

BERGEN COUNTY PERFORMANCE LIST 2000-2009 (* converted hand time)

GIRLS

100 METERS (FAT ONLY)

Auto Timing

1. Myasia Jacobs, Paramus Catholic		2009	11.72
2. Anike Orimogunje, Queen of Peace		2002	11.96
3. Janay Mitchell, Teaneck	2008	12.05	
4. Angelica Johnson, Ridgely Park		2007	12.13
5. Jen Andujar, Teaneck		2002	12.22
6. Cheryl Anscombe, Westwood		2004	12.29
7. Janine Davis, Queen of Peace		2004	12.31
8. Consandria Walker, Hackensack		2003	12.34
9. Diana Lawson, Queen of Peace		2000	12.38
Amy Salek, Ramapo		2008	

200 METERS

1. Myasia Jacobs, Paramus Catholic		2009	23.91
2. Janay Mitchell, Teaneck	2008	24.42	
3. Anike Orimogunje, Queen of Peace		2002	24.3
4. Amy Salek, Ramapo	2007	24.6	
5. Janine Davis, Queen of Peace		2005	24.7
6. Cheryl Anscombe, Westwood		2003	25.22
7. Angelica Johnson, Ridgely Park		2006	25.26
8. Consandria Walker, Hackensack		2004	25.44*
9. Diana Lawson, Queen of Peace		2000	25.53
10. Amma Walcott, Hackensack		2005	25.54*
Jen Andujar, Teaneck		2002	25.54
Emily Barr, Ridgewood		2008	25.54

400 METERS

1. Janine Davis, Queen of Peace		2004	55.36
2. Amy Salek, Ramapo		2008	55.39
3. Rae Corbo, Paramus Catholic		2009	56.61
4. Myasia Jacobs, Paramus Catholic		2009	56.62
5. Michelle Smith, Teaneck		2004	57.14*
6. Sophia Davis, Queen of Peace		2004	57.19
7. Cheryl Anscombe, Westwood		2004	57.50
8. Adriana Lanuto, Ramsey		2006	57.59
9. Racquel Clarke, Teaneck		2005	57.61
10. Sonia Malpeso, Holy Angels		2005	57.83

800 METERS

1. Janine Davis, Queen of Peace		2005	2:06.06
2. Kesley Ramsey, Ramapo		2007	2:11.63
3. Julieanne Fontana, Pascack Hills	2009	2:11.87	
4. Kim Mineo, Glen Rock		2001	2:12.12

5. Bry Bonavita, River Dell	2007	2:13.15
6. Cheyenne Ogletree, Garfield	2005	2:14.04*
7. Diane Bain, Ramsey	2009	2:14.44
8. Erin McKenna, Ramapo	2007	2:14.54
9. Kate Cooney, IHA	2008	2:15.20
10. Alicia Henry, Cresskill	2005	2:15.35

1600 METERS

1. Kesley Ramsey, Ramapo	2007	4:54.60
2. Sarah Pagano, IHA	2008	4:56.56
3. Janine Davis, Queen of Peace	2005	4:57.04*
4. Julia Emanuel, Tenafly	2003	4:57.12*
5. Erin McKenna, Ramapo	2006	4:57.71
6. Julieanne Fontana, Pascack Hills	2009	5:00.27
7. Andrea Rovegno, Ramapo	2003	5:00.90
8. Cheyenne Ogletree, Garfield	2005	5:01.61
9. Julie Sinkovitz, IHA	2009	5:03.62
10. Clair Nowakowski, Ridgewood	2001	5:04.28

3200 METERS

1. Sarah Pagano, IHA	2008	10:29.79
2. Erin McKenna, Ramapo	2006	10:55.70
3. Amy Van Alstine, Midland Park	2006	10:57.14*
4. Erin Henry, Glen Rock	2001	11:02.93
5. Erin Thompson, IHA	2009	11:05.19
6. Melissa Conway, Ramsey	2000	11:05.66
7. Kesley Ramsey, Ramapo	2006	11:06.64*
8. Andrea Rovegno, Ramapo	2003	11:08.85
9. Julia Emanuel, Tenafly	2003	11:12.14*
10. Dianna Russini, Old Tappan	2001	11:12.84*

