

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
2017---Don Bosco 136, Bergen Catholic 134, Paramus Catholic 30
2018---Bergen Catholic 127, Don Bosco 91, Paramus Catholic 90
2019---Bergen Catholic 158, Paramus Catholic 101, Don Bosco 64

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
2017---Rahmir Johnson, Bergen Catholic	10.80
2018---Rahmir Johnson, Bergen Catholic	10.89
2019---Rahmir Johnson, Bergen Catholic	10.86

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
2017---Rahmir Johnson, Bergen Catholic	21.46
2018---Rahmir Johnson, Bergen Catholic	22.92
2018---Rahmir Johnson, Bergen Catholic	21.64

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
2017---Kevin DeLoughry, Bergen Catholic	51.41
2018---D'Andre Goodson, Paramus Catholic	52.20
2019---Josh Gittens, Paramus Catholic	51.06

800 METER RUN

2011---Atticus DeProspro, Don Bosco	2:00.45
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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
2017---	Braedon Fiume, Bergen Catholic	2:01.07
2018---	Graydon Nichols, Bergen Catholic	2:03.40
2019---	Jack Welch, Bergen Catholic	2:00.46

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
2017---	Caleb Shaia, Bergen Catholic	4:23.11
2018---	Mike Dua, Don Bosco	4:30.45
2019---	Braedon Fiume, Bergen Catholic	4:28.25

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
2017---	David Rosas, Don Bosco	9:45.81
2018---	Michael Dua, Don Bosco	9:51.28
2019---	Elias Shaia, Bergen Catholic	10:09.61

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
2017---	Ryan Dunkel, Bergen Catholic	16.22
2018---	Andy Ambroise, Paramus Catholic	14.31
2019---	Andy Ambroise, Paramus Catholic	15.33

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
2017---	Kevin Deloughry, Bergen Catholic	59.60
2018---	Jordany Dely, Paramus Catholic	58.51
2019---	Jordany Dely, Paramus Catholic	58.02

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
2017---Connor Mathis, Don Bosco	50-0
2018---Connor Mathis, Don Bosco	55-3 ¼
2019---Connor Mathis, Don Bosco	53-3

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
2017---Michael Mendoza, Paramus Catholic	157-1
2018---Connor Mathis, Don Bosco	151-1
2019---Connor Mathis, Don Bosco	166-6

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
2017---Joe Korin, Bergen Catholic	156-3
2018---Grant Nawoichyk, Don Bosco	151-1
2019---Michael McGeehan, Paramus Catholic	164-1

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
2017---Jayse Bradley, Bergen Catholic	5-8
2018---James Blair, Bergen Catholic	5-8
2019---Ivan Jacob, Bergen Catholic	5-10

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

2017---Rahmir Johnson, Bergen Catholic	22-0
2018---Andy Ambrose, Paramus Catholic	21-2
2019---Rahmir Johnson, Bergen Catholic	20-11 $\frac{3}{4}$

TRIPLE JUMP

2011---Greg Hazell, Don Bosco	45-2
2012---Joe Moran, Don Bosco	42-5 $\frac{1}{2}$
2013---Kyle Quiero, Bergen Catholic	42-1
2014---Phil Ozuah, Don Bosco	41-1 $\frac{1}{2}$
2015---Hugh Spence, Paramus Catholic	38-8 $\frac{1}{4}$
2016---Zair Talmadge, Don Bosco	40-2
2017---Zair Talmadge, Don Bosco	40-4 $\frac{3}{4}$
2018---Isaiah Givens, Bergen Catholic	41-6 $\frac{1}{4}$
2019---Jeremy Torre, Paramus Catholic	42-9

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
2017---Jorge Mascaro, Bergen Catholic	11-0
2018---Luke Berninger, St. Joseph	9-6
2019---Ivan Jacob, Bergen Catholic	9-6

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
2017---Bergen Catholic	3:35.09
2018---Paramus Catholic	3:35.96
2019---Paramus Catholic	3:33.78

FREEDOM DIVISION

TEAM SCORING

2011---Ridgewood 130 $\frac{1}{2}$, Teaneck 99, Paramus 47 $\frac{1}{2}$
2012---Ridgewood 136, Hackensack 112 $\frac{1}{2}$, Teaneck 38 $\frac{1}{2}$
2013---Ridgewood 154, Ramapo 102, Indian Hills 79
2014---Ridgewood 191, Indian Hills 109, Hackensack 75
2015---Northern Highlands 124 $\frac{1}{2}$, Indian Hills 106, Ridgewood 101
2016---Ridgewood 167.5, Indian Hills 111, Northern Highlands 78
2017---Ridgewood 210 $\frac{1}{2}$, Hackensack 83, Indian Hills 68
2018---Ridgewood 144, Northern Highlands 88, Ramapo 86
2019---Old Tappan 120, Ridgewood 108, Ramapo 91

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
2017---	Kobi Grant, Ridgewood	11.43
2018---	Max Baker, Ramapo	11.28
2019---	Max Baker, Ramapo	11.23

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
2017---	Kobi Grant, Ridgewood	22.83
2018---	Max Baker, Ramapo	22.44
2019---	Alex Ruhl, Ridgewood	22.76

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
2017---	Kyle Mack, Ridgewood	50.11
2018---	Mike Petrazzuolo, Ramapo	50.22
2019---	Michael Tcherchian, Old Tappan	50.99

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
2017---	Will Baginski, Ridgewood	2:00.38
2018---	Chris Benitez, Hackensack	2:01.50
2019---	Ryan Pena, Hackensack	2:00.79

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
2017---	Chris Corcoran, Indian Hills	4:24.54
2018---	Jonathan Outen, Hackensack	4:30.14
2019---	Will Baginski, Ridgewood	4:28.56

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
2017---	Sid Wagh, Ridgewood	9:51.74
2018---	Steve Fiumefreddo, Indian Hills	10:00.89
2019---	Will Baginski, Ridgewood	9:42.47

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
2017---	Ray Harada, Ridgewood	15.68
2018---	Dan Monchek, Northern Highlands	15.12
2019---	Ryan Jordan, Old Tappan	15.14

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
2017---	Kyle Mack, Ridgewood	57.03
2018---	Luke Reinke, Ridgewood	56.86
2019---	Ryan Jordan, Old Tappan	56.23

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
2017---	Camal Brown, Hackensack	49-5 ¾
2018---	Jack Stuart, Hackensack	52-9
2019---	Patrick Passalacqua, Old Tappan	52-11

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
2017---	Jack Stuart, Hackensack	146-3

2018---	Jack Stuart, Hackensack	153-5
2019---	John Griffith, Northern Highlands	168-0

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
2017---	Michael Connor, Ramapo	137-0
2018---	Michael Connor, Ramapo	174-2
2019---	Jason Santa Cruz, Old Tappan	180-10

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
2017---	Ray Harada, Ridgewood	6-2
2018---	Danilo Romero, Ridgewood	6-0
2019---	Isaiah Savitt, Ramapo	6-0

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
2017---	Andrew Achirem, Hackensack	21-2 ½
2018---	Dan Monchek, Northern Highlands	21-5 ¼
2019---	Luke Bussetti, Northern Highlands	21-7 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
2017---	Max Bartlik, Ridgewood	43-10
2018---	Max Bartlik, Ridgewood	46-0
2019---	Geoff Clark, Northern Highlands	42-3 ¼

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
2017---Ryan Vimba, Ridgewood	13-6
2018---Kyle Cho and Brandon Yip, Paramus 10-6	
2019---Kyle Cho, Paramus	12-6

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
2017---Ridgewood	3:30.48
2018---Ramapo	3:28.42
2019---Ridgewood	3:25.95

NATIONAL DIVISION (DISCONTINUED 2018)

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
2017---Demarest 209 1/4, Old Tappan 117 1/4, Teaneck 50 1/4
2018---Demarest 187 1/2, Old Tappan 135 1/2, Teaneck 96

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
2017---Jayquan Levy, Teaneck	11.58
2018---Brendan Barton, Bergenfield	11.40

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
2017---Angelo Gallo, Bergenfield	23.06
2018---Jayquan Levy, Teaneck	23.25

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
2017---	Matt Soffer, Tenafly	52.05
2018---	Sung Su Bae, Demarest	51.79

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
2017---	Jake Ragusa, Demarest	2:02.57
2018---	Michael Carter, Teaneck	1:58.29

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
2017---	Ty Miller, Demarest	4:33.18
2018---	Tim Larsen, Demarest	4:32.37

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
2017---	Ty Miller, Demarest	9:51.47
2018---	Tim Larsen, Demarest	10:12.82

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
2017---	Andrew Peterson, Demarest	15.84
2018---	Owari Hoo, Teaneck	15.82

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
2017---	Andrew Peterson, Demarest	55.52
2018---	John Lohrer, Old Tappan	55.89

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
2017---	Connor Scaglione, Demarest	50-0 ½
2018---	Connor Scaglione, Demarest	56-2 ¾

DISCUS

2011---	Andrew Trumbetti, Demarest	151-0
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
2017---	Connor Scaglione, Demarest	154-2
2018---	Matt Lange, Demarest	151-5

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
2017---	Jason Santa Cruz, Old Tappan	172-5
2018---	John Lee, Demarest	174-3

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
2017---	Kyle Shine, Old Tappan	6-2
2018---	Kyle Shine, Old Tappan	6-2

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

2017---Ben Stein, Tenafly	21-3 ½
2018---Serban Ionato, Demarest	20-7 ¾

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
2017---James Pialtos, Demarest	43-9 ¾
2018---Christian Stremmler, Pascack Valley	42-7

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
2017---Seth Kricheff, Old Tappan	14-0
2018---Tyler Hrbek, Old Tappan	14-0

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
2017---Demarest	3:28.80
2018---Teaneck	3:26.72

