina, Westwood	46-0
2016---	Laura Rizik, River Dell	32-2

DISCUS

2011-	Jill Hudson, River Dell	111-10
2012---	Laura Oh, River Dell	109-3
2013---	Laura Oh, River Dell	107-11
2014---	Kailee Oakes, Westwood	127-11
2015---	Jessica Molina, Westwood	139-5
2016---	Fernanda Maldonado, River Dell	110-9

JAVELIN

2011---	Jill Hudson, River Dell	117-7
2012---	Anna Bruno, Tenafly	97-6
2013---	Payton Wagmeister, River Dell	100-8
2014---	Kailee Oakes, Westwood	105-11
2015---	Jessica Molina, Westwood	114-11
2016---	Julia Kissel, Ramsey	102-4

HIGH JUMP

2011---	Taylor Clarkson, Indian Hills	4-10
2012---	Gena Pickett, Mahwah	5-0
2013---	Sierra Sands, Ramsey	5-0
2014---	Taylor Li, Pascack Hills	5-0
2015---	Miku Okada, River Dell	5-3
2016---	Lauren Chamberlin, Ramsey	5-2

LONG JUMP

2011---	Taylor Clarkson, Indian Hills	17-8 ³/₄
2012---	Gena Pickett, Mahwah	17-1
2013---	Kelly Redl, Ramsey	17-2
2014---	Marina Reilly, River Dell	16-7 ¹ / ₂

2015---Marina Reilly, River Dell	17-2
2016---Erin Hughes, River Dell	16-0 ¼

TRIPLE JUMP

2011---Gena Pickett, Mahwah	37-1
2012---Gena Pickett, Mahwah	38-1
2013---Gena Pickett, Mahwah	36-7 ¾
2014---Marina Reilly, River Dell	36-2
2015---Marina Reilly, River Dell	36-1
2016---Lauren Stern, Mahwah	36-2

POLE VAULT

2011---Carolyn Edler, Mahwah	10-6
2012---Carolyn Edler, Mahwah	11-0
2013---Vanessa Virgens, Mahwah	10-6
2014---Jenna Braun, Mahwah	10-6
2015---Bridgette Muller, Mahwah	9-6
2016---Bridgette Muller, Mahwah	11-0

1600 METER RELAY

2011---River Dell	4:03.15
2012---River Dell	4:01.37
2013---Ramsey	3:59.67
2014---Westwood	4:00.79
2015---River Dell	4:09.33
2016---Ramsey	4:07.58

AMERICAN DIVISION

TEAM SCORING

2011---Westwood 221, Ridgefield Park 134, Dumont 65
2012---Westwood 168, Ridgefield Park 119, Dumont 98
2013---Ridgefield Park 105, Dumont 78, Englewood 75
2014---Cliffside Park 79, Dumont 77, Ridgefield Park 72
2015---Cliffside Park 108 2/3, Dumont 75, Englewood 74 1/3
2016---Cliffside Park 125, Dumont 89, Ridgefield Park 82

100 METER DASH

2011---Janieanne Palmer, Englewood	12.99
2012---Janieanne Palmer, Englewood	12.91
2013---Ashley Jenq, Fort Lee	12.3h
2014---Heather Gonzalez, Cliffside Park	12.92
2015---Alicia Pena, Englewood	13.03
2016---Heather Gonzalez, Cliffside Park	13.22

200 METER DASH

2011---Janieanne Palmer, Englewood	27.25
2012---Alexandra Cimino, Westwood	26.55
2013---Janieanne Palmer, Englewood	25.58
2014---Stacey Anning, Ridgefield Park	26.83
2015---Alicia Pena, Englewood	26.45
2016---Heather Gonzalez, Cliffside Park	27.45

400 METER DASH

2011---Michelle Cascio, Westwood	1:00.44
2012---Dana Bianchi, Westwood	1:00.75
2013---Alicia Pena, Englewood	1:01.51
2014---Alicia Pena, Englewood	1:01.99
2015---Alicia Pena, Englewood	1:01.23
2016---Deidre Mackin, Dumont	1:01.66

800 METER RUN

2011---Nancie Sophias, Fort Lee	2:23.52
2012---Gabriela Sloezen, Westwood	2:23.50
2013---Monica Strowbridge, Ridgefield Park	2:29.70
2014---Melanie Plattner, Fort Lee	2:37.03
2015---Yarelis Garcia, Dumont	2:32.61
2016---Yarelis Garcia, Dumont	2:34.66

1600 METER RUN

2011---Corinne Myers, Westwood	5:17.95
2012---Corinne Myers, Westwood	5:25.05
2013---Melanie Plattner, Fort Lee	5:44.95
2014---Melanie Plattner, Fort Lee	5:48.37
2015---Jennifer Polo, Cliffside Park	5:50.05
2016---Ryann Reagan, Dumont	5:43.88

3200 METER RUN

2011---Corinne Myers, Westwood	11:43.37
2012---Corinne Myers, Westwood	11:49.32
2013---Daniela Rodriguez, Cliffside Park	12:55.59
2014---Melanie Plattner, Fort Lee	12:38.01
2015---Jennifer Polo, Cliffside Park	12:20.76
2016---Paige Holt, Dumont	12:45.24

100 METER HIGH HURDLES

2011---Alexandra Cimino, Westwood	14.86
2012---Alexandra Cimino, Westwood	15.40
2013---Shermi Villaneuva, Ridgefield Park	16.4h
2014---Kim Johnson, Dumont	16.41
2015---Heather Gonzalez, Cliffside Park	16.51
2016---Heather Gonzalez, Cliffside Park	16.77

400 METER HURDLES

2011---Alexandra Cimino, Westwood	1:04.34
2012---Alexandra Cimino, Westwood	1:03.92
2013---Molly Conner, Dumont	1:10.79
2014---Molly Conner, Dumont	1:10.32
2015---Molly Conner, Dumont	1:09.14
2016---Kelly Schmitt, Cliffside Park	1:13.66

SHOT PUT

2011---Alexa Gonzalez, Ridgefield Park	33-0 $\frac{3}{4}$
2012---Nataly Brown, Westwood	30-8
2013---Chanel Garcia, Englewood	35-2 $\frac{3}{4}$

2014---Hayli Romano, Cliffside Park	32-3 ¼
2015---Chanel Garcia, Englewood	35-9 ½
2016---Hayli Romano, Cliffside Park	33-8

DISCUS

2011---Kailee Oakes, Westwood	96-6
2012---Kathleen Baltazar, Englewood	99-2
2013---Chanel Garcia, Englewood	107-0
2014---Chanel Garcia, Englewood	112-0
2015---Maria Bravo, Ridgefield Park	109-0
2016---Maria Bravo, Ridgefield Park	117-3

JAVELIN

2011---Stephanie Encarnacion, Ridgefield Park	105-0
2012---Dina Yannette, Dumont	118-8
2013---Dina Yannette, Dumont	121-5
2014---Stacey Anning, Ridgefield Park	119-2
2015---Ashley Castillo, Ridgefield Park	108-9
2016---Samantha Rinaldi, Ridgefield Park	92-0

HIGH JUMP

2011---Stephanie Encarnacion, Ridgefield Park	5-4
2012---Kerianne Conner, Dumont	4-10
2013---Kerianne Conner, Dumont	4-10
2014---McKenna Doscher, Ridgefield Park	4-10
2015---Heather Gonzalez, Cliffside Park	4-8
2016---Talia Garrison, Englewood	4-8

LONG JUMP

2011---Stephanie Encarnacion, Ridgefield Park	17-2
2012---Fatima Hanne, Ridgefield Park	15-9 ¼
2013---Kassandra Reagan, Dumont	16-0 ½
2014---Latoya Drakeford, Englewood	16-3
2015---Latoya Drakeford, Englewood	15-8
2016---Whitney Bailey Hicks, Ridgefield Park	16-5

TRIPLE JUMP

2011---Stephanie Encarnacion, Ridgefield Park	34-4
2012---Kerianne Conner, Dumont	34-10
2013---Fatima Hanne, Ridgefield Park	34-0 ½
2014---Madison Owens, Ridgefield Park	34-10 ½
2015---Latoya Drakeford, Englewood	34-2 ½
2016---Binnaz Berkirefendi, Cliffside Park	31-10 ¼

POLE VAULT

2011---Alyssa Milazzo, Westwood	9-3
2012---Miranda DeRobertis, Ridgefield Park	8-3
2013---Miranda DeRobertis, Ridgefield Park	9-0
2014---Kara Monaco, Dumont	9-6
2015---Tiffany Liriano, Ridgefield Park	8-6
2016---Stephanie Garcia, Dumont, Adela Bravo, Ridgefield Park and Fiona Cummings, Ridgefield	6-6

Park

1600 METER RELAY

2011---Westwood	4:05.25
2012---Westwood	4:12.13
2013---Englewood	4:15.12
2014---Englewood	4:23.77
2015---Englewood	4:22.86
2016---Dumont	4:26.39

NJIC CHAMPIONSHIPS

BOYS

PATRIOT DIVISION

A

TEAM SCORING

2011---Cresskill 159, New Milford 124, Leonia 123
2012---New Milford 144, Palisades Park 129, Cresskill 118

