

# BCSL CHAMPIONSHIPS

## AMERICAN DIVISION

### BOYS

#### 100 METER DASH

1985---	Jesse Gleaton, Englewood	11.2
1986---	Elliott Relles, Fort Lee	11.7
1987---	Oral Carnegie, Englewood	11.1
1988---	Mike Rosenberg, Queen of Peace	11.3
1989---	Neil Luke, Englewood	11.2
1990---	Ken Chan, Fort Lee	11.2
1991---	Chris Hewitt, Englewood	11.4
1992---	Chris Hewitt, Englewood	11.1
1993---	Leo Viana, Cliffside Park	11.3
1994---	John Deschamps, Ridgefield Park	11.1
1995---	Alex Baez, Ridgefield Park	11.1
1996---	Damion Sardinia, Ridgefield Park	11.1
1997---	Kyron Johnson, Englewood	11.0
1998---	Tom Montouri, Dumont	11.0
1999---	Tony Yamasaki, Englewood	11.2
2000---	Ofori Koram, Ridgefield Park	11.1
2001---	Mark Lumsden, Englewood	10.8
2002---	Dimar Labega, Rutherford	11.2
2003---	Matt St. Germain, Queen of Peace	11.2
2004---	Mike Thompson, Englewood	11.0
2005---	Rameik Jackson, Westwood	10.9
2006---	Tinashe Kitchen, Fort Lee	11.0
2007---	Raldaine McDonald, Englewood	11.0
2008---	Ackeme Brown, Englewood	11.0
2009---	Raldaine McDonald, Englewood	10.8
2010---	Andre Williams, Englewood	11.0

#### 200 METER DASH

1985---	Jesse Gleaton, Englewood	22.7
1986---	Kevin Kosuda, Fort Lee	23.6
1987---	Oral Carnegie, Englewood	22.9
1988---	Jon Bennett, Dumont	23.7
1989---	Neil Luke, Englewood	22.8
1990---	Gary Tenashian, Tenafly	23.4
1991---	Chris Hewitt, Englewood	22.9
1992---	Chris Hewitt, Englewood	22.8
1993---	John Deschamps, Ridgefield Park	23.2
1994---	John Deschamps, Ridgefield Park	23.0
1995---	Alex Baez, Ridgefield Park	23.2
1996---	Damion Sardinia, Ridgefield Park	23.0
1997---	Cory Richardson, Englewood	23.1
1998---	Tom Montouri, Dumont	22.6
1999---	Tony Yamasaki, Englewood	22.6
2000---	Ron Lugaschi, Tenafly	22.6

2001---	Mark Lumsden, Englewood	22.2
2002---	Dimar Labega, Rutherford	22.1
2003---	Matt St. Germain, Queen of Peace	22.6
2004---	Ramiek Jackson, Westwood	22.2
2005---	Ramiek Jackson, Westwood	22.2
2006---	Tinashe Kitchen, Fort Lee	22.5
2007---	Kevin McVeigh, River Dell	22.9
2008---	Joe Jones, Englewood	22.2
2009---	Raldaine McDonald, Englewood	22.4
2010---	Anthony Tripodi, Cliffside Park	22.8

#### **400 METER DASH**

1985---	Tim Bray, Tenafly	51.7
1986---	Kevin Kosuda, Fort Lee	52.3
1987---	Jerry Von Dohlen, Tenafly	52.2
1988---	Phil Bazzini, Dumont	50.3
1989---	Mike Rosenberg, Queen of Peace	50.1
1990---	Will Levay, Tenafly	51.7
1991---	Hector Martinez, Ridgefield Park	51.0
1992---	Ernest Simmons, Englewood	51.3
1993---	Maurice Minott, Englewood	50.4
1994---	Anthony Hampton, Englewood	50.0
1995---	Jose Lopes, Queen of Peace	51.5
1996---	Will Taylor, River Dell	53.1
1997---	Andrew Giannotti, Westwood	49.8
1998---	Matt Duques, Tenafly	51.9
1999---	Tony Yamasaki, Englewood	51.6
2000---	Ron Lugaschi, Tenafly	50.4
2001---	Dimar Labega, Rutherford	50.5
2002---	Dimar Labega, Rutherford	49.6
2003---	Samir Mane, Fort Lee	50.4
2004---	Rameik Jackson, Westwood	49.7
2005---	Rameik Jackson, Westwood	50.2
2006---	Tinashe Kitchen, Fort Lee	49.7
2007---	Kevin McVeigh, River Dell	51.5
2008---	Ryan McVeigh, River Dell	51.8
2009---	Kandell Jones, Englewood	50.3
2010---	Eric Leithauser, Westwood	51.1

#### **800 METER RUN**

1985---	Korta Yuasa, Tenafly	2:01.2
1986---	Randy Johnson, Englewood	2:04.0
1987---	Tetsuo Tasutomi, Fort Lee	2:04.0
1988---	Rob Fitzgibbon, Dumont	1:57.8
1989---	Ken Lierberman, Tenafly	2:02.2
1990---	Moses Mekbebe, Cliffside Park	2:01.5
1991---	Moses Mekbebe, Cliffside Park	1:58.7
1992---	Evan Dabby, Tenafly	2:04.0
1993---	Jose Martinez, Cliffside Park	2:01.0
1994---	Juan Barahona, Fort Lee	2:02.1
1995---	Alex Canino, Dumont	2:00.4

1996---	Cavrel Silvera, Fort Lee	2:00.2
1997---	Cavrel Silvera, Fort Lee	1:56.3
1998---	Brian Burns, River Dell	2:01.0
1999---	Brian Burns, River Dell	1:59.6
2000---	Brian Burns, River Dell	1:58.1
2001---	Samir Mane, Fort Lee	1:59.2
2002---	Samir Mane, Fort Lee	1:58.5
2003---	Samir Mane, Fort Lee	1:57.2
2004---	Andrei Olifer, Fort Lee	2:03.5
2005---	Andrei Olifer, Fort Lee	2:03.5
2006---	Antonio Telejo, Queen of Peace	2:00.6
2007---	Marc Loforte, River Dell	1:58.4
2008---	Dayne Mosconi, Tenafly	2:00.9
2009---	Dayne Mosconi, Tenafly	1:58.9
2010---	James Haggerty, River Dell	1:59.3

### **1600 METER RUN**

1985---	Bill Farquahar, Ridgefield Park	4:31.0
1986---	Will Koslow, Fort Lee	4:36.1
1987---	Will Koslow, Fort Lee	4:32.5
1988---	Matt Goodman, Dumont	4:30.7
1989---	Moses Mekbebe, Cliffside Park	4:35.6
1990---	Moses Mekbebe, Cliffside Park	4:30.3
1991---	Moses Mekbebe, Cliffside Park	4:27.5
1992---	Misha Simmonds, Dumont	4:34.9
1993---	Jon Sheppard, Fort Lee	4:31.4
1994---	Michael Matos, Queen of Peace	4:26.1
1995---	Bret Wask, Westwood	4:31.0
1996---	Jeremy Battles, River Dell	4:35.6
1997---	Matt Caporaletti, Westwood	4:35.0
1998---	Matt Caporaletti, Westwood	4:40.3
1999---	Tim Muratore, Tenafly	4:36.1
2000---	Cole Dailey, Rutherford	4:35.1
2001---	Cole Dailey, Rutherford	4:30.0
2002---	Rudy Urena, Cliffside Park	4:39.0
2003---	Rudy Urena, Cliffside Park	4:40.0
2004---	Todd Hamilton, River Dell	4:40.8
2005---	Marc Polifrone, Rutherford	4:29.9
2006---	Dan Olson, River Dell	4:30.3
2007---	Charles Goold, Rutherford	4:25.6
2008---	Dayne Mosconi, Tenafly	4:34.3
2009---	Seung Yeop Jee, Tenafly	4:40.1
2010---	Sherif Ali, Cliffside park	4:35.3

### **3200 METER RUN**

1985---	Bill Farquahar, Ridgefield Park	10:15.2
1986---	Will Koslow, Fort Lee	10:07.3
1987---	Will Koslow, Fort Lee	10:06.3
1988---	Mike Duffy, Dumont	9:50.6
1989---	Moses Mekbebe, Cliffside Park	10:21.9
1990---	Moses Mekbebe, Cliffside Park	10:07.0

1991---	Moses Mekbebe, Cliffside Park	9:53.1
1992---	Michael Matos, Queen of Peace	10:04.1
1993---	Eric Castillo, Ridgefield Park	10:07.8
1994---	Eric Castillo, Ridgefield Park	10:03.8
1995---	John Downey, Queen of Peace	10:06.2
1996---	Jeremy Battles, River Dell	10:25.9
1997---	Luke Hedges, Westwood	10:20.6
1998---	Tim Muratore, Tenafly	10:09.8
1999---	Cole Dailey, Rutherford	9:58.7
2000---	Cole Dailey, Rutherford	9:50.9
2001---	Cole Dailey, Rutherford	9:56.0
2002---	Taylor Smith, Tenafly	10:25.2
2003---	Rudy Urena, Cliffside Park	10:12.5
2004---	Todd Hamilton, River Dell	10:25.5
2005---	Todd Hamilton, River Dell	10:02.5
2006---	Dan Olson, River Dell	9:57.2
2007---	Mike Famularo, River Dell	10:06.4
2008---	Mike Famularo, River Dell	10:09.6
2009---	Sharif Ali, Cliffside Park	10:22.5
2010---	Sharif Ali, Cliffside Park	10:04.3

#### **110 METER HIGH HURDLES**

1985---	Tom Connolly, Dumont	15.5
1986---	Pete Oczkowski, Garfield	15.3
1987---	Jon Weisgal, Tenafly	15.3
1988---	Ray Tolentino, Dumont	15.8
1989---	Paul Von Dohlen, Tenafly	15.3
1990---	Paul Von Dohlen, Tenafly	15.1
1991---	Anthony Hampton, Englewood	15.6
1992---	Anthony Hampton, Englewood	15.0
1993---	Anthony Hampton, Englewood	14.9
1994---	Anthony Hampton, Englewood	15.5
1995---	Vin Venetucci, Ridgefield Park	15.2
1996---	Simon Wu, River Dell	14.7
1997---	Shawn Samuels, Englewood	15.0
1998---	Brian Jo, River Dell	15.6
1999---	Joe Robinson, River Dell	14.9
2000---	Cassiel Smith, Westwood	15.5
2001---	Cassiel Smith, Westwood	15.1
2002---	Rob Ho, Fort Lee	16.0
2003---	Mamo Arima, River Dell	16.0
2004---	Brian Voorhis, River Dell	15.1
2005---	Yun Yi, Tenafly	15.2
2006---	Keith Brunner, River Dell	15.1
2007---	Ryan Dougherty, Ridgefield Park	15.2
2008---	Jaivon Palmer, Englewood	14.9
2009---	Dan Chediak, Fort Lee	14.4
2010---	Dan McConnell, River Dell	15.0

#### **400 METER HURDLES**

1985---	Bob Tessler, Tenafly	56.9
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1986---	Neal Biscaldi, Tenafly	57.0
1987---	Phil Bazzini, Dumont	56.9
1988---	Phil Bazzini, Dumont	55.2
1989---	Paul Von Dohlen, Tenafly	56.1
1990---	Paul Von Dohlen, Tenafly	55.1
1991---	Anthony Hampton, Englewood	56.3
1992---	Anthony Hampton, Englewood	54.6
1993---	Anthony Hampton, Englewood	53.3
1994---	Anthony Hampton, Englewood	53.1
1995---	Simon Wu, River Dell	56.9
1996---	Simon Wu, River Dell	56.3
1997---	Jon Levis, River Dell	57.3
1998---	Dave Burns, River Dell	56.7
1999---	Brian Burns, River Dell	55.9
2000---	Brian Burns, River Dell	55.0
2001---	Joe Philley, River Dell	57.2
2002---	Greg Horn, River Dell	56.2
2003---	Greg Horn, River Dell	55.5
2004---	Jon Turetsky, River Dell	58.4
2005---	Yun Yi, Tenafly	57.1
2006---	Keith Brunner, River Dell	56.0
2007---	Tim Carroll, River Dell	57.1
2008---	Ryan MacVeigh, River Dell	57.0
2009---	Ryan MacVeigh, River Dell	56.6
2010---	Anthony Tripodi, Cliffside Park	56.4

#### SHOT PUT

1985---	Matt Focchini, Ridgefield Park	51-0
1986---	LeSane, Englewood	44-3 ¼
1987---	Dennis DeMartino, Fort Lee	48-9 ¾
1988---	Dennis DeMartino, Fort Lee	52-11 ½
1989---	Mike DeNunzio, Fort Lee	44-10
1990---	Sekou Simmons, Tenafly	46-10
1991---	Sekou Simmons, Tenafly	45-5 ½
1992---	Chuck Bellomo, River Dell	47-3 ½
1993---	Jack Chan, Fort Lee	42-5
1994---	Frank Romano, Cliffside Park	44-1 ½
1995---	Cody Frate, Fort Lee	43-2 ¾
1996---	Mario Caballero, Cliffside Park	45-1 ½
1997---	Chris Turner, Westwood	46-5 ½
1998---	Steve Dance, River Dell	52-5
1999---	Josh Leder, Fort Lee	44-1 ½
2000---	Kosta Psonis, Fort Lee	48-6 ¼
2001---	Steve McGovern, Dumont	50-10
2002---	Steve McGovern, Dumont	50-5
2003---	Rafael Coira, Dumont	50-1 ½
2004---	Steve Kim, Fort Lee	48-9 ½
2005---	Steve Kim, Fort Lee	48-3
2006---	Andrew Trass, River Dell	50-7 ½
2007---	Zach Shapiro, River Dell	55-6 ½
2008---	Andrew Trass, River Dell	53-4

2009---Nick Rosenbach, River Dell	48-10 ¼
2010---John Farelli, River Dell	50-8 ½

### DISCUS

1985---Pat Masters, Fort Lee	140-1
1986---Andre Suskacevic, Fort Lee	129-4
1987---Mel Wein, Tenafly	130-9
1988---Chris Wetzel, Fort Lee	139-6
1989---Chris Wetzel, Fort Lee	142-4
1990---Ralph Filieri, Fort Lee	132-1
1991---Chris Klapsis, Cliffside Park	135-8
1992---Mike Miller, River Dell	121-0
1993---Frank Romano, Cliffside Park	132-10
1994---Frank Romano, Cliffside Park	132-4
1995---Tom Hur, Fort Lee	129-11
1996---Dave Ward, River Dell	137-6
1997---Jasmin Cami, Fort Lee	138-8
1998---Jasmin Cami, Fort Lee	145-9
1999---Josh Leder, Fort Lee	135-1
2000---Steve McGovern, Dumont	145-6
2001---Steve McGovern, Dumont	154-11
2002---Steve McGovern, Dumont	178-6
2003---Dave Cordts, River Dell	139-5
2004---Erik Heymann, Westwood	144-8
2005---Tim Lanni, Rutherford	147-11
2006---Zach Shapiro, River Dell	142-9
2007---Zach Shapiro, River Dell	143-9
2008---Andrew Trass, River Dell	149-5
2009---Dave Shahinian, Fort Lee	143-3
2010---John Farelli, River Dell	165-8

### JAVELIN

1985---Bill Parisi, Ridgefield Park	196-6
1986---Chris Barzellato, Tenafly	183-7
1987---John Wetzel, Fort Lee	176-7
1988---Rich Kyasky, River Dell	206-9
1989---Chris Klapsis, Cliffside Park	187-8
1990---Carl Von Tobel, Dumont	164-5
1991---George Milani, Tenafly	186-11
1992---Carl Von Tobel, Dumont	199-8
1993---Anthony Hayne, Ridgefield Park	189-0
1994---Sergio Martinez, Ridgefield Park	159-7
1995---Ralph Sango, Cliffside Park	182-7
1996---John Dixon, Ridgefield Park	195-2
1997---John Dixon, Ridgefield Park	186-3
1998---Julio Izquierdo, Fort Lee	168-2
1999---Will Arroyo, Ridgefield Park	181-10
2000---Will Arroyo, Ridgefield Park	188-0
2001---Steve Bay, Dumont	203-3
2002---Paul Trass, River Dell	174-7
2003---Anthony Immediate, Rutherford	184-4

2004---	Erik Heymann, Westwood	168-6
2005---	Erik Heymann, Westwood	206-11
2006---	Doug Cerniglia, Ridgefield Park	175-5
2007---	Doug Cerniglia, Ridgefield Park	183-5
2008---	Andrew Trass, River Dell	161-7
2009---	Carl Schnek, Rutherford	162-5
2010---	Tim Trochanowski, River Dell	162-6

### **HIGH JUMP**

1985---	Craig Zurlini, Tenafly	5-10
1986---	Clive Anderson, Ridgefield Park	6-0
1987---	Mark DeAngelus, Tenafly	6-2
1988---	Mark DeAngelus, Tenafly	6-4
1989---	Marcus Moore, Englewood	6-3
1990---	Marcus Moore, Englewood	6-0
1991---	Dave Kruse, Tenafly	6-2
1992---	Dave Kruse, Tenafly	6-4 1/4
1993---	Matthew Walker, Englewood	6-6
1994---	Thanniel Robinson, Englewood	6-6
1995---	Rob O'Dell, Dumont	6-0
1996---	Sean McFarlane, Queen of Peace	6-0
1997---	Gareth Hedges, Westwood	5-10
1998---	Bryan Sheldon, Westwood	6-0
1999---	Gareth Hedges, Westwood	6-2
2000---	Cassiel Smith, Westwood	6-0
2001---	Cassiel Smith, Westwood	6-2
2002---	Greg Powell, Westwood	6-2
2003---	Marcus Baham, Englewood	5-8
2004---	Jabu Lovelace, Tenafly	6-0
2005---	E.J. Schuck, Westwood	6-2
2006---	Val Terebizh, Fort Lee	6-4
2007---	Glenn Luis Cabrera, Ridgefield Park	5-10
2008---	tie between Devin Mayer, Westwood and Marquis McMillian, Ridgefield Park	5-10
2009---	Marquis McMillian, Ridgefield Park	5-10
2010---	Ryan Bailey, Englewood	6-2

