

# Top Bergen County Relay Performances

## BOYS

### 4 x 100 METERS (\*Adjusted 4 x 110 yards -0.3 (under 43.2 - 0.2))

1. 2010 Teaneck	41.71
2. 2007 Teaneck	42.08
3. 2014 Paramus Catholic	42.10
4. 2008 Teaneck	42.3
5. 2015 St. Joseph	42.48
6. 2011 Don Bosco	42.55
7. 1971 Don Bosco	42.4*
2008 Englewood	
9. 2004 Don Bosco	42.59
10. 2012 Old Tappan	42.64
11. 2015 Old Tappan	42.68
12. 2009 Englewood	42.6
13. 2015 Bergen Catholic	42.92
14. 2013 Paramus Catholic	42.8
<b>2016 Paramus Catholic</b>	
16. 2015 Northern Highlands	42.99
17. 2012 Teaneck	43.00
18. 2014 St. Joseph Regional	42.9
19. 2013 Don Bosco	43.06
<b>20. 2016 Bergen Catholic</b>	<b>43.07</b>
21. 2015 Paramus Catholic	43.08
22. 2013 Old Tappan	43.19
23. 1998 Hackensack	43.0
1969 Englewood	*
2012 Paramus Catholic	
26. 2011 Teaneck	43.22
27. 1965 Englewood	43.1*
1968 St. Joseph Regional	*
1970 Englewood	*
<b>2016 Old Tappan</b>	
31. 2013 Ridgewood	43.27
32. 2014 River Dell	43.31
<b>33. 2016 Ridgewood</b>	<b>43.32</b>
34. 1973 Hackensack	43.2*
1967 Tenafly	*
36. 1997 Hackensack	43.3
2000 Hackensack	
2009 Teaneck	
2013 Indian Hills	
40. 2015 Don Bosco	43.49
41. 2015 Leonia	43.54
42. 1967 St. Joseph Regional	43.4*
43. 1995 Hackensack	43.57

44. 1984 Teaneck	43.5	
1976 Paramus Catholic		
1984 Don Bosco		?
<b>2016 Hackensack</b>		
<b>48. 2016 Northern Highlands</b>	<b>43.68</b>	
49. 1967 Englewood	43.6*	
1969 St. Joseph Regional	*	
2007 Hackensack	43.74	
2010 Englewood	43.76	
2000 Teaneck	43.78	
2010 Don Bosco	43.79	
2014 Bergen Catholic		
2007 Don Bosco	43.7	
2014 Ridgewood		
<b>2016 River Dell</b>	<b>43.93</b>	
2001 Hackensack	43.8	
1967 New Milford	*	
1970 Don Bosco	*	
2006 Teaneck	43.95	
2009 Don Bosco		
2008 Hackensack	43.96	
<b>2016 Old Tappan</b>	<b>43.99</b>	

#### **4 x 200 METERS (\*Adjusted 4 x 220 yards -0.5)**

1. 2007 Teaneck	1:26.78	
2. 2007 Don Bosco	1:27.34	
3. 2008 Teaneck	1:27.4	
4. 2008 Englewood	1:27.7	
5. 2013 Don Bosco	1:27.89	
6. 2011 Don Bosco	1:28.28	
7. 1973 Hackensack	1:28.4*	
1969 Englewood	*	
<b>2016 Old Tappan</b>		
10. 1971 Don Bosco	1:28.9*	
11. 1968 St. Joseph Regional	1:29.0*	
1970 Englewood	*	?
13. 2010 Teaneck	1:29.1	
14. 2012 Old Tappan	1:29.2	
2013 Paramus Catholic		
16. 2014 Don Bosco	1:29.54	
17. 1967 Tenafly	1:29.4* ?	
2011 Teaneck		
2015 Old Tappan		
20. 1960 Demarest	1:29.5* ?	
2014 Paramus Catholic		
22. 2009 Englewood	1:29.7	
23. 2013 Ridgewood	1:29.98	
24. 1965 Englewood	1:29.8* ?	
25. 1965 Ramapo	1:29.9* ?	
1967 St. Joseph Regional	*	?

1967 New Milford	*	?
2012 Teaneck		
29. 2004 Don Bosco	1:30.13	
30. 2000 Hackensack	1:30.0	
2009 Don Bosco		
2012 Hackensack		
33. 1971 Englewood	1:30.2*	
2010 Bergen Catholic		
35. 1966 St. Joseph Regional	1:30.3* ?	
1968 Englewood	*	
1998 Hackensack		
38. 2007 Bergen Catholic	1:30.53	
39. 2012 Paramus Catholic	1:30.4	
2014 Ridgewood		
41. 2015 St. Joseph	1:30.5	
42. 2008 Bergen Catholic	1:30.6	
2009 Teaneck		
44. 2005 Westwood	1:30.81	
45. 2011 Bergen Catholic	1:30.8	
46. 2005 Teaneck	1:31.01	
47. 2015 Don Bosco	1:31.05	
48. 1994 Hackensack	1:31.0	
1970 Don Bosco	*	
2015 Paramus Catholic		

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

1. 2010 Teaneck	3:15.15	
<b>2. 2016 Old Tappan</b>	<b>3:15.43</b>	
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. 2014 Don Bosco	3:18.91	
13. 2010 Indian Hills	3:18.93	
14. 1995 Hackensack	3:19.01	
15. 2007 Teaneck	3:19.16	
16. 2011 Teaneck	3:19.17 (3:17.59 at nationals – DQ)	
17. 1993 Hackensack	3:19.1	
18. 1988 Ridgewood	3:19.25	
19. 1958 Tenafly	3:19.4*	
20. 2014 Old Tappan	3:19.76	
21. 2013 Pascack Valley	3:19.82	
22. 1976 Bergen Catholic	3:19.7*	
NEED DON BOSCO 1984 or 1985	3:19.X (PENN RELAYS)	
23. 1970 Englewood	3:20.1*	

24. 1993 Bergen Catholic		3:20.25
25. 1997 Teaneck	3:20.33	
26. 2013 Don Bosco		3:20.44
27. 1965 Tenafly		3:20.3*
1966 Tenafly		*
1960 Demarest	*	
30. 1997 Bergen Catholic		3:20.56
31. 2002 Teaneck	3:20.57	
32. 1980 Hackensack		3:20.5
33. 1992 Bergen Catholic		3:20.72
2007 Ridgewood		
35. 1975 Don Bosco		3:20.6*
36. 1990 Bergen Catholic		3:20.86
37. 1999 Bergen Catholic		3:20.93
38. 1961 Leonia		3:20.8*
39. 2008 Bergen Catholic		3:20.95
40. 2012 Demarest		3:20.96
<b>41. 2016 Ridgewood</b>		<b>3:20.97</b>
42. 1977 Hackensack		3:20.9*
43. 2006 Northern Highlands		3:21.10
44. 1972 Englewood		3:21.0*
1991 Hackensack		
1993 Englewood		
47. 2013 Teaneck	3:21.16	
48. 1967 Tenafly		3:21.1*
1968 Tenafly	*	
1986 Hackensack		3:21.1 (Penn Relays?)
2011 Bergen Catholic	3:21.25	

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

1. 2014 Ridgewood	7:39.57
<b>2. 2016 River Dell</b>	<b>7:40.57</b>
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. 1969 St. Joseph Regional	7:50.8*
16. 2004 Ridgewood	7:52.05
17. 1976 Paramus Catholic	7:52.0
18. 1973 Bergen Catholic	7:52.6*
19. 1972 Paramus Catholic	7:52.8*
20. 1976 Bergen Catholic	7:53.1*

21. 2002 Don Bosco	7:53.29
22. 1971 Queen of Peace	7:53.6*
23. 1970 Saddle Brook	7:53.8*
24. 1976 Don Bosco	7:54.3*
25. 1974 Paramus	7:55.2*
26. 2012 Ridgewood	7:55.55
27. 1971 St. Joseph Regional	7:56.3*
<b>28. 2016 Indian Hills</b>	<b>7:56.51</b>
29. 1994 Don Bosco	7:57.00
30. 2000 Don Bosco	7:57.25
31. 2007 Indian Hills	7:57.31
32. 1974 Saddle Brook	7:57.4*
1974 Queen of Peace	*
34. 2001 Don Bosco	7:57.64
35. 2008 Indian Hills	7:57.75
36. 1972 Ridgewood	7:57.9*
37. 1976 Ridgewood	7:58.1*
38. 2014 River Dell	7:58.52
39. 1970 St. Joseph Regional	7:58.4*
<b>2016 Bergen Catholic</b>	
41. 2013 Bergen Catholic	7:58.86
42. 2007 Don Bosco	7:58.97
43. 2014 River Dell	7:59.04
44. 2012 Old Tappan	7:59.13
45. 2006 Don Bosco	7:59.23
46. 1975 Saddle Brook	7:59.2*
47. 2015 Ridgewood	7:59.64
48. 1968 St. Joseph Regional	7:59.6*
49. 1976 Saddle Brook	7:59.9*
50. 2015 Indian Hills	8:00.15