100 METER DASH

2011---Steven Roth, Waldwick	11.1
2012---Jae Won Kim, Cresskill	11.4

200 METER DASH

2011---Steven Roth, Waldwick	22.7
2012---Jae Won Kim, Cresskill	22.7

400 METER DASH

2011---Steven Roth, Waldwick	50.7
2012---Nick Oravetz, Waldwick	52.8

800 METER RUN

2011---Kit Osuna, Leonia	2:07.0
2012---Eric Chun, Palisades Park	2:09.8

1600 METER RUN

2011---Matt John, Cresskill	4:49.5
2012---Jorge Maldonado, Palisades Park	4:40.2

3200 METER RUN

2011---Jorge Maldonado, Palisades Park	10:28.4
2012---Jorge Maldonado, Palisades Park	10:34.4

110 METER HURDLES

2011---Brandon Matulac, New Milford	16.5
2012---Brandon Matulac, New Milford	15.9

400 METER HURDLES

2011---Cody Carlson, New Milford	1:01.5
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2012---Brandon Matulac, New Milford 1:00.8

SHOT PUT

2011---Dorian Slavov, Cresskill 53-0 ½

2012---Garrett Pynn, Leonia 46-6 ½

DISCUS

2011---Dorian Slavov, Cresskill 156-6

2012---Miguel Vasquez, Palisades Park 142-0

JAVELIN

2011---Chris Churchill, Leonia 156-7

2012---Kyle Youmans, Leonia 164-5

HIGH JUMP

2011---Chris Churchill, Leonia 6-0

2012---Paul Yun, Cresskill 6-0

LONG JUMP

2011---Paul Yun, Cresskill 20-0

2012---Paul Yun, Cresskill 19-11 ½

TRIPLE JUMP

2011---Dante Tobler, New Milford 43-5 ¼

2012---Dante Tobler, New Milford 42-1 ¼

POLE VAULT

2011---Cody Carlson, New Milford 11-0

2012---cancelled

1600 METER RELAY

2011---Cresskill 3:37.7

2012---New Milford 3:47.5

B

TEAM SCORING

2011---Emerson 163 ½, Midland Park 151 ½, Bogota 109

2012---Emerson 151, Park Ridge 111, Midland Park 97

100 METER DASH

2011---Tom Saliba, Midland Park 11.4

2012---Chris Fucarino, Emerson 11.8

200 METER DASH

2011---John Malespina, Park Ridge 22.9

2012---John Malespina, Park Ridge 22.9

400 METER DASH

2011---John Malespina, Park Ridge 51.1

2012---John Malespina, Park Ridge 50.6

800 METER RUN

2011---Alex Triana, Emerson	2:05.0
2012---Alex Triana, Emerson	2:02.7

1600 METER RUN

2011---Eric LiPuma, Midland Park	4:47.7
2012---Alex Triana, Emerson	4:36.7

3200 METER RUN

2011---James Davies, Emerson	10:50.1
2012---Kyle Cairns, Midland Park	10:35.8

110 METER HURDLES

2011---Brandon Bonomo, Emerson	18.0
2012---Dan Revie, Park Ridge	16.4

400 METER HURDLES

2011---Eric Benny, Emerson	59.6
2012---Eric Benny, Emerson	58.0

SHOT PUT

2011---William Saelzer, Emerson	39-4
2012---Arie Zuidema, Midland Park	42-3 ½

DISCUS

2011---Arie Zuidema, Midland Park	117-6
2012---Seth Zuidema, Midland Park	136-7

JAVELIN

2011---Kaleb Zuidema, Midland Park	214-7
2012---Seth Zuidema, Midland Park	155-4

HIGH JUMP

2011---Rob Greer, Midland Park	5-4
2012---Luiscarty Santos, Bogota	5-6

LONG JUMP

2011---Harrison DeKnight, Midland Park	19-0
2012---Harrison DeKnight, Midland Park	20-0

TRIPLE JUMP

2011---Jon Fiscal, Bogota	40-8 ½
2012---Jonathan Profitt, Bogota	42-4

POLE VAULT

2011---Steve Felice, Midland Park	11-6
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1600 METER RELAY

2011---Emerson	3:34.1
2012---Park Ridge	3:31.0

Combined

TEAM SCORING

2013---Cresskill 122, Bogota 89, Park Ridge 84
2014---Cresskill 126 ½, Park Ridge 89, Emerson 83 ½
2015---Cresskill 126, Park Ridge 95, Emerson 76
2016---Cresskill 125, Emerson 96, Park Ridge 70

100 METER DASH

2013---Nick Oravetz, Waldwick 11.2
2014---Louis O'Keefe, Emerson 11.2
2015---Tyree Lee, Midland Park 11.6
2016---Dan Sherlock, Park Ridge 11.51

200 METER DASH

2013---Nick Oravetz, Waldwick 22.9
2014---Michael Raia, Park Ridge 22.5
2015---Dan Sherlock, Park Ridge 23.4
2016---Dan Sherlock, Park Ridge 23.16

400 METER DASH

2013---Nick Oravetz, Waldwick 51.5
2014---Louis O'Keefe, Emerson 52.1
2015---Carl Desrosiers, Palisades Park 51.6
2016---Shafic Itani, Emerson 50.32

800 METER RUN

2013---Stefan Morton, Emerson 2:03.5
2014---Carl Desrosiers, Palisades Park 2:04.2
2015---Carl Desrosiers, Palisades Park 2:05.3
2016---Carl Desrosiers, Palisades Park 2:03.03

1600 METER RUN

2013---Stefan Morton, Emerson 4:34.1
2014---Carl Desrosiers, Palisades Park 4:44.2
2015---Danny Daurio, Bogota 4:42.0
2016---Danny Daurio, Bogota 4:43.18

3200 METER RUN

2013---Stefan Morton, Emerson 10:19.8
2014---Quinn Geraghty, Bogota 10:17.2
2015---Quinn Geraghty, Bogota 10:14.7
2016---Cole Geraghty, Bogota 10:07.07

110 METER HURDLES

2013---Eric Park, Cresskill 16.9
2014---Zach Garcia, Cresskill 16.3
2015---Matt Ganguzza, Midland Park 15.9
2016---Christian Marosi, Waldwick 16.27

400 METER HURDLES

2013---Juan Castro, Bogota 1:00.2
2014---Shafic Itani, Emerson 59.9
2015---Shafic Itani, Emerson 58.1
2016---Shafic Itani, Emerson 57.06

SHOT PUT

2013---	Joe Hernandez, Cresskill		50-5 ½
2014---	Sebastien Castano, Cresskill	49-1	
2015---	Sebastien Castano, Cresskill	47-11 ¼	
2016---	John Van Cleft, Cresskill		55-4 ½

DISCUS

2013---	Arie Zuidema, Midland Park		152-1
2014---	Seth Zuidema, Midland Park		142-2
2015---	Sebastien Castano, Cresskill	141-10	
2016---	Nick Funicello, Cresskill		130-6

JAVELIN

2013---	Seth Zuidema, Midland Park		179-7
2014---	Seth Zuidema, Midland Park		194-5
2015---	AJ Gentile, Cresskill		152-4
2016---	Josh Terpstra, Midland Park	152-10	

HIGH JUMP

2013---	Johnathan Profitt, Bogota		6-0
2014---	Johnathan Profitt, Bogota		6-0
2015---	Kenneth Ofori Benne, Palisades Park 5-8		
2016---	Dante Gonzalez, Palisades Park		6-0

LONG JUMP

2013---	Peter Chamalian, Cresskill		21-3 ¼
2014---	Juan Castro, Bogota		21-11
2015---	Tyree Lee, Midland Park		20-1 ¼
2016---	Shafic Itani, Emerson		20-3 ¼

TRIPLE JUMP

2013---	Peter Chamalian, Cresskill		46-3
2014---	Johnathan Profitt, Bogota		45-4 ½
2015---	Alex Sheriff, Waldwick		41-4 ¼
2016---	Wellington Ventura, Cresskill		44-5 ½

POLE VAULT

2013---	Dallas Uychich, Park Ridge		11-6
2014---	Enea Peci, Emerson		12-0
2015---	Enea Peci, Emerson		12-6
2016---	Dan Shim, Cresskill		11-6

1600 METER RELAY

2013---	Park Ridge		3:38.4
2014---	Park Ridge		3:35.2
2015---	Park Ridge		3:39.6
2016---	Park Ridge		3:33.64