### **LONG JUMP**

1985---	Tom Connolly, Dumont	20-7 1/2
1986---	Doug Anthony, Englewood	20-6 1/2
1987---	Mark DeAngelus, Tenafly	20-2
1988---	Mark DeAngelus, Tenafly	21-9
1989---	Chuck DeRosa, Tenafly	20-8
1990---	Chuck DeRosa, Tenafly	20-3
1991---	Chris Hewitt, Englewood	22-0
1992---	Chris Hewitt, Englewood	23-2
1993---	Leo Viana, Cliffside Park	20-8
1994---	Anthony Hampton, Englewood	20-10
1995---	Tim Jordain, Westwood	21-3
1996---	Shawn Samuels, Englewood	22-2
1997---	Shawn Samuels, Englewood	21-4

1998---	Neal Okarter, Westwood	22-4 ¼
1999---	Gareth Hedges, Westwood	20-5
2000---	Edwin Dove, Westwood	20-5 ½
2001---	Cassiel Smith, Westwood	21-3
2002---	OT Lovelace, Tenafly	21-1 ½
2003---	James Grossos, Fort Lee	19-0 ¼
2004---	Tyler Byrne, River Dell	19-9 ½
2005---	E.J. Schuck, Westwood	22-3 ½
2006---	Val Terebizh, Fort Lee	21-1 ¼
2007---	Ryan Dougherty, Ridgefield Park	21-0 ¾
2008---	Daniel Wu, Tenafly	20-5 ¾
2009---	Marty Williams, Englewood	21-2 ½
2010---	Phillip Dowell, Englewood	21-2

### TRIPLE JUMP

1985---	Ed Baisley, Tenafly	45-5
1986---	Andy Claffey, River Dell	41-9 ¼
1987---	Keith McCotter, Ridgefield Park	41-3 ¾
1988---	Mark DeAngelus, Tenafly	42-11
1989---	Soren Juul, Tenafly	41-11 ½
1990---	Tim Gilmour, Dumont	41-8 ½
1991---	Chris Hewitt, Englewood	43-2 ¾
1992---	Chris Hewitt, Englewood	46-0
1993---	Anthony Jacobs, Englewood	44-4
1994---	Jon Perdomo, Englewood	43-1 ¼
1995---	Jason Ribik, Ridgefield Park	42-3 ¾
1996---	Shawn Samuels, Englewood	43-0 ½
1997---	Joseph Im, Rutherford	43-5
1998---	Neal Okarter, Westwood	44-0 ½
1999---	Brian Jo, River Dell	43-7
2000---	John Augustynowicz, Rutherford	45-11
2001---	Brett Henderson, Dumont	42-5
2002---	Brett Henderson, Dumont	45-10 ½
2003---	James Grossos, Fort Lee	41-8 ½
2004---	Jordan Pettway, Englewood	42-10
2005---	Rameik Jackson, Westwood	44-4 ½
2006---	Val Terebizh, Fort Lee	46-6 ½
2007---	Daniel Wu, Tenafly	42-0 ½
2008---	Daniel Wu, Tenafly	42-11 ¼
2009---	Marquis McMillian, Ridgefield Park	44-5 ¼
2010---	Phillip Dowell, Englewood	44-0 ¼

### POLE VAULT

1985---	Scott Walters, Dumont	12-0
1986---	Scott Walters, Dumont	13-2
1987---	Pete Joel, River Dell	12-0
1988---	Pete Joel, River Dell	12-6
1989---	Raja Maharajh, Fort Lee	11-6
1990---	Joe Healy, Dumont	12-0
1991---	Franklin Martinez, Ridgefield Park	12-6
1992---	Franklin Martinez, Ridgefield Park	13-0



1993---	Jason Rivera, Cliffside Park	12-6
1994---	Carlos Torres, Ridgefield Park	12-0
1995---	Joseph Kim, Fort Lee	13-0
1996---	Adam Zajicek, Ridgefield Park	12-6
1997---	Bob Challener, Westwood	13-0
1998---	Gareth Hedges, Westwood	12-0
1999---	Gareth Hedges, Westwood	13-6
2000---	Chris Porto, Ridgefield Park	12-6
2001---	Will Marty, Westwood	11-6
2002---	Will Marty, Westwood	11-6
2003---	Dean Spirito, Dumont	12-0
2004---	Ben Goldberg, Rutherford	11-6
2005---	Sean Cannon, Westwood	11-6
2006---	Xavier Rodriguez, Fort Lee	12-0
2007---	Reid Schlegel, River Dell	11-6
2008---	Reid Schlegel, River Dell	12-6
2009---	Juan Andres Giglio, Ridgefield Park	13-0
2010---	Juan Andres Giglio, Ridgefield Park	14-8

### **1600 METER RELAY**

1985---	Tenafly	3:32.6
1986---	Tenafly	3:36.1
1987---	Tenafly	3:33.0
1988---	Dumont	3:29.8
1989---	Englewood	3:31.1
1990---	Tenafly	3:36.5
1991---	Englewood	3:28.8
1992---	Englewood	3:32.0
1993---	Cliffside Park	3:29.0
1994---	Ridgefield Park	3:31.4
1995---	Fort Lee	3:32.0
1996---	Fort Lee	3:34.1
1997---	Englewood	3:30.6
1998---	Tenafly	3:33.3
1999---	River Dell	3:28.7
2000---	Fort Lee	3:30.6
2001---	Dumont	3:35.0
2002---	Westwood	3:30.0
2003---	Westwood	3:29.5
2004---	Englewood	3:32.9
2005---	Westwood	3:30.7
2006---	Fort Lee	3:26.4
2007---	River Dell	3:30.1
2008---	Englewood	3:31.4
2009---	Englewood	3:28.5
2010---	Westwood	3:27.7

### **GIRLS**

#### **100 METER DASH**

1985---	Neretta Freeman, Garfield	12.5
1986---	Neretta Freeman, Garfield	13.0

1987---	Terri Bieber, Tenafly	12.8
1988---	Carmen Matteis, Cliffside Park	12.3
1989---	Gily Dishon, Tenafly	12.2
1990---	Kris Washington, Englewood	12.9
1991---	Pam Buchwald, Tenafly	13.5
1992---	Jean Readie, Queen of Peace	13.1
1993---	Jean Readie, Queen of Peace	12.7
1994---	Mary O'Neill, River Dell	13.0
1995---	Carlene Cummings, Englewood	12.2
1996---	Carlene Cummings, Englewood	12.5
1997---	Carlene Cummings, Englewood	12.4
1998---	Carlene Cummings, Englewood	12.1
1999---	Lauren Fanelli, River Dell	13.2
2000---	Anike Orimogunje, Queen of Peace	12.5
2001---	Anike Orimogunje, Queen of Peace	12.4
2002---	Anike Orimogunje, Queen of Peace	12.3
2003---	Anike Orimogunje, Queen of Peace	12.2
2004---	Cheryl Anscombe, Westwood	12.4
2005---	Janine Davis, Queen of Peace	12.3
2006---	Angelica Johnson, Ridgefield Park	12.3
2007---	Alyssa Maier, River Dell	12.6
2008---	Kristen Brown, Englewood	12.6
2009---	Kristen Brown, Englewood	12.3
2010---	Colleen Murphy, Westwood	12.4

## **200 METER DASH**

1985---	Neretta Freeman, Garfield	26.4
1986---	Neretta Freeman, Garfield	26.7
1987---	Teri Bieber, Tenafly	26.1
1988---	Teri Bieber, Tenafly	27.1
1989---	Gily Dishon, Tenafly	25.4
1990---	Pam Buchwald, Tenafly	26.8
1991---	Pam Buchwald, Tenafly	26.7
1992---	Jean Readie, Queen of Peace	26.5
1993---	Jean Readie, Queen of Peace	26.5
1994---	Mary O'Neill, River Dell	27.1
1995---	Mary O'Neill, River Dell	25.6
1996---	Mary O'Neill, River Dell	25.6
1997---	Janna Kohout, River Dell	26.2
1998---	Genevieve Palmieri, Rutherford	26.4
1999---	Jackie Babbini, Cliffside Park	26.3
2000---	Anike Orimogunje, Queen of Peace	26.3
2001---	Anike Orimogunje, Queen of Peace	25.3
2002---	Anike Orimogunje, Queen of Peace	25.0
2003---	Anike Orimogunje, Queen of Peace	24.9
2004---	Cheryl Anscombe, Westwood	25.1
2005---	Janine Davis, Queen of Peace	24.7
2006---	Sophia Davis, Queen of Peace	25.9
2007---	Toni Gatchalian, Tenafly	26.5
2008---	Katie Landrigan, Rutherford	26.7
2009---	Colleen Murphy, Westwood	26.4

2009---Colleen Murphy, Westwood 25.9

#### **400 METER DASH**

1985---Michelle Rogers, Tenafly	60.3
1986---Sharlene Millwood, Englewood	61.3
1987---Sharlene Millwood, Englewood	58.6
1988---Sharlene Millwood, Englewood	60.4
1989---Geraldine McDermott, Queen of Peace	61.6
1990---Geraldine McDermott, Queen of Peace	61.5
1991---Jean Readie, Queen of Peace	58.6
1992---Jean Readie, Queen of Peace	59.0
1993---Jean Readie, Queen of Peace	57.0
1994---Jean Readie, Queen of Peace	59.6
1995---Caitlin Wittreich, Tenafly	59.0
1996---Mahasin Pegeise, Rutherford	59.6
1997---Krista Saunders, Fort Lee	60.7
1998---Emily Drew, Westwood	60.5
1999---Jackie Babbini, Cliffside Park	59.5
2000---Emily Drew, Westwood	60.5
2001---Caitlin Sherry, River Dell	59.5
2002---Janine Davis, Queen of Peace	57.9
2003---Cheryl Anscombe, Westwood	60.5
2004---Cheryl Anscombe, Westwood	58.8
2005---Janine Davis, Queen of Peace	55.4
2006---Sophia Davis, Queen of Peace	59.7
2007---Tori Roth, River Dell	60.1
2008---Katie Landrigan, Rutherford	60.2
2009---Tori Roth, River Dell	60.5
2010---Colleen Murphy, Westwood	58.5

#### **800 METER RUN**

1985---Michelle Rogers, Tenafly	2:30.1
1986---Karen Fontana, Cliffside Park	2:29.8
1987---Sue Fox, Ridgefield Park	2:28.5
1988---Sharlene Millwood, Englewood	2:23.8
1989---Lora Matteis, Cliffside Park	2:26.0
1990---Karen Lafarga, Queen of Peace	2:28.0
1991---Stacey Grimm, Tenafly	2:29.5
1992---Karen Hansen, Queen of Peace	2:31.3
1993---Marilyn Bonilla, Cliffside Park	2:27.6
1994---Jean Readie, Queen of Peace	2:19.5
1995---Caitlin Wittreich, Tenafly	2:18.9
1996---Caitlin Wittreich, Tenafly	2:20.6
1997---Caitlin Wittreich, Tenafly	2:24.4
1998---Jenica Asadorian, Westwood	2:24.9
1999---Lauren Sherry, River Dell	2:23.6
2000---Nicole Stinson, Westwood	2:21.5
2001---Briana Bayersdorfer, River Dell	2:27.6
2002---Janine Davis, Queen of Peace	2:18.7
2003---Julia Emanuel, Tenafly	2:17.4
2004---Janine Davis, Queen of Peace	2:15.0

2005---	Bry Bonavita, River Dell	2:22.5
2006---	Bry Bonavita, River Dell	2:23.1
2007---	Bry Bonavita, River Dell	2:16.7
2008---	Bry Bonavita, River Dell	2:25.2
2009---	Ceili Brennan, Westwood	2:20.2
2010---	Allison Torsiglieri, Tenafly	2:22.6

### 1600 METER RUN

1985---	Michele Forzani, Dumont	5:36.0
1986---	Karen Fontana, Cliffsides Park	5:29.0
1987---	Terri Grivas, Dumont	5:19.9
1988---	Jen Murray, Dumont	5:34.5
1989---	Michelle Felix, Queen of Peace	5:32.5
1990---	Kathy McAuliffe, Dumont	5:21.3
1991---	Kathy McAuliffe, Dumont	5:34.4
1992---	Karen Hansen, Queen of Peace	5:36.0
1993---	Cris Capelan, Cliffsides Park	5:32.3
1994---	Lisa Dalto, Ridgefield Park	5:31.7
1995---	Jessica Drew, Westwood	5:26.2
1996---	Jenica Asadorian, Westwood	5:29.3
1997---	Kate Cosgriff, Tenafly	5:20.9
1998---	Jenica Asadorian, Westwood	5:26.6
1999---	Fredyla Urena, Cliffsides Park	5:24.9
2000---	Briana Bayersdorfer, River Dell	5:29.6
2001---	Briana Bayersdorfer, River Dell	5:39.0
2002---	Julia Emanuel, Tenafly	5:17.9
2003---	Julia Emanuel, Tenafly	5:18.7
2004---	Janine Davis, Queen of Peace	5:13.6
2005---	Meggie Sullivan, Tenafly	5:27.7
2006---	Kaitlin Tanner, River Dell	5:32.1
2007---	Ari Ackerman, River Dell	5:26.1
2008---	Ceili Brennan, Westwood	5:28.4
2009---	Monica Landy, Tenafly	5:22.0
2010---	Teresa Gagliostro, Westwood	5:16.8

### 3200 METER RUN

1985---	Michele Forzani, Dumont	12:32.9
1986---	Terri Grivas, Dumont	12:06.5
1987---	Terri Grivas, Dumont	11:51.6
1988---	Sheree Purcell, Ridgefield Park	12:21.3
1989---	Kathy McAuliffe, Dumont	12:22.8
1990---	Kathy McAuliffe, Dumont	11:48.8
1991---	Kathy McAuliffe, Dumont	12:11.6
1992---	Karen Hansen, Queen of Peace	12:36.2
1993---	Cris Capelan, Cliffsides Park	12:15.7
1994---	Emily Luther, Tenafly	12:31.0
1995---	Nicole Callaghan, Westwood	11:59.9
1996---	Caitlin Wittreich, Tenafly	12:10.9
1997---	Josie Maceri, Fort Lee	12:03.0
1998---	Josie Maceri, Fort Lee	11:59.3
1999---	Fredyla Urena, Cliffsides Park	12:17.8

2000---	Briana Bayersdorfer, River Dell	11:44.8
2001---	Briana Bayersdorfer, River Dell	12:23.0
2002---	Julia Emanuel, Tenafly	11:49.4
2003---	Julia Emanuel, Tenafly	11:40.3
2004---	Meggie Sullivan, Tenafly	12:05.3
2005---	Meggie Sullivan, Tenafly	11:47.5
2006---	Justice Stafford, Fort Lee	12:13.1
2007---	Justice Stafford, Fort Lee	11:56.4
2008---	Chrissy Klepper, River Dell	12:06.6
2009---	Teresa Gagliostro, Westwood	12:10.8
2010---	Teresa Gagliostro, Westwood	11:48.5

#### **100 METER HIGH HURDLES**

1985---	Gerri Brennan, Dumont	15.9
1986---	Gerri Brennan, Dumont	15.9
1987---	Kathy McLaughlin, Cliffside Park	16.9
1988---	Kathy Kelly, Dumont	16.7
1989---	Kristen Guth, Tenafly	16.6
1990---	Terri O'Malley, Dumont	17.0
1991---	Terri O'Malley, Dumont	16.7
1992---	Maria Mota, Fort Lee	16.7
1993---	Sue Nunez, Ridgefield Park	17.7
1994---	Kohar Jones, Tenafly	16.8
1995---	Carlene Cummings, Englewood	15.7
1996---	Carlene Cummings, Englewood	14.9
1997---	Carlene Cummings, Englewood	14.9
1998---	Carlene Cummings, Englewood	14.5
1999---	Marissa Sarubbi, Cliffside Park	16.9
2000---	Shana Thayer Don, Fort Lee	16.5
2001---	Shana Thayer Don, Fort Lee	15.4
2002---	Julianne Wiggins, River Dell	17.2
2003---	Lindsay May, Dumont	15.7
2004---	Lindsay May, Dumont	15.2
2005---	Elissa Laforgia, Rutherford	16.4
2006---	Whitney Awaru, Fort Lee	15.7
2007---	C.J. Jacob, Ridgefield Park	16.2
2008---	Heather Gearity, Rutherford	16.5
2009---	Sasha Bouie, Fort Lee	16.4
2010---	Stephanie Carnevale, River Dell	15.7

#### **400 METER HURDLES**

1985---	Gerri Brennan, Dumont	67.4
1986---	Gerri Brennan, Dumont	67.2
1987---	Melinda Maguire, Dumont	68.3
1988---	Lora Matteis, Cliffside Park	68.9
1989---	Lora Matteis, Cliffside Park	66.6
1990---	Karen LaFarga, Queen of Peace	69.8
1991---	Karen LaFarga, Queen of Peace	69.2
1992---	Cindy Hansen, Queen of Peace	69.5
1993---	Megan Kerr, Tenafly	68.1
1994---	Kohar Jones, Tenafly	68.6

1995---	Mahasin Pegeise, Rutherford	68.2
1996---	Mahasin Pegeise, Rutherford	64.6
1997---	Caitlin Wittreich, Tenafly	65.2
1998---	Mahasin Pegeise, Rutherford	64.8
1999---	Jackie Babbini, Cliffside Park	64.9
2000---	Shana Thayer Don, Fort Lee	67.2
2001---	Caitlin Sherry, River Dell	64.0
2002---	Jessica Thomas, Westwood	69.8
2003---	Alison Weinberg, Tenafly	66.8
2004---	Meg Inomata, Fort Lee	68.3
2005---	Kelly Berkanish, River Dell	66.3
2006---	Kelly Berkanish, River Dell	67.2
2007---	Bry Bonavita, River Dell	66.1
2008---	Heather Garity, Rutherford	65.6
2009---	Heather Garity, Rutherford	64.8
2010---	Catherine McQuade, River Dell	64.7

