

BPSL CHAMPIONSHIPS

CARPENTER DIVISION

BOYS

100 METER DASH

*1985---	Gene Brown, Passaic Tech	11.4	
1986---	Steve Behling, Glen Rock		11.6
1987---	Dave Shepard, Waldwick		11.0
1988---	Bill Mulder, Saddle Brook		11.6
1989---	Dan Lysik, Waldwick		11.7
1990---	Brian Berry, Saddle Brook		11.8
1991---	Vernon Hayspell, Paterson Catholic		11.6
1992---	Rich Donahue, Saddle Brook		11.1
1993---	Rommel Chatman, Midland Park		11.3
1994---	Jason Perry, Paterson Catholic		11.1
1995---	Bill Hewitt, Hawthorne		11.8
1996---	Bill Hewitt, Hawthorne		11.3
1997---	Bill Hewitt, Hawthorne		11.1
1998---	Bryan Fenkert, Midland Park		11.2
1999---	Jamie Richardson, Paterson Catholic		11.1
2000---	Lawrence Dailey, Eastern Christian		11.2
2001---	Bill McKenith, Glen Rock		11.2
2002---	Bill McKenith, Glen Rock		11.1
2003---	Matt Whyte, Waldwick		11.1
2004---	Anthony Pomo, Saddle Brook		11.1
2005---	Anthony Pomo, Saddle Brook		10.9
2006---	Matt Bieszard, Midland Park		11.2
2007---	Orion Woodard, Pompton Lakes		10.9
2008---	Matt Bieszard, Midland Park		11.2
2009---	Steven Roth, Waldwick		11.3
2010---	Steven Roth, Waldwick		11.0

200 METER DASH

*1985---	Gene Brown, Passaic Tech	23.1	
1986---	Dave Shepard, Waldwick		23.8
1987---	Dave Shepard, Waldwick		23.4
1988---	Scott Zotollo, Saddle Brook		23.5
1989---	Craig TenBrink, Glen Rock		23.4
1990---	Brian Berry, Saddle Brook		24.1
1991---	Brian Berry, Saddle Brook		23.4
1992---	Rich Donahue, Saddle Brook		23.0
1993---	Jason Perry, Paterson Catholic		22.9
1994---	Jason Perry, Paterson Catholic		22.5
1995---	Dave Van Goor, Midland Park		23.8
1996---	Bill Hewitt, Hawthorne		23.4
1997---	Mikkel Brown, Glen Rock		23.6
1998---	Bryan Fenkert, Midland Park		22.8
1999---	Nick Garrett, Saddle Brook		23.0
2000---	Lawrence Dailey, Eastern Christian		22.5
2001---	Craig Agnello, Glen Rock		22.2

2002---	Bill McKeith, Glen Rock	22.4
2003---	Tim Rehm, Waldwick	22.8
2004---	Lucas Cuellar, Saddle Brook	23.1
2005---	Matt Bieszard, Midland Park	23.5
2006---	Matt Bieszard, Midland Park	22.2
2007---	Orion Woodard, Pompton Lakes	22.0
2008---	Matt Bieszard, Midland Park	23.0
2009---	Steven Roth, Waldwick	23.0
2010---	Steven Roth, Waldwick	23.0

400 METER DASH

*1985---	Joe Hawthorne, Saddle Brook	51.0
1986---		
1987---	Jim Keating, Pompton Lakes	54.2
1988---	Scott Lipinski, Eastern Christian	52.6
1989---	Scott Lipinski, Eastern Christian	52.0
1990---	Kevin Duff, Waldwick	53.2
1991---	Kyle Alessi, Waldwick	52.0
1992---	Kyle Alessi, Waldwick	53.2
1993---	Rommel Chatman, Midland Park	53.3
1994---	Erik Wizemann, Pompton Lakes	53.1
1995---	Dave Van Goor, Midland Park	53.0
1996---	Keith Van Goor, Midland Park	52.7
1997---	Keith Van Goor, Midland Park	51.1
1998---	Keith Van Goor, Midland Park	52.0
1999---	Chris Loa, Elmwood Park	53.3
2000---	Lawrence Dailey, Eastern Christian	51.7
2001---	Craig Agnello, Glen Rock	50.8
2002---	Rob Grammer, Glen Rock	50.8
2003---	Rob Grammer, Glen Rock	49.9
2004---	Ryan McCann, Glen Rock	50.3
2005---	Matt Bieszard, Midland Park	53.0
2006---	Matt Bieszard, Midland Park	50.8
2007---	Matt Bieszard, Midland Park	51.1
2008---	Matt Bieszard, Midland Park	51.3
2009---	Connor Bratynski, Saddle Brook	53.0
2010---	Steven Roth, Waldwick	50.5

800 METER RUN

*1986---	Pete McPhee, Pompton Lakes	2:00.0
1986---	Steve Petkus, Manchester	2:04.7
1987---	Keith Jennings, Pompton Lakes	2:04.3
1988---	Scott Wilson, Midland Park	2:04.6
1989---	Rich Wisse, Saddle Brook	1:59.5
1990---	Jim Nyulassy, Saddle Brook	2:04.4
1991---	Kevin Duff, Waldwick	2:00.6
1992---	Dan Schuman, Saddle Brook	2:06.1
1993---	Dan Schuman, Saddle Brook	2:02.0
1994---	Brendan Stickles, Glen Rock	2:04.5
1995---	Chris Psuj, Saddle Brook	2:06.5
1996---	Peter Startz, Waldwick	2:05.4

1997---	Jim Kurz, Glen Rock	2:05.8
1998---	Matt Kuiken, Glen Rock	2:00.7
1999---	John Van Goor, Midland Park	2:03.8
2000---	John Van Goor, Midland Park	2:01.8
2001---	A.J. Andreano, Saddle Brook	2:00.9
2002---	A.J. Andreano, Saddle Brook	1:58.7
2003---	Ryan McCann, Glen Rock	1:58.3
2004---	Chris Guerriero, Saddle Brook	2:01.3
2005---	Chris Guerriero, Saddle Brook	2:00.2
2006---	Scott Walker, Midland Park	2:01.4
2007---	Dane Bender, Pompton Lakes	1:59.1
2008---	Jon McNamara, Pompton Lakes	2:05.9
2009---	Connor Bratynski, Saddle Brook	2:03.1
2010---	Troy Pappas, Pompton Lakes	2:06.2

1600 METER RUN

*1985---	Pierre Letennier, Manchester	4:23.3
1986---	Kevin McOwen, Mahwah	4:36.8
1987---	Rich Wisse, Saddle Brook	4:38.3
1988---	Rich Wisse, Saddle Brook	4:29.6
1989---	Rich Wisse, Saddle Brook	4:22.3
1990---	Jim Nyulassy, Saddle Brook	4:42.9
1991---	Dan Schuman, Saddle Brook	4:43.0
1992---	Dan Schuman, Saddle Brook	4:38.0
1993---	Dan Schuman, Saddle Brook	4:33.4
1994---	Dennis Sullivan, Glen Rock	4:49.1
1995---	Peter Startz, Waldwick	4:43.3
1996---	Peter Startz, Waldwick	4:40.6
1997---	Matt Kuiken, Glen Rock	4:45.3
1998---	Matt Kuiken, Glen Rock	4:34.8
1999---	Josh VanderWiele, Midland Park	4:43.6
2000---	Matt Apol, Eastern Christian	4:45.9
2001---	Matt Apol, Eastern Christian	4:43.0
2002---	A.J. Andreano, Saddle Brook	4:42.1
2003---	Ryan McCann, Glen Rock	4:33.0
2004---	Ryan McCann, Glen Rock	4:34.6
2005---	Ryan Van Alstine, Midland Park	4:30.8
2006---	Rob Nihen, Glen Rock	4:44.1
2007---	Dane Bender, Pompton Lakes	4:43.3
2008---	Anthony Andrews, Paterson Catholic	4:39.5
2009---	Anthony Andrews, Paterson Catholic	4:43.8
2010---	Troy Pappas, Pompton Lakes	4:46.7

3200 METER RUN

*1985---	Pierre Letennier, Manchester	9:35.0
1986---	Kevin McOwen, Mahwah	10:08.0
1987---	Rich Wisse, Saddle Brook	10:03.0
1988---	Rich Wisse, Saddle Brook	10:07.6
1989---	Frank D'Ariano, Midland Park	10:22.5
1990---	Jeff Schuman, Pompton Lakes	10:19.7
1991---	Dan Schuman, Saddle Brook	10:16.0

1992---	Dan Schuman, Saddle Brook	9:57.7
1993---	Dan Schuman, Saddle Brook	9:56.0
1994---	Phil Livingston, Glen Rock	10:25.2
1995---	Peter Startz, Waldwick	10:19.1
1996---	Peter Startz, Waldwick	10:14.0
1997---	Matt Kuiken, Glen Rock	10:23.8
1998---	Matt Kuiken, Glen Rock	9:58.7
1999---	Josh VanderWiele, Midland Park	10:08.6
2000---	Matt Apol, Eastern Christian	10:37.1
2001---	Matt Apol, Eastern Christian	10:14.7
2002---	A.J. Andreano, Saddle Brook	10:24.9
2003---	Chris Guerriero, Saddle Brook	9:58.7
2004---	Chris Guerriero, Saddle Brook	9:58.3
2005---	Ryan Van Alstine, Midland Park	9:48.2
2006---	Ryan Van Alstine, Midland Park	9:58.0
2007---	Paul Kuehnle, Saddle Brook	10:16.7
2008---	Paul Kuehnle, Saddle Brook	10:28.1
2009---	Anthony Andrews, Paterson Catholic	10:07.6
2010---	Eric LiPuma, Midland Park	10:33.8

110 METER HIGH HURDLES

*1985---	Ray Ferrell, Paterson Catholic	15.8
1986---		
1987---	Carmen Pizzuto, Saddle Brook	15.8
1988---	Carmen Pizzuto, Saddle Brook	15.4
1989---	Craig TenBrink, Glen Rock	15.9
1990---	Virgil Francis, Paterson Catholic	16.1
1991---	Dave Schuman, Saddle Brook	15.9
1992---	Dave Schuman, Saddle Brook	14.9
1993---	Jason Perry, Paterson Catholic	14.6
1994---	Jason Perry, Paterson Catholic	14.4
1995---	Keith Lau, Waldwick	17.2
1996---	Keith Lau, Waldwick	15.9
1997---	Pete Schutzel, Glen Rock	15.7
1998---	Mike Sunnago, Glen Rock	16.1
1999---	Nick Garrett, Saddle Brook	14.9
2000---	Nick Garrett, Saddle Brook	15.0
2001---	Adam Morone, Glen Rock	15.5
2002---	Tom Wright, Glen Rock	15.0
2003---	Jeff Berland, Glen Rock	15.7
2004---	Jeff Berland, Glen Rock	14.7
2005---	Anthony Pomo, Saddle Brook	13.9
2006---	Ryan Berland, Glen Rock	14.7
2007---	Tim White, Saddle Brook	15.2
2008---	Tim White, Saddle Brook	15.4
2009---	John Passero, Midland Park	15.9
2010---	John Passero, Midland Park	15.8

400 METER HURDLES

*1985---	Eugene Caldwell, Passaic Tech	58.4
1986---	Steve Keating, Pompton Lakes	59.9