MEADOWLANDS DIVISION

A

TEAM SCORING

2011---Lyndhurst 273, Ridgefield 106 ½, Becton 53

2012---Lyndhurst 251, North Arlington 109, Ridgefield 61

100 METER DASH

2011---Danny Fay, Ridgefield 11.4

2012---Ioannis Toumazou, Ridgefield 11.1

200 METER DASH

2011---Danny Fay, Ridgefield 22.9

2012---Anthony Giaquinto, Lyndhurst 22.6**400 METER DASH**

2011---Tyler Mealy, Becton 52.7

2012---Anthony Giaquinto, Lyndhurst 51.4

800 METER RUN

2011---Patrick Rono, Lyndhurst 2:02.1

2012---Joey Weikl, Ridgefield 2:03.9

1600 METER RUN

2011---Patrick Rono, Lyndhurst 4:38.5

2012---Daniel Gaspar, Lyndhurst 4:41.7

3200 METER RUN**2011---Patrick Rono, Lyndhurst 9:59.7**

2012---Daniel Gaspar, Lyndhurst 10:16.9

110 METER HURDLES

2011---Ali Kone, Lyndhurst 16.8

2012---Ali Kone, Lyndhurst 15.4

400 METER HURDLES

2011---Tyler Mealy, Becton 58.7

2012---Cap Ki Kim, Lyndhurst 59.4

SHOT PUT

2011---Vincent Acosta, Lyndhurst 47-3 ½

2012---Dominic Rega, Lyndhurst 45-9 ¾

DISCUS

2011---Vincent Acosta, Lyndhurst 130-9

2012---Jordan Henriques, North Arlington 116-10

JAVELIN

2011---Kyle Jankowski, Lyndhurst 181-9

2012---Jon Gonzalez, North Arlington 147-1

HIGH JUMP

2011---Cap Ki Kim, Lyndhurst 5-8

2012---Cap Ki Kim, Lyndhurst 5-8

LONG JUMP

2011---Kendall Romaine, Ridgefield	21-4 ¼
2012---Eric Angus, Lyndhurst	19-7

TRIPLE JUMP

2011---Ardian Djeka, Ridgefield	42-0
2012---Tyler Krychkowski, North Arlington	42-9 ½

POLE VAULT

2011---Troy Cathey, Becton	12-0
2012---Mike Morreale, Lyndhurst	13-0

1600 METER RELAY

2011---Lyndhurst	3:35.1
2012---Lyndhurst	3:36.9

B**TEAM SCORING**

2011---Hasbrouck Heights 270, Wood-Ridge 73, Saddle Brook 71
2012---Hasbrouck Heights 294 ½, Wallington 96 ½, Wood-Ridge 85

100 METER DASH

2011---Kevin Condal, Hasbrouck Heights	11.3
2012---Brandon Lomuti, Hasbrouck Heights	11.5

200 METER DASH

2011---Kevin Condal, Hasbrouck Heights	23.7
2012---Brandon Lomuti, Hasbrouck Heights	23.7

400 METER DASH

2011---Kevin Condal, Hasbrouck Heights	50.0
2012---Mark Monohan, Hasbrouck Heights	55.1

800 METER RUN

2011---Alex Quinn, Hasbrouck Heights	2:12.4
2012---Alex Sisco, Hasbrouck Heights	2:14.3

1600 METER RUN

2011---Domenick D'Agostino, Wallington	4:41.6
2012---Domenick D'Agostino, Wallington	4:29.8

3200 METER RUN

2011---Domenick D'Agostino, Wallington	10:00.2
2012---Domenick D'Agostino, Wallington	10:06.4

110 METER HURDLES

2011---John Porteous, Wood-Ridge	15.2
2012---Roland Gamez, Hasbrouck Heights	15.1

400 METER HURDLES

2011---John Porteous, Wood-Ridge	57.3
2012---Sean Porteous, Wood-Ridge	58.4

SHOT PUT

2011---Patrick Cole, Hasbrouck Heights 55-10 ¼
2012---Chris Connors, Hasbrouck Heights 54-8 ¾

DISCUS

2011---Patrick Cole, Hasbrouck Heights 171-5
2012---Anthony Seidel, Hasbrouck Heights 149-11

JAVELIN

2011---Anthony Seidel, Hasbrouck Heights 159-4
2012---Anthony Seidel, Hasbrouck Heights 182-4

HIGH JUMP

2011---Roland Gamez, Hasbrouck Heights 5-10
2012---Roland Gamez, Hasbrouck Heights 5-6

LONG JUMP

2011---John Porteous, Wood-Ridge 21-10 ¾
2012---Roland Gamez, Hasbrouck Heights 21-8 ½

TRIPLE JUMP

2011---Roland Gamez, Hasbrouck Heights 44-9 ½
2012---Roland Gamez, Hasbrouck Heights 44-7 ½

POLE VAULT

2011---Alex Sisco, Hasbrouck Heights 12-0
2012---Alex Sisco, Hasbrouck Heights 13-0

1600 METER RELAY

2011---Hasbrouck Heights 3:43.5
2012---Hasbrouck Heights 3:43.0

Combined**TEAM SCORING**

2013---Hasbrouck Heights 296, Saddle Brook 56, North Arlington & Wallington 46
2014---Hasbrouck Heights 264 ½, North Arlington 110 ½, Wood-Ridge 48
2015---Hasbrouck Heights 251 ½, Saddle Brook 136, Wallington 44
2016---Hasbrouck Heights 239, Saddle Brook 96, Wallington 62

100 METER DASH

2013---Ken Partyka, Hasbrouck Heights 11.1
2014---Brian Moran, Hasbrouck Heights 10.9
2015---Clarence Reyes, Hasbrouck Heights 11.9
2016---Sean Roberts, Saddle Brook 11.82

200 METER DASH

2013---Ken Partyka, Hasbrouck Heights 23.2
2014---Brian Moran, Hasbrouck Heights 22.9
2015---Dillon Fisher, Hasbrouck Heights 23.4
2016---Sean Roberts, Saddle Brook 24.01

400 METER DASH

2013---	Gokalp Yerdelen, Hasbrouck Heights	52.9
2014---	Josh Paulino, Hasbrouck Heights	52.8
2015---	Raj Gulati, Saddle Brook	52.1
2016---	Nick Monahan, Hasbrouck Heights	53.80

800 METER RUN

2013---	Angel Rodriguez, Hasbrouck Heights	2:10.6
2014---	Danny Cordeiro, North Arlington	2:04.7
2015---	Jason DiGiacinto, Hasbrouck Heights	2:06.9
2016---	Michael Cabrera, Becton	2:01.70

1600 METER RUN

2013---	Danny Cordeiro, North Arlington	4:40.7
2014---	Danny Cordeiro, North Arlington	4:40.2
2015---	Kelon Yalong, saddle Brook	4:50.4
2016---	Abdallah Hammad, Hasbrouck Heights	4:39.97

3200 METER RUN

2013---	Marc Mastropietro, Hasbrouck Heights	10:53.6
2014---	Marc Mastropietro, Hasbrouck Heights	10:30.3
2015---	Connor McGillick, Saddle Brook	10:43.1
2016---	Abdallah Hammad, Hasbrouck Heights	10:45.70

110 METER HURDLES

2013---	Roland Gamez, Hasbrouck Heights	14.7
2014---	Marquise Perez, Hasbrouck Heights	15.7
2015---	Clarence Reyes, Hasbrouck Heights	15.1
2016---	Clarence Reyes, Hasbrouck Heights	15.51

400 METER HURDLES

2013---	Josh Paulino, Hasbrouck Heights	1:00.6
2014---	Dillon Fisher, Hasbrouck Heights	59.1
2015---	Matt Sproviero, Hasbrouck Heights	59.2
2016---	Clarence Reyes, Hasbrouck Heights	58.68

SHOT PUT

2013---	Anthony Seidel, Hasbrouck Heights	52-1 ½
2014---	Mauro Altamura, Hasbrouck Heights	48-3 ½
2015---	Gio Gutierrez, Saddle Brook	54-1 ½
2016---	Gio Gutierrez, Saddle Brook	53-10

DISCUS

2013---	Anthony Seidel, Hasbrouck Heights	155-0
2014---	Gerard Londino, Wood-Ridge	124-4
2015---	Gio Gutierrez, Saddle Brook	151-11
2016---	Gio Gutierrez, Saddle Brook	144-2

JAVELIN

2013---	Anthony Seidel, Hasbrouck Heights	185-1
2014---	Michael Brazzel, North Arlington	180-5
2015---	Mauro Altamura, Hasbrouck Heights	155-3

2016---James Pikowski, Hasbrouck Heights 149-5

HIGH JUMP

2013---Roland Gamez, Hasbrouck Heights 6-5
2014---Robert Spangler, Hasbrouck Heights 5-6
2015---Leeroy Casimir, Hasbrouck Heights 5-10
2016---Leeroy Casimir, Hasbrouck Heights 5-10

LONG JUMP

2013---Roland Gamez, Hasbrouck Heights 21-5
2014---Michael Brazzel, North Arlington 20-10 ½
2015---Kacper Wrobel, Saddle Brook 19-5
2016---Niko Regus, Hasbrouck Heights 20-6

TRIPLE JUMP

2013---Roland Gamez, Hasbrouck Heights 44-10
2014---Joshua Harris, Wallington 41-8
2015---Dominik Pergel, Wallington 41-1 ½
2016---Niko Regus, Hasbrouck Heights 42-6

POLE VAULT

2013---Travis Fisher, North Arlington 11-0
2014---Travis Fisher, North Arlington 12-6
2015---Travis Fisher, North Arlington 13-6
2016---Dylan Freschi, Hasbrouck Heights 9-6

1600 METER RELAY

2013---Hasbrouck Heights 3:39.2
2014---Hasbrouck Heights 3:39.9
2015---Hasbrouck Heights 3:33.9
2016---Hasbrouck Heights 3:37.45

COLONIAL DIVISION

A

TEAM SCORING

2011---Pascack Hills 178, Garfield 122, Lodi 118
2012---Pascack Hills 163 ½, Lodi 126 ½, Glen Rock 79

