

BERGEN COUNTY RELAYS

BOYS GROUP A-B (GROUPS 3-4 through 2003)

Top Three Teams

1962-Tenafly 37, Pascack Valley 31, Northern Valley 27
1963-Pascack Valley 39, Tenafly 31, Paramus 30 1/3
1964-Bergen Catholic 45, Teaneck 27, Paramus 26
1965-Paramus 38, Pascack Valley 37, Bergen Catholic 22
1966-Bergen Catholic 50, St. Joseph Regional 34, New Milford 25
1967-St. Joseph Regional 57, New Milford 38, Bergen Catholic 26
1968-St. Joseph Regional 47, Bergen Catholic 20, New Milford/Teaneck 18
1969-St. Joseph Regional 38, Englewood 26, New Milford 21
1970-St. Joseph Regional 46, New Milford 35, Englewood/Hackensack 19
1971-St. Joseph Regional 38, Bergen Catholic 31, New Milford 24
1972-St. Joseph Regional 35, Bergen Catholic 33.5, New Milford 29
1973-New Milford 35, St. Joseph Regional 32, Bergen Catholic 31
1974-
1975-
1976-Paramus Catholic 54, Bergen Catholic 39, Hackensack 35
1977-Don Bosco 38, Indian Hills and Paramus Catholic 35
1978-Bergen Catholic 45, Englewood and Hackensack 28
1979-Teaneck 38, Hackensack 34, Paramus Catholic 29
1980-Hackensack 39, Don Bosco 32, Teaneck 29
1981-Hackensack 58, Teaneck 39, Paramus Catholic 33
1982-Hackensack 66, Ridgewood 33, Demarest 32
1983-Teaneck 42, Hackensack 33, Don Bosco 31
1984-Teaneck 59, Don Bosco 53, Ridgewood 29 ½
1985-Don Bosco 62, Hackensack 34, Ridgewood 30
1986-Hackensack 48, Bergen Catholic 44 ½, Ramsey 33
1987-Ridgewood 36 ½, Hackensack 36, Bergen Catholic 31
1988-Ridgewood 38, Hackensack 36, Don Bosco 32 ½
1989-Hackensack 43, Ridgewood 34, Ramsey 32
1990-Hackensack 49, Ridgewood 35, Bergen Catholic 28
1991-Bergen Catholic 44 ½, Ridgewood 41, Hackensack 40
1992-Hackensack 74, Paramus Catholic 56, Don Bosco 52
1993-Hackensack 55, Bergen Catholic 52 ½, DB\PC\Ridgewood 50
1994-Don Bosco 83, Bergen Catholic 80, Demarest 78 (Demarest wins Group 3)
1995-Demarest and Bergen Catholic 73, Hackensack 53 (Demarest wins Group 3)
1996-Bergen Catholic 91, Hackensack 62 ½, Demarest 52 (Demarest wins Group 3)
1997-Don Bosco 78, Hackensack 74, Demarest 73 (Demarest wins Group 3)
1998 (4)-Hackensack 132, Don Bosco 99, Ridgewood 95
1998 (3)-Paramus Catholic 72 ½, River Dell 62, St. Joseph Regional 54
1999 (4)-**Hackensack 136**, Don Bosco 106, Bergen Catholic 95
1999 (3)-St. Joseph Regional 91 ½, Fort Lee 65, Garfield 63
2000 (4)-Hackensack 132, Ridgewood 99, Don Bosco 87
2000 (3)-St. Joseph Regional 97, Demarest 72, River Dell 52
2001 (4)-Bergen Catholic 106, Hackensack 103, Ridgewood 94
2001 (3)-River Dell 110, Garfield 68, Demarest/Old Tappan 48
2002 (4)-Don Bosco 112, Bergen Catholic 93, Ridgewood 75
2002 (3)-Garfield 77, Old Tappan 71, River Dell 68
2003 (4)-Hackensack 117, Don Bosco 104, Ridgewood 96
2003 (3)-Old Tappan 86, Demarest 79, River Dell 55
2004 (A)-Hackensack 105, Demarest 93, Ridgewood 84
2004 (B)-Northern Highlands 95, Indian Hills 71, Ramsey 69
2005 (A)-Ridgewood 98, Hackensack 78, Northern Highlands 69
2005 (B)-**Demarest 118**, Ramsey 84, Tenafly/River Dell 58
2006 (A)-Ridgewood 106 ¼, Don Bosco 99 ¼, Northern Highlands 75
2006 (B)-River Dell 104, Indian Hills 82, Tenafly 69

2007 (A)-Don Bosco 108, Ridgewood 69 ½, Hackensack 68
 2007 (B)-River Dell 109, Demarest 82, Tenafly 54
 2008 (A)-Don Bosco 81, Old Tappan 78, Bergen Catholic 75
 2008 (B)-Demarest 73, Ramsey 70 ½, Indian Hills 68
 2009 (A)-Don Bosco 119, Ridgewood 86, Teaneck 60
 2009 (B)-River Dell 72, Ramsey 69, Indian Hills 57 1/3
 2010 (A)-Ridgewood 115, Don Bosco 102, Teaneck 65
 2010 (B)-Ramsey 97, Indian Hills 88, Pascack Valley 69

4-x-100 METERS (4x110 yards 1962-1980)

1962-Bergenfield	44.8
1963-Englewood	44.6
1964-Bergen Catholic	44.4
1965-Don Bosco	45.3
1966-Englewood	44.0
1967-St. Joseph Regional	43.7
1968-St. Joseph Regional	43.5
1969-Englewood	43.3
1970-Englewood	43.4
1971-Don Bosco	43.6
1972-Englewood	45.2
1973-Hackensack	43.8
1974-	
1975-	
1976-Paramus Catholic	45.3
1977-Englewood	44.9
1978-Englewood	45.4
1979-Englewood	44.6
1980-Teaneck	46.0
1981-Paramus Catholic	45.8
1982-Ridgefield Park	44.9
1983-Teaneck	44.6
1984-Teaneck	45.8
1985-Hackensack	44.6
1986-Demarest	45.5
1987-Demarest	45.7
1988-Ridgewood	45.4
1989-Hackensack	46.0
1990-Hackensack	44.6
1991-Ridgewood	46.5
1992-Paramus Catholic	46.0
1993-Bergen Catholic	45.3
1994-Hackensack	45.1
1995-Hackensack	43.8
1996-Hackensack	44.1
1997-Hackensack	43.3
1998 (4)-Hackensack	43.0
1998 (3)-Paramus Catholic	46.0
1999 (4)-Hackensack	44.1
1999 (3)-St. Joseph Regional	45.1
2000 (4)-Hackensack	43.3
2000 (3)-St. Joseph Regional	44.2
2001 (4)-Hackensack	43.8
2001 (3)-Garfield	45.4
2002 (4)-Don Bosco	45.2
2002 (3)-Garfield	45.5
2003 (4)-Hackensack	44.7
2003 (3)-Paramus Catholic	44.9
2004 (A)-Don Bosco	43.3
2004 (B)-Ramsey	45.7
2005 (A)-Bergen Tech	44.4

2005 (B)-Ramsey	45.4
2006 (A)-Ridgewood	45.3
2006 (B)-Indian Hills	46.5
2007 (A)-Ridgewood	44.1
2007 (B)-Englewood	44.4
2008 (A)- Teaneck	42.8 (42.3 in trials)
2008-(B) Englewood	42.7
2009 (A)- Teaneck	43.3
2009-(B) Englewood	42.6
2010 (A)-Teaneck	43.6
2010 (B)-St. Joseph Regional	44.2

4-x-200 METERS (4-x220 yards 1962-1980)

1962-Tenaflly	1:32.7
1963-Tenaflly	1:33.3
1964-New Milford	1:32.0
1965-Englewood	1:31.0
1966-Englewood	1:31.4
1967-St. Joseph Regional	1:32.0
1968-St. Joseph Regional	1:29.7
1969-St. Joseph Regional	1:31.6
1970-Englewood	1:31.8
1971-Don Bosco	1:30.8
1972-Englewood	1:35.0
1973-Hackensack	1:31.4
1974-	
1975-	
1976-Paramus	1:31.9
1977-Don Bosco	1:34.1
1978-Englewood	1:33.3
1979-Englewood	1:31.9
1980-Don Bosco	1:34.7
1981-Teaneck	1:33.0
1982-Ridgefield Park	1:33.6
1983-Englewood	1:32.9
1984-Teaneck	1:32.6
1985-Hackensack	1:32.1
1986-Hackensack	1:32.6
1987-Hackensack	1:34.8
1988-Hackensack	1:31.7
1989-Hackensack	1:32.2
1990-Ridgewood	1:33.8
1991-Paramus Catholic	1:34.9
1992-Hackensack	1:33.5
1993-Hackensack	1:32.8
1994-Hackensack	1:31.0
1995-Hackensack	1:32.8
1996-Hackensack	1:31.2
1997-Teaneck	1:33.0
1998 (4)-Hackensack	1:30.3
1998 (3)-Paramus Catholic	1:31.4
1999 (4)-Bergen Catholic	1:31.8
1999 (3)-Paramus Catholic	1:31.7
2000 (4)-Ridgewood	1:33.1
2000 (3)-St. Joseph Regional	1:33.9
2001 (4)-Bergen Catholic	1:32.3
2001 (3)-Bergen Tech	1:35.1
2002 (4)-Bergen Tech	1:32.5
2002 (3)-Garfield	1:33.8
2003 (4)-Don Bosco	1:32.6
2003 (3)-Paramus Catholic	1:34.0

2004 (A)-Don Bosco	1:31.2
2004 (B)-Northern Highlands	1:35.1
2005 (A)-Teaneck	1:32.4
2005 (B)-Englewood	1:33.4
2006 (A)-Teaneck	1:31.2
2006 (B)-Englewood	1:31.8
2007 (A)-Teaneck	1:27.0
2007 (B)-Englewood	1:32.3
2008 (A)-Teaneck	1:27.4
2008 (B)-Englewood	1:27.7
2009 (A)-Don Bosco	1:30.0
2009 (B)-Englewood	1:29.7
2010 (A)-Teaneck	1:29.1
2010 (B)-St. Joseph Regional	1:31.9

4-x-400 METERS (4-x-440 yards 1962-1980)

1962-Pascack Valley	3:25.0
1963-Pascack Valley	3:25.7
1964-Tenafly	3:30.0
1965-Pascack Valley	3:27.6
1966-Tenafly	3:28.3
1967-Don Bosco	3:32.0
1968-Westwood	3:27.2
1969-Demarest	3:27.6
1970-Englewood	3:29.0
1971-Englewood	3:27.8
1972-New Milford	3:31.0
1973-Tenafly	3:28.4
1974-	
1975-	
1976-Ridgewood	3:27.4
1977-Paramus Catholic	3:27.7
1978-Bergen Catholic	3:29.5
1979-Hackensack	3:27.1
1980-Don Bosco	3:29.9
1981-Hackensack	3:26.3
1982-Hackensack	3:26.8
1983-Don Bosco	3:28.3
1984-Don Bosco	3:30.8
1985-Don Bosco	3:26.7
1986-Hackensack	3:27.7
1987-Hackensack	3:32.6
1988-Hackensack	3:32.7
1989-Don Bosco	3:29.9
1990-Bergen Catholic	3:32.2
1991-Bergen Catholic	3:30.8
1992-Bergen Catholic	3:29.8
1993-Bergen Catholic	3:26.3
1994-Bergen Catholic	3:29.0
1995-Hackensack	3:24.7
1996-Bergen Catholic	3:25.7
1997-Teaneck	3:28.9
1998 (4)-Hackensack	3:25.4
1998 (3)-Paramus Catholic	3:25.9
1999 (4)-Bergen Catholic	3:25.2
1999 (3)-Paramus Catholic	3:28.5
2000 (4)-Hackensack	3:23.7
2000 (3)-Paramus Catholic	3:34.1
2001 (4)-Bergen Catholic	3:25.7
2001 (3)-Bergen Tech	3:34.8
2002 (4)-Bergen Catholic	3:23.8

2002 (3)-Old Tappan	3:35.8
2003 (4)-Don Bosco	3:28.8
2003 (3)-Northern Highlands	3:34.7
2004 (A)-Hackensack	3:27.5
2004 (B)-Ramsey	3:31.0
2005 (A)-Bergen Catholic	3:25.0
2005 (B)-Ramsey	3:34.9
2006 (A)-Northern Highlands	3:28.8
2006-(B)-Fort Lee	3:29.4
2007 (A)-Don Bosco	3:21.8
2007 (B)-River Dell	3:32.5
2008 (A)-Teaneck	3:22.2
2008 (B)-Indian Hills	3:28.6
2009 (A)-Teaneck	3:31.9
2009 (B)-Englewood	3:27.9
2010 (A)-Bergen Catholic	3:20.4
2010 (B)-Indian Hills	3:25.7

4-x-800 METERS (4-x-880 yards 1962-1980)

1962-Hackensack	8:24.7
1963-Pascack Valley	8:13.9
1964-Pascack Valley	8:14.8
1965-Ridgewood	8:15.8
1966-Bergen Catholic	8:15.8
1967-Teaneck	8:26.8
1968-Bergen Catholic	8:14.1
1969-St. Joseph Regional	8:24.4
1970-St. Joseph Regional	8:17.4
1971-Hackensack	8:14.8
1972-Bergen Catholic	8:12.7
1973-Paramus	8:11.0
1974-Bergen Catholic	8:01.1
1975-	
1976-Ridgewood	8:07.0
1977-Bergen Catholic	8:10.2
1978-Bergen Catholic	8:11.7
1979-Ramsey	8:19.3
1980-Bergen Catholic	8:12.9
1981-Paramus Catholic	8:13.2
1982-Hackensack	8:13.8
1983-Hackensack	8:11.4
1984-Don Bosco	8:19.0
1985-Ridgewood	8:09.5
1986-Bergen Catholic	8:06.5
1987-Ridgewood	8:11.3
1988-St. Joseph Regional	8:17.6
1989-Ridgewood	8:16.8
1990-Paramus Catholic	8:14.5
1991-Ridgewood	8:16.9
1992-Don Bosco	8:15.4
1993-Ridgewood	8:09.4
1994-Don Bosco	8:15.6
1995-Bergen Catholic	8:17.4
1996-Bergen Catholic	8:23.4
1997-Ridgewood	8:26.1
1998 (4)-Hackensack	8:17.2
1998 (3)-Garfield	8:20.6
1999 (4)-Hackensack	8:20.9
1999 (3)-St. Joseph Regional	8:33.8
2000 (4)-Hackensack	8:08.6
2000 (3)-St. Joseph Regional	8:32.4
2001 (4)-Bergen Catholic	8:23.0

2001 (3)-River Dell	8:26.5
2002 (4)-Don Bosco	8:13.7
2002 (3)-Fort Lee	8:22.9
2003 (4)-Ridgewood	8:21.5
2003 (3)-Tenafly	8:40.9
2004 (A)-Ridgewood	8:18.3
2004 (B)-Indian Hills	8:19.8
2005 (A)-Ridgewood	8:18.9
2005 (B)-Ramsey	8:22.6
2006 (A)-Northern Highlands	8:09.7
2006 (B)-River Dell	8:38.4
2007 (A)-Don Bosco	8:20.2
2007 (B)-Cliffside Park	8:39.7
2008 (A)-Teaneck	8:20.8
2008 (B)-River Dell	8:27.0
2009 (A)-Don Bosco	8:10.9
2009 (B)-River Dell	8:23.2
2010 (A)-Don Bosco	8:11.4
2010 (B)-Pascack Valley	8:09.4

4-x-1600 METERS (4-x-1 mile 1962-1980)

1962-Teaneck	18:59.0
1963-Bergen Catholic	18:50.0
1964-Bergen Catholic	19:13.7
1965-Bergen Catholic	18:56.1
1966-Bergen Catholic	18:57.8
1967-Glen Rock	18:34.7
1968-Don Bosco	18:46.8
1969-Ramapo	18:43.2
1970-Ramapo	17:58.8
1971-Bergen Catholic	18:58.3
1972-Paramus Catholic	18:33.7
1973-Bergen Catholic	18:29.2
1974-	
1975-	
1976-Paramus Catholic	18:55.2
1977-Don Bosco	18:41.2
1978-Bergen Catholic	18:13.3
1979-Paramus Catholic	18:19.3
1980-Bergen Catholic	18:18.3
1981-St. Joseph Regional	18:17.5
1982-Demarest	18:38.0
1983-Bergen Catholic	18:22.7
1984-Ridgewood	18:42.5
1985-Ridgewood	18:21.9
1986-Ramsey	18:41.9
1987-Ridgewood	18:29.4
1988-Paramus Catholic	18:29.4
1989-Paramus Catholic	18:53.1
1990-Ridgewood	18:55.6
1991-Ridgewood	18:35.3
1992-Don Bosco	18:05.5
1993-Ridgewood	18:13.8
1994-Ridgewood	18:37.6
1995-Queen of Peace	18:51.4
1996-Ridgewood	18:53.6
1997-Demarest	19:04.9
1998 (4)-Don Bosco	18:07.9
1998 (3)-St. Joseph Regional	18:29.1
1999 (4)-Hackensack	18:36.2
1999 (3)-St. Joseph Regional	18:40.8
2000 (4)-Don Bosco	18:40.6

2000 (3)-Ramapo	19:04.5
2001 (4)-Don Bosco	18:40.1
2001 (3)-Demarest	19:02.9
2002 (4)-Don Bosco	18:41.8
2002 (3)-Demarest	18:52.2
2003 (4)-Ridgewood	18:38.0
2003 (3)-NV/Old Tappan	19:33.1
2004 (A)-Ridgewood	18:16.8
2004 (B)-Indian Hills	18:20.2
2005 (A)-Ridgewood	18:21.4
2005 (B)-River Dell	18:51.5
2006 (A)-Ridgewood	18:02.4
2006 (B)-Indian Hills	19:18.3
2007 (A)-Ridgewood	18:36.5
2007 (B)-Indian Hills	18:27.9
2008 (A)-Don Bosco	18:32.3
2008 (B)-Indian Hills	19:10.6
2009 (A)-Don Bosco	17:50.9
2009 (B)-Tenafly	19:14.8
2010 (A)-Don Bosco	18:08.8
2010 (B)-Indian Hills	18:46.7

SPRINT MEDLEY (one mile 1962-1980; 1600 meters 1981-)

1962-Northern Valley	3:39.7
1963-Bogota	3:39.8
1964-Glen Rock	3:38.5
1965-Tenafly	3:37.4
1966-St. Joseph Regional	3:37.2
1967-St. Joseph Regional	3:41.8
1968-Demarest	3:37.9
1969-River Dell	3:37.5
1970-St. Joseph Regional	3:37.4
1971-Ridgewood	3:36.3
1972-Bergen Catholic	3:41.2
1973-Pascack Hills	3:38.8
1974-	
1975-Paramus	3:31.2
1976-Bergen Catholic	3:32.9
1977-Ramsey	3:31.9
1978-Bergen Catholic	3:37.3
1979-Hackensack	3:36.3
1980-Don Bosco	3:40.7
1981-Hackensack	3:36.3
1982-Hackensack	3:37.6
1983-Teaneck	3:37.1
1984-Northern Highlands	3:40.6
1985-Don Bosco	3:37.2
1986-Bergen Catholic	3:39.8
1987-Ridgewood	3:37.7
1988-Hackensack	3:38.3
1989-Ridgewood	3:37.6
1990-Hackensack	3:40.0
1991-Hackensack	3:38.1
1992-Hackensack	3:43.0
1993-Don Bosco	3:41.7
1994-Bergen Catholic	3:42.9
1995-Bergen Catholic	3:38.3
1996-Bergen Catholic	3:38.4
1997-Bergen Catholic	3:38.7
1998 (4)-Don Bosco	3:38.7
1998 (3)-River Dell	3:40.8
1999 (4)-Ridgewood	3:36.5

