

1990S BERGEN COUNTY PERFORMANCE LIST

GIRLS

100 METERS

1. Carlene Cummings, Englewood		1996	11.97
2. Courtney Cubicciotti, IHA		1998	12.16
3. Melissa Bochiaro, Glen Rock	1996	12.0	
Willie Mae Washington, Lodi	1996		
5. Christine Rose, IHA		1990	12.1
6. Delcita Russell, Hackensack	1995	12.44	
7. Mary O'Neill, River Dell		1996	12.3
8. Tiffany Walker, Hackensack	1995	12.55	
9. Lauren Fanelli, River Dell		1998	12.56
10. Teri Martin, Hackensack		1992	12.4
Adria Ferguson, Old Tappan	1993		

200 METERS

1. Courtney Cubicciotti, IHA		1998	24.79
2. Carlene Cummings, Englewood		1995	24.88
3. Christine Rose, IHA		1991	25.06
4. Dana Riley, Teaneck		1993	25.09
5. Nicole Golden, Teaneck		1991	24.9
6. Delcita Russell, Hackensack	1995	25.41	
7. Mary O'Neil, River Dell		1995	25.2
Melissa Bochiaro, Glen Rock	1996		
9. Michelle Stein, Glen Rock		1994	25.5
Jackie Babbini, Cliffside Park		1999	

400 METERS

1. Dana Riley, Teaneck		1993	54.68
2. Jennifer Metz, Pascack Valley	1991	56.5	
3. Jean Readie, Queen of Peace	1993	57.0	
Delcita Russell, Hackensack	1997	57.0	
5. Michele Satine, Glen Rock		1995	58.33
6. Melissa Gilbert, Ridgewood		1994	58.8
7. Caitlin Wittreich, Tenafly		1995	59.0
8. Teri Martin, Hackensack		1992	59.1
Keely Roberts, Teaneck		1997	
10. Dara Seidman, Ramsey		1999	59.2

800 METERS

1. Jennifer Metz, Pascack Valley	1991	2:10.86	
2. Nancy Scott, Garfield		1991	2:14.8
3. Caitlin Wittreich, Tenafly		1995	2:15.09
4. Jean Readie, Queen of Peace	1993	2:15.2	
5. Janelle McCollum, Teaneck		1999	2:15.37
6. Adria Ferguson, Old Tappan	1993	2:15.83	
7. Julie Clifford, Holy Angels		1998	2:16.49
8. Shauna Koenig, Hackensack	1998	2:16.4	
9. Diana Lana, Saddle Brook		1995	2:17.18
10. Tracy Della Torre, Glen Rock		1997	2:17.31

1600 METERS

1. Dana Satir, Ramsey		1996	5:03.27
2. Jenna Rogers, Ridgewood		1993	5:03.47
3. Martina Brosnahan, IHA		1993	5:05.15
4. Eileen Fitzgerald, Ridgewood	1990	5:05.69	
5. Diana Lana, Saddle Brook		1995	5:06.4
6. Stephanie Doyle, Ridgewood	1996	5:06.63	
7. Melissa Wyka, Fair Lawn		1991	5:07.56
8. Meg McDermott, Ridgewood	1999	5:08.04	
9. Kerry Moore, Midland Park		1993	5:08.14
10. Janelle McCallum, Teaneck	1999	5:09.4	

3200 METERS

1. Jenna Rogers, Ridgewood		1994	10:33.9
2. Celeste Sedo, Ridgewood		1998	11:08.14

3. Amy Smith, Ridgewood		1996	11:10.60
4. Kourtney Gallo, IHA		1996	11:12.83
5. Meg McDermott, Ridgewood	1999	11:12.8	
6. Dee Keough, Mahwah		1990	11:16.1
7. Beth Androski, Hackensack		1999	11:18.45
8. Karen Petouvis, Paramus		1995	11:20.08
9. Tracy Kirk, Ramsey		1998	11:20.54
10. Tara Quinn, Teaneck		1995	11:20.64

