

ALL TIME PASSAIC PERFORMANCE LIST

BOYS

100 METERS (FAT ONLY)

AUTO TIMING

1. Mike Pruzinsky, Wayne Hills	2003	10.81
2. Robert East, Passaic	2008	10.82
3. Casey Robert, Hawthorne	2004	10.85
4. Nicardo Gooden, Kennedy	2002	10.93
5. Orion Woodard, Pompton Lakes	2007	10.99
6. Shaquan Brown, Kennedy	2005	11.03
7. Craig Kolk, Wayne Valley	2001	11.11
8. Jashon Dawson, Passaic	2009	11.18
9. Kevin Amditis, Lakeland	2009	11.19
10. Michael Ponte, DePaul	2005	11.20

200 METERS

1. Shaquan Brown, Kennedy	2005	21.23
2. Mike Pruzinsky, Wayne Hills	2003	21.61
3. Orion Woodard, Pompton Lakes	2007	21.69
4. Casey Robert, Hawthorne	2004	21.89
5. Robert East, Passaic	2008	22.03
6. Craig Kolk, Wayne Valley	2000	22.54*
Nicardo Gooden, Kennedy	2001	*
8. Andre Barnes, Manchester	2000	22.64*
Ryan Meltzer, Clifton	2002	*
Jashon Dawson, Passaic	2009	*

400 METERS

1. Shaquan Brown, Kennedy	2005	46.88
2. Dave Heerema, West Milford	2000	48.94*
3. Mike Pruzinsky, Wayne Hills	2003	49.14*
4. Craig Kolk, Wayne Valley	2001	49.45
5. Marcos McKenzie, Eastside	2008	49.55
6. Orion Woodard, Pompton Lakes	2007	49.80
7. Casey Robert, Hawthorne	2004	49.94*
8. Nicoy Hines, Passaic Tech	2009	50.04
9. Hayrol Cruz, Passaic	2004	50.14*
Jason Shagawat, Clifton	2004	*

800 METERS

1. Matt Winkler, Wayne Valley	2000	1:53.34*
2. Hayrol Cruz, Passaic	2005	1:53.62
3. Nick Mieke, DePaul	2007	1:55.11
4. Dave Heerema, West Milford	2000	1:55.24*
5. Terrence Gilbert, Eastside	2000	1:55.43
6. Dane Bender, Pompton Lakes	2007	1:55.88
7. Vincent Williams, Kennedy	2006	1:56.84*
8. Jesus Iturrino, Manchester	2000	1:57.04*
9. Isaiah Butts, Passaic Tech	2008	1:57.24*
10. Casey Weiss, West Milford	2007	1:57.49

1600 METERS

1. Mohamed Khadraoui, Kennedy	2004	4:15.34*
2. Tony Salvatore, Wayne Valley	2006	4:15.64*
3. Stephen Abate, Wayne Valley	2007	4:15.87
4. Matt Winkler, Wayne Valley	2000	4:15.90
5. Derek Storbeck, Wayne Valley	2000	4:20.84
6. Nick Mieke, DePaul	2006	4:21.67
7. Chris Bienkiewicz, Clifton	2007	4:22.54
8. Alex Anolik, Clifton	2007	4:24.86
9. Jerry Boucicaut, Kennedy	2003	4:26.38
10. Steve Williamson, West Milford	2004	4:26.67

3200 METERS

1. Mohamed Khadraoui, Kennedy	2004	8:50.44
2. Jorge Beltre, Kennedy	2007	9:29.42
3. Paul Kornaszewski, Clifton	2004	9:30.23
4. Tony Salvatore, Wayne Valley	2007	9:30.90
5. Nick Mieke, DePaul	2006	9:34.64
6. Matt Winkler, Wayne Valley	2000	9:36.64*
7. Nick Roman, Passaic Valley	2007	9:38.88
8. Brendan Kenny, West Milford	2003	9:39.24*
9. Stephen Abate, Wayne Valley	2007	9:39.31
10. Derek Storbeck, Wayne Valley	2000	9:39.79

