

BERGEN COUNTY CHAMPIONSHIPS

BOYS GROUP A (Only one group until 1963; Group 4 1964-2003)

Top Three Teams

2024-Ridgewood 150 ¼, Hackensack 84, Teaneck 61
2023-Ridgewood 192, Hackensack 71 1/3, Northern Highlands 62 1/3
2022-Ridgewood 129 ½, Teaneck 114 ½, Hackensack 93
2021-Ridgewood 157 ½, Old Tappan 112, Bergen Tech 69
2019-Old Tappan 151, Ridgewood 119, Ramapo 88
2018-Ridgewood 118, Old Tappan 106, Hackensack 73
2017-Ridgewood 171 ½, Indian Hills 90, Old Tappan 72 ½
2016-Ridgewood 145, Old Tappan 135, Indian Hills 99
2015-Old Tappan 167, Don Bosco 84 1/3, Northern Highlands 62
2014-Don Bosco 92 ½, Old Tappan 81 ½, Ridgewood 72
2013-Ridgewood 99, Don Bosco 93, Pascack Valley 47
2012-Old Tappan 123.67, Ridgewood 93.25, Don Bosco 73
2011-Don Bosco 113, Ridgewood 98, Demarest 59.2
2010-Don Bosco 119, Ridgewood 90 ½, Teaneck 68
2009-Don Bosco 122 ½, Ridgewood 84, Demarest 59
2008-Don Bosco 108 ½, Hackensack 86, Paramus Catholic 53
2007-Don Bosco 135, Teaneck 73, Ridgewood 66
2006-Northern Highlands 119, Ridgewood 113, Don Bosco 103
2005-Ridgewood 97, Hackensack 88 ½, Don Bosco 62
2004-Hackensack 126, Ridgewood 120 ½, Don Bosco 67
2003-Ridgewood 154, Hackensack 114, Don Bosco 106
2002-Don Bosco 163, Hackensack 101, Bergen Catholic 70
2001-Don Bosco 147, Hackensack 126, Bergen Catholic 75
2000-Hackensack 179, Don Bosco 86, Ridgewood 79
1999-**Hackensack 191**, Bergen Catholic 92, Don Bosco 73
1998-Hackensack 154, Ridgewood 132, Don Bosco 81
1997-Hackensack 171, Ridgewood 83, Don Bosco and Bergen Catholic 72
1996-Bergen Catholic 132, Teaneck 101, Hackensack 98
1995-Bergen Catholic 112, Ridgewood 111, Hackensack 90
1994-Don Bosco 124.3, Bergen Catholic 109.3, Ridgewood 72.3
1993-Hackensack 109, Don Bosco 100, Ridgewood 96
1992-Hackensack 137 ¾, Ridgewood 76 ½, Don Bosco 71 ½
1991-Hackensack 66 ½, Ridgewood 44, Paramus Catholic 37 ½
1990-Hackensack 87, Bergen Catholic 56 ½, Don Bosco 42
1989-Hackensack 75, Ridgewood 56, Teaneck 54
1988-Hackensack 64, Don Bosco 56 ½, Ridgewood 43
1987-Ridgewood 71, Hackensack 51, Bergen Catholic 48
1986-Hackensack 68 ½, Bergen Catholic 42, Fair Lawn 35
1985-Don Bosco 71.83, Hackensack 55, Ridgewood 49 ½
1984-Don Bosco 89, Teaneck 64 ½, Hackensack 34
1983-Teaneck 89, Bergen Catholic 39, Ridgewood 37
1982-Hackensack 109 ½, Teaneck 41, Ridgewood 34 ½
1981-Hackensack 74, Teaneck 50, Ridgewood 49
1980-Hackensack 79 ½, Teaneck 54, Ridgewood 43 ½
1979-Teaneck 91, Hackensack 54, Bergen Catholic 32
1978-Hackensack 83 ½, Bergen Catholic 55, Paramus 47 ½
1977-Indian Hills 60, Bergen Catholic 55, Hackensack 51
1976-Bergen Catholic 85, Hackensack 73, Ridgewood 38 ½
1975-Hackensack 63 ½, Ridgewood 60, Teaneck 41 ½
1974-Bergen Catholic 68, Hackensack 65 ½, Paramus 49
1973-Bergen Catholic 65, Hackensack 63, Paramus 60
1972-Bergen Catholic 67 ½, Hackensack 36 ½, Paramus 31
1971-Bergen Catholic 51, St. Joseph Regional 46 ¾, Don Bosco 35 ½
1970-St. Joseph Regional 69 ½, Hackensack 32, Ridgewood 26
1969-St. Joseph Regional 70 ½, River Dell 33, Bergen Catholic/Ramapo 24
1968-St. Joseph Regional 94, Hackensack 30, Teaneck 28 ½

1967-St. Joseph Regional 62, Bergen Catholic 59, Bergenfield 24 ½
 1966-Bergen Catholic 66, St. Joseph Regional 64 ½, Teaneck 28 ½
 1965-Paramus 60, Bergen Catholic 35 ½, Ridgewood 24
 1964-Bergen Catholic 65, Ramapo 38 ½, Pascack Valley 37.83
 1963-Bergen Catholic 37, Pascack Valley 35, New Milford 15
 1962-Northern Valley 28, Pascack Valley 24.11, Tenafly 16
 1961-Northern Valley 43.7, Hackensack 42 ½, Pascack Valley 26 ½
 1960-Northern Valley 37, Hackensack 22 ½, Pascack Valley 20
 1959-Englewood 27, Hackensack 22.6, Tenafly 17
 1958-Tenafly 42, Hackensack 29.6, Ridgefield Park 24.1
 1957-Tenafly 52, Hackensack 37.67, Englewood 18.33
 1956-Englewood 51 ½, Tenafly 33 ½, Hackensack 23
 1955-Englewood 49, Hackensack 34, Tenafly 32 ½

100 METERS

2024-Joshua Williams, Teaneck	11.31
2023-Xavier Hayletts, Bergenfield	10.78
2022-Souleymane Fall, Bergenfield	10.96
2021-Alex Kislenko, Fair Lawn	11.32
2019-Max Baker, Ramapo	11.29
2018-Rayshawn Hammond, Hackensack	11.18
2017-Kobi Grant, Ridgewood	11.30
2016-Kobi Grant, Ridgewood	11.28
2015-Kyle Ellerson, Bergen Catholic	11.16
2014-Jabrill Peppers, Paramus Catholic	10.74
2013-Jabrill Peppers, Paramus Catholic	10.59
2012-Jabrill Peppers, Paramus Catholic	10.89
2011-Tarique Gray, Bergen Catholic	11.00
2010-Zadique Whyte, Teaneck	10.95
2009-Marvin Whilby, Don Bosco	11.14
2008-David Butler, Teaneck	10.87
2007-Rashad White, Teaneck	10.6
2006-Rashad White, Teaneck	10.8
2005-Michael Ray Garvin, Don Bosco	10.3
2004-Michael Ray Garvin, Don Bosco	10.7
2003-Michael Ray Garvin, Don Bosco	11.1
2002-Michael Ray Garvin, Don Bosco	11.1
2001-Melvin Sampson, Hackensack	11.0
2000-Dan Cooper, Ridgewood	11.2
1999-Mike Jackson, Hackensack	11.2
1998-Kawesi Darby, Hackensack	10.8
1997-Mike Jackson, Hackensack	11.4
1996-Greg Meletta, Bergen Catholic	10.9
1995-Joe Dawkins, Hackensack	10.7
1994-Joe Dawkins, Hackensack	10.6
1993-Darius Pemberton, Hackensack	10.9
1992-Tim McDermott, Bergen Catholic	11.4
1991-Matt Krever, Ridgewood	11.3
1990-Keon Bease, Hackensack	11.2
1989-Gerald Spears, Teaneck	11.2
1988-Derrick Horner, Don Bosco	10.7
1987-Mike Rios, Bergen Catholic	11.2
1986-Joe Johnson, Hackensack	10.9
1985-Andrew Gordon, Teaneck	10.9
1984-Andrew Gordon, Teaneck	11.4
1983-Dexter Hairston, Teaneck	10.9
1982-Ben James, Hackensack	11.7
1981-Rich Wagner, Teaneck	11.4
1980-Rich Wagner, Teaneck	11.5

100 YARDS

1979-Quentin Walker, Teaneck	10.2
1978-Randy Richardson, Hackensack	10.1

1977-Remo Biagioni, Bergen Catholic	10.1	
1976-Scott Taylor, Hackensack	10.3	
1975-Jon Chambers, Teaneck	10.5	
1974-Dodie Donnell, Hackensack		10.0
1973-Dodie Donnell, Hackensack		10.1
1972-Ernie Rath, Paramus	10.3	
1971-Dom Gratale, Don Bosco	10.3	
1970-Stan Finney, Hackensack	10.0	
1969-Bob Hauk, St. Joseph Regional	10.2	
1968-Bob Hauk, St. Joseph Regional	9.9	
1967-Bob Hauk, St. Joseph Regional	10.4	
1966-Bryce Sweet, Bergenfield	10.3	
1965-Rich Cirner, Paramus	10.5	
1964-Bill Madden, Bergen Catholic	10.1	
1963-Richie Greenberg, Fort Lee	10.0	
1962-Mike McGuinness, Bergen Catholic	10.0	
1961-Len Byrd, Leonia	10.0	
1960-Roger Caruso, Northern Valley	10.1	
1959-Jack Mostyn, Bergen Catholic	10.3	
1958-Jack Mostyn, Bergen Catholic	10.3	
1957-Dennis Hicks, Hackensack	10.0	
1956-William Hughes, Lyndhurst		10.3
1955-Minner Williams, Englewood	10.6	

200 METERS

2024-Seven Garcia, Hackensack	22.83	
2023-Alex Caba, Teaneck	22.27	
2022-Souleymane Fall, Bergenfield	21.85	
2021-Jack Grusser, Ramapo	22.50	
2019-Luke Conmy, Old Tappan	22.40	
2018-Rayshawn Hammond, Hackensack	22.89	
2017-Kobi Grant, Ridgewood	23.19	
2016-Tom Rienas, Old Tappan	22.31	
2015-Wankeith Akin, Don Bosco	22.48	
2014-Jabrill Peppers, Paramus Catholic	21.51	
2013-Jabrill Peppers, Paramus Catholic	21.41	
2012-Jabrill Peppers, Paramus Catholic	21.89	
2011-Tarique Gray, Bergen Catholic	22.08	
2010-Casey Pleasants, Teaneck	21.95	
2009-Marvin Whilby, Don Bosco	21.8	
2008-Damian Miles, Teaneck	22.1	
2007-Rashad White, Teaneck	21.2	
2006-Damian Miles, Teaneck	22.5	
2005-Michael Ray Garvin, Don Bosco	21.8	
2004-Michael Ray Garvin, Don Bosco	21.7	
2003-Ken Sinkovitz, Bergen Catholic	22.6	
2002-Will Van Thunen, Don Bosco	22.3	
2001-Adrian Durant, Teaneck	22.5	
2000-Adrian Durant, Teaneck	22.9	
1999-John D'Izzia, Bergen Catholic	22.2	
1998-Kawesi Darby, Hackensack	22.1	
1997-Ibrahim Malcom, Hackensack	22.9	
1996-Walter King, Hackensack	22.1	
1995-Joe Dawkins, Hackensack	22.5	
1994-Joe Dawkins, Hackensack	22.2	
1993-Tim McDermott, Bergen Catholic	22.8	
1992-Gavin Hoppie, Paramus Catholic	23.2	
1991-Willie Best, Hackensack	22.4	
1990-Keon Bease, Hackensack	22.3	
1989-Stan Finney, Hackensack	22.0	
1988-Derrick Horner, Don Bosco	21.8	
1987-Mike Rios, Bergen Catholic		22.4
1986-Joe Johnson, Hackensack	22.2	
1985-Andrew Gordon, Teaneck	22.6	

1984-Andrew Gordon, Teaneck	23.1
1983-Dexter Hairston, Teaneck	22.2
1982-Ben James, Hackensack	23.2
1981-Rich Wagner, Teaneck	23.3
1980-Doug Jackson, Hackensack	23.3

220 YARDS

1979-Quentin Walker, Teaneck	23.5
1978-Randy Richardson, Hackensack	22.8
1977-Remo Biagioni, Bergen Catholic	22.9
1976-Scott Taylor, Hackensack	22.8
1975-Jon Chambers, Teaneck	22.6
1974-Jerry Wyche, Hackensack	22.5
1973-Steve Wyche, Hackensack	22.7
1972-Steve Wyche, Hackensack	22.9
1971-Dom Gratale, Don Bosco	22.1
1970-Stan Finney, Hackensack	22.3
1969-Bob Hauk, St. Joseph Regional	22.0
1968-Bob Hauk, St. Joseph Regional	21.7
1967-Bob Hauk, St. Joseph Regional	22.7
1966-Tom O'Rourke, Bergen Catholic	22.9
1965-Rich Berlin, Teaneck	22.0
1964-Bill Madden, Bergen Catholic	22.5
1963-Bill Madden, Bergen Catholic	21.6
1962-Mike Cucchiara, Bergenfield	21.3
1961-Len Byrd, Leonia	22.2
1960-Roger Caruso, Northern Valley	22.0
1959-Jack Mostyn, Bergen Catholic	22.5
1958-Jack Mostyn, Bergen Catholic	22.3
1957-Dennis Hicks, Hackensack	22.2
1956-William Hughes, Lyndhurst	22.9
1955-Minner Williams, Englewood	23.3

400 METERS

2024-Seven Garcia, Hackensack	49.69
2023-Maxwell Gurkovic, Northern Highlands	50.00
2022-Souleymane Fall, Bergenfield	49.73
2021-Lukkas Londono, Cliffside Park	51.35
2019-Alex Ruhl, Ridgewood	50.12
2018-Brendan Barton, Bergenfield	51.12
2017-Kyle Mack, Ridgewood	49.59
2016-Tom Rienas, Old Tappan	48.45
2015-Andrew Schumacher, Old Tappan	49.12
2014-Jaleel Felton, Pascack Valley	48.33
2013-Ben Malone, Pascack Valley	48.74
2012-Tim Hamlett, Don Bosco	48.74
2011-Leonte Carroo, Don Bosco	48.70
2010-Leonte Carroo, Don Bosco	48.96
2009-Jake Hubschman, Demarest	48.8
2008-Lomi Cunningham, Bergen Tech	49.1
2007-Jason Kelsey, Don Bosco	49.2
2006-Jarett Menzel, Northern Highlands	49.4
2005-Michael Ray Garvin, Don Bosco	49.9
2004-Josh Simmons, Hackensack	49.7
2003-Ken Sinkovitz, Bergen Catholic	49.7
2002-Will Van Thunen, Don Bosco	51.3
2001-Adrian Durant, Teaneck	49.9
2000-Andrew Dolgin, Ridgewood	51.2
1999-Joe Velasquez, Paramus	48.3
1998-Joe Velasquez, Paramus	49.4
1997-Alden Shorter, Teaneck	50.1
1996-Walter King, Hackensack	49.9
1995-Walter King, Hackensack	49.8

1994-Chris Hall, Teaneck	49.7
1993-Courtney Davis, Hackensack	49.4
1992-Mark Fabish, Bergen Catholic	52.3
1991-Kevin Ervin, Bergen Catholic	51.7
1990-Willie Best, Hackensack	50.2
1989-Tim Geckeler, Ridgewood	49.1
1988-Walt McCall, Hackensack	49.0
1987-Walt McCall, Hackensack	50.6
1986-Mark Psaltes, Fair Lawn	51.3
1985-Hector Carter, Hackensack	50.8
1984-Bob Arvidson, Don Bosco	51.2
1983-Vic Herlinsky, Don Bosco	50.4
1982-Derick Osbourne, Hackensack	50.5
1981-Frank Murphy, Don Bosco	50.5
1980-Doug Jackson, Hackensack	50.8

440 YARDS

1979-Len LaBarre, Paramus	50.7	
1978-Clayton Lloyd, Hackensack	50.2	
1977-Clayton Lloyd, Hackensack	50.5	
1976-Dave Mullane, Bergen Catholic	51.0	
1975-Carmine Bailey, Paramus	49.6	
1974-Jerry Wyche, Hackensack	49.8	
1973-Jerry Wyche, Hackensack	51.6	
1972-Stan Hull, Bergenfield	51.4	
1971-Steve Scialabba, Bergen Catholic	49.9	
1970-Don Trahey, St. Joseph Regional	50.6	
1969-George McLoof, Ramapo	50.8	
1968-Bill Jahn, St. Joseph Regional	51.5	
1967-Pete Hauck, Don Bosco	50.3	
1966-Bill Rabadan, Bergen Catholic	51.1	
1965-Davis Morton, Ridgewood	50.5	
1964-Vince Woolley, Pascack Valley	50.8	
1963-Dwight Peck, Pascack Valley	49.4	
1962-Dwight Peck, Pascack Valley	49.3	
1961-Bob Smith, Hackensack	49.9	
1960-Marshall Lynn, No. Valley	50.6	
1959-Willie Stubbs, Englewood	52.3	
1958-Willie Stubbs, Englewood	52.7	
1957-Don Davies, Tenafly	49.0	
1956-Bob Hunter, Englewood	51.5	
1955-Don Livingston, Englewood		51.1

800 METERS

2024-Luke Pash, Ridgewood	1:56.79	
2023-Dylan Decambre, Bergen Tech	1:56.22	
2022-Amiri Whittle, Hackensack	1:56.55	
2021-Sean Fortunato, Ridgewood		2:00.29
2019-Will Baginski, Ridgewood	1:57.40	
2018-Jonathan Marcus, Fair Lawn	1:58.77	
2017-Jeff Roberts, Pascack Valley		2:00.76
2016-Michael Thurston, Ridgewood	1:52.79	
2015-Marc Rienas, Old Tappan		1:52.39
2014-Marc Rienas, Old Tappan	1:54.04	
2013-Ben Malone, Pascack Valley	1:56.03	
2012-Kyle Davidson, Old Tappan		1:55.27
2011-Levi Jennings, Ridgewood	1:55.76	
2010-Brad Paternostro, Ramapo	1:55.32	
2009-Justin Hodge, Teaneck	1:57.6	
2008-Steve Wexler, Don Bosco	1:57.8	
2007-Sharif Webb, Don Bosco	1:53.9	
2006-Nik Batarags, Northern Highlands	1:56.4	
2005-Byron Williams, Ridgewood	1:55.0	

2004-James LaGreca, Demarest	1:57.1	
2003-Ari Zamir, Ridgewood	2:00.3	
2002-Ken Sinkovitz, Bergen Catholic	1:59.3	
2001-Ken Sinkovitz, Bergen Catholic	1:56.6	
2000-Josh Kauke, Ridgewood	1:55.0	
1999-Josh Kauke, Ridgewood	1:53.0	
1998-Rick Lehmbeck, Don Bosco		1:57.3
1997-Tom Redmond, Bergen Catholic	1:57.1	
1996-Tom Redmond, Bergen Catholic	1:58.8	
1995-Tom McCabe, Don Bosco	1:58.3	
1994-Bob Keino, Ridgewood	1:55.9	
1993-Bob Keino, Ridgewood	1:53.9	
1992-Brian Barry, Don Bosco	1:56.9	
1991-Willie Best, Hackensack	1:56.2	
1990-Willie Best, Hackensack	1:59.3	
1989-Matt Giffuni, Ridgewood	1:58.7	
1988-Matt Giffuni, Ridgewood	1:59.5	
1987-Chris Rae, Ridgewood	1:55.5	
1986-Doug Palmadessa, Bergen Catholic	1:56.3	
1985-Chris Sullivan, Ridgewood	1:57.2	
1984-Chris Sullivan, Ridgewood	1:58.7	
1983-John Parisi, Ridgewood	1:56.2	
1982-John Parisi, Ridgewood	1:58.8	
1981-Paul O'Leary, Ridgewood	1:58.3	
1980-Mike Boccelari, Bergenfield		1:58.4

880 YARDS

1979-Kirk Sappington, Hackensack	2:00.8	
1978-Bill Leonard, Bergen Catholic	1:59.0	
1977-Frank Stanton, Bergen Catholic	1:56.2	
1976-Paul Casey, Bergen Catholic	1:55.8	
1975-Rick Rothschild, Paramus		1:54.0
1974-Rick Rothschild, Paramus	1:55.6	
1973-Frank Moran, Bergen Catholic	2:00.0	
1972-Frank Courtney, Bergen Catholic	1:57.8	
1971-Jeff Weicksel, Ramapo	1:56.4	
1970-Rich McDonnell, St. Joseph Regional	1:58.6	
1969-Bill Hamilton, River Dell	1:58.2	
1968-Tom Harris, St. Joseph Regional	2:00.5	
1967-Bob Kaczka, Don Bosco	1:59.0	
1966-Rich Higgins, St. Joseph Regional	1:57.9	
1965-Hank Skewis, Ridgewood	1:57.2	
1964-Hank Skewis, Ridgewood	1:59.2	
1963-Ed Daw, Old Tappan	1:59.4	
1962-Jack Shaw, Tenafly	1:56.5	
1961-Harry Hamilton, Hackensack	1:58.3	
1960-Bob Linders, Northern Valley	1:57.4	
1959-Noel Bing, Tenafly	2:00.7	
1958-Noel Bing, Tenafly	2:07.0	
1957-Ken Hunter, Tenafly	2:02.4	
1956-Rich Modafferi, Englewood		2:02.9
1955-Bob Hughes, Tenafly	2:00.5	

1600 METERS

2024-Luke Pash, Ridgewood	4:18.69	
2023-Luke Pash, Ridgewood	4:20.03	
2022-Amiri Whittle, Hackensack	4:24.85	
2021-Alex Horgan, Ramapo	4:25.15	
2019-Will Baginski, Ridgewood	4:24.41	
2018-Jonathan Outen, Hackensack	4:27.44	
2017-Chris Corcoran, Indian Hills		4:21.40
2016-Matt Cohane, Indian Hills	4:21.05	
2015-Marc Rienas, Old Tappan	4:18.44	

2014-Kyle Levermore, Don Bosco	4:15.04
2013-Kyle Levermore, Don Bosco	4:18.98
2012-Christian Costello, Don Bosco	4:17.72
2011-Levi Jennings, Ridgewood	4:18.03
2010-Brad Paternostro, Ramapo	4:18.51
2009-Leighton Spencer, Don Bosco	4:20.9
2008-Rob Molke, Don Bosco	4:26.5
2007-Niall Buckley, Ridgewood	4:22.9
2006-Byron Williams, Ridgewood	4:23.8
2005-Byron Williams, Ridgewood	4:21.9
2004-Ari Zamir, Ridgewood	4:30.7
2003-Ari Zamir, Ridgewood	4:28.9
2002-Matt Horesta, Don Bosco	4:25.6
2001-James Clifford, Don Bosco	4:33.4
2000-Josh Kauke, Ridgewood	4:27.1
1999-Thomas Baldwin, Hackensack	4:24.1
1998-Thomas Baldwin, Hackensack	4:24.0
1997-Thomas Baldwin, Hackensack	4:30.8
1996-John O'Neil, Ridgewood	4:32.9
1995-Kevin Gilman, Bergen Catholic	4:35.8
1994-Bob Keino, Ridgewood	4:19.0
1993-Bob Keino, Ridgewood	4:16.6
1992-Bob Keino, Ridgewood	4:19.2
1991-Eric Boucher, Ridgewood	4:21.7
1990-Eric Boucher, Ridgewood	4:24.3
1989-Mark Bednarz, Paramus Catholic	4:21.6
1988-Mark Bednarz, Paramus Catholic	4:22.6
1987-Eric Berntsen, Ridgewood	4:20.8
1986-Doug Palmadessa, Bergen Catholic	4:28.9
1985-Chris Sullivan, Ridgewood	4:18.3
1984-Dom Tabbachino, Fair Lawn	4:23.6
1983-Vern Trice, Hackensack	4:30.1
1982-Joe Jackson, Teaneck	4:29.0

1500 METERS

1981-Tom Hughes, Ridgewood	4:09.2
1980- Sean Gormley, Bergen Catholic	4:17.0

ONE MILE

1979-John Eberle, Bergenfield	4:26.1
1978-John Malone, Bergen Catholic	4:25.2
1977-John Malone, Bergen Catholic	4:24.8
1976-Chris Carle, Bergen Catholic	4:27.6
1975-Tom Tomai, Ridgewood	4:23.8
1974-Bill Duffy, Bergen Catholic	4:25.2
1973-Tom Driscoll, Fair Lawn	4:29.3
1972-Luke Ciaccio, Bergen Catholic	4:25.0
1971-Kevin Conheeny, Hackensack	4:21.8
1970-Chris Elliot, Ramapo	4:16.4
1969-Chris Elliot, Ramapo	4:16.4
1968-Kevin Clark, St. Joseph Regional	4:23.9
1967-Kevin Clark, St. Joseph Regional	4:28.3
1966-Jim O'Gorman, Teaneck	4:37.9
1965-Gary Rosenberg, Fair Lawn	4:25.0
1964-Ken Finlay, Paramus	4:39.7
1963-Steve St. Clair, Teaneck	4:33.1
1962-John Loeschhorn, Ramapo	4:18.7
1961-John Loeschhorn, Ramapo	4:29.6
1960-Bob Woolley, Pascack Valley	4:37.2
1959-Maurice Hobson, Englewood	4:34.0
1958-Eric Groon, Leonia	4:28.0
1957-Bob Lowe, Englewood	4:31.4
1956-John Williams, Tenafly	4:33.0

1955-John Williams, Tenafly 4:35.3

3200 METERS

2024-Luke Pash, Ridgewood 9:29.01
2023-Luke Pash, Ridgewood 9:43.03
2022-Amiri Whittle, Hackensack 9:36.59
2021-Sean Fortunato, Ridgewood 9:43.79
2019-Will Baginski, Ridgewood 9:44.12
2018-Ryan Fahey, Ridgewood 9:53.05
2017-Chris Corcoran, Indian Hills 9:32.02
2016-Matt Cohane, Indian Hills 9:38.55
2015-Patrick Sullivan, Don Bosco 9:21.14
2014-Kyle Levermore, Don Bosco 9:26.49
2013-Kyle Levermore, Don Bosco 9:09.39
2012-Christian Costello, Don Bosco 9:23.16
2011-Levi Jennings, Ridgewood 9:29.80
2010-Rafael Vargas, Don Bosco 9:33.49
2009-Leighton Spencer, Don Bosco 9:14.9
2008-Rob Molke, Don Bosco 9:29.6
2007-Dan Emont, Ridgewood 9:15.8
2006-Michael Cator, Ridgewood 9:24.6
2005-Byron Williams, Ridgewood 9:28.0
2004-Ari Zamir, Ridgewood 9:30.1
2003-Ari Zamir, Ridgewood 9:38.3
2002-Sean Swift, Don Bosco 9:53.9
2001-Sean Swift, Don Bosco 9:57.1
2000-Frank Browne, Hackensack 9:52.0
1999-Thomas Baldwin, Hackensack 9:34.9
1998-Thomas Baldwin, Hackensack 9:28.7
1997-Thomas Baldwin, Hackensack 9:43.1
1996-Mike Cohen, Ridgewood 9:46.3
1995-Kevin Gilman, Bergen Catholic 9:57.5
1994-Bob Keino, Ridgewood 9:28.7
1993-Bob Keino, Ridgewood 9:15.8
1992-Bob Keino, Ridgewood 9:27.8
1991-J.R. Meloro, Bergen Catholic 9:28.6
1990-J.R. Meloro, Bergen Catholic 9:25.7
1989-J.R. Meloro, Bergen Catholic 9:43.0
1988-Rich Harrington, St. Joseph Regional 9:36.1
1987-Eric Berntsen, Ridgewood 9:24.0
1986-Gerard Pescatore, Hackensack 9:38.1
1985-Joe LeMay, Ridgewood 9:26.5
1984-Joe LeMay, Ridgewood 9:29.2
1983-Rich Hubbard, Hackensack 9:40.4
1982-Joe Jackson, Teaneck 9:42.0

3000 METERS

1981-Jim Ketterson, Ridgewood 9:07.3
1980-Sean Gormley, Bergen Catholic 8:59.7

TWO MILE

1979-John Eberle, Bergenfield 9:19.8
1978-Bill Leonard, Bergen Catholic 9:23.5
1977-Bill Leonard, Bergen Catholic 9:39.4
1976-Bill Leonard, Bergen Catholic 9:41.2
1975-Eamon Greene, Bergenfield 9:47.7
1974-Marty Carle, Bergen Catholic 9:37.8
1973-Jim Sansevero, Bergen Catholic 9:53.9
1972-Bruce Mason, Ridgewood 9:33.5
1971-Bill Mahon, Bergen Catholic 9:25.8
1970-Kevin Conheeny, Hackensack 9:27.1
1969-Bill Reinert, St. Joseph Regional 9:54.2
1968-Mike Von Halle, Hackensack 9:44.5

1967-Larry Connolly, Bergen Catholic	9:24.9
1966-Chris Clarke, Bergen Catholic	9:56.4
1965-Don Armour, Bergen Catholic	9:53.5
1964-Don Armour, Bergen Catholic	9:53.3

110 METER HURDLES (120 yards until 1979)

2024-Victor Souza, Ridgewood	14.68	
2023-Matt Aono, Ridgewood	15.20	
2022-Kwaku Asante Nkrumah, Teaneck	14.84	
2021-Jordan Nelson, Bergen Tech		15.26
2019-Ryan Jordan, Old Tappan	14.94	
2018-Dan Monchek, Northern Highlands	15.22	
2017-Ray Harada, Ridgewood	15.94	
2016-Joe Jordan, Old Tappan	14.82	
2015-Joe Jordan, Old Tappan	15.11	
2014-Josh Floyd, Don Bosco	15.35	
2013-Kevin Chung, Ridgewood	15.04	
2012-Mo Headley, Hackensack	14.99	
2011-Selwyn Maxwell, Don Bosco	14.49	
2010-Ernest Wingate, Bergen Catholic	14.57	
2009-Joe Vargas, Paramus	14.94	
2008-Jermaine Boyd, Hackensack		14.76
2007-Chris Castro, Bergen Tech	14.5	
2006-Akiri Monri, Ridgewood	15.5	
2005-Dan Oquendo, Hackensack	14.5	
2004-Jean Beljour, Hackensack	15.2	
2003-Gabe Knutsen, Ridgewood	15.9	
2002-Joe Charles, Bergen Catholic	15.2	
2001-Brent Hobbs, Don Bosco	14.4	
2000-Brent Hobbs, Don Bosco	15.4	
1999-Shawn Delos Reyes, Bergen Catholic	15.1	
1998-Chris Stowers, Hackensack	15.4	
1997-Michkel Davis, Hackensack		15.7
1996-Mark Sprague, Teaneck	14.8	
1995-Mark Sprague, Teaneck	15.6	
1994-Andy Paraison, Don Bosco	14.4	
1993-Darius Pemberton, Hackensack	14.3	
1992-Darius Pemberton, Hackensack	14.3	
1991-Sean Rhinehart, Hackensack	14.8	
1990-Joe Swasey, Bergen Catholic	14.9	
1989-Rasheed Goodlowe, Teaneck	14.8	
1988-Rob Ghelli, Bergen Catholic		15.1
1987-Mike Lange, Bergen Catholic	14.9	
1986-Jerome Pemberton, Hackensack	15.0	
1985-Greg Horner, Don Bosco	14.0	
1984-Curtis Green, Teaneck	14.4	
1983-Curtis Green, Teaneck	14.9	
1982-Darryl McFarlane, Teaneck	15.4	
1981-Darryl McFarlane, Teaneck	15.2	
1980-Darryl McFarlane, Teaneck	15.4	
1979-Chris Robinson, Teaneck	15.4	
1978-Jim Hennessey, Paramus	14.8	
1977-Jim Hennessey, Paramus	15.1	
1976-Rich Wankmuller, Ridgewood	14.9	
1975-Mike Rodgers, Ridgewood	14.7	
1974-Bill Duren, Hackensack	14.5	
1973-Bill Duren, Hackensack	14.8	
1972-Mike Brady, Bergen Catholic	15.1	
1971-Jed Hauck, St. Joseph Regional	15.0	
1970-Jerry Karson, Fair Lawn	14.4	
1969-John Bykowsky, St. Joseph Regional	14.5	
1968-Neil Tarulli, St. Joseph Regional	14.8	
1967-Bob Zetelski, Bergen Catholic	15.0	
1966-Don DeSandies, Teaneck	15.0	

1965-Dom Annunziata, Garfield	15.5
1964-Greg Walther, Pascack Valley	15.0
1963-Larry Goebel, Bergenfield	15.4
1962-Rich Ambrose, Northern Valley	14.5
1961-Charles Markarian, Tenafly	14.9
1960-Paul Denson, Hackensack	14.8
1959-Karl Lorenz, Pascack Valley	16.5
1958-Bob Waterman, Tenafly	15.2
1957-Bill Hogan, Tenafly	16.1
1956-John Douglas, Englewood	16.5
1955-John Douglas, Englewood	16.6

400 METER INTERMEDIATE HURDLES

2024-Anthony Senatore, Bergen Tech	55.74	
2023-Racine Ly, Ridgewood	57.80	
2022-David Kriz, Bergen Tech	55.31	
2021-Ryan McKenna, Ridgewood		57.65
2019-Ryan Jordan, Old Tappan	55.95	
2018-John Lohrer, Old Tappan	56.15	
2017-Kyle Mack, Ridgewood	56.11	
2016-Andrew Schumacher, Old Tappan	55.18	
2015-Will Rienas, Old Tappan	54.78	
2014-Will Rienas, Old Tappan	55.47	
2013-George Alexandris, Fair Lawn	54.97	
2012-Brandon Gregory, Old Tappan	54.27	
2011-Mark Jones, Hackensack	54.69	
2010-Ernest Wingate, Bergen Catholic	55.31	
2009-Joe Vargas, Paramus	55.9	
2008-Steve Wexler, Don Bosco	56.2	
2007-Sharif Webb, Don Bosco	54.5	
2006-Niall Buckley, Ridgewood	56.2	
2005-Dan Oquendo, Hackensack	55.8	
2004-Jeremy Perussi, Demarest	54.3	
2003-Greg Corcoran, Ridgewood	58.0	
2002-Rob McKay, Don Bosco	55.4	
2001-Mike Panos, Bergen Catholic	56.6	
2000-Johnny Sylvain, Hackensack	56.8	
1999-Chris Stowers, Hackensack	55.6	
1998-Dave Warton, Ridgewood	55.8	
1997-Tom Redmond, Bergen Catholic	55.9	
1996-Tom Witkowski, Bergen Catholic	57.3	
1995-Tom McCabe, Don Bosco	55.1	
1994-Pat Hyppolite, Don Bosco	56.4	
1993-Bryce Bushell, Don Bosco	57.1	
1992-Darius Pemberton, Hackensack	55.9	
1991-Sean Rhinehart, Hackensack	57.5	
1990-Joe Swasey, Bergen Catholic	55.7	
1989-Earl Griffin, Teaneck	55.9	
1988-Scott Sutura, Don Bosco	57.4	
1987-Doug Shultz, Ridgewood	55.0	
1986-Mark Psaltes, Fair Lawn	56.2	
1985-Bob Arvidson, Don Bosco	55.5	
1984-Tony Long, Teaneck	55.5	
1983-John Parisi, Ridgewood	54.7	
1981-Darryl McFarlane, Teaneck	56.3	
1981-Darryl McFarlane, Teaneck	55.4	
1980-Doug Jackson, Hackensack	56.4	

330 YARD INTERMEDIATE HURDLES

1979-Doug Jackson, Hackensack	39.9
1978-Clayton Lloyd, Hackensack	39.7
1977-Tom Thurston, Ridgewood	40.2
1976-Dave Mullane, Bergen Catholic	40.0

1975-Parke Muth, Ridgewood	39.5
1974-Rawn Lindsay, Teaneck	38.9

180 YARD LOW HURDLES

1973-Bill Duren, Hackensack	21.0
1972-Tom Tracy, Paramus	21.5
1971-Jed Hauck, St. Joseph Regional	20.2
1970-Jed Hauck, St. Joseph Regional	20.1
1969-John Bykowsky, St. Joseph Regional	20.0
1968-John Bykowsky, St. Joseph Regional	19.9
1967-Vic Amoruso, Garfield	20.8
1966-Don DeSandies, Teaneck	20.7
1965-Ken Kolin, Paramus	20.5
1964-Len Corn, Ramapo	19.8
1963-Rich Cirner, Paramus	20.5
1962-Rich Ambrose, Northern Valley	19.7
1961-Charles Markarian, Tenafly	20.6
1960-Paul Denson, Hackensack	19.1
1959-Mike Mainardi, Fair Lawn	21.1
1958-Bob Waterman, Tenafly	21.8
1957-Bob Waterman, Tenafly	20.9
1956-Al Caldwell, Tenafly	21.5
1955-Rich Bader, Hackensack	21.7

SHOT PUT

2024-Everton Bills, Teaneck	47-1
2023-Carlos Bermudez, Ridgewood	51-5 ½
2022-Daye Karibi-Whyte, Teaneck	50-3 ¼
2021-Patrick O'Neill, Old Tappan	49-2 ¾
2019-Patrick Passalacqua, Old Tappan	53-9
2018-Patrick Passalacqua, Old Tappan	53-2 ¼
2017-Camal Brown, Hackensack	49-9 ½
2016-Kenny Ekert, Ridgewood	51-2
2015-Rashan Gary, Paramus Catholic	48-4 ½
2014-Marcus Pantoja, Paramus Catholic	50-11
2013-Jack Lippin, Bergen Catholic	51-6
2012-D.J. Bourgeois, Hackensack	50-3 ½
2011-Stephen Mozia, Hackensack	61-4 ½
2010-Stephen Mozia, Hackensack	51-4 ¼
2009-Mike Reilly, Old Tappan	50-10
2008-Debonair Clinkscales, Hackensack	48-2 ½
2007-Luis DeLaCruz, Paramus Catholic	47-8 ½
2006-Ben Wilson, Ridgewood	48-8 ¼
2005-Eric Sewell, Hackensack	47-10 ½
2004-Brian Toal, Don Bosco	54-3
2003-Scott Emerson, Fair Lawn	48-9 ¼
2002-Valbert Wyche, Hackensack	53-6 ½
2001-Marlin Townes, Hackensack	53-4
2000-Martyn Moskovich, Fair Lawn	54-5
1999-Martyn Moskovich, Fair Lawn	50-1
1998-Jim Fischer, Bergen Catholic	52-5 ½
1997-Bryant Robinson, Hackensack	49-5
1996-Shaun McGregor, Bergen Catholic	56-10
1995-Shaun McGregor, Bergen Catholic	53-9 ¼
1994-Shaun McGregor, Bergen Catholic	47-1
1993-Robert Mompont, Teaneck	50-4 ½
1992-Robert Mompont, Teaneck	48-0 ½
1991-Ralph Sanon-Jules, SJR	51-8
1990-Ralph Sanon-Jules, SJR	48-6 ¾
1989-Glen Evans, Hackensack	51-6
1988-Steve Rice, St. Joseph Regional	51-6 ½
1987-Mike Hammond, Hackensack	49-10 ½
1986-Dave Petrella, Hackensack	46-7 ½

1985-Sean Power, Don Bosco	51-0 ½
1984-Dave Pfund, Ridgewood	53-8 ¾
1983-Willard McDowell, Teaneck	51-4
1982-Marcus Thomas, Hackensack	56-6 ½
1981-Marcus Thomas, Hackensack	54-7 ½
1980-John Farrell, Teaneck	57-4 ½
1979-Conrad Coye, Hackensack	58-3 ¼
1978-Dave Laube, Fair Lawn	53-11
1977-Dave Laube, Fair Lawn	52-2 ½
1976-Jim Munier, Hackensack	55-6 ¼
1975-Jim Munier, Hackensack	55-7 ½
1974-Sean McBride, Bergen Catholic	53-11¼
1973-Chuck D'Amico, Bergen Catholic	52-2 ½
1972-Tony Ruggieri, Bergen Catholic	57-1 ½
1971-Mike Burke, Bergen Catholic	53-8
1970-Steve Adams, St. Joseph Regional	62-11
1969-Steve Adams, St. Joseph Regional	61-3 ½
1968-Carl Barisich, Bergen Catholic	56-4 ½
1967-Steve Saner, St. Joseph Regional	56-11
1966-Joe Addis, Bergen Catholic	56-10
1965-Bruce Hedendal, Paramus	56-7 ¼
1964-Bill Higgins, Bergen Catholic	56-7
1963-Tom Obrotka, Bergen Catholic	56-0 ¾
1962-Lou Shortino, Garfield	54-7 ½
1961-Mike Mackey, Hackensack	53-7 ½
1960-Tony Furfero, Fort Lee	55-9 ½
1959-Harrison Rosdahl, Ridgefield Park	59-9 ½
1958-Harrison Rosdahl, Ridgefield Park	54-9
1957-Harrison Rosdahl, Ridgefield Park	50-7 ¾
1956-Ed Fass, Hackensack	52-7 ¾
1955-Jack Wright, Ridgefield Park	52-10

DISCUS

2024-Matt Schwindt, Ridgewood	131-7	
2023-Carlos Bermudez, Ridgewood	177-1	
2022-Daye Karibi-Whyte, Teaneck	166-1	
2021-Hassan Bailey, Hackensack	167-0	
2019-Patrick Passalacqua, Old Tappan	154-11	
2018-Jack Stuart, Hackensack	159-5	
2017-Nick Battista, Pascack Valley	147-0	
2016-Demar Stewart, Hackensack		144-9
2015-Chris Snead, Teaneck	153-5	
2014-Marcus Valdez, Don Bosco	147-4	
2013-Jong-Min Youn, Old Tappan	168-8	
2012-Jong-Min Youn, Old Tappan	162-5	
2011-Stephen Mozia, Hackensack	178-0	
2010-Steve Mozia, Hackensack	171-4	
2009-Steve Mozia, Hackensack	152-6	
2008-Debonair Clinkscases, Hackensack	139-7	
2007-Chris Hallissey, Don Bosco	151-4	
2006-Chris Hallissey, Don Bosco	146-10	
2005-Eric Sewell, Hackensack	141-5	
2004-Eric Sewell, Hackensack	152-7	
2003-Gary Peluso, Fair Lawn	137-8	
2002-Brian Fischer, Bergen Catholic	145-1	
2001-Brian Fischer, Bergen Catholic	138-3	
2000-Marty Moskovich, Fair Lawn	142-10	
1999-Paul Koob, Bergen Catholic		147-4
1998-Jim Fischer, Bergen Catholic	159-11	
1997-Jim Fischer, Bergen Catholic	153-5	
1996-Shaun McGregor, Bergen Catholic	161-3	
1995-Shaun McGregor, Bergen Catholic	158-6	
1994-Shaun McGregor, Bergen Catholic	150-6	
1993-Kassim Dawson, Ridgewood	135-8	

1992-Robert Mompoin, Teaneck	154-1	
1991-Adam Gussen, Teaneck	154-8	
1990-Dimitri Jacotin, Don Bosco	156-7	
1989-Glen Evans, Hackensack	147-1	
1988-Glen Evans, Hackensack	142-10	
1987-Kevin Twomey, Bergen Catholic	143-4	
1986-Chris Port, Don Bosco	134-3	
1985-Sean Power, Don Bosco	156-5	
1984-Sean Power, Don Bosco	155-9	
1983-Jay Sheppard, St. Joseph Regional	139-10	
1982-Marcus Thomas, Hackensack	145-4	
1981-Terrance Mosley, Hackensack	176-7	
1980-Mike Buncic, Fair Lawn	171-2	
1979-Dave Laube, Fair Lawn	161-7	
1978-Dave Laube, Fair Lawn	176-8	
1977-Paul Cronin, Indian Hills	143-2	
1976-Dave Nowacki, Hackensack		165-1
1975-Dave Nowacki, Hackensack		142-10
1974-Ed Florio, Paramus	152-1	
1973-Mike Rea, Paramus	154-10	
1972-Tony Ruggeri, Bergen Catholic	150-0	
1971-Burt Hallowell, St. Joseph Regional	145-2	
1970-Steve Adams, St. Joseph Regional	173-9	
1969-Steve Adams, St. Joseph Regional	161-8	
1968-Steve Adams, St. Joseph Regional	159-0	
1967-Steve Saner, St. Joseph Regional	158-3	
1966-Steve Saner, St. Joseph Regional	153-11	
1965-Bruce Hedendal, Paramus	177-2	
1964-Bruce Hedendal, Paramus	160-3	
1963-Julian Boryczewski, Garfield	161-11	
1962-Ken Miller, Tenafly	147-5	
1961-Denis Blanck, Hackensack	153-10	
1960-Ron Duncan, Glen Rock	147-1	
1959-Harrison Rosdahl, Ridgef. Park	162-2	
1958-Harrison Rosdahl, Ridgef. Park	150-4	
1957-Jim McKeon, Tenafly	138-4	
1956-Ed Fass, Hackensack	154-4	
1955-Ed Fass, Hackensack	144-6	

JAVELIN

2024-Matt Schwindt, Ridgewood	132-5	
2023-Chase O'Connell, Northern Highlands	166-10	
2022-Yunte Trattner, Ridgewood	161-5	
2021-Kevin Ryu, Old Tappan	170-5	
2019-Jason Santa Cruz, Old Tappan	206-5	
2018-Jason Santa Cruz, Old Tappan	170-2	
2017-Jason Santa Cruz, Old Tappan	174-6	
2016-Derek Anderson, Indian Hills	163-7	
2015-Garrett Hessman, Bergen Catholic	172-11	
2014-Nick Higgins, Ridgewood	184-8	
2013-Jeremy Willis, Teaneck	170-2	
2012-YoungHoe Koo, Ridgewood		159-8
2011-Tyler Yee, Don Bosco	186-9	
2010-Tyler Yee, Don Bosco	159-5	
2009-Tyler Potterton, Demarest	169-3	
2008-Patrick Thomas, Paramus Catholic	148-8	
2007-Chris Molinaro, Paramus Catholic	177-6	
2006-Steven Pierce, Ridgewood	176-10	
2005-Steven Pierce, Ridgewood	174-5	
2004-Frank Tangerife, Hackensack	170-10	
2003-Mike Klejmont, Hackensack	152-4	
2002-Lee Crusius, Hackensack	159-3	
2001-Sherwyn Hooper, Hackensack	153-0	
2000-John Grubb, Ridgewood	175-11	

1999-Edan Peleg, Hackensack	158-10
1998-J.D. Murdoch, Ridgewood	198-8
1997-J.D. Murdoch, Ridgewood	162-4
1996-J.D. Murdoch, Ridgewood	163-10
1995-Shaun McGregor, Bergen Catholic	168-8
1994-Tom McGrath, Fair Lawn	156-3
1993-Thibaut Van Marcke, Ridgewood	165-2
1992-Jeff Chow, Don Bosco	153-1
1991-Pete Lamont, Don Bosco	166-7
1990-Pete Lamont, Don Bosco	154-2
1989-Scott Werner, Hackensack	177-4
1988-Mike Berry, Don Bosco	175-0
1987-Mike Berry, Don Bosco	179-7
1986-Carl Straw, Fair Lawn	187-8
1985-Terry Frassetto, St. Joseph Regional	177-0
1984-Mike McGivney, Don Bosco	168-10
1983-Rich Hauck, Don Bosco	193-9
1982-Al Locarno, Hackensack	176-4
1981-Rob Donahue, Bergen Catholic	187-5
1980-Rob Donahue, Bergen Catholic	147-2
1979-Greg Munier, Hackensack	185-8
1978-Greg Munier, Hackensack	178-6
1977-Greg Munier, Hackensack	169-8
1976-Jim Munier, Hackensack	154-0
1975-Jim Munier, Hackensack	154-0
1974-Jim Munier, Hackensack	145-8

HIGH JUMP

2024-Luke Adami, Northern Highlands	6-0 (jo)	
2023-Kyle Dickson, Ridgewood	5-10	
2022-Kwaku Asante Nkrumah, Teaneck	6-4	
2021-Jordan Nelson, Bergen Tech		6-2
2019-Tommy Cahill, Ramapo	6-4	
2018-Max Bartlik, Ridgewood	6-0	
2017-Kyle Shine, Old Tappan	6-2	
2016-Derek Anderson, Indian Hills	6-2	
2015-Tim DeLorenzo, Northern Highlands	6-0	
2014-Josh Landsman, Demarest	6-4	
2013-Mike Sommerville, Northern Highlands		6-2
2012-Evan Bartlik, Ridgewood	6-2	
2011-Evan Bartlik, Ridgewood	6-4	
2010-Tommy DeVita, Ridgewood		6-4
2009-Tommy DeVita, Ridgewood		6-2
2008-Kevin Bostick, Bergen Catholic	6-0	
2007-Shawn Rembecky, Paramus		5-10
2006-Jon Rigg, Bergen Catholic	6-0	
2005-Oderick Turner, Teaneck	6-4	
2004-Jean Beljour, Hackensack	6-4	
2003-Jean Beljour, Hackensack	6-6	
2002-Jean Beljour, Hackensack	6-4	
2001-Brent Hobbs, Don Bosco	6-6	
2000-Brent Hobbs, Don Bosco	6-2	
1999-John Myles, Hackensack	6-2	
1998-Eumir Rahman, Hackensack	6-8	
1997-James Van Orden, Don Bosco	6-6	
1996-Topi Adekambi, Hackensack	6-0	
1995-Jim Davis, Ridgewood	6-4	
1994-Mike Bradley, Teaneck	6-9	
1993-Darius Pemberton, Hackensack	6-8	
1992-Sheldon Woodley, Teaneck	6-2	
1991-Willie Best, Hackensack	6-2	
1990-Willie Best, Hackensack	6-3	
1989-Anthony Velasquez, Don Bosco	6-4	
1988-Anthony Velasquez, Don Bosco	6-7	

1987-Darryl Roberts, Teaneck	6-2	
1986-Darryl Roberts, Teaneck	6-0	
1985-John Lyons, Don Bosco	6-2	
1984-Tracy Browne, Teaneck	6-6	
1983-Vic Gerald, Bergen Catholic	6-2	
1982-Jerome Sanders, Hackensack	6-4	
1981-Tom DeVita, Bergen Catholic	6-3	
1980-Tom DeVita, Bergen Catholic	6-0	
1979-Scot Palmer, Teaneck	6-6 $\frac{3}{4}$	
1978-Rick Hawn, Paramus	6-3	
1977-Dean Lodmell, Indian Hills	6-4	
1976-John Balles, Hackensack	6-2	
1975-George Dennerlein, Ber. Catholic	6-1	
1974-Ed Drehle, Paramus	6-2	
1973-Ed Drehle, Paramus	6-0	
1972-Skip Johnson, Hackensack	6-4	
1971-Curt LoPresti, Paramus	6-4	
1970-Steve Lanzalotto, Paramus	6-2	
1969-Steve Lanzalotto, Paramus	6-0	
1968-Bill Cooke, Hackensack	6-0	
1967-Austin Johnson, Bergenfield		6-0
1966-Ken Crusius, Hackensack	6-7	
1965-Ken Crusius, Hackensack	6-1	
1964-Ron Borst, Ramapo	6-2	
1963-Rick Waterfall, New Milford	6-0	
1962-John Hicks, Glen Rock	6-0	
1961-John Stevens, Hackensack	6-0 $\frac{1}{4}$	
1960-Bruce Hoffman, Ramapo	6-1 $\frac{1}{2}$	
1959-Bruce Hoffman, Ramapo	5-11 $\frac{1}{2}$	
1958-Bill Mellin, Tenafly	5-7	
1957-Joe Leichtnam, Hackensack		5-10 $\frac{1}{2}$
1956-Jim Cassidy, Lyndhurst	5-11	
Harold Schmidt, Englewood	5-11	
1955-Bill Monaghan, Tenafly	5-10 $\frac{1}{4}$	
Dave Jackson, Westwood	5-10 $\frac{1}{4}$	

LONG JUMP

2024-Luke Adami, Northern Highlands	20-7
2023-Kyle Dickson, Ridgewood	21-6
2022-Kenny Uchida, Tenafly	20-11 $\frac{3}{4}$
2021-Sean Emmanuel, Ridgewood	21-6 $\frac{1}{4}$
2019-Luke Bussetti, Northern Highlands	21-10 $\frac{1}{2}$
2018-Andrew Achirem, Hackensack	22-5 $\frac{1}{4}$
2017-Daniel Monchek, Northern Highlands	20-9 $\frac{3}{4}$
2016-Frankie Richard, Northern Highlands	22-0
2015-Frankie Richard, Northern Highlands	22-0
2014-Jordan Fuller, Old Tappan	21-4
2013-George Alexandris, Fair Lawn	23-3 $\frac{1}{4}$
2012-Evan Bartlik, Ridgewood	22-6
2011-Jamal Williams, Teaneck	22-2 $\frac{1}{4}$
2010-Conroy Walker, Hackensack	23-2 $\frac{1}{2}$
2009-Conroy Walker, Hackensack	22-10 $\frac{3}{4}$
2008-Ausar Walcott, Hackensack	21-0
2007-Ausar Walcott, Hackensack	22-2 $\frac{1}{2}$
2006-Kwame Collins, Northern Highlands	22-7
2005-Leslie Bonsu, Bergen Tech	22-0 $\frac{1}{4}$
2004-Gabe Knutson, Ridgewood	21-8
2003-David Dennis, Hackensack	20-7
2002-David Dennis, Hackensack	20-5 $\frac{1}{2}$
2001-Brent Hobbs, Don Bosco	21-6 $\frac{1}{2}$
2000-Alvin Elliot, Teaneck	20-0 $\frac{1}{4}$
1999-Michael Jackson, Hackensack	21-5 $\frac{1}{2}$
1998-Michael Jackson, Hackensack	21-9 $\frac{1}{2}$
1997-Ted Winfield, Ridgewood	19-10