1999 (3)-Old Tappan	3:48.7
2000 (4)-Ridgewood	3:34.0
2000 (3)-River Dell	3:41.5
2001 (4)-Bergen Catholic	3:37.1
2001 (3)-River Dell	3:43.4
2002 (4)-Bergen Catholic	3:34.1
2002 (3)-Tenafly	3:42.8
2003 (4)-Bergen Catholic	3:41.1
2003 (3)-River Dell	3:42.8
2004 (A)-Demarest	3:36.1
2004 (B)-Ramsey	3:45.8
2005 (A)-Bergen Catholic	3:35.0
2005 (B)-Demarest	3:38.9
2006 (A)-Teaneck	3:37.5
2006 (B)-Fort Lee	3:38.9
2007 (A)-Bergen Catholic	3:40.2
2007 (B)-River Dell	3:41.0
2008 (A)-Don Bosco	3:34.7
2008 (B)-Indian Hills	3:39.4
2009 (A)-Don Bosco	3:31.9
2009 (B)-Bergenfield	3:40.1
2010 (A)-Ramapo	3:32.7
2010 (B)-Indian Hills	3:36.0

DISTANCE MEDLEY (2.5 miles 1962-1980; 4000 meters 1981-)

1962-Pascack Valley	11:01.3
1963-Hackensack	11:07.7
1964-Bergen Catholic	11:01.5
1965-Bergen Catholic	11:01.0
1966-Demarest	11:19.8
1967-St. Joseph Regional	10:48.6
1968-St. Joseph Regional	10:46.0
1969-St. Joseph Regional	10:56.0
1970-St. Joseph Regional	11:05.2
1971-Bergen Catholic	10:36.4
1972-Ridgewood	10:45.2
1973-Northern Highlands	10:35.9
1974-	
1975-	
1976-St. Joseph Regional	10:32.6
1977-Paramus Catholic	10:47.9
1978-Bergen Catholic	10:47.3
1979-Paramus Catholic	10:33.9
1980-Bergen Catholic	10:48.7
1981-Ridgewood	10:37.2
1982-Ridgewood	10:38.3
1983-Hackensack	10:38.4
1984-Ridgewood	10:37.6
1985-Ridgewood	10:37.1
1986-Bergen Catholic	10:38.0
1987-Ridgewood	10:31.3
1988-Ridgewood	10:45.8
1989-Paramus Catholic	10:43.1
1990-Ridgewood	10:42.1
1991-Bergen Catholic	10:44.0
1992-Don Bosco	10:40.6
1993-Ridgewood	10:34.5
1994-Ridgewood	10:50.1
1995-Tenafly	10:56.2
1996-Ridgewood	10:53.5
1997-Don Bosco	10:52.0
1998 (4)-Don Bosco	10:45.2

1998 (3)-Demarest	10:51.6
1999 (4)-Hackensack	10:57.5
1999 (3)-Ramapo	11:17.7
2000 (4)-Hackensack	10:51.3
2000 (3)-Old Tappan	11:12.3
2001 (4)-Don Bosco	10:48.7
2001 (3)-River Dell	10:56.2
2002 (4)-Don Bosco	10:50.7
2002 (3)-Demarest	10:55.0
2003 (4)-Ridgewood	11:03.8
2003 (3)-Demarest	11:08.6
2004 (A)-Ridgewood	10:46.9
2004 (B)-Indian Hills	11:03.8
2005 (A)-Northern Highlands	10:39.8
2005 (B)-Demarest	10:44.9
2006 (A)-Don Bosco	10:44.6
2006 (B)-Indian Hills	11:03.0
2007 (A)-Ridgewood	10:32.5
2007 (B)-Tenafly	10:56.8
2008 (A)-Don Bosco	10:36.6
2008 (B)-Tenafly	10:59.9
2009 (A)-Ridgewood	10:50.7
2009 (B)-Mahwah	10:57.7
2010 (A)-Don Bosco	10:28.0
2010 (B)-Ramsey	10:47.4

SHUTTLE HURDLES (400 yards 1962-1970; 480 yards 1971-1980; 440 meters 1981-)

1962-Glen Rock	55.5
1963-Glen Rock, Paramus and Teaneck	55.7
1964-Teaneck	53.7
1965-Paramus	54.6
1966-New Milford	53.7
1967-New Milford	52.9
1968-St. Joseph Regional	50.1
1969-New Milford	52.9
1970-New Milford	50.7
1971-New Milford	63.5
1972-New Milford	62.5
1973-New Milford	62.1
1974-	
1975-	
1976-Tenafly	64.8
1977-Paramus Catholic	63.2
1978-Indian Hills	61.5
1979-Ramsey	64.4
1980-Teaneck	63.6
1981-Teaneck	63.6
1982-Ridgewood	64.3
1983-Teaneck	63.2
1984-Teaneck	64.2
1985-Don Bosco	62.9
1986-Hackensack	66.3
1987-Bergen Catholic	65.0
1988-Don Bosco	64.0
1989-Hackensack	67.3
1990-Bergen Catholic	64.9
1991-Hackensack	69.2
1992-Paramus Catholic	67.5
1993-Paramus Catholic	63.3
1994-Don Bosco	64.4
1995-Indian Hills	64.5
1996-Indian Hills	66.5

1997-Don Bosco	66.0
1998 (4)-Hackensack	65.2
1998 (3)-Paramus Catholic	66.4
1999 (4)-Don Bosco	63.4
1999 (3)-Garfield	66.8
2000 (4)-Hackensack	64.1
2000 (3)-River Dell	65.2
2001 (4)-Hackensack	65.6
2001 (3)-River Dell	66.3
2002 (4)-Bergen Catholic	66.5
2002 (3)-Old Tappan	66.4
2003 (4)-Hackensack	65.0
2003 (3)-River Dell	66.2
2004 (A)-Hackensack	62.8
2004 (B)-River Dell	64.7
2005 (A)-Hackensack	65.4
2005 (B)-Tenafly	66.9
2006 (A)-Don Bosco	65.2
2006 (B)-River Dell	66.4
2007 (A)-Hackensack	64.4
2007 (B)-Fort Lee	66.5
2008 (A)-Bergen Catholic	65.8
2008 (B)-Englewood	63.4
2009-(A)-Teaneck	63.8
2009 (B)-Tenafly	65.5
2010 (A)-Ridgewood	61.0
2010 (B)-Ramsey	64.1

INTERMEDIATE HURDLES (400 yard lows 1962-1970; 480 yard lows 1971-1975; 3 x 330 yard 1976-1979; 3 x 440 yard 1980; 3 x 400 meter 1981-)

1962-Pascack Valley	47.8
1963-Pascack Valley	47.1
1964-Bergen Catholic	46.8
1965-Pascack Valley	46.5
1966-New Milford	46.5
1967-New Milford	46.9
1968-St. Joseph Regional	45.5
1969-New Milford	47.6
1970-New Milford	45.8
1971-New Milford	56.9
1972-New Milford	56.0
1973-New Milford	55.5
1974-	
1975-	
1976-Paramus Catholic	2:06.0
1977-Don Bosco	2:03.0
1978-Indian Hills	2:04.0
1979-Fort Lee	2:07.1
1980-Paramus Catholic	2:58.8
1981-Hackensack	2:54.8
1982-Ridgewood	2:50.9
1983-Bergen Catholic	2:53.5
1984-Don Bosco	2:56.1
1985-Don Bosco	2:50.4
1986-Hackensack	2:54.4
1987-Bergen Catholic	2:59.4
1988-St. Joseph Regional	2:56.8
1989-Don Bosco	2:54.6
1990-Tenafly	3:04.8
1991-Bergen Catholic	3:03.2
1992-Indian Hills	2:56.4
1993-Don Bosco	2:56.8

1994-Don Bosco	2:56.9
1995-Bergen Catholic	2:56.8
1996-Bergen Catholic	2:58.1
1997-River Dell	2:58.2
1998 (4)-Hackensack	2:58.6
1998 (3)-Paramus Catholic	3:01.2
1999 (4)-Hackensack	2:50.3
1999 (3)-Garfield	3:02.3
2000 (4)-Hackensack and Don Bosco	2:59.1
2000 (3)-River Dell	2:56.8
2001 (4)-Ridgewood	2:58.6
2001 (3)-River Dell	3:00.3
2002 (4)-Don Bosco	2:57.3
2002 (3)-River Dell	2:58.2
2003 (4)-Hackensack	3:00.4
2003 (3)-River Dell	2:55.8
2004 (A)-Hackensack	2:53.8
2004 (B)-Northern Highlands	2:59.3
2005 (A)-Hackensack	2:54.2
2005 (B)-Ramsey	3:01.9
2006 (A)-Ridgewood	2:55.1
2006 (B)-River Dell	2:57.7
2007 (A)-Don Bosco	2:50.7
2007 (B)-Ridgewood	2:53.0
2008 (A)-Don Bosco	2:53.9
2008 (B)-River Dell	3:02.2
2009 (A)-Bergen Catholic	2:52.9
2009 (B)-River Dell	2:57.1
2010 (A)-Ridgewood	2:55.1
2010 (B)-Demarest	2:57.4

SHOT PUT

1962-Tenafly	141-11 $\frac{3}{4}$
1963-Tenafly	154-7 $\frac{1}{2}$
1964-Bergen Catholic	151-6
1965-Paramus	151-3 $\frac{1}{2}$
1966-Bergen Catholic	147-11
1967-New Milford	145-6 $\frac{1}{2}$
1968-New Milford	150-5
1969-St. Joseph Regional	170-9 $\frac{1}{2}$
1970-St. Joseph Regional	176-7 $\frac{1}{2}$
1971-Bergen Catholic	154-2
1972-St. Joseph Regional	144-6
1973-St. Joseph Regional	150-7
1974-	
1975-	
1976-Hackensack	153-7
1977-Demarest	152-1
1978-Demarest	146-0 $\frac{1}{2}$
1979-Hackensack	157-6
1980-Hackensack	156-2
1981-Hackensack	159-7
1982-Demarest	161-1 $\frac{1}{2}$
1983-Ridgewood	146-8 $\frac{1}{2}$
1984-Demarest	142-10 $\frac{3}{4}$
1985-Don Bosco	146-4 $\frac{3}{4}$
1986-Demarest	140-2
1987-Hackensack	149-11
1988-Indian Hills	144-3 $\frac{3}{4}$
1989-St. Joseph Regional	143-5 $\frac{1}{2}$
1990-St. Joseph Regional	140-4 $\frac{1}{2}$
1991-St. Joseph Regional	136-5 $\frac{1}{2}$

1992-Indian Hills	135-3 ¾
1993-Paramus	136-5 ½
1994-Demarest	133-11 ½
1995-Ramsey	131-10 ½
1996-Bergen Catholic	145-3
1997-Demarest	135-4 ¾
1998 (4)-Hackensack	138-5 ¼
1998 (3)-Demarest	135-7 ¼
1999 (4)-Hackensack	136-9
1999 (3)-Demarest	124-0
2000 (4)-Hackensack	150-7
2000 (3)-Demarest	133-9 ¼
2001 (4)-Hackensack	150-8 ½
2001 (3)-Garfield	147-11 ¾
2002 (4)-Hackensack	145-9 ½
2002 (3)-Garfield	127-11
2003 (4)-Don Bosco	125-3 ½
2003 (3)-St. Joseph Regional	121-9
2004 (A)-Don Bosco and Hackensack	131-3 ¼
2004 (B)-St. Joseph Regional	130-10 ½
2005 (A)-Hackensack	135-10
2005 (B)-St. Joseph Regional	130-9 ½
2006 (A)-Ridgewood	130-3 ¾
2006 (B)-River Dell	141-8 ½
2007 (A)-Paramus Catholic	129-4
2007 (B)-River Dell	151-0 ¼
2008 (A)-Paramus Catholic	135-11 ½
2008 (B)-Mahwah	136-2
2009 (A)-Old Tappan	130-11 ½
2009 (B)-River Dell	137-8 ½
2010 (A)-Ridgewood	124-11 ½
2010 (B)-River Dell	131-4 ¼

DISCUS

1962-Pascack Valley	399-3
1963-Tenafly	449-1
1964-Paramus	434-2
1965-Paramus	470-8
1966-St. Joseph Regional	434-8
1967-St. Joseph Regional	430-10
1968-Paramus	450-8
1969-St. Joseph Regional	447-7
1970-St. Joseph Regional	466-6
1971-St. Joseph Regional	433-7
1972-River Dell	409-1
1973-St. Joseph Regional	398-7
1974-	
1975-	
1976-Ramapo	423-8
1977-Demarest	455-8
1978-Hackensack	411-9
1979-Fair Lawn	436-5
1980-Fair Lawn	455-4
1981-Hackensack	443-2
1982-Demarest	446-11
1983-Demarest	381-10
1984-Demarest	401-2
1985-Demarest	393-7
1986-Demarest	409-3
1987-Demarest	408-11
1988-Indian Hills	410-7
1989-St. Joseph Regional	401-3

1990-Don Bosco	397-11
1991-Ridgewood	377-7
1992-Demarest	385-5
1993-Demarest	394-2
1994-Bergen Catholic	401-8
1995-Bergen Catholic	433-7
1996-Bergen Catholic	434-4
1997-Bergen Catholic	374-6
1998 (4)-Bergen Catholic	408-8
1998 (3)-River Dell	362-1
1999 (4)-Bergen Catholic	378-6
1999 (3)-St. Joseph Regional	343-3
2000 (4)-Hackensack	361-3
2000 (3)-Pascack Valley	357-4
2001 (4)-Hackensack	402-1
2001 (3)-Garfield	390-6
2002 (4)-Hackensack	398-11
2002 (3)-Demarest	378-5
2003 (4)-Hackensack	355-2
2003 (3)-Old Tappan	354-4
2004 (A)-Hackensack	399-9
2004 (B)-Indian Hills	375-0
2005 (A)-Hackensack	404-9
2005 (B)-Demarest	404-8
2006 (A)-Don Bosco	373-5
2006 (B)-River Dell	408-5
2007 (A)-Old Tappan	380-6
2007 (B)-River Dell	428-2
2008 (A)-Ridgewood	368-10
2008 (B)-Indian Hills	361-1
2009 (A)-Don Bosco	383-3
2009 (B)-River Dell	401-10
2010 (A)-Old Tappan	393-5
2010 (B)-River Dell	447-8

JAVELIN (New Javelin Introduced 2002)

1976-Don Bosco	453-9
1977-Don Bosco	474-5
1978-Don Bosco	498-3
1979-Don Bosco	506-0
1980-Don Bosco	464-4
1981-Paramus Catholic	480-3
1982-Dumont	524-4
1983-Demarest	522-5
1984-Demarest	509-11
1985-Tenafly	517-9
1986-Hackensack	464-1
1987-Demarest	491-2
1988-Tenafly	473-4
1989-Demarest	452-1
1990-Demarest	439-2
1991-Dumont	418-6
1992-Dumont	485-5
1993-Demarest	412-0
1994-Demarest	452-3
1995-Demarest	467-1
1996-Garfield	444-1
1997-Demarest	446-7
1998 (4)-Ridgewood	442-8
1998 (3)-Fort Lee	444-2
1999 (4)-Don Bosco	424-1
1999 (3)-Garfield	443-9

2000 (4)-Ridgewood	396-9
2000 (3)-Garfield	416-7
2001 (4)-Hackensack	379-9
2001 (3)-Fort Lee	445-11
2002 (4)-Bergen Catholic	374-0
2002 (3)-St. Joseph Regional	468-7
2003 (4)-Hackensack	375-3
2003 (3)-Demarest	368-5
2004 (A)-Hackensack	453-2
2004 (B)-Garfield	384-1
2005 (A)-Ridgewood	431-1
2005 (B)-Demarest	423-7
2006 (A)-Old Tappan	445-5
2006 (B)-River Dell	434-4
2007 (A)-Old Tappan	427-5
2007 (B)-River Dell	439-2
2008 (A)-Old Tappan	428-7
2008 (B)-Mahwah	447-11
2009 (A)-Demarest	472-6
2009 (B)-Ramsey	428-11
2010 (A)-Ridgewood	419-0
2010 (B)-River Dell	448-9

HIGH JUMP

1962-Ramapo	16-2
1963-Glen Rock and Pascack Valley	17-0
1964-Ramapo	18-2
1965-Hackensack	17-0
1966-Tenafly	17-1 ¼
1967-Hackensack	16-8
1968-Dumont	16-10
1969-Pascack Hills	17-0
1970-New Milford	17-8
1971-Old Tappan	17-9
1972-New Milford	17-4
1973-New Milford	16-10
1974-	
1975-	
1976-Paramus	17-8
1977-Indian Hills	17-8
1978-Bergen Catholic	17-6
1979-Teaneck	18-0
1980-Paramus Catholic	17-2
1981-Paramus Catholic and Hackensack	17-4
1982-Hackensack	18-8
1983-Teaneck	17-6
1984-Teaneck	17-9
1985-Don Bosco	17-6
1986-Tenafly	16-4
1987-Hackensack	17-6
1988-Tenafly	17-8
1989-Don Bosco	17-8
1990-Hackensack	17-8
1991-Paramus Catholic	17-10
1992-Paramus Catholic	17-0
1993-Paramus Catholic	17-10
1994-St. Joseph Regional	17-2
1995-Indian Hills	17-10
1996-Paramus Catholic	17-4
1997-Hackensack and Don Bosco	18-0
1998 (4)-Hackensack	17-10
1998 (3)-Paramus Catholic	17-0

1999 (4)-Hackensack, Don Bosco and Bergen Catholic	16-4
1999 (3)-St. Joseph Regional	11-4
2000 (4)-Ridgewood	16-4
2000 (3)-St. Joseph Regional	17-7
2001 (4)-Hackensack, Ridgewood and Teaneck	16-8
2001 (3)-River Dell	17-0
2002 (4)-Teaneck	17-4
2002 (3)-Pascack Valley	17-2
2003 (4)-Ridgewood and Hackensack	16-10
2003 (3)-Tenafly	16-8
2004 (A)-Hackensack	17-6
2004 (B)-Tenafly	16-10
2005 (A)-Teaneck	16-8
2005 (B)-Tenafly	15-10
2006 (A)-Paramus Catholic	16-3
2006 (B)-Tenafly	16-2
2007 (A)-Hackensack	17-0
2007 (B)-River Dell and Demarest	16-4
2008 (A)-Bergen Catholic	18-6
2008 (B)-Demarest	17-2
2009 (A)-Bergen Catholic and Don Bosco	17-4
2009 (B)-Mahwah	17-6
2010 (A)-Ridgewood	18-2
2010 (B)-Demarest	17-8

LONG JUMP

1962-Northern Valley	59-2
1963-Paramus	59-11 $\frac{3}{4}$
1964-Paramus	58-6 $\frac{1}{2}$
1965-Ramapo	61-9
1966-Bergen Catholic	60-7 $\frac{3}{4}$
1967-Demarest	60-5 $\frac{1}{2}$
1968-Teaneck	60-5
1969-Englewood	61-5 $\frac{1}{2}$
1970-Englewood	60-9 $\frac{1}{2}$
1971-Ridgewood	59-3 $\frac{1}{2}$
1972-St. Joseph Regional	56-8 $\frac{1}{4}$
1973-New Milford	56-6 $\frac{3}{4}$
1974-	
1975-	
1976-Paramus Catholic	60-6 $\frac{3}{4}$
1977-Indian Hills	60-2 $\frac{1}{4}$
1978-Englewood	58-10
1979-Teaneck	57-10 $\frac{1}{4}$
1980-Hackensack	57-1 $\frac{3}{4}$
1981-Hackensack	62-11 $\frac{1}{4}$
1982-Hackensack	60-9 $\frac{3}{4}$
1983-Teaneck	58-2 $\frac{3}{4}$
1984-Teaneck	54-11 $\frac{3}{4}$
1985-Don Bosco	58-0 $\frac{1}{2}$
1986-Hackensack	60-2 $\frac{1}{4}$
1987-Ridgewood	58-5 $\frac{1}{4}$
1988-Ridgewood	60-3 $\frac{3}{4}$
1989-Ridgewood	59-10 $\frac{1}{2}$
1990-Hackensack	61-4
1991-Paramus Catholic	58-5
1992-cancelled	
1993-Paramus Catholic	59-9 $\frac{3}{4}$
1994-Hackensack	57-5 $\frac{1}{2}$
1995-Hackensack	59-7 $\frac{1}{2}$
1996-Indian Hills	58-3
1997-Demarest	56-0