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
2017---Passaic Tech 130, Clifton 102, Kennedy 90
2018---Clifton 111, Passaic Tech 96, Bergen Tech 95
2019---Passaic Tech 171, Bergen Tech 158, Clifton 69

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
2017---	Ramir Tonn Davis, Eastside	11.12	
2018---	Jayjoon Sim, Bergen Tech		11.44
2019---	Jayjoon Sim, Bergen Tech		11.87

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
2017---	Luis Peralta, Passaic		22.62
2018---	Dijuon Outerbridge, Eastside		23.00
2019---	Joel Ingram, Passaic Tech		23.36

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
2017---	Luis Peralta, Passaic		50.63
2018---	Luis Peralta, Passaic		51.00
2019---	Luis Peralta, Passaic		48.90

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
2017---	Kevin Heredia, Clifton		1:59.31
2018---	Luis Peralta, Passaic		1:57.99
2019---	Nick Ortiz, Passaic	2:00.97	

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
2017---	Kevin Heredia, Clifton		4:29.31
2018---	Luis Peralta, Passaic		4:29.26
2019---	Josh Szabo, Clifton		4:32.11

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
2017---Jason Rodriguez, Passaic Tech	10:14.88
2018---Max Dubac, Clifton	10:23.49
2019---Chris Dugan, Bergen Tech	9:59.64

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
2017---Shayne Coley, Kennedy	15.25
2018---Corey Powell Jr., Eastside	15.40
2019---Shamar Taylor, Passaic Tech	14.99

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
2017---Luis Peralta, Passaic	56.10
2018---Stephen Shields, Bergen Tech	56.62
2019---Stephen Shields, Bergen Tech	57.92

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
2017---Luis Zorrilla, Clifton	46-2 ¼
2018---Sonny Ruiz, Clifton	49-6
2019---Jordan Pusey, Passaic Tech	45-3.75

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
2017---Luis Zorrilla, Clifton	141-4
2018---Luis Zorrilla, Clifton	156-5
2019---Tival Lovett, Bergen Tech	130-9

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
2017---Thomas Laskowski, Passaic Tech	165-4
2018---Thomas Laskowski, Passaic Tech	158-2
2019---Jordy Nunez, Bergen Tech	157-2

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
2017---Jason Thobourne, Kennedy	6-6
2018---Jadon Watson, Kennedy	6-2
2019---Jamier Wright-Collins, Kennedy	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 $\frac{1}{2}$
2017---Jason Thobourne, Kennedy	21-8 $\frac{1}{2}$
2018---Michael Saldivar, Eastside	20-5 $\frac{1}{2}$
2019---Joel Ingram, Passaic Tech	21-5

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 $\frac{1}{2}$
2017---Jason Thobourne, Kennedy	45-10 $\frac{1}{2}$
2018---Stephen Shields, Bergen Tech	42-6
2019---Joel Ingram, Passaic Tech	43-7

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
2017---Jordan Laceste, Clifton	12-0

2018---	Jordan Laceste, Clifton	11-0
2019---	Tyler Stilley, Clifton	9-6

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
2017---	Bergen Tech	3:33.27
2018---	Passaic	3:25.65
2019---	Passaic Tech	3:26.40

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 ½, West Milford 90, Fair Lawn 88
 2016---Wayne Hills 146.25, Wayne Valley 125.25, Passaic Valley 69
 2017---Wayne Valley 146, Lakeland 103, Wayne Hills 100
 2018---Lakeland 141, Wayne Valley 130, Fair Lawn 81
 2019---Lakeland 166, Fair Lawn 117 ½, Passaic Valley 72

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
2017---	Shaheem Maple, Wayne Valley	11.1h
2018---	Hasson Kligen, Lakeland	11.31
2019---	Jaaron Hayek, Wayne Hills	11.35

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
2017---	Shaheem Maple, Wayne Valley	23.33
2018---	Hasson Kligen, Lakeland	23.28
2019---	Jaaron Hayek, Wayne Hills	23.22

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
2017---	Tyler Hayek, Wayne Hills	50.30
2018---	Shawn Megeean, West Milford	50.54
2019---	Jaaron Hayek, Wayne Hills	51.64

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
2017---	Grant Foray, Wayne Valley	2:04.97
2018---	Patrick Mullin, Lakeland	2:06.66
2019---	Zachary Voll, Lakeland	2:03.52

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
2017---	Jonathan Marcus, Fair Lawn	4:37.28
2018---	Jonathan Marcus, Fair Lawn	4:36.77
2019---	Jesse Campoverde, Lakeland	4:33.55

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
2017---	Joseph Zisa, Wayne Hills	9:59.56
2018---	Jonathan Marcus, Fair Lawn	10:31.95
2019---	Jesse Campoverde, Lakeland	10:11.74

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
2017---	Kyle Gonzalez, Lakeland	15.37
2018---	Darrian Soto, Wayne Valley	16.04
2019---	Brandon Jeong, Fair Lawn	16.66

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
2017---	Mylez Frazier, Wayne Hills	56.43
2018---	Darrian Soto, Wayne Valley	58.28
2019---	Itai Afriat, Fair Lawn	60.14

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---	Jakob Pluta, Wayne Valley	44-11
2016---	Shane Connelly, Wayne Valley	44-11
2017---	Jakob Pluta, Wayne Valley	50-6 ¼
2018---	Chris McCormack, Lakeland	49-2
2019---	Chris McCormack, Lakeland	48-1

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
2017---	Connor Newman, Fair Lawn	133-8
2018---	Connor Newman, Fair Lawn	126-5
2019---	Tami Kabiawu, Fair Lawn	128-4

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
2017---	Jordan Montero, Wayne Valley	167-10
2018---	Greg Poloso, Wayne Valley	175-0
2019---	Taylor Boorse, Lakeland	159-0

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
2017---	Erick Alvarez, Passaic Valley	6-0
2018---	Kelvin Gonzalez, Lakeland	5-10

2019---Drew Berkenbush, Lakeland 5-10

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
2017---Kelvin Gonzalez, Lakeland 20-10
2018---Kelvin Gonzalez, Lakeland 20-6 ½
2019---Alexander Kislenko, Fair Lawn 19-10

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
2017---Shaheem Maple, Wayne Valley 41-2 ½
2018---Kelvin Gonzalez, Lakeland 42-9
2019---Javoun Bloomfield, Passaic Valley 40-7 ¾

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
2017---Patrick Emolo, Wayne Valley 10-6
2018---Patrick Emolo, Wayne Valley 11-0
2019---Anthony Chickentano, Wayne Valley 10-0

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
2017---Wayne Valley 3:39.12
2018---Wayne Valley 3:41.38
2019---Fair Lawn 3:40.53

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
 2017---River Dell 127, Mahwah 107, Ramsey 43 ½
 2018---River Dell 147 1/2, Ramsey 79, Pascack Hills 68
 2019---Demarest 162, River Dell 136, Englewood 71

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
 2017---Evan Bonfield, Mahwah 11.55
 2018---Aaron Furneaux, River Dell 11.33
 2019---Ed Ahn, River Dell 11.50

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
 2017---Ebner Edwards, Mahwah 22.79
 2018---Aaron Furneaux, River Dell 22.97
 2019---Andrew Sanchez, River Dell 22.91

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 Bonfield, Mahwah 52.02
2017---Evan Bonfield, Mahwah 49.68
 2018---Tom Varano, Pascack Hills 51.18
 2019---Andrew Sanchez, River Dell 50.35

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
 2017---Anthony Michielini, Pascack Hills 2:00.55
 2018---Justin Ilies, Ramsey 2:04.01
 2019---Andrew Martinez, Pascack Valley 2:00.11

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
2017---	Nick Kaczorowski, Ramsey	4:30.02
2018---	David Perry, Ramsey	4:31.31
2019---	Theo Davis, Demarest	4:24.50

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
2017---	Nick Kaczorowski, Ramsey	9:53.02
2018---	David Perry, Ramsey	10:23.58
2019---	Jon Fontana, River Dell	10:01.09

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 Klopf, River Dell	16.13
2016---	Nick Quinn, River Dell	16.23
2017---	Justin Batson, River Dell	15.65
2018---	Matt Fox, Ramsey	15.91
2019---	Jason Oh, Demarest	15.60

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 Klopf, River Dell	58.44
2016---	Justin Fernandez, River Dell	58.45
2017---	Carlo Antonelli, River Dell	56.24
2018---	Matt Fox, Ramsey	59.44
2019---	Jason Oh, Demarest	58.32

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
2017---	Michael Skopin, Mahwah	50-7 ¹ / ₄
2018---	Kyle Ziegler, River Dell	46-9 ¹ / ₂
2019---	Marc Santonocito, Demarest	53-8

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
2017---	Mike Rizik, River Dell	151-0
2018---	Mike Rizik, River Dell	148-2
2019---	Matt Lange, Demarest	165-6

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
2017---	Chris Hughes, Mahwah	150-3
2018---	David Gibbons, River Dell	150-6
2019---	John Lee, Demarest	164-10

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
2017---	Justin Laurent, Mahwah	5-8
2018---	Aidan O'Malley, Ramsey	6-0
2019---	Aidan Bain, Demarest	6-0

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
2017---	John Forester, River Dell	20-0
2018---	Liam Landau, Pascack Hills	20-8 ½
2019---	Vanton Evans, Englewood	20-5 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
2017---	Jack McCabe, River Dell	42-6 $\frac{3}{4}$
2018---	Jack McCabe, River Dell	39-3
2019---	Vanton Evans, Englewood	41-5 $\frac{1}{2}$

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
2017---	Brian Nagotko, Mahwah	12-6
2018---	Liam Landau, Pascack Hills	13-0
2019---	Tyler Carson, Demarest	10-6

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
2017---	Mahwah	3:26.91
2018---	River Dell	3:33.55
2019---	River Dell	3:29.14