1996-Mark Sprague, Teaneck	21-8	
1995-Llewelyn Mitchell, Teaneck		21-2 ½
1994-Anthony DiCosmo, Paramus Catholic	22-7 ¼	
1993-Naaeem Noble, Paramus Catholic	21-1 ¼	
1992-Darius Pemberton, Hackensack	22-9 ½	
1991-Justin Everett, Paramus Catholic	21-0 ¾	
1990-Mike Johnson, Hackensack	20-3 ¾	
1989-Gerald Spears, Teaneck	22-3	
1988-Derrick Horner, Don Bosco	21-8 ½	
1987-Derrick Horner, Don Bosco	21-10	
1986-Joe Johnson, Hackensack	22-7 ¼	
1985-Dennis Smith, Teaneck	20-10 ½	
1984-Curtis Green, Teaneck	21-1 ½	
1983-Mike Proscia, Bergen Catholic	21-4	
1982-Kevin Edwards, Hackensack	21-5 ¼	
1981-Kevin Edwards, Hackensack	21-1	
1980-Dean DeRenzo, Paramus	19-6 ¼	
1979-Quentin Walker, Teaneck	20-10 ¾	
1978-Randy Richardson, Hackensack	21-0 ¾	
1977-Paul Casey, Bergen Catholic	21-1	
1976-Bo Verin, Teaneck	21-5 ½	
1975-Bo Verin, Teaneck	21-1 ¼	
1974-Ron Smith, Teaneck	20-10 ¼	
1973-Dodie Donnell, Hackensack		21-6
1972-Doug Green, Ramapo	20-5	
1971-John Furey, Don Bosco	21-8 ½	
1970-Stan Finney, Hackensack	21-6	
1969-Al Williams, River Dell	22-1 ¾	
1968-Rich Lorelli, Teaneck	20-8	
1967-Ed Whelan, Bergen Catholic	22-3 ½	
1966-Bill Rabadan, Bergen Catholic	20-10 ¾	
1965-Rich Cirner, Paramus	21-4 ½	
1964-Jim Kelleher, Ramapo	21-11 ½	
1963-Terry Murray, Don Bosco	20-6	
1962-Roy Carlton, Teaneck	21-8 ¼	
1961-Bill Jones, Northern Valley	21-10	
1960-Paul Williams, Tenafly	21-1 ½	
1959-Ray Mingo, Englewood	21-0 ¼	
1958-Gordon Hughes, Lyndhurst	19-3	
1957-Art Lorenz, Pascack Valley	20-2	
1956-John Douglas, Englewood	20-11 ½	
1955-Ted Trust, North Arlington	20-3	

TRIPLE JUMP

2024-Bradley Allen, Hackensack and Irasel Sawyers, Bergenfield	42-4	
2023-Irasel Sawyers, Bergenfield	43-6 ½	
2022-Red Kossick, Ridgewood	42-10 ½	
2021-Cole Goodman, Bergen Tech	43-9	
2019-Isaiah Buster, Hackensack	44-2 ½	
2018-Max Bartlik, Ridgewood	44-11 ½	
2017-Max Bartlik, Ridgewood	43-3	
2016-Frankie Richard, Northern Highlands	45-0 ½	
2015-Frankie Richard, Northern Highlands	44-8 ½	
2014-Francis Richard, Northern Highlands	43-5	
2013-Mike Cummings, Hackensack	43-8 ¾	
2012-Rob Gebhard, Northern Highlands	46-6 ½	
2011-Greg Hazell, Don Bosco	47-7	
2010-Greg Hazell, Don Bosco	47-6 ¾	
2009-Greg Hazell, Don Bosco	44-5 ½	
2008-Kevin Bostick, Bergen Catholic	45-9 ½	
2007-Mitch Bennett, Paramus Catholic	45-5 ½	
2006-Kwame Collins, Northern Highlands	45-2	
2005-Kwame Collins, Northern Highlands		47-9 ½
2004-Gabe Knutson, Ridgewood	45-8	

2003-David Dennis, Hackensack	45-0	
2002-Rowan Clarke, Teaneck	45-2 ½	
2001-Jeff Sejour, Don Bosco	43-11	
2000-Andrew Dolgin, Ridgewood		44-1 ¼
1999-Sheldon Smith, Teaneck	42-7 ½	
1998-Nsima Brown, Teaneck	42-7	
1997-Ed Hodge, Hackensack	42-10 ½	
1996-Walter King, Hackensack	43-0	
1995-Walter King, Hackensack	44-8	
1994-Anthony DiCosmo, Paramus Catholic	43-10	
1993-Anthony DiCosmo, Paramus Catholic	43-4	
1992-Darius Pemberton, Hackensack	46-8 ¼	
1991-Sean Rhinehart, Hackensack	43-8 ¾	
1990-Jack Brutus, Don Bosco	44-8 ¾	
1989-Gerald Spears, Teaneck	46-11 ¼	
1988-Craig Halyard, Ridgewood	45-9	
1987-Craig Halyard, Ridgewood	44-7 ¼	
1986-Joe Johnson, Hackensack	46-7 ¼	
1985-John Lyons, Don Bosco	43-11 ½	
1984-Desmond Jonas, Hackensack	43-10 ¾	
1983-Maurice Palmer, Teaneck	42-6 ¼	
1982-Kevin Edwards, Hackensack	44-2 ½	
1981-Ed Alston, Hackensack	45-6	
1980-Ed Alston, Hackensack	41-10 ½	
1979-Chris Robinson, Teaneck	45-0 ½	
1978-Scot Palmer, Teaneck	42-8	
1977-Don Jarvis, Indian Hills	41-8 ¼	
1976-Dave Mullane, Bergen Catholic	41-4	
1975-Jon Chambers, Teaneck	41-8 ¾	
1974-Ed Drehle, Paramus	40-6 ½	

POLE VAULT

2024-Alan Villavicencio, Tenafly		13-0
2023-Matt Aono, Ridgewood	15-2	
2022-Luke Gnospelius, Ridgewood	14-0	
2021-Shaun Herlihy, Old Tappan	13-6	
2019-Shaun Herlihy, Old Tappan	13-6	
2018-Tyler Hrbek, Old Tappan	14-6	
2017-Seth Kricheff, Old Tappan	14-0	
2016-Seth Kricheff, Old Tappan	14-0	
2015-Greg Fuerte, Paramus	12-6	
2014-Luke Annichiarico, Old Tappan	14-6	
2013-Dylan Downing, Ridgewood	14-0	
2012-Eric Geider, Demarest	14-6	
2011-Mike Baselice, Don Bosco	14-0	
2010-Mike Baselice, Don Bosco	12-6	
2009-Yaniv Sofer, Demarest	13-0	
2008-Austin Schaller, Old Tappan	12-6	
2007-Matt Steeg, Don Bosco	13-6	
2006-Paul Kovach, Ridgewood	13-0	
2005-Jake Ricciardi, Ridgewood	13-0	
2004-Gabe Knutson, Ridgewood	13-6	
2003-Gabe Knutson, Ridgewood	13-0	
2002-Tom McCormick, Don Bosco	12-6	
2001-Owen Pope, Hackensack	13-0	
2000-Owen Pope, Hackensack	12-6	
1999-Ken Scheider, Don Bosco	14-1	
1998-Bob Miller, Bergen Catholic		12-6
1997-Todd Pitcher, Don Bosco	11-6	
1996-Steve Devanzo, Don Bosco	12-0	
1995-Bryan Kiel, Fair Lawn	13-0	
1994-Max Kosoy, Fair Lawn	12-0	
1993-Neil Borgognoni, Paramus Catholic	11-0	
1992-Matt Psaltis, Fair Lawn	14-0	

1991-Matt Psaltis, Fair Lawn	13-6	
1990-Ching Pei, Hackensack	12-0	
1989-Brian Vallinino, Hackensack	12-0	
1988-Jason Roer, Hackensack	12-0	
1987-John Wohner, Bergen Catholic	12-0	
1986-Ed Rice, Don Bosco	13-0	
1985-Dan Holdefuhr, Paramus	12-0	
1984-Rich Greenberg, Teaneck	12-6	
1983-Jim Levitzke, Hackensack	13-3	
1982-Mike Morrissey, Bergen Catholic	12-6	
1981-Mike Morrissey, Bergen Catholic	13-0	
1980-John Boylan, Ridgewood	13-0	
1979-Greg Munier, Hackensack	12-6	
1978-Brian Fergang, Paramus	12-0	
1977-Dean Lodmell, Indian Hills	13-9	
1976-Alan Schepps, Teaneck	13-6	
1975-Lee Lively, Hackensack	13-6	
1974-Ron Taste, Teaneck	12-6	
1973-Jim Redington, Hackensack		12-6
1972-George Vallone, Bergen Catholic	14-0	
1971-Bujar Nake, Hackensack	12-6	
1970-Bujar Nake, Hackensack	12-9 ½	
1969-Brian Tierney, St. Joseph Regional	12-6	
1968-Tom Hayes, St. Joseph Regional	13-7	
1967-Tom Hayes, St. Joseph Regional	13-1 ½	
1966-Tom Hayes, St. Joseph Regional	12-6	
1965-Warren Lascar, Ridgewood	12-0	
1964-Charley Loschmann, Pascack Valley	11-6	
1963-Clint Miller, Pascack Valley		12-8
1962-Bob Schmidt, Northern Valley	11-7 ½	
1961-Bob Schmidt, Northern Valley	11-0	
Frank Solimando, Hackensack		
1960-Bruce Hoffman, Ramapo	12-6 ½	
1959-Kevin Mendelson, Fair Lawn	11-4	
1958-Bill Layton, Hackensack	11-0	
John Ford, Hackensack		
Ed Laakso, Pascack Valley		
Art Firl, Ridgefield Park		
George Jenkins, North Arlington		
1957-Bert Cross, Teaneck	12-0 ¾	
1956-Joe Mokos, Fair Lawn	11-0	
1955-Pete LaFronz, Englewood	11-4	

1600 METER RELAY (mile until 1979)

2024-Hackensack	3:21.46
2023-Bergen Tech	3:22.51
2022-Bergen Tech	3:22.94
2021-Ridgewood	3:29.45
2019-Old Tappan	3:23.87
2018-Teaneck	3:26.02
2017-Ridgewood	3:33.18
2016-Old Tappan	3:20.13
2015-Old Tappan	3:21.42
2014-Old Tappan	3:22.30
2013-Pascack Valley	3:21.47
2012-Old Tappan	3:19.65
2011-Bergen Catholic	3:21.71
2010-Bergen Catholic	3:20.75
2009-Bergen Catholic	3:24.6
2008-Bergen Catholic	3:25.9
2007-Don Bosco	3:22.7
2006-Teaneck	3:24.1
2005-Teaneck	3:25.4
2004-Hackensack	3:23.5

2003-Don Bosco	3:22.2
2002-Bergen Catholic	3:25.7
2001-Teaneck	3:25.1
2000-Hackensack	3:28.3
1999-Bergen Catholic	3:25.0
1998-Don Bosco	3:26.1
1997-Bergen Catholic	3:23.6
1996-Teaneck	3:25.4
1995-Hackensack	3:27.4
1994-Don Bosco	3:23.5
1993-Bergen Catholic	3:22.8
1992-Don Bosco	3:31.8
1991-Hackensack	3:25.8
1990-Bergen Catholic	3:23.0
1989-Don Bosco	3:25.2
1988-Bergen Catholic	3:27.2
1987-Hackensack	3:28.3
1986-Fair Lawn	3:27.1
1985-Hackensack	3:26.4
1984-Don Bosco	3:26.6
1983-Teaneck	3:25.0
1982-Hackensack	3:25.7
1981-Don Bosco	3:26.8
1980-Ridgewood	3:30.5
1979-Teaneck	3:32.6
1978-Hackensack	3:28.6
1977-Hackensack	3:26.5
1976-Bergen Catholic	3:25.2
1975-Ridgewood	3:24.0
1974-Bergen Catholic	3:24.6
1973-Bergen Catholic	3:31.1
1972-Fair Lawn	3:28.9
1971-St. Joseph Regional	3:26.7
1970-Ridgewood	3:28.9
1969-Ramapo	3:28.1
1968-St. Joseph Regional	3:31.9
1967-St. Joseph Regional	3:29.5
1966-Bergenfield	3:29.8
1965-Bergen Catholic	3:32.8
1964-Bergen Catholic	3:29.8
1963-Bergen Catholic	3:33.2
1962-Pascack Valley	3:28.1
1961-Northern Valley	3:33.1

400 METER RELAY

2024-Ridgewood	43.67
2023-Ramapo	43.34
2022-Teaneck	43.94
2021-Old Tappan	44.73
2019-Ramapo	44.46
2018-Paramus	44.65
2017-Ridgewood	45.41
2016-Ridgewood	43.90
2015-Bergen Catholic	43.33

880 YARD RELAY

1961-Tenafly	1:35.8
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3200 METER RELAY (2 mile in 1961)

2024-Ridgewood	8:18.64
2023-Ridgewood	8:14.09
2022-Hackensack	8:01.98

2021-Bergen Tech	8:13.88
2019-Bergen Tech	8:10.21
2018-Ridgewood	8:18.62
2017-Ridgewood	8:06.17
2016-Indian Hills	8:05.34
2015-Old Tappan	8:04.51
1961-Bergen Catholic	8:21.2

BOYS GROUP B (GROUP 3 1964-2003)

Top Three Teams

2024-Demarest 189, Old Tappan 94, Pascack Valley 70
 2023-Demarest 174 ½, Old Tappan 106, River Dell 62
 2022-Demarest 161, Old Tappan 125, Fort Lee 55
 2021-Demarest 130, Fort Lee 73, River Dell 71
 2019-Demarest 113, River Dell 96, Englewood 69
 2018-Demarest 138.33, Ramapo 99, River Dell 85
 2017-Demarest 205 ½, Mahwah 85 ½, Fort Lee 60
 2016-River Dell 149, Demarest 128, Fort Lee 96
 2015-River Dell 145, Indian Hills 98, Mahwah 76
 2014-River Dell 93, Ramsey 89, Ridgefield Park 79
 2013-Demarest 111, Ramsey 66, River Dell 63
 2012-Ramsey 97, Pascack Valley and Indian Hills 86*
 2011-River Dell 83, Indian Hills 67, Garfield 60
 2010-Indian Hills 106 ½, Demarest 72 ½, Ramsey 56
 2009-Indian Hills 90, Mahwah 81, Englewood 75
 2008-Indian Hills 86, River Dell 84, Englewood 68
 2007-River Dell 121, Indian Hills 72, Demarest 65
 2006-Indian Hills 98, River Dell 74 ½, Mahwah 65
 2005-**Demarest 139**, Indian Hills 83, St. Joseph Regional 64
 2004-Indian Hills 94, Northern Highlands 90, Fort Lee 72
 2003-Old Tappan 88, Garfield 84, Demarest 69
 2002-Garfield 109, Demarest 67.2, River Dell 61
 2001-Garfield 89, River Dell 68, Old Tappan 46
 2000-St. Joseph Regional 76.6, Garfield 61, River Dell 59 ¼
 1999-St. Joseph Regional 118, Garfield 97 ½, Paramus Catholic 88
 1998-Paramus Catholic 83, River Dell 63, St. Joseph Regional 59
 1997-St. Joseph Regional 111 ½, Demarest 81, Garfield 46
 1996-Demarest 97, Indian Hills 76, St. Joseph Regional 54
 1995-Demarest 87, Paramus Catholic 56, St. Joseph Regional 38
 1994-Demarest 92 ½, Garfield 83, Old Tappan 54
 1993-Bergenfield 83, Cliffside Park 57, Northern Highlands 55
 1992-Dumont 85, Indian Hills 69, Northern Highlands 64
 1991-Indian Hills 34, Dumont 32, Tenafly 30
 1990-Tenafly 47, Ramsey 38 ½, Demarest 34
 1989-Ramsey 56.2, Old Tappan 46, Tenafly 30
 1988-Old Tappan 55, Demarest 36 ¾, Ramsey 35
 1987-Demarest 53, Northern Highlands 47, Tenafly 43 ¾
 1986-Demarest 53, Old Tappan 37, Ramsey 31 ½
 1985-Tenafly 47, Demarest 45, Indian Hills 29
 1984-Indian Hills 40, Demarest 38, Old Tappan 30
 1983-Demarest 49 ½, Old Tappan 48, Indian Hills 47
 1982-Demarest 50, River Dell 35, Old Tappan 31 ½
 1981-Paramus Catholic 36, Dumont 27 ½, St. Joseph Regional 26
 1980-Don Bosco 29, Old Tappan and Pascack Valley 25
 1979-Don Bosco 52, Indian Hills 38, Englewood 34.33
 1978-Indian Hills 62 ½, Don Bosco 42, Paramus Catholic 37
 1977-Don Bosco and Paramus Catholic 54, Pascack Hills 34
 1976-Paramus Catholic 75, Don Bosco 33, St. Joseph Regional 26
 1975-Paramus Catholic 71 ½, Northern Highlands and River Dell 31
 1974-Paramus Catholic 45, New Milford 39, Pascack Valley 33
 1973-New Milford 42, St. Joseph Regional 33, Tenafly 25
 1972-New Milford 38, Tenafly and River Dell 27

1971-Englewood 60, New Milford 49, Tenafly 32
 1970-Englewood 68, New Milford 47, Dumont 26
 1969-New Milford 38, Demarest 25, Paramus Catholic and Englewood 24
 1968-New Milford 39, River Dell 34, Westwood 27
 1967-New Milford 46, Glen Rock 36, River Dell 31
 1966-Tenafly 64, New Milford 36, Englewood 31 ½
 1965-Tenafly 38 ½, Ramapo 36, Pascack Valley 35 ½
 1964-New Milford 45, Tenafly 41, Glen Rock 28 ½
 * -- Pascack Valley disqualified for 4-x-400 relay or would have won 96-95 over Ramsey

100 METERS

2024-Adam Kaufman, Demarest	11.20	
2023-Marco Feliciano, Ridgefield Park	11.21	
2022-Dean Park, Fort Lee	11.21	
2021-Ryan Fletcher, Englewood	11.33	
2019-El Taylor, Fort Lee	11.72	
2018-Cameron Shaw, Ridgefield Park	11.09	
2017-Tahj Martin, Fort Lee	11.06	
2016-Michael Huertas, Fort Lee	11.42	
2015-Hunter Hayek, St. Joseph Regional	11.67	
2014-Chris Estrella, Ridgefield Park	11.07	
2013-Ken Clarke, Ramapo	11.34	
2012-Jabari Garvin, St. Joseph Regional	11.26	
2011-Angel Lora, Garfield	11.17	
2010-Corey Crawford, Indian Hills	11.13	
2009-Ackeme Brown, Englewood		11.35
2008-Joe Jones, Englewood	10.81	
2007-Raldaine McDonald, Englewood	10.9	
2006-Garrett Kroner, Indian Hills	10.9	
2005-Chris DeGannes, St. Joseph Regional	10.9	
2004-Garrett Kroner, Indian Hills	11.2	
2003-Anthony Cinelli, Paramus Catholic	11.1	
2002-Miles Austin, Garfield	11.0	
2001-Rob Richardson, Garfield	11.0	
2000-Pat McManus, St. Joseph Regional	11.3	
1999-Kiyon Harley, Paramus Catholic	11.1	
1998-Kiyon Harley, Paramus Catholic	11.2	
1997-Cooper Rego, St. Joseph Regional	10.9	
1996-Cooper Rego, St. Joseph Regional	11.0	
1995-Ed Weiss, Pascack Valley	11.2	
1994-Ed Weiss, Pascack Valley	11.3	
1993-Jamal Hayletts, Bergenfield	11.2	
1992-Leo Viana, Cliffside Park	11.4	
1991-Scott Kaufman, Tenafly	11.2	
1990-Ken Chan, Fort Lee	11.5	
1989-Dave Camp, Old Tappan	11.5	
1988-Dave Camp, Old Tappan	11.3	
1987-LaMonte Brown, Demarest	11.1	
1986-Jon Howard, Old Tappan	11.5	
1985-LaMonte Brown, Demarest	10.9	
1984-Tom Sikorski, Indian Hills	11.2	
1983-Cliff Duncan, Englewood	11.0	
1982-Cliff Duncan, Englewood	11.5	
1981-John Rauch, River Dell	11.3	
1980-Sam Cureton, Englewood	11.5	

100 YARDS

1979-Brian Anthony, Englewood	10.5
1978-Charlie Marks, Englewood	10.1
1977-John McGee, Pascack Hills	10.4
1976-Chris McLean, Ridgefield Park	10.2
1975-Dan Noah, River Dell	10.5
1974-Rich Laube, Fort Lee	10.1

1973-Chuck Williams, Bergen Tech	10.1	
1972-John Spina, Ridgefield Park		10.3
1971-Bernard Bivens, Englewood		10.4
1970-Dennis Pearson, Englewood		10.1
1969-Dave Liskin, Englewood	10.2	
1968-Pete Degelman, Westwood	10.2	
1967-Ed Arneman, Old Tappan	10.1	
1966-Walt Doerig, River Dell	10.3	
1965-Bill Walker, Englewood	10.0	
1964-Bill Walker, Englewood	10.2	

200 METERS

2024-Jaden Marchan, Leonia	21.70	
2023-Jack Attali, Demarest	21.99	
2022-Jaden Marchan, Leonia	22.69	
2021-Donavan Anderson, Bergenfield	22.05	
2019-Chris Christian, Englewood	23.10	
2018-Max Baker, Ramapo	22.51	
2017-Tahj Martin, Fort Lee	21.96	
2016-Michael Huertas, Fort Lee	22.74	
2015-Hunter Hayek, St. Joseph Regional	22.44	
2014-Chris Estrella, Ridgefield Park	22.08	
2013-Kenny Clarke, Ramapo	22.61	
2012-Kenny Clarke, Ramapo	22.90	
2011-John Sanford, St. Joseph	22.58	
2010-Corey Crawford, Indian Hills	22.03	
2009-Raldaine McDonald, Englewood	22.2	
2008-Greg Stripe, Mahwah	22.3	
2007-Colin McEvoy, Pascack Valley	22.3	
2006-Garrett Kroner, Indian Hills	21.8	
2005-Garrett Kroner, Indian Hills	21.8	
2004-Matt St. Germain, Queen of Peace	22.6	
2003-Anthony Cinelli, Paramus Catholic	22.9	
2002-Miles Austin, Garfield	22.2	
2001-Jon Reid, Bergen Tech	23.1	
2000-Ron Lugashi, Tenafly	22.7	
1999-Kiyon Harley, Paramus Catholic	22.3	
1998-Kiyon Harley, Paramus Catholic	22.4	
1997-Cooper Rego, St. Joseph Regional	22.0	
1996-Mike Guazzo, Indian Hills	22.6	
1995-Neil Concepcion, Demarest	22.0	
1994-J.J. Croix, Garfield	22.4	
1993-Jamal Hayletts, Bergenfield	23.4	
1992-Kevin Jenkins, Ramapo	23.7	
1991-Jose daCosta, Dumont	23.7	
1990-Jim Paolillo, Old Tappan	23.0	
1989-Cid Wilson, Paramus	23.0	
1988-Dave Camp, Old Tappan	22.7	
1987-Jon Howard, Old Tappan	23.5	
1986-LaMonte Brown, Demarest	22.3	
1985-LaMonte Brown, Demarest	22.8	
1984-Tom Sikorski, Indian Hills	22.9	
1983-Tom Sikorski, Indian Hills	22.6	
1982-Mike Holt, Dumont	23.0	
1981-John Rauch, River Dell	23.2	
1980-Mike Geraghty, Don Bosco	23.2	

220 YARDS

1979-Mike Angelica, Indian Hills		23.4
1978-John McGee, Pascack Hills	23.1	
1977-John McGee, Pascack Hills	23.0	
1976-Charlie Schnaars, Tenafly	22.6	
1975-Dan Noah, River Dell	23.0	

1974-Rich Laube, Fort Lee	22.5	
1973-Chuck Williams, Bergen Tech	23.0	
1972-John Spina, Ridgefield Park		22.5
1971-Fred Nance, Englewood	22.7	
1970-Dennis Pearson, Englewood		22.6
1969-Dave Liskin, Englewood	22.4	
1968-Bill Hoppe, River Dell	22.1	
1967-Ed Arneman, Old Tappan	22.3	
1966-John Godfrey, Tenafly	22.9	
1965-Bill Walker, Englewood	22.0	
1964-Bill Walker, Englewood	21.9	

400 METERS

2024-Jaden Marchan, Leonia	47.42	
2023-Jaden Marchan, Leonia	47.65	
2022-Jaden Marchan, Leonia	49.86	
2021-Donavan Anderson, Bergenfield	50.03	
2019-Andrew Sanchez, River Dell		50.01
2018-Mike Petrazzuolo, Ramapo	50.18	
2017-Evan Bonfield, Mahwah	49.62	
2016-Peter Caride, Ramapo	51.65	
2015-Eric Kim, Mahwah	51.04	
2014-John Robinson, Englewood	50.35	
2013-Dylan Perez, Ridgefield Park	50.35	
2012-Ben Malone, Pascack Valley	49.03	
2011-John Sanford, St. Joseph	48.89	
2010-Mark Filandro, Indian Hills	48.93	
2009-Mark Filandro, Indian Hills	49.4	
2008-Mark Filandro, Indian Hills	51.1	
2007-Kevin McVeigh, River Dell	51.0	
2006-Garrett Kroner, Indian Hills	48.9	
2005-Garrett Kroner, Indian Hills	49.8	
2004-Garrett Kroner, Indian Hills	49.9	
2003-Thomas Walsh, Old Tappan		51.3
2002-Jason Endres, Paramus	51.2	
2001-Ryan Kriser, Northern Highlands	52.1	
2000-Ron Lugashi, Tenafly	50.6	
1999-Johjan Carela, Paramus Catholic	49.7	
1998-Johjan Carela, Paramus Catholic	50.6	
1997-Nick DeVito, St. Joseph Regional	50.0	
1996-Nick DeVito, St. Joseph Regional	50.7	
1995-Neil Concepcion, Demarest	50.6	
1994-J.J. Croix, Garfield	50.5	
1993-Craig Murphy, Ramsey	50.6	
1992-Kevin Jenkins, Ramapo	52.9	
1991-Eric Lipkin, Paramus	52.9	
1990-Derek Milian, Ramsey	50.4	
1989-Pat Leary, Old Tappan	51.1	
1988-Mike Rosenberg, Queen of Peace	51.8	
1987-Dave King, Northern Highlands	51.6	
1986-Ted Franz, Bergenfield	52.3	
1985-Joe Russomanno, Indian Hills	51.4	
1984-Joe Russomanno, Indian Hills	50.9	
1983-Tom Sikorski, Indian Hills	51.4	
1982-James Brown, Westwood	51.9	
1981-Hank Boggio, Indian Hills	50.3	
1980-Mike Geraghty, Don Bosco	50.3	

440 YARDS

1979-Dave Aurichio, Pascack Hills	51.0	
1978-Steve DePerna, Westwood	51.3	
1977-John Brennan, Ramsey	49.8	
1976-Joe Hurley, Don Bosco	49.9	

1975-Kevin Kealy, Paramus Catholic	50.0
1974-Bill Scholz, Don Bosco	50.3
1973-Jim Lordeman, Tenafly	52.0
1972-Mike Tyson, Englewood	50.0
1971-Mike Tyson, Englewood	50.8
1970-Gene Prettor, Englewood	51.4
1969-Gil Torres, Demarest	50.0
1968-Jeff Adams, Englewood	49.5
1967-Steve Mele, Ramapo	50.8
1966-Joe Bryant, Englewood	50.0
1965-Dan Wigart, Tenafly	49.0
1964-Dave Stanley, Glen Rock	48.3

800 METERS

2024-Patrick Kurtz, Pascack Valley	1:56.11
2023-Matt Malora, Old Tappan	1:59.16
2022-Matt Malora, Old Tappan	2:01.00
2021-Theo Davis, Demarest	2:00.98
2019-Jason Kelly, Indian Hills	2:01.33
2018-Mike Petrazzuolo, Ramapo	1:56.98
2017-Will Welzer, Demarest	2:01.08
2016-William Daly, River Dell	1:58.50
2015-Rob Klopff, River Dell	1:57.43
2014-James Buser, Mahwah	1:55.26
2013-James Buser, Mahwah	1:58.33
2012-Ben Malone, Pascack Valley	1:53.08
2011-Brad Paternostro, Ramapo	1:52.73
2010-Mark Filandro, Indian Hills	1:58.49
2009-Corey Caidenhead, Bergenfield	1:55.0
2008-Max Bruno, Indian Hills	1:54.4
2007-Max Bruno, Indian Hills	1:57.3
2006-Max Bruno, Indian Hills	1:55.9
2005-James LaGreca, Demarest	1:57.3
2004-Elan Goldwaser, Indian Hills	1:58.9
2003-Greg Horn, River Dell	2:00.7
2002-Samir Mane, Fort Lee	1:59.7
2001-Samir Mane, Fort Lee	2:00.2
2000-Brian Burns, River Dell	1:58.2
1999-Corey Kunz, St. Joseph Regional	1:58.1
1998-Brian Burns, River Dell	1:59.4
1997-Cavrel Silvera, Fort Lee	1:56.2
1996-Cavrel Silvera, Fort Lee	1:59.5
1995-Dan Sheth, Paramus Catholic	1:58.4
1994-Leigh Cadigan, Old Tappan	1:58.4
1993-Bill Grogan, Bergenfield	1:57.8
1992-Frank Baldassare, Ramapo	1:58.9
1991-Peter Graham, Dumont	1:58.5
1990-Moses Mekbebe, Cliffside Park	1:58.3
1989-Ken Flynn, Ramsey	1:59.9
1988-Erik Fidel, Old Tappan	1:58.3
1987-Erik Fidel, Old Tappan	1:57.0
1986-Gaspar Terrana, Ramapo	1:57.7
1985-Bob Cassavell, Northern Highlands	1:57.8
1984-Jim Siedliski, Pascack Hills	1:57.8
1983-Rob Schwartz, Demarest	1:57.5
1982-Mike Sheehy, River Dell	1:56.8
1981-Brandon Gregory, Englewood	2:00.0
1980-Bob Manson, Ramsey	2:00.6

880 YARDS

1979-Jose Burges, Paramus Catholic	1:59.7
1978-Steve Simon, Indian Hills	1:59.8
1977-Kevin Byrne, Paramus Catholic	1:56.1

1976-Rick Devine, Westwood	1:56.3	
1975-Joe Hurley, Don Bosco	1:54.8	
1974-Tom Scharday, Old Tappan	1:58.3	
1973-Mark Chiusano, Indian Hills	2:01.0	
1972-Pete Cherico, Fort Lee	1:59.5	
1971-Fred Sgandurra, Dumont	2:01.3	
1970-Bill Draille, Pascack Hills	1:59.9	
1969-Butch Goette, Pascack Hills		1:58.9
1968-Bruce Nuss, Westwood	2:01.0	
1967-Ev Schenk, Glen Rock	1:57.3	
1966-Ev Schenk, Glen Rock	2:02.5	
1965-Ron Sicoti, Ramapo	1:57.4	
1964-Doug McNally, Tenafly	2:01.0	

1600 METERS

2024-Patrick Kurtz, Pascack Valley	4:26.17	
2023-Bryce Teto, Paramus	4:29.72	
2022-Raffi Buchakjian, Indian Hills	4:28.41	
2021-Saim Syed, Ridgefield Park	4:44.42	
2019-Theo Davis, Demarest	4:26.95	
2018-Josh Munoz, Demarest	4:25.26	
2017-Ty Miller, Demarest	4:26.09	
2016-Colin Daly, River Dell	4:24.59	
2015-Will Daly, River Dell	4:23.97	
2014-Will Daly, River Dell	4:25.26	
2013-James Buser, Mahwah	4:21.38	
2012-Ben Malone, Pascack Valley	4:20.07	
2011-Brad Paternostro, Ramapo	4:19.08	
2010-Chris Eltringham, Ramsey	4:27.44	
2009-Dayne Mosconi, Tenafly	4:29.8	
2008-Max Bruno, Indian Hills	4:29.4	
2007-Charles Goold, Rutherford	4:30.2	
2006-Max Bruno, Indian Hills	4:29.8	
2005-James LaGreca, Demarest	4:30.0	
2004-Matt Klypka, Indian Hills	4:28.3	
2003-James LaGreca, Demarest	4:29.2	
2002-Dane Garlasco, Demarest	4:37.5	
2001-Joshua Robinson, River Dell	4:29.2	
2000-Joshua Robinson, River Dell	4:38.4	
1999-Corey Kunz, St. Joseph Regional	4:29.5	
1998-Cary Snyder, Demarest	4:23.1	
1997-Cary Snyder, Demarest	4:26.6	
1996-Jeremy Battles, River Dell	4:29.0	
1995-Jeremy Muratore, Tenafly	4:28.9	
1994-Matt Illian, Pascack Valley	4:27.0	
1993-Bill Grogan, Bergenfield	4:29.0	
1992-Frank Baldassare, Ramapo	4:20.7	
1991-Moses Mekbeb, Cliffside Park	4:19.0	
1990-Ken Flynn, Ramsey	4:29.0	
1989-Ken Flynn, Ramsey	4:31.3	
1988-Pat Oelkers, Ramsey	4:31.5	
1987-Norbert Berenyi, Old Tappan	4:24.2	
1986-Jeff Brown, Northern Highlands	4:27.2	
1985-Jason Kaplan, Westwood	4:28.8	
1984-Steve Schadler, Bergenfield		4:20.8
1983-Steve Schadler, Bergenfield		4:28.4
1982-Steve Schadler, Bergenfield		4:21.5

1500 METERS

1981-Bob Schwartz, Demarest	4:09.7	
1980-Jim Wagner, Pascack Valley	4:10.2	

ONE MILE

1979-Jose Berges, Paramus Catholic	4:27.1	
1978-John Murtaugh, Old Tappan	4:29.8	
1977-Chris Ryan, Don Bosco	4:30.6	
1976-Art Perraud, St. Joseph Regional	4:24.5	
1975-Craig Venskus, Demarest	4:28.6	
1974-Clark Woods, Pascack Valley	4:18.0	
1973-George MacKay, Pascack Hills	4:16.9	
1972-George MacKay, Pascack Hills	4:21.6	
1971-Rod Brungrabber, Dumont	4:27.1	
1970-John Tanner, Demarest	4:28.3	
1969-Jim Hennesey, New Milford		4:31.2
1968-Jim Hennesey, New Milford		4:31.9
1967-Jim Hennesey, New Milford		4:33.9
1966-Bob Livingston, Demarest	4:36.7	
1965-Brian Kenney, Tenafly	4:31.8	
1964-Andy Halvorsen, Englewood	4:36.6	

3200 METERS

2024-Marcus Koshy, Pascack Valley	10:04.50	
2023-Bryce Teto, Paramus	9:44.39	
2022-Russell Braver, Indian Hills	9:43.36	
2021-Alex Saldana, River Dell	10:12.02	
2019-Jon Fontana, River Dell	9:38.81	
2018-Steve Fiumefreddo, Indian Hills	9:38.89	
2017-Ty Miller, Demarest	9:51.39	
2016-Will Daly, River Dell	9:47.00	
2015-Colin Daly, River Dell	9:20.92	
2014-Chris Evans, Indian Hills	9:39.80	
2013-Kevin Rogovich, Demarest	9:47.96	
2012-Ben Malone, Pascack Valley	10:00.75	
2011-Nick Ward, Indian Hills	9:31.69	
2010-Sherif Ali, Cliffside Park	9:49.55	
2009-Alan Zacccone, Mahwah	9:52.6	
2008-Max Bruno, Indian Hills	9:42.5	
2007-Max Bruno, Indian Hills	9:39.8	
2006-Max Bruno, Indian Hills	9:43.2	
2005-James LaGreca, Demarest	9:31.3	
2004-Matt Klypka, Indian Hills	9:38.8	
2003-James LaGreca, Demarest	9:56.1	
2002-Mike Accordino, Demarest	9:52.5	
2001-Dane Garlasco, Demarest	10:00.1	
2000-Joshua Robinson, River Dell	10:01.5	
1999-Corey Kunz, St. Joseph Regional	9:42.5	
1998-Cary Snyder, Demarest	9:36.8	
1997-Cary Snyder, Demarest	9:39.6	
1996-Cary Snyder, Demarest	9:51.8	
1995-Matt Illian, Pascack Valley	9:29.1	
1994-Matt Illian, Pascack Valley	9:27.3	
1993-Joe Oliver, Northern Highlands	9:34.2	
1992-Rob Reeder, Northern Highlands	9:15.0	
1991-Ken Flynn, Ramsey	9:43.5	
1990-Ken Flynn, Ramsey	9:28.4	
1989-Ken Flynn, Ramsey	9:47.3	
1988-Ken Flynn, Ramsey	9:48.9	
1987-Norbert Berenyi, Old Tappan	9:33.7	
1986-Jeff Brown, Northern Highlands	9:39.9	
1985-Jason Kaplan, Westwood	9:33.1	
1984-Steve Schadler, Bergenfield		9:28.8
1983-Steve Schadler, Bergenfield		9:23.8
1982-Ernie Lugo, St. Joseph Regional	9:42.7	

3000 METERS

1981-Ernie Lugo, St. Joseph Regional	8:54.8
1980-John Nelson, Old Tappan	8:50.0

TWO MILES

1979-Paul Thomas, Paramus Catholic	9:33.3
1978-Paul Thomas, Paramus Catholic	9:38.8
1977-Roger Jones, Ramsey	9:13.6
1976-Kevin Byrne, Paramus Catholic	9:22.4
1975-Bill Wraga, Northern Highlands	9:29.6
1974-Dennis Erb, Old Tappan	9:35.1
1973-Greg Miller, Northern Highlands	9:24.4
1972-Greg Miller, Northern Highlands	9:34.1
1971-Ed Donovan, Dumont	9:55.2
1970-Bob Bonvie, New Milford	9:52.1
1969-Carl Warner, Northern Highlands	9:49.8
1968-Gary Martinsen, East Paterson	9:49.0
1967-Bert Brondi, River Dell	9:53.2
1966-Bert Brondi, River Dell	10:31.8
1965-Harold Ewald, Old Tappan	9:46.7
1964-Harold Ewald, Old Tappan	10:03.4

110 METER HIGH HURDLES (120 yards until 1979)

2024-Liam Paneque, Demarest	15.23	
2023-Jack Attali, Demarest	14.00	
2022-Jack Attali, Demarest	14.72	
2021-Max Weinberg, River Dell	15.50	
2019-Daniel Van Duren, Mahwah		15.43
2018-Hank Anderson, Indian Hills	14.89	
2017-Andrew Peterson, Demarest		16.06
2016-Kyle Barry, Demarest	15.95	
2015-Will Sidaros, Indian Hills	15.41	
2014-Zack Bazile, St. Joseph	15.54	
2013-Christian DeSanctis, River Dell	15.69	
2012-Brian Psota, Ramsey	14.96	
2011-Franklin Smith-Hinson, Garfield	15.19	
2010-Dan McConnell, River Dell	14.91	
2009-Kevin Kuruc, Ramsey	16.10	
2008-Jaivon Palmer, Englewood	14.97	
2007-Anthony Morelli, Demarest	15.5	
2006-Keith Brunner, River Dell	15.4	
2005-Yun Yi, Tenafly	15.4	
2004-Brian Voorhis, River Dell	14.8	
2003-Jeremy Perussi, Demarest	14.9	
2002-Anthony Scanella, Garfield	15.2	
2001-Anthony Scanella, Garfield	16.0	
2000-Kevin Lamb, Pascack Valley	15.5	
1999-Mike Stansfield, Garfield	14.7	
1998-Marc Fulson, Paramus Catholic	14.8	
1997-Jon Levis, River Dell	15.8	
1996-Simon Wu, River Dell	14.7	
1995-Anthony DiCosmo, Paramus Catholic	14.4	
1994-Andy Morales, Garfield	14.8	
1993-Toshiyuki Yamada, Fort Lee	15.1	
1992-Jesse Chertoff, Tenafly	15.5	
1991-Mark Stec, Ramapo	15.4	
1990-Paul Von Dohlen, Tenafly	15.1	
1989-Mike Puskas, Paramus	15.0	
1988-Mike Puskas, Paramus	15.4	
1987-Jon Weisgal, Tenafly	15.6	
1986-Scott Durski, Indian Hills	15.5	
1985-Greg King, Northern Highlands	15.2	
1984-Greg King, Northern Highlands	15.6	

1983-John Messina, Old Tappan	15.7	
1982-Mark Schwerzler, Cliffside Park	15.8	
1981-Greg Carney, St. Joseph Regional	15.2	
1980-Joe Presing, Westwood	15.3	
1979-Brian Campbell, Paramus Catholic	15.3	
1978-Ken Thorpe, Indian Hills	14.3	
1977-Rich Ancona, Don Bosco	15.2	
1976-Lou Mastro, Paramus Catholic	14.8	
1975-Brian Hart, Paramus Catholic	15.1	
1974-Ken Stokes, New Milford	14.7	
1973-Ken Stokes, New Milford	14.4	
1972-John Ercolani, New Milford		14.5
1971-Eric Huettinger, New Milford	14.9	
1970-Bob Ryan, New Milford	14.6	
1969-Carmine D'Arminio, Lodi	15.6	
1968-Mark Doykos, Fort Lee	14.8	
1967-Ted Walker, Englewood	14.6	
1966-Ted Walker, Englewood	15.0	
1965-Len Corn, Ramapo	14.4	
1964-Jim Parker, New Milford	15.2	

400 METER INTERMEDIATE HURDLES

2024-Goran Saric, Old Tappan	56.71	
2023-Jack Attali, Demarest	53.56	
2022-Goran Saric, Old Tappan	57.03	
2021-O'Dell Holland Fincher, Fort Lee	58.28	
2019-David Gibbons, River Dell	57.72	
2018-Juan Emmanuel Mejia, Ridgefield Park		56.78
2017-Andrew Peterson, Demarest		55.77
2016-Andrew Peterson, Demarest		56.93
2015-Will Sidaros, Indian Hills	56.66	
2014-Anthony Salemo, Ramsey	56.11	
2013-Christian DeSanctis, River Dell	56.09	
2012-Calvin Knox, Indian Hills	56.33	
2011-Erik Moutenot, Mahwah	55.12	
2010-Mark Filandro, Indian Hills	55.18	
2009-Mark Filandro, Indian Hills	56.0	
2008-Ryan McVeigh, River Dell	57.8	
2007-Toby Emaniell, Tenafly	57.8	
2006-Keith Brunner, River Dell	57.1	
2005-Yun Yi, Tenafly	56.3	
2004-Ken Ebeling, Mahwah	55.5	
2003-Rory Miller, Old Tappan	56.4	
2002-Greg Horn, River Dell	56.2	
2001-Rob Robles, Paramus Catholic	56.4	
2000-Brian Burns, River Dell	55.5	
1999-Mike Stansfield, Garfield	54.7	
1998-Brian Burns, River Dell	56.6	
1997-Jon Levis, River Dell	56.6	
1996-Simon Wu, River Dell	55.7	
1995-Simon Wu, River Dell	56.7	
1994-Heath Ostrowski, Demarest	57.6	
1993-Dennis Stawicki, Northern Highlands	57.9	
1992-Brian Whipple, Indian Hills	57.1	
1991-Brian Whipple, Indian Hills	57.6	
1990-Paul Von Dohlen, Tenafly	55.9	
1989-Bob Howard, Old Tappan	55.5	
1988-Bob Howard, Old Tappan	56.5	
1987-Neal Biscaldi, Tenafly	57.4	
1986-Neal Biscaldi, Tenafly	57.2	
1985-Joe Russomanno, Indian Hills	55.7	
1984-Joe Russomanno, Indian Hills	56.2	
1983-Jeff Saladucha, Demarest	55.9	
1982-Mike Nichelli, Demarest	57.7	

1981-Brian Scott, Pascaek Hills	56.9
1980-Brian Scott, Pascaek Hills	56.3

330 YARD INTERMEDIATE HURDLES

1979-Mark Ladd, Ramsey	41.0
1978-Ken Thorpe, Indian Hills	39.7
1977-P.J. Mastro, Paramus Catholic	39.2
1976-Lou Mastro, Paramus Catholic	39.8
1975-Lou Mastro, Paramus Catholic	38.4
1974-Ken Stokes, New Milford	38.8

180 YARD LOW HURDLES

1973-Ken Stokes, New Milford	21.0
1972-Scott Randall, Tenafly	20.2
1971-Eric Huettinger, New Milford	20.2
1970-Bob Ryan, New Milford	19.6
1969-Ken Clark, New Milford	19.9
1968-Mark Doykos, Fort Lee	19.6
1967-Ted Walker, Englewood	19.9
1966-Ted Walker, Englewood	20.7
1965-Len Corn, Ramapo	19.4
1964-Jim Parker, New Milford	19.7

SHOT PUT

2024-Jack Small, Old Tappan	57-11
2023-Jack Small, Old Tappan	56-10
2022-Ohan Ambartsoumian, Demarest	50-10 $\frac{3}{4}$
2021-VeRon Garrison, Englewood	56-5
2019-Marc Santonocito, Demarest	52-10
2018-Connor Scaglione, Demarest	54-10
2017-Connor Scaglione, Demarest	52-2
2016-Jae Choi, River Dell	49-10 $\frac{1}{2}$
2015-Drew Tummino, River Dell	58-2 $\frac{1}{4}$
2014-Drew Tummino, River Dell	56-3
2013-Andrew Trumbetti, Demarest	60-2 $\frac{1}{4}$
2012-Matt Koh, River Dell	54-3 $\frac{3}{4}$
2011-Dan Messmer, River Dell	46-11 $\frac{3}{4}$
2010-John Farelli, River Dell	52-11 $\frac{1}{2}$
2009-Eric Van Dunk, Mahwah	54-2 $\frac{1}{2}$
2008-Andrew Trass, River Dell	53-8
2007-Zach Shapiro, River Dell	54-7
2006-Tom Stripe, Mahwah	54-4 $\frac{1}{2}$
2005-Doug Klopacz, St. Joseph Regional	54-11
2004-Greg Lippert, Pascaek Valley	54-0
2003-Joe Viglione, Garfield	55-2
2002-Paul Trass, River Dell	50-4
2001-Luis Castillo, Garfield	54-8
2000-Matt Bushta, Indian Hills	53-1 $\frac{3}{4}$
1999-Nick Lewis, Demarest	47-9 $\frac{3}{4}$
1998-Adam Scholze, Ramapo	53-6 $\frac{1}{4}$
1997-Greg Cyrus, Paramus Catholic	48-6
1996-Joe Yiu, Demarest	49-6
1995-David Ferrara, Ramsey	48-6 $\frac{1}{2}$
1994-Mike Sheehan, Demarest	50-2
1993-Mike Sheehan, Demarest	53-3
1992-Tom Jennings, Indian Hills	54-1 $\frac{1}{4}$
1991-Tom Jennings, Indian Hills	48-8 $\frac{1}{2}$
1990-Brad Moser, Demarest	52-6 $\frac{1}{4}$
1989-P.J. Schunke, Indian Hills	49-3 $\frac{1}{2}$
1988-Mike Theuerkauf, Demarest	57-0
1987-Mike Theuerkauf, Demarest	58-5 $\frac{1}{2}$
1986-Mike Theuerkauf, Demarest	54-2 $\frac{1}{2}$
1985-Mike Theuerkauf, Demarest	52-4 $\frac{1}{4}$

1984-Dave Cassens, Demarest	55-11
1983-Gene Ratz, Indian Hills	56-0
1982-Wes Walton, Demarest	55-0 $\frac{3}{4}$
1981-Jon Lampert, Demarest	56-10
1980-Dana Ellis, Ramapo	51-3 $\frac{1}{2}$
1979-Matt Bauer, Don Bosco	54-8 $\frac{1}{2}$
1978-Bob Celentano, Demarest	54-10 $\frac{3}{4}$
1977-Tom Lanzalotto, Paramus Catholic	57-9 $\frac{1}{2}$
1976-Jerry McIntyre, St. Joseph Regional	53-9 $\frac{1}{2}$
1975-Mark Saner, St. Joseph Regional	59-7
1974-Mark Saner, St. Joseph Regional	58-2 $\frac{1}{4}$
1973-Jeff Sokolik, New Milford	57-2
1972-Len Haak, River Dell	55-1 $\frac{3}{4}$
1971-Jeff Sokolik, New Milford	53-6
1970-Nick Carelle, Fort Lee	52-1 $\frac{1}{2}$
1969-Mike Alberts, Paramus Catholic	58-5
1968-Randy Sokolik, New Milford	58-9
1967-Bob Hantman, Dumont	54-9 $\frac{1}{2}$
1966-Rich Duran, New Milford	52-2 $\frac{1}{2}$
1965-Harry Kuhn, Pascack Valley	50-8 $\frac{3}{4}$
1964-Bill Newcomb, New Milford	54-3 $\frac{1}{2}$

DISCUS

2024-Jack Small, Old Tappan	161-5
2023-Jack Small, Old Tappan	154-0
2022-Dan Mikay, Demarest	165-9
2021-Dan Mikay, Demarest	158-3
2019-Matt Lange, Demarest	160-0
2018-Mike Rizik, River Dell	153-2
2017-Greg Giuliani, Demarest	148-10
2016-Jae Choi, River Dell	138-8
2015-Jack Vigneron, River Dell	165-9
2014-Jack Vigneron, River Dell	155-5
2013-Andrew Trumbetti, Demarest	167-10
2012-Matt Koh, River Dell	159-5
2011-Cory Connell, Ramsey	145-3
2010-John Farelli, River Dell	151-11
2009-Matt Krzysik, Indian Hills	156-4
2008-Andrew Trass, River Dell	136-11
2007-James Stathopoulos, Mahwah	142-3
2006-Shawn Sabo, Indian Hills	160-2
2005-Ryan McElroy, Demarest	148-1
2004-Mark Engravalle, St. Joseph Regional	129-11
2003-Manny Mkrтчian, Fort Lee	143-10
2002-Paul Trass, River Dell	150-7
2001-Luis Castillo, Garfield	164-8
2000-Scott DeCaro, Pascack Valley	135-6
1999-Maurice Gargano, Garfield	140-10
1998-Adam Scholze, Ramapo	163-7
1997-Ryan Boyd, St. Joseph Regional	143-5
1996-Rob Morsch, Ramapo	141-5
1995-Kurt Hockmyer, Ramsey	152-9
1994-Nick Phillips, Ramapo	148-2
1993-Frank Romano, Cliffside Park	141-1
1992-Pete Dunn, Demarest	143-9
1991-Ralph Filieri, Fort Lee	141-3
1990-Brad Moser, Demarest	150-1
1989-Anthony Mirra, Ramsey	142-2
1988-Pete Weis, Demarest	148-3
1987-Mike Theuerkauf, Demarest	156-0
1986-John Camper, Ramapo	160-5
1985-John Camper, Ramapo	162-11
1984-Dave Cassens, Demarest	162-1
1983-Mel Landis, Pascack Hills	172-0

1982-Mel Landis, Pascack Hills	161-2
1981-Dana Ellis, Ramapo	176-2
1980-Dana Ellis, Ramapo	151-5
1979-Paul Cronin, Indian Hills	165-11
1978-Bob Celentano, Demarest	164-10
1977-Larry Jansson, Demarest	168-7
1976-Bob Ellis, Ramapo	162-6
1975-George Ganzenmuller, River Dell	157-3
1974-Jim Quinn, Paramus Catholic	163-2
1973-Mike Murberg, Old Tappan	155-9
1972-Len Haak, River Dell	155-3
1971-Bob Hamers, New Milford	148-10
1970-Nick Carelle, Fort Lee	156-7
1969-Nick Carelle, Fort Lee	157-4
1968-Randy Sokolik, New Milford	163-3
1967-Bob Hantman, Dumont	144-11
1966-Andy Blayman, Tenafly	155-9
1965-Andy Blayman, Tenafly	157-1
1964-Bill Newcomb, New Milford	155-0

JAVELIN

2024-Colin Krause, Pascack Valley	166-5	
2023-George Kalkanis, Mahwah	186-11	
2022-Liam Zelman, Demarest	168-2	
2021-Matt Vercelli, Ridgefield Park	153-6	
2019-Huasly Paredes-Garcia, Fort Lee	182-4	
2018-Michael Connor, Ramapo	178-0	
2017-Chandler Olivieri, Ridgefield Park	181-0	
2016-Bryan Holden, Demarest	180-2	
2015-Paul Ippolito, Demarest	160-11	
2014-Shane DeMaso, River Dell	153-4	
2013-Blake Geller, Demarest	175-5	
2012-Sam Becourtney, River Dell		164-9
2011-Sam Becourtney, River Dell		162-10
2010-Steve Iafrate, Demarest	191-8	
2009-Kevin Steimle, Mahwah	197-2	
2008-Andrew Trass, River Dell	166-11	
2007-Kevin Steimle, Mahwah	171-11	
2006-Kyle Kolich, Rutherford	187-9	
2005-James Woods, Demarest	177-10	
2004-Dan Kroner, Indian Hills	152-3	
2003-Anthony Cinelli, Paramus Catholic	172-6	
2002-Jim Malizia, St. Joseph Regional	177-11	
2001-Miles Austin, Garfield	189-0	
2000-Miles Austin, Garfield	172-7	
1999-Rich Orlando, Demarest	158-10	
1998-Julio Izquierdo, Fort Lee	169-2	
1997-Julio Izquierdo, Fort Lee	169-5	
1996-Tom Ryan, Garfield	176-6	
1995-Ralph Sango, Cliffside Park		178-3
1994-Roland Batchelor, Rutherford	184-0	
1993-Ian Gordon, Garfield	171-6	
1992-Carl Von Tobel, Dumont	193-2	
1991-George Milani, Tenafly	187-10	
1990-Chris Klapsis, Cliffside Park		175-5
1989-Chris Klapsis, Cliffside Park		180-0
1988-Dwayne Rivera, Demarest	173-3	
1987-Mike Rutigliano, Demarest	172-9	
1986-Mike Rutigliano, Demarest	176-3	
1985-Ed Baisley, Tenafly	196-7	
1984-Pablo Mariano, Demarest	192-9	
1983-Bruce Bacchiocchi, Dumont		205-7
1982-Bruce Bacchiocchi, Dumont		205-0
1981-Andy Soltes, Dumont	189-10	

1980-Mike Green, St. Joseph Regional	180-6
1979-Matt Bauer, Don Bosco	172-10
1978-Mike Collins, Don Bosco	216-1
1977-Matt Bauer, Don Bosco	191-4
1976-Bill Hoy, Don Bosco	175-4
1975-Bill Hoy, Don Bosco	172-4
1974-Glen Skola, Don Bosco	177-3

