

# 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		<b>41.71</b>
2. 2007 Teaneck		42.08
3. 2008 Teaneck		42.3
4. 1971 Don Bosco		42.4*
2008 Englewood		
6. 2004 Don Bosco		42.59
7. 2009 Englewood		42.6
8. 1998 Hackensack		43.0
1969 Englewood		*
10. 1965 Englewood		43.1*
1968 St. Joseph Regional		*
1970 Englewood		*
13. 1973 Hackensack		43.2*
1967 Tenafly		*
15. 1997 Hackensack		43.3
2000 Hackensack		
2009 Teaneck		
18. 1967 St. Joseph Regional		43.4*
19. 1995 Hackensack		43.57
20. 1984 Teaneck	43.5	
1976 Paramus Catholic		
1984 Don Bosco		?
23. 1967 Englewood		43.6*
1969 St. Joseph Regional		*
25. 2007 Hackensack		43.74
26. 2010 Englewood		<b>43.76</b>
27. 2000 Teaneck	43.78	
28. 2010 Don Bosco		<b>43.79</b>
29. 2007 Don Bosco		43.7
30. 2001 Hackensack		43.8
1967 New Milford		*
1970 Don Bosco		*
33. 2006 Teaneck	43.95	
2009 Don Bosco		
35. 2008 Hackensack		43.96
36. 1999 Hackensack		43.9
2002 Glen Rock		
2004 Hackensack		
2004 Teaneck		
1967 Tenafly		*
1968 Hackensack		*
1975 Paramus Catholic	*	

43. 1994 Hackensack		44.04
44. 2005 Teaneck	44.10	
45. 1974 Hackensack		44.0*
46. 2005 Don Bosco		44.23
47. 1975 Hackensack		44.1
1991 Englewood		
1995 Demarest		
1996 Hackensack		
2000 St. Joseph Regional		
1970 Hackensack		*
1974 Englewood		*
2007 Ridgewood		
2009 Ridgewood		

#### 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. 1973 Hackensack		1:28.4*
1969 Englewood		*
7. 1971 Don Bosco		1:28.9*
8. 1968 St. Joseph Regional		1:29.0*
1970 Englewood		* ?
<b>10. 2010 Teaneck</b>		<b>1:29.1</b>
11. 1967 Tenafly		1:29.4* ?
12. 1960 Demarest		1:29.5* ?
13. 2009 Englewood		1:29.7
14. 1965 Englewood		1:29.8* ?
15. 1965 Ramapo		1:29.9* ?
1967 St. Joseph Regional		* ?
1967 New Milford		* ?
18. 2004 Don Bosco		1:30.13
19. 2000 Hackensack		1:30.0
2009 Don Bosco		
21. 1971 Englewood		1:30.2*
<b>2010 Bergen Catholic</b>		
23. 1966 St. Joseph Regional		1:30.3* ?
1968 Englewood		*
1998 Hackensack		
26. 2007 Bergen Catholic		1:30.53
27. 2008 Bergen Catholic		1:30.6
2009 Teaneck		
29. 2005 Westwood		1:30.81
30. 2005 Teaneck	1:31.01	
31. 1994 Hackensack		1:31.0
1970 Don Bosco		*
33. 1969 St. Joseph Regional		1:31.1*
34. 1990 Bergen Catholic		1:31.2

1996 Hackensack	
2006 Don Bosco	
2006 Teaneck	
1975 Paramus	*
2007 Hackensack	
40. 1986 Hackensack	1:31.3
<b>41. 2010 St. Joseph Regional</b>	<b>1:31.44</b>
42. 1972 Englewood	1:31.4*
1976 Paramus	*
1979 Englewood	*
1998 Paramus Catholic	
46. 1976 Paramus Catholic	1:31.5*
1976 New Milford	*
2008 Don Bosco	
49. 1979 Hackensack	1:31.6*
1974 Hackensack	*
<b>2010 Don Bosco</b>	

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

<b>1. 2010 Teaneck</b>	<b>3:15.15</b>
<b>2. 2010 Ridgewood</b>	<b>3:16.91</b>
<b>3. 2010 Bergen Catholic</b>	<b>3:17.29</b>
4. 2007 Don Bosco	3:17.56
5. 1969 Englewood	3:17.6* ?
6. 1971 Englewood	3:17.7*
<b>7. 2010 Indian Hills</b>	<b>3:18.93</b>
8. 1995 Hackensack	3:19.01
9. 2007 Teaneck	3:19.16
10. 1993 Hackensack	3:19.1
11. 1988 Ridgewood	3:19.25
12. 1958 Tenafly	3:19.4*
13. 1976 Bergen Catholic	3:19.7*
14. 1970 Englewood	3:20.1*
15. 1993 Bergen Catholic	3:20.25
16. 1997 Teaneck	3:20.33
17. 1965 Tenafly	3:20.3*
1966 Tenafly	*
1960 Demarest	*
20. 1997 Bergen Catholic	3:20.56
21. 2002 Teaneck	3:20.57
22. 1980 Hackensack	3:20.5
23. 1992 Bergen Catholic	3:20.72
2007 Ridgewood	
25. 1975 Don Bosco	3:20.6*
26. 1990 Bergen Catholic	3:20.86
27. 1999 Bergen Catholic	3:20.93
28. 1961 Leonia	3:20.8*
29. 2008 Bergen Catholic	3:20.95
30. 1977 Hackensack	3:20.9*

31. 2006 Northern Highlands	3:21.10
32. 1972 Englewood	3:21.0*
1991 Hackensack	
1993 Englewood	
35. 1986 Hackensack	3:21.1 (Penn Relays?)
36. 2002 Bergen Catholic	3:21.32
37. 1978 Hackensack	3:21.2*
38. 1997 St. Joseph Regional	3:21.41
2006 Don Bosco	
40. 1982 Hackensack	3:21.3
1983 Teaneck	
42. 1967 St. Joseph Regional	3:21.4*
1972 Hackensack	*
44. 1967 Tenafly	3:21.5*
1975 Paramus Catholic	*
1989 Don Bosco	
1994 Bergen Catholic	
48. 1977 Paramus Catholic	3:21.6*

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

1. 1973 Paramus Catholic	7:45.1*
2. 1974 Bergen Catholic	7:45.5*
3. 1975 Bergen Catholic	7:45.9*
4. 1977 Bergen Catholic	7:46.7*
5. 1970 Paramus Catholic	7:47.6*
6. 1972 Bergen Catholic	7:47.6*
7. 1987 Ridgewood	7:48.9
8. 1978 Bergen Catholic	7:49.2*
9. 1969 Paramus Catholic	7:50.7*
10. 1969 St. Joseph Regional	7:50.8*
11. 2004 Ridgewood	7:52.05
12. 1976 Paramus Catholic	7:52.0
13. 1973 Bergen Catholic	7:52.6*
14. 1972 Paramus Catholic	7:52.8*
15. 1976 Bergen Catholic	7:53.1*
16. 2002 Don Bosco	7:53.29
17. 1971 Queen of Peace	7:53.6*
18. 1970 Saddle Brook	7:53.8*
19. 1976 Don Bosco	7:54.3*
20. 1974 Paramus	7:55.2*
21. 1971 St. Joseph Regional	7:56.3*
22. 1994 Don Bosco	7:57.00
23. 2000 Don Bosco	7:57.25
24. 2007 Indian Hills	7:57.31
25. 1974 Saddle Brook	7:57.4*
1974 Queen of Peace	*
27. 2001 Don Bosco	7:57.64
28. 2008 Indian Hills	7:57.75
29. 1972 Ridgewood	7:57.9*