1998 (4)-Hackensack	60-8
1998 (3)-Tenafly	57-7
1999 (4)-Teaneck	58-8
1999 (3)-Paramus Catholic	58-6 $\frac{3}{4}$
2000 (4)-Hackensack	60-11 $\frac{1}{4}$
2000 (3)-Pascack Valley	57-11 $\frac{3}{4}$
2001 (4)-Teaneck	58-11 $\frac{3}{4}$
2001 (3)-Garfield	60-3
2002 (4)-Teaneck	61-2
2002 (3)-Garfield	60-11
2003 (4)-Don Bosco	59-6 $\frac{1}{2}$
2003 (3)-Garfield	58-2 $\frac{1}{2}$
2004 (A)-Bergenfield	58-7
2004 (B)-Fort Lee	57-0 $\frac{1}{4}$
2005 (A)-Hackensack	56-5 $\frac{1}{2}$
2005 (B)-Demarest	56-7 $\frac{3}{4}$
2006 (A)-Northern Highlands	57-3
2006 (B)-Tenafly	56-9 $\frac{1}{2}$
2007 (A)-Hackensack	61-10 $\frac{1}{2}$
2007 (B)-Lodi	57-5 $\frac{3}{4}$
2008 (A)-Bergen Catholic	61-11
2008 (B)-Englewood	60-2
2009 (A)-Don Bosco	60-3 $\frac{1}{2}$
2009 (B)-Englewood	60-8 $\frac{1}{2}$
2010 (A)-Teaneck	59-4 $\frac{1}{4}$
2010 (B)-Ramsey	59-8 $\frac{1}{2}$

TRIPLE JUMP

1976-Teaneck	121-2 $\frac{1}{2}$
1977-Indian Hills	121-11 $\frac{1}{2}$
1978-Teaneck	122-11
1979-Teaneck	122-1 $\frac{1}{2}$
1980-Hackensack	125-1 $\frac{1}{2}$
1981-Hackensack	130-2 $\frac{1}{2}$
1982-Hackensack	127-9 $\frac{1}{4}$
1983-Teaneck	123-3 $\frac{3}{4}$
1984-Teaneck	121-6 $\frac{1}{4}$
1985-Hackensack	120-3 $\frac{1}{2}$
1986-Hackensack	125-10 $\frac{3}{4}$
1987-Hackensack	123-5 $\frac{1}{4}$
1988-Ridgewood	121-7 $\frac{1}{4}$
1989-Teaneck	128-1 $\frac{3}{4}$
1990-Paramus Catholic	119-5 $\frac{3}{4}$
1991-Hackensack	122-3 $\frac{3}{4}$
1992-Hackensack	122-9 $\frac{1}{4}$
1993-Paramus Catholic	118-10 $\frac{3}{4}$
1994-St. Joseph Regional	117-2 $\frac{3}{4}$
1995-Paramus Catholic	121-7
1996-Teaneck	123-0 $\frac{1}{2}$
1997-Garfield	119-6 $\frac{1}{2}$
1998 (4)-Ridgewood	116-8
1998 (3)-St. Joseph Regional	120-5
1999 (4)-Teaneck	123-2 $\frac{1}{4}$
1999 (3)-Tenafly	113-0
2000 (4)-Ridgewood	119-10 $\frac{1}{2}$
2000 (3)-St. Joseph Regional	118-10
2001 (4)-Teaneck	117-11
2001 (3)-Bergenfield	121-5 $\frac{1}{4}$
2002 (4)-Don Bosco	126-7
2002 (3)-Bergenfield	125-11
2003 (4)-Hackensack	127-0 $\frac{3}{4}$
2003 (3)-Demarest	122-8 $\frac{1}{2}$

2004 (4)-Bergenfield	130-0
2004 (3)-River Dell	118-1
2005 (A)-Northern Highlands	122-0 $\frac{3}{4}$
2005 (B)-Fort Lee	117-7 $\frac{1}{4}$
2006 (A)-Northern Highlands	130-0 $\frac{1}{4}$
2006 (B)-Tenafly	118-7 $\frac{1}{2}$
2007 (A)-Paramus Catholic	125-6 $\frac{1}{2}$
2007 (B)-Demarest	118-11 $\frac{3}{4}$
2008 (A)-Bergen Catholic	125-5
2008 (B)-Tenafly	122-7 $\frac{1}{4}$
2009-(A)-Old Tappan	125-0
2009 (B)-Englewood	123-8 $\frac{1}{4}$
2010 (A)-Don Bosco	122-8
2010 (B)-Englewood	127-0 $\frac{1}{4}$

POLE VAULT

1963-Pascack Valley	34-0
1964-Teaneck	33-0
1965-Pascack Valley	33-6
1966-St. Joseph Regional	34-0
1967-St. Joseph Regional	32-6
1968-Fort Lee	33-0
1969-Pascack Hills	34-0
1970-River Dell	34-0
1971-River Dell	36-6
1972-Bergen Catholic	35-0
1973-Old Tappan	34-0
1974-	
1975-	
1976-Hackensack	36-0
1977-Demarest	34-0
1978-Paramus Catholic	23-6
1979-Dumont	34-6
1980-Dumont	34-6
1981-Bergen Catholic	35-6
1982-Hackensack	36-0
1983-Hackensack	33-0
1984-Teaneck	35-6
1985-River Dell	32-0
1986-St. Joseph Regional	32-6
1987-Bergen Catholic	33-0
1988-Hackensack	22-0
1989-Hackensack	33-0
1990-Hackensack	33-0
1991-Ramsey	33-0
1992-Fair Lawn	33-0
1993-St. Joseph Regional and Fort Lee	31-0
1994-Demarest	35-6
1995-Fair Lawn	35-6
1996-Don Bosco	34-0
1997-Don Bosco	30-0
1998 (4)-Don Bosco and Ridgewood	32-6
1998 (3)-Old Tappan	32-6
1999 (4)-Don Bosco	32-0
1999 (3)-Demarest	20-0
2000 (4)-Ridgewood	33-6
2000 (3)-Paramus Catholic	31-0
2001 (4)-Hackensack and Don Bosco	33-0
2001 (3)-River Dell	31-6
2002 (4)-Don Bosco	34-6
2002 (3)-Ramapo	33-0
2003 (4)-cancelled	

2003 (3)-cancelled	
2004 (A)-Ridgewood	38-0
2004 (B)-River Dell	29-0
2005 (A)-Hackensack	34-6
2005 (B)-Ramsey	21-0
2006 (A)-CANCELLED	
2006 (B)-CANCELLED	
2007 (A)-Old Tappan	33-0
2007 (B)-Mahwah	37-7
2008 (A)-Old Tappan	36-0
2008 (B)-Mahwah	35-0
2009 (A)-Old Tappan	36-0
2009 (B)-Fort Lee	34-0
2010 (A)-Ridgewood	33-0
2010 (B)-Demarest	38-0

BOYS GROUP 1-2

Top Three Teams

1962-Westwood 39, Leonia 23 ½, Glen Rock 20
1963-Westwood 46, Demarest 42, Mahwah 31
1964-Demarest 51, St. Luke's 44, Westwood 33
1965-
1966-Pascack Valley 47, Waldwick 29, Westwood 28
1967-Tenafly 42, Pascack Valley 40 1/3, Westwood 34
1968-Tenafly 42, Northern Highlands 31, Indian Hills 25
1969-Indian Hills 38, Paramus Catholic 35, Cresskill 29
1970-Northern Highlands 40, Tenafly 30, Paramus Catholic 24
1971-Paramus Catholic 37, Pascack Valley 31, Northern Highlands 27
1972-Rutherford 45, Ramsey 31, Pascack Valley/Saddle Brook 26
1973-Paramus Catholic 66, Saddle Brook 25, Pascack Valley 22
1974-
1975-
1976-New Milford 47, Saddle Brook 41, Rutherford 38
1977-Tenafly 54, Rutherford 52, Saddle Brook 49
1978-Saddle Brook 54, Rutherford 43, Tenafly 41
1979-Tenafly 47, Rutherford 30, Waldwick 29 ½
1980-Saddle Brook 42 ½, Rutherford 37, Tenafly 33
1981-Tenafly 57, Saddle Brook 35 ½, Cresskill 34
1982-Rutherford 48, Tenafly 39, Saddle Brook 34
1983-Tenafly 41, Emerson 35, Cresskill 31 ½
1984-Tenafly 69 ½, Emerson 28, Mahwah 26
1985-Lyndhurst 42 ½, Saddle Brook 39 ½, Ridgefield Park 26
1986-Waldwick 27, River Dell 25, Saddle Brook 24
1987-Saddle Brook 58, New Milford 32, Rutherford 23
1988-Saddle Brook 43, Dumont 40 ½, Rutherford 31
1989-Rutherford 52, Mahwah 31, Fort Lee 27 ½
1990-Saddle Brook 40, Mahwah 38, Ridgefield Park 32
1991-Ridgefield Park 57 ½, Saddle Brook 44 ½, Rutherford 26 ½
1992-Ridgefield Park 72 ½, Saddle Brook 71 ½, Englewood 68
1993-Ridgefield Park 101, Englewood 78, Glen Rock 62
1994-Glen Rock 94.2, Ridgefield Park 66, New Milford 62.2 (Hasbrouck Heights wins Group 1)
1995-Glen Rock 109, Westwood 93, Northern Highlands 35 (Westwood wins Group 2)
1996-Glen Rock 80 ¼, Westwood 78 ¼, Palisades Park 47 (Palisades Park wins Group 1)
1997-Westwood 101, Glen Rock 75, Mahwah and Englewood 42 (Glen Rock wins Group 1)
1998 (2)-**Westwood 132**, Glen Rock 83, Ramsey 71
1998 (1)-Cresskill 109, Lyndhurst 100, Midland Park 88
1999 (2)-Ramsey 97, River Dell 78, Westwood 76
1999 (1)-**Glen Rock 134**, Cresskill 61.33, Saddle Brook 57.33
2000 (2)-Ramsey 108, Westwood 105, Rutherford 80
2000 (1)-Glen Rock 106, Lyndhurst 62, North Arlington 61

2001 (2)-Westwood 92, Dumont 83, Leonia 77
 2001 (1)-Glen Rock 126, Hasbrouck Heights 71, Cresskill 53
 2002 (2)-Ramsey 101, Leonia 100, Dumont 61
 2002 (1)-Glen Rock 102, Saddle Brook 76, Cresskill 56
 2003 (2)-Ramsey 110, Westwood 67, Pascack Hills 55
 2003 (1)-Glen Rock 124, Saddle Brook 62, Leonia 54
 2004 (C)-Glen Rock 99, Pascack Hills 70, Westwood 58
 2004 (D)-Saddle Brook 106, Palisades Park 93, Hasbrouck Heights 91
 2005 (C)-Westwood 95, Mahwah 64, Ridgefield Park 56
 2005 (D)-Hasbrouck Heights 116, Saddle Brook 106, Cresskill 85
 2006 (C)-Ramsey 83, Ridgefield Park 81, Westwood 62 ½
 2006 (D)-Hasbrouck Heights 87, Cresskill and Park Ridge 58
 2007 (C)-New Milford 91, Ramsey 82, Pascack Hills 78
 2007 (D)-Wood-Ridge 107, Cresskill 85, Park Ridge 65 ½
 2008 (C)-New Milford 80 ½, Pascack Hills 74, Leonia and Westwood 70
 2008 (D)-Cresskill 96, Hasbrouck Heights 86 ½, Park Ridge 82
 2009 (C)-Pascack Hills 89, Lyndhurst 72, Cresskill 64
 2009 (D)-Hasbrouck Heights 119, Emerson 76, Wood-Ridge 57
 2010 (C)-Ridgefield Park 96, Lyndhurst 75, Pascack Hills 62 ½
 2010 (D)-Hasbrouck Heights 143, Wood-Ridge 83, Emerson 53

400 METERS (440 yards 1962-1980)

1962-Glen Rock	46.0
1963-Westwood	45.2
1964-Wood-Ridge	45.4
1965-Demarest	45.5
1966-Waldwick	45.5
1967-Tenafly	44.5
1968-Tenafly	44.8
1969-Rutherford	44.9
1970-East Paterson	44.9
1971-Rutherford	45.8
1972-Rutherford	46.7
1973-Mahwah	45.3
1974-Englewood	44.4
1975-	
1976-New Milford	46.0
1977-Rutherford	45.8
1978-Emerson	46.6
1979-Emerson	46.6
1980-Emerson	46.4
1981-Bergen Tech	46.0
1982-Rutherford	45.9
1983-Fort Lee	46.4
1984-Emerson	45.4
1985-Saddle Brook	46.1
1986-River Dell	46.4
1987-Waldwick	46.6
1988-Waldwick	45.9
1989-Waldwick	46.9
1990-Lyndhurst	46.6
1991-Englewood	46.0
1992-Englewood	46.7
1993-Rutherford	46.5
1994-Ridgefield Park	45.8
1995-Glen Rock	46.4
1996-Englewood	45.5
1997-Englewood	44.3
1998 (2)-Westwood	46.3
1998 (1)-Emerson	47.1
1999 (2)-Rutherford	46.7
1999 (1)-Glen Rock	45.2

2000 (2)-Westwood	45.1
2000 (1)-Lyndhurst	46.3
2001 (2)-Dumont	45.6
2001 (1)-Glen Rock	44.8
2002 (2)-Ridgefield Park	45.4
2002 (1)-Saddle Brook	45.5
2003 (2)-Ridgefield Park	46.2
2003 (1)-Saddle Brook	45.7
2004 (C)-Englewood	45.4
2004 (D)-Saddle Brook	45.5
2005 (C)-Queen of Peace	45.4
2005 (D)-Saddle Brook	45.9
2006 (C)-New Milford	46.7
2006 (D)-North Arlington	47.1
2007 (C)-New Milford	44.6
2007 (D)-Emerson	46.0
2008 (C)-Leonia	45.1
2008 (D)-Emerson	45.7
2009 (C)-Elmwood Park	45.2
2009 (D)-Emerson	44.7
2010 (C)-Lodi	45.2
2010 (D)-Hasbrouck Heights	44.7

800 METERS (880 yards 1962-1980)

1962-Leonia	1:33.5
1963-Westwood	1:33.6
1964-Wood-Ridge	1:33.4
1965-Wood-Ridge	1:35.7
1966-Waldwick	1:34.9
1967-Tenafly	1:31.7
1968-Tenafly	1:32.9
1969-Rutherford	1:33.9
1970-Tenafly	1:32.4
1971-Ridgefield Park	1:35.0
1972-Rutherford	1:35.5
1973-Waldwick	1:35.1
1974-	
1975-	
1976-New Milford	1:33.5
1977-Rutherford	1:33.8
1978-Emerson	1:36.3
1979-Lyndhurst	1:39.3
1980-Emerson	1:36.3
1981-Tenafly	1:36.2
1982-Emerson	1:36.7
1983-Emerson	1:37.1
1984-Emerson	1:35.5
1985-Fort Lee	1:35.4
1986-Hasbrouck Heights	1:34.8
1987-New Milford	1:34.4
1988-New Milford	1:35.5
1989-Rutherford	1:36.1
1990-Englewood	1:34.9
1991-Englewood	1:32.7
1992-Englewood	1:31.7
1993-Ridgefield Park	1:35.8
1994-Ridgefield Park	1:32.7
1995-Glen Rock	1:36.1
1996-Englewood	1:32.8
1997-Englewood	1:33.4
1998 (2)-Westwood	1:32.7
1998 (1)-Wallington	1:35.0

1999 (2)-Englewood	1:33.9
1999 (1)-Glen Rock	1:34.7
2000 (2)-Rutherford	1:34.4
2000 (1)-Lyndhurst	1:34.9
2001 (2)-Dumont	1:33.4
2001 (1)-Glen Rock	1:33.2
2002 (2)-Ridgefield Park	1:34.2
2002 (1)-Glen Rock	1:33.2
2003 (2)-Westwood	1:36.3
2003 (1)-Glen Rock	1:35.4
2004 (C)-Westwood	1:33.2
2004 (D)-Palisades Park	1:33.5
2005 (C)-Westwood	1:32.2
2005 (D)-Hasbrouck Heights	1:35.8
2006 (C)-Westwood	1:32.0
2006 (D)-North Arlington	1:35.4
2007 (C)-New Milford	1:33.0
2007 (D)-North Arlington	1:34.4
2008 (C)-New Milford	1:33.8
2008 (D)-Hasbrouck Heights	1:34.0
2009 (C)-Westwood	1:34.3
2009 (D)-Hasbrouck Heights	1:33.7
2010 (C)-Westwood	1:33.3
2010 (D)-Hasbrouck Heights	1:33.0

1600 METERS (one mile 1962-1980)

1962-Glen Rock	3:36.2
1963-St. Luke's	3:33.8
1964-Rutherford	3:36.7
1965-St. Luke's	3:38.2
1966-Pascack Hills	3:34.8
1967-Tenafly	3:35.5
1968-Ramsey	3:35.3
1969-Waldwick	3:34.5
1970-Pascack Valley	3:26.9
1971-Pascack Valley	3:32.0
1972-Saddle Brook	3:36.2
1973-Paramus Catholic	3:24.9
1974-	
1975-	
1976-Midland Park	3:31.9
1977-Tenafly	3:31.2
1978-Emerson	3:32.6
1979-Tenafly	3:34.1
1980-Rutherford	3:36.5
1981-Fort Lee	3:34.2
1982-Tenafly	3:32.9
1983-Tenafly	3:32.4
1984-Tenafly	3:36.7
1985-Lyndhurst	3:33.2
1986-Hasbrouck Heights	3:33.3
1987-New Milford	3:35.1
1988-Dumont	3:35.2
1989-Rutherford	3:37.7
1990-Ridgefield Park	3:36.1
1991-Ridgefield Park	3:37.5
1992-Englewood	3:33.5
1993-Englewood	3:29.9
1994-Englewood	3:37.2
1995-Glen Rock	3:33.5
1996-Glen Rock	3:29.7
1997-Englewood	3:28.1

1998 (2)-Westwood	3:39.8
1998 (1)-Midland Park	3:34.1
1999 (2)-River Dell	3:30.9
1999 (1)-Glen Rock	3:35.6
2000 (2)-Ramsey	3:35.1
2000 (1)-Glen Rock	3:33.3
2001 (2)-Mahwah	3:30.5
2001 (1)-Hasbrouck Heights	3:29.8
2002 (2)-Ramsey	3:39.3
2002 (1)-Glen Rock	3:31.5
2003 (2)-Westwood	3:30.3
2003 (1)-Glen Rock	3:31.5
2004 (C)-Englewood	3:41.1
2004 (D)-Saddle Brook	3:37.0
2005 (C)-Westwood	3:29.6
2005 (D)-Hasbrouck Heights	3:36.7
2006 (C)-Westwood	3:31.0
2006 (D)-Park Ridge	3:35.1
2007 (C)-New Milford	3:31.0
2007 (D)-Park Ridge	3:28.8
2008 (C)-Leonia	3:28.6
2008 (D)-Park Ridge	3:25.7
2009 (C)-Westwood	3:32.7
2009 (D)-Hasbrouck Heights	3:34.6
2010 (C)-Westwood	3:29.2
2010 (D)-Hasbrouck Heights	3:32.4

3200 METERS (two miles 1962-1980)

1962-Bogota	8:24.7
1963-Demarest	8:55.9
1964-Demarest	8:32.3
1965-Demarest	8:32.1
1966-Waldwick	8:50.9
1967-Waldwick	8:18.4
1968-Waldwick	8:15.7
1969-Paramus Catholic	8:27.6
1970-Saddle Brook	8:21.9
1971-Queen of Peace	8:22.5
1972-Park Ridge	8:27.1
1973-Paramus Catholic	8:08.0
1974-	
1975-	
1976-Saddle Brook	8:33.0
1977-Leonia	8:11.9
1978-Rutherford	8:30.0
1979-Queen of Peace	8:15.1
1980-Queen of Peace	8:20.1
1981-Queen of Peace	8:23.6
1982-Rutherford	8:23.1
1983-Saddle Brook	8:30.3
1984-Tenafly	8:52.0
1985-Saddle Brook	8:36.3
1986-Westwood	8:16.7
1987-Palisades Park	8:32.5
1988-Dumont	8:30.2
1989-Rutherford	8:31.2
1990-Mahwah	8:36.8
1991-Pascack Hills	8:35.3
1992-Leonia	8:47.8
1993-Englewood	8:38.1
1994-Hasbrouck Heights	8:45.0
1995-Westwood	8:34.6

