

Top Bergen County Relay Performances

BOYS

4 x 100 METERS (*Adjusted 4 x 110 yards –0.3 (under 43.2 – 0.2)

1. 2023 Bergen Catholic	41.69
2. 2010 Teaneck	41.71
3. 2022 Bergen Catholic	41.93
4. 2024 Bergen Catholic	41.96
5. 2007 Teaneck	42.08
6. 2014 Paramus Catholic	42.10
7. 2024 Paramus Catholic	42.36
8. 2008 Teaneck	42.3
9. 2015 St. Joseph	42.48
10. 2018 Paramus Catholic	42.53
11. 2011 Don Bosco	42.55
12. 1971 Don Bosco	42.4*
2008 Englewood	
14. 2004 Don Bosco	42.59
15. 2012 Old Tappan	42.64
16. 2015 Old Tappan	42.68
17. 2023 Ramapo	42.70
18. 2017 Bergen Catholic	42.72
2018 Bergen Catholic	
20. 2021 Bergen Catholic	42.74
21. 2009 Englewood	42.6
22. 2017 Ridgewood	42.75
23. 2023 Paramus Catholic	42.80
24. 2015 Bergen Catholic	42.92
25. 2013 Paramus Catholic	42.8
2016 Paramus Catholic	
2024 Demarest	42.94
28. 2015 Northern Highlands	42.99
29. 2012 Teaneck	43.00
2019 Paramus Catholic	
2023 River Dell	
32. 2024 Dwight Morrow	43.01
33. 2014 St. Joseph Regional	42.9
34. 2013 Don Bosco	43.06
35. 2016 Bergen Catholic	43.07
36. 2015 Paramus Catholic	43.08
37. 2024 Teaneck	43.13
38. 1998 Hackensack	43.0
1969 Englewood	*
2012 Paramus Catholic	
41. 2013 Old Tappan	43.19
42. 2024 Don Bosco	43.21
43. 2011 Teaneck	43.22
44. 1965 Englewood	43.1*

1968 St. Joseph Regional		*
1970 Englewood		*
2016 Old Tappan		
48. 2017 Fort Lee	43.27	
2013 Ridgewood		
50. 2019 River Dell		43.28
2024 Leonia		43.28
2018 River Dell		

School records under 44 seconds

1967 Tenaflly	43.2*
2013 Indian Hills	43.3
2023 Bergen Tech	43.50
2024 Hasbrouck Heights	43.60
2024 Pascack Hills	43.67
2022 New Milford	43.84

4 x 200 METERS (*Adjusted 4 x 220 yards –0.5)

1. 2007 Teaneck		1:26.78
2. 2023 Bergen Catholic		1:27.18
3. 2007 Don Bosco		1:27.34
4. 2008 Teaneck		1:27.4
5. 2008 Englewood		1:27.7
6. 2024 Bergen Catholic		1:27.85
7. 2013 Don Bosco		1:27.89
8. 2024 Paramus Catholic		1:28.14
9. 2011 Don Bosco		1:28.28
10. 1973 Hackensack		1:28.4*
1969 Englewood		*
2016 Old Tappan		
13. 1971 Don Bosco		1:28.9*
14. 2023 Paramus Catholic		1:29.13
15. 1968 St. Joseph Regional		1:29.0*
1970 Englewood		* ?
17. 2010 Teaneck	1:29.1	
18. 2012 Old Tappan		1:29.2
2013 Paramus Catholic		
20. 2014 Don Bosco		1:29.54
21. 1967 Tenaflly		1:29.4* ?
2011 Teaneck		
2015 Old Tappan		
24. 1960 Demarest		1:29.5* ?
2014 Paramus Catholic		
26. 2009 Englewood		1:29.7
27. 1965 Englewood		1:29.8* ?
28. 2013 Ridgewood		1:29.98
29. 2024 Don Bosco		1:30.02
30. 1965 Ramapo		1:29.9* ?
1967 St. Joseph Regional		* ?
1967 New Milford		* ?
2012 Teaneck		

34. 2004 Don Bosco	1:30.13
35. 2000 Hackensack	1:30.0
2009 Don Bosco	
2012 Hackensack	
38. 2019 River Dell	1:30.1
39. 1971 Englewood	1:30.2*
2010 Bergen Catholic	
41. 1966 St. Joseph Regional	1:30.3* ?
1968 Englewood	*
1998 Hackensack	
44. 2022 Fort Lee	1:30.44
45. 2017 Ridgewood	1:30.45
46. 2007 Bergen Catholic	1:30.53
47. 2012 Paramus Catholic	1:30.4
2014 Ridgewood	
2017 Fort Lee	
50. 2015 St. Joseph	1:30.5
2018 Paramus Catholic	

4 x 400 METERS (*Adjusted 4 x 440 yards –1.1)

1. 2010 Teaneck	3:15.15
2. 2016 Old Tappan	3:15.43
3. 2011 Don Bosco	3:15.87
4. 2015 Old Tappan	3:16.36
5. 2010 Ridgewood	3:16.91
6. 2010 Bergen Catholic	3:17.29
7. 2007 Don Bosco	3:17.56
8. 2012 Old Tappan	3:17.71
9. 1969 Englewood	3:17.6* ?
10. 1971 Englewood	3:17.7*
11. 2011 Old Tappan	3:18.46
12. 2023 Bergen Catholic	3:18.66
13. 2014 Don Bosco	3:18.91
14. 2010 Indian Hills	3:18.93
15. 1995 Hackensack	3:19.01
16. 2007 Teaneck	3:19.16
17. 2011 Teaneck	3:19.17 (3:17.59 at nationals – DQ)
18. 1993 Hackensack	3:19.1
19. 1988 Ridgewood	3:19.25
20. 2024 Hackensack	3:19.46
21. 1958 Tenaflly	3:19.4*
22. 2014 Old Tappan	3:19.76
23. 2013 Pascack Valley	3:19.82
24. 1976 Bergen Catholic	3:19.7*
25. 1985 Don Bosco	3:19.8
26. 1970 Englewood	3:20.1*
27. 1993 Bergen Catholic	3:20.25
28. 1997 Teaneck	3:20.33
29. 2013 Don Bosco	3:20.44
30. 1965 Tenaflly	3:20.3*
1966 Tenaflly	*
1960 Demarest	*

33. 2023 Paramus Catholic	3:20.51
34. 1997 Bergen Catholic	3:20.56
35. 2002 Teaneck	3:20.57
36. 1980 Hackensack	3:20.5
37. 1992 Bergen Catholic	3:20.72
2007 Ridgewood	
39. 2023 Demarest	3:20.74
40. 2019 Paramus Catholic	3:20.81
41. 1975 Don Bosco	3:20.6*
42. 1990 Bergen Catholic	3:20.86
43. 1999 Bergen Catholic	3:20.93
44. 1961 Leonia	3:20.8*
45. 2008 Bergen Catholic	3:20.95
46. 2012 Demarest	3:20.96
47. 2016 Ridgewood	3:20.97
48. 1977 Hackensack	3:20.9*
49. 2006 Northern Highlands	3:21.10
50. 1972 Englewood	3:21.0*
1991 Hackensack	
1993 Englewood	

4 x 800 METERS (*Adjusted 4 x 880 yards –2.8)

1. 2014 Ridgewood	7:39.57
2. 2016 River Dell	7:40.57
3. 2014 Bergen Catholic	7:42.95
4. 2015 River Dell	7:43.46
5. 2013 Ridgewood	7:44.30
6. 1973 Paramus Catholic	7:45.1*
7. 1974 Bergen Catholic	7:45.5*
8. 1975 Bergen Catholic	7:45.9*
9. 1977 Bergen Catholic	7:46.7*
10. 1970 Paramus Catholic	7:47.6*
11. 1972 Bergen Catholic	7:47.6*
12. 1987 Ridgewood	7:48.9
13. 1978 Bergen Catholic	7:49.2*
14. 1969 Paramus Catholic	7:50.7*
15. 2024 Demarest	7:50.85
16. 1969 St. Joseph Regional	7:50.8*
17. 2004 Ridgewood	7:52.05
18. 1976 Paramus Catholic	7:52.0
19. 1973 Bergen Catholic	7:52.6*
20. 2023 Ridgewood	7:52.87
21. 1972 Paramus Catholic	7:52.8*
22. 1976 Bergen Catholic	7:53.1*
23. 2002 Don Bosco	7:53.29
24. 1971 Queen of Peace	7:53.6*
25. 1970 Saddle Brook	7:53.8*
26. 1976 Don Bosco	7:54.3*
27. 1974 Paramus	7:55.2*
28. 2012 Ridgewood	7:55.55
29. 1971 St. Joseph Regional	7:56.3*
30. 2016 Indian Hills	7:56.51