AMERICAN DIVISION

TEAM SCORING

2011---	Cliffside Park 134, Ridgefield Park 98 $\frac{1}{4}$, Englewood 75 $\frac{1}{3}$
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 $\frac{1}{2}$, Dumont 79, Cliffside Park 46
2016---	Ridgefield Park 110, Fort Lee 100, Dumont 62
2017---	Fort Lee 165, Ridgefield Park 71, Dumont 47
2018---	Fort Lee 106 $\frac{1}{2}$, Ridgefield Park 88, Englewood 77
2019---	Ramsey 150, Pascack Hills 92, Mahwah 65

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
2017---	Tahj Martin, Fort Lee	11.27
2018---	Cameron Shaw, Ridgefield Park	10.71
2019---	Lukkas Londono, Cliffside Park	11.66

200 METER DASH

2011---	Kevon Lumsden, Englewood	23.12
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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
2017---	Tahj Martin, Fort Lee	22.03
2018---	Quanzie Lumsden, Englewood	22.20
2019---	Andrew Goehrig, Ramsey	23.24

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
2017---	Michael Vietri, Dumont	51.69
2018---	Quanzie Lumsden, Englewood	50.56
2019---	Thomas Varano, Pascack Hills	50.84

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
2017---	Kelvin Fransisco, Fort Lee	2:06.52
2018---	Carrington Page, Ridgefield Park	2:05.86
2019---	Marcus Cheema, Westwood	2:01.79

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
2017---	Kelvin Fransisco, Fort Lee	4:46.45
2018---	Christion Anigilaje, Fort Lee	4:46.94
2019---	David Perry, Ramsey	4:33.27

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, Cliffside Park	10:22.59
2015---	Mario Tobar, Ridgefield Park	10:38.21
2016---	Mario Tobar, Ridgefield Park	10:27.43
2017---	Jason Argueta, Cliffside Park	10:53.18
2018---	Christion Anigilaje, Fort Lee	10:50.05
2019---	David Perry, Ramsey	10:05.78

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
2017---	Eric Cho, Fort Lee	15.72
2018---	Manny Montoya, Fort Lee	15.11
2019---	Dan Van Duren, Mahwah	15.32

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
2017---	Juan Emmanuel Mejia, Ridgefield Park	59.13
2018---	Juan Emmanuel Mejia, Ridgefield Park	57.12
2019---	Dean Qasem, Pascack Hills	57.10

SHOT PUT

2011---	James Kostka, Dumont	45-10
2012---	Eric DeVescovo, Ridgefield Park	47-11 ¼
2013---	Eric DeVescovo, 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
2017---	Juan Monje, Dumont	41-7
2018---	Chris Bouchard, Ridgefield Park	45-3
2019---	Thomas Donovan, Ramsey	42-4

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
2017---	Marco Herrera, Fort Lee	128-6
2018---	Brendan LugoPerez, Cliffsides Park	141-2
2019---	Thomas Donovan, Ramsey	130-10

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

2017---Chandler Oliveiri, Ridgefield Park 172-9

2018---Huasly Paredes-Garcia, Fort Lee	158-10
2019---Huasly Paredes-Garcia, Fort Lee	162-3

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
2017---Emmanuel Montoya, Fort Lee	6-0
2018---David Feliz, Ridgefield Park	5-10
2019---Dan Van Duren, Mahwah	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
2017---Tahj Martin, Fort Lee	21-11 $\frac{1}{4}$
2018---Manny Montoya, Fort Lee	20-10 $\frac{1}{4}$
2019---Liam Landau, Pascack Hills	20-10 $\frac{1}{2}$

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 $\frac{3}{4}$
2017---Michael Huertas, Fort Lee	41-11
2018---Manny Montoya, Fort Lee	42-5 $\frac{3}{4}$
2019---Zakhari Pryce, Fort Lee	40-10

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
2017---Robert Escarret, Ridgefield Park	12-6
2018---Gabriel Torres, Ridgefield Park	12-0
2019---Liam Landau, Pascack Hills	14-6

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
2017---Fort Lee	3:28.22
2018---Englewood	3:34.18
2019---Ramsey	3:30.61

GIRLS

UNITED DIVISION

TEAM SCORING

2011---Holy Angels 108, IHA 83, Paramus Catholic 43
2012---Holy Angels 95 1/2, IHA 73, Paramus Catholic 60 1/2
2013---Holy Angels 101, IHA 74, Paramus Catholic 44
2014---Holy Angels 101, Paramus Catholic 82, IHA 46
2015---Holy Angels 91 5/6, IHA 67 5/6, Paramus Catholic 61 1/3
2016---IHA 87, Holy Angels 86, Paramus Catholic 65
2017---Paramus Catholic 93 1/2, Holy Angels 81 1/2, IHA 75
2018---Holy Angels 101 1/2, Paramus Catholic 100, IHA 48 1/2
2019---Paramus Catholic 103, Holy Angels 93 1/2, IHA 50 1/2

100 METER DASH

2011---Angela Harrison, Paramus Catholic	12.76
2012---Jordyn Smith, Paramus Catholic	12.64
2013---Tatiana Sanders, Paramus Catholic	12.5h
2014---Tatiana Sanders, Paramus Catholic	12.65
2015---Maria Acosta, Paramus Catholic	12.58
2016---Christian Rasnake, IHA	12.33
2017---Tiffany Bautista, Paramus Catholic	12.40
2018---Tiffany Bautista, Paramus Catholic	12.45
2019---Mariah Fede, Paramus Catholic	12.61

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
2017---Christian Rasnake, IHA	25.83
2018---Mariah Fede, Paramus Catholic	25.18
2019---Mariah Fede, Paramus Catholic	25.37

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
2017---Kiyara Santos, Paramus Catholic	61.96

2018---Mariah Fede, Paramus Catholic	61.11
2019---Nicole Barbaro, Holy Angels	56.95

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
2017---Fiona Ralph, IHA	2:20.47
2018---Fiona Ralph, IHA	2:20.96
2019---Christina Bagin, Holy Angels	2:26.60

1600 METER RUN

2011---Maureen Crimmins, Holy Angels	5:14.58
2012---Ashley Strysko, Holy Angels	5:15.64
2013---Ashley Strysko, 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
2017---Mackenzie Hughes, Holy Angels	5:13.98
2018---Mackenzie Hughes, Holy Angels	5:18.82
2019---Mackenzie Hughes, Holy Angels	5:23.79

3200 METER RUN

2011---Erin Thompson, IHA	11:20.09
2012---Ashley Strysko, 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
2017---Mackenzie Hughes, Holy Angels	11:40.78
2018---Mackenzie Hughes, Holy Angels	11:29.40
2019---Olivia Mandella, Holy Angels	11:49.10

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
2017---Isabelle Dely, Paramus Catholic	14.93 (14.47 in trials)
2018---Isabelle Dely, Paramus Catholic	14.98
2019---Isabelle Dely, Paramus Catholic	14.48

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
2017---	Faith Sutton, Paramus Catholic	1:06.42
2018---	Mariah Fede, Paramus Catholic	1:08.12
2019---	Mariah Fede, Paramus Catholic	1:03.50

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
2017---	Anya Skae, Holy Angels	36-4 ½
2018---	Anya Skae, Holy Angels	36-8
2019---	Briana Thomas, Paramus Catholic	39-8

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---	Anya Skae, Holy Angels	93-11
2017---	Anya Skae, Holy Angels	104-9
2018---	Anya Skae, Holy Angels	101-7
2019---	Briana Thomas, Paramus Catholic	107-2

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
2017---	Mary Hughes, IHA	94-4
2018---	Samantha Romano, Holy Angels	102-10
2019---	Briana Thomas, Paramus Catholic	105-3

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
2017---	Tiffany Bautista, Paramus Catholic	5-4
2018---	Tiffany Bautista, Paramus Catholic	5-6
2019---	Isabelle Dely, 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
2017---Tiffany Bautista, Paramus Catholic	18-10
2018---Tiffany Bautista, Paramus Catholic	18-8 ¾
2019---Kennedee Cox, Paramus Catholic	17-10 ¼

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
2017---Tiffany Bautista, Paramus Catholic	38-11 ¾
2018---Tiffany Bautista, Paramus Catholic	40-6 ¾
2019---Isabelle Dely, Paramus Catholic	35-1

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
2017---Caroline McGann, Holy Angels	10-6
2018---Caroline McGann, Holy Angels	11-0
2019---Emma Viggiano, IHA	9-0

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
2017---Paramus Catholic	4:10.63
2018---Holy Angels	4:16.32
2019---Holy Angels	4:08.22

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
2016---Ridgewood 162, Northern Highlands 154, Ramapo 72

2017---Ridgewood 193, Northern Highlands 171, Hackensack 40
2018---Ridgewood 204, Northern Highlands 135, Ramapo 103

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
2017---Olivia Florio, Northern Highlands	12.86
2018---Katherine Muccio, Ridgewood	12.54
2019---Katherine Muccio, Ridgewood	12.23

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
2017---Katherine Muccio, Ridgewood	25.46
2018---Grace Smiechowski, Northern Highlands	25.99
2019---Katherine Muccio, Ridgewood	24.87

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
2017---Kyla Krawczyk, Northern Highlands	58.09
2018---Grace Smiechowski, Northern Highlands	57.94
2019---Grace Smiechowski, Northern Highlands	57.61

800 METER RUN

2011---Caroline Davidson, Ridgewood	2:22.48
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
2017---Meghan Adams, Ridgewood	2:25.17
2018---Evelyn Kotch, Ridgewood	2:22.82
2019---Camryn Wennersten, Ridgewood	2:17.51

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
2017---	Olympia Martin, Ridgewood	5:08.95
2018---	Cassie Keyes, Ridgewood	5:07.70
2019---	Daisy Liljegren, Northern Highlands	5:07.75

