

BOYS LEAGUE TRACK AND FIELD RECORDS

NNJIL

100 METERS --- 10.31 by Joe Dawkins, Hackensack, 1995
200 METERS --- 21.4 by Shaquan Brown, Kennedy, 2006
21.58 by Dawkins, 1995
400 METERS --- 48.12 by Joe Velazquez, Paramus, 1999
800 METERS --- 1:52.04 by John Kauke, Ridgewood, 2000
1600 METERS --- 4:18.5 by Bob Keino, Ridgewood, 1994
3200 METERS --- 9:13.3 by Mohamed Khadraoui, Kennedy, 2004
110 METER HIGH HURDLES --- 14.1 by David Jones, Montclair, 1985 and Andy Paraison, Don Bosco, 1994
400 METER INTERMEDIATE HURDLES --- 52.6 by Andrew Cameron, Eastside, 1987.
SHOT PUT --- 61-10 $\frac{3}{4}$ by Dave Laube, Fair Lawn, 1979
DISCUS --- 172-11 by Dave Nowacki, Hackensack, 1976
JAVELIN --- 191-4 by Christian Francisco, Bloomfield, 2000 (OLD)
JAVELIN --- 189-9 by Jim Malizia, St. Joseph Regional, 2002 (NEW)
HIGH JUMP --- 7-1 $\frac{1}{2}$ by Eric Taylor-Perry, Montclair, 1990
LONG JUMP --- 24-1 $\frac{1}{2}$ by Derrick Horner, Don Bosco, 1988
TRIPLE JUMP --- 48-0 $\frac{1}{2}$ by Darius Pemberton, Hackensack, 1992
POLE VAULT --- 14-0 by Dan Cuzzo, Montclair, 1988 and Dan Cooper, Ridgewood, 2000
4 x 400 RELAY --- 3:19.1 by Don Bosco, 2007

NBIL

100 METERS --- 10.94 by Corey Crawford, Indian Hills, 2010
200 METERS --- 21.78 by Crawford, 2010
400 METERS --- 49.1 by Kroner, 2005 and 2006
800 METERS --- 1:56.1 by Jim Siedliski, Pascack Hills, 1984
1600 METERS --- 4:22.3 by Bob Schwartz, Demarest, 1982
3200 METERS --- 9:18.6 by Rob Reeder, Northern Highlands, 1992
110 METER HIGH HURDLES --- 14.3 by Guy Rose, Wayne Hills, 1999
400 METER INTERMEDIATE HURDLES --- 53.2 by Brian Otley, Wayne Hills, 1985
SHOT PUT --- 58-10 by Geoff Goidell, Pascack Hills, 2007
DISCUS --- 165-1 by Bob Ellis, Ramapo, 1976
JAVELIN --- 187-11 by Kevin Steimle, Mahwah, 2009
HIGH JUMP --- 6-6 $\frac{1}{2}$ by Deke DeFreese, Mahwah, 1995
LONG JUMP --- 24-2 $\frac{3}{4}$ by Craeford, 2010
TRIPLE JUMP --- 46-8 $\frac{1}{2}$ by Ted Leshner, Northern Highlands, 2006
POLE VAULT --- 14-6 by Greg Stripe, Mahwah, 2007 and Dan Nyfenger, Demarest, 2010
4 x 400 RELAY --- 3:24.0 by Northern Highlands, 2006

BCSL AMERICAN

100 METERS --- 10.8 by Mark Lumsden, Englewood, 2001 and Raldaine McDonald, Englewood, 2009
200 METERS --- 21.5 by Cliff Duncan, Englewood, 1982
400 METERS --- 49.6 by Dimar Labega, Rutherford, 2002
800 METERS --- 1:56.3 by Cavrel Silvera, Fort Lee, 1997
1600 METERS --- 4:25.6 by Charles Goold, Rutherford, 2007
3200 METERS --- 9:43.5 by Rich Byrne, Ridgefield Park, 1982
110 METER HIGH HURDLES --- 14.2 by Ken Clark, New Milford, 1969
400 METER INTERMEDIATE HURDLES --- 53.1 by Anthony Hampton, Englewood, 1994
SHOT PUT --- 61-9 by Ray Sahadi, Tenafly, 1974
DISCUS --- 178-6 by Steve McGovern, Dumont, 2002
JAVELIN --- 212-6 by Bruce Bacchiocchi, Dumont, 1982 (OLD)

