

BERGEN COUNTY CHAMPIONSHIPS

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

Top Three Teams

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

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

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

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 Psalties, 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

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 Lehmbbeck, 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

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 Conheeney, 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

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)

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

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 Sutera, 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

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 Mompount, Teaneck		50-4 ½
1992-Robert Mompount, 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 Ruggeri, 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

2010-Steve Mozia, Hackensack	171-4	
2009-Steve Mozia, Hackensack	152-6	
2008-Debonair Clinkscales, 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 Mompount, 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

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

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 ¼	
1960-Bruce Hoffman, Ramapo	6-1 ½	
1959-Bruce Hoffman, Ramapo	5-11 ½	
1958-Bill Mellin, Tenafly	5-7	
1957-Joe Leichtnam, Hackensack		5-10 ½
1956-Jim Cassidy, Lyndhurst	5-11	
Harold Schmidt, Englewood	5-11	
1955-Bill Monaghan, Tenafly	5-10 ¼	
Dave Jackson, Westwood	5-10 ¼	

LONG JUMP

2010-Conroy Walker, Hackensack	23-2 ½	
2009-Conroy Walker, Hackensack	22-10 ¾	
2008-Ausar Walcott, Hackensack		21-0
2007-Ausar Walcott, Hackensack		22-2 ½
2006-Kwame Collins, Northern Highlands	22-7	
2005-Leslie Bonsu, Bergen Tech	22-0 ¼	
2004-Gabe Knutson, Ridgewood	21-8	
2003-David Dennis, Hackensack	20-7	
2002-David Dennis, Hackensack	20-5 ½	
2001-Brent Hobbs, Don Bosco	21-6 ½	
2000-Alvin Elliot, Teaneck	20-0 ¼	
1999-Michael Jackson, Hackensack	21-5 ½	
1998-Michael Jackson, Hackensack	21-9 ½	
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

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-Scoot 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

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 ¾	
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)

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

880 YARD RELAY

1961-Tenaflly	1:35.8
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2 MILE RELAY

1961-Bergen Catholic	8:21.2
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BOYS GROUP B (GROUP 3 1964-2003)

Top Three Teams

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

100 METERS

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

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

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

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

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

2010-Sherif Ali, Cliffside Park	9:49.55
2009-Alan Zaccone, 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 Accordini, 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)

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, Cliffsides 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

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, Pascack Hills	56.9
1980-Brian Scott, Pascack 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

2010-John Farelli, River Dell	52-11 ½
2009-Eric Van Dunk, Mahwah	54-2 ½
2008-Andrew Trass, River Dell	53-8
2007-Zach Shapiro, River Dell	54-7
2006-Tom Stripe, Mahwah	54-4 ½
2005-Doug Klopacz, St. Joseph Regional	54-11
2004-Greg Lippert, Pascack 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 ¾
1999-Nick Lewis, Demarest	47-9 ¾
1998-Adam Scholze, Ramapo	53-6 ¼
1997-Greg Cyrus, Paramus Catholic	48-6
1996-Joe Yiu, Demarest	49-6
1995-David Ferrara, Ramsey	48-6 ½
1994-Mike Sheehan, Demarest	50-2
1993-Mike Sheehan, Demarest	53-3
1992-Tom Jennings, Indian Hills	54-1 ¼
1991-Tom Jennings, Indian Hills	48-8 ½
1990-Brad Moser, Demarest	52-6 ¼
1989-P.J. Schunke, Indian Hills	49-3 ½
1988-Mike Theuerkauf, Demarest	57-0
1987-Mike Theuerkauf, Demarest	58-5 ½
1986-Mike Theuerkauf, Demarest	54-2 ½
1985-Mike Theuerkauf, Demarest	52-4 ¼
1984-Dave Cassens, Demarest	55-11
1983-Gene Ratz, Indian Hills	56-0
1982-Wes Walton, Demarest	55-0 ¾
1981-Jon Lampert, Demarest	56-10
1980-Dana Ellis, Ramapo	51-3 ½
1979-Matt Bauer, Don Bosco	54-8 ½
1978-Bob Celentano, Demarest	54-10 ¾
1977-Tom Lanzalotto, Paramus Catholic	57-9 ½
1976-Jerry McIntyre, St. Joseph Regional	53-9 ½