30. 1976 Ridgewood	7:58.1*
31. 1970 St. Joseph Regional	7:58.4*
32. 2007 Don Bosco	7:58.97
33. 2006 Don Bosco	7:59.23
34. 1975 Saddle Brook	7:59.2*
35. 1968 St. Joseph Regional	7:59.6*
36. 1976 Saddle Brook	7:59.9*
37. 1967 St. Joseph Regional	8:01.0*
38. 1993 Ridgewood	8:01.10
39. 1975 Paramus Catholic	8:01.1*
40. 1992 Don Bosco	8:01.31
41. 1974 St. Joseph Regional	8:01.4*
42. 1980 Queen of Peace	8:01.6
43. 1975 St. Joseph Regional	8:01.9*
44. 1976 St. Joseph Regional	8:02.0*
45. 2004 Indian Hills	8:02.42
46. 1971 Bergen Catholic	8:02.4*
47. 1994 Ridgewood	8:02.57
48. 2006 Ridgewood	8:02.70

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

1. 1973 Paramus Catholic	17:06.6*
2. 1974 Bergen Catholic	17:30.4*
3. 2009 Don Bosco	17:41.86*
4. 1978 Bergen Catholic	17:44.0*
5. 1979 Queen of Peace	17:47.8
6. 1979 Bergen Catholic	17:48.6
7. 1972 Bergen Catholic	17:52.1*
8. 1970 Ramapo	17:52.5*
9. 1985 Ridgewood	17:52.8 ?
10. 2004 Ridgewood	17:55.34*
11. 1970 Bergen Catholic	17:59.2* ?
12. 1999 Hackensack	18:00.92
<b>13. 2010 Ridgewood</b>	<b>18:01.36*</b>
14. 2006 Ridgewood	18:02.4
15. 2009 Ridgewood	18:02.96
16. 1971 Queen of Peace	18:03.9*
17. 1971 Bergen Catholic	18:04.0*
18. 1992 Don Bosco	18:05.5
19. 1969 Don Bosco	18:06.0*
20. 1973 Bergen Catholic	18:06.6*
21. 1998 Don Bosco	18:07.9
22. 2006 Northern Highlands	18:08.8
<b>2010 Don Bosco</b>	
24. 1970 St. Joseph Regional	18:09.6*
25. 1976 Paramus Catholic	18:10.5*
26. 1975 Paramus Catholic	18:10.6*
27. 1972 Paramus Catholic	18:11.2*
28. 1980 Bergen Catholic	18:12.3*

29. 1979 Paramus Catholic	18:13.3*
30. 1993 Ridgewood	18:13.8
31. 1965 St. Joseph Regional	18:14.3*
32. 1985 Bergen Catholic	18:15.0
33. 1974 PascackValley	18:15.2*
34. 2003 Bergen Catholic	18:16.85
35. 1975 Bergen Catholic	18:17.3*
36. 1981 St. Joseph Regional	18:17.5
37. 1992 Northern Highlands	18:18.4
38. 1971 Hackensack	18:18.8*
39. 1973 Pascack Valley	18:19.6*
40. 2004 Indian Hills	18:20.2
41. 2006 Don Bosco	18:20.3
42. 2003 Don Bosco	18:20.73
43. 2005 Ridgewood	18:21.4
44. 2007 Ridgewood	18:21.49*
45. 2007 Don Bosco	18:21.99
46. 2003 Ridgewood	18:22.0
47. 1983 Bergen Catholic	18:22.7
48. 1979 Ramsey	18:22.9*

### **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. 2007 Ridgewood	10:07.94
5. 1977 Paramus Catholic	10:09.9
6. 1985 Ridgewood	10:11.1
7. 2005 Ridgewood	10:13.79
8. 2009 Don Bosco	10:15.21
9. 1976 Paramus Catholic	10:15.3
10. 1987 Ridgewood	10:16.2
11. 1975 Bergen Catholic	10:17.7*
12. 1970 Ramapo	10:18.5*
13. 1971 Hackensack	*
14. 1972 Bergen Catholic	10:20.1*
15. 1992 Don Bosco	10:20.38
16. 1970 Paramus Catholic	10:21.0*
17. 1993 Ridgewood	10:22.36
18. 2009 Ridgewood	10:23.25
19. 1971 Bergen Catholic	10:24.4*
20. 1973 Queen of Peace	10:25.3*
21. 1972 Bergen Catholic	10:25.8*
22. 1969 Paramus Catholic	10:27.6*
<b>23. 2010 Don Bosco</b>	<b>10:28.0</b>
24. 1979 Paramus Catholic	10:28.5*
25. 1971 Queen of Peace	10:28.6*
26. 2006 Northern Highlands	10:28.82
27. 1976 St. Joseph Regional	10:28.9*

28. 1977 Saddle Brook	10:29.5*
29. 2004 Ridgewood	10:29.67
30. 1973 Northern Highlands	10:29.6*
31. 1974 Bergen Catholic	10:30.2*
32. 1992 Ridgewood	10:30.49
33. 2007 Indian Hills	10:30.60
34. 1977 Bergen Catholic	10:31.6*
1978 Saddle Brook	*
1971 Northern Highlands	*
1973 Bergen Catholic	*
38. 1968 St. Joseph Regional	10:32.9*
39. 1972 Paramus Catholic	10:33.2*
40. 1979 Queen of Peace	10:33.3*
41. 1991 Ridgewood	10:34.0
42. 1978 Paramus Catholic	10:34.4*
43. 1974 Saddle Brook	10:34.8*
1976 Ridgewood	*

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

1. 1975 Paramus	3:26.5*
<b>2. 2010 Teaneck</b>	<b>3:26.77</b>
3. 1976 Paramus Catholic	3:27.1*
4. 2007 Don Bosco	3:27.30
5. 2000 Ridgewood	3:27.58
6. 1975 Don Bosco	3:27.5*
7. 1977 Paramus Catholic	3:28.1*
<b>8. 2010 Ramapo</b>	<b>3:28.30</b>
9. Teaneck	3:29.59
10. 1976 Bergen Catholic	3:29.6*
1987 Ridgewood	
12. 2006 Indian Hills	3:29.98
13. 2002 Bergen Catholic	3:30.11
14. 2008 Ridgewood	3:30.39
15. 2006 Teaneck	3:30.54
16. 1977 Ramsey	3:30.7*
2007 Ridgewood	3:30.84
18. 1999 Ridgewood	3:31.36
19. 2009 Don Bosco	3:31.9
20. 1972 Queen of Peace	3:32.2*
21. 1976 Paramus	3:32.5*
<b>22. 2010 Don Bosco</b>	<b>3:32.79</b>
<b>23. 2010 Bergen Catholic</b>	<b>3:32.8</b>
24. 1975 Ridgewood	3:33.3*
25. 1973 Queen of Peace	3:33.5*
26. 2005 Paramus Catholic	3:33.66
27. 1966 St. Joseph Regional	3:33.6*
28. 1977 Bergen Catholic	3:33.8*
29. 1975 Bergen Catholic	3:33.9*
2003 Glen Rock	