HIGH JUMP

2024-Liam Paneque, Demarest	6-4
2023-Liam Paneque, Demarest	6-4
2022-Andrew Tandler, Demarest	6-0
2021-Nolan Gilmour, River Dell	6-0
2019-John DeCroce, Demarest	6-0
2018-Carlos Pepin, Lodi	6-2
2017-Carlos Pepin, Lodi	5-8
2016-David Feliz, Ridgefield Park	6-0
2015-Jairus Paul, Mahwah	6-0
2014-Chris Estrella, Ridgefield Park	6-2
2013-Josh Landsman, Demarest	6-6
2012-Daniel Thompson, Indian Hills	6-2
2011-Daniel Thompson, Indian Hills	5-10 (5-11 in jumpoff)
2010-Corey Crawford, Indian Hills	6-4
2009-Corey Crawford, Indian Hills	6-4
2008-Chris Phipps, Lodi	6-2
2007-Chris Phipps, Lodi	6-2
2006-Val Terezibh, Fort Lee	6-0
2005-Val Terezibh, Fort Lee	6-0
2004-Val Terezibh, Fort Lee	6-0
2003-Dan Kiely, Old Tappan	6-2
2002-Ian Loschman, Pascack Valley	6-4
2001-Ian Loschman, Pascack Valley	6-2
2000-Ayo Oluwole, St. Joseph Regional	6-0
1999-Dario Peynado, Paramus Catholic	6-2 (6-3 in jump off)
1998-Keith Johnson, Paramus Catholic	6-4
1997-Mike Stansfield, Garfield	6-0 (6-5 in jump off)
1996-Tom Bozmann, Indian Hills	6-2
1995-Godfrey Gordon, Garfield	6-6
1994-Godfrey Gordon, Garfield	6-4
1993-Keijuan Keitt, Indian Hills	6-4
1992-Dave Kruse, Tenafly	6-0
1991-Dave Kruse, Tenafly	6-2
1990-Rob Edler, Ramapo	6-0
1989-Brian Weis, Old Tappan	6-5
1988-Brian Weis, Old Tappan	6-6
1987-Mark DeAngelus, Tenafly	6-0
1986-Pat Sanders, Ramapo	6-2
1985-Bob Pilsbury, Demarest	6-0
1984-Paul Cote, Old Tappan	6-2
1983-Paul Cote, Old Tappan	6-2
1982-Doug Boyd, Old Tappan	6-6
1981-Doug Boyd, Old Tappan	6-3
1980-Dan Porter, Pascack Valley	6-2
1979-Mike Curti, Dumont	6-8
1978-Mike Curti, Dumont	6-0
1977-Dennis Politi, Northern Highlands	5-10
1976-Dan Hatton, Ridgefield Park	6-1
1975-Mark Kennedy, Paramus Catholic	6-0
1974-Jeff Seipel, New Milford	6-3
1973-Jeff Seipel, New Milford	6-0
1972-Scott Fraser, Pascack Hills	6-2
1971-Bernie Lunnon, Englewood	6-0
1970-Gary Mooring, Englewood	6-0
1969-Wayne Purcell, Englewood	6-4

1968-Jeff Fried, New Milford	6-5	
1967-Bill Waterfall, New Milford		6-3
1966-Barry Shepard, Tenafly	6-2 $\frac{3}{4}$	
1965-Bill Waterfall, New Milford		5-10
1964-Rick Waterfall, New Milford	6-1	

LONG JUMP

2024-Liam Paneque, Demarest	23-2	
2023-Liam Paneque, Demarest	21-11 $\frac{3}{4}$	
2022-Liam Paneque, Demarest	21-3	
2021-Donovan Anderson, Bergenfield	24-0	
2019-Donovan Anderson, Bergenfield	22-8	
2018-Emmanuel Montoya, Fort Lee	23-2 $\frac{1}{2}$	
2017-Christian Torres, Garfield	22-3 $\frac{1}{2}$	
2016-Christian Torres, Garfield	21-0 $\frac{1}{2}$	
2015-Jairus Paul, Mahwah	22-1 $\frac{1}{2}$	
2014-Jairus Paul, Mahwah	22-4 $\frac{3}{4}$	
2013-Zach Bazile, St. Joseph	21-8 $\frac{1}{4}$	
2012-Charlie Dzienis, Indian Hills	21-4 $\frac{1}{2}$	
2011-Angel Lora, Garfield	21-10 $\frac{1}{2}$	
2010-Corey Crawford, Indian Hills	24-4 $\frac{3}{4}$	
2009-Ackeme Brown, Englewood		22-9 $\frac{1}{4}$
2008-Chris Phipps, Lodi	22-3 $\frac{1}{4}$	
2007-Chris Phipps, Lodi	22-3	
2006-Val Terezibh, Fort Lee	21-5 $\frac{1}{2}$	
2005-Chris DeGannes, St. Joseph Regional	21-9 $\frac{1}{2}$	
2004-Minjoe Williams, Fort Lee	20-9 $\frac{1}{2}$	
2003-Rob Richardson, Garfield	21-6 $\frac{1}{2}$	
2002-Rob Richardson, Garfield	21-6	
2001-Dan DiGregorio, Pascack Valley	21-0 $\frac{1}{2}$	
2000-Pat McManus, St. Joseph Regional	21-1	
1999-Pat McManus, St. Joseph Regional	21-8	
1998-Chad Diller, Ramapo	20-9	
1997-Paul Berberian, Old Tappan		20-10 $\frac{1}{2}$
1996-Mike Oliver, Northern Highlands	20-3 $\frac{1}{2}$	
1995-Anthony DiCosmo, Paramus Catholic	22-2 $\frac{1}{2}$	
1994-Brian Frazer, Demarest	21-4 $\frac{3}{4}$	
1993-Leo Viana, Cliffside Park	22-0	
1992-Ed Montalvo, Dumont	21-0 $\frac{1}{2}$	
1991-Troy Cromwell, Pascack Valley	19-9 $\frac{3}{4}$	
1990-Chuck DeRosa, Tenafly	19-11 $\frac{1}{2}$	
1989-Matt Fialkoff, Ramsey	21-3	
1988-Matt Fialkoff, Ramsey	21-0 $\frac{3}{4}$	
1987-LaMonte Brown, Demarest	21-8 $\frac{1}{2}$	
1986-LaMonte Brown, Demarest	20-10	
1985-Ed Baisley, Tenafly	20-9 $\frac{1}{4}$	
1984-Ronnie Rakowski, Ramsey	20-11 $\frac{3}{4}$	
1983-Bill Snellgrove, Old Tappan		20-2
1982-Tom Thompson, Demarest	19-10 $\frac{1}{2}$	
1981-Tim Perno, Ramsey	20-9 $\frac{1}{2}$	
1980-Scott Ruzich, Ridgefield Park	20-5 $\frac{1}{2}$	
1979-Mike Angelica, Indian Hills		20-3 $\frac{3}{4}$
1978-Russ van Wetering, River Dell	21-6 $\frac{1}{4}$	
1977-Jim Moran, Paramus Catholic	20-5 $\frac{3}{4}$	
1976-Lou Mastro, Paramus Catholic	21-9 $\frac{1}{4}$	
1975-Len Hoffman, Northern Highlands	20-4 $\frac{1}{4}$	
1974-Rick Englander, Pascack Valley	21-3 $\frac{1}{2}$	
1973-Mike Battaglia, Cliffside Park	21-7	
1972-John Feury, Don Bosco	21-1	
1971-Dennis Tinsley, Englewood	22-1 $\frac{1}{2}$	
1970-Dennis Pearson, Englewood		21-6
1969-Bart Gross, Demarest	21-0 $\frac{1}{2}$	
1968-Rich Schmalz, Saddle Brook	20-8	
1967-Steve Mele, Ramapo	21-4 $\frac{3}{4}$	

1966-John Pierce, Old Tappan	20-11
1965-Len Corn, Ramapo	23-0
1964-Bill Walker, Englewood	21-2

TRIPLE JUMP

2024-Liam Paneque, Demarest	46-6 ½
2023-Liam Paneque, Demarest	46-11 ½
2022-Marvellous Bassey, Dwight Morrow	42-6 ¾
2021-Donovan Anderson, Bergenfield	46-2
2019-Vanton Evans, Englewood	42-9 ¾
2018-Carlos Pepin, Lodi	43-7 ¼
2017-Joe Grygiotis, Demarest	42-6 ¼
2016-Steven Nolasco, Garfield	43-5 ¼
2015-Jairus Paul, Mahwah	47-0
2014-Jairus Paul, Mahwah	45-3 ¼
2013-George Trival, Ramsey	45-4 ¾
2012-Rob Pepper, Ramsey	44-7 ½
2011-Angel Lora, Garfield	46-7
2010-Phillip Dowell, Englewood	46-1 ¾
2009-Angel Lora, Garfield	44-2 ¼
2008-Chris Phipps, Lodi	46-1
2007-Chris Phipps, Lodi	45-8
2006-Val Terezibh, Fort Lee	44-2
2005-Chris DeGannes, St. Joseph Regional	43-2 ½
2004-Ted Leshner, Northern Highlands	42-9
2003-Marquis Mitchell, Bergenfield	45-1
2002-Weston Daniel, Bergenfield	45-8 ¾
2001-Weston Daniel, Bergenfield	44-0
2000-Miles Austin, Garfield	43-3
1999-Pat McManus, St. Joseph Regional	44-8 ¼
1998-Bernie Hayes, St. Joseph Regional	44-9
1997-Bernie Hayes, St. Joseph Regional	42-5
1996-Tom Bozmann, Indian Hills	41-11
1995-Anthony DiCosmo, Paramus Catholic	48-10
1994-Godfrey Gordon, Garfield	42-0
1993-Jamal Hayletts, Bergenfield	44-9
1992-Leo Viana, Cliffside Park	41-11
1991-Zee Kwok, Bergenfield	42-4 ¾
1990-Craig St. Thomas, Ramsey	41-8
1989-Sofen Juul, Tenafly	43-10
1988-Mark DeAngelus, Tenafly	43-7
1987-LaMonte Brown, Demarest	44-0
1986-LaMonte Brown, Demarest	42-7 ¼
1985-Ed Baisley, Tenafly	43-2
1984-Ed Mathis, Westwood	41-8 ¼
1983-Rocky Thompson, Demarest	41-6 ½
1982-Mike Doherty, St. Joseph Regional	41-9 ¼
1981-Ed Martin, Paramus Catholic	42-10 ¼
1980-Andy Palahnuk, Old Tappan	41-0
1979-Ken Jones, Ramsey	44-7
1978-Don Jarvis, Indian Hills	44-7 ½
1977-Matt Gilbert, Englewood	43-9 ½
1976-Matt Gilbert, Englewood	42-0
1975-Lou Mastro, Paramus Catholic	41-5 ¾
1974-Rick Englander, Pascack Valley	42-0 ¼

POLE VAULT

2024-Timothy Lee, Old Tappan	13-0
2023-Tyler DeMarco, Old Tappan	14-6
2022-Nathan Park, Old Tappan	12-6
2021-Reese Muller, Mahwah	12-0
2019-Rob Escarret, Ridgefield Park	14-0
2018-Justin Manne, Mahwah	12-6

2017-Jason Mezhibovsky, Demarest	13-6
2016-Joseph Kim, Ridgefield Park	13-6
2015-Sam Siegel, Demarest	13-0
2014-Chris Diaz, Ridgefield Park	14-0
2013-Eric Geider, Demarest	15-0
2012-Ty Poland, Mahwah	13-6
2011-Alex Albanese, Ramsey	12-6
2010-Daniel Nyfenger, Demarest	13-6
2009-Dan Chediak, Fort Lee	12-6
2008-Kevin Sofia, Ramsey	13-6
2007-Jason Schoenfelder, Demarest	12-0
2006-Greg Stripe, Mahwah	13-0
2005-James Woods, Demarest	13-0
2004-Adam Sacher, Pascack Valley	14-6
2003-Adam Sacher, Pascack Valley	12-6
2002-Adam Sacher, Pascack Valley	12-6
2001-Bertram Richter, Northern Highlands	11-6
2000-Dan Lelewski, Garfield	11-0
1999-Adam Rubenstein, NV/Demarest	11-3
1998-David Ritchie, Old Tappan	13-0
1997-David Ritchie, Old Tappan	11-0
1996-Scott Kolkebeck, Old Tappan	12-6
1995-Colin Mutchler, Old Tappan	13-6
1994-Pat Destro, St. Joseph Regional	13-6
1993-Mike Bobovnik, Fort Lee	13-0
1992-Mike Duffy, Dumont	12-0
1991-Troy Cromwell, Pascack Valley	13-0
1990-Troy Cromwell, Pascack Valley	11-6
1989-Jason Bruno, Ramsey	12-6
1988-Wade Konrad, Old Tappan	11-6
1987-John Collins, Ramsey	12-6
1986-Chris Stearns, Indian Hills	12-0
1985-Rich Wolf, Old Tappan	13-0
1984-Jeff Hooton, Ramsey	12-6
1983-Bob White, Indian Hills	13-6
1982-Pete Reist, River Dell	12-6
1981-Pete Reist, River Dell	12-6
1980-Rob Doran, Pascack Valley	12-6
1979-Charles Smith, Englewood	12-0
1978-Pat Gannon, Paramus Catholic	12-0
1977-Scott King, Pascack Hills	12-6
1976-Steve Schupak, Tenafly	13-0
1975-Curt Baer, Northern Highlands	13-6
1974-Doug Karsen, New Milford	12-6
1973-Don Criscione, River Dell	13-0
1972-Mark MacCracken, Tenafly	14-0
1971-Mark MacCracken, Tenafly	12-6
1970-Ken Ashley, Pascack Hills	11-9 ½
Robert Mahone, Englewood	
1969-Tony Donovan, Tenafly	12-6
1968-Bret Kiel, New Milford	13-0
1967-Glen Siegel, East Paterson	12-11
1966-Brendan Haugh, Tenafly	12-6
1965-Charlie Loschmann, Pascack Valley	13-0 ¾
1964-Dennis Murphy, Tenafly	12-0

1600 METER RELAY (one mile until 1979)

2024-Dwight Morrow	3:23.90
2023-Old Tappan	3:28.72
2022-Fort Lee	3:29.12
2021-Fort Lee	3:30.76
2019-River Dell	3:27.58
2018-Ramapo	3:27.90
2017-Mahwah	3:29.08

2016-River Dell	3:30.43
2015-River Dell	3:25.27
2014-River Dell	3:27.34
2013-Indian Hills	3:24.33
2012-Indian Hills	3:27.74
2011-Ramapo	3:25.64
2010-Pascack Valley	3:28.34
2009-Englewood	3:26.6
2008-River Dell	3:31.8
2007-River Dell	3:29.5
2006-Demarest	3:32.5
2005-Ramsey	3:28.2
2004-Ramsey	3:30.9
2003-Paramus Catholic	3:28.8
2002-Paramus Catholic	3:35.9
2001-Paramus Catholic	3:29.4
2000-Fort Lee	3:31.0
1999-Paramus Catholic	3:23.5
1998-Paramus Catholic	3:22.7
1997-St. Joseph Regional	3:26.4
1996-St. Joseph Regional	3:29.5
1995-Demarest	3:27.8
1994-Demarest	3:27.7
1993-Tenafly	3:28.4
1992-Northern Highlands	3:37.8
1991-Indian Hills	3:39.0
1990-Tenafly	3:33.5
1989-Old Tappan	3:31.1
1988-Old Tappan	3:32.4
1987-Northern Highlands	3:30.8
1986-Englewood	3:30.0
1985-Tenafly	3:31.0
1984-Old Tappan	3:29.2
1983-Old Tappan	3:32.6
1982-River Dell	3:31.3
1981-Paramus Catholic	3:31.0
1980-Don Bosco	3:28.3
1979-Indian Hills	3:32.8
1978-Englewood	3:30.0
1977-Don Bosco	3:26.2
1976-Don Bosco	3:30.4
1975-Don Bosco	3:27.4
1974-Fort Lee	3:28.8
1973-Tenafly	3:32.5
1972-Englewood	3:27.6
1971-Englewood	3:30.6
1970-Englewood	3:29.6
1969-Demarest	3:24.8
1968-Pascack Valley	3:30.2
1967-New Milford	3:34.8
1966-Tenafly	3:29.3
1965-Ramapo	3:29.4
1964-New Milford	3:33.2

400 METER RELAY

2024-Leonia	43.41
2023-River Dell	43.44
2022-Leonia	44.03
2021-Englewood	44.27
2019-River Dell	43.60
2018-River Dell	44.15
2017-Englewood	44.94
2016-Fort Lee	44.15

2015-St. Joseph Regional 43.86

3200 METER RELAY

2024-Demarest	8:30.71
2023-River Dell	8:19.75
2022-Old Tappan	8:19.56
2021-River Dell	8:33.16
2019-River Dell	8:18.25
2018-Demarest	8:22.30
2017-Demarest	8:10.25
2016-River Dell	8:05.82
2015-Indian Hills	8:18.81

BOYS GROUP C (GROUPS 1-2 COMBINED UNTIL 1967; GROUP 2 1968-2003)

Top Three Teams

2024-Hasbrouck Heights 149, Pascack Hills 80, Rutherford 69
2023-Hasbrouck Heights 123, Indian Hills 97, Rutherford 69
2022-Hasbrouck Heights 126, Pascack Hills 76, Rutherford 69
2021-Cresskill 114, Westwood 109, New Milford 64
2019-Hasbrouck Heights 106, Glen Rock 100, Pascack Hills 81
2018-Glen Rock 120 ½, Lyndhurst 116, Cresskill 68 ½
2017-Glen Rock 120, Cresskill 89, Ramsey 74
2016-Lyndhurst 96, Glen Rock 76, Westwood 74
2015-Hasbrouck Heights 91, Ramsey 86 ½, Leonia 59
2014-Hasbrouck Heights 107 ½, Westwood 75, Cresskill 72
2013-Hasbrouck Heights 119, Lodi 62, Lyndhurst 56
2012-Lyndhurst 93 ½, Pascack Hills 67 ½, Lodi 56
2011-Lyndhurst 130, Pascack Hills 115, Lodi 54
2010-Lyndhurst 83, Leonia 69, Lodi and Ridgefield Park 54
2009-Cresskill 63, Lyndhurst 59, Pascack Hills 55
2008-Pascack Hills 96, Leonia 77, Rutherford 57
2007-Pascack Hills 104, Hasbrouck Heights 97, Leonia 73
2006-Westwood 129, Pascack Hills 83, Ridgefield Park 58
2005-Westwood 159 ½, Glen Rock 55, Lyndhurst 49
2004-Westwood 100, Glen Rock 93, Leonia 55
2003-Indian Hills 82, Pascack Hills 78, Ramsey 77
2002-Ramsey 112, Dumont 92 ¾, Leonia 78
2001-Mahwah 112, Westwood 92, Dumont 67
2000-Ramsey 112 ½, Westwood 81 ½, Rutherford 64
1999-Ramsey 103, River Dell 83, Westwood 70
1998-Westwood 116, Glen Rock 93, Dumont 56
1997-Westwood 116, Mahwah 70, Englewood 69
1996-Glen Rock 119, Westwood 109, Ramsey 82
1995-Westwood 123.67, Ridgefield Park 93, Lyndhurst 50
1994-Ridgefield Park 157, Englewood 69.3, Glen Rock 65.3
1993-Ridgefield Park 115, Englewood 105, Glen Rock 45
1992-Englewood 132, Mahwah 81, Rutherford 60
1991-Englewood 60, Ridgefield Park 50 ½, Mahwah 32
1990-Mahwah 62, Lyndhurst 42, River Dell 37
1989-Rutherford 65 ½, Mahwah 49, Englewood 36 ½
1988-Dumont 75, Rutherford 53.2, Bergen Tech 37
1987-Rutherford 44, Westwood 38, Bergen Tech 35
1986-Fort Lee 52, Pascack Hills 42, Westwood 36
1985-Dumont 53, Lyndhurst 42, Ridgefield Park 37
1984-Tenafly 78, Rutherford 56, Lyndhurst 33
1983-Rutherford 53, Tenafly 49, Lyndhurst 43
1982-Rutherford 55, Tenafly 53, Saddle Brook 43
1981-Tenafly 48, Saddle Brook 34, Queen of Peace 33
1980-Rutherford 49, Queen of Peace 43 ½, Tenafly 38
1979-Rutherford 53 ½, Tenafly 53, Waldwick 33
1978-Saddle Brook 56, Tenafly 42, Rutherford 39

1977-Saddle Brook 52, Rutherford 45 ½, Tenafly 45
 1976-Saddle Brook 55, Rutherford 52, Mahwah 50
 1975-Rutherford and Tenafly 50, Saddle Brook 47
 1974-Saddle Brook 64, Tenafly 55, Rutherford 46
 1973-Paramus Catholic 69, Pascack Valley 36, Ramsey 19
 1972-Paramus Catholic 77, Rutherford 56, Ramsey 36
 1971-Northern Highlands 44, Queen of Peace 35, Rutherford 30
 1970-Northern Highlands 53 ½, Saddle Brook 37, Pascack Valley 36 ½
 1969-Indian Hills 63, Rutherford 62, Saddle Brook 47
 1968-Tenafly 55, Northern Highlands and Paramus Catholic 32
 1967-Tenafly 42, Westwood 40, Pascack Valley 34 ½
 1966-Pascack Valley 35, Rutherford 30, Westwood 28
 1965-Fort Lee 38, Demarest 31, North Arlington 23
 1964-Demarest 37, St. Luke's 29, Westwood 27 ½

100 METERS

2024-Michael Napolitano, Hasbrouck Heights	11.13	
2023-Zander Graham, Indian Hills	11.35	
2022-Robbie Tormo, New Milford	11.18	
2021-Justin Napier, Westwood	11.52	
2019-Liam Landau, Pascack Hills		11.60
2018-Chris Feurtado, Lyndhurst	11.31	
2017-Andrew Nocilla, Glen Rock		11.80
2016-Peter Guerriero, Lyndhurst	11.17	
2015-Jojo Robinson, Leonia	11.38	
2014-Devante Foxworth, Lodi	11.43	
2013-Ken Partyka, Hasbrouck Heights	11.32	
2012-Ioannis Toumazou, Ridgefield	11.39	
2011-Angel Gaetan, Lodi	11.60	
2010-Patryk Najbar, Lodi	10.97	
2009-Al Artesona, Glen Rock	11.30	
2008-Donovan Bolden, Leonia	11.05	
2007-Donovan Bolden, Leonia	10.9	
2006-James Taylor, Westwood	11.1	
2005-Rameik Jackson, Westwood		10.9
2004-Rameik Jackson, Westwood		11.0
2003-Ulysses Encarnacion, Ridgefield Park	11.2	
2002-Mike Reillo, Ridgefield Park	11.0	
2001-Ofori Koram, Ridgefield Park	11.0	
2000-Ian Sample, Westwood	11.1	
1999-Tony Yamasaki, Englewood	11.4	
1998-Tom Montouri, Dumont	11.3	
1997-Kyron Johnson, Englewood	11.1	
1996-Mikkel Brown, Glen Rock	11.0	
1995-Andy Scholes, Lyndhurst	11.3	
1994-Sam Aguilar, Ridgefield Park	11.3	
1993-Kendall Williams, Bergen Tech	11.1 (10.9 in prelims)	
1992-Mike Burke, Leonia	11.1	
1991-Chris Hewitt, Englewood	11.3	
1990-Jeff Somma, Lyndhurst	11.4	
1989-Jeff Somma, Lyndhurst	11.5	
1988-London Roballo, Bergen Tech	11.4	
1987-Andy Richardson, Bergen Tech	11.4	
1986-Mike Edge, Pascack Hills	11.7	
1985-Tony Preite, Lyndhurst	11.1	
1984-Tony Preite, Lyndhurst	11.4	
1983-Tom Croswell, Bergen Tech		11.3
1982-Tom Croswell, Bergen Tech		11.2
1981-Theo Smith, Bergen Tech	11.1	
1980-Mike Pishadze, Elmwood Park	11.3	

100 YARDS

1979-Mike Pishadze, Elmwood Park	10.5
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1978-Mike Pishadze, Elmwood Park	10.5
1977-Jack Dovletian, New Milford	10.5
1976-Steve Lunau, New Milford	10.2
1975-John Rizzi, Elmwood Park	10.0
1974-Elliott Butcher, Englewood	10.2
1973-Jack McLaughlin, Elmwood Park	10.3
1972-Ken Glover, Rutherford	10.2
1971-Ken Glover, Rutherford	10.4
1970-Bill Trethaway, Northern Highlands	10.1
1969-Jim Wallace, Hasbrouck Heights	10.6
1968-Rick Zellweger, Ramsey	10.4
1967-Pete Degelman, Westwood	10.2
1966-Tony Galasso, Ramapo	10.3
1965-Frank Nigro, Wood-Ridge	10.4
1964-Jim Angresano, Park Ridge	10.4

200 METERS

2024-Marco Bozza-Caballero, Rutherford	22.97	
2023-Zander Graham, Indian Hills	22.84	
2022-Robbie Tormo, New Milford	22.29	
2021-Robbie Tormo, New Milford	22.28	
2019-Dean Qasem, Pascack Hills	23.52	
2018-Wellington Ventura, Cresskill	23.06	
2017-Wellington Ventura, Cresskill	22.70	
2016-Peter Guerriero, Lyndhurst	22.28	
2015-Peter Guerriero, Lyndhurst	22.96	
2014-Keyshawn Fowler, Lodi	23.21	
2013-Ken Partyka, Hasbrouck Heights	22.92	
2012-Ioannis Toumazou, Ridgefield	22.74	
2011-Danny Fay, Ridgefield	23.17	
2010-Patryk Najbar, Lodi	22.49	
2009-AJ Scoppa, New Milford	22.4	
2008-Sammy Smith, Pascack Hills	22.4	
2007-Donovan Bolden, Leonia	22.4	
2006-Jake Stass, Westwood	22.6	
2005-Rameik Jackson, Westwood	22.0	
2004-Rameik Jackson, Westwood		22.4
2003-Matt St. Germain, Queen of Peace	22.8	
2002-Mike Reillo, Ridgefield Park	22.7	
2001-Ofori Koram, Ridgefield Park	22.7	
2000-Ian Sample, Westwood	22.6	
1999-Tony Yamasaki, Englewood	22.8	
1998-Tom Montouri, Dumont	22.3	
1997-Leyonne DeFreese, Mahwah	22.7	
1996-Mikkel Brown, Glen Rock	22.5	
1995-Andy Scholes, Lyndhurst	22.9	
1994-John Deschamps, Ridgefield Park	22.5	
1993-John Deschamps, Ridgefield Park	22.5	
1992-Ernest Simmons, Englewood	22.3	
1991-Steve Pertuz, Elmwood Park	22.8	
1990-Jeff Somma, Lyndhurst	23.0	
1989-Neil Luke, Englewood	23.3	
1988-London Roballo, Bergen Tech	23.3	
1987-Andy Richardson, Bergen Tech	23.3	
1986-Kevin Kosuda, Fort Lee	23.9	
1985-Tony Preite, Lyndhurst	22.9	
1984-Jim Froehlich, Rutherford	23.0	
1983-Garfield McFarland, Fort Lee	22.9	
1982-Tom Crosswell, Bergen Tech		23.1
1981-Theo Smith, Bergen Tech	22.7	
1980-Theo Smith, Bergen Tech	23.4	

220 YARDS

1979-Mike Pishadze, Elmwood Park	23.8	
1978-Dave Melfi, Queen of Peace		23.6
1977-Ralph Rivero, Becton	23.3	
1976-Rich Cassell, Rutherford	23.0	
1975-Bob Duzoglou, Tenafly	23.0	
1974-Jim Lordeman, Tenafly	22.2	
1973-Jack McLaughlin, Elmwood Park	23.0	
1972-Jack McLaughlin, East Paterson	23.7	
1971-John Spina, Ridgefield Park		22.7
1970-Bill Trethaway, Northern Highlands	22.5	
1969-Jim Wallace, Hasbrouck Heights	23.0	
1968-Rick Zellweger, Ramsey	23.0	
1967-Pete Degelman, Westwood	22.7	
1966-Tony Galasso, Ramapo	23.3	
1965-Frank Nigro, Wood-Ridge	23.0	
1964-Jim Angresano, Park Ridge	22.7	

400 METERS

2023-Steve Longo, Becton	50.77	
2023-Deniz Kalkandelen, Indian Hills	51.37	
2022-Robbie Tormo, New Milford	50.13	
2021-Ben Klein, Cresskill	50.40	
2019-Thomas Varano, Pascack Hills	50.93	
2018-Wellington Ventura, Cresskill	50.52	
2017-Wellington Ventura, Cresskill	50.38	
2016-Owen Davitt, Glen Rock	50.46	
2015-Noah Osterhus, Westwood	50.90	
2014-Kyle Florio, Westwood	51.05	
2013-Anthony Giaquinto, Lyndhurst	51.21	
2012-Fernando Almonte, Lodi	50.10	
2011-Patrick Rono, Lyndhurst	50.02	
2010-Arnold Omina, Lyndhurst	50.34	
2009-Morgan Reilly, Westwood	50.7	
2008-A.J. Scoppa, New Milford	51.3	
2007-Sтивен Shorr, Pascack Hills	50.6	
2006-Sтивен Shorr, Pascack Hills	51.4	
2005-Rameik Jackson, Westwood	49.3	
2004-Rameik Jackson, Westwood	49.3	
2003-Chris Flynn, Ramsey	50.8	
2002-Robert Ebeid, Ridgefield Park	52.3	
2001-Dimar Labega, Rutherford	50.9	
2000-Eric Schneider, Dumont	51.7	
1999-Tony Yamasaki, Englewood	51.1	
1998-Kelly Vanderbeck, Glen Rock	52.9	
1997-Harold Eatman, Englewood	51.8	
1996-Mike Stein, Glen Rock	52.2	
1995-Andy Scholes, Lyndhurst	52.0	
1994-Jim Coughlin, Elmwood Park	51.1	
1993-Anthony Hampton, Englewood	49.5	
1992-Ernest Simmons, Englewood	50.9	
1991-Hector Martinez, Ridgefield Park	51.9	
1990-Jeff Somma, Lyndhurst	50.9	
1989-Paul Campbell, Englewood	50.8	
1988-Phil Bazzini, Dumont	51.3	
1987-Chris Hughes, Lyndhurst	52.9	
1986-Kevin Kosuda, Fort Lee	52.5	
1985-Scott Muir, Lyndhurst	51.9	
1984-Jim Froehlich, Rutherford	51.1	
1983-John Matuszewski, Ridgefield Park	51.3	
1982-Paul Macchione, Bergen Tech	52.2	
1981-Phil Aronson, Tenafly	51.3	
1980-John Pedati, Queen of Peace		52.3

440 YARDS

1979-Dan Gelb, Tenafly	52.3
1978-Bill Harris, Rutherford	50.9
1977-Phillip Lore, Queen of Peace	51.2
1976-Steve Grau, Saddle Brook	51.7
1975-Rich Callaway, Rutherford	50.4
1974-Jim Lordeman, Tenafly	49.8
1973-Steve Kates, Paramus Catholic	51.7
1972-Roy Snow, Rutherford	51.2
1971-Gene Russell, Queen of Peace	49.8
1970-Pete Luongo, Paramus Catholic	50.2
1969-Ron Sparagoski, Saddle Brook	52.5
1968-Rob Nelson, Tenafly	50.1
1967-John Wimmer, Bogota	50.0
1966-Howie Hilliard, Rutherford	51.0
1965-Mike Thornton, Queen of Peace	52.5
1964-Larry Marum, Demarest	51.0

800 METERS

2024-Ryan Ober, Hasbrouck Heights	1:59.49	
2023-Brandon Barretto, Dumont	1:57.77	
2022-Evan Morrow, Hasbrouck Heights	2:02.34	
2021-Marcus Cheema, Westwood		1:56.81
2019-Andrew Laguttuta, Glen Rock	1:57.51	
2018-Joe McCabe, Glen Rock	1:59.58	
2017-Joe McCabe, Glen Rock	2:02.37	
2016-Owen Davitt, Glen Rock	1:54.53	
2015-Noah Osterhus, Westwood	1:57.70	
2014-Sean Sullivan, Rutherford	1:58.07	
2013-Jimmy Arnold, Rutherford	2:01.05	
2012-Frank Amoresano, Glen Rock	2:00.18	
2011-Patrick Rono, Lyndhurst	1:52.34	
2010-Patrick Rono, Lyndhurst	2:00.22	
2009-Taylor Trumbetti, Pascack Hills	1:58.3	
2008-Taylor Trumbetti, Pascack Hills	2:01.1	
2007-Chris Mazaway, Pascack Hills	1:59.5	
2006-Joel Trager, Westwood	1:59.4	
2005-Nick Colasurdo, New Milford	2:01.8	
2004-Ryan McCann, Glen Rock	1:55.4	
2003-Matt Filandro, Indian Hills	1:58.5	
2002-Matt Filandro, Indian Hills	2:02.4	
2001-Matt Collins, Ramsey	2:00.0	
2000-Matt Collins, Ramsey	2:02.2	
1999-Brian Burns, River Dell	1:58.6	
1998-Matt Caporaletti, Westwood		1:59.7
1997-Andrew Giannotti, Westwood	1:58.0	
1996-Jim Kurz, Glen Rock	1:59.7	
1995-Alex Canino, Dumont	1:58.8	
1994-Brendan Stickle, Glen Rock	2:00.8	
1993-Brian Hilliard, Rutherford	2:02.6	
1992-Chris Kearns, Leonia	2:01.5	
1991-Scott Jackson, Pascack Hills		2:01.7
1990-Craig Masker, Mahwah	2:02.3	
1989-Craig Masker, Mahwah	1:59.7	
1988-Rich Fitzgibbon, Dumont	1:59.8	
1987-Jason Kaplan, Westwood	1:59.6	
1986-Jason Kaplan, Westwood	2:00.4	
1985-Dan Muro, Rutherford	2:05.8	
1984-Chris Bervine, Rutherford	2:00.6	
1983-Joe Mule, Ridgefield Park	2:00.4	
1982-George Gusciora, Saddle Brook	2:01.6	
1981-John Pedati, Queen of Peace		1:58.7
1980-John Pedati, Queen of Peace		2:02.1

880 YARDS

1979-Pat Fogarty, Queen of Peace	2:01.6
1978-John Jacobus, Saddle Brook	2:00.5
1977-Steve Karcich, Saddle Brook	2:01.0
1976-Bob Oppici, Rutherford	1:59.3
1975-Paul Robbins, Tenafly	1:58.5
1974-Tim Carrollo, Saddle Brook	2:00.5
1973-Ralph Bolognese, Paramus Catholic	2:00.6
1972-Jeff Kinnier, Paramus Catholic	2:00.5
1971-Jim Fogarty, Queen of Peace	1:58.2
1970-Andy Artola, Paramus Catholic	1:56.6
1969-Rob LaViolette, Saddle Brook	2:03.3
1968-Rob Redard, Tenafly	1:58.4
1967-Bruce Nuss, Westwood	2:00.4
1966-Bob Ripberger, Mahwah	2:00.0
1965-Tom Woodward, Demarest	1:58.2
1964-Larry Borger, Demarest	1:58.8

1600 METERS

2024-Aidan Morrow, Hasbrouck Heights	4:33.45
2023-Raffi Buchakjian, Indian Hills	4:22.82
2022-Evan Morrow, Hasbrouck Heights	4:26.24
2021-Marcus Cheema, Westwood	4:25.81
2019-Andrew Laguttuta, Glen Rock	4:29.55
2018-Andrew Laguttuta, Glen Rock	4:27.52
2017-Nick Kaczorowski, Ramsey	4:30.00
2016-Sean Sullivan, Rutherford	4:27.66
2015-Sean Sullivan, Rutherford	4:26.06
2014-Sean Sullivan, Rutherford	4:27.20
2013-Paul Antonick, Westwood	4:31.59
2012-Dan Gaspar, Lyndhurst	4:35.31
2011-Patrick Rono, Lyndhurst	4:32.38
2010-Patrick Rono, Lyndhurst	4:24.79
2009-Victor Lopez, Leonia	4:25.1
2008-Victor Lopez, Leonia	4:41.4
2007-Chris Mazawey, Pascack Hills	4:38.7
2006-Bryan Kretschmer, Ramsey	4:31.3
2005-Marc Pollifrone, Rutherford	4:28.3
2004-Ryan McCann, Glen Rock	4:37.5
2003-Matt Klypka, Indian Hills	4:31.5
2002-Matt Klypka, Indian Hills	4:41.3
2001-Owen Bourgholtzer, Mahwah	4:32.4
2000-Andrew Lovrich, Ramsey	4:37.9
1999-Matt Collins, Ramsey	4:34.0
1998-Matt Kuiken, Glen Rock	4:34.9
1997-Matt Caporaletti, Westwood	4:33.4
1996-Luis Duarte, Lodi	4:32.4
1995-Chris White, Northern Highlands	4:31.7
1994-Eric Castillo, Ridgefield Park	4:35.8
1993-Eric Castillo, Ridgefield Park	4:41.3
1992-Chris Kearns, Leonia	4:37.0
1991-Greg Orlofsky, Ridgefield Park	4:34.3
1990-Craig Masker, Mahwah	4:39.1
1989-Craig Masker, Mahwah	4:33.2
1988-Mike Duffy, Dumont	4:33.4
1987-Jason Kaplan, Westwood	4:28.2
1986-Jason Kaplan, Westwood	4:26.7
1985-Bill Farquahar, Ridgefield Park	4:38.1
1984-Shorta Yuasa, Tenafly	4:34.8
1983-Korta Yuasa, Tenafly	4:34.9
1982-George Gusciora, Saddle Brook	4:34.2

1500 METERS

1981-John Pedati, Queen of Peace	4:07.9
1980-Paul Kane, Queen of Peace	4:17.3

ONE MILE

1979-Greg Bloom, Queen of Peace	4:27.7	
1978-John Jacobus, Saddle Brook		4:27.1
1977-Bill Valenzano, Bergen Tech	4:30.2	
1976-John Jacobus, Saddle Brook		4:34.8
1975-Roger Jones, Ramsey	4:29.1	
1974-Brad Jaeger, Saddle Brook	4:28.6	
1973-Jerry Carney, Paramus Catholic	4:23.1	
1972-Ron Notvest, Ramsey	4:25.0	
1971-Gary Riley, Queen of Peace		4:32.5
1970-Jack Conheaney, Paramus Catholic	4:24.5	
1969-Don Corbo, Saddle Brook	4:40.5	
1968-Steve Amerman, Rutherford		4:33.1
1967-Dennis O'Brien, Pascack Hills	4:29.5	
1966-Steve Hatfield, Westwood	4:32.5	
1965-Bob Livingston, Demarest	4:30.6	
1964-Bob Foran, St. Luke's	4:27.1	

3200 METERS

2024-Aidan Morrow, Hasbrouck Heights	9:42.19	
2023-Tadael Mihret, Rutherford	9:38.95	
2022-Evan Morrow, Hasbrouck Heights	9:52.63	
2021-Aidan Carroll, Glen Rock	10:01.67	
2019-Andrew Laguttuta, Glen Rock	10:14.70	
2018-Dillon Jensen, Pascack Hills		9:55.02
2017-Nick Kaczorowski, Ramsey		9:40.90
2016-Hussein Elmeshad, Leonia	9:53.57	
2015-Jekabs Hayes, Pascack Hills		9:51.19
2014-Jekabs Hayes, Pascack Hills		10:03.01
2013-William Brancato, Rutherford	9:48.05	
2012-Dan Gaspar, Lyndhurst	10:05.82	
2011-Patrick Rono, Lyndhurst	9:59.68	
2010-Patrick Rono, Lyndhurst	9:57.09	
2009-Patrick Rono, Lyndhurst	9:44.8	
2008-Victor Lopez, Leonia	10:13.8	
2007-Tom Eickelberg, Leonia	9:48.5	
2006-Bryan Kretschmer, Ramsey	9:58.2	
2005-Nick Colasurdo, New Milford	10:08.2	
2004-Matt Magnifico, Becton	10:05.4	
2003-Matt Klypka, Indian Hills	9:44.8	
2002-Matt Klypka, Indian Hills	10:03.6	
2001-Cole Dailey, Rutherford	9:41.0	
2000-Cole Dailey, Rutherford	9:39.4	
1999-Matt Collins, Ramsey	9:49.0	
1998-Matt Kuiken, Glen Rock	9:51.0	
1997-Matt Caporaletti, Westwood		9:57.9
1996-Matt Caporaletti, Westwood		10:03.2
1995-Bret Wask, Westwood	9:56.2	
1994-Eric Castillo, Ridgefield Park	9:55.7	
1993-Eric Castillo, Ridgefield Park	10:10.0	
1992-John Kavanaugh, Mahwah	10:10.1	
1991-Greg Orlofsky, Ridgefield Park	10:09.5	
1990-Craig Masker, Mahwah	9:58.7	
1989-Craig Masker, Mahwah	9:48.0	
1988-Mike Duffy, Dumont	9:42.6	
1987-Jason Kaplan, Westwood	9:41.5	
1986-Jason Kaplan, Westwood	9:34.5	
1985-Bill Farquahar, Ridgefield Park	9:40.5	
1984-Bill Farquahar, Ridgefield Park	9:57.8	

1983-Tony Pecora, Rutherford	10:02.3
1982-George Gusciora, Saddle Brook	9:58.2

3000 METERS

1981-Wilton Adams, Fort Lee	9:17.9
1980-Jim Record, Elmwood Park	9:14.1

TWO MILE

1979-Greg Bloom, Queen of Peace	9:26.7
1978-Scott Sarnoski, Bergen Tech	9:28.8
1977-Scott Sarnoski, Bergen Tech	9:27.1
1976-Mike Smith, Rutherford	9:43.4
1975-Rick Bolline, Saddle Brook	9:44.1
1974-Mark Jaeckel, Saddle Brook	9:52.1
1973-Tim Conheeneey, Paramus Catholic	9:33.8
1972-Tim Conheeneey, Paramus Catholic	9:29.6
1971-Greg Miller, Northern Highlands	9:28.0
1970-Andy Pawlowski, Saddle Brook	9:38.5
1969-Andy Pawlowski, Saddle Brook	10:02.0
1968-Lee Barckmann, Northern Highlands	10:00.5
1967-Glen Johnston, Bogota	9:52.3
1966-Steve Ordway, Rutherford	10:01.0
1965-Kevin O'Donnell, Rutherford	9:53.7
1964-Pete Fischle, Westwood	10:10.4

110 METER HIGH HURDLES (120 yards until 1979)

2024-James Alati, Rutherford	15.10
2023-Caden DeRosa, Hasbrouck Heights	15.51
2022-Connor Munson, Westwood	15.64
2021-Connor Munson, Westwood	15.52
2019-Vincent Sedlmeir, Hasbrouck Heights	15.58
2018-Teslim Olunlade, Lyndhurst	15.48
2017-Ryan Picinic, New Milford	15.96
2016-Clarence Reyes, Hasbrouck Heights	15.56
2015-Dylan Scallo, Dumont	15.55
2014-Dan Dooner, Glen Rock	15.40
2013-Roland Gamez, Hasbrouck Heights	14.93
2012-Fernando Almonte, Lodi	15.42
2011-Erik Quesada, Lyndhurst	15.70
2010-Alberto Alarcon, Leonia	15.64
2009-Travis Lloyd, Dumont	15.64
2008-Dan White, Glen Rock	15.43
2007-Donovan Bolden, Leonia	14.7
2006-Ryan Berland, Glen Rock	15.1
2005-Luciano Cofrancesco, Glen Rock	15.1
2004-Jeff Berland, Glen Rock	14.9
2003-Andrew Fontana, Pascack Hills	15.8
2002-Greg Molnar, Mahwah	15.0
2001-Greg Molnar, Mahwah	15.0
2000-Brian Rodak, Ramsey	15.4
1999-Joe Robinson, River Dell	15.2
1998-Mike Surrageo, Glen Rock	15.8
1997-Mike D'Angelo, Ramsey	14.9
1996-David Stein, Glen Rock	14.8
1995-Vin Venetucci, Ridgefield Park	15.2
1994-Anthony Hampton, Englewood	14.5
1993-Anthony Hampton, Englewood	14.9
1992-Anthony Hampton, Englewood	14.6
1991-Anthony Hampton, Englewood	15.1
1990-Greg Doerr, River Dell	15.0
1989-Paul Santos, Garfield	15.1
1988-Paul Santos, Garfield	15.4
1987-Joe Tondi, Rutherford	16.0

1986-Pete Oczkowski, Garfield	15.6	
1985-Rene Ruiz, Dumont	15.6	
1984-Doug Miller, Tenafly	15.0	
1983-Doug Miller, Tenafly	14.5	
1982-Tony Mignon, Fort Lee	14.8	
1981-Tony Mignon, Fort Lee	15.3	
1980-Roger Williams, Rutherford		15.6
1979-Guy Murray, Rutherford	15.8	
1978-Bob White, Saddle Brook	14.8	
1977-Jeff Ostrus, Tenafly	14.9	
1976-Bruce Lockwood, New Milford	15.2	
1975-Tony Ciccone, Fort Lee	14.9	
1974-Craig Knight, Rutherford	15.2	
1973-Al Murray, Rutherford	15.4	
1972-Mike Lastowski, Rutherford		15.0
1971-John Mounger, Northern Highlands	15.2	
1970-John Mounger, Northern Highlands	14.3	
1969-Tom Walsh, Indian Hills	15.6	
1968-Brad Baecht, Tenafly	14.7	
1967-Brad Baecht, Tenafly	15.0	
1966-Henry Bratcher, Rutherford	15.4	
1965-Ken Leeson, North Arlington	14.8	
1964-Ken Leeson, North Arlington	15.4	

400 METER INTERMEDIATE HURDLES

2024-Maximus Daniels, Indian Hills	54.92	
2023-Jan Biskup, Elmwood Park	55.70	
2022-Marco Bozza-Caballero, Rutherford	57.57	
2021-Robbie Tormo, New Milford	60.19	
2019-Dean Qasem, Pascack Hills	57.54	
2018-Jake Oyuela, Lyndhurst	57.59	
2017-Jordan Sanders, Lyndhurst	58.48	
2016-Dylan Scallo, Dumont	56.47	
2015-Dylan Scallo, Dumont	56.17	
2014-Dan Dooner, Glen Rock	57.06	
2013-Dan Dooner, Glen Rock	57.28	
2012-Louis Kang, Pascack Hills	55.81	
2011-Taylor Cudequest, Pascack Hills	57.88	
2010-Alberto Alarcon, Leonia	56.71	
2009-Taylor Trumbetti, Pascack Hills	57.5	
2008-Dan White, Glen Rock	58.4	
2007-Steven Shorr, Pascack Hills	56.0	
2006-Steven Shorr, Pascack Hills	57.7	
2005-Ken Ebeling, Mahwah	55.4	
2004-Andrew Fontana, Pascack Hills	56.6	
2003-Trevor Hedges, Westwood	57.5	
2002-Jordan Gingery, Ramsey	57.8	
2001-Chris Oehm, Mahwah	56.2	
2000-Brian Rodak, Ramsey	56.6	
1999-Joe Robinson, River Dell	56.2	
1998-Gareth Hedges, Westwood	58.7	
1997-Anthony Crews, Mahwah	56.2	
1996-David Stein, Glen Rock	54.5	
1995-Lloyd Goldberg, Westwood		57.6
1994-Anthony Hampton, Englewood	54.9	
1993-Anthony Hampton, Englewood	52.8	
1992-Anthony Hampton, Englewood	55.1	
1991-Anthony Hampton, Englewood	56.7	
1990-Jim McGarvey, Mahwah	56.8	
1989-John Malatak, Rutherford	56.4	
1988-Phil Bazzini, Dumont	55.1	
1987-Joe Tondi, Rutherford	56.6	
1986-Roger Andrews, Bergen Tech	58.8	
1985-Tom Connolly, Dumont	58.3	

1984-Doug Miller, Tenafly	55.3	
1983-Tony Mignon, Fort Lee	55.7	
1982-Doug Miller, Tenafly	56.0	
1981-John Pedati, Queen of Peace		57.9
1980-Roger Williams, Rutherford		58.0

330 YARD INTERMEDIATE HURDLES

1979-Gerry Gilroy, Rutherford	42.6
1978-Paul Zdanek, Waldwick	40.3
1977-Bill Patrick, Rutherford	41.0
1976-Jon Simms, Saddle Brook	40.0
1975-Mike Kaye, Saddle Brook	40.2
1974-Brian Cunningham, Rutherford	40.1

180 YARD LOW HURDLES

1973-Jeff Shortway, Glen Rock	21.4	
1972-Mike Lastowski, Rutherford		20.5
1971-John Mounger, Northern Highlands	20.1	
1970-John Mounger, Northern Highlands	19.8	
1969-Tom Walsh, Indian Hills	21.8	
1968-Brad Baecht, Tenafly	20.3	
1967-Brad Baecht, Tenafly	20.5	
1966-Henry Bratcher, Rutherford	20.8	
1965-Ken Leeson, North Arlington	20.5	
1964-Dennis Spirito, Wood-Ridge		20.2

SHOT PUT

2024-Oscar Solis, Hasbrouck Heights	47-8 ½	
2023-Bradley Weiner, Ramsey	42-4	
2022-Hunter Freschi, Hasbrouck Heights	46-0 ¼	
2021-Andrew Fernandez, Lyndhurst	46-7	
2019-Pierce Tuttle, Glen Rock	45-11	
2018-Kyle Patel, Glen Rock	52-10 ¼	
2017-John Van Cleft, Cresskill	49-6 ¼	
2016-John Van Cleft, Cresskill	51-2 ½	
2015-Frank Ahearn, Ramsey	54-11	
2014-Bryan Roth, Lodi	51-8 ¼	
2013-Garrett Pynn, Leonia	53-1 ½	
2012-Gus Molina, Westwood	47-5 ¼	
2011-Dorian Slavov, Cresskill	51-10	
2010-Dorian Slavov, Cresskill	53-0 ¼	
2009-Arvin Rai, Cresskill	49-4 ½	
2008-Dan Smith, Ridgefield Park	47-10	
2007-Geoff Goidell, Pascack Hills	55-2 ½	
2006-Geoff Goidell, Pascack Hills	52-7 ¾	
2005-Barry Green, Lyndhurst	52-10 ¼	
2004-Jason Maier, New Milford	50-4	
2003-Andrew Perkins, Ramsey	50-1 ¾	
2002-Steve McGovern, Dumont	54-10 ½	
2001-Steve McGovern, Dumont	51-6 ½	
2000-Matt Elkas, Ramsey	53-10	
1999-Matt Elkas, Ramsey	51-10 ½	
1998-Matt Elkas, Ramsey	50-9 ½	
1997-Miguel Serra, Pascack Hills	47-1 ½	
1996-Frank Chamberlin, Mahwah	61-9 ½	
1995-Frank Chamberlin, Mahwah		53-0
1994-Frank Chamberlin, Mahwah		46-11
1993-Terry Murphy, Mahwah	45-6	
1992-Gery Leranian, Rutherford	48-9 ½	
1991-Barry Mann, Mahwah	47-11	
1990-Dave Longaker, Elmwood Park	49-5	
1989-Ryland Batchelor, Rutherford	49-6 ½	
1988-Jason Miller, Elmwood Park	59-1 ¾	

1987-Jason Miller, Elmwood Park	54-0	
1986-Scott Miller, Elmwood Park		54-10 ¼
1985-Scott Miller, Elmwood Park		52-7 ¼
1984-Scott Miller, Elmwood Park		51-4 ¼
1983-Rich Young, Fort Lee	49-5 ½	
1982-Henry Namendorff, Saddle Brook	49-4	
1981-Gary Realbuto, Garfield	51-3 ½	
1980-Rich Duriske, Saddle Brook		54-4
1979-Dave Connelly, Waldwick	51-11	
1978-Ben Willis, Rutherford	52-7 ½	
1977-Matt Fuchs, Saddle Brook	56-2 ½	
1976-Mark Thalasin, Rutherford	57-6 ¼	
1975-Randy Stalter, Saddle Brook	55-5	
1974-Ray Sahadi, Tenafly	59-2 ¾	
1973-Chuck Parisi, Saddle Brook	52-8 ½	
1972-Jack Frizalone, Paramus Catholic	54-6 ½	
1971-Bill Mowery, Indian Hills	56-0	
1970-Jim Van Mansart, Northern Highlands	53-8 ½	
1969-Rai Schultz, Indian Hills	52-11	
1968-Rich Gabey, Indian Hills	53-7	
1967-Fred Schwab, Tenafly	53-4 ½	
1966-Steve Arnoldi, Ridgefield Park	52-11	
1965-Dave Cavalliere, Fort Lee	51-9 ½	
1964-Lee Berry, Ramsey	50-1	

DISCUS

2024-Bradley Weiner, Ramsey	165-6	
2023-Bradley Weiner, Ramsey	155-11	
2022-Bryan Formisano, Hasbrouck Heights	136-0	
2021-Michael Ramos, Saddle Brook	139-3	
2019-Jerry Makris, Cresskill	123-4	
2018-Kyle Patel, Glen Rock	165-10	
2017-Kyle Patel, Glen Rock	153-7	
2016-Zachary Ruiz, Westwood	152-2	
2015-Sebastien Castano, Cresskill		146-8
2014-Joey Scotto, Westwood	144-7	
2013-Anthony Seidel, Hasbrouck Heights	168-6	
2012-Joe Hernandez, Cresskill	130-8	
2011-Dorian Slavov, Cresskill	144-0	
2010-Rich Cevallos, Elmwood Park	145-8	
2009-Ali Metwali, New Milford	136-1	
2008-Jake Sickinger, Westwood	140-9	
2007-Brendan Gareffa, Hasbrouck Heights	154-10	
2006-Geoff Goidell, Pascack Hills	145-1	
2005-Erik Heymann, Westwood	151-3	
2004-Jason Maier, New Milford	148-10	
2003-Nick Rakov, Mahwah	135-7	
2002-Steve McGovern, Dumont	180-6	
2001-Ray Van Rye, Elmwood Park	136-6	
2000-Matt Elkas, Ramsey	145-11	
1999-Matt Winer, Pascack Hills	141-1	
1998-Chris Ruskie, Pascack Hills	143-10	
1997-Rob Helm, Mahwah	139-6	
1996-Mike Spizzo, Mahwah	142-0	
1995-Jamie Spruill, Mahwah	144-0	
1994-Pete Rottinger, New Milford		151-1
1993-Shannon Englemann, Pascack Hills	128-3	
1992-Barry Mann, Mahwah	151-0	
1991-T.J. Spizzo, Mahwah	139-3	
1990-Mike Buccerone, Westwood		150-10
1989-Mike Harrison, Rutherford	145-9	
1988-Todd Stoker, Bergen Tech	145-6	
1987-Jason Miller, Elmwood Park	138-6	
1986-Scott Miller, Elmwood Park		168-6