100 METER HURDLES

1. Carlene Cummings, Englewood		1998	14.37
2. Melene Thomas, Garfield		1995	14.63
3. Veronica Davi, IHA		1992	14.65
4. Vonetta Williams, Teaneck		1991	14.5
5. Jamie Lilien, Pascack Valley	1999	14.84	
6. Marissa Jackson, Hackensack	1997	14.94	
7. Tara Cassidy, Ramapo		1991	14.9
Kerry Frazer, Demarest		1995	
Katie Hanley, Glen Rock		1997	
10. Beth Packman, Pascack Hills	1998	15.22	

400 METER HURDLES

1. Veronica Davi, IHA		1992	61.94
2. Katie Hanley, Glen Rock		1997	62.63
3. Marissa Jackson, Hackensack	1996	63.30	
4. Jackie Babbini, Cliffside Park	1999	63.33	
5. Mahasin Pegeise, Rutherford	1998	63.36	
6. Zorinah Figueroa, Teaneck		1995	63.39
7. Caitlin Wittreich, Tenafly		1995	63.8
8. Heather Parrish, Old Tappan	1991	64.0	
Cheryl Burdick, Ramsey		1999	64.14
10. Natasha Bernard, Teaneck		1994	64.2
Janna Kohout, Glen Rock		1998	
Christine Siebold, Demarest	1999		

SHOT PUT

1. Jenn Flinchum, Demarest		1999	44-2 ¼
2. Jenicka Carter, Westwood		1995	40-2
3. Tarah Davis, Demarest		1995	38-3
4. Jen Dougherty, Ramsey		1994	37-10 ¾
5. Lila Lee, Demarest	1999	37-7 ¼	
6. Maritsa Christoudias, Ramsey	1999	37-7	
7. Beth Crusius, Hackensack		1993	37-4 ½
8. Erika Czujko, Garfield		1997	36-10 ¾
9. Jean Marie Bellotti, Rutherford		1998	36-5
Sheena Schuler, Hasbrouck Heights		1999	
Brenda Arroyo, Ridgefield Park		1999	

DISCUS

1. Jenn Flinchum, Demarest		1999	143-4
2. Tammy Jones, Teaneck		1991	127-4
3. Young Park, Dwight-Englewood		1990	125-1
4. Jessica Sokolik, Ridgewood		1997	123-3
5. Jen Dougherty, Ramsey		1994	121-3
6. Sharren Bates, Pascack Hills	1992	121-2	
7. Kim Ferranti, Glen Rock		1995	119-8
8. Beth Crusius, Hackensack		1994	118-10
9. Chaya Tasker, Old Tappan		1996	118-6
10. Najran Stephens, Cliffside Park		1999	116-4

JAVELIN

1. Jenn Austin, Garfield		1999	145-3
2. Jackie Babbini, Cliffside Park	1999	130-10	
3. Jessica Sarubbi, Cliffside Park	1996	130-5	
4. Kristi Nukk, Mahwah		1993	129-8
5. Tina Gennat, Fair Lawn		1993	127-9
6. Dawn Johnson, Lyndhurst		1990	126-11
Debbie Chadwick, Rutherford		1995	126-11
8. Medeana Steidl, Garfield		1992	126-2
9. Nancy Belbo, Hasbrouck Heights		1993	124-6
10. Gwen Scanel, Hackensack		1999	124-2

HIGH JUMP

1. Cheryl Burdick, Ramsey		1998	5-10
2. Lisa Considine, Rutherford		1996	5-6
3. Lawanda Shepherd, Teaneck	1991	5-4	
Ami Racich, Cresskill		1991	
Kerry Wasser, Saddle Brook		1993	
Julie Denisenko, Fair Lawn		1994	
Lesley Hodgson, Glen Rock		1994	
Delcita Russell, Hackensack		1996	
Ann Woetzel, Paramus Catholic		1997	
Jamie Lilien, Pascack Valley		1998	
Bridgette Atkinson, Hackensack		1998	
Nicole Brown, Teaneck		1998	