100 METER HURDLES (FAT)

1. Michelle Smith, Teaneck	2004	14.12
2. Jamie Lilien, Pascack Valley	2000	14.37
3. Chelsea Townes, Hackensack	2005	14.42
4. Justine Diana, Saddle Brook	2001	14.53
5. Lara-Jane Que, Ridgewood	2007	14.54
6. Evana Edwards, Hackensack	2007	14.67
7. Mia Martinez, Ridgewood	2008	14.95
8. Kirsten Bowens, Mahwah	2009	15.09
9. Roxanne McBean, Teaneck	2001	15.11
10. Lindsay May, Dumont	2003	15.17

400 METER HURDLES

1. Michelle Smith, Teaneck	2005	60.43
2. Cristina Law, Ridgewood	2007	61.97
3. Kim Mineo, Glen Rock	2002	61.98
4. Alex Rosenberger, Ramsey	2007	62.23
5. Jennifer Sant Anna, Pascack Hills	2008	62.62
6. Katelyn Ary, Demarest	2009	62.70
7. Chelsea Townes, Hackensack	2004	63.14*
8. Heather Gearity, Rutherford	2009	63.83

9. Caitlin Sherry, River Dell	2001	64.00
10. Diane Bain, Ramsey	2009	64.01

SHOT PUT

1. Jessica Fazekas, Demarest	2002	46-7 ¼
Kelly Fazekas, Demarest	2003	
3. Apresha Hampton, Teaneck	2009	43-0
4. Olivia Wade, Paramus Catholic	2009	42-4 ¾
5. Kathryn Hirsch, Demarest	2009	42-2 ¼
6. Shannon Sullivan, IHA	2009	41-1 ¾
7. Elethia Graham, Bergenfield	2002	40-11 ½
8. Ashley Sims, Paramus Catholic	2008	40-11
9. Tanya Elshahawi, Indian Hills	2006	40-8 ¼
10. Maritsa Christoudias, Ramsey	2000	40-2 ¼

DISCUS

1. Jessica Fazekas, Demarest	2002	140-8
2. Christine Coppola, River Dell	2008	136-6
3. Kelly Fazekas, Demarest	2003	135-4
4. Tiffany Phoenix, Cresskill	2003	132-7
5. Monique Mighty, Hackensack	2001	130-8
6. Julie Haledjian, Pascack Hills	2005	125-4
7. Nikki Uzelac, Midland Park	2001	124-9
8. Liz Pendleton, Wood-Ridge	2001	123-4
9. Jessica Lehmann, Park Ridge	2005	122-10
10. Natalia Arias, Tenafly	2006	122-5

JAVELIN (NEW)

1. Daina Pucurs, Demarest	2004	155-8
2. Shannon Sullivan, IHA	2009	149-1
3. Shannon Spafford, Old Tappan	2004	143-9
4. Kelly Fazekas, Demarest	2002	139-9
5. Hannah Mayer, Northern Highlands	2010	136-5
6. Jaclyn Wypler, Ridgewood	2006	135-11
7. Theresa Kirkpatrick, Pascack Hills	2009	132-2
8. Julia Cohan, Northern Highlands	2006	129-6
9. Mary King, Paramus	2007	127-3
10. Annie Moccia, Wood-Ridge	2009	127-1

HIGH JUMP

1. Alex Rosenberger, Ramsey	2008	5-7
2. Julianna Camargo, Dumont	2006	5-6
Shenise Halsey, Old Tappan	2006	
C.J. Jacob, Ridgefield Park	2007	
5. Tyler Teaton, IHA	2006	5-5
6. Kristin Kern, Indian Hills	2004	5-4
Jessica Malacrida, Paramus	2005	
Chelsea Townes, Hackensack	2005	