1985-Pat Masters, Fort Lee	159-6
1984-Pat Masters, Fort Lee	145-10
1983-Brian Hayes, Ridgefield Park	129-4
1982-Jeff Gulnick, Tenafly	148-9
1981-Gary Realbuto, Garfield	149-10
1980-John Pecora, Rutherford	152-5
1979-Keith Woetzel, Waldwick	148-9
1978-John DeWan, Waldwick	156-3
1977-Larry Biggs, Saddle Brook	157-0
1976-Larry Biggs, Saddle Brook	149-11
1975-Scott Hersh, Fort Lee	167-11
1974-Randy Stalter, Saddle Brook	153-6
1973-George Ennis, Paramus Catholic	151-9
1972-Jack Frizalone, Paramus Catholic	142-7
1971-Bill Mowery, Indian Hills	145-9
1970-Dick Laumer, Pascack Valley	145-1
1969-Karl Szot, Rutherford	129-10
1968-Mike Alberts, Paramus Catholic	157-1
1967-George Steurer, Pascack Hills	142-4
1966-Dave Reisman, Pascack Valley	149-0
1965-Phil Triantos, Fort Lee	145-7
1964-Richie Civil, Fort Lee	168-4

JAVELIN

2024-Brady Shine, Hasbrouck Heights	177-2	
2023-Tyler Cappadonna, Hasbrouck Heights	157-7	
2022-Hunter Freschi, Hasbrouck Heights	160-3	
2021-Joseph Toto, Cresskill	158-7	
2019-Will Koukoutsis, Hasbrouck Heights	165-5	
2018-Luka Radovich, Cresskill	165-7	
2017-Shawn Williams, Rutherford	168-1	
2016-Sam Rivera, Lyndhurst	157-2	
2015-Mauro Altmaura, Hasbrouck Heights	172-10	
2014-Mauro Altmaura, Hasbrouck Heights	170-1	
2013-Anthony Seidel, Hasbrouck Heights	177-8	
2012-Kyle Youmans, Leonia	182-7	
2011-Tyler Demmerle, Pascack Hills	156-4	
2010-Matt Fleck, Becton	173-7	
2009-Carl Schnek, Rutherford	180-1	
2008-Rob Fecanin, Rutherford	153-1	
2007-Doug Cerniglia, Ridgefield Park	179-10	
2006-Doug Cerniglia, Ridgefield Park	171-2	
2005-Erik Heymann, Westwood	195-4	
2004-Erik Heymann, Westwood	176-1	
2003-Joe Slavik, Rutherford	174-0	
2002-Anthony Immediate, Rutherford	165-0	
2001-Steven Bay, Dumont	185-11	
2000-Ian Sample, Westwood	189-2	
1999-Will Arroyo, Ridgefield Park	181-11	
1998-Dan Snyder, Rutherford	177-5	
1997-John Dixon, Ridgefield Park		201-8
1996-John Dixon, Ridgefield Park		189-5
1995-Adam Zajicek, Ridgefield Park	152-5	
1994-Justin Schwartz, Glen Rock	179-4	
1993-Anthony Hayne, Ridgefield Park	182-0	
1992-Anthony Hayne, Ridgefield Park	176-2	
1991-Chris Dembski, Ridgefield Park	163-2	
1990-Matt Hall, Glen Rock	172-3	
1989-Jay Hanley, Glen Rock	173-9	
1988-Rich Kyasky, River Dell	184-7	
1987-Rich Kyasky, River Dell	183-3	
1986-Joe Hill, Rutherford	177-7	
1985-Bill Parisi, Ridgefield Park	204-11	
1984-Joe Hill, Rutherford	176-3	

1983-Nick Hughes, Lyndhurst	173-10	
1982-Mike Kennedy, Rutherford	176-8	
1981-Jerry Cawley, Saddle Brook		193-0
1980-Paul Pascetta, Fort Lee	167-4	
1979-Bob Jankowski, Lyndhurst	170-2	
1978-Steve Ossi, Saddle Brook	175-2	
1977-Paul Scian, Saddle Brook	182-8	
1976-Don Rispoli, Queen of Peace	188-4	
1975-Matt Fuchs, Saddle Brook	179-8	
1974-Jim Masker, Ramsey	178-0	

HIGH JUMP

2024-Darreyle Simpson, Elmwood Park	6-0	
2023-Caden DeRosa, Hasbrouck Heights	6-2	
2022-Tommie Lee Minaya, Becton	6-4	
2021-Connor Munson, Westwood		6-0
2019-Daniel Castano, Cresskill	6-0	
2018-Aidan O'Malley, Ramsey	6-0	
2017-Kyle Russell, Leonia	6-0	
2016-Peter McNally, Ramsey	6-2	
2015-Peter McNally, Ramsey	6-2	
2014-Simon Shkreli, Hasbrouck Heights	5-10	
2013-Roland Gamez, Hasbrouck Heights	6-2	
2012-Paul Yun, Cresskill	6-2	
2011-Chris Churchill, Leonia	6-0	
2010-Alberto Alarcon, Leonia	6-0	
2009-Marquis McMillian, Ridgefield Park	5-10	
2008-Anthony Orovio, North Arlington	6-0	
2007-Glenn Luis Cabrera, Ridgefield Park	5-10	
2006-Austin Hennelly, Dumont	6-0	
2005-Pat Cuning, Leonia	6-0	
2004-Chris Andretta, Glen Rock	6-5	
2003-Marcus Baham, Englewood	5-10	
2002-Brett Henderson, Dumont	5-10	
2001-Greg Powell, Westwood	6-2	
2000-Cassiel Smith, Westwood	6-2	
1999-Gareth Hedges, Westwood	6-2	
1998-Ricardo Walker, Englewood		6-0
1997-Andre Walker, Leonia	6-0	
1996-Pete Moeller, Ramsey	6-2	
1995-Deke DeFreese, Mahwah	6-0	
1994-Thanniel Robinson, Englewood	6-4	
1993-Thanniel Robinson, Englewood	6-4	
1992-Tyrone Byers, Mahwah	5-10	
1991-Tyrone Byers, Mahwah	6-0	
1990-Marcus Moore, Englewood	6-2	
1989-Marcus Moore, Englewood	6-0	
1988-Jeff Barat, Bergen Tech	6-4	
1987-Jeff Barat, Bergen Tech	6-2	
1986-Clive Anderson, Ridgefield Park	6-5 ½	
1985-Pat Gazzando, Bergen Tech	6-2	
1984-Craig Zurlini, Tenafly	6-2	
1983-Mike Cimilucca, Lyndhurst	6-0	
1982-Sean Bowen, Garfield	6-2	
1981-Bill Polise, Bergen Tech	6-1	
1980-Theo Smith, Bergen Tech	6-1	
1979-Adam Sinicki, Waldwick	6-0	
1978-Randy Comeleo, Saddle Brook	6-2	
1977-Greg Johnson, Tenafly	6-2	
1976-Tony Bowens, Mahwah	6-0	
1975-Walt Sinicki, Waldwick	6-5 ¼	
1974-Peter Penn, Rutherford	6-0	
1973-Don Holmes, Paramus Catholic	6-3	
1972-Cliff Riso, Ramsey	6-0	

1971-Jim Loschmann, Pascack Valley	6-0
1970-Kevin DeFelice, Northern Highlands	5-10
1969-Gerry Pocsi, Saddle Brook	5-10
1968-Bob Planker, Ridgefield Park	6-5
1967-Tom Raders, Pascack Valley	6-0
1966-Bill Cole, Indian Hills	6-0
1965-Ken Leeson, North Arlington	6-1 ¼
1964-Bob Burdekin, Ramsey	6-0 ¾

LONG JUMP

2024-Anthony Santana, Lyndhurst	22-0 ¼	
2023-Matt Murillo, Hasbrouck Heights	20-11 ½	
2022-Connor Munson, Westwood	22-10 ½	
2021-Connor Munson, Westwood		21-10
2019-Liam Landau, Pascack Hills		22-1 ¼
2018-Eugene Kim, Rutherford	22-6	
2017-Wellington Ventura, Cresskill	22-4	
2016-Jeff Mate, Glen Rock	22-0	
2015-Mike Pepper, Ramsey	21-8 ½	
2014-Peter Chamalian, Cresskill	21-10	
2013-Roland Gamez, Hasbrouck Heights	21-11	
2012-Eric Angus, Lyndhurst	20-9 ½	
2011-Chet Palumbo, Pascack Hills	20-5 ½	
2010-Patryk Najbar, Lodi	21-1 ½	
2009-Tevin Ankle, Glen Rock	21-5 ½	
2008-Jay Polak, Rutherford	19-9	
2007-Dan D'Amato, Hasbrouck Heights	21-5	
2006-Anthony Pillari, Westwood	20-5	
2005-E.J. Schuck, Westwood	20-10 ¼	
2004-Andy Lim, Leonia	20-5 ¾	
2003-Ken Kang, Pascack Hills	19-2 ¼	
2002-Stephan Sylvester, Dumont	20-10 ½	
2001-Kevin Kang, Pascack Hills	20-11	
2000-John Augustynowicz, Rutherford	21-4	
1999-Gareth Hedges, Westwood	20-11 ¾	
1998-Gareth Hedges, Westwood	20-10	
1997-Shawn Samuels, Englewood		22-2
1996-Mikkel Brown, Glen Rock	21-11	
1995-Tim Jordain, Westwood	20-5 ½	
1994-Anthony Hampton, Englewood	21-8 ¾	
1993-Anthony Jacobs, Englewood		21-5 ¼
1992-Chris Hewitt, Englewood	22-10	
1991-Chris Hewitt, Englewood	21-9 ¾	
1990-Rich Kipilla, Garfield	20-9 ½	
1989-David Frazier, Rutherford	21-0 ¾	
1988-David Frazier, Rutherford	20-1 ½	
1987-Jim Chang, Garfield	21-0 ½	
1986-Pete Oczkowski, Garfield	19-6 ¼	
1985-Tom Connolly, Dumont	19-0 ¼	
1984-Ed Baisley, Tenafly	22-0	
1983-Mike Cimilucca, Lyndhurst	20-6 ¾	
1982-Ray Frazier, Rutherford	21-6 ¼	
1981-Ray Frazier, Rutherford	20-6 ¼	
1980-Ray Frazier, Rutherford	19-7 ¼	
1979-Guy Murray, Rutherford	19-3 ½	
1978-John Trainor, Tenafly	20-8 ½	
1977-Jeff Ostrus, Tenafly	20-9 ½	
1976-Pete Vanechanos, Rutherford	20-6 ½	
1975-Ray Roux, Tenafly	20-6 ¼	
1974-John Yee, Ramsey	20-5 ¼	
1973-Jack Laughlin, Elmwood Park	20-9	
1972-Ken Glover, Rutherford	20-5	
1971-Ken Glover, Rutherford	20-5 ¼	
1970-Bob Jacobs, Saddle Brook	21-3	

1969-Mike Corn, Indian Hills	21-6 $\frac{3}{4}$	
1968-Fred Krampe, St. Cecilia	20-4	
1967-Neal Frank, Pascack Valley	20-8 $\frac{3}{4}$	
1966-Len Jezik, Pascack Hills	21-0 $\frac{1}{4}$	
1965-Len Jezik, Pascack Hills	21-1 $\frac{1}{2}$	
1964-Will Densberger, Westwood		20-3 $\frac{3}{4}$

TRIPLE JUMP

2024-Matt Murillo, Hasbrouck Heights	43-0	
2023-Matt Murillo, Hasbrouck Heights	41-2	
2022-Alejandro Camerena, Pascack Hills	41-6 $\frac{1}{4}$	
2021-Kaden Stevens, New Milford	42-6 $\frac{1}{2}$	
2019-Daniel Castano, Cresskill	42-2 $\frac{1}{2}$	
2018-Teslim Olunlade, Hasbrouck Heights	44-5	
2017-Teslim Olunlade, Hasbrouck Heights	42-11 $\frac{1}{4}$	
2016-Niko Regus, Hasbrouck Heights	42-9	
2015-Mike Pepper, Ramsey	44-6	
2014-Pete Chamalian, Cresskill	44-10 $\frac{1}{2}$	
2013-Pete Chamalian, Cresskill	45-8 $\frac{3}{4}$	
2012-Dante Tobler, New Milford	42-11 $\frac{1}{2}$	
2011-Rafael Velasquez, New Milford	44-2	
2010-Patryk Najbar, Lodi	42-10 $\frac{1}{2}$	
2009-Marquis McMillian, Ridgefield Park	44-6 $\frac{1}{2}$	
2008-Tevin Ankle, Glen Rock	41-5	
2007-Dan D'Amato, Hasbrouck Heights	41-6	
2006-Ben Woll, Glen Rock	41-8	
2005-Rameik Jackson, Westwood		44-1
2004-Jordan Pettway, Englewood		42-3 $\frac{1}{2}$
2003-Ken Kang, Pascack Hills	41-3 $\frac{1}{2}$	
2002-Brett Henderson, Dumont	44-6	
2001-Brett Henderson, Dumont	42-9	
2000-John Augustynowicz, Rutherford	43-7 $\frac{3}{4}$	
1999-John Augustynowicz, Rutherford	42-10	
1998-Neil Okarter, Westwood	42-5	
1997-Neil Okarter, Westwood	42-9	
1996-Mikkel Brown, Glen Rock		45-9 $\frac{1}{2}$
1995-Lloyd Goldberg, Westwood		42-3 $\frac{1}{4}$
1994-Jonathan Perdomo, Englewood	43-10 $\frac{3}{4}$	
1993-Jonathan Perdomo, Englewood	42-9 $\frac{3}{4}$	
1992-Chris Hewitt, Englewood	45-6	
1991-Chris Hewitt, Englewood	42-2 $\frac{3}{4}$	
1990-Jim McGarvey, Mahwah	43-1 $\frac{1}{2}$	
1989-David Frazier, Rutherford	44-7 $\frac{3}{4}$	
1988-David Frazier, Rutherford	44-0	
1987-Chris Cusumano, Westwood	44-5	
1986-Pete Oczkowski, Garfield	41-1 $\frac{1}{2}$	
1985-David Avery, Bergen Tech	42-7 $\frac{1}{2}$	
1984-Ed Baisley, Tenafly	42-11 $\frac{1}{4}$	
1983-Mike Cimilucca, Lyndhurst	41-8	
1982-Ray Frazier, Rutherford	43-2 $\frac{1}{4}$	
1981-Ray Frazier, Rutherford	41-5 $\frac{1}{2}$	
1980-Ron Williams, Bergen Tech		41-6
1979-Guy Murray, Rutherford	41-10 $\frac{1}{2}$	
1978-Frank Polise, Bergen Tech	43-4 $\frac{3}{4}$	
1977-Frank Polise, Bergen Tech	41-0 $\frac{3}{4}$	
1976-Joe Socha, Garfield	41-5 $\frac{1}{4}$	
1975-John Devine, Waldwick	42-8	
1974-Rich Plaszynski, Saddle Brook	43-10	

POLE VAULT

2023-Michael Dao, Pascack Hills	13-0
2023-Michael Dao, Pascack Hills	11-6
2022-Max Zuckerman, Pascack Hills	15-6

2021-Max Zuckerman, Pascack Hills	15-8	
2019-Liam Landau, Pascack Hills		15-0
2018-Liam Landau, Pascack Hills		14-6
2017-Kyle Russell, Leonia	12-9	
2016-Kyle Russell, Leonia	12-0	
2015-Will Jenkins, Ramsey	12-6	
2014-Matt Danz, Hasbrouck Heights	12-6	
2013-Anthony Catalano, Westwood	12-0	
2012-Kevin Costantino, Dumont	13-6	
2011-Takou Seki, Pascack Hills	12-6	
2010-Andres Giglio, Ridgefield Park	14-8	
2009-Julio Alorro, Cresskill	13-0	
2008-Andres Giglio, Ridgefield Park	12-6	
2007-Patrick Barnes, Pascack Hills	12-0	
2006-David Fox, Westwood	12-0	
2005-Mike Morello, Lyndhurst	13-0	
2004-Tim Murphy, Glen Rock	13-6	
2003-Ed Chin-Lyn, Mahwah	12-0	
2002-Ed Chin-Lyn, Mahwah	12-0	
2001-Drew Peterson, Mahwah	12-0	
2000-Chris Porto, Ridgefield Park		12-9
1999-Adjatrak Bajrushhi, Westwood	12-6	
1998-Gareth Hedges, Westwood	11-6	
1997-Josh Ross, Westwood	13-6	
1996-Marc Freschi, Ramsey	12-6	
1995-Gary Binetti, Ridgefield Park	12-6	
1994-Gary Binetti, Ridgefield Park	12-0	
1993-Mike Van Grouw, Mahwah	13-6	
1992-Frank Martinez, Ridgefield Park	13-0	
1991-Mike Giardina, Mahwah	12-6	
1990-Frank Martinez, Ridgefield Park	11-6	
1989-Brian Alexander, Glen Rock	12-6	
1988-James Klein, Mahwah	12-6	
1987-Larry Jinks, Lyndhurst	12-6	
1986-Scott Walters, Dumont	13-4	
1985-Scott Walters, Dumont	12-0	
1984-Russ Kosterich, Fort Lee	12-6	
1983-John Petryshyn, Lyndhurst	13-0	
1982-John Petryshyn, Lyndhurst	12-0	
1981-Mike Tritto, Saddle Brook	12-0	
1980-Alex Levay, Tenafly	12-6	
1979-Alex Levay, Tenafly	13-0	
1978-Don Tietjen, New Milford	12-0	
1977-John Goodman, Tenafly	12-6	
1976-John Santafemia, Saddle Brook	12-0	
1975-Andy Kozak, Rutherford	13-0	
1974-Nick LaPrade, Tenafly	12-6	
1973-Steve Natusch, Pascack Valley	12-0	
1972-Steve Natusch, Pascack Valley	13-3	
1971-Tom Butcher, Saddle Brook		11-6
1970-Jim Loschman, Pascack Valley	12-3 ½	
1969-Mike Meagher, Indian Hills	11-0	
1968-Brendon Haugh, Tenafly	13-0	
1967-Brendon Haugh, Tenafly	12-0	
1966-Charlie Loschman, Pascack Valley	13-1 ¼	
1965-Gary Welch, Waldwick	11-3	
1964-Paul Sonnichsen, Demarest	11-6	

1600 METER RELAY (Mile until 1978)

2024-Rutherford	3:28.26
2023-Dumont	3:30.57
2022-Pascack Hills	3:35.80
2021-Westwood	3:33.77
2019-Hasbrouck Heights	3:30.86

2018-Lyndhurst	3:32.38
2017-Pascack Hills	3:38.02
2016-Dumont	3:29.29
2015-Glen Rock	3:28.86
2014-Westwood	3:26.92
2013-Dumont	3:31.88
2012-Pascack Hills	3:30.97
2011-Lodi	3:32.69
2010-Westwood	3:30.88
2009-Westwood	3:28.7
2008-New Milford	3:34.4
2007-Pascack Hills	3:31.8
2006-Westwood	3:28.1
2005-Westwood	3:32.3
2004-Westwood	3:29.9
2003-Ramsey	3:28.8
2002-Ramsey	3:35.5
2001-Mahwah	3:30.5
2000-Leonia	3:35.8
1999-River Dell	3:29.5
1998-Glen Rock	3:33.1
1997-Westwood	3:31.6
1996-Bergen Tech	3:31.6
1995-Westwood	3:33.6
1994-Englewood	3:26.5
1993-Ridgefield Park	3:33.5
1992-Englewood	3:35.5
1991-Englewood	3:29.7
1990-Rutherford	3:35.3
1989-Rutherford	3:35.4
1988-Dumont	3:30.7
1987-Dumont	3:35.6
1986-Pascack Hills	3:32.7
1985-Lyndhurst	3:36.7
1984-Tenafly	3:33.4
1983-Rutherford	3:28.9
1982-Tenafly	3:34.0
1981-Fort Lee	3:32.5
1980-Tenafly	3:34.5
1979-Tenafly	3:37.5
1978-Rutherford	3:34.4
1977-Queen of Peace	3:32.3
1976-Saddle Brook	3:30.3
1975-Tenafly	3:29.7
1974-Tenafly	3:25.8
1973-Paramus Catholic	3:34.3
1972-Rutherford	3:28.9
1971-Pascack Valley	3:32.4
1970-Paramus Catholic	3:27.6
1969-Indian Hills	3:32.2
1968-Rutherford	3:34.2
1967-Tenafly	3:30.0
1966-Pascack Hills	3:33.5
1965-Fort Lee	3:33.7
1964-Rutherford	3:31.6

400 METER RELAY

2024-Pascack Hills	43.96
2023-Indian Hills	44.32
2022-New Milford	44.20
2021-New Milford	45.29
2019-Hasbrouck Heights	45.66
2018-Glen Rock	45.64
2017-Glen Rock	45.75

2016-Lyndhurst	45.09
2015-Leonia	44.23

3200 METER RELAY

2024-Hasbrouck Heights	8:27.22
2023-Indian Hills	8:28.36
2022-Hasbrouck Heights	8:35.05
2021-Hasbrouck Heights	8:44.42
2019-Hasbrouck Heights	8:26.35
2018-Glen Rock	8:18.60
2017-Glen Rock	8:26.13
2016-Pascack Hills	8:20.09
2015-Glen Rock	8:22.12

BOYS GROUP D (Group 1 1968-2003)

Top Three Teams

2024-Waldwick 108, Emerson 97, Midland Park 93
2023-Cresskill 130, Midland Park 75, Emerson and Waldwick 70
2022-Saddle Brook 158, Emerson 144, Cresskill 66
2021-Emerson 124, Midland Park 84, Waldwick 69
2019-Emerson 146, Park Ridge 85, Becton 70
2018-Emerson 137, Saddle Brook 103, Becton 60
2017-Saddle Brook 123, Emerson 103, Becton 94
2016-Emerson 98 ½, Park Ridge 96, Palisades Park 84
2015-Saddle Brook 106 ½, Park Ridge 74 ½, Emerson 71
2014-Bogota 78, North Arlington 74 ½, Emerson 68 ¼
2013-Park Ridge 92 ½, Bogota 84 ½, Midland Park 60
2012-Hasbrouck Heights 154, Emerson 60.33, Midland Park 50
2011- Hasbrouck Heights 211 , Wood-Ridge 67, Midland Park 49
2010-Hasbrouck Heights 131 ½, Park Ridge 68, Wood-Ridge 65
2009-Hasbrouck Heights 96, Bogota 66, Emerson 63 ½
2008-Park Ridge 131 ½, Cresskill 97, Hasbrouck Heights 48
2007-Cresskill 111, Saddle Brook 81, Park Ridge 79 ½
2006-Hasbrouck Heights 80, Saddle Brook 70, Cresskill 52 ½
2005-Hasbrouck Heights 126, Saddle Brook 119.33, Cresskill 59.83
2004-Saddle Brook 110, Palisades Park and Hasbrouck Heights 86
2003-Glen Rock 108 ½, Palisades Park 46, Leonia 40
2002-Glen Rock 109, Cresskill 59 ½, Palisades Park 51
2001-Glen Rock 114, Hasbrouck Heights 60, North Arlington 53
2000-Glen Rock 105, North Arlington 53.2, Park Ridge 44
1999-Glen Rock 125, Saddle Brook 46, Cresskill 44
1998-Cresskill 88, Wallington 68, Lyndhurst 52.5
1997-Glen Rock 147, Hasbrouck Heights 59, Cresskill 46
1996-Palisades Park 108, Waldwick 64, Leonia 55
1995-Glen Rock 143.33, Becton 73, St. Mary's 46
1994-Becton 92, Hasbrouck Heights 91 ½, Ridgefield 80
1993-New Milford 93 ½, Saddle Brook 85, Becton 71 ½
1992-Saddle Brook 114, Hasbrouck Heights 60, Glen Rock 49
1991-Saddle Brook 85, New Milford 41 ½, Emerson 30
1990-Emerson 53, New Milford 40, Saddle Brook 34
1989-Waldwick 47, Cresskill 33, New Milford 25
1988-Saddle Brook 77 ½, Waldwick 45 ½, Cresskill 30
1987-Saddle Brook 67, New Milford 36 ½, Waldwick 35
1986-Mahwah 38, Waldwick and Cresskill 27
1985-Emerson 43, Saddle Brook 41, New Milford 40 ½
1984-Emerson 92, Midland Park 32, Mahwah 30
1983-Emerson 47 ½, Cresskill 40, Mahwah 37
1982-Mahwah 47, Emerson 41 ½, Cresskill 36
1981-Emerson 67, Mahwah 28, Glen Rock 27
1980-Cresskill 63, Mahwah 45, Emerson 35

1979-Mahwah 60 ½, Emerson 49, Cresskill 48 ½
 1978-Mahwah 51, Emerson 48, Bogota 30
 1977-Mahwah 48.16, Leonia 40, Midland Park 24.16
 1976-Cresskill 49, Leonia 41, Midland Park 36
 1975-Queen of Peace 50, Mahwah 47, Leonia 26
 1974-Mahwah 61, Park Ridge 54 ½, Queen of Peace 38
 1973-Queen of Peace 47, Mahwah 42, Emerson/Park Ridge 21
 1972-Queen of Peace 41, Leonia 31, Mahwah 29
 1971-Waldwick 42, Hasbrouck Heights 35, Cresskill 31
 1970-Hasbrouck Heights 68, St. Cecilia and St. Mary's 26
 1969-Mahwah 49, Cresskill 32, Waldwick 23
 1968-Bogota 44, Mahwah 32, Waldwick 31

100 METERS

2024-Matthew Elsasser, Waldwick	11.75	
2023-Joshua Yoon, Cresskill	11.09	
2022-Nathan Storz, Emerson	11.48	
2021-Rashawn Markman, Waldwick	11.40	
2019-Rashawn Markman, Waldwick	11.59	
2018-Sean Roberts, Saddle Brook		11.35
2017-Sean Roberts, Saddle Brook		11.67
2016-Dan Sherlock, Park Ridge	11.71	
2015-Aleem James, Dwight-Englewood	11.79	
2014-Garrett Finn, Dwight-Englewood	11.49	
2013-Garrett Finn, Dwight-Englewood	11.68	
2012-Elijah St. Hillaire, Palisades Park	11.66	
2011-Kevin Condal, Hasbrouck Heights	11.28	
2010-Kevin Condal, Hasbrouck Heights	11.21	
2009-Kevin Condal, Hasbrouck Heights	11.48	
2008-Matt Bieszard, Midland Park	11.25	
2007-Damon Merkerson, St. Mary's	10.7	
2006-Donald Lee, St. Mary's	11.1	
2005-Anthony Pomo, Saddle Brook	10.9	
2004-Anthony Pomo, Saddle Brook	11.2	
2003-Mark Hannon, Glen Rock	11.3	
2002-Brandon Fronjian, Palisades Park	11.0	
2001-Brandon Fronjian, Palisades Park	11.1	
2000-Chris Charles, Park Ridge	10.8	
1999-Chris Charles, Park Ridge	11.1	
1998-Damion Lawrence, Wallington	11.2	
1997-Mikkel Brown, Glen Rock	11.4	
1996-Mike Sabato, Wood-Ridge	11.0	
1995-Mike Sabato, Wood-Ridge	11.2	
1994-John Geohrig, Hasbrouck Heights	11.3	
1993-Rommel Chatman, Midland Park	11.2	
1992-Rich Donohue, Saddle Brook	11.3	
1991-Fred Campbell, Emerson	11.0	
1990-Fred Campbell, Emerson	11.2	
1989-Joe Ivanicki, Wallington	11.5	
1988-Scott Zotollo, Saddle Brook		11.4
1987-Dave Shepard, Waldwick	11.4	
1986-Ron Blauvelt, Hasbrouck Heights	11.1	
1985-Ron Blauvelt, Hasbrouck Heights	11.0	
1984-Shawn Carpenter, Emerson	11.5	
1983-Doug Ecker, Cresskill	11.4	
1982-Rob Liverpool, Waldwick	11.1	
1981-Chris Haley, Glen Rock	11.1	
1980-Roger Storm, Emerson	11.5	

100 YARDS

1979-Roger Storm, Emerson	10.5
1978-Ken Hoffman, Emerson	10.4
1977-Glenn Prisco, Hasbrouck Heights	10.4

1976-Bill Ring, Leonia	10.5
1975-Ivory Sully, Leonia	10.3
1974-Steve Lee, Leonia	10.2
1973-Tony May, Bogota	10.4
1972-Joe Marques, North Arlington	10.4
1971-John Mader, Waldwick	10.4
1970-Jim Wallace, Hasbrouck Heights	10.1
1969-Jon Sereno, Bogota	10.9
1968-Steve Caputo, St. Mary's	10.4

200 METERS

2024-Matthew Elsasser, Waldwick	24.08	
2023-Joshua Yoon, Cresskill	22.75	
2022-Oliver Urena, Cresskill	22.63	
2021-Tommie Lee Minaya, Becton	23.19	
2019-Stephen Henke, Becton	23.43	
2018-Sean Roberts, Saddle Brook		23.13
2017-Sean Roberts, Saddle Brook		22.87
2016-Dan Sherlock, Park Ridge	23.29	
2015-Louis O'Keefe, Emerson	23.14	
2014-Thai Scott, North Arlington	23.28	
2013-Nick Oravetz, Waldwick	23.17	
2012-Johnny Malespina, Park Ridge	22.81	
2011-Kevin Condal, Hasbrouck Heights	22.70	
2010-Kevin Condal, Hasbrouck Heights	22.63	
2009-Kevin Condal, Hasbrouck Heights	22.3	
2008-Matt Bieszard, Midland Park	22.1	
2007-Matt Bieszard, Midland Park	22.0	
2006-Donald Lee, St. Mary's	22.6	
2005-Donald Lee, St. Mary's	22.8	
2004-Phil Santini, Cresskill	22.9	
2003-Tim Rehm, Waldwick	23.7	
2002-Billy Moore, Westwood	22.3	
2001-Brandon Fronjian, Palisades Park	22.7	
2000-Chris Charles, Park Ridge	22.0	
1999-Chris Charles, Park Ridge	22.5	
1998-Jacek Kwiatkowski, Wallington	22.2	
1997-Mikkel Brown, Glen Rock	22.8	
1996-Alex Cruz, Palisades Park	23.0	
1995-T.J. Trapp, Becton	22.9	
1994-John Geohrig, Hasbrouck Heights	22.5	
1993-Rommel Chatman, Midland Park	22.8	
1992-Rich Donohue, Saddle Brook	23.0	
1991-Fred Campbell, Emerson	23.0	
1990-Fred Campbell, Emerson	22.9	
1989-Joe Ivanicki, Wallington	24.0	
1988-Bill Mulder, Saddle Brook	23.3	
1987-Dave Shepard, Waldwick	23.1	
1986-Ron Blauvelt, Hasbrouck Heights	22.7	
1985-Ron Blauvelt, Hasbrouck Heights	22.6	
1984-Shawn Carpenter, Emerson	23.1	
1983-John McGuinness, Emerson	23.6	
1982-Rob Liverpool, Waldwick	22.8	
1981-Chris Haley, Glen Rock	22.7	
1980-Greg Kohles, Bogota	23.8	

220 YARDS

1979-Roger Storm, Emerson	23.9
1978-Ken Hoffman, Emerson	23.2
1977-Glenn Prisco, Hasbrouck Heights	23.4
1976-Mark Mundy, Cresskill	23.1
1975-Ivory Sully, Leonia	22.8
1974-Steve Lee, Leonia	22.7

1973-John Crole, Hasbrouck Heights	23.9
1972-Bill Wallace, Hasbrouck Heights	23.5
1971-Rich Kelly, Cresskill	22.7
1970-Jim Wallace, Hasbrouck Heights	22.6
1969-Dan Siwulec, Waldwick	23.5
1968-Steve Caputo, St. Mary's	22.7

400 METERS

2024-Charlie Denekamp, Midland Park	52.85	
2023-Charlie Denekamp, Midland Park	53.10	
2022-Oliver Urena, Cresskill	49.87	
2021-Thomas Gibbard, Emerson	51.74	
2019-Shawn Castaneira-Grigsby, Midland Park	52.17	
2018-Sean Roberts, Saddle Brook		50.34
2017-Sean Roberts, Saddle Brook		51.39
2016-Christian Digsby, Palisades Park	51.00	
2015-Louis O'Keefe, Emerson	50.56	
2014-Louis O'Keefe, Emerson	50.85	
2013-Nick Oravetz, Waldwick	51.07	
2012-Johnny Malespina, Park Ridge	49.51	
2011-Kevin Condal, Hasbrouck Heights	49.18	
2010-Kevin Condal, Hasbrouck Heights	48.55	
2009-Hayden Duffy, Emerson	48.9	
2008-Matt Bieszard, Midland Park	49.8	
2007-Damon Merkerson, St. Mary's	48.8	
2006-Matt Bieszard, Midland Park	51.1	
2005-Vinnie Gareffa, Hasbrouck Heights	50.3	
2004-Daquan Huffin, Palisades Park	50.1	
2003-Rob Grammer, Glen Rock	50.3	
2002-Rob Grammer, Glen Rock	50.4	
2001-Gary Gagliardi, Hasbrouck Heights	49.5	
2000-Chris Charles, Park Ridge	49.4	
1999-Gary Gagliardi, Hasbrouck Heights	50.8	
1998-Jacek Kwiatkowski, Wallington	50.0	
1997-Keith Van Goor, Midland Park	50.1	
1996-Alex Cruz, Palisades Park	50.4	
1995-Mike Whatley, St. Mary's	51.0	
1994-John Geohrig, Hasbrouck Heights	51.0	
1993-Rommel Chatman, Midland Park	51.9	
1992-Matt Pichel, Dwight-Englewood	52.6	
1991-Kyle Alessi, Waldwick	51.8	
1990-Tony Miller, Hasbrouck Heights	51.9	
1989-Rich Katz, Palisades Park	53.1	
1988-Dave Fox, Waldwick	52.4	
1987-Manny Tayas, New Milford		52.8
1986-Totu Omamete, Dwight-Englewood	51.7	
1985-Joe Hawthorne, Saddle Brook	51.8	
1984-Joe Hawthorne, Saddle Brook	52.2	
1983-Hank DeGenaars, Midland Park	52.2	
1982-John Mueller, Midland Park		51.6
1981-Chris Haley, Glen Rock	52.5	
1980-Tom Hessmer, Cresskill	52.7	

440 YARDS

1979-John Cortazzo, Cresskill	51.2
1978-Joe Bradshaw, Emerson	51.5
1977-John Baxter, Mahwah	52.1
1976-Dave Parshall, Midland Park	52.9
1975-Paul St. Germain, Queen of Peace	50.4
1974-John Aussems, Midland Park	50.3
1973-John Aussems, Midland Park	51.5
1972-Gene Russell, Queen of Peace	50.8
1971-John Beemer, Hasbrouck Heights	50.3

1970-Graham MacKenzie, Cresskill	50.4
1969-Greg Leahy, Mahwah	50.2
1968-John Wimmer, Bogota	48.6

800 METERS

2024-Charlie Denekamp, Midland Park	2:04.92	
2023-Nicholas Suero, Saddle Brook	2:04.70	
2022-Khalid Itani, Emerson	2:03.02	
2021-Rich Weissenborn, Park Ridge	2:03.95	
2019-Jesus Michel, Bogota	2:07.47	
2018-Sean Roberts, Saddle Brook		2:02.51
2017-Jake Cooper, Emerson	2:05.44	
2016-Karl Desrosiers, Palisades Park	1:59.86	
2015-Karl Desrosiers, Palisades Park	2:01.46	
2014-Danny Cordeiro, North Arlington	2:02.96	
2013-Danny Cordeiro, North Arlington	2:02.89	
2012-Domenic D'Agostino, Wallington	2:01.45	
2011-Domenic D'Agostino, Wallington	2:01.79	
2010-Domenic D'Agostino, Wallington	2:06.00	
2009-Connor Bratynski, Saddle Brook	2:01.3	
2008-Sam Janssen, Park Ridge	1:59.6	
2007-Matt Lingam, Park Ridge	1:59.1	
2006-Scott Walker, Midland Park		2:01.0
2005-Vinnie Gareffa, Hasbrouck Heights	1:58.6	
2004-James Walker, Midland Park	2:00.4	
2003-Ryan McCann, Glen Rock		1:56.9
2002-Ryan McCann, Glen Rock	2:02.3	
2001-A.J. Andreano, Saddle Brook	2:01.1	
2000-John Van Goor, Midland Park	2:04.1	
1999-John Van Goor, Midland Park	2:04.2	
1998-Jeff Clark, Bogota	2:00.6	
1997-Jim Kurz, Glen Rock	2:00.9	
1996-Diego Gioffre, Palisades Park	2:03.9	
1995-Brendan Stickles, Glen Rock	2:00.6	
1994-Joe DeRobertis, Hasbrouck Heights	2:02.0	
1993-Brian Shuff, New Milford	1:59.0	
1992-Mark Lampert, Park Ridge	2:01.9	
1991-Kevin Duff, Waldwick	2:02.3	
1990-Paul Capuzzo, Emerson	2:00.3	
1989-Rich Wisse, Saddle Brook	1:58.7	
1988-Scott Wilson, Midland Park	2:05.4	
1987-Bruno Sgambellone, Palisades Park	1:58.8	
1986-Bruno Sgambellone, Palisades Park	2:02.3	
1985-Bruno Sgambellone, Palisades Park	2:06.6	
1984-Dirk Zuidema, Midland Park	2:01.4	
1983-Lou Spagnola, Bogota	2:00.5	
1982-John Mueller, Midland Park		2:02.7
1981-Mike Fezza, Cresskill	2:00.4	
1980-Bill Broderick, Ridgefield	2:00.1	

880 YARDS

1979-John Saitta, Emerson	2:03.7
1978-Tim Doran, St. Mary's	2:01.5
1977-Dan McNeilly, St. Mary's	1:58.1
1976-Leroy Durocher, Emerson	1:59.4
1975-Rich Wallace, Hasbrouck Heights	1:58.1
1974-Paul Simonak, Queen of Peace	2:00.6
1973-Jim McIntyre, Queen of Peace	1:58.5
1972-Dave Kelchner, Cresskill	1:58.6
1971-Dave Ludwig, Park Ridge	1:59.6
1970-Jim Brindle, St. Mary's	2:02.1
1969-Jim Burke, Park Ridge	2:00.3
1968-Mike Cevasco, Park Ridge	1:59.1

1600 METERS

2024-Patrick Tallman, Park Ridge	4:41.42	
2023-Joseph Capuzzo, Waldwick	4:37.36	
2022-Khalid Itani, Emerson	4:39.73	
2021-Rich Weissenborn, Park Ridge	4:38.84	
2019-Jesus Michel, Bogota	4:40.61	
2018-Sirish Modhagala, North Arlington	4:39.56	
2017-Jake Cooper, Emerson	4:33.21	
2016-Danny Daurio, Bogota	4:36.82	
2015-Quinn Geraghty, Bogota	4:36.85	
2014-Danny Cordeiro, North Arlington	4:34.95	
2013-Danny Cordeiro, North Arlington	4:30.37	
2012-Domenic D'Agostino, Wallington	4:16.89	
2011-Domenic D'Agostino, Wallington	4:25.48	
2010-Domenic D'Agostino, Wallington	4:39.72	
2009-Pat Rochford, Bogota	4:44.3	
2008-Matt Lingam, Park Ridge	4:39.3	
2007-Matt Lingam, Park Ridge	4:42.7	
2006-Matt Majchrzak, Wallington	4:46.5	
2005-Chris Guerriero, Saddle Brook	4:28.8	
2004-Tom Finnerty, Midland Park	4:38.0	
2003-Ryan McCann, Glen Rock	4:32.4	
2002-Albert Arguelles, Cresskill	4:40.3	
2001-A.J. Andreano, Saddle Brook	4:42.7	
2000-Allen Connell, Ridgefield	4:51.7	
1999-Josh VanderWiele, Midland Park	4:39.7	
1998-Jeff Clark, Bogota	4:30.5	
1997-Matt Kuiken, Glen Rock	4:36.0	
1996-Pete Startz, Waldwick	4:36.3	
1995-Dennis Sullivan, Glen Rock	4:38.6	
1994-David Ledgerwood, Park Ridge	4:42.1	
1993-Brian Shuff, New Milford	4:33.1	
1992-Danny Schuman, Saddle Brook	4:43.3	
1991-Danny Schuman, Saddle Brook	4:42.4	
1990-Colin McNamara, Emerson	4:40.0	
1989-Brian Morrow, Hasbrouck Heights	4:44.0	
1988-Scott Wilson, Midland Park	4:40.4	
1987-David Clayton, Wood-Ridge	4:21.0	
1986-Mike Ryan, Palisades Park	4:28.9	
1985-David Gendleman, Dwight-Englewood	4:41.0	
1984-Ken Handel, Dwight-Englewood	4:38.8	
1983-Frank Lamberti, Mahwah	4:31.3	
1982-Frank Lamberti, Mahwah	4:39.3	

1500 METERS

1981-Mike Fezza, Cresskill	4:12.3	
1980-Mike Fezza, Cresskill	4:06.1	

ONE MILE

1979-Ian Leavesley, Mahwah	4:26.3	
1978-Tim Doran, St. Mary's	4:31.2	
1977-Leroy Durocher, Emerson	4:34.3	
1976-Barry Scanlan, Emerson	4:26.5	
1975-John Bahnsen, Bogota	4:23.5	
1974-Jeff Rolf, Park Ridge	4:23.2	
1973-Cal Jenness, Park Ridge	4:27.0	
1972-Gary Riley, Queen of Peace	4:32.8	
1971-Greg Kwederis, Waldwick	4:30.8	
1970-Gary Dittmore, Leonia	4:23.4	
1969-Jim Reap, St. Cecilia	4:33.7	
1968-Tom Sullivan, Bogota	4:29.1	

3200 METERS

2024-Marshall Carver, Waldwick	9:58.63
2023-Joseph Capuzzo, Waldwick	9:55.56
2022-Khalid Itani, Emerson	10:19.45
2021-Joe Capuzzo, Waldwick	11:10.77
2019-Jesus Michel, Bogota	9:59.62
2018-Matt Rossnagel, Midland Park	10:05.83
2017-James Draney, Bogota	10:11.12
2016-James Draney, Bogota	10:15.27
2015-Danny Daurio, Bogota	9:57.11
2014-Quinn Geraghty, Bogota	10:16.23
2013-Stefan Morton, Emerson	9:58.58
2012-Domenic D'Agostino, Wallington	9:25.18
2011-Domenic D'Agostino, Wallington	10:01.36
2010-Domenic D'Agostino, Wallington	10:20.36
2009-Pat Rochford, Bogota	10:07.5
2008-Matt Lingam, Park Ridge	9:57.4
2007-Matt Lingam, Park Ridge	9:57.6
2006-Matt Lingam, Park Ridge	10:11.2
2005-Chris Guerriero, Saddle Brook	9:36.0
2004-Tom Finnerty, Midland Park	9:53.2
2003-Rafael Abreu, Leonia	10:00.8
2002-Tim Daly, Glen Rock	10:08.4
2001-John Daula, Glen Rock	10:12.1
2000-Peter Leighton, Bogota	10:05.5
1999-Frank Rivera, Becton	9:55.9
1998-Jeff Clark, Bogota	9:42.2
1997-Matt Kuiken, Glen Rock	9:58.0
1996-Jamie Cortes, Palisades Park	10:03.7
1995-Peter Startz, Waldwick	10:03.5
1994-David Ledgerwood, Park Ridge	10:09.8
1993-Danny Schuman, Saddle Brook	9:47.6
1992-Danny Schuman, Saddle Brook	9:52.5
1991-Danny Schuman, Saddle Brook	10:17.8
1990-Paul Capuzzo, Emerson	10:05.9
1989-Rich Wisse, Saddle Brook	10:00.8
1988-John Zurfleuh, Waldwick	9:56.4
1987-Chris Moore, Emerson	9:39.9
1986-Kevin McOwen, Mahwah	9:41.3
1985-Joe Falci, Saddle Brook	10:11.4
1984-Todd Ihrmann, Midland Park	10:00.9
1983-Frank Lamberti, Mahwah	9:44.3
1982-Frank Lamberti, Mahwah	9:43.4

3000 METERS

1981-Bill Hammarstrom, Cresskill	9:20.9
1980-Ian Leavesley, Mahwah	9:00.9

TWO MILE

1979-Ian Leavesley, Mahwah	9:37.4
1978-Ian Leavesley, Mahwah	9:42.4
1977-Ernie Fierer, Leonia	9:59.0
1976-Paul Marzan, Park Ridge	9:29.0
1975-Peter Marzan, Park Ridge	9:35.6
1974-Ken Marzan, Park Ridge	9:37.0
1973-George Bloom, Queen of Peace	9:51.1
1972-Jim McIntyre, Queen of Peace	9:46.8
1971-Dale Thompson, Hasbrouck Heights	9:54.3
1970-John Brazzel, North Arlington	10:03.9
1969-Joe Mele, Cresskill	10:17.9
1968-Glen Johnston, Bogota	10:06.6

110 METER HIGH HURDLES (120 yards until 1979)

2024-William Cusick, Cresskill	15.90	
2023-Matthew Coyle, Emerson	16.23	
2022-Nathan Storz, Emerson	15.01	
2021-Jack Disanza, Park Ridge	17.87	
2019-Stephen Henke, Becton	15.87	
2018-Stephen Henke, Becton	15.93	
2017-Nyasha Samakande, Palisades Park	17.24	
2016-Christian Marosi, Waldwick		16.29
2015-Matt Ganguzza, Midland Park	16.12	
2014-Matt Ganguzza, Midland Park	16.58	
2013-Mike Akanbi, Queen of Peace	16.65	
2012-Sean Porteous, Wood-Ridge		15.47
2011-John Porteous, Wood-Ridge		14.98
2010-John Porteous, Wood-Ridge		15.14
2009-Amelio Soto, Bogota	16.09	
2008-Kyle Elliott, Cresskill	15.7	
2007-Tim White, Saddle Brook	15.0	
2006-Carlos Tejada, Saddle Brook	15.1	
2005-Anthony Pomo, Saddle Brook	15.0	
2004-Anthony Pomo, Saddle Brook	15.2	
2003-Dave Lado, Ridgefield	15.1	
2002-Dennis Calacione, New Milford	15.3	
2001-Dennis Calacione, New Milford	14.8	
2000-Rishi Prabhu, Glen Rock	15.2	
1999-Nick Garrett, Saddle Brook	15.0	
1998-Mike Huberman, Cresskill	15.4	
1997-Averill Grimes, Hasbrouck Heights	15.3	
1996-Averill Grimes, Hasbrouck Heights	15.5	
1995-Devlyn Hall, St. Mary's	15.4	
1994-Chris Boyle, Becton	14.5	
1993-Chris Boyle, Becton	15.1	
1992-Dave Schuman, Saddle Brook	14.4	
1991-Jeff Heal, New Milford	15.0	
1990-Jeff Heal, New Milford	15.1	
1989-Rich Miller, Cresskill	15.7	
1988-Carmen Pizzuto, Saddle Brook	15.0	
1987-Jim Assini, Saddle Brook	15.8	
1986-Eric Princen, Cresskill	16.0	
1985-Rich DeMarco, Emerson	15.5	
1984-Steve Saladino, Bogota	15.7	
1983-Dio DiPasupil, Emerson	15.6	
1982-Andy Hodgins, Park Ridge	15.2	
1981-Andy Hodgins, Park Ridge	15.3	
1980-Rob Porter, Mahwah	15.9	
1979-John Flynn, Emerson	16.2	
1978-Steve Brown, Bogota	15.2	
1977-Steve Brown, Bogota	15.6	
1976-Kirk Stazger, Cresskill	15.6	
1975-Pete Eberling, Becton	15.8	
1974-Joe Ancona, Mahwah	15.0	
1973-Joe Ancona, Mahwah	15.3	
1972-Mike Borsellino, Midland Park	15.9	
1971-Ron Boyce, Mahwah	16.2	
1970-Frank Setlock, Hasbrouck Heights	15.6	
1969-Ron Hurley, Emerson	15.8	
1968-Bill Basile, Wood-Ridge	15.4	

400 METER INTERMEDIATE HURDLES

2024-Charlie Denekamp, Midland Park	59.41
2023-Charlie Denekamp, Midland Park	60.58
2022-Thomas Gibbard, Emerson	55.81
2021-Thomas Gibbard, Emerson	58.70
2019-Sebastien Leduc, Park Ridge	58.46

2018-Lance Trusty, Saddle Brook	59.58
2017-Lance Trusty, Saddle Brook	59.64
2016-Shafic Itani, Emerson	58.80
2015-Matt Ganguzza, Midland Park	58.54
2014-Shafic Itani, Emerson	59.45
2013-Kevin Momnohin, Queen of Peace	57.38
2012-Eric Benny, Emerson	56.45
2011-John Porteous, Wood-Ridge	58.13
2010-John Porteous, Wood-Ridge	57.11
2009-John Porteous, Wood-Ridge	56.6
2008-Ross Koehler, Park Ridge	58.3
2007-Tim White, Saddle Brook	57.1
2006-Dan Egorow, Cresskill	58.5
2005-Brian Buccino, Cresskill	55.9
2004-Daquan Huffin, Palisades Park	56.0
2003-Dave Lado, Ridgefield	55.4
2002-Dave Lado, Ridgefield	55.6
2001-Dennis Calacione, New Milford	55.9
2000-Rishi Prabhu, Glen Rock	56.8
1999-Joe Hwang, Cresskill	55.6
1998-Joe Hwang, Cresskill	57.1
1997-Averill Grimes, Hasbrouck Heights	57.5
1996-Martin Besterci, St. Mary's	57.3
1995-David Stein, Glen Rock	57.2
1994-Chris Boyle, Becton	57.3
1993-Chris Boyle, Becton	57.5
1992-Dave Schuman, Saddle Brook	56.3
1991-Dave Schuman, Saddle Brook	58.0
1990-Rich Miller, Cresskill	58.4
1989-Rich Miller, Cresskill	57.5
1988-Carmen Pizzuto, Saddle Brook	55.6
1987-Bruno Sgambellone, Palisades Park	57.0
1986-Lou Ferreira, North Arlington	58.3
1985-Paul Zeuke, New Milford	56.5
1984-Jamie Buchanan, Mahwah	62.0
1983-Dio DiPasupil, Emerson	58.7
1982-Pete Grogan, Emerson	58.1
1981-Thabani Mueller, Glen Rock	56.7
1980-Rob Porter, Mahwah	56.3

330 YARD INTERMEDIATE HURDLES

1979-Rob Porter, Mahwah	41.2
1978-Steve Brown, Bogota	39.7
1977-Steve Brown, Bogota	40.7
1976-Kirk Satzger, Cresskill	40.7
1975-Tom Collishaw, Mahwah	40.6
1974-Joe Ancona, Mahwah	40.1

180 YARD LOW HURDLES

1973-Joe Ancona, Mahwah	21.5
1972-Don Gans, Leonia	21.3
1971-Rick Boyce, Mahwah	20.9
1970-Rick Caputo, St. Mary's	20.4
1969-Mike Hutton, Mahwah	21.2
1968-Mike Hutton, Mahwah	20.8

SHOT PUT

2024-Jake Douma, Midland Park	47-2
2023-Jake Douma, Midland Park	46-6 ¼
2022-Zach Hartung, Saddle Brook	49-10
2021-Jason Ballen, Midland Park	44-4 ½
2019-Dylan Mulvenna, emerson	44-2
2018-Greg Anderson, Becton	49-11 ½

2017-Gio Guterriez, Saddle Brook	60-11	
2016-Gio Guterriez, Saddle Brook	51-4	
2015-Gio Guterriez, Saddle Brook	51-0 ¼	
2014-Devone Johnson, Saddle Brook	44-1	
2013-Devone Johnson, Saddle Brook	44-7 ¼	
2012-Chris Connors, Hasbrouck Heights	53-4 ½	
2011-Patrick Cole, Hasbrouck Heights	53-6 ½	
2010-Patrick Cole, Hasbrouck Heights	55-3	
2009-Patrick Cole, Hasbrouck Heights	49-6 ¼	
2008-Mike Renna, Hasbrouck Heights	49-6	
2007-George Pecoraro, Cresskill	50-0 ½	
2006-Jeff Seidel, Hasbrouck Heights	54-6 ½	
2005-Chris Onorato, Hasbrouck Heights	50-8 ¾	
2004-Slawek Wojtys, Wallington	51-0 ¾	
2003-Stephen Rasczyk, Lyndhurst		51-5 ¾
2002-Lou Levy, Cresskill	52-5 ½	
2001-Charlie Yalovister, North Arlington	48-5 ¾	
2000-Charlie Yalovister, North Arlington	49-8	
1999-Mike Murphy, New Milford		57-7
1998-Frank Kozibroda, Wood-Ridge	48-8 ½	
1997-Mike Mirkovic, Wood-Ridge	45-0	
1996-Matt Marquis, Waldwick	47-8	
1995-Dan Paolucci, Emerson	49-0	
1994-Dan Paolucci, Emerson	45-5 ½	
1993-Guy Iavarone, Cresskill	51-1	
1992-Guy Iavarone, Cresskill	49-1	
1991-Bill Schels, Emerson	49-3 ½	
1990-Kevin Quinn, Cresskill	51-4 ¾	
1989-Kevin Quinn, Cresskill	53-4 ½	
1988-Art Coffey, Saddle Brook	47-8 ¾	
1987-Dave Wisotsky, Mahwah	53-11	
1986-Dave Wisotsky, Mahwah	50-11 ½	
1985-Andy Papathanassiou, Emerson	64-7	
1984-Andy Papathanassiou, Emerson	57-6 ½	
1983-Andy Papathanassiou, Emerson	55-4	
1982-Andy Papathanassiou, Emerson	50-5	
1981-Mark Wiley, Cresskill	51-6 ½	
1980-Lloyd Lochstoer, Emerson	50-10 ¾	
1979-Rolf Euler, Bogota	52-6 ¼	
1978-Brian Kane, Hasbrouck Heights	52-3	
1977-Frank Casella, Leonia	50-10 ½	
1976-Art Spelsa, Palisades Park	53-4	
1975-Ron Kort, Mahwah	55-0 ½	
1974-Bill Spindler, Hasbrouck Heights	49-4 ½	
1973-Bob Albrecht, Emerson	51-4	
1972-Drew Sauchelli, St. Cecilia	50-9 ¾	
1971-Keith Link, Hasbrouck Heights	48-5 ½	
1970-Rich Manfredi, Hasbrouck Heights	49-8 ½	
1969-Joe Waskiewicz, North Arlington	49-8 ½	
1968-Joe Waskiewicz, North Arlington	49-6	