1987---	Carmen Pizzuto, Saddle Brook	59.6
1988---	Carmen Pizzuto, Saddle Brook	55.7
1989---	Craig TenBrink, Glen Rock	57.1
1990---	Mike Terpstra, Eastern Christian	59.3
1991---	Dave Schuman, Saddle Brook	56.7
1992---	Dave Schuman, Saddle Brook	56.2
1993---	Bob Meyers, Saddle Brook	57.5
1994---	Brendan Stickles, Glen Rock	58.5
1995---	Jose Pacheco, Hawthorne	61.4
1996---	Chris Psuj, Saddle Brook	60.2
1997---	Aubrey Byngs, Paterson Catholic	59.3
1998---	Jim Bushoven, Eastern Christian	58.6
1999---	Jim Bushoven, Eastern Christian	59.9
2000---	Alex Varallo, Midland Park	60.6
2001---	Adam Morone, Glen Rock	58.8
2002---	Tom Wright, Glen Rock	58.3
2003---	Rob Grammer, Glen Rock	56.8
2004---	Andrew Phillips, Waldwick	
	Luciano Cofrancesco, Glen Rock	60.1
2005---	Luciano Cofrancesco, Glen Rock	57.9
2006---	Tim White, Saddle Brook	59.1
2007---	Tim White, Saddle Brook	57.4
2008---	Tim White, Saddle Brook	57.0
2009---	Alex Cimilucca, Saddle Brook	59.2
2010---	Alex Cimilucca, Saddle Brook	61.1

SHOT PUT

*1985---	Scott Miller, Elmwood Park	52-11 ½
1986---	Dave Wisotsky, Mahwah	49-7 ¾
1987---	Art Coffey, Saddle Brook	48-7 ¾
1988---	Art Coffey, Saddle Brook	47-5 ½
1989---	Ryan Bradley, Pompton Lakes	48-0
1990---	Kendall Dawson, Eastern Christian	46-7 ¼
1991---	Jeff Kropiewnicki, Saddle Brook	46-7 ¼
1992---	Keith Soltis, Pompton Lakes	43-8 ¾
1993---	Curtis Loudermilk, Saddle Brook	47-4
1994---	Mike Spencer, Glen Rock	45-3
1995---	Phil Steenstra, Eastern Christian	45-6 ½
1996---	Phil Steenstra, Eastern Christian	50-6
1997---	Chris Ammacher, Hawthorne	43-2 ½
1998---	Art Elman, Hawthorne	46-7 ¾
1999---	Pablo Taveras, Paterson Catholic	46-4
2000---	Darrell Nelson, Hawthorne	41-4
2001---	Todd Luebeck, Waldwick	46-8 ½
2002---	Todd Luebeck, Waldwick	45-1 ½
2003---	Tom Gengler, Glen Rock	48-11 ½
2004---	Dan Guaraglia, Glen Rock	45-7
2005---	Luke Geigel, Glen Rock	45-10
2006---	Doug Spallitta, Saddle Brook	46-11
2007---	Brian Vanderstad, Pompton Lakes	47-7 ½
2008---	Jarel Lowery, Paterson Catholic	45-11

2009---Tom Duncan, Pompton Lakes	47-9 ½
2010---Taylor Majka, Pompton Lakes	42-7 ¾

DISCUS

*1985---Scott Miller, Elmwood Park	145-7
1986---Jim Hock, Mahwah	132-5
1987---Ryan Bradley, Pompton Lakes	128-4
1988---Chris Caiazza, Waldwick	125-9
1989---Bill Huot, Pompton Lakes	128-9
1990---Kendall Dawson, Eastern Christian	127-9
1991---Jeff Kropiewnicki, Saddle Brook	135-6
1992---Keith Soltis, Pompton Lakes	127-6
1993---Curtis Loudermilk, Saddle Brook	142-8
1994---Mike Spencer, Glen Rock	139-0
1995---Jon Marley, Hawthorne	131-5
1996---Bart Grebowiec, Hawthorne	141-6
1997---Martin Kazicki, Hawthorne	120-3
1998---Andrew Romano, Glen Rock	128-0
1999---Craig Borduin, Eastern Christian	117-2
2000---Craig Borduin, Eastern Christian	124-10
2001---Dave Clarke, Glen Rock	131-5
2002---Shadu Moore, Paterson Catholic	131-9
2003---Tom Gengler, Glen Rock	138-9
2004---Hussein Dahdouli, Saddle Brook	125-10
2005---Steve Matonti, Saddle Brook	131-5
2006---Mike DeWaal-Malefyt, Eastern Christian	124-6
2007---Pete Mazzella, Pompton Lakes	134-4
2008---Zak Cook, Pompton Lakes	130-10
2009---Ben DeWaaal-Malefyt, Eastern Christian	141-11
2010---Ben DeWaaal-Malefyt, Eastern Christian	138-6

JAVELIN

*1985---Dean Gruelich, Pompton Lakes	184-3
1986---Jim Hock, Mahwah	169-7
1990---Jim Nyulassy, Saddle Brook	174-3
1991---Doug Tucci, Saddle Brook	162-2
1992---Matt Hall, Glen Rock	171-9
1993---Kevin Walter, Pompton Lakes	170-8
1994---Justin Schwartz, Glen Rock	187-7
1995---Phil Steenstra, Eastern Christian	167-9
1996---Phil Steenstra, Eastern Christian	158-2
1997---Jamie Egan, Glen Rock	164-7
1998---Jim Hayes, Hawthorne	180-4
1999---Craig Borduin, Eastern Christian	156-11
2000---Craig Borduin, Eastern Christian	169-10
2001---Scott Stephen, Glen Rock	177-6
2002---Mike Goodell, Midland Park	166-5
2003---Mark Hannon, Glen Rock	159-6
2004---Andrew Zuidema, Midland Park	179-11
2005---Dave Terpstra, Midland Park	152-9
2006---Ryan Berland, Glen Rock	154-0

2007---	Derick Stanton, Waldwick	145-11
2008---	Mike Bieszard, Midland Park	174-10
2009---	Kaleb Zuidema, Midland Park	185-0
2010---	Kaleb Zuidema, Midland Park	224-1

HIGH JUMP

*1985---	Anton Ruighaven, Hawthorne	6-1
1986---		
1987---	Dave Walker, Saddle Brook	5-10
1988---	John Carr, Waldwick	5-10
1989---	John Carr, Waldwick	6-2
1990---	Mike Terpstra, Eastern Christian	6-2
1991---	Steve Noteboom, Pompton Lakes	5-6
1992---	Anthony Porfido, Waldwick	6-0
1993---	Barry Cicco, Glen Rock	6-0
1994---	Kevin Van Ek, Eastern Christian	6-4
1995---	Ivan Ricov, Hawthorne	5-6
1996---	Ivan Ricov, Hawthorne	5-10
1997---	Chris Giambarrese, Midland Park	5-8
1998---	Anthony Branch, Eastern Christian	5-10
1999---	Travis Marcellati, Waldwick	5-10
2000---	Kyle Kirkman, Hawthorne	5-8
2001---	Ken Babcock, Midland Park	6-0
2002---	Chris Andretta, Glen Rock	5-10
2003---	Chris Andretta, Glen Rock	5-8
2004---	Chris Andretta, Glen Rock	6-4
2005---	Eric Savino, Saddle Brook	5-8
2006---	Tim White, Saddle Brook	5-10
2007---	Tim White, Saddle Brook	6-2
2008---	Tim White, Saddle Brook	6-0
2009---	Kaleb Zuidema, Midland Park	6-0
2010---	John Passero, Midland Park	6-0

LONG JUMP

*1985---	Gene Brown, Passaic Tech	20-5
1986---		
1987---	Scott Zotollo, Saddle Brook	20-0
1988---	Scott Zotollo, Saddle Brook	20-0 ½
1989---	Scott Lipinski, Eastern Christian	20-11 ½
1990---	Virgil Francis, Paterson Catholic	19-11 ½
1991---	Vernon Hayspell, Paterson Catholic	21-5 ½
1992---	Jason Perry, Paterson Catholic	19-7
1993---	Jason Perry, Paterson Catholic	20-4 ¼
1994---	Jason Perry, Paterson Catholic	22-4 ¾
1995---	Keith Lau, Waldwick	18-11 ¾
1996---	Bryan Bosgra, Eastern Christian	19-6
1997---	Mikkel Brown, Glen Rock	21-8 ½
1998---	Jim Bushoven, Eastern Christian	20-2 ½
1999---	Nick Garrett, Saddle Brook	21-6
2000---	Nick Garrett, Saddle Brook	21-9
2001---	Craig Agnello, Glen Rock	21-11 ½

2002---	Tom Wright, Glen Rock	20-3 ½
2003---	Mark Hannon, Glen Rock	20-8 ¼
2004---	Lucas Cuellar, Saddle Brook	21-8 ¼
2005---	Anthony Pomo, Saddle Brook	21-9 ¾
2006---	Allen Patterson, Saddle Brook	20-8
2007---	Allen Patterson, Saddle Brook	20-9 ½
2008---	Jon McNamara, Pompton Lakes	20-2 ½
2009---	Nick Acito, Midland Park	20-4 ¼
2010---	Selvin Green, Saddle Brook	20-11 ¼

TRIPLE JUMP

*1985---	Gene Brown, Passaic Tech	43-3
1986---	Rob Duck, Waldwick	42-8 ¼
1987---	Dave Walker, Saddle Brook	40-3 ½
1988---	Carmen Pizzuto, Saddle Brook	40-11 ¾
1989---	Virgil Francis, Paterson Catholic	41-0 ½
1990---	Vernon Hayspell, Paterson Catholic	41-10
1991---	Vernon Hayspell, Paterson Catholic	41-11 ¼
1992---	Anthony Porfido, Waldwick	41-6
1993---	Jason Perry, Paterson Catholic	43-11 ½
1994---	Adam Minicucci, Pompton Lakes	41-10 ½
1995---	Bryan Bosgra, Eastern Christian	40-11 ½
1996---	Bill Hewitt, Hawthorne	38-10 ¾
1997---	Mikkel Brown, Glen Rock	42-9 ½
1998---	Nick Garrett, Saddle Brook	41-9 ½
1999---	Nick Garrett, Saddle Brook	44-6 ½
2000---	Kyle Kirkman, Hawthorne	40-0 ½
2001---	Dan Corey, Glen Rock	40-1
2002---	Tom Wright, Glen Rock	40-9
2003---	Jeff Karringithi, Eastern Christian	41-10 ¼
2004---	Anthony Pomo, Saddle Brook	43-0
2005---	Brian Wiseman, Saddle Brook	42-3 ¾
2006---	Allen Patterson, Saddle Brook	40-8
2007---	Allen Patterson, Saddle Brook	42-0 ½
2008---	Maurice McDonald, Paterson Catholic	44-4 ½
2009---	Maurice McDonald, Paterson Catholic	43-7
2010---	Selvin Green, Saddle Brook	43-0

POLE VAULT

*1985---	tie between Chi Chen, Saddle Brook, Frank Siracusa, Elmwood Park and Jose Rosario, Passaic Tech	11-0
1986---		
1987---	Chi Chen, Saddle Brook	11-6
1988---	Mike Swaney, Saddle Brook	11-0
1989---	Brian Alexander, Glen Rock	11-6
1990---	Chris Duffy, Eastern Christian	11-0
1991---	Rob Apgar, Saddle Brook	11-6
1992---	Chris Duffy, Eastern Christian	12-0
1993---	Ralph Castellano, Saddle Brook	11-6
1994---		

1995---	Scott Agnello, Midland Park	11-6
1996---	Todd Harty, Eastern Christian	10-6
1997---	Gallo Mendoza, Saddle Brook	11-0
1998---	Dennis Gerber, Saddle Brook	12-0
1999---	Dennis Gerber, Saddle Brook	11-6
2000---	Alex Varallo, Midland Park	11-6
2001---	Steve Rudd, Eastern Christian	12-0
2002---	Steve Rudd, Eastern Christian	12-0
2003---	Tim Murphy, Glen Rock	12-0
2004---	Tim Murphy, Glen Rock	12-6
2005---	Collin Boyan, Glen Rock	11-0
2006---	Nick Washnik, Waldwick	11-0
2007---	Steve Wettstein, Waldwick	10-6
2008---	Brad McNamara, Pompton Lakes	11-0
2009---	Brad McNamara, Pompton Lakes	12-6
2010---	Chris Steele, Pompton Lakes	12-0