### SHOT PUT

1985---	Lori Thiemann, Ridgefield Park	32-5
1986---	Theresa Brown, Fort Lee	34-2 ½
1987---	Theresa Brown, Fort Lee	33-8
1988---	Maureen O'Malley, Dumont	30-10 ¼
1989---	Ilona Olayon, River Dell	29-7 ½
1990---	Shannon Doyle, Tenafly	31-7
1991---	Ilona Olayon, River Dell	32-11 ¾
1992---	Shannon Doyle, Tenafly	33-6
1993---	Izetta Williams, Cliffside Park	31-6
1994---	Jenicka Carter, Westwood	36-6 ¼
1995---	Jenicka Carter, Westwood	37-11
1996---	Jessica Sarubbi, Cliffside Park	34-6
1997---	Brenda Arroyo, Ridgefield Park	34-2 ½
1998---	Jean Bellotti, Rutherford	33-11 ½
1999---	Kristy Potts, Ridgefield Park	35-8 ½
2000---	Kristy Potts, Ridgefield Park	37-6
2001---	Kim Grein, Ridgefield Park	38-3
2002---	Danica Miller, Rutherford	36-0 ¾
2003---	Bridgette Kenny, Ridgefield Park	34-9
2004---	Bridgette Kenny, Ridgefield Park	36-11
2005---	Natalia Arias, Tenafly	31-5 ¾
2006---	Eddith Garcia, Ridgefield Park	33-8
2007---	Amber Flaim, Fort Lee	32-6
2008---	Aretah Ettarh, Fort Lee	36-2
2009---	Rachel Pena, Ridgefield Park	36-4 ½
2010---	Aretah Ettarh, Fort Lee	36-6 ½

### DISCUS

1985---	Sheila Brock, Englewood	100-3
1986---	Dawn Umland, Cliffside Park	90-5
1987---	Dawn Umland, Cliffside Park	83-4
1988---	Karen Chinis, Cliffside Park	99-9
1989---	Jackie Romero, Tenafly	96-9

1990---	Debbie Goldberg, Dumont	101-1
1991---	Ilona Olayon, River Dell	106-4
1992---	Shannon Doyle, Tenafly	101-5
1993---	Angie DeMaio, Cliffside Park	88-7
1994---	Angie DeMaio, Cliffside Park	99-1
1995---	Nicole Rosato, Westwood	102-9
1996---	Rhonda Williams, Englewood	100-7
1997---	Valerie Epps, Englewood	103-1
1998---	Kristen Guimes, Ridgefield Park	106-7
1999---	Najran Stephens, Cliffside Park	114-3
2000---	Kristy Potts, Ridgefield Park	106-11
2001---	Anna Clark, Tenafly	106-0
2002---	Danica Miller, Rutherford	102-4
2003---	Jamie Crissafully, Westwood	97-0
2004---	Natalia Arias, Tenafly	109-5
2005---	Natalia Arias, Tenafly	110-7
2006---	Natalia Arias, Tenafly	102-0
2007---	Michelle Uberbacher, Dumont	102-5
2008---	Christine Coppola, River Dell	115-9
2009---	Rachel Pena, Ridgefield Park	99-9
2009---	Rachel Pena, Ridgefield Park	108-8

#### **JAVELIN**

1985---	Lori Thiemann, Ridgefield Park	105-9
1986---	Darlene Schreiner, Queen of Peace	94-8
1987---	Jackie Romero, Tenafly	101-2
1988---	Kristen Klie, River Dell	105-4
1989---	Jackie Romero, Tenafly	109-5
1990---	Danielle Galla, Cliffside Park	110-3
1991---	Michelle Martin, Dumont	108-4
1992---	Michelle Pacallier, Cliffside Park	113-4
1993---	Angie DeMaio, Cliffside Park	111-4
1994---	Lauren Mazurkiewicz, Queen of Peace	111-2
1995---	Debbie Chadwick, Rutherford	117-7
1996---	Jessica Sarubbi, Cliffside Park	114-5
1997---	Betty Nicholas, Westwood	102-0
1998---	Janet Luce, Westwood	117-9
1999---	Marissa Sarubbi, Cliffside Park	113-1
2000---	Nikki Sample, Westwood	106-7
2001---	Danica Miller, Rutherford	116-8
2002---	Danica Miller, Rutherford	102-9
2003---	Alison Weinberg, Tenafly	119-6
2004---	Allison Coughlin, Dumont	111-8
2005---	Ann Behrens, River Dell	108-8
2006---	Ann Behrens, River Dell	109-9
2007---	Lauren Frain, Rutherford	108-8
2008---	Michelle Uberbacher, Dumont	106-11
2009---	Laura Bruno, Tenafly	107-3
2009---	Laura Bruno, Tenafly	120-0

#### **HIGH JUMP**

1985---	Eileen McCluskey, Dumont	4-10
1986---	Neretta Freeman, Garfield	4-8
1987---	Chris Gilmour, Dumont	4-8
1988---	Marybeth Glowacki, Queen of Peace	5-1
1989---	Chris Gilmour, Dumont	5-0
1990---	Brandy Jeffries, Englewood	4-8
1991---	Jean Readie, Queen of Peace	5-0
1992---	Brandy Jeffries, Englewood	5-0
1993---	Jean Readie, Queen of Peace	5-0
1994---	Marie Greaux, Ridgefield Park	5-0
1995---	Jen Maxfield, Tenafly	5-0
1996---	Lisa Considine, Rutherford	5-0
1997---	Tammi Jordan, Englewood	4-10
1998---	Lauren Donahue, Westwood	5-0
1999---	Marissa Sarubbi, Cliffside Park	4-10
2000---	Olga Rummyantseva, Fort Lee	4-10
2001---	Erin Piscetta, River Dell	5-2
2002---	Margaret Cahill, Rutherford	5-0
2003---	Erika Koop, Ridgefield Park	5-1
2004---	Neomie Rothmie, Tenafly	5-0
2005---	C.J. Jacob, Ridgefield Park	5-3
2006---	Julianna Camargo, Dumont	5-2
2007---	C.J. Jacob, Ridgefield Park	5-2
2008---	Heather Gearity, Rutherford	5-2
2009---	Heather Gearity, Rutherford	5-2
2010---	Melissa Notis, Tenafly	5-0

### LONG JUMP

1985---	Gerri Brennan, Dumont	16-5
1986---	Gerri Brennan, Dumont	16-9
1987---	Lora Matteis, Cliffside Park	16-1 ½
1988---	Carmen Matteis, Cliffside Park	17-9
1989---	Kathy Kelly, Dumont	15-11 ½
1990---	Nancy Rosado, Dumont	15-0
1991---	Nikki Cordova, Dumont	15-2
1992---	Latonya Brown, Englewood	15-3
1993---	Marie Greaux, Ridgefield Park	14-9 ¾
1994---	Marie Greaux, Ridgefield Park	16-5 ¾
1995---	Tammi Jordan, Englewood	17-1 ¼
1996---	Carlene Cummings, Englewood	16-11
1997---	Carlene Cummings, Englewood	19-1 ½
1998---	Carlene Cummings, Englewood	18-4 ½
1999---	Meri Silberstein, Tenafly	15-10
2000---	Thatcha DaCosta, Englewood	16-4
2001---	Thatcha DaCosta, Englewood	16-3
2002---	Celine Patel, Rutherford	15-9 ½
2003---	Sheena Strachan, Englewood	15-10
2004---	Jackie Tiedens, Dumont	16-0
2005---	Julianna Comargo, Dumont	16-7
2006---	Julianna Comargo, Dumont	16-10 ¼
2007---	C.J. Jacob, Ridgefield Park	16-5 ¾



2008---Kristen Brown, Englewood	16-10
2009---Kristen Brown, Englewood	17-5
2010---Megan Boullianne, Westwood	15-4

### TRIPLE JUMP

1985---Michele Forzani, Dumont	33-6 ¼
1986---Kathy McLaughlin, Cliffside Park	33-11 ¼
1987---Kathy Kelly, Dumont	33-4 ¾
1988---Joanne Lamstein, River Dell	34-8
1989---Lora Matteis, Cliffside Park	34-11 ½
1990---Mika Aoki, Tenafly	32-11 ½
1991---Liz Saperstein, Tenafly	32-8 ½
1992---June Hoppie, Englewood	34-3 ½
1993---June Hoppie, Englewood	35-2
1994---June Hoppie, Englewood	34-6 ¾
1995---Carlene Cummings, Englewood	36-11 ¾
1996---Carlene Cummings, Englewood	39-6 ½
1997---Carlene Cummings, Englewood	37-10 ¼
1998---Carlene Cummings, Englewood	40-0 ½
1999---Shenee Clarke, Ridgefield Park	35-3 ¾
2000---Shenee Clarke, Ridgefield Park	36-1
2001---Thatcha DaCosta, Englewood	35-4
2002 ---Sheila Strachan, Englewood	32-6
2003 ---Sheila Strachan, Englewood	33-11
2004 ---Sheila Strachan, Englewood	33-11 ½
2005---Alyssa Maier, River Dell	35-6 ½
2006---Alyssa Maier, River Dell	36-10 ¼
2007---Alyssa Maier, River Dell	37-5 ¾
2008---Tara Keegan, Westwood	34-9 ½
2009---Kristen Brown, Englewood	36-4 ¾
2010---Melissa Notis, Tenafly	33-4

### POLE VAULT

1999---Rachel Fisher, Dumont	7-4
2000---Joyce Rosenbaum, Tenafly	7-6
2001---Jessica Hatton, Ridgefield Park	9-3
2002---Sofia Capparelli, Dumont	8-6
2003---Sofia Capparelli, Dumont	9-0
2004---Claudia Castro-Malespina, Tenafly	7-6
2005---Claudia Castro-Malespina, Tenafly	7-6
2006---Mikayla Chiarello, River Dell	8-6
2007---Emily Mino, River Dell	10-0
2008---Emily Mino, River Dell	10-6
2009---Stephanie Rozalski, Queen of Peace	9-0
2010---Hilary Felice, River Dell	10-0

### 400 METER RELAY

1985---Englewood	53.2
1986---Englewood	54.2
1987---	
1988---Queen of Peace	54.1

1989---Englewood		51.4
1990---Englewood		52.6
1991---Englewood		53.5
1992---Englewood		55.3
1993---River Dell	53.6	
1994---Ridgefield Park		53.9
1995---Englewood		52.1
1996---River Dell	51.9	
1997---Rutherford		52.7
1998---River Dell	52.3	
1999---Westwood		52.8
2000---Rutherford		52.4
2001---Tenafly		52.2
2003---Englewood		52.4
2004---River Dell	52.1	
2005---Tenafly		53.4
2006---River Dell	52.0	

### **1600 METER RELAY**

1985---Tenafly		4:19.0
1986---Cliffside Park		4:21.0
1987---Englewood		4:24.7
1988---Queen of Peace		4:13.8
1989---Queen of Peace		4:10.8
1990---Queen of Peace		4:18.5
1991---Queen of Peace		4:16.2
1992---Queen of Peace		4:21.0
1993---Englewood		4:21.2
1994---Tenafly		4:18.5
1995---Englewood		4:17.8
1996---Fort Lee		4:13.3
1997---River Dell	4:14.6	
1998---Westwood		4:18.6
1999---River Dell	4:15.5	
2000---Westwood		4:15.5
2001---River Dell	4:08.0	
2002---Queen of Peace		4:14.8
2003---Westwood		4:10.2
2004---River Dell	4:10.5	
2005---Queen of Peace		4:06.8
2006---River Dell	4:05.9	
2007---River Dell	4:04.9	
2008---River Dell	4:04.9	
2009---Westwood		4:03.6
2010---Tenafly		4:06.3

## **NATIONAL DIVISION**

### **BOYS**

#### **100 METER DASH**

1985---Anthony Preite, Lyndhurst		11.2
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1986---	Steve Marbaise, Becton		11.9
1987---	Angelo DeSalvo, New Milford		11.4
1988---	Joe Mazure, Lyndhurst		11.3
1989---	Jeff Somma, Lyndhurst		11.4
1990---	Jeff Somma, Lyndhurst		11.3
1991---	Andy Littlejohn, Rutherford	11.1	
1992---	Mike Burke, Leonia		11.0
1993---	Sebastien Musameci, Rutherford		11.4
1994---	Andy Scholes, Lyndhurst		11.5
1995---	Andy Scholes, Lyndhurst		11.1
1996---	Alex Cruz, Palisades Park		11.5
1997---	Joe Fabiano, Lyndhurst		11.5
1998---	Damion Lawrence, Wallington		11.4
1999---	Joe Fabiano, Lyndhurst		n.a.
2000---	Nick DelCalzo, Hasbrouck Heights		11.6
2001---	Nick DelCalzo, Hasbrouck Heights		11.3
2002---	Milton Orellana, Secaucus		11.5
2003---	Milton Orellana, Secaucus		11.2
2004---	Fred Owusu, Becton		11.2
2005---	Donald Lee, St. Mary's		11.1
2006---	Kevin Shim, Ridgefield		11.1
2007---	Damon Merkerson, St. Mary's		11.2
2008---	Ruben Santos, North Arlington		11.1
2009---	Kevin Condal, Hasbrouck Heights		11.0
2010---	Kevin Condal, Hasbrouck Heights		11.0

## 200 METER DASH

1985---	Anthony Preite, Lyndhurst		22.4
1986---	Tim Henkel, Secaucus		23.5
1987---	Paul Mamalian, New Milford		23.3
1988---	Ruben Sosa, New Milford		23.7
1989---	Joe Mazure, Lyndhurst		23.6
1990---	Jeff Somma, Lyndhurst		22.8
1991---	Andy Littlejohn, Rutherford	23.0	
1992---	Mike Burke, Leonia		22.7
1993---	Brian Hockaday, Leonia		23.1
1994---	Chris Boyle, Becton		22.9
1995---	Andy Scholes, Lyndhurst		23.1
1996---	Tony Williams, Palisades Park		23.8
1997---	Sean Cannon, Secaucus		23.8
1998---	Jacek Kwiatkowski, Wallington		22.8
1999---	Gary Gagliardi, Hasbrouck Heights		23.6
2000---	Gary Gagliardi, Hasbrouck Heights		23.2
2001---	Jesse DeRosa, Becton		23.1
2002---	Mike Scaglione, Lyndhurst		23.2
2003---	Rob Delcalzo, Hasbrouck Heights		23.0
2004---	Jorge Delgado, Lyndhurst		23.5
2005---	Donald Lee, St. Mary's		22.7
2006---	Donald Lee, St. Mary's		22.4
2007---	Damon Merkerson, St. Mary's		21.7
2008---	Ruben Santos, North Arlington		22.5

2009---Kevin Condal, Hasbrouck Heights	22.3
2010---Kevin Condal, Hasbrouck Heights	21.9

#### **400 METER DASH**

1985---Steve Truglio, New Milford	51.3
1986---Tim Henkel, Secaucus	51.2
1987---Manny Tavas, New Milford	51.7
1988---Jim Brower, Secaucus	52.3
1989---Jim Brower, Secaucus	51.5
1990---Jeff Somma, Lyndhurst	50.6
1991---Pete LoPresti, Rutherford	51.1
1992---Pete LoPresti, Rutherford	51.7
1993---Brian Hockaday, Leonia	51.4
1994---Andy Scholes, Lyndhurst	51.9
1995---Andy Scholes, Lyndhurst	51.8
1996---Alex Cruz, Palisades Park	51.9
1997---Mike Novas, Lyndhurst	53.2
1998---Jacek Kwiatkowski, Wallington	50.6
1999---Gary Gagliardi, Hasbrouck Heights	51.8
2000---Gary Gagliardi, Hasbrouck Heights	51.7
2001---Gary Gagliardi, Hasbrouck Heights	49.6
2002---Mike Scaglione, Lyndhurst	50.8
2003---Rob Delcalzo, Hasbrouck Heights	52.0
2004---Mehmet Guvenar, Lyndhurst	52.4
2005---Vin Gareffa, Hasbrouck Heights	50.1
2006---Sal Mancini, Becton	51.4
2007---Damon Merkerson, St. Mary's	50.5
2008---Matt Barrington, North Arlington	52.3
2009---Kevin Condal, Hasbrouck Heights	51.2
2010---Kevin Condal, Hasbrouck Heights	49.8

#### **800 METER RUN**

1985---Dan Muro, Rutherford	2:04.4
1986---Bruno Sgambellone, Palisades Park	2:04.6
1987---Bruno Sgambellone, Palisades Park	1:59.4
1988---Rob Lipchus, Rutherford	2:04.3
1989---Rob McCafferty, Rutherford	2:02.7
1990---Sean Murray, Rutherford	2:01.7
1991---Sean Murray, Rutherford	2:01.4
1992---Chris Kearns, Leonia	1:59.5
1993---Brian Shuff, New Milford	2:01.0
1994---Felix Olivo, Secaucus	2:00.0
1995---Felix Olivo, Secaucus	2:01.5
1996---Diego Gioffre, Palisades Park	2:01.8
1997---Justin Scheier, Leonia	2:02.0
1998---Dan Moran, St. Mary's	2:08.0
1999---Frank Scaglione, Lyndhurst	2:08.7
2000---Gary Gagliardi, Hasbrouck Heights	2:04.5
2001---Gary Gagliardi, Hasbrouck Heights	2:05.6
2002---Dave Lado, Ridgefield	2:01.2

2003---	Dave Lado, Ridgefield	1:58.3
2004---	Matt Magnifico, Becton	2:02.9
2005---	Vin Gareffa, Hasbrouck Heights	2:01.2
2006---	Terry Iavarrone, North Arlington	2:01.9
2007---	Damon Merkerson, St. Mary's	2:06.1
2008---	Jim Jammal, Wood-Ridge	2:01.0
2009---	Ivan Campongara, Ridgefield	2:00.1
2010---	Patrick Rono, Lyndhurst	1:58.5