1996-Westwood	8:36.2
1997-Westwood	8:36.4
1998 (2)-Westwood	8:32.0
1998 (1)-Midland Park	9:04.4
1999 (2)-Ramsey	8:43.2
1999 (1)-Midland Park	8:46.2
2000 (2)-Rutherford	8:33.6
2000 (1)-Ridgefield	8:54.7
2001 (2)-Leonia	8:42.6
2001 (1)-Saddle Brook	8:44.9
2002 (2)-Ramsey	8:35.7
2002 (1)-Saddle Brook	8:38.0
2003 (2)-Indian Hills	8:18.6
2003 (1)-Palisades Park	8:48.0
2004 (C)-Glen Rock	8:48.6
2004 (D)-Midland Park	8:30.7
2005 (C)-Queen of Peace	8:38.5
2005 (D)-Saddle Brook	8:46.1
2006 (C)-Ramsey	8:48.5
2006 (D)-Waldwick	9:18.9
2007 (C)-Pascack Hills	8:38.9
2007 (D)-Park Ridge	8:23.4
2008 (C)-Rutherford	8:33.2
2008 (D)-Park Ridge	8:31.1
2009 (C)-Pascack Hills	8:26.1
2009 (D)-Saddle Brook	8:49.9
2010 (C)-Leonia	8:51.5
2010 (D)-Hasbrouck Heights	8:57.0

6400 METERS (four mile 1962-1980)

1963-Westwood	19:04.5
1964-Demarest	19:52.4
1965-Westwood	19:37.3
1966-Saddle Brook	19:05.1
1967-Northern Highlands	19:04.1
1968-Queen of Peace	19:11.9
1969-Indian Hills	19:02.1
1970-Paramus Catholic	18:33.7
1971-Paramus Catholic	18:56.5
1972-Ramsey	19:02.9
1973-Pascack Valley	18:25.6
1974-	
1975-	
1976-Park Ridge	18:58.8
1977-Tenafly	19:15.1
1978-Saddle Brook	18:49.1
1979-Queen of Peace	18:21.4
1980-Queen of Peace	19:06.0
1981-Cresskill	19:20.2
1982-Saddle Brook	19:31.0
1983-Tenafly	19:08.5
1984-Tenafly	19:57.2
1985-Mahwah	19:04.7
1986-Fort Lee	19:44.2
1987-Saddle Brook	19:12.0
1988-Dumont	18:46.6
1989-Rutherford	19:47.1
1990-Waldwick	19:28.0
1991-Saddle Brook	19:27.4
1992-Saddle Brook	19:36.5
1993-Glen Rock	19:49.9
1994-Northern Highlands	19:16.7

1995-Northern Highlands	19:04.3
1996-Westwood	19:00.9
1997-Glen Rock	19:51.4
1998 (2)-Glen Rock	18:52.5
1998 (1)-Midland Park	19:35.2
1999 (2)-Rutherford	19:25.1
1999 (1)-Glen Rock	19:23.1
2000 (2)-Rutherford	19:05.4
2000 (1)-Ridgefield	19:50.7
2001 (2)-Leonia	19:22.0
2001 (1)-Glen Rock	19:39.0
2002 (2)-Ramsey	19:41.8
2002 (1)-Glen Rock	19:02.9
2003 (2)-Indian Hills	19:24.7
2003 (1)-Midland Park	19:36.7
2004 (C)-Glen Rock	18:37.8
2004 (D)-Midland Park	18:36.0
2005 (C)-Rutherford	19:29.6
2005 (D)-Saddle Brook	20:09.8
2006 (C)-Ramsey	19:30.3
2006 (D)-Midland Park	19:43.0
2007 (C)-Ramsey	19:25.5
2007 (D)-Wallington	19:53.7
2008 (C)-Westwood	19:19.0
2008 (D)-Park Ridge	19:18.1
2009 (C)-Pascack Hills	18:49.4
2009 (D)-Saddle Brook	19:37.2
2010 (C)-Ridgefield Park	19:47.5
2010 (D)-Hasbrouck Heights	20:10.1

SPRINT MEDLEY (one mile 1962-1980, 1600 meters 1981-)

1962-Westwood	3:57.8
1963-Demarest	3:48.0
1964-Demarest	3:43.1
1965-Demarest	3:44.4
1966-Pascack Valley	3:46.8
1967-Pascack Valley	3:43.7
1968-Paramus Catholic	3:42.0
1969-Paramus Catholic	3:44.4
1970-Leonia	3:38.7
1971-Queen of Peace	3:38.8
1972-Queen of Peace	3:41.2
1973-Paramus Catholic	3:35.5
1974-	
1975-	
1976-Saddle Brook	3:42.1
1977-Tenafly	3:38.9
1978-Saddle Brook	3:43.5
1979-Queen of Peace	3:42.3
1980-Cresskill	3:43.4
1981-Queen of Peace	3:42.0
1982-Midland Park	3:42.5
1983-Ridgefield Park	3:44.2
1984-Rutherford	3:50.6
1985-New Milford	3:47.0
1986-Pascack Hills	3:43.7
1987-Saddle Brook	3:45.3
1988-Saddle Brook	3:38.9
1989-Mahwah	3:43.3
1990-Ridgefield Park	3:45.8
1991-Rutherford	3:46.1
1992-Englewood	3:46.1

1993-Englewood	3:49.0
1994-Glen Rock	3:50.8
1995-Glen Rock	3:41.9
1996-Glen Rock	3:43.9
1997-Westwood	3:40.7
1998 (2)-Westwood	3:41.5
1998 (1)-Emerson	3:42.9
1999 (2)-River Dell	3:40.7
1999 (1)-Glen Rock	3:42.6
2000 (2)-Ramsey	3:46.2
2000 (1)-Hasbrouck Heights	3:44.6
2001 (2)-Westwood	3:42.4
2001 (1)-Hasbrouck Heights	3:38.8
2002 (2)-Rutherford	3:43.8
2002 (1)-Saddle Brook	3:41.3
2003 (2)-Westwood	3:45.4
2003 (1)-Leonia	3:48.7
2004 (C)-Leonia	3:44.1
2004 (D)-Palisades Park	3:43.2
2005 (C)-Westwood	3:52.0
2005 (D)-Hasbrouck Heights	3:44.9
2006 (C)-Glen Rock	3:45.2
2006 (D)-Park Ridge	3:44.2
2007 (C)-Pascack Hills	3:44.5
2007 (D)-Midland Park	3:49.7
2008 (C)-Leonia	3:39.9
2008 (D)-Midland Park	3:50.6
2009 (C)-Rutherford	3:42.4
2009 (D)-Emerson	3:44.2
2010 (C)-Lyndhurst	3:39.5
2010 (D)-Hasbrouck Heights	3:40.5

DISTANCE MEDLEY (2.5 miles 1962-1980; 4000 meters 1981-)

1962-Westwood	11:33.2
1963-St. Luke's	10:58.4
1964-Demarest	11:10.5
1965-Demarest	11:25.8
1966-Westwood	11:00.3
1967-Westwood	10:53.0
1968-Queen of Peace	10:55.2
1969-Paramus Catholic	10:58.5
1970-Saddle Brook	10:52.5
1971-Saddle Brook	10:49.2
1972-Queen of Peace	10:53.6
1973-Paramus Catholic	10:37.9
1974-	
1975-	
1976-Saddle Brook	10:46.0
1977-Saddle Brook	10:59.7
1978-Tenafly	10:50.0
1979-Tenafly	11:01.3
1980-Cresskill	11:05.9
1981-Fort Lee	11:01.7
1982-Saddle Brook	11:11.9
1983-Mahwah	10:57.5
1984-Tenafly	11:08.8
1985-Ridgefield Park	11:07.4
1986-Westwood	10:58.8
1987-Westwood	10:58.5
1988-Dumont	10:56.6
1989-Mahwah	10:56.3
1990-Mahwah	11:20.8

1991-Ridgefield Park	11:16.1
1992-Leonia	11:24.8
1993-Glen Rock	11:20.0
1994-Westwood	11:14.5
1995-Westwood	10:58.4
1996-Saddle Brook	11:00.2
1997-Westwood	11:08.9
1998 (2)-Westwood	11:00.1
1998 (1)-Midland Park	11:19.7
1999 (2)-Ramsey	11:09.1
1999 (1)-Midland Park	11:13.4
2000 (2)-Rutherford	11:06.9
2000 (1)-Glen Rock	11:30.5
2001 (2)-Rutherford	11:01.9
2001 (1)-Ridgefield	11:19.2
2002 (2)-Indian Hills	11:01.0
2002 (1)-Glen Rock	11:00.5
2003 (2)-Indian Hills	11:26.2
2003 (1)-Glen Rock	11:22.9
2004 (C)-Glen Rock	11:12.1
2004 (D)-Midland Park	11:00.3
2005 (C)-Rutherford	11:16.3
2005 (D)-Saddle Brook	11:44.9
2006 (C)-Westwood	11:27.8
2006 (D)-Midland Park	11:09.9
2007 (C)-Pascack Hills	11:06.9
2007 (D)-Saddle Brook	11:18.9
2008 (C)-Westwood	11:15.3
2008 (D)-Park Ridge	11:01.2
2009 (C)-Pascack Hills	10:58.0
2009 (D)-Saddle Brook	11:18.2
2010 (C)-Ridgefield Park	11:23.2
201009 (D)-Saddle Brook	11:34.9

SHUTTLE HURDLES (400 yard highs 1963-1970; 480 yard highs 1971-1980; 440 meters 1981-)

1963-Mahwah	61.9
1964-St. Luke's	55.8
1965-Demarest	58.5
1966-Pascack Valley	56.7
1967-Westwood	57.0
1968-Northern Highlands	53.6
1969-Indian Hills	53.9
1970-Northern Highlands	53.1
1971-Northern Highlands	65.2
1972-Rutherford	65.8
1973-Paramus Catholic	63.0
1974-	
1975-	
1976-New Milford	62.1
1977-Rutherford	65.0
1978-Queen of Peace	64.7
1979-Rutherford	63.4
1980-Tenafly	63.3
1981-Tenafly	65.5
1982-Tenafly	65.6
1983-Tenafly	64.0
1984-Tenafly	63.0
1985-Dumont	67.0
1986-River Dell	69.0
1987-Saddle Brook	64.9
1988-Saddle Brook	63.5
1989-Rutherford	66.4

1990-Saddle Brook	64.0	
1991-Saddle Brook	65.5	
1992-Ridgefield Park	67.2	
1993-Ridgefield Park	66.6	
1994-Hasbrouck Heights	68.8	
1995-Westwood	67.5	
1996-Glen Rock	64.1	
1997-Glen Rock	66.8	
1998 (2)-Pascack Hills	70.5	
1998 (1)-Cresskill	70.0	
1999 (2)-River Dell	65.3	
1999 (1)-Glen Rock	66.4	
2000 (2)-Westwood	65.4	
2000 (1)-Glen Rock	64.1	
2001 (2)-Leonia	69.2	
2001 (1)-Glen Rock	65.9	
2002 (2)-Leonia	67.5	
2002 (1)-New Milford		66.5
2003 (2)-Ramsey	69.8	
2003 (1)-Leonia	68.1	
2004 (C)-Pascack Hills	65.2	
2004 (D)-Hasbrouck Heights	71.8	
2005 (C)-Glen Rock	66.0	
2005 (D)-Saddle Brook	65.6	
2006 (C)-Ramsey	65.2	
2006 (D)-Saddle Brook	65.6	
2007 (C)-Ramsey	67.2	
2007 (D)-Wood-Ridge		65.6
2008 (C)-Glen Rock	67.1	
2008 (D)-Park Ridge	73.3	
2009 (C)-Lyndhurst	69.7	
2009 (D)-Wood-Ridge		72.0
2010 (C)-Lyndhurst	67.1	
2010 (D)-Wood-Ridge		69.4

INTERMEDIATE HURDLES (400 yard lows 1963-1970; 480 yard lows 1971-1975; 990 yards 1976-1979; 1320 yards 1980; 1200 meters 1981-)

1963-Demarest	51.4
1964-St. Luke's	48.0
1965-Demarest	49.3
1966-Pascack Valley	49.3
1967-Pascack Valley	48.8
1968-Northern Highlands	47.8
1969-Waldwick	49.0
1970-Northern Highlands	47.5
1971-Northern Highlands	58.8
1972-Rutherford	56.0
1973-Paramus Catholic	55.8
1974-	
1975-	
1976-New Milford	2:04.7
1977-Saddle Brook	2:08.2
1978-Tenafly	2:03.6
1979-Tenafly	2:08.1
1980-Rutherford	2:59.6
1981-Waldwick	3:02.3
1982-Rutherford	2:56.7
1983-Tenafly	2:50.4
1984-Tenafly	2:56.4
1985-Dumont	3:06.2
1986-North Arlington	3:03.2
1987-Dumont	2:59.8

1988-Dumont	2:58.1	
1989-Rutherford	3:01.5	
1990-Mahwah	3:02.8	
1991-Saddle Brook	2:58.2	
1992-Saddle Brook	2:58.1	
1993-Englewood	2:59.7	
1994-Glen Rock	3:03.4	
1995-Westwood	2:59.8	
1996-Ramsey	2:54.7	
1997-Glen Rock	2:59.9	
1998 (2)-Pascack Hills	3:08.6	
1998 (1)-Lyndhurst	3:05.9	
1999 (2)-River Dell	2:51.9	
1999 (1)-Glen Rock	3:03.1	
2000 (2)-Ramsey	3:00.5	
2000 (1)-Glen Rock	2:57.8	
2001 (2)-Ramsey	3:01.7	
2001 (1)-Glen Rock	3:00.0	
2002 (2)-Ramsey	2:59.9	
2002 (1)-Glen Rock	2:59.8	
2003 (2)-Ramsey	3:05.9	
2003 (1)-Glen Rock	3:03.5	
2004 (C)-Glen Rock	3:04.7	
2004 (D)-Palisades Park	3:01.3	
2005 (C)-Glen Rock	3:02.5	
2005 (D)-Cresskill	3:06.7	
2006 (C)-Ramsey	3:03.7	
2006 (D)-Saddle Brook	3:02.9	
2007 (C)-New Milford	3:05.8	
2007 (D)-Wood-Ridge		3:03.8
2008 (C)-Pascack Hills	3:06.3	
2008 (D)-Hasbrouck Heights	3:07.2	
2009 (C)-Lyndhurst	3:07.9	
2009 (D)-Wood-Ridge		3:11.6
2010 (C)-Lyndhurst	3:07.0	
2010 (D)-Wood-Ridge		3:06.7

SHOT PUT

1962-Ridgefield Park	136-11 ½
1963-Hasbrouck Heights	143-9 ¾
1964-Fort Lee	137-3 ½
1965-Fort Lee	141-5
1966-Ridgefield Park	142-6 ½
1967-Ridgefield Park	147-8 ½
1968-Tenafly	144-10 ½
1969-Cresskill	139-6 ½
1970-Northern Highlands	140-9
1971-Indian Hills	153-9 ½
1972-Waldwick	132-10 ½
1973-Paramus Catholic	138-4
1974-	
1975-	
1976-Rutherford	155-3 ½
1977-Rutherford	148-8 ¼
1978-Saddle Brook	147-7 ½
1979-Waldwick	143-4 ¼
1980-Saddle Brook	144-11
1981-Saddle Brook	138-8
1982-Saddle Brook	140-4
1983-Emerson	143-2 ½
1984-Emerson	146-2 ¼
1985-Emerson	139-5 ¾

1986-Mahwah	140-4 $\frac{3}{4}$	
1987-Mahwah	141-3 $\frac{1}{4}$	
1988-Fort Lee	143-2 $\frac{1}{2}$	
1989-Mahwah	130-5	
1990-Elmwood Park	135-8	
1991-Mahwah	129-4 $\frac{1}{4}$	
1992-Mahwah	130-9	
1993-Cresskill	123-1 $\frac{1}{2}$	
1994-Midland Park	121-1 $\frac{1}{2}$	
1995-Mahwah	138-0	
1996-Mahwah	135-10 $\frac{3}{4}$	
1997-Westwood	128-0 $\frac{1}{2}$	
1998 (2)-Westwood	133-10 $\frac{1}{2}$	
1998 (1)-Wood-Ridge	126-9 $\frac{3}{4}$	
1999 (2)-Indian Hills	136-5	
1999 (1)-New Milford		134-1 $\frac{1}{2}$
2000 (2)-Ramsey	135-10 $\frac{1}{2}$	
2000 (1)-North Arlington	133-0	
2001 (2)-Ridgefield Park	127-1 $\frac{3}{4}$	
2001 (1)-Cresskill	132-8 $\frac{3}{4}$	
2002 (2)-Mahwah	138-8 $\frac{1}{4}$	
2002 (1)-Cresskill	132-10	
2003 (2)-Ramsey	120-1 $\frac{3}{4}$	
2003 (1)-Glen Rock	130-3 $\frac{3}{4}$	
2004 (C)-Glen Rock	129-11 $\frac{1}{2}$	
2004 (D)-Saddle Brook	127-3 $\frac{1}{2}$	
2005 (C)-Rutherford	132-0 $\frac{1}{2}$	
2005 (D)-Hasbrouck Heights	133-4	
2006 (C)-Pascack Hills	131-1 $\frac{3}{4}$	
2006 (D)-Hasbrouck Heights	149-8 $\frac{1}{4}$	
2007 (C)-Hasbrouck Heights	143-1 $\frac{1}{4}$	
2007 (D)-Cresskill	128-7	
2008 (C)-Westwood	131-0 $\frac{1}{2}$	
2008 (D)-Wood-Ridge		135-9 $\frac{1}{2}$
2009 (C)-New Milford	129-9	
2009 (D)-Hasbrouck Heights	135-8 $\frac{1}{2}$	
2010 (C)-Cresskill	128-6 $\frac{3}{4}$	
2010 (D)-Hasbrouck Heights	138-5	

DISCUS

1962-Westwood	400-9	
1963-Westwood	379-9	
1964-Fort Lee	383-5	
1965-Fort Lee		
1966-Pascack Valley	400-1	
1967-Pascack Valley	388-2	
1968-Indian Hills	407-0	
1969-Paramus Catholic	389-3	
1970-Northern Highlands	390-0	
1971-Indian Hills	375-3	
1972-Leonia	380-11	
1973-Paramus Catholic	394-7	
1974-		
1975-		
1976-Saddle Brook	385-6	
1977-Saddle Brook	414-1	
1978-Waldwick	419-9	
1979-Waldwick	403-10	
1980-Waldwick	401-2	
1981-Cresskill	386-5	
1982-Lyndhurst	381-11	
1983-Emerson	371-6	