JAVELIN --- 206-11 by Erik Heymann, Westwood, 2005 (NEW)
HIGH JUMP --- 6-6 $\frac{3}{4}$ by Mike Curti, Dumont, 1979
LONG JUMP --- 23-2 by Chris Hewitt, Englewood, 1992
TRIPLE JUMP --- 46-6 $\frac{1}{2}$ by Val Terebizh, Fort Lee, 2006
POLE VAULT --- 14-8 by Juan Andres Giglio, Ridgefield Park, 2010
4 x 400 RELAY --- 3:26.4 by Fort Lee, 2006

BCSL NATIONAL

100 METERS --- 10.8 by Mark Wiley, Cresskill, 1981
200 METERS --- 21.7 by Da'Mon Merkerson, St. Mary's, 2007
400 METERS --- 49.6 by Gary Gagliardi, Hasbrouck Heights, 2001
800 METERS --- 1:56.9 by Dave Kelchner, Cresskill, 1972*
1600 METERS --- 4:21.4 by Mike Fezza, Cresskill, 1979*
3200 METERS --- 9:35.2 by Barry Scanlan, Emerson, 1976*
110 METER HIGH HURDLES --- 14.5 by Jeff Fedorchak, Lyndhurst, 1989
400 METER INTERMEDIATE HURDLES --- 55.4 by Dave Lado, Ridgefield, 2003
SHOT PUT --- 58-2 by Mark Thalasinis, Rutherford, 1976
DISCUS --- 162-0 by Frank Cassella, Leonia, 1982
JAVELIN --- 202-0 by Frank Bellini, Becton, 1982 (OLD)
JAVELIN --- 197-3 by Joe Gingerelli, Wood-Ridge, 2008 (NEW)
HIGH JUMP --- 6-6 by Tim Henkel, Secaucus, 1986 and Tom DiBuono, New Milford, 1987
LONG JUMP --- 22-5 $\frac{1}{2}$ by Vernard Hoover, Hasbrouck Heights, 2003
TRIPLE JUMP --- 46-7 $\frac{1}{2}$ by Dave Frazier, Rutherford, 1989
POLE VAULT --- 12-6 by John Pierro, North Arlington, 1986, Scott Silverman, New Milford, 1995, Claudio Morsella, Lyndhurst, 1997, Steve Piskadlo, North Arlington, 2001, J.J. Ferrie, Lyndhurst, 2005 and Richie Cannici, Hasbrouck Heights, 2009 and 2010
4 x 400 RELAY --- 3:25.5 by Hasbrouck Heights, 2010

BCSL OLYMPIC

100 METERS --- 10.7 by Chris Charles, Park Ridge, 2000
200 METERS --- 22.0 by Charles, 2000 and Donovan Bolden, Leonia, 2008
400 METERS --- 49.7 by Jon Reid, Bergen Tech, 2003 and Hayden Duffy, Emerson, 2008
800 METERS --- 1:58.1 by Arthur Freitas, Palisades Park, 2009
1600 METERS --- 4:22.4 by David Clayton, Wood-Ridge, 1987
3200 METERS --- 9:21.5 by Scott Sarnoski, Bergen Tech, 1978*
110 METER HIGH HURDLES --- 14.8 by Andy Lim, Leonia, 2004 and Bolden, 2007
400 METER INTERMEDIATE HURDLES --- 55.6 by Dennis Calacione, New Milford, 2001
SHOT PUT --- 65-3 by Andy Papathanassiou, Emerson, 1985
DISCUS --- 168-9 by Papathanassiou, 1985
JAVELIN --- 209-0 by Bob Erskine, North Arlington, 1982 (OLD)
JAVELIN --- 194-2 by Kyle Elliott, Cresskill, 2007 (NEW)
HIGH JUMP --- 6-4 by Chris Kanya, Park Ridge, 1974 and Gavin Charlton, Palisades Park, 2002
LONG JUMP --- 22-5 $\frac{1}{2}$ by Orestes Medina, Palisades Park, 2005
TRIPLE JUMP --- 45-10 $\frac{1}{2}$ by Charles, 2000
POLE VAULT --- 15-0 by Greg Hoffman, Park Ridge, 2009
4 x 400 RELAY --- 3:27.5 by New Milford, 2007

BPSL

100 METERS --- 10.6 by Kenardo Henry, Manchester, 2010
200 METERS --- 21.7 by Orion Woodard, Pompton Lakes, 2006
400 METERS --- 49.9 by Rob Grammar, Glen Rock, 2003
800 METERS --- 1:57.5 by Dane Bender, Pompton Lakes, 2006
1600 METERS --- 4:19.9 by George Gusciora, Saddle Brook, 1982
3200 METERS --- 9:23.9 by Gusciora, 1982