### **1600 METER RUN**

1985---	Deven Klein, Leonia	4:43.1
1986---	Mike Ryan, Palisades Park	4:38.2
1987---	Rob Lages, Palisades Park	4:35.3
1988---	Rob Lipchus, Rutherford	4:29.6
1989---	Chris McCafferty, Rutherford	4:36.3
1990---	Chris Kearns, Leonia	4:42.5
1991---	Chris Kearns, Leonia	4:40.8
1992---	Chris Kearns, Leonia	4:39.0
1993---	Brian Shuff, New Milford	4:37.9
1994---	Felix Olivo, Secaucus	4:38.1
1995---	Felix Olivo, Secaucus	4:33.4
1996---	Diego Gioffre, Palisades Park	4:38.0
1997---	Russ Giancola, New Milford	4:37.3
1998---	Danny Chaves, Secaucus	4:49.8
1999---	Danny Chaves, Secaucus	4:37.7
2000---	Danny Chaves, Secaucus	4:36.7
2001---	Rob Lado, Ridgefield	4:45.0
2002---	Matt Magnifico, Becton	4:49.9
2003---	Matt Magnifico, Becton	4:38.8
2004---	Matt Magnifico, Becton	4:40.5
2005---	Rob Kein, Becton	4:46.2
2006---	Matt Majchrzak, Wallington	4:44.3
2007---	Matt Majchrzak, Wallington	4:48.4
2008---	Jim Jammal, Wood-Ridge	4:42.3
2009---	Patrick Rono, Lyndhurst	4:41.5
2010---	Patrick Rono, Lyndhurst	4:31.8

### **3200 METER RUN**

1985---	Mike Ryan, Palisades Park	10:39.7
1986---	Mike Ryan, Palisades Park	10:07.3
1987---	Scott Cavert, Cresskill	10:32.7
1988---	Rob Clifton, Rutherford	10:07.5
1989---	Rob Clifton, Rutherford	10:08.9
1990---	Chris Kearns, Leonia	10:09.5
1991---	Chris Kearns, Leonia	10:11.4
1992---	Chris Kearns, Leonia	10:06.1
1993---	Felix Olivo, Secaucus	10:15.0
1994---	Felix Olivo, Secaucus	10:09.1
1995---	Felix Olivo, Secaucus	10:01.5
1996---	Russ Giancola, New Milford	10:08.0
1997---	Russ Giancola, New Milford	9:54.9

1998---	Danny Chaves, Secaucus	10:25.4
1999---	Danny Chaves, Secaucus	9:47.5
2000---	Danny Chaves, Secaucus	10:00.8
2001---	Rob Lado, Ridgefield	10:27.4
2002---	Jose Betances, Hasbrouck Heights	10:22.3
2003---	Matt Magnifico, Becton	10:17.2
2004---	Matt Magnifico, Becton	10:16.2
2005---	Rob Kein, Becton	10:31.9
2006---	Matt Majchrzak, Wallington	10:06.6
2007---	Matt Majchrzak, Wallington	10:29.7
2008---	Jim Jammal, Wood-Ridge	10:20.3
2009---	Patrick Rono, Lyndhurst	9:41.7
2010---	Patrick Rono, Lyndhurst	9:56.3

### **110 METER HIGH HURDLES**

1985---	Mike Reinko, Secaucus	15.4
1986---	Mike Reinko, Secaucus	15.6
1987---	Eric Princen, Cresskill	15.4
1988---	Chris Grauweiler, Rutherford	15.2
1989---	Jeff Fedorchak, Lyndhurst	14.5
1990---	Keith Birchby, Secaucus	14.9
1991---	Jeff Heal, New Milford	15.4
1992---	Mike Soto, New Milford	15.7
1993---	Chris Boyle, Becton	15.2
1994---	Chris Boyle, Becton	15.0
1995---	Gary Rappo, New Milford	16.1
1996---	Kevin Hamilton, New Milford	16.0
1997---	Mike Novas, Lyndhurst	16.3
1998---	J.R. Ranone, Becton	15.6
1999---	Mike Maher, Wood-Ridge	16.1
2000---	Jim Logue, St. Mary's	16.1
2001---	Dave Lado, Ridgefield	15.9
2002---	Dave Lado, Ridgefield	15.3
2003---	Dave Lado, Ridgefield	14.9
2004---	Angelo Simone, Lyndhurst	15.7
2005---	Deniz Candimer, Lyndhurst	15.9
2006---	Sean Carson, Wood-Ridge	16.5
2007---	Dan D'Amato, Hasbrouck Heights	15.4
2008---	Matt Selle, Wood-Ridge	15.4
2009---	John Porteous, Wood-Ridge	15.5
2010---	John Porteous, Wood-Ridge	14.9

### **400 METER HURDLES**

1985---	Paul Zeuke, New Milford	56.6
1986---	Mike Reinko, Secaucus	57.4
1987---	Joe Tondi, Rutherford	56.6
1988---	John Malatak, Rutherford	58.2
1989---	John Malatak, Rutherford	55.8
1990---	Keith Birchby, Secaucus	56.5
1991---	Keith Kasper, Secaucus	57.5
1992---	Dirk Manskopf, Rutherford	57.4

1993---	Eric Lewin, Leonia	56.5
1994---	Chris Boyle, Becton	57.7
1995---	Gary Rappo, New Milford	59.9
1996---	Dan Jadcak, Becton	59.5
1997---	Mike Novas, Lyndhurst	56.9
1998---	J.R. Ranone, Becton	56.7
1999---	Alex Carrillo, Ridgefield	58.6
2000---	Rob Thomas, Wood-Ridge	57.8
2001---	Gary Gagliardi, Hasbrouck Heights	56.9
2002---	Dave Lado, Ridgefield	56.3
2003---	Dave Lado, Ridgefield	55.4
2004---	Vin Gareffa, Hasbrouck Heights	57.3
2005---	Vin Gareffa, Hasbrouck Heights	56.5
2006---	Andrew Parker, Ridgefield	58.6
2007---	Dan D'Amato, Hasbrouck Heights	57.9
2008---	Dave Nowak, Lyndhurst	58.4
2009---	John Porteous, Wood-Ridge	56.5
2010---	John Porteous, Wood-Ridge	57.6

#### **SHOT PUT**

1985---	Dave Schmidt, Rutherford	49-3
1986---	Ralph Orta, New Milford	52-0 ¼
1987---	Rob DeMarco, Lyndhurst	49-8
1988---	Bud Wortman, Cresskill	45-8 ¼
1989---	Kevin Quinn, Cresskill	51-11 ½
1990---	Charles Koenke, New Milford	46-9
1991---	Gary Leranian, Rutherford	45-1
1992---	Guy Iavarone, Cresskill	50-4 ½
1993---	Steve Schaeffer, Lyndhurst	45-10
1994---	Joe Salib, North Arlington	46-1
1995---	Stephen Valdes, Palisades Park	44-6 ¼
1996---	Ron Paramakis, North Arlington	46-10
1997---	Brian Marshall, North Arlington	46-6
1998---	Frank Kozibroda, Wood-Ridge	51-10 ½
1999---	Frank Kozibroda, Wood-Ridge	54-7 ¾
2000---	Frank Kozibroda, Wood-Ridge	53-10 ½
2001---	Charles Yalovister, North Arlington	49-4
2002---	Paul Rosiak, Wood-Ridge	46-2
2003---	Slawek Woltys, Wallington	49-6
2004---	Slawek Woltys, Wallington	52-5
2005---	Barry Green, Lyndhurst	52-8
2006---	Jeff Seidel, Hasbrouck Heights	56-5 ¾
2007---	Brandon Melchior, Hasbrouck Heights	51-2 ¼
2008---	Joe Gingerelli, Wood-Ridge	51-2
2009---	Patrick Cole, Hasbrouck Heights	50-10 ½
2010---	Patrick Cole, Hasbrouck Heights	57-3

#### **DISCUS**

1985---	Dave Schmidt, Rutherford	131-3
1986---	John Turi, Park Ridge	155-4
1987---	Ralph Orta, New Milford	143-0

1988---	Ryland Batchelor, Rutherford	132-9
1989---	Mike Harrison, Rutherford	145-2
1990---	Charles Koenke, New Milford	129-8
1991---	Ro, Becton	125-3
1992---	Joe Petrolia, New Milford	134-9
1993---	Jason Karounas, Leonia	130-7
1994---	Pete Rothinger, New Milford	142-2
1995---	Stephen Valdes, Palisades Park	139-6
1996---	Paul Crouchelli, Palisades Park	131-10
1997---	Jason Bronsky, New Milford	130-5
1998---	Randy Picinic, St. Mary's	136-7
1999---	Charles Yalovister, North Arlington	157-8
2000---	Charles Yalovister, North Arlington	156-7
2001---	Charles Yalovister, North Arlington	142-7
2002---	Tom Koc, North Arlington	144-8
2003---	Chris Onorato, Hasbrouck Heights	153-9
2004---	Chris Onorato, Hasbrouck Heights	146-2
2005---	Chris Onorato, Hasbrouck Heights	153-8
2006---	Nick Britt, Secaucus	152-5
2007---	Nick Britt, Secaucus	155-4
2008---	Tomasz Dlugozima, Wallington	154-3
2009---	Tomasz Dlugozima, Wallington	151-7
2010---	Patrick Cole, Hasbrouck Heights	156-3

#### **JAVELIN**

1985---	Joe Hill, Rutherford	157-6
1986---	Steve Marbaise, Becton	179-9
1987---	Craig Paskas, Rutherford	189-1
1988---	Jim Clark, Rutherford	174-2
1989---	Charles Koenke, New Milford	173-8
1990---	Charles Koenke, New Milford	167-5
1991---	Marc Kurbansade, North Arlington	165-0
1992---	Marc Kurbansade, North Arlington	177-9
1993---	Roland Batchelor, Rutherford	177-7
1994---	Roland Batchelor, Rutherford	183-3
1995---	Scott Casey, New Milford	156-4
1996---	Chinua Laud, Leonia	168-10
1997---		
1998---	Ron Phillips, Wood-Ridge	168-1
1999---	Joe Sentipal, Hasbrouck Heights	165-5
2000---	Charles Yalovister, North Arlington	167-0
2001---	Mike Carrero, Wood-Ridge	167-1
2002---	Paul Rosiak, Wood-Ridge	185-5
2003---	Paul Rosiak, Wood-Ridge	183-4
2004---	Martin Gumowski, Wood-Ridge	176-9
2005---	Brandon Gareffa, Hasbrouck Heights	165-11
2006---	Joe Gingerelli, Wood-Ridge	178-9
2007---	Joe Gingerelli, Wood-Ridge	178-0
2008---	Joe Gingerelli, Wood-Ridge	197-3
2009---	Tomasz Dlugozima, Wallington	178-2
2010---	Matt Fleck, Becton	175-5



## HIGH JUMP

1985---Tim Henkel, Secaucus	6-2
1986---Tim Henkel, Secaucus	6-6
1987---Tom DiBuono, New Milford	6-6
1988---David Frazier, Rutherford	5-10
1989---John Malatak, Rutherford	6-2
1990---Jeff Heal, New Milford	5-10
1991---Jeff Heal, New Milford	6-0
1992---Dirk Manskopf, Rutherford	6-0
1993---Jared Menzel, Leonia	5-10
1994---T.J. Trapp, Becton	6-2
1995---Terrell Stevens, Becton	6-2
1996---Todd Lanchant, New Milford	6-2
1997---Andre Walker, Leonia	6-2
1998---Bernie Gago, Lyndhurst	5-10
1999---Mike Sosnowski, Wallington	5-10
2000---Trevor O'Grady, Wood-Ridge	5-10
2001---Trevor O'Grady, Wood-Ridge	6-2
2002---Joe Gass, Becton	6-1
2003---Ron Fairley, Wallington	5-10
2004---Vernard Hoover, Hasbrouck Heights	5-10
2005---Harry Doneman, Wood-Ridge	6-2
2006---Ryan Spain, Hasbrouck Heights	6-0
2007---Dave Nowak, Lyndhurst	5-10
2008---Anthony Orovio, North Arlington	5-10
2009---Kevin Condal, Hasbrouck Heights	5-8
2010---John Mount, Lyndhurst	5-10

## LONG JUMP

1985---Jeff Los, Lyndhurst	20-0
1986---Tim Henkel, Secaucus	20-10 ½
1987---Carl Brody, New Milford	20-0 ½
1988---David Frazier, Rutherford	20-8
1989---David Frazier, Rutherford	21-5 ½
1990---Jeff Heal, New Milford	20-9 ¾
1991---Mario Macias, North Arlington	20-2 ½
1992---Mario Macias, North Arlington	20-11 ½
1993---Chris Bunch, New Milford	19-10 ½
1994---Jerry Zielinski, Lyndhurst	19-5
1995---Brian Belthoff, New Milford	19-11 ¼
1996---Harold Yang, Leonia	19-9
1997---Andre Walker, Leonia	20-8
1998---Ray Meyer, Hasbrouck Heights	19-2
1999---Justin Bridges, St. Mary's	20-0 ¾
2000---Steve Armstrong, St. Mary's	19-10 ¼
2001---Isaiah James, Hasbrouck Heights	21-1
2002---Marcel Bradford, Lyndhurst	19-11
2003---Vernard Hoover, Hasbrouck Heights	22-5 ½
2004---Vernard Hoover, Hasbrouck Heights	22-1
2005---J.J. Ferrie, Lyndhurst	20-4

2006---Chris Lee, Secaucus	21-2 ¼
2007---Dan D'Amato, Hasbrouck Heights	19-10
2008---Ruben Santos, North Arlington	21-6
2009---Ron Rojas, Lyndhurst	20-7 ¼
2010---John Porteous, Wood-Ridge	22-0 ¼

### TRIPLE JUMP

1985---Scott Muir, Lyndhurst	39-9 ¼
1986---Lou Ferreira, North Arlington	39-0 ¾
1987---Jon DiTore, Cresskill	42-10 ½
1988---David Frazier, Rutherford	44-6 ¼
1989---David Frazier, Rutherford	46-7 ½
1990---Jeff Heal, New Milford	41-2 ¼
1991---Jeff Heal, New Milford	41-8 ½
1992---Dishon Mills, Becton	42-1 ½
1993---Dishon Mills, Becton	43-8 ½
1994---Bob Colaneri, Becton	42-6 ¾
1995---Brian Belthoff, New Milford	41-1
1996---Joe Yun, Becton	41-2 ½
1997---Joe Yun, Becton	44-2
1998---J.R. Ranone, Becton	40-0
1999---Justin Bridges, St. Mary's	41-4
2000---Justin Bridges, St. Mary's	44-0 ¼
2001---Trevor O'Grady, Wood-Ridge	43-5 ¾
2002---Javon Correia, Lyndhurst	42-6 ½
2003---Vernard Hoover, Hasbrouck Heights	44-5
2004---Vernard Hoover, Hasbrouck Heights	45-4 ¼
2005---Dan D'Amato, Hasbrouck Heights	41-5 ¼
2006---Donald Lee, St. Mary's	41-0 ¼
2007---Dan D'Amato, Hasbrouck Heights	42-4 ¼
2008---Mac Sakchutchawan, Hasbrouck Heights	41-1
2009---John Porteous, Wood-Ridge	43-1 ¼
2010---John Porteous, Wood-Ridge	44-3

### POLE VAULT

1985---Ken Jinks, Lyndhurst	11-6
1986---John Pierro, North Arlington	12-6
1987---John Pierro, North Arlington	12-0
1988---Mario Giacchi, Lyndhurst	11-6
1989---Rich Miller, Cresskill	11-6
1990---Rich Miller, Cresskill	11-0
1991---Ron Taylor, New Milford	12-0
1992---Ron Taylor, New Milford	11-6
1993---Marko Morsella, Lyndhurst	12-0
1994---Scott Silverman, New Milford	12-0
1995---Scott Silverman, New Milford	12-6
1996---Claudio Morsella, Lyndhurst	11-0
1997---Claudio Morsella, Lyndhurst	12-6
1998---Claudio Morsella, Lyndhurst	11-6
1999---Jason DaCosta, Lyndhurst	11-6
2000---Emanuel Ayvas, Wood-Ridge	12-0

2001---	Steve Piskadlo, North Arlington	12-6
2002---	Mark Wong, Lyndhurst	12-0
2003---	Mark Wong, and Steve Najemian, Lyndhurst	12-0
2004---	Joe Sedlock, Lyndhurst	11-6
2005---	J.J. Ferrie, Lyndhurst	12-6
2006---	Sal Mancini, Becton	11-6
2007---	Brandon Melchior, Hasbrouck Heights	11-6
2008---	Matt Waldron, Lyndhurst	11-6
2009---	Richie Cannici, Hasbrouck Heights	12-6
2010---	Richie Cannici, Hasbrouck Heights	12-6

### **1600-METER RELAY**

1985---	Lyndhurst	3:37.7
1986---	North Arlington	3:40.0
1987---	New Milford	3:38.2
1988---	Rutherford	3:35.6
1989---	Rutherford	3:35.2
1990---	Rutherford	3:35.1
1991---	Rutherford	3:32.1
1992---	Rutherford	3:33.5
1993---	Palisades Park	3:34.1
1994---	Rutherford	3:38.0
1995---	Secaucus	3:40.0
1996---	Becton	3:41.7
1997---	Leonia	3:40.3
1998---	Wallington	3:34.8
1999---	Lyndhurst	3:32.4
2000---	Lyndhurst	3:34.3
2001---	North Arlington	3:36.3
2002---	Lyndhurst	3:37.2
2003---	Wallington	3:39.2
2004---	Lyndhurst	3:37.4
2005---	North Arlington	3:34.3
2006---	North Arlington	3:33.4
2007---	Wood-Ridge	3:36.8
2008---	North Arlington	3:37.2
2009---	Ridgefield	3:34.9
2010---	Hasbrouck Heights	3:25.5