TRIPLE JUMP

1. Carlene Cummings, Englewood		1998	42-5
2. Charnie Carter, Lyndhurst		1998	36-9 ½
3. Tammi Jordan, Englewood		1997	36-9 ¼
4. Quanette Jester, Indian Hills	1995	36-8 ¾	
5. Kerry Frazer, Demarest		1996	36-7 ½
6. Megan Burke, Glen Rock		1991	36-7 ¼
7. Keirsten Wallace, Westwood	1990	36-3 ¾	
8. Devon Hudson, Hackensack	1998	36-2	
Shenee Clarke, Ridgefield Park		1999	
10. Teri Martin, Hackensack		1992	36-0 ½
Ashley Marquard, Glen Rock	1994		

LONG JUMP

1. Carlene Cummings, Englewood		1997	19-1 ½
2. Megan Burke, Glen Rock		1991	18-11 ¾
3. Willie Mae Washington, Lodi	1996	18-7 ¼	
4. Tammy Jones, Teaneck		1991	18-4
5. Teri Martin, Hackensack		1991	18-0 ¾
6. Erika Albies, Pascack Valley	1994	17-11 ¾	
7. Katie Hanley, Glen Rock		1997	17-11
8. Jen Hettel, Wallington		1993	17-8 ¼
9. Melissa Bochiario, Glen Rock	1997	17-7 ½	
10. Tammi Jordan, Englewood	1997	17-6 ¼	

BOYS

100 METERS

1. Joe Dawkins, Hackensack	1995	10.31	
2. Darius Pemberton, Hackensack		1993	10.5
3. Kendall Williams, Bergen Tech		1993	10.78
4. Cooper Rego, St. Joseph Regional	1995	10.79	
5. Kawesi Darby, Hackensack	1998	10.6	
6. Chris Charles, Park Ridge	1999	10.84	
7. Michael Jackson, Hackensack	1999	10.87	
8. Rashidi Brown, Hackensack	1994	10.7	
9. Dusty Thomas, Ridgewood	1998	10.99	
10. Alden Shorter, Teaneck	1995	11.01	

200 METERS

1. Joe Dawkins, Hackensack	1995	21.58	
2. James Whiting, Hackensack	1993	21.9	
3. Dusty Thomas, Ridgewood	1998	22.15	
4. Chris Hewitt, Englewood	1992	22.23	
5. Fred Campbell, Englewood	1990	22.0	
Cooper Rego, St. Joseph Regional	1997		
7. Jeff Somma, Lyndhurst	1990	22.1	
Mike Burke, Leonia	1992		
Neil Concepcion, Demarest	1995		
Mike Guazzo, Indian Hills	1996		
Kawesi Darby, Hackensack	1998		

400 METERS

1. Joe Velazquez, Paramus	1999	48.12	
2. John D'Izzia, Bergen Catholic	1999	48.7	
3. Courtney Davis, Hackensack	1993	48.8	
4. Neil Concepcion, Demarest	1995	48.93	
5. Walter King, Hackensack	1995	48.94	
6. Willie Best, Hackensack	1990	49.1	
7. Ernest Simmons, Englewood	1992	49.30	
8. Anthony Hampton, Englewood		1993	49.2
Chris Hall, Teaneck	1994		
James Whiting, Hackensack	1993	49.33	

800 METERS

1. Josh Kauke, Ridgewood	1999	1:52.52	
2. Bob Keino, Ridgewood	1994	1:53.4	
3. Willie Best, Hackensack	1991	1:53.64	
4. Tom Redmond, Bergen Catholic	1997	1:54.20	
5. Courtney Davis, Hackensack	1992	1:55.00	
6. Brian Barry, Don Bosco	1992	1:55.15	
7. Cavrel Silvera, Fort Lee	1997	1:55.58	
8. Andrew Giannotti, Westwood	1997	1:56.27	
9. Tom McCabe, Don Bosco	1995	1:56.5	
10. Jim Vogel, Fair Lawn	1997	1:56.69	