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
2017---	Olympia Martin, Ridgewood	11:03.19
2018---	Monica Hebner, Northern Highlands	11:25.36
2019---	Olivia Shattuck, Ridgewood	11:39.05

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
2016---	Erin Racano, Ramapo	16.40
2017---	Sharise Baker-Bazile, Hackensack	16.08
2018---	Grace O'Shea, Ramapo	14.92
2019---	Grace O'Shea, Ramapo	14.55 (14.51 in trials)

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
2017---	Katherine Muccio, Ridgewood	1:03.28
2018---	Grace O'Shea, Ramapo	1:05.21
2019---	Grace O'Shea, Ramapo	1:01.85

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
2017---	Lexi Uzoaru, Ridgewood	36-10
2018---	Lexi Uzoaru, Ridgewood	38-1 ¾
2019---	Brynn Madonna, Northern Highlands	38-11

DISCUS

2011---	Apresha Hampton, Teaneck	127-10
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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
2017---	Lexi Uzoaru, Ridgewood	117-5
2018---	Lexi Uzoaru, Ridgewood	118-1
2019---	Brynn Madonna, Northern Highlands	110-1

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
2017---	Michelle Bond, Northern Highlands	104-4
2018---	Elena Montgomery, Ramapo	106-2
2019---	Ciara Emmanuel, Ridgewood	107-7

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
2017---	Ellie and Alyssa Veenhof, Ridgewood	4-10
2018---	Ellie Veenhof, Ridgewood	5-2
2019---	Ellie Veenhof, Ridgewood	5-2

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
2017---	Julia Healy, Northern Highlands	16-10 ½
2018---	Sara VandenAssem, Ridgewood	16-5
2019---	Marisa DiGia, Old Tappan	17-3 ¼

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
2017---	Amanda Katz, Ramapo	35-4
2018---	Sara VandenAssem, Ridgewood	36-6
2019---	Marisa DiGia, Old Tappan	35-8 ½

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
2017---Maxine Earl, Ridgewood	11-0
2018---Nicole Lester, Ridgewood	10-0
2019---Marisa DiGia, Old Tappan	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
2017---Northern Highlands	4:03.78
2018---Ramapo	3:58.89
2019---Ramapo	4:05.25

NATIONAL DIVISION (DISCONTINUED 2018)

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
2017---Demarest 234, Old Tappan 83 ½, Tenafly 70 ½
2018---Old Tappan 174, Demarest 172 ½, Tenafly 59

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
2017---Jordan Mayo, Tenafly	12.68
2018---Taylor Newman, Old Tappan	12.95

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

2017---	Lexi DelGizzo, Tenafly	26.43
2018---	Noelle Gonzalez, Old Tappan	27.28

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
2017---	Lexi DelGizzo, Tenafly	57.87
2018---	Taylor Newman, Old Tappan	60.35

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
2017---	Caroline O'Sullivan, Old Tappan	2:20.41
2018---	Caroline O'Sullivan, Old Tappan	2:20.19

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
2017---	Ashley Evans, Pascack Valley	5:28.50
2018---	Caroline O'Sullivan, Old Tappan	5:23.38

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
2017---	Ashley Evans, Pascack Valley	11:51.81
2018---	Caroline O'Sullivan, Old Tappan	12:06.18

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
2017---	Sarah Sutnick, Demarest	16.07
2018---	Sophia George, Bergenfield	17.07

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
2017---	Georgia Markham, Demarest	1:07.36
2018---	Ashley Constantine, Demarest	1:06.27

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
2017---	Cat Light, Demarest	38-9 ½
2018---	Sophie Downey, Old Tappan	37-3 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
2017---	Maya Vanderlinden, Old Tappan	113-1
2018---	Cat Light, Demarest	112-9

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
2017---	Jesse Geller, Demarest	136-3
2018---	Alicia Iafrate, Demarest	112-2

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
2017---	Alexandra Ruocco, Old Tappan	5-0
2018---	Sophia Dongaris, Tenafly	5-2

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
2017---	Jesse Geller, Demarest	16-5
2018---	Sydney Woods, Demarest	16-8 ¾

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
2017---	Zia Barr, Teaneck	35-9 ½
2018---	Zia Barr, Teaneck	37-5 ¼

POLE VAULT

2011---	Anne Kavalerchuk, 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
2017---	Michelle Rubinetti, Demarest	12-0
2018---	Sydney Woods, Demarest	11-6

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
2017---	Old Tappan	4:09.18
2018---	Demarest	4:01.52

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
2017---	Clifton 173, Passaic Tech 129, Bergen Tech 93
2018---	Clifton 171 ½, Passaic Tech 115, Bergen Tech 110 ½
2019---	Passaic Tech 188 ¾, Clifton 173 ¼, Bergen Tech 84 ½

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
2017---	Alenys Morales, Clifton	12.96
2018---	Leriann Alexander, Eastside	12.68
2019---	Tegann Anderson, Passaic Tech	13.01

200 METER DASH

2011---	Chamekea Davis, Eastside	26.00
2012---	Monika Miazga, Clifton	25.83
2013---	Alexes Washington, Passaic Tech	26.26
2014---	Breisha Morton, Passaic Tech	26.36
2015---	Aaniyah Robinson, Passaic Tech	26.98
2016---	Aaniyah Robinson, Passaic Tech	27.23
2017---	Alenys Morales, Clifton	26.97
2018---	Leriann Alexander, Eastside	25.93
2019---	Brianna Rubio, Clifton	26.52

400 METER DASH

2011---	Breisha 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
2017---	Carly Spinnler, Passaic Tech	1:01.21
2018---	Brianna Rubio, Clifton	59.25
2019---	Brianna Rubio, Clifton	59.81

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
2017---	Carly Spinnler, Passaic Tech	2:26.75
2018---	Carly Spinnler, Passaic Tech	2:22.58
2019---	Andrea Dubbels, Clifton	2:22.28

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
2017---	Mollie Slanina, Clifton	5:30.82
2018---	Andrea Dubbels, Clifton	5:19.92

2019---Andrea Dubbels, Clifton 5:04.65

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
2017---Sophia Wolmer, Bergen Tech 11:57.39
2018---Sophia Wolmer, Bergen Tech 11:55.29
2019---Mia Dubac, Clifton 11:14.43

100 METER HURDLES

2011---Breasha Morton, Passaic Tech 16.24
2012---Shianne Nevers, Clifton 16.42
2013---Breasha Morton, Passaic Tech 15.18
2014---Breasha Morton, Passaic Tech 15.11
2015---Eboney Jackson, Kennedy 15.20
2016---Eboney Jackson, Kennedy 14.85
2017---Alenys Morales, Clifton 15.45
2018---Alenys Morales, Clifton 15.27
2019---Sydney Shannon, Passaic Tech 16.07

400 METER HURDLES

2011---Breasha Morton, Passaic Tech 1:08.44
2012---Shianne Nevers, Clifton 1:08.93
2013---Breasha Morton, Passaic Tech 1:05.01
2014---Breasha Morton, Passaic Tech 1:04.92
2015---Eboney Jackson, Kennedy 1:08.38
2016---Rikayvia Palmer, Passaic Tech 1:09.20
2017---Carly Spinnler, Passaic Tech 1:06.67
2018---Chariza Wilks, Passaic Tech 1:06.40
2019---Chariza Wilks, Passaic Tech 1:06.62

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
2017---Catherine Davey, Clifton 33-5 ½
2018---Alianna Eucker, Bergen Tech 34-9 ¾
2019---Alianna Eucker, Bergen Tech 33-8 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
2017---	Antonia Liu, Bergen Tech	99-5
2018---	Alianna Eucker, Bergen Tech	103-0
2019---	Alianna Eucker, Bergen Tech	100-11

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
2017---	Carmen Ramirez, Passaic Tech	91-6
2018---	Alianna Eucker, Bergen Tech	132-1
2019---	Alianna Eucker, Bergen Tech	133-6

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---	Ebonee Jackson, Kennedy	5-0
2017---	Ashley Martinez, Passaic Tech	5-0
2018---	Ashley Martinez, Passaic Tech	5-0
2019---	Ashley Martinez, Passaic Tech	5-2

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
2017---	Alenys Morales, Clifton	16-7 ½
2018---	Alenys Morales, Clifton	16-2 ¼
2019---	Katie Kakascik, Clifton	16-2 ½

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
2017---	Imani Durham, Passaic Tech	33-3 ¼
2018---	Brianna Morrison, Clifton	35-3
2019---	Ashley Martinez, Passaic Tech	35-4 ¼

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
2017---	Sydney Shannon, Passaic Tech	9-6
2018---	Sydney Shannon, Passaic Tech	10-6
2019---	Sydney Shannon, Passaic Tech	11-4

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
2017---	Clifton	4:18.91
2018---	Clifton	4:12.58
2019---	Clifton	4:10.41

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
2017---	Fair Lawn 133.15, Wayne Hills 113.15, Wayne Valley 87.15
2018---	Fair Lawn 135 ½, Lakeland 120 ½, Wayne Hills 76
2019---	Lakeland 137, Fair Lawn 127, West Milford 80

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
2017---	Meghan Corso, Wayne Valley	13.21
2018---	Meghan Corso, Wayne Valley	13.17
2019---	Kalleen Rose Ozanic, West Milford	12.95

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
2017---	Gabriela Manjarrez, Fair Lawn	26.53
2018---	Gabriela Manjarrez, Fair Lawn	26.74
2019---	Gabriela Manjarrez, Fair Lawn	26.60

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
2017---	Riley Brennan, Wayne Hills	59.7h
2018---	Courtney Ruedt, Wayne Hills	59.60
2019---	Courtney Ruedt, Wayne Hills	59.65