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

1. 1973 Paramus Catholic	17:06.6*
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. 2004 Ridgewood	17:55.34*
13. 2015 Don Bosco	17:56.3
14. 2014 Don Bosco	17:58.2
15. 1970 Bergen Catholic	17:59.2* ?
16. 1999 Hackensack	18:00.92
17. 2010 Ridgewood	18:01.36*
18. 2006 Ridgewood	18:02.4

19. 2009 Ridgewood	18:02.96
20. 1971 Queen of Peace	18:03.9*
21. 1971 Bergen Catholic	18:04.0*
22. 2014 Bergen Catholic	18:05.1
23. 1992 Don Bosco	18:05.5
24. 1969 Don Bosco	18:06.0*
25. 1973 Bergen Catholic	18:06.6*
<b>26. 2016 Ridgewood</b>	<b>18:07.0</b>
27. 1998 Don Bosco	18:07.9
28. 2012 Ridgewood	18:08.3
29. 2015 River Dell	18:08.5
30. 2006 Northern Highlands 2010 Don Bosco	18:08.8
32. 1970 St. Joseph Regional	18:09.6*
33. 2014 Indian Hills	18:09.7
34. 1976 Paramus Catholic	18:10.5*
35. 1975 Paramus Catholic	18:10.6*
36. 1972 Paramus Catholic	18:11.2*
37. 2012 Ramsey	18:11.5
<b>38. 2016 Don Bosco</b>	<b>18:12.2</b>
39. 1980 Bergen Catholic	18:12.3*
40. 2011 Ridgewood	18:12.6
<b>41. 2016 Indian Hills</b>	<b>18:13.1</b>
42. 1979 Paramus Catholic	18:13.3*
43. 1993 Ridgewood	18:13.8
44. 2011 Indian Hills	18:14.1
45. 2015 Ridgewood	18:14.2
46. 1965 St. Joseph Regional	18:14.3*
47. 2015 Indian Hills	18:14.8
48. 1985 Bergen Catholic	18:15.0
49. 2014 Ridgewood	18:15.1
50. 1974 PascackValley	18:15.2*

### **SPRINT MEDLEY (\*adjusted in yards -1.2)**

1. 2015 Old Tappan	3:25.08
2. 1975 Paramus	3:26.5*
3. 2010 Teaneck	3:26.77
4. 1976 Paramus Catholic	3:27.1*
5. 2007 Don Bosco	3:27.30
6. 2000 Ridgewood	3:27.58
7. 1975 Don Bosco	3:27.5*
8. 2013 Pascack Valley	3:27.7
9. 2013 Ridgewood	3:28.23
10. 1977 Paramus Catholic	3:28.1*
11. 2010 Ramapo	3:28.30
12. 2011 Teaneck	3:29.59
13. 1976 Bergen Catholic 1987 Ridgewood	3:29.6*
<b>15. 2016 Ridgewood</b>	<b>3:29.88</b>
16. 2006 Indian Hills	3:29.98

17. 2002 Bergen Catholic	3:30.11
18. 2012 Pascack Valley	3:30.1
19. 2008 Ridgewood	3:30.39
20. 2006 Teaneck	3:30.54
21. 1977 Ramsey	3:30.7*
2007 Ridgewood	3:30.84
23. 2014 Old Tappan	3:31.1
24. 1999 Ridgewood	3:31.36
25. 2009 Don Bosco	3:31.9
2014 Ridgewood	
27. 1972 Queen of Peace	3:32.2*
28. 1976 Paramus	3:32.5*
29. 2010 Don Bosco	3:32.79
30. 2010 Bergen Catholic	3:32.8
31. 2015 Ridgewood	3:32.9
32. 2015 River Dell	3:33.0
33. 2014 Don Bosco	3:33.42
34. 1975 Ridgewood	3:33.3*
35. 2012 Old Tappan	3:33.4
36. 1973 Queen of Peace	3:33.5*
2012 Ridgewood	
38. 2005 Paramus Catholic	3:33.66
39. 1966 St. Joseph Regional	3:33.6*
40. 1977 Bergen Catholic	3:33.8*
41. 1975 Bergen Catholic	3:33.9*
2003 Glen Rock	
43. 1977 Don Bosco	3:34.2*
<b>2016 Don Bosco</b>	
45. 1973 Paramus Catholic	3:34.3*
46. 1977 Hackensack	3:34.4*
47. 2011 Ramapo	3:34.5
<b>2016 River Dell</b>	
49. 1975 Paramus Catholic	3:34.7*
2008 Don Bosco	

### **DISTANCE MEDLEY (\*Adjusted in yards –3.7)**

1. 1973 Paramus Catholic	10:04.2*
2. 2006 Ridgewood	10:06.57
3. 1978 Bergen Catholic	10:07.4
4. 2015 River Dell	10:07.57
5. 2007 Ridgewood	10:07.94
6. 1977 Paramus Catholic	10:09.9
<b>7. 2016 River Dell</b>	<b>10:10.36</b>
8. 1985 Ridgewood	10:11.1
9. 2011 Ridgewood	10:12.8
10. 2005 Ridgewood	10:13.79
11. 2009 Don Bosco	10:15.21
12. 1976 Paramus Catholic	10:15.3
13. 1987 Ridgewood	10:16.2
14. 1975 Bergen Catholic	10:17.7*

15. 1970 Ramapo	10:18.5*
16. 1971 Hackensack	*
17. 2014 Don Bosco	10:19.6
18. 1972 Bergen Catholic	10:20.1*
19. 2011 Indian Hills	10:20.26
20. 1992 Don Bosco	10:20.38
21. 1970 Paramus Catholic	10:21.0*
22. 1993 Ridgewood	10:22.36
23. 2012 Ridgewood	10:23.01
24. 2009 Ridgewood	10:23.25
25. 2013 Ridgewood	10:24.25
26. 2014 Demarest	10:24.2
27. 1971 Bergen Catholic	10:24.4*
28. 2014 Old Tappan	10:25.1
29. 1973 Queen of Peace	10:25.3*
30. 1972 Bergen Catholic	10:25.8*
31. 2014 Ridgewood	10:27.53
32. 1969 Paramus Catholic	10:27.6*
33. 2010 Don Bosco	10:28.0
34. 1979 Paramus Catholic	10:28.5*
35. 1971 Queen of Peace	10:28.6*
36. 2006 Northern Highlands	10:28.82
37. 1976 St. Joseph Regional	10:28.9*
38. 2013 Don Bosco	10:29.1
39. 1977 Saddle Brook	10:29.5*
40. 2004 Ridgewood	10:29.67
41. 1973 Northern Highlands	10:29.6*
42. 1974 Bergen Catholic	10:30.2*
43. 2015 Don Bosco	10:30.4
44. 1992 Ridgewood	10:30.49
45. 2007 Indian Hills	10:30.60
46. 1977 Bergen Catholic	10:31.6*
1978 Saddle Brook	*
1971 Northern Highlands	*
. 1973 Bergen Catholic	*
50. 1968 St. Joseph Regional	10:32.9*

### **SHUTTLE HIGH HURDLES RELAY**

1. 1972 Ridgewood	59.2
2. 1972 New Milford	59.5
1973 New Milford	
4. 1978 Indian Hills	60.7
5. 1971 St. Joseph Regional	60.9
6. 2010 Ridgewood	61.0
7. 1968 St. Joseph Regional	61.1
1971 New Milford	
1975 Paramus Catholic	
10. 2010 Don Bosco	61.29
11. 2015 Northern Highlands	61.47
12. 1993 Paramus Catholic	61.4



2012 Hackensack

**2016 Northern Highlands**

15. 2011 Don Bosco	61.67
16. 1970 St. Joseph Regional	61.6
17. 1974 Pascack Valley	61.7
18. 1973 Hackensack	61.8
2010 Bergen Catholic	
20. 1974 New Milford	61.9
21. 1984 Don Bosco	62.0
1969 New Milford	
23. 1976 New Milford	62.1
24. 2015 Old Tappan	62.35
25. 1969 Bergen Catholic	62.3
<b>2016 Old Tappan</b>	
27. 1978 Paramus Catholic	62.5
1971 Northern Highlands	
1972 Bergen Catholic	
2011 Hackensack	
31. 1976 Hackensack	62.7
1987 Bergen Catholic	
33. 2004 Hackensack	62.8
34. 1985 Don Bosco	62.9
35. 1973 Paramus Catholic	63.0
1984 Tenafly	
2002 Leonia	
38. 1973 St. Joseph Regional	63.2
1975 New Milford	
1975 Ridgewood	
1977 Paramus Catholic	
1983 Teaneck	
43. 2000 Glen Rock	63.46
44. 1980 Tenafly	63.3
45. 1979 Rutherford	63.4
1988 Don Bosco	
1999 Don Bosco	
2008 Englewood	
2006 Don Bosco	63.54