100 METER DASH

2011---Angel Lora, Garfield 11.1
2012---Sean Krazit, Pascack Hills 11.0

200 METER DASH

2011---Angel Lora, Garfield 22.9
2012---Fernando Almonte, Lodi 22.6

400 METER DASH

2011---Sean Krazit, Pascack Hills 51.6
2012---Fernando Almonte, Lodi 50.0

800 METER RUN

2011---	Mike Calero, Lodi	2:04.6
2012---	Frank Amoresano, Glen Rock	2:02.2

1600 METER RUN

2011---	Mike Polizzano, Glen Rock	4:47.4
2012---	Andrew Brennan, Glen Rock	4:40.2

3200 METER RUN

2011---	Ross Dember, Pascack Hills	10:52.0
2012---	Will Brancato, Rutherford	10:12.6

110 METER HURDLES

2011---	Franklin Smith-Hinson, Garfield	15.0
2012---	Fernando Almonte, Lodi	14.7

400 METER HURDLES

2011---	Franklin Smith-Hinson, Garfield	59.1
2012---	Louis Kang, Pascack Hills	56.8

SHOT PUT

2011---	Paul Zeppieri, Lodi	47-10 ¼
2012---	Everton Johnson, Rutherford	45-3 ¼

DISCUS

2011---	Tyler Demmerle, Pascack Hills	130-10
2012---	Roman Torres, Garfield	123-0

JAVELIN

2011---	Julian DeZao, Pascack Hills	177-0
2012---	Adam Kazmierczak, Glen Rock	155-9

HIGH JUMP

2011---	Leacroft Nunes, Garfield	5-8
2012---	Taylor Cudequest, Pascack Hills	5-8

LONG JUMP

2011---	Angel Lora, Garfield	20-10 ¼
2012---	Taylor Cudequest, Pascack Hills	20-7 ½

TRIPLE JUMP

2011---	Angel Lora, Garfield	42-11 ¾
2012---	Wallace Payne, Lodi	41-5 ¼

POLE VAULT

2011---	Tarou Seki, Pascack Hills	12-6
2012---	Mohamed Haras, Pascack Hills	11-0

1600 METER RELAY

2011---	Pascack Hills	3:39.0
2012---	Pascack Hills	3:35.6

B

TEAM SCORING

2011---Elmwood Park 126, Manchester 119.16, Eastern Christian 116

2012---Pompton Lakes 185, Hawthorne 137, Eastern Christian 69

100 METER DASH

2011---Anthony DeFreitas, Elmwood Park 11.3

2012---Dane Torres, Pompton Lakes 11.4

200 METER DASH

2011---Alex Grant, Manchester 23.0

2012---Anthony Johnson, Elmwood Park 23.5

400 METER DASH

2011---Jarrod Diaz, Elmwood Park 54.7

2012---Jacoby Suggs, Manchester 55.1

800 METER RUN

2011---Samuel Braen, Eastern Christian 2:06.6

2012---Austin Gausditi, Pompton Lakes 2:08.0

1600 METER RUN

2011---Andrew Nashed, Manchester 4:43.5

2012---Austin Gausditi, Pompton Lakes 4:48.1

3200 METER RUN

2011---Andrew Nashed, Manchester 10:39.3

2012---Ramon Fantauzzi, Pompton Lakes 10:01.8

110 METER HURDLES

2011---Alex Grant, Manchester 16.1

2012---David Karakas, Hawthorne 15.5

400 METER HURDLES

2011---Alex Grant, Manchester 59.7

2012---Jason Nemeth, Elmwood Park 61.3

SHOT PUT

2011---Majer Biokua, Pompton Lakes 40-2 $\frac{3}{4}$

2012---Alex Christoph, Pompton Lakes 44-0 $\frac{3}{4}$

DISCUS

2011---Samuel Braen, Eastern Christian 121-3

2012---Zariq Hewitt, Pompton Lakes 115-6

JAVELIN

2011---Clint Apaza, Manchester 155-11

2012---Skylar Wagner, Pompton Lakes 145-5

HIGH JUMP

2011---Matthew Grimaldi, Hawthorne 5-8

2012---Matthew Grimaldi, Hawthorne 5-10

LONG JUMP

2011---	Steve Pruiksma, Hawthorne	20-11 ½
2012---	Dwayne Miele, Hawthorne	19-10 ½

TRIPLE JUMP

2011---	Rob Graham, Elmwood Park	43-2 ¾
2012---	Alex Brezo, Pompton Lakes	41-5 ¼

POLE VAULT

2011---	Chris Steele, Pompton Lakes	13-6
2012---	Josh Davidson, Eastern Christian	13-0

1600 METER RELAY

2011---	Manchester	3:45.0
2012---	Pompton Lakes	3:43.1

Combined**TEAM SCORING**

2013---	Lodi 162, Pompton Lakes 92, Rutherford 78
2014---	Lodi 145, Glen Rock 117, Pompton Lakes 67
2015---	Glen Rock 117, Garfield 103, Lodi 73 ½
2016---	Glen Rock 108, Hawthorne 105 ½, Garfield 89

100 METER DASH

2013---	Wallace Payne, Lodi	11.2
2014---	Devante Foxworth, Lodi	11.3
2015---	Sean McNerney, Glen Rock	11.8
2016---	Quazier Dailey, Manchester	11.40

200 METER DASH

2013---	Emmanuel Appiah, Lodi	23.3
2014---	Sean McNerney, Glen Rock	23.7
2015---	Ali Awari, Hawthorne	23.1
2016---	Quazier Dailey, Manchester	22.86

400 METER DASH

2013---	Matt Van Eck, Eastern Christian	52.0
2014---	Dan Dooner, Glen Rock	51.6
2015---	Sean McNerney, Glen Rock	52.8
2016---	Jeff Mate, Glen Rock	52.30

800 METER RUN

2013---	Jimmy Arnold, Rutherford	2:05.4
2014---	Sean Sullivan, Rutherford	2:07.4
2015---	Sean Sullivan, Rutherford	2:03.2
2016---	Owen Davitt, Glen Rock	1:57.67

1600 METER RUN

2013---	Will Brancato, Rutherford	4:34.5
2014---	Sean Sullivan, Rutherford	4:43.5
2015---	Ryan Vandervalk, Glen Rock	4:25.6
2016---	Sean Sullivan, Rutherford	4:20.04

3200 METER RUN

2013---Will Brancato, Rutherford	9:45.3
2014---Ryan Vandervalk, Glen Rock	10:34.7
2015---Ryan Vandervalk, Glen Rock	10:48.7
2016---Carter Heerema, Eastern Christian	10:29.62

110 METER HURDLES

2013---Fernando Almonte, Lodi	15.3
2014---Dan Dooner, Glen Rock	16.4
2015---David Acevedo, Lodi	16.3
2016---Steven Nolasco, Garfield	16.39

400 METER HURDLES

2013---Dan Dooner, Glen Rock	57.2
2014---Dan Dooner, Glen Rock	58.2
2015---David Acevedo, Lodi	58.7
2016---Sam Veenstra, Eastern Christian	58.03

SHOT PUT

2013---Mike Duncan, Pompton Lakes	49-2 ¼
2014---Bryan Roth, Lodi	52-10 ½
2015---Bryan Roth, Lodi	50-7
2016---Davius Bunch, Hawthorne	45-0 ½

DISCUS

2013---Pietro Biancamano, Rutherford	135-5
2014---Zariq Hewitt, Pompton Lakes	149-5
2015---Trent Braen, Eastern Christian	145-1
2016---Trent Braen, Eastern Christian	153-6

JAVELIN

2013---Erick McNamara, Pompton Lakes	150-11
2014---Erick McNamara, Pompton Lakes	151-6
2015---Tyler Montayne, Garfield	139-7
2016---Ben Irizarry, Pompton Lakes	145-11

HIGH JUMP

2013---Cleveland McDaniel, Eastern Christian	6-2
2014---Keyshawn Fowler, Lodi	6-0
2015---Steven Nolasco, Garfield	5-10
2016---Carlos Pepin, Lodi	6-0

LONG JUMP

2013---Wallace Payne, Lodi	21-2 ¾
2014---Vishaldeep Singh, Lodi	21-1 ¾
2015---Matt Wierzba, Garfield	21-6 ¼
2016---Steven Nolasco, Garfield	20-9 ½

TRIPLE JUMP

2013---Wallace Payne, Lodi	44-6 ¼
2014---Vishaldeep Singh, Lodi	42-9 ¼

2015---Matt Wierzba, Garfield	44-4 ½
2016---Matt Wierzba, Garfield	44-2 ½

POLE VAULT

2013---Andrew Fiedler, Eastern Christian	11-6
2014---Andrew Accardi, Pompton Lakes	12-6
2015---Andrew Accardi, Pompton Lakes	13-7
2016---Jared Forer, Glen Rock	11-0

1600 METER RELAY

2013---Glen Rock	3:33.2
2014---Glen Rock	3:41.9
2015---Glen Rock	3:39.7
2016---Glen Rock	3:32.58

LIBERTY DIVISION

TEAM SCORING

2013---Lyndhurst 160, New Milford 97 ½, Secaucus 73
2014---Lyndhurst 154, New Milford 134, Dwight-Englewood 58
2015---Lyndhurst 177, New Milford 96, Leonia 68
2016---Lyndhurst 210, Leonia 91, New Milford 68

100 METER DASH

2013---James Wenger, Lyndhurst	11.2
2014---Chris Mercado, Ridgefield	11.5
2015---Peter Guerriero, Lyndhurst	11.2
2016---Peter Guerriero, Lyndhurst	11.01