31. 1994 Don Bosco	7:57.00
32. 2021 Ridgewood	7:57.04
33. 2000 Don Bosco	7:57.25
34. 2007 Indian Hills	7:57.31
35. 2017 Bergen Catholic	7:57.51
36. 1974 Saddle Brook	7:57.4*
1974 Queen of Peace	*
38. 2001 Don Bosco	7:57.64
39. 2008 Indian Hills	7:57.75
40. 1972 Ridgewood	7:57.9*
41. 1976 Ridgewood	7:58.1*
42. 2014 River Dell	7:58.52
43. 1970 St. Joseph Regional	7:58.4*
2016 Bergen Catholic	
45. 2019 Bergen Catholic	7:58.77
46. 2013 Bergen Catholic	7:58.86
47. 2007 Don Bosco	7:58.97
48. 2014 River Dell	7:59.04
49. 2012 Old Tappan	7:59.13
50. 2006 Don Bosco	7:59.23
1975 Saddle Brook	7:59.2*
2015 Ridgewood	7:59.64
1968 St. Joseph Regional	7:59.6*
2024 Ridgewood	7:59.99

4 x 1600 METERS (*Adjusted 4 x mile –5.6)

1. 1973 Paramus Catholic	17:07.0*
2. 2013 Don Bosco	17:15.56*
3. 1974 Bergen Catholic	17:30.4*
4. 2012 Don Bosco	17:35.1
5. 2009 Don Bosco	17:41.86*
6. 1978 Bergen Catholic	17:44.0*
7. 1979 Queen of Peace	17:47.8
8. 1979 Bergen Catholic	17:48.6
9. 1972 Bergen Catholic	17:52.1*
10. 1970 Ramapo	17:52.5*
11. 1985 Ridgewood	17:52.8 ?
12. 2017 Indian Hills	17:53.41*
13. 2004 Ridgewood	17:55.34*
14. 2015 Don Bosco	17:56.3
15. 2014 Don Bosco	17:58.2
16. 2023 Ridgewood	17:58.87*
17. 1970 Bergen Catholic	17:59.2* ?
18. 1999 Hackensack	18:00.92
19. 2017 Bergen Catholic	18:00.9
20. 2010 Ridgewood	18:01.36*
21. 2006 Ridgewood	18:02.4
22. 2009 Ridgewood	18:02.96
23. 1971 Queen of Peace	18:03.9*
24. 1971 Bergen Catholic	18:04.0*

25. 2014 Bergen Catholic	18:05.1
26. 1992 Don Bosco	18:05.5
27. 1969 Don Bosco	18:06.0*
28. 2017 Don Bosco	18:06.3
29. 1973 Bergen Catholic	18:06.6*
30. 2016 Don Bosco	18:06.89*
31. 2016 Ridgewood	18:07.0
32. 1998 Don Bosco	18:07.9
33. 2012 Ridgewood	18:08.3
34. 2015 River Dell	18:08.5
35. 2006 Northern Highlands	18:08.8
2010 Don Bosco	
37. 1970 St. Joseph Regional	18:09.6*
38. 2014 Indian Hills	18:09.7
39. 1976 Paramus Catholic	18:10.5*
40. 1975 Paramus Catholic	18:10.6*
41. 1972 Paramus Catholic	18:11.2*
42. 2012 Ramsey	18:11.5
43. 1980 Bergen Catholic	18:12.3*
44. 2011 Ridgewood	18:12.6
45. 2016 Indian Hills	18:13.1
46. 1979 Paramus Catholic	18:13.3*
47. 1993 Ridgewood	18:13.8
48. 2011 Indian Hills	18:14.1
49. 2015 Ridgewood	18:14.2
50. 1965 St. Joseph Regional	18:14.3*

SPRINT MEDLEY (*adjusted in yards –1.2)

1. 2016 Ridgewood	3:25.04
2. 2015 Old Tappan	3:25.08
3. 2019 Ridgewood	3:26.53
4. 1975 Paramus	3:26.5*
5. 2010 Teaneck	3:26.77
6. 1976 Paramus Catholic	3:27.1*
7. 2007 Don Bosco	3:27.30
8. 2000 Ridgewood	3:27.58
9. 1975 Don Bosco	3:27.5*
10. 2013 Pascack Valley	3:27.7
11. 2013 Ridgewood	3:28.23
12. 1977 Paramus Catholic	3:28.1*
13. 2010 Ramapo	3:28.30
14. 2024 Demarest	3:29.12
15. 2011 Teaneck	3:29.59
16. 1976 Bergen Catholic	3:29.6*
1987 Ridgewood	
18. 2017 Bergen Catholic	3:29.97
19. 2006 Indian Hills	3:29.98
20. 2002 Bergen Catholic	3:30.11
21. 2012 Pascack Valley	3:30.1
22. 2023 Bergen Tech	3:30.28
23. 2008 Ridgewood	3:30.39

24. 2006 Teaneck	3:30.54
25. 1977 Ramsey	3:30.7*
2007 Ridgewood	3:30.84
27. 2014 Old Tappan	3:31.1
28. 2024 Don Bosco	3:31.30
29. 1999 Ridgewood	3:31.36
30. 2009 Don Bosco	3:31.9
2014 Ridgewood	
32. 1972 Queen of Peace	3:32.2*
33. 1976 Paramus	3:32.5*
34. 2010 Don Bosco	3:32.79
35. 2010 Bergen Catholic	3:32.8
36. 2015 Ridgewood	3:32.9
37. 2015 River Dell	3:33.0
38. 2014 Don Bosco	3:33.42
39. 1975 Ridgewood	3:33.3*
40. 2012 Old Tappan	3:33.4
41. 1973 Queen of Peace	3:33.5*
2012 Ridgewood	
43. 2005 Paramus Catholic	3:33.66
44. 1966 St. Joseph Regional	3:33.6*
45. 1977 Bergen Catholic	3:33.8*
46. 1975 Bergen Catholic	3:33.9*
2003 Glen Rock	
48. 2019 Glen Rock	3:34.23
49. 2018 Ridgewood	3:34.25
50. 1977 Don Bosco	3:34.2*
2016 Don Bosco	

DISTANCE MEDLEY (*Adjusted in yards –3.7)

1. 2024 Ridgewood	9:58.01
2. 1973 Paramus Catholic	10:04.2*
3. 2011 Ridgewood	10:06.36
4. 2006 Ridgewood	10:06.57
5. 1978 Bergen Catholic	10:07.4
6. 2015 River Dell	10:07.57
7. 2007 Ridgewood	10:07.94
8. 1977 Paramus Catholic	10:09.9
9. 2016 River Dell	10:10.36
10. 2023 Ridgewood	10:10.42
11. 1985 Ridgewood	10:11.1
12. 2005 Ridgewood	10:13.79
13. 2009 Don Bosco	10:15.21
14. 1976 Paramus Catholic	10:15.3
15. 1987 Ridgewood	10:16.2
16. 1975 Bergen Catholic	10:17.7*
17. 1970 Ramapo	10:18.5*
18. 1971 Hackensack	*
19. 2014 Don Bosco	10:19.6
20. 1972 Bergen Catholic	10:20.1*
21. 2011 Indian Hills	10:20.26
22. 1992 Don Bosco	10:20.38

23. 1970 Paramus Catholic	10:21.0*
24. 1993 Ridgewood	10:22.36
25. 2012 Ridgewood	10:23.01
26. 2009 Ridgewood	10:23.25
27. 2013 Ridgewood	10:24.25
28. 2014 Demarest	10:24.2
29. 1971 Bergen Catholic	10:24.4*
30. 2014 Old Tappan	10:25.1
31. 1973 Queen of Peace	10:25.3*
32. 1972 Bergen Catholic	10:25.8*
33. 2022 Hackensack	10:26.31
34. 2023 Don Bosco	10:27.22
35. 2014 Ridgewood	10:27.53
36. 1969 Paramus Catholic	10:27.6*
37. 2010 Don Bosco	10:28.0
38. 1979 Paramus Catholic	10:28.5*
39. 1971 Queen of Peace	10:28.6*
40. 2006 Northern Highlands	10:28.82
41. 2017 Don Bosco	10:28.8
42. 1976 St. Joseph Regional	10:28.9*
43. 2013 Don Bosco	10:29.1
44. 1977 Saddle Brook	10:29.5*
45. 2004 Ridgewood	10:29.67
46. 1973 Northern Highlands	10:29.6*
47. 1974 Bergen Catholic	10:30.2*
48. 2015 Don Bosco	10:30.4
49. 1992 Ridgewood	10:30.49
50. 2007 Indian Hills	10:30.60