**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
<b>4. 2016 Old Tappan</b>	<b>2:49.5</b>
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. 2007 Don Bosco	2:50.7
11. 1982 Ridgewood	2:50.9

12. 2014 Old Tappan	2:51.7
13. 1999 River Dell	2:51.9
14. 1992 Bergen Catholic	2:52.2
15. 1999 Don Bosco	2:52.63
16. 1980 Hackensack	2:52.5
17. 2009 Bergen Catholic	2:52.9
18. 1990 Bergen Catholic	2:53.0
2007 Ridgewood	
20. 1994 Bergen Catholic	2:53.3
2011 Old Tappan	
22. 1983 Bergen Catholic	2:53.5
23. 2004 Hackensack	2:53.8
2012 Pascack Hills	
25. 2008 Don Bosco	2:53.9
26. 2014 Bergen Tech	2:54.1
27. 2005 Hackensack	2:54.2
28. 1986 Hackensack	2:54.4
29. 1989 Don Bosco	2:54.6
2011 Northern Highlands	
2012 Northern Highlands	
32. 1996 Ramsey	2:54.7
33. 1995 Bergen Catholic	2:54.8
2003 Hackensack	
35. 2013 Demarest	2:54.9
36. 1982 Hackensack	2:55.1
2006 Ridgewood	
2010 Ridgewood	
39. 1998 Don Bosco	2:55.5
2000 River Dell	
2015 Northern Highlands	
42. 1987 Bergen Catholic	2:55.6
<b>2016 Hasbrouck Heights</b>	
44. 2012 Indian Hills	2:55.7
45. 2003 River Dell	2:55.8
46. 1996 Glen Rock	2:56.0
47. 1983 Don Bosco	2:56.1
1994 Don Bosco	
2003 Demarest	
50. 1984 Tenafly	2:56.4
1984 Teaneck	
1992 Indian Hills	
1996 Westwood	
2013 River Dell	

## SHOT PUT

1. 1970 St. Joseph Regional	179-1
2. 1969 St. Joseph Regional	171-0 <sup>3</sup> / <sub>4</sub>
3. 1982 Demarest	161-1 <sup>1</sup> / <sub>2</sub>
4. 1976 Rutherford	159-7 <sup>3</sup> / <sub>4</sub>
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 ½
11. 1977 Demarest	154-5
12. 1971 Bergen Catholic	154-2
13. 1971 Indian Hills	153-9 ½
14. 1971 New Milford	153-9
15. 1976 Hackensack	153-7
16. 2007 River Dell	153-3 ½
17. 1972 River Dell	153-0 ½
18. 1981 Ramsey	152-3 ½
19. 1975 St. Joseph Regional	151-9
20. 1976 Paramus Catholic	151-6
21. 2001 Hackensack	150-8 ½
22. 1973 St. Joseph Regional 2000 Hackensack	150-7
24. 1987 Hackensack	149-11
25. 2006 Hasbrouck Heights	149-8 ¼
26. 1977 Rutherford	148-8 ¼
27. 2001 Garfield	147-11 ¾
28. 2001 River Dell	147-10 ½
29. 1978 Saddle Brook 1980 Fair Lawn	147-7 ½
31. 1971 Teaneck	147-2 ¼
32. 1972 Paramus Catholic	147-0
33. 1983 Ridgewood	146-8 ½
34. 1975 Hackensack	146-7 ½

## 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. 2010 River Dell	447-8
6. 1969 St. Joseph Regional	447-7
7. 1982 Demarest	446-11
8. 2015 River Dell	443-8
9. 1981 Hackensack	443-2
10. 1979 Fair Lawn	439-1
11. 1996 Bergen Catholic	434-4
12. 1971 St. Joseph Regional 1995 Bergen Catholic	433-7
14. 1998 Bergen Catholic	432-4
15. 2007 River Dell	428-2
16. 1980 Hackensack	428-0
17. 1969 River Dell	427-1
18. 1976 Ramapo	423-8
19. 1982 Hackensack	423-5

20. 1971 Ridgewood	422-8
21. 1978 Waldwick	419-9
22. 1975 Ramapo	419-1
23. 1975 Saddle Brook	417-4
24. 1973 Paramus Catholic	417-1
25. 2015 Ramsey	416-3
26. 1978 Saddle Brook	416-0
27. 1979 Waldwick	415-9
28. 1971 Hackensack	415-6
29. 1971 Old Tappan	415-4
1977 Saddle Brook	
31. 1984 Demarest	415-3
32. 1975 Old Tappan	414-7
33. 2002 Dumont	413-1
34. 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 Tenafly	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. 2008 Wood-Ridge	511-0
12. 1984 Demarest	509-11
13. 2009 Midland Park	508-4
14. 1981 Saddle Brook	506-0
15. 1976 Don Bosco	504-9
16. 1976 Cresskill	502-4
17. 2012 Hasbrouck Heights	500-2
18. 1978 Saddle Brook	499-2
19. 1979 Hackensack	498-3
20. 1983 Dumont	497-10
21. 1981 Garfield	497-5
22. 1979 Dumont	496-6
23. 1982 Tenafly	496-2
24. 2007 Bogota	494-0
25. 1984 Don Bosco	493-7
26. 2008 Cresskill	492-1
27. 1987 Demarest	491-2
28. 1981 Tenafly	486-8
29. 2006 Wood-Ridge	486-3
30. 1981 Dumont	486-0
31. 1984 Tenafly	485-11

## HIGH JUMP

1. 1982 Hackensack	18-8
2. 2008 Bergen Catholic	18-6
3. 1993 Paramus Catholic	18-4 $\frac{1}{4}$
4. 2010 Ridgewood	18-2
5. 1982 Old Tappan	18-1
6. 1979 Teaneck	18-0
1995 St. Joseph Regional	
1997 Hackensack	
1997 Don Bosco	
10. 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	
20. 1971 Old Tappan	17-9
1984 Teaneck	
22. 1976 Paramus	17-8
1976 Indian Hills	
1978 Saddle Brook	
1985 Demarest	
1988 Tenafly	
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	

## LONG JUMP

1. 1997 Rutherford	64-1
2. 2012 Hasbrouck Heights	63-5 $\frac{1}{2}$
3. 1981 Hackensack	62-11 $\frac{1}{4}$
4. 1969 Pascack Valley	62-2 $\frac{1}{2}$
2013 Hasbrouck Heights	
6. 1992 Englewood	62-1 $\frac{1}{2}$
7. 2008 Bergen Catholic	61-11
8. 1997 Leonia	61-10 $\frac{3}{4}$

9. 2007 Hackensack		61-10 ½
10. 1999 Glen Rock		61-10
<b>11. 2016 Hackensack</b>		<b>61-9 ½</b>
12. 2013 Ramsey		61-8 ¼
13. 1968 Fort Lee		61-7
14. 1979 Teaneck	61-6 ¾	
2012 Old Tappan		
16. 1969 Englewood		61-5 ½
17. 1990 Hackensack		61-4
18. 2002 Teaneck	61-2	
<b>19. 2016 Garfield</b>		<b>61-1 ½</b>
20. 1969 Teaneck	61-0 ¼	
<b>21. 2016 Hasbrouck Heights</b>		<b>61-0</b>
22. 1991 Hackensack		60-11 ¼
2000 Hackensack		
24. 2002 Garfield	60-11	
25. 2011 Teaneck	60-10 ½	
26. 1982 Hackensack		60-9 ¾
27. 1970 Englewood		60-9 ½
2008 Hackensack		
2014 Ramsey		
2014 Englewood		
31. 2014 Paramus Catholic		60-9
32. 2000 Rutherford		60-8 ½
2009 Englewood		
34. 2011 Don Bosco		60-8 ¼
35. 1998 Hackensack		60-8
36. 1979 Indian Hills		60-7 ½
37. 1976 Paramus Catholic		60-6 ¾
38. 2001 Westwood		60-6 ¼
2011 Pascack Hills		
40. 2013 Hackensack		60-5 ½
41. 2015 Old Tappan		60-4
42. 1988 Ridgewood		60-3 ¾
2015 Garfield		
44. 1999 Saddle Brook		60-3 ½
2009 Don Bosco		
46. 2003 Saddle Brook		60-3 ¼
47. 2001 Garfield	60-3	
48. 2008 New Milford		60-2 ¾
49. 1970 Ridgewood		60-2 ½
50. 1977 Indian Hills		60-2 ¼
1986 Hackensack		
2008 Englewood	60-2	
1986 Ramsey		60-1 ¾
1988 Hackensack		
1969 Indian Hills		
2011 Bergen Catholic		
1984 Tenafly		60-0 ¾