1975-Mark Saner, St. Joseph Regional

1974-Mark Saner, St. Joseph Regional	58-2 ¼
1973-Jeff Sokolik, New Milford	57-2
1972-Len Haak, River Dell	55-1 ¾
1971-Jeff Sokolik, New Milford	53-6
1970-Nick Carelle, Fort Lee	52-1 ½
1969-Mike Alberts, Paramus Catholic	58-5
1968-Randy Sokolik, New Milford	58-9
1967-Bob Hantman, Dumont	54-9 ½
1966-Rich Duran, New Milford	52-2 ½
1965-Harry Kuhn, Pascack Valley	50-8 ¾
1964-Bill Newcomb, New Milford	54-3 ½

59-7**DISCUS**

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-MannyMkrtchian, 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

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

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

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 ¼	
1974-Rick Englander, Pascack Valley	21-3 ½	
1973-Mike Battaglia, Cliffside Park	21-7	
1972-John Feury, Don Bosco	21-1	
1971-Dennis Tinsley, Englewood		22-1 ½
1970-Dennis Pearson, Englewood		21-6
1969-Bart Gross, Demarest	21-0 ½	
1968-Rich Schmalz, Saddle Brook	20-8	
1967-Steve Mele, Ramapo	21-4 ¾	
1966-John Pierce, Old Tappan	20-11	
1965-Len Corn, Ramapo	23-0	
1964-Bill Walker, Englewood	21-2	

TRIPLE JUMP

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

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)

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

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

Top Three Teams

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

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
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

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 Croswell, 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

2010-Arnold Omina, Lyndhurst	50.34
2009-Morgan Reilly, Westwood	50.7
2008-A.J. Scoppa, New Milford	51.3
2007-Steven Shorr, Pascack Hills	50.6

2006-Steven 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

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 Mazawey, 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

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

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 Conheeney, Paramus Catholic	9:33.8	
1972-Tim Conheeney, 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)

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 Surrago, 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

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

2010-Dorian Slavov, Cresskill	53-0 ¼	
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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 Lermanian, 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 Thalasinis, 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

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

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

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 Cunning, 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 ¾	
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 Poci, 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

2010-Patryk Najbar, Lodi	21-1 ½
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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 ¾	
1968-Fred Krampe, St. Cecilia	20-4	
1967-Neal Frank, Pascack Valley		20-8 ¾
1966-Len Jezik, Pascack Hills	21-0 ¼	
1965-Len Jezik, Pascack Hills	21-1 ½	
1964-Will Densberger, Westwood		20-3 ¾

TRIPLE JUMP

2010-Patryk Najbar, Lodi	42-10 ½	
2009-Marquis McMillian, Ridgely Park	44-6 ½	
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 ½
2003-Ken Kang, Pascack Hills	41-3 ½	
2002-Brett Henderson, Dumont	44-6	
2001-Brett Henderson, Dumont	42-9	
2000-John Augustynowicz, Rutherford	43-7 ¾	
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 ½
1995-Lloyd Goldberg, Westwood	42-3 ¼	
1994-Jonathan Perdomo, Englewood	43-10 ¾	
1993-Jonathan Perdomo, Englewood	42-9 ¾	
1992-Chris Hewitt, Englewood	45-6	
1991-Chris Hewitt, Englewood	42-2 ¾	
1990-Jim McGarvey, Mahwah	43-1 ½	
1989-David Frazier, Rutherford	44-7 ¾	
1988-David Frazier, Rutherford	44-0	
1987-Chris Cusumano, Westwood	44-5	
1986-Pete Oczkowski, Garfield	41-1 ½	
1985-David Avery, Bergen Tech	42-7 ½	
1984-Ed Baisley, Tenafly	42-11 ¼	
1983-Mike Cimilucca, Lyndhurst		41-8
1982-Ray Frazier, Rutherford	43-2 ¼	
1981-Ray Frazier, Rutherford	41-5 ½	
1980-Ron Williams, Bergen Tech		41-6
1979-Guy Murray, Rutherford	41-10 ½	
1978-Frank Polise, Bergen Tech	43-4 ¾	
1977-Frank Polise, Bergen Tech	41-0 ¾	
1976-Joe Socha, Garfield	41-5 ¼	
1975-John Devine, Waldwick	42-8	
1974-Rich Plaszynski, Saddle Brook	43-10	

POLE VAULT

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 Bajrushi, 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)