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
2017---	Emily Becker, Wayne Hills	2:21.58
2018---	Julianne Gerritsen, Fair Lawn	2:28.43
2019---	Emma Gibson, Lakeland	2:32.18

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
2017---	Taylor Domico, Wayne Hills	5:21.08
2018---	Julianne Gerritsen, Fair Lawn	5:45.42
2019---	Alyssa Devita, Lakeland	5:46.41

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
2017---	Taylor Domico, Wayne Hills	11:28.04
2018---	Samantha Biss, Lakeland	13:12.65
2019---	Caitlin Fahy, Lakeland	12:20.01

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

2017---Meghan Corso, Wayne Valley	16.08
2018---Meghan Corso, Wayne Valley	16.01
2019---Grace Yost, Lakeland	16.39

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
2017---Samantha Sklar, Wayne Hills	1:07.16
2018---Grace Yost, Lakeland	1:07.36
2019---Grace Yost, Lakeland	1:06.70

SHOT PUT

2011---Samantha Markowski, Wayne Valley36-11	
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
2017---Ciara Torres, West Milford	38-1 ¼
2018---Jackie Nieves, Lakeland	34-6 ¾
2019---Alexis Rocker, Wayne Valley	37-8 ½

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
2017---Ciara Torres, West Milford	101-0
2018---Sandra Abolade, Fair Lawn	96-0
2019---Alexis Rocker, Wayne Valley	95-0

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
2017---Nicole Sacchinelli, Fair Lawn	127-8
2018---Nicole Sacchinelli, Fair Lawn	124-10
2019---Hailey Romero, Fair Lawn	116-7

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
2017---	Kalleen Rose Ozanic, West Milford		4-10
2018---	Kalleen Rose Ozanic, West Milford		5-2
2019---	Kalleen Rose Ozanic, West Milford		5-2

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
2017---	Mya Drayton, Fair Lawn		16-8
2018---	Ana Deftalinskij, Lakeland		16-5 ½
2019---	Milica Rodic, Wayne Valley		16-1 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
2017---	Britney Del Mundo, Fair Lawn		35-10 ¼
2018---	Kalleen Rose Ozanic, West Milford		35-8
2019---	Kalleen Rose Ozanic, West Milford		35-5 ¼

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
2017---	Jessica Ippolito, Fair Lawn		10-6
2018---	Lilly Brown, Lakeland		10-0
2019---	Kathryn Gorden, Wayne Hills		8-6

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
2017---	Wayne Hills		4:10.32
2018---	Lakeland		4:20.15
2019---	Fair Lawn	4:18.93	

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
2017---River Dell 143, Ramsey 83, Mahwah 46
2018---River Dell 113, Ramsey 89, Pascack Hills 81
2019---Demarest 197, Tenafly 121, River Dell 64

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
2017---Grace Cepeda, River Dell	13.05
2018---Nicole Vadon, Pascack Hills	12.32
2019---Jordan Mayo, Tenafly	12.72

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
2017---Grace Cepeda, River Dell	26.65
2018---Nicole Vadon, Pascack Hills	26.24
2019---Jordan Mayo, Tenafly	26.47

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
2017---Kim Lewis, River Dell	59.55
2018---Kai Lash, Pascack Hills	1:00.67
2019---Kyra Paltos, Demarest	1:00.63

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
2017---Eve Schoenberg, River Dell	2:24.93

2018---	Maggie Mircovich, River Dell	2:23.69
2019---	Amanda Mircovich, River Dell	2:24.02

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
2017---	Ginger Pojednic, River Dell	5:24.15
2018---	Shannon Gorla, River Dell	5:16.46
2019---	Madeline Barney, Indian Hills	5:29.92

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
2017---	Melissa Dougherty, River Dell	11:49.05
2018---	Shannon Gorla, River Dell	12:11.30
2019---	Allison Lounsbury, Indian Hills	11:13.17

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
2017---	Lauren Stern, Mahwah	15.89
2018---	Emily Grubb, Ramsey	15.64
2019---	Savannah George, Englewood	16.59

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
2017---	Hannah Figueroa, Pascack Hills	1:05.94
2018---	Hannah Figueroa, Pascack Hills	1:05.88
2019---	Ashley Constantine, Demarest	1:04.40

SHOT PUT

2011---	Jill Hudson, River Dell	35-0 $\frac{3}{4}$
2012---	Laura Oh, River Dell	34-2 $\frac{1}{4}$
2013---	Laura Oh, River Dell	37-9 $\frac{1}{4}$
2014---	Jessica Molina, Westwood	41-0 $\frac{1}{4}$

2015---Jessica Molina, Westwood	46-0
2016---Laura Rizik, River Dell	32-2
2017---Jenny Silva, Mahwah	32-10 $\frac{3}{4}$
2018---Laura Rizik, River Dell	34-7 $\frac{1}{4}$
2019---Jada Sewell, Demarest	39-4

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
2017---Fernanda Maldonado, River Dell	109-3
2018---Laura Rizik, River Dell	112-0
2019---Angelina Tapia, Tenafly	124-4

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
2017---Laura Rizik, River Dell	109-9
2018---Sydney Stith, Pascack Hills 119-0	
2019---Alicia Iafate, Demarest	111-6

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
2017---Kaela Monte, Ramsey	5-2
2018---Hannah Figueroa, Pascack Hills	5-2
2019---Ohr Yahalomi, Demarest	5-0

LONG JUMP

2011---Taylor Clarkson, Indian Hills 17-8 $\frac{3}{4}$	
2012---Gena Pickett, Mahwah	17-1
2013---Kelly Redl, Ramsey	17-2
2014---Marina Reilly, River Dell	16-7 $\frac{1}{2}$
2015---Marina Reilly, River Dell	17-2
2016---Erin Hughes, River Dell	16-0 $\frac{1}{4}$
2017---Lauren Stern, Mahwah	17-3 $\frac{1}{2}$
2018---Lauren Stern, Mahwah	17-2
2019---Lynaisha Smith, Englewood	15-8

TRIPLE JUMP

2011---Gena Pickett, Mahwah	37-1
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2012---Gena Pickett, Mahwah	38-1
2013---Gena Pickett, Mahwah	36-7 ³ / ₄
2014---Marina Reilly, River Dell	36-2
2015---Marina Reilly, River Dell	36-1
2016---Lauren Stern, Mahwah	36-2
2017---Lauren Stern, Mahwah	36-1 ¹ / ₄
2018---Lauren Stern, Mahwah	35-9 ¹ / ₂
2019---Natalie Ha, Tenafly	34-2 ¹ / 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
2017---Grace Gardella, Ramsey	10-6
2018---Kyra Muller, Mahwah	10-6
2019---Samantha Conjour, Pascack Valley	9-6

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
2017---Ramsey	4:03.73
2018---River Dell	4:08.62
2019---Demarest	4:07.75

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
2017---Ridgefield Park 116, Dumont 67, Fort Lee 55
2018---Ridgefield Park 116 ¹ / ₂ , Fort Lee 84, Cliffside Park 75
2019---Ramsey 185.2, Pascack Hills 92, Mahwah 65

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
2017---Whitney Bailey Hicks, Ridgefield Park	13.09
2018---Whitney Bailey Hicks, Ridgefield Park	12.57

2019---Erin Buquicchio, Pascack Hills 13.09

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
2017---Alexis Hall, Englewood 27.91
2018---Kendall Caballero, Fort Lee 26.94
2019---Tatianna Beutel, Westwood 26.90

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
2017---Lily Baffo, Ridgefield Park 1:04.24
2018---Mia Martinez, Ridgefield Park 1:00.86
2019---Mia Martinez, Ridgefield Park 59.92

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
2017---Yarelis Garcia, Dumont 2:39.94
2018---Veronica Calderon, Cliffside Park 2:35.36
2019---Kayla Jarski, Westwood 2:24.70

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
2017---Jessica Hrniciar, Dumont 5:53.49
2018---Veronica Calderon, Cliffside Park 5:44.24
2019---Kayla Jarski, Westwood 5:24.99

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
2017---	Jessica Hrnciar, Dumont	13:15.09
2018---	Kelsey Pereira, Cliffside Park	13:45.65
2019---	Kelsey Pereira, Cliffside Park	12:14.14

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
2017---	Whitney Bailey Hicks, Ridgefield Park	16.71
2018---	Whitney Bailey Hicks, Ridgefield Park	15.12
2019---	Emily Grubb, Ramsey	16.18

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
2017---	Savannah George, Englewood	1:10.46
2018---	Kimberley Martos, Cliffside Park	1:11.99
2019---	Carissa Perrone, Ramsey	1:08.81

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 $\frac{1}{4}$
2015---	Chanel Garcia, Englewood	35-9 $\frac{1}{2}$
2016---	Hayli Romano, Cliffside Park	33-8
2017---	Maria Bravo, Ridgefield Park	32-1
2018---	Destiny Cameron, Cliffside Park	30-0 $\frac{1}{4}$
2019---	Destiny Cameron, Cliffside Park	30-11

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
2017---	Maria Bravo, Ridgefield Park	120-8
2018---	Alyssa Hartman, Dumont	88-9
2019---	Destiny Cameron, Cliffside Park	97-8

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
2017---Madison O'Brien, Ridgefield Park	94-1
2018---Tatiana Bruno, Ridgefield Park	109-8
2019---Amanda Kaczorowski, Ramsey	104-5

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
2017---Justine Lane, Ridgefield Park	4-10
2018---Jada Carroll, Ridgefield Park	4-10
2019---Kaela Monte, Ramsey	5-0

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
2017---Whitney Bailey Hicks, Ridgefield Park	16-2
2018---Whitney Bailey Hicks, Ridgefield Park	17-5 ½
2019---Emily Grubb, Ramsey	15-11

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
2017---Nina Gonzalez, Cliffside Park	33-1
2018---Whitney Bailey Hicks, Ridgefield Park	36-9 ¼
2019---Hanna Leto, Ramsey	34-1 ¾