110 METER HIGH HURDLES --- 13.9 by Anthony Pomo, Saddle Brook, 2005
400 METER INTERMEDIATE HURDLES --- 54.9 by King Perry, 1991
SHOT PUT --- 59-2 ¼ by Ron Kort, Mahwah, 1976
DISCUS --- 169-9 by Scott Miller, Elmwood Park, 1986
JAVELIN --- 224-1 by Kaleb Zuidema, Midland Park, 2010
HIGH JUMP --- 6-6 by Mike Stansfield, Garfield, 1999
LONG JUMP --- 22-8 ½ by Chris Phipps, Lodi, 2008
TRIPLE JUMP --- 48-0 ½ by Phipps, 2008
POLE VAULT --- 13-0 by Steve Keating, Pompton Lakes, 1986 and Dan Lalewski, Garfield, 2002
4 x 400 RELAY --- 3:22.8 by Passaic Tech, 1989

NORTHERN HILLS

100 METERS --- 10.6 by Al-teriq Suber, West Side, 1995
200 METERS --- 22.05 by Lance Wigfall, Clifford Scott, 2002
400 METERS --- 47.51 by Lance Wigfall, Clifford Scott, 2002
800 METERS --- 1:56.0 by Ernesto Perez, West Side, 1990 (1:56.14 by Dave Heerema, West Milford, 2001)
1600 METERS --- 4:17.28 by Curtis Richbyrg, West Orange, 2009
3200 METERS --- 9:22.82 by Tyler udland, Millburn, 2008
110 METER HIGH HURDLES --- 14.4 by Rich Ryerson, Morris Catholic, 1996 (14.61 by Alec Marshall, Wayne Valley, 2007)
400 METER INTERMEDIATE HURDLES --- 54.30 by Nicoy Hines, Passaic Tech, 2009
SHOT PUT --- 57-6 ½ by Dan Bulger, Pequannock, 1985
DISCUS --- 178-4 by George Abyad, Passaic Valley, 2007
JAVELIN --- 214-1 by Chris Corcoran, Morris Catholic, 1990 (OLD)
JAVELIN --- 197-1 by Mark Paski, Delbarton, 2006 (NEW)
HIGH JUMP --- 6-8 by Andrew Dambreville, West Orange, 1994
LONG JUMP --- 23-0 ¼ by Brad Mayo, West Orange, 1984
TRIPLE JUMP --- 44-7 by James Buroughs, West Orange, 2009
POLE VAULT --- 13-10 by Adam Lazor, West Milford, 2008
4 x 400 RELAY --- 3:24.8 by Clifford Scott, 1986

GIRLS LEAGUE TRACK AND FIELD RECORDS

NNJIL

100 METERS --- 11.66 by Aleah Williams, Montclair, 1997
200 METERS --- 23.72 by Williams, 1997
400 METERS --- 55.8 by Viola Harris, Passaic, 1986 and Essence Carson, Eastside, 2004
800 METERS --- 2:09.5 by Jasmin Jones, Hackensack, 1986
1600 METERS --- 4:57.6 by Jones, 1986
3200 METERS --- 10:36.5 by Jones, 1987
100 METER HIGH HURDLES --- 14.44 by Jennifer Whitlock, Montclair, 2001
400 METER LOW HURDLES --- 62.4 by Tawana Watkins, Kennedy, 2000
SHOT PUT --- 41-3 ½ by Nakiesha Leon, Passaic, 1997
DISCUS --- 134-11 by Sue Piekarz, Clifton, 1987
JAVELIN --- 140-8 by Shannon Sullivan, IHA, 2009
HIGH JUMP --- 5-4 by Sue McMurdy, Wayne Valley, 1981, Anne Bansemeir, Nutley, 1986, Lauren Singleton, Teaneck, 1987 and Chris Branigan, Nutley, 1988
LONG JUMP --- 19-8 by Cassandra Grant, Passaic, 1992
TRIPLE JUMP --- 38-2 ½ by Sharon Allen, Eastside, 1987 and Jen McDermott, Ridgewood, 1988
POLE VAULT --- 11-6 by Emily Urciuoli, Clifton, 2008 and 2009
4 x 400 RELAY --- 3:59.3 by Kennedy, 2006