110 METER HIGH HURDLES (FAT)

1. Nicoy Hines, Passaic Tech	2009	14.36
2. Alec Marshall, Wayne Valley	2007	14.47
3. Anthony Johnson, Eastside	2004	14.62
4. Alonzo Meek, Wayne Valley	2003	14.72
5. Keshon Brown, Kennedy	2009	14.78
6. Ramazan Nanyev, Manchester	2008	14.80
7. Anthony Chisholm, Wayne Hills	2007	14.92
8. Mike Padula, Passaic Valley	2003	14.95
9. Kyle Gilroy, West Milford	2007	14.96
10. Isiah Meek, Wayne Valley	2001	15.01

400 METER HURDLES

1. Shaquan Brown, Kennedy	2006	51.68
2. Nicoy Hines, Passaic Tech	2009	53.00
3. Tyler DeRouen, West Milford	2005	54.34*
4. Kyle Gilroy, West Milford	2007	55.09
5. Matt Trudell, West Milford	2002	55.14*
Deron Doles, Kennedy	2005	*
7. Alec Marshall, Wayne Valley	2007	55.27
8. Bobby Gamble, West Milford	2004	55.44*
9. Charles Mills, Kennedy	2006	55.54*
10. Anthony Johnson, Eastside	2004	55.74*

SHOT PUT

1. Greg Olsen, Wayne Hills	2003	59-1 ½
2. George Abyad, Passaic Valley	2007	57-3
3. Waldemar Auguscinski, Passaic	2000	56-5
4. Chris Pantale, Wayne Valley	2008	55-10
5. Joe Hathaway, Clifton	2005	55-6

6. Craig Berry, Manchester	2002	54-9 ¼
7. Richard Russell, Passaic	2003	54-8 ¾
8. Jamal Richardson, Passaic	2002	53-11 ¼
9. Jason Mack, Passaic	2004	53-1 ½
10. Darien Collie, Kennedy	2008	52-9

DISCUS

1. George Abyad, Passaic Valley	2007	183-5
2. Chris Pantale, Wayne Valley	2008	183-0
3. Richard Russell, Passaic	2003	165-1
4. Ryan Neill, Wayne Hills	2001	162-9
5. Waldemar Auguscinski, Passaic	2000	159-10
6. Jamaal Richardson, Passaic	2002	154-8
7. Bert Sisco, Wayne Hills	2003	154-3
8. Darien Collie, Kennedy	2008	154-0
9. Keir Bowers, Wayne Valley	2008	153-11
10. Jason Mack, Passaic	2004	152-9

JAVELIN (NEW)

1. Chris Pantale, Wayne Valley	2008	183-11
2. Eric Patricola, Lakeland	2009	183-1
3. Bert Sisco, Wayne Hills	2002	181-11
4. Shaun Murray, DePaul	2008	181-9
5. Hasan Munem, Passaic Valley	2008	
6. Dan Begley, West Milford	2005	179-0
7. Grant Till, Wayne Hills	2006	177-3
8. James DePalma, DePaul	2008	176-8
9. Brian Mizerak, West Milford	2009	175-7
10. Glenn Berry, Manchester	2004	173-6
Josh Dykstra, Hawthorne	2006	

HIGH JUMP

1. Derrick Truesdale, Passaic	2005	6-8
Marcos McKenzie, Eastside	2008	
3. John Strang, Hawthorne	2004	6-6
4. Brian Bohannon, Passaic	2000	6-4
John Onnembo, Wayne Valley	2001	
Jafaar Johnson, Passaic	2001	
7. Kyle McDermott, Lakeland	2001	6-2
Bryan Williams, Wayne Hills	2001	
Dewayne Daniels, Passaic	2002	
Tim Cedrone, West Milford	2002	
Tim Lawrence, West Milford	2003	
Johnathan Jackson, Passaic	2004	
Mike Ponte, DePaul	2005	
Shaquan Brown, Kennedy	2005	
Greg Gillespie, DePaul	2006	
Adam Rojas, Passaic	2007	
Keith Slade, Kennedy	2008	
Antwonnie Davis, Passaic Tech	2008	
Ralph McEachern, Kennedy	2009	
Yusef Reaves, Passaic	2009	