1984-Mahwah	406-8	
1985-Fort Lee	380-7	
1986-Mahwah	391-10	
1987-Mahwah	402-1	
1988-Fort Lee	386-11	
1989-Fort Lee	384-4	
1990-Cresskill	360-10	
1991-Ridgefield Park	342-5	
1992-Mahwah	410-3	
1993-River Dell	354-2	
1994-New Milford	381-7	
1995-Mahwah	361-2	
1996-Mahwah	386-6	
1997-Westwood	339-5	
1998 (2)-Pascack Hills	363-4	
1998 (1)-Wood-Ridge	373-6	
1999 (2)-Pascack Hills	384-7	
1999 (1)-Wood-Ridge	380-9	
2000 (2)-Ramsey	360-3	
2000 (1)-Wood-Ridge	389-0	
2001 (2)-Mahwah	379-3	
2001 (1)-Glen Rock	367-9	
2002 (2)-Dumont	413-11	
2002 (1)-Palisades Park	376-4	
2003 (2)-Mahwah	375-7	
2003 (1)-Glen Rock	366-5	
2004 (C)-Glen Rock	375-11	
2004 (D)-Hasbrouck Heights	349-7	
2005 (C)-Rutherford	367-1	
2005 (D)-Hasbrouck Heights	370-10	
2006 (C)-Ridgefield Park	334-8	
2006 (D)-Hasbrouck Heights	374-10	
2007 (C)-Hasbrouck Heights	401-5	
2007 (D)-Wood-Ridge		378-2
2008 (C)-Westwood	317-4	
2008 (D)-Wood-Ridge		347-0
2009 (C)-New Milford	341-5	
2009 (D)-Wallington	334-9	
2010 (C)-Cresskill	377-0	
2010 (D)-Hasbrouck Heights	382-5	

JAVELIN (New Javelin beginning in 2002)

1976-Cresskill	472-8	
1977-Saddle Brook	474-3	
1978-Saddle Brook	499-2	
1979-Tenafly	454-0	
1980-Tenafly	453-7	
1981-Saddle Brook	506-0	
1982-North Arlington	531-1	
1983-Cresskill	471-1	
1984-Ridgefield Park	446-11	
1985-Ridgefield Park	513-0	
1986-North Arlington	468-8	
1987-River Dell	444-7	
1988-Fort Lee	484-3	
1989-Fort Lee	444-1	
1990-Saddle Brook	410-4	
1991-Ridgefield Park	483-7	
1992-Ridgefield Park	445-4	
1993-Ridgefield Park	515-10	
1994-Glen Rock	451-3	
1995-Glen Rock	459-7	

1996-Ridgefield Park	487-5	
1997-Ridgefield Park	480-3	
1998 (2)-Westwood	427-10	
1998 (1)-Wood-Ridge	395-10	
1999 (2)-Ridgefield Park	445-5	
1999 (1)-Glen Rock	445-2	
2000 (2)-Dumont	435-8	
2000 (1)-Glen Rock	438-6	
2001 (2)-Westwood	479-10	
2001 (1)-Glen Rock	463-8	
2002 (2)-Rutherford	432-4	
2002 (1)-Wood-Ridge	495-0	
2003 (2)-Rutherford	453-0	
2003 (1)-Wood-Ridge	441-0	
2004 (C)-Glen Rock	452-0	
2004 (D)-Wood-Ridge		481-8
2005 (C)-Westwood	479-0	
2005 (D)-Wood-Ridge		428-6
2006 (C)-Ridgefield Park	451-7	
2006 (D)-Wood-Ridge		486-3
2007 (C)-Ridgefield Park	432-7	
2007 (D)-Wood-Ridge		476-9
2008 (C)-Rutherford	440-6	
2008 (D)-Wood-Ridge		511-0
2009 (C)-New Milford	397-10	
2009 (D)-Midland Park	508-4	
2010 (C)-Ridgefield Park	423-11	
2010 (D)-Midland Park	429-9	

HIGH JUMP

1962-Glen Rock	16-4	
1963-Mahwah	16-8	
1964-St. Luke's	16-4	
1965-		
1966-Pascack Valley	16-4	
1967-Saddle Brook	16-8	
1968-Tenafly	17-0	
1969-Saddle Brook	16-10	
1970-Northern Highlands	17-8	
1971-Pascack Valley	17-0	
1972-Ramsey	17-4	
1973-Paramus Catholic	17-5	
1974-Park Ridge	17-10	
1975-		
1976-Midland Park	17-6	
1977-Tenafly	17-4	
1978-Saddle Brook	17-8	
1979-Waldwick	17-8	
1980-Waldwick	17-10	
1981-Tenafly	16-8	
1982-Cresskill	17-2	
1983-Cresskill	17-2	
1984-Tenafly	17-4	
1985-Lyndhurst	17-0	
1986-Waldwick	17-0	
1987-Saddle Brook and Rutherford	17-0	
1988-Mahwah	17-0	
1989-Mahwah	16-8	
1990-Saddle Brook	16-6	
1991-Saddle Brook	16-4	
1992-Mahwah	16-6	
1993-Leonia	16-10	

1994-Englewood	17-0	
1995-Westwood	16-10	
1996-Ramsey	17-0	
1997-Palisades Park	16-10	
1998 (2)-Westwood	16-6	
1998 (1)-Midland Park	10-8	
1999 (2)-Westwood	17-10	
1999 (1)-Glen Rock	11-4	
2000 (2)-Westwood	16-8	
2000 (1)-Wood-Ridge	16-4	
2001 (2)-Westwood	17-2	
2001 (1)-Wood-Ridge	17-0	
2002 (2)-Mahwah	16-8	
2002 (1)-New Milford, Westwood, Cresskill, Saddle Brook and Glen Rock	16-4	
2003 (2)-Ridgefield Park and Rutherford	15-10	
2003 (1)-Saddle Brook	17-2	
2004 (C)-Westwood	16-10	
2004 (D)-Saddle Brook	17-2	
2005 (C)-Mahwah	16-10	
2005 (D)-Saddle Brook and Cresskill	15-10	
2006 (C)-Ridgefield Park	17-0	
2006 (D)-Hasbrouck Heights	11-0	
2007 (C)-Dumont	17-2	
2007 (D)-Cresskill	16-10	
2008 (C)-Ridgefield Park	16-10	
2008 (D)-Cresskill	16-10	
2009 (C)-Westwood and Cresskill	16-6	16-6
2009 (D)-Midland Park	16-10	
2010 (C)-Leonia	17-8	
2010 (D)-Hasbrouck Heights and Midland Park	16-2	

LONG JUMP

1962-Westwood	56-2 ½	
1963-Fort Lee	57-9 ¾	
1964-St. Luke's	56-1 ½	
1965-		
1966-Pascack Valley	57-7 ½	
1967-Tenafly	57-8	
1968-Northern Highlands	57-7	
1969-Indian Hills	58-6	
1970-Tenafly	57-6 ¾	
1971-Cresskill	57-9	
1972-Rutherford	58-7 ½	
1973-Pascack Valley	56-7	
1974-		
1975-		
1976-Mahwah	58-10 ¾	
1977-Tenafly	56-11 ¼	
1978-Tenafly	57-5	
1979-Rutherford	57-9 ¾	
1980-Rutherford	57-5	
1981-Tenafly	57-3 ½	
1982-Rutherford	56-5 ½	
1983-Lyndhurst	58-0 ½	
1984-Tenafly	54-1 ¾	
1985-Dumont	56-6	
1986-Garfield	56-6 ¾	
1987-Saddle Brook	58-2 ½	
1988-Rutherford	56-3 ¼	
1989-Englewood	53-6 ½	
1990-Lyndhurst	59-9 ¼	
1991-Englewood	59-3 ½	

1992-Englewood	57-4 ¼
1993-Englewood	57-7 ¾
1994-Englewood	56-5
1995-Westwood	57-11 ½
1996-Westwood	55-1 ¾
1997-Rutherford	64-1
1998 (2)-Westwood	57-2 ¾
1998 (1)-Wallington	52-2 ¾
1999 (2)-Ramsey	57-11¼
1999 (1)-Glen Rock	61-10
2000 (2)-Rutherford	60-8 ½
2000 (1)-Glen Rock	60-0 ½
2001 (2)-Westwood	60-6 ¼
2001 (1)-Glen Rock	59-1 ¼
2002 (2)-Leonia	57-8 ½
2002 (1)-Palisades Park	58-8 ¾
2003 (2)-Westwood	53-3 ½
2003 (1)-Saddle Brook	60-3 ¼
2004 (C)-Leonia	56-5 ¾
2004 (D)-Saddle Brook	58-7 ½
2005 (C)-Westwood	56-8 ¼
2005 (D)-Saddle Brook	59-6 ¼
2006 (C)-Ridgefield Park	55-10 ¼
2006 (D)-Park Ridge	57-6 ¼
2007 (C)-Hasbrouck Heights	58-4 ¾
2007 (D)-North Arlington	57-9
2008 (C)-North Arlington	59-8 ¼
2008 (D)-Hasbrouck Heights	54-2
2009 (C)-Pascack Hills	57-2
2009 (D)-Hasbrouck Heights	55-7 ½
2010 (C)-Lodi	58-5 ¼
2010 (D)-Wood-Ridge	56-5 ¾

TRIPLE JUMP

1976-Mahwah	122-1
1977-Mahwah	115-8 ¼
1978-Tenafly	123-2 ¾
1979-Mahwah	120-9 ¼
1980-Rutherford	119-0 ¾
1981-Tenafly	115-10
1982-Rutherford	120-4
1983-Midland Park	119-8 ½
1984-Tenafly	120-6 ½
1985-Lyndhurst	113-11
1986-Waldwick	117-10 ¼
1987-Cresskill	116-11
1988-Bergen Tech	121-1
1989-Rutherford	126-7 ¼
1990-Mahwah	117-6 ¼
1991-Englewood	122-0 ½
1992-Englewood	128-7
1993-Englewood	120-4 ½
1994-Englewood	122-8 ½
1995-Westwood	117-6 ¾
1996-Glen Rock	125-5
1997-Rutherford	126-2
1998 (2)-Westwood	117-5
1998 (1)-Lyndhurst	112-5
1999 (2)-River Dell	116-5 ½
1999 (1)-Glen Rock	120-11
2000 (2)-Westwood	120-9 ¼
2000 (1)-Lyndhurst	112-3 ¼

2001 (2)-Pascack Hills	115-3	
2001 (1)-Wood-Ridge	115-6	
2002 (2)-Pascack Hills	112-1	
2002 (1)-Palisades Park	114-11	
2003 (2)-Pascack Hills	117-8	
2003 (1)-Hasbrouck Heights	115-10 ½	
2004 (C)-Englewood	113-7 ½	
2004 (D)-Hasbrouck Heights	121-10 ¾	
2005 (C)-Mahwah	121-4 ¾	
2005 (D)-Saddle Brook	121-3 ½	
2006 (C)-Ridgefield Park	117-7 ¾	
2006 (D)-Park Ridge	121-8 ½	
2007 (C)-New Milford	112-1 ¼	
2007 (D)-Park Ridge	116-0 ¾	
2008 (C)-Ridgefield Park	113-9	
2008 (D)-Cresskill	114-10 ½	
2009 (C)-Ridgefield Park	116-5 ½	
2009 (D)-Hasbrouck Heights	109-11 ¾	
2010 (C)-Lyndhurst	116-8 ¼	
2010 (D)-Wood-Ridge		114-3 ¾

POLE VAULT

1963-Westwood	31-0	
1964-Fort Lee	30-0	
1965-		
1966-Pascack Hills	30-0	
1967-Westwood and Ridgefield Park	20-0	
1968-Tenafly	31-0	
1969-Mahwah	36-0	
1970-Tenafly	34-6	
1971-Pascack Valley	34-6	
1972-Pascack Valley	35-0	
1973-Pascack Valley	36-6	
1974-		
1975-		
1976-New Milford	33-0	
1977-Rutherford	34-0	
1978-Glen Rock	31-6	
1979-Glen Rock	33-6	
1980-Waldwick	33-0	
1981-Saddle Brook	32-6	
1982-Lyndhurst	32-0	
1983-Lyndhurst	33-0	
1984-Fort Lee	31-6	
1985-Lyndhurst	32-6	
1986-Fort Lee	23-0	
1987-Saddle Brook	22-0	
1988-River Dell	34-0	
1989-Englewood	21-0	
1990-Ridgefield Park	21-6	
1991-Ridgefield Park	32-6	
1992-Mahwah	32-6	
1993-Mahwah	23-6	
1994-Ridgefield Park	34-6	
1995-New Milford	33-0	
1996-Ridgefield Park	31-6	
1997-Dumont	34-6	
1998 (2)-Dumont	33-6	
1998 (1)-Lyndhurst	31-6	
1999 (2)-Westwood	32-0	
1999 (1)-Saddle Brook	31-0	
2000 (2)-Ramsey	32-0	

2000 (1)-Saddle Brook	30-6
2001 (2)-Mahwah	35-6
2001 (1)-Hasbrouck Heights	29-0
2002 (2)-Dumont	31-0
2002 (1)-Lyndhurst	34-6
2003 (2)-cancelled	
2003 (1)-cancelled	
2004 (C)-Glen Rock	31-6
2004 (D)-Palisades Park	10-0
2005 (C)-Lyndhurst	35-6
2005 (D)-Cresskill	29-0
2006 (C)-CANCELLED	
2006 (D)-CANCELLED	
2007 (C)-Ramsey	31-6
2007 (D)-Cresskill	35-6
2008 (C)-New Milford and Lyndhurst	29-0
2008 (D)-Park Ridge	31-0
2009 (C)-Lyndhurst	31-0
2009 (D)-Hasbrouck Heights	28-0
2010 (C)-Ridgefield Park	33-0
2010 (D)-Hasbrouck Heights	32-0

GIRLS GROUP 3-4

Top Three Teams

1978-Ramsey 44 ½, Old Tappan 39, Bergenfield 33 ½
 1979-Teaneck 41, Ridgewood 39, Englewood 33
 1980-Teaneck 37 ½, Westwood 37, Old Tappan 26
 1981-Westwood 48, Hackensack 38, Teaneck 34
 1982-Ridgewood 42, Westwood 40, Englewood 32
 1983-Ridgewood 36.33, Fair Lawn 31, Westwood 30
 1984-Ridgewood 52, Teaneck 36, Old Tappan 23
 1985-Ridgewood 42, Westwood 39 ½, Indian Hills 38
 1986-Ridgewood 53, Teaneck 50, Indian Hills 33
 1987-Ridgewood 53, Teaneck 42, Pascack Valley 36
 1988-Ridgewood 56 ½, Pascack Valley 28, Teaneck 25
 1989-Ridgewood 40, Teaneck 29 ½, Pascack Valley 25
 1990-Pascack Valley and Teaneck 39, Hackensack 38
 1991-Hackensack 50, Ridgewood 39, Teaneck 25
 1992-Ridgewood 93, Hackensack 77, Pascack Valley 43
 1993-Ridgewood 94, Teaneck 59, Hackensack 51
 1994-Ridgewood 112, Hackensack 75, Ramsey 69 (Ramsey wins Group 3)
 1995-Ridgewood 104, Hackensack 92, Ramsey 43 (Ramsey wins Group 3)
 1996-Ridgewood 81, Hackensack 66, Teaneck 56 (Demarest wins Group 3)
 1997-Hackensack 103, Ridgewood 97.3, Demarest 42 (Demarest wins Group 3)
 1998 (4)-Ridgewood 114, Hackensack 92, Teaneck 80
 1998 (3)-Demarest 88, Garfield 52, Old Tappan 41
 1999 (4)-**Ridgewood 131**, Hackensack 92, IHA 85
 1999 (3)-Demarest 111, Old Tappan 75, Cliffside Park 53
 2000 (4)-Ridgewood 121, IHA 116, Hackensack 96
 2000 (3)-Demarest 95, Pascack Valley 58, Old Tappan 54
 2001 (4)-IHA 106, Ridgewood 104, Hackensack 90
 2001 (3)-Old Tappan 77, Demarest 69 ½, Paramus Catholic 61
 2002 (4)-IHA 115, Hackensack 104, Ridgewood 74
 2002 (3)-Demarest 90, Northern Highlands 64, River Dell 55 ½
 2003 (4)-Hackensack 108, IHA 90, Ridgewood 88
 2003 (3)-Old Tappan 96, Demarest 83, Tenafly 71
 2004 (A)-Hackensack and Old Tappan 104, IHA 66 5/6
 2004 (B)-Northern Highlands 106, Indian Hills 92, River Dell 86
 2005 (A)-Ridgewood 100, Old Tappan 78, Teaneck 65
 2005 (B)-Indian Hills 107, Demarest 72, River Dell 71

2006 (A)-Old Tappan 93, Ridgewood 87, IHA 67
 2006 (B)-**River Dell 124**, Demarest 77 ½, Indian Hills 73
 2007 (A)-Ridgewood 113, IHA 70, Old Tappan and Paramus Catholic 53
 2007 (B)-River Dell 111, Demarest 76, Indian Hills 64
 2008 (A)-IHA 112, Ridgewood 95, Ramapo 79
 2008 (B)-Ramsey 91 ½, Indian Hills 82, Mahwah 79
 2009 (A)-IHA 116, Ridgewood 93, Demarest 62 ½
 2009 (B)-Holy Angels 108, Tenafly 76, Mahwah 75
 2010 (A)-IHA 113, Ridgewood 75 1/3, Teaneck 70
 2010 (B)-Holy Angels 87, River Dell 81, Demarest 68

400 METERS (440 yards 1978-1981)

1978-Bergenfield	52.4
1979-Teaneck	50.0
1980-Teaneck	50.5
1981-Teaneck	50.6
1982-Ridgewood	53.4
1983-Teaneck	49.1
1984-Westwood	53.7
1985-Ridgewood	51.6
1986-Teaneck	50.0
1987-Teaneck	51.6
1988-Englewood	55.1
1989-Teaneck	51.5
1990-Teaneck	53.8
1991-Teaneck	51.8
1992-Ridgewood	52.6
1993-Ridgewood	52.7
1994-Ridgewood	52.8
1995-Ridgewood	52.5
1996-River Dell	51.8
1997-Hackensack	52.5
1998 (4)-Immaculate Heart Academy	52.5
1998 (3)-River Dell	52.8
1999 (4)-Ridgewood	52.8
1999 (3)-Demarest	53.2
2000 (4)-Immaculate Heart Academy	52.5
2000 (3)-Demarest	52.5
2001 (4)-Immaculate Heart Academy	51.7
2001 (3)-Tenafly	52.6
2002 (4)-Teaneck	51.3
2002 (3)-River Dell	52.6
2003 (4)-Ridgewood	52.1
2003 (3)-River Dell	53.2
2004 (A)-Hackensack	49.8
2004 (B)-River Dell	51.4
2005 (A)-Ridgewood	51.8
2005 (B)-Tenafly	53.2
2006 (A)-Ridgewood	51.4
2006 (B)-River Dell	52.9
2007 (A)-Teaneck	49.1
2007 (B)-River Dell	52.7
2008 (A)-Paramus Catholic	49.3
2008 (B)-Indian Hills	51.7
2009 (A)-Teaneck	49.4
2009 (B)-Mahwah	51.3
2010 (A)-Paramus Catholic	47.1
2010 (B)-Mahwah	50.7

800 METERS (880 yards 1978-1981)

1978-Ramsey	1:49.3
1979-Englewood	1:49.5

1980-Teaneck	1:47.1	
1981-Hackensack	1:48.4	
1982-Englewood	1:46.6	
1983-Englewood	1:46.0	
1984-Teaneck	1:50.1	
1985-Teaneck	1:48.7	
1986-Teaneck	1:48.7	
1987-Teaneck	1:47.9	
1988-Ridgewood	1:47.9	
1989-Teaneck	1:46.2	
1990-Hackensack	1:54.3	
1991-Old Tappan	1:51.5	
1992-Ridgewood	1:49.8	
1993-Teaneck	1:50.6	
1994-Ridgewood	1:49.1	
1995-Ridgewood	1:51.1	
1996-Teaneck	1:49.2	
1997-Teaneck	1:52.4	
1998 (4)-Immaculate Heart Academy	1:49.5	
1998 (3)-River Dell	1:49.6	
1999 (4)-Ridgewood	1:52.6	
1999 (3)-Old Tappan	1:51.8	
2000 (4)-Immaculate Heart Academy	1:48.9	
2000 (3)-Demarest	1:52.8	
2001 (4)-Fair Lawn	1:50.2	
2001 (3)-Old Tappan	1:51.1	
2002 (4)-Teaneck	1:49.7	
2002 (3)-Old Tappan	1:49.9	
2003 (4)-Ridgewood	1:50.7	
2003 (3)-River Dell	1:51.2	
2004 (A)-Hackensack	1:45.4	
2004 (B)-River Dell	1:49.4	
2005 (A)-Hackensack	1:45.9	
2005 (B)-Indian Hills	1:49.3	
2006 (A)-Teaneck	1:45.0	
2006 (B)-Indian Hills	1:50.4	
2007 (A)-Teaneck	1:43.5	
2007 (B)-River Dell	1:48.7	
2008 (A)-Ramapo	1:45.6	
2008 (B)-Indian Hills	1:49.8	
2009 (A)-Ridgewood	1:46.5	
2009 (B)-Tenafly	1:50.1	
2010 (A)-Paramus Catholic	1:41.0	
2010 (B)-Holy Angels		1:48.9