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 Park	6-6
2017---Nathalia and Stephanie Garcia, Dumont	7-6
2018---Fiona Cummings, Ridgefield Park	7-6

2019---Kyra Muller, Mahwah 10-0

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
2017---Fort Lee	4:26.42
2018---Fort Lee	4:13.04
2019---Ramsey	4:16.51

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
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

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
2017---Cresskill 197, Emerson 88, Bogota 66
2018---Cresskill 185.7, Emerson 145.2, Park Ridge 40
2019---Cresskill 116, Emerson 106, Park Ridge 92

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
2017---Wellington Ventura, Cresskill 11.47
2018---Danny Gordon, Emerson 11.64
2019---Rashawn Markman, Waldwick 11.66

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
2017---Wellington Ventura, Cresskill 22.81
2018---Wellington Ventura, Cresskill 23.03
2019---Brandon Tilp, Cresskill 23.86

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
2017---Trevor Frese, Waldwick 53.20
2018---Wellington Ventura, Cresskill 50.84
2019---Shawn Castaneira-Grisgby, Midland Park 52.36

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
2017---Danny Daurio, Bogota 2:02.88
2018---Ryan Lee, Cresskill 2:10.61
2019---Wonder Schuit, Park Ridge 2:05.57

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
2017---James Draney, Bogota 4:35.25

2018---	Justin Augustin, Hawthorne Christian	4:51.56
2019---	Jesus Michel, Bogota	4:46.91

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
2017---	Cole Geraghty, Bogota	10:02.53
2018---	Matt Rossnagel, Midland Park	10:22.09
2019---	Jesus Michel, Bogota	10:04.81

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
2017---	Thomas Garzino, Cresskill	16.35
2018---	Jae Won Cho, Cresskill	16.49
2019---	Dan Castano, Cresskill	16.42

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
2017---	Matt Hodgins, Park Ridge	60.03
2018---	Jae Won Cho, Cresskill	60.23
2019---	Sebastian Leduc, Park Ridge	59.64

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
2017---	John Van Cleft, Cresskill	51-0
2018---	Dan Jackson, Cresskill	46-0 ¾
2019---	Dylan DeMagistris, Emerson	43-11 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
2017---	John Van Cleft, Cresskill	137-11
2018---	Adam Gildea, Emerson	125-10
2019---	Adam Gildea, Emerson	129-2

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
2017---	Pete Makris, Cresskill	137-9
2018---	Luka Radovich, Cresskill	146-0
2019---	Dustin Glynn, Park Ridge	170-1

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
2017---	Dante Gonzalez, Palisades Park	6-0
2018---	Karl Weppler, Emerson	5-6
2019---	Rashawn Markman, Waldwick	5-10

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
2017---	Wellington Ventura, Cresskill	21-11 ¾
2018---	Wellington Ventura, Cresskill	20-3 ¼
2019---	Matthieu Brunelle, Emerson	20-1

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
2017---	Wellington Ventura, Cresskill	41-8
2018---	Seway Kah, Waldwick	40-2
2019---	Matthieu Brunelle, Emerson	42-2

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
2017---	Eran Peci, Emerson	13-6
2018---	Spencer Paton, Emerson	11-0
2019---	Giorgi Tvauri, Cresskill	12-0

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
2017---	Emerson	3:39.67
2018---	Park Ridge	3:43.53
2019---	Park Ridge	3:36.47

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

2017---Hasbrouck Heights 184, Saddle Brook 86, Becton 81

2018---Hasbrouck Heights 197, Saddle Brook 91, Becton 55

2019---Hasbrouck Heights 251, Becton 54, Saddle Brook 50

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

2017---Sean Roberts, Saddle Brook 11.68

2018---Sean Roberts, Saddle Brook 11.33

2019---Maliki Burrell, Hasbrouck Heights 11.64

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
2017---	Sean Roberts, Saddle Brook	23.16
2018---	Sean Roberts, Saddle Brook	22.77
2019---	Maliki Burrell, Hasbrouck Heights	23.98

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
2017---	Lance Trusty, Saddle Brook	54.87
2018---	Sean Roberts, Saddle Brook	51.16
2019---	Maliki Burrell, Hasbrouck Heights	52.95

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
2017---	Sirish Modhagala, North Arlington	2:10.14
2018---	John Sedlmeir, Hasbrouck Heights	2:06.87
2019---	Jeremy Bailey, Hasbrouck Heights	2:11.59

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
2017---	Sirish Modhagala, North Arlington	4:47.63
2018---	Jeremy Bailey, Hasbrouck Heights	4:37.66
2019---	Jeremy Bailey, Hasbrouck Heights	4:39.56

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
2017---	Sirish Modhagala, North Arlington	11:02.55
2018---	Jeremy Bailey, Hasbrouck Heights	10:05.60
2019---	Collin Shevlin, Weehawken	10:19.15

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
2017---	Stephen Henke, Becton	16.42

2018---	Stephen Henke, Becton	15.72
2019---	Stephen Henke, Becton	15.16

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
2017---	Lance Trusty, Saddle Brook	1:00.10
2018---	Lance Trusty, Saddle Brook	58.72
2019---	Vincent Sedlmeir, Hasbrouck Heights	57.90

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
2017---	Gio Gutierrez, Saddle Brook	58-0 ¼
2018---	Greg Anderson, Becton	54-5
2019---	Anthony Marino, Hasbrouck Heights	43-11 ½

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
2017---	Gio Gutierrez, Saddle Brook	161-7
2018---	Greg Anderson, Becton	150-8
2019---	Anthony Marino, Hasbrouck Heights	121-7

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
2017---	Bartosz Dlugozima, Wallington	150-0
2018---	James Klenk, Hasbrouck Heights	150-1
2019---	Will Koukoutsis, Hasbrouck Heights	152-9

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
2017---	Leeroy Casimir, Hasbrouck Heights	5-10
2018---	Kunga Tsering, Hasbrouck Heights	5-10
2019---	Vincent Sedlmeir, Hasbrouck Heights	5-8

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
2017---Niko Regus, Hasbrouck Heights	20-6
2018---Sean Roberts, Saddle Brook	19-2 ½
2019---Devin Males, North Arlington	19-5 ¼

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
2017---Niko Regus, Hasbrouck Heights	42-10
2018---Tedi Turka, Wood-Ridge	40-7 ½
2019---Johnnoi Martin, Wood-Ridge	40-2 ½

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
2017---Jesse Danz, Hasbrouck Heights	11-6
2018---Adam Stavash, Hasbrouck Heights	13-0
2019---John Dammann, Hasbrouck Heights	10-0

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
2017---Saddle Brook	3:36.16
2018---Hasbrouck Heights	3:37.19
2019---Hasbrouck Heights	3:38.38

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 PUT2011---Majer Biokua, Pompton Lakes 40-2 $\frac{3}{4}$ 2012---Alex Christoper, 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 Pruiksmas, 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
2017---	Glen Rock 151, Hawthorne 82 ¾, Manchester 70 ¾
2018---	Glen Rock 138, Lodi 94, Manchester 89
2019---	Glen Rock 137, Manchester 112, Pompton Lakes and Rutherford 71

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
2017---	Quazier Dailey, Manchester	11.12
2018---	Ramir Kelley, Manchester	11.28
2010---	Lex Lugo, Eastern Christian	11.59

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
2017---	Quazier Dailey, Manchester	22.22
2018---	Ramir Kelley, Manchester	22.96
2019---	Lex Lugo, Eastern Christian	22.92

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
2017---	Kyle Woodward, Hawthorne	52.58
2018---	Marcel Wizzard, Lodi	52.71
2019---	Nazzim Patilla, Manchester	50.84

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
2017---	Kevin Hargadon, Glen Rock	2:06.54
2018---	Joe McCabe, Glen Rock	1:59.78
2019---	Andrew Lagattuta, Glen Rock	1:58.71

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
2017---	Andrew Lagattuta, Glen Rock	4:43.55
2018---	Andrew Lagattuta, Glen Rock	4:32.97
2019---	Andrew Lagattuta, Glen Rock	4:33.91

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
2017---	Andrew Lagattuta, Glen Rock	10:32.70
2018---	Andrew Lagattuta, Glen Rock	10:04.65
2019---	Andrew Lagattuta, Glen Rock	10:18.87

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
2017---	Ajay Gonzalez, Manchester	15.54
2018---	Roberth Umana, Manchester	15.78
2019---	Eugene Kim, Rutherford	15.55

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
2017---	Raul Arias, Hawthorne	59.87
2018---	Roberth Umana, Manchester	58.99
2019---	Andrew Stoddard, Glen Rock	58.46

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
2017---	Kyle Patel, Glen Rock	49-1

2018---Kyle Patel, Glen Rock	53-4 ½
2019---Pierce Tuttle, Glen Rock	46-3 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
2017---Kyle Patel, Glen Rock	150-9
2018---Kyle Patel, Glen Rock	163-0
2019---Christian Jusino, Garfield	133-10

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
2017---Nico Negrini, Pompton Lakes	140-6
2018---Carlos Pepin, Lodi	148-6
2019---Gabe Weinstock, Glen Rock	153-6

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
2017---Carlos Pepin, Lodi	6-0
2018---Carlos Pepin, Lodi	6-4
2019---Brian Woodard, Pompton Lakes	5-8

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
2017---Brandon Lichtenstein, Glen Rock	20-7
2018---Eugene Kim, Rutherford	20-10
2019---Spencer Lichtenstein, Glen Rock	20-1

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
2017---Ramon Bermudez, Lodi	43-9
2018---Ramon Bermudez, Lodi	43-7 ¾
2019---Eugene Kim, Rutherford	43-5 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
2017---Jared Forer, Glen Rock	12-0
2018---Jared Forer, Glen Rock	13-10
2019---Max Greenwood, Rutherford	13-0