TRIPLE JUMP

1. Kyle Lindsay, Eastside	2006	48-2 ½
2. Anthony Chisholm, Wayne Hills	2007	47-3 ½
3. Isaac Patterson, Eastside	2007	45-8
4. Derrick Webb, Eastside	2004	44-11
Marcos McKenzie, Eastside	2008	
6. Deion Pompey, Eastside	2002	44-8 ½
7. Robert Gamble, West Milford	2005	44-7 ½
8. Kelly Davis, Manchester	2009	44-5 ½
9. Maurice McDonald, Paterson Catholic	2008	44-4 ½
10. Dallas Lynch, Wayne Hills	2002	44-4
Craig Hall, Kennedy	2009	

LONG JUMP

1. Val Sisti, DePaul	2003	22-5 ¼
2. Tom Papa, Wayne Valley	2008	22-4 ¾
3. Nick Romeo, Wayne Hills	2005	22-3
4. Brian Leslie, West Milford	2002	22-2 ½
Marcos McKenzie, Eastside	2008	
6. Jeff Young, Wayne Valley	2003	22-1 ¾
7. Kelly Davis, Manchester	2009	22-1
8. Anthony Chisholm, Wayne Hills	2007	21-10 ¾
9. Isaac Patterson, Eastside	2007	21-10
10. Ethan Ruffilo, DePaul	2005	21-8 ¾

POLE VAULT

1. Jeff Young, Wayne Valley	2003	14-6
2. Ken Stoute, Clifton	2003	14-0
Adam Lazor, West Milford	2007	
Peter Matano, Wayne Hills	2008	
5. Scott Gibson, Clifton	2000	13-7
6. Dave Serrano, West Milford	2000	13-6
Keith Gunther, West Milford	2001	
Brad McNamara, Pompton Lakes	2009	
9. Jeff Gunther, West Milford	2003	13-0
George Mena, Clifton	2007	

1600 METER RELAY

1. Kennedy 2005	3:17.85
2. Kennedy 2004	3:20.44*
3. Clifton 2004	3:23.14*
4. Wayne Valley 2011	3:23.16
5. West Milford 2004	3:24.04*
6. Passaic Tech 2008	3:25.54*
7. Wayne Hills 2003	3:25.64*
8. Kennedy 2006	*
Passaic 2006	3:25.74*
10. West Milford 2001	3:26.04*

GIRLS

100 METERS (FAT)

1. Ajda Dotday, Hawthorne	2008	12.11
2. Yhounic Vassell, Passaic Tech	2002	12.27
3. Kenneisha Reid, Passaic Tech	2000	12.30
4. Altisha Byrd, Paterson Catholic	2000	12.52
5. Chamekea Davis, Eastside	2009	12.60
6. Kristen Venning, Clifton	2008	12.61
7. Jessica McNeill, Eastside	2008	
8. Katelyn Savage, Manchester	2005	12.62
9. Tara Ricciardi, Wayne Valley	2006	12.74
10. Monica Joseph, Pompton Lakes	2006	12.77

200 METERS

1. Tawana Watkins, Kennedy	2001	24.71
2. Adja Dotday, Manchester	2008	24.74*
3. Yhounic Vassell, Passaic Tech	2002	24.85
4. Amber Allen, Passaic Tech	2008	24.92
5. Kristin Crawford, Kennedy	2006	25.04*
6. Andrea Herbert, Passaic Tech	2002	25.44*
Katelyn Savage, Manchester	2006	*
8. Allison DiDomenico, Passaic Valley	2004	25.62
9. Kenneisha Reid, Passaic Tech	2000	25.64*
10. Shanai Heber, Kennedy	2008	25.75

400 METERS

1. Tawana Watkins, Kennedy	2000	54.31
2. Essence Carson, Eastside	2004	55.17
3. Amber Allen, Passaic Tech	2009	55.41
4. Kristin Crawford, Kennedy	2006	56.50
5. Andrea Herbert, Passaic Tech	2002	57.84*
Susan Martinez, Clifton	2008	*
7. Alexandra Medrano, Passaic	2000	58.21
8. Allison DiDomenico, Passaic Valley	2004	58.44*
Shanai Heber, Kennedy	2006	*
10. Kiara Arrick, Manchester	2007	58.74*