31. 1977 Don Bosco	3:34.2*
32. 1973 Paramus Catholic	3:34.3*
33. 1977 Hackensack	3:34.4*
34. 1975 Paramus Catholic	3:34.7*
2008 Don Bosco	
36. 1976 Don Bosco	3:35.0*
2000 Hackensack	
2005 Bergen Catholic	
39. 1971 Ridgewood	3:35.1*
1979 Hackensack	*
41. 1972 Hackensack	3:35.2*
1964 Dumont	*
43. 1973 Pascack Hills	3:35.3*
44. 1967 New Milford	3:35.5*
45. 2009 Paramus Catholic	3:35.80
46. 1969 St. Joseph Regional	3:35.7*
47. 2000 Don Bosco	3:35.8
48. 1978 Bergen Catholic	3:35.9*
<b>49. 2010 Indian Hills</b>	<b>3:36.0</b>
50. 2004 Demarest	3:36.1

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

1. 1984 Don Bosco	2:49.2
2. 1999 Hackensack	2:49.67
3. 1985 Don Bosco	2:50.4
1983 Tenafly	
5. 2007 Don Bosco	2:50.7
6. 1982 Ridgewood	2:50.9
7. 1999 River Dell	2:51.9
8. 1992 Bergen Catholic	2:52.2
9. 1999 Don Bosco	2:52.63
10. 1980 Hackensack	2:52.5
11. 2009 Bergen Catholic	2:52.9
12. 1990 Bergen Catholic	2:53.0
2007 Ridgewood	
14. 1994 Bergen Catholic	2:53.3
15. 1983 Bergen Catholic	2:53.5
16. 2004 Hackensack	2:53.8
17. 2008 Don Bosco	2:53.9
18. 2005 Hackensack	2:54.2
19. 1986 Hackensack	2:54.4
20. 1989 Don Bosco	2:54.6
21. 1996 Ramsey	2:54.7
22. 1995 Bergen Catholic	2:54.8
2003 Hackensack	
24. 1982 Hackensack	2:55.1
2006 Ridgewood	
<b>2010 Ridgewood</b>	
27. 1998 Don Bosco	2:55.5

2000 River Dell	
29. 1987 Bergen Catholic	2:55.6
30. 2003 River Dell	2:55.8
31. 1996 Glen Rock	2:56.0
32. 1983 Don Bosco	2:56.1
1994 Don Bosco	
2003 Demarest	
35. 1984 Tenafly	2:56.4
1984 Teaneck	
1992 Indian Hills	
1996 Westwood	

### 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
<b>6. 2010 Ridgewood</b>	<b>61.0</b>
7. 1968 St. Joseph Regional	61.1
1971 New Milford	
1975 Paramus Catholic	
<b>10. 2010 Don Bosco</b>	<b>61.29</b>
11. 1993 Paramus Catholic	61.4
12. 1970 St. Joseph Regional	61.6
13. 1974 Pascack Valley	61.7
14. 1973 Hackensack	61.8
<b>2010 Bergen Catholic</b>	
16. 1974 New Milford	61.9
17. 1984 Don Bosco	62.0
1969 New Milford	
19. 1976 New Milford	62.1
20. 1969 Bergen Catholic	62.3
21. 1978 Paramus Catholic	62.5
1971 Northern Highlands	
1972 Bergen Catholic	
24. 1976 Hackensack	62.7
1987 Bergen Catholic	
25. 2004 Hackensack	62.8
26. 1985 Don Bosco	62.9
27. 1973 Paramus Catholic	63.0
1984 Tenafly	
2002 Leonia	
30. 1973 St. Joseph Regional	63.2
1975 New Milford	
1975 Ridgewood	
1977 Paramus Catholic	
1983 Teaneck	
35. 2000 Glen Rock	63.46

36. 1980 Tenafly	63.3
37. 1979 Rutherford	63.4
1988 Don Bosco	
1999 Don Bosco	
2008 Englewood	
2006 Don Bosco	63.54

## 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. 2001 Hackensack	150-8 $\frac{1}{2}$
22. 1973 St. Joseph Regional	150-7
2000 Hackensack	
24. 1987 Hackensack	149-11
25. 2006 Hasbrouck Heights	149-8 $\frac{1}{4}$
26. 1977 Rutherford	148-8 $\frac{1}{4}$
27. 2001 Garfield	147-11 $\frac{3}{4}$
28. 2001 River Dell	147-10 $\frac{1}{2}$
29. 1978 Saddle Brook	147-7 $\frac{1}{2}$
1980 Fair Lawn	
31. 1971 Teaneck	147-2 $\frac{1}{4}$
32. 1972 Paramus Catholic	147-0
33. 1983 Ridgewood	146-8 $\frac{1}{2}$
34. 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. <b>2010 River Dell</b>	<b>447-8</b>

6. 1969 St. Joseph Regional	447-7
7. 1982 Demarest	446-11
8. 1981 Hackensack	443-2
9. 1979 Fair Lawn	439-1
10. 1996 Bergen Catholic	434-4
11. 1971 St. Joseph Regional	433-7
1995 Bergen Catholic	
13. 1998 Bergen Catholic	432-4
14. 2007 River Dell	428-2
15. 1980 Hackensack	428-0
16. 1969 River Dell	427-1
17. 1976 Ramapo	423-8
18. 1982 Hackensack	423-5
19. 1971 Ridgewood	422-8
20. 1978 Waldwick	419-9
21. 1975 Ramapo	419-1
22. 1975 Saddle Brook	417-4
23. 1973 Paramus Catholic	417-1
24. 1978 Saddle Brook	416-0
25. 1979 Waldwick	415-9
26. 1971 Hackensack	415-6
27. 1971 Old Tappan	415-4
1977 Saddle Brook	
29. 1984 Demarest	415-3
30. 1975 Old Tappan	414-7
31. 2002 Dumont	413-1
32. 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. 1978 Saddle Brook	499-2
18. 1979 Hackensack	498-3
19. 1983 Dumont	497-10
20. 1981 Garfield	497-5

21. 1979 Dumont	496-6
22. 1982 Tenafly	496-2
23. 2007 Bogota	494-0
24. 1984 Don Bosco	493-7
25. 2008 Cresskill	492-1
26. 1987 Demarest	491-2
27. 1981 Tenafly	486-8
28. 2006 Wood-Ridge	486-3
29. 1981 Dumont	486-0
30. 1984 Tenafly	485-11

## HIGH JUMP

1. 1982 Hackensack	18-8
2. 2008 Bergen Catholic	18-6
3. 1993 Paramus Catholic	18-4 ¼
<b>4. 2010 Ridgewood</b>	<b>18-2</b>
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	
19. 1971 Old Tappan	17-9
1984 Teaneck	
21. 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	
<b>2010 Demarest</b>	
<b>2010 Leonia</b>	