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
2017---Hawthorne	3:38.02
2018---Manchester	3:31.65
2019---Manchester	3:30.96

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
2017---Lyndhurst 182, Secaucus 86, Leonia 84
2018---Lyndhurst 196, Dwight-Englewood 113, New Milford 74
2019---Lyndhurst 152, New Milford 118, Leonia 91

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
2017---Kevin Santos, Lyndhurst	11.72
2018---Chris Feurtado, Lyndhurst	11.36
2019---RJ Alvarez, Lyndhurst	11.67

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
2017---Kevin Santos, Lyndhurst	23.87
2018---Ehren Layne, Dwight-Englewood	24.08
2019---RJ Alvarez, Lyndhurst	23.94

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
2017---Adam Khriss, Secaucus	52.64
2018---Adam Khriss, Secaucus	53.21
2019---Robbie Tormo, New Milford	52.60

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
2017---	Jeremy Bronstein, Dwight-Englewood	1:59.85
2018---	Jeremy Bronstein, Dwight-Englewood	2:02.57
2019---	Jeremy Bronstein, Dwight-Englewood	2:04.45

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
2017---	Xavier Locke, Lyndhurst	4:34.78
2018---	Jeremy Bronstein, Dwight-Englewood	4:39.34
2019---	Jeremy Bronstein, Dwight-Englewood	4:34.85

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
2017---	Gabriel Tapia-Suarez, Leonia	10:30.06
2018---	Caleb Dalgetty, Dwight-Englewood	10:36.00
2019---	Jeremy Bronstein, Dwight-Englewood	10:17.87

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
2017---	Teslim Olunlade, Lyndhurst	15.66
2018---	Teslim Olunlade, Lyndhurst	15.47
2019---	Roman Gil, Leonia	16.45

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 Khriss, Secaucus	58.49
2017---	Adam Khriss, Secaucus	57.00
2018---	Adam Khriss, Secaucus	57.24
2019---	Joseph Dunkley, New Milford	60.80

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
2017---	Matt Schnoll, Lyndhurst	48-1
2018---	Antonio Lobos, Lyndhurst	43-6 ¾
2019---	Tim Ozturk, Lyndhurst	44-10

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
2017---	Matt Schnoll, Lyndhurst	126-11
2018---	Tim Ozturk, Lyndhurst	112-9
2019---	Tim Ozturk, Lyndhurst	141-3

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
2017---	Emmett McElroy, New Milford	131-5
2018---	Emmett McElroy, New Milford	124-5
2019---	Dennis Bakanov, Leonia	147-6

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
2017---	Kyle Russell, Leonia	5-10
2018---	Jayse Bradley, Ridgefield	5-8
2019---	Keenan Jusic, Leonia	5-6

LONG JUMP

2013---	Dante Tobler, New Milford	19-9 $\frac{1}{4}$
2014---	Jake Estevez, Lyndhurst	20-8 $\frac{1}{4}$
2015---	Aleem James, Dwight-Englewood	20-2
2016---	Peter Guerriero, Lyndhurst	19-5 $\frac{1}{4}$
2017---	Adam Khriss, Secaucus	19-11
2018---	Teslim Olunlade, Lyndhurst	18-8 $\frac{1}{4}$
2019---	RJ Alvarez, Lyndhurst	19-10

TRIPLE JUMP

2013---	Dante Tobler, New Milford	43-3
2014---	Tony Vargas, Leonia	42-9 $\frac{1}{4}$
2015---	Chaheen Payne, New Milford	41-9 $\frac{1}{2}$
2016---	Peter Guerriero, Lyndhurst	42-2 $\frac{1}{4}$
2017---	Teslim Olunlade, Lyndhurst	42-10 $\frac{3}{4}$
2018---	Teslim Olunlade, Lyndhurst	42-10 $\frac{3}{4}$
2019---	Alec Hoffman, Dwight-Englewood	39-11

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
2017---	Kyle Russell, Leonia	13-6

2018---	Jordan DeAbreu, Lyndhurst	11-6
2019---	Eli Fitzsimmons, Lyndhurst	10-6

1600 METER RELAY

2013---	Secaucus	3:40.8
2014---	Lyndhurst	3:40.0
2015---	Leonia	3:36.5
2016---	Dwight-Englewood	3:38.00
2017---	Secaucus	3:40.14
2018---	Lyndhurst	3:40.88
2019---	New Milford	3:40.63

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---Macy DeCarlo, Cresskill 7-6
2012---Macy 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
 2017---Park Ridge 135, Cresskill 117, Midland Park 79
 2018---Park Ridge 121, Emerson 107, Midland Park 68
 2019---Waldwick 135, Park Ridge 81 ½, Midland Park 69

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
2017---Anna Maria Scarpis, Bogota	12.70
2018---Sophia Castronovo, Emerson	12.65
2019---Ella Cace, Hawthorne Christian	13.08

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
2017---Anna Maria Scarpis, Bogota	26.33
2018---Sophia Castronovo, Emerson	26.60
2019---Kendra Cirino, Midland Park	26.99

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
2017---Megan Gasnick, Park Ridge	58.12
2018---Megan Gasnick, Park Ridge	58.49
2019---Kelly Moran, Waldwick	1:04.18

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
2017---Rachel Spagnola, Park Ridge	2:26.80
2018---Samantha Green, Park Ridge	2:24.35
2019---Sarah Geormaneanu, Park Ridge	2:27.44

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
2017---Samantha Green, Park Ridge	5:23.14
2018---Samantha Green, Park Ridge	5:26.94
2019---Sarah Geormaneanu, Park Ridge	5:37.41

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
2017---	Samantha Green, Park Ridge	12:36.67
2018---	Samantha Green, Park Ridge	12:31.45
2019---	Jillian Reynolds, Waldwick	12:43.22

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
2017---	Iveya Slavova, Cresskill	15.74 (15.69 in prelims)
2018---	Samantha Stallard, Waldwick	16.96
2019---	Samantha Stallard, Waldwick	16.34

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
2017---	Anne Karach, Cresskill	1:05.04
2018---	Carley Wells, Cresskill	1:12.08
2019---	Samantha Stallard, Waldwick	1:09.66

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
2017---	Veronica Pantale, Midland Park	33-9 ¼
2018---	Emilie Ghalam, Midland Park	33-4 ¼
2019---	Emilie Ghalam, Midland Park	31-4 ½

DISCUS

2013---	Tania Pabon, Cresskill	121-3
2014---	Cheyenne Bellerand, Emerson	113-0
2015---	Alexandra Baels, Hawthorne Christian	100-8
2016---	Chloe Zuidema, Midland Park	97-4
2017---	Ashley Basantes, Park Ridge	94-8
2018---	No results available	
2019---	Alondra Batista, Bogota	88-2

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
2017---	Sam Gioiosa, Bogota	129-3

2018---	Emilie Ghalam, Midland Park	94-7
2019---	Meaghan Healy, Midland Park	104-3

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
2017---	Iveya Slavova, Cresskill	5-4
2018---	Victoria Elek, Emerson	5-0 ¼
2019---	Jasleen Nanda, Palisades Park	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
2017---	Anna Maria Scarpis, Bogota	16-8
2018---	Kennedy Klingzing, Midland Park	15-2 ¾
2019---	Kiley Mironenko, Waldwick	14-9

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
2017---	Melissa Lein, Midland Park	35-4 ¼
2018---	Megan Gasnick, Park Ridge	34-4
2019---	Tara Lambert, Waldwick	32-6 ½

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
2017---	Adrianna Gobin, Emerson	9-6
2018---	Adrianna Gobin, Emerson	9-0
2019---	Grace Guingon, Hawthorne Christian	9-0

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
2017---	Park Ridge	4:07.49
2018---	Park Ridge	4:19.58
2019---	Waldwick	4:27.63

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
2017---	Hasbrouck Heights 303 ¾, Saddle Brook 50 ¾, Wallington 35 ¾
2018---	Hasbrouck Heights 251 ½, Saddle Brook 64, Immaculate Conception 54
2019---	Hasbrouck Heights 232, Saddle Brook 112, Becton 43

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
2017---	Crystal Lichtenberger, Hasbrouck Heights	12.95
2018---	Haylle Thomas, Hasbrouck Heights	13.04
2019---	Talia Ferguson, Hasbrouck Heights	13.60

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
2017---	Angela Brooks, Saddle Brook	26.46
2018---	Haylle Thomas, Hasbrouck Heights	27.00
2019---	Stephanie Forster, Saddle Brook	28.01

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
2016---	Stacey Porzl, Hasbrouck Heights	59.85
2017---	Crystal Lichtenberger, Hasbrouck Heights	1:02.51
2018---	Haylle Thomas, Hasbrouck Heights	1:01.07
2019---	Amber Barrios, Hasbrouck Heights	1:02.40

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
2017---	Serena Torres, Hasbrouck Heights	2:34.34
2018---	Serena Torres, Hasbrouck Heights	2:32.76
2019---	Mia Minichiello, Hasbrouck Heights	2:32.31

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
2017---	Marie Sedlmeir, Hasbrouck Heights	5:54.61
2018---	Elizabeth Szambel, St. Mary's	5:41.81
2019---	Elizabeth Szambel, St. Mary's	5:37.45

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
2017---	Emma Nichols, Hasbrouck Heights	13:00.88
2018---	Elizabeth Szambel, St. Mary's	12:15.52
2019---	Elizabeth Szambel, St. Mary's	12:09.20

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
2017---	Monika Lucic, Hasbrouck Heights	16.96
2018---	Monika Lucic, Hasbrouck Heights	16.09
2019---	Serena Torres, Hasbrouck Heights	17.47

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
2017---	Monika Lucic, Hasbrouck Heights	1:08.33
2018---	Monika Lucic, Hasbrouck Heights	1:06.76
2019---	Mia Minichiello, Hasbrouck Heights	1:11.49