### **GIRLS**

#### **100 METER DASH**

1985---	Sue Frazier, Rutherford	13.3
1986---	Colleen Simon, New Milford	13.7
1987---	Donna Caruso, Cresskill	13.8
1988---	Danielle Nese, Rutherford	13.0
1989---	Danielle Nese, Rutherford	13.2
1990---	Danielle Nese, Rutherford	13.2
1991---	Sara Soutter, Leonia	13.4
1992---	Jody Kennelly, Secaucus	13.4
1993---	Cindy Kaminski, Lyndhurst	13.4
1994---	Shannon Doremus, New Milford	13.4

1995---	Gina Papa, Secaucus		13.0
1996---	Charnie Carter, Lyndhurst		13.2
1997---	Shoshanah Haricha, New Milford		13.0
1998---	Alessia Cirilli, Hasbrouck Heights		13.0
1999---	Jill Sgroi, Hasbrouck Heights		13.2
2000---	Nicole Cortese, Lyndhurst		13.0
2001---	Nicole Cortese, Lyndhurst		13.5
2002---	Jen Cagiao, Hasbrouck Heights		12.7
2003---	Jen Cagiao, Hasbrouck Heights		13.0
2004---	Judy Wong, Wood-Ridge		13.0
2005---	Rachel Feinberg, Wood-Ridge		13.6
2006---	Kristine Sentipal, Hasbrouck Heights	13.3	
2007---	Nicole Weingartner, Hasbrouck Heights		12.9
2008---	Alexa McAvoy, Wood-Ridge		13.1
2009---	Alexa McAvoy, Wood-Ridge		12.8
2010---	Anna Szczypein, Wallington		13.3

### 200 METER DASH

1985---	Sue Frazier, Rutherford		27.6
1986---	Elena Primerano, Lyndhurst	28.2	
1987---	Danielle Nese, Rutherford		28.1
1988---	Danielle Nese, Rutherford		27.2
1989---	Danielle Nese, Rutherford		27.0
1990---	Danielle Nese, Rutherford		27.3
1991---	Jody Kennelly, Secaucus		27.5
1992---	Tammy Anagnostis, New Milford		27.7
1993---	Shannon Doremus, New Milford		28.0
1994---	Shannon Doremus, New Milford		27.5
1995---	Gina Papa, Secaucus		27.8
1996---	Charnie Carter, Lyndhurst		27.7
1997---	Shoshanah Haricha, New Milford		27.2
1998---	Alessia Cirilli, Hasbrouck Heights		27.6
1999---	Jill Sgroi, Hasbrouck Heights		27.8
2000---	Heather Nicoletti, Hasbrouck Heights		27.5
2001---	Celine Lee, North Arlington	26.7	
2002---	Heather Nicoletti, Hasbrouck Heights		27.1
2003---	Judy Wong, Wood-Ridge		26.5
2004---	Kim Hykey, Lyndhurst		26.4
2005---	Rachel Feinberg, Wood-Ridge		27.8
2006---	Kristine Sentipal, Hasbrouck Heights	27.9	
2007---	Tess Miller, Hasbrouck Heights		27.1
2008---	Jenn Nass, Hasbrouck Heights		27.4
2009---	Jenn Nass, Hasbrouck Heights		26.2
2010---	Jenn Nass, Hasbrouck Heights		26.9

### 400 METER DASH

1985---	Jo Trigo, North Arlington		62.8
1986---	Elena Primerano, Lyndhurst	61.5	
1987---	Elena Primerano, Lyndhurst	62.2	
1988---	Danielle Nese, Rutherford		61.7
1989---	Danielle Nese, Rutherford		63.8

1990---	Danielle Nese, Rutherford	62.8
1991---	Nicole Caplan, Leonia	62.4
1992---	Tammy Anagnostis, New Milford	62.5
1993---	Sandi Echevarri, Secaucus	63.3
1994---	Audrey Ting, Secaucus	62.8
1995---	Jamie Bronowich, Secaucus	62.5
1996---	Latoya Binns, New Milford	62.6
1997---	Latoya Binns, New Milford	62.3
1998---	Virginia Yun, North Arlington	62.4
1999---	Melissa Pablos, Secaucus	64.0
2000---	Celine Lee, North Arlington	62.7
2001---	Celine Lee, North Arlington	60.4
2002---	Celine Lee, North Arlington	61.2
2003---	Erica Gagliardi, Hasbrouck Heights	62.4
2004---	Judy Wong, Wood-Ridge	61.6
2005---	Rachel Feinberg, Wood-Ridge	63.6
2006---	Kaitlyn Gianni, Hasbrouck Heights	64.1
2007---	Tess Miller, Hasbrouck Heights	61.6
2008---	Aundrea Georgatos, Hasbrouck Heights	61.6
2009---	Naomi Robinson, Hasbrouck Heights	62.8
2010---	Jenn Nass, Hasbrouck Heights	61.7

#### **800 METER RUN**

1985---	Robyn Heim, Lyndhurst	2:25.3
1986---	Robyn Heim, Lyndhurst	2:28.9
1987---	Jennifer Narr, Rutherford	2:27.5
1988---	Elena Primerano, Lyndhurst	2:28.2
1989---	Elena Primerano, Lyndhurst	2:30.1
1990---	Nicole Brown, Palisades Park	2:32.5
1991---	Melissa Wiklinski, Rutherford	2:31.4
1992---	Dena McCafferty, Rutherford	2:35.5
1993---	Karin Goers, Palisades Park	2:28.9
1994---	Sandi Echevarri, Secaucus	2:29.1
1995---	Sandi Echevarri, Secaucus	2:29.6
1996---	Gina Papa, Secaucus	2:33.6
1997---	Sheila Gupta, Bergen Tech	2:38.6
1998---	Nancy Sinclair, St. Mary's	2:34.4
1999---	Michelle Delecki, Wallington	2:34.8
2000---	Michelle Delecki, Wallington	2:29.5
2001---	Regina Stellato, Hasbrouck Heights	2:29.7
2002---	Regina Stellato, Hasbrouck Heights	2:27.4
2003---	Courtney Reggo, Ridgefield	2:29.7
2004---	Kelli Sinclair, Ridgefield	2:31.7
2005---	Kelli Sinclair, Ridgefield	2:29.3
2006---	Carly Steinmetz, Hasbrouck Heights	2:33.0
2007---	Leeann Weiner, Secaucus	2:31.1
2008---	Taylor Dickson, North Arlington	2:30.4
2009---	Naomi Robinson, Hasbrouck Heights	2:26.5
2010---	Naomi Robinson, Hasbrouck Heights	2:24.9

#### **1600 METER RUN**

1985---	Robyn Heim, Lyndhurst	5:25.1
1986---	Robyn Heim, Lyndhurst	5:15.7
1987---	Jennifer Narr, Rutherford	5:17.9
1988---	Jennifer Carlin, Cresskill	5:44.5
1989---	Chris O'Rourke, New Milford	5:45.6
1990---	Chris O'Rourke, New Milford	5:51.6
1991---	Jen Tomlinson, Rutherford	5:45.9
1992---	Renee Zengel, Secaucus	5:47.6
1993---	Renee Zengel, Secaucus	5:35.0
1994---	Renee Zengel, Secaucus	5:31.9
1995---	Nancy Siegel, Leonia	5:37.0
1996---	Tina Govic, Palisades Park	5:55.7
1997---	Jennifer Belthoff, New Milford	5:53.8
1998---	Nancy Sinclair, St. Mary's	5:50.4
1999---	Nancy Sinclair, St. Mary's	5:23.2
2000---	Christine Ayubi, Hasbrouck Heights	5:53.0
2001---	Christine Ayubi, Hasbrouck Heights	5:50.2
2002---	Christine Ayubi, Hasbrouck Heights	5:38.6
2003---	Stephanie Sinclair, Ridgefield	5:48.1
2004---	Kelli Sinclair, Ridgefield	5:39.1
2005---	Stephanie Sinclair, Ridgefield	5:38.9
2006---	Leeann Weiner, Secaucus	5:53.7
2007---	Ewelina Marut, Becton	5:58.4
2008---	Ewelina Marut, Becton	5:45.7
2009---	Ewelina Marut, Becton	5:43.5
2010---	Rebecca Fortoul, Hasbrouck Heights	5:44.0

### **3200 METER RUN**

1985---	Jennifer Narr, Rutherford	11:50.0
1986---	Jennifer Narr, Rutherford	12:03.1
1987---	Jennifer Narr, Rutherford	12:29.3
1988---	Chris O'Rourke, New Milford	12:30.5
1989---	Chris O'Rourke, New Milford	12:27.1
1990---	Chris O'Rourke, New Milford	12:39.3
1991---	Eileen Fahey, Rutherford	12:34.8
1992---	Renee Zengel, Secaucus	12:18.2
1993---	Renee Zengel, Secaucus	12:24.5
1994---	Renee Zengel, Secaucus	11:55.5
1995---	Nancy Siegel, Leonia	12:03.5
1996---	Jennifer Belthoff, New Milford	12:49.0
1997---	Jennifer Belthoff, New Milford	12:43.4
1998---	Nancy Sinclair, St. Mary's	12:52.9
1999---	Christine Ayubi, Hasbrouck Heights	12:38.1
2000---	Christine Ayubi, Hasbrouck Heights	12:52.1
2001---	Christine Ayubi, Hasbrouck Heights	12:48.8
2002---	Irene Rono, Lyndhurst	12:21.1
2003---	Kelli Sinclair, Ridgefield	12:28.2
2004---	Irene Rono, Lyndhurst	12:16.8
2005---	Stephanie Sinclair, Ridgefield	12:28.7
2006---	Leeann Weiner, Secaucus	12:52.6
2007---	Ewelina Marut, Becton	13:06.5

2008---	Ewelina Marut, Becton	13:00.6
2009---	Ewelina Marut, Becton	12:17.5
2010---	Rebecca Fortoul, Hasbrouck Heights	12:38.0

#### **100 METER HIGH HURDLES**

1985---	Sylvia Battista, Rutherford	16.5
1986---	Diane Maro, New Milford	17.0
1987---	Kim Taylor, New Milford	16.3
1988---	Laura Battista, Rutherford	17.2
1989---	Laura Battista, Rutherford	17.5
1990---	Amy Komorowski, Secaucus	16.9
1991---	Beth McMackin, New Milford	17.1
1992---	Shannon Dillon, New Milford	15.8
1993---	Shannon Dillon, New Milford	15.3
1994---	Shannon Doremus, New Milford	16.5
1995---	Colleen Pastewait, Lyndhurst	17.5
1996---	Jeannie Puccio, New Milford	16.2
1997---	Vivian Cordero, New Milford	16.8
1998---	Alessia Cirilli, Hasbrouck Heights	16.7
1999---	Jill Sgroi, Hasbrouck Heights	16.8
2000---	Michelle DeJesus, North Arlington	16.8
2001---	Michelle DeJesus, North Arlington	16.3
2002---	Kristen Webb, North Arlington	16.5
2003---	Nicole DeSimone, Hasbrouck Heights	16.2
2004---	Shannon Kozibroda, Wood-Ridge	15.9
2005---	Pam Camponaro, North Arlington	17.4
2006---	Nicole Weingartner, Hasbrouck Heights	17.5
2007---	Nicole Weingartner, Hasbrouck Heights	16.0
2008---	Alyssa Rodriguez, North Arlington	17.3
2009---	Nickie Ingelsby, Hasbrouck Heights	17.0
2010---	Nickie Ingelsby, Hasbrouck Heights	16.6

#### **400 METER HURDLES**

1985---	Diane Maro, New Milford	71.0
1986---	Suzanne Johnson, Lyndhurst	69.9
1987---	Kim Taylor, New Milford	70.5
1988---	Laura Battista, Rutherford	71.8
1989---	Laura Battista, Rutherford	73.3
1990---	Laura Battista, Rutherford	70.7
1991---	Lina Lopez, Becton	72.5
1992---	Shannon Dillon, New Milford	66.9
1993---	Shannon Dillon, New Milford	65.8
1994---	Antonia Catanzaro, Secaucus	69.6
1995---	Sandi Echevarri, Secaucus	71.4
1996---	Jeannie Puccio, New Milford	69.6
1997---	Deidre O'Shea, New Milford	70.4
1998---	Nicole Florio, Hasbrouck Heights	69.3
1999---	Michelle DeJesus, North Arlington	71.2
2000---	Michelle DeJesus, North Arlington	70.3
2001---	Michelle DeJesus, North Arlington	68.7
2002---	Regina Stellato, Hasbrouck Heights	69.5

2003---	Pam Campanaro, North Arlington	70.5
2004---	Pam Campanaro, North Arlington	68.0
2005---	Pam Campanaro, North Arlington	71.4
2006---	Martha Sesulka, Wallington	71.0
2007---	Martha Sesulka, Wallington	71.3
2008---	Helen Burzo, Wood-Ridge	70.0
2009---	Nickie Ingelsby, Hasbrouck Heights	70.2
2010---	Nickie Ingelsby, Hasbrouck Heights	70.4

### SHOT PUT

1985---	Michelle Castagnetti, Lyndhurst	36-8
1986---	Kirsten Christensen, Rutherford	39-4
1987---	Kirsten Christensen, Rutherford	40-6 ½
1988---	Camille Wright, New Milford	33-4
1989---	Sue Smith, Rutherford	30-8
1990---	Dawn Johnson, Lyndhurst	32-2 ¾
1991---	Dawn Johnson, Lyndhurst	35-10 ¾
1992---	Christie Jacob, New Milford	28-10
1993---	Adwoa Asa-Awuku, New Milford	32-7 ½
1994---	Adwoa Asa-Awuku, New Milford	32-4
1995---	Adwoa Asa-Awuku, New Milford	33-8 ½
1996---	Jessica Joslin, Leonia	31-7
1997---	Laura Piskaldo, North Arlington	31-3
1998---	Lacey Martens, Secaucus	34-5 ½
1999---	Sheena Schuler, Hasbrouck Heights	36-5
2000---	Renee Wilson, Hasbrouck Heights	33-1 ½
2001---	Krista McKinney, St. Mary's	36-7
2002---	Lindsay Renna, Hasbrouck Heights	34-8
2003---	Lindsay Renna, Hasbrouck Heights	35-0 ¼
2004---	Lindsay Renna, Hasbrouck Heights	38-2 ½
2005---	Nicole Lowenstein, Lyndhurst	38-8
2006---	Nicole Guirland, Lyndhurst	32-4
2007---	Gaby Urato, Wood-Ridge	34-11
2008---	Gaby Urato, Wood-Ridge	34-5 ¼
2009---	Alyssa Connors, Hasbrouck Heights	35-3 ¾
2010---	Natalie Ayoub, Hasbrouck Heights	32-0 ½

### DISCUS

1985---	Michelle Castagnetti, Lyndhurst	103-1
1986---	Kirsten Christensen, Rutherford	103-10
1987---	Kirsten Christensen, Rutherford	111-8
1988---	Camille Wright, New Milford	98-9
1989---	Dawn Johnson, Lyndhurst	92-3
1990---	Dawn Johnson, Lyndhurst	99-10
1991---	Dawn Johnson, Lyndhurst	111-7
1992---	Nicole Picerno, Lyndhurst	95-1
1993---	Adwoa Asa-Awuku, New Milford	115-5
1994---	Adwoa Asa-Awuku, New Milford	107-4
1995---	Adwoa Asa-Awuku, New Milford	103-4
1996---	Jessica Joslin, Leonia	91-11



1997---	Lacey Martens, Secaucus	103-5
1998---	Lacey Martens, Secaucus	127-7
1999---	Liz Pendleton, Wood-Ridge	115-6
2000---	Liz Pendleton, Wood-Ridge	121-1
2001---	Liz Pendleton, Wood-Ridge	118-2
2002---	Lindsay Renna, Hasbrouck Heights	106-9
2003---	Lindsay Renna, Hasbrouck Heights	100-3
2004---	Lindsay Renna, Hasbrouck Heights	109-10
2005---	Nicole Lowenstein, Lyndhurst	105-4
2006---	Nicole Guirland, Lyndhurst	102-6
2007---	Nicole Guirland, Lyndhurst	97-9
2008---	Gaby Urato, Wood-Ridge	101-1
2009---	Alyssa Connors, Hasbrouck Heights	102-0
2010---	Melissa Silvestri, Wood-Ridge	95-0

### **JAVELIN**

1985---	Diane Maro, New Milford	121-11
1986---	Diane Maro, New Milford	126-4
1987---	Sue Esposito, New Milford	128-6
1988---	Elena Primerano, Lyndhurst	106-5
1989---	Elena Primerano, Lyndhurst	n.d.
1990---	Dawn Johnson, Lyndhurst	108-11
1991---	Dawn Johnson, Lyndhurst	124-4
1992---	Donna Moore, Lyndhurst	90-9
1993---	Tara McEnroe, Secaucus	99-2
1994---	Shannon Doremus, New Milford	119-4
1995---	Danielle March, North Arlington	98-5
1996---	Beata Jastrzembski, Secaucus	112-1
1997-		
1998---	Danielle Vidiera, North Arlington	101-4
1999---	Lindsey Reggo, Ridgefield	107-9
2000---	Lindsey Reggo, Ridgefield	114-0
2001---	Courtney Reggo, Ridgefield	116-3
2002---	Courtney Reggo, Ridgefield	113-3
2003---	Courtney Reggo, Ridgefield	125-10
2004---	Lisa Colangelo, Hasbrouck Heights	110-10
2005---	Nicole Lowenstein, Lyndhurst	102-11
2006---	Jessica Kotlowski, Wood-Ridge	113-3
2007---	Jessica Kotlowski, Wood-Ridge	114-9
2008---	Taylor Condal, Hasbrouck Heights	120-3
2009---	Ann Marie Moccia, Wood-Ridge	115-2
2010---	Tara Fisher, North Arlington	109-11