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

BOYS GROUP D (Group 1 1968-2003)

Top Three Teams

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

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

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

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

2010-Domenic D'Agostiono, 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

2010-Domenic D'Agostiono, 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 Gentleman, 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

2010-Domenic D'Agostiono, 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-Paul 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)

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

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 Besterce, 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

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

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

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

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

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

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 ¾	
1978-Larry Bowens, Mahwah	42-4 ½	
1977-Larry Bowens, Mahwah	40-8 ¾	
1976-Dan Dunlap, Midland Park	42-9 ½	
1975-Jim Zitani, St. Cecilia	41-4 ¼	
1974-Chris Kanya, Park Ridge	39-5 ¾	

POLE VAULT

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 Guariello, 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 ¼	
1971-Gary San Lorenzo, Palisades Park	12-0	
1970-Ron Boyce, Mahwah	11-0 ½	
1969-John Myers, Mahwah	12-6	
1968-John Myers, Mahwah	12-3	

1600 METER RELAY (One mile until 1979)

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

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

Top Three Teams

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)

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)

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)

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)

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)

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)

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)

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 VanderSchuyff, 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

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	

400 METER RELAY (440 yards until 1978)

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

SHOT PUT (8 pound until 1979)

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-Cardienne 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

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-Cardienne McDonald, Hackensack	99-11	
1984-Cardienne 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, Ridgfield 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

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

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

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

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

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	

1600 METER RELAY (One mile until 1978)

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	

GIRLS GROUP B (Group 3 1981-2003)

Top Three Teams

2009-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

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

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

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

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

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

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

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

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	

400 METER RELAY

1981-Westwood	52.5
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SHOT PUT

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

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

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

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

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 Philipbosian, 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

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

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	

1600 METER RELAY

2010-Ramsey	4:05.94	
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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

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

Top Three Teams

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-Tenaflly 55, Saddle Brook 51, Rutherford 34
 1981-Tenaflly 93 ½, Saddle Brook 49 ½, Rutherford 48
 1980-Tenaflly 60, Park Ridge 42, Saddle Brook 41
 1979-Saddle Brook 73, Tenaflly 44, Rutherford 32
 1978-Saddle Brook 52, Tenaflly 31 ½, Rutherford 30

100 METERS

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, Tenaflly	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

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

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

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

2010-Julieanne Fontana, Pascack Hills	5:17.27	
2009-Julieanne 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

2010-Betsy Eickelberg, Leonia	11:49.26	
2009-Julieanne 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

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

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	

400 METER RELAY

1981-Saddle Brook	53.6
1980-Park Ridge	53.4
1979-Saddle Brook	53.4
1978-Waldwick	52.4Y

SHOT PUT (8 pounds 1978-1979)

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

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

2010-Jasmine Daniels, Lodi	109-7
2009-Teresa Kirkpatrick, Pascack Hills	125-10
2008-Teresa Kirkpatrick, Pascack Hills	123-3
2007-Meredith Palmer, Pascack Hills	111-3
2006-Meredith Palmer, Pascack 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

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, Pascack 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

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

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

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	

1600 METER RELAY

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

GIRLS GROUP D (Group 1 1981-2003)

Top Three Teams

2010-Hasbrouck Heights 130, Park Ridge 70 ½, Saddle Brook 66
2009-Hasbrouck Heights 183, Waldwick 72, Park Ridge 67
2008-Waldwick 137, Park Ridge 107 ½, Hasbrouck Heights 102
2007-Waldwick 143 ½, Cresskill 102, Park Ridge 99
2006-Waldwick 120, Park Ridge 94, Cresskill 59
2005-Saddle Brook 88, Cresskill 64 ½, Waldwick 61
2004-Cresskill 97, Wood-Ridge 78 ½, Hasbrouck Heights 73

2003-Glen Rock 101 $\frac{3}{4}$, 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 $\frac{1}{2}$, 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 $\frac{1}{2}$, 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 $\frac{1}{2}$, Ridgefield 31

100 METERS

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 Caglio, Hasbrouck Heights	12.7	
2002-Jennifer Caglio, 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

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

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

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

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

2010-Rebecca Fortoul, Hasbrouck Heights	12:18.11
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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

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

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

400 METER RELAY

1981-Park Ridge 53.3

SHOT PUT

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

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

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

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

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

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

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	

1600 METER RELAY

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