2000 Glen Rock 60-0 ½  
2011 Englewood

### 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 ¾
5. 2004 Bergenfield	130-0
6. 2014 Englewood	129-8 ½
<b>7. 2016 Northern Highlands</b>	<b>128-8 ½</b>
8. 1992 Englewood	128-7
<b>2016 Hackensack</b>	
10. 1979 Teaneck	128-6 ¾
11. 1989 Teaneck	128-1 ¾
12. 1982 Hackensack	127-9 ¼
13. 2014 Ridgewood	127-5 ½
14. 2014 Ramapo	127-5 ¼
15. 2012 Hasbrouck Heights	127-4
16. 2002 Bergenfield	127-1
17. 2003 Hackensack	127-0 ¾
18. 2013 Lodi	126-9
19. 1989 Rutherford	126-7 ¼
20. 2002 Don Bosco	126-7
21. 1997 Rutherford	126-2
2015 Garfield	
23. 1986 Hackensack	125-10 ¾
24. 2011 Garfield	125-10 ½
25. 1989 Ridgewood	125-10 ¼
26. 2007 Paramus Catholic	125-6 ½
27. 2008 Bergen Catholic	125-6
28. 2015 Northern Highlands	125-5 ¼
29. 1996 Glen Rock	125-5
30. 2011 Ridgewood	125-3 ¾
31. 1980 Hackensack	125-1 ½
32. 2009 Old Tappan	125-0
33. 2014 Ramsey	124-10 ½
34. 2013 Hasbrouck Heights	124-8
<b>35. 2016 Demarest</b>	<b>124-5 ¾</b>
36. 2013 Ramsey	124-5 ½
37. 2011 Elmwood Park	124-3
38. 2014 Bogota	124-0 ½
39. 2008 Lodi	124-0 ¼
40. 2012 Teaneck	123-11 ¾
41. 2014 Lodi	123-9
42. 2009 Englewood	123-8 ¼
43. 2004 Demarest	123-7 ¼
44. 2011 New Milford	123-5 ½
45. 1987 Hackensack	123-5 ¼
46. 2012 Hackensack	123-4 ¾

47. 1978 Tenafly	123-2 $\frac{3}{4}$
1979 Indian Hills	
49. 1980 Old Tappan	123-2 $\frac{1}{4}$
1999 Teaneck	

## POLE VAULT

1. 2014 Ridgefield Park	40-0
2. 2014 Ridgewood	39-6
2014 Demarest	
4. 1973 Pascack Valley	38-6
5. 2004 Ridgewood	38-0
2010 Demarest	
7. 2007 Mahwah	37-7
8. 2014 Old Tappan	37-6
2015 Mahwah	
10. 2012 Demarest	37-0
11. 1971 River Dell	36-6
1972 Bergen Catholic	
1986 Ramsey	
<b>2016 Ridgewood</b>	
14. 1972 River Dell	36-0
1976 Hackensack	
1982 Hackensack	
2008 Old Tappan	
2009 Don Bosco	
2013 Demarest	
2015 Demarest	
<b>2016 Mahwah</b>	
22. 1981 Bergen Catholic	35-6
1984 Teaneck	
1994 Demarest	
1995 Fair Lawn	
2001 Mahwah	
2005 Lyndhurst	
2007 Cresskill	
29. 1976 New Milford	35-1
30. 1972 Bergenfield	35-0
1999 Westwood	
1969 Mahwah	
2008 Park Ridge	
2008 Mahwah	
2009 Demarest	
2011 Demarest	
2013 Ridgewood	
<b>2016 Old Tappan</b>	
39. 1971 Pascack Valley	34-6
1973 Paramus	
1970 Tenafly	
1976 Teaneck	
1979 Dumont	



1980 Dumont  
 1981 Dumont  
 1994 Ridgefield Park  
 1994 Indian Hills  
 1997 Dumont  
 2002 Lyndhurst  
 2002 Don Bosco  
 2004 Hackensack  
 2005 Hackensack  
**2016 Demarest**

## GIRLS

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

1. 2010 Paramus Catholic	46.90
2. 2009 Paramus Catholic	47.61
<b>3. 2016 Northern Highlands</b>	<b>47.90</b>
4. 2011 Paramus Catholic	48.29
5. 2015 Northern Highlands	48.43
<b>6. 2016 Paramus Catholic</b>	<b>48.49</b>
7. 2014 Northern Highlands	48.67
8. 1980 Teaneck	48.6
2002 Queen of Peace	
10. 2012 Paramus Catholic	
11. 2004 Hackensack	48.75
12. 2015 Paramus Catholic	48.88
13. 2013 Englewood	49.01
14. 1979 Teaneck	48.9*
2014 Hackensack	
16. 2008 Paramus Catholic	49.20
<b>17. 2016 Teaneck</b>	<b>49.24</b>
18. 1983 Teaneck	49.1
2007 Teaneck	
20. 2010 Teaneck	49.27
21. 2013 Paramus Catholic	49.31
22. 2007 Paramus Catholic	49.34
<b>23. 2016 IHA</b>	<b>49.42</b>
24. 2005 Teaneck	49.43
25. 2014 Paramus Catholic	49.3
26. 2012 Teaneck	49.48
<b>27. 2016 Ridgewood</b>	<b>49.52</b>
28. 1989 Teaneck	49.4
2009 Teaneck	
2013 Teaneck	
31. 2003 Queen of Peace	49.59
32. 2015 Teaneck	49.60
33. 2011 Teaneck	49.66
34. 2007 Ridgewood	49.67
<b>35. 2016 River Dell</b>	<b>49.70</b>
36. 2015 River Dell	49.72

<b>37. 2016 Pascack Hills</b>		<b>49.77</b>
38. 2010 Mahwah		49.83
39. 2006 Teaneck	49.7	
40. 2015 Pascack Hills		49.86
41. 2014 River Dell		49.90
42. 2014 Cresskill		49.92
43. 2000 Queen of Peace		49.8
44. 2005 Hackensack		49.98
45. 2008 Teaneck	49.99	
46. 2015 Cresskill		50.01
47. 2013 Ramapo		50.02
48. 1987 Teaneck	49.9	
49. 2006 Ridgewood		50.13
50. 2008 Ridgewood		50.17

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

1. 2010 Paramus Catholic		1:41.0
2. 1979 Teaneck		1:42.0
3. 1980 Teaneck		1:42.9
4. 2007 Teaneck		1:43.5
5. 1985 Teaneck		1:43.7
<b>2016 Northern Highlands</b>		
7. 2012 Teaneck		1:43.8
8. 2015 Northern Highlands		1:44.1
9. 2007 Paramus Catholic		1:44.24
10. 2015 Paramus Catholic		1:44.2
<b>2016 Teaneck</b>		
12. 2011 Paramus Catholic		1:44.3
13. 2007 Ridgewood		1:44.67
<b>14. 2016 Paramus Catholic</b>		<b>1:44.6</b>
15. 2004 Teaneck	1:44.77	
16. 2002 Queen of Peace 2014 Hackensack		1:44.8
18. 2010 Teaneck	1:45.04	
19. 2006 Teaneck	1:45.0	
20. 2012 Paramus Catholic		1:45.2
21. 2003 Queen of Peace 2004 Hackensack 2008 Paramus Catholic		1:45.4
24. 1994 Glen Rock 2013 Teaneck		1:45.5
26. 2008 Ramapo		1:45.6
27. 1982 Englewood 1984 Teaneck 2007 Hackensack		1:45.7
30. 2008 Ridgewood		1:45.92
31. 2013 Englewood		1:45.8
32. 2005 Teaneck	1:45.98	
33. 2005 Hackensack		1:45.9
34. 2009 Teaneck	1:46.04	

35. 1983 Englewood		1:46.0
2012 Ramsey		
37. 2014 Paramus Catholic		1:46.1
<b>2016 Pascack Hills</b>		<b>1:46.25</b>
39. 1989 Teaneck	1:46.2	
2008 Teaneck		
2015 Teaneck		
42. 2009 Ridgewood		1:46.5
43. 1983 Teaneck	1:46.7	
<b>2016 River Dell</b>		
45. 2007 Ramapo		1:46.8
2014 Northern Highlands		
47. 2006 Ridgewood		1:46.95
48. 2014 Westwood		1:46.99
49. 1988 Ridgewood		1:46.9
50. 2015 River Dell		1:47.1