Jamie Sacco, Park Ridge	2006
Heather Gearity, Rutherford	2009

TRIPLE JUMP

1. Consandria Walker, Hackensack	2006	39-8
2. Kirsten Bowens, Mahwah	2009	38-3 ¼
3. Alyssa Maier, River Dell	2006	37-10 ½
4. Lizzie Faust, Northern Highlands	2006	37-9 ¾
Trish McGowan, Ridgewood	2003	37-8 ½
6. Shenise Halsey, Old Tappan	2006	37-8
7. Mallory Longfield, Indian Hills	2005	37-5 ¼
8. Brooke Kristensen, Mahwah	2008	37-5
9. Kristen Brown, Englewood	2009	37-4 ¾
10. Shenee Clarke, Ridgely Park	2000	37-4 ¼

LONG JUMP

1. Consandria Walker, Hackensack	2006	18-7 ½
2. Kristen Brown, Englewood	2009	18-5 ½
3. Kirsten Bowens, Mahwah	2009	18-2 ½
4. Shanelle Cross, Garfield	2005	18-1
5. Evana Edwards, Hackensack	2007	18-0 ¼
6. Shenise Halsey, Old Tappan	2006	18-0
7. Jamie Lilien, Pascack Valley	2000	17-11
Thatcha DaCosta, Englewood	2000	
9. Danna Wasserman, Demarest	2009	17-10 ¼
10. Krystal Wyche, Hackensack	2007	17-9 ¼

POLE VAULT

1. Michelle Favre, Saddle Brook	2008	12-1
2. Ann Polcari, Ridgewood	2008	11-8 ½
3. Cassie Wong, Ridgewood	2006	11-7
4. Chelsea Hartigan, Ramapo	2009	11-6
5. Kerry Norton, Ridgewood	2004	11-0
Trisha Murphy-Kennelly, Mahwah	2006	
7. Ashley Walker, Mahwah	2009	10-8
8. Kayla Polcari, Ridgewood	2010	10-6
Ashlyn Llerandi, Ridgewood	2006	
Melissa Davila, Hackensack	2007	
. Emily Mino, River Dell	2008	

1600 METER RELAY

1. Teaneck	2005	3:55.21
2. Ramsey	2005	3:55.29
3. Teaneck	2006	3:55.45
4. Ridgewood	2007	3:55.79
5. River Dell	2007	3:56.13
6. Ramsey	2007	3:56.22
7. Teaneck	2004	3:56.81
8. Ramapo	2007	3:56.96
9. Paramus Catholic	2009	3:56.98
10. Ridgewood	2006	3:57.01

BOYS

100 METERS (FAT only)

1. Michael Ray Garvin, Don Bosco	2005	10.46
2. David Butler, Teaneck	2008	10.69
3. Rashad White, Teaneck	2007	10.74
4. Miles Austin, Garfield	2002	10.77
5. Brandon Fronjian, Palisades Park	2002	10.81
Joe Jones, Englewood	2008	
7. Marvin Whilby, Don Bosco	2008	10.88
8. Ackeme Brown, Englewood	2008	10.89
9. Chris Ziegler, Ridgewood	2007	10.90
10. Sam Smith, Pascack Hills	2008	10.92

200 METERS

1. Michael Ray Garvin, Don Bosco	2005	21.31
2. Chris Charles, Park Ridge	2000	21.45
3. Damien Miles, Teaneck	2008	21.57
4. Garrett Kroner, Indian Hills	2006	21.64*
5. Rashad White, Teaneck	2007	21.82
6. Damon Merkerson, St. Mary's	2007	21.94*
7. Matt Bieszard, Midland Park	2008	21.95
8. Marvin Whilby, Don Bosco	2009	22.04*
Rameik Jackson, Westwood	2005	*
Raldaine McDonald, Englewood	2009	*

400 METERS

1. Garrett Kroner, Indian Hills	2006	47.84
2. Damon Merkerson, St. Mary's	2007	47.89
3. Corey Caidenhead, Bergenfield	2009	48.14
4. Adrian Durant, Teaneck	2001	48.61
5. Rameik Jackson, Westwood	2004	48.74*
6. Sharif Webb, Don Bosco	2007	48.83
7. Elvis Cake, Lodi	2009	48.93
8. Jake Hubschman, Demarest	2009	48.94*
9. Hayden Duffy, Emerson	2009	49.04*
10. Ausar Walcott, Hackensack	2008	49.22