200 METER DASH

2013---Keeneth Ross, Secaucus	23.0
2014---Kevin Momnohin, Queen of Peace	23.1
2015---Peter Guerriero, Lyndhurst	22.9
2016---Peter Guerriero, Lyndhurst	22.75

400 METER DASH

2013---Jason Dargan, Dwight-Englewood	51.3
2014---Anthony Giaquinto, Lyndhurst	52.4
2015---Kane McDermott, Lyndhurst	52.4
2016---Max Stith, Leonia	51.70

800 METER RUN

2013---Ryan Semsel, Dwight-Englewood	2:05.3
2014---Kevin Teets, New Milford	2:05.7
2015---Ryan Semsel, Dwight-Englewood	2:03.6
2016---Jeremy Bronstein, Dwight-Englewood	2:06.61

1600 METER RUN

2013---Kane McDermott, Lyndhurst	4:51.4
2014---Kevin Teets, New Milford	4:41.9
2015---Stephen Covello, Lyndhurst	4:38.3
2016---Hussein Elmeshad, Leonia	4:31.28

3200 METER RUN

2013---	Marc Rosenberg, Dwight-Englewood	10:33.6
2014---	David Lysenko, Dwight-Englewood	10:29.8
2015---	Hussein Elmeshad, Leonia	10:24.3
2016---	Hussein Elmeshad, Leonia	10:13.91

110 METER HURDLES

2013---	Jose Vargas, Leonia	15.9
2014---	Kyle Krzastek, Lyndhurst	16.4
2015---	Quintin St. Helaire, Lyndhurst	16.0
2016---	Teslim Olunlade, Lyndhurst	16.50

400 METER HURDLES

2013---	Kevin Momnohin, Queen of Peace	57.9
2014---	Kevin Momnohin, Queen of Peace	59.7
2015---	Quintin St. Helaire, Lyndhurst	59.7
2016---	Adam Khrriss, Secaucus	58.49

SHOT PUT

2013---	Garrett Pynn, Leonia	50-8 ½
2014---	Jonathan Mercado, Lyndhurst	47-7
2015---	Christopher Bekker, Lyndhurst	41-11 ¼
2016---	Oluwayomi Olunlade, Lyndhurst	46-3 ½

DISCUS

2013---	Jonathan Mercado, Lyndhurst	117-8
2014---	Jonathan Mercado, Lyndhurst	123-0
2015---	Christopher Bekker, Lyndhurst	108-1
2016---	Christopher Bekker, Lyndhurst	124-11

JAVELIN

2013---	Charles Simons, Leonia	146-1
2014---	Ryan Rand, Secaucus	148-8
2015---	Austin Suarez, New Milford	145-2
2016---	Sam Rivera, Lyndhurst	153-0

HIGH JUMP

2013---	James Wenger, Lyndhurst	5-10
2014---	Bryant Yoshida, New Milford	5-10
2015---	Quintin St. Helaire, Lyndhurst	6-0
2016---	Christian Garcia, New Milford	5-8

LONG JUMP

2013---	Dante Tobler, New Milford	19-9 ¼
2014---	Jake Estevez, Lyndhurst	20-8 ¼
2015---	Aleem James, Dwight-Englewood	20-2
2016---	Peter Guerriero, Lyndhurst	19-5 ¼

TRIPLE JUMP

2013---	Dante Tobler, New Milford	43-3
2014---	Tony Vargas, Leonia	42-9 ¼
2015---	Chaheen Payne, New Milford	41-9 ½

2016---Peter Guerriero, Lyndhurst 42-2 ¼

POLE VAULT

2013---Nathan Duquilla, Lyndhurst 11-6
2014---Jose Polanco, Lyndhurst 12-0
2015---Devin Yunis, Lyndhurst 10-0
2016---Devin Yunis, Lyndhurst 12-0

1600 METER RELAY

2013---Secaucus 3:40.8
2014---Lyndhurst 3:40.0
2015---Leonia 3:36.5
2016---Dwight-Englewood 3:38.00

GIRLS

PATRIOT DIVISION

A

TEAM SCORING

2011---Cresskill 181, New Milford 152, Waldwick 89
2012---Cresskill 193 ½, Waldwick 105, New Milford 75

100 METER DASH

2011---Khadijah Cox, New Milford 12.3
2012---Khadijah Cox, New Milford 13.2

200 METER DASH

2011---Khadijah Cox, New Milford 25.7
2012---Khadijah Cox, New Milford 26.3

400 METER DASH

2011---Khadijah Cox, New Milford 1:00.9
2012---Alexandra Stith, Leonia 1:01.9

800 METER RUN

2011---Jada Toote, New Milford 2:34.3
2012---Bobbie Javier, Dwight Englewood 2:28.8

1600 METER RUN

2011---Johanna Elliott, Cresskill 5:37.7
2012---Jennifer Teets, New Milford 5:44.2

3200 METER RUN

2011---Jessica Andre, Waldwick 12:25.2
2012---Jennifer Teets, New Milford 12:54.3

100 METER HURDLES

2011---Esther Moallen, Cresskill 16.8
2012---Ani Sarkasian, Cresskill 16.0

400 METER HURDLES

2011---Ani Sarkasian, Cresskill 1:06.3

2012---Ani Sarkasian, Cresskill 1:06.5

SHOT PUT

2011---Keri Kavanaugh, Cresskill 31-6 ½

2012---Alexandra Phoenix, Cresskill 33-6

DISCUS

2011---Kayla Pauwels, Waldwick 102-10

2012---Tania Pabon, Cresskill 121-6

JAVELIN

2011---Vanessa Vargas, New Milford 112-11

2012---Mariana Ruas, Waldwick 107-1

HIGH JUMP

2011---Elaina White, Leonia 5-2

2012---Elaina White, Leonia 5-2

LONG JUMP

2011---Patty McHugh, Waldwick 16-4 ½

2012---Patty McHugh, Waldwick 17-4

TRIPLE JUMP

2011---Patty McHugh, Waldwick 33-8 ½

2012---Patty McHugh, Waldwick 35-0

POLE VAULT

2011---Maci DeCarlo, Cresskill 7-6

2012---Maci DeCarlo, Cresskill 7-6

1600 METER RELAY

2011---Cresskill 4:15.1

2012---Cresskill 4:18.2

B

TEAM SCORING

2011---Park Ridge 214 1/3, Emerson 127 2/3, Midland Park 1086

2012---Park Ridge 197, Emerson 148, Midland Park 81

100 METER DASH

2011---Stephanie Baumann, Park Ridge 13.1

2012---Stephanie Baumann, Park Ridge 13.0

200 METER DASH

2011---Rebecca Skovira, Park Ridge 26.2

2012---Rebecca Skovira, Park Ridge 26.9

400 METER DASH

2011---Rebecca Skovira, Park Ridge 1:02.0

2012---Rebecca Skovira, Park Ridge 1:00.6

800 METER RUN

2011---Kristen Gray, Park Ridge 2:29.3
2012---Julia Perez, Park Ridge 2:43.3

1600 METER RUN

2011---Elizabeth O'Brien, Bogota 5:49.2
2012---Elizabeth O'Brien, Bogota 5:50.2

3200 METER RUN

2011---Elizabeth O'Brien, Bogota 12:41.7
2012---Elizabeth O'Brien, Bogota 12:39.4

100 METER HURDLES

2011---Mel Lewis, Midland Park 15.9
2012---Haley Azevedo, Park Ridge 17.5

400 METER HURDLES

2011---Mel Lewis, Midland Park 1:03.4
2012---Lisa Carle, Midland Park 1:10.4

SHOT PUT

2011---Ashley Mennitti, Park Ridge 30-2
2012---Cheyenne Bellerand, Emerson 32-11 ½

DISCUS

2011---Ashley Mennitti, Park Ridge 80-1
2012---Kerry Deen, Park Ridge 91-3

JAVELIN

2011---Rebecca Skovira, Park Ridge 125-4
2012---Rebecca Skovira, Park Ridge 125-4

HIGH JUMP

2011---Jackie Guglielmo, Park Ridge 4-10
2012---Kim Raberio, Midland Park 4-10

LONG JUMP

2011---Kim Raberio, Midland Park 16-3 ¾
2012---Kim Raberio, Midland Park 16-2

TRIPLE JUMP

2011---Kim Raberio, Midland Park 33-6 ¾
2012---Quinn Heinrich, Emerson 33-0

POLE VAULT

2011---Kristen Gray, Park Ridge 8-6
2012---Nicole Piccinich, Emerson 9-6

1600 METER RELAY

2011---Park Ridge 4:09.9
2012---Park Ridge 4:20.4

Combined

TEAM SCORING

2013---Cresskill 133 ½, Waldwick 73, Emerson 72 ½
2014---Cresskill 218 ½, Midland Park 71, Palisades Park 68
2015---Cresskill 203, Palisades Park 56 ½, Waldwick 50
2016---Cresskill 128, Park Ridge 125, Midland Park 78

100 METER DASH

2013---Jaide Hinds-Clarke, Saddle River Day 12.9
2014---Jordan Zaikov, Cresskill 12.6
2015---Anna Maria Scarpis, Bogota 12.9
2016---Nicole Thomas, Park Ridge 12.95