NBIL

100 METERS --- 11.95 by Myasia Jacobs, Paramus Catholic, 2010

200 METERS --- 24.90 by Jacobs, 2010
400 METERS --- 56.76 by Amy Salek, Ramapo, 2008
800 METERS --- 2:16.2 by Toni Ann Angione, Bergenfield, 1985
1600 METERS --- 4:59.2 by Kesley Ramsey, Ramapo, 2007
3200 METERS --- 11:15.4 by Ramsey, 2006
100 METER HIGH HURDLES --- 14.2 by Jamie Lilien, Pascack Valley, 2000
400 METER LOW HURDLES --- 63.5 by Kim Baumbach, Pascack Valley, 1987
SHOT PUT --- 46-7 ¼ by Kelly Fazekas, Demarest, 2003
DISCUS --- 137-2 by Linda Clayton, Demarest, 1979
JAVELIN --- 152-9 by Daina Pucurs, Demarest, 2004
HIGH JUMP --- 5-6 by Amy Nehls, Indian Hills, 1986 and Cheryl Burdick, Ramsey, 1998 and 1999
LONG JUMP --- 17-11 by Margaret Rottkamp, Indian Hills, 1985-1986
TRIPLE JUMP --- 37-9 by Rottkamp, 1986
POLE VAULT --- 11-6 by Chelsea Hartigan, Ramapo, 2010
4 x 400 RELAY --- 4:02.64 by Ramapo, 2008

BCSL AMERICAN

100 METERS --- 12.1 by Carlene Cummings, Englewood, 1998
200 METERS --- 24.7 by Janine Davis, Queen of Peace, 2005
400 METERS --- 55.4 by Janine Davis, Queen of Peace, 2005
800 METERS --- 2:15.0 by Janine Davis, Queen of Peace, 2004
1600 METERS --- 5:11.6 by Eileen Keyes, Tenafly, 1982
3200 METERS --- 11:28.9 by Keyes, 1982
100 METER HIGH HURDLES --- 14.5 by Cummings, 1998
400 METER LOW HURDLES --- 64.0 by Caitlin Sherry, River Dell, 2001
SHOT PUT --- 38-3 by Kim Grein, Ridgefield Park, 2001
DISCUS --- 115-9 by Chris Coppola, River Dell, 2008
JAVELIN --- 128-3 by Paula DiMeglio, Ridgefield Park, 1982 (OLD)
JAVELIN --- 120-0 by Laura Bruno, Tenafly, 2010 (NEW)
HIGH JUMP --- 5-3 by C.J. Jacob, Ridgefield Park, 2005
LONG JUMP --- 19-1 ½ by Carlene Cummings, Englewood, 1997
TRIPLE JUMP --- 40-0 ½ by Carlene Cummings, Englewood, 1998
POLE VAULT --- 10-6 by Emily Mino, River Dell, 2008
4 x 400 RELAY --- 4:04.9 by River Dell, 2007 and River Dell, 2008

BCSL NATIONAL

100 METERS --- 12.7 by Jen Cagaio, Hasbrouck Heights, 2002
200 METERS --- 26.2 by Jenn Nass, Hasbrouck Heights, 2009
400 METERS --- 60.4 by Celine Lee, North Arlington, 2001
800 METERS --- 2:22.4 by Debbie Hillery, Leonia, 1983
1600 METERS --- 5:15.7 by Robyn Heim, Lyndhurst, 1986
3200 METERS --- 11:50.0 by Jennifer Narr, Rutherford, 1985
100 METER HIGH HURDLES --- 15.3 by Shannon Dillon, New Milford, 1993
400 METER LOW HURDLES --- 65.8 by Dillon, 1993
SHOT PUT --- 40-6 ½ by Kirsten Christiansen, Rutherford, 1987
DISCUS --- 122-6 by Sue Zak, Rutherford, 1978
JAVELIN --- 132-8 by Elena Primerano, Lyndhurst, 1989 (OLD)
JAVELIN --- 125-10 by Courtney Reggo, Ridgefield, 2003 (NEW)
HIGH JUMP --- 5-4 by Sylvia Battista, Rutherford, 1985
LONG JUMP --- 16-9 ½ by Nicole Weingartner, Hasbrouck Heights, 2007
TRIPLE JUMP --- 36-0 ½ by Petrolia, 1987
POLE VAULT --- 9-0 by Tara Fisher, North Arlington, 2008
4 x 400 RELAY --- 4:13.9 by Rutherford, 1981