1600 METER RELAY

*1985---	Pompton Lakes	3:33.5
1986---		
1987---	Waldwick	3:42.2
1988---	Waldwick	3:32.0
1989---		
1990---	Waldwick	3:40.0
1991---	Waldwick	3:35.8
1992---	Saddle Brook	3:36.7
1993---	Glen Rock	3:40.9
1994---	Glen Rock	3:37.9
1995---	Eastern Christian	3:42.9
1996---	Waldwick	3:38.3
1997---	Eastern Christian	3:38.0
1998---	Midland Park	3:31.0
1999---	Midland Park	3:37.3
2000---	Midland Park	3:34.5
2001---	Glen Rock	3:31.5
2002---	Glen Rock	3:31.4
2003---	Glen Rock	3:35.7
2004---	Glen Rock	3:36.0
2005---	Midland Park	3:40.3
2006---	Midland Park	3:36.9
2007---	Midland Park	3:37.5
2008---	Pompton Lakes	3:33.9
2009---	Pompton Lakes	3:36.5
2010---	Pompton Lakes	3:33.6
* ---	One division	

GIRLS

100 METER DASH

*1985---	Mary Ann Verrone, Manchester	13.6
1986---	Chris Vadon, Glen Rock	13.9
1987---	Jolene Ernst, Pompton Lakes	13.1

1988---	Danalyn Adams, Pompton Lakes		13.1
1989---	Danalyn Adams, Pompton Lakes		12.8
1990---	Danalyn Adams, Pompton Lakes		13.1
1991---	Megan Burke, Glen Rock		13.1
1992---	Amy Fieldson, Saddle Brook		13.4
1993---	Shalene Ward, Paterson Catholic		12.9
1994---	Michelle Stein, Glen Rock		12.7
1995---	Gingi Woodard, Pompton Lakes		13.3
1996---	ViMarie Ramirez, Hawthorne		12.8
1997---	Melissa Bochiaro, Glen Rock		12.8
1998---	Rashida Boyd, Eastern Christian		12.8
1999---	Rashida Boyd, Eastern Christian		13.0
2000---	Altisha Byrd, Paterson Catholic		13.2
2001---	Altisha Byrd, Paterson Catholic		12.6
2002---	Altisha Byrd, Paterson Catholic		12.7
2003---	Allie Wright, Saddle Brook		12.7
2004---	Alisa Resnick, Glen Rock		13.0
2005---	Amanda Duggan, Waldwick	13.0	
2006---	Alisa Resnick, Glen Rock		12.7
2007---	Amanda Duggan, Waldwick	13.0	
2008---	Dara Veenstra, Eastern Christian		13.0
2009---	Angela Harrison, Eastern Christian		12.9
2010---	Mel Lewis, Midland Park		12.6

200 METER DASH

*1985---	Jolene Ernst, Pompton Lakes		28.1
1986---			
1987---	Jolene Ernst, Pompton Lakes		27.4
1988---	Danalyn Adams, Pompton Lakes		26.7
1989---	Danalyn Adams, Pompton Lakes		27.1
1990---	Danalyn Adams, Pompton Lakes		27.1
1991---	Megan Burke, Glen Rock		26.8
1992---	Shalene Ward, Paterson Catholic		28.0
1993---	Shalene Ward, Paterson Catholic		27.2
1994---	Michelle Stein, Glen Rock		26.2
1995---	ViMarie Ramirez, Hawthorne		27.7
1996---	ViMarie Ramirez, Hawthorne		26.6
1997---	Melissa Bochiaro, Glen Rock		27.0
1998---	Janna Kohout, Glen Rock		26.1
1999---	Justine Diana, Saddle Brook	27.5	
2000---	Altisha Byrd, Paterson Catholic		26.4
2001---	Altisha Byrd, Paterson Catholic		26.5
2002---	Altisha Byrd, Paterson Catholic		26.3
2003---	Allie Wright, Saddle Brook		26.4
2004---	Alisa Resnick, Glen Rock		26.5
2005---	Renee DeSimone, Glen Rock		27.3
2006---	Amanda Duggan, Waldwick	26.6	
2007---	Amanda Duggan, Waldwick	27.0	
2008---	Dani Wojdyla, Saddle Brook		28.1
2009---	Brielle Sutter, Saddle Brook	26.6	
2010---	Brielle Sutter, Saddle Brook	26.0	

400 METER DASH

*1985---	Sue Wisse, Saddle Brook	64.3
1986---	Janet Fahr, Manchester	65.4
1987---	Jolene Ernst, Pompton Lakes	61.5
1988---	Jolene Ernst, Pompton Lakes	61.1
1989---	Danaly Adams, Pompton Lakes	60.2
1990---	Danaly Adams, Pompton Lakes	60.4
1991---	Shantal Watson, Paterson Catholic	64.0
1992---	Matilda Wood, Saddle Brook	60.5
1993---	Michele Satine, Glen Rock	61.5
1994---	Michele Satine, Glen Rock	60.1
1995---	Vicky Byrne, Saddle Brook	63.6
1996---	Vicky Byrne, Saddle Brook	61.7
1997---	Vicky Byrne, Saddle Brook	62.8
1998---	Janna Kohout, Glen Rock	60.5
1999---	Kristin Pouch, Midland Park	65.7
2000---	Jill Columbia, Hawthorne	65.6
2001---	Kim Mineo, Glen Rock	59.3
2002---	Kim Mineo, Glen Rock	58.0
2003---	Kim Mineo, Glen Rock	60.4
2004---	Alisa Resnick, Glen Rock	61.0
2005---	Liza Offreda, Midland Park	61.5
2006---	Lauren Schultz, Waldwick	62.2
2007---	Lauren Schultz, Waldwick	64.8
2008---	Jazmin Horton, Saddle Brook	65.1
2009---	Mariana Roas, Waldwick	63.2
2010---	Jen Reilly, Pompton Lakes	64.1

800 METER RUN

*1985---	Linda Lamberti, Mahwah	2:26.0
1986---		
1987---	Michelle Straut, Waldwick	2:33.8
1988---	Cathy Acevedo, Saddle Brook	2:31.1
1989---	Jane Mennella, Waldwick	2:29.5
1990---	Karen Stevens, Waldwick	2:32.5
1991---	Matilda Wood, Saddle Brook	2:31.0
1992---	Matilda Wood, Saddle Brook	2:29.1
1993---	Kerry Moore, Midland Park	2:24.0
1994---	Diana Lana, Saddle Brook	2:27.2
1995---	Diana Lana, Saddle Brook	2:29.1
1996---	Vicky Byrne, Saddle Brook	2:22.2
1997---	Tracy DellaTorre, Glen Rock	2:23.0
1998---	Tracy DellaTorre, Glen Rock	2:26.5
1999---	Jess VanDenend, Eastern Christian	2:33.5
2000---	Danielle Amato, Saddle Brook	2:29.2
2001---	Erin Henry, Glen Rock	2:17.8
2002---	Erin Henry, Glen Rock	2:19.9
2003---	Danielle Patoir, Glen Rock	2:22.3
2004---	Lindsay Nygren, Glen Rock	2:28.9
2005---	Lindsay Nygren, Glen Rock	2:31.1

2006---	Amy Van Alstine, Midland Park	2:22.7
2007---	Kelsey Dunn, Waldwick	2:25.0
2008---	Brittany DeBord, Waldwick	2:27.7
2009---	Kristen Traub, Eastern Christian	2:20.1
2010---	Kristen Traub, Eastern Christian	2:21.0

1600 METER RUN

*1985---	Vicki Gusciora, Saddle Brook	5:32.0
1986---	Caroline Harrison, Midland Park	5:44.7
1987---	Bridget Connolly, Midland Park	5:44.4
1988---	Michelle Straut, Waldwick	5:24.0
1989---	Cathy Acevedo, Saddle Brook	5:32.1
1990---	Krissy Nuccitelli, Saddle Brook	6:01.0
1991---	Matilda Wood, Saddle Brook	5:41.1
1992---	Kerry Moore, Midland Park	5:36.4
1993---	Kerry Moore, Midland Park	5:22.5
1994---	Kerry Moore, Midland Park	5:21.2
1995---	Diana Lana, Saddle Brook	5:34.1
1996---	Jess Van Dennend, Eastern Christian	5:40.0
1997---	Tracy DellaTorre, Glen Rock	5:31.2
1998---	Tracy DellaTorre, Glen Rock	5:31.7
1999---	Jess VanDenend, Eastern Christian	5:57.9
2000---	Danielle Amato, Saddle Brook	5:46.9
2001---	Danielle Patoir, Glen Rock	5:25.7
2002---	Danielle Patoir, Glen Rock	5:31.5
2003---	Danielle Patoir, Glen Rock	5:28.2
2004---	Amy Van Alstine, Midland Park	5:26.5
2005---	Amy Van Alstine, Midland Park	5:21.8
2006---	Amy Van Alstine, Midland Park	5:23.0
2007---	Lindsay Pedersen, Waldwick	5:36.3
2008---	Brittany DeBord, Waldwick	5:34.9
2009---	Kristen Traub, Eastern Christian	5:13.9
2010---	Kristen Traub, Eastern Christian	5:22.6

3200 METER RUN

*1985---	Vicki Gusciora, Saddle Brook	12:28.0
1986---		
1987---	Bridget Connolly, Midland Park	12:29.8
1988---	Michelle Straut, Waldwick	11:58.0
1989---	Cathy Acevedo, Saddle Brook	12:12.2
1990---	Krissy Nuccitelli, Saddle Brook	13:18.4
1991---	Kerry Moore, Midland Park	12:37.0
1992---	Kerry Moore, Midland Park	12:05.6
1993---	Kerry Moore, Midland Park	11:59.0
1994---	Kerry Moore, Midland Park	11:43.1
1995---	Melissa Londregan, Hawthorne	12:35.2
1996---	Melissa Londregan, Hawthorne	12:19.4
1997---	Erin Lautermilch, Glen Rock	12:28.9
1998---	Tracy Della Torre, Glen Rock	11:52.0
1999---	Lauren Bolger, Saddle Brook	13:28.1
2000---	Danielle Amato, Saddle Brook	12:31.2

2001---	Erin Henry, Glen Rock	11:19.5
2002---	Erin Henry, Glen Rock	11:27.9
2003---	Danielle Patoir, Glen Rock	11:44.5
2004---	Amy Van Alstine, Midland Park	12:10.4
2005---	Amy Van Alstine, Midland Park	11:16.9
2006---	Amy Van Alstine, Midland Park	11:36.3
2007---	Lindsey Pedersen, Waldwick	12:18.7
2008---	Brittany DeBord, Waldwick	12:22.1
2009---	Kristen Traub, Eastern Christian	11:32.3
2010---	Kristen Traub, Eastern Christian	11:47.1