DISCUS

2024-Eddie Schaefer, Ridgefield	133-2
2023-Jake Douma, Midland Park	121-0
2022-Jason Ballen, Midland Park	149-9
2021-Jason Ballen, Midland Park	153-1
2019-Ervin Chaush, Wallington	146-2
2018-Greg Anderson, Becton	141-2
2017-Gio Guterriez, Saddle Brook	168-8
2016-Gio Guterriez, Saddle Brook	161-2
2015-Gio Guterriez, Saddle Brook	133-0
2014-Seth Zuidema, Midland Park	144-10
2013-Arie Zuidema, Midland Park	157-4
2012-Anthony Seidel, Hasbrouck Heights	150-9

2011-Patrick Cole, Hasbrouck Heights	157-0	
2010-Patrick Cole, Hasbrouck Heights	148-8	
2009-Tomasz Dlugozima, Wallington	152-7	
2008-Tomasz Dlugozima, Wallington	130-2	
2007-George Pecoraro, Cresskill	158-9	
2006-George Pecoraro, Cresskill	149-8	
2005-Chris Onorato, Hasbrouck Heights	155-11	
2004-Chris Onorato, Hasbrouck Heights	140-6	
2003-Jason Maier, New Milford	155-8	
2002-Tom Koc, North Arlington	148-3	
2001-Tom Koc, North Arlington	158-2	
2000-Charlie Yalovister, North Arlington	153-5	
1999-Mike Murphy, New Milford		152-6
1998-Frank Kozibroda, Wood-Ridge	141-4	
1997-Frank Kozibroda, Wood-Ridge	139-6	
1996-Aaron Wojno, Saddle Brook	138-8	
1995-Sean Brady, Glen Rock	138-3	
1994-Mike Jester, Dwight-Englewood	129-0	
1993-Dave Romaine, Saddle Brook	133-6	
1992-Guy Iavarone, Cresskill	130-9	
1991-Jeff Kropiewnicki, Saddle Brook	131-3	
1990-Kevin Quinn, Cresskill	153-7	
1989-Kevin Quinn, Cresskill	149-8	
1988-Steve Marada, Park Ridge	135-9	
1987-Adam White, Bogota	165-0	
1986-Ralph Orta, New Milford	149-10	
1985-Andy Papathanassiou, Emerson	169-7	
1984-Bob Kratch, Mahwah	169-2	
1983-Bob Kratch, Mahwah	149-11	
1982-Pat Finley, Bogota	143-7	
1981-Mark Wiley, Cresskill	151-0	
1980-Mark Wiley, Cresskill	148-11	
1979-Ed Radiszewski, North Arlington	146-1	
1978-Tony Russo, Palisades Park	141-6	
1977-Frank Casella, Leonia	165-0	
1976-Frank Casella, Leonia	157-5	
1975-Pat Doherty, Mahwah	148-2	
1974-Scott Vandemark, Mahwah	135-4	
1973-Bob Boyd, Leonia	152-11	
1972-Jeff Ricciardi, Leonia	151-6	
1971-Jeff Ricciardi, Leonia	138-1	
1970-Frank Merritt, Hasbrouck Heights	135-10	
1969-Stan Speich, Mahwah	134-9	
1968-Paul Papa, Cresskill	130-3	

JAVELIN

2024-Julius Catuogno, Midland Park	172-0	
2023-William Cusick, Cresskill	152-4	
2022-Jason Ballen, Midland Park	170-9	
2021-Jason Ballen, Midland Park	143-6	
2019-Dustin Glynn, Park Ridge	166-10	
2018-Dustin Glynn, Park Ridge	150-2	
2017-Luis Pontier, Becton	156-6	
2016-Joshua Terpstra, Midland Park	155-6	
2015-Joshua Terpstra, Midland Park	147-2	
2014-Seth Zuidema, Midland Park	193-0	
2013-Seth Zuidema, Midland Park	178-11	
2012-Anthony Seidel, Hasbrouck Heights	190-3	
2011-Kaleb Zuidema, Midland Park	219-10	
2010-Kaleb Zuidema, Midland Park	202-5	
2009-Kaleb Zuidema, Midland Park	182-9	
2008-Kyle Elliott, Cresskill	184-10	
2007-Kyle Elliott, Cresskill	192-3	
2006-Bryan Fill, Hasbrouck Heights	172-6	

2005-Brendan Gareffa, Hasbrouck Heights	170-7	
2004-Andrew Zuidema, Midland Park	178-10	
2003-Paul Rosiak, Wood-Ridge	181-4	
2002-Paul Rosiak, Wood-Ridge	178-2	
2001-Randy Bednarczyk, Wallington	184-10	
2000-Keith Bisig, Cresskill	173-9	
1999-John Thielke, Glen Rock	178-6	
1998-Ron Phillips, Wood-Ridge	162-9	
1997-Ron Phillips, Wood-Ridge	184-8	
1996-Chinua Laud, Leonia	166-7	
1995-Brian Marshall, North Arlington	157-0	
1994-Mike Jester, Dwight-Englewood	156-6	
1993-Mike Haggerty, Cresskill	168-11	
1992-Matt Hall, Glen Rock	179-6	
1991-Matt Hall, Glen Rock	171-3	
1990-Charles Koenke, New Milford	183-0	
1989-Charles Koenke, New Milford	176-3	
1988-Dave Walker, Saddle Brook		183-11
1987-Dave Walker, Saddle Brook		185-4
1986-Jim Hock, Mahwah	178-6	
1985-Steve Marbaise, Becton	173-9	
1984-Vito Roselli, Emerson	167-3	
1983-Joe Krynicki, North Arlington	174-3	
1982-Bob Erskine, North Arlington	198-6	
1981-Bob Erskine, North Arlington	179-6	
1980-Bob Benjamin, Cresskill	163-7	
1979-Adam Palmer, Emerson	159-11	
1978-Larry Katz, Leonia	147-9	
1977-Frank Jesch, Cresskill	172-5	
1976-George Jesch, Cresskill	163-0	
1975-Dan Rispoli, Queen of Peace	168-4	
1974-George Heller, Park Ridge	161-4	

HIGH JUMP

2024-Lasana Darboe, Ridgefield	5-8	
2023-Matthew Coyle, Emerson	6-0	
2022-Thomas Gibbard, Emerson	6-0	
2021-Thomas Gibbard, Emerson	6-0	
2019-Rashawn Markman, Waldwick	5-10	
2018-Frank Avalo, Waldwick	5-8	
2017-Dante Gonzalez, Palisades Park	5-6	
2016-Dante Gonzalez, Palisades Park	5-10	
2015-Aleem James, Dwight-Englewood	5-10	
2014-Johnathan Profitt, Bogota	6-2	
2013-Johnathan Profitt, Bogota	6-0	
2012-Roland Gamez, Hasbrouck Heights	6-4 ¼	
2011-Roland Gamez, Hasbrouck Heights	6-0	
2010-Nick Acito, Midland Park	5-6	
2009-Kris Hazel, Bogota	5-10	
2008-Steve Lapp, Cresskill	5-10	
2007-Tim White, Saddle Brook	5-10	
2006-Tim White, Saddle Brook	6-2	
2005-Orestes Medina, Palisades Park	5-10	
2004-Tom McCarthy, Saddle Brook	6-2	
2003-Gavin Charlton, Palisades Park	6-0	
2002-Greg Powell, Westwood	6-5	
2001-Trevor O'Grady, Wood-Ridge	6-4	
2000-Trevor O'Grady, Wood-Ridge	5-10	
1999-Dan Miller, Glen Rock	6-0	
1998-Andrew Stine, Park Ridge	6-0	
1997-Rob Derin, Hasbrouck Heights	6-2	
1996-Jim O'Rourke, Park Ridge	6-2	
1995-Terrel Stevens, Becton	5-8	
1994-Mike Tumulty, Bogota	6-4	

1993-Dishon Mills, Becton	6-4
1992-Dishon Mills, Becton	6-2
1991-Jeff Heal, New Milford	6-4
1990-Alex Mabilion, Dwight-Englewood	5-10
1989-John Carr, Waldwick	6-4
1988-John Carr, Waldwick	5-10
1987-Eric Princen, Cresskill	6-2
1986-Eric Princen, Cresskill	6-0
1985-John McGuinness, Emerson	6-0
1984-Tom McGuinness, Emerson	5-10
1983-John Viapiano, Cresskill	6-4
1982-Sam Bowens, Mahwah	6-2
1981-Bob Spencer, Mahwah	6-0
1980-Nate Bowens, Mahwah	6-4
1979-Larry Bowens, Mahwah	6-1
1978-Tyrone Bowens, Mahwah	6-5 ½
1977-Nate Bowens, Mahwah	5-10
1976-Dan Dunlap, Midland Park	5-10
1975-Jim Donohue, Queen of Peace	6-4 ½
1974-George Heller, Park Ridge	6-0
1973-John D'Amato, Hasbrouck Heights	6-0
1972-John D'Amato, Hasbrouck Heights	6-0
1971-Jim O'Brien, St. Mary's	5-10
1970-George Trudell, St. Cecilia	5-10
1969-Ron Hurley, Emerson	6-1
1968-Mike Rutler, Waldwick	5-10

LONG JUMP

2023-Joshua Yoon, Cresskill	22-1 ¼	
2023-Joshua Yoon, Cresskill	22-2	
2022-Nathan Storz, Emerson	22-7 ¼	
2021-Rashawn Markman, Glen Rock	23-8	
2019-Joey Lacorazza, Emerson	20-11 ¾	
2018-Que Jon Malawo, Becton	19-10 ¼	
2017-Tomasz Mierzwa, Becton	21-0 ¼	
2016-Greg Kolaros, Park Ridge	21-10 ½	
2015-Tyree Lee, Midland Park	20-9 ¼	
2014-Juan Castro, Bogota	21-1	
2013-Michael Raia, Park Ridge	20-10	
2012-Roland Gamez, Hasbrouck Heights	21-0 ½	
2011-John Porteous, Wood-Ridge		22-4 ¾
2010-John Porteous, Wood-Ridge		20-6
2009-Kevin DelCalzo, Hasbrouck Heights	20-3	
2008-Shawn Fraser, Emerson	19-2 ½	
2007-Conrad Healy, Park Ridge	20-10 ½	
2006-Allen Patterson, Saddle Brook	20-5 ½	
2005-Anthony Pomo, Saddle Brook	22-9	
2004-Vernard Hoover, Hasbrouck Heights	21-6 ¼	
2003-Andy Lim, Leonia	21-0 ½	
2002-Joe Frangipane, Saddle Brook	20-8 ½	
2001-Craig Agnello, Glen Rock	21-8	
2000-Craig Agnello, Glen Rock	19-9	
1999-Nick Garrett, Saddle Brook	21-4 ½	
1998-Jihun Kim, Becton	21-0 ¼	
1997-Mikkel Brown, Glen Rock		23-9
1996-Alex Cruz, Palisades Park	19-10 ½	
1995-Terrel Stevens, Becton	20-11 ½	
1994-Steve DuPlessy, Ridgefield	19-11 ½	
1993-Rommel Chatman, Midland Park	21-5 ¼	
1992-Dishon Mills, Becton	21-0 ½	
1991-Jeff Heal, New Milford	20-8	
1990-Jeff Heal, New Milford	20-5 ¾	
1989-Jason Pyryt, Wallington	20-7	
1988-Scott Zotollo, Saddle Brook		20-9 ¾

1987-Chih Chen, Saddle Brook	21-7	
1986-Rob Duck, Waldwick	19-6 ½	
1985-Darrin Czellecz, North Arlington	19-10 ¾	
1984-John McGuinness, Emerson	19-10 ½	
1983-Sean Salmon, Leonia	19-10 ¼	
1982-Rob Bates, Cresskill	19-11 ½	
1981-Keith Imbruglia, Wallington		20-4
1980-John McCarthy, Bogota	19-9	
1979-Larry Bowens, Mahwah	19-10	
1978-Larry Bowens, Mahwah	20-6	
1977-John Stos, Wallington	20-10 ¾	
1976-Jim Zitani, St. Cecilia	20-8	
1975-Ivory Sully, Leonia	21-1 ¾	
1974-Joe Ancona, Mahwah	21-1 ¼	
1973-Don Gilson, Queen of Peace		19-11
1972-Tony May, Bogota	19-10	
1971-Jim Gilfedder, St. Cecilia	21-5	
1970-Fred Krampe, St. Cecilia	21-9 ½	
1969-Ron O'Blenis, Mahwah	21-1 ½	
1968-Ed Taylor, Bogota	20-3	

TRIPLE JUMP

2024-Joshua Yoon, Cresskill	45-7	
2023-Joshua Yoon, Cresskill	42-9 ½	
2022-Nathan Storz, Emerson	45-6 ½	
2021-Rashawn Markman, Waldwick	45-7 ½	
2019-Matthieu Brunelle, Emerson		43-1 ¾
2018-Seway Kah, Waldwick	41-5 ½	
2017-Ken Ofori Benne, Palisades Park	40-3 ¾	
2016-Dominik Pergel, Wallington		43-5
2015-Joshua Harris, Wallington	41-11 ½	
2014-Johnathan Profitt, Bogota	44-9	
2013-Michael Raia, Park Ridge	42-9 ¾	
2012-Roland Gamez, Hasbrouck Heights	43-6	
2011-John Porteous, Wood-Ridge		43-7 ¾
2010-Selvin Green, Saddle Brook		44-7 ¾
2009-John Porteous, Wood-Ridge		42-0
2008-Nick Bravo, Park Ridge	41-7	
2007-Allen Patterson, Saddle Brook	40-8	
2006-Chris Eckhardt, Wood-Ridge	42-3 ½	
2005-Orestes Medina, Palisades Park	44-8 ½	
2004-Vernard Hoover, Hasbrouck Heights	47-1	
2003-Vernard Hoover, Hasbrouck Heights	44-9 ½	
2002-Javon Correia, Lyndhurst	42-1 ¾	
2001-Trevor O'Grady, Wood-Ridge	43-3	
2000-Chris Charles, Park Ridge	43-0 ¾	
1999-Nick Garrett, Saddle Brook	43-4	
1998-Chris Charles, Park Ridge	42-3	
1997-Mikkel Brown, Glen Rock	44-6	
1996-Joe Yun, Becton	40-11 ½	
1995-Mikkel Brown, Glen Rock	43-1	
1994-Steve DuPlessy, Ridgefield	45-0 ½	
1993-Steve DuPlessy, Ridgefield	42-9	
1992-Dishon Mills, Becton	42-1	
1991-Jeff Heal, New Milford	43-5 ½	
1990-Jason Pyryt, Wallington	41-0	
1989-Jason Pyryt, Wallington	42-6 ½	
1988-John DiTore, Cresskill	42-7 ¼	
1987-John DiTore, Cresskill	42-11	
1986-John DiTore, Cresskill	42-3 ½	
1985-John McGuinness, Emerson	41-9	
1984-John McGuinness, Emerson	41-8	
1983-Hank DeGenaars, Midland Park	43-10 ¼	
1982-Rob Bates, Cresskill	41-10 ½	

1981-Keith Imbruglia, Wallington		40-1
1980-Nate Bowens, Mahwah	42-5	
1979-Larry Bowens, Mahwah	45-0 $\frac{3}{4}$	
1978-Larry Bowens, Mahwah	42-4 $\frac{1}{2}$	
1977-Larry Bowens, Mahwah	40-8 $\frac{3}{4}$	
1976-Dan Dunlap, Midland Park	42-9 $\frac{1}{2}$	
1975-Jim Zitani, St. Cecilia	41-4 $\frac{1}{4}$	
1974-Chris Kanya, Park Ridge	39-5 $\frac{3}{4}$	

POLE VAULT

2024-Peter Forsdahl, Emerson	10-0
2023-Matthew Coyle, Emerson	11-6
2022-Ryan Balsam, Emerson	11-0
2021-Ryan Balsam, Emerson	10-6
2019-Camron Storz, Emerson	12-0
2018-Spencer Paton, Emerson	11-6
2017-Eran Peci, Emerson	13-7
2016-Eran Peci, Emerson	11-0
2015-Travis Fisher, North Arlington	13-6
2014-Travis Fisher, North Arlington	12-0
2013-Ryan McIlhargy, Park Ridge	11-6
2012-Steve Felice, Midland Park	13-6
2011-Lucas Sedycias, Hasbrouck Heights	12-6
2010-Garrett LaCrocce, Park Ridge	13-0
2009-Greg Hoffman, Park Ridge	14-0
2008-Greg Hoffman, Park Ridge	13-0
2007-Mike Collins, Cresskill	13-0
2006-Mike Collins, Cresskill	12-0
2005-Mike Guariglio, Emerson	11-6
2004-Brandon Melchior, Hasbrouck Heights	11-0
2003-Tim Murphy, Glen Rock	13-0
2002-Will Marty, Westwood	12-6
2001-Steve Piskadlo, North Arlington	12-6
2000-Mark Peros, Saddle Brook	12-0
1999-Keith Bisig, Cresskill	12-0
1998-James Lee, Cresskill	12-6
1997-Gallo Mendoza, Saddle Brook	11-0
1996-Carlo Nastasi, Emerson	10-6
1995-Scott Agnello, Midland Park	11-6
1994-Ralph Castellano, Saddle Brook	11-6
1993-Scott Silverman, New Milford	12-0
1992-Anthony Hampel, Has. Heights	11-0
1991-Ron Taylor, New Milford	12-6
1990-Rich Miller, Cresskill	12-0
1989-James Rockefeller, Bogota	11-6
1988-Mike Swaney, Saddle Brook	12-0
1987-John Pierro, North Arlington	12-6
1986-John Pierro, North Arlington	13-0
1985-Chris Kowalski, Becton	11-6
1984-Jeff Uhl, Park Ridge	12-8
1983-Bob O'Shea, Glen Rock	13-0
1982-Bill Ferguson, North Arlington	11-6
1981-Len Strobel, Cresskill	12-0
1980-Phil Brophy, Glen Rock	12-0
1979-Mark Bernhart, Mahwah	12-0
1978-Bob Nunziato, St. Mary's	12-0
1977-Glenn Schumacher, Midland Park	11-6
1976-Greg Egli, Park Ridge	12-6
1975-Bill Vanderveer, Mahwah	12-6
1974-Bob Milardo, Mahwah	12-0
1973-Bob Milardo, Mahwah	11-6
1972-Bob Milardo, Mahwah	12-6 $\frac{1}{4}$
1971-Gary San Lorenzo, Palisades Park	12-0
1970-Ron Boyce, Mahwah	11-0 $\frac{1}{2}$

1969-John Myers, Mahwah	12-6
1968-John Myers, Mahwah	12-3

1600 METER RELAY (One mile until 1979)

2023-Waldwick	3:42.91
2023-Waldwick	3:47.20
2022-Saddle Brook	3:35.13
2021-Bogota	3:56.21
2019-Park Ridge	3:37.41
2018-Park Ridge	3:42.90
2017-Saddle Brook	3:40.11
2016-Park Ridge	3:32.70
2015-Saddle Brook	3:30.92
2014-Palisades Park	3:30.72
2013-Park Ridge	3:37.34
2012-Park Ridge	3:29.54
2011-Hasbrouck Heights	3:27.43
2010-Hasbrouck Heights	3:28.01
2009-Emerson	3:33.1
2008-Park Ridge	3:31.8
2007-Park Ridge	3:30.0
2006-Park Ridge	3:30.6
2005-Park Ridge	3:31.3
2004-Palisades Park	3:35.7
2003-Park Ridge	3:30.5
2002-Lyndhurst	3:32.7
2001-Hasbrouck Heights	3:26.6
2000-Lyndhurst	3:34.4
1999-Glen Rock	3:33.8
1998-Wallington	3:31.4
1997-Ridgefield	3:32.2
1996-Waldwick	3:35.7
1995-Glen Rock	3:28.7
1994-St. Mary's	3:34.5
1993-Hasbrouck Heights	3:38.5
1992-Hasbrouck Heights	3:36.3
1991-Waldwick	3:32.8
1990-Emerson	3:38.8
1989-Waldwick	3:36.6
1988-Waldwick	3:33.0
1987-New Milford	3:34.1
1986-NEEDED	
1985-Saddle Brook	3:36.1
1984-Midland Park	3:33.6
1983-Midland Park	3:35.2
1982-Midland Park	3:37.0
1981-Emerson	3:36.0
1980-Ridgefield	3:35.5
1979-Mahwah	3:37.5
1978-Emerson	3:35.9
1977-Midland Park	3:32.3
1976-Midland Park	3:35.6
1975-Queen of Peace	3:31.5
1974-Mahwah	3:29.3
1973-Queen of Peace	3:36.2
1972-Cresskill	3:37.7
1971-Hasbrouck Heights	3:36.7
1970-Cresskill	3:34.6
1969-Cresskill	3:34.2
1968-Waldwick	3:38.7

400 METER RELAY

2024-Waldwick	46.07
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2023-Waldwick	46.42
2022-Saddle Brook	45.35
2021-Becton	47.69
2019-Becton	46.15
2018-Emerson	46.18
2017-Emerson	46.41
2016-Park Ridge	45.70
2015-Saddle Brook	45.41

3200 METER RELAY

2024-Park Ridge	8:52.83
2023-Park Ridge	8:57.63
2022-Saddle Brook	9:04.53
2021-Emerson	9:26.93
2019-Park Ridge	8:39.42
2018-Emerson	9:07.42
2017-Bogota	9:01.48
2016-Palisades Park	8:32.52
2015-Saddle Brook	8:41.43

BOYS GROUP E

Top Three Teams

2024-Don Bosco 207, Bergen Catholic 173, Paramus Catholic 115
2023-Bergen Catholic 186, Don Bosco 182, Paramus Catholic 115
2022-Bergen Catholic 175, Don Bosco 172, Paramus Catholic 132
2021-Bergen Catholic 191, Don Bosco 180, Paramus Catholic 73
2019-Bergen Catholic 220, Paramus Catholic 178, Don Bosco 106
2018-Bergen Catholic 171 ½, Paramus Catholic 130, Don Bosco 124
2017-Bergen Catholic 216, Don Bosco 151, Dwight-Englewood 71
2016-Don Bosco 197, Bergen Catholic 189, Paramus Catholic 84

100 METERS

2024-Andrew Jeremiah Boakye, Bergen Catholic	11.10
2023-Kaj Sanders, Bergen Catholic	10.87
2022-Fabian France, Bergen Catholic	10.75
2021-Fabian France, Bergen Catholic	10.99
2019-Rahmir Johnson, Bergen Catholic	11.09
2018-Rahmir Johnson, Bergen Catholic	10.88
2017-Rahmir Johnson, Bergen Catholic	11.16
2016-Wankeith Akin, Don Bosco	11.28

200 METERS

2024-Andrew Jeremiah Boakye, Bergen Catholic	22.05
2023-Joshua Narcisse, Paramus Catholic	22.30
2022-Fabian France, Bergen Catholic	21.61
2021-Adrian Taffe, Bergen Catholic	22.10
2019-Rahmir Johnson, Bergen Catholic	21.96
2018-Rahmir Johnson, Bergen Catholic	22.14
2017-Rahmir Johnson, Bergen Catholic	22.14
2016-Javon Turner, Paramus Catholic	22.51

400 METERS

2024-Corey Sanders Jr., Paramus Catholic	49.79
2023-James Dely, Paramus Catholic	50.53
2022-Alex Shaia, Bergen Catholic	51.22
2021-Josh Baskerville, Don Bosco	52.32
2019-Joshua Gittens, Paramus Catholic	49.92
2018-Joshua Gittens, Paramus Catholic	52.82
2017-Kevin DeLoughry, Bergen Catholic	51.14

2016-Donald Stewart, Paramus Catholic 51.56

800 METERS

2024-Ryan Locicero, Don Bosco 1:59.23
2023-Ryan Locicero, Don Bosco 2:00.35
2022-Killian Moore, Don Bosco 2:00.20
2021-Owen McCarthy, Bergen Catholic 1:59.48
2019-Braedon Fiume, Bergen Catholic 1:58.24
2018-Jeremy Bronstein, Dwight-Englewood 1:59.63
2017-David Rosas, Don Bosco 2:00.61
2016-Tom O'Boyle, Bergen Catholic 1:59.94

1600 METERS

2024-Ryan Locicero, Don Bosco 4:30.76
2023-Ryan Locicero, Don Bosco 4:29.75
2022-Paul Maguire, Don Bosco 4:30.18
2021-Killian Moore, Don Bosco 4:34.51
2019-Graydon Nichols, Bergen Catholic 4:23.93
2018-Jeremy Bronstein, Dwight-Englewood 4:25.38
2017-Caleb Shaia, Bergen Catholic 4:19.32
2016-David Rosas, Don Bosco 4:23.53

3200 METERS

2023-Ryan Locicero, Don Bosco 9:56.39
2023-Ryan Locicero, Don Bosco 9:49.56
2022-Paul Maguire, Don Bosco 9:58.61
2021-Paul Maguire, Don Bosco 10:18.32
2019-Graydon Nichols, Bergen Catholic 9:54.71
2018-Michael Dua, Don Bosco 9:45.08
2017-Justin Touhey, Don Bosco 9:50.31
2016-David Rosas, Don Bosco 9:39.87

110 METER HIGH HURDLES

2024-Adrian Laing, Paramus Catholic 14.83
2023-James Daly, Paramus Catholic 14.92
2022-James Daly, Paramus Catholic 15.42
2021-Justin Martone, Bergen Catholic 16.58
2019-Jordany Dely, Paramus Catholic 14.79
2018-Connor Mathis, Don Bosco 15.62
2017-Kevin DeLoughry, Bergen Catholic 15.91
2016-Ryan Dunkel, Bergen Catholic 15.88

400 METER INTERMEDIATE HURDLES

2024-Jaidyn Johnson, Paramus Catholic 59.22
2023-Corey Sanders Jr., Paramus Catholic 58.10
2022-Jaylen Jeffries, Paramus Catholic 56.52
2021-Noah Bridges, Paramus Catholic 64.17
2019-Kenneth Kennedy, Paramus Catholic 58.18
2018-Dominic Fermin, Dwight-Englewood 58.49
2017-Kevin Deloughry, Bergen Catholic 60.65
2016-Kevin Deloughry, Bergen Catholic 60.84

SHOT PUT

2024-Benji Shue, Bergen Catholic 64-3
2023-Benji Shue, Bergen Catholic 61-9 ½
2022-Benji Shue, Bergen Catholic 59-7
2021-Jacob Guy, don Bosco 44-1 ¾
2019-Connor Mathis, Don Bosco 59-7
2018-Connor Mathis, Don Bosco 56-8 ½
2017-Connor Mathis, Don Bosco 52-7

2016-Marcus Valdez, Don Bosco 48-10

DISCUS

2024-Benji Shue, Bergen Catholic 198-4
2023-Benji Shue, Bergen Catholic 199-4
2022-Benji Shue, Bergen Catholic 184-6
2021-Jared Dorman, Paramus Catholic 125-11
2019-Dean Williamson, Bergen Catholic 156-10
2018-Connor Mathis, Don Bosco 153-1
2017-Michael Mendoza, Paramus Catholic 136-6
2016-Michael Mendoza, Paramus Catholic 146-3

JAVELIN

2024-Noel Montero, Don Bosco 143-7
2023-Daniel Parisi, Don Bosco 174-5
2022-Daniel Parisi, Don Bosco 174-8
2021-Alex Ust, Bergen Catholic 170-8
2019-Michael McGeehan, Paramus Catholic 165-10
2018-Grant Nawoichyk, Don Bosco 159-6
2017-Joe Korin, Bergen Catholic 171-1
2016-Joe Korin, Bergen Catholic 157-0

HIGH JUMP

2024-Tristan Oliver, Bergen Catholic 6-0
2023-Bobby Mays, Don Bosco 6-6
2022-Kyle Irving, Don Bosco 6-2
2021-Shea Walters, Don Bosco 5-6
2019-Andre Barrett, Paramus Catholic 6-2
2018-Naseer Wilson, Dwight-Englewood 5-10
2017-Naseer Wilson, Dwight-Englewood 5-10
2016-Kevin Jackson, Bergen Catholic 5-10

LONG JUMP

2024-Bobby Mays, Don Bosco 22-10 $\frac{3}{4}$
2023-Bobby Mays, Don Bosco 21-5 $\frac{1}{2}$
2022-Josh Baskerville, Don Bosco 21-2 $\frac{1}{2}$
2021-Jaden Ebanks, Bergen Catholic 22-0 $\frac{1}{2}$
2019-Jeremy Torre, Paramus Catholic 22-2 $\frac{1}{2}$
2018-Rahmir Johnson, Bergen Catholic 20-6 $\frac{1}{4}$
2017-Rahmir Johnson, Bergen Catholic 22-1 $\frac{1}{2}$
2016-Wankeith Akin, Don Bosco 21-3

TRIPLE JUMP

2024-Bobby Mays, Don Bosco 45-7
2023-Bobby Mays, Don Bosco 44-10 $\frac{3}{4}$
2022-Josh Baskerville, Don Bosco 42-5 $\frac{1}{2}$
2021-Josh Baskerville, Don Bosco 44-5
2019-Andre Barrett, Paramus Catholic 43-3 $\frac{3}{4}$
2018-Henry Hughes, Bergen Catholic 40-6 $\frac{1}{2}$
2017-Folajimi Olutiola, Dwight-Englewood 38-4
2016-Jevontae Jean-Baptiste, Bergen Catholic 40-8 $\frac{1}{4}$

POLE VAULT

2024-Cornelius Wallace, Don Bosco 10-0
2023-Lorenz Neblung, Don Bosco 10-0
2022-Colin Salandy, Paramus Catholic 11-6
2021-Colin Salandy, Paramus Catholic 9-9
2019-Ivan Jacob, Bergen Catholic 11-0
2018-Ivan Jacob, Bergen Catholic 9-6
2017-Jorge Mascaró, Bergen Catholic 11-0

2016-Jorge Mascaro, Bergen Catholic 10-6

400 METER RELAY

2024-Bergen Catholic	42.68
2023-Paramus Catholic	43.00
2022-Paramus Catholic	43.35
2021-Bergen Catholic	42.74
2019-Paramus Catholic	44.44
2018-Paramus Catholic	43.43
2017-Bergen Catholic	44.39
2016-Don Bosco	45.57

1600 METER RELAY

2024-Paramus Catholic	3:22.89
2023-Paramus Catholic	3:27.57
2022-Bergen Catholic	3:30.67
2021-Bergen Catholic	3:43.52
2019-Paramus Catholic	3:25.71
2018-Paramus Catholic	3:32.88
2017-Bergen Catholic	3:34.86
2016-Bergen Catholic	3:34.36

3200 METER RELAY

2024-Bergen Catholic	8:34.54
2023-Don Bosco	8:30.18
2022-Bergen Catholic	8:34.05
2021-Bergen Catholic	8:50.24
2019-Bergen Catholic	8:36.32
2018-Don Bosco	8:44.63
2017-Bergen Catholic	8:35.60
2016-Don Bosco	8:33.46

GIRLS GROUP A (Only one group until 1977, combined Group 3-4 1978-80; Group 4 1981-2003)

Top Three Teams

2024-Ridgewood 150, Ramapo 114, Northern Highlands 99
2023-Ridgewood 149, Ramapo 97, Northern Highlands 89
2022-Ridgewood 158, Ramapo 96, Northern Highlands 87 ½
2021-Ridgewood 150, Northern Highlands 137, Ramapo 85
2019-Ridgewood 176, Northern Highlands 119, Old Tappan 77
2018-Ridgewood 176, Northern Highlands 116, Old Tappan 78
2017-Ridgewood 146.6, Northern Highlands 131, Old Tappan 54.8
2016-Northern Highlands 123, Ridgewood 121, Old Tappan 86
2015-Northern Highlands 106, IHA 86, Hackensack 71
2014-Paramus Catholic 95, Northern Highlands 85, Teaneck 74
2013-Northern Highlands 111.6, Ridgewood 63.35, Paramus Catholic, 62.75
2012-Ridgewood 99, Teaneck 97, Demarest 74
2011-Immaculate Heart Academy 97, Teaneck 91, Ridgewood 81
2010-Immaculate Heart Academy 121, Teaneck and Paramus Catholic 81
2009-Immaculate Heart Academy 141, Paramus Catholic 103, Teaneck 49
2008-Immaculate Heart Academy 134, Ridgewood 77, Paramus Catholic 64
2007-Ridgewood 147 ½, Paramus Catholic 72, Immaculate Heart Academy 68
2006-Ridgewood 99, Old Tappan 77, Immaculate Heart Academy 72 ½
2005-Teaneck 94 ½, Ridgewood 90, Hackensack 79
2004-Hackensack 96 ½, Old Tappan 80, Teaneck 78 ½
2003-Teaneck 130 ½, Immaculate Heart Academy 108, Ridgewood 102
2002-Immaculate Heart Academy 144, Ridgewood 112 ½, Hackensack 105
2001-Hackensack 142, Ridgewood 116, Immaculate Heart Academy 115 ½

2000-Ridgewood 169, Immaculate Heart Academy 106, Hackensack 87
 1999-Ridgewood 136 ½, Hackensack 113 ½, Immaculate Heart Academy 97
 1998-Ridgewood 120, Teaneck 118, Hackensack 79.67
 1997-**Hackensack 196** ½, Ridgewood 136, Teaneck 86
 1996-Hackensack 162, Ridgewood 145, Teaneck 97
 1995-Hackensack 129, Ridgewood 113 ½, Teaneck 106 ½
 1994-Ridgewood 138, Hackensack 126, Teaneck 123
 1993-Ridgewood 182, Teaneck 74, Fair Lawn 65
 1992-Hackensack 154, Ridgewood 124, Teaneck 75
 1991-Hackensack and Teaneck 62, Ridgewood 60
 1990-Teaneck 83, Hackensack 49, Ridgewood 45
 1989-Teaneck 75, Ridgewood 71, Fair Lawn 32 ½
 1988-Ridgewood 128, Teaneck 60, Hackensack 20
 1987-Ridgewood 105, Teaneck 80, Hackensack 36
 1986-Teaneck 98, Ridgewood 91, Hackensack 33
 1985-Teaneck 81, Ridgewood 80, Hackensack 45
 1984-Ridgewood 85, Teaneck 64, Hackensack 40
 1983-Ridgewood 82, Fair Lawn 49, Teaneck 47
 1982-Ridgewood 69 ½, Teaneck 62, Paramus Catholic 37
 1981-Teaneck 77, Hackensack 72, Ridgewood 65
 1980-Teaneck 61, Westwood 52, Hackensack 27
 1979-Teaneck 55, Hackensack 36, Westwood 30
 1978-Ramsey 39, Teaneck 37, Ridgewood 18
 1977-Rutherford 33, Teaneck 27, Ramsey 25
 1976-Ridgewood 32, Paramus Catholic 25, Rutherford 22
 1975-Ridgewood 62 ½, Saddle Brook 28, Cliffside Park 20
 1974-Ridgewood 64, Glen Rock 21, Demarest 16

100 METERS (100 YARDS UNTIL 1978)

2024-Ayanna Chape, Hackensack	12.73
2023-Ayanna Chape, Hackensack	12.49
2022-Izzie Anzaldo, Ramapo	12.70
2021-Abigail Dennis, Old Tappan	12.61
2019-Jordan Mayo, Tenafly	12.49
2018-Taylor Newman, Old Tappan	12.63
2017-Olivia Florio, Northern Highlands	12.46
2016-Olivia Florio, Northern Highlands	12.61
2015-Amber Redmond, Hackensack	12.55
2014-Tatiyanna Sanders, Paramus Catholic	12.57
2013-Tatiyanna Sanders, Paramus Catholic	12.42
2012-Kahlia Taylor, Teaneck	12.58
2011-Kahlia Taylor, Teaneck	12.47
2010-Myasia Jacobs, Paramus Catholic	11.73
2009-Myasia Jacobs, Paramus Catholic	12.04
2008-Janay Mitchell, Teaneck	12.18
2007-Erica Cigolini, Ridgewood	12.1
2006-Consandria Walker, Hackensack	12.3
2005-Amma Walcott, Hackensack	12.1
2004-Jessica Perkel, Old Tappan	12.6
2003-Consandria Walker, Hackensack	12.2
2002-Jen Andujar, Teaneck	12.4
2001-Courtney Cubicciotti, IHA	12.3
2000-Courtney Cubicciotti, IHA	12.8
1999-Courtney Cubicciotti, IHA	12.5
1998-Courtney Cubicciotti, IHA	12.3
1997-Delcita Russell, Hackensack	12.5
1996-Delcita Russell, Hackensack	12.9
1995-Delcita Russell, Hackensack	12.7
1994-Jennille Logan, Teaneck	12.9
1993-Jennille Logan, Teaneck	12.9
1992-Teri Martin, Hackensack	12.9
1991-Christine Rose, IHA	12.1
1990-Christine Rose, IHA	12.7
1989-Nicole Golden, Teaneck	12.5

1988-Jennifer McDermott, Ridgewood	12.7	
1987-Shonna Clay, Teaneck	12.8	
1986-Missy Hicks, Teaneck	12.7	
1985-Sonia Daniels, Hackensack	12.4	
1984-Michelle Forrester, Teaneck		12.2
1983-Michelle Forrester, Teaneck		12.5
1982-Martese Golden, Teaneck	13.2	
1981-Stephanie Laughlin, Teaneck	12.5	
1980-Stephanie Laughlin, Teaneck	12.4	
1979-Karen Johnson, Teaneck	12.6	
1978-Doreen Kris, Ramsey	11.5	
1977-Cindy Mayo, Rutherford	11.5	
1976-Erin Mallory, Teaneck	11.5	
1975-Diane Horowitz, Fort Lee	11.4	
1974-Vanessa Hugley, Glen Rock		11.8

200 METERS (220 yards until 1978)

2024-Ayanna Chape, Hackensack		25.42
2023-Ayanna Chape, Hackensack		25.53
2022-Zuri Williamson, Teaneck	25.61	
2021-Abigail Dennis, Old Tappan		25.22
2019-Grace O'Shea, Ramapo	25.04	
2018-Grace Smiechowski, Northern Highlands	26.26	
2017-Katherine Muccio, Ridgewood	25.09	
2016-Olivia Florio, Northern Highlands	25.72	
2015-Amber Redmond, Hackensack	25.79	
2014-Tatiana Sanders, Paramus Catholic	25.32	
2013-Tatiana Sanders, Paramus Catholic	25.85	
2012-Myasia Jacobs, Paramus Catholic	24.30	
2011-Myasia Jacobs, Paramus Catholic	24.43	
2010-Myasia Jacobs, Paramus Catholic	23.93	
2009-Myasia Jacobs, Paramus Catholic	24.8	
2008-Amy Salek, Ramapo	24.6	
2007-Janay Mitchell, Teaneck	25.2	
2006-Consandria Walker, Hackensack	25.3	
2005-Michelle Smith, Teaneck	25.5	
2004-Consandria Walker, Hackensack	25.2	
2003-Consandria Walker, Hackensack	25.7	
2002-Jen Andujar, Teaneck	25.7	
2001-Courtney Cubicciotti, IHA	25.8	
2000-Courtney Cubicciotti, IHA	26.3	
1999-Courtney Cubicciotti, IHA	25.6	
1998-Courtney Cubicciotti, IHA	25.1	
1997-Delcita Russell, Hackensack	26.0	
1996-Delcita Russell, Hackensack	26.1	
1995-Delcita Russell, Hackensack	26.2	
1994-Delcita Russell, Hackensack	26.0	
1993-Dana Riley, Teaneck	25.8	
1992-Dana Riley, Teaneck	26.3	
1991-Christine Raised, IHA	25.4	
1990-Nicole Golden, Teaneck	26.0	
1989-Matilda Miranda, Teaneck	25.0	
1988-Jennifer McDermott, Ridgewood	25.7	
1987-Shonna Clay, Teaneck	25.8	
1986-Missy Hicks, Teaneck	26.5	
1985-Michelle Forrester, Teaneck		25.9
1984-Michelle Forrester, Teaneck		26.1
1983-Michelle Forrester, Teaneck		25.9
1982-Heather Samuels, Teaneck	27.1	
1981-Stephanie Laughlin, Teaneck	25.6	
1980-Stephanie Laughlin, Teaneck	26.1	
1979-Karen Johnson, Teaneck	25.9	
1978-Aleta Fischer, Pascack Valley	26.0	
1977-Cindy Mayo, Rutherford	25.3	

1976-Joanne Starr, Pascack Valley	27.2
1975-Katy Kraus, Demarest	27.4
1974-Pat Noonan, Ridgefield Park	28.2

400 METERS (440 yards until 1978)

2024-Ayanna Chape, Hackensack	56.99
2023-Ayanna Chape, Hackensack	57.87
2022-Izzie Anzaldo, Ramapo	56.80
2021-Molly Bennett, Northern Highlands	57.86
2019-Katherine Muccio, Ridgewood	57.10
2018-Katherine Muccio, Ridgewood	57.31
2017-Kyla Krawczyk, Northern Highlands	58.01
2016-Robine Arami, Northern Highlands	56.93
2015-Maria Acosta, Paramus Catholic	55.95
2014-Aminah Sarraga, Teaneck	58.47
2013-Emma Sullivan, Northern Highlands	58.13
2012-Kahlia Taylor, Teaneck	58.14
2011-Myasia Jacobs, Paramus Catholic	56.48
2010-Myasia Jacobs, Paramus Catholic	57.26
2009-Rae Corbo, Paramus Catholic	57.9
2008-Amy Salek, Ramapo	56.4
2007-Amy Salek, Ramapo	56.6
2006-Amy Salek, Ramapo	57.3
2005-Alice Wisener, Ridgewood	59.3
2004-Michelle Smith, Teaneck	58.0
2003-Elina Ploskin, Fair Lawn	59.2
2002-Tahirah Williams, IHA	60.0
2001-Ebony Ramos, Hackensack	59.0
2000-Ebony Ramos, Hackensack	60.7
1999-Katherine Zucaro, Ridgewood	61.5
1998-Kelley Johnson, Teaneck	59.3
1997-Delcita Russell, Hackensack	58.0
1996-Delcita Russell, Hackensack	60.3
1995-Delcita Russell, Hackensack	58.3
1994-Delcita Russell, Hackensack	59.1
1993-Dana Riley, Teaneck	58.1
1992-Dana Riley, Teaneck	58.1
1991-Dana Riley, Teaneck	58.0
1990-Matilda Miranda, Teaneck	61.1
1989-Matilda Miranda, Teaneck	58.3
1988-Ginny Figlar, Ridgewood	58.0
1987-Ginny Figlar, Ridgewood	58.2
1986-Jasmin Jones, Hackensack	56.8
1985-Marci Capitani, Ridgewood	59.3
1984-Marci Capitani, Ridgewood	59.7
1983-Venida Rodman, Teaneck	59.2
1982-Venida Rodman, Teaneck	60.0
1981-Selina Ashby, Teaneck	59.1
1980-Claudia Lynch, Westwood	60.6
1979-Dawn Booth, Teaneck	58.1
1978-Aleta Fischer, Pascack Valley	58.3
1977-Aleta Fischer, Pascack Valley	59.3
1976-Doreen Kris, Ramsey	59.2
1975-Aleta Fischer, Pascack Valley	60.3
1974-Kandie Latham, Ridgewood	61.6

800 METERS (880 yards until 1978)

2024-Bridget Cannon, Ramapo	2:18.18
2023-Cellina Rabolli, Ridgewood	2:23.01
2022-Lucia Rabolli, Ridgewood	2:16.37
2021-Cara Hlbocki, Old Tappan	2:18.88
2019-Kyla Krawczyk, Northern Highlands	2:20.12
2018-Caroline O'Sullivan, Old Tappan	2:19.73

2017-Kyla Krawczyk, Northern Highlands	2:22.97	
2016-Caroline O'Sullivan, Old Tappan	2:14.19	
2015-Colleen Buckley, IHA	2:14.77	
2014-Catherine Pagano, Northern Highlands	2:09.91	
2013-Josette Norris, Tenafly	2:10.98	
2012-Caroline Davidson, Ridgewood	2:18.45	
2011-Janay Ferrel, Teaneck	2:19.95	
2010-Julie Sinkovitz, IHA	2:21.45	
2009-Julie Sinkovitz, IHA	2:15.4	
2008-Kaitlyn Cooney, IHA	2:21.1	
2007-Christina Law, Ridgewood	2:16.8	
2006-Kaitlyn Cooney, IHA	2:17.2	
2005-Christina Law, Ridgewood	2:18.3	
2004-Christina Law, Ridgewood	2:20.7	
2003-Caitlin Hemmer, IHA	2:19.9	
2002-Clair Nowakowski, Ridgewood	2:23.8	
2001-Caitlin Smyth, IHA	2:20.1	
2000-Jennifer Zucaro, Ridgewood		2:23.3
1999-Janelle McCallum, Teaneck		2:15.4
1998-Shauna Koenig, Hackensack	2:16.4	
1997-Meg McDermott, Ridgewood	2:23.8	
1996-Stephanie Doyle, Ridgewood	2:21.7	
1995-Stephanie Doyle, Ridgewood	2:18.7	
1994-Kourtney Gallo, IHA	2:20.1	
1993-Claire Blaney, Ridgewood	2:21.5	
1992-Kerry-Ann Codling, Hackensack	2:21.4	
1991-Erin Peters, Hackensack	2:19.2	
1990-Liz Figlar, Ridgewood	2:21.8	
1989-Liz Figlar, Ridgewood	2:23.2	
1988-Lynne Collazo, Ridgewood	2:19.5	
1987-Jasmin Jones, Hackensack	2:11.0	
1986-Lynne Collazo, Ridgewood	2:23.6	
1985-Jasmin Jones, Hackensack	2:24.2	
1984-Margaret Scutro, Ridgewood	2:19.1	
1983-Mary Ellen Mileski, Ridgewood	2:20.1	
1982-Patti Mileski, Ridgewood	2:17.7	
1981-Patti Mileski, Ridgewood	2:18.7	
1980-Claudia Lynch, Westwood	2:22.6	
1979-Claudia Lynch, Westwood	2:16.2	
1978-Lesa Maloof, Ramsey	2:17.5	
1977-Lesa Maloof, Ramsey	2:25.0	
1976-Alyson Grender, Ridgewood		2:27.9
1975-Terry Vaccarella, Saddle Brook	2:21.0	
1974-Jane Green, Ridgewood	2:24.3	

1600 METERS (one mile until 1978)

2024-Katherine Keating, Ridgewood	5:09.45	
2023-Cellina Rabolli, Ridgewood		5:11.04
2022-Lucia Rabolli, Ridgewood	5:10.61	
2021-AnnaMarie Tretola, Ridgewood	5:04.83	
2019-Camryn Wennersten, Ridgewood	5:06.20	
2018-Cassie Keyes, Ridgewood	5:09.80	
2017-Olympia Martin, Ridgewood	5:09.06	
2016-Caroline O'Sullivan, Old Tappan	5:09.45	
2015-Colleen Buckley, IHA	5:00.16	
2014-Catherine Pagano, Northern Highlands	4:48.82	
2013-Catherine Pagano, Ridgewood	4:57.10	
2012-Catherine Pagano, Ridgewood	5:02.67	
2011-Ariana North, Northern Highlands	5:09.28	
2010-Erin Thompson, IHA	5:13.73	
2009-Sarah Pagano, IHA	5:04.7	
2008-Sarah Pagano, IHA	5:03.1	
2007-Kesley Ramsey, Ramapo	5:05.8	
2006-Kesley Ramsey, Ramapo	5:10.5	

2005-Lisa Sinkovitz, IHA	5:15.8	
2004-Lisa Sinkovitz, IHA	5:17.2	
2003-Caitlin Hemmer, IHA	5:25.5	
2002-Clair Nowakowski, Ridgewood	5:29.0	
2001-Clair Nowakowski, Ridgewood	5:16.0	
2000-Kelly Behan, Ridgewood	5:28.5	
1999-Janelle McCallum, Teaneck		5:11.4
1998-Celeste Sedo, Ridgewood	5:15.4	
1997-Celeste Sedo, Ridgewood	5:20.6	
1996-Stephanie Doyle, Ridgewood	5:12.9	
1995-Stephanie Doyle, Ridgewood	5:16.0	
1994-Jenna Rogers, Ridgewood	5:09.5	
1993-Jenna Rogers, Ridgewood	5:07.2	
1992-Eileen Fitzgerald, Ridgewood	5:16.5	
1991-Erin Peters, Hackensack	5:23.8	
1990-Melissa Wyka, Fair Lawn	5:18.0	
1989-Melissa Wyka, Fair Lawn	5:26.9	
1988-Jennifer Hughes, Ridgewood	5:06.2	
1987-Jasmin Jones, Hackensack	4:59.3	
1986-Norine D'Arcy, Ridgewood		5:18.4
1985-Margaret Scutro, Ridgewood	5:01.6	
1984-Margaret Scutro, Ridgewood	5:09.6	
1983-Margaret Scutro, Ridgewood	5:12.7	
1982-Mary Ellen Mileski, Ridgewood	5:14.8	
1981-Mary Ellen Mileski, Ridgewood	4:53.8 (1500)	
1980-Mary Ellen Mileski, Ridgewood	4:45.3 (1500)	
1979-Mary Ellen McGowan, Pascack Valley.		4:53.6 (1500)
1978-NEEDED		
1977-Michelle Guido, Paramus Catholic	5:23.6	
1976-Michelle Guido, Paramus Catholic	5:27.6	
1975-Jean Chodnicki, Saddle Brook	5:50.4	
1974-Nancy Reed, Ridgewood	5:52.2	

3200 METERS (Two mile until 1978)

2024-Katherine Keating, Ridgewood	11:10.37	
2023-Cellina Rabolli, Ridgewood		11:36.87
2022-AnnaMarie Tretola, Ridgewood	11:26.43	
2021-Sarah Policano, Ridgewood	11:41.94	
2019-Daisy Liljegren, Northern Highlands	11:12.21	
2018-Monica Hebner, Northern Highlands	11:14.25	
2017-Olympia Martin, Ridgewood	11:02.47	
2016-Sam Halvorsen, Ridgewood		11:09.06
2015-Catherine Pagano, Northern Highlands	10:56.70	
2014-Catherine Pagano, Northern Highlands	11:12.71	
2013-Catherine Pagano, Ridgewood	10:39.88	
2012-Catherine Pagano, Ridgewood	10:59.90	
2011-Erin Thompson, IHA	11:20.89	
2010-Chelsea Gordon, Bergen Tech	11:48.85	
2009-Sarah Pagano, IHA	11:16.3	
2008-Sarah Pagano, IHA	10:51.4	
2007-Erin McKenna, Ramapo	11:10.3	
2006-Kesley Ramsey, Ramapo	11:17.0	
2005-Kesley Ramsey, Ramapo	11:19.0	
2004-Lisa Sinkovitz, IHA	11:27.3	
2003-Shaneika Bernard, Hackensack	11:29.6	
2002-Clair Nowakowski, Ridgewood	11:16.4	
2001-Caitlin Smyth, Ridgewood	11:12.9	
2000-Beth Androski, Hackensack		11:20.6
1999-Meg McDermott, Ridgewood	11:12.8	
1998-Celeste Sedo, Ridgewood	11:31.5	
1997-Celeste Sedo, Ridgewood	11:19.3	
1996-Kourtney Gallo, IHA	11:30.9	
1995-Kourtney Gallo, IHA	11:16.9	
1994-Jenna Rogers, Ridgewood	10:40.3	

1993-Jenna Rogers, Ridgewood	10:58.8
1992-Kerry-Ann Codling, Hackensack	11:28.9
1991-Kerry-Ann Codling, Hackensack	11:40.6
1990-Melissa Wyka, Fair Lawn	11:32.6
1989-Melissa Wyka, Fair Lawn	11:45.9
1988-Jean Hughes, Ridgewood	10:43.8
1987-Jasmin Jones, Hackensack	10:40.3
1986-Jasmin Jones, Hackensack	10:49.6
1985-Margaret Scutro, Ridgewood	10:54.0
1984-Margaret Scutro, Ridgewood	10:57.7
1983-Patti Mileski, Ridgewood	11:19.3
1982-Mary Ellen Mileski, Ridgewood	11:38.4
1981-Mary Ellen Mileski, Ridgewood	10:55.9 (3000)
1980-Chris MacDonnell, Westwood	10:21.4 (3000)
1979-Chris MacDonnell, Westwood	10:40.3 (3000)
1978-Michelle Guido, Paramus Catholic	11:21.2
1977-Kelly Neilan, Fort Lee	12:05.5
1976-Megan Sexton, Paramus Catholic	11:57.6
1975-Kathy Reed, Ridgewood	12:31.8
1974-Megan Sexton, Paramus Catholic	12:25.6

100 METER HIGH HURDLES (110 yards until 1978)

2024-Leila Shamash, Northern Highlands	15.37	
2023-Belle Bennett, Northern Highlands	15.03	
2022-Belle Bennett, Northern Highlands	15.03	
2021-Hannah Brodsky, Ridgewood	16.18	
2019-Grace O'Shea, Ramapo	13.84	
2018-Sara Vanden Assem, Ridgewood	16.85	
2017-Sharise Baker-Bazile, Hackensack	16.91	
2016-Kerry Callaghan, Ridgewood	16.04	
2015-Dana Lynch, Hackensack	15.47	
2014-Dana Lynch, Hackensack	15.12	
2013-Amanda Simms, Teaneck	15.64	
2012-Allison Tell, Demarest	15.23	
2011-Sarah DeVita, Ridgewood	15.07	
2010-Sarah DeVita, Ridgewood	15.12	
2009-Tiffany Evangelou, IHA	15.86	
2008-Mia Martinez, Ridgewood	15.70	
2007-Mia Martinez, Ridgewood	15.0	
2006-Lara-Jane Que, Ridgewood	15.1	
2005-Michelle Smith, Teaneck	13.8	
2004-Michelle Smith, Teaneck	14.1	
2003-Michelle Smith, Teaneck	15.5	
2002-Julie Burrell, Hackensack	16.5	
2001-Roxanne McBean, Teaneck	15.6	
2000-Roxanne McBean, Teaneck	16.4	
1999-Bridgette Atkinson, Hackensack	15.6	
1998-Michele Calabro, IHA	16.5	
1997-Marissa Jackson, Hackensack	15.1	
1996-Marissa Jackson, Hackensack	15.1	
1995-Julie Denisenko, Fair Lawn	15.3	
1994-Kelly Ann LaPietra, Hackensack	16.4	
1993-Renee Pavelski, Ridgewood	15.5	
1992-Veronica Davi, IHA	15.1	
1991-Veronica Davi, IHA	15.4	
1990-Veronica Davi, IHA	15.7	
1989-Trenace Mickens, Teaneck	16.0	
1988-Sheryl VanderSchyff, Ridgewood	15.4	
1987-Debbie McDonald, Teaneck	15.6	
1986-Shonna Clay, Teaneck	16.9	
1985-Danielle Hadnot, Teaneck	15.4	
1984-Allison Scarpa, Fair Lawn	15.9	
1983-Carolyn Ballan, Fair Lawn	15.7	
1982-Judy Palmer, Teaneck	15.3	