## LONG JUMP

1. 1997 Rutherford	64-1
2. 1981 Hackensack	62-11 $\frac{1}{4}$
3. 1969 Pascack Valley	62-2 $\frac{1}{2}$
4. 1992 Englewood	62-1 $\frac{1}{2}$
5. 2008 Bergen Catholic	61-11
6. 1997 Leonia	61-10 $\frac{3}{4}$
7. 2007 Hackensack	61-10 $\frac{1}{2}$
8. 1999 Glen Rock	61-10
9. 1968 Fort Lee	61-7
10. 1979 Teaneck	61-6 $\frac{3}{4}$
11. 1969 Englewood	61-5 $\frac{1}{2}$
12. 1990 Hackensack	61-4
13. 2002 Teaneck	61-2
14. 1969 Teaneck	61-0 $\frac{1}{4}$
15. 1991 Hackensack	60-11 $\frac{1}{4}$
2000 Hackensack	
17. 2002 Garfield	60-11
18. 1982 Hackensack	60-9 $\frac{3}{4}$
19. 1970 Englewood	60-9 $\frac{1}{2}$
2008 Hackensack	
21. 2000 Rutherford	60-8 $\frac{1}{2}$
2009 Englewood	
23. 1998 Hackensack	60-8
24. 1979 Indian Hills	60-7 $\frac{1}{2}$
25. 1976 Paramus Catholic	60-6 $\frac{3}{4}$
26. 2001 Westwood	60-6 $\frac{1}{4}$
27. 1988 Ridgewood	60-3 $\frac{3}{4}$
28. 1999 Saddle Brook	60-3 $\frac{1}{2}$
2009 Don Bosco	
30. 2003 Saddle Brook	60-3 $\frac{1}{4}$
31. 2001 Garfield	60-3
32. 2008 New Milford	60-2 $\frac{3}{4}$
33. 1970 Ridgewood	60-2 $\frac{1}{2}$
34. 1977 Indian Hills	60-2 $\frac{1}{4}$
1986 Hackensack	
36. 2008 Englewood	60-2
37. 1986 Ramsey	60-1 $\frac{3}{4}$
1988 Hackensack	
1969 Indian Hills	
40. 1984 Tenafly	60-0 $\frac{3}{4}$
41. 2000 Glen Rock	60-0 $\frac{1}{2}$
42. 1990 Ramapo	59-11
43. 1989 Ridgewood	59-10 $\frac{1}{2}$
44. 1996 Englewood	59-10 $\frac{1}{4}$
2004 Saddle Brook	
46. 1993 Paramus Catholic	59-9 $\frac{3}{4}$
47. 1990 Lyndhurst	59-9 $\frac{1}{4}$
48. 1991 Englewood	59-9

## TRIPLE JUMP

1. 2010 Englewood	130-6 ½
2. 1981 Hackensack	130-2 ½
3. 2006 Northern Highlands	130-0 ¾
4. 2004 Bergenfield	130-0
5. 1992 Englewood	128-7
6. 1979 Teaneck	128-6 ¾
7. 1989 Teaneck	128-1 ¾
8. 1982 Hackensack	127-9 ¼
9. 2002 Bergenfield	127-1
10. 2003 Hackensack	127-0 ¾
11. 1989 Rutherford	126-7 ¼
12. 2002 Don Bosco	126-7
13. 1997 Rutherford	126-2
14. 1986 Hackensack	125-10 ¾
15. 1989 Ridgewood	125-10 ¼
16. 2007 Paramus Catholic	125-6 ½
17. 2008 Bergen Catholic	125-6
18. 1996 Glen Rock	125-5
19. 1980 Hackensack	125-1 ½
20. 2009 Old Tappan	125-0
21. 2008 Lodi	124-0 ¼
22. 2009 Englewood	123-8 ¼
23. 2004 Demarest	123-7 ¼
24. 1987 Hackensack	123-5 ¼
25. 1978 Tenafly	123-2 ¾
1979 Indian Hills	
27. 1980 Old Tappan	123-2 ¼
1999 Teaneck	
29. 1996 Teaneck	123-0 ½
30. 1989 Ramsey	122-11 ¼
2007 Lodi	
32. 1978 Teaneck	122-11
33. 2008 Tenafly	122-10
34. 1992 Hackensack	122-9 ¼
2009 Bergen Catholic	
36. 1997 Englewood	122-9
<b>2010 Garfield</b>	
38. 1994 Englewood	122-8 ½
2003 Demarest	
40. 2002 Paramus	122-8
<b>2010 Don Bosco</b>	
42. 2004 Hasbrouck Heights	122-6
43. 1991 Hackensack	122-3 ¾
44. 1982 St. Joseph Regional	122-3 ½
45. 1976 Mahwah	122-1

## POLE VAULT

1. 1973 Pascack Valley	38-6
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2. 2004 Ridgewood	38-0
<b>2010 Demarest</b>	
4. 2007 Mahwah	37-7
5. 1971 River Dell	36-6
1972 Bergen Catholic	
1986 Ramsey	
8. 1972 River Dell	36-0
1976 Hackensack	
1982 Hackensack	
2008 Old Tappan	
2009 Don Bosco	
13. 1981 Bergen Catholic	35-6
1984 Teaneck	
1994 Demarest	
1995 Fair Lawn	
2001 Mahwah	
2005 Lyndhurst	
2007 Cresskill	
20. 1976 New Milford	35-1
21. 1972 Bergenfield	35-0
1999 Westwood	
1969 Mahwah	
2008 Park Ridge	
2008 Mahwah	
2009 Demarest	
27. 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	
41. 1973 Teaneck	34-0
1969 St. Joseph Regional	
1970 River Dell	
1970 Mahwah	
1973 Mahwah	
1973 Old Tappan	
1975 Northern Highlands	
1976 Ridgewood	
1977 Rutherford	
1977 Demarest	
1979 Hackensack	
1981 Hackensack	

1982 Demarest  
 1988 River Dell  
 1996 Don Bosco  
 2007 Mahwah  
 2009 Ridgewood  
 2009 Fort Lee  
**2010 Mahwah**

## GIRLS

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

<b>1. 2010 Paramus Catholic</b>		<b>46.90</b>
2. 2009 Paramus Catholic		47.61
3. 1980 Teaneck		48.6
2002 Queen of Peace		
5. 2004 Hackensack		48.75
6. 1979 Teaneck		48.9*
7. 2008 Paramus Catholic		49.20
8. 1983 Teaneck		49.1
2007 Teaneck		
<b>10. 2010 Teaneck</b>		<b>49.27</b>
11. 2007 Paramus Catholic		49.34
12. 2005 Teaneck	49.43	
13. 1989 Teaneck	49.4	
2009 Teaneck		
15. 2003 Queen of Peace		49.59
16. 2007 Ridgewood		49.67
<b>17. 2010 Mahwah</b>		<b>49.83</b>
18. 2006 Teaneck	49.7	
19. 2000 Queen of Peace		49.8
20. 2005 Hackensack		49.98
21. 2008 Teaneck	49.99	
22. 1987 Teaneck	49.9	
23. 2006 Ridgewood		50.13
24. 2008 Ridgewood		50.17
25. 1986 Teaneck	50.0	
26. 2007 Hackensack		50.32
<b>27. 2010 IHA</b>		<b>50.46</b>
28. 2004 Teaneck	50.54	
29. 1995 Glen Rock		50.63
30. 1981 Teaneck	50.6	
31. 2003 Hackensack		50.90
32. 1995 Englewood		50.8
33. 2003 Ridgewood		50.95
34. 2003 Teaneck	50.98	
2009 IHA		
36. 2005 Ridgewood		51.03
33. 1981 Englewood		50.9
1991 Teaneck		

2008 Ramapo	
36. 1979 Hackensack	51.0
1979 Englewood	*
<b>38. 2010 Holy Angels</b>	<b>51.23</b>
39. 1980 Hackensack	51.1
40. 2001 Hackensack	51.30
41. 1979 Park Ridge	51.2*
1980 Westwood	*
1996 Englewood	
44. 2002 Teaneck	51.34
45. 1983 Englewood	51.3
1994 Glen Rock	
2009 Mahwah	
<b>2010 Westwood</b>	
49. 1994 Ridgewood	51.49
50. 1978 Ridgewood	51.4*
1978 Teaneck	
1980 Park Ridge	
1997 Englewood	
2004 River Dell	