100 METER HIGH HURDLES

*1985---	Janice Meyer, Midland Park	17.6
1986---		
1987---	Dina DeFrancesco, Saddle Brook	16.1
1988---	Linda Hicks, Paterson Catholic	16.9
1989---	Jen Wilson, Midland Park	16.5
1990---	Jen Wilson, Midland Park	16.3
1991---	Jen Wilson, Midland Park	17.0
1992---	Leah Buonagaro, Glen Rock	17.5
1993---	Kerry Wasser, Saddle Brook	16.6
1994---	Leslie Hodgson, Glen Rock	16.2
1995---	Daniela Gagliano, Waldwick	16.7
1996---	Danielle Hayes, Hawthorne	16.9
1997---	Katie Hanley, Glen Rock	15.6
1998---	Rachelle Scarpa, Eastern Christian	17.1
1999---	Justine Diana, Saddle Brook	16.0
2000---	Justine Diana, Saddle Brook	16.1
2001---	Justine Diana, Saddle Brook	14.8
2002---	Jackie Kaminski, Saddle Brook	15.5
2003---	Dana Salonia, Saddle Brook	15.9
2004---	Hayley Kellinger, Saddle Brook	17.3
2005---	Hayley Kellinger, Saddle Brook	15.7
2006---	Lynn Matanle, Glen Rock	16.0
2007---	Arianna Pomo, Saddle Brook	15.4
2008---	Lauren Schultz, Waldwick	16.3
2009---	Kaitlyn Gordy, Waldwick	16.5
2010---	Mel Lewis, Midland Park	15.9

400 METER HURDLES

*1985---	Janice Meyer, Midland Park	68.8
1986---	Janice Meyer, Midland Park	69.5
1987---	Janice Meyer, Midland Park	69.5
1988---	Linda Hicks, Paterson Catholic	69.4
1989---	Michelle Giunta, Midland Park	67.7
1990---	Jen Wilson, Midland Park	68.8
1991---	Jen Wilson, Midland Park	68.0
1992---	Diana Lana, Saddle Brook	71.3
1993---	Sabrina Luciano, Glen Rock	69.4
1994---	Sabrina Luciano, Glen Rock	66.0
1995---	Diana Lana, Saddle Brook	68.1

1996---	Mary Byrne, Saddle Brook	69.4
1997---	Katie Hanley, Glen Rock	65.9
1998---	Janna Kohout, Glen Rock	65.6
1999---	Laura Glentz, Midland Park	71.9
2000---	Allison Tripodi, Eastern Christian	76.3
2001---	Kim Mineo, Glen Rock	65.4
2002---	Ali Dykhouse, Glen Rock	67.8
2003---	Kim Mineo, Glen Rock	64.6
2004---	Christina Patoir, Glen Rock	66.3
2005---	Christina Patoir, Glen Rock	68.0
2006---	Lauren Schultz, Waldwick	66.9
2007---	Amy Brozowski, Pompton Lakes	70.7
2008---	Dani Wojdyla, Saddle Brook	70.0
2009---	Renee Schultz, Waldwick	71.3
2010---	Mel Lewis, Midland Park	66.7

SHOT PUT

*1985---	Nancy Van Dyke, Midland Park	34-5
1986---	Keelan Craw, Waldwick	32-11
1987---	Keelan Craw, Waldwick	36-0
1988---	Keelan Craw, Waldwick	35-9
1989---	Lark Rivetti, Saddle Brook	35-1 ½
1990---	Lark Rivetti, Saddle Brook	34-3
1991---	Lark Rivetti, Saddle Brook	34-7 ½
1992---	Alexis Krulish, Waldwick	31-4
1993---	Jeanine Carroll, Saddle Brook	31-5
1994---	Anna Gravino, Saddle Brook	31-7 ½
1995---	Anna Gravino, Saddle Brook	32-5 ¼
1996---	Anna Gravino, Saddle Brook	32-9 ¼
1997---	Allison Marks, Saddle Brook	32-2
1998---	Kristen Nazario, Waldwick	33-0
1999---	Holly Wright, Waldwick	32-0 ½
2000---	Lisa Welch, Midland Park	32-1
2001---	Nikki Uzelac, Midland Park	37-4 ¾
2002---	Melissa Lisbona, Midland Park	34-0
2003---	Susan Strzelczyk, Glen Rock	31-0 ½
2004---	Susan Strzelczyk, Glen Rock	33-10 ½
2005---	Susan Strzelczyk, Glen Rock	35-3
2006---	Susan Strzelczyk, Glen Rock	35-1 ½
2007---	Jade Murphy, Waldwick	33-0
2008---	Jade Murphy, Waldwick	32-4
2009---	Jade Murphy, Waldwick	33-10 ½
2010---	Victoria Roukas, Immaculate Conception	32-10

DISCUS

*1985---	Nancy Van Dyke, Midland Park	112-5
1986---		
1987---	Jane Hillman, Glen Rock	93-1
1988---	Lisa Fiore, Waldwick	91-10
1989---	Lisa Fiore, Waldwick	103-10
1990---	Lark Rivetti, Saddle Brook	106-3 1/2

1991---	Lark Rivetti, Saddle Brook		107-10
1992---	Omelka Grier, Paterson Catholic		103-2
1993---	Jeanine Carroll, Saddle Brook		99-1
1994---	Kim Ferranti, Glen Rock		110-0
1995---	Liz Zagatta, Hawthorne		99-2
1996---	Anna Gravino, Saddle Brook		102-9
1997---	Quinn Brady, Glen Rock		100-10
1998---	Jill Schuurman, Eastern Christian		91-0
1999---	Lisa Welch, Midland Park		106-8
2000---	Lisa Welch, Midland Park		106-0
2001---	Nikki Uzelac, Midland Park	110-2	
2002---	Erin Krenitski, Eastern Christian		100-7
2003---	Erin Krenitski, Eastern Christian		103-10
2004---	Catherine Strzelczyk, Glen Rock		99-6
2005---	Megan Van Schepen, Eastern Christian		91-10
2006---	Megan Van Schepen, Eastern Christian		99-2
2007---	Rebecca Flim, Eastern Christian		99-6
2008---	Jamie Van Buiten, Eastern Christian		100-0
2009---	Jamie Van Buiten, Eastern Christian		98-2
2010---	Jamie Van Buiten, Eastern Christian		97-6

JAVELIN

*1985---	Pam Wilson, Hawthorne		85-9
1990---	Kathi Heller, Midland Park		99-7
1991---	Kathi Heller, Midland Park		98-0
1992---	Nicole Fitschen, Saddle Brook		85-11
1993---	Sarah Hessler, Glen Rock		89-4
1994---	Lauren Miller, Glen Rock		111-8
1995---	Liz Zagatta, Hawthorne		110-4
1996---	Jen Patula, Hawthorne		115-1
1997---	Liz Varas, Glen Rock		98-3
1998---	Jen Gonzalez, Hawthorne		94-1
1999---	Jill Schuurman, Eastern Christian		96-2
2000---	Melissa Gnade, Hawthorne		89-6
2001---	Annie Lent, Glen Rock		105-3
2002---	Annie Lent, Glen Rock		112-7
2003---	Allie Kelley, Saddle Brook		108-5
2004---	Alexandra Negron, Waldwick		98-3
2005---	Alexandra Negron, Waldwick		115-4
2006---	Danielle Kedzierski, Waldwick		113-5
2007---	Rebecca Flim, Eastern Christian		104-0
2008---	Jen Rau, Midland Park		114-2
2009---	Jamie Van Buiten, Eastern Christian		94-6
2010---	Jamie Van Buiten, Eastern Christian		95-5

HIGH JUMP

*1985---	Maureen Shanahan, Saddle Brook		5-2
1986---	Janice Meyer, Midland Park	5-1	
1987---	Janice Meyer, Midland Park	4-8	
1988---	Suzanne Meyer, Midland Park		5-0
1989---	Jen Wilson, Midland Park		5-0

1990---	Jen Wilson, Midland Park	5-0
1991---	Jen Wilson, Midland Park	5-1
1992---	Kerry Wasser, Saddle Brook	4-10
1993---	Kerry Wasser, Saddle Brook	5-2
1994---	Kerry Wasser, Saddle Brook	5-2
1995---	Lindsey Bliss, Pompton Lakes and Alice Stachura, Saddle Brook	4-10
1996---	Suzanne Nelson, Hawthorne	4-10
1997---	Suzanne Nelson, Hawthorne	5-0
1998---	Suzanne Nelson, Hawthorne	5-0
1999---	Erica Cruz, Eastern Christian	4-10
2000---	Kristin Lambrinides, Waldwick	4-10
2001---	Kristin Lambrinides, Waldwick	5-0
2002---	Lauren DeJong, Eastern Christian	4-10
2003---	Shannon Alston, Midland Park	5-0
2004---	Arianna Pomo, Saddle Brook	5-0
2005---	Lauren DeJong, Eastern Christian	5-0
2006---	Sarah Aiosa, Waldwick	4-10
2007---	Arianna Pomo, Saddle Brook	5-0
2008---	Jen D'Augustine, Waldwick	4-10
2009---	Ali Giordano, Waldwick	4-10
2010---	Sara Schipper, Eastern Christian	4-10

LONG JUMP

*1985---	Maureen Shanahan, Saddle Brook	16-0 ½
1986---		
1987---	Lee Duck, Waldwick	15-7 ¾
1988---	Lee Duck, Waldwick	17-2 ¾
1989---	Megan Burke, Glen Rock	17-2
1990---	Megan Burke, Glen Rock	16-10
1991---	Megan Burke, Glen Rock	17-7 ½
1992---	Shantal Watson, Paterson Catholic	15-2
1993---	Kristi Curran, Midland Park	15-7 ½
1994---	Michelle Stein, Glen Rock	15-10 ½
1995---	Erin Earley, Pompton Lakes	15-3
1996---	Erin Earley, Pompton Lakes	15-6 ½
1997---	Melissa Bochiaro, Glen Rock	16-11
1998---	Kerisha Harris, Eastern Christian	16-3 ½
1999---	Justine Diana, Saddle Brook	15-10
2000---	Jackie Kaminski, Saddle Brook	16-3 ¾
2001---	Justine Diana, Saddle Brook	16-2 ¾
2002---	Jackie Kaminski, Saddle Brook	15-10 ½
2003---	Lauren DeJong, Eastern Christian	16-2
2004---	Arianna Pomo, Saddle Brook	16-1 ¼
2005---	Arianna Pomo, Saddle Brook	17-3 ½
2006---	Lynn Matanle, Glen Rock	16-4 ½
2007---	Amanda Duggan, Waldwick	15-11
2008---	Amanda Duggan, Waldwick	16-5 ¼
2009---	Shannon Simpson, Pompton Lakes	15-9 ½
2010---	Brielle Sutter, Saddle Brook	15-11

TRIPLE JUMP

*1985---	Renee VanderPloeg, Manchester	33-0 ½
1986---	Renee VanderPloeg, Manchester	32-11 ¾
1987---	Kim Giordano, Waldwick	32-8 ½
1988---	Kim Giordano, Waldwick	33-9 ½
1989---	Kim Giordano, Waldwick	36-4
1990---	Megan Burke, Glen Rock	34-3 ½
1991---	Megan Burke, Glen Rock	35-3 ½
1992---	Kristi Curran, Midland Park	32-5 ½
1993---	Ashley Marquard, Glen Rock	32-5 ½
1994---	Ashley Marquard, Glen Rock	33-0
1995---	Erin Earley, Pompton Lakes	32-3 ½
1996---	Natalie Ardito, Saddle Brook	33-8
1997---	Katie Hanley, Glen Rock	32-10
1998---	Suzanne Nelson, Hawthorne	32-4
1999---	Erica Cruz, Eastern Christian	32-1 ½
2000---	Erica Cruz, Eastern Christian	33-4 ¾
2001---	Erica Cruz, Eastern Christian	33-8 ¾
2002---	Jackie Kaminski, Saddle Brook	34-8 ½
2003---	Jackie Kaminski, Saddle Brook	35-8 ¼
2004---	Arianna Pomo, Saddle Brook	34-8 ¾
2005---	Hayley Kellinger, Saddle Brook	35-2 ¾
2006---	Lynn Matanle, Glen Rock	35-4 ¼
2007---	Janele Joyce, Pompton Lakes	31-10 ¾
2008---	Amanda Duggan, Waldwick	35-6 ¼
2009---	Dara Veenstra, Eastern Christian	33-4 ½
2010---	Marianna Ruas, Waldwick	33-7 ¾