SHOT PUT

2013---	Irene Cedano, Hasbrouck Heights	36-6 $\frac{3}{4}$
2014---	Erika Williams, Becton	33-1 $\frac{1}{2}$
2015---	Gabby Tuzzo, Hasbrouck Heights	32-9
2016---	Anna Tsapelis, Hasbrouck Heights	32-9 $\frac{1}{2}$
2017---	Kassie Ketcho, Hasbrouck Heights	39-3 $\frac{3}{4}$
2018---	Kassie Ketcho, Hasbrouck Heights 41-11 $\frac{1}{2}$	
2019---	Briella Novello, Becton	34-0

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
2017---	Kassie Ketcho, Hasbrouck Heights	89-3
2018---	Kassie Ketcho, Hasbrouck Heights	100-0
2019---	Erin Karaway, Saddle Brook	95-9

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
2017---	Kassie Ketcho, Hasbrouck Heights	116-1
2018---	Kassie Ketcho, Hasbrouck Heights 118-8	
2019---	Odaliana Gomez, Hasbrouck Heights	98-1

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
2017---	Monika Lucic, Hasbrouck Heights	4-8 (jo)
2018---	Monika Lucic, Hasbrouck Heights	4-10
2019---	Talia Ferguson, Hasbrouck Heights	5-2 $\frac{1}{4}$

LONG JUMP

2013---	Christina Nardini, North Arlington	15.9 $\frac{1}{2}$
2014---	Brooke McKnight, Hasbrouck Heights	16-7
2015---	Brooke McKnight, Hasbrouck Heights	17-0
2016---	Brooke McKnight, Hasbrouck Heights	15-8
2017---	Angela Brooks, Saddle Brook	16-4

2018---	Haylle Thomas, Hasbrouck Heights	15-7 ½
2019---	Talia Ferguson, Hasbrouck Heights	15-11

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
2017---	Monika Lucic, Hasbrouck Heights	36-10 ½
2018---	Monika Lucic, Hasbrouck Heights	34-4
2019---	Talia Ferguson, Hasbrouck Heights	35-9 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
2017---	Natalie Stefanelli, Hasbrouck Heights	8-0
2018---	Courtney Summers, Hasbrouck Heights	7-6
2019---	Natalie Stefanelli, Hasbrouck Heights	8-0

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
2017---	Hasbrouck Heights	4:22.15
2018---	Hasbrouck Heights	4:27.91
2019---	Hasbrouck Heights	4:20.25

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
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
2017---	Glen Rock 194, Hawthorne 84, Eastern Christian 75.5
2018---	Glen Rock 163, Hawthorne 140, Eastern Christian 77
2019---	Glen Rock 199, Hawthorne 93, Rutherford 83

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)
2017---	Sarah Hutchins, Glen Rock	12.83
2018---	Sarah Hutchins, Glen Rock	12.92
2019---	Sarah Hutchins, Glen Rock	13.02

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
2017---	Sarah Hutchins, Glen Rock	27.62
2018---	Katie Hefty, Eastern Christian	27.02
2019---	Sarah Hutchins, Glen Rock	26.97

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
2017---	Victoria Rasmussen, Glen Rock	60.99
2018---	Nicole Bertollo, Hawthorne	61.12
2019---	Ava Scheibe, Rutherford	61.09

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
2017---	Emily Byrnes, Eastern Christian	2:31.23
2018---	Nyabwija Kanefu, Rutherford	2:28.19
2019---	Emily Byrnes, Eastern Christian	2:23.42

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
2017---	Alex Walter, Glen Rock	5:36.76
2018---	Emily Byrnes, Eastern Christian	5:39.49
2019---	Emily Byrnes, Eastern Christian	5:25.98

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
2017---	Christie Na, Rutherford	12:14.72
2018---	Alex Walter, Glen Rock	12:22.61
2019---	Mary Andreou, Glen Rock	12:27.98

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
2017---	Hannah Vanderwall, Glen Rock	15.49
2018---	Alexis Byfield, Hawthorne	16.19
2019---	Alexis Byfield, Hawthorne	16.14

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
2017---	Rachel Wronko, Rutherford	1:06.78
2018---	Nicole Bertollo, Hawthorne	1:07.92
2019---	Ava Schiebe, Rutherford	1:07.75

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
2017---	Madison Wynbeeck, Eastern Christian	35-8

2018---Madison Wynbeeck, Eastern Christian 37-4 ¼
2019---Karina Roze, Glen Rock 37-11

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
2017---Karina Roze, Glen Rock 97-8
2018---Karina Roze, Glen Rock 128-6
2019---Karina Roze, Glen Rock 121-2

JAVELIN

2013---Kristen Dizenzo, Lodi 114-5
2014---Hannah Zadoyko, Pompton Lakes 94-9
2015---Kristen Dizenzo, Lodi 119-0
2016---Brooke Van Lenten, Eastern Christian 115-0
2017---Brooke Van Lenten, Eastern Christian 128-4
2018---Karina Roze, Glen Rock 119-9
2019---Karina Roze, Glen Rock 137-11

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
2017---Jenna Rogers, Rutherford 5-6
2018---Alyssa Martin, Lodi 4-10
2019---Katie O'Connell, Glen Rock 5-0

LONG JUMP

2013---Emily Rogan, Glen Rock 16-10
2014---Jenna Dyksen, Hawthorne 16-9 ½
2015---Kaitlin Salisbury, Hawthorne 18-3
2016---Kaitlin Salisbury, Hawthorne 19-0
2017---Sarah Hutchins, Glen Rock 16-7
2018---Katie Hefty, Eastern Christian 16-3 ¾
2019---Sarah Hutchins, Glen Rock 16-4

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
2017---Gabriela Sloan, Hawthorne 34-8
2018---Nilya Rhoomes, Lodi 34-7
2019---Nilya Rhoomes, Lodi 36-3

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
2017---Samantha Cioppio, Glen Rock	9-6
2018---Samantha Cioppio, Glen Rock	10-6
2019---Grace Kellogg, Eastern Christian	8-6

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
2017---Eastern Christian	4:20.14
2018---Hawthorne	4:08.42
2019---Glen Rock	4:17.60

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
2017---Lyndhurst 229, New Milford 97, Leonia 55
2018---Lyndhurst 256, Dwight-Englewood 71, New Milford 62
2019---Lyndhurst 225 ½, Dwight-Englewood 84, Butler 57

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
2017---Samantha Cummings, Queen of Peace	13.21
2018---Julietta Thron, Dwight-Englewood	12.87
2019---Rebecca Kneppel, Butler	12.50

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
2017---Samantha Cummings, Queen of Peace	26.82
2018---Julietta Thron, Dwight-Englewood	26.95
2019---Rebecca Kneppel, Butler	25.83

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
2017---Susane Morozewicz, Lyndhurst	1:03.61
2018---Caroline Lee, Dwight-Englewood	1:03.05
2019---Rebecca Kneppel, Butler	1:00.89

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---	Amanda Fulcher, Lyndhurst	2:32.17
2017---	Giulia Pezzolla, Lyndhurst	2:26.72
2018---	Giulia Pezzolla, Lyndhurst	2:31.27
2019---	Giulia Pezzolla, Lyndhurst	2:33.43

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
2017---	Giulia Pezzolla, Lyndhurst	5:28.98
2018---	Giulia Pezzolla, Lyndhurst	5:41.10
2019---	Giulia Pezzolla, Lyndhurst	5:40.79

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)
2017---	Haley McAveney, New Milford	12:29.64
2018---	Kelly Weckstein, Lyndhurst	12:31.78
2019---	Mary Griffin, Ridgefield	12:30.83

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
2017---	Franceska Gustave, Leonia	17.07
2018---	Maggie Fodera, Lyndhurst	17.82
2019---	Maggie Fodera, Lyndhurst	16.04

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
2017---	Amanda Fulcher, Lyndhurst	1:12.75
2018---	Helen Grewe, Secaucus	1:11.38
2019---	Maggie Fodera, Lyndhurst	1:12.08

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
2017---	Kira Adams, Lyndhurst	32-9 ¾

2018---Arianna Lombardi, Lyndhurst	33-11 $\frac{3}{4}$
2019---Arianna Lombardi, Lyndhurst	36-6 $\frac{1}{2}$

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
2017---Caitlyn Blake, Lyndhurst	100-9
2018---Arianna Lombardi, Lyndhurst	96-0
2019---Manal Hajjam, Leonia	92-9

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
2017---Caitlyn Blake, Lyndhurst	117-4
2018---Arianna Lombardi, Lyndhurst	90-1
2018---Arianna Lombardi, Lyndhurst	98-0

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
2017---Samantha Cummings, Queen of Peace	4-8
2018---Maggie Fodera, Lyndhurst	4-6
2019---Maggie Fodera, Lyndhurst	4-10

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 $\frac{3}{4}$
2017---Alyssa Robalino, Lyndhurst	15-5
2018---Joelle Montillo, Lyndhurst	15-2
2019---Rebecca Kneppel, Butler	16-0

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
2017---Victoria Kong, Dwight-Englewood	34-7 $\frac{1}{2}$
2018---Alyssa Robalino, Lyndhurst	33-9 $\frac{1}{2}$
2019---Gia Estrella, Lyndhurst	33-2

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
2017---Caitlin Walsh, New Milford	8-0
2018---Isabella Castagnetti, Lyndhurst	8-0
2019---Isabella Castagnetti, Lyndhurst	8-6

1600 METER RELAY

2013---Secaucus	4:13.9
2014---Lyndhurst	4:27.4
2015---Lyndhurst	4:21.5
2016---Dwight-Englewood	4:24.19
2017---Leonia	4:20.41
2018---Dwight-Englewood	4:27.05
2019---Secaucus	4:30.28