800 METERS

1. Susan Martinez, Clifton	2007	2:13.36
2. Stephanie Herrick, Wayne Valley	2005	2:14.41
3. Alyssa LaGuardia, DePaul	2009	2:16.80
4. Alyssa Douma, West Milford	2005	2:16.94*
5. Eloisa Paredes, Clifton	2009	2:17.53
6. Arianne Bakelmun, Wayne Hills	2006	2:18.24*
7. Meghan Gaffney, Pompton Lakes	2004	2:19.04*
Essence Carson, Eastside	2004	*
9. Awinna Martinez, Passaic	2004	2:19.54*
10. Ashley Bakelmun, Wayne Hills	2003	2:20.74*

1600 METERS

1. Lindsay Van Alstine, Hawthorne Christian	2003	5:00.26
2. Kristen Traub, Eastern Christian	2009	5:05.07

3. Arianna Bakelmun, Wayne Hills	2007	5:05.84*
4. Meghan Gaffney, Pompton Lakes	2004	5:07.16
5. Jesse Mizzone, Passaic Valley	2003	5:08.13
6. Shakira Williams, Passaic	2001	5:10.85
7. Jacqui Carroll, Wayne Valley	2003	5:11.94*
8. Alyssa LaGuardia, DePaul	2009	5:13.15
9. Christina Valerio, West Milford	2006	5:14.74*
10. Mary Tolsma, Eastern Christian	2005	5:18.28

3200 METERS

1. Lindsay Van Alstine, Hawthorne Christian	2003	10:31.74*
2. Jesse Mizzone, Passaic Valley	2003	10:41.05
3. Kristen Traub, Eastern Christian	2009	11:02.15
4. Jacqui Carroll, Wayne Valley	2004	11:09.64
5. Meghan Gaffney, Pompton Lakes	2004	11:15.68
6. Christina Valerio, West Milford	2006	11:22.51
7. Arianna Bakelmun, Wayne Hills	2007	11:26.85
8. Mary Tolsma, Eastern Christian	2005	11:32.94*
9. Lourdes Fabian, Kennedy	2005	11:34.44*
10. Shakira Williams, Passaic	2000	11:37.11

100 METER HURDLES (FAT)

1. Samantha Kee, Lakeland	2008	15.45
2. Liz Hartwick, Lakeland	2006	15.55
3. Jaivairia Bacote, Kennedy	2009	15.57
4. Teya Wright, Eastside	2007	15.76
5. Susan Martinez, Clifton	2007	15.94
6. Rebecca Leonardo, Passaic Valley	2007	15.99
Dana Corasaniti, Hawthorne	2008	
8. Soniya Johnson, Passaic Tech	2001	16.02
9. Melissa Pascual, Passaic Valley	2009	16.07
10. Jaime Petrella, Lakeland	2008	16.34

400 METER HURDLES

1. Tawana Watkins, Kennedy	2001	57.48
2. Amber Allen, Passaic Tech	2009	58.44
3. Kiara Arrick, Manchester	2007	62.55
4. Samantha Kee, Lakeland	2008	63.64*
5. Susan Martinez, Clifton	2007	63.78
6. Dana Corasaniti, Hawthorne	2007	64.34*
7. LaVonne Ellerbe, Wayne Valley	2004	64.44*
Stephanie Herrick, Wayne Valley	2004	*
9. Kristin Crawford, Kennedy	2006	65.74*
10. Julie Folsom, Lakeland	2003	66.04*

SHOT PUT

1. Sable Sweeper, Passaic	2005	42-5
2. Jasmine Fenlator, Wayne Valley	2003	41-1 ¼
3. Alana Pantale, Wayne Valley	2009	40-5
4. Chichi Okoronkwo, Passaic	2009	39-8
5. Ashley Coleman, Passaic	2008	39-6
6. Alexis Wood, West Milford	2001	39-4 ½
7. Alteria McWilliams, Kennedy	2001	38-5 ¼
8. Emily Saucedo, Wayne Valley	2006	38-4 ¼

9. Shakia Wyche, Passaic	2000	37-4 $\frac{3}{4}$
10. Connie Musleh, Clifton	2005	36-2 $\frac{1}{2}$

DISCUS

1. Jasmine Fenlator, Wayne Valley	2003	142-2
2. Alana Pantale, Wayne Valley	2009	129-0
3. Emily Saucedo, Wayne Valley	2006	124-2
4. Ashley Coleman, Passaic	2008	121-8
5. Shakia Wyche, Passaic	2000	118-11
Melissa Blitzstein, West Milford	2004	
7. Karina Hernandez, Passaic	2001	117-7
8. Erin Krenitski, Eastern Christian	2003	116-6
9. Sable Sweeper, Passaic	2005	116-3
10. Catherine Saucedo, Wayne Valley	2006	113-5