1981-Judy Palmer, Teaneck	16.0
1980-NEEDED	
1979-Laurie Carter, Hackensack	15.0
1978-Dawn Donovan, Cliffside Park	15.6
1977-Taryn Carter, Hackensack	15.1
1976-Taryn Carter, Hackensack	15.7
1975-Joyce O'Rourke, Saddle Brook	15.8
1974-Susan John, Demarest	16.7

400 METER INTERMEDIATE HURDLES

2024-Anna Bryan-Jones, Northern Highlands	65.10
2023-Anna Bryan-Jones, Northern Highlands	65.49
2022-Molly Bennett, Northern Highlands	64.36
2021-Molly Bennett, Northern Highlands	64.86
2019-Katherine Muccio, Ridgewood	61.13
2018-Katherine Muccio, Ridgewood	63.09
2017-Katherine Muccio, Ridgewood	62.85
2016-Amanda Pook, Northern Highlands	64.75
2015-Hilary McElwain, Northern Highlands	63.67
2014-Hilary McElwain, Northern Highlands	64.35
2013-Madison Holleran, Northern Highlands	62.95
2012-Allison Tell, Demarest	61.30
2011-Katelyn Ary, Demarest	63.86
2010-Christine Spilka, Old Tappan	66.55
2009-Katelyn Ary, Demarest	63.0
2008-Kate Michel, Ridgewood	66.7
2007-Cristina Lw, Ridgewood	63.9
2006-Alice Wisener, Ridgewood	64.9
2005-Michelle Smith, Teaneck	61.3
2004-Michelle Smith, Teaneck	62.8
2003-Chelsea Townes, Hackensack	68.3
2002-Julie Burrell, Hackensack	68.4
2001-Ebony Ramos, Hackensack	65.7
2000-Ebony Ramos, Hackensack	67.5
1999-Amelia Hart, IHA	68.0
1998-Meg McDermott, Ridgewood	67.1
1997-Marissa Jackson, Hackensack	64.5
1996-Marissa Jackson, Hackensack	64.7
1995-Marissa Jackson, Hackensack	67.2
1994-Natasha Bernard, Teaneck	65.3
1993-Renee Pavelski, Ridgewood	66.2
1992-Veronica Davi, IHA	63.3
1991-Veronica Davi, IHA	65.2
1990-Matilda Miranda, Teaneck	67.4
1989-Jen Powell, Teaneck	66.5
1988-Lynn Degelmann, Ridgewood	65.4
1987-Lynn Degelmann, Ridgewood	65.8
1986-Lynn Degelmann, Ridgewood	67.2
1985-Liz Ross, Ridgewood	65.5
1984-Liz Ross, Ridgewood	66.9
1983-Carolyn Ballan, Fair Lawn	66.6
1982-Judy Palmer, Teaneck	64.3
1981-Judy Palmer, Teaneck	65.3

SHOT PUT (8 pound until 1979)

2024-Afua Anyadike, Bergen Tech	36-9 ½
2023-Grace Gilbert, Ramapo	34-2 ½
2022-Ciara Brown, Hackensack	38-6 ½
2021-Brynn Madonna, Northern Highlands	41-0 ¼
2019-Brynn Madonna, Northern Highlands	39-3
2018-Lexi Uzoaru, Ridgewood	37-4 ¼
2017-Lexi Uzoaru, Ridgewood	35-5
2016-Amarys Berry, Hackensack	45-11

2015-Amarys Berry, Hackensack	41-8 ½	
2014-Nikolia Kanaris, Demarest	40-3 ½	
2013-Gabrielle Nutile, IHA	34-6	
2012-Jessica Reuveni, Paramus	37-5 ¼	
2011-Theresa Picciallo, IHA	43-11 ¾	
2010-Apresha Hampton, Teaneck		42-7 ¼
2009-Apresha Hampton, Teaneck		40-1 ½
2008-Olivia Wade, Paramus Catholic	39-9 ½	
2007-Ashley Sims, Paramus Catholic	35-2 ¼	
2006-Lara Sopelsa, IHA	34-2 ¼	
2005-Jamila Morrison, Hackensack	36-3 ½	
2004-Andrea Cerbie, Old Tappan	38-0 ¼	
2003-Sade Henry, Teaneck	34-5	
2002-Monique Mighty, Hackensack	35-9 ¾	
2001-Monique Mighty, Hackensack	36-10	
2000-Christina Schwehm, Ridgewood	34-2	
1999-Wilma Cangieter, Hackensack	35-6 ½	
1998-Kristen Malacrida, Paramus		32-4 ¾
1997-Shayna Brown, Ridgewood	34-1 ¾	
1996-Jessica Sokolik, Ridgewood		32-2 ¼
1995-Jennille Logan, Teaneck	33-10 ½	
1994-Beth Crusius, Hackensack	36-9	
1993-Beth Crusius, Hackensack	35-11 ½	
1992-Kacey Bowen, Teaneck	36-4	
1991-Kacey Bowen, Teaneck	34-11	
1990-Tammy Jones, Teaneck	33-10 ½	
1989-Alfreda Eldridge, Ridgewood	34-2 ½	
1988-Anne Wellington, Teaneck	34-10	
1987-Alana O'Reilly, Hackensack	33-10 ½	
1986-Anne Wellington, Teaneck	34-4	
1985-Cardrienne McDonald, Hackensack	34-9	
1984-Lisa Sicinski, Fair Lawn	37-1 ½	
1983-Pascale Barrau, Paramus Catholic	37-1 ¾	
1982-Pascale Barrau, Paramus Catholic	37-0 ½	
1981-Rose Desics, Fair Lawn	33-8 ¾	
1980-Yvonne Sheard, Demarest	38-1	
1979-Sarah Miles, Ridgewood	38-4 ½	
1978-Kim Schwickrath, Old Tappan	40-3	
1977-Laura Matthews, Rutherford	38-6	
1976-Laura Matthews, Rutherford	36-9	
1975-Jen Barringer, Ridgewood	34-8	
1974-Chris Rufo, Fort Lee	32-3	

DISCUS

2024-Afua Anyadike, Bergen Tech	108-4
2023-Rylie Theuerkauf, Tenafly	129-4
2022-Hannah Otterstedt, Ridgewood	101-10
2021-Rylie Theuerkauf, Tenafly	108-10
2019-Angelina Tapia, Tenafly	130-0
2018-Alianna Eucker, Bergen Tech	118-9
2017-Maya Vanderlinden, Old Tappan	115-0
2016-Lexi Uzorau, Ridgewood	115-0
2015-Amiynah Campbell, Teaneck	132-7
2014-Amiynah Campbell, Teaneck	109-0
2013-Ashley Rongo, Fair Lawn	110-4
2012-Jessica Reuveni, Paramus	117-9
2011-Theresa Picciallo, IHA	125-6
2010-Hannah Mayer, Northern Highlands	112-7
2009-Shannon Sullivan, IHA	109-1
2008-Allison Dench, Northern Highlands	101-2
2007-Taylor Shea, Northern Highlands	112-2
2006-Julia Cohan, Northern Highlands	101-6
2005-Delisa Riddick, Teaneck	107-4
2004-Andrea Cerbie, Old Tappan	116-3

2003-Delisa Riddick, Teaneck	104-1	
2002-Monique Mighty, Hackensack	123-3	
2001-Monique Mighty, Hackensack	122-9	
2000-Monique Mighty, Hackensack	111-0	
1999-Evana Santee, Hackensack	111-9	
1998-Michele Wilson, Ridgewood		97-11
1997-Jessica Sokolik, Ridgewood		120-10
1996-Jessica Sokolik, Ridgewood		100-1
1995-Jennille Logan, Teaneck	96-11	
1994-Maxime Gentles, Hackensack	109-2	
1993-Sue Hoffman, Holy Angels	106-7	
1992-Beth Crusius, Hackensack	104-3	
1991-Tammy Jones, Teaneck	116-8	
1990-Tammy Jones, Teaneck	115-1	
1989-Jeanine Staniewicz, Fair Lawn	110-3	
1988-Tammy Rayevich, Ridgewood	118-11	
1987-Alana O'Reilly, Hackensack	111-3	
1986-Anne Wellington, Teaneck	114-11	
1985-Cardrienne McDonald, Hackensack	99-11	
1984-Cardrienne McDonald, Hackensack	114-8	
1983-Rose Desics, Fair Lawn	111-10	
1982-Laurie Brandt, Paramus Catholic	110-6	
1981-Kim Tyler, Hackensack	99-7	
1980-Janice Welte, Ridgefield Park	108-2	
1979-Linda Clayton, Demarest	126-1	
1978-Colette Kloetz, Ramsey	119-8	
1977-Kyra Threlfell, Demarest	120-2	
1976-Barbara Reimers, Becton	97-0	
1975-Karen Smith, Park Ridge	124-3	
1974-Karen Smith, Park Ridge	108-8	

JAVELIN

2024-Charlotte Papin, Ridgewood	114-11	
2023-Rachel Schmitt, Fair Lawn	132-7	
2022-Rachel Schmitt, Fair Lawn	136-10	
2021-Hailey Romero, Fair Lawn	135-1	
2019-Alianna Eucker, Bergen Tech	128-8	
2018-Alianna Eucker, Bergen Tech	129-11	
2017-Nicole Sacchinelli, Fair Lawn	119-3	
2016-Nicole Sacchinelli, Fair Lawn	124-7	
2015-Nicole Sacchinelli, Fair Lawn	111-6	
2014-Dannie Griffin, Paramus Catholic	112-5	
2013-Jackie Reyneke, Northern Highlands	132-0	
2012-Danielle Bach, Northern Highlands	120-5	
2011-Jamie Klein, Paramus Catholic	135-1	
2010-Hannah Mayer, Northern Highlands	141-11	
2009-Shannon Sullivan, IHA	132-11	
2008-Shannon Sullivan, IHA	129-1	
2007-Jaclyn Wypler, Ridgewood	131-11	
2006-Julia Cohan, Northern Highlands	118-9	
2005-Audrey O'Donnell, IHA	119-3	
2004-Daina Pucurs, Demarest	150-10	
2003-Brynn Rosser, IHA	121-1	
2002-Jen Hodges, IHA	113-1	
2001-Jen Hodges, IHA	109-5	
2000-Jessica Gregg, Ridgewood	91-10	
1999-Gwen Scanel, Hackensack	116-6	
1998-Kashima George, Teaneck	93-6	
1997-Karen Cassetta, Hackensack		89-9
1996-June Paulsen, Hackensack	100-9	
1995-Leanne Fallicaro, Fair Lawn		91-5
1994-Maxime Gentles, Hackensack	86-8	
1993-Tina Gennat, Fair Lawn	109-3	
1992-Tina Gennat, Fair Lawn	105-0	

1991-Jen Pfaff, Hackensack	107-0
1990-Amy Titus, Ridgewood	107-1
1989-Amy Titus, Ridgewood	103-8
1988-Tammy Rayevich, Ridgewood	100-7
1987-Deanie Barth, Ridgewood	102-4
1986-Lisa Barclay, Fair Lawn	105-3
1985-Marci Capitani, Ridgewood	101-4
1984-Marci Capitani, Ridgewood	101-10
1983-Stephanie DeCarlo, Paramus	100-10
1982-Mary Ellen Mileski, Ridgewood	94-10
1981-Claudia O'Rourke, Ridgewood	94-5
1980-Carolyn Grissoni, Westwood	112-5
1979-Betty Morrison, Dumont	108-5
1978-Sue Bennett, Dumont	118-3
1977-Ann Revechio, Cliffside Park	98-9
1976-Pam Young, Fort Lee	96-5

HIGH JUMP

2024-Delia van der Heide, Northern Highlands	4-8	
2023-Norina Khanzada, Tenafly	5-4	
2022-Norina Khanzada, Tenafly	5-4	
2021-Norina Khanzada, Tenafly	5-4	
2019-Ellie Veenhof, Ridgewood	5-2	
2018-Ellie Veenhof, Ridgewood	5-0	
2017-Lizzie Veenhof, Ridgewood		5-0
2016-Jazzin Clark, Old Tappan	5-1	
2015-Amber Redmond, Hackensack	5-2	
2014-Taryn DeLeon, Old Tappan	5-6	
2013-Taryn DeLeon, Old Tappan	5-2	
2012-Haley Hirsch, Demarest	5-0	
2011-Sarah DeVita, Ridgewood	5-2	
2010-Khyla Bailey, Paramus Catholic	5-4	
2009-Haley Roche, Ridgewood	5-0	
2008-Tracy Eisser, Fair Lawn	5-0	
2007-Christine Fischer, IHA	5-0	
2006-Tyler Teaton, IHA	5-5	
2005-Chelsea Townes, Hackensack	5-4	
2004-Chelsea Townes, Hackensack	5-2	
2003-Corinne Hyslop, Ridgewood		4-10
2002-Lynsey Boggess, IHA	5-0	
2001-Corinne Hyslop, Ridgewood		5-2
2000-Dara Jemmott, Teaneck	5-0	
1999-Bridgette Atkinson, Hackensack	5-2	
1998-Bridgette Atkinson, Hackensack	5-0	
1997-Bridgette Atkinson, Hackensack	5-0	
1996-Delcita Russell, Hackensack	5-4	
1995-Julie Denisenko, Fair Lawn	5-4	
1994-Julie Denisenko, Fair Lawn	5-4	
1993-Renee Pavelski, Ridgewood		5-2
1992-Renee Pavelski, Ridgewood		5-2
1991-Lawanda Shepherd, Teaneck	5-0	
1990-Orna Ben-Or, Fair Lawn	4-10	
1989-Melinda Hyer, Fair Lawn	4-10	
1988-Sheryl VanderSchyff, Ridgewood	5-0	
1987-Lauren Singleton, Teaneck	5-2	
1986-Lauren Singleton, Teaneck	5-4	
1985-Lauren Singleton, Teaneck	5-0	
1984-Lauren Singleton, Teaneck	4-10	
1983-Kathy Granata, Ridgewood	5-1	
1982-Kathy Granata, Ridgewood	5-0	
1981-Lauren McManus, Teaneck	5-2	
1980-Lauren McManus, Teaneck	5-0	
1979-NEEDED		
1978-Leslie Woytowicz, Fort Lee		5-4

1977-Sharon Gervasoni, Teaneck	5-1
1976-Becky Deetz, Ridgewood	5-5
1975-Becky Deetz, Ridgewood	5-4
1974-Renee Duflon, Ridgewood	4-10

LONG JUMP

2024-Kaitlyn Shelley, Cliffside Park	16-8 ¼
2023-Emma Reinke, Ridgewood	17-0 ½
2022-Olivia Grace, Ridgewood	18-2 ¼
2021-Jessica Ricco, Pascack Valley	16-11 ½
2019-Jola Olutiola, Old Tappan	17-0 ½
2018-Sara VandenAssem, Ridgewood	16-10 ¾
2017-Mya Drayton, Fair Lawn	17-7
2016-Hana Shapiro, Pascack Valley	16-9 ¾
2015-Alexis Trott, Paramus Catholic	17-2 ½
2014-Tatiana Sanders, Paramus Catholic	18-4 ¼
2013-Tatiana Sanders, Paramus Catholic	18-7 ¾
2012-Tatiana Sanders, Paramus Catholic	17-11 ¼
2011-Gina Carlino, IHA	17-7
2010-Shaena Wizzard, Teaneck	17-2 ¼
2009-Danna Wasserman, Demarest	17-10 ¼
2008-Rae Corbo, Paramus Catholic	16-4 ¾
2007-Brooke Bogart, Ridgewood	17-7
2006-Shenise Halsey, Old Tappan	18-0
2005-Brie-Ann Forhecz, Northern Highlands	16-11 ½
2004-Consandria Walker, Hackensack	17-11
2003-Christine Jones, Teaneck	16-1 ½
2002-Caitlyn Fiocchi, Ridgewood	16-6 ½
2001-Alisa Vetter, Ridgewood	16-9
2000-Alisa Vetter, Ridgewood	16-4
1999-Helena LaMothe, Ridgewood	16-7
1998-Devon Hudson, Hackensack	16-7 ¼
1997-Bridgette Atkinson, Hackensack	15-10 ¼
1996-Deirdre Hayes, Hackensack	15-5
1995-Tonia Clarke, Ridgewood	16-4
1994-Aisha Barber, Teaneck	16-10
1993-Shannon McGarrigle, Ridgewood	16-7
1992-Teri Martin, Hackensack	16-5 ¼
1991-Tammy Jones, Teaneck	17-8 ½
1990-Teri Martin, Hackensack	15-7
1989-Jen McDermott, Ridgewood	18-0
1988-Jen McDermott, Ridgewood	17-3 ¾
1987-Jen McDermott, Ridgewood	16-6
1986-Jen McDermott, Ridgewood	15-10
1985-Sonia Daniels, Hackensack	15-3 ¾
1984-Chris Withers, Teaneck	16-3 ½
1983-Lauren Clarke, Paramus Catholic	16-6 ½
1982-Beverly Terry, Hackensack	17-0 ¼
1981-Caroline Morris, Hackensack	17-9
1980-Karen Gaines, Teaneck	17-5
1979-Caroline Morris, Hackensack	17-3 ¼
1978-Carolyn Moore, Indian Hills	16-9
1977-Cindy Mayo, Rutherford	16-7
1976-Becky Deetz, Ridgewood	17-5
1975-Becky Deetz, Ridgewood	16-5
1974-Venessa Hugley, Glen Rock	16-9 ¾

TRIPLE JUMP

2024-Chartlotte Pepin, Ridgewood	33-11 ½
2023-Norina Khanzada, Tenafly	36-1 ½
2022-Asasia Malcolm, Teaneck	36-2 ¾
2021-Christina Hughes, Northern Highlands	34-1 ½
2019-Marisa DiGia, Old Tappan	35-11 ½

2018-Zia Barr, Teaneck	37-8 ½	
2017-Zia Barr, Teaneck	38-8 ¾	
2016-Hana Shapiro, Pascack Valley	35-0 ½	
2015-Rosemary Menyhart, Paramus Catholic		36-8 ¼
2014-Tatiana Sanders, Paramus Catholic	39-3 ¾	
2013-Tatiana Sanders, Paramus Catholic	38-0 ¾	
2012-Ana Atkinson, Teaneck	37-1	
2011-Ana Atkinson, Teaneck	35-5 ½	
2010-Rae Corbo, Paramus Catholic	38-4	
2009-Rae Corbo, Paramus Catholic	37-0 ¼	
2008-Rae Corbo, Paramus Catholic	36-3 ¾	
2007-Rae Corbo, Paramus Catholic	36-2	
2006-Consandria Walker, Hackensack	37-11 ¾	
2005-Shenise Halsey, Old Tappan		36-5 ½
2004-Consandria Walker, Hackensack	38-8	
2003-Trish McGowan, Ridgewood	36-1	
2002-Trish McGowan, Ridgewood	35-1 ¼	
2001-Trish McGowan, Ridgewood	36-0 ½	
2000-Dara Jemmott, Teaneck	32-10 ¼	
1999-Nicole Brown, Teaneck	35-3	
1998-Devon Hudson, Hackensack		36-2
1997-Marissa Jackson, Hackensack	33-11 ½	
1996-Jen Alampi, IHA	34-5	
1995-Vanessa McDermott, Ridgewood	35-0 ¾	
1994-Aisha Barber, Teaneck	35-3	
1993-Dana Riley, Teaneck	33-4 ½	
1992-Teri Martin, Hackensack	34-5	
1991-Teri Martin, Hackensack	35-9 ¾	
1990-Lawanda Thomas, Hackensack	32-4 ¼	
1989-Jen McDermott, Ridgewood	39-8	
1988-Jen McDermott, Ridgewood		37-4 ½
1987-Pam Birchett, Teaneck	35-5 ¾	
1986-Pam Birchett, Teaneck	35-5 ½	
1985-Pam Birchett, Teaneck	33-3 ¾	
1984-Chris Withers, Teaneck	35-5 ¼	
1983-Kathy Granata, Ridgewood	36-3 ½	
1982-Beverly Terry, Hackensack	34-9 ½	
1981-Caroline Morris, Hackensack	33-6 ¾	
1980-Karen Gaines, Teaneck	36-6	
1979-Pat York, Englewood	33-10	
1978-Deecy Porro, Ridgewood	34-11 ½	
1977-Deecy Porro, Ridgewood	33-5 ½	
1976-Becky Deetz, Ridgewood	35-2 ½	

POLE VAULT

2024-Isabella Formoso, Bergen Tech	11-0	
2023-Isabella Formoso, Bergen Tech	10-6	
2022-Talia Hutchinson, Ridgewood	11-0	
2021-Randi Conroy, Northern Highlands	11-0	
2019-Marisa DiGia, Old Tappan	11-6	
2018-Melissa Purcell, Pascack Valley	12-0	
2017-Melissa Purcell, Pascack Valley	11-0	
2016-Melissa Purcell, Pascack Valley	11-6	
2015-Lauren Bilali, Old Tappan	10-6	
2014-Lauren Bilali, Old Tappan	10-0	
2013-Mimi DeVita, Ridgewood	11-0	
2012-Mimi DeVita, Ridgewood	10-0	
2011-Kayla Polcari, Ridgewood	11-6	
2010-Kayla Polcari, Ridgewood	11-6	
2009-Chelsea Hartigan, Ramapo	10-8	
2008-Annie Polcari, Ridgewood	10-6	
2007-Annie Polcari, Ridgewood	10-6	
2006-Cassie Wong, Ridgewood	10-0	
2005-Cassie Wong, Ridgewood	10-6	
2004-Kerri Norton, Ridgewood	9-0	

2003-Evann Borgmann, Ridgewood	9-0
2002-Courtney O'Neill, Ridgewood	8-0

400 METER RELAY (440 yards until 1978)

2024-Ramapo	49.49
2023-Northern Highlands	49.54
2022-Ramapo	49.83
2021-Ramapo	50.55
2019-Ridgewood	50.54
2018-Hackensack	50.87
2017-Northern Highlands	50.26
2016-Northern Highlands	48.73
2015-Paramus Catholic	50.03
1981-Teaneck	51.7
1980-Teaneck	51.0
1979-Teaneck	50.6
1978-NEEDED	
1977-Demarest	51.9
1976-Teaneck	52.3
1975-Englewood	53.0
1974-Glen Rock	54.4

1600 METER RELAY (One mile until 1978)

2024-Northern Highlands	4:02.84	
2023-Ramapo	4:10.71	
2022-Ramapo	3:57.95	
2021-Ramapo	4:01.90	
2019-Northern Highlands	3:57.43	
2018-Northern Highlands	4:02.34	
2017-Northern Highlands	4:05.69	
2016-Northern Highlands	4:00.49	
2015-Northern Highlands	3:56.93	
2014-Pascack Valley	4:04.57	
2013-Northern Highlands	3:57.72	
2012-Teaneck	3:59.34	
2011-Tenafly	4:03.02	
2010-Ridgewood	4:00.61	
2009-Immaculate Heart Academy		4:01.1
2008-Immaculate Heart Academy		4:01.8
2007-Ridgewood	4:02.6	
2006-Teaneck	3:58.9	
2005-Teaneck	4:00.7	
2004-Teaneck	4:00.0	
2003-Teaneck	4:10.0	
2002-Immaculate Heart Academy		4:12.8
2001-Ridgewood	4:05.0	
2000-Ridgewood	4:12.1	
1999-Ridgewood	4:08.9	
1998-Teaneck	4:07.1	
1997-Teaneck	4:05.7	
1996-Teaneck	4:02.2	
1995-Teaneck	4:06.9	
1994-Hackensack	4:06.1	
1993-Teaneck	4:04.1	
1992-Teaneck	4:14.1	
1991-Teaneck	4:08.5	
1990-Teaneck	4:12.3	
1989-Teaneck	4:04.8	
1988-Ridgewood	4:02.2	
1987-Ridgewood	4:03.9	
1986-Ridgewood	4:08.9	
1985-Ridgewood	4:07.4	
1984-Teaneck	4:05.0	

1983-Ridgewood	4:05.0
1982-Teaneck	4:07.5
1981-Teaneck	4:03.0
1980-Westwood	4:06.1
1979-Teaneck	4:05.8
1978-NEEDED	
1977-Ramsey	4:08.4
1976-Cliffside Park	4:11.8
1975-Ridgewood	4:15.0
1974-Ridgewood	4:23.9

3200 METER RELAY

2024-Ridgewood	9:50.17
2023-Ramapo	10:07.46
2022-Ramapo	9:32.39
2021-Ridgewood	9:50.68
2019-Ramapo	9:46.37
2018-Northern Highlands	9:55.74
2017-Ridgewood	9:38.39
2016-Ridgewood	9:38.31
2015-Northern Highlands	9:32.00

GIRLS GROUP B (Group 3 1981-2003)

Top Three Teams

2024-Old Tappan 156, Demarest 150, Leonia 62
2023-Demarest 166, Old Tappan 155, River Dell 87
2022-Old Tappan 157 ½, River Dell 121, Demarest 110
2021-Demarest 224, River Dell 120 1/2, Ramsey 72
2019-Demarest 145, Ramsey 108, Teaneck 59
2018-Ramapo 138, Demarest 126, River Dell 113
2017-Demarest 230, River Dell 73, Ramapo 66
2016-River Dell 161 ½, Demarest 145 ½, Ramapo 91
2015-Demarest 135, River Dell 130, Ramapo 88
2014-Ramapo 113, Holy Angels 101, River Dell 81
2013-Ramapo 112 ½, Holy Angels 98 ½, River Dell 72
2012-Ramapo 87 ½, Holy Angels 82 ½, Mahwah 78
2011-Holy Angels 126, Mahwah 75 ½, Garfield 64
2010-Mahwah 78, Demarest 77, Holy Angels 72
2009-Mahwah 121 ½, Ramsey 76, Holy Angels 70 ½
2008-Indian Hills 109, Ramsey 104, Mahwah 85
2007-Indian Hills 112, Holy Angels 92.41, River Dell 91 ¾
2006-Indian Hills 117, River Dell 111, Demarest 107
2005-Indian Hills 141 ½, Ramsey 75, Demarest 56
2004-Indian Hills 95, Ramsey 81, Northern Highlands 78 ¾
2003-Demarest 94, Tenafly 87 1/3, Old Tappan 82
2002-Demarest 133 ½, Old Tappan 55, Tenafly 50
2001-Demarest 82 ½, Old Tappan 76, Paramus Catholic 61 ½
2000-Pascack Valley 98, Demarest 62, Old Tappan 55
1999-Cliffside Park 90, NV/Demarest 71 ½, NV/Old Tappan 45
1998-Demarest 107, Pascack Valley 58, Garfield 47 ½
1997-Demarest 72, Fort Lee 47, Bergenfield/River Dell 43
1996-Demarest 99, Fort Lee 51, River Dell 49
1995-Ramsey 98, Demarest 79, Fort Lee 43
1994-Ramsey 132 ½, Demarest 61, Garfield 41
1993-Ramsey 109, Old Tappan 60, Queen of Peace 54
1992-Pascack Valley 93, Old Tappan 71, Bergenfield 43
1991-Old Tappan 42, Pascack Valley 29, Ramsey 25
1990-Pascack Valley 53, Dumont 37, Old Tappan 35 ½
1989-Westwood 36 ½, Pascack Valley 30 ½, Tenafly 28
1988-Paramus 34, Northern Highlands 30, Bergenfield 28

1987-Pascack Valley 49, Bergenfield 38, Ramapo 32
 1986-Indian Hills 49, Ramapo 46, Pascack Valley 36
 1985-Indian Hills 52, Old Tappan 41, Ramapo 31
 1984-Old Tappan 44, Pascack Valley 42, Bergenfield 40
 1983-Westwood 50, Old Tappan 41.33, Dumont 32.67
 1982-Westwood 45 ½, Pascack Valley 37, Englewood/Old Tappan 36
 1981-Westwood 67, Englewood 50, Pascack Valley 32 ½

100 METERS

2024-Abigail Dennis, Old Tappan		12.41
2023-Abigail Dennis, Old Tappan	12.24	
2022-Abigail Dennis, Old Tappan		12.48
2021-Grace Anguila, Demarest	13.32	
2019-Kayce Darby, Teaneck	12.46	
2018-Sophia Schwartz, Ramapo	12.69	
2017-Jordan Mayo, Tenafly	12.67	
2016-Grace Cepeda, River Dell	13.09	
2015-Lauren Brzozowski, Ramapo	12.77	
2014-Lauren Brzozowski, Ramapo	12.74	
2013-Claire Scavone, Ramapo	12.77	
2012-Janieanne Palmer, Englewood	13.05	
2011-Kim Nagotko, Mahwah	12.70	
2010-Kim Nagotko, Mahwah	12.72	
2009-Kristen Brown, Englewood	12.94	
2008-Megan Gadaleta, Demarest	12.78	
2007-Rebecca Coffman, Indian Hills	12.4	
2006-Alyssa Maier, River Dell	12.9	
2005-Rebecca Coffman, Indian Hills	12.5	
2004-Nadine Jaber, Indian Hills	12.4	
2003-Jessica Perkel, Old Tappan	12.7	
2002-Latasha Jackson, Garfield	12.7	
2001-Alana Casner, Tenafly	12.7	
2000-Keeko Harris, Holy Angels	13.3	
1999-Jackie Babbini, Cliffside Park	12.8	
1998-Natasha D'Souza, Bergenfield	12.7	
1997-Natasha D'Souza, Bergenfield	13.1	
1996-Mary O'Neil, River Dell	12.6	
1995-Mary O'Neil, River Dell	12.4	
1994-Kristen Riehl, Ramapo	12.8	
1993-Denita Allen, Cliffside Park		13.3
1992-Erika Albies, Pascack Valley	13.1	
1991-Arva Franke, Old Tappan	12.9	
1990-Pam Buchwald, Tenafly	13.4	
1989-Gily Dishon, Tenafly	12.6	
1988-Sara Pieri, Ramapo	12.4	
1987-Sara Pieri, Ramapo	12.5	
1986-Sara Pieri, Ramapo	12.5	
1985-Kim Baumbach, Pascack Valley	12.8	
1984-Kim Baumbach, Pascack Valley	13.0	
1983-Lisa Alexander, Englewood	12.4	
1982-Stacia Palahnuk, Old Tappan	12.7	
1981-Lori Soley, Westwood	12.6	

200 METERS

2024-Abigail Dennis, Old Tappan	24.99	
2023-Abigail Dennis, Old Tappan		25.37
2022-Abigail Dennis, Old Tappan		25.43
2021-Jenaliah Knowles, Bergenfield	26.40	
2019-Kayce Darby, Teaneck	25.29	
2018-Sophia Vernieri, Ramapo	26.79	
2017-Kyra Pialtos, Demarest	26.73	
2016-Lexi Del Gizzo, Tenafly	26.20	
2015-Lauren Brzozowski, Ramapo	25.50	

2014-Lauren Brzozowski, Ramapo	25.81	
2013-Claire Scavone, Ramapo	25.82	
2012-Janieanne Palmer, Englewood	26.31	
2011-Kim Nagotko, Mahwah	25.40	
2010-Kim Nagotko, Mahwah	26.20	
2009-Toni Gatchalian, Tenafly	26.1	
2008-Rebecca Coffman, Indian Hills	25.6	
2007-Katie Landrigan, Holy Angels	26.0	
2006-Toni Gatchalian, Tenafly	27.1	
2005-Rebecca Coffman, Indian Hills	26.3	
2004-Janine Davis, Queen of Peace	25.7	
2003-Jessica Perkel, Old Tappan	26.7	
2002-Tarashon Broomes, Paramus Catholic	25.6	
2001-Tarashon Broomes, Paramus Catholic	26.7	
2000-Jamie Lilien, Pascack Valley	26.4	
1999-Nicole Parkinson, Bergen Tech	26.0	
1998-Natasha D'Souza, Bergenfield	26.7	
1997-Janna Kohout, River Dell	26.3	
1996-Mary O'Neil, River Dell	25.9	
1995-Mary O'Neil, River Dell	25.7	
1994-Marcia Bhagwandin, Ramsey	26.4	
1993-Jean Readie, Queen of Peace	26.0	
1992-Jen Metz, Pascack Valley	25.9	
1991-Jen Metz, Pascack Valley	25.9	
1990-Arva Franke, Old Tappan	26.5	
1989-Gily Dishon, Tenafly	25.8	
1988-Sara Pieri, Ramapo	26.0	
1987-Sara Pieri, Ramapo	25.7	
1986-Sara Pieri, Ramapo	26.7	
1985-Kim Baumbach, Pascack Valley	26.4	
1984-Kim Baumbach, Pascack Valley	27.4	
1983-Lisa Alexander, Englewood		25.6
1982-Stacia Palahnuk, Old Tappan	26.3	
1981-Lori Soley, Westwood	26.0	

400 METERS

2024-Gabrielle Rothstein, Demarest	60.07	
2023-Siena Kannenberg, Mahwah		59.73
2022-Siena Kannenberg, Mahwah		59.70
2021-Amanda Mircovich, River Dell	59.14	
2019-Mia Martinez, Ridgefield Park	59.90	
2018-Sophia Schwartz, Ramapo	59.93	
2017-Kim Lewis, River Dell	59.16	
2016-Lexi DelGizzo, Tenafly	57.03	
2015-Lauren Brzozowski, Ramapo	57.47	
2014-Lauren Brzozowski, Ramapo	58.25	
2013-Deanna DiLandro, Ramapo	58.38	
2012-Deanna DiLandro, Ramapo	58.24	
2011-Deanna DiLandro, Ramapo	57.79	
2010-Kathleen Johnston, Indian Hills	58.46	
2009-Toni Gatchalian, Tenafly	60.2	
2008-Toni Gatchalian, Tenafly	59.1	
2007-Katie Landrigan, Holy Angels	62.0	
2006-Santashia Barr, River Dell	61.0	
2005-Alex Sharry, Ramsey	60.2	
2004-Janine Davis, Queen of Peace	55.7	
2003-Alison Weinberg, Tenafly	59.9	
2002-Anika Ackerman, River Dell	60.3	
2001-Caitlin Sherry, River Dell	58.4	
2000-Christine Siebold, Demarest		60.8
1999-Jackie Babbini, Cliffside Park	59.5	
1998-Jen O'Brien, Pascack Valley	60.1	
1997-Krista Saunders, Fort Lee	60.5	
1996-Krista Saunders, Fort Lee	59.7	

1995-Marcia Bhagwandin, Ramsey	60.2
1994-Jean Readie, Queen of Peace	59.7
1993-Jean Readie, Queen of Peace	60.1
1992-Jen Metz, Pascack Valley	57.9
1991-Jen Metz, Pascack Valley	58.0
1990-Jen Metz, Pascack Valley	58.2
1989-Jen Metz, Pascack Valley	59.9
1988-Sharlene Millwood, Englewood	60.2
1987-Sharlene Millwood, Englewood	58.8
1986-Sharlene Millwood, Englewood	60.1
1985-Aileen Trendler, Old Tappan	61.2
1984-Aileen Trendler, Old Tappan	60.2
1983-Tisa Stubbs, Englewood	60.0
1982-Marie McVeigh, Demarest	58.9
1981-Marie McVeigh, Demarest	58.9

800 METERS

2024-Christina Allen, River Dell	2:17.72	
2023-Kate Meeks, Old Tappan	2:20.05	
2022-Christina Allen, River Dell	2:13.05	
2021-Amanda Mircovich, River Dell	2:15.56	
2019-Grace McCullough, Teaneck	2:22.79	
2018-Eve Schoenberg, River Dell		2:22.79
2017-Georgia Markham, Demarest	2:26.50	
2016-Lexi DelGizzo, Tenafly	2:17.20	
2015-Christina Welzer, Demarest	2:19.61	
2014-Deanna DiLandro, Ramapo	2:18.09	
2013-Christina Welzer, Demarest	2:17.50	
2012-Deanna DiLandro, Ramapo	2:16.83	
2011-Deanna DiLandro, Ramapo	2:19.50	
2010-Diane Bain, Ramsey	2:21.72	
2009-Diane Bain, Ramsey	2:18.3	
2008-Diane Bain, Ramsey	2:24.6	
2007-Ari Ackerman, River Dell	2:22.8	
2006-Bry Bonavita, River Dell	2:21.2	
2005-Cheyenne Ogletree, Garfield	2:13.9	
2004-Janine Davis, Queen of Peace	2:14.7	
2003-Julia Emanuel, Tenafly	2:19.8	
2002-Julia Emanuel, Tenafly	2:20.9	
2001-Dianna Russini, Old Tappan	2:23.0	
2000-Laura Hemmert, Northern Highlands	2:26.0	
1999-Julie Clifford, Holy Angels	2:20.8	
1998-Julie Clifford, Holy Angels	2:20.7	
1997-Julie Clifford, Holy Angels	2:19.3	
1996-Caitlin Wittreich, Tenafly	2:17.9	
1995-Caitlin Wittreich, Tenafly	2:18.0	
1994-Jean Readie, Queen of Peace	2:18.5	
1993-Jean Readie, Queen of Peace	2:15.2	
1992-Jen Metz, Pascack Valley	2:19.6	
1991-Jen Metz, Pascack Valley	2:21.0	
1990-Jen Metz, Pascack Valley	2:18.4	
1989-Kim Reid, Pascack Valley	2:25.0	
1988-Vickee Foy, Paramus	2:21.7	
1987-Chris Lally, Pascack Valley	2:24.0	
1986-Chris Lally, Pascack Valley	2:24.1	
1985-Toni Ann Angione, Bergenfield	2:17.0	
1984-Toni Ann Angione, Bergenfield	2:16.2	
1983-Maria Nordberg, Bergenfield	2:20.7	
1982-Maria Nordberg, Bergenfield	2:20.5	
1981-Pattie McCluskey, Dumont	2:21.4	

1600 METERS

2024-Christina Allen, River Dell	5:08.31
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2023-Kate Meeks, Old Tappan	5:14.88	
2022-Cara Hliboki, Old Tappan	5:06.20	
2021-Christina Allen, River Dell	5:08.87	
2019-Allison Lounsbury, Indian Hills	5:15.10	
2018-Amanda Mircovich, River Dell	5:11.79	
2017-Annalise Jarski, Westwood	5:26.74	
2016-Shannon Gorla, River Dell	5:10.59	
2015-Julia Guerra, Indian Hills	5:02.72	
2014-Julia Guerra, Indian Hills	4:58.86	
2013-Julia Guerra, Indian Hills	5:00.44	
2012-Lisa Zimmer, Ramapo	5:01.74	
2011-Maureen Crimmins, Holy Angels	5:19.60	
2010-Alex Clinton, Ramsey	5:08.85	
2009-Kaleigh Kenny, Holy Angels	5:19.0	
2008-Stephanie Gibney, Holy Angels	5:22.9	
2007-Bry Bonavita, River Dell	5:23.2	
2006-Andrea Rothschild, Demarest	5:22.2	
2005-Cheyenne Ogletree, Garfield	5:09.5	
2004-Meggie Sullivan, Tenafly	5:23.5	
2003-Julia Emanuel, Tenafly	5:03.5	
2002-Julia Emanuel, Tenafly	5:22.5	
2001-Dianna Russini, Old Tappan	5:14.0	
2000-Briana Bayersdorfer, River Dell	5:25.5	
1999-Fredyla Urena, Cliffside Park	5:29.6	
1998-Meghan O'Toole, Garfield	5:23.9	
1997-Julie Clifford, Holy Angels	5:20.5	
1996-Kate Cosgriff, Tenafly	5:24.2	
1995-Dana Satir, Ramsey	5:16.1	
1994-Dana Satir, Ramsey	5:23.2	
1993-Allison Pojanowski, Ramsey	5:28.7	
1992-Klara Zdenkova, Northern Highlands	5:26.0	
1991-Christina Asquith, Ramsey	5:21.7	
1990-Kathy McAuliffe, Dumont	5:22.4	
1989-Vickee Foy, Paramus	5:21.4	
1988-Amy Kempf, Paramus	5:06.7	
1987-Alicia St. John, Ramapo	5:17.6	
1986-Amy Kempf, Paramus	5:19.4	
1985-Toni Ann Angione, Bergenfield	5:22.7	
1984-Toni Ann Angione, Bergenfield	5:19.5	
1983-Toni Ann Angione, Bergenfield	5:15.7	
1982-Toni Ann Angione, Bergenfield	5:16.5	
1981-Mary Ellen McGowan, Pascack Valley.		4:49.2 (1500)

3200 METERS

2024-Dominique Cameron, Leonia		11:22.55
2023-Christina Allen, River Dell	11:55.43	
2022-Allison Lounsbury, Indian Hills	11:32.28	
2021-Christina Allen, River Dell	11:25.26	
2019-Madeline Barney, Indian Hills	11:42.95	
2018-Madeline Barney, Indian Hills	11:18.51	
2017-Hailey Fitzpatrick, Demarest	12:09.59	
2016-Shannon Gorla, River Dell	11:09.73	
2015-Mary Watters, Holy Angels	11:19.05	
2014-Lydon Kersting, Holy Angels	11:07.09	
2013-Julia Guerra, Indian Hills	10:55.87	
2012-Ashley Stryko, Holy Angels	11:36.10	
2011-Maureen Crimmins, Holy Angels	11:49.74	
2010-Alex Clinton, Ramsey	11:19.34	
2009-Alex Clinton, Ramsey	11:29.5	
2008-Alex Clinton, Ramsey	11:34.4	
2007-Mary Kaye Duff, Holy Angels	11:36.7	
2006-Andrea Rothschild, Demarest	11:23.2	
2005-Meggie Sullivan, Tenafly	11:24.3	
2004-Meggie Sullivan, Tenafly	11:37.8	

2003-Julia Emanuel, Tenafly	11:12.0	
2002-Julia Emanuel, Tenafly	11:28.4	
2001-Dianna Russini, Old Tappan	11:28.7	
2000-Stephanie Davis, Old Tappan	11:32.1	
1999-Fredyla Urena, Cliffside Park	11:58.7	
1998-Meghan O'Toole, Garfield	11:57.0	
1997-Meghan O'Toole, Garfield	11:44.3	
1996-Karen Petouvis, Paramus	11:50.8	
1995-Dana Satir, Ramsey	11:24.4	
1994-Dana Satir, Ramsey	11:43.2	
1993-Cris Capelan, Cliffside Park		11:59.2
1992-Breda McGowan, Bergenfield	11:26.7	
1991-Nicole Lavezzi, Paramus	11:58.6	
1990-Kathy McAuliffe, Dumont	11:32.6	
1989-Kathy McAuliffe, Dumont	12:03.4	
1988-Amy Kempf, Paramus	10:51.1	
1987-Alicia St. John, Ramapo	11:31.1	
1986-Amy Kempf, Paramus	11:42.3	
1985-Ann McVeigh, Demarest	11:28.9	
1984-Toni Ann Angione, Bergenfield	11:35.2	
1983-Toni Ann Angione, Bergenfield	11:32.0	
1982-Barbara Gradley, Westwood	11:23.2	
1981-Pattie McCluskey, Dumont	10:46.8 (3000)	

100 METER HIGH HURDLES

2024-Abigail Dennis, Old Tappan	14.30	
2023-Abigail Dennis, Old Tappan	14.49	
2022-Abigail Dennis, Old Tappan	14.28	
2021-Victoria Constantine, Demarest	16.96	
2019-Emily Grubb, Ramsey	15.36	
2018-Grace O'Shea, Ramapo	14.89 (14.82 in prelims)	
2017-Lauren Stern, Mahwah	16.00	
2016-Lauren Stern, Mahwah	15.49	
2015-Ebony Forbes, River Dell	15.00	
2014-Olivia Pandolfo, Tenafly	15.45	
2013-Christina Welzer, Demarest	15.63	
2012-Breonah Toon, Garfield	15.74	
2011-Gena Pickett, Mahwah	16.05	
2010-Stephanie Carnevale, River Dell	15.43	
2009-Kirsten Bowens, Mahwah	15.57	
2008-Rachel Watkins, Indian Hills	16.17	
2007-Rachel Watkins, Indian Hills	15.9	
2006-Whitney Awaru, Fort Lee	15.4	
2005-Shanelle Cross, Garfield	16.0	
2004-Brie-Ann Forhecz, Northern Highlands		15.4
2003-Michelle Ribustello, Pascack Valley	15.9	
2002-Lauren Fass, Demarest	16.5	
2001-Carlin Ponce de Leon, Demarest	15.9	
2000-Jamie Lilien, Pascack Valley	15.3	
1999-Jamie Lilien, Pascack Valley	15.1	
1998-Jamie Lilien, Pascack Valley	15.2	
1997-Kerry Frazer, Demarest	16.0	
1996-Melene Thomas, Garfield	14.7	
1995-Melene Thomas, Garfield	14.9	
1994-Melene Thomas, Garfield	15.6	
1993-Jessica Jenco, Indian Hills	15.6	
1992-Barbara Lalevee, Pascack Valley	16.1	
1991-Tara Cassidy, Ramapo	15.4	
1990-Lori Rogoff, Pascack Valley		15.7
1989-Allison Orsi, Indian Hills	16.0	
1988-Beth Mayland, Northern Highlands	15.6	
1987-Kim Baumbach, Pascack Valley	15.4	
1986-Kim Baumbach, Pascack Valley	14.5	
1985-Joy Pelka, Indian Hills	15.7	

1984-Joan Moellenbeck, Ramapo	16.2	
1983-Eileen O'Connor, Dumont	15.4	
1982-Mary Samori, Cliffside Park		15.6
1981-Renee Carter, Englewood	15.2	

400 METER INTERMEDIATE HURDLES

2024-Abigail Dennis, Old Tappan		62.55
2023-Abigail Dennis, Old Tappan		66.51
2022-Liz Puentes, River Dell	68.66	
2021-Ashna Kalvani, Demarest	67.88	
2019-Ashley Constantine, Demarest	64.76	
2018-Grace O'Shea, Ramapo	62.79	
2017-Grace O'Shea, Ramapo	64.88	
2016-Christine Woods, River Dell		65.04
2015-Noreen Byrne, River Dell	63.46	
2014-Noreen Byrne, River Dell	64.74	
2013-Christina Welzer, Demarest	63.79	
2012-Paige Fernandez, River Dell		65.37
2011-Kelsey Burnett, Holy Angels	64.13	
2010-Diane Bain, Ramsey	64.32	
2009-Diane Bain, Ramsey	65.1	
2008-Alex Rosenberger, Ramsey	66.5	
2007-Bry Bonavita, River Dell	64.9	
2006-Kelly Berkanish, River Dell		65.2
2005-Alex Rosenberger, Ramsey	64.5	
2004-Lisa Tarulli, Ramsey	66.7	
2003-Alison Weinberg, Tenafly	66.6	
2002-Lisa Corey, Demarest	65.8	
2001-Caitlin Sherry, River Dell	64.2	
2000-Christine Siebold, Demarest		66.0
1999-Jackie Babbini, Cliffside Park	64.5	
1998-Christine Siebold, Demarest		65.7
1997-Janna Kohout, River Dell	64.5	
1996-Caitlin Wittreich, Tenafly	64.9	
1995-Caitlin Wittreich, Tenafly	65.7	
1994-Elisa Quakenbush, Ramsey	67.6	
1993-Sarah Summa, Ramsey	68.3	
1992-Heather Parrish, Old Tappan	66.4	
1991-Heather Parrish, Old Tappan	65.4	
1990-Michelle Grube, Bergenfield	68.4	
1989-Lora Matteis, Cliffside Park		65.8
1988-Lora Matteis, Cliffside Park		66.8
1987-Kim Baumbach, Pascack Valley	62.1	
1986-Kim Baumbach, Pascack Valley	63.3	
1985-Kathy Kelly, Old Tappan	66.6	
1984-Melissa Harris, Old Tappan	66.7	
1983-Joan Moellenbeck, Ramapo	65.5	
1982-Mary Samori, Cliffside Park		66.0
1981-Kim Cathermann, Westwood	66.6	

SHOT PUT

2024-Layla Giordano, Old Tappan	45-0
2023-Layla Giordano, Old Tappan	45-6
2022-Casey Sullivan, Demarest	45-8
2021-Casey Sullivan, Demarest	42-4
2019-Jada Sewell, Demarest	37-8 ½
2018-Catherine Light, Demarest	38-0
2017-Catherine Light, Demarest	37-2 ½
2016-Nikolia Kanaris, Demarest	40-7
2015-Nikolia Kanaris, Demarest	41-2 ½
2014-Mackenzie Merkel, Holy Angels	33-9 ¼
2013-Lisa Sesink-Clee, Holy Angels	39-2 ½
2012-Alysha Menezies, Garfield	35-9

2011-Jill Hudson, River Dell	35-6 ¼	
2010-Kathrun Hirsch, Demarest	42-10 ½	
2009-Aretah Ettarh, Fort Lee	35-5 ½	
2008-Aretah Ettarh, Fort Lee	37-4 ½	
2007-Christina Bonkalski, Demarest	37-0	
2006-Tanya Elshahawi, Indian Hills	40-8 ¼	
2005-Jessy Steinbeigle, Indian Hills	34-3 ¾	
2004-Jennifer Meneghin, Lodi	34-0	
2003-Kelly Fazekas, Demarest	44-6	
2002-Jessica Fazekas, Demarest	42-6	
2001-Kelly Fazekas, Demarest	41-1 ¾	
2000-Jessica Fazekas, Demarest	39-0 ½	
1999-Jenn Flinchum, Demarest	42-0	
1998-Jenn Flinchum, Demarest	36-2 ¼	
1997-Jenn Flinchum, Demarest	36-8 ¼	
1996-Kerry Frazer, Demarest	33-11	
1995-Tarah Davis, Demarest	38-3	
1994-Jen Dougherty, Ramsey	36-9 ½	
1993-Jen Dougherty, Ramsey	35-7	
1992-Shannon Doyle, Tenafly	35-1	
1991-Sherilee Mix, Pascack Valley	35-2	
1990-Sue Maruska, Pascack Valley	33-3 ½	
1989-Lisa Mahle, Westwood	33-8	
1988-Jennifer Beyea, Bergenfield		35-9 ¼
1987-Kerry McIntyre, Bergenfield		35-3
1986-Jen Siegfried, Ramapo	38-5 ½	
1985-Jen Siegfried, Ramapo	37-3 ¾	
1984-Lisette Zachgo, Pascack Valley	40-9 ½	
1983-Regina Weinpahl, Westwood	42-4	
1982-Regina Weinpahl, Westwood	37-8	
1981-Regina Weinpahl, Westwood	37-3 ½	

DISCUS

2024-Layla Giordano, Old Tappan	164-4	
2023-Layla Giordano, Old Tappan	153-11	
2022-Layla Giordano, Old Tappan	118-10	
2021-Julietta Ambartsoumian, Demarest	119-9	
2019-Julietta Ambartsoumian, Demarest	116-7	
2018-Catherine Light, Demarest	123-0	
2017-Maria Bravo, Ridgefield Park	122-10	
2016-Sarah Ahmed, Demarest	126-7	
2015-Sarah Cervone, Demarest	122-1	
2014-Quastajua Valdez, Garfield	111-2	
2013-Haley Hirsch, Demarest	121-2	
2012-Melanie Odatalla, Garfield	115-3	
2011-Jill Hudson, River Dell	113-3	
2010-Kathryn Hirsch, Demarest	114-8	
2009-Jessica Cola-Pinto, Ramsey	99-10	
2008-Christine Coppola, River Dell	106-5	
2007-Emily Abernathy, Indian Hills	106-4	
2006-Natalia Arias, Tenafly	117-8	
2005-Kristin Jakob, Dumont	111-3	
2004-Jessie Steinbeigle, Indian Hills	101-1	
2003-Kelly Fazekas, Demarest	125-10	
2002-Jessica Fazekas, Demarest	128-0	
2001-Jessica Fazekas, Demarest	129-6	
2000-Rachel Goldstein, Old Tappan	114-3	
1999-Jenn Flinchum, Demarest	125-5	
1998-Jenn Flinchum, Demarest	110-9	
1997-Chaya Tesker, Old Tappan	109-1	
1996-Chaya Tesker, Old Tappan	118-6	
1995-Chaya Tesker, Old Tappan	111-0	
1994-Jen Dougherty, Ramsey	108-7	
1993-Megan Siemsen, Ramsey	97-11	

1992-Dawn Shwartz, Paramus	109-9	
1991-Megan Siemsen, Ramsey	108-2	
1990-Renee Gale, Pascack Hills	96-6	
1989-Lisa Mahle, Westwood	108-4	
1988-Jeanine DeSocio, Old Tappan	118-0	
1987-Linda Lang, Indian Hills	116-0	
1986-Linda Lang, Indian Hills	104-9	
1985-Linda Lang, Indian Hills	106-8	
1984-Lisette Zachgo, Pascack Valley	112-2	
1983-Regina Weinpahl, Westwood	114-1	
1982-Cathy Moreland, River Dell	104-10	
1981-Melissa Blackington, Old Tappan	104-5	

JAVELIN

2024-Clarissa Guerrero, Westwood	122-6	
2023-Mackenzie Ward, Old Tappan	121-8	
2022-Niki Woods, Demarest	148-11	
2021-Niki Woods, Demarest	131-5	
2019-Alicia lafrate, Demarest	130-3	
2018-Elena Montgomery, Ramapo	112-3	
2017-Jesse Geller, Demarest	132-5	
2016-Jesse Geller, Demarest	127-6	
2015-Jesse Geller, Demarest	133-5	
2014-Stacey Anning, Ridgefield Park	132-3	
2013-Lisa Sesink-Clee, Holy Angels	131-6	
2012-Shauntierah Douglas, Garfield	140-1	
2011-Shauntierah Douglas, Garfield	145-3	
2010-Shauntierah Douglas, Garfield	127-11	
2009-Shauntierah Douglas, Garfield	120-10	
2008-Julia Lagregni, Ramsey	111-3	
2007-Dara Schwam, Demarest	116-8	
2006-Kristen Policastro, Lodi	113-2	
2005-Joelle Solomon, Demarest	105-0	
2004-Jackie DeMais, Pascack Valley	105-1	
2003-Daina Pucurs, Demarest	136-4	
2002-Kelly Fazekas, Demarest	139-9	
2001-Christina Labocki, Garfield	121-1	
2000-Jen Austin, Garfield	130-11	
1999-Jen Austin, Garfield	129-8	
1998-Jenn Flinchum, Demarest	108-4	
1997-Ann Woetzel, Paramus Catholic	104-1	
1996-Jessica Sarubbi, Cliffside Park	115-0	
1995-Lauren Mazurkiewicz, Queen of Peace	109-3	
1994-Debbie Chadwick, Rutherford	112-8	
1993-Angie DeMaio, Cliffside Park	96-6	
1992-Leslie Whitcomb, Tenafly	102-7	
1991-Michele Martin, Dumont	101-10	
1990-Danielle Galla, Cliffside Park	108-8	
1989-Danielle Galla, Cliffside Park	103-9	
1988-Jackie Romero, Tenafly	100-3	
1987-Darlene Schreiner, Queen of Peace	95-1	
1986-Diane Drago, Pascack Valley	100-0	
1985-Judy Romero, Tenafly	113-2	
1984-Lisette Zachgo, Pascack Valley	113-6	
1983-Regina Weinpahl, Westwood	123-2	
1982-Sue Parker, Pascack Valley	125-10	
1981-Tracy Larmer, Dumont	134-6	