800 METERS

1. Josh Kauke, Ridgewood	2000	1:50.19
2. Sharif Webb, Don Bosco	2007	1:51.07
3. Ken Sinkovitz, Bergen Catholic	2003	1:52.17
4. Ryan McCann, Glen Rock	2004	1:53.01
5. Corey Caidenhead, Bergenfield	2009	1:53.54
6. Max Bruno, Indian Hills	2006	1:54.16
7. Byron Williams, Ridgewood	2005	1:54.84*
8. Hayden Duffy, Emerson	2009	1:54.85

9. Niall Buckley, Ridgewood	2007	1:54.94*
10. Matt Lingam, Park Ridge	2008	1:54.96

1600 METERS

1. Rob Molke, Don Bosco	2009	4:12.52
2. Byron Williams, Ridgewood	2005	4:12.71
3. Ari Zamir, Ridgewood	2004	4:15.64*
4. Mike Cator, Ridgewood	2006	4:17.10
5. Leighton Spencer, Don Bosco	2009	4:17.37
6. Ryan Madrid, Paramus Catholic	2005	4:19.22
7. Ben Diestel, Northern Highlands	2006	4:19.2
8. Conor Sullivan, Don Bosco	2007	4:19.36
9. James LaGreca, Demarest	2005	4:19.42
10. Josh Kauke, Ridgewood	2000	4:19.64*

3200 METERS

1. Dan Emont, Ridgewood	2007	9:08.82
2. Taro Shigenobu, Ridgewood	2009	9:08.91
3. Robert Molke, Don Bosco	2008	9:10.41
4. Leighton Spencer, Don Bosco	2009	9:11.45
5. Ari Zamir, Ridgewood	2004	9:18.10
Mike Mitchell, Bergen Tech	2008	
7. Michael Cator, Ridgewood	2006	9:18.65
8. Conor Sullivan, Don Bosco	2007	9:25.74
9. Patrick Rono, Lyndhurst	2009	9:26.06
10. Matt Klypka, Indian Hills	2004	9:26.41

110 METER HIGH HURDLES (FAT)

1. Dan Oquendo, Hackensack	2005	14.06
2. Anthony Pomo, Saddle Brook	2005	14.43
3. Jermaine Boyd, Hackensack	2008	14.48
4. Jeremy Perussi, Demarest	2003	14.49
5. Brent Hobbs, Don Bosco	2001	14.53
6. Dennis Calacione, New Milford	2002	14.58
7. Greg Molnar, Mahwah	2002	14.59
8. Brandon Hambric, Teaneck	2009	14.62
9. Aaron Richardson, Hackensack	2001	14.66
Dan White, Glen Rock	2008	

400 METER HURDLES

1. Dave Lado, Ridgefield	2003	53.24
2. Jeremy Perussi, Demarest	2004	53.94*
3. Mark Filandro, Indian Hills	2009	54.22
4. Brian Burns, River Dell	2000	54.51
5. Greg Horn, River Dell	2003	54.54*
6. Rob McKay, Don Bosco	2002	54.57
7. Sharif Webb, Don Bosco	2007	54.64*
8. Jermaine Boyd, Hackensack	2008	54.68
9. Dan Oquendo, Hackensack	2004	54.84*
10. Steve Wexler, Don Bosco	2008	54.96

SHOT PUT

1. Geoff Goidell, Pascack Hills	2007	59-4
2. Matt Elkas, Ramsey	2000	58-11 ½
3. Tom Stripe, Mahwah	2006	58-1 ¾
4. Valbert Wyche, Hackensack	2002	57-0
5. Jeff Seidel, Hasbrouck Heights	2006	56-10
6. Zach Shapiro, River Dell	2007	56-8 ¾
7. Beau Jadrosich, Old Tappan	2001	56-5 ¾
8. Doug Klopacz, St. Joseph Regional	2005	56-3
9. Sean O'Neill, River Dell	2008	55-11 ½
10. Marlon Townes, Hackensack	2001	55-4 ¾