SHUTTLE HIGH HURDLES RELAY

1. 1972 Ridgewood	59.2
2. 1972 New Milford	59.5
1973 New Milford	
4. 2024 Paramus Catholic	60.68
5. 2023 Paramus Catholic	60.69
6. 2023 Demarest	60.72
7. 1978 Indian Hills	60.7
8. 2023 Bergen Catholic	60.87
9. 1971 St. Joseph Regional	60.9
10. 2010 Ridgewood	61.0
11. 1968 St. Joseph Regional	61.1
1971 New Milford	
1975 Paramus Catholic	
14. 2010 Don Bosco	61.29
15. 2023 Ridgewood	61.37
16. 2015 Northern Highlands	61.47
17. 1993 Paramus Catholic	61.4
2012 Hackensack	
2016 Northern Highlands	
20. 2011 Don Bosco	61.67
21. 1970 St. Joseph Regional	61.6
22. 2017 Demarest	61.77

23. 1974 Pascack Valley	61.7
24. 1973 Hackensack	61.8
2010 Bergen Catholic	
26. 1974 New Milford	61.9
27. 2024 Demarest	62.08
28. 1984 Don Bosco	62.0
1969 New Milford	
30. 1976 New Milford	62.1
31. 2018 Ridgewood	62.26
32. 2015 Old Tappan	62.35
33. 1969 Bergen Catholic	62.3
2016 Old Tappan	
2017 Ridgewood	
36. 2019 Paramus Catholic	62.4
37. 1978 Paramus Catholic	62.5
1971 Northern Highlands	
1972 Bergen Catholic	
2011 Hackensack	
41. 2022 Ridgewood	62.74
42. 1976 Hackensack	62.7
1987 Bergen Catholic	
44. 2004 Hackensack	62.8
45. 1985 Don Bosco	62.9
46. 1973 Paramus Catholic	63.0
1984 Tenafly	
2002 Leonia	
2019 Ridgewood	
50. 1973 St. Joseph Regional	63.2
1975 New Milford	
1975 Ridgewood	
1977 Paramus Catholic	
1983 Teaneck	

3 x 400 METERS INTERMEDIATE HURDLES

1. 2015 Old Tappan	2:47.8
2. 1984 Don Bosco	2:49.2
3. 2012 Demarest	2:49.4
4. 2016 Old Tappan	2:49.5
5. 1999 Hackensack	2:49.67
6. 2012 Old Tappan	2:49.7
7. 2012 Hackensack	2:49.9
8. 1985 Don Bosco	2:50.4
1983 Tenafly	
10. 2018 Old Tappan	2:50.6
11. 2007 Don Bosco	2:50.7
12. 1982 Ridgewood	2:50.9
13. 2014 Old Tappan	2:51.7
14. 1999 River Dell	2:51.9
15. 1992 Bergen Catholic	2:52.2
16. 1999 Don Bosco	2:52.63
17. 1980 Hackensack	2:52.5
18. 2009 Bergen Catholic	2:52.9

19. 1990 Bergen Catholic 2007 Ridgewood	2:53.0
21. 2018 Demarest	2:53.2
22. 1994 Bergen Catholic 2011 Old Tappan	2:53.3
24. 1983 Bergen Catholic 2017 Ridgewood	2:53.5
26. 2004 Hackensack 2012 Pascack Hills	2:53.8
28. 2008 Don Bosco	2:53.9
29. 2014 Bergen Tech	2:54.1
30. 2005 Hackensack 2017 Demarest	2:54.2
32. 1986 Hackensack	2:54.4
33. 1989 Don Bosco 2011 Northern Highlands 2012 Northern Highlands	2:54.6
36. 1996 Ramsey	2:54.7
37. 1995 Bergen Catholic 2003 Hackensack	2:54.8
39. 2013 Demarest	2:54.9
40. 1982 Hackensack 2006 Ridgewood 2010 Ridgewood	2:55.1
43. 2024 Paramus Catholic	2:55.56
44. 1998 Don Bosco 2000 River Dell 2015 Northern Highlands	2:55.5
47. 1987 Bergen Catholic 2016 Hasbrouck Heights	2:55.6
49. 2012 Indian Hills	2:55.7
50. 2003 River Dell	2:55.8

SHOT PUT

1. 1970 St. Joseph Regional	179-1
2. 1969 St. Joseph Regional	171-0 $\frac{3}{4}$
3. 1982 Demarest	161-1 $\frac{1}{2}$
4. 1976 Rutherford	159-7 $\frac{3}{4}$
5. 1981 Hackensack	159-7
6. 1979 Hackensack	157-6
7. 1980 Hackensack	156-2
8. 1982 Hackensack	155-2
9. 1979 Fair Lawn	155-1
10. 1963 Tenafly	154-7 $\frac{1}{2}$
11. 1977 Demarest	154-5
12. 1971 Bergen Catholic	154-2
13. 1971 Indian Hills	153-9 $\frac{1}{2}$
14. 1971 New Milford	153-9
15. 1976 Hackensack	153-7
16. 2007 River Dell	153-3 $\frac{1}{2}$
17. 1972 River Dell	153-0 $\frac{1}{2}$
18. 1981 Ramsey	152-3 $\frac{1}{2}$

19. 1975 St. Joseph Regional	151-9
20. 1976 Paramus Catholic	151-6
21. 2018 Demarest	151-1 $\frac{3}{4}$
22. 2001 Hackensack	150-8 $\frac{1}{2}$
23. 1973 St. Joseph Regional 2000 Hackensack	150-7
25. 1987 Hackensack	149-11
26. 2006 Hasbrouck Heights	149-8 $\frac{1}{4}$
27. 1977 Rutherford	148-8 $\frac{1}{4}$
28. 2001 Garfield	147-11 $\frac{3}{4}$
29. 2001 River Dell	147-10 $\frac{1}{2}$
30. 2023 Bergen Catholic	147-10
31. 1978 Saddle Brook 1980 Fair Lawn	147-7 $\frac{1}{2}$
33. 1971 Teaneck	147-2 $\frac{1}{4}$
34. 1972 Paramus Catholic	147-0
35. 2017 Demarest	146-10
36. 1983 Ridgewood	146-8 $\frac{1}{2}$
37. 1975 Hackensack	146-7 $\frac{1}{2}$

DISCUS

1. 1965 Paramus	470-8
2. 1970 St. Joseph Regional	466-6
3. 1977 Demarest	461-3
4. 1980 Fair Lawn	455-4
5. 2023 Bergen Catholic	454-11
6. 2010 River Dell	447-8
7. 1969 St. Joseph Regional	447-7
8. 1982 Demarest	446-11
9. 2015 River Dell	443-8
10. 1981 Hackensack	443-2
11. 1979 Fair Lawn	439-1
12. 1996 Bergen Catholic	434-4
13. 1971 St. Joseph Regional 1995 Bergen Catholic	433-7
15. 1998 Bergen Catholic	432-4
16. 2007 River Dell	428-2
17. 1980 Hackensack	428-0
18. 1969 River Dell	427-1
19. 1976 Ramapo	423-8
20. 1982 Hackensack	423-5
21. 1971 Ridgewood	422-8
22. 2023 Ridgewood	422-4
23. 2017 Demarest	422-3
24. 1978 Waldwick	419-9
25. 1975 Ramapo	419-1
26. 2022 Bergen Catholic	417-9
27. 1975 Saddle Brook	417-4
28. 1973 Paramus Catholic	417-1
29. 2015 Ramsey	416-3
30. 1978 Saddle Brook	416-0
31. 1979 Waldwick	415-9

32. 1971 Hackensack	415-6
33. 1971 Old Tappan	415-4
1977 Saddle Brook	
35. 1984 Demarest	415-3
36. 1975 Old Tappan	414-7
37. 2018 Demarest	414-6
38. 2002 Dumont	413-1
39. 2022 Demarest	412-6
40. 1971 River Dell	411-11

JAVELIN

1. 1993 Ridgefield Park	547-9
2. 1978 Don Bosco	537-7
3. 1982 North Arlington	531-1
4. 1985 Tenaflly	526-1
5. 1982 Dumont	524-4
6. 1994 Glen Rock	522-6
7. 1983 Demarest	522-5
8. 1979 Don Bosco	520-10
9. 1985 Ridgefield Park	515-10
10. 1996 Ridgefield Park	514-5
11. 2023 Mahwah	513-0
12. 2008 Wood-Ridge	511-0
13. 1984 Demarest	509-11
14. 2009 Midland Park	508-4
15. 1981 Saddle Brook	506-0
16. 1976 Don Bosco	504-9
17. 1976 Cresskill	502-4
18. 2012 Hasbrouck Heights	500-2
19. 1978 Saddle Brook	499-2
20. 1979 Hackensack	498-3
21. 1983 Dumont	497-10
22. 1981 Garfield	497-5
23. 1979 Dumont	496-6
24. 1982 Tenaflly	496-2
25. 2007 Bogota	494-0
26. 1984 Don Bosco	493-7
27. 2008 Cresskill	492-1
28. 1987 Demarest	491-2
29. 2019 Old Tappan	487-4
30. 1981 Tenaflly	486-8
31. 2006 Wood-Ridge	486-3
32. 1981 Dumont	486-0
33. 1984 Tenaflly	485-11