200 METER DASH

2013---Lisa Carle, Midland Park 26.8
2014---Samantha Arrigale, Cresskill 27.5
2015---Anna Maria Scarpis, Bogota 27.1
2016---Nicole Thomas, Park Ridge 26.23

400 METER DASH

2013---Carly Reich, Park Ridge 1:01.3
2014---Lisa Carle, Midland Park 1:01.4
2015---Sophia Castronovo, Emerson 1:01.6
2016---Nicole Thomas, Park Ridge 58.96

800 METER RUN

2013---Seryna O'Rourke, Cresskill 2:33.1
2014---Arianna Lopez, Palisades Park 2:27.6
2015---Arianna Lopez, Palisades Park 2:27.9
2016---Rachel Spagnola, Park Ridge 2:25.90

1600 METER RUN

2013---Julianna Lee, Palisades Park 5:39.6
2014---Arianna Lopez, Palisades Park 5:31.1
2015---Arianna Lopez, Palisades Park 5:36.4
2016---Arianna Lopez, Palisades Park 5:25.13

3200 METER RUN

2013---Julianna Lee, Palisades Park 12:11.3
2014---Arianna Lopez, Palisades Park 12:36.8
2015---Arianna Lopez, Palisades Park 12:45.9
2016---Arianna Lopez, Palisades Park 11:56.49

100 METER HURDLES

2013---Lisa Carle, Midland Park 16.7
2014---Kristen Frawley, Hawthorne Christian 16.1
2015---Jordan Zaikov, Cresskill 16.0
2016---Iveya Slavova, Cresskill 15.79

400 METER HURDLES

2013---Nicole Piccinich, Emerson 1:08.6
2014---Lisa Carle, Midland Park 1:10.1

2015---Rachel Spagnola, Park Ridge	1:09.7
2016---Rachel Spagnola, Park Ridge	1:06.08

SHOT PUT

2013---Cheyenne Bellerand, Emerson	38-4 ¼
2014---Cheyenne Bellerand, Emerson	42-1 ¼
2015---Amelia Apgar, Waldwick	32-10 ¾
2016---Amelia Apgar, Waldwick	33-11 ¼

DISCUS

2013---Tania Pabon, Cresskill	121-3
2014---Cheyenne Bellerand, Emerson	113-0
2015---Alexandra Bael, Hawthorne Christian	100-8
2016---Chloe Zuidema, Midland Park	97-4

JAVELIN

2013---Cheyenne Bellerand, Emerson	105-3
2014---Erin McHugh, Waldwick	116-2
2015---Erin McHugh, Waldwick	121-7
2016---Thalia Ghalam, Midland Park	141-10

HIGH JUMP

2013---Lisa Carle, Midland Park	5-0
2014---Jelmi Chamalian, Cresskill	5-0
2015---Michael Cohen, Cresskill	5-0
2016---Iveya Slavova, Cresskill	5-2

LONG JUMP

2013---Patty McHugh, Waldwick	16-3 ¼
2014---Maryam Hassan, Cresskill	16-10
2015---Maryam Hassan, Cresskill	17-7
2016---Maryam Hassan, Cresskill	17-0

TRIPLE JUMP

2013---Patty McHugh, Waldwick	33-10 ½
2014---Maryam Hassan, Cresskill	36-11 ½
2015---Maryam Hassan, Cresskill	38-5
2016---Maryam Hassan, Cresskill	37-1

POLE VAULT

2013---Nicole Piccinich, Emerson	10-0
2014---Nina Lucibello, Cresskill	9-0
2015---Nina Lucibello, Cresskill	8-0
2016---Nicole Owens, Cresskill	8-6

1600 METER RELAY

2013---Park Ridge	4:20.7
2014---Cresskill	4:22.3
2015---Cresskill	4:20.3
2016---Park Ridge	4:05.64

MEADOWLANDS DIVISION

A

TEAM SCORING

2011---Lyndhurst 181, North Arlington 97, Secaucus 93

2012---Secaucus 153, Lyndhurst 141, North Arlington 87

100 METER DASH

2011---Ashley Sloan, Lyndhurst 13.3

2012---Kathleen Mercado, Secaucus 12.8

200 METER DASH

2011---Ashley Sloan, Lyndhurst 27.1

2012---Kathleen Mercado, Secaucus 27.0

400 METER DASH

2011---Marie Emberger, Secaucus 1:05.8

2012---Jessica Failace, Lyndhurst 1:02.4

800 METER RUN

2011---Victoria Weiss, Ridgefield 2:35.1

2012---Jessica Failace, Lyndhurst 2:41.6

1600 METER RUN

2011---Victoria Weiss, Ridgefield 5:45.3

2012---Michaila Mastrofillippo, Queen of Peace 6:13.0

3200 METER RUN

2011---Victoria Weiss, Ridgefield 12:15.2

2012---Victoria Delarosa, Secaucus 14:02.8

100 METER HURDLES

2011---Jenna Corby, Lyndhurst 16.9

2012---Christina Nardini, North Arlington 17.2

400 METER HURDLES

2011---Amanda Nowak, Lyndhurst 1:10.4

2012---Natalie Negroni, Queen of Peace 1:07.0

SHOT PUT

2011---Camila Alonso, Lyndhurst 30-3 ¼

2012---Katelyn Lafaso, Lyndhurst 29-1

DISCUS

2011---Camila Alonso, Lyndhurst 82-6

2012---Mary Smykowski, North Arlington 83-0

JAVELIN

2011---Camila Alonso, Lyndhurst 101-2

2012---Barbara Christs, Ridgefield 77-1

HIGH JUMP

2011---	Jackie McCaffrey, Secaucus	4-6
2012---	Jenna Corby, Lyndhurst	4-8

LONG JUMP

2011---	Kathleen Mercado, Secaucus	16-0
2012---	Kathleen Mercado, Secaucus	16-4 ¼

TRIPLE JUMP

2011---	Zanetta Balbuza, Becton	34-3
2012---	Kathleen Mercado, Secaucus	34-7

POLE VAULT

2011---	Michele Rozalski, Queen of Peace	8-6
2012---	Catherine Rozalski, Queen of Peace	10-0

1600 METER RELAY

2011---	Lyndhurst	4:29.0
2012---	Secaucus	4:19.8

B

TEAM SCORING

2011---	Hasbrouck Heights 239, Saddle Brook 120, Wallington 63
2012---	Hasbrouck Heights 291, Wallington 85, Wood-Ridge 44

100 METER DASH

2011---	Shannon Roberts, Saddle Brook	13.0
2012---	Shannon Roberts, Saddle Brook	12.5

200 METER DASH

2011---	Brielle Sutter, Saddle Brook	25.5
2012---	Shannon Roberts, Saddle Brook	26.2

400 METER DASH

2011---	Brielle Sutter, Saddle Brook	58.8
2012---	Danielle Mascera, Hasbrouck Heights	1:07.0

800 METER RUN

2011---	Rebecca Fortoul, Hasbrouck Heights	2:35.8
2012---	Rebecca Fortoul, Hasbrouck Heights	2:29.1

1600 METER RUN

2011---	Rebecca Fortoul, Hasbrouck Heights	5:43.7
2012---	Rebecca Fortoul, Hasbrouck Heights	5:28.7

3200 METER RUN

2011---	Rebecca Fortoul, Hasbrouck Heights	12:41.5
2012---	Rebecca Fortoul, Hasbrouck Heights	12:49.7

100 METER HIGH HURDLES

2011---	Nickie Ingelsby, Hasbrouck Heights	16.8
2012---	Jennifer White, Hasbrouck Heights	17.0

400 METER HURDLES

2011---	Nickie Ingelsby, Hasbrouck Heights	1:09.0
2012---	Jennifer White, Hasbrouck Heights	1:13.0

SHOT PUT

2011---	Melissa Silvestri, Wood-Ridge	32-9
2012---	Irene Cedano, Hasbrouck Heights	35-11

DISCUS

2011---	Melissa Silvestri, Wood-Ridge	102-0
2012---	Irene Cedano, Hasbrouck Heights	91-5

JAVELIN

2011---	Nicole Sinatra, Wood-Ridge	101-5
2012---	Nina Messery, Hasbrouck Heights	113-9

HIGH JUMP

2011---	Melissa Esposito, Saddle Brook	4-8
2012---	Magda Bielen, Wallington	4-6

LONG JUMP

2011---	Marissa Romano, Hasbrouck Heights	16-10 ½
2012---	Rayn Moses, Hasbrouck Heights	16-2

TRIPLE JUMP

2011---	Marissa Romano, Hasbrouck Heights	35-0
2012---	Rayn Moses, Hasbrouck Heights	34-4

POLE VAULT

2011---	Tiffany Tencza, Wallington	9-6
2012---	Tiffany Tencza, Wallington	11-0

1600 METER RELAY

2011---	Hasbrouck Heights	4:30.9
2012---	Hasbrouck Heights	4:15.0

Combined**TEAM SCORING**

2013---	Hasbrouck Heights 247, Wallington 79, North Arlington 62
2014---	Hasbrouck Heights 227, Saddle Brook 90, North Arlington 59
2015---	Hasbrouck Heights 281, Saddle Brook 116, Wallington 39
2016---	Hasbrouck Heights 321, Saddle Brook 61, North Arlington 37