DISCUS

1. Steve McGovern, Dumont	2002	185-0
2. Charles Yalovister, North Arlington	2000	170-4
3. Luis Castillo, Garfield	2001	169-7
4. Brendan Gareffa, Hasbrouck Heights	2007	167-7
5. Chris Onorato, Hasbrouck Heights	2005	164-1
6. Jason Maier, New Milford	2004	162-2
7. Tomasz Dlugozima, Wallington	2009	160-10
8. Shawn Sabo, Indian Hills	2006	160-2
9. Tom Koc, Wallington	2002	159-3
10. James Stathopoulos, Mahwah	2006	159-2

JAVELIN (NEW)

1. Kevin Steimle, Mahwah	2009	209-5
2. Erik Heymann, Westwood	2005	206-11
3. Jim Malizia, St. Joseph Regional	2002	203-7
4. Joe Gingerelli, Wood-Ridge	2008	202-6
5. Steven Pierce, Ridgewood	2006	202-0
6. Kyle Elliott, Cresskill	2008	200-2
7. Kaleb Zuidema, Midland Park	2009	192-6
8. Paul Rosiak, Wood-Ridge	2002	192-4
9. Doug Cerniglia, Ridgefield Park	2006	191-4
10. Mark Peck, Wood-Ridge	2008	

HIGH JUMP

1. Jean Beljour, Hackensack	2003	6-9
2. Brent Hobbs, Don Bosco	2001	6-8
3. Kevin Bostick, Bergen Catholic	2008	6-6
Ayo Oluwole, St. Joseph Regional	2000	
Greg Powell, Westwood	2002	
Oderick Turner, Teaneck	2005	
Tommy DeVita, Ridgewood	2009	
8. Kurt Von Weisenstein, Indian Hills	2006	6-5 ¼
9. Markus Burns, Bergen Catholic	2002	6-5
Chris Andretta, Glen Rock	2004	
Anthony Orovio, North Arlington	2008	

TRIPLE JUMP

1. Chris Phipps, Lodi	2008	50-5
2. Vernard Hoover, Hasbrouck Heights	2004	48-2 ¼

3. Kevin Bostick, Bergen Catholic	2008	48-0
4. Harold Blyden, Bergenfield	2005	47-10 ½
5. Kwame Collins, Northern Highlands	2005	47-9 ½
6. John Augustynowycz, Rutherford	2000	47-4 ½
7. Ted Leshner, Northern Highlands	2006	47-2 ¼
8. Ralph Davis, Paramus	2003	46-9 ½
9. Weston Daniel, Bergenfield	2002	46-6 ½
Val Terebizh, Fort Lee	2006	

LONG JUMP

1. Chris Phipps, Lodi	2008	23-6 ¼
2. Kwame Collins, Northern Highlands	2006	23-0 ¼
Dan Wu, Tenafly	2008	
4. Ackeme Brown, Englewood	2009	23-0
5. Conroy Walker, Hackensack	2009	22-10 ¾
6. Pat McManus, St. Joseph Regional	2000	22-9 ½
7. Anthony Pomo, Saddle Brook	2005	22-9
8. Ausar Walcott, Hackensack	2007	22-8
9. Corey Crawford, Indian Hills	2009	22-7 ¼
10. Vernard Hoover, Hasbrouck Heights	2003	22-6 ¾

POLE VAULT

1. Gabe Knutson, Ridgewood	2004	15-1
Greg Stripe, Mahwah	2007	
3. Greg Hoffman, Park Ridge	2009	15-0
4. Jake Ricciardi, Ridgewood	2005	14-8
5. Dan Cooper, Ridgewood	2000	14-7
Tim Blashford, Ramapo	2007	
7. Adam Sacher, Pascack Valley	2004	14-6
Paul Kovach, Ridgewood	2006	
Matt Steeg, Don Bosco	2007	
170 Kevin Sofia, Ramsey	2008	14-4

1600 RELAY

1. 2007 Don Bosco	3:17.56
2. 2007 Teaneck	3:19.16
3. 2002 Teaneck	3:20.57
4. 2007 Ridgewood	3:20.72
5. 2008 Bergen Catholic	3:20.95
6. 2006 Northern Highlands	3:21.10
7. 2002 Bergen Catholic	3:21.32
8. 2006 Don Bosco	3:21.41
9. 2009 Bergen Catholic	3:21.93
10. 2004 Hackensack	3:21.94*