HIGH JUMP

1. 1982 Hackensack	18-8
2. 2008 Bergen Catholic	18-6
3. 1993 Paramus Catholic	18-4 ¼
4. 2019 Ramapo	18-4
5. 2010 Ridgewood	18-2

2024 Don Bosco

7. 1982 Old Tappan	18-1
8. 1979 Teaneck	18-0
1995 St. Joseph Regional	
1997 Hackensack	
1997 Don Bosco	
2017 Ridgewood	

2024 Demarest

14. 1977 Indian Hills	17-10
1977 Paramus	
1979 Waldwick	
1980 Waldwick	
1981 Teaneck	
1991 Paramus Catholic	
1995 Indian Hills	
1998 Hackensack	
1999 Westwood	
2014 Ridgefield Park	
24. 1971 Old Tappan	17-9
1984 Teaneck	
26. 1976 Paramus	17-8
1976 Indian Hills	
1978 Saddle Brook	
1985 Demarest	
1988 Tenaflly	
1989 Don Bosco	
1990 Hackensack	
1994 Ridgefield Park	
1995 Paramus Catholic	
1997 Old Tappan	
2000 Westwood	
2004 Hackensack	
1970 New Milford	
1970 Northern Highlands	
2010 Demarest	
2010 Leonia	
2012 Ridgewood	
2014 Ramapo	
2018 Demarest	
2018 Fort Lee	

LONG JUMP

1. 1997 Rutherford	64-1
2. 2024 Demarest	63-10 $\frac{3}{4}$
3. 2012 Hasbrouck Heights	63-5 $\frac{1}{2}$
4. 1981 Hackensack	62-11 $\frac{1}{4}$
5. 1969 Pascack Valley	62-2 $\frac{1}{2}$
2013 Hasbrouck Heights	
7. 1992 Englewood	62-1 $\frac{1}{2}$
8. 2008 Bergen Catholic	61-11
9. 1997 Leonia	61-10 $\frac{3}{4}$

10. 2007 Hackensack	61-10 ½
11. 1999 Glen Rock	61-10
12. 2023 Demarest	61-9 ¾
13. 2016 Hackensack	61-9 ½
14. 2013 Ramsey	61-8 ¼
15. 1968 Fort Lee	61-7
2017 Garfield	
17. 1979 Teaneck	61-6 ¾
2012 Old Tappan	
19. 1969 Englewood	61-5 ½
20. 1990 Hackensack	61-4
21. 2002 Teaneck	61-2
22. 2024 Bergen Catholic	61-1 ¾
23. 2016 Garfield	61-1 ½
24. 1969 Teaneck	61-0 ¼
25. 2016 Hasbrouck Heights	61-0
26. 1991 Hackensack	60-11 ¼
2000 Hackensack	
28. 2002 Garfield	60-11
2024 Don Bosco	
30. 2011 Teaneck	60-10 ½
31. 1982 Hackensack	60-9 ¾
2018 Ridgewood	
33. 1970 Englewood	60-9 ½
2008 Hackensack	
2014 Ramsey	
2014 Englewood	
37. 2014 Paramus Catholic	60-9
38. 2000 Rutherford	60-8 ½
2009 Englewood	
2023 Hasbrouck Heights	
41. 2011 Don Bosco	60-8 ¼
42. 1998 Hackensack	60-8
43. 1979 Indian Hills	60-7 ½
44. 1976 Paramus Catholic	60-6 ¾
45. 2001 Westwood	60-6 ¼
2011 Pascack Hills	
47. 2024 Dwight Morrow	60-6
48. 2013 Hackensack	60-5 ½
49. 2015 Old Tappan	60-4
50. 1988 Ridgewood	60-3 ¾
2015 Garfield	

School records over 60 feet

1999 Saddle Brook	60-3 ½
2008 New Milford	60-2 ¾
1984 Tenaflly	60-0 ¾

TRIPLE JUMP

1. 2011 Teaneck	130-8 ½
2. 2010 Englewood	130-6 ½
3. 1981 Hackensack	130-2 ½

4. 2006 Northern Highlands	130-0 $\frac{3}{4}$
5. 2004 Bergenfield	130-0
6. 2024 Demarest	129-11
7. 2014 Englewood	129-8 $\frac{1}{2}$
8. 2016 Northern Highlands	128-8 $\frac{1}{2}$
9. 1992 Englewood	128-7
2016 Hackensack	
11. 1979 Teaneck	128-6 $\frac{3}{4}$
12. 1989 Teaneck	128-1 $\frac{3}{4}$
13. 1982 Hackensack	127-9 $\frac{1}{4}$
14. 2014 Ridgewood	127-5 $\frac{1}{2}$
15. 2014 Ramapo	127-5 $\frac{1}{4}$
16. 2012 Hasbrouck Heights	127-4
17. 2002 Bergenfield	127-1
18. 2003 Hackensack	127-0 $\frac{3}{4}$
19. 2013 Lodi	126-9
20. 1989 Rutherford	126-7 $\frac{1}{4}$
21. 2002 Don Bosco	126-7
2024 Don Bosco	
23. 1997 Rutherford	126-2
2015 Garfield	
25. 1986 Hackensack	125-10 $\frac{3}{4}$
26. 2011 Garfield	125-10 $\frac{1}{2}$
27. 1989 Ridgewood	125-10 $\frac{1}{4}$
28. 2007 Paramus Catholic	125-6 $\frac{1}{2}$
29. 2008 Bergen Catholic	125-6
30. 2015 Northern Highlands	125-5 $\frac{1}{4}$
31. 1996 Glen Rock	125-5
32. 2011 Ridgewood	125-3 $\frac{3}{4}$
33. 2017 Lodi	125-2 $\frac{1}{2}$
34. 1980 Hackensack	125-1 $\frac{1}{2}$
35. 2017 Fort Lee	125-1 $\frac{1}{4}$
36. 2009 Old Tappan	125-0
37. 2014 Ramsey	124-10 $\frac{1}{2}$
38. 2013 Hasbrouck Heights	124-8
2023 Ridgewood	
40. 2016 Demarest	124-5 $\frac{3}{4}$
41. 2013 Ramsey	124-5 $\frac{1}{2}$
42. 2011 Elmwood Park	124-3
43. 2014 Bogota	124-0 $\frac{1}{2}$
44. 2008 Lodi	124-0 $\frac{1}{4}$
45. 2012 Teaneck	123-11 $\frac{3}{4}$
46. 2014 Lodi	123-9
47. 2009 Englewood	123-8 $\frac{1}{4}$
48. 2017 Hasbrouck Heights	123-7 $\frac{1}{2}$
49. 2004 Demarest	123-7 $\frac{1}{4}$
50. 2011 New Milford	123-5 $\frac{1}{2}$

POLE VAULT

1. 2018 Old Tappan	42-0
2. 2023 Old Tappan	41-6
3. 2014 Ridgefield Park	40-0

4. 2014 Ridgewood	39-6
2014 Demarest	
6. 1973 Pascack Valley	38-6
2017 Old Tappan	
8. 2004 Ridgewood	38-0
2010 Demarest	
2023 Ridgewood	
11. 2007 Mahwah	37-7
12. 2014 Old Tappan	37-6
2015 Mahwah	
2022 Ridgewood	
2022 Old Tappan	
16. 2012 Demarest	37-0
2018 Glen Rock	
2019 Mahwah	
19. 1971 River Dell	36-6
1972 Bergen Catholic	
1986 Ramsey	
2016 Ridgewood	
23. 1972 River Dell	36-0
1976 Hackensack	
1982 Hackensack	
2008 Old Tappan	
2009 Don Bosco	
2013 Demarest	
2015 Demarest	
2016 Mahwah	
2017 Mahwah	
33. 1981 Bergen Catholic	35-6
1984 Teaneck	
1994 Demarest	
1995 Fair Lawn	
2001 Mahwah	
2005 Lyndhurst	
2007 Cresskill	
2017 Demarest	
2019 Ridgefield Park	
41. 1976 New Milford	35-1
42. 1972 Bergenfield	35-0
1999 Westwood	
1969 Mahwah	
2008 Park Ridge	
2008 Mahwah	
2009 Demarest	
2011 Demarest	
2013 Ridgewood	
2016 Old Tappan	

GIRLS

4 x 100 METERS (*adjusted 4 x 110 yards)