BCSL OLYMPIC

100 METERS --- 12.6 by Erika Ostrove, Cresskill, 2004
200 METERS --- 26.3 by Kate Watson, Leonia, 2005 and 2006 and Terra Luke, Leonia, 2009
400 METERS --- 58.5 by Aly Hanson, New Milford, 2005
800 METERS --- 2:23.7 by Alicia Henry, Cresskill, 2005
1600 METERS --- 5:30.2 by Camille Longue, Bergen Tech, 2006
3200 METERS --- 11:56.6 by Longue, 2006
100 METER HIGH HURDLES --- 16.2 by Irene Oustergard, Park Ridge, 1994 and April Kaiser, Park Ridge, 2008
400 METER LOW HURDLES --- 66.8 by Jen Grasso, Hasbrouck Heights, 1993
SHOT PUT --- 37-4½ by Laura Cowan, Cresskill, 2008
DISCUS --- 123-1 by Tiffany Phoenix, Cresskill, 2002
JAVELIN --- 124-6 by Chris Bradley, Ridgefield, 1982 (OLD)
JAVELIN --- 120-1 by Kaiser, 2008 (NEW)
HIGH JUMP --- 5-4 by Deneen Steiner, Ridgefield, 1982
LONG JUMP --- 17-4 ½ by Kathy Harmel, Wallington, 1982
TRIPLE JUMP --- 35-9 ½ by Jen Barthelemy, Bogota, 2001
POLE VAULT --- 9-0 by Nicole Hernandez, Cresskill, 2009
4 x 400 RELAY --- 4:15.7 by Cresskill, 2004

BPSL

100 METERS --- 11.7 by Ajda Dotday, Hawthorne, 2008
200 METERS --- 25.2 by Andrea Herbert, Passaic Tech, 2002 and Katelyn Savage, Manchester, 2006
400 METERS --- 58.0 by Kim Mineo, Glen Rock, 2002
800 METERS --- 2:17.8 by Erin Henry, Glen Rock, 2001
1600 METERS --- 5:13.9 by Kristen Traub, Eastern Christian, 2009
3200 METERS --- 11:16.9 by Amy Van Alstine, Midland Park, 2005
100 METER HIGH HURDLES --- 14.8 by Justine Diana, Saddle Brook, 2001
400 METER LOW HURDLES --- 63.4 by Kiara Arrick, Manchester, 2007
SHOT PUT --- 37-4 ¾ by Nikki Uzelac, Midland Park, 2001
DISCUS --- 114-0 by Colette Kloetz, Ramsey, 1978
JAVELIN --- 141-4 by Jen Austin, Garfield, 2000 (OLD)
JAVELIN --- 128-5 by Whitney Verduin, Hawthorne, 2002 and Shaunteriah Douglas, Garfield, 2010
HIGH JUMP --- 5-4 by Nancy Larena, Saddle Brook, 1983
LONG JUMP --- 17-7 ½ by Megan Burke, Glen Rock, 1991
TRIPLE JUMP --- 37-8 by Andrea Herbert, Passaic Tech, 2001
POLE VAULT --- 11-9 by Michelle Favre, Saddle Brook, 2009
4 x 400 RELAY --- 4:03.8 by Glen Rock, 1995

NORTHERN HILLS

100 METERS --- 11.9 by Vanessa Lewis, Morris Catholic, 1995
200 METERS --- 25.0 by Staci Jordan, Orange, 1992
400 METERS --- 56.0 by Lewis, 1995
800 METERS --- 2:17.36 by Alyssa Douma, West Milford, 2005
1600 METERS --- 5:05.6 by Jen van Horn, Wayne Valley, 1985
-3200 METERS --- 10:41.1 by Jen Mizzone, Passaic Valley, 2003
100 METER HIGH HURDLES --- 15.0 by Karen James, Clifford Scott, 1987
400 METER LOW HURDLES --- 64.22 by Amber Allen, Passaic Tech, 2009
SHOT PUT --- 39-5 by Alisha Gray, West Orange, 2008
DISCUS --- 142-2 by Fenlator, 2003
JAVELIN --- 130-4 by Tayler Siegrist, Madison, 2008
HIGH JUMP --- 5-6 ¼ by Michele Dudzinski, Passaic Valley, 1993
LONG JUMP --- 17-10 by Jen Roy, Wayne Valley, 1993
TRIPLE JUMP --- 36-3 ¾ by Sherene Stephens, Orange, 2005
POLE VAULT --- 12-4 by Chrissy Finkel, Montville, 2008
4 x 400 RELAY --- 4:00.0 by Clifford Scott, 1988