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

<b>1. 2010 Paramus Catholic</b>	<b>1:41.0</b>
2. 1979 Teaneck	1:42.0
3. 1980 Teaneck	1:42.9
4. 2007 Teaneck	1:43.5
5. 1985 Teaneck	1:43.7
6. 2007 Paramus Catholic	1:44.24
7. 2007 Ridgewood	1:44.67
8. 2004 Teaneck	1:44.77
9. 2002 Queen of Peace	1:44.8
<b>10. 2010 Teaneck</b>	<b>1:45.04</b>
11. 2006 Teaneck	1:45.0
12. 2003 Queen of Peace	1:45.4
2004 Hackensack	
2008 Paramus Catholic	
15. 1994 Glen Rock	1:45.5
16. 2008 Ramapo	1:45.6
17. 1982 Englewood	1:45.7
1984 Teaneck	
2007 Hackensack	
20. 2008 Ridgewood	1:45.92
21. 2005 Teaneck	1:45.98
22. 2005 Hackensack	1:45.9
23. 2009 Teaneck	1:46.04
24. 1983 Englewood	1:46.0
25. 1989 Teaneck	1:46.2
2008 Teaneck	

27. 2009 Ridgewood		1:46.5
28. 1983 Teaneck	1:46.7	
29. 2007 Ramapo		1:46.8
30. 2006 Ridgewood		1:46.95
31. 1988 Ridgewood		1:46.9
32. 2009 IHA		1:47.3
33. 2000 Queen of Peace		1:47.4
34. 1995 Glen Rock		1:47.5
35. 1996 Englewood		1:47.6
36. 1997 Englewood		1:47.8
37. 1987 Teaneck	1:47.9	
2007 Ridgefield Park		
<b>2010 IHA</b>		
40. 2009 Westwood		1:48.12
41. 2003 Teaneck	1:48.20	
42. 1981 Hackensack		1:48.4
43. 2000 Westwood		1:48.63
44. 1988 Teaneck	1:48.5	
2005 Ridgewood		
46. 1986 Teaneck	1:48.7	
1989 Tenafly		
1997 Glen Rock		
2007 River Dell		
2008 IHA		
<b>2010 Teaneck</b>		
<b>2010 Westwood</b>		

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

1. 1988 Ridgewood		3:54.29
2. 2005 Teaneck		3:55.21
3. 2005 Ramsey		3:55.29
4. 2006 Teaneck		3:55.45
5. 2007 Ridgewood		3:55.79
<b>6. 2010 Paramus Catholic</b>		<b>3:55.91</b>
7. 1981 Englewood		3:55.8
8. 2007 River Dell		3:56.13
9. 2007 Ramsey		3:56.22
10. 1989 Teaneck	3:56.2	
11. 1978 Ramsey		3:56.4*
12. 1981 Teaneck	3:56.5	
13. 2004 Teaneck	3:56.81	
14. 2007 Ramapo		3:56.96
15. 2009 Paramus Catholic		3:56.98
16. 2006 Ridgewood		3:57.01
17. 1995 Glen Rock		3:57.22
18. 2008 Ramapo		3:57.24
19. 1990 Teaneck	3:57.4	
<b>20. 2010 IHA</b>		<b>3:57.69</b>
21. 1995 Hackensack		3:57.72
22. 1997 Teaneck	3:58.06	
23. 1984 Ridgewood		3:58.8

24. 1981 Hackensack 1982 Englewood	3:58.9
26. 1994 Teaneck	3:59.07
27. 1994 Glen Rock	3:59.08
28. 2009 Westwood	3:59.09
29. 2006 Northern Highlands	3:59.26
30. 2009 IHA	3:59.34
<b>31. 2010 Ramsey</b>	<b>3:59.52</b>
32. 1980 Westwood	3:59.4
33. 2008 IHA	3:59.75
34. 1985 Ridgewood	3:59.7
35. 2007 Teaneck	3:59.90
36. 2005 Ridgewood	3:59.93
37. 1996 Teaneck	4:00.01
<b>38. 2010 Ridgewood</b>	<b>4:00.40</b>
39. 1984 Old Tappan	4:00.3
40. 2008 Ramsey	4:00.56
41. 1995 Teaneck	4:00.76
<b>2010 Westwood</b>	
43. 2004 Ramsey	4:00.97
<b>44. 2010 Teaneck</b>	<b>4:01.15</b>
45. 2009 Teaneck	4:01.2
46. 1984 Teaneck	4:01.3
1993 Teaneck	
2000 Ridgewood	
49. 1994 Hackensack	4:01.4
50. 1985 Old Tappan	4:01.6

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

1. 1988 Ridgewood	9:07.4*
2. 1983 Ridgewood	9:10.3
3. 1981 Ridgewood	9:13.3
4. 1987 Ridgewood	9:15.3
5. 2006 Ridgewood	9:18.44
<b>6. 2010 Ramsey</b>	<b>9:28.42</b>
7. 2002 Glen Rock (i)	9:28.3
8. 1986 Ridgewood	9:29.1
9. 1982 Ridgewood	9:29.8
10. 2007 Ramapo	9:30.1
<b>11. 2010 Old Tappan</b>	<b>9:31.81</b>
12. 2004 Ridgewood	9:32.70
13. .2005 Ridgewood	9:33.66
14. 2001 Glen Rock	9:34.09
15. 1992 Ridgewood	9:38.2
<b>16. 2010 Westwood</b>	<b>9:38.37</b>
17. 2003 Glen Rock	9:39.25
18. 1991 Hackensack	9:42.54
19. 2000 Ridgewood	9:43.14
20. 1974 Ridgewood	9:43.3*
<b>21. 2010 IHA</b>	<b>9:43.9</b>

22. 1980 Ridgewood	9:44.8*
23. 2006 IHA	9:45.8
24. 1999 Ridgewood	9:46.07
25. 2007 Ridgewood	9:47.36
26. 2007 IHA	9:48.5
27. 2002 IHA	9:49.98
28. 1987 Pascack Valley	9:49.9
29. 1996 Ridgewood	9:50.4
2008 IHA	
31. 2003 IHA	9:51.82
32. 2008 Ramapo	9:52.4
33. 2000 Westwood	9:52.69
34. 1980 Paramus Catholic	9:53.5*
35. 2005 Westwood	9:54.28
36. 2004 IHA	9:54.30
<b>37. 2010 River Dell</b>	<b>9:54.3</b>
38. 1985 Teaneck	9:54.6
39. 2007 Indian Hills	9:54.93
40. 2009 Westwood	9:55.78
41. 1994 Ridgewood	9:57.9
42. 2006 Indian Hills	9:58.2
43. 1996 IHA	9:58.4
44. 1979 Teaneck	9:58.5*
2005 Indian Hills	
46. 2006 River Dell	9:58.6
<b>2010 Indian Hills</b>	
48. 1987 Teaneck	9:59.0
49. 2003 Fair Lawn	9:59.21
50. 2008 Ridgewood	9:59.62
1979 Saddle Brook	9:59.8*
<b>2010 Holy Angels</b>	