100 METER DASH

2013---	Stacey Porzl, Hasbrouck Heights	13.0
2014---	Tajia Lagomarsino, Saddle Brook	12.4
2015---	Tajia Lagomarsino, Saddle Brook	13.1
2016---	Stacey Porzl, Hasbrouck Heights	13.04

200 METER DASH

2013---	Stacey Porzl, Hasbrouck Heights	27.5
2014---	Tajia Lagomarsino, Saddle Brook	26.4

2015---Tajia Lagomarsino, Saddle Brook	26.4
2016---Stacey Porzl, Hasbrouck Heights	27.06

400 METER DASH

2013---Stacey Porzl, Hasbrouck Heights	1:02.7
2014---Stacey Porzl, Hasbrouck Heights	1:00.3
2015---Tajia Lagomarsino, Saddle Brook	59.4
2013---Stacey Porzl, Hasbrouck Heights	59.85

800 METER RUN

2013---Jenna DiGiacinto, Hasbrouck Heights	2:29.5
2014---Ashley McVeigh, Saddle Brook	2:30.5
2015---Jillian DiGiacinto, Hasbrouck Heights	2:26.6
2016---Jillian DiGiacinto, Hasbrouck Heights	2:20.32

1600 METER RUN

2013---Danielle Dallara, Hasbrouck Heights	5:32.3
2014---Nicole McVeigh, Saddle Brook	5:38.1
2015---Ashley McVeigh, Saddle Brook	5:34.8
2016---Felicia CAscone, Hasbrouck Heights	5:36.98

3200 METER RUN

2013---Danielle Dallara, Hasbrouck Heights	12:48.2
2014---Danielle Dallara, Hasbrouck Heights	13:24.1
2015---Danielle Dallara, Hasbrouck Heights	12:58.0
2016---Hailey Ross, Hasbrouck Heights	11:48.47

100 METER HIGH HURDLES

2013---Christina Nardini, North Arlington	16.8
2014---Christina Nardini, North Arlington	15.4
2015---Brooke McKnight, Hasbrouck Heights	16.6
2016---Brooke McKnight, Hasbrouck Heights	16.80

400 METER HURDLES

2013---Jillian DiGiacinto, Hasbrouck Heights	1:08.6
2014---Christina Nardini, North Arlington	1:07.2
2015---Jillian DiGiacinto, Hasbrouck Heights	1:06.2
2016---Jillian DiGiacinto, Hasbrouck Heights	1:03.11

SHOT PUT

2013---Irene Cedano, Hasbrouck Heights	36-6 ³/₄
2014---Erika Williams, Becton	33-1 ¹ / ₂
2015---Gabby Tuzzo, Hasbrouck Heights	32-9
2016---Anna Tsapelis, Hasbrouck Heights	32-9 ¹ / ₂

DISCUS

2013---Irene Cedano, Hasbrouck Heights	110-1
2014---Akua Addo, Wood-Ridge	97-5
2015---Gabby Tuzzo, Hasbrouck Heights	94-6
2016---Shellie Nielsen, Hasbrouck Heights	97-7

JAVELIN

2013---Nicole Sinatra, Wood-Ridge	114-0
2014---Tina Messery, Hasbrouck Heights	107-10
2015---Kassie Ketcho, Hasbrouck Heights	106-2
2016---Kassie Ketcho, Hasbrouck Heights	112-3

HIGH JUMP

2013---Kristen DelCalzo, Hasbrouck Heights	5-0
2014---Kristen DelCalzo, Hasbrouck Heights	4-6
2015---Sarah Schmitt, Hasbrouck Heights	4-10
2016---Sarah Schmitt, Hasbrouck Heights	4-10

LONG JUMP

2013---Christina Nardini, North Arlington	15.9 ½
2014---Brooke McKnight, Hasbrouck Heights	16-7
2015---Brooke McKnight, Hasbrouck Heights	17-0
2016---Brooke McKnight, Hasbrouck Heights	15-8

TRIPLE JUMP

2013---Martyna Czarnecka, Wallington	33-10
2014---Christina Nardini, North Arlington	35-2 ½
2015---Brooke McKnight, Hasbrouck Heights	33-11
2016---Monika Lucic, Hasbrouck Heights	33-1 ½

POLE VAULT

2013---Tiffany Tencza, Wallington	9-6
2014---Maggie Filja, Hasbrouck Heights	8-6
2015---Felicia Cascone, Hasbrouck Heights	7-6
2016---Sarah Schmitt, Hasbrouck Heights	7-6

1600 METER RELAY

2013---Hasbrouck Heights	4:24.6
2014---Saddle Brook	4:09.7
2015---Saddle Brook	4:09.3
2016---Hasbrouck Heights	4:16.21

COLONIAL DIVISION

A

TEAM SCORING

2011---Garfield 172, Pascack Hills 129, Rutherford 77 ½
2012---Glen Rock 133, Pascack Hills 117, Garfield 113 ½

100 METER DASH

2011---Briana Setnitsky, Pascack Hills	12.6
2012---Briana Setnitsky, Pascack Hills	12.3

200 METER DASH

2011---Tyra Jamison, Garfield	25.8
2011---Briana Setnitsky, Pascack Hills	26.2

400 METER DASH

2011---Tyra Jamison, Garfield	1:01.6
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2012---Alexandra Leary, Glen Rock 1:01.5

800 METER RUN

2011---Alex Arnold, Rutherford 2:30.1

2012---Katie Sullivan, Rutherford 2:27.2

1600 METER RUN

2011---Amanda Tosi, Pascack Hills 5:33.2

2012---Amanda Tosi, Pascack Hills 5:33.5

3200 METER RUN

2011---Amanda Tosi, Pascack Hills 12:31.0

2012---Amanda Tosi, Pascack Hills 12:18.0

100 METER HURDLES

2011---Christina Cristea, Lodi 15.6

2012---Breonah Toon, Garfield 15.5

400 METER HURDLES

2011---Tyra Jamison, Garfield 1:05.1

2012---Katie Sullivan, Rutherford 1:06.9

SHOT PUT

2011---Valerie Considine, Rutherford 34-3 ¼

2012---Alysha Menezies, Garfield 35-11 ¾

DISCUS

2011---Valerie Considine, Rutherford 95-5

2012---Melanie Odatalla, Garfield 106-5

JAVELIN

2011---Shaunteriah Douglas, Garfield 125-6

2012---Shaunteriah Douglas, Garfield 145-3

HIGH JUMP

2011---Alex Arnold, Rutherford 4-8

2012---Alexandra Leary, Glen Rock 4-8

LONG JUMP

2011---Briana Setnitsky, Pascack Hills 17-9 1/4

2012---Briana Setnitsky, Pascack Hills 17.7 ½

TRIPLE JUMP

2011---Shaunteriah Douglas, Garfield 34-8

2012---Briana Setnitsky, Pascack Hills 37-4

POLE VAULT

2011---Danielle Wankmuller, Pascack Hills 10-0

2012---Carolina Canido, Garfield 8-0

1600 METER RELAY

2011---Rutherford 4:27.0

2012---Rutherford 4:12.8

B

TEAM SCORING

2011---Pompton Lakes 160, Hawthorne 101, Eastern Christian 96
2012---Eastern Christian 189, Pompton Lakes 128, Hawthorne 102

100 METER DASH

2011---Jasmine Hammonds, Elmwood Park 12.7
2012---Chandler West, Eastern Christian 12.7

200 METER DASH

2011---Jasmine Hammonds, Elmwood Park 26.7
2012---Jen Reilly, Pompton Lakes 26.6

400 METER DASH

2011---Faith Dismuke, Mary Help 1:00.9
2012---Jen Reilly, Pompton Lakes 1:01.6

800 METER RUN

2011---Dusty Sacco, Pompton Lakes 2:33.6
2012---Kristen Traub, Eastern Christian 2:22.0

1600 METER RUN

2011---Kristen Traub, Eastern Christian 11:40.0
2012---Kristen Traub, Eastern Christian 5:15.6

3200 METER RUN

2011---Kristen Traub, Eastern Christian 11:40.0
2012---Kathryn Post, Eastern Christian 12:43.7

100 METER HIGH HURDLES

2011---Nia Jackson, Hawthorne 15.7
2012---Bethany Van Eck, Eastern Christian 15.5

400 METER HURDLES

2011---Faith Dismuke, Mary Help 1:05.2
2012---Bethany Van Eck, Eastern Christian 1:08.7

SHOT PUT

2011---Alex Majka, Pompton Lakes 31-1 ¼
2012---Alex Majka, Pompton Lakes 35-5 ¼

DISCUS

2011---Marija Spajic, Manchester 117-7
2012---Alex Majka, Pompton Lakes 111-4

JAVELIN

2011---Maya Legette, Manchester 103-6
2012---Maya Legette, Manchester 102-10

HIGH JUMP

2011---	Nia Jackson, Hawthorne	5-2
2012---	Bethany Van Eck, Eastern Christian	4-10

LONG JUMP

2011---	Nia Jackson, Hawthorne	16-0
2012---	Jenna Dyksen, Hawthorne	15-5

TRIPLE JUMP

2011---	Nia Jackson, Hawthorne	35-7
2012---	Solana Lewis, Eastern Christian	32-10

POLE VAULT

2011---	Sarah Post, Eastern Christian	8-0
2012---	Sarah Post, Eastern Christian	9-0