POLE VAULT

2004---	Cameron Sisler, Glen Rock	7-0
2005---	Alexia Schwartz, Glen Rock	8-6
2006---	Michelle Favre, Saddle Brook	7-6
2007---	Michelle Favre, Saddle Brook	8-6
2008---	Michelle Favre, Saddle Brook	10-9
2009---	Michelle Favre, Saddle Brook	11-9
2010---	Kerith Sunden, Eastern Christian	7-6

1600 METER RELAY

*1985---	Mahwah	4:18.2
1986---		
1987---	Midland Park	4:22.9
1988---	Waldwick	4:20.0
1989---	Waldwick	4:17.8
1990---	Glen Rock	4:30.2
1991---	Saddle Brook	4:28.8
1992---	Saddle Brook	4:25.0
1993---	Glen Rock	4:12.2
1994---	Glen Rock	4:11.6
1995---	Hawthorne	4:24.1
1996---	Hawthorne	4:22.5
1997---	Glen Rock	4:23.0

1998---	Saddle Brook	4:21.5
1999---	Midland Park	4:28.1
2000---	Eastern Christian	4:36.7
2001---	Saddle Brook	4:20.5
2002---	Glen Rock	4:07.7
2003---	Glen Rock	4:08.3
2004---	Glen Rock	4:11.6
2005---	Saddle Brook	4:22.0
2006---	Glen Rock	4:14.0
2007---	Saddle Brook	4:19.9
2008---	Saddle Brook	4:17.1
2009---	Waldwick	4:17.5
2010---	Saddle Brook	4:18.1
* --- One division		

KING DIVISION

BOYS

100 METER DASH

1986---	Jack Benson, Passaic Tech	11.5
1987---	Dave Singletary, Passaic Tech	11.0
1988---	Dave Singletary, Passaic Tech	11.6
1989---	Sherwin Tann, Passaic Tech	11.5
1990---	Rich Kipilla, Garfield	11.5
1991---	Steve Pertuz, Elmwood Park	11.5
1992---	Steve Pertuz, Elmwood Park	11.2
1993---	Trenell Smith, Passaic Tech	11.3
1994---	J.J. Croix, Garfield	11.1
1995---	John Ciurciu, Elmwood Park	11.5
1996---	Mikkel Brown, Glen Rock	11.0
1997---	Tony Vento, Garfield	11.7
1998---	Kenny Thomas, Passaic Tech	10.9
1999---	Scott Satine, Glen Rock	11.2
2000---	Andre Barnes, Manchester	11.3
2001---	Davon Roberts, Passaic Tech	10.9
2002---	Miles Austin, Garfield	10.7
2003---	Casey Robert, Hawthorne	10.7
2004---	Casey Robert, Hawthorne	10.8
2005---	Tom Perkowski, Garfield	11.0
2006---	Orion Woodard, Pompton Lakes	10.9
2007---	Chris Phipps, Lodi	11.3
2008---	Khaled El Sayed, Garfield	10.8
2009---	Barry Bradley, Elmwood Park	10.7
2010---	Kenardo Henry, Manchester	10.6

200 METER DASH

1986---		
1987---	Dave Singletary, Passaic Tech	23.1
1988---	Chris Scilleri, Elmwood Park	23.3
1989---	Sherwin Tann, Passaic Tech	22.6
1990---	Sherwin Tann, Passaic Tech	22.9

1991---	Steve Pertuz, Elmwood Park	23.2
1992---	Steve Pertuz, Elmwood Park	23.1
1993---	Trenell Smith, Passaic Tech	23.2
1994---	J.J. Croix, Garfield	22.8
1995---	Korey Wright, Glen Rock	23.3
1996---	Mikkel Brown, Glen Rock	22.7
1997---	Thomas Patterson, Manchester	23.8
1998---	Mike Johnson, Passaic Tech	22.7
1999---	Kelly Vanderbeck, Glen Rock	23.1
2000---	Andre Barnes, Manchester	22.4
2001---	Rob Richardson, Garfield	22.5
2002---	Rob Richardson, Garfield	22.2
2003---	Casey Robert, Hawthorne	22.0
2004---	Casey Robert, Hawthorne	22.3
2005---	Orion Woodard, Pompton Lakes	22.8
2006---	Orion Woodard, Pompton Lakes	21.7
2007---	Khaled Elsayed, Garfield	23.3
2008---	Khaled Elsayed, Garfield	23.0
2009---	Barry Bradley, Elmwood Park	22.7
2010---	Patryk Najbar, Lodi	22.4

400 METER DASH

1986---	Dwight Jackson, Passaic Tech	52.7
1987---	Dwight Jackson, Passaic Tech	51.6
1988---	Daryl Tann, Passaic Tech	52.2
1989---	Daryl Tann, Passaic Tech	52.1
1990---	Daryl Tann, Passaic Tech	51.9
1991---	Chris Shepard, Mahwah	51.6
1992---	Chris Shepard, Mahwah	52.7
1993---	Brian Cortez, Garfield	52.8
1994---	J.J. Croix, Garfield	50.7
1995---	Brendan Stickle, Glen Rock	51.2
1996---	Jarred Jackson, Passaic Tech	52.8
1997---	Jarred Jackson, Passaic Tech	51.5
1998---	Thomas Patterson, Manchester	50.8
1999---	Kelly Vanderbeck, Glen Rock	52.3
2000---	Craig Agnello, Glen Rock	51.1
2001---	Luis Carabello, Garfield	53.9
2002---	Casey Robert, Hawthorne	52.1
2003---	Casey Robert, Hawthorne	51.6
2004---	Casey Robert, Hawthorne	52.2
2005---	Tim Zadravac, Pompton Lakes	52.2
2006---	Tim Zadravac, Pompton Lakes	51.4
2007---	Adam Zuniga, Garfield	53.9
2008---	Elvis Lake, Lodi	51.3
2009---	Elvis Lake, Lodi	51.0
2010---	Andrew Brown, Manchester	52.1

800 METER RUN

1986---		
1987---	Xavier Fitzgerald, Passaic Tech	2:02.1

1988---	Reggie Field, Passaic Tech	2:04.7
1989---	Craig Masker, Mahwah	2:04.6
1990---	Daryl Tann, Passaic Tech	2:01.2
1991---	Roy Schweizer, Passaic Tech	2:02.2
1992---	Joe Greco, Garfield	2:07.6
1993---	Brian Cortez, Garfield	2:04.2
1994---	John Paturzo, Garfield	2:08.4
1995---		
1996---	Jim Kurz, Glen Rock	2:03.4
1997---	John Gonzales, Manchester	2:04.8
1998---	Martin Lojtek, Garfield	2:00.4
1999---	Michael Rogers, Garfield	2:00.5
2000---	Jesus Iturrino, Manchester	2:00.1
2001---	Amin Diaz, Manchester	2:05.3
2002---	Jesse Ortiz, Manchester	2:03.3
2003---	Jesse Ortiz, Manchester	1:59.3
2004---	Devron Singletary, Passaic Tech	2:04.8
2005---	Dane Bender, Pompton Lakes	2:05.8
2006---	Dane Bender, Pompton Lakes	1:57.5
2007---	Rob Nihen, Glen Rock	2:01.0
2008---	Bill Elletto, Hawthorne	2:11.3
2009---	Tommie Mims, Lodi	2:06.8
2010---	Mike Calero, Lodi	2:03.5

1600 METER RUN

1986---	Robert Eaton, Passaic Tech	4:32.9
1987---	Reggie Field, Passaic Tech	4:42.4
1988---	Adolfo Colon, Passaic Tech	4:30.0
1989---	Craig Masker, Mahwah	4:38.9
1990---	Roy Schweizer, Passaic Tech	4:42.2
1991---	Roy Schweizer, Passaic Tech	4:41.1
1992---	Brian Cortez, Garfield	4:41.3
1993---	Joe Greco, Garfield	4:41.3
1994---	Keith Alfano, Mahwah	4:51.3
1995---	Dennis Sullivan, Glen Rock	4:43.1
1996---	Luis Duarte, Lodi	4:41.4
1997---	Luis Duarte, Lodi	4:49.7
1998---	Artie Andreano, Garfield	4:45.2
1999---	Michael Rogers, Garfield	4:39.8
2000---	Michael Rogers, Garfield	4:45.1
2001---	Mike Zbijewski, Garfield	4:50.6
2002---	Mike Zbijewski, Garfield	4:49.6
2003---	Mike Zbijewski, Garfield	4:44.7
2004---	Frank Reyes, Garfield	4:56.7
2005---	Frank Reyes, Garfield	4:48.0
2006---	Dane Bender, Pompton Lakes	4:42.9
2007---	Rob Nihen, Glen Rock	4:40.3
2008---	Francisco Munoz, Manchester	4:58.3
2009---	Dan Schouten, Hawthorne	4:57.3
2010---	Andrew Nasheed, Manchester	4:44.9

3200 METER RUN

1986---		
1987---	Adolfo Colon, Passaic Tech	10:09.0
1988---	Adolfo Colon, Passaic Tech	9:54.2
1989---	Craig Masker, Mahwah	10:07.2
1990---	Craig Masker, Mahwah	10:00.0
1991---	Dave Sung, Mahwah	10:17.0
1992---	John Kavanaugh, Mahwah	10:24.7
1993---	Rafael Morales, Garfield	10:09.0
1994---	Jason Taylor, Mahwah	10:23.1
1995---	Dennis Sullivan, Glen Rock	10:22.5
1996---	Luis Duarte, Lodi	10:15.8
1997---	Luis Duarte, Lodi	10:14.3
1998---	Art Andreano, Garfield	10:25.1
1999---	Michael Rogers, Garfield	10:04.5
2000---	Steve Barkley, Manchester	10:21.0
2001---	Jerry Wich, Garfield	10:30.3
2002---	Mike Zbijewski, Garfield	10:24.7
2003---	Steve Delaney, Pompton Lakes	10:38.4
2004---	Frank Reyes, Garfield	10:34.6
2005---	Frank Reyes, Garfield	10:19.4
2006---	Jesus Martinez, Garfield	10:14.9
2007---	Joey Montone, Glen Rock	10:29.6
2008---	Dan Schouten, Hawthorne	10:46.0
2009---	Dan Schouten, Hawthorne	10:49.7
2010---	Andrew Nasheed, Manchester	10:34.8

110 METER HIGH HURDLES

1986---		
1987---	Eugene Caldwell, Passaic Tech	15.9
1988---	Paul Santos, Garfield	15.7
1989---	Sutan Muhammed, Passaic Tech	15.2
1990---	King Perry, Passaic Tech	15.0
1991---	King Perry, Passaic Tech	14.4
1992---	Naum Krstevski, Garfield	14.9
1993---	Daren Ferreira, Passaic Tech	15.0
1994---	Andy Morales, Garfield	15.4
1995---	Godfrey Gordon, Garfield	15.7
1996---	Dave Stein, Glen Rock	15.7
1997---	Mike Stansfield, Garfield	16.4
1998---	Mike Stansfield, Garfield	15.0
1999---	Mike Stansfield, Garfield	14.2
2000---	Rishi Prabhu, Glen Rock	14.7
2001---	Anthony Scanella, Garfield	15.7
2002---	Mike Andreano, Garfield	15.0
2003---	Mike Andreano, Garfield	14.7
2004---	John Strang, Hawthorne	14.7
2005---	Orion Woodard, Pompton Lakes	15.6
2006---	Orion Woodard, Pompton Lakes	15.3
2007---	Dan White, Glen Rock	14.7
2008---	Dan White, Glen Rock	14.6