#### **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. 1980 Ridgewood	21:19.0*
5. 2002 Glen Rock	21:28.07*
6. 1987 Ridgewood	21:37.8
7. 1986 Ridgewood	21:48.6
8. 2009 Holy Angels	21:50.3
<b>9. 2010 Holy Angels</b>	<b>21:52.2</b>
10. 2007 IHA	22:04.6
<b>11. 2010 IHA</b>	<b>22:05.7</b>
12. 1982 Ridgewood	22:06.9
2006 Holy Angels	
14. 1993 Ridgewood	22:07.7
15. 1994 Ridgewood	22:08.0
16. 1999 Ridgewood	22:09.9
17. 1996 Ridgewood	22:15.3

18. 1995 Hackensack	22:20.2
19. 1998 Hackensack	22:20.8
<b>20. 2010 Ridgewood</b>	<b>22:20.95</b>
21. 1993 IHA	22:22.3
22. 1998 Ridgewood	22:23.0
23. 2005 Indian Hills	22:23.3
24. 2006 IHA	22:23.5
25. 1988 Paramus	22:24.3
26. 2008 Ridgewood	22:24.4
27. 1996 IHA	22:25.3
28. 1979 Westwood	22:25.5*
2008 Holy Angels	
30. 2007 Holy Angels	22:28.8
31. 1984 Ridgewood	22:29.0
32. 1992 Northern Highlands	22:29.1
2001 Glen Rock	
34. 1995 Ridgewood	22:29.3
35. 2004 IHA	22:29.9
36. 1996 Tenafly	22:31.5
2001 Old Tappan	
38. 2005 Ridgewood	22:31.7
39. 2000 Ridgewood	22:32.2
<b>40. 2010 Westwood</b>	<b>22:33.0</b>
41. 2002 IHA	22:33.4
42. 2006 Indian Hills	22:37.3
43. 1992 IHA	22:37.4
2004 Old Tappan	
45. 1985 Ridgewood	22:37.7
46. 2006 Paramus	22:38.6
47. 2000 Glen Rock	22:39.0
48. 1981 Ramsey	22:39.3*
49. 2004 Ridgewood	22:39.7

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

1. 2007 Ridgewood	4:03.71
2. 2007 Ramapo	4:05.40
3. 2008 Ramapo	4:05.85
4. 1995 Glen Rock	4:08.9
5. 1987 Ridgewood	4:10.5
6. 2009 Paramus Catholic	4:12.13
7. 2004 Queen of Peace	4:13.3
8. 1983 Bergenfield	4:13.6
9. 2005 Garfield	4:13.90
10. 1982 Englewood	4:13.8
11. 1980 Teaneck	4:13.9*
12. 1988 Ridgewood	4:14.4
13. 1979 Teaneck	4:14.9
14. 2008 IHA	4:15.58
<b>15. 2010 IHA</b>	<b>4:15.5</b>

16. 2006 Teaneck	4:15.94
17. 2000 IHA	4:16.51
18. 1997 Glen Rock	4:16.5
19. 1980 Westwood	4:16.9*
1981 Dumont	
1984 Ridgewood	
22. 1983 Ridgewood	4:17.2
23. 2005 IHA	4:17.42
24. 1978 Ramsey	4:17.4*
25. 2002 IHA	4:17.7
26. 2005 Ridgewood	4:18.0
27. 2009 IHA	4:18.37
28. 2009 Ramapo	4:18.5
29. 1986 Ridgewood	4:18.6
30. 1982 Dumont	4:18.7
31. 2008 Ridgewood	4:18.93
32. 1978 Teaneck	4:19.2
33. 2008 Ramsey	4:19.4
34. 2007 River Dell	4:19.5
35. 2003 Westwood	4:19.79
36. 1987 Hackensack	4:19.8
1999 Ridgewood	
38. 1981 Ridgewood	4:20.0
39. 1998 Teaneck	4:20.4
2007 Northern Highlands	
41. 1977 Ramsey	4:20.5*
1993 Old Tappan	
43. 1998 IHA	4:20.69
44. 2007 Ramsey	4:20.6
45. 1991 Garfield	4:20.7
2002 Fair Lawn	
47. 2007 Paramus Catholic	4:20.9
2008 Paramus Catholic	
<b>48. 2010 Tenafly</b>	<b>4:21.0</b>
49. 1985 Indian Hills	4:21.1
2002 Bergen Tech	

## **DISTANCE MEDLEY**

1. 2007 Ramapo	11:56.59
2. 1982 Ridgewood	11:58.6
3. 1988 Ridgewood	12:02.29
4. 2008 IHA	12:03.10
5. 1994 Ridgewood	12:03.5
6. 1981 Ridgewood	12:10.6
<b>7. 2010 Ramsey</b>	<b>12:14.39</b>
8. 1987 Ridgewood	12:15.0
9. 2001 Glen Rock	12:16.8
10. 1998 Ridgewood	12:20.41
11. 1985 Ridgewood	12:21.8

12. 2002 Glen Rock	12:22.4
13. 2009 IHA	12:23.09
14. 2006 Ramapo	12:23.75
15. 2007 Indian Hills	12:28.38
16. 2000 Ridgewood	12:30.64
17. 1991 Ridgewood	12:34.8
18. 2009 Ramapo	12:36.89
<b>19. 2010 Old Tappan</b>	<b>12:40.0</b>
<b>20. 2010 Westwood</b>	<b>12:40.45</b>
21. 1980 Westwood	12:40.5*
22. 1992 Hackensack	12:40.8
23. 2007 IHA	12:41.9
24. 1979 Westwood	12:43.0*
25. 1995 Ridgewood	12:45.2
26. 2000 Glen Rock	12:45.5
27. 1984 Ridgewood	12:46.8
28. 2009 Ramsey	12:48.2
29. 1983 Ridgewood	12:49.2
30. 2001 IHA	12:50.2
2002 Ridgewood	
32. 1989 Ridgewood	12:50.6
33. 1997 Glen Rock	12:51.3
34. 2009 Westwood	12:51.53
35. 1999 Ridgewood	12:52.3
36. 2005 IHA	12:52.4
<b>2010 Holy Angels</b>	
38. 1979 Teaneck	12:53.6*
39. 1995 Hackensack	12:54.2
40. 1980 Pascack Valley	12:54.5*
41. 1996 Ridgewood	12:55.1
42. 1986 Ridgewood	12:55.4
43. 1978 Paramus Catholic	12:55.5*
44. 1980 Rutherford	12:56.0*
45. 2005 Ramapo	12:57.0
46. 2000 Ramsey	12:57.8
47. 1988 Paramus	12:58.1
48. 2005 Ridgewood	12:58.67
49. 2004 Westwood	12:58.86
50. 2009 Old Tappan	12:59.3
2009 Holy Angels	12:59.9

#### **400 METER SHUTTLE HURDLES**

1. 2007 Ridgewood	60.77
2. 2008 Ridgewood	63.87
3. 1980 Hackensack	64.7
1997 Glen Rock	
5. 2006 Ridgewood	64.8
<b>6. 2010 Ridgewood</b>	<b>65.00</b>