### **HIGH JUMP**

1985---	Sylvia Battista, Rutherford	5-4
1986---	Lynn Petrolia, New Milford	5-0
1987---	Jo Trigo, North Arlington	5-0
1988---	Helena Mokrecki, Becton	4-8
1989---	Erica Noonan, New Milford	4-8
1990---	Ami Racich, Cresskill	4-10
1991---	Erica Noonan, New Milford	4-10

1992---	Shannon Dillon, New Milford	4-10
1993---	Shannon Dillon, New Milford	5-0
1994---	Donna Moore, Lyndhurst	4-8
1995---	Saunders, Ridgefield	4-10
1996---	Vivian Cordero, New Milford	4-10
1997---	Vivian Cordero, New Milford	4-10
1998---	Virginia Yun, North Arlington	4-6
1999---	Melissa Pablos, Secaucus	4-10
2000---	Melissa Pablos, Secaucus	4-11
2001---	Cherilyn Marfino, Hasbrouck Heights	4-6
2002---	Cherilyn Marfino, Hasbrouck Heights	5-2
2003---	Shannon Kozibroda, Wood-Ridge	4-8
2004---	Shannon Kozibroda, Wood-Ridge	5-0
2005---	Mercedes Heggs, Lyndhurst	4-8
2006---	Jessica Kotlowski, Wood-Ridge	5-0
2007---	Jessica Kotlowski, Wood-Ridge	5-2
2008---	Tara Fisher, North Arlington	5-0
2009---	Aundrea Georgatos, Hasbrouck Heights	4-10
2010---	Tara Fisher, North Arlington	4-8

#### **LONG JUMP**

1985---	Sue Frazier, Rutherford	16-3 ¼
1986---	Kim Taylor, New Milford	16-4
1987---	Lynn Petrolia, New Milford	16-9
1988---	Debbie Cerbo, New Milford	15-9 ½
1989---	Daniela Nese, Rutherford	14-11 ½
1990---	Daniela Nese, Rutherford	16-5 ¼
1991---	Kay Park, Leonia	15-7 ½
1992---	Kay Park, Leonia	15-8 ¾
1993---	Cindy Kaminski, Lyndhurst	15-9 ½
1994---	Donna Moore, Lyndhurst	15-8 ½
1995---	Christina Scerbo, Lyndhurst	14-11 ½
1996---	Amanda Sherman, New Milford	15-4
1997---	Charnie Carter, Lyndhurst	15-5
1998---	Charnie Carter, Lyndhurst	16-0
1999---	Charnie Carter, Lyndhurst	16-0 ¾
2000---	Arianna Beam, North Arlington	15-10 ¼
2001---	Cherilyn Marfino, Hasbrouck Heights	15-11 ¾
2002---	Judy Wong, Wood-Ridge	16-2
2003---	Judy Wong, Wood-Ridge	16-1 ¼
2004---	Judy Wong, Wood-Ridge	16-2 ¼
2005---	Nicole Weingartner, Hasbrouck Heights	15-7
2006---	Jessica Kotlowski, Wood-Ridge	16-4 ¾
2007---	Nicole Weingartner, Hasbrouck Heights	16-9 ½
2008---	Tara Fisher, North Arlington	16-2 ½
2009---	Tara Fisher, North Arlington	16-6 ½
2010---	Tara Fisher, North Arlington	16-6

#### **TRIPLE JUMP**

1985---	Sue Frazier, Rutherford	32-9 ½
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1986---	Lynn Petrolia, New Milford	33-8
1987---	Lynn Petrolia, New Milford	36-0 ½
1988---	Elizabeth Briggs, Leonia	31-10
1989---	Laura Battista, Rutherford	31-6 ¾
1990---	Urbi Jenkins, Rutherford	33-0
1991---	Kay Park, Leonia	33-1
1992---	Shannon Dillon, New Milford	33-9 ¼
1993---	Shannon Dillon, New Milford	33-9 ½
1994---	Antoinette Green, New Milford	32-1 ¾
1995---	Antoinette Green, New Milford	32-8
1996---	Charnie Carter, Lyndhurst	33-7
1997---	Charnie Carter, Lyndhurst	35-0 ½
1998---	Charnie Carter, Lyndhurst	36-5
1999---	Charnie Carter, Lyndhurst	34-11
2000---	Donna Russo, Hasbrouck Heights	33-1 ½
2001---	Celine Lee, North Arlington	32-11
2002---	Cherilyn Marfino, Hasbrouck Heights	32-7 ½
2003---	Emmeny Beadle, Hasbrouck Heights	33-3 ¼
2004---	Shannon Kozibroda, Wood-Ridge	33-3
2005---	Mercedez Heggs, Lyndhurst	33-1
2006---	Jessica Kotlowski, Wood-Ridge	33-9
2007---	Mercedez Heggs, Lyndhurst	33-9 ¾
2008---	Taylor Condal, Hasbrouck Heights	33-11 ¾
2009---	Julianna Romano, Hasbrouck Heights	33-11
2010---	Tara Fisher, North Arlington	34-7

#### **POLE VAULT**

2007---	Kristen Marfino, Hasbrouck Heights	8-6
2008---	Tara Fisher, North Arlington	9-0
2009---	Tara Fisher, North Arlington	8-6
2010---	Shealyn Kenny, North Arlington	8-6

#### **1600 METER RELAY**

1985---	Park Ridge	4:32.5
1986---	New Milford	4:32.3
1987---	New Milford	4:30.4
1988---	Cresskill	4:26.6
1989---	North Arlington	4:34.7
1990---	Rutherford	4:27.8
1991---	Leonia	4:26.3
1992---	Secaucus	4:25.7
1993---	New Milford	4:27.3
1994---	New Milford	4:21.9
1995---	New Milford	4:23.2
1996---	New Milford	4:21.6
1997---	New Milford	4:17.5
1998---	Hasbrouck Heights	4:27.2
1999---	Hasbrouck Heights	4:34.9
2000---	Hasbrouck Heights	4:24.7
2001---	Hasbrouck Heights	4:22.8
2002---	Hasbrouck Heights	4:16.2

2003---Hasbrouck Heights	4:21.7
2004---Lyndhurst	4:29.7
2005---North Arlington	4:30.6
2006---Hasbrouck Heights	4:28.6
2007---Hasbrouck Heights	4:19.3
2008---Hasbrouck Heights	4:15.7
2009---Hasbrouck Heights	4:14.8
2010---Hasbrouck Heights	4:19.4

## OLYMPIC DIVISION

### BOYS

#### 100 METER DASH

1985---Ron Blauvelt, Hasbrouck Heights	11.1
1986---Ron Blauvelt, Hasbrouck Heights	11.5
1987---London Roballo, Bergen Tech	11.6
1988---London Roballo, Bergen Tech	11.1
1989---London Roballo, Bergen Tech	11.3
1990---Fred Campbell, Emerson	11.3
1991---Fred Campbell, Emerson	11.0
1992---Kendall Williams, Bergen Tech	11.3
1993---Kendall Williams, Bergen Tech	11.0
1994---John Geohrig, Hasbrouck Heights	11.4
1995---Rob DeCarlo, Park Ridge	11.2
1996---Michael Sabato, Wood-Ridge	11.2
1997---Damion Lawrence, Wallington	11.4
1998---Chris Charles, Park Ridge	11.3
1999---Chris Charles, Park Ridge	n.t.
2000---Chris Charles, Park Ridge	10.7
2001---Brandon Fronjian, Palisades Park	11.3
2002---Brandon Fronjian, Palisades Park	11.2
2003---Andrew Drysdale, Bergen Tech	11.1
2004---Phil Santini, Cresskill	11.2
2005---Leslie Bonsu, Bergen Tech	11.1
2006---Harry Obamije, Bogota	11.3
2007---Donovan Bolden, Leonia	11.2
2008---Donovan Bolden, Leonia	11.1
2009---AJ Scoppa, New Milford	11.3
2010---John Follety, New Milford	11.3

#### 200 METER DASH

1985---Ron Blauvelt, Hasbrouck Heights	22.2
1986---Ron Blauvelt, Hasbrouck Heights	23.1
1987---Andy Richardson, Bergen Tech	23.6
1988---London Roballo, Bergen Tech	23.0
1989---London Roballo, Bergen Tech	22.8
1990---Fred Campbell, Emerson	23.1
1991---Fred Campbell, Emerson	23.1
1992---Sean Ring, Hasbrouck Heights	23.3
1993---John Geohrig, Hasbrouck Heights	22.7
1994---John Geohrig, Hasbrouck Heights	23.1

1995---	Mike Whaley, St. Mary's	23.1
1996---	Michael Sabato, Wood-Ridge	23.2
1997---	Damion Lawrence, Wallington	23.4
1998---	Chris Charles, Park Ridge	22.9
1999---	Chris Charles, Park Ridge	22.8
2000---	Chris Charles, Park Ridge	22.0
2001---	Brandon Fronjian, Palisades Park	22.6
2002---	Brandon Fronjian, Palisades Park	22.6
2003---	Jon Reid, Bergen Tech	22.3
2004---	Phil Santini, Cresskill	22.8
2005---	Leslie Bonsu, Bergen Tech	22.3
2006---	Harry Obamije, Bogota	22.7
2007---	Donovan Bolden, Leonia	22.6
2008---	Donovan Bolden, Leonia	22.0
2009---	Hayden Duffy, Emerson	22.3
2010---	Elijah St. Hilaire, Palisades Park	22.4

#### **400 METER DASH**

1985---	Dave Avery, Bergen Tech	51.7
1986---	Ron Blauvelt, Hasbrouck Heights	51.8
1987---	Rich Baker, Hasbrouck Heights	52.7
1988---	London Roballo, Bergen Tech	52.1
1989---	Keith McKenna, Hasbrouck Heights	53.2
1990---	Bryant Wilkerson, Bogota	51.4
1991---	Fred Campbell, Emerson	51.3
1992---	Sean Ring, Hasbrouck Heights	53.3
1993---	John Geohrig, Hasbrouck Heights	51.6
1994---	Mike Whaley, St. Mary's	51.8
1995---	Mike Whaley, St. Mary's	51.2
1996---	Len Luongo, Hasbrouck Heights	52.1
1997---	Len Luongo, Hasbrouck Heights	52.4
1998---	Mike Cortazzo, Cresskill	52.6
1999---	Joe Hwang, Cresskill	51.3
2000---	Chris Charles, Park Ridge	50.3
2001---	Sandro Bianchi, Leonia	50.9
2002---	Jon Reid, Bergen Tech	51.3
2003---	Jon Reid, Bergen Tech	49.7
2004---	DaQuan Huffin, Palisades Park	50.6
2005---	Orestes Medina, Palisades Park	50.9
2006---	John Rankin, Park Ridge	51.4
2007---	Hayden Duffy, Emerson	51.3
2008---	Hayden Duffy, Emerson	49.7
2009---	Hayden Duffy, Emerson	50.1
2010---	Johnny Malespina, Park Ridge	52.2

#### **800 METER RUN**

1985---	Chris Moore, Emerson	2:08.1
1986---	Roger Andrews, Bergen Tech	n.t.
1987---	Rob Boiselle, Bergen Tech	2:05.0
1988---	Adam Dulaski, Park Ridge	2:08.2
1989---	Paul Capuzzo, Emerson	2:02.7

1990---	Paul Capuzzo, Emerson	2:02.0
1991---	Mark Lampert, Park Ridge	2:03.6
1992---	Mark Lampert, Park Ridge	2:08.1
1993---	Lewis Ramirez, Hasbrouck Heights	2:04.1
1994---	Joe DeRobertis, Hasbrouck Heights	2:03.8
1995---	Jeff Reeves, Hasbrouck Heights	2:07.1
1996---	Ed Keyes, Bergen Tech	2:01.1
1997---	Joe Hwang, Cresskill	2:05.4
1998---	Russ Giancola, New Milford	2:01.9
1999---	Brian Lowenstein, New Milford	2:02.4
2000---	Sandro Bianchi, Leonia	2:07.0
2001---	Albert Arguelles, Cresskill	2:03.5
2002---	Albert Arguelles, Cresskill	1:59.9
2003---	Rafael Abreu, Leonia	2:03.3
2004---	Rafael Abreu, Leonia	2:01.9
2005---	Nick Colasurdo, New Milford	2:05.3
2006---	Matt Lingam, Park Ridge	2:00.9
2007---	Matt Lingam, Park Ridge	2:00.8
2008---	Sam Janssen, Park Ridge	2:00.5
2009---	Arthur Freitas, Palisades Park	1:58.1
2010---	Patrick Ryan, Leonia	2:03.0

#### **1600 METER RUN**

1985---	Chris Moore, Emerson	4:45.1
1986---	David Clayton, Wood-Ridge	4:27.4
1987---	David Clayton, Wood-Ridge	4:22.4
1988---	Brian Morrow, Hasbrouck Heights	4:43.1
1989---	Colin McNamara, Emerson	4:39.6
1990---	Colin McNamara, Emerson	4:40.7
1991---	Jeff Koegel, Wood-Ridge	4:44.6
1992---	Mark Lampert, Park Ridge	4:32.2
1993---	Brett Bogovich, Ridgefield	4:40.5
1994---	Dave Ledgerwood, Park Ridge	4:39.1
1995---	Scott Menti, Cresskill	4:48.6
1996---	Scott Menti, Cresskill	4:42.1
1997---	Ron Gerhold, Emerson	4:46.5
1998---	Russ Giancola, New Milford	4:29.4
1999---	Neal Joseph, Bergen Tech	4:39.5
2000---	Travis Hawkins, Leonia	4:44.7
2001---	Joe Licitra, Leonia	4:44.0
2002---	Adam Forman, Leonia	4:37.4
2003---	Rafael Abreu, Leonia	4:37.5
2004---	Dan Emont, Bergen Tech	4:38.2
2005---	Tom Cullen, Bergen Tech	4:39.0
2006---	Matt Lingam, Park Ridge	4:35.8
2007---	Matt Lingam, Park Ridge	4:40.3
2008---	Sam Janssen, Park Ridge	4:36.9
2009---	Victor Lopez, Leonia	4:36.0
2010---	Matt John, Cresskill	4:37.7

#### **3200 METER RUN**

1985---	Chris Moore, Emerson	10:31.4
1986---	David Clayton, Wood-Ridge	10:04.4
1987---	Chris Moore, Emerson	9:44.8
1988---	Brian Morrow, Hasbrouck Heights	10:26.0
1989---	Colin McNamara, Emerson	10:14.9
1990---	Colin McNamara, Emerson	10:09.5
1991---	Jeff Koegel, Wood-Ridge	10:19.1
1992---	Mike Ryan, Bogota	10:08.2
1993---	Brett Bogovich, Ridgefield	10:04.5
1994---	Dave Ledgerwood, Park Ridge	10:12.5
1995---	Scott Menti, Cresskill	10:17.4
1996---	Scott Menti, Cresskill	10:09.5
1997---	Ron Gerhold, Emerson	10:28.2
1998---	Jeff Clark, Bogota	9:39.0
1999---	Neal Joseph, Bergen Tech	10:11.7
2000---	Travis Hawkins, Leonia	10:20.6
2001---	Travis Hawkins, Leonia	10:14.3
2002---	Adam Forman, Leonia	10:01.0
2003---	Rafael Abreu, Leonia	10:05.1
2004---	Dan Emont, Bergen Tech	9:53.3
2005---	Tom Cullen, Bergen Tech	10:06.8
2006---	Mike Mitchell, Bergen Tech	9:55.2
2007---	Matt Lingam, Park Ridge	10:08.3
2008---	Matt Lingam, Park Ridge	10:08.3
2009---	Victor Lopez, Leonia	9:54.9
2010---	Patrick Ryan, Leonia	10:28.1

### **110 METER HIGH HURDLES**

1985---	Rich DeMarco, Emerson	15.3
1986---	Eric Princen, Cresskill	16.6
1987---	Jeff Barat, Bergen Tech	17.3
1988---	Jeff Barat, Bergen Tech	16.1
1989---	Joe Ivanicki, Wallington	16.9
1990---	Jay Kerwin, Hasbrouck Heights	15.8
1991---	Tom Tumulty, Bogota	15.2
1992---	Tom Tumulty, Bogota	15.2
1993---	Steve DuPlessy, Ridgefield	15.1
1994---	Steve DuPlessy, Ridgefield	15.3
1995---	Devlyn Hall, St. Mary's	15.3
1996---	Averill Grimes, Hasbrouck Heights	15.5
1997---	Averill Grimes, Hasbrouck Heights	15.4
1998---	Mike Huberman, Cresskill	15.5
1999---	Marcus Noel, Bergen Tech	15.9
2000---	Dennis Calacione, New Milford	16.3
2001---	Dennis Calacione, New Milford	15.4
2002---	Dennis Calacione, New Milford	14.9
2003---	Andy Kim, Bergen Tech	15.3
2004---	Andy Lim, Leonia	14.8
2005---	Chris Castro, Bergen Tech	15.6
2006---	Donovan Bolden-Smith, Leonia	15.7
2007---	Donovan Bolden, Leonia	14.8

2008---	Donovan Bolden, Leonia	15.2
2009---	Alberto Alarcon, Leonia	15.6
2010---	Amelio Soto, Bogota	15.4

#### **400 METER HURDLES**

1985---	Rich DeMarco, Emerson	58.3
1986---	Roger Andrews, Bergen Tech	58.7
1987---	Jeff Barat, Bergen Tech	62.7
1988---	Jeff Barat, Bergen Tech	60.4
1989---	Chuck Tumulty, Bogota	61.5
1990---	Jay Kerwin, Hasbrouck Heights	60.2
1991---	Tom Tumulty, Bogota	58.4
1992---	Tom Tumulty, Bogota	59.7
1993---	Luis Ramirez, Hasbrouck Heights	58.8
1994---	Luis Ramirez, Hasbrouck Heights	59.2
1995---	Martin Besterci, St. Mary's	59.0
1996---	Martin Besterci, St. Mary's	57.5
1997---	Averill Grimes, Hasbrouck Heights	58.2
1998---	Joe Hwang, Cresskill	57.8
1999---	Joe Hwang, Cresskill	57.1
2000---	Jason Tuber, Park Ridge	58.8
2001---	Dennis Calacione, New Milford	55.6
2002---	Shane Conroy, Cresskill	57.4
2003---	Daquan Huffin, Palisades Park	56.8
2004---	Daquan Huffin, Palisades Park	56.8
2005---	Marshall Keating, Leonia	57.4
2006---	Chris Castro, Bergen Tech	57.8
2007---	Dan Diaz, New Milford	58.8
2008---	Ross Koehler, Park Ridge	58.1
2009---	Alberto Alarcon, Leonia	59.9
2010---	Alberto Alarcon, Leonia	59.3