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

1. 2013 Northern Highlands		3:51.44
2. 2012 Ramapo		3:53.71
3. 2012 Westwood		3:53.73
4. 2014 Northern Highlands		3:53.76
5. 2015 Northern Highlands		3:54.12
<b>6. 2016 Northern Highlands</b>		<b>3:54.15</b>
<b>7. 2016 Ramapo</b>		<b>3:54.29</b>
8. 1988 Ridgewood		3:54.29
9. 2005 Teaneck		3:55.21
10. 2005 Ramsey		3:55.29
11. 2006 Teaneck	3:55.45	
12. 2007 Ridgewood		3:55.79
13. 2010 Paramus Catholic		3:55.91
14. 1981 Englewood		3:55.8
15. 2007 River Dell		3:56.13
16. 2007 Ramsey		3:56.22
17. 1989 Teaneck	3:56.2	
18. 1978 Ramsey		3:56.4*
19. 2011 Westwood		3:56.52
20. 2014 Westwood		3:56.60
21. 2015 River Dell		3:56.64
22. 1981 Teaneck	3:56.5	
23. 2004 Teaneck	3:56.81	
24. 2007 Ramapo		3:56.96
25. 2009 Paramus Catholic		3:56.98
26. 2006 Ridgewood		3:57.01
27. 1995 Glen Rock		3:57.22
28. 2008 Ramapo		3:57.24
29. 1990 Teaneck	3:57.4	
30. 2013 Westwood		3:57.65
31. 2010 IHA		3:57.69
32. 1995 Hackensack		3:57.72
<b>33. 2016 Ramsey</b>	<b>3:57.78</b>	

34. 2012 Teaneck	3:57.83
35. 1997 Teaneck	3:58.06
36. 2011 River Dell	3:58.38
<b>37. 2016 Park Ridge</b>	<b>3:58.55</b>
38. 2013 Tenafly	3:58.70
39. 1984 Ridgewood	3:58.8
40. 1981 Hackensack	3:58.9
1982 Englewood	
42. 1994 Teaneck	3:59.07
43. 1994 Glen Rock	3:59.08
44. 2009 Westwood	3:59.09
45. 2015 Paramus Catholic	3:59.14
46. 2006 Northern Highlands	3:59.26
47. 2009 IHA	3:59.34
48. 2010 Ramsey	3:59.52
49. 1980 Westwood	3:59.4
50. 2013 Ramsey	3:59.67

2011 Ridgewood	3:59.68
2008 IHA	3:59.75
2015 Ramsey	
1985 Ridgewood	3:59.7
2007 Teaneck	3:59.90
2005 Ridgewood	3:59.93

#### **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. 2014 Ramapo	9:17.68
8. 2006 Ridgewood	9:18.44
9. 2014 Northern Highlands	9:20.94
10. 2014 Westwood	9:21.28
11. 2011 Westwood	9:22.55
<b>12. 2016 Ramsey</b>	<b>9:26.49</b>
13. 2011 Northern Highlands	9:27.39
14. 2015 Northern Highlands	9:27.54
15. 2010 Ramsey	9:28.42
<b>16. 2016 Old Tappan</b>	<b>9:28.60</b>
<b>17. 2016 Ridgewood</b>	<b>9:28.62</b>
18. 1986 Ridgewood	9:29.1
19. 1982 Ridgewood	9:29.8
20. 2007 Ramapo	9:30.1
21. 2010 Old Tappan	9:31.81
22. 2013 Westwood	9:32.47
23. 2004 Ridgewood	9:32.70
24. 2014 Tenafly	9:32.6
25. 2014 IHA	9:33.60

26. .2005 Ridgewood	9:33.66
27. 2001 Glen Rock	9:34.09
28. 2013 IHA	9:35.22
<b>29. 2016 Indian Hills</b>	<b>9:36.05</b>
30. 2013 Ramapo	9:37.14
31. 2012 Westwood	9:38.16
32. 1992 Ridgewood	9:38.2
33. 2010 Westwood	9:38.37
34. 2015 Indian Hills	9:39.05
35. 2011 Tenafly	9:39.1
36. 2003 Glen Rock	9:39.25
37. 2014 Holy Angels	9:39.75
38. 2015 Old Tappan	9:39.97
<b>39. 2016 Holy Angels</b>	<b>9:41.07</b>
40. 2015 Holy Angels	9:42.47
41. 1991 Hackensack	9:42.54
42. 2000 Ridgewood	9:43.14
43. 2013 Northern Highlands	9:43.23
44. 1974 Ridgewood	9:43.3*
45. 2015 Ridgewood	9:43.82
46. 2010 IHA	9:43.9
<b>47. 2016 River Dell</b>	<b>9:44.22</b>
48. 2014 Ramsey	9:44.38
49. 2012 Tenafly	9:44.3
50. 2015 Ramsey	9:44.88

1980 Ridgewood	9:44.8*
2013 Holy Angels	9:45.55
2006 IHA	9:45.8
1999 Ridgewood	9:46.07
<b>2016 Northern Highlands</b>	<b>9:46.76</b>
2007 Ridgewood	9:47.36
<b>2016 Hasbrouck Heights</b>	<b>9:47.87</b>
2007 IHA	9:48.5
2011 Ridgewood	9:49.20
2013 Hasbrouck Heights	9:49.31
2014 Demarest	9:49.81
2002 IHA	9:49.98
1987 Pascack Valley	9:49.9
<b>2016 Lyndhurst</b>	<b>9:50.27</b>
1996 Ridgewood	9:50.4
2008 IHA	
2013 Ridgewood	9:50.7
2013 River Dell	9:50.87
2014 Ridgewood	9:51.05
2015 IHA	9:51.6
2003 IHA	9:51.82
2008 Ramapo	9:52.4
2000 Westwood	9:52.69
<b>2016 Pascack Valley</b>	<b>9:53.23</b>
2015 Demarest	9:53.55

1980 Paramus Catholic	9:53.5*
2005 Westwood	9:54.28
2004 IHA	9:54.30
2011 IHA	9:54.33
2010 River Dell	9:54.3
<b>2016 Demarest</b>	<b>9:54.52</b>
1985 Teaneck	9:54.6
2015 Hasbrouck Heights	9:54.76
2007 Indian Hills	9:54.93
2013 Indian Hills	9:55.02
2012 Ramapo	9:55.0
2009 Westwood	9:55.78
2014 Hasbrouck Heights	9:56.42
2011 River Dell	9:56.93
2015 Ramapo	9:57.90
1994 Ridgewood	9:57.9
2006 Indian Hills	9:58.2
1996 IHA	9:58.4
1979 Teaneck	9:58.5*
2005 Indian Hills	
2006 River Dell	9:58.6
2010 Indian Hills	
2012 IHA	
1987 Teaneck	9:59.0
2003 Fair Lawn	9:59.21
2015 Lyndhurst	9:59.35
2011 Holy Angels	9:59.3
<b>2016 Park Ridge</b>	<b>9:59.4</b>
2008 Ridgewood	9:59.62
1979 Saddle Brook	9:59.8*
2010 Holy Angels	

#### **4 x 1600 METERS (\*adjusted 4 x mile)**

1. 1983 Ridgewood	20:27.2*
2. 2009 IHA	20:59.57
3. 2008 IHA	21:13.82
4. 2011 Ridgewood	21:14.88*
5. 1980 Ridgewood	21:19.0*
6. 2015 Ridgewood	21:24.6
7. 2002 Glen Rock	21:28.07*
8. 2012 Ridgewood	21:28.7
9. 1987 Ridgewood	21:37.8
10. 2015 IHA	21:41.5
11. 2014 Ridgewood	21:42.34
12. 2011 Holy Angels	21:43.0
13. 2012 Northern Highlands	21:44.4
<b>14. 2016 Old Tappan</b>	<b>21:45.3</b>
15. 2014 IHA	21:45.6
16. 2013 Ridgewood	21:46.3
17. 2013 Ramapo	21:48.1