HIGH JUMP

2024-Caroline Ognibene, Old Tappan	5-2	
2023-Taylor Miller, Demarest	5-0	
2022-Gretchen Haray, Demarest	5-2	
2021-Alexandra Manetovic, Fort Lee	5-0	

2019-Ohr Yahalomi, Demarest	5-2	
2018-Sophia Dongaris, Tenafly	5-0	
2017-Miku Okada, River Dell	5-2	
2016-Miku Okada, River Dell	5-0	
2015-Liz Granger, River Dell	5-0	
2014-Jordan Even-Chen, Ramapo		5-2
2013-Lisa Sesink-Clee, Holy Angels	5-3	
2012-Carolyn Edler, Mahwah	5-2	
2011-Stephanie Encarnacion, Ridgefield Park		5-2
2010-Taylor Clarkson, Indian Hills	5-2	
2009-Allie Ritchards, Mahwah	5-2	
2008-Alex Rosenberger, Ramsey	5-2	
2007-Rachel Watkins, Indian Hills	4-10	
2006-Jessie Ruiz, River Dell	5-1 ½	
2005-Julianna Camargo, Dumont	5-2	
2004-Kristin Kern, Indian Hills	5-0	
2003-Jessica Malacrida, Paramus	5-0	
2002-Lia Torre, Northern Highlands	5-0	
2001-Erin Piscetta, River Dell	5-0	
2000-Jamie Lilien, Pascack Valley	5-0	
1999-Emily Simon, Northern Highlands	5-0	
1998-Jamie Lilien, Pascack Valley	5-0	
1997-Janet Andrews, Bergenfield	5-2	
1996-Lauren Pacillier, Cliffside Park	5-0	
1995-Jen Maxfield, Tenafly	5-2	
1994-Lauren Cacciamani, Paramus	5-0	
1993-Tara Setmayer, Paramus	4-10	
1992-Jen Maxfield, Tenafly	5-0	
1991-Jean Readie, Queen of Peace	4-10	
1990-Laura Brennan, Ramapo	4-10	
1989-MaryBeth Glowacki, QP	5-2	
1988-MaryBeth Glowacki, QP	5-2	
1987-Chris Bella, Pascack Valley	5-0	
1986-Amy Nehls, Indian Hills	5-6	
1985-Amy Nehls, Indian Hills	5-4	
1984-Kelly Barrett, Westwood	5-4	
1983-Kelly Barrett, Westwood	5-2	
1982-Kathi Cochran, Westwood	5-0	
1981-Kathi Cochran, Westwood	5-0	

LONG JUMP

2024-Kailey Attali, Demarest	17-6 ¾	
2023-Grace McQueeney, River Dell	18-6 ¾	
2022-Shaniya Richburg, Lodi	17-8 ½	
2021-Gloria Lee, River Dell	16-11	
2019-Emily Grubb, Ramsey	17-5 ½	
2018-Lauren Stern, Mahwah	18-7 ¾	
2017-Lauren Stern, Mahwah	17-6 ¾	
2016-Julia DeBenedetto, River Dell	17-0 ¾	
2015-Olivia Salamone, Holy Angels	17-9 ¾	
2014-Marina Reilly, River Dell	16-8 ¼	
2013-Amanda Fields, Holy Angels	18-8	
2012-Amanda Fields, Holy Angels	17-9 ¾	
2011-Taylor Clarkson, Indian Hills	18-0 ½	
2010-Danna Wasserman, Demarest	18-6	
2009-Kristen Brown, Englewood	18-5 ½	
2008-Jessica Molosh, Indian Hills		17-2 ½
2007-Jessica Molosh, Indian Hills		16-10 ½
2006-Jessica Molosh, Indian Hills		16-4 ½
2005-Shanelle Cross, Garfield	17-6 ¼	
2004-Brie-Ann Forhecz, Northern Highlands		17-6 ¼
2003-Nicole Philiposian, Paramus		16-6 ¾
2002-Cheryl Simmons, Paramus Catholic	16-11 ¾	
2001-Chrissy Procopio, Indian Hills	17-0 ¼	

2000-Jamie Lilien, Pascack Valley	17-3 ¼	
1999-Jamie Lilien, Pascack Valley	16-8	
1998-Jamie Lilien, Pascack Valley	15-10	
1997-Janet Andrews, Bergenfield	16-2 ¼	
1996-Quanette Jester, Indian Hills		16-5 ½
1995-Melene Thomas, Garfield	16-2 ¾	
1994-Erika Albies, Pascack Valley	17-8	
1993-Adria Ferguson, Old Tappan	16-10 ½	
1992-Amy Hever, Old Tappan	16-1	
1991-Tara Cassidy, Ramapo	15-7 ½	
1990-Lori Rogoff, Pascack Valley		16-5
1989-Keirsten Wallace, Westwood	16-5 ½	
1988-Carmen Matteis, Cliffside Park	16-7 ¾	
1987-Kim Baumbach, Pascack Valley	17-4 ½	
1986-Margaret Rottkamp, Indian Hills	16-10 ¼	
1985-Margaret Rottkamp, Indian Hills	17-2 ¼	
1984-Kim Baumbach, Pascack Valley	16-6	
1983-Stacia Palahnuk, Old Tappan	17-3	
1982-Marie McVeigh, Demarest	17-4 ¼	
1981-Lori Soley, Westwood	16-8 ½	

TRIPLE JUMP

2024-Kailey Attali, Demarest	37-10	
2023-Emily Turschmann, River Dell	37-7 ½	
2022-Marisa Schoenberg, River Dell	36-2 ¾	
2021-Alexandra Manetovic, Fort Lee	34-7 ½	
2019-Nilya Rhoomes, Lodi	36-6 ¼	
2018-Lauren Stern, Mahwah	37-5 ½	
2017-Amanda Katz, Ramapo	36-9	
2016-Lauren Stern, Mahwah	36-8 ¼	
2015-Noreen Byrne, River Dell	36-0	
2014-Marina Reilly, River Dell	35-7	
2013-Amanda Fields, Holy Angels	37-11 ¼	
2012-Gena Pickett, Mahwah	38-8 ½	
2011-Amanda Fields, Holy Angels	37-2	
2010-Danna Wasserman, Demarest	35-2 ½	
2009-Kirsten Bowens, Mahwah	37-9 ¼	
2008-Brooke Kristensen, Mahwah		36-7 ¾
2007-Alyssa Maier, River Dell	37-9	
2006-Alyssa Maier, River Dell	35-11 ¼	
2005-Mallory Longfield, Indian Hills	36-10 ½	
2004-Shanelle Cross, Garfield	36-4 ¼	
2003-Brittany Brooks, Garfield	35-0 ¾	
2002-Brittany Brooks, Garfield	34-1 ½	
2001-Chrissy Procopio, Indian Hills	35-4	
2000-Jen Austin, Garfield	33-5	
1999-Emily Lamparello, NV/Old Tappan	33-3 ¼	
1998-Karin Boman, Demarest	34-4	
1997-Kerry Frazer, Demarest	35-0	
1996-Kerry Frazer, Demarest	35-7	
1995-Kerry Frazer, Demarest	36-5 ½	
1994-Kerry Frazer, Demarest	35-8 ¾	
1993-Erika Albies, Pascack Valley	35-2	
1992-Jessica Jenco, Indian Hills	34-4 ¾	
1991-Amy Hever, Old Tappan	34-0	
1990-Amy Hever, Old Tappan	32-7 ¾	
1989-Keirsten Wallace, Westwood	35-11	
1988-Michaela Steiner, Bergenfield	36-7 ½	
1987-Kim Baumbach, Pascack Valley	35-11	
1986-Margaret Rottkamp, Indian Hills	37-9 ¾	
1985-Margaret Rottkamp, Indian Hills	36-0 ½	
1984-Aileen Trendler, Old Tappan	34-10 ¼	
1983-Eileen O'Connor, Dumont	36-0	
1982-Stacia Palahnuk, Old Tappan	34-11 ½	

1981-Renee Carter, Englewood 35-10

POLE VAULT

2024-Allie Tuite, Old Tappan	11-0	
2023-Jamie Kim, Old Tappan	11-0	
2022-Michelle Lee, Demarest	10-6	
2021-Michelle Lee, Demarest	11-0	
2019-Alyssa Fico, Ramsey	10-6	
2018-Sydney Woods, Demarest	11-0	
2017-Michelle Rubinetti, Demarest	11-6	
2016-Michelle Rubinetti, Demarest	11-0	
2015-Bridgette Muller, Mahwah	10-6	
2014-Maggie Schultz, Mahwah	10-0	
2013-Bridget Brindley, River Dell		10-6
2012-Carolyn Edler, Mahwah	11-6	
2011-Carolyn Edler, Mahwah	10-7	
2010-Melinda Rothman, Mahwah		10-0
2009-Ashley Walker, Mahwah	10-6	
2008-Emily Mino, River Dell	10-6	
2007-Emily Mino, River Dell	10-0	
2006-Tricia Murphy Kennelly, Mahwah	10-0	
2005-Keri Costantino, Dumont	8-0	
2004-Amanda Knutsen, Ramsey	9-0	
2003-Jenny Galgano, Ramapo	8-0	
2002-Joyce Rosenbaum, Tenafly	8-6	

400 METER RELAY

2024-River Dell	49.89
2023-River Dell	50.85
2022-Pascack Valley	51.71
2021-Demarest	51.65
2019-Teaneck	50.93
2018-Ramapo	49.98
2017-Demarest	52.03
2016-River Dell	50.35
2015-River Dell	50.48
1981-Westwood	52.5

1600 METER RELAY

2024-Demarest	4:08.72
2023-Demarest	4:08.82
2022-River Dell	4:08.12
2021-Demarest	4:09.92
2019-Demarest	4:07.35
2018-Ramapo	4:02.84
2017-Demarest	4:11.11
2016-Ramapo	3:58.82
2015-River Dell	3:58.42
2014-Ramapo	4:03.09
2013-River Dell	4:01.41
2012-Ramsey	4:01.20
2011-River Dell	4:06.53
2010-Ramsey	4:05.94
2009-Ramsey	4:05.9
2008-Ramsey	4:03.2
2007-River Dell	4:09.9
2006-River Dell	4:04.6
2005-Ramsey	4:02.1
2004-Ramsey	4:07.0
2003-Tenafly	4:08.7
2002-River Dell	4:15.8
2001-River Dell	4:06.5
2000-Pascack Valley	4:15.1

1999-Holy Angels	4:10.7
1998-Pascack Valley	4:12.4
1997-River Dell	4:13.6
1996-Fort Lee	4:10.8
1995-Fort Lee	4:12.1
1994-Ramsey	4:15.0
1993-Indian Hills	4:13.1
1992-Old Tappan	4:15.0
1991-Old Tappan	4:10.5
1990-Pascack Valley	4:14.6
1989-Queen of Peace	4:11.0
1988-Englewood	4:12.1
1987-Pascack Hills	4:10.0
1986-Northern Highlands	4:14.7
1985-Old Tappan	4:11.4
1984-Old Tappan	4:09.4
1983-Westwood	4:10.8
1982-Englewood	4:04.8
1981-Westwood	4:10.3

3200 METER RELAY

2024-Leonia	10:13.72
2023-River Dell	9:49.54
2022-River Dell	9:53.70
2021-Demarest	10:07.74
2019-River Dell	9:51.29
2018-River Dell	9:50.05
2017-River Dell	9:47.85
2016-River Dell	9:56.74
2015-Holy Angels	9:42.47

GIRLS GROUP C (GROUP 1-2 until 1980; Group 2 1981-2003)

Top Three Teams

2024-Ramsey 162 ¼, Hasbrouck Heights 133 ¼, Lyndhurst 52 ¼
2023-Hasbrouck Heights 165, Ramsey 109 1/3, Lyndhurst 78 1/3
2022-Hasbrouck Heights 178, Ramsey 98, Lyndhurst 71.33
2021-Hasbrouck Heights 182, Westwood 78, Rutherford 76
2019-Glen Rock 154.33, Lyndhurst 85.33, Hasbrouck Heights 82
2018-Ramsey 139, Pascack Hills 134, Glen Rock 99
2017-Hasbrouck Heights 121, Ramsey 111, Glen Rock 76
2016-Ramsey 150 ½, Hasbrouck Heights 123, Cresskill 60 ½
2015-Hasbrouck Heights 118, Ramsey 111, Cresskill 110
2014-Westwood 100, Cresskill 97, Hasbrouck Heights 94
2013-Westwood 115, Hasbrouck Heights 84, Pascack Hills 76 ½
2012-Westwood 109, Pascack Hills 86, Cresskill 73
2011-Westwood 131, Cresskill 101, Pascack Hills 66
2010-Westwood 133, Ridgefield Park 56, Rutherford 54
2009-Pascack Hills 107.5, Westwood 106, Rutherford 71
2008-Pascack Hills 155, Westwood 109, Rutherford 100
2007-Ramsey 142, Pascack Hills 106, Ridgefield Park 73
2006-Ramsey and Pascack Hills 111, Glen Rock 72
2005-Glen Rock 80.2, Pascack Hills 69.6, Queen of Peace 66
2004-Glen Rock 105, Westwood 79 ½, Pascack Hills 66
2003-Ramsey 113, Westwood 85, Indian Hills 83
2002-Indian Hills 108, Ramsey 106, Dumont 55
2001-Ramsey 105, Westwood 88, Dumont 59
2000-Ramsey 119, Westwood 83, Pascack Hills 73
1999-Ramsey 142, Westwood 66, River Dell 64
1998-Ramsey 103, Rutherford 80, Westwood 67
1997-Ramsey 121, Englewood 83, Rutherford 72

1996-Glen Rock and Ramsey 98, Englewood 74
 1995-Westwood 109, Englewood 104, Rutherford 57
 1994-Glen Rock 175, Westwood 71, Northern Highlands 50
 1993-Glen Rock 135, Mahwah 103, River Dell/Lyndhurst 40
 1992-New Milford 91, Garfield 84, Englewood 64
 1991-Garfield 57, Englewood 45, Mahwah 21 ½
 1990-Garfield 47 ½, Rutherford 44, Mahwah 29
 1989-Garfield 63 ½, Englewood 55, Rutherford 26
 1988-Westwood 66, Dumont 50, Rutherford 26 ½
 1987-Westwood 64, Dumont 47, Rutherford 41
 1986-Westwood 72, Dumont 40, Pascack Hills 25
 1985-Rutherford 73, Dumont 57, Lyndhurst 32
 1984-New Milford 57, Tenafly 40, Rutherford 39
 1983-Tenafly 84, New Milford 48 ½, Rutherford 30
 1982-Tenafly 55, Saddle Brook 51, Rutherford 34
 1981-Tenafly 93 ½, Saddle Brook 49 ½, Rutherford 48
 1980-Tenafly 60, Park Ridge 42, Saddle Brook 41
 1979-Saddle Brook 73, Tenafly 44, Rutherford 32
 1978-Saddle Brook 52, Tenafly 31 ½, Rutherford 30

100 METERS

2024-Jenna Monaco, Dumont	12.62	
2023-Jenna Monaco, Dumont	12.95	
2022-Sanai Bryant, Dumont	12.59	
2021-Sanai Bryant, Dumont	13.14	
2019-Sarah Hutchins, Glen Rock	13.01	
2018-Sarah Hutchins, Glen Rock	12.89	
2017-Sarah Hutchins, Glen Rock	13.21	
2016-Nicole Vadon, Pascack Hills	13.06	
2015-Ayo O'Uhuru, Pascack Hills	12.81	
2014-Ayo O'Uhuru, Pascack Hills	12.97	
2013-Ayo O'Uhuru, Pascack Hills	12.91	
2012-Briana Setnitzky, Pascack Hills	12.80	
2011-Khadijah Cox, New Milford		12.71
2010-Jasmine Hammonds, Elmwood Park	12.68	
2009-Janelle Liu, Cresskill	13.09	
2008-Katie Landrigan, Rutherford		12.87
2007-Angelica Johnson, Ridgefield Park	12.2	
2006-Angelica Johnson, Ridgefield Park	12.4	
2005-Sophia Davis, Queen of Peace	12.4	
2004-Cheryl Anscombe, Westwood	12.2	
2003-Anike Orimogunje, Queen of Peace	12.2	
2002-Anike Orimogunje, Queen of Peace	12.2	
2001-Cheryl Anscombe, Westwood	12.9	
2000-Anike Orimogunje, Queen of Peace	12.7	
1999-Lauren Fanelli, River Dell	12.9	
1998-Carlene Cummings, Englewood	11.9	
1997-Carlene Cummings, Englewood	12.7	
1996-Carlene Cummings, Englewood	11.9	
1995-Carlene Cummings, Englewood	12.2	
1994-Willie Mae Washington, Lodi	12.5	
1993-Michelle Stein, Glen Rock	12.9	
1992-Robin Mitchell, Westwood	13.0	
1991-Walidah Eatman, Englewood	13.0	
1990-Daniela Nese, Rutherford	12.9	
1989-Daniela Nese, Rutherford	12.9	
1988-Daniela Nese, Rutherford	13.0	
1987-Neretta Freeman, Garfield	12.4	
1986-Neretta Freeman, Garfield	12.4	
1985-Neretta Freeman, Garfield	12.5	
1984-Neretta Freeman, Garfield	13.1	
1983-Jill Quinn, Tenafly	13.2	
1982-Barbara Danko, Saddle Brook	13.2	
1981-Ellen Larena, Saddle Brook	13.1	

1980-Kathy Musacchio, Bogota	13.5
1979-Laura Frisch, Saddle Brook	13.3
1978-Laurie Miranda, Lyndhurst	11.8Y

200 METERS

2024-Makayla Newman, Ramsey	26.24
2023-Makayla Newman, Ramsey	26.26
2022-Sanai Bryant, Dumont	26.12
2021-Bella Sing, Rutherford	26.48
2019-Tatianna Beutel, Westwood	26.19
2018-Nicole Vadon, Pascack Hills	26.72
2017-Crystal Lichtenberger, Hasbrouck Heights	26.45
2016-Lauren Chamberlin, Ramsey	27.13
2015-Ayo O'Uhuru, Pascack Hills	26.11
2014-Ayo O'Uhuru, Pascack Hills	26.57
2013-Ayo O'Uhuru, Pascack Hills	26.68
2012-Alex Cimino, Westwood	25.90
2011-Michelle Cascio, Westwood	26.43
2010-Colleen Murphy, Westwood	25.40
2009-Colleen Murphy, Westwood	26.1
2008-Katie Landrigan, Rutherford	26.1
2007-Angelica Johnson, Ridgefield Park	25.5
2006-Angelica Johnson, Ridgefield Park	25.6
2005-Janine Davis, Queen of Peace	25.3
2004-Cheryl Anscombe, Westwood	25.8
2003-Anike Orimogunje, Queen of Peace	25.1
2002-Anike Orimogunje, Queen of Peace	24.3
2001-Christina Fischetti, Westwood	27.0
2000-Anike Orimogunje, Queen of Peace	25.8
1999-Thatcha DaCosta, Englewood	27.2
1998-Dara Seidman, Ramsey	26.0
1997-Mahasin Pegeise, Rutherford	27.4
1996-Melissa Bochiario, Glen Rock	25.2
1995-Carlene Cummings, Englewood	25.7
1994-Michelle Stein, Glen Rock	26.1
1993-Michelle Stein, Glen Rock	26.7
1992-Robin Mitchell, Westwood	27.3
1991-Yahaira Barrow, Englewood	27.3
1990-Lori Jones, Westwood	27.0
1989-Freda Johnson, Englewood	26.8
1988-Mary Sok, Westwood	27.2
1987-Neretta Freeman, Garfield	25.5
1986-Neretta Freeman, Garfield	27.6
1985-Neretta Freeman, Garfield	26.3
1984-Michelle McFarlane, Fort Lee	27.9
1983-Jill Quinn, Tenafly	27.2
1982-Nancy Larena, Saddle Brook	27.3
1981-Jill Quinn, Tenafly	27.2
1980-Nancy Larena, Saddle Brook	28.0
1979-Sharon Kearns, Saddle Brook	26.6
1978-Sharon Kearns, Saddle Brook	26.6Y

400 METERS

2024-Julia Costa, Ramsey	60.14
2023-Kate Marie Monaco, Ramsey	59.84
2022-Catriona McKeown, Ramsey	60.14
2021-Amber Barrios, Hasbrouck Heights	60.44
2019-Tatianna Beutel, Westwood	59.62
2018-Hannah Figueroa, Pascack Hills	60.48
2017-Sam Sudol, Ramsey	59.67
2016-Stacey Porzl, Hasbrouck Heights	59.15
2015-Isabel Sella, Pascack Hills	58.33
2014-Stacey Porzl, Hasbrouck Heights	60.30

2013-Alexandra Cimino, Westwood	57.40	
2012-Ani Sarkisian, Cresskill	59.96	
2011-Michelle Cascio, Westwood		60.03
2010-Colleen Murphy, Westwood		58.28
2009-Michelle Cascio, Westwood		62.5
2008-Julianne Fontana, Pascack Hills	59.1	
2007-Alex Rosenberger, Ramsey	60.0	
2006-Sophia Davis, Queen of Peace	58.6	
2005-Janine Davis, Queen of Peace	56.3	
2004-Cheryl Anscombe, Westwood	58.3	
2003-Hailey Coonrad, Ramsey	59.4	
2002-Janine Davis, Queen of Peace	59.1	
2001-Dara Seidman, Ramsey	60.0	
2000-Dara Seidman, Ramsey	59.1	
1999-Dara Seidman, Ramsey	59.3	
1998-Mahasin Pegeise, Rutherford	59.9	
1997-Latoya Binns, New Milford	60.7	
1996-Mahasin Pegeise, Rutherford	59.8	
1995-Willie Mae Washington, Lodi	61.9	
1994-Michele Satine, Glen Rock	59.7	
1993-Michele Satine, Glen Rock	61.3	
1992-Tammy Anagnostis, New Milford	64.0	
1991-Nancy Scott, Garfield	61.4	
1990-Daniela Nese, Rutherford	62.5	
1989-Freda Johnson, Englewood	61.4	
1988-Mary Sok, Westwood	61.1	
1987-Mary Sok, Westwood	61.0	
1986-Mary Sok, Westwood	60.6	
1985-Chris Levatino, Fort Lee	64.6	
1984-Michelle McFarlane, Fort Lee	63.7	
1983-Jill Quinn, Tenafly	61.9	
1982-Jeanne Quinn, Tenafly	61.0	
1981-Jeanne Quinn, Tenafly	61.0	
1980-Jeanne Quinn, Tenafly	62.2	
1979-Sharon Kearns, Saddle Brook	59.1	
1978-Sharon Kearns, Saddle Brook	60.9Y	

800 METERS

2024-Kate Marie Monaco, Ramsey	2:24.17	
2023-Kate Marie Monaco, Ramsey	2:19.33	
2022-Emma Petrolia, New Milford	2:25.75	
2021-Danielle Tilp, Cresskill	2:21.74	
2019-Kayla Jarski, Westwood	2:24.27	
2018-Emily Prendergast, Pascack Hills	2:21.65	
2017-Giulia Pezzola, Lyndhurst	2:24.41	
2016-Jillian DiGiacinto, Hasbrouck Heights	2:18.50	
2015-Kelsey Larkin, Ramsey	2:18.47	
2014-Katie Sullivan, Rutherford	2:17.16	
2013-Corinne Myers, Westwood	2:18.22	
2012-Gabriela Sloezen, Westwood	2:21.54	
2011-Meghan Kocher, Westwood		2:21.86
2010-Julianne Fontana, Pascack Hills	2:23.99	
2009-Julianne Fontana, Pascack Hills	2:16.9	
2008-Julianne Fontana, Pascack Hills	2:28.4	
2007-Kim DeLoreto, Pascack Hills	2:21.5	
2006-Kim DeLoreto, Pascack Hills	2:22.1	
2005-Janine Davis, Queen of Peace	2:12.6	
2004-Denise Scarfi, Westwood	2:23.0	
2003-Denise Scarfi, Westwood	2:25.0	
2002-Tina Triantafilidi, Indian Hills	2:31.3	
2001-Peyton Fischer, Ramsey	2:29.0	
2000-Nicole Stinson, Westwood	2:22.1	
1999-Nicole Stinson, Westwood	2:25.9	
1998-Tracy Della Torre, Glen Rock	2:24.9	

1997-Dana Satir, Ramsey	2:23.2	
1996-Dana Satir, Ramsey	2:19.2	
1995-Jessica Drew, Westwood	2:21.4	
1994-Jessica Drew, Westwood	2:25.2	
1993-Erin Koster, Glen Rock	2:25.4	
1992-Allison Morgan, Englewood		2:32.2
1991-Nancy Scott, Garfield	2:19.5	
1990-Nancy Scott, Garfield	2:21.9	
1989-Dee Keough, Mahwah	2:27.7	
1988-Dawn Reis, Lodi		2:21.8
1987-Sue Fox, Ridgefield Park	2:27.9	
1986-Karen Weissinger, Westwood	2:25.5	
1985-Robyn Heim, Lyndhurst	2:31.4	
1984-Amy DeMeglio, Ridgefield Park	2:27.5	
1983-Gail Murray, Rutherford	2:25.0	
1982-Eileen Keyes, Tenafly	2:24.8	
1981-Bianca O'Connell, Rutherford	2:22.2	
1980-Bianca O'Connell, Rutherford	2:22.0	
1979-Bianca O'Connell, Rutherford	2:23.2	
1978-Bianca O'Connell, Rutherford	2:26.7Y	

1600 METERS

2024-Kate Marie Monaco, Ramsey	5:13.03	
2023-Alexa Friedland, Ramsey	5:22.24	
2022-Isabella Drezek, Hasbrouck Heights	5:26.79	
2021-Danielle Tilp, Cresskill	5:23.10	
2019-Kayla Jarski, Westwood	5:22.28	
2018-Giulia Pezzolla, Lyndhurst	5:17.24	
2017-Giulia Pezzolla, Lyndhurst	5:19.71	
2016-Margaret Schiazza, Ramsey		5:17.19
2015-Allison Regan, Rutherford	5:23.46	
2014-Katie Sullivan, Rutherford	5:14.15	
2013-Corinne Myers, Westwood	5:12.94	
2012-Corinne Myers, Westwood	5:17.52	
2011-Meghan Kocher, Westwood		5:21.21
2010-Julianne Fontana, Pascack Hills	5:17.27	
2009-Julianne Fontana, Pascack Hills	5:31.2	
2008-Aubrey LaRezza, Pascack Hills	5:33.1	
2007-Kim DeLoreto, Pascack Hills	5:28.1	
2006-Stacey Bond, Ramsey	5:29.1	
2005-Janine Davis, Queen of Peace	5:18.8	
2004-Denise Scarfi, Westwood	5:35.4	
2003-Denise Scarfi, Westwood	5:30.1	
2002-Felicia Chevalier, Dumont	5:41.8	
2001-Melissa Conway, Ramsey	5:26.3	
2000-Melissa Conway, Ramsey	5:22.3	
1999-Melissa Conway, Ramsey	5:22.9	
1998-Tracy Kirk, Ramsey	5:27.8	
1997-Dana Satir, Ramsey	5:21.4	
1996-Dana Satir, Ramsey	5:15.9	
1995-Jennie Meighan, Northern Highlands	5:25.0	
1994-Kerri Black, Northern Highlands	5:27.9	
1993-Carli Gallo, Mahwah	5:30.7	
1992-Carli Gallo, Mahwah	5:24.4	
1991-Carli Gallo, Mahwah	5:38.1	
1990-Dee Keough, Mahwah	5:27.0	
1989-Dee Keough, Mahwah	5:39.2	
1988-Dee Keough, Mahwah	5:24.3	
1987-Jennifer Narr, Rutherford	5:15.2	
1986-Jennifer Narr, Rutherford	5:18.0	
1985-Robyn Heim, Lyndhurst	5:30.6	
1984-Amy DiMeglio, Ridgefield Park	5:33.5	
1983-Laura McKenna, Tenafly	5:36.9	
1982-Eileen Keyes, Tenafly	5:15.5	

1981-Bianca O'Connell, Rutherford	4:59.0 (1500)
1980-Bianca O'Connell, Rutherford	4:55.9 (1500)
1979-Laura Falci, Saddle Brook	4:56.0 (1500)
1978-Denise Murphy, Bogota	5:27.3Y

3200 METERS

2024-Mika Tampadong, Becton	11:35.14	
2023-Kayla Carrino, Lyndhurst	11:59.28	
2022-Isabella Drezek, Hasbrouck Heights	12:08.08	
2021-Isabella Drezek, Hasbrouck Heights	12:15.13	
2019-Mary Andreou, Glen Rock	12:13.68	
2018-Elizabeth Flood, Ramsey	11:55.62	
2017-Alex Walter, Glen Rock	11:47.23	
2016-Margaret Schiazza, Ramsey		11:56.03
2015-Allison Regan, Rutherford	11:54.32	
2014-Amanda Tosi, Pascack Hills		11:36.02
2013-Amanda Tosi, Pascack Hills		11:43.03
2012-Corinne Myers, Westwood	11:45.79	
2011-Amanda Tosi, Pascack Hills		12:10.49
2010-Betsy Eickelberg, Leonia	11:49.26	
2009-Julianne Fontana, Pascack Hills	11:38.7	
2008-Aubrey LaRezza, Pascack Hills	11:50.9	
2007-Kim DeLoreto, Pascack Hills	11:37.8	
2006-Stacey Bond, Ramsey	11:51.5	
2005-Gelsey Johnson, Westwood	12:02.8	
2004-Denise Scarfi, Westwood	11:57.9	
2003-Liz Bissell, Indian Hills	11:52.5	
2002-Felicia Chevalier, Dumont	12:18.5	
2001-Melissa Conway, Ramsey	11:42.8	
2000-Melissa Conway, Ramsey	11:15.9	
1999-Melissa Conway, Ramsey	11:24.7	
1998-Tracy Della Torre, Glen Rock	11:36.5	
1997-Dana Satir, Ramsey	11:42.5	
1996-Dana Satir, Ramsey	11:43.6	
1995-Nicole Callaghan, Westwood	12:06.4	
1994-Jennie Meighan, Northern Highlands	11:59.0	
1993-Carli Gallo, Mahwah	12:05.9	
1992-Carli Gallo, Mahwah	12:13.0	
1991-Carli Gallo, Mahwah	12:29.0	
1990-Dee Keough, Mahwah	11:22.5	
1989-Dee Keough, Mahwah	11:54.2	
1988-Dee Keough, Mahwah	11:43.9	
1987-Jennifer Narr, Rutherford	11:15.7	
1986-Jennifer Narr, Rutherford	11:38.3	
1985-Jennifer Narr, Rutherford	11:54.3	
1984-Sue Frankle, Tenafly	12:37.2	
1983-Laura McKenna, Tenafly	12:00.2	
1982-Eileen Keyes, Tenafly	11:39.2	
1981-Eileen Keyes, Tenafly	10:43.3 (3000)	
1980-Laura Falci, Saddle Brook	10:34.0 (3000)	
1979-Violetta Josevska, Garfield	10:42.2 (3000)	
1978-Laura Falci, Saddle Brook	11:59.8Y	

100 METER HURDLES

2024-Jenna Monaco, Dumont	15.14
2023-Cali Terranova, Elmwood Park	15.32
2022-Cali Terranova, Elmwood Park	15.73
2021-Bella Sing, Rutherford	15.76
2019-Maggie Fodera, Lyndhurst	15.57
2018-Emily Grubb, Ramsey	15.70
2017-Iveya Slavova, Cresskill	16.24
2016-Iveya Slavova, Cresskill	15.65
2015-Jordan Zaikov, Cresskill	16.08

2014-Jordan Zaikov, Cresskill	16.21	
2013-Alexandra Cimino, Westwood	14.72	
2012-Alexandra Cimino, Westwood	15.02	
2011-Alexandra Cimino, Westwood	15.17	
2010-Alexandra Cimino, Westwood	16.26	
2009-Jennifer Sant Anna, Pascack Hills	16.14	
2008-Jennifer Sant Anna, Pascack Hills	15.98	
2007-C.J. Jacob, Ridgefield Park	15.6	
2006-C.J. Jacob, Ridgefield Park	16.0	
2005-C.J. Jacob, Ridgefield Park	16.2	
2004-Lindsay May, Dumont	15.9	
2003-Lindsay May, Dumont	15.9	
2002-Valerie Durollari, Leonia	17.0	
2001-Lindsay May, Dumont	15.6	
2000-Jill Turner, Pascack Hills	15.9	
1999-Jill Turner, Pascack Hills	16.2	
1998-Carlene Cummings, Englewood	14.5	
1997-Carlene Cummings, Englewood	14.7	
1996-Carlene Cummings, Englewood	14.6	
1995-Carlene Cummings, Englewood	16.0	
1994-Lesley Hodgson, Glen Rock		16.0
1993-Michelle Stein, Glen Rock	16.8	
1992-Shannon Dillon, New Milford	16.0	
1991-Renee Bednarz, Garfield	16.1	
1990-Renee Bednarz, Garfield	16.8	
1989-Laura Battista, Rutherford	17.4	
1988-Kathy Kelly, Dumont	16.9	
1987-Kris Allmers, Dumont	17.3	
1986-Christine Brown, Westwood		16.9
1985-Sylvia Battista, Rutherford	15.9	
1984-Kim Lehmann, Garfield	15.5	
1983-Kim Lehmann, Garfield	15.9	
1982-Nancy Larena, Saddle Brook	15.5	
1981-Nancy Larena, Saddle Brook	15.7	
1980-Dawn Johansmeyer, Park Ridge	15.7	
1979-Leslie Davis, Tenafly	16.6	
1978-Randi Tedona, Waldwick	15.2Y	

400 METER INTERMEDIATE HURDLES

2024-Gina Minichiello, Hasbrouck Heights	69.27	
2023-Abby Petrolia, New Milford		64.55
2022-Cali Terranova, Elmwood Park	68.06	
2021-Bella Sing, Rutherford	66.60	
2019-Lindsay Burstiner, Glen Rock	67.72	
2018-Monika Lucic, Hasbrouck Heights	64.45	
2017-Hannah Figueroa, Pascack Hills	64.63	
2016-Jillian DiGiacinto, Hasbrouck Heights	63.58	
2015-Jillian DiGiacinto, Hasbrouck Heights	62.84	
2014-Alexandra Stith, Leonia	68.18	
2013-Alexandra Cimino, Westwood	62.22	
2012-Alexandra Cimino, Westwood	64.00	
2011-Alexandra Cimino, Westwood	64.33	
2010-Ani Sarkasian, Cresskill	67.22	
2009-Heather Gearity, Rutherford		65.5
2008-Jennifer Sant Anna, Pascack Hills	65.8	
2007-Alex Rosenberger, Ramsey	65.3	
2006-Alex Rosenberger, Ramsey	66.7	
2005-Christina Patoir, Glen Rock	66.2	
2004-Christina Patoir, Glen Rock	66.2	
2003-Jessica Thomas, Westwood	69.7	
2002-Jamie Anton, Pascack Hills	67.2	
2001-Peyton Fischer, Ramsey	66.7	
2000-Lindsay Tis, Pascack Hills	69.6	
1999-Cheryl Burdick, Ramsey	65.2	

1998-Mahasin Pegeise, Rutherford	64.2
1997-Mahasin Pegeise, Rutherford	66.8
1996-Katie Hanley, Glen Rock	64.3
1995-Mahasin Pegeise, Rutherford	68.0
1994-Sabrina Luciano, Glen Rock	66.5
1993-Sabrina Luciano, Glen Rock	69.5
1992-Shannon Dillon, New Milford	67.2
1991-Renee Bednarz, Garfield	69.5
1990-Laura Battista, Rutherford	69.5
1989-Karilyn Sullivan, Glen Rock	70.0
1988-Laura Battista, Rutherford	70.7
1987-Melinda Maguire, Dumont	70.5
1986-Gerri Brennan, Dumont	68.4
1985-Gerri Brennan, Dumont	66.1
1984-Kim Lehmann, Garfield	67.5
1983-Kim Lehmann, Garfield	65.5
1982-Sue Dykstra, Ramsey	68.0
1981-Laura Francica, Saddle Brook	69.4

SHOT PUT (8 pounds 1978-1979)

2024-Elliot Eddy, Hasbrouck Heights	36-5 ¼	
2023-Elliot Eddy, Hasbrouck Heights	36-9 ½	
2022-Odaliana Gomez, Hasbrouck Heights	35-10	
2021-Alianna Eucker, Westwood	33-10	
2019-Karina Roze, Glen Rock	37-10 ¼	
2018-Kassandra Ketcho, Hasbrouck Heights	39-10	
2017-Kassandra Ketcho, Hasbrouck Heights	37-1 ¼	
2016-Kira Adams, Lyndhurst	32-2	
2015-Jessica Molina, Westwood		44-8
2014-Jessica Molina, Westwood	41-1 ¼	
2013-Irene Cedano, Hasbrouck Heights	37-10	
2012-Val Considine, Rutherford	33-6	
2011-Keri Kavanaugh, Cresskill	32-5 ½	
2010-Rachel Pena, Ridgefield Park	37-4	
2009-Rachel Pena, Ridgefield Park	33-8 ¼	
2008-Rachel Pena, Ridgefield Park	34-1	
2007-Stephanie Fegan, Pascack Hills	32-10 ¼	
2006-Julie Haledjian, Pascack Hills	36-1 ¼	
2005-Nicole Lowenstein, Lyndhurst	38-10 ½	
2004-Nicole Lowenstein, Lyndhurst	37-4 ½	
2003-Bridgette Kenny, Ridgefield Park	35-11 ½	
2002-Chrissy Procopio, Indian Hills	33-8	
2001-Kim Grein, Ridgefield Park	37-9 ½	
2000-Marissa Christoudias, Ramsey	36-7 ¼	
1999-Marissa Christoudias, Ramsey	36-4 ¾	
1998-Jean Marie Bellotti, Rutherford	36-5	
1997-Keisha Owen, Lodi	33-10 ½	
1996-Erin O'Reilly, Ramsey	34-8	
1995-Jenicka Carter, Westwood	36-6 ½	
1994-Jenicka Carter, Westwood	35-0 ½	
1993-Jenicka Carter, Westwood	31-5	
1992-Jen McGugins, Westwood	32-8	
1991-Dawn Johnson, Lyndhurst	35-7 ¾	
1990-Sue Beck, Northern Highlands	34-5 ¾	
1989-Barbara Dzuiba, Garfield	32-2 ½	
1988-Stacey Price, Westwood	40-8 ½	
1987-Kirsten Christiansen, Rutherford	38-11	
1986-Kirsten Christiansen, Rutherford	39-8 ½	
1985-Kirsten Christiansen, Rutherford	36-0 ½	
1984-Kirsten Christiansen, Rutherford	34-8 ¼	
1983-Sheri Duncan, New Milford		32-1 ½
1982-Sheri Duncan, New Milford		32-2 ½
1981-Heather Scelfo, Rutherford	38-5 ½	
1980-Fran Bonczkowski, Lyndhurst	34-6 ¾	

1979-Heather Scelfo, Rutherford	37-11 ¼
1978-Dianne Garbe, Rutherford	36-2 ¾

DISCUS

2024-Vaughnicia Cox, Ramsey	115-8	
2023-Elliot Eddy, Hasbrouck Heights	103-5	
2022-Elliot Eddy, Hasbrouck Heights	98-11	
2021-Alianna Eucker, Westwood	109-3	
2019-Karina Roze, Glen Rock	119-10	
2018-Karina Roze, Glen Rock	113-10	
2017-Caitlyn Blake, Lyndhurst	107-2	
2016-Annunziata Paolino, Rutherford	94-0	
2015-Jessica Molina, Westwood	123-5	
2014-Jessica Molina, Westwood		125-0
2013-Tania Pabon, Cresskill	123-5	
2012-Val Considine, Rutherford	104-3	
2011-Tania Pabon, Cresskill	105-3	
2010-Taylor Stever, Rutherford	111-9	
2009-Taylor Stever, Rutherford	108-7	
2008-Michelle Uberbacher, Dumont	107-9	
2007-Michelle Uberbacher, Dumont	109-10	
2006-Julie Haledjian, Pascack Hills	121-9	
2005-Julie Haledjian, Pascack Hills	106-4	
2004-Julie Haledjian, Pascack Hills	108-0	
2003-Kate Wall, Mahwah	99-5	
2002-Tina Triantafilidi, Indian Hills	98-6	
2001-Sara Rakov, Mahwah	103-9	
2000-Maritsa Christoudias, Ramsey	120-7	
1999-Diana Corkin, Rutherford	103-6	
1998-Kristen Guimes, Ridgefield Park	106-11	
1997-Kristen Guimes, Ridgefield Park	103-0	
1996-Kristen Guimes, Ridgefield Park	106-0	
1995-Adwoa Asa-Awuku, New Milford	108-6	
1994-Kim Ferranti, Glen Rock	113-1	
1993-Melissa Maldonado, Pascack Hills	104-3	
1992-Sharren Bates, Pascack Hills	108-0	
1991-Ilona Olayon, River Dell	108-10	
1990-Ilona Olayon, River Dell	107-2	
1989-Ilona Olayon, River Dell	89-10	
1988-Debbie Pickens, Westwood	103-7	
1987-Lisa Mahle, Westwood	112-4	
1986-Kirsten Christiansen, Rutherford	110-0	
1985-Michelle Castagnetti, Lyndhurst	108-10	
1984-Michelle Castagnetti, Lyndhurst	105-6	
1983-Barbara Wolff, Tenafly	105-3	
1982-Barbara Wolff, Tenafly	111-2	
1981-Heather Scelfo, Rutherford	103-6	
1980-Ann Faley, Tenafly	107-2	
1979-Heather Scelfo, Rutherford	111-11	
1978-Noreen Velten, Palisades Park	112-10	

JAVELIN

2024-Elliot Eddy, Hasbrouck Heights	111-6
2023-Jenna O'Malley, Hasbrouck Heights	111-2
2022-Harmony Marquez, Rutherford	117-11
2021-Alianna Eucker, Westwood	114-2
2019-Karina Roze, Glen Rock	134-9
2018-Karina Roze, Glen Rock	139-0
2017-Kassandra Ketcho, Hasbrouck Heights	122-5
2016-Esmeralda Reyes, New Milford	120-4
2015-Ashley Castillo, Ridgefield Park	119-11
2014-Jessica Molina, Westwood	122-9
2013-Camila Alonso, Lyndhurst	131-11

2012-Gina Yannette, Dumont	120-1	
2011-Camila Alonso, Lyndhurst	88-6	
2010-Jasmine Daniels, Lodi	109-7	
2009-Teresa Kirkpatrick, Pascaack Hills	125-10	
2008-Teresa Kirkpatrick, Pascaack Hills	123-3	
2007-Meredith Palmer, Pascaack Hills	111-3	
2006-Meredith Palmer, Pascaack Hills	107-5	
2005-Nicole Lowenstein, Lyndhurst	109-6	
2004-Allison Coughlin, Dumont	115-0	
2003-Allison Coughlin, Dumont	99-2	
2002-Danica Miller, Rutherford	102-1	
2001-Erin Fagan, Ramsey	108-4	
2000-Maritsa Christoudias, Ramsey	114-4	
1999-Maritsa Christoudias, Ramsey	116-6	
1998-Janet Luce, Westwood	116-0	
1997-Betty Nicholas, Westwood	103-1	
1996-Wendy Rosenbower, Rutherford	98-3	
1995-Debbie Chadwick, Rutherford	117-0	
1994-Shannon Doremus, New Milford	115-1	
1993-Kristy Nukk, Mahwah	122-1	
1992-Medeana Steidl, Garfield	113-7	
1991-Dawn Johnson, Lyndhurst	113-3	
1990-Karen Fosdick, Ridgefield Park	99-7	
1989-Elena Primerano, Lyndhurst		123-10
1988-Elena Primerano, Lyndhurst		109-6
1987-Elena Primerano, Lyndhurst		113-1
1986-Robyn Heim, Lyndhurst	96-2	
1985-Jodi Porro, Rutherford	116-5	
1984-Trish Neuner, New Milford	133-9	
1983-Barbara Wolff, Tenafly	127-6	
1982-Barbara Wolff, Tenafly	122-7	
1981-Heather Scelfo, Rutherford	108-7	
1980-Carla Cusate, North Arlington	130-2	
1979-Liz Wahler, Saddle Brook	115-2	
1978-Liz Wahler, Saddle Brook	112-2	

HIGH JUMP

2024-Analise Feliz, Becton	5-0	
2023-Gaea DePass, Hasbrouck Heights	5-2	
2022-Gaea DePass, Hasbrouck Heights	4-10	
2021-Maggie Fodera, Lyndhurst	4-10	
2019-Katie O'Donnell, Glen Rock	5-0	
2018-Jenna Rogers, Rutherford	5-10	
2017-Jenna Rogers, Rutherford	5-8	
2016-Hannah Figueroa, Pascaack Hills	5-2	
2015-Lauren Chamberlin, Ramsey	5-2	
2014-Jordan Zaikov, Cresskill	5-0	
2013-Kerianne Conner, Dumont	5-0	
2012-Kerianne Conner, Dumont	5-1	
2011-Alexandra Cimino, Westwood	4-10	
2010-Rachel Pena, Ridgefield Park	5-0	
2009-Heather Garity, Rutherford		5-2
2008-Heather Garity, Rutherford		5-2
2007-Alex Rosenberger, Ramsey	5-2	
2006-Juliana Camargo, Dumont	5-4	
2005-Kate Watson, Leonia	5-0	
2004-Erika Koop, Ridgefield Park	5-0	
2003-Kristen Kern, Indian Hills	4-10	
2002-Alex Paslawsky, Ramsey	5-0	
2001-Mary Grace Cahill, Rutherford	4-10	
2000-Jill Turner, Pascaack Hills	4-10	
1999-Cheryl Burdick, Ramsey	5-4	
1998-Cheryl Burdick, Ramsey	5-4	
1997-Cheryl Burdick, Ramsey	5-4	

1996-Lisa Considine, Rutherford	5-2	
1995-Michelle Taffaro, Ridgefield Park	5-0	
1994-Jessica Ramirez, Mahwah	5-0	
1993-Jessica Ramirez, Mahwah	5-0	
1992-Brandy Jefferies, Englewood	5-2	
1991-Antoniette Mastropaulo, Lodi	4-10	
1990-Tara Jones, Westwood	4-8	
1989-Sandra Pinho, Garfield	4-10	
1988-Dawn Reis, Lodi		5-0
1987-Dawn Reis, Lodi		5-1
1986-Dawn Reis, Lodi		5-0
1985-Sylvia Battista, Rutherford	5-2	
1984-Trish Neuner, New Milford	4-10	
1983-NEEDED		
1982-Nancy Larena, Saddle Brook	5-4	
1981-Laura Roselle, Tenafly	5-0	
1980-Deneen Steiner, Ridgefield	5-1	
1979-Mary Cullen, Saddle Brook	5-0	
1978-Doreen Mey, New Milford	5-0	

LONG JUMP

2024-Julia Tozduman, Lyndhurst	18-8	
2023-Julia Tozduman, Lyndhurst	18-7 ½	
2022-Julia Tozduman, Lyndhurst	18-1	
2021-Bella Sing, Rutherford	18-3 ½	
2019-Rachel Turanchik, Glen Rock	18-0 ¾	
2018-Sarah Hutchins, Glen Rock	18-5	
2017-Iveya Slavova, Cresskill	17-10	
2016-Maryam Hassan, Cresskill	17-10 ¼	
2015-Maryam Hassan, Cresskill	17-6 ½	
2014-Maryam Hassan, Cresskill	16-1	
2013-Emily Rogan, Glen Rock	16-3 ¾	
2012-Briana Setnitsky, Pascack Hills	17-3 ¼	
2011-Briana Setnitsky, Pascack Hills	17-0 ½	
2010-Kailey Barszcz, New Milford	16-6 ½	
2009-Tara Keegan, Westwood	16-4 ½	
2008-Tara Keegan, Westwood	16-5 ½	
2007-C.J. Jacob, Ridgefield Park	17-6 ½	
2006-Julianna Camargo, Dumont	17-4 ½	
2005-Kate Watson, Leonia	16-4 ½	
2004-Kim Hykey, Lyndhurst	16-6	
2003-Lindsay May, Dumont	15-9 ¼	
2002-Chrissy Procopio, Indian Hills	16-1 ¾	
2001-Thatcha DaCosta, Englewood	17-7 ½	
2000-Shenee Clarke, Ridgefield Park	16-5 ¾	
1999-Dara Seidman, Ramsey	17-1	
1998-Carlene Cummings, Englewood	18-5 ½	
1997-Carlene Cummings, Englewood	16-11	
1996-Carlene Cummings, Englewood	18-1 ¾	
1995-Willie Mae Washington, Lodi	16-9 ½	
1994-Willie Mae Washington, Lodi	16-3 ½	
1993-Michelle Stein, Glen Rock	16-4	
1992-LaTonya Brown, Englewood	15-8 ½	
1991-LaTonya Brown, Englewood	15-8 ½	
1990-Megan Burke, Glen Rock	17-1 ¾	
1989-LaTonya Brown, Englewood	15-3 ¼	
1988-Joanne Lamstein, River Dell		16-10 ¾
1987-Aquansa Garth, Westwood	16-10 ½	
1986-Gerri Brennan, Dumont	16-10	
1985-Sylvia Battista, Rutherford	16-0	
1984-Sue Frazier, Rutherford	17-3	
1983-Barbara Wolff, Tenafly	15-11 ½	
1982-Barbara Danko, Saddle Brook	15-6 ½	
1981-Patty Schultz, New Milford	16-4 ¾	

1980-Liz Lee, Tenafly	15-10
1979-Liz Lee, Tenafly	16-5 ½
1978-Laurie Miranda, Lyndhurst	16-3

TRIPLE JUMP

2024-Julia Tozduman, Lyndhurst	36-7 ½	
2023-Julia Tozduman, Lyndhurst	36-5	
2022-Kayla Martino, Ramsey	36-1	
2021-Anna Memija, Saddle Brook	34-4 ¼	
2019-Talia Ferguson, Hasbrouck Heights	36-0	
2018-Monika Lucic, Hasbrouck Heights	33-11 ¾	
2017-Nicole Owens, Lyndhurst	35-4	
2016-Maryam Hassan, Cresskill	36-2 ¾	
2015-Maryam Hassan, Cresskill	36-6 ½	
2014-Maryam Hassan, Cresskill	36-6 ¼	
2013-Alex Leary, Glen Rock	33-9 ½	
2012-Briana Setnitsky, Pascack Hills	34-6	
2011-Briana Setnitsky, Pascack Hills	34-10 ¾	
2010-Stephanie Encarnacion, Ridgefield Park		33-7
2009-Rachel Green, Leonia	34-2	
2008-Tara Keegan, Westwood	34-8 ½	
2007-Michelle Erli, Ramsey	36-3	
2006-Olivia Stinson, Westwood	35-10 ¾	
2005-Olivia Stinson, Westwood	35-5	
2004-Sheena Strachan, Englewood	36-6 ½	
2003-Alex Paslawsky, Ramsey	34-8 ¼	
2002-Chrissy Procopio, Indian Hills	35-1	
2001-Thatcha DaCosta, Englewood	37-0 ¾	
2000-Shenee Clarke, Ridgefield Park	34-6	
1999-Shenee Clarke, Ridgefield Park	36-2	
1998-Carlene Cummings, Englewood	38-4 ¼	
1997-Carlene Cummings, Englewood	38-6	
1996-Carlene Cummings, Englewood	37-8	
1995-Carlene Cummings, Englewood	36-4 ¼	
1994-June Hoppie, Englewood	35-5 ½	
1993-June Hoppie, Englewood	35-5 ¼	
1992-Shannon Dillon, New Milford	34-9	
1991-Renee Bednarz, Garfield	34-8 ¼	
1990-Megan Burke, Glen Rock	34-0	
1989-Latonya Brown, Englewood		32-7 ½
1988-Mary Sok, Westwood	34-10 ½	
1987-Mary Sok, Westwood	35-5	
1986-Gerri Brennan, Dumont	34-5 ¾	
1985-Sue Frazier, Rutherford	34-2	
1984-Dayna Meyers, New Milford	32-10 ¼	
1983-Kim Lehmann, Garfield	34-0 ¼	
1982-Kim Gilman, New Milford	34-4	
1981-Leslie Davis, Tenafly	33-9 ½	
1980-Liz Lee, Tenafly		33-4 ½
1979-Dawn Johansmeyer, Park Ridge	33-2 ½	
1978-Liz Lee, Tenafly		35-3 ¾

POLE VAULT

2024-Jenna Monaco, Dumont	10-6
2023-Jenna Monaco, Dumont	9-6
2022-Kayla Martino, Ramsey	9-6
2021-Megan Napolitano, Hasbrouck Heights	9-0
2019-Kerri Bow, Dumont	8-0
2018-Alyssa Fico, Ramsey	10-0
2017-Grace Gardella, Ramsey	10-6
2016-Grace Gardella, Ramsey	10-0
2015-Nina Lucibello, Cresskill	9-6
2014-Nina Lucibello, Cresskill	9-6
2013-Christine Masciale, Pascack Hills	10-0

2012-Christine Masciale, Pascack Hills	8-6
2011-Danielle Wankmuller, Pascack Hills	10-7
2010-Danielle Wankmuller, Pascack Hills	9-6
2009-Stephanie Rozalski, Queen of Peace	9-0
2008-Tara Fisher, North Arlington	9-0
2007-Kristen Marfino, Hasbrouck Heights	8-9
2006-Nina Silverstein, Pascack Hills	8-0
2005-Patricia Murphy-Kennelly, Mahwah	10-0
2004-Ashley Aquino, Lyndhurst	8-6
2003-Jessica Hatton, Ridgefield Park	9-6
2002-Sophia Capparelli, Dumont	8-6