#### **SHOT PUT**

1985---	Andy Papanthassiou, Emerson	65-3
1986---	Adam White, Bogota	51-6 ½
1987---	Adam White, Bogota	49-1
1988---	Todd Stoker, Bergen Tech	47-9 ½
1989---	Gary Kuhles, Bogota	44-2
1990---	William Schels, Emerson	47-10 ½
1991---	William Schels, Emerson	52-5 ¼
1992---	Sean Syslo, Hasbrouck Heights	45-4
1993---	Guy Iavarone, Cresskill	51-4
1994---	Dan Paolucci, Emerson	45-0 ½
1995---	Dan Paolucci, Emerson	48-1
1996---	Chris Phoenix, Cresskill	46-11 ½
1997---	Mike Mirkovic, Wood-Ridge	48-2 ½
1998---	Mike Murphy, New Milford	50-9 ½
1999---	Mike Murphy, New Milford	55-1 ¾
2000---		
2001---	Lou Levy, Cresskill	48-0
2002---	Lou Levy, Cresskill	50-7



2003---	Jason Maier, New Milford	49-2 ½
2004---	Jason Maier, New Milford	50-11 ½
2005---	George Pecoraro, Cresskill	46-10 ½
2006---	George Pecoraro, Cresskill	52-1
2007---	George Pecoraro, Cresskill	50-9
2008---	Jason Raggi, Cresskill	47-10 ¾
2009---	Ali Metwali, New Milford	48-11 ¾
2010---	Dorian Slavov, Cresskill	51-7

#### **DISCUS**

1985---	Andy Papathanassiou, Emerson	168-9
1986---	Adam White, Bogota	150-1
1987---	John Turi, Park Ridge	144-8
1988---	Todd Stoker, Bergen Tech	142-0
1989---	Steve Marada, Park Ridge	145-9
1990---	Michael Bischoff, Hasbrouck Heights	126-8
1991---	Alfie Zappulla, Emerson	125-1 1/2
1992---	Sean Syslo, Hasbrouck Heights	135-11
1993---	Guy Iavarone, Cresskill	130-0
1994---	Joe Lardingill, Emerson	127-5
1995---	Brian Ilie, Hasbrouck Heights	125-6
1996---	Mark Rella, Wood-Ridge	125-0
1997---	Frank Kozibroda, Wood-Ridge	136-0
1998---	Mike Murphy, New Milford	140-1
1999---	Mike Murphy, New Milford	157-0
2000---	Charles Lee, Palisades Park	142-6
2001---	Charles Lee, Palisades Park	146-10
2002---	Lou Levy, Cresskill	144-6
2003---	Jason Maier, New Milford	156-1
2004---	Jason Maier, New Milford	155-8
2005---	Sean Weingarten, Cresskill	136-8
2006---	George Pecoraro, Cresskill	143-3
2007---	Scott Brunner, New Milford	141-5
2008---	Kyle Elliott, Cresskill	143-0
2009---	Ali Metwali, New Milford	143-8
2010---	Dorian Slavov, Cresskill	137-3

#### **JAVELIN**

1985---	Bohm, Ridgefield	180-6
1986---	Mike Manke, Cresskill	164-6
1987---	Glenn Bendul, Emerson	168-11
1988---	Steve Turi, Wood-Ridge	163-3
1989---	Sid Ramirez, Bergen Tech	148-4
1990---	John Webster, Emerson	154-11
1991---	Alfie Zappulla, Emerson	159-5
1992---	Sean Syslo, Hasbrouck Heights	162-2
1993---	Mike Haggerty, Cresskill	180-8
1994---	John Scrofani, Emerson	160-0
1995---	Brian Ilie, Hasbrouck Heights	160-8
1996---	Ron Phillips, Wood-Ridge	159-7
1997---	Ron Phillips, Wood-Ridge	161-0

1998---	Jason Zerenner, Cresskill	165-5
1999---	Keith Bisig, Cresskill	170-3
2000---	Keith Bisig, Cresskill	165-5
2001---	Jason Salerno, Leonia	150-7
2002---	Erik Nelson, Cresskill	143-11
2003---	Steve Guzek, Park Ridge	156-6
2004---	Steve Guzek, Park Ridge	164-8
2005---	Steve Guzek, Park Ridge	172-6
2006---	Kyle Elliott, Cresskill	169-3
2007---	Kyle Elliott, Cresskill	194-2
2008---	Kyle Elliott, Cresskill	187-3
2009---	Ali Metwali, New Milford	170-0
2010---	Chris Churchill, Leonia	150-3

### HIGH JUMP

1985---	Tom Meberg, Cresskill	6-2
1986---	Eric Princen, Cresskill	5-10
1987---	Jeff Barat, Bergen Tech	6-0
1988---	Jeff Barat, Bergen Tech	6-3
1989---	Chris Chica, Wallington	6-0
1990---	John Webster, Emerson	6-0
1991---	Eric James, Bogota	5-10
1992---	Chris Weiss, Park Ridge	5-10
1993---	Chris Weiss, Park Ridge	6-2
1994---	Steve DuPlessy, Ridgely	6-0
1995---	Rodney Epps, Bergen Tech	6-2
1996---	Rich Barthelemy, Bergen Tech	6-2
1997---	Rob Derin, Hasbrouck Heights	5-11
1998---	Andrew Stine, Park Ridge	6-1
1999---	Sheldon Russell, Bergen Tech	6-0
2000---		
2001---	Gavin Charlton, Palisades Park	6-0
2002---	Gavin Charlton, Palisades Park	6-4
2003---	Gavin Charlton, Palisades Park	6-1
2004---	Orestes Medina, Palisades Park	5-10
2005---	Pat Cuning, Leonia	6-0
2006---	Anthony Wright, New Milford	6-0
2007---	Donovan Bolden, Leonia	5-10
2008---	Steve Lapp, Cresskill	6-0
2009---	Alberto Alarcon, Leonia	5-10
2010---	Paul Yun, Cresskill	6-0

### LONG JUMP

1985---	Ron Blauvelt, Hasbrouck Heights	20-6 ¼
1986---	Ron Blauvelt, Hasbrouck Heights	19-5
1987---	Andy Richardson, Bergen Tech	19-8 ¼
1988---	Ken Malachi, Bergen Tech	19-11
1989---	Jason Pyryt, Wallington	20-0
1990---	Jason Pyryt, Wallington	20-5
1991---	Fred Campbell, Emerson	19-6
1992---	Kendall Williams, Bergen Tech	20-0

1993---	Steve DuPlessy, Ridgefield	20-1 ¼
1994---	Steve DuPlessy, Ridgefield	21-1 ¾
1995---	Augie Mastropole, St. Mary's	18-9 ½
1996---	Damion Lawrence, Wallington	19-10 ¾
1997---	Jason Hewitt, Emerson	20-0 ¼
1998---	Sheldon Russell, Bergen Tech	20-5 ½
1999---	Sheldon Russell, Bergen Tech	20-8
2000---	Ray Ambrosio, Bogota	18-11
2001---	Mark Butler, Cresskill	20-6 ¾
2002---	Gavin Charlton, Palisades Park	20-8
2003---	Andy Lim, Leonia	20-11 ¾
2004---	Andy Lim, Leonia	21-6
2005---	Orestes Medina, Palisades Park	22-5 ½
2006---	Geon Kang, Bergen Tech	20-1
2007---	Conrad Healy, Park Ridge	21-1 ¼
2008---	Chris Carillo, Leonia	21-0 ½
2009---	Amelio Soto, Bogota	20-10 ¾
2010---	Elijah St. Hilaire, Palisades Park	20-11

### TRIPLE JUMP

1985---	Dave Avery, Bergen Tech	42-8 ¼
1986---	Eric Princen, Cresskill	39-9 ½
1987---	Andy Richardson, Bergen Tech	40-5 ¾
1988---	Ken Malachi, Bergen Tech	42-11
1989---	Ken Malachi, Bergen Tech	41-9 ½
1990---	Jason Pyryt, Wallington	40-10 ¾
1991---	Mike Horrey, Emerson	40-6 ½
1992---	Steve DuPlessy, Ridgefield	40-3
1993---	Steve DuPlessy, Ridgefield	42-8 ½
1994---	Steve DuPlessy, Ridgefield	44-1 ¾
1995---	Mike Melillo, Emerson	41-1
1996---	Phil Shepard, Bergen Tech	39-10
1997---	Averill Grimes, Hasbrouck Heights	42-5
1998---	Sheldon Russell, Bergen Tech	42-0
1999---	Chris Charles, Park Ridge	43-10 ½
2000---	Chris Charles, Park Ridge	45-10 ½
2001---	Mark Butler, Cresskill	43-0 ½
2002---	Andy Lim, Leonia	41-2 ½
2003---	Gavin Charlton, Palisades Park	41-8 ½
2004---	Orestes Medina, Palisades Park	41-1
2005---	Orestes Medina, Palisades Park	44-0
2006---	Nick Bravo, Park Ridge	41-0
2007---	Conrad Healy, Park Ridge	42-5
2008---	Pat Mitchell, New Milford	43-5
2009---	Hayden Duffy, Emerson	42-10
2010---	John Fiscal, Bogota	42-10 ¼

### POLE VAULT

1985---	Fiskelta, Bogota	11-0
1986---	Steve Maier, Cresskill	12-6
1987---	Mark Sonzogni, Hasbrouck Heights	10-6

1988---Kevin Whitefleet, Bergen Tech	11-2
1989---	
1990---Bobby Walsh, Hasbrouck Heights	10-6
1991---Bobby Walsh, Hasbrouck Heights	11-0
1992---Anthony Hampel, Hasbrouck Heights	11-0
1993---Joe DeRobertis, Hasbrouck Heights	10-0
1994---Joe DeRobertis, Hasbrouck Heights	11-0
1995---Mike Melillo, Emerson	11-0
1996---Mike Haiklas, Cresskill	10-0
1997---Ray Meyer, Hasbrouck Heights	10-6
1998---Carlo Nastasi, Emerson	11-6
1999---Keith Bisig, Cresskill	10-6
2000---	
2001---Slavik Shikhman, Leonia	10-6
2002---Andy Matischik, Cresskill	11-0
2003---Matt Fredrich, Park Ridge	11-0
2004---Mike Jaimes, New Milford	12-0
2005---Mike Collins, Cresskill	11-6
2006---Jon Olmo, Cresskill	11-6
2007---Mike Collins, Cresskill	13-0
2008---Julio Alorro, Cresskill	11-0
2009---Greg Hoffman, Park Ridge	15-0
2010---Garrett LaCroce, Park Ridge	13-0

#### **1600 METER RELAY**

1985---Bergen Tech	3:39.6
1986---Bergen Tech	3:37.9
1987---Hasbrouck Heights	3:43.8
1988---Hasbrouck Heights	3:46.1
1989---Hasbrouck Heights	3:40.9
1990---Hasbrouck Heights	3:39.7
1991---Hasbrouck Heights	3:37.0
1992---Hasbrouck Heights	3:39.6
1993---Park Ridge	3:37.2
1994---St. Mary's	3:38.4
1995---St. Mary's	3:35.8
1996---Hasbrouck Heights	3:35.9
1997---Ridgefield	3:38.0
1998---Ridgefield	3:37.4
1999---Cresskill	3:38.2
2000---Leonia	3:34.0
2001---New Milford	3:29.0
2002---Bergen Tech	3:30.6
2003---Bergen Tech	3:27.8
2004---Palisades Park	3:38.7
2005---Park Ridge	3:32.5
2006---Park Ridge	3:33.2
2007---New Milford	3:27.5
2008---Park Ridge	3:32.4
2009---Emerson	3:33.4
2010---New Milford	3:37.8

## **GIRLS**

### **100 METER DASH**

1985---	Bernandine Han, Cresskill	13.4
1986---	Jennifer Whilby, Bogota	13.8
1987---	Denise Tripodi, Hasbrouck Heights	13.3
1988---	Sonda Slutzker, Hasbrouck Heights	13.5
1989---	Sonda Slutzker, Hasbrouck Heights	13.4
1990---	Sharon Livardo, Wallington	13.4
1991---	Sharon Livardo, Wallington	13.4
1992---	Keisha Latty, Wallington	13.5
1993---	Keisha Latty, Wallington	12.9
1994---	Keisha Latty, Wallington	12.9
1995---	Alessia Cirilli, Hasbrouck Heights	13.0
1996---	Miranda Reeves, Hasbrouck Heights	13.1
1997---	Miranda Reeves, Hasbrouck Heights	13.1
1998---	Nicole Parkinson, Bergen Tech	13.2
1999---	Nicole Parkinson, Bergen Tech	13.2
2000---	Nicole Parkinson, Bergen Tech	12.8
2001---	Kim Heron, Bogota	13.5
2002---	Elizabeth Luke, Bergen Tech	13.3
2003---	Erika Ostrove, Cresskill	13.1
2004---	Erika Ostrove, Cresskill	12.6
2005---	Aly Hanson, New Milford	13.0
2006---	Janelle Liu, Cresskill	13.2
2007---	Janelle Liu, Cresskill	12.8
2008---	Janelle Liu, Cresskill	12.9
2009---	Janelle Liu, Cresskill	12.7
2010---	Gabrielle Escalante, Leonia	13.1

### **200 METER DASH**

1985---	Bernandine Han, Cresskill	27.8
1986---	Jennifer Whilby, Bogota	28.0
1987---	Denise Tripodi, Hasbrouck Heights	27.8
1988---	Sonda Slutzker, Hasbrouck Heights	28.7
1989---	Amy Giannantonio, Cresskill	27.6
1990---	Meggin Searle, Hasbrouck Heights	28.0
1991---	Meggin Searle, Hasbrouck Heights	28.0
1992---	Meggin Searle, Hasbrouck Heights	27.9
1993---	Jen Hettel, Wallington	27.4
1994---	Keisha Latty, Wallington	27.4
1995---	Miranda Reeves, Hasbrouck Heights	27.7
1996---	Miranda Reeves, Hasbrouck Heights	27.8
1997---	Miranda Reeves, Hasbrouck Heights	27.5
1998---	Nicole Parkinson, Bergen Tech	26.8
1999---	Nicole Parkinson, Bergen Tech	27.3
2000---	Nicole Parkinson, Bergen Tech	28.1
2001---	Kim Heron, Bogota	26.7
2002---	Kim Heron, Bogota	27.4
2003---	Aly Hanson, New Milford	27.1
2004---	Melissa Hannibal, Bergen Tech	27.2

2005---Kate Watson, Leonia	26.3
2006---Kate Watson, Leonia	26.3
2007---Jenelle Liu, Cresskill	26.6
2008---Chelsea Coleman, Park Ridge	27.3
2009---Terra Luke, Leonia	26.3
2010---Khadijah Cox, New Milford	26.4

#### **400 METER DASH**

1985---Muller, Bogota	63.9
1986---Jennifer Whilby, Bogota	64.0
1987---Denise Tripodi, Hasbrouck Heights	62.1
1988---Laurie Prusha, Park Ridge	66.2
1989---Amy Giannantonio, Cresskill	62.8
1990---Meggin Searle, Hasbrouck Heights	63.4
1991---Meggin Searle, Hasbrouck Heights	64.3
1992---Meggin Searle, Hasbrouck Heights	63.6
1993---Jen Grasso, Hasbrouck Heights	62.2
1994---Keisha Latty, Wallington	61.6
1995---Tricia Saunders, Cresskill	64.4
1996---Irene Leidenfrost, Park Ridge	65.1
1997---Gen Kester, Bogota	65.6
1998---Irene Leidenfrost, Park Ridge	63.8
1999---Melissa DioDonet, Bogota	61.6
2000---Kim Heron, Bogota	63.3
2001---Kim Heron, Bogota	61.4
2002---Kim Heron, Bogota	60.8
2003---Alison Desir, Dwight-Englewood	60.2
2004---Aly Hanson, New Milford	60.8
2005---Aly Hanson, New Milford	58.5
2006---Aly Hanson, New Milford	60.7
2007---Nicole Sermabeikian, Park Ridge	62.7
2008---Terra Luke, Leonia	63.5
2009---Rebecca Skovira, Park Ridge	60.0
2010---Rebecca Skovira, Park Ridge	60.5

#### **800 METER RUN**

1985---Teri Pieper, Cresskill	2:29.7
1986---Joanne Carranza, Cresskill	2:31.9
1987---Stacy Mead, Ridgefield	2:41.9
1988---Stacy Mead, Ridgefield	2:41.2
1989---Aimee Comeau, Park Ridge	2:38.2
1990---Dani LaRubbio, Park Ridge	2:30.0
1991---Kristine Emmet, Hasbrouck Heights	2:36.6
1992---Veronica Bufalini, Cresskill	2:37.1
1993---Meggin Searle, Hasbrouck Heights	2:29.8
1994---Michelle Carcich, Hasbrouck Heights	2:32.0
1995---Tricia Saunders, Cresskill	2:32.3
1996---Michelle Carcich, Hasbrouck Heights	2:35.6
1997---Melissa Kane, Emerson	2:35.5
1998---Melissa Kane, Emerson	2:33.8
1999---Amber Neal, Bogota	2:34.3