18. 1986 Ridgewood	21:48.6
19. 2009 Holy Angels	21:50.3
20. 2015 Northern Highlands	21:51.7
21. 2010 Holy Angels	21:52.2
22. 2015 Holy Angels	21:52.6
23. 2011 IHA	21:53.5
<b>24. 2016 Ridgewood</b>	<b>21:55.7</b>
25. 2013 Holy Angels	21:56.0
26. 2015 River Dell	21:57.2
27. 2012 Ramapo	21:59.4
28. 2012 IHA	22:02.4
29. 2007 IHA	22:04.6
30. 2014 Holy Angels	22:04.9
31. 2010 IHA	22:05.7
32. 1982 Ridgewood	22:06.9
2006 Holy Angels	
34. 2014 Ramapo	22:07.2
35. 1993 Ridgewood	22:07.7
36. 1994 Ridgewood	22:08.0
2014 Northern Highlands	
38. 2015 Pascack Valley	22:09.6
39. 1999 Ridgewood	22:09.9
40. 2012 Holy Angels	22:10.1
41. 2015 Old Tappan	22:11.5
42. 2011 Northern Highlands	22:13.5
43. 1996 Ridgewood	22:15.3
44. 2015 Bergen Tech	22:17.6
<b>45. 2016 Northern Highlands</b>	<b>22:18.0</b>
46. 2013 IHA	22:19.3
<b>2016 River Dell</b>	
48. 2013 Northern Highlands	22:19.7
2015 Indian Hills	
50. 1995 Hackensack	22:20.2

**SPRINT MEDLEY (\*adjusted yards)**

1. 2013 Westwood	4:02.84
2. 2007 Ridgewood	4:03.71
3. 2014 Northern Highlands	4:04.19
4. 2014 Westwood	4:04.38
5. 2007 Ramapo	4:05.40
6. 2008 Ramapo	4:05.85
7. 2012 Teaneck	4:06.4
8. 2012 Westwood	4:08.23
9. 2012 Ramapo	4:08.67
10. 2012 Northern Highlands	4:08.7
11. 1995 Glen Rock	4:08.9
<b>12. 2016 River Dell</b>	<b>4:10.23</b>
13. 2015 IHA	4:10.40
14. 1987 Ridgewood	4:10.5
15. 2015 Tenafly	4:12.10
16. 2009 Paramus Catholic	4:12.13

17. 2011 Westwood	4:12.78
18. 2015 Teaneck	4:12.81
<b>19. 2016 Teaneck</b>	<b>4:12.8</b>
20. 2013 River Dell	4:13.34
21. 2004 Queen of Peace	4:13.3
22. 1983 Bergenfield	4:13.6
23. 2005 Garfield	4:13.90
24. 1982 Englewood	4:13.8
2012 Demarest	
26. 1980 Teaneck	4:13.9*
27. 2014 Ramapo	4:14.1
<b>28. 2016 Paramus Catholic</b>	<b>4:14.2</b>
29. 1988 Ridgewood	4:14.4
2015 Hackensack	
31. 1979 Teaneck	4:14.9
32. 2012 Ridgewood	4:15.0
33. 2008 IHA	4:15.58
<b>34. 2016 Pascack Hills</b>	<b>4:15.60</b>
35. 2010 IHA	4:15.5
36. 2015 Northern Highlands	4:15.6
37. 2006 Teaneck	4:15.94
38. 2000 IHA	4:16.51
<b>39. 2016 Hasbrouck Heights</b>	<b>4:16.4</b>
40. 1997 Glen Rock	4:16.5
<b>41. 2016 Old Tappan</b>	<b>4:16.6</b>
42. 2015 Hasbrouck Heights	4:16.7
43. 1980 Westwood	4:16.9*
1981 Dumont	
1984 Ridgewood	
46. 1983 Ridgewood	4:17.2
47. 2005 IHA	4:17.42
48. 1978 Ramsey	4:17.4*
49. 2002 IHA	4:17.7
50. 2013 Ridgewood	4:17.8

## **DISTANCE MEDLEY**

1. 2012 Ridgewood	11:50.73
2. 2007 Ramapo	11:56.59
3. 2015 Northern Highlands	11:57.85
4. 1982 Ridgewood	11:58.6
5. 1988 Ridgewood	12:02.29
6. 2014 Northern Highlands	12:02.79
7. 2008 IHA	12:03.10
8. 1994 Ridgewood	12:03.5
9. 1981 Ridgewood	12:10.6
10. 2013 Northern Highlands	12:11.22
11. 2010 Ramsey	12:14.39
12. 1987 Ridgewood	12:15.0
13. 2013 Ridgewood	12:16.29
14. 2001 Glen Rock	12:16.8
<b>15. 2016 Ridgewood</b>	<b>12:17.99</b>



16. 1998 Ridgewood	12:20.41
17. 1985 Ridgewood	12:21.8
18. 2015 Ridgewood	12:22.23
19. 2002 Glen Rock	12:22.4
20. 2009 IHA	12:23.09
21. 2011 Ridgewood	12:23.35
<b>22. 2016 River Dell</b>	<b>12:23.44</b>
23. 2006 Ramapo	12:23.75
24. 2012 Ramapo	12:26.0
25. 2007 Indian Hills	12:28.38
26. 2015 IHA	12:29.52
27. 2000 Ridgewood	12:30.64
28. 2013 Tenafly	12:31.2
29. 2012 Westwood	12:33.92
30. 2014 Holy Angels	12:34.5
31. 1991 Ridgewood	12:34.8
32. 2009 Ramapo	12:36.89
33. 2012 Northern Highlands	12:37.1
34. 2010 Old Tappan	12:40.0
35. 2010 Westwood	12:40.45
36. 2015 Pascack Valley	12:40.4
37. 1980 Westwood	12:40.5*
38. 1992 Hackensack	12:40.8
39. 2014 Indian Hills	12:40.9
40. 2012 Hackensack	12:41.7
41. 2007 IHA	12:41.9
<b>42. 2016 Indian Hills</b>	<b>12:42.16</b>
43. 1979 Westwood	12:43.0*
44. 2013 Ramapo	12:43.5
45. 2013 Holy Angels	12:44.7
46. 2015 Indian Hills	12:44.9
47. 2014 IHA	12:45.0
48. 1995 Ridgewood	12:45.2
49. 2000 Glen Rock	12:45.5
50. 1984 Ridgewood	12:46.8
2009 Ramsey	12:48.2
1983 Ridgewood	12:49.2
2001 IHA	12:50.2
2002 Ridgewood	
1989 Ridgewood	12:50.6
1997 Glen Rock	12:51.3
2009 Westwood	12:51.53
2011 Holy Angels	12:51.7
1999 Ridgewood	12:52.3
2005 IHA	12:52.4
2010 Holy Angels	
1979 Teaneck	12:53.6*
<b>2016 Old Tappan</b>	<b>12:54.0</b>
2012 IHA	12:54.1
1995 Hackensack	12:54.2

1980 Pascack Valley	12:54.5*
2015 River Dell	12:54.7
2015 Holy Angels	12:54.8
1996 Ridgewood	12:55.1
1986 Ridgewood	12:55.4
1978 Paramus Catholic	12:55.5*
1980 Rutherford	12:56.0*
2012 Holy Angels	
<b>2016 IHA</b>	
2005 Ramapo	12:57.0
<b>2016 Northern Highlands</b>	<b>12:57.2</b>
<b>2016 Pascack Valley</b>	<b>12:57.5</b>
2000 Ramsey	12:57.8
1988 Paramus	12:58.1
2005 Ridgewood	12:58.67
2004 Westwood	12:58.86
2009 Old Tappan	12:59.3
2009 Holy Angels	12:59.9

#### 400 METER SHUTTLE HURDLES

1. 2007 Ridgewood	60.77
2. 2015 River Dell	62.6
3. 2008 Ridgewood	63.87
4. 2015 Demarest	64.81
5. 1980 Hackensack	64.7
1997 Glen Rock	
7. 2006 Ridgewood	64.8
8. 2010 Ridgewood	65.00
9. 2005 Ridgewood	65.27
10. 2013 Ridgewood	65.38
<b>11. 2016 Glen Rock</b>	<b>65.52</b>
12. 2010 IHA	65.4
13. 2013 Ramapo	66.07
14. 1998 Demarest	65.9
15. 1980 Westwood	66.1
2006 Old Tappan	
17. 2015 Cresskill	66.2
18. 2009 IHA	66.46
19. 1996 Hackensack	66.4
2009 Ridgewood	
21. 2010 Northern Highlands	66.7
22. 1978 Cliffside Park	66.9
2014 River Dell	
<b>2016 Northern Highlands</b>	
25. 2008 IHA	67.23
26. 2015 Hackensack	67.3
2015 Ramsey	
<b>2016 Hasbrouck Heights</b>	
29. 1996 Dumont	67.4
2000 Demarest	
2004 Hackensack	