1600 METERS

1. Bob Keino, Ridgewood	1994	4:09.35	
2. Moses Mekbeb, Cliffside Park	1991	4:15.3	
3. Frank Baldassare, Ramapo	1992	4:16.50	
4. Thomas Baldwin, Hackensack	1999	4:17.43	
5. Rob Reeder, Northern Highlands	1992	4:17.6	
6. Cary Snyder, Demarest	1998	4:19.72	
7. Eric Boucher, Ridgewood	1990	4:19.9	
8. Chris Langan, Don Bosco	1992	4:20.0	
9. Sean Durkin, Don Bosco	1993	4:20.3	
10. Corey Kunz, St. Joseph Regional	1998	4:21.83	

3200 METERS

1. Bob Keino, Ridgewood	1993	9:02.73	
2. Rob Reeder, Northern Highlands	1992	9:09.87	
3. Ken Flynn, Ramsey	1990	9:14.1	
4. Eric Boucher, Ridgewood	1990	9:17.29	
5. J.R. Meloro, Bergen Catholic	1990	9:19.9	

6. Matt Illian, Pascack Valley	1995	9:20.27	
7. Sean Durkin, Don Bosco	1993	9:22.3	
8. Chris Langan, Don Bosco	1992	9:23.2	
9. Cary Snyder, Demarest	1997	9:23.74	
10. Thomas Baldwin, Hackensack	1998	9:28.7	

110 METER HIGH HURDLES

1. Darius Pemberton, Hackensack		1992	13.96
2. Monty Mason, Paramus Catholic	1993	14.0	
3. Andy Paraison, Don Bosco	1994	14.1	
Anthony Hampton, Englewood	1994		
5. Anthony DiCosmo, Paramus Catholic	1995	14.31	
6. Mike Stansfield, Garfield	1999	14.2	
7. Nick Garrett, Saddle Brook	1999	14.3	
8. Dave Schuman, Saddle Brook	1992	14.4	
David Meyer, Ramsey	1996		
David Stein, Glen Rock	1996		
Mike D'Angelo, Ramsey	1996		

400 METER HURDLES

1. Anthony Hampton, Englewood		1994	51.92
2. Sean Rhinehart, Hackensack	1991	53.67	
3. Kevin Ervin, Bergen Catholic	1992	54.24	
4. Mike Stansfield, Garfield	1999	54.2	
5. Joe Swasey, Bergen Catholic	1990	54.3	
Mike D'Angelo, Ramsey	1997		
7. David Stein, Glen Rock	1996	54.49	
8. Anthony Crews, Mahwah	1997	54.53	
9. Chris Stowers, Hackensack	1999	54.58	
10. Simon Wu, River Dell	1996	54.91	

SHOT PUT

1. Frank Chamberlin, Mahwah	1996	61-9 ½	
2. Kevin Quinn, Cresskill	1990	61-3 ½	
3. Mike Murphy, New Milford	1999	57-7	
4. Robert Mompoin, Teaneck	1993	57-5	
Shaun McGregor, Bergen Catholic	1996		
6. Matt Elkas, Ramsey		1999	56-5
7. Tom Jennings, Indian Hills	1992	56-3 ½	
8. Mike Sheehan, Demarest	1993	55-10 ¾	
9. Adam Scholze, Ramapo	1998	55-8	
10. Ralph Sanon-Jules, St. Joseph Regional	1991	55-0 ¾	

DISCUS

1. Kevin Quinn, Cresskill	1990	174-11	
2. Shaun McGregor, Bergen Catholic	1995	173-9	
3. Jim Fischer, Bergen Catholic	1998	167-11	
4. Mike Murphy, New Milford	1999	165-10	
5. Dimitri Jacotin, Don Bosco	1990	163-11	
6. Adam Scholze, Ramapo	1998	163-7	
7. Justin Cama, Fort Lee	1998	160-2	
8. Jamie Spruill, Mahwah	1995	158-6	
9. Charles Yaloustier, North Arlington	1999	157-8	
10. Adam Gussen, Teaneck	1991	157-4	