2009---Kyle Bruinooge, Hawthorne	15.1	
2010---Franklin Smith-Hinson, Garfield		15.5

400 METER HURDLES

1986---Eugene Caldwell, Passaic Tech	58.3	
1987---Eugene Caldwell, Passaic Tech	58.2	
1988---Ernie Drake, Passaic Tech	58.9	
1989---Jim McGarvey, Mahwah	56.2	
1990---Jim McGarvey, Mahwah	55.4	
1991---King Perry, Passaic Tech	54.9	
1992---Naum Krstevski, Garfield	58.7	
1993---Daren Ferreira, Passaic Tech	57.5	
1994---Godfrey Gordon, Garfield	59.7	
1995---Dave Stein, Glen Rock	58.3	
1996---Dave Stein, Glen Rock	56.7	
1997---Mike Stansfield, Garfield	60.2	
1998---Mike Stansfield, Garfield	57.3	
1999---Mike Stansfield, Garfield	55.5	
2000---Anthony Plekhov, Glen Rock	57.5	
2001---Qareeb Cooper, Passaic Tech	59.4	
2002---Mike Andreano, Garfield	58.7	
2003---Anthony Gaugler, Passaic Tech	58.0	
2004---Anthony Gaugler, Passaic Tech	57.7	
2005---Brendan Kirk, Hawthorne	59.7	
2006---Qlirim Dauti, Pompton Lakes	58.5	
2007---Dan White, Glen Rock	60.0	
2008---Ramazan Nanyvev, Manchester	58.7	
2009---Andreas Pietschnig, Lodi	60.0	
2010---Franklin Smith-Hinson, Garfield	59.1	

SHOT PUT

1986---Scott Miller, Elmwood Park	56-8	
1987---Jason Miller, Elmwood Park		53-9 $\frac{3}{4}$
1988---Jason Miller, Elmwood Park		55-7 $\frac{1}{2}$
1989---Tom Creighton, Mahwah		49-5
1990---Nick Brophy, Mahwah		50-4
1991---Barry Mann, Mahwah		47-3 $\frac{1}{2}$
1992---T.J. Spizzo, Mahwah		47-6 $\frac{3}{4}$
1993---Terry Murphy, Mahwah		46-5 $\frac{1}{2}$
1994---Frank Chamberlin, Mahwah	46-3	
1995---Mike Guellnitz, Glen Rock		43-11
1996---Mike Guellnitz, Glen Rock		44-8
1997---James Haggains, Passaic Tech		45-11 $\frac{3}{4}$
1998---Mike Leong, Manchester		47-4 $\frac{3}{4}$
1999---Anthony Romano, Glen Rock		46-6
2000---Josh Richardson, Garfield		46-1 $\frac{1}{2}$
2001---Luis Castillo, Garfield		53-2 $\frac{1}{2}$
2002---Craig Berry, Manchester		50-1
2003---Joe Viglione, Garfield		50-2 $\frac{1}{2}$
2004---Glenn Berry, Manchester		50-2
2005---Bekim Abozoski, Garfield		46-7

2006---	Josh Dykstra, Hawthorne	47-9 ¼
2007---	Anthony Scorzetti, Manchester	45-11
2008---	Shane Power, Garfield	45-10
2009---	Pat Thomas, Lodi	52-7
2010---	Kevin Nolasco, Garfield	45-9

DISCUS

1986---	Scott Miller, Elmwood Park	169-9
1987---	Jim Hock, Mahwah	147-11
1988---	Bill Mullanphy, Manchester	150-3
1989---	Sherwin Gibbs, Passaic Tech	128-7
1990---	Nick Brophy, Mahwah	138-3
1991---	T.J. Spizzo, Mahwah	150-1
1992---	T.J. Spizzo, Mahwah	146-2
1993---	Terry Murphy, Mahwah	123-10
1994---	Jamie Spruill, Mahwah	132-1
1995---	Chris Tafaro, Glen Rock	133-4
1996---	Tom Ryan, Glen Rock	123-2
1997---	Barry Shields, Pompton Lakes	135-2
1998---	Maurice Gargano, Garfield	116-7
1999---	Anthony Romano, Glen Rock	147-1
2000---	Anthony Romano, Glen Rock	144-3
2001---	Luis Castillo, Garfield	139-4
2002---	Jim Markowicz, Pompton Lakes	128-7
2003---	Jim Markowicz, Pompton Lakes	139-5
2004---	Jesse Padilla, Hawthorne	128-6
2005---	Bekim Abazoski, Garfield	127-8
2006---	Jerry Wdowiak, Garfield	133-0
2007---	Anthony Scorzetti, Manchester	142-11
2008---	Wayne Smith, Garfield	124-7
2009---	Pat Thomas, Lodi	119-11
2010---	Rich Cevallos, Elmwood Park	131-8

JAVELIN

1990---	John Gurielle, Hawthorne	156-5
1991---	Rojek, Garfield	147-0
1992---	Barry Mann, Mahwah	149-11
1993---	Ian Gordon, Garfield	162-9
1994---	Ian Gordon, Garfield	168-7
1995---	Justin Schwartz, Glen Rock	181-10
1996---	John Hanley, Glen Rock	180-1
1997---	Brad Soltis, Pompton Lakes	155-9
1998---	Pat Harding, Passaic Tech	158-7
1999---	John Thielke, Glen Rock	179-7
2000---	Miles Austin, Garfield	170-5
2001---	Miles Austin, Garfield	185-0
2002---	Jack Lodziato, Garfield	162-2
2003---	Gary Rappold, Pompton Lakes	154-1
2004---	Casey Robert, Hawthorne	172-8
2005---	Steve Soltys, Garfield	146-5
2006---	Josh Dykstra, Hawthorne	167-10

2007---	Sean Rothenburger, Elmwood Park	163-8
2008---	Jordan Galletta, Manchester	153-11
2009---	Pat Thomas, Lodi	173-11
2010---	Clint Apaza, Manchester	154-4

HIGH JUMP

1986---		
1987---	Frank Mayes, Passaic Tech	5-10
1988---	Jamie Klein, Mahwah	6-2
1989---	Steve Overlock, Mahwah	6-0
1990---	Sherwin Tann, Passaic Tech	6-0
1991---	Tyrone Byers, Mahwah	5-8
1992---	Tyrone Byers, Mahwah	6-0
1993---	Tyrone Byers, Mahwah	6-4
1994---	Godfrey Gordon, Garfield	6-0
1995---	Godfrey Gordon, Garfield	5-10
1996---	Mike Stansfield, Garfield	5-10
1997---	Mike Stansfield, Garfield	6-2
1998---	Mike Stansfield, Garfield	6-4
1999---	Mike Stansfield, Garfield	6-6
2000---	Chris Lapurs, Garfield	5-4
2001---	Dewayne Daniels, Passaic Tech	6-0
2002---	Miles Austin, Garfield	5-10
2003---	John Strang, Hawthorne	6-1
2004---	John Strang, Hawthorne	6-4
2005---	Ryan Schumacher, Pompton Lakes	5-8
2006---	Chris Phipps, Lodi	6-0
2007---	Chris Phipps, Lodi	6-0
2008---	Chris Phipps, Lodi	6-0
2009---	Barry Bradley, Elmwood Park	6-0
2010---	Leacroft Nunes, Garfield	5-10

LONG JUMP

1986---		
1987---	Jim Chang, Garfield	21-0 ½
1988---	Rob Graham, Hawthorne	20-11 ¼
1989---	Sherwin Tann, Passaic Tech	21-5 ¾
1990---	Sherwin Tann, Passaic Tech	21-3 ¾
1991---	King Perry, Passaic Tech	21-11 ½
1992---	Naum Krstevski, Garfield	19-2 ½
1993---	Vernon Wilson, Passaic Tech	20-4 ¼
1994---	Larry Diggs, Passaic Tech	20-6 ½
1995---	Mike Cardona, Garfield	19-3 ¼
1996---	Mikkel Brown, Glen Rock	21-3
1997---	Gerald Hayes, Passaic Tech	20-0 ¼
1998---	Kenny Thomas, Passaic Tech	21-8 ¾
1999---	Craig Agnello, Glen Rock	20-2 ¾
2000---	Miles Austin, Garfield	21-9 ¾
2001---	Miles Austin, Garfield	21-3 ¼
2002---	Rob Richardson, Garfield	21-7 ½
2003---	Rob Richardson, Garfield	22-2

2004---	John Strang, Hawthorne	21-0 ½
2005---	Dan Rogers, Manchester	19-5 ¼
2006---	Erwin Cabrera, Garfield	19-9 ¼
2007---	Chris Phipps, Lodi	22-4 ¾
2008---	Chris Phipps, Lodi	22-8 ½
2009---	Tevin Ankle, Glen Rock	20-4
2010---	Angel Lora, Garfield	22-2 ¾

TRIPLE JUMP

1986---	Jack Benson, Passaic Tech	44-6 ¾
1987---	Andre Baker, Passaic Tech	41-5
1988---	Sherwin Tann, Passaic Tech	43-8 ¾
1989---	Sherwin Tann, Passaic Tech	46-0 ¾
1990---	Sherwin Tann, Passaic Tech	45-10
1991---	King Perry, Passaic Tech	44-4 ¾
1992---	Naum Krstevski, Garfield	43-0
1993---	Godfrey Gordon, Garfield	41-0 ¼
1994---	Godfrey Gordon, Garfield	43-10 ½
1995---	Godfrey Gordon, Garfield	45-3
1996---	Mikkel Brown, Glen Rock	44-3
1997---	Mike Stansfield, Garfield	42-5
1998---	Gerald Hayes, Passaic Tech	42-11 ¼
1999---	Mike Stansfield, Garfield	43-9 ¼
2000---	Miles Austin, Garfield	44-2 ½
2001---	Miles Austin, Garfield	43-6
2002---	Miles Austin, Garfield	43-4 ½
2003---	Mike Andreano, Garfield	41-5 ½
2004---	Anthony Gaugler, Passaic Tech	44-1 ½
2005---	Chris Hunt, Manchester	40-9 ¼
2006---	Erwin Cabrera, Garfield	43-11 ½
2007---	Chris Phipps, Lodi	46-10 ¾
2008---	Chris Phipps, Lodi	48-0 ½
2009---	Angel Lora, Garfield	44-0 ¾
2010---	Angel Lora, Garfield	42-11

POLE VAULT

1986---		
1987---	Mike Ackerman, Mahwah	11-0
1988---	Jamie Klein, Mahwah	11-6
1989---	Steve Overlock, Mahwah	11-6
1990---	Mike Giardina, Mahwah	11-6
1991---	Mike Giardina, Mahwah	12-0
1992---	Mike Giardina, Mahwah	12-6
1993---	Mike Van Grouw, Mahwah	11-6
1994---		
1995---	Mike Cardona, Garfield	12-6
1996---	Mike Cardona, Garfield	12-6
1997---	Tim Panico, Garfield	10-0
1998---	Bill Petro, Pompton Lakes	11-0
1999---	Chris Mineo, Glen Rock	11-0
2000---	Marius Cieslak, Garfield	11-6

2001---Victor Patrocino, Hawthorne	11-0
2002---Dan Lalewski, Garfield	13-0
2003---Victor Patrocino, Hawthorne	10-6
2004---Jaime Aponte, Manchester	10-6
2005---Brian Nardi, Garfield	11-0
2006---Brian Nardi, Garfield	12-0
2007---John Mercato, Hawthorne	10-6
2008---Jordan Galletta, Manchester	10-6
2009---David Belostock, Glen Rock	11-0
2010---David Belostock, Glen Rock	12-0