2015 Glen Rock		
33. 1978 Old Tappan		67.5
34. 1986 Indian Hills		67.6
2006 River Dell		
2015 Northern Highlands		
37. 1995 Glen Rock		67.7
2004 Paramus		
2012 Demarest		
<b>2016 River Dell</b>		
41. 1995 Hackensack		67.8
2014 Demarest		
2015 Paramus		
<b>2016 Ramsey</b>		
45. 2012 Ramapo		68.01
46. 2005 Teaneck	68.02	
47. 1999 Demarest		67.9
2005 River Dell		
2015 Ramsey		
50. 1985 Indian Hills		68.0
2008 Ramapo		

### **3 x 400 METERS INTERMEDIATE HURDLES**

1. 2007 Ridgewood		3:14.90
2. 2006 Ridgewood		3:17.53
3. 1997 Glen Rock		3:19.84
4. 2012 Demarest	3:20.1	
5. 2011 Demarest	3:20.4	
2012 River Dell		
7. 2005 Ridgewood		3:21.33
8. 2014 Northern Highlands		3:21.9
9. 2013 River Dell		3:22.0
10. 1993 Ridgewood		3:22.3
2013 Ridgewood		
12. 2015 Northern Highlands		3:23.0
13. 2012 Northern Highlands		3:23.4
<b>14. 2016 Northern Highlands</b>		<b>3:23.8</b>
15. 1985 Ridgewood		3:24.0
16. 2013 Northern Highlands		3:24.1
17. 2013 Demarest		3:24.2
2015 Hasbrouck Heights		
19. 2014 River Dell		3:25.3
20. 2005 Ramsey		3:25.4
21. 2006 River Dell		3:25.8
22. 1984 Ridgewood		3:25.9
23. 1995 Glen Rock		3:26.0
<b>2016 Ramapo</b>		
<b>2016 Hasbrouck Heights</b>		
26. 2008 Ridgewood		3:26.2
2015 Demarest		
28. 1995 Tenafly		3:26.6

2002 Glen Rock		
30. 1986 Ridgewood		3:26.8
2013 Ramsey		
<b>32. 2016 Ramsey</b>	<b>3:26.9</b>	
33. 1994 Glen Rock		3:27.0
34. 2006 Northern Highlands		3:27.3
35. 2002 Pascack Valley		3:27.6
36. 2008 Ramsey		3:27.7
2011 Holy Angels		
38. 2012 Ridgewood		3:28.0
39. 2005 Pascack Hills		3:28.1
40. 2012 Tenafly		3:28.2
41. 2000 Ridgewood		3:28.4
42. 2013 Ramapo		3:28.5
43. 2006 Pascack Hills		3:28.6
44. 1996 Tenafly		3:28.8
45. 1981 Teaneck	3:29.0	
2011 Tenafly		
47. 2006 Ramsey		3:29.1
48. 1996 Ridgewood		3:29.5
49. 2013 Hasbrouck Heights		3:29.6
50. 2014 Demarest		3:29.8

#### SHOT PUT

1. 2002 Demarest	114-8
2. 2015 Demarest	109-5 ½
3. 2001 Demarest	108-4
4. 1999 Demarest	108-1 ¼
5. 2003 Demarest	107-4 ½
6. 2008 Paramus Catholic	106-11
<b>7. 2016 Demarest</b>	<b>105-7 ¾</b>
8. 2009 IHA	105-2 ½
9. 2013 Garfield	103-4 ¾
10. 1999 Dumont	102-9
<b>11. 2016 Westwood</b>	<b>102-6 ¼</b>
12. 2014 Demarest	102-1 ¼
13. 2001 Hackensack	101-8 ½
14. 2009 Demarest	101-4 ¼
15. 2002 Hackensack	101-0 ¾
16. 2013 Westwood	101-0 ¼
17. 2009 Paramus Catholic	101-0 ¼
<b>18. 2016 Teaneck</b>	<b>100-11</b>
19. 2012 Hackensack	100-5 ¾
20. 2010 Teaneck	100-4 ¾
21. 2000 Demarest	100-3
2004 Westwood	
23. 2007 Paramus Catholic	99-10 ½
24. 2001 Midland Park	99-9 ½
25. 2012 Garfield	99-8
26. 1999 Ridgefield Park	99-2
2000 Hasbrouck Heights	

28. 2011 Teaneck	99-1 ½
29. 2015 Westwood	99-1 ¼
30. 1998 Demarest	99-0
31. 1988 Westwood	98-10
32. 2012 Teaneck	98-9 ¾
33. 1981 Westwood	98-7
2012 River Dell	
35. 1980 Old Tappan	98-5
2005 Teaneck	
37. 1998 Ridgfield Park	98-4
38. 1983 Westwood	98-3 ¼
39. 1987 Westwood	98-2 ¼
40. 1982 Park Ridge	98-2
41. 1983 Hackensack	97-11
2015 Teaneck	
43. 1993 Hackensack	97-7
44. 2008 Indian Hills	97-2 ¾
45. 2011 IHA	96-9
46. 2010 Holy Angels	96-8
47. 1994 Hackensack	96-7
2010 Paramus Catholic	
49. 1981 Park Ridge	96-3
50. 2009 Hackensack	96-2 ½

## DISCUS

1. 2002 Demarest	333-3
2. 2014 Westwood	329-6
<b>3. 2016 River Dell</b>	<b>324-11</b>
4. 2015 Demarest	324-8
5. 1978 Demarest	315-5
6. 1999 Demarest	313-8
7. 2003 Demarest	312-5
8. 1979 Demarest	309-0
<b>9. 2016 Demarest</b>	<b>307-10</b>
10. 1978 Rutherford	306-7
11. 2001 Demarest	305-11
12. 1980 Ridgewood	305-2
13. 2001 Hackensack	305-1
14. 2005 Teaneck	302-8
15. 1996 Garfield	302-5
1997 Ridgewood	
17. 1979 Ridgewood	302-0
18. 1996 Ridgewood	299-4
2008 Hasbrouck Heights	
20. 2011 Demarest	299-3
21. 2015 River Dell	298-8
22. 2012 Hackensack	297-7
23. 2013 Garfield	296-10
24. 2004 Teaneck	296-9
25. 2012 Teaneck	295-8
26. 2014 Teaneck	294-9

27. 1997 Englewood	294-6
28. 2010 Demarest 2013 Cresskill	293-6
30. 1991 Teaneck	291-11
31. 2008 Lodi	291-9
32. 1988 Westwood	291-7
33. 2015 Teaneck	291-5
34. 2010 Teaneck	289-10
35. 2001 Midland Park	289-2
36. 1999 Cliffside Park	287-8
37. 1994 Bogota	287-7
38. 2002 Hackensack	286-8
39. 2012 Demarest	286-6
40. 1986 Fair Lawn	286-5
41. 2014 Demarest	285-10
42. 1981 Park Ridge 1987 Westwood	284-9
<b>44. 2016 Old Tappan</b>	<b>284-7</b>
45. 2010 Hackensack	284-2
46. 1982 Park Ridge	283-3
47. 2000 Hasbrouck Heights 2013 Teaneck	283-1
49. 1993 Hackensack	282-11
50. 2005 Pascack Hills	282-8

#### JAVELIN

1. 2000 Garfield	350-6
<b>2. 2016 Midland Park</b>	<b>343-6</b>
3. 2009 IHA	335-7
4. 2008 IHA	334-8
5. 2011 Garfield	333-5
6. 2013 Holy Angels	329-5
7. 1981 Westwood	327-2
8. 2001 Garfield	326-8
9. 1983 New Milford	326-3
10. 2012 IHA	322-9
11. 1979 Saddle Brook	319-10
12. 2012 Garfield	319-8
13. 2008 Hasbrouck Heights	319-3
14. 1989 Lyndhurst	319-1
15. 1979 Dumont	318-5
<b>16. 2016 Demarest</b>	<b>316-9</b>
17. 2015 Demarest	316-2
18. 2003 Demarest 2004 Demarest	315-9
20. 1980 Westwood	313-7
21. 2012 Holy Angels	313-5
22. 2013 Hasbrouck Heights	311-2
23. 1984 New Milford	311-0
24. 1999 Cliffside Park	310-9
25. 1998 Garfield	308-10