1600 METERS (one mile 1978-1981)

1978-Ramsey	4:09.5
1979-Westwood	4:10.1
1980-Westwood	4:07.6
1981-Teaneck	4:04.5
1982-Englewood	4:06.3
1983-Ridgewood	4:11.1
1984-Ridgewood	4:09.8
1985-Ridgewood	4:07.4
1986-Ridgewood	4:04.9
1987-Ridgewood	4:02.7
1988-Ridgewood	4:09.6
1989-Teaneck	4:07.4
1990-Teaneck	4:13.8
1991-Hackensack	4:15.1
1992-Hackensack	4:17.8
1993-Teaneck	4:11.9

1994-Ridgewood	n.t.	
1995-Hackensack	4:10.6	
1996-Teaneck	4:06.2	
1997-Hackensack	4:11.4	
1998 (4)-Teaneck	4:09.1	
1998 (3)-Demarest	4:20.2	
1999 (4)-Ridgewood	4:17.5	
1999 (3)-Old Tappan	4:14.7	
2000 (4)-Ridgewood	4:05.7	
2000 (3)-Old Tappan	4:15.8	
2001 (4)-Ridgewood	4:13.0	
2001 (3)-River Dell	4:13.1	
2002 (4)-Immaculate Heart Academy	4:10.3	
2002 (3)-Northern Highlands	4:13.1	
2003 (4)-Teaneck	4:18.0	
2003 (3)-Pascack Valley	4:13.0	
2004 (A)-Teaneck	4:05.3	
2004 (B)-River Dell	4:13.9	
2005 (A)-Teaneck	4:04.8	
2005 (B)-Holy Angels	4:11.7	4:11.7
2006 (A)-Ridgewood	4:05.6	
2006 (B)-River Dell	4:13.7	
2007 (A)-Ramapo	3:59.0	
2007 (B)-River Dell	4:06.7	
2008 (A)-IHA	4:06.8	
2008 (B)-Ramsey	4:02.1	
2009 (A)-Teaneck	4:01.2	
2009 (B)-Mahwah	4:14.1	
2010 (A)-Paramus Catholic	3:57.0	
2010 (B)-Indian Hills	4:13.1	

3200 METERS (two miles 1978-1981)

1978-Ramsey	10:17.2	
1979-Teaneck	10:01.0	
1980-Paramus Catholic	9:56.3	
1981-Dumont	10:08.8	
1982-Ridgewood	9:39.6	
1983-Ridgewood	9:55.7	
1984-Hackensack	10:16.5	
1985-Ridgewood	10:04.3	
1986-Ridgewood	9:54.6	
1987-Ridgewood	9:37.9	
1988-Pascack Hills	10:18.4	
1989-Pascack Valley	10:24.9	
1990-Ridgewood	10:33.3	
1991-Hackensack	10:01.8	
1992-Ridgewood	10:13.3	
1993-Ridgewood	10:10.8	
1994-Ridgewood	10:12.2	
1995-Ridgewood	10:03.5	
1996-Ridgewood	9:50.4	
1997-Ridgewood	10:12.5	
1998 (4)-Ridgewood	10:02.4	
1998 (3)-Tenafly	10:28.8	
1999 (4)-Ridgewood	10:05.6	
1999 (3)-Demarest	10:48.7	
2000 (4)-Ridgewood	10:01.8	
2000 (3)-Demarest	10:21.6	
2001 (4)-Ridgewood	10:04.4	
2001 (3)-Old Tappan	10:14.8	
2002 (4)-Immaculate Heart Academy	10:05.2	
2002 (3)-Pascack Valley	10:02.7	

2003 (4)-Immaculate Heart Academy	10:13.6	
2003 (3)-Old Tappan	10:36.4	
2004 (A)-Ridgewood	10:09.1	
2004 (B)-Northern Highlands	10:27.3	
2005 (A)-Ridgewood	9:56.3	
2005 (B)-Indian Hills	9:58.5	
2006 (A)-IHA	10:14.1	
2006 (B)-Holy Angels		10:14.9
2007 (A)-IHA	9:48.5	
2007 (B)-Holy Angels		10:04.0
2008 (A)-IHA	9:50.4	
2008 (B)-Holy Angels		10:10.3
2009 (A)-IHA	10:00.3	
2009 (B)-Ramsey	10:03.8	
2010 (A)-IHA	9:43.9	
2010 (B)-Ramsey	9:37.7	

6400 METERS (four miles 1978-1981)

1978-Bergenfield	23:06.7	
1979-Westwood	23:32.2	
1980-Ridgewood	21:25.7	
1981-Ramsey	22:47.6	
1982-Ridgewood	22:06.9	
1983-Ridgewood	22:33.2	
1984-Hackensack	22:45.3	
1985-Ridgewood	23:27.4	
1986-Ridgewood	22:29.1	
1987-Ridgewood	21:37.8	
1988-Paramus	22:24.3	
1989-Fair Lawn	23:50.3	
1990-Ridgewood	23:09.1	
1991-Ridgewood	22:43.8	
1992-Northern Highlands	22:29.1	
1993-Ridgewood	22:07.2	
1994-Ridgewood	22:16.4	
1995-Hackensack	22:20.2	
1996-Ridgewood	22:15.3	
1997-Ridgewood	n.t.	
1998 (4)-Hackensack	22:20.8	
1998 (3)-Tenafly	23:51.0	
1999 (4)-Ridgewood	22:09.9	
1999 (3)-Northern Highlands	23:41.0	
2000 (4)-Ridgewood	22:32.2	
2000 (3)-Northern Highlands	23:09.0	
2001 (4)-Fair Lawn	22:47.8	
2001 (3)-Old Tappan	22:31.5	
2002 (4)-Immaculate Heart Academy	22:33.4	
2002 (3)-Paramus	23:07.6	
2003 (4)-Immaculate Heart Academy	23:06.6	
2003 (3)-Old Tappan	23:12.0	
2004 (A)-Immaculate Heart Academy	22:29.9	
2004 (B)-Indian Hills	23:00.1	
2005 (A)-Ridgewood	22:31.7	
2005 (B)-Indian Hills	22:23.3	
2006 (A)-IHA	22:23.5	
2006 (B)-Holy Angels		22:06.9
2007 (A)-IHA	22:04.6	
2007 (B)-Holy Angels		22:28.8
2008 (A)-IHA	21:35.6	
2008 (B)-Holy Angels		22:25.5
2009 (A)-IHA	21:41.2	
2009 (B)-Holy Angels		21:50.3

2010 (A)-IHA	22:05.7	
2010 (B)-Holy Angels		21:52.2

SPRINT MEDLEY (one mile 1978, 1980-1981; 880 yards 1979; 1600 meters 1982-)

1978-Ramsey	4:18.6	
1979-Teaneck	1:50.7	
1980-Teaneck	4:15.1	
1981-Dumont	4:16.9	
1982-Englewood	4:13.8	
1983-Bergenfield	4:13.6	
1984-Ridgewood	4:16.9	
1985-Indian Hills	4:21.1	
1986-Ridgewood	4:18.6	
1987-Ridgewood	4:18.6	
1988-Ridgewood	4:14.4	
1989-Ridgewood	4:26.2	
1990-Old Tappan	4:32.7	
1991-Old Tappan	4:23.6	
1992-Old Tappan	4:25.7	
1993-Old Tappan	4:20.5	
1994-Ridgewood	4:33.8	
1995-Ridgewood	4:31.2	
1996-Holy Angels	4:27.4	
1997-Holy Angels	4:24.9	
1998 (4)-Teaneck	4:20.4	
1998 (3)-Bergenfield	4:30.8	
1999 (4)-Ridgewood	4:19.8	
1999 (3)-Cliffside Park	4:29.9	
2000 (4)-Immaculate Heart Academy	4:19.4	
2000 (3)-Pascack Valley	4:27.7	
2001 (4)-Immaculate Heart Academy	4:21.6	
2001 (3)-River Dell	4:22.0	
2002 (4)-Immaculate Heart Academy	4:17.7	
2002 (3)-Paramus Catholic	4:27.5	
2003 (4)-Ridgewood	4:37.8	
2003 (3)-Pascack Valley	4:21.4	
2004 (A)-Old Tappan	4:25.9	
2004 (B)-Queen of Peace	4:13.3	
2005 (A)-Ridgewood	4:18.0	
2005 (B)-Garfield	4:21.0	
2006 (A)-Ridgewood	4:21.3	
2006 (B)-River Dell	4:29.3	
2007 (A)-Ridgewood	4:10.1	
2007 (B)-River Dell	4:19.5	
2008 (A)-Ramapo	4:08.8	
2008 (B)-Ramsey	4:19.4	
2009 (A)-Ramapo	4:18.5	
2009 (B)-Holy Angels		4:24.4
2010 (A)-IHA	4:15.5	
2010 (B)-Tenafly	4:21.0	

DISTANCE MEDLEY (2.5 miles 1978-1981, 4000 meters 1982-)

1978-Bergenfield	13:03.2
1979-Westwood	12:47.5
1980-Westwood	12:45.0
1981-Ridgewood	12:43.0
1982-Ridgewood	12:24.7
1983-Ridgewood	12:49.2
1984-Ridgewood	12:46.8
1985-Ridgewood	12:54.2
1986-Ridgewood	12:55.4
1987-Ridgewood	12:49.1

1988-Paramus	12:58.1	
1989-Ridgewood	12:50.6	
1990-Ridgewood	13:21.6	
1991-Hackensack	13:12.6	
1992-Pascack Valley	12:59.4	
1993-Ridgewood	12:58.8	
1994-Ridgewood	12:52.8	
1995-Ridgewood	12:45.2	
1996-Ridgewood	12:55.1	
1997-Ridgewood	13:04.4	
1998 (4)-Ridgewood	12:56.3	
1998 (3)-Tenafly	13:38.9	
1999 (4)-Ridgewood	12:52.3	
1999 (3)-Northern Highlands	13:45.1	
2000 (4)-Ridgewood	12:52.1	
2000 (3)-Old Tappan	13:21.2	
2001 (4)-Immaculate Heart Academy	12:50.2	
2001 (3)-Ramapo	13:04.2	
2002 (4)-Ridgewood	12:50.2	
2002 (3)-Paramus	13:08.8	
2003 (4)-Immaculate Heart Academy	13:16.6	
2003 (3)-Tenafly	13:29.4	
2004 (A)-Immaculate Heart Academy	13:07.4	
2004 (B)-Northern Highlands	13:25.9	
2005 (A)-Immaculate Heart Academy	12:52.4	
2005 (B)-Ramsey	13:17.4	
2006 (A)-Ramapo	12:27.9	
2006 (B)-Holy Angels		13:01.3
2007 (A)-IHA	12:41.9	
2007 (B)-Indian Hills	13:05.6	
2008-(A)-IHA	12:19.6	
2008 (B)-Tenafly	13:15.3	
2009-(A)-IHA	12:37.4	
2009 (B)-Ramsey	12:48.2	
2010 (A)-Old Tappan	12:40.0	
2010 (B)-Ramsey	12:23.1	

SHUTTLE HURDLES (440 yards 1978-1981, 400 meters 1982-)

1978-Cliffside Park	1:06.9	
1979-Englewood	1:11.7	
1980-Hackensack	1:04.7	
1981-Westwood	1:08.8	
1982-Westwood	1:09.0	
1983-Fair Lawn	1:08.6	
1984-Fair Lawn	1:09.5	
1985-Indian Hills	1:08.0	
1986-Indian Hills	1:10.2	
1987-Bergenfield	1:10.5	
1988-Bergenfield	1:08.6	
1989-Indian Hills	1:10.5	
1990-Pascack Valley	1:10.4	
1991-Immaculate Heart Academy		1:13.0
1992-Ridgewood	1:14.1	
1993-Hackensack	1:11.5	
1994-Hackensack	1:08.5	
1995-Hackensack	1:07.8	
1996-Hackensack	1:06.4	
1997-Hackensack	1:09.9	
1998 (4)-Hackensack	1:11.4	
1998 (3)-Demarest	1:05.9	
1999 (4)-Ridgewood	1:11.4	
1999 (3)-Demarest	1:07.9	

2000 (4)-Immaculate Heart Academy	1:11.5
2000 (3)-Demarest	1:07.4
2001 (4)-Teaneck	1:14.6
2001 (3)-Old Tappan	1:09.9
2002 (4)-Hackensack	1:13.5
2002 (3)-Demarest	1:09.2
2003 (4)-Hackensack	1:11.0
2003 (3)-River Dell	1:11.2
2004 (A)-Hackensack	1:07.4
2004 (B)-Northern Highlands	1:08.6
2005 (A)-Ridgewood	1:06.8
2005 (B)-River Dell	1:07.9
2006 (A)-Old Tappan	1:06.1
2006 (B)-River Dell	1:07.6
2007 (A)-Ridgewood	1:06.3
2007 (B)-River Dell	1:12.6
2008 (A)-Ridgewood	1:07.5
2008 (B)-Mahwah	1:10.5
2009 (A)-IHA	1:06.6
2009 (B)-River Dell	1:11.3
2010 (A)-IHA	1:05.4
2010 (B)-River Dell	1:09.3

INTERMEDIATE HURDLES

1981-Teaneck	3:29.0	
1982-Paramus Catholic	3:37.1	
1983-Fair Lawn	3:36.5	
1984-Ridgewood	3:33.5	
1985-Ridgewood	3:24.0	
1986-Ridgewood	3:26.8	
1987-Cliffside Park	3:36.6	
1988-Ridgewood	3:34.3	
1989-Bergenfield	3:33.8	
1990-Teaneck	3:43.7	
1991-Immaculate Heart Academy		3:35.3
1992-Ridgewood	3:32.7	
1993-Ridgewood	3:30.9	
1994-Fair Lawn and Hackensack	3:32.6	
1995-Tenafly	3:26.8	
1996-Tenafly	3:28.8	
1997-Teaneck	3:36.8	
1998 (4)-Ridgewood	3:30.6	
1998 (3)-Demarest	3:33.2	
1999 (4)-Ridgewood	3:31.4	
1999 (3)-Demarest	3:36.2	
2000 (4)-Ridgewood	3:28.4	
2000 (3)-Demarest	3:31.0	
2001 (4)-Immaculate Heart Academy	3:42.9	
2001 (3)-Northern Highlands	3:39.8	
2002 (4)-Teaneck	3:43.0	
2002 (3)-Pascack Valley	3:27.6	
2003 (4)-Hackensack	3:34.8	
2003 (3)-Demarest	3:34.3	
2004 (A)-Ridgewood	3:34.8	
2004 (B)-Ramsey	3:32.2	
2005 (A)-Ridgewood	3:28.2	
2005 (B)-Ramsey	3:25.4	
2006 (A)-Ridgewood	3:26.3	
2006 (B)-River Dell	3:25.8	
2007 (A)-Ridgewood	3:20.6	
2007 (B)-River Dell	3:34.6	
2008 (A)-Ridgewood	3:26.2	

2008 (B)-Ramsey	3:27.7
2009 (A)-Ridgewood	3:30.0
2009 (B)-Ramsey	3:32.5
2010 (A)-Ridgewood	3:30.4
2010 (B)-River Dell	3:32.3

SHOT PUT (8 lb. 1978-1980; 4K 1981-)

1978-Old Tappan	103-1
1979-Ridgewood	103-5 ¼
1980-Old Tappan	98-5
1981-Westwood	98-7
1982-Westwood	91-11
1983-Westwood	98-3 ¼
1984-Teaneck	87-6 ¾
1985-Fair Lawn	89-0 ¾
1986-Indian Hills	90-4 ½
1987-Bergenfield	90-1 ½
1988-Old Tappan	92-1 ¼
1989-Paramus	89-8
1990-Hackensack	85-10
1991-Teaneck	87-6 ¾
1992-Teaneck	91-11
1993-Hackensack	97-7
1994-Hackensack	96-7
1995-Garfield	95-4
1996-Demarest	89-7 ¼
1997-Garfield	94-3 ½
1998 (4)-Hackensack	83-11
1998 (3)-Demarest	99-0
1999 (4)-Hackensack	95-0 ¼
1999 (3)-Demarest	108-1 ¼
2000 (4)-Hackensack	90-6 ¾
2000 (3)-Demarest	100-3
2001 (4)-Hackensack	101-8 ½
2001 (3)-Demarest	108-4
2002 (4)-Hackensack	101-0 ¾
2002 (3)-Demarest	112-10 ½
2003 (4)-Teaneck	89-2
2003 (3)-Demarest	107-4 ½
2004 (A)-Hackensack	96-0 ½
2004 (B)-Indian Hills	85-6 ¼
2005 (A)-Teaneck	98-5
2005 (B)-Indian Hills	91-7 ½
2006 (A)-IHA	87-7 ¼
2006 (B)-Indian Hills	95-1 ½
2007 (A)-Paramus Catholic	99-10 ½
2007 (B)-Indian Hills	90-0 ½
2008 (A)-Paramus Catholic	106-11
2008 (B)-Indian Hills	97-1
2009 (A)-IHA	105-2 ½
2009 (B)-Holy Angels	91-11 ¼
2010 (A)-Teaneck	100-4 ¾
2010 (B)-Holy Angels	95-3

DISCUS

1978-Ramsey	266-0
1979-Demarest	309-0
1980-Ridgewood	305-2
1981-Pascack Valley	256-4
1982-Fair Lawn	253-10
1983-Hackensack	263-7
1984-Ridgewood	263-0

1985-Indian Hills	274-9
1986-Fair Lawn	286-5
1987-Teaneck	267-2
1988-Ridgewood	262-6
1989-Pascack Hills	265-10
1990-Dumont	250-4
1991-Teaneck	291-11
1992-Hackensack	264-1
1993-Hackensack	282-11
1994-Hackensack	267-0
1995-Teaneck	281-2
1996-Garfield	302-5
1997-Ridgewood	302-5
1998 (4)-Fair Lawn	225-2
1998 (3)-Demarest	276-2
1999 (4)-Paramus	272-0
1999 (3)-Demarest	310-8
2000 (4)-Hackensack	274-7
2000 (3)-Demarest	278-6
2001 (4)-Hackensack	305-1
2001 (3)-Demarest	305-11
2002 (4)-Hackensack	286-8
2002 (3)-Demarest	333-3
2003 (4)-Teaneck	247-8
2003 (3)-Demarest	312-5
2004 (A)-Teaneck	296-9
2004 (B)-Indian Hills	257-3
2005 (A)-Teaneck	302-8
2005 (B)-Indian Hills	272-0
2006 (A)-IHA	272-8
2006 (B)-Indian Hills	272-7
2007 (A)-IHA	232-6
2007 (B)-Indian Hills	254-10
2008 (A)-Paramus Catholic	262-1
2008 (B)-River Dell	270-6
2009 (A)-IHA	273-1
2009 (B)-Fort Lee	253-6
2010 (A)-Teaneck	289-10
2010 (B)-Demarest	293-6

JAVELIN (New Javelin Beginning in 2002)

1978-Ramsey	280-5
1979-Dumont	318-5
1980-Westwood	313-7
1981-Westwood	327-2
1982-Pascack Valley	303-3
1983-Dumont	259-2
1984-Dumont	260-11
1985-Tenafly	251-1
1986-Pascack Valley	239-0
1987-Pascack Valley	252-4
1988-Ridgewood	266-3
1989-Cliffside Park	263-7
1990-Ridgewood	251-4
1991-Dumont	277-3
1992-Cliffside Park and Ridgewood	284-1
1993-Fair Lawn	248-2
1994-Ridgewood	256-10
1995-Queen of Peace	257-11
1996-Cliffside Park	264-6
1997-Garfield	271-7
1998 (4)-Ridgewood	234-1