1600 METER RELAY

1986---	
1987---Elmwood Park	3:43.5
1988---Passaic Tech	3:36.0
1989---Passaic Tech	3:22.8
1990---Passaic Tech	3:35.4
1991---Passaic Tech	n.t.
1992---Garfield	3:40.1
1993---Garfield	3:36.7
1994---Garfield	3:39.5
1995---Glen Rock	3:35.6
1996---Glen Rock	3:32.5
1997---Passaic Tech	3:44.3
1998---Manchester	3:44.9
1999---Glen Rock	3:36.6
2000---Glen Rock	3:30.8
2001---Manchester	3:37.7
2002---Manchester	3:36.3
2003---Manchester	3:30.9
2004---Passaic Tech	3:33.9
2005---Pompton Lakes	3:39.2
2006---Pompton Lakes	3:41.4
2007---Lodi	3:43.3
2008---Lodi	3:38.5
2009---Manchester	3:32.1
2010---results unavailable	

GIRLS

100 METER DASH

1986---Barbara Williams, Passaic Tech	13.6
1987---Neretta Freeman, Garfield	12.6
1988---Barbara Williams, Passaic Tech	13.4
1989---Kathy Doyle, Holy Angels	13.2
1990---Yolanda Haggins, Passaic Tech	13.6
1991---Natascha Nichols, Passaic Tech	13.1
1992---Kim Thomas, Passaic Tech	13.0
1993---Tracia Barnes, Manchester	12.7
1994---Tracia Barnes, Manchester	12.7
1995---Willie Mae Washington, Lodi	13.0
1996---Melissa Bochiaro, Glen Rock	12.2

1997---	Ebony Knighton, Passaic Tech	12.6
1998---	Gingi Woodard, Pompton Lakes	12.7
1999---	Yhounic Vassell, Passaic Tech	12.5
2000---	Kenneisha Reid, Passaic Tech	12.6
2001---	Carlita Bishop, Passaic Tech	12.2
2002---	Latasha Jackson, Garfield	12.5
2003---	Shavonnah Moss, Passaic Tech	12.7
2004---	Katelyn Savage, Manchester	12.5
2005---	Katelyn Savage, Manchester	12.3 (12.2 in trials)
2006---	Katelyn Savage, Manchester	12.3
2007---	Ajda Dotday, Hawthorne	12.1
2008---	Ajda Dotday, Hawthorne	11.7
2009---	Jasmine Hammonds, Elmwood Park	12.8
2010---	Jasmine Hammonds, Elmwood Park	12.2

200 METER DASH

1986---		
1987---	Neretta Freeman, Garfield	26.2
1988---	Teresa Mayes, Passaic Tech	27.5
1989---	Kathy Doyle, Holy Angels	27.3
1990---	Michelle Casiano, Garfield	28.3
1991---	Kim Thomas, Passaic Tech	27.1
1992---	Nicole Carmichael, Passaic Tech	27.1
1993---	Tracia Barnes, Manchester	26.5
1994---	Tracia Barnes, Manchester	25.8
1995---	Willie Mae Washington, Lodi	26.0
1996---	Melissa Bochiaro, Glen Rock	26.4
1997---	Gingi Woodard, Pompton Lakes	27.4
1998---	Kenneisha Reid, Passaic Tech	26.0
1999---	Kenneisha Reid, Passaic Tech	26.0
2000---	Kenneisha Reid, Passaic Tech	25.4
2001---	Carlita Bishop, Passaic Tech	25.8
2002---	Andrea Herbert, Passaic Tech	25.2
2003---	Shavonnah Moss, Passaic Tech	26.3
2004---	Katelyn Savage, Manchester	26.6
2005---	Katelyn Savage, Manchester	25.4
2006---	Katelyn Savage, Manchester	25.2
2007---	Ajda Dotday, Hawthorne	25.6
2008---	Ajda Dotday, Hawthorne	25.5
2009---	Jasmine Hammonds, Elmwood Park	27.0
2010---	Tyra Jamison, Garfield	26.1

400 METER DASH

1986---	Sue Wisse, Saddle Brook	64.2
1987---	Teresa Mayes, Passaic Tech	62.3
1988---	Michelle Pearson, Passaic Tech	63.3
1989---	Marie Hollinger, Mahwah	65.8
1990---	Samantha Scilleri, Hawthorne	63.6
1991---	Nancy Scott, Garfield	59.5
1992---	Nicole Carmichael, Passaic Tech	64.7
1993---	Torie Thomas, Passaic Tech	64.0

1994---	Tracia Barnes, Manchester	63.4
1995---	Michele Satine, Glen Rock	59.0
1996---	Kelly Ottens, Manchester	61.2
1997---	Kerri Reilly, Holy Angels	65.2
1998---	Kenneisha Reid, Passaic Tech	60.7
1999---	Yhounic Vassell, Passaic Tech	59.2
2000---	Yhounic Vassell, Passaic Tech	61.4
2001---	Andrea Herbert, Passaic Tech	59.1
2002---	Andrea Herbert, Passaic Tech	58.3
2003---	Shanna Matari, Hawthorne	60.1
2004---	Shavonnah Moss, Passaic Tech	60.9
2005---	Cheyenne Ogletree, Garfield	59.1
2006---	Kiara Arrick, Manchester	59.9
2007---	Kiara Arrick, Manchester	58.6
2008---	Ajda Dotday, Hawthorne	59.2
2009---	Dava Morris, Manchester	63.0
2010---	Tyra Jamison, Garfield	61.1

800 METER RUN

1986---		
1987---	Kathleen Gahwyler, Mahwah	2:35.3
1988---	Dawn Reis, Lodi	2:24.6
1989---	Sharon Greendyk, Manchester	2:29.1
1990---	Nancy Scott, Garfield	2:24.0
1991---	Nancy Scott, Garfield	2:31.2
1992---	Nancy Scott, Garfield	2:31.9
1993---	Carli Gallo, Mahwah	2:31.6
1994---	Blythe Boydston, Manchester	2:29.0
1995---	Katie Hanley, Glen Rock	2:23.8
1996---	Julie Clifford, Holy Angels	2:21.8
1997---	Julie Clifford, Holy Angels	2:23.1
1998---	Julie Clifford, Holy Angels	2:21.4
1999---	Tracy DellaTorre, Glen Rock	2:27.2
2000---	Erin Henry, Glen Rock	2:21.1
2001---	Kahimah Liverman, Passaic Tech	2:29.4
2002---	Meghan Gaffney, Pompton Lakes	2:24.2
2003---	Meghan Gaffney, Pompton Lakes	2:20.0
2004---	Meghan Gaffney, Pompton Lakes	2:18.9
2005---	Cheyenne Ogletree, Garfield	2:19.2
2006---	Dana Corasaniti, Hawthorne	2:27.0
2007---	Lindsay Nygren, Glen Rock	2:21.8
2008---	Dana Corasaniti, Hawthorne	2:33.4
2009---	Kate Vandervalk, Glen Rock	2:36.0
2010---	Lena Johnson, Garfield	2:29.7

1600 METER RUN

1986---	Dawn Reis, Lodi	5:42.6
1987---	Dee Keough, Mahwah	5:28.2
1988---	Dee Keough, Mahwah	5:24.8
1989---	Dee Keough, Mahwah	5:35.3
1990---	Dee Keough, Mahwah	5:14.7

1991---	Carli Gallo, Mahwah	5:30.2
1992---	Carli Gallo, Mahwah	5:31.6
1993---	Carli Gallo, Mahwah	5:33.4
1994---	Jen Knuth, Holy Angels	5:43.6
1995---	Eileen Lennon, Holy Angels	5:43.3
1996---	Erin Lautermilch, Glen Rock	5:34.0
1997---	Julie Clifford, Holy Angels	5:30.6
1998---	Meghan O'Toole, Garfield	5:25.3
1999---	Tracy DellaTorre, Glen Rock	5:29.4
2000---	Danielle Patoir, Glen Rock	5:39.5
2001---	Meghan Gaffney, Pompton Lakes	5:45.7
2002---	Meghan Gaffney, Pompton Lakes	5:27.0
2003---	Meghan Gaffney, Pompton Lakes	5:20.0
2004---	Meghan Gaffney, Pompton Lakes	5:22.9
2005---	Cheyenne Ogletree, Garfield	5:29.9
2006---	Dana Corasaniti, Hawthorne	5:51.4
2007---	Erika Len, Manchester	5:54.5
2008---	Suzie Romany, Glen Rock	5:44.1
2009---	Katie Vandervalk, Glen Rock	5:45.8
2010---	Katie Vandervalk, Glen Rock	5:46.2

3200 METER RUN

1986---		
1987---	Dee Keough, Mahwah	12:39.0
1988---	Christine Obsuth, Garfield	12:23.0
1989---	Dee Keough, Mahwah	12:14.7
1990---	Dee Keough, Mahwah	11:31.2
1991---	Carli Gallo, Mahwah	12:24.0
1992---	Carli Gallo, Mahwah	12:12.6
1993---	Carli Gallo, Mahwah	11:44.7
1994---	Eileen Lennon, Holy Angels	12:31.5
1995---	Jenny Nickles, Glen Rock	12:18.1
1996---	Eileen Lennon, Holy Angels	12:04.5
1997---	Meghan O'Toole, Garfield	12:09.6
1998---	Meghan O'Toole, Garfield	11:42.8
1999---	Tracy DellaTorre, Glen Rock	11:41.2
2000---	Erin Henry, Glen Rock	11:54.9
2001---	Maria Pavkovitch, Garfield	12:39.6
2002---	Meghan Gaffney, Pompton Lakes	11:58.1
2003---	Meghan Gaffney, Pompton Lakes	11:34.2
2004---	Meghan Gaffney, Pompton Lakes	11:31.7
2005---	Cheyenne Ogletree, Garfield	11:40.2
2006---	Kara Falvey, Pompton Lakes	12:53.4
2007---	Sylwia Dziedzic, Garfield	12:29.2
2008---	Sylwia Dziedzic, Garfield	12:35.9
2009---	Arianna Landeira, Hawthorne	12:30.1
2010---	Katie Vandervalk, Glen Rock	12:41.1

100 METER HIGH HURDLES

1986---		
1987---	Shirley Noble, Passaic Tech	18.3

1988---	Towana Timmons, Passaic Tech	18.3
1989---	Bridget Sofia, Garfield	17.4
1990---	Kim Martin, Holy Angels	16.6
1991---	Renee Bednarz, Garfield	16.8
1992---	Luesta Thomas, Garfield	17.5
1993---	Luesta Thomas, Garfield	16.9
1994---	Melene Thomas, Garfield	16.1
1995---	Melene Thomas, Garfield	15.1
1996---		
1997---	Gingi Woodard, Pompton Lakes	16.8
1998---	Gingi Woodard, Pompton Lakes	15.4
1999---	Colleen McCorry, Glen Rock	15.8
2000---	Ellen McCorry, Glen Rock	16.4
2001---	Soniya Johnson, Passaic Tech	16.2
2002---	Soniya Johnson, Passaic Tech	15.5
2003---	Shannon Senna, Pompton Lakes	16.6
2004---	Colleen Hayes, Hawthorne	16.3
2005---	Mallory Cornett, Hawthorne	16.0
2006---	Mallory Cornett, Hawthorne	16.0
2007---	Stephanie Oliveira, Garfield	16.4
2008---	Dana Corasaniti, Hawthorne	16.4
2009---	Jen Becker, Hawthorne	15.7
2010---	Nia Jackson, Hawthorne	16.0