7. 2005 Ridgewood		65.27
<b>8. 2010 IHA</b>		<b>65.4</b>
9. 1998 Demarest	65.9	
10. 1980 Westwood		66.1
2006 Old Tappan		
12. 2009 IHA		66.46
13. 1996 Hackensack		66.4
2009 Ridgewood		
<b>15. 2010 Northern Highlands</b>		<b>66.7</b>
16. 1978 Cliffside Park		66.9
17. 2008 IHA		67.23
18. 1996 Dumont		67.4
2000 Demarest		
2004 Hackensack		
21. 1978 Old Tappan		67.5
22. 1986 Indian Hills		67.6
2006 River Dell		
24. 1995 Glen Rock		67.7
2004 Paramus		
26. 1995 Hackensack		67.8
27. 2005 Teaneck	68.02	
28. 1999 Demarest		67.9
2005 River Dell		
30. 1985 Indian Hills		68.0
2008 Ramapo		
<b>32. 2010 Westwood</b>		<b>68.22</b>
33. 1997 Dumont		68.1
<b>34. 2010 Teaneck</b>		<b>68.40</b>
35. 1980 Teaneck	68.3	
36. 1980 Cliffside Park		68.4
1996 Glen Rock		
2006 Northern Highlands		
39. 1994 Hackensack		68.5
2001 Saddle Brook		
2008 Ridgefield Park		
42. 1978 Tenafly		68.6
1983 Fair Lawn		
1988 Bergenfield		
1985 Ridgewood		
2004 Northern Highlands		
47. 1979 Ridgewood		68.7
1998 Rutherford		
49. 1981 Westwood		68.8
2005 Old Tappan		
2007 Ridgefield Park		

### **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. 2005 Ridgewood	3:21.33
5. 1993 Ridgewood	3:22.3
6. 1985 Ridgewood	3:24.0
7. 2005 Ramsey	3:25.4
8. 2006 River Dell	3:25.8
9. 1984 Ridgewood	3:25.9
10. 1995 Glen Rock	3:26.0
11. 2008 Ridgewood	3:26.2
12. 1995 Tenafly	3:26.6
2002 Glen Rock	
14. 1986 Ridgewood	3:26.8
15. 1994 Glen Rock	3:27.0
16. 2006 Northern Highlands	3:27.3
17. 2002 Pascack Valley	3:27.6
18. 2008 Ramsey	3:27.7
19. 2005 Pascack Hills	3:28.1
20. 2000 Ridgewood	3:28.4
21. 2006 Pascack Hills	3:28.6
22. 1996 Tenafly	3:28.8
23. 1981 Teaneck	3:29.0
24. 2006 Ramsey	3:29.1
25. 1996 Ridgewood	3:29.5
26. 1981 Westwood	3:29.9
27. 2009 Ridgewood	3:30.0
28. 1995 Ramsey	3:30.1
29. 1995 Hackensack	3:30.2
30. 2005 River Dell	3:30.3
<b>31. 2010 Ridgewood</b>	<b>3:30.4</b>
32. 1998 Ridgewood	3:30.6
<b>2010 Northern Highlands</b>	
<b>34. 2010 Old Tappan</b>	<b>3:30.8</b>
35. 1999 Glen Rock	3:31.0
2000 Demarest	
37. 1996 Dumont	3:31.1
38. 2000 Glen Rock	3:31.3
39. 1998 Glen Rock	3:31.4
1999 Ridgewood	
41. 1986 Bergenfield	3:31.7
42. 2009 Pascack Hills	3:31.8
43. 2005 Glen Rock	3:31.9
2009 Demarest	
45. 1995 Ridgewood	3:32.0
2001 Glen Rock	
2007 Ramsey	
<b>2010 Ramsey</b>	
49. 2004 Ramsey	3:32.2
<b>50. 2010 River Dell</b>	<b>3:32.3</b>

#### SHOT PUT

1. 2002 Demarest

114-8

2. 2001 Demarest	108-4
3. 1999 Demarest	108-1 ¼
4. 2003 Demarest	107-4 ½
5. 2008 Paramus Catholic	106-11
6. 2009 IHA	105-2 ½
7. 1999 Dumont	102-9
8. 2001 Hackensack	101-8 ½
9. 2009 Demarest	101-4 ¼
10. 2002 Hackensack	101-0 ¾
11. 2009 Paramus Catholic	101-0 ¼
<b>12. 2010 Teaneck</b>	<b>100-4 ¾</b>
13. 2000 Demarest	100-3
14. 2007 Paramus Catholic	99-10 ½
15. 2001 Midland Park	99-9 ½
16. 1999 Ridgefield Park	99-2
2000 Hasbrouck Heights	
18. 1998 Demarest	99-0
19. 1988 Westwood	98-10
20. 1981 Westwood	98-7
21. 1980 Old Tappan	98-5
2005 Teaneck	
23. 1998 Ridgefield Park	98-4
24. 1983 Westwood	98-3 ¼
25. 1987 Westwood	98-2 ¼
26. 1982 Park Ridge	98-2
27. 1983 Hackensack	97-11
28. 1993 Hackensack	97-7
29. 2008 Indian Hills	97-2 ¾
<b>30. 2010 Holy Angels</b>	<b>96-8</b>
31. 1994 Hackensack	96-7
<b>2010 Paramus Catholic</b>	
33. 1981 Park Ridge	96-3
34. 2009 Hackensack	96-2 ½
35. 1980 Ridgewood	96-0 ½
2004 Hackensack	
<b>37. 2010 Hackensack</b>	<b>95-6 ½</b>
38. 2007 Bergenfield	95-6
39. 2000 Westwood	95-5
40. 1995 Garfield	95-4
41. 1995 Westwood	95-2
<b>2010 Ridgefield Park</b>	
<b>43. 2010 IHA</b>	<b>95-1 ¾</b>
44. 2006 Indian Hills	95-1 ½
45. 2005 Lyndhurst	95-1 ¼
46. 2001 Paramus Catholic	95-1
47. 1999 Hackensack	95-0 ¼
48. 1999 Cliffside Park	95-0
49. 2009 Teaneck	94-10 ¾
50. 1983 Fair Lawn	94-9 ½

2008 IHA

**DISCUS**

1. 2002 Demarest	333-3
2. 1978 Demarest	315-5
3. 1999 Demarest	313-8
4. 2003 Demarest	312-5
5. 1979 Demarest	309-0
6. 1978 Rutherford	306-7
7. 2001 Demarest	305-11
8. 1980 Ridgewood	305-2
9. 2001 Hackensack	305-1
10. 2005 Teaneck	302-8
11. 1996 Garfield	302-5
1997 Ridgewood	
13. 1979 Ridgewood	302-0
14. 1996 Ridgewood	299-4
2008 Hasbrouck Heights	
16. 2004 Teaneck	296-9
17. 1997 Englewood	294-6
<b>18. 2010 Demarest</b>	<b>293-6</b>
19. 1991 Teaneck	291-11
20. 2008 Lodi	291-9
21. 1988 Westwood	291-7
<b>22. 2010 Teaneck</b>	<b>289-10</b>
23. 2001 Midland Park	289-2
24. 1999 Cliffside Park	287-8
25. 1994 Bogota	287-7
26. 2002 Hackensack	286-8
27. 1986 Fair Lawn	286-5
28. 1981 Park Ridge	284-9
1987 Westwood	
<b>30. 2010 Hackensack</b>	<b>284-2</b>
31. 1982 Park Ridge	283-3
32. 2000 Hasbrouck Heights	283-1
33. 1993 Hackensack	282-11
34. 2005 Pascack Hills	282-8
35. 2000 Westwood	281-3
36. 1995 Teaneck	281-2
37. 2006 Pascack Hills	280-2
38. 1975 Park Ridge	279-11
39. 2001 Paramus	279-5
40. 2001 Rutherford	279-1
41. 2000 Demarest	278-6
42. 2001 Wood-Ridge	278-1
43. 1975 Ridgewood	277-10
44. 2004 Hackensack	277-9
45. 1995 New Milford	277-2
46. 1986 Teaneck	277-1