26. 2004 Old Tappan		307-11
27. 1999 Garfield	307-9	
28. 2009 Northern Highlands		306-5
29. 2005 Hackensack		306-2
30. 1982 Pascack Valley		303-3
31. 1978 Rutherford		302-10
32. 1994 Ridgefield Park		301-8
33. 2010 Dumont		300-11
34. 2014 Ridgefield Park		300-6
35. 1981 New Milford		299-2
36. 1982 Ridgefield Park		298-9
37. 2015 Fair Lawn		297-2
38. 2011 Holy Angels		295-7
39. 1981 Dumont		294-6
40. 1980 Cliffside Park		293-8
<b>41. 2016 Lyndhurst</b>		<b>292-5</b>
42. 1983 Tenafly		292-0
43. 2005 IHA		291-10
44. 2001 Demarest		291-8
45. 2011 Park Ridge		291-1
46. 2012 Hasbrouck Heights		290-8
47. 2011 Paramus Catholic		290-7
48. 1983 Dumont		290-5
49. 2015 Lyndhurst		290-2
50. 2008 Ridgewood		290-0
1992 Cliffside Park	289-10	
2009 Pascack Hills	289-9	
1985 New Milford	289-8	
2013 Waldwick	289-3	
2004 IHA	288-7	
2012 Rutherford	288-6	
<b>2016 Old Tappan</b>	<b>288-4</b>	
2010 Northern Highlands	287-11	

## HIGH JUMP

1. 1975 Ridgewood	16-2
2. 1986 Teaneck	15-6
3. 1982 Ridgewood	15-4
4. 2010 Paramus Catholic	15-2
2015 River Dell	
6. 1976 Ridgewood	15-0.5
7. 1994 Mahwah	15-0
2014 Old Tappan	
<b>2016 River Dell</b>	
10. 1982 Westwood	14-10
1988 Ridgewood	
2007 Ramsey	
13. 1979 Saddle Brook	14-8
1980 Old Tappan	
1995 Cliffside Park	

1997 Hackensack	
2000 Rutherford	
2009 Mahwah	
2015 Cresskill	
20. 1978 Old Tappan	14-6
1979 Tenafly	
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	
<b>2016 River Dell</b>	
39. 2006 Old Tappan	14-5 ¼
40. 1975 Paramus Catholic	14-5
1980 Ridgewood	
1981 Ridgewood	

### LONG JUMP

1. 2014 Paramus Catholic	51-0 ¾
<b>2. 2016 Paramus Catholic</b>	<b>50-3</b>
3. 2014 River Dell	49-2 ¾
4. 1979 Tenafly	49-0
<b>5. 2016 Hasbrouck Heights</b>	<b>48-11 ¼</b>
6. 2012 Cresskill	48-11
2015 Hasbrouck Heights	
8. 2012 Mahwah	48-8 ¼
<b>9. 2016 Teaneck</b>	<b>48-7 ¾</b>
10. 2015 River Dell	48-6 ½
11. 2015 Cresskill	48-4 ¾
12. 2004 Hackensack	48-2 ¼
13. 2015 Paramus Catholic	47-11 ¾
14. 2011 Hasbrouck Heights	47-10 ¾
15. 2010 IHA	47-10 ½
16. 2012 Ramsey	47-10 ¼
<b>2016 Cresskill</b>	
18. 2007 Hackensack	47-9 ½
19. 2012 Hasbrouck Heights	47-8 ½
20. 2014 Old Tappan	47-7 ½
21. 2012 Holy Angels	47-7



22. 1986 Indian Hills		47-6 $\frac{3}{4}$
23. 2013 Ramsey		47-6 $\frac{1}{4}$
24. 2013 Holy Angels		47-6
25. 2012 Pascack Hills		47-3
26. 2009 IHA		47-2 $\frac{3}{4}$
2010 Demarest		
<b>28. 2016 IHA</b>		<b>47-2 <math>\frac{1}{2}</math></b>
29. 1997 Englewood		47-2
30. 1978 Northern Highlands		47-1 $\frac{1}{2}$
2008 Westwood		
32. 2009 Teaneck	47-1	
33. 1979 Ridgewood		47-0 $\frac{1}{2}$
34. 2005 Indian Hills		47-0
35. 2012 Dumont		46-11 $\frac{1}{2}$
<b>36. 2016 Northern Highlands</b>		<b>46-11</b>
<b>2016 Glen Rock</b>		
38. 2014 IHA		46-9 $\frac{1}{4}$
39. 2012 Garfield	46-8 $\frac{3}{4}$	
<b>40. 2016 Holy Angels</b>		<b>46-8 <math>\frac{1}{2}</math></b>
2009 Mahwah		
42. 2006 Northern Highlands		46-7 $\frac{1}{2}$
43. 2013 River Dell		46-7
44. 2012 Wallington		46-6
45. 2014 Ridgewood		46-5 $\frac{3}{4}$
46. 1980 Westwood		46-5 $\frac{1}{4}$
2012 Glen Rock		
48. 2015 Fair Lawn		46-5
<b>49. 2016 Demarest</b>		<b>46-4 <math>\frac{1}{2}</math></b>
50. 2014 Holy Angels		46-3 $\frac{3}{4}$

<b>2016 Fair Lawn</b>		<b>46-3 <math>\frac{1}{2}</math></b>
2008 IHA		46-3 $\frac{1}{4}$
2002 Indian Hills		46-3
2013 IHA		46-2 $\frac{3}{4}$
1978 Tenafly		46-2 $\frac{1}{2}$
2011 Indian Hills		46-2 $\frac{1}{4}$
1995 Glen Rock		46-2
2003 Saddle Brook		46-1 $\frac{3}{4}$
1980 Hackensack		46-1 $\frac{1}{2}$
2009 Holy Angels		46-1 $\frac{1}{4}$
1978 Englewood		46-1
1997 Hackensack		
2004 Saddle Brook		
2011 Waldwick	46-0 $\frac{3}{4}$	
2015 Ramsey		46-0 $\frac{1}{2}$
1999 IHA		46-0 $\frac{1}{4}$
1980 Tenafly		46-0
2005 Hackensack		

### TRIPLE JUMP

1. 2012 Mahwah		106-9 $\frac{3}{4}$
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2. 2014 River Dell		105-7 $\frac{3}{4}$
<b>3. 2016 Paramus Catholic</b>		<b>105-3 <math>\frac{1}{2}</math></b>
4. 2015 Paramus Catholic		104-7
5. 2005 Indian Hills		104-5 $\frac{3}{4}$
6. 2012 Holy Angels		103-11
7. 2010 IHA		103-10
8. 2015 River Dell		103-8 $\frac{3}{4}$
9. 2014 Paramus Catholic		103-5 $\frac{1}{4}$
10. 2013 Mahwah		103-3
11. 2013 Teaneck	103-2	
12. 2013 Paramus Catholic		103-1
13. 2013 River Dell		103-1
14. 2004 Indian Hills		102-8 $\frac{1}{4}$
<b>15. 2016 Holy Angels</b>		<b>102-5 <math>\frac{1}{2}</math></b>
16. 2012 Teaneck	102-5 $\frac{1}{4}$	
<b>17. 2016 River Dell</b>		<b>102-2 <math>\frac{1}{2}</math></b>
18. 2008 IHA		101-9 $\frac{3}{4}$
19. 2011 Holy Angels		101-8 $\frac{3}{4}$
<b>20. 2016 Hasbrouck Heights</b>		<b>101-6</b>
21. 1997 Englewood		101-5 $\frac{1}{2}$
22. 1979 Tenafly		101-3 $\frac{3}{4}$
23. 2012 Hasbrouck Heights		101-0
24. 2008 Mahwah		100-11 $\frac{1}{2}$
25. 2009 Holy Angels		100-10 $\frac{1}{4}$
26. 2013 Holy Angels		100-10
27. 2005 Old Tappan		100-9 $\frac{3}{4}$
28. 1990 Westwood		100-8 $\frac{1}{2}$
29. 2009 IHA		100-4
30. 1980 Teaneck	100-0	
31. 2008 Indian Hills		99-11
<b>2016 Teaneck</b>		
33. 2013 Old Tappan		99-10
34. 1997 Hackensack		99-9
35. 2009 Mahwah		99-7
36. 2013 IHA		99-6 $\frac{1}{2}$
37. 1986 Teaneck	99-3 $\frac{1}{2}$	
38. 2006 Indian Hills		99-2 $\frac{3}{4}$
39. 1986 Indian Hills		99-2 $\frac{1}{2}$
40. 2015 Cresskill		99-1
<b>2016 Hackensack</b>		
42. 2012 River Dell		99-0
43. 2012 Cresskill		98-11 $\frac{3}{4}$
44. 2012 Garfield	98-11 $\frac{1}{2}$	
45. 1995 Glen Rock		98-10 $\frac{1}{2}$
46. 1987 New Milford		98-10 $\frac{1}{4}$
47. 1992 Hackensack		98-9 $\frac{1}{2}$
48. 1999 Ridgewood		98-9
<b>2016 Northern Highlands</b>		
50. 2014 Mahwah		98-8 $\frac{1}{4}$