JAVELIN

1. John Dixon, Ridgefield Park	1997	219-3	
2. Justin Schwartz, Glen Rock	1995	212-8	
3. Anthony Hayne, Ridgefield Park	1993	210-7	
4. Will Arroyo, Ridgefield Park	1999	200-11	
5. Carl Von Tobel, Dumont	1992	199-8	
6. J.D. Murdock, Ridgewood	1998	198-8	
7. Chris Klapsis, Cliffside Park	1990	192-4	
8. Chinua Laud, Leonia	1998	190-1	
9. George Milani, Tenafly	1991	189-0	
10. Eric Lowenstein, New Milford	1999	187-5	

HIGH JUMP

1. Darius Pemberton, Hackensack	1993	6-10	
Godfrey Gordon, Garfield	1995		
3. Mike Bradley, Teaneck	1994	6-9	

4. Thanniel Robinson, Englewood		1994	6-8
Deke DeFreese, Mahwah	1995		
Eumir Rahman, Hackensack	1998		
7. Dave Kruse, Tenafly	1992	6-6 $\frac{3}{4}$	
8. Jeff Heal, New Milford	1991	6-6	
Willie Best, Hackensack	1991		
Tyrone Byers, Mahwah	1993		
Matthew Walker, Englewood	1993		
Donnel Hatter, Ridgefield Park	1994		
Kevin Kirstein, Demarest	1994		
Jim Davis, Ridgewood	1995		
James Van Orden, Don Bosco	1997		
Mike Stansfield, Garfield	1998		
Dario Peynado, Paramus Catholic	1999		

TRIPLE JUMP

1. Darius Pemberton, Hackensack		1992	49-9
2. Anthony DiCosmo, Paramus Catholic	1995	49-0 $\frac{1}{2}$	
3. Walter King, Hackensack	1996	46-2 $\frac{1}{4}$	
4. Chris Hewitt, Englewood	1992	46-0	
5. Mikkel Brown, Glen Rock	1996	45-9 $\frac{1}{2}$	
6. Neal Okarter, Westwood	1998	45-8	
7. Nick Garrett, Saddle Brook	1999	45-4 $\frac{1}{4}$	
8. Godfrey Gordon, Garfield	1995	45-3	
9. Anthony Jacobs, Englewood	1993	45-1	
10. Steve DuPlessy, Ridgefield	1994	45-0 $\frac{1}{2}$	

LONG JUMP

1. Darius Pemberton, Hackensack		1993	24-11
2. Mikkel Brown, Glen Rock	1997	23-9	
3. Joseph Im, Rutherford	1997	23-7 $\frac{1}{2}$	
4. Chris Hewitt, Englewood	1992	23-5 $\frac{1}{4}$	
5. Shawn Samuels, Englewood	1996	22-10	
6. Anthony DiCosmo, Paramus Catholic	1995	22-7 $\frac{1}{2}$	
7. Rommel Chatman, Midland Park	1993	22-5 $\frac{1}{2}$	
8. Neal Okarter, Westwood	1998	22-4 $\frac{1}{2}$	
9. John Deschamps, Ridgefield Park	1994	22-3 $\frac{3}{4}$	
10. Ernest Simmons, Englewood	1992	22-3	
Dave Lopez, Paramus Catholic	1993		

POLE VAULT

1. Matt Psaltis, Fair Lawn	1992	15-3	
2. Troy Cromwell, Pascack Valley	1991	14-6	
3. Ken Scheider, Don Bosco	1999	14-1 $\frac{1}{4}$	
4. Rich Miller, Cresskill	1990	14-0	
Mike Bobovnik, Fort Lee	1993		
Ryota Uetani, Demarest	1995		
Colin Mutchler, Old Tappan	1995		
Bryan Kiel, Fair Lawn	1995		
9. Mike Van Grouw, Mahwah	1993	13-9 $\frac{1}{2}$	
10. Gareth Hedges, Westwood	1999	13-7	