1. 2010 Paramus Catholic	46.90
2. 2018 Paramus Catholic	47.17
3. 2009 Paramus Catholic	47.61
4. 2016 Northern Highlands	47.90
5. 2023 Paramus Catholic	48.05
6. 2023 IHA	48.23
7. 2024 Holy Angels	48.24
8. 2017 Paramus Catholic	48.26
9. 2011 Paramus Catholic	48.29
2019 Ramapo	
11. 2019 Paramus Catholic	48.32
12. 2017 Northern Highlands	48.38
13. 2015 Northern Highlands	48.43
2024 Paramus Catholic	
15. 2016 Paramus Catholic	48.49
16. 2014 Northern Highlands	48.67
17. 2019 Ridgewood	48.69
18. 1980 Teaneck	48.6
2002 Queen of Peace	
20. 2012 Paramus Catholic	
21. 2004 Hackensack	48.75
22. 2018 Ramapo	48.77
23. 2024 IHA	48.79
24. 2015 Paramus Catholic	48.88
25. 2022 IHA	48.97
26. 2013 Englewood	49.01
27. 1979 Teaneck	48.9*
2014 Hackensack	
29. 2022 Teaneck	49.18
30. 2008 Paramus Catholic	49.20
31. 2016 Teaneck	49.24
32. 1983 Teaneck	49.1
2007 Teaneck	
34. 2010 Teaneck	49.27
35. 2022 Paramus Catholic	49.30
36. 2013 Paramus Catholic	49.31
37. 2024 River Dell	49.32
38. 2007 Paramus Catholic	49.34
2023 Northern Highlands	
40. 2016 IHA	49.42
41. 2005 Teaneck	49.43
42. 2014 Paramus Catholic	49.3
43. 2024 Ramsey	49.44
44. 2012 Teaneck	49.48
45. 2024 Ramapo	49.49
46. 2016 Ridgewood	49.52
47. 1989 Teaneck	49.4
2009 Teaneck	

2013 Teaneck	
50. 2003 Queen of Peace	49.59

2019 Old Tappan	49.74
2019 Glen Rock	49.75
2016 Pascack Hills	49.77
2010 Mahwah	49.83
2014 Cresskill	49.92

4 x 200 METERS (*adjusted 4 x 220 yards)

1. 2010 Paramus Catholic	1:41.0
2. 1979 Teaneck	1:42.0
3. 2023 Paramus Catholic	1:42.36
4. 2019 Ramapo	1:42.5
5. 1980 Teaneck	1:42.9
6. 2007 Teaneck	1:43.5
7. 1985 Teaneck	1:43.7
2016 Northern Highlands	
9. 2024 Paramus Catholic	1:43.92
10. 2012 Teaneck	1:43.8
11. 2018 Ramapo	1:44.22
12. 2015 Northern Highlands	1:44.1
13. 2007 Paramus Catholic	1:44.24
14. 2015 Paramus Catholic	1:44.2
2016 Teaneck	
16. 2011 Paramus Catholic	1:44.3
17. 2007 Ridgewood	1:44.67
18. 2016 Paramus Catholic	1:44.6
19. 2019 Holy Angels	1:44.7
20. 2004 Teaneck	1:44.77
21. 2002 Queen of Peace	1:44.8
2014 Hackensack	
23. 2010 Teaneck	1:45.04
24. 2006 Teaneck	1:45.0
25. 2012 Paramus Catholic	1:45.2
2017 Northern Highlands	
27. 2003 Queen of Peace	1:45.4
2004 Hackensack	
2008 Paramus Catholic	
30. 1994 Glen Rock	1:45.5
2013 Teaneck	
32. 2008 Ramapo	1:45.6
33. 1982 Englewood	1:45.7
1984 Teaneck	
2007 Hackensack	
36. 2008 Ridgewood	1:45.92
37. 2013 Englewood	1:45.8
38. 2005 Teaneck	1:45.98
39. 2005 Hackensack	1:45.9
40. 2009 Teaneck	1:46.04
41. 1983 Englewood	1:46.0
2012 Ramsey	

2019 Paramus Catholic		
44. 2023 IHA		1:46.18
45. 2014 Paramus Catholic		1:46.1
2016 Pascack Hills		1:46.25
47. 1989 Teaneck	1:46.2	
2008 Teaneck		
2015 Teaneck		
50. 2022 Ramapo		1:46.40

4 x 400 METERS (*adjusted 4 x 440 yards)

1. 2013 Northern Highlands		3:51.44
2. 2017 Northern Highlands		3:51.99
3. 2019 Ramapo		3:53.04
4. 2021 Ramapo		3:53.53
5. 2012 Ramapo		3:53.71
6. 2012 Westwood		3:53.73
7. 2014 Northern Highlands		3:53.76
8. 2015 Northern Highlands		3:54.12
9. 2016 Northern Highlands		3:54.15
10. 2016 Ramapo		3:54.29
11. 1988 Ridgewood		
12. 2018 Ramapo		3:54.69
13. 2017 Ramapo		3:55.00
14. 2005 Teaneck	3:55.21	
15. 2005 Ramsey		3:55.29
16. 2019 Northern Highlands		3:55.37
17. 2006 Teaneck	3:55.45	
18. 2007 Ridgewood		3:55.79
19. 2018 Northern Highlands		3:55.81
20. 2017 Park Ridge		3:55.82
21. 2010 Paramus Catholic		3:55.91
22. 1981 Englewood		3:55.8
23. 2007 River Dell		3:56.13
24. 2007 Ramsey		3:56.22
25. 1989 Teaneck	3:56.2	
26. 1978 Ramsey		3:56.4*
27. 2011 Westwood		3:56.52
28. 2014 Westwood		3:56.60
29. 2015 River Dell		3:56.64
30. 1981 Teaneck	3:56.5	
31. 2024 Holy Angels		3:56.70
32. 2004 Teaneck	3:56.81	
33. 2017 Pascack Hills		3:56.88
34. 2007 Ramapo		3:56.96
35. 2009 Paramus Catholic		3:56.98
36. 2006 Ridgewood		3:57.01
37. 1995 Glen Rock		3:57.22
38. 2008 Ramapo		3:57.24
39. 2024 Ramapo		3:57.39
40. 2019 Holy Angels		3:57.52
41. 1990 Teaneck	3:57.4	

42. 2023 Ridgewood	3:57.55
43. 2024 IHA	3:57.59
44. 2013 Westwood	3:57.65
45. 2010 IHA	3:57.69
46. 1995 Hackensack	3:57.72
47. 2016 Ramsey	3:57.78
48. 2012 Teaneck	3:57.83
49. 2022 Ramapo	3:57.95
50. 2019 Ridgewood	3:57.98

School records under 4:00.0

2013 Tenaflly	3:58.70
2009 IHA	3:59.34
2018 Demarest	3:59.40

4 x 800 METERS (*adjusted 4 x 880 yards)

1. 2012 Ridgewood	9:00.43
2. 1988 Ridgewood	9:07.4*
3. 1983 Ridgewood	9:10.3
4. 2012 Northern Highlands	9:12.76
5. 1981 Ridgewood	9:13.3
6. 1987 Ridgewood	9:15.3
7. 2018 River Dell	9:15.54
8. 2014 Ramapo	9:17.68
9. 2006 Ridgewood	9:18.44
10. 2017 Holy Angels	9:19.06
11. 2014 Northern Highlands	9:20.94
12. 2014 Westwood	9:21.28
13. 2011 Westwood	9:22.55
14. 2018 Ridgewood	9:22.75
15. 2022 Ramapo	9:24.67
16. 2016 Ramsey	9:26.49
17. 2024 Ridgewood	9:26.98
18. 2011 Northern Highlands	9:27.39
19. 2019 Ridgewood	9:27.50
20. 2015 Northern Highlands	9:27.54
21. 2010 Ramsey	9:28.42
22. 2016 Old Tappan	9:28.60
23. 2016 Ridgewood	9:28.62
24. 1986 Ridgewood	9:29.1
25. 2024 Ramsey	9:29.83
26. 1982 Ridgewood	9:29.8
27. 2007 Ramapo	9:30.1
28. 2010 Old Tappan	9:31.81
29. 2021 Demarest	9:32.12
30. 2013 Westwood	9:32.47
31. 2004 Ridgewood	9:32.70
32. 2014 Tenaflly	9:32.6
33. 2014 IHA	9:33.60
34. .2005 Ridgewood	9:33.66
35. 2001 Glen Rock	9:34.09
36. 2019 Ramapo	9:34.96