1998 (3)-Garfield	288-5
1999 (4)-Hackensack	261-10
1999 (3)-Cliffside Park	308-0
2000 (4)-Immaculate Heart Academy	243-1
2000 (3)-Garfield	350-6
2001 (4)-Immaculate Heart Academy	233-5
2001 (3)-Garfield	326-8
2002 (4)-Hackensack	242-6
2002 (3)-Demarest	345-9
2003 (4)-Hackensack	239-11
2003 (3)-Demarest	315-9
2004 (A)-Demarest	315-9
2004 (B)-River Dell	238-0
2005 (A)-Hackensack	306-2
2005 (B)-Demarest	260-9
2006 (A)-Old Tappan	258-4
2006 (B)-Demarest	272-6
2007 (A)-Ridgewood	277-8
2007 (B)-Demarest	271-11
2008 (A)-IHA	334-8
2008 (B)-Ramsey	262-10
2009 (A)-IHA	335-7
2009 (B)-River Dell	282-5
2010 (A)-Northern Highlands	287-1
2010 (B)-Dumont	300-11

HIGH JUMP

1978-Old Tappan	14-6
1979-Old Tappan	14-6
1980-Old Tappan	14-8
1981-Ridgewood	14-5
1982-Ridgewood	15-4
1983-Dumont	14-4
1984-Indian Hills	13-8
1985-Teaneck	14-4
1986-Teaneck	15-6
1987-Teaneck	14-2
1988-Pascack Valley	14-4
1989-Queen of Peace	13-8
1990-Teaneck and IHA	13-4
1991-Teaneck and IHA	14-4
1992-Queen of Peace and IHA	13-8
1993-Indian Hills	14-0
1994-Tenafly	13-10
1995-Cliffside Park	14-8
1996-Hackensack	14-2
1997-Hackensack	14-2
1998 (4)-Teaneck	14-6
1998 (3)-Paramus Catholic	14-4
1999 (4)-Teaneck	14-0
1999 (3)-Paramus Catholic	13-6
2000 (4)-Hackensack and Ridgewood	13-8
2000 (3)-Paramus Catholic	14-0
2001 (4)-Ridgewood and Fair Lawn	14-2
2001 (3)-Paramus Catholic	13-10
2002 (4)-Immaculate Heart Academy	14-4
2002 (3)-Northern Highlands	13-8
2003 (4)-Ridgewood	13-2
2003 (3)-Demarest, Tenafly and Old Tappan	13-4
2004 (A)-Paramus	13-10
2004 (B)-Indian Hills	13-8
2005 (A)-Hackensack	14-2
2005 (B)-Indian Hills	14-0

2006 (A)-Old Tappan	14-5 ¼	
2006 (B)-River Dell	13-10	
2007 (A)-Ridgewood	14-4	
2007 (B)-Holy Angels		13-8
2008 (A)-Ridgewood and IHA	13-6	
2008 (B)-Ramsey	14-4	
2009 (A)-IHA	14-2	
2009 (B)-Mahwah	14-8	
2010 (A)-Paramus Catholic	15-2	
2010 (B)-Holy Angels		13-10

LONG JUMP

1978-Northern Highlands	47-1 ½	
1979-Ridgewood	47-0 ½	
1980-Westwood	46-5 ¼	
1981-Hackensack	45-9 ¾	
1982-Demarest	43-6 ¼	
1983-Old Tappan	45-5 ½	
1984-Old Tappan	41-2 ¼	
1985-Indian Hills		
1986-Indian Hills	47-6 ¾	
1987-Pascack Valley	43-10 ½	
1988-Ridgewood	45-5 ½	
1989-Ridgewood	43-4	
1990-Pascack Valley	45-9 ½	
1991-Hackensack	44-7	
1992-Hackensack	45-2 ¼	
1993-Ridgewood	43-4 ½	
1994-Ridgewood	41-10	
1995-Ridgewood	43-6 ½	
1996-Teaneck	44-8 ¾	
1997-Hackensack	44-7 ½	
1998 (4)-Ridgewood	44-9 ½	
1998 (3)-Demarest	45-4 ½	
1999 (4)-Immaculate Heart Academy	46-0 ¼	
1999 (3)-Demarest	43-6 ½	
2000 (4)-Immaculate Heat Academy	43-9 ¼	
2000 (3)-Pascack Valley	45-3 ¼	
2001 (4)-Immaculate Heart Academy	44-10 ½	
2001 (3)-Pascack Valley	45-5 ½	
2002 (4)-Ridgewood	42-10 ½	
2002 (3)-Paramus Catholic	42-6 ½	
2003 (4)-Hackensack	43-1	
2003 (3)-Northern Highlands	44-9	
2004 (A)-Hackensack	45-5 ¾	
2004 (B)-Garfield	44-7 ½	
2005 (A)-Hackensack	46-0	
2005 (B)-Indian Hills	47-0	
2006 (A)-Northern Highlands	46-7 ½	
2006 (B)-River Dell	43-11 ½	
2007 (A)-Hackensack	47-9 ½	
2007 (B)-River Dell	44-5 ¾	
2008 (A)-IHA	46-3 ¼	
2008 (B)-Demarest	44-2	
2009 (A)-IHA	47-2 ¾	
2009 (B)-Holy Angels		46-1 ¼
2010 (A)-IHA	47-10 ½	
2010 (B)-Demarest	47-2 ¾	

TRIPLE JUMP

1978-Ridgewood	94-2 ½
1979-Ridgewood	97-7

1980-Teaneck	100-0	
1981-Westwood	97-1 $\frac{3}{4}$	
1982-Westwood	97-10 $\frac{1}{4}$	
1983-Fair Lawn	96-6 $\frac{1}{4}$	
1984-Teaneck	94-6 $\frac{3}{4}$	
1985-Teaneck	97-11 $\frac{3}{4}$	
1986-Teaneck	99-3 $\frac{1}{2}$	
1987-Teaneck	96-0 $\frac{1}{4}$	
1988-Teaneck	93-3 $\frac{3}{4}$	
1989-Ridgewood	95-6 $\frac{1}{2}$	
1990-Ridgewood	90-11 $\frac{3}{4}$	
1991-Hackensack	94-0 $\frac{3}{4}$	
1992-Hackensack	98-9 $\frac{1}{2}$	
1993-Teaneck	96-6 $\frac{1}{4}$	
1994-Ridgewood	96-2 $\frac{1}{4}$	
1995-Ridgewood	95-7 $\frac{1}{2}$	
1996-Demarest	98-3	
1997-Hackensack	99-9	
1998 (4)-Teaneck	96-4 $\frac{1}{4}$	
1998 (3)-Demarest	92-10 $\frac{3}{4}$	
1999 (4)-Ridgewood	100-1	
1999 (3)-Garfield	93-10	
2000 (4)-Immaculate Heart Academy	95-8 $\frac{1}{4}$	
2000 (3)-Indian Hills	94-6 $\frac{3}{4}$	
2001 (4)-Hackensack	93-1	
2001 (3)-Indian Hills	93-9 $\frac{1}{2}$	
2002 (4)-Immaculate Heart Academy	91-1	
2002 (3)-Garfield	91-7	
2003 (4)-Ridgewood	94-4 $\frac{1}{4}$	
2003 (3)-Garfield	93-11 $\frac{1}{4}$	
2004 (A)-Old Tappan	92-1 $\frac{1}{2}$	
2004 (B)-Indian Hills	101-6	
2005 (A)-Old Tappan	100-9 $\frac{3}{4}$	
2005 (B)-Indian Hills	104-0 $\frac{1}{4}$	
2006 (A)-Old Tappan	98-4 $\frac{1}{2}$	
2006 (B)-Indian Hills	99-2 $\frac{3}{4}$	
2007 (A)-Hackensack	96-9 $\frac{1}{4}$	
2007 (B)-River Dell	96-8 $\frac{1}{4}$	
2008 (A)-IHA	101-9 $\frac{3}{4}$	
2008 (B)-Mahwah	100-11 $\frac{1}{2}$	
2009 (A)-IHA	100-4	
2009 (B)-Holy Angels	100-1	
2010 (A)-IHA	103-10	
2010 (B)-Demarest and Tenafly	95-2 $\frac{1}{2}$	

POLE VAULT

2004 (A)-Ridgewood	20-6
2004 (B)-Mahwah	21-6
2005 (A)-Ridgewood	25-6
2005 (B)-Dumont	20-0
2006 (A)-Ridgewood	28-6
2006 (B)-Mahwah	28-0
2007 (A)-Old Tappan	24-0
2007 (B)-Mahwah	15-0
2008 (A)-Ridgewood	29-6
2008 (B)-River Dell	23-6
2009 (A)-Ridgewood	27-0
2009 (B)-Mahwah	29-0
2010 (A)-Ridgewood and Old Tappan	26-0
2010 (B)-Mahwah	25-0

GIRLS GROUP 1-2

Top Three Teams

1978-Saddle Brook 58 ½, Rutherford 44 ½, Tenafly 36
1979-Saddle Brook 63, Rutherford 41, Tenafly 40
1980-Saddle Brook 46, Tenafly 45, Rutherford 37
1981-Tenafly 49, Rutherford 41, Park Ridge 33
1982-Tenafly 42, Saddle Brook 39, Rutherford 35
1983-Tenafly 54, Saddle Brook 52, New Milford 27
1984-New Milford 50.33, Saddle Brook 33.33, Ridgefield Park/Tenafly 33
1985-New Milford 52, Midland Park 40, Dumont 37
1986-Westwood 60, New Milford 45, Dumont 20 ½
1987-Westwood 49 ½, New Milford 44 ½, Saddle Brook 29 ½
1988-Dumont 43, Westwood 42, Midland Park 31
1989-Saddle Brook 43, Waldwick 30, Englewood 29
1990-Garfield 41, Westwood 32, Saddle Brook 21.33
1991-Garfield 49, Saddle Brook 30, New Milford 21 ½
1992-Garfield 102, Saddle Brook 83, Englewood 60
1993-Glen Rock 77, Mahwah 64, Lyndhurst 56
1994-Glen Rock 105, Northern Highlands 49 ½, River Dell 36 (Saddle Brook and Midland Park wins Group 1)
1995-Glen Rock 114, Westwood 63, Saddle Brook 58 (Westwood wins Group 2)
1996-Glen Rock 81, Ramsey 61, Englewood 60 (Saddle Brook wins Group 1)
1997-Glen Rock 86, Ramsey 60, Rutherford 57 (Ramsey wins Group 2)
1998 (2)-Rutherford 86, Westwood 82, Ramsey 77
1998 (1)-Hasbrouck Heights 114, Midland Park 68, Saddle Brook 56
1999 (2)-Westwood 81, Ramsey 75, Dumont 54
1999 (1)-**Glen Rock 130**, Hasbrouck Heights 81, New Milford 68
2000 (2)-Westwood 98, Ramsey 90, Rutherford 68
2000 (1)-Glen Rock 115, Hasbrouck Heights 94, Saddle Brook 69.33
2001 (2)-Ramsey 91, Westwood 87, Pascack Hills/Rutherford 56
2001 (1)-Glen Rock 114, Hasbrouck Heights 102, Saddle Brook 89
2002 (2)-Ramsey 114, Indian Hills 64, Dumont 47
2002 (1)-Hasbrouck Heights 123, Glen Rock 114, Saddle Brook 68
2003 (2)-Ramsey 100, Westwood 83, Indian Hills 63
2003 (1)-Glen Rock 121, Saddle Brook 100, Hasbrouck Heights 67
2004 (C)-Glen Rock 116, Lyndhurst 59, Pascack Hills 57
2004 (D)-Hasbrouck Heights 113, Saddle Brook 83, Wood-Ridge 70
2005 (C)-Glen Rock 104, Pascack Hills 82, Westwood 74
2005 (D)-Waldwick 92, Hasbrouck Heights 91 ½, Palisades Park 44
2006 (C)-**Pascack Hills 126**, Ramsey 101, Ridgefield Park 69
2006 (D)-Waldwick 106, Hasbrouck Heights 62 ½, Park Ridge 60
2007 (C)-Ramsey 108, Pascack Hills 107, Hasbrouck Heights 79
2007 (D)-Waldwick 117, Park Ridge 70, Wood-Ridge 68
2008 (C)-Westwood 120, Pascack Hills 114, Ridgefield Park 61
2008 (D)-Waldwick 112, Hasbrouck Heights 100, Park Ridge 63
2009 (C)-Pascack Hills 119, Westwood 92, Rutherford 57
2009 (D)-Hasbrouck Heights 137, Waldwick 103, Wood-Ridge 64
2010 (C)-Westwood 127, Pascack Hills 81, Ridgefield Park 62 ½
2010 (D)-Hasbrouck Heights 138, Emerson 73, Park Ridge 60

400 METERS (440 yards 1978-1981)

1978-Saddle Brook	54.3
1979-Saddle Brook	53.7
1980-Saddle Brook	53.5
1981-Park Ridge	53.3
1982-Midland Park	53.7
1983-Saddle Brook	54.0
1984-New Milford	54.3
1985-New Milford	54.2
1986-Westwood	53.9
1987-Westwood	53.6

1988-Westwood	54.4	
1989-Englewood	53.6	
1990-Westwood	52.7	
1991-Englewood	54.7	
1992-Englewood	55.4	
1993-Glen Rock	54.5	
1994-Glen Rock	53.8	
1995-Glen Rock	50.8	
1996-Englewood	51.2	
1997-Glen Rock	51.7	
1998 (2)-Rutherford	53.3	
1998 (1)-Hasbrouck Heights	56.0	
1999 (2)-Englewood	53.9	
1999 (1)-Glen Rock	55.1	
2000 (2)-Rutherford	53.2	
2000 (1)-Lyndhurst	54.5	
2001 (2)-Rutherford	53.0	
2001 (1)-Saddle Brook	53.9	
2002 (2)-Queen of Peace	48.6	
2002 (1)-Hasbrouck Heights	51.8	
2003 (2)-Ramsey	56.2	
2003 (1)-Saddle Brook	53.4	
2004 (C)-Westwood	53.9	
2004 (D)-Wood-Ridge		54.2
2005 (C)-Ridgefield Park	54.7	
2005 (D)-Waldwick	54.0	
2006 (C)--Pascack Hills	54.6	
2006 (D)-Cresskill	54.5	
2007 (C)-Hasbrouck Heights	52.7	
2007 (D)-Cresskill	53.3	
2008 (C)-Pascack Hills	53.0	
2008 (D)-Waldwick	53.2	
2009 (C)-Westwood	52.2	
2009 (D)-Hasbrouck Heights	52.3	
2010 (C)-Westwood	51.7	
2010 (D)-Hasbrouck Heights	53.3	

800 METERS (880 yards 1978-1981)

1978-Saddle Brook	1:54.0
1979-Saddle Brook	1:53.0
1980-Park Ridge	1:51.5
1981-Park Ridge	1:53.5
1982-Saddle Brook	1:54.0
1983-Saddle Brook	1:52.9
1984-Garfield	1:56.0
1985-New Milford	1:51.2
1986-Westwood	1:52.1
1987-Westwood	1:50.1
1988-Westwood	1:51.5
1989-Englewood	1:50.2
1990-Westwood	1:50.8
1991-Englewood	1:52.2
1992-Garfield	1:52.0
1993-River Dell	1:57.8
1994-Glen Rock	1:50.5
1995-Glen Rock	1:47.5
1996-Englewood	1:47.6
1997-Englewood	1:49.6
1998 (2)-Ramsey	1:50.8
1998 (1)-Saddle Brook	1:54.5
1999 (2)-River Dell	1:53.7
1999 (1)-Glen Rock	1:58.0

2000 (2)-Westwood	1:51.1	
2000 (1)-Lyndhurst	1:55.8	
2001 (2)-Westwood	1:50.7	
2001 (1)-Saddle Brook	1:51.8	
2002 (2)-Queen of Peace	1:44.8	
2002 (1)-Hasbrouck Heights	1:49.7	
2003 (2)-Englewood	1:53.5	
2003 (1)-Saddle Brook	1:54.2	
2004 (C)-Westwood	1:51.4	
2004 (D)-Wood-Ridge		1:51.7
2005 (C)-Rutherford	1:52.3	
2005 (D)-Saddle Brook	1:53.2	
2006 (C)-Ridgefield Park	1:50.2	
2006 (D)-Waldwick	1:51.9	
2007 (C)-Ridgefield Park	1:48.0	
2007 (D)-Cresskill	1:51.8	
2008 (C)-Westwood	1:48.8	
2008 (D)-Hasbrouck Heights	1:52.7	
2009 (C)-Westwood	1:48.8	
2009 (D)-Hasbrouck Heights	1:50.4	
2010 (C)-Westwood	1:48.7	
2010 (D)-Hasbrouck Heights	1:51.8	

1600 METERS (one mile 1978-1981)

1978-Saddle Brook	4:22.4	
1979-Saddle Brook	4:11.9	
1980-Saddle Brook	4:11.8	
1981-Rutherford	4:16.3	
1982-Tenafly	4:19.2	
1983-Tenafly	4:19.1	
1984-Tenafly	4:31.9	
1985-New Milford	4:24.7	
1986-Westwood	4:19.6	
1987-Westwood	4:17.7	
1988-Waldwick	4:24.2	
1989-Waldwick	4:22.5	
1990-Englewood	4:28.9	
1991-Garfield	4:19.9	
1992-Garfield	4:29.2	
1993-Glen Rock	4:28.1	
1994-Glen Rock	4:20.1	
1995-Glen Rock	4:21.2	
1996-Englewood	4:19.1	
1997-Glen Rock	4:20.6	
1998 (2)-Westwood	4:17.6	
1998 (1)-Saddle Brook	4:22.9	
1999 (2)-Ramsey	4:14.4	
1999 (1)-Glen Rock	4:34.6	
2000 (2)-Ramsey	4:16.2	
2000 (1)-Glen Rock	4:16.0	
2001 (2)-Ramsey	4:12.5	
2001 (1)-Hasbrouck Heights	4:17.5	
2002 (2)-Ramsey	4:23.5	
2002 (1)-Glen Rock	4:12.6	
2003 (2)-Ramsey	4:13.5	
2003 (1)-Glen Rock	4:12.3	
2004 (C)-Westwood	4:18.0	
2004 (D)-Wood-Ridge		4:25.0
2005 (C)-Rutherford	4:20.2	
2005 (D)-Waldwick	4:29.0	
2006 (C)-Ramsey	4:12.6	
2006 (D)-Park Ridge	4:27.2	

2007 (C)-Ramsey	4:03.6
2007 (D)-Saddle Brook	4:28.5
2008 (C)-Pascack Hills	4:15.9
2008 (D)-Saddle Brook	4:21.4
2009 (C)-Westwood	4:11.1
2009 (D)-Hasbrouck Heights	4:14.0
2010 (C)-Westwood	4:13.3
2010 (D)-Hasbrouck Heights	4:20.2

3200 METERS (two mile 1978-1981)

1978-Saddle Brook	10:43.3
1979-Saddle Brook	10:20.8
1980-Saddle Brook	10:26.6
1981-Rutherford	10:33.9
1982-Tenafly	10:24.5
1983-Tenafly	10:33.0
1984-Park Ridge	10:46.9
1985-Midland Park	10:36.5
1986-Westwood	10:30.0
1987-Mahwah	10:47.2
1988-Saddle Brook	10:33.8
1989-Cresskill	10:50.0
1990-Mahwah	10:48.9
1991-Rutherford	10:57.4
1992-Englewood	11:09.3
1993-Midland Park	10:41.5
1994-Northern Highlands	10:36.4
1995-Saddle Brook	10:21.2
1996-Ramsey	10:08.7
1997-Ramsey	10:06.3
1998 (2)-Ramsey	10:28.3
1998 (1)-Palisades Park	11:36.7
1999 (2)-Ramsey	10:44.4
1999 (1)-Glen Rock	10:44.3
2000 (2)-Westwood	10:13.7
2000 (1)-Glen Rock	10:27.2
2001 (2)-Westwood	10:41.0
2001 (1)-Glen Rock	10:09.6
2002 (2)-Dumont	10:25.6
2002 (1)-Glen Rock	10:08.6
2003 (2)-Ramsey	10:52.4
2003 (1)-Glen Rock	10:20.3
2004 (C)-Glen Rock	10:24.8
2004 (D)-Saddle Brook	10:52.8
2005 (C)-Westwood	10:38.7
2005 (D)-Saddle River Day	10:55.9
2006 (C)-Ramsey	10:48.8
2006 (D)-Waldwick	11:09.7
2007 (C)-Ramsey	10:31.4
2007 (D)-Waldwick	10:36.6
2008 (C)-Westwood	10:18.1
2008 (D)-Waldwick	10:38.4
2009 (C)-Leonia	10:26.1
2009 (D)-Hasbrouck Heights	10:44.2
2010 (C)-Westwood	10:20.4
2010 (D)-Hasbrouck Heights	10:32.2