400 METER HURDLES

1986---	Dina DeFrancesco, Saddle Brook	72.4
1987---	Jackie Cisneros, Garfield	74.5
1988---	Karolyne Sosa, Garfield	73.6
1989---	Sonia Roman, Garfield	71.8
1990---	Kim Martin, Holy Angels	70.0
1991---	Donna Salabie, Passaic Tech	68.5
1992---	Anna Stankiewicz, Garfield	72.4
1993---	Nicole Decker, Manchester	73.4
1994---	Nicole Decker, Manchester	71.4
1995---	Katie Hanley, Glen Rock	66.8
1996---	Katie Hanley, Glen Rock	66.6
1997---	Katie Moutenot, Holy Angels	70.4
1998---	Katie Moutenot, Holy Angels	69.7
1999---	Colleen McCorry, Glen Rock	66.4
2000---	Leah Jerome, Glen Rock	68.0
2001---	Andrea Herbert, Passaic Tech	69.1
2002---	Kahimah Liverman, Passaic Tech	68.2
2003---	Sarissa Gaskins, Passaic Tech	66.5
2004---	Colleen Hayes, Passaic Tech	71.9
2005---	Kiara Arrick, Manchester	68.0
2006---	Kiara Arrick, Manchester	67.1
2007---	Kiara Arrick, Manchester	63.4
2008---	Dana Corasaniti, Hawthorne	66.2
2009---	Jen Becker, Hawthorne	68.2
2010---	Tyra Jamison, Garfield	66.9

SHOT PUT

1986---	Stephanie Reels, Passaic Tech	30-8
1987---	Stephanie Reels, Passaic Tech	33-8 ½
1988---	Barbara Dziuba, Garfield	30-7
1989---	Lisa Gibson, Garfield	32-3
1990---	Nyree Simmons, Garfield	29-2
1991---	Angela Watson, Passaic Tech	30-9
1992---	Nyree Simmons, Garfield	31-4
1993---	Melene Thomas, Garfield	30-1 ½
1994---	Gina Leon, Garfield	32-9
1995---	Gina Leon, Garfield	33-9 ¼
1996---	Gina Leon, Garfield	34-0 ¼
1997---	Erika Czujko, Garfield	36-10 ¾
1998---	Maria Jasiak, Garfield	31-11
1999---	Ayokor Koney, Garfield	31-11
2000---	Lauren Fleischer, Pompton Lakes	32-9
2001---	Litzka Sandoval, Passaic Tech	31-1
2002---	Whitney Verduin, Hawthorne	33-3 ¼
2003---	Danielle Dabaghian, Garfield	34-3 ½
2004---	Jennifer Meneghin, Lodi	34-3 ½
2005---	Sarah Zadouko, Pompton Lakes	30-11
2006---	Amy Van Lenten, Hawthorne	30-6 ½
2007---	Francisca Lopez, Lodi	31-3 ½
2008---	Francisca Lopez, Lodi	30-5 ¾
2009---	Maria Spajic, Manchester	29-11
2010---	Alexa Hunko, Glen Rock	32-4

DISCUS

1986---		
1987---	Stephanie Schempp, Mahwah	89-4
1988---	Lisa Gibson, Garfield	85-4
1989---	Lisa Gibson, Garfield	93-9
1990---	Mary Dolan, Hawthorne	97-9
1991---	Nyree Simmons, Garfield	88-6
1992---	Kristy Nukk, Mahwah	97-3
1993---	Kristy Nukk, Mahwah	100-6
1994---	Laura Mulder, Hawthorne	113-2 1/2
1995---	Kim Ferranti, Glen Rock	110-4
1996---	Gina Leon, Garfield	97-7
1997---	Gina Leon, Garfield	102-5
1998---	Merna Georges, Garfield	94-0
1999---	Ayokor Koney, Garfield	104-1
2000---	Laura Murray, Glen Rock	99-4
2001---	Kristina Labocki, Garfield	89-0
2002---	Whitney Verduin, Hawthorne	106-9
2003---	Mary Beth Weiss, Pompton Lakes	108-7
2004---	Danielle Dabaghian, Garfield	95-6
2005---	Diana Smusz, Garfield	91-6
2006---	Diana Smusz, Garfield	105-8
2007---	Diana Smusz, Garfield	94-10
2008---	Kim LaRose, Manchester	99-6

2009---Maria Spajic, Manchester	98-10
2010---Joselyn Medina, Garfield	96-10

JAVELIN

1990---Medeana Steidl, Garfield	98-5
1991---Medeana Steidl, Garfield	111-5
1992---Medeana Steidl, Garfield	113-10
1993---Kristy Nukk, Mahwah	106-8
1994---Allison Martino, Mahwah	110-8
1995---Deb Martino, Garfield	97-8
1996---Deb Martino, Garfield	99-9
1997---Jen Austin, Garfield	125-0
1998---Jen Austin, Garfield	116-11
1999---Jen Austin, Garfield	137-5
2000---Jen Austin, Garfield	141-4
2001---Kristina Labocki, Garfield	127-11
2002---Whitney Verduin, Hawthorne	128-5
2003---Mary Beth Weiss, Pompton Lakes	120-4
2004---Cori Cornett, Hawthorne	111-1
2005---Shanna Matari, Hawthorne	102-11
2006---Amy Van Lenten, Hawthorne	100-3
2007---	
2008---Vanessa Campo, Garfield	102-10
2009---Gina Pettigano, Elmwood Park	108-1
2010---Shaunteriah Douglas, Garfield	128-5

HIGH JUMP

1986---Dawn Reis, Lodi	4-10
1987---Dawn Reis, Lodi	5-3
1988---Dawn Reis, Lodi	5-2
1989---Sandra Pinho, Garfield	4-6
1990---Kim Martin, Holy Angels	4-10
1991---Luesta Thomas, Garfield	5-0
1992---Jessica Ramirez, Mahwah	5-0
1993---Jessica Ramirez, Mahwah	4-10
1994---Jessica Ramirez, Mahwah	4-10
1995---	
1996---Denise Smith, Garfield	4-10
1997---Amanda Witt, Holy Angels	5-0
1998---Amanda Witt, Holy Angels	5-2
1999---Candy Caceres, Lodi	4-10
2000---Carlita Bishop, Passaic Tech	4-10
2001---Carlita Bishop, Passaic Tech	5-0
2002---Leslie Galamb, Pompton Lakes	5-2
2003---Sarissa Gaskins, Passaic Tech	5-2
2004---Courtney Polo, Pompton Lakes	5-2
2005---Mallory Cornett, Hawthorne	5-0
2006---Mallory Cornett, Hawthorne	5-0
2007---Diana Smusz, Garfield	4-10
2008---Dava Morris, Manchester	5-0
2009---Dava Morris, Manchester	4-8

2010---Dava Morris, Manchester 4-10

LONG JUMP

1986---
1987---Gwen Manning, Passaic Tech 15-0 $\frac{1}{4}$
1988---Gwen Manning, Passaic Tech 15-9
1989---Bridget Sofia, Garfield 14-6
1990---Renee Bednarz, Garfield 15-4
1991---Renee Bednarz, Garfield 16-6 $\frac{3}{4}$
1992---Angela Sfrisi, Lodi 15-4
1993---Luesta Thomas, Garfield 15-3 $\frac{1}{2}$
1994---Willie Mae Washington, Lodi 16-0 $\frac{3}{4}$
1995---Willie Mae Washington, Lodi 16-6 $\frac{1}{4}$
1996---Melissa Bochiaro, Glen Rock 16-10 $\frac{1}{2}$
1997---Tiana Robinson, Passaic Tech 16-0 $\frac{1}{2}$
1998---Gingi Woodard, Pompton Lakes 16-7
1999---Colleen McCorry, Glen Rock 16-1 $\frac{1}{2}$
2000---Kenneisha Reid, Passaic Tech 16-9 $\frac{1}{4}$
2001---Andrea Herbert, Passaic Tech 16-10 $\frac{1}{4}$
2002---Latasha Jackson, Garfield 16-11
2003---Brittany Brooks, Garfield 16-4 $\frac{1}{2}$
2004---Shanelle Cross, Garfield 16-6 $\frac{1}{2}$
2005---Shanelle Cross, Garfield 17-0 $\frac{1}{2}$
2006---Katelyn Savage, Manchester 15-11 $\frac{1}{2}$
2007---Katelyn Savage, Manchester 16-2
2008---Megan Petrillo, Manchester 14-9 $\frac{1}{2}$
2009---Shauntierah Douglas, Garfield 15-6 $\frac{1}{4}$
2010---Shauntierah Douglas, Garfield 15-10 $\frac{1}{2}$

TRIPLE JUMP

1986---Dina DeFrancesco, Saddle Brook 32-4
1987---Gwen Manning, Passaic Tech 31-9 $\frac{1}{2}$
1988---Gwen Manning, Passaic Tech 32-1 $\frac{1}{2}$
1989---Teresa Mayes, Passaic Tech 32-6 $\frac{1}{2}$
1990---Renee Bednarz, Garfield 33-4
1991---Natasha Nichols, Passaic Tech 32-2
1992---Steffen, Manchester 32-11
1993---Melene Thomas, Garfield 32-5 $\frac{1}{4}$
1994---Melene Thomas, Garfield 33-9 $\frac{1}{2}$
1995---Ashley Marquard, Glen Rock 34-5 $\frac{1}{4}$
1996---Katie Hanley, Glen Rock 35-1
1997---Ebony Knighton, Passaic Tech 32-10 $\frac{3}{4}$
1998---Carla Gordon, Garfield 33-6 $\frac{3}{4}$
1999---Jenn Austin, Garfield 34-1 $\frac{1}{2}$
2000---Andrea Herbert, Passaic Tech 35-7 $\frac{1}{2}$
2001---Andrea Herbert, Passaic Tech 37-8
2002---Kahimah Liverman, Passaic Tech 36-3 $\frac{1}{2}$
2003---Brittany Brooks, Garfield 36-0 $\frac{1}{2}$
2004---Brittany Brooks, Garfield 35-9 $\frac{1}{2}$
2005---Shanelle Cross, Garfield 35-5 $\frac{1}{4}$
2006---Liz Harsley, Pompton Lakes 32-6

2007---	Elyse McArthur, Garfield	33-2 ½
2008---	Elyse McArthur, Garfield	33-0 ¾
2009---	Shauntierah Douglas, Garfield	33-10
2010---	Shauntierah Douglas, Garfield	34-1 ¾

POLE VAULT

1999---	Carolyn Novack, Glen Rock	6-6*
2000---	Carolyn Novack, Glen Rock	7-0*
2004---	Tricia Leet, Pompton Lakes	6-6
2005---	Tricia Leet, Pompton Lakes	6-6
2006---	Josie Maldonado, Garfield	7-6
2007---	Janet Arslanbeck, Hawthorne	7-0
2008---	Jen Becker, Hawthorne	7-6
2009---	Colette Cunningham, Glen Rock	8-0
2010---	Colette Cunningham, Glen Rock	8-0

* --- Both divisions.

1600 METER RELAY

1986---		
1987---	Passaic Tech	4:23.6
1988---	Passaic Tech	4:29.0
1989---	Manchester	4:33.9
1990---	Garfield	4:19.9
1991---	Garfield	4:22.8
1992---	Passaic Tech	4:27.7
1993---	Manchester	4:25.1
1994---	Manchester	4:27.6
1995---	Glen Rock	4:03.8
1996---	Glen Rock	4:17.6
1997---	Holy Angels	4:23.6
1998---	Holy Angels	4:18.2
1999---	Passaic Tech	4:11.0
2000---	Passaic Tech	4:11.1
2001---	Passaic Tech	4:26.9
2002---	Hawthorne	4:27.7
2003---	Passaic Tech	4:12.2
2004---	Hawthorne	4:18.6
2005---	Hawthorne	4:17.9
2006---	Hawthorne	4:12.4
2007---	Hawthorne	4:15.5
2008---	Hawthorne	4:22.2
2009---	Lodi	4:30.4
2010---	Garfield	4:14.7