JAVELIN (NEW)

1. Tina Lindsay, Eastside	2002	139-1
2. Whitney Verduin, Hawthorne	2002	133-11
3. Kristen Calamita, Lakeland	2004	131-4
4. Marybeth Weiss, Pompton Lakes	2003	121-0
5. Cori Cornett, Hawthorne	2004	117-9
6. Emma Knighton, Passaic Tech	2008	117-1
7. Lauren Vieth, Lakeland	2002	112-10
8. Sam Kirk, West Milford	2008	111-10
9. Schuyler Sietsma, Eastern Christian	2008	111-0
10. Caitlin Heffern, Wayne Valley	2006	110-7

HIGH JUMP

1. Amy Weiss, West Milford	2002	5-4
Essence Carson, Eastside	2004	
Katelyn Rodgers, Lakeland	2007	
4. Kristen Venning, Clifton	2008	5-3
5. Yocasta Garcia, Passaic	2000	5-2
Leslie Galamb, Pompton Lakes	2002	
Sarissa Gaskins, Passaic Tech	2003	
Courtney Polo, Pompton Lakes	2003	
Mallory Cornett, Hawthorne	2005	
Allison Fontan, West Milford	2006	
Michelle Lala, Wayne Hills	2006	
Teya Wright, Eastside	2007	
Mary Diduch, Wayne Hills	2007	

TRIPLE JUMP

1. Shanai Heber, Kennedy	2008	40-7
2. Andrea Herbert, Passaic Tech	2001	37-8
3. Jaivairia Bacote, Kennedy	2009	37-3 $\frac{1}{4}$
4. Kimesha Hughes, Eastside	2002	36-11 $\frac{1}{2}$
5. Brittany Bonney, Wayne Hills	2002	36-8 $\frac{1}{2}$
6. Alyssa Douma, West Milford	2005	36-7
7. Kahimah Liverman, Passaic Tech	2002	36-5
Sara Douma, West Milford	2008	
9. Yocasta Garcia, Passaic	2000	36-0
10. Sam Vanni, Lakeland	2006	35-4 $\frac{1}{4}$

LONG JUMP

1. Sheniqua Jones, Passaic	2006	18-2 ¼
2. Shanai Heber, Kennedy	2008	18-0 ¾
3. Kenneisha Reid, Passaic Tech	2000	18-0 ½
Essence Carson, Eastside	2004	
5. Otisha Mathis, Passaic	2000	17-10 ½
6. Katelyn Savage, Manchester	2007	17-7 ½
7. Tawana Watkins, Kennedy	2000	17-7 ¼
8. Lisa D'Elena, West Milford	2001	17-5
9. Alexandra Medrano, Passaic	2000	17-4
Michelle Caiazzo, Wayne Valley	2009	

1600 METER RELAY

1. Kennedy 2006	3:56.54*
2. Passaic Tech 2002	3:56.61
3. Passaic Tech 2009	3:57.70
4. Passaic 2000	4:00.34*
5. Clifton 2008	4:00.64*
6. Passaic Tech 2008	4:02.24*
7. Hawthorne 2005	4:02.40
8. Kennedy 2005	4:02.64*
9. Wayne Valley 2004	4:03.19
10. Passaic Tech 2000	4:04.94*
Wayne Valley 2005	

POLE VAULT

1. Emily Urciuoli, Clifton	2009	12-6
2. Laura Myers, Clifton	2005	11-0
3. Karen Langner, Clifton	2004	10-6
Michele Telofski, Clifton	2008	
Brittany DalCais, West Milford	2009	
6. Casey Monks, West Milford	2007	10-0
K.L. Markson, West Milford	2007	
Alexis Arena, Passaic Valley	2009	
9. Lauren Dutch, Clifton	2002	9-9
10. Nicole DeLio, West Milford	2006	9-6
Brooke Mullen, Clifton	2007	
Louise Marlow, Lakeland	2007	