37. 2013 IHA	9:35.22
38. 2018 Holy Angels	9:35.37
39. 2016 Indian Hills	9:36.05
40. 2013 Ramapo	9:37.14
41. 2017 IHA	9:37.41
42. 2012 Westwood	9:38.16
43. 1992 Ridgewood	9:38.2
44. 2010 Westwood	9:38.37
45. 2017 Ridgewood	9:38.39
46. 2015 Indian Hills	9:39.05
47. 2011 Tenafly	9:39.1
48. 2003 Glen Rock	9:39.25
49. 2014 Holy Angels	9:39.75
50. 2015 Old Tappan	9:39.97

Additional school records under 10:00

1991 Hackensack	9:42.54
2016 Hasbrouck Heights	9:47.87
2014 Demarest	9:49.81
1987 Pascack Valley	9:49.9
2016 Lyndhurst	9:50.27
1980 Paramus Catholic	9:53.5*
1985 Teaneck	9:54.6
2019 Bergen Tech	9:55.91
2003 Fair Lawn	9:59.21
2016 Park Ridge	9:59.4
1979 Saddle Brook	9:59.8*

4 x 1600 METERS (*adjusted 4 x mile)

1. 1983 Ridgewood	20:27.2*
2. 2019 Ridgewood	20:35.78*
3. 2021 Ridgewood	20:41.09*
4. 2009 IHA	20:59.57
5. 2018 River Dell	21:12.5
6. 2008 IHA	21:13.82
7. 2011 Ridgewood	21:14.88*
8. 2018 Ridgewood	21:16.5
9. 1980 Ridgewood	21:19.0*
10. 2015 Ridgewood	21:24.6
10. 2002 Glen Rock	21:28.07*
11. 2012 Ridgewood	21:28.7
12. 1987 Ridgewood	21:37.8
13. 2015 IHA	21:41.5
14. 2014 Ridgewood	21:42.34
15. 2011 Holy Angels	21:43.0
16. 2012 Northern Highlands	21:44.4
17. 2017 Ridgewood	21:44.7
18. 2016 Old Tappan	21:45.3
19. 2014 IHA	21:45.6
20. 2013 Ridgewood	21:46.3
21. 2013 Ramapo	21:48.1
22. 1986 Ridgewood	21:48.6

23. 2022 Ridgewood	21:49.45
24. 2019 Indian Hills	21:49.61
25. 2024 Ridgewood	21:50.20
26. 2009 Holy Angels	21:50.3
27. 2017 Northern Highlands	21:50.7
2018 Holy Angels	
29. 2015 Northern Highlands	21:51.7*
30. 2010 Holy Angels	21:52.2
31. 2015 Holy Angels	21:52.6
32. 2011 IHA	21:53.5
33. 2016 Ridgewood	21:53.91*
34. 2017 Indian Hills	21:54.8
35. 2013 Holy Angels	21:56.0
36. 2015 River Dell	21:57.2
37. 2018 Ridgewood	21:58.4
38. 2012 Ramapo	21:59.4
39. 2017 IHA	21:59.6
40. 2017 Holy Angels	22:00.2
41. 2024 Northern Highlands	22:02.48
42. 2012 IHA	22:02.4
43. 2007 IHA	22:04.6
44. 2014 Holy Angels	22:04.9
45. 2010 IHA	22:05.7
46. 1982 Ridgewood	22:06.9
2006 Holy Angels	
48. 2014 Ramapo	22:07.2
49. 1993 Ridgewood	22:07.7
50. 1994 Ridgewood	22:08.0
2014 Northern Highlands	

SPRINT MEDLEY (*adjusted yards)

1. 2014 Westwood	3:57.96
2. 2022 Ridgewood	4:01.80
3. 2013 Westwood	4:02.84
4. 2007 Ridgewood	4:03.71
5. 2014 Northern Highlands	4:04.19
6. 2007 Ramapo	4:05.40
7. 2008 Ramapo	4:05.85
8. 2018 Old Tappan	4:05.89
9. 2012 Teaneck	4:06.4
10. 2012 Westwood	4:08.23
11. 2012 Ramapo	4:08.67
12. 2012 Northern Highlands	4:08.7
13. 1995 Glen Rock	4:08.9
14. 2024 Ridgewood	4:09.74
15. 2016 River Dell	4:10.23
16. 2015 IHA	4:10.40
17. 1987 Ridgewood	4:10.5
18. 2024 Ramapo	4:11.22
19. 2018 Ramapo	4:11.73
20. 2015 Tenafly	4:12.10
21. 2009 Paramus Catholic	4:12.13

22. 2019 Teaneck	4:12.19
23. 2011 Westwood	4:12.78
24. 2015 Teaneck	4:12.81
25. 2017 Northern Highlands	4:12.7
26. 2016 Teaneck	4:12.8
27. 2013 River Dell	4:13.34
28. 2004 Queen of Peace	4:13.3
29. 1983 Bergenfield	4:13.6
30. 2005 Garfield	4:13.90
31. 1982 Englewood	4:13.8
2012 Demarest	
32. 2024 IHA	4:13.94
33. 2019 Ramapo	4:13.95
34. 2024 River Dell	4:14.02
35. 1980 Teaneck	4:13.9*
36. 2014 Ramapo	4:14.1
37. 2016 Paramus Catholic	4:14.2
38. 1988 Ridgewood	4:14.4
2015 Hackensack	
40. 2018 Ridgewood	4:14.5
41. 1979 Teaneck	4:14.9
42. 2012 Ridgewood	4:15.0
43. 2017 IHA	4:15.2
44. 2008 IHA	4:15.58
45. 2016 Pascack Hills	4:15.60
46. 2010 IHA	4:15.5
47. 2015 Northern Highlands	4:15.6
48. 2017 Tenafly	4:15.82
49. 2006 Teaneck	4:15.94
50. 2019 Northern Highlands	4:16.0

DISTANCE MEDLEY

1. 2012 Ridgewood	11:50.73
2. 2019 Ridgewood	11:54.22
3. 2007 Ramapo	11:56.59
4. 2015 Northern Highlands	11:57.85
5. 1982 Ridgewood	11:58.6
6. 1988 Ridgewood	12:02.29
7. 2014 Northern Highlands	12:02.79
8. 2021 Ridgewood	12:02.88
9. 2008 IHA	12:03.10
10. 1994 Ridgewood	12:03.5
11. 1981 Ridgewood	12:10.6
12. 2013 Northern Highlands	12:11.22
13. 2010 Ramsey	12:14.39
14. 2022 Ridgewood	12:14.49
15. 1987 Ridgewood	12:15.0
16. 2013 Ridgewood	12:16.29
17. 2001 Glen Rock	12:16.8
18. 2018 Ridgewood	12:17.59
19. 2016 Ridgewood	12:17.99
20. 1998 Ridgewood	12:20.41

21. 1985 Ridgewood	12:21.8
22. 2015 Ridgewood	12:22.23
23. 2002 Glen Rock	12:22.4
24. 2009 IHA	12:23.09
25. 2011 Ridgewood	12:23.35
26. 2016 River Dell	12:23.44
27. 2006 Ramapo	12:23.75
28. 2012 Ramapo	12:26.0
29. 2024 Ridgewood	12:26.14
30. 2007 Indian Hills	12:28.38
31. 2015 IHA	12:29.52
32. 2000 Ridgewood	12:30.64
33. 2013 Tenafly	12:31.2
34. 2012 Westwood	12:33.92
35. 2014 Holy Angels	12:34.5
36. 1991 Ridgewood	12:34.8
37. 2009 Ramapo	12:36.89
38. 2012 Northern Highlands	12:37.1
39. 2017 Ridgewood	12:39.0
40. 2018 River Dell	12:39.5
41. 2021 Demarest	12:39.8
42. 2010 Old Tappan	12:40.0
43. 2010 Westwood	12:40.45
44. 2015 Pascack Valley	12:40.4
45. 1980 Westwood	12:40.5*
46. 1992 Hackensack	12:40.8
47. 2014 Indian Hills	12:40.9
48. 2012 Hackensack	12:41.7
49. 2007 IHA	12:41.9
50. 2016 Indian Hills	12:42.16

School records under 13:00.0

1979 Teaneck	12:53.6*
1995 Hackensack	12:54.2
1978 Paramus Catholic	12:55.5*
1980 Rutherford	12:56.0*
1988 Paramus	12:58.1
2018 Bergen Tech	12:59.45

400 METER SHUTTLE HURDLES

1. 2019 Paramus Catholic	59.43
2. 2018 Paramus Catholic	60.48
3. 2007 Ridgewood	60.77
4. 2019 Ridgewood	61.28
5. 2015 River Dell	62.6
6. 2019 Glen Rock	62.83
7. 2008 Ridgewood	63.87
8. 2018 Ridgewood	63.8
9. 2018 Ramapo	64.11
10. 2019 Ramsey	64.27
11. 2022 IHA	64.31
12. 2024 Northern Highlands	64.39