2000---	Jenn Leahy, Cresskill	2:32.5
2001---	Linda Ndrejoni, Cresskill	2:29.4
2002---	Lauren Fowler, Bergen Tech	2:26.3
2003---	Michelle Wallace, Emerson	2:26.1
2004---	Alicia Henry, Cresskill	2:26.2
2005---	Alicia Henry, Cresskill	2:23.7
2006---	Gaby Skovira, Park Ridge	2:26.2
2007---	Evyn Gregory-Stewart, Leonia	2:30.8
2008---	Katie Teets, New Milford	2:34.3
2009---	Betsy Eickelberg, Leonia	2:27.0
2010---	Jada Toote, New Milford	2:24.7

### 1600 METER RUN

1985---	Audrey Jahnke, Bogota	5:53.9
1986---	Audrey Jahnke, Bogota	6:02.9
1987---	Teri Geohrig, Hasbrouck Heights	5:53.0
1988---	Stacy Mead, Ridgefield	5:59.6
1989---	Rachel Smith, Cresskill	5:56.6
1990---	Sam Arabiat, Hasbrouck Heights	5:48.8
1991---	Veronica Bufalini, Cresskill	5:41.1
1992---	Veronica Bufalini, Cresskill	5:45.2
1993---	Eva Harmel, Wallington	5:55.8
1994---	Kirsten LaFond, Bogota	5:42.1
1995---	Kirsten LaFond, Bogota	5:46.5
1996---	Nancy Sinclair, St. Mary's	5:44.6
1997---	Nancy Sinclair, St. Mary's	5:50.9
1998---	Stephanie Paglione, Palisades Park	5:56.2
1999---	Amber Neal, Bogota	5:56.8
2000---	Sophia Barton, Leonia	5:53.1
2001---	Linda Ndrejoni, Cresskill	5:49.0
2002---	Linda Ndrejoni, Cresskill	5:47.0
2003---	Michelle Wallace, Emerson	5:45.6
2004---	Michelle Wallace, Emerson	5:37.6
2005---	Annie Moylan, Park Ridge	5:39.6
2006---	Camille Longue, Bergen Tech	5:30.2
2007---	Heather Lehmann, Park Ridge	5:41.1
2008---	Heather Lehmann, Park Ridge	5:41.8
2009---	Betsy Eickelberg, Leonia	5:36.9
2010---	Betsy Eickelberg, Leonia	5:36.3

### 3200 METER RUN

1985---	Cherilin Garcia, Bogota	13:01.7
1986---		
1987---	Teri Geohrig, Hasbrouck Heights	13:09.6
1988---	Stacy Mead, Ridgefield	13:18.1
1989---	Rachel Smith, Cresskill	13:13.1
1990---	Sam Arabiat, Hasbrouck Heights	12:44.0
1991---	Kristine Emmet, Hasbrouck Heights	12:39.0
1992---	Veronica Bufalini, Cresskill	12:37.1
1993---	Giada Bufalini, Cresskill	13:12.3
1994---	Kirsten LaFond, Bogota	12:15.5

1995---	Kirsten LaFond, Bogota	12:20.0
1996---	Nancy Sinclair, St. Mary's	12:21.0
1997---	Nancy Sinclair, St. Mary's	12:41.6
1998---	Stephanie Paglione, Palisades Park	12:42.5
1999---	Jocelyn Pattner, Dwight-Englewood	12:37.3
2000---	Katy Botsford, Cresskill	12:56.0
2001---	Linda Ndrejoni, Cresskill	12:41.2
2002---	Linda Ndrejoni, Cresskill	12:27.8
2003---	Michelle Wallace, Emerson	12:18.7
2004---	Katherine DeLeon, Palisades Park	12:08.0
2005---	Katherine DeLeon, Palisades Park	12:09.5
2006---	Camille Longue, Bergen Tech	11:56.6
2007---	Heather Lehmann, Park Ridge	12:31.6
2008---	Betsy Eickelberg, Leonia	12:40.8
2009---	Betsy Eickelberg, Leonia	11:57.0
2010---	Betsy Eickelberg, Leonia	12:23.7

#### **100 METER HIGH HURDLES**

1985---	Marion Krause, Emerson	17.3
1986---	Marion Krause, Emerson	18.5
1987---	Terry O'Rourke, Bogota	18.2
1988---	Erin Comeau, Park Ridge	17.6
1989---	Noelle Spassof, Emerson	17.5
1990---	Noelle Spassof, Emerson	16.9
1991---	Krista Kalnins, Wood-Ridge	16.9
1992---	Krista Kalnins, Wood-Ridge	16.5
1993---	Dana Uhl, Park Ridge	16.4
1994---	Irene Oustergard, Park Ridge	16.2
1995---	Jeanne Peterson, Emerson	16.9
1996---	Jeanne Peterson, Emerson	16.4
1997---	Alessia Cirilli, Hasbrouck Heights	17.1
1998---	Vivian Cordero, New Milford	17.1
1999---	Stephanie O'Connor, New Milford	16.8
2000---	Toya Randolph, Bergen Tech	16.9
2001---	Dag Podwyzsinska, Bergen Tech	16.8
2002---	Dag Podwyzsinska, Bergen Tech	16.3
2003---	Lara Vanderburgh, Cresskill	17.2
2004---	Lara Vanderburgh, Cresskill	16.7
2005---	Megan Thomas, Cresskill	16.7
2006---	Megan Thomas, Cresskill	16.5
2007---	Megan Thomas, Cresskill	16.5
2008---	April Kaiser, Park Ridge	16.2
2009---	Nicole Hernandez, Cresskill	16.4
2010---	Nicole Hernandez, Cresskill	16.5

#### **400 METER HURDLES**

1985---	Teri Pieper, Cresskill	71.4
1986---	Kim Rockefeller, Bogota	74.5
1987---	Noelle Spassof, Emerson	75.8
1988---	Erin Comeau, Park Ridge	72.5
1989---	Krista Kalnins, Wood-Ridge	73.3



1990---	Noelle Spassof, Emerson	68.7
1991---	Christina Krivak, Hasbrouck Heights	72.0
1992---	Jenny Spiegel, Bogota	71.7
1993---	Jen Grasso, Hasbrouck Heights	66.8
1994---	Amy Vega, Habrouck Heights	68.8
1995---	Jeanne Peterson, Emerson	69.6
1996---	Jeanne Peterson, Emerson	69.6
1997---	Rania Margonis, Ridgefield	68.9
1998---	Stephanie O'Connor, New Milford	68.7
1999---	Jen Leahy, Cresskill	70.3
2000---	Jen Leahy, Cresskill	70.8
2001---	Jen Leahy, Cresskill	68.8
2002---	Allison Desir, Dwight-Englewood	67.7
2003---	Allison Desir, Dwight-Englewood	67.8
2004---	Kristine Zuntas, Emerson	69.5
2005---	Kristine Zuntas, Emerson	69.9
2006---	Nicole Barretta, Cresskill	69.3
2007---	Nicole Barretta, Cresskill	67.0
2008---	Janell Carrasco, Bogota	71.6
2009---	Fara Rudbart, Cresskill	69.7
2010---	Ani Sarkasian, Cresskill	70.4

#### **SHOT PUT**

1985---	Sharon Dubis, Wallington	34-0
1986---	Toni DePalma, Hasbrouck Heights	27-3
1987---	Karen Schaeffer, Wallington	30-10 ½
1988---	April Amonica, Emerson	28-8
1989---	Maria Iavarone, Cresskill	31-2
1990---	Jen Kelley, Emerson	31-4 ¾
1991---	Barbara Coren, Emerson	31-7 ½
1992---	Barbara Coren, Emerson	33-0
1993---	Marie Remiggio, Bogota	33-10
1994---	Marie Remiggio, Bogota	32-1 ½
1995---	Marie Remiggio, Bogota	33-10 ½
1996---	Kim Foley, Park Ridge	31-11 ½
1997---	Lauren Gmitter, Hasbrouck Heights	31-10 ½
1998---	Odette Mitchell Servillo, Park Ridge	29-10
1999---	Fredericks, Bogota	30-0
2000---	Alyssa Koob, New Milford	34-11 ½
2001---	Tatiana Ciccone, New Milford	33-7 ¾
2002---	Alyssa Koob, New Milford	35-4 ½
2003---	Tiffany Phoenix, Cresskill	34-8
2004---	Tiffany Phoenix, Cresskill	33-10 ¾
2005---	Amanda Burkart, Cresskill	31-2 ¼
2006---	Leann Cordero, Bergen Tech	29-6
2007---	April Kaiser, Park Ridge	36-11 ½
2008---	Laura Cowan, Cresskill	37-4
2009---	Fara Rudbart, Cresskill	32-9 ¾
2010---	Alex Phoenix, Cresskill	31-0

#### **DISCUS**

1985---	Kathy O'Brien, Emerson	97-3
1986---	Irene Fabianczyk, Wallington	81-10
1987---	Adrienne Long, Bogota	81-6
1988---	Fran Izzo, Park Ridge	83-9
1989---	Maria Iavarone, Cresskill	103-4
1990---	Kim Soriano, Bogota	86-3
1991---	Kim Soriano, Bogota	90-9
1992---	Laura Stasion, Hasbrouck Heights	106-1
1993---	Nancy Belbo, Hasbrouck Heights	103-1
1994---	Janine Captan, Bogota	100-4
1995---	Marie Remiggio, Bogota	105-11
1996---	Lisa Podesta, Hasbrouck Heights	95-11
1997---	Lauren Gmitter, Hasbrouck Heights	103-4
1998---	Wendy Nunez, New Milford	87-10
1999---	Nicole Pacciani, Emerson	91-11
2000---	Alyssa Koob, New Milford	100-2
2001---	Tiffany Phoenix, Cresskill	110-0
2002---	Tiffany Phoenix, Cresskill	123-1
2003---	Tiffany Phoenix, Cresskill	118-4
2004---	Tiffany Phoenix, Cresskill	113-6
2005---	Jessica Lehmann, Park Ridge	121-6
2006---	Stephanie Schwartz, Palisades Park	99-9
2007---	April Kaiser, Park Ridge	102-1
2008---	Laura Cowan, Cresskill	117-6
2009---	Kelsey Toarmina, Park Ridge	91-3
2010---	Patricia Henderson, Cresskill	89-2

## JAVELIN

1985---	Deneen Steiner, Ridgefield	100-7
1986---	Christine Dinga, Ridgefield	89-1
1987---	Karen Schaeffer, Wallington	115-11
1988---	Christine Dinga, Ridgefield	107-2
1989---	Joann Dragojevic, Wallington	89-4
1990---	Joann Dragojevic, Wallington	82-0
1991---	Barbara Coren, Emerson	86-5
1992---	Paige Fuller, Hasbrouck Heights	108-1
1993---	Nancy Belbo, Hasbrouck Heights	113-8
1994---	Diana Sanchez, Cresskill	100-2
1995---	Marie Remiggio, Bogota	98-2
1996---	Michelle Carcich, Hasbrouck Heights	99-3
1997---	Nancy Correa, Hasbrouck Heights	99-1
1998---	Lindsey Reggo, Ridgefield	93-8
1999---	Lindsay Gamble, New Milford	98-4
2000---	Lindsay Gamble, New Milford	95-6
2001---	Beverly Gross, Bergen Tech	92-10
2002---	Beverly Gross, Bergen Tech	96-11
2003---	Daiana Sita, New Milford	97-9
2004---	Emily Marzan, Park Ridge	93-0
2005---	Jessica Lehmann, Park Ridge	116-9
2006---	April Kaiser, Park Ridge	99-2
2007---	April Kaiser, Park Ridge	116-7

2008---April Kaiser, Park Ridge	120-1
2009---Rebecca Skovira, Park Ridge	119-10
2010---Rebecca Skovira, Park Ridge	110-0

### HIGH JUMP

1985---Deneen Steiner, Ridgefield	5-0
1986---Lisa DiBello, Hasbrouck Heights	4-10
1987---Kristen Joyce, Hasbrouck Heights	4-8
1988---Sharon Livardo, Wallington	4-8
1989---Christina Krivak, Hasbrouck Heights	4-10
1990---Ami Racich, Cresskill	4-10
1991---Ami Racich, Cresskill	5-2
1992---Ami Racich, Cresskill	5-2 1/2
1993---Ami Racich, Cresskill	5-2
1994---Heather Sulzen, Emerson	4-8
1995---Jeanne Petersen and Heather Sulzen, Emerson	4-8
1996---Michelle Carcich, Hasbrouck Heights	4-10
1997---Rania Margonis, Ridgefield	4-8
1998---Vivian Cordero, New Milford	5-0
1999---Jen Barthelemy, Bogota	4-10
2000---Jen Barthelemy, Bogota	4-8
2001---Jen Barthelemy, Bogota	4-10
2002---Jen Barthelemy, Bogota	5-0
2003---Tiffany Phoenix, Cresskill	4-8
2004---Kate Watson, Leonia	5-0
2005---Kate Watson, Leonia	4-10
2006---Kate Watson, Leonia	4-10
2007---Alyssa McGuinness, Emerson	5-0
2008---Jamie Sacco, Park Ridge	5-0
2009---Janell Carrasco, Bogota	5-0
2010---Samantha DeFreese, New Milford	4-11

### LONG JUMP

1985---Teri Pieper, Cresskill	14-11 1/2
1986---Cindy Robe, Wallington	14-9 1/2
1987---Jennifer Whilby, Bogota	15-3 3/4
1988---Cindy Robe, Wallington	14-1 1/2
1989---Cindy Robe, Wallington	14-8 3/4
1990---Noelle Spassof, Emerson	15-7 3/4
1991---Jen Hettel, Wallington	14-11 1/4
1992---Jen Hettel, Wallington	15-8 1/2
1993---Jen Hettel, Wallington	16-6
1994---Jen Hettel, Wallington	17-4
1995---Jeanne Peterson, Emerson	15-6
1996---Jeanne Peterson, Emerson	15-9 1/2
1997---Meghan McCauley, Emerson	14-11 1/2
1998---Nicole Parkinson, Bergen Tech	15-2 1/2
1999---Natalasha Roudenko, New Milford	15-6 1/2
2000---Jen Barthelemy, Bogota	15-10
2001---Jen Barthelemy, Bogota	16-4 1/2
2002---Jen Barthelemy, Bogota	16-6

2003---	Elizabeth Luke, Bergen Tech	15-10 $\frac{3}{4}$
2004---	Erika Ostrove, Cresskill	16-11
2005---	Aly Hanson, New Milford	16-8
2006---	Aly Hanson, New Milford	15-10 $\frac{1}{2}$
2007---	Nicole Hernandez, Cresskill	15-0 $\frac{1}{2}$
2008---	Chelsea Coleman, Park Ridge	16-8
2009---	Chelsea Coleman, Park Ridge	16-0
2010---	Kailey Barszcz, New Milford	16-2

### TRIPLE JUMP

1985---	Bernandine Han, Cresskill	33-8 $\frac{1}{2}$
1986---	Marion Krause, Emerson	32-4 $\frac{1}{2}$
1987---	Tania Vrsalovic, Wallington	32-9 $\frac{3}{4}$
1988---	Sharon Livardo, Wallington	30-5
1989---	Sharon Livardo, Wallington	32-2 $\frac{1}{2}$
1990---	Sharon Livardo, Wallington	33-5
1991---	Sharon Livardo, Wallington	33-1 $\frac{1}{2}$
1992---	Amy Vega, Hasbrouck Heights	30-0 $\frac{1}{2}$
1993---	Jenny Spiegel, Bogota	31-4 $\frac{3}{4}$
1994---	Jenny Spiegel, Bogota	33-6 $\frac{1}{4}$
1995---	Diana Sanchez, Cresskill	33-4 $\frac{1}{4}$
1996---	Diana Sanchez, Cresskill	33-5 $\frac{1}{2}$
1997---	Miranda Reeves, Hasbrouck Heights	32-7 $\frac{1}{2}$
1998---	Bucola Akinfadarin, Leonia	31-11
1999---	Natasha Roudenko, New Milford	31-6
2000---	Jen Barthelemy, Bogota	33-11 $\frac{1}{2}$
2001---	Jen Barthelemy, Bogota	35-9 $\frac{1}{2}$
2002---	Jen Barthelemy, Bogota	33-8 $\frac{1}{2}$
2003---	Nikat Dyer, Dwight-Englewood	32-6 $\frac{1}{2}$
2004---	Erika Ostrove, Cresskill	33-3
2005---	Aly Hanson, New Milford	33-9 $\frac{1}{2}$
2006---	Aly Hanson, New Milford	32-9
2007---	Megan Thomas, Cresskill	33-1 $\frac{1}{4}$
2008---	Rachel Green, Leonia	33-6
2009---	Rachel Green, Leonia	34-10
2010---	Alex Phoenix, Cresskill	33-9

### POLE VAULT

2007---	Nicole Hernandez, Cresskill	8-0
2008---	Nicole Hernandez, Cresskill	8-6
2009---	Nicole Hernandez, Cresskill	9-0
2010---	Nicole Hernandez, Cresskill	8-0

### 1600 METER RELAY

1985---	Hasbrouck Heights	4:33.9
1986---	Cresskill	4:33.2
1987---	Hasbrouck Heights	4:47.0
1988---	Park Ridge	4:34.3
1989---	Park Ridge	4:32.9
1990---	Park Ridge	4:25.8
1991---	Bogota	4:30.0

1992---Bogota	4:30.4
1993---Emerson	4:24.4
1994---Hasbrouck Heights	4:24.8
1995---Hasbrouck Heights	4:34.3
1996---Hasbrouck Heights	4:32.9
1997---Emerson	4:31.5
1998---Hasbrouck Heights	4:27.2
1999---Bergen Tech	4:30.7
2000---Bergen Tech	4:24.0
2001---Bergen Tech	4:27.9
2002---Bergen Tech	4:17.5
2003---Bergen Tech	4:16.3
2004---Cresskill	4:15.7
2005---Bergen Tech	4:19.4
2006---Bergen Tech	4:17.2
2007---Cresskill	4:15.8
2008---Leonia	4:26.9
2009---Park Ridge	4:17.5
2010---New Milford	4:16.0