## JAVELIN

1. 2000 Garfield	350-6
2. 2009 IHA	335-7
3. 2008 IHA	334-8
4. 1981 Westwood	327-2
5. 2001 Garfield	326-8
6. 1983 New Milford	326-3
7. 1979 Saddle Brook	319-10
8. 2008 Hasbrouck Heights	319-3
9. 1989 Lyndhurst	319-1
10. 1979 Dumont	318-5
11. 2003 Demarest	315-9
2004 Demarest	
13. 1980 Westwood	313-7
14. 1984 New Milford	311-0
15. 1999 Cliffside Park	310-9
16. 1998 Garfield	308-10
17. 2004 Old Tappan	307-11
18. 1999 Garfield	307-9
19. 2009 Northern Highlands	306-5
20. 2005 Hackensack	306-2
21. 1982 Pascack Valley	303-3
22. 1978 Rutherford	302-10
23. 1994 Ridgefield Park	301-8
<b>24. 2010 Dumont</b>	<b>300-11</b>
25. 1981 New Milford	299-2
26. 1982 Ridgefield Park	298-9
27. 1981 Dumont	294-6
28. 1980 Cliffside Park	293-8
29. 1983 Tenafly	292-0
30. 2005 IHA	291-10
31. 2001 Demarest	291-8
32. 1983 Dumont	290-5
33. 2008 Ridgewood	290-0
34. 1992 Cliffside Park	289-10
35. 2009 Pascack Hills	289-9
36. 1985 New Milford	289-8
37. 2004 IHA	288-7
<b>38. 2010 Northern Highlands</b>	<b>287-11</b>
39. 2003 Tenafly	288-6
40. 1998 Ridgefield Park	287-0
41. 1978 Dumont	286-4
42. 1980 Saddle Brook	286-1

## HIGH JUMP

1. 1975 Ridgewood	16-2
2. 1986 Teaneck	15-6
3. 1982 Ridgewood	15-4
<b>4. 2010 Paramus Catholic</b>	<b>15-2</b>

5. 1976 Ridgewood	15-0.5
6. 1994 Mahwah	15-0
7. 1982 Westwood	14-10
1988 Ridgewood	
2007 Ramsey	
10. 1979 Saddle Brook	14-8
1980 Old Tappan	
1995 Cliffside Park	
1997 Hackensack	
2000 Rutherford	
2009 Mahwah	
16. 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	
29. 2006 Old Tappan	14-5 ¼
30. 1975 Paramus Catholic	14-5
1980 Ridgewood	
1981 Ridgewood	

### LONG JUMP

1. 1979 Tenafly	49-0
2. 2004 Hackensack	48-2 ¼
<b>3. 2010 IHA</b>	<b>47-10 ½</b>
4. 2007 Hackensack	47-9 ½
5. 1986 Indian Hills	47-6 ¾
6. 2009 IHA	47-2 ¾
<b>2010 Demarest</b>	
8. 1997 Englewood	47-2
9. 1978 Northern Highlands	47-1 ½
2008 Westwood	
11. 2009 Teaneck	47-1
12. 1979 Ridgewood	47-0 ½
13. 2005 Indian Hills	47-0
14. 2009 Mahwah	46-8 ½
15. 2006 Northern Highlands	46-7 ½
16. 1980 Westwood	46-5 ¼
17. 2008 IHA	46-3 ¼
18. 2002 Indian Hills	46-3
19. 1978 Tenafly	46-2 ½
20. 1995 Glen Rock	46-2

21. 2003 Saddle Brook	46-1 $\frac{3}{4}$
22. 1980 Hackensack	46-1 $\frac{1}{2}$
23. 2009 Holy Angels	46-1 $\frac{1}{4}$
24. 1978 Englewood	46-1
1997 Hackensack	
2004 Saddle Brook	
27. 1999 IHA	46-0 $\frac{1}{4}$
28. 1980 Tenafly	46-0
2005 Hackensack	
30. 1992 Hackensack	45-11
2000 Englewood	
32. 2004 Northern Highlands	45-10 $\frac{1}{2}$
33. 1981 Hackensack	45-9 $\frac{3}{4}$
2000 Glen Rock	
35. 1990 Pascack Valley	45-9 $\frac{1}{2}$
36. 2009 Mahwah	45-9 $\frac{1}{4}$
37. 2008 Holy Angels	45-9
38. 2005 Old Tappan	45-8 $\frac{1}{4}$
39. 1999 Glen Rock	45-7 $\frac{1}{2}$
2003 Hasbrouck Heights	
41. 1985 Dumont	45-7 $\frac{1}{4}$
2009 Westwood	
43. 1979 Indian Hills	45-6 $\frac{3}{4}$
44. 2003 Indian Hills	45-6 $\frac{1}{2}$
45. 2009 Old Tappan	45-6
46. 1991 Hackensack	45-5 $\frac{3}{4}$
2003 Dumont	
48. 1983 Old Tappan	45-5 $\frac{1}{2}$
1988 Ridgewood	
2001 Pascack Valley	

### TRIPLE JUMP

1. 2005 Indian Hills	104-5 $\frac{3}{4}$
<b>2. 2010 IHA</b>	<b>103-10</b>
3. 2004 Indian Hills	102-8 $\frac{1}{4}$
4. 2008 IHA	101-9 $\frac{3}{4}$
5. 1997 Englewood	101-5 $\frac{1}{2}$
6. 1979 Tenafly	101-3 $\frac{3}{4}$
7. 2008 Mahwah	100-11 $\frac{1}{2}$
8. 2009 Holy Angels	100-10 $\frac{1}{4}$
9. 2005 Old Tappan	100-9 $\frac{3}{4}$
10. 1990 Westwood	100-8 $\frac{1}{2}$
11. 2009 IHA	100-4
12. 1980 Teaneck	100-0
13. 2008 Indian Hills	99-11
14. 1997 Hackensack	99-9
15. 2009 Mahwah	99-7
16. 1986 Teaneck	99-3 $\frac{1}{2}$
17. 2006 Indian Hills	99-2 $\frac{3}{4}$
18. 1986 Indian Hills	99-2 $\frac{1}{2}$

19. 1995 Glen Rock	98-10 ½
20. 1987 New Milford	98-10 ¼
21. 1992 Hackensack	98-9 ½
22. 1999 Ridgewood	98-9
23. 2005 Garfield	98-7 ¾
24. 1998 Englewood	98-7 ½
25. 2006 Old Tappan	98-4 ½
26. 1996 Demarest	98-3
27. 1997 Hasbrouck Heights	98-0 ¾
28. 1985 Teaneck	97-11 ¾
29. 1982 Westwood	97-10 ¼
2006 Paramus	
31. 1979 Ridgewood	97-7
32. 1996 Hackensack	97-6 ½
33. 1985 Westwood	97-5
34. 1988 Dumont	97-2 ½
35. 2006 River Dell	97-2 ¼
36. 1981 Westwood	97-1 ¾
37. 2006 Northern Highlands	97-1
38. 2009 Teaneck	97-0 ¼
39. 1980 Old Tappan	97-0
<b>40. 2010 Teaneck</b>	<b>96-11 ¾</b>
41. 1997 Glen Rock	96-11 ¼
42. 2002 Hasbrouck Heights	96-11
43. 2007 River Dell	96-10
44. 2006 Hackensack	96-9 ¾
45. 2007 Hackensack	96-9 ¼
46. 1988 Westwood	96-8 ¾
47. 1988 Ridgewood	96-8