13. 2015 Demarest	64.81
14. 1980 Hackensack	64.7
1997 Glen Rock	
16. 2024 Paramus Catholic	64.89
17. 2006 Ridgewood	64.8
18. 2010 Ridgewood	65.00
19. 2022 Northern Highlands	65.10
20. 2005 Ridgewood	65.27
21. 2013 Ridgewood	65.38
22. 2017 Glen Rock	65.43
23. 2016 Glen Rock	65.52
24. 2010 IHA	65.4
25. 2018 Ramsey	65.77
26. 2024 Ramsey	65.78
27. 2024 Ramapo	65.87
28. 2017 Demarest	65.8
29. 2013 Ramapo	66.07
30. 2023 Demarest	66.13
31. 1998 Demarest	65.9
32. 1980 Westwood	66.1
2006 Old Tappan	
34. 2023 Demarest	66.25
35. 2015 Cresskill	66.2
36. 2009 IHA	66.46
37. 1996 Hackensack	66.4
2009 Ridgewood	
39. 2019 Old Tappan	66.5
40. 2024 Demarest	66.81
41. 2010 Northern Highlands	66.7
2017 Northern Highlands	
2018 Northern Highlands	
44. 2022 Ridgewood	66.99
45. 1978 Cliffside Park	66.9
2014 River Dell	
2016 Northern Highlands	
48. 2019 Northern Highlands	67.09
49. 2024 Ridgewood	67.11
50. 2008 IHA	67.23

3 x 400 METERS INTERMEDIATE HURDLES

1. 2019 Ridgewood	3:13.0
2. 2018 Ridgewood	3:14.2
3. 2007 Ridgewood	3:14.90
4. 2006 Ridgewood	3:17.53
5. 2022 Ridgewood	3:17.57
6. 1997 Glen Rock	3:19.84
7. 2012 Demarest	3:20.1
8. 2011 Demarest	3:20.4
2012 River Dell	
10. 2019 Northern Highlands	3:20.6
11. 2021 Northern Highlands	3:20.8

12. 2005 Ridgewood	3:21.33
2022 Northern Highlands	
14. 2014 Northern Highlands	3:21.9
15. 2013 River Dell	3:22.0
16. 1993 Ridgewood	3:22.3
2013 Ridgewood	
18. 2024 Northern Highlands	3:22.52
19. 2015 Northern Highlands	3:23.0
20. 2012 Northern Highlands	3:23.4
21. 2016 Northern Highlands	3:23.8
22. 1985 Ridgewood	3:24.0
2023 Ridgewood	
24. 2013 Northern Highlands	3:24.1
25. 2013 Demarest	3:24.2
2015 Hasbrouck Heights	
2017 Ramapo	
2019 Demarest	
29. 2017 Ridgewood	3:25.0
30. 2014 River Dell	3:25.3
2017 Hasbrouck Heights	
32. 2005 Ramsey	3:25.4
33. 2019 Old Tappan	3:25.6
34. 2006 River Dell	3:25.8
35. 1984 Ridgewood	3:25.9
36. 1995 Glen Rock	3:26.0
2016 Ramapo	
2016 Hasbrouck Heights	
39. 2008 Ridgewood	3:26.2
2015 Demarest	
41. 2018 Demarest	3:26.5
42. 1995 Tenafly	3:26.6
2002 Glen Rock	
44. 1986 Ridgewood	3:26.8
2013 Ramsey	
46. 2016 Ramsey	3:26.9
47. 2024 Ramapo	3:27.12
48. 1994 Glen Rock	3:27.0
2017 Ramsey	
50. 2017 Demarest	3:27.2

SHOT PUT

1. 2002 Demarest	114-8
2. 2015 Demarest	109-5 ½
3. 2019 Demarest	108-11 ¾
4. 2001 Demarest	108-4
5. 1999 Demarest	108-1 ¼
6. 2003 Demarest	107-4 ½
7. 2008 Paramus Catholic	106-11
8. 2018 Demarest	106-9 ½
9. 2016 Demarest	105-7 ¾
10. 2023 Old Tappan	105-5 ½

11. 2009 IHA	105-2 ½
12. 2021 Demarest	103-7 ½
13. 2013 Garfield	103-4 ¾
14. 2023 Hasbrouck Heights	102-10
15. 1999 Dumont	102-9
16. 2022 Demarest	102-6 ½
17. 2016 Westwood	102-6 ¼
18. 2014 Demarest	102-1 ¼
19. 2017 Demarest	101-11 ¾
20. 2001 Hackensack	101-8 ½
21. 2009 Demarest	101-4 ¼
22. 2002 Hackensack	101-0 ¾
23. 2013 Westwood	101-0 ¼
24. 2009 Paramus Catholic	101-0 ¼
25. 2016 Teaneck	100-11
26. 2012 Hackensack	100-5 ¾
27. 2010 Teaneck	100-4 ¾
28. 2000 Demarest	100-3
2004 Westwood	
30. 2007 Paramus Catholic	99-10 ½
31. 2001 Midland Park	99-9 ½
32. 2022 Old Tappan	99-8 ½
33. 2012 Garfield	99-8
34. 2024 Hasbrouck Heights	99-5 ½
35. 1999 Ridgefield Park	99-2
2000 Hasbrouck Heights	
37. 2011 Teaneck	99-1 ½
38. 2015 Westwood	99-1 ¼
39. 1998 Demarest	99-0
40. 1988 Westwood	98-10
41. 2012 Teaneck	98-9 ¾
42. 1981 Westwood	98-7
2012 River Dell	
44. 1980 Old Tappan	98-5
2005 Teaneck	
46. 1998 Ridgefield Park	98-4
47. 1983 Westwood	98-3 ¼
48. 1987 Westwood	98-2 ¼
49. 1982 Park Ridge	98-2
50. 1983 Hackensack	97-11
48. 2015 Teaneck	

DISCUS

1. 2023 Old Tappan	348-10
2. 2002 Demarest	333-3
3. 2014 Westwood	329-6
4. 2024 Old Tappan	325-3
5. 2016 River Dell	324-11
6. 2015 Demarest	324-8
7. 2021 Demarest	316-10
8. 1978 Demarest	315-5
9. 1999 Demarest	313-8

10. 2003 Demarest	312-5
11. 1979 Demarest	309-0
12. 2016 Demarest	307-10
13. 1978 Rutherford	306-7
14. 2001 Demarest	305-11
15. 1980 Ridgewood	305-2
16. 2001 Hackensack	305-1
17. 2018 Demarest	304-7
18. 2017 River Dell	303-11
19. 2023 Demarest	302-10
20. 2005 Teaneck	302-8
21. 1996 Garfield	302-5
1997 Ridgewood	
23. 1979 Ridgewood	302-0
24. 2021 Paramus Catholic	301-2
25. 2019 Demarest	299-8
26. 1996 Ridgewood	299-4
2008 Hasbrouck Heights	
28. 2011 Demarest	299-3
29. 2015 River Dell	298-8
30. 2022 Demarest	298-5
31. 2012 Hackensack	297-7
32. 2013 Garfield	296-10
33. 2004 Teaneck	296-9
34. 2012 Teaneck	295-8
35. 2014 Teaneck	294-9
36. 1997 Englewood	294-6
37. 2010 Demarest	293-6
2013 Cresskill	
39. 1991 Teaneck	291-11
40. 2008 Lodi	291-9
41. 1988 Westwood	291-7
42. 2015 Teaneck	291-5
43. 2023 Ridgewood	290-4
44. 2010 Teaneck	289-10
45. 2001 Midland Park	289-2
46. 1999 Cliffside Park	287-8
47. 1994 Bogota	287-7
48. 2002 Hackensack	286-8
49. 2012 Demarest	286-6
50. 1986 Fair Lawn	286-5

JAVELIN

1. 2022 Fair Lawn	377-8
2. 2021 Fair Lawn	366-7
3. 2017 Demarest	351-10
4. 2000 Garfield	350-6
5. 2016 Midland Park	343-6
6. 2009 IHA	335-7
7. 2008 IHA	334-8
8. 2011 Garfield	333-5
9. 2013 Holy Angels	329-5