1600 METER RELAY

2011---	Pompton Lakes	4:24.2
2012---	Eastern Christian	4:23.1

Combined

TEAM SCORING

2013---	Eastern Christian 104 ½, Hawthorne 101, Glen Rock 98
2014---	Hawthorne 113, Rutherford 94, Eastern Christian 83
2015---	Glen Rock 99, Hawthorne 94, Eastern Christian 79
2016---	Glen Rock 150, Eastern Christian 101, Hawthorne 100

100 METER DASH

2013---	Kaitlin Salisbury, Hawthorne	12.6
2014---	Kaitlin Salisbury, Hawthorne	12.5
2015---	Kaitlin Salisbury, Hawthorne	12.3
2016---	Kaitlin Salisbury, Hawthorne	12.24 (12.18 in trials)

200 METER DASH

2013---	Kadejah Sellers, Manchester	26.3
2014---	Kadejah Sellers, Manchester	26.5
2015---	Kaitlin Salisbury, Hawthorne	26.2
2016---	Kaitlin Salisbury, Hawthorne	25.92

400 METER DASH

2013---	Kadejah Sellers, Manchester	59.8
2014---	Kadejah Sellers, Manchester	59.4
2015---	Kadejah Sellers, Manchester	59.0
2016---	Katie Hefty, Eastern Christian	60.69

800 METER RUN

2013---	Katie Sullivan, Rutherford	2:26.4
2014---	Katie Sullivan, Rutherford	2:23.2
2015---	Rebecca Arnold, Rutherford	2:29.8
2016---	Emily Byrnes, Eastern Christian	2:24.09

1600 METER RUN

2013---	Lila Milgrom, Glen Rock	5:30.6
2014---	Katie Sullivan, Rutherford	5:32.7
2015---	Allison Regan, Rutherford	5:28.4
2016---	Alex Walter, Glen Rock	5:31.06

3200 METER RUN

2013---	Allison Regan, Rutherford	12:28.2
2014---	Allison Regan, Rutherford	12:32.0
2015---	Allison Regan, Rutherford	12:07.8
2016---	Alex Walter, Glen Rock	12:01.71

100 METER HIGH HURDLES

2013---	Jenna Dyksen, Hawthorne	15.4
2014---	Jenna Dyksen, Hawthorne	15.8
2015---	Kelsey Bergamini, Glen Rock	16.7
2016---	Desire Bermudez, Lodi	15.97

400 METER HURDLES

2013---	Hannah DeMatteo, Rutherford	1:07.0
2014---	Jenna Dyksen, Hawthorne	1:08.6
2015---	Julia Kelly, Glen Rock	1:04.6
2016---	Rachel Wronko, Rutherford	1:07.06

SHOT PUT

2013---	Alysha Menzies, Garfield	35-11 $\frac{3}{4}$
2014---	Sherika Dyer, Hawthorne	33-10 $\frac{1}{2}$
2015---	Samantha Leonessa, Rutherford	32-3 $\frac{1}{4}$
2016---	Alexandra Caballero, Rutherford	33-1

DISCUS

2013---	Quastajua Valdez, Garfield	103-7
2014---	Quastajua Valdez, Garfield	101-1
2015---	Samantha Leonessa, Rutherford	100-0
2016---	Mackenzie Wiegers, Eastern Christian	88-2

JAVELIN

2013---	Kristen Drenzo, Lodi	114-5
2014---	Hannah Zadoyko, Pompton Lakes	94-9
2015---	Kristen Drenzo, Lodi	119-0
2016---	Brooke Van Lenten, Eastern Christian	115-0

HIGH JUMP

2013---	Blair Bohuny, Eastern Christian	4-8
2014---	Hajara Abubakar, Garfield	5-0
2015---	Hajara Abubakar, Garfield	5-2
2016---	Alyssa Martin, Lodi	4-10

LONG JUMP

2013---	Emily Rogan, Glen Rock	16-10
2014---	Jenna Dyksen, Hawthorne	16-9 $\frac{1}{2}$
2015---	Kaitlin Salisbury, Hawthorne	18-3

2016---Kaitlin Salisbury, Hawthorne 19-0

TRIPLE JUMP

2013---Jenna Dyksen, Hawthorne 35-5
2014---Jenna Dyksen, Hawthorne 34-6 ½
2015---Kaitlin Salisbury, Hawthorne 37-9
2016---Kaitlin Salisbury, Hawthorne 37-11 ¼

POLE VAULT

2013---Sarah Post, Eastern Christian 9-6
2014---Morgan Guarino, Lodi 9-6
2015---Morgan Guarino, Lodi 10-0
2016---Brooke Van Lenten, Eastern Christian 8-0

1600 METER RELAY

2013---Rutherford 4:09.8
2014---Rutherford 4:21.6
2015---Eastern Christian 4:21.3
2016---Eastern Christian 4:11.03

LIBERTY DIVISION

Combined

TEAM SCORING

2013---New Milford 129, Secaucus 110, Lyndhurst 104
2014---Lyndhurst 157, Dwight-Englewood 99, New Milford 71
2015---Lyndhurst 151, Secaucus 108, Dwight-Englewood 76
2016---Lyndhurst 201, New Milford 84, Secaucus 76

100 METER DASH

2013---Carleisha Forteau, Secaucus 12.9
2014---Miranda Duster, Dwight-Englewood 13.6
2015---Carleisha Forteau, Secaucus 13.0
2016---Gia Isabella, Secaucus 13.54

200 METER DASH

2013---Carleisha Forteau, Secaucus 26.1
2014---Shereen Al-Sawwaf, Dwight-Englewood 28.4
2015---Carleisha Forteau, Secaucus 26.7
2016---Maxine Walsh, Leonia 27.79

400 METER DASH

2013---Carleisha Forteau, Secaucus 1:01.1
2014---Maxine Walsh, Leonia 1:03.1
2015---Carleisha Forteau, Secaucus 59.7
2016---Jessica Verp, Dwight-Englewood 1:03.25

800 METER RUN

2013---Hanna Jerome, Dwight-Englewood 2:33.1
2014---Hanna Jerome, Dwight-Englewood 2:34.3
2015---Jessica Verp, Dwight-Englewood 2:31.2
2016---Amnda Fulcher, Lyndhurst 2:32.17

1600 METER RUN

2013---Jenn Teets, New Milford	5:45.1
2014---Hanna Jerome, Dwight-Englewood	5:42.9
2015---Tara Setnick, Dwight-Englewood	5:37.4
2016---Kelsie Kearns, Lyndhurst	5:30.31

3200 METER RUN

2013---Jenn Teets, New Milford	12:42.9
2014---Hanna Jerome, Dwight-Englewood	12:33.5
2015---Kelsie Kearns, Lyndhurst	12:31.1
2016---Roshni Patel, Secaucus	11:26.16 (lap short)

100 METER HURDLES

2013---Natalie Negroni, Queen of Peace	16.4
2014---Natalie Negroni, Queen of Peace	15.9
2015---Natalie Negroni, Queen of Peace	16.8
2016---Claudia DiMondo, Secaucus	17.15

400 METER HURDLES

2013---Natalie Negroni, Queen of Peace	1:07.4
2014---Natalie Negroni, Queen of Peace	1:10.9
2015---Jessica Failace, Lyndhurst	1:04.7
2016---Amanda Fulcher, Lyndhurst	1:11.71

SHOT PUT

2013---Camila Alonso, Lyndhurst	33-5 ¼
2014---Ruka Olunade, Lyndhurst	30-9 ¼
2015---Ruka Olunade, Lyndhurst	34-3 ½
2016---Vianca Soriano, New Milford	31-3

DISCUS

2013---Camila Alonso, Lyndhurst	110-2
2014---Summer Kocerha, Secaucus	87-10
2015---Alexis Anderson, Secaucus	95-11
2016---Cameron Halpern, Lyndhurst	93-4

JAVELIN

2013---Camila Alonso, Lyndhurst	124-1
2014---Caitlyn Blake, Lyndhurst	98-1
2015---Caitlyn Blake, Lyndhurst	102-10
2016---Esmeralda Reyes, New Milford	112-8

HIGH JUMP

2013---Jubeth Buitrago, Secaucus	4-10
2014---Amanda Nowak, Lyndhurst	4-10
2015---Natalie Negroni, Queen of Peace	4-8
2016---Gabrielle Carrion, Lyndhurst	4-8

LONG JUMP

2013---Amanda Nowak, Lyndhurst	15-6
2014---Amanda Nowak, Lyndhurst	15-9

2015---Alyssa Jasuale, New Milford	16-9
2016---Victoria Kong, Dwight-Englewood	15-6 $\frac{3}{4}$

TRIPLE JUMP

2013---Jenean Igmtat, New Milford	31-9
2014---Jessica Failace, Lyndhurst	30-9
2015---Jessica Failace, Lyndhurst	34-3
2016---Victoria Kong, Dwight-Englewood	34-5

POLE VAULT

2013---Catherine Rozalski, Queen of Peace	10-6
2014---Catherine Rozalski, Queen of Peace	11-7
2015---Catherine Rozalski, Queen of Peace	10-0
2016---Caitlin Walsh, New Milford	7-6

1600 METER RELAY

2013---Secaucus	4:13.9
2014---Lyndhurst	4:27.4
2015---Lyndhurst	4:21.5
2016---Dwight-Englewood	4:24.19