400 METER RELAY

2024-Ramsey	49.95
2023-Ramsey	50.96
2022-Dumont	51.77
2021-Rutherford	52.13
2019-Rutherford	50.85
2018-Pascack Hills	51.09
2017-Pascack Hills	51.51
2016-Glen Rock	50.41
2015-Cresskill	50.33
1981-Saddle Brook	53.6
1980-Park Ridge	53.4
1979-Saddle Brook	53.4
1978-Waldwick	52.4Y

1600 METER RELAY

2024-Rutherford	4:11.68
2023-Ramsey	4:05.74
2022-Hasbrouck Heights	4:17.27
2021-Hasbrouck Heights	4:08.23
2019-Westwood	4:06.02
2018-Pascack Hills	4:05.42
2017-Ramsey	4:10.07
2016-Ramsey	4:04.87
2015-Ramsey	4:03.59
2014-Westwood	4:07.72
2013-Westwood	3:59.69
2012-Westwood	3:57.17
2011-Westwood	4:04.70
2010-Westwood	4:09.42
2009-Westwood	4:08.7
2008-Westwood	4:06.1
2007-Ramsey	4:11.1
2006-Ramsey	4:10.0
2005-Glen Rock	4:15.3
2004-Westwood	4:14.9
2003-Westwood	4:07.4
2002-Ramsey	4:20.9
2001-Westwood	4:09.8
2000-Westwood	4:09.6
1999-Westwood	4:12.5
1998-Westwood	4:12.4
1997-Ramsey	4:14.2
1996-Ramsey	4:10.7
1995-Englewood	4:14.6
1994-Glen Rock	4:07.9
1993-Glen Rock	4:15.1
1992-New Milford	4:28.5
1991-Garfield	4:17.7
1990-Garfield	4:18.2
1989-Englewood	4:18.7

1988-Westwood	4:20.9
1987-Westwood	4:21.0
1986-Westwood	4:09.2
1985-Mahwah	4:30.1
1984-Tenafly	4:21.1
1983-Tenafly	4:18.0
1982-Ramsey	4:17.1
1981-Rutherford	4:13.5
1980-Park Ridge	4:17.0
1979-Saddle Brook	4:14.8
1978-Saddle Brook	4:14.0Y

3200 METER RELAY

2023-Ramsey	10:10.70
2023-Ramsey	10:13.16
2022-Hasbrouck Heights	10:24.65
2021-Hasbrouck Heights	10:30.28
2019-Glen Rock	10:12.65
2018-Hasbrouck Heights	10:04.11
2017-Hasbrouck Heights	10:04.09
2016-Ramsey	10:02.95
2015-Ramsey	10:03.87

GIRLS GROUP D (Group 1 1981-2003)

Top Three Teams

2024-Emerson and Midland Park 90, Park Ridge 67
 2023-Emerson and Midland Park 130, Bogota 68
 2022-Emerson 155, Waldwick 83, Park Ridge 80
 2021-Emerson 204, Midland Park 69, Waldwick 57
 2019-Emerson 146, Park Ridge 85, Becton 70
 2018-Emerson 106, Waldwick 93, Saddle Brook 90
 2017-Park Ridge 146, Midland Park 103, Emerson 69 ³/₄
 2016-Park Ridge 115, Saddle Brook 100, Waldwick 95
 2015-Saddle Brook 96, Waldwick 78, Dwight-Englewood 70
 2014-Saddle Brook 67, Midland Park 62, Dwight-Englewood 61
 2013-Emerson 73, Queen of Peace 63, Saddle Brook 56
 2012-Hasbrouck Heights 138, Park Ridge 69, Waldwick 66
 2011-Hasbrouck Heights 142, Saddle Brook 84, Park Ridge 67
 2010-Hasbrouck Heights 130, Park Ridge 70 ¹/₂, Saddle Brook 66
 2009-Hasbrouck Heights 183, Waldwick 72, Park Ridge 67
 2008-Waldwick 137, Park Ridge 107 ¹/₂, Hasbrouck Heights 102
 2007-Waldwick 143 ¹/₂, Cresskill 102, Park Ridge 99
 2006-Waldwick 120, Park Ridge 94, Cresskill 59
 2005-Saddle Brook 88, Cresskill 64 ¹/₂, Waldwick 61
 2004-Cresskill 97, Wood-Ridge 78 ¹/₂, Hasbrouck Heights 73
 2003-Glen Rock 101 ³/₄, Hasbrouck Heights 100, Saddle Brook 89
 2002-Glen Rock 133, Hasbrouck Heights 111, Westwood 57
 2001-Glen Rock 111, Saddle Brook 84, Hasbrouck Heights 55
 2000-Glen Rock 141, Hasbrouck Heights 79, Saddle Brook 57
 1999-Glen Rock 128.33, Hasbrouck Heights 105, Bogota 50
 1998-Hasbrouck Heights 120, Saddle Brook 76, Palisades Park 33
 1997-Glen Rock 213, Hasbrouck Heights 88, Saddle Brook 58
 1996-Saddle Brook 146, Hasbrouck Heights 124, Emerson 35
 1995-Glen Rock 241, Leonia 45, Hasbrouck Heights 31
 1994-Bogota 85, Hasbrouck Heights 75, Dwight-Englewood 53
 1993-New Milford 86, Midland Park 71, Wallington 57
 1992-Saddle Brook 81, Midland Park 51, Glen Rock 45
 1991-Saddle Brook 53, Glen Rock 37, Midland Park 35
 1990-Saddle Brook 47, Hasbrouck Heights 33, Midland Park 28
 1989-Saddle Brook 62, Waldwick 59, Cresskill 29

1988-Waldwick 62, Saddle Brook 46 ½, Cresskill 33
 1987-New Milford 53, Midland Park 45, Waldwick 29
 1986-New Milford 67, Midland Park 51, Mahwah 26
 1985-New Milford 60, Midland Park 53, Saddle Brook 44
 1984-Saddle Brook 43 ½, Park Ridge 37, Cresskill 31
 1983-Saddle Brook 72, Park Ridge 37, Midland Park 23
 1982-Park Ridge 47, Cresskill 39, Leonia/Midland Park 32
 1981-Park Ridge 71, Cresskill 41 ½, Ridgefield 31

100 METERS

2024-Kylie Castillo, Ridgefield	12.95	
2023-Kylie Castillo, Ridgefield	12.89	
2022-Carli Sorvino, Emerson	12.82	
2021-Carli Sorvino, Emerson	12.85	
2019-Kendra Cirino, Midland Park	12.92	
2018-Sophia Castronovo, Emerson	12.53	
2017-Nicole Thomas, Park Ridge	12.84	
2016-Nicole Thomas, Park Ridge	12.90	
2015-Tajia Lagomarsino, Saddle Brook	13.30	
2014-Tajia Lagomarsino, Saddle Brook	13.38	
2013-Jaide Hinds-Clarke, Saddle River Day	13.26	
2012-Rayn Moses, Hasbrouck Heights	12.91	
2011-Shannon Roberts, Saddle Brook	12.96	
2010-Mel Lewis, Midland Park	12.95	
2009-Alexa McAvoy, Wood-Ridge	13.36	
2008-Janelle Lui, Cresskill	13.08	
2007-Janelle Lui, Cresskill	12.6	
2006-Janelle Lui, Cresskill	12.8	
2005-Nicole Bremer, Palisades Park	12.9	
2004-Erika Ostrove, Cresskill	12.5	
2003-Jennifer Cagiao, Hasbrouck Heights	12.7	
2002-Jennifer Cagiao, Hasbrouck Heights	12.2	
2001-Justine Diana, Saddle Brook	13.2	
2000-Nicole Cortese, Lyndhurst	13.4	
1999-Melinda DioDonet, Bogota	12.9	
1998-Charnie Carter, Lyndhurst	13.0	
1997-Melissa Bochiario, Glen Rock	12.6	
1996-Miranda Reeves, Hasbrouck Heights	13.1	
1995-Michelle Stein, Glen Rock	12.8	
1994-Keisha Latty, Wallington	12.8	
1993-Ami Racich, Cresskill	13.1	
1992-Keisha Latty, Wallington	13.4	
1991-Megan Burke, Glen Rock	12.8	
1990-Dannette Tummillo, Saddle Brook	13.3	
1989-Claudia Jimenez, Waldwick		13.4
1988-Megan Burke, Glen Rock	13.1	
1987-Jennifer Whilby, Bogota	13.1	
1986-Chris Vadon, Glen Rock	13.1	
1985-Jennifer Whilby, Bogota	13.4	
1984-Alicia TenBrink, Glen Rock		13.2
1983-Barbara Danko, Saddle Brook	13.0	
1982-Kathy Harmel, Wallington	12.7	
1981-Cathy Musacchio, Bogota	13.1	

200 METERS

2024-Kylie Castillo, Ridgefield	25.04	
2023-Kylie Castillo, Ridgefield	25.16	
2022-Kylie Castillo, Ridgefield	26.05	
2021-Carli Sorvino, Emerson	26.68	
2019-Kendra Cirino, Midland Park	26.31	
2018-Sophia Castronovo, Emerson	26.17	
2017-Nicole Thomas, Park Ridge	25.14	
2016-Tajia Lagomarsino, Saddle Brook	25.84	

2015-Tajia Lagomarsino, Saddle Brook	26.67	
2014-Shereen Al-Sawwaf, Dwight-Englewood	26.55	
2013-Tajia Lagomarsino, Saddle Brook	26.79	
2012-Rayn Moses, Hasbrouck Heights	26.96	
2011-Brielle Sutter, Saddle Brook		26.25
2010-Brielle Sutter, Saddle Brook		26.52
2009-Jennifer Nass, Hasbrouck Heights	26.6	
2008-Janelle Lui, Cresskill	27.1	
2007-Janelle Lui, Cresskill	26.2	
2006-Janelle Lui, Cresskill	26.7	
2005-Amanda Duggan, Waldwick	26.9	
2004-Judy Wong, Wood-Ridge	26.6	
2003-Judy Wong, Wood-Ridge	27.1	
2002-Cheryl Anscombe, Westwood	25.7	
2001-Justine Diana, Saddle Brook	26.6	
2000-Lauren Haner, Glen Rock	27.6	
1999-Melinda DioDonet, Bogota	26.7	
1998-Irene Leidenfrost, Park Ridge	26.6	
1997-Melissa Bochiario, Glen Rock	26.3	
1996-Natalie Ardito, Saddle Brook	26.8	
1995-Michelle Stein, Glen Rock	25.8	
1994-Keisha Latty, Wallington	26.9	
1993-Keisha Latty, Wallington	27.6	
1992-Amy Fieldson, Saddle Brook	27.7	
1991-Megan Burke, Glen Rock	27.0	
1990-Meggin Searle, Hasbrouck Heights	28.6	
1989-Claudia Jimenez, Waldwick		28.1
1988-Claudia Jimenez, Waldwick		27.6
1987-Jennifer Whilby, Bogota	27.6	
1986-Jennifer Whilby, Bogota	28.5	
1985-Bernadine Han, Cresskill	27.9	
1984-Bernadine Han, Cresskill	28.0	
1983-Barbara Danko, Saddle Brook	27.2	
1982-Andrea Ostrowski, Park Ridge	27.0	
1981-Andrea Ostrowski, Park Ridge	27.1	

400 METERS

2024-Kylie Castillo, Ridgefield	59.18	
2023-Kylie Castillo, Ridgefield	56.58	
2022-Kylie Castillo, Ridgefield	58.67	
2021-Kylie Castillo, Ridgefield	59.57	
2019-Kendra Cirino, Midland Park	60.85	
2018-Megan Gasnick, Park Ridge		58.94
2017-Megan Gasnick, Park Ridge		57.40
2016-Nicole Thomas, Park Ridge	58.21	
2015-Tajia Lagomarsino, Saddle Brook	60.13	
2014-Lisa Carle, Midland Park	60.76	
2013-Carly Reich, Park Ridge	60.67	
2012-Rebecca Skovira, Park Ridge	59.73	
2011-Brielle Sutter, Saddle Brook		59.26
2010-Rebecca Skovira, Park Ridge	59.69	
2009-Rebecca Skovira, Park Ridge	61.0	
2008-Aundrea Georgatos, Hasbrouck Heights		62.8
2007-Nicole Barretta, Cresskill	62.6	
2006-Lauren Schultz, Waldwick	61.4	
2005-Alicia Henry, Cresskill	60.7	
2004-Judy Wong, Wood-Ridge	61.1	
2003-Kim Mineo, Glen Rock	59.6	
2002-Kim Mineo, Glen Rock	59.3	
2001-Kim Mineo, Glen Rock	59.8	
2000-Heather Nicoletti, Hasbrouck Heights	63.3	
1999-Melinda DioDonet, Bogota	60.7	
1998-Vicki Byrne, Saddle Brook	61.5	
1997-Vicki Byrne, Saddle Brook	62.0	

1996-Mary Byrne, Saddle Brook	63.3
1995-Michele Satine, Glen Rock	58.9
1994-Keisha Latty, Wallington	61.4
1993-Tricia Saunders, Cresskill	62.1
1992-Matilda Wood, Saddle Brook	62.6
1991-Meggin Searle, Hasbrouck Heights	64.2
1990-Meggin Searle, Hasbrouck Heights	63.5
1989-Amy Giannantonio, Cresskill	61.7
1988-Amy Giannantonio, Cresskill	62.8
1987-Kristen Hessler, Glen Rock	62.4
1986-Sue Esposito, New Milford	62.6
1985-Sue Esposito, New Milford	64.0
1984-Terri Pieper, Cresskill	64.3
1983-Diedre James, Glen Rock	62.1
1982-Andrea Ostrowski, Park Ridge	62.2
1981-Andrea Ostrowski, Park Ridge	61.7

800 METERS

2024-Isabel Michel, Bogota	2:23.58	
2023-Danielle Tilp, Cresskill	2:21.67	
2022-Danielle Tilp, Cresskill	2:20.51	
2021-Elyse von der Leith, Park Ridge	2:28.79	
2019-Elyse von der Leith, Park Ridge	2:31.51	
2018-Sarah Geormaneanu, Park Ridge	2:30.88	
2017-Samantha Green, Park Ridge	2:28.71	
2016-Rachel Spagnola, Park Ridge	2:26.59	
2015-Arianna Lopez, Palisades Park	2:27.66	
2014-Hanna Jerome, Dwight-Englewood	2:22.43	
2013-Hanna Jerome, Dwight-Englewood	2:29.41	
2012-Rebecca Fortoul, Hasbrouck Heights	2:26.05	
2011-Kristen Gray, Park Ridge	2:25.57	
2010-Naomi Robinson, Hasbrouck Heights	2:27.43	
2009-Naomi Robinson, Hasbrouck Heights	2:24.2	
2008-Brittany DeBord, Waldwick		2:26.7
2007-Kelsey Dunn, Waldwick	2:29.8	
2006-Kelsey Dunn, Waldwick	2:25.9	
2005-Alicia Henry, Cresskill	2:23.0	
2004-Alicia Henry, Cresskill	2:20.9	
2003-Amanda Peraino, Glen Rock	2:27.8	
2002-Erin Henry, Glen Rock	2:20.3	
2001-Erin Henry, Glen Rock	2:19.9	
2000-Erin Henry, Glen Rock	2:21.1	
1999-Tracy DellaTorre, Glen Rock	2:25.9	
1998-Vicki Byrne, Saddle Brook	2:34.0	
1997-Tracy DellaTorre, Glen Rock	2:23.5	
1996-Vicki Byrne, Saddle Brook	2:30.3	
1995-Katie Hanley, Glen Rock	2:22.0	
1994-Diana Lana, Saddle Brook	2:22.8	
1993-Kerry Moore, Midland Park		2:23.9
1992-Matilda Wood, Saddle Brook	2:30.1	
1991-Matilda Wood, Saddle Brook	2:25.5	
1990-Nicole Brown, Palisades Park	2:30.0	
1989-Cathy Acevedo, Saddle Brook	2:31.1	
1988-Michelle Straut, Waldwick	2:26.4	
1987-Dee Keough, Mahwah	2:26.2	
1986-Michelle Berardo, Palisades Park	2:27.6	
1985-Jen Edwards, Midland Park	2:28.1	
1984-Vivian Harstead, Park Ridge	2:24.3	
1983-Debbie Hillery, Leonia	2:22.4	
1982-Debbie Hillery, Leonia	2:29.2	
1981-Derryn Lewis, Cresskill	2:30.4	

1600 METERS

2024-Isabel Michel, Bogota	5:28.49	
2023-Amandine Fernandez, Bogota	5:14.42	
2022-Danielle Tilp, Cresskill	5:25.60	
2021-Cali Marck, Emerson	5:39.01	
2019-Sarah Geormaneanu, Park Ridge	5:33.64	
2018-Sarah Geormaneanu, Park Ridge	5:33.58	
2017-Samantha Green, Park Ridge	5:32.69	
2016-Arianna Lopez, Palisades Park	5:24.00	
2015-Arianna Lopez, Palisades Park	5:33.86	
2014-Hanna Jerome, Dwight-Englewood	5:26.84	
2013-Julianna Lee, Palisades Park	5:32.09	
2012-Anna Jezewska, Wallington		5:19.96
2011-Rebecca Fortoul, Hasbrouck Heights	5:28.53	
2010-Rebecca Fortoul, Hasbrouck Heights	5:33.15	
2009-Martyna Jezewska, Wallington	5:36.4	
2008-Brittany DeBord, Waldwick		5:35.2
2007-Lindsey Pedersen, Waldwick	5:33.7	
2006-Amy Van Alstine, Midland Park	5:10.0	
2005-Amy Van Alstine, Midland Park	5:15.9	
2004-Amy Van Alstine, Midland Park	5:31.0	
2003-Danielle Patoir, Glen Rock	5:25.3	
2002-Danielle Patoir, Glen Rock	5:31.4	
2001-Danielle Patoir, Glen Rock	5:25.6	
2000-Kim Mineo, Glen Rock	5:36.8	
1999-Tracy DellaTorre, Glen Rock	5:33.3	
1998-Nancy Sinclair, St. Mary's	5:46.1	
1997-Tracy DellaTorre, Glen Rock	5:27.3	
1996-Vicky Byrne, Saddle Brook	5:42.4	
1995-Vicky Byrne, Saddle Brook	5:34.0	
1994-Kerry Moore, Midland Park		5:23.2
1993-Kerry Moore, Midland Park		5:25.5
1992-Kerry Moore, Midland Park		5:29.8
1991-Matilda Wood, Saddle Brook	5:39.2	
1990-Sam Arabiat, Hasbrouck Heights	5:50.5	
1989-Cathy Acevedo, Saddle Brook	5:40.7	
1988-Michelle Straut, Waldwick	5:28.0	
1987-Dee Keough, Mahwah	5:30.8	
1986-Nancy Montevechi, Mahwah	5:38.2	
1985-Vicki Gusciora, Saddle Brook	5:27.0	
1984-Vivian Harstead, Park Ridge	5:24.1	
1983-Vicki Gusciora, Saddle Brook	5:25.6	
1982-Debbie Hillery, Leonia	5:29.2	
1981-Trisha Madden, Cresskill	5:18.0 (1500)	

3200 METERS

2024-Ana Michel, Bogota	12:46.21	
2023-Isabel Michel, Bogota	12:33.49	
2022-Cali Marck, Emerson	12:15.90	
2021-Cali Marck, Emerson	12:49.92	
2019-Mary Griffin, Ridgefield	12:28.32	
2018-Jillian Reynolds, Waldwick	12:27.02	
2017-Samantha Green, Park Ridge	11:53.07	
2016-Arianna Lopez, Palisades Park	11:52.61	
2015-Arianna Lopez, Palisades Park	12:05.96	
2014-Hanna Jerome, Dwight-Englewood	12:12.90	
2013-Julianna Lee, Palisades Park	11:48.17	
2012-Rebecca Fortoul, Hasbrouck Heights	12:40.34	
2011-Jessica Andre, Waldwick	12:06.43	
2010-Rebecca Fortoul, Hasbrouck Heights	12:18.11	
2009-Jessica Andre, Waldwick	11:49.0	
2008-Brittany DeBord, Waldwick		12:04.8
2007-Lindsay Pedersen, Waldwick	11:58.9	
2006-Amy Van Alstine, Midland Park	10:57.0	

2005-Amy Van Alstine, Midland Park	11:08.7	
2004-Katherine DeLeon, Palisades Park	11:56.7	
2003-Danielle Patoir, Glen Rock	11:54.7	
2002-Erin Henry, Glen Rock	11:22.9	
2001-Erin Henry, Glen Rock	11:11.0	
2000-Erin Henry, Glen Rock	11:37.3	
1999-Tracy DellaTorre, Glen Rock	12:02.2	
1998-Nancy Sinclair, St. Mary's	12:42.5	
1997-Tracy DellaTorre, Glen Rock	11:47.1	
1996-Nancy Sinclair, St. Mary's	12:24.0	
1995-Nancy Seigel, Leonia	12:10.6	
1994-Kerry Moore, Midland Park		11:44.5
1993-Kerry Moore, Midland Park		11:52.9
1992-Kerry Moore, Midland Park		11:58.1
1991-Giada Bufalini, Cresskill	12:21.5	
1990-Sam Arabiat, Hasbrouck Heights	12:41.3	
1989-Krissy Nuccitelli, Saddle Brook	12:09.7	
1988-Michelle Straut, Waldwick	11:47.8	
1987-Dee Keough, Mahwah	12:16.4	
1986-Caroline Harrison, Midland Park	12:23.5	
1985-Vicki Gusciora, Saddle Brook	11:53.0	
1984-Vicki Gusciora, Saddle Brook	12:21.7	
1983-Vicki Gusciora, Saddle Brook	11:53.0	
1982-Sarah Krakoff, Dwight-Englewood	11:47.3	
1981-Trisha Madden, Cresskill	11:24.8 (3000)	

100 METER HIGH HURDLES

2024-Kamila Zuba, Wallington	17.54	
2023-Mia Bonner, Emerson	17.38	
2022-Kiley Mironenko, Waldwick	16.92	
2021-Carli Sorvino, Emerson	16.47	
2019-Samantha Stallard, Waldwick	16.06	
2018-Samantha Stallard, Waldwick	16.93	
2017-Bianca Asencio, Saddle Brook	18.21	
2016-Caitlin Vellios, Waldwick	16.79	
2015-Natalie Negroni, Queen of Peace	16.82	
2014-Christina Nardini, North Arlington	16.27	
2013-Patty McHugh, Waldwick	16.37	
2012-Lisa Carle, Midland Park	16.52	
2011-Melanie Lewis, Midland Park	15.46	
2010-Melanie Lewis, Midland Park	15.41	
2009-Melanie Lewis, Midland Park	16.22	
2008-April Kaiser, Park Ridge	16.10	
2007-Arianna Pomo, Saddle Brook	15.3	
2006-Megan Thomas, Cresskill	16.2	
2005-Arianna Pomo, Saddle Brook	16.4	
2004-Shannon Kozibroda, Wood-Ridge	16.7	
2003-Dana Salonia, Saddle Brook		16.2
2002-Jackie Kaminski, Saddle Brook	15.8	
2001-Justine Diana, Saddle Brook	14.9	
2000-Justine Diana, Saddle Brook	16.3	
1999-Jill Sgroi, Hasbrouck Heights	16.6	
1998-Alessia Cirilli, Hasbrouck Heights	16.9	
1997-Katie Hanley, Glen Rock	15.6	
1996-Alice Stachal, Saddle Brook		15.9
1995-Lesley Hodgson, Glen Rock		15.5
1994-Pedra Blackwood, Bogota	16.6	
1993-Shannon Dillon, New Milford	15.5	
1992-Krista Kalnins, Wood-Ridge		16.6
1991-Jen Wilson, Midland Park	16.0	
1990-Jen Wilson, Midland Park	16.3	
1989-Jen Wilson, Midland Park	16.6	
1988-Heidi Rohdenburg, Saddle Brook	16.9	
1987-Janice Meyer, Midland Park		16.0

1986-Dina DeFrancesco, Saddle Brook	15.8	
1985-Janice Meyer, Midland Park		16.4
1984-Kathy Massop, Glen Rock	17.1	
1983-Nancy Larena, Saddle Brook	15.5	
1982-Pam Swanborn, Midland Park	16.8	
1981-Donna Rohrman, Becton	17.1	

400 INTERMEDIATE HURDLES

2024-Nicole Freiler, Park Ridge	72.29	
2023-Ella Eitner, Waldwick	69.73	
2022-Odalys Guerrero, Park Ridge	71.93	
2021-Jenny O'Leary, Park Ridge	71.78	
2019-Samantha Stallard, Waldwick	68.41	
2018-Angelyn Ariza, Becton	71.13	
2017-Rachel Spagnola, Park Ridge	67.17	
2016-Rachel Spagnola, Park Ridge	65.34	
2015-Natalie Negroni, Queen of Peace	67.69	
2014-Natalie Negroni, Queen of Peace	68.29	
2013-Natalie Negroni, Queen of Peace	67.68	
2012-Natalie Negroni, Queen of Peace	67.98	
2011-Melanie Lewis, Midland Park	65.56	
2010-Melanie Lewis, Midland Park	66.58	
2009-Melanie Lewis, Midland Park	69.5	
2008-Lauren Schultz, Waldwick	68.7	
2007-Nicole Barretta, Cresskill	66.7	
2006-Lauren Schultz, Waldwick	67.0	
2005-Lauren Schultz, Waldwick	68.0	
2004-Kelly DellaFave, Hasbrouck Heights	69.8	
2003-Kim Mineo, Glen Rock	64.9	
2002-Kim Mineo, Glen Rock	63.0	
2001-Kim Mineo, Glen Rock	65.0	
2000-Kim Mineo, Glen Rock	68.6	
1999-Colleen McCorry, Glen Rock	66.7	
1998-Vicky Byrne, Saddle Brook	67.8	
1997-Katie Hanley, Glen Rock	64.3	
1996-Jeannie Petersen, Emerson	68.3	
1995-Katie Hanley, Glen Rock	65.8	
1994-Diana Lana, Saddle Brook	68.4	
1993-Shannon Dillon, New Milford	65.4	
1992-Sandie Milberg, Dwight-Englewood	67.6	
1991-Jen Wilson, Midland Park	68.5	
1990-Noelle Spassof, Emerson	68.7	
1989-Michelle Giunta, Midland Park	68.8	
1988-Michelle Giunta, Midland Park	69.7	
1987-Janice Meyer, Midland Park		68.1
1986-Janice Meyer, Midland Park		70.2
1985-Terri Pieper, Cresskill	68.4	
1984-Betsy Delia, Leonia	66.4	
1983-Betsy Delia, Leonia	66.5	
1982-Pam Swanborn, Midland Park	70.2	
1981-Tracey Gunther, Park Ridge		71.0

SHOT PUT

2024-Olyvia Burrell, Emerson	31-10 ½
2023-Riley Butler, Midland Park	32-9 ½
2022-Ella Madden, Park Ridge	34-10
2021-Erin Karaway, Emerson	30-6
2019-Emilie Ghalam, Midland Park	32-6 ½
2018-Emilie Ghalam, Midland Park	31-1
2017-Veronica Pantale, Midland Park	31-1 ¼
2016-Amelia Apgar, Waldwick	33-10
2015-Amelia Apgar, Waldwick	32-7 ½
2014-Cheyenne Bellerand, Emerson	39-8 ¼

2013-Cheyenne Bellerand, Emerson	41-3 ½	
2012-Irene Cedano, Hasbrouck Heights	36-4	
2011-Melissa Silvestri, Wood-Ridge	33-9 ½	
2010-Ashley Menniti, Park Ridge		30-2
2009-Alyssa Connors, Hasbrouck Heights	35-11 ½	
2008-Laura Cowan, Cresskill	37-5	
2007-April Kaiser, Park Ridge	36-10	
2006-Deana Borrecca, Wood-Ridge	30-7 ½	
2005-Deana Borrecca, Wood-Ridge	33-0 ½	
2004-Tiffany Phoenix, Cresskill	36-5 ¾	
2003-Lindsay Renna, Hasbrouck Heights	34-11 ¾	
2002-Lindsay Renna, Hasbrouck Heights	34-7 ¼	
2001-Nikki Uzelac, Midland Park		38-1 ¼
2000-Alyssa Koob, New Milford	35-11 ½	
1999-Sheena Schuler, Hasbrouck Heights	35-2	
1998-Kristin Nazario, Waldwick	33-0 ¾	
1997-Kristin Nazario, Waldwick	31-3	
1996-Lauren Gmitter, Hasbrouck Heights	30-9	
1995-Marie Remiggio, Bogota	32-6	
1994-Marie Remiggio, Bogota	33-3	
1993-Marie Remiggio, Bogota	32-9	
1992-Barbara Coren, Emerson	33-7	
1991-Lark Rivetti, Saddle Brook	34-7 ½	
1990-Young Park, Dwight-Englewood	35-11	
1989-Young Park, Dwight-Englewood	37-2	
1988-Keelan Craw, Waldwick	37-3 ¼	
1987-Keelan Craw, Waldwick	34-5 ¾	
1986-Ginny Erickson, Midland Park	32-11	
1985-Nancy Van Dyke, Midland Park	34-0 ¾	
1984-Kathy Massop, Glen Rock	34-1	
1983-Terry Olivucci, Park Ridge	32-10	
1982-Celia Mistretta, Park Ridge	38-9	
1981-Celia Mistretta, Park Ridge	37-1 ½	

DISCUS

2024-Riley Butler, Midland Park	96-7	
2023-Riley Butler, Midland Park	99-3	
2022-Erin Karaway, Emerson	106-10	
2021-Anna Lasek, North Arlington	99-9	
2019-Ariana Matusic, Emerson	92-3	
2018-Lisa Squeo, Becton	82-10	
2017-Lisa Squeo, Becton	91-1	
2016-Amelia Apgar, Waldwick	92-7	
2015-Chloe Zuidema, Midland Park	100-9	
2014-Cheyenne Bellerand, Emerson	129-3	
2013-Cheyenne Bellerand, Emerson	102-11	
2012-Cheyenne Bellerand, Emerson	119-1	
2011-Marissa Fulvi, Wallington	107-8	
2010-Kayla Pauwels, Waldwick	95-11	
2009-Alyssa Connors, Hasbrouck heights	107-4	
2008-Laura Cowan, Cresskill	112-1	
2007-April Kaiser, Park Ridge	107-8	
2006-April Kaiser, Park Ridge	98-11	
2005-Jessica Lehmann, Park Ridge	115-8	
2004-Lindsay Renna, Hasbrouck Heights	118-7	
2003-Tiffany Phoenix, Cresskill	112-4	
2002-Alyssa Koob, New Milford	104-7	
2001-Nikki Uzelac, Midland Park		124-9
2000-Renee Wilson, Hasbrouck Heights	111-6	
1999-Renee Wilson, Hasbrouck Heights	105-8	
1998-Melissa Ayvas, Wood-Ridge	105-1	
1997-Quinn Brady, Glen Rock	103-7	
1996-Anna Gravino, Saddle Brook	105-4	
1995-Kim Ferranti, Glen Rock	115-1	

1994-Janine Captan, Bogota	106-0
1993-Adwoa Asa-Awuku, New Milford	106-6
1992-Laura Stasion, Saddle Brook	103-10
1991-Lark Rivetti, Saddle Brook	112-10
1990-Young Park, Dwight-Englewood	112-2
1989-Lisa Fiore, Waldwick	111-6
1988-Young Park, Dwight-Englewood	111-2
1987-Camille Wright, New Milford	97-11
1986-Jeanne Verdicchio, Park Ridge	99-1
1985-Nancy Van Dyke, Midland Park	118-5
1984-Sue Ehrmann, Bogota	100-9
1983-Terry Olivucci, Park Ridge	104-6
1982-Celia Mistretta, Park Ridge	114-0
1981-Bridget Welch, Park Ridge	115-9

JAVELIN

2024-Lindsey Kontos, Midland Park	100-0	
2023-Lindsey Kontos, Midland Park	100-2	
2022-Kaitlyn Chirkis, Midland Park	107-10	
2021-Kaitlyn Chirkis, Midland Park	86-7	
2019-Meaghan Healy, Midland Park	108-8	
2018-Emilie Ghalam, Midland Park	101-8	
2017-Samantha Gioiosa, Bogota	123-1	
2016-Thalia Ghalam, Midland Park	129-4	
2015-Thalia Ghalam, Midland Park	116-9	
2014-Thalia Ghalam, Midland Park	112-9	
2013-Nicole Sinatra, Wood-Ridge		113-5
2012-Rebecca Skovira, Park Ridge	137-5	
2011-Rebecca Skovira, Park Ridge	127-0	
2010-Rebecca Skovira, Park Ridge	122-1	
2009-Laura Wall, Emerson	113-5	
2008-Taylor Condal, Hasbrouck Heights	122-5	
2007-April Kaiser, Park Ridge	119-7	
2006-Jessica Kotlowski, Wood-Ridge	110-10	
2005-Jessica Lehmann, Park Ridge	115-8	
2004-Lisa Colangelo, Hasbrouck Heights	106-1	
2003-Courtney Reggo, Ridgefield		119-1
2002-Courtney Reggo, Ridgefield		122-8
2001-Courtney Reggo, Ridgefield		111-3
2000-Lindsey Reggo, Ridgefield	110-4	
1999-Renee Wilson, Hasbrouck Heights	106-3	
1998-Jenn Huber, Becton	105-7	
1997-Nancy Correa, Hasbrouck Heights	106-7	
1996-Michele Carcich, Hasbrouck Heights	101-11	
1995-Quinn Brady, Glen Rock	87-10	
1994-Diana Sanchez, Cresskill	96-5	
1993-Nancy Belbo, Hasbrouck Heights	106-11	
1992-Paige Fuller, Hasbrouck Heights	104-3	
1991-Lark Rivetti, Saddle Brook	95-8	
1990-Lark Rivetti, Saddle Brook	96-4	
1989-Janice Marlow, New Milford	94-3	
1988-Christine Dinga, Ridgefield	103-1	
1987-Karen Schaeffer, Wallington	116-0	
1986-Diane Maro, New Milford	114-11	
1985-Diane Maro, New Milford	120-4	
1984-Mary Gritzalis, Wood-Ridge	95-1	
1983-Dawn Pavlu, Ridgefield	99-3	
1982-Doreen Sullivan, Cresskill	109-1	
1981-Chris Bradley, Ridgefield	128-10	

HIGH JUMP

2024-Olyvia Burrell, Emerson	5-0
2023-Olyvia Burrell, Emerson	5-2

2022-Eva Choi, Cresskill	4-10	
2021-Kiley Mironenko, Waldwick	4-10	
2019-Jasleen Nanda, Palisades Park	4-10	
2018-Jasleen Nanda, Palisades Park	4-10	
2017-Anna Boddy, Waldwick	5-0	
2016-Anna Boddy, Waldwick	5-0	
2015-Anna Boddy, Waldwick	4-10	
2014-Lisa Carle, Midland Park	5-0	
2013-Lisa Carle, Midland Park	5-0	
2012-Kim Rabeiro, Midland Park	5-0	
2011-Melissa Esposito, Saddle Brook	5-0	
2010-Ali Giordano, Waldwick	4-10	
2009-Janell Carrasco, Bogota	4-10	
2008-Jen D'Augustine, Waldwick		5-0
2007-Jen D'Augustine, Waldwick		5-0
2006-Jamie Sacco, Park Ridge	5-4	
2005-Arianna Pomo, Saddle Brook	4-8	
2004-Shannon Alston, Midland Park	4-10	
2003-Cherilyn Marfino, Hasbrouck Heights	4-10	
2002-Jen Barthelemy, Bogota	4-10	
2001-Jen Barthelemy, Bogota	5-2	
2000-Kristina Lambrinides, Waldwick	4-10	
1999-Jen Barthelemy, Bogota	4-10	
1998-Gwen Gobbo, Palisades Park	4-8	
1997-Rania Margonis, Ridgefield	4-10	
1996-Rania Margonis, Ridgefield	4-11	
1995-Lesley Hodgson, Glen Rock		5-0
1994-Jain Lattes, Dwight-Englewood	5-0	
1993-Kerry Wasser, Saddle Brook	5-4	
1992-Ami Racich, Cresskill	5-2	
1991-Kerry Wasser, Saddle Brook	5-0	
1990-Jen Wilson, Midland Park	4-10	
1989-Jen Wilson, Midland Park	5-0	
1988-Suzanne Meyer, Midland Park	5-0	
1987-Lynn Petrolia, New Milford		5-2
1986-Lynn Petrolia, New Milford		5-0
1985-Lynn Petrolia, New Milford		5-0
1984-Maureen Shanahan, Saddle Brook	5-0	
1983-Nancy Larena, Saddle Brook	5-7	
1982-Deneen Steiner, Ridgefield	5-3	
1981-Deneen Steiner, Ridgefield	5-3	

LONG JUMP

2024-Olyvia Burrell, Emerson	17-2	
2023-Olyvia Burrell, Emerson	17-5 ½	
2022-Kiley Mironenko, Waldwick	18-0 ½	
2021-Jordyn Nelson, North Arlington	16-9	
2019-Nicole Konefal, Wallington	15-10 ½	
2018-Asia Rivera, Saddle Brook	15-9 ½	
2017-Angela Brooks, Saddle Brook	17-4	
2016-Anna Maria Scarpis, Bogota		16-8 ¾
2015-Melissa Lein, Midland Park	15-11	
2014-Christina Nardini, North Arlington	16-3 ½	
2013-Patty McHugh, Waldwick	16-6 ¾	
2012-Patty McHugh, Waldwick	17-5 ¼	
2011-Marissa Romano, Hasbrouck Heights	17-8	
2010-Brielle Sutter, Saddle Brook		16-4
2009-Nicolle Baldicanas, Hasbrouck Heights		16-4 ½
2008-Amanda Duggan, Waldwick	16-2 ½	
2007-Arianna Pomo, Saddle Brook	17-2	
2006-Jennifer Swan, Waldwick	16-4	
2005-Arianna Pomo, Saddle Brook	16-9	
2004-Erika Ostrove, Cresskill	17-5 ¼	
2003-Judy Wong, Wood-Ridge	16-1 ¼	

2002-Jen Barthelemy, Bogota	17-0 ¼	
2001-Jen Barthelemy, Bogota	16-10 ¾	
2000-Ellen McCorry, Glen Rock	16-4	
1999-Justine Diana, Saddle Brook	16-0 ½	
1998-Charnie Carter, Lyndhurst	17-3	
1997-Katie Hanley, Glen Rock	17-8	
1996-Miranda Reeves, Hasbrouck Heights	15-10 ¼	
1995-Michelle Stein, Glen Rock	16-11	
1994-Jennifer Hettel, Wallington	16-1	
1993-Jennifer Hettel, Wallington	17-5	
1992-Jennifer Hettel, Wallington	15-10	
1991-Megan Burke, Glen Rock	18-6	
1990-Jen Kairys, North Arlington		14-11 ½
1989-Kim Giordano, Waldwick	15-8 ¼	
1988-Megan Burke, Glen Rock	17-0 ¾	
1987-Lynn Petrolia, New Milford		17-3 ¾
1986-Kim Taylor, New Milford	16-2 ½	
1985-Patty O'Hagan, Midland Park	15-4 ½	
1984-Debbie Tsai, Waldwick	15-1 ½	
1983-Maureen Shanahan, Saddle Brook	15-4 ½	
1982-Kathy Harmel, Wallington	17-9 ¼	
1981-Heidi Reichert, Wood-Ridge	15-8 ¾	

TRIPLE JUMP

2024-Alexandra Palladino, Emerson	33-5 ½	
2023-Samantha Cebulski, Midland Park	34-9 ¼	
2022-Kiley Mironenko, Waldwick	36-11 ½	
2021-Kiley Mironenko, Waldwick	37-11 ½	
2019-Tara Lambert, Waldwick	34-1 ½	
2018-Asia Rivera, Saddle Brook	32-5	
2017-Angela Brooks, Saddle Brook	34-3 ¼	
2016-Angela Brooks, Saddle Brook	33-10 ¼	
2015-Melissa Lein, Midland Park	34-7 ½	
2014-Christina Nardini, North Arlington	34-10 ¼	
2013-Patty McHugh, Waldwick	35-4 ½	
2012-Rayn Moses, Hasbrouck Heights	35-1 ¼	
2011-Marissa Romano, Hasbrouck Heights	35-5 ¾	
2010-Melissa Esposito, Saddle Brook	35-3	
2009-Juliana Romano, Hasbrouck Heights	33-5 ¾	
2008-Amanda Duggan, Waldwick	35-11	
2007-Kim Queirolo, Waldwick	33-4	
2006-Jennifer Swan, Waldwick	34-0 ¾	
2005-Hayley Kellinger, Saddle Brook	35-1 ¾	
2004-Erika Ostrove, Cresskill	37-1 ½	
2003-Jackie Kaminski, Saddle Brook	34-8 ½	
2002-Jen Barthelemy, Bogota	35-0 ¼	
2001-Maria Toriano, New Milford	34-8 ¼	
2000-Jen Barthelemy, Bogota	32-5 ¾	
1999-Natalia Roudenko, New Milford	33-4 ¾	
1998-Charnie Carter, Lyndhurst	36-9	
1997-Katie Hanley, Glen Rock	35-11	
1996-Miranda Reeves, Hasbrouck Heights	34-7	
1995-Ashley Marquard, Glen Rock	36-0 ½	
1994-Jain Lattes, Dwight-Englewood	35-5 ½	
1993-Shannon Dillon, New Milford	33-10 ¾	
1992-Kristen Curran, Midland Park	33-7 ¼	
1991-Megan Burke, Glen Rock	34-7	
1990-Sharon Livardo, Wallington		32-8 ¾
1989-Kim Giordano, Waldwick	36-4 ½	
1988-Kim Giordano, Waldwick	36-9 ¼	
1987-Lynn Petrolia, New Milford		37-3
1986-Lynn Petrolia, New Milford		34-9 ¼
1985-Lynn Petrolia, New Milford		32-10
1984-Kathy Massop, Glen Rock	33-8	

1983-Pam Swanborn, Midland Park	34-1 ¾
1982-Deneen Steiner, Ridgefield	36-11 ½
1981-Deneen Steiner, Ridgefield	35-3

POLE VAULT

2024-Leigha Messick, Emerson	8-6
2023-Kaitlyn Legaspi, Emerson	9-0
2022-Oliwia Kapuscinski, Emerson	8-6
2021-Jessica Coyle, Emerson	8-6
2019-Jessica Coyle, Emerson	7-6
2018-Adrianna Gobin, Emerson	10-0
2017-Adrianna Gobin, Emerson	8-6
2016-Adrianna Gobin, Emerson	8-0
2015-Catherine Rozalski, Queen of Peace	11-0
2014-Catherine Rozalski, Queen of Peace	11-8
2013-Tiffany Tencza, Wallington	11-0
2012-Catherine Rozalski, Queen of Peace	10-9
2011-Tiffany Tencza, Wallington	9-6
2010-Shealyn Kenny, North Arlington	9-0
2009-Michelle Favre, Saddle Brook	11-7
2008-Michelle Favre, Saddle Brook	11-0
2007-Michelle Favre, Saddle Brook	9-6
2006-Michelle Favre, Saddle Brook	8-0
2005-Kristen Marfino, Hasbrouck Heights	7-0
2004-Melanie Kim, Saddle Brook	7-6
2003-Ashley Aquino, Lyndhurst	7-6
2002-Jen Lonschein, Westwood	7-6

400 METER RELAY

2024-Emerson	53.33
2023-Midland Park	51.78
2022-Emerson	51.95
2021-Emerson	52.53
2019-Emerson	52.76
2018-Midland Park	52.57
2017-Midland Park	51.75
2016-Saddle Brook	52.45
2015-Dwight-Englewood	54.17
1981-Park Ridge	53.3

1600 METER RELAY

2024-Park Ridge	4:24.43
2023-Saddle Brook	4:28.33
2022-Park Ridge	4:28.47
2021-Emerson	4:55.15
2019-Waldwick	4:23.98
2018-Emerson	4:35.12
2017-Park Ridge	4:09.02
2016-Park Ridge	4:15.13
2015-Saddle Brook	4:07.11
2014-Saddle Brook	4:15.87
2013-Park Ridge	4:21.06
2012-Park Ridge	4:12.45
2011-Park Ridge	4:10.31
2010-Hasbrouck Heights	4:12.89
2009-Hasbrouck Heights	4:10.2
2008-Hasbrouck Heights	4:17.6
2007-Cresskill	4:20.1
2006-Park Ridge	4:20.2
2005-Saddle Brook	4:20.2
2004-Cresskill	4:15.7
2003-Glen Rock	4:10.9
2002-Glen Rock	4:10.4

2001-Saddle Brook	4:18.1
2000-Glen Rock	4:21.4
1999-Glen Rock	4:16.4
1998-Hasbrouck Heights	4:22.7
1997-Glen Rock	4:14.4
1996-Saddle Brook	4:22.9
1995-Glen Rock	4:07.3
1994-Hasbrouck Heights	4:18.3
1993-Hasbrouck Heights	4:21.1
1992-Saddle Brook	4:24.9
1991-Hasbrouck Heights	4:23.4
1990-Hasbrouck Heights	4:28.6
1989-Waldwick	4:17.5
1988-Waldwick	4:15.0
1987-Waldwick	4:19.8
1986-New Milford	4:22.2
1985-Park Ridge	4:28.0
1984-Park Ridge	4:24.2
1983-Midland Park	4:24.5
1982-Park Ridge	4:22.7
1981-Park Ridge	4:19.5

3200 METER RELAY

2024-Saddle Brook	10:38.63
2023-Saddle Brook	10:52.60
2022-Emerson	11:27.47
2021-Emerson	11:25.94
2019-Park Ridge	10:38.93
2018-Waldwick	10:40.37
2017-Park Ridge	10:13.05
2016-Waldwick	11:00.91
2015-Waldwick	10:51.69

GIRLS GROUP E

Top Three Teams

2024-IHA 264, Paramus Catholic 111, Holy Angels 91
2023-IHA 268 ½, Paramus Catholic 134, Holy Angels 91 ½
2022-IHA 254, Paramus Catholic 130, Holy Angels 96
2021-IHA 239, Paramus Catholic 160, Holy Angels 126
2019-Paramus Catholic 213, Holy Angels 180, IHA 110
2018-Paramus Catholic 197, Holy Angels 195, IHA 119
2017-IHA 178 ½, Holy Angels 160 1/2, Paramus Catholic 159
2016-IHA 237, Holy Angels 199, Paramus Catholic 71

100 METERS

2024-Piper Portacio, IHA	12.63
2023-Gina Rubio, Paramus Catholic	12.26
2022-Gina Rubio, Paramus Catholic	12.65
2021-Gina Rubio, Paramus Catholic	13.09
2019-Isabelle Dely, Paramus Catholic	12.79
2018-Tiffany Bautista, Paramus Catholic	12.61
2017-Tiffany Bautista, Paramus Catholic	12.76
2016-Christian Rasnake, IHA	12.71

200 METERS

2024-Gina Certo, Holy Angels	24.81
2023-Gina Certo, Holy Angels	24.91
2022-Gina Rubio, Paramus Catholic	26.39
2021-Gina Rubio, Paramus Catholic	26.47

2019-Mariah Fede, Paramus Catholic	24.69
2018-Mariah Fede, Paramus Catholic	26.05
2017-Christian Rasnake, IHA	26.09
2016-Christian Rasnake, IHA	25.68

400 METERS

2023-Gina Certo, Holy Angels	56.24
2023-Gina Certo, Holy Angels	55.76
2022-Eliza Hoover, Holy Angels	61.27
2021-Eliza Hoover, Holy Angels	63.23
2019-Mariah Fede, Paramus Catholic	56.66
2018-Mariah Fede, Paramus Catholic	59.03
2017-Fiona Ralph, IHA	60.22
2016-Fiona Ralph, IHA	61.58

800 METERS

2024-Marcelle Seckin, IHA	2:24.01
2023-Leanna Johnston, IHA	2:17.14
2022-Leanna Johnston, IHA	2:18.98
2021-Jillian Shea, IHA	2:26.77
2019-Eliza Hoover, Holy Angels	2:27.45
2018-Fiona Ralph, IHA	2:20.58
2017-Fiona Ralph, IHA	2:16.98
2016-Fiona Ralph, IHA	2:21.58

1600 METERS

2024-Marcelle Seckin, IHA	5:28.25
2023-Leanna Johnston, IHA	5:00.78
2022-Leanna Johnston, IHA	5:04.90
2021-Leanna Johnston, IHA	5:23.23
2019-Mackenzie Hughes, Holy Angels	5:21.63
2018-Mackenzie Hughes, Holy Angels	5:17.70
2017-Mackenzie Hughes, Holy Angels	5:10.35
2016-Giavanna Tabbachino, IHA	5:23.57

3200 METERS

2024-Razil Fernandes, Dwight-Englewood	12:33.10
2023-Anna Lynch, IHA	12:44.65
2022-Meaghan Keating, IHA	12:11.11
2021-Leanna Johnston, IHA	12:37.35
2019-Olivia Mandella, Holy Angels	11:37.79
2018-Victoria Sheldon, IHA	11:20.54
2017-Mackenzie Hughes, Holy Angels	11:22.40
2016-Grace Jansson, Holy Angels	11:45.19

100 METER HIGH HURDLES

2024-Sydney Dungey, Paramus Catholic	15.53
2023-Lauren Dunnigan, IHA	15.23
2022-Maegan Feeney, IHA	14.57
2021-Fiona Carter, Paramus Catholic	15.38
2019-Isabelle Dely, Paramus Catholic	14.84 (ran 14.80 in trials)
2018-Isabelle Dely, Paramus Catholic	14.97
2017-Mariah Fede, Paramus Catholic	16.01
2016-Christian Rasnake, IHA	16.08

400 METER INTERMEDIATE HURDLES

2024-Elizabeth Burgess, IHA	67.85
2023-Brianna Desanto, Paramus Catholic	67.28
2022-Kate Shepler, IHA	70.56
2021-Olivia Salkowsky, IHA	71.53

2019-Mariah Fede, Paramus Catholic	62.55
2018-Mariah Fede, Paramus Catholic	66.94
2017-Faith Sutton, Paramus Catholic	65.18
2016-Holly Slepian, Holy Angels	69.14

SHOT PUT

2024-Julia Sobilo, IHA	30-6 ½
2023-Tyaja Thomas, Paramus Catholic	36-10 ½
2022-Tyaja Thomas, Paramus Catholic	35-5 ½
2021-Briana Thomas, Paramus Catholic	39-3 ½
2019-Briana Thomas, Paramus Catholic	37-3
2018-Anyia Skae, Holy Angels	36-8
2017-Anyia Skae, Holy Angels	34-9 ¾
2016-Megan Swords, IHA	34-8

DISCUS

2024-Julia Sobilo, IHA	124-5
2023-Tyaja Thomas, Paramus Catholic	119-1
2022-Tyaja Thomas, Paramus Catholic	111-9
2021-Tyaja Thomas, Paramus Catholic	103-9
2019-Briana Thomas, Paramus Catholic	102-2
2018-Anyia Skae, Holy Angels	108-2
2017-Anyia Skae, Holy Angels	100-10
2016-Anyia Skae, Holy Angels	102-7

JAVELIN

2024-Evelyn Roman, IHA	105-0
2023-Tyaja Thomas, Paramus Catholic	124-10
2022-Tyaja Thomas, Paramus Catholic	127-2
2021-Tyaja Thomas, Paramus Catholic	118-10
2019-Briana Thomas, Paramus Catholic	107-2
2018-Samantha Romano, Holy Angels	94-9
2017-Mary Hughes, IHA	98-1
2016-Alexa Vecchione, Holy Angels	106-10

HIGH JUMP

2024-Brianna Burrell, Paramus Catholic	4-10
2023-Carina Rios, IHA	5-0
2022-Carina Rios, IHA	4-10
2021-Carina Rios, IHA	4-10
2019-Tiffany Bautista, Paramus Catholic	5-2
2018-Tiffany Bautista, Paramus Catholic	5-6
2017-Tiffany Bautista, Paramus Catholic	5-2
2016-Liz Garcia, Holy Angels	5-2

LONG JUMP

2024-Abby Romero, IHA	17-1 ½
2023-Abby Romero, IHA	18-2 ¼
2022-Abby Romero, IHA	17-8 ¾
2021-Madison Libby, IHA	17-2 ¼
2019-Tiffany Bautista, Paramus Catholic	18-5
2018-Tiffany Bautista, Paramus Catholic	18-3 ¼
2017-Tiffany Bautista, Paramus Catholic	19-1
2016-Liz Garcia, Holy Angels	17-6

TRIPLE JUMP

2024-Abby Romero, IHA	36-10 ½
2023-Abby Romero, IHA	36-4 ¼
2022-Abby Romero, IHA	35-8 ¼
2021-Lauren Dunnigan, IHA	35-10 ¼

2019-Tiffany Bautista, Paramus Catholic	38-6.5
2018-Tiffany Bautista, Paramus Catholic	39-8
2017-Tiffany Bautista, Paramus Catholic	37-5
2016-Liz Garcia, Holy Angels	36-0 ½

POLE VAULT

2024-Evelyn Roman, IHA	8-6
2023-Casey Roberts, IHA	9-0
2022-Alexa Cawood, Holy Angels	9-6
2021-Alexa Cawood, Holy Angels	10-6
2019-Emma Viggiano, IHA	9-0
2018-Caroline McGann, Holy Angels	11-0
2017-Caroline McGann, Holy Angels	10-6
2016-Caroline McGann, Holy Angels	10-6

400 METER RELAY

2024-Holy Angels	49.34
2023-Paramus Catholic	48.05
2022-Paramus Catholic	49.62
2021-Paramus Catholic	49.90
2019-Paramus Catholic	50.89
2018-Paramus Catholic	51.88
2017-Paramus Catholic	51.57
2016-IHA	50.02

1600 METER RELAY

2024-Holy Angels	3:59:31
2023-Holy Angels	4:05.93
2022-Holy Angels	4:07.26
2021-IHA	4:17.29
2019-Paramus Catholic	4:00.60
2018-Holy Angels	4:10.07
2017-IHA	4:13.19
2016-IHA	4:18.01

3200 METER RELAY

2024-IHA	10:44.48
2023-IHA	10:38.79
2022-Dwight Englewood	10:39.30
2021-IHA	10:36.33
2019-Holy Angels	10:15.87
2018-Holy Angels	10:08.51
2017-Holy Angels	9:53.32
2016-Holy Angels	9:56.01