10. 2021 Demarest		327-4
11. 1981 Westwood		327-2
12. 2001 Garfield	326-8	
13. 1983 New Milford		326-3
14. 2021 Northern Highlands		323-9
15. 2012 IHA		322-9
16. 1979 Saddle Brook		319-10
17. 2012 Garfield	319-8	
18. 2017 Hasbrouck Heights		319-4
19. 2008 Hasbrouck Heights		319-3
20. 1989 Lyndhurst		319-1
21. 1979 Dumont		318-5
2023 Fair Lawn		
23. 2016 Demarest		316-9
24. 2015 Demarest		316-2
25. 2003 Demarest		315-9
2004 Demarest		
27. 1980 Westwood		313-7
28. 2012 Holy Angels		313-5
29. 2013 Hasbrouck Heights		311-2
30. 1984 New Milford		311-0
31. 1999 Cliffside Park		310-9
32. 1998 Garfield	308-10	
33. 2004 Old Tappan		307-11
34. 1999 Garfield	307-9	
35. 2009 Northern Highlands		306-5
36. 2005 Hackensack		306-2
37. 2023 Old Tappan		305-0
38. 2019 Demarest		304-9
39. 1982 Pascack Valley		303-3
40. 1978 Rutherford		302-10
41. 1994 Ridgefield Park		301-8
42. 2010 Dumont		300-11
43. 2014 Ridgefield Park		300-6
44. 2022 Demarest		300-4
45. 2023 Hasbrouck Heights		300-2
46. 1981 New Milford		299-2
47. 1982 Ridgefield Park		298-9
48. 2018 Glen Rock		297-10
49. 2015 Fair Lawn		297-2
50. 2011 Holy Angels		295-7
1981 Dumont	294-6	
1980 Cliffside Park	293-8	
2018 Hasbrouck Heights	293-1	
1983 Tenaflly	292-0	
2011 Park Ridge	291-1	
2011 Paramus Catholic	290-7	
2008 Ridgewood	290-0	
2023 Paramus	289-10	
2009 Pascack Hills	289-9	
2013 Waldwick	289-3	

HIGH JUMP

1. 1975 Ridgewood	16-2
2. 1986 Teaneck	15-6
2023 Tenaflly	
4. 1982 Ridgewood	15-4
5. 2010 Paramus Catholic	15-2
2015 River Dell	
2022 Demarest	
8. 1976 Ridgewood	15-0.5
9. 1994 Mahwah	15-0
2014 Old Tappan	
2016 River Dell	
12. 1982 Westwood	14-10
1988 Ridgewood	
2007 Ramsey	
2018 Ramsey	
2021 Tenaflly	
17. 1979 Saddle Brook	14-8
1980 Old Tappan	
1995 Cliffside Park	
1997 Hackensack	
2000 Rutherford	
2009 Mahwah	
2015 Cresskill	
2019 Demarest	
2019 Ramsey	
2022 Ridgefield Park	
27. 2018 Demarest	14-7
28. 1978 Old Tappan	14-6
1979 Tenaflly	
1979 Old Tappan	
1986 Indian Hills	
1987 Midland Park	
1988 Queen of Peace	
1993 Mahwah	
1994 Glen Rock	
1995 Ridgewood	
1998 Teaneck	
2008 Ramsey	
2009 Holy Angels	
2009 Rutherford	
2011 Bergen Tech	
2012 Mahwah	
2012 Holy Angels	
2012 Pascack Valley	
2013 Ramapo	
2015 Holy Angels	
2019 Paramus Catholic	
2021 Northern Highlands	
49. 2006 Old Tappan	14-5 ¼
50. 1975 Paramus Catholic	14-5
1980 Ridgewood	

1981 Ridgewood

LONG JUMP

1. 2019 Paramus Catholic	51-6
2. 2014 Paramus Catholic	51-0 $\frac{3}{4}$
3. 2016 Paramus Catholic	50-3
4. 2019 Old Tappan	49-6 $\frac{1}{2}$
5. 2023 Hasbrouck Heights	49-3 $\frac{3}{4}$
6. 2014 River Dell	49-2 $\frac{3}{4}$
7. 1979 Tenafly	49-0
8. 2024 Lyndhurst	48-11 $\frac{1}{2}$
9. 2016 Hasbrouck Heights	48-11 $\frac{1}{4}$
10. 2012 Cresskill	48-11
2015 Hasbrouck Heights	
12. 2022 IHA	48-10
13. 2024 Demarest	48-9 $\frac{1}{2}$
14. 2012 Mahwah	48-8 $\frac{1}{4}$
15. 2016 Teaneck	48-7 $\frac{3}{4}$
16. 2015 River Dell	48-6 $\frac{1}{2}$
2018 Paramus Catholic	
18. 2015 Cresskill	48-4 $\frac{3}{4}$
19. 2023 IHA	48-3 $\frac{1}{2}$
20. 2004 Hackensack	48-2 $\frac{1}{4}$
21. 2015 Paramus Catholic	47-11 $\frac{3}{4}$
2023 Lyndhurst	
23. 2022 Paramus Catholic	47-11
24. 2011 Hasbrouck Heights	47-10 $\frac{3}{4}$
2021 IHA	
26. 2010 IHA	47-10 $\frac{1}{2}$
27. 2012 Ramsey	47-10 $\frac{1}{4}$
2016 Cresskill	
29. 2007 Hackensack	47-9 $\frac{1}{2}$
30. 2012 Hasbrouck Heights	47-8 $\frac{1}{2}$
31. 2014 Old Tappan	47-7 $\frac{1}{2}$
32. 2012 Holy Angels	47-7
33. 1986 Indian Hills	47-6 $\frac{3}{4}$
34. 2013 Ramsey	47-6 $\frac{1}{4}$
35. 2013 Holy Angels	47-6
36. 2024 Northern Highlands	47-3 $\frac{3}{4}$
37. 2022 Waldwick	47-3 $\frac{1}{4}$
38. 2012 Pascack Hills	47-3
39. 2009 IHA	47-2 $\frac{3}{4}$
2010 Demarest	
41. 2016 IHA	47-2 $\frac{1}{2}$
42. 1997 Englewood	47-2
43. 2017 Paramus Catholic	47-1 $\frac{3}{4}$
44. 1978 Northern Highlands	47-1 $\frac{1}{2}$
2008 Westwood	
2023 River Dell	
47. 2009 Teaneck	47-1
2024 Northern Highlands	
49. 1979 Ridgewood	47-0 $\frac{1}{2}$

50. 2005 Indian Hills

47-0

School records over 46 feet

2012 Dumont	46-11 ½
2016 Glen Rock	46-11
2012 Garfield	46-8 ¾
2023 New Milford	46-8
2022 Emerson	46-7 ¾
2012 Wallington	46-6
2014 Ridgewood	46-5 ¾
2015 Fair Lawn	46-5
2003 Saddle Brook	46-1 ¾
2024 Midland Park	46-1 ½
2011 Waldwick	46-0 ¾

TRIPLE JUMP

1. 2012 Mahwah	106-9 ¾
2. 2014 River Dell	105-7 ¾
3. 2016 Paramus Catholic	105-3 ½
4. 2015 Paramus Catholic	104-7
5. 2005 Indian Hills	104-5 ¾
6. 2012 Holy Angels	103-11
7. 2010 IHA	103-10
8. 2015 River Dell	103-8 ¾
9. 2014 Paramus Catholic	103-5 ¼
10. 2013 Mahwah	103-3
2018 Paramus Catholic	
12. 2013 Teaneck	103-2
13. 2023 Tenafly	103-1 ¼
14. 2013 Paramus Catholic	103-1
2013 River Dell	
15. 2024 Demarest	103-0
16. 2023 River Dell	102-10 ¼
17. 2004 Indian Hills	102-8 ¼
18. 2017 Paramus Catholic	102-7 ½
19. 2019 Lodi	102-7
20. 2016 Holy Angels	102-5 ½
21. 2012 Teaneck	102-5 ¼
22. 2022 IHA	102-2 ¾
23. 2016 River Dell	102-2 ½
24. 2008 IHA	101-9 ¾
25. 2011 Holy Angels	101-8 ¾
26. 2024 IHA	101-8 ¼
27. 2016 Hasbrouck Heights	101-6
28. 1997 Englewood	101-5 ½
29. 1979 Tenafly	101-3 ¾
30. 2012 Hasbrouck Heights	101-0
31. 2008 Mahwah	100-11 ½
32. 2018 Ramapo	100-11 ¼
33. 2009 Holy Angels	100-10 ¼
34. 2013 Holy Angels	100-10

35. 2005 Old Tappan		100-9 $\frac{3}{4}$
36. 1990 Westwood		100-8 $\frac{1}{2}$
37. 2024 Ridgewood		100-7 $\frac{3}{4}$
38. 2017 Demarest		100-5
39. 2019 Paramus Catholic		100-4 $\frac{1}{2}$
40. 2009 IHA		100-4
41. 1980 Teaneck	100-0	
42. 2008 Indian Hills		99-11
2016 Teaneck		
44. 2023 Ramapo		99-10 $\frac{3}{4}$
45. 2022 Lodi		99-10 $\frac{1}{2}$
46. 2013 Old Tappan		99-10
2024 Lyndhurst		
48. 2023 Demarest		99-9 $\frac{1}{4}$
49. 1997 Hackensack		99-9
50. 2018 Bergenfield		99-8 $\frac{3}{4}$