6400 METERS (four mile 1978-1981)

1978-Saddle Brook	24:05.0
1979-Rutherford	23:25.0
1980-Rutherford	23:24.5
1981-Rutherford	23:03.0

1982-Tenaflly	23:30.8
1983-Tenaflly	23:30.0
1984-Saddle Brook	24:10.3
1985-Dumont	23:48.2
1986-Mahwah	23:48.1
1987-Saddle Brook	24:07.9
1988-Dumont	23:20.2
1989-Saddle Brook	24:12.0
1990-Mahwah	23:50.3
1991-Garfield	24:07.7
1992-Garfield	24:04.1
1993-Midland Park	24:06.4
1994-Northern Highlands	22:44.3
1995-Northern Highlands	23:01.8
1996-Westwood	22:45.1
1997-Ramsey	23:12.1
1998 (2)-Ramsey	22:42.8
1998 (1)-Hasbrouck Heights	26:30.2
1999 (2)-Ramsey	23:13.2
1999 (1)-Glen Rock	23:30.2
2000 (2)-Ramsey	22:50.8
2000 (1)-Glen Rock	23:01.6
2001 (2)-Ramsey	23:23.0
2001 (1)-Glen Rock	22:29.1
2002 (2)-Dumont	24:12.0
2002 (1)-Glen Rock	22:32.0
2003 (2)-Westwood	24:38.4
2003 (1)-Glen Rock	23:10.0
2004 (C)-Glen Rock	23:09.9
2004 (D)-Cresskill	23:00.1
2005 (C)-Westwood	24:14.9
2005 (D)-Saddle River Day	23:38.5
2006 (C)-Ramsey	22:57.0
2006 (D)-Park Ridge	23:13.1
2007 (C)-Ramsey	22:51.2
2007 (D)-Waldwick	24:10.3
2008 (C)-Westwood	23:13.2
2008 (D)-Waldwick	23:17.4
2009 (C)-Westwood	23:10.7
2009 (D)-Waldwick	24:06.2
2010 (C)-Westwood	22:33.0
2010 (D)-Hasbrouck Heights	23:30.0

SPRINT MEDLEY (880 yards 1979, mile 1978, 1980-81, 1600 meters 1982-)

1978-Saddle Brook	4:32.2
1979-Saddle Brook	1:57.3
1980-Tenaflly	4:23.3
1981-Tenaflly	4:24.4
1982-Tenaflly	4:29.2
1983-Park Ridge	4:31.0
1984-Ridgefield Park	4:39.0
1985-Dumont	4:41.5
1986-Lyndhurst	4:32.5
1987-Rutherford	4:37.7
1988-Waldwick	4:34.1
1989-Waldwick	4:42.7
1990-Garfield	4:37.2
1991-Garfield	4:29.6
1992-Garfield	4:35.1
1993-Englewood	4:40.8
1994-Glen Rock	4:44.9
1995-Glen Rock	4:24.4

1996-Glen Rock	4:26.2
1997-Glen Rock	4:30.4
1998 (2)-Glen Rock	4:27.1
1998 (1)-Saddle Brook	4:38.0
1999 (2)-Westwood	4:31.9
1999 (1)-Glen Rock	4:36.2
2000 (2)-Westwood	4:32.4
2000 (1)-Glen Rock	4:29.1
2001 (2)-Ramsey	4:25.3
2001 (1)-Glen Rock	4:23.9
2002 (2)-Ramsey	4:43.3
2002 (1)-Glen Rock	4:21.5
2003 (2)-Westwood	4:27.0
2003 (1)-Glen Rock	4:25.0
2004 (C)-Westwood	4:27.1
2004 (D)-Saddle Brook	4:37.0
2005 (C)-Glen Rock	4:35.7
2005 (D)-Midland Park	4:34.8
2006 (C)-Ramsey	4:29.2
2006 (D)-Waldwick	4:36.1
2007 (C)-Ramsey	4:20.6
2007 (D)-Waldwick	4:31.9
2008 (C)-Pascack Hills	4:31.6
2008 (D)-Waldwick	4:40.0
2009 (C)-Pascack Hills	4:28.2
2009 (D)-Hasbrouck Heights	4:29.0
2010 (C)-Westwood	4:26.7
2010 (D)-Hasbrouck Heights	4:32.7

DISTANCE MEDLEY (2.5 miles 1978-1981, 4000 meters 1982-)

1978-Saddle Brook	13:35.0
1979-Saddle Brook	13:18.3
1980-Rutherford	13:09.5
1981-Rutherford	13:40.5
1982-Cresskill	13:42.5
1983-Tenafly	13:32.8
1984-Park Ridge	13:46.2
1985-Dumont	13:39.9
1986-Rutherford	13:39.6
1987-Ridgefield Park	13:45.3
1988-Saddle Brook	13:37.7
1989-Saddle Brook	13:56.9
1990-Mahwah	13:34.2
1991-Rutherford	13:51.2
1992-Midland Park	13:52.5
1993-Midland Park	13:30.3
1994-Midland Park	13:31.2
1995-Saddle Brook	13:00.1
1996-Ramsey	13:08.7
1997-Ramsey	13:14.4
1998 (2)-Ramsey	13:04.1
1998 (1)-Hasbrouck Heights	15:02.4
1999 (2)-Ramsey	13:20.9
1999 (1)-Glen Rock	13:42.1
2000 (2)-Ramsey	12:57.8
2000 (1)-Glen Rock	12:53.5
2001 (2)-Westwood	13:54.3
2001 (1)-Glen Rock	13:01.9
2002 (2)-Dumont	13:34.2
2002 (1)-Glen Rock	13:02.3
2003 (2)-Ramsey	13:59.7
2003 (1)-Glen Rock	13:33.9

2004 (C)-Ridgefield	14:00.6
2004 (D)-Saddle River Day	13:44.1
2005 (C)-Rutherford	13:53.5
2005 (D)-Midland Park	13:32.8
2006 (C)-Ramsey	13:15.8
2006 (D)-Midland Park	13:13.1
2007 (C)-Ramsey	13:20.8
2007 (D)-Park Ridge	13:27.7
2008 (C)-Westwood	13:22.1
2008 (D)-Waldwick	13:34.7
2009 (C)-Westwood	13:16.2
2009 (D)-Hasbrouck Heights	13:57.9
2010 (C)-Westwood	13:04.8
2010 (D)-Hasbrouck Heights	13:48.8

SHUTTLE HURDLES (440 yards 1978-1981, 400 meters 1982-)

1978-Tenafly	1:08.6
1979-Tenafly	1:11.6
1980-Tenafly	1:09.8
1981-New Milford	1:12.5
1982-Ramsey	1:11.3
1983-Saddle Brook	1:10.9
1984-New Milford	1:11.1
1985-New Milford	1:11.3
1986-New Milford and Garfield	1:12.1
1987-New Milford	1:11.1
1988-Midland Park	1:13.7
1989-Garfield	1:16.4
1990-New Milford	1:12.3
1991-Garfield	1:12.5
1992-Garfield	1:16.8
1993-Lyndhurst	1:11.2
1994-Glen Rock	1:09.7
1995-Glen Rock	1:08.3
1996-Dumont	1:07.4
1997-Glen Rock	1:06.6
1998 (2)-Rutherford	1:09.6
1998 (1)-Hasbrouck Heights	1:14.8
1999 (2)-Pascack Hills	1:13.6
1999 (1)-Glen Rock	1:09.3
2000 (2)-Pascack Hills	1:11.5
2000 (1)-Glen Rock	1:11.4
2001 (2)-Pascack Hills	1:09.2
2001 (1)-Saddle Brook	1:08.5
2002 (2)-Ramsey	1:13.1
2002 (1)-Hasbrouck Heights	1:09.2
2003 (2)-Ramsey	1:09.4
2003 (1)-Saddle Brook	1:10.0
2004 (C)-Glen Rock	1:12.7
2004 (D)-Hasbrouck Heights	1:14.8
2005 (C)-Ridgefield Park	1:10.6
2005 (D)-Saddle Brook	1:12.3
2006 (C)-Pascack Hills	1:10.2
2006 (D)-Cresskill	1:15.5
2007 (C)-Ridgefield Park	1:08.8
2007 (D)-Saddle Brook	1:11.7
2008 (C)-Ridgefield Park	1:09.2
2008 (D)-Park Ridge	1:13.8
2009 (C)-Pascack Hills	1:11.8
2009 (D)-Waldwick	1:14.0
2010 (C)-Westwood	1:09.3
2010 (D)-Hasbrouck Heights	1:10.2

INTERMEDIATE HURDLES

1981-Tenaflly	3:41.4	
1982-Ramsey	3:39.9	
1983-Tenaflly	3:41.1	
1984-Tenaflly	3:42.2	
1985-New Milford	3:39.3	
1986-Westwood	3:37.3	
1987-Midland Park	3:41.8	
1988-Rutherford	3:40.9	
1989-Midland Park	3:41.8	
1990-Garfield	3:50.5	
1991-Garfield	3:48.2	
1992-Garfield	3:43.1	
1993-Glen Rock	3:39.5	
1994-Glen Rock	3:30.4	
1995-Glen Rock	3:26.0	
1996-Dumont	3:31.1	
1997-Glen Rock	3:32.5	
1998 (2)-Glen Rock	3:32.4	
1998 (1)-Emerson	3:46.0	
1999 (2)-Ramsey	3:36.7	
1999 (1)-Glen Rock	3:31.0	
2000 (2)-Ramsey	3:34.8	
2000 (1)-Glen Rock	3:31.3	
2001 (2)-Ramsey	3:36.1	
2001 (1)-Glen Rock	3:32.0	
2002 (2)-Ramsey	3:46.2	
2002 (1)-Glen Rock	3:26.6	
2003 (2)-Ramsey	3:45.9	
2003 (1)-Glen Rock	3:33.7	
2004 (C)-Glen Rock	3:33.2	
2004 (D)-Wood-Ridge		3:48.0
2005 (C)-Pascack Hills	3:28.1	
2005 (D)-Waldwick	3:53.0	
2006 (C)-Pascack Hills	3:28.6	
2006 (D)-Saddle Brook	3:43.5	
2007 (C)-Ramsey	3:32.0	
2007 (D)-Cresskill	3:44.4	
2008 (C)-Pascack Hills	3:33.6	
2008 (D)-Waldwick	3:46.5	
2009 (C)-Pascack Hills	3:31.8	
2009 (D)-Hasbrouck Heights	3:40.2	
2010 (C)-Westwood	3:40.3	
2010 (D)-Hasbrouck Heights	3:36.0	

SHOT PUT (8 lb. 1978-1980; 4K 1981-)

1978-Rutherford	98-11 ½
1979-Rutherford	89-11 ¾
1980-Rutherford	92-10
1981-Park Ridge	96-3
1982-Park Ridge	97-5
1983-New Milford	93-0
1984-Ridgefield Park	85-7 ¾
1985-Midland Park	87-1 ¼
1986-Westwood	87-4 ¾
1987-Westwood	98-2 ¼
1988-Westwood	98-10
1989-Lyndhurst	85-4 ½
1990-Saddle Brook	84-8
1991-Lyndhurst	87-3
1992-Garfield	85-7 ½
1993-Bogota	80-9

1994-River Dell	85-11 ½	
1995-Westwood	90-1 ½	
1996-Saddle Brook	85-11 ¾	
1997-Westwood	88-3 ½	
1998 (2)-Ridgefield Park	88-11 ½	
1998 (1)-Hasbrouck Heights	81-8 ¾	
1999 (2)-Ridgefield Park	98-5 ¼	
1999 (1)-Wood-Ridge	85-0 ¾	
2000 (2)-Westwood	95-5	
2000 (1)-Hasbrouck Heights	98-9 ¼	
2001 (2)-Mahwah	89-9 ½	
2001 (1)-Midland Park	99-9 ½	
2002 (2)-Indian Hills	85-0 ½	
2002 (1)-New Milford		93-4 ½
2003 (2)-Westwood	85-2	
2003 (1)-New Milford		86-3
2004 (C)-Glen Rock	87-2	
2004 (D)-Cresskill	88-7 ½	
2005 (C)-Lyndhurst	95-1 ¼	
2005 (D)-Wood-Ridge		86-2 ¾
2006 (C)-Pascack Hills	93-0 ¾	
2006 (D)-Wood-Ridge		83-5
2007 (C)-Hasbrouck Heights	85-0	
2007 (D)-Wood-Ridge		90-11 ¾
2008 (C)-Westwood	87-8	
2008 (D)-Park Ridge	93-2 ½	
2009 (C)-Rutherford	88-6	
2009 (D)-Hasbrouck Heights	92-3	
2010 (C)-Ridgefield Park	95-2	
2010 (D)-Saddle Brook	82-9 ¾	

DISCUS

1978-Rutherford	287-2	
1979-Rutherford	264-3	
1980-Tenafly	274-7	
1981-Park Ridge	284-9	
1982-Park Ridge	279-3	
1983-Park Ridge	240-6	
1984-Park Ridge	251-9	
1985-Midland Park	273-10	
1986-Westwood	265-2	
1987-Westwood	284-9	
1988-Westwood	291-7	
1989-Lyndhurst	231-7	
1990-Saddle Brook	251-4	
1991-Saddle Brook	264-1	
1992-Pascack Hills	272-10	
1993-Bogota	247-6	
1994-Bogota	287-7	
1995-New Milford	277-2	
1996-Westwood	257-6	
1997-Englewood	281-3	
1998 (2)-Ridgefield Park	270-4	
1998 (1)-Hasbrouck Heights	248-0	
1999 (2)-Rutherford	262-8	
1999 (1)-Wood-Ridge	264-11	
2000 (2)-Westwood	280-5	
2000 (1)-Hasbrouck Heights	283-1	
2001 (2)-Rutherford	276-1	
2001 (1)-Midland Park	289-2	
2002 (2)-Ramsey	261-10	
2002 (1)-New Milford		264-9

2003 (2)-Westwood	254-3	
2003 (1)-Glen Rock	269-0	
2004 (C)-Glen Rock	258-7	
2004 (D)-Park Ridge	254-5	
2005 (C)-Lyndhurst	272-7	
2005 (D)-Wood-Ridge		274-10
2006 (C)-Pascack Hills	280-2	
2006 (D)-Wood-Ridge		260-11
2007 (C)-Pascack Hills	254-1	
2007 (D)-Park Ridge	259-0	
2008 (C)-Dumont	243-0	
2008 (D)-Park Ridge	262-6	
2009 (C)-Pascack Hills	244-11	
2009 (D)-Wood-Ridge		248-4
2010 (C)-Ridgefield Park	252-4	
2010 (D)-Saddle Brook	233-10	

JAVELIN (New Javelin Beginning in 2002)

1978-Rutherford	268-5	
1979-Saddle Brook	315-0	
1980-Saddle Brook	286-1	
1981-New Milford	287-6	
1982-Tenafly	270-1	
1983-New Milford	326-3	
1984-New Milford	311-0	
1985-New Milford	289-8	
1986-New Milford	293-3	
1987-Westwood	264-7	
1988-Westwood	267-1	
1989-Lyndhurst	319-1	
1990-Ridgefield Park	257-9	
1991-Lyndhurst	266-5	
1992-Garfield	280-5	
1993-Mahwah	274-0	
1994-Ridgefield Park	301-8	
1995-Rutherford	269-1	
1996-New Milford	249-11	
1997-Ridgefield Park	273-10	
1998 (2)-Ridgefield Park	287-0	
1998 (1)-Hasbrouck Heights	210-1	
1999 (2)-Westwood	265-1	
1999 (1)-Glen Rock	261-11	
2000 (2)-Ridgefield Park	273-3	
2000 (1)-Ridgefield	273-2	
2001 (2)-Ramsey	248-4	
2001 (1)-New Milford		257-1
2002 (2)-Rutherford	291-5	
2002 (1)-New Milford		267-3
2003 (2)-Ridgefield Park	281-3	
2003 (1)-Glen Rock	271-10	
2004 (C)-Dumont	270-2	
2004 (D)-Hasbrouck Heights	266-2	
2005 (C)-Glen Rock	244-7	
2005 (D)-Waldwick	282-3	
2006 (C)-Glen Rock	256-5	
2006 (D)-Wood-Ridge		255-2
2007 (C)-Pascack Hills	277-0	
2007 (D)-Park Ridge	244-4	
2008 (C)-Pascack Hills	284-8	
2008 (D)-Hasbrouck Heights	319-3	
2009 (C)-Pascack Hills	289-9	
2009 (D)-Hasbrouck Heights	281-6	

2010 (C)-Westwood	250-2
2010 (D)-Park Ridge	277-1

HIGH JUMP

1978-Tenafly	13-10	
1979-Saddle Brook	14-8	
1980-Saddle Brook	13-10	
1981-Saddle Brook	13-10	
1982-Saddle Brook and Garfield	14-3	
1983-Saddle Brook	13-10	
1984-Saddle Brook, Garfield and New Milford	13-6	
1985-New Milford	13-2	
1986-New Milford	13-10	
1987-Midland Park	14-6	
1988-Dumont	13-10	
1989-Saddle Brook	13-4	
1990-Garfield	13-0	
1991-Garfield and Glen Rock	13-6	
1992-Saddle Brook and Ridgefield Park	13-6	
1993-Mahwah	14-6	
1994-Mahwah	15-0	
1995-Rutherford and Glen Rock	14-2	
1996-Rutherford, New Milford and Ramsey	14-0	
1997-Ramsey	14-0	
1998 (2)-Ramsey	14-0	
1998 (1)-Saddle Brook	12-6	
1999 (2)-Ramsey	13-8	
1999 (1)-Hasbrouck Heights	13-6	
2000 (2)-Rutherford	13-8	
2000 (1)-Palisades Park and Glen Rock	12-6	
2001 (2)-Rutherford	14-2	
2001 (1)-Hasbrouck Heights	13-2	
2002 (2)-Rutherford	14-0	
2002 (1)-Hasbrouck Heights and Glen Rock	13-10	
2003 (2)-Ramsey and Indian Hills		13-2
2003 (1)-Saddle Brook and Glen Rock	13-4	
2004 (C)-Ridgefield Park	13-8	
2004 (D)-Saddle Brook	13-0	
2005 (C)-Rutherford	12-4	
2005 (D)-Saddle Brook	13-2	
2006 (C)-Ramsey	13-10	
2006 (D)-Cresskill	12-10	
2007 (C)-Ramsey	14-10	
2007 (D)-Waldwick	13-4	
2008 (C)-Ridgefield Park	13-8	
2008 (D)-Waldwick	13-2	
2009 (C)-Rutherford	14-6	
2009 (D)-Hasbrouck Heights	13-6	
2010 (C)-Ridgefield Park	13-10	
2010 (D)-Wood-Ridge and Emerson	12-6	

LONG JUMP

1978-Tenafly	46-2 ½
1979-Tenafly	49-0
1980-Tenafly	42-9 ¾
1981-Tenafly	42-11
1982-Saddle Brook	41-10 ½
1983-Rutherford	43-7 ½
1984-Garfield	42-7
1985-Dumont	45-7 ¼
1986-New Milford	45-9 ¾
1987-New Milford	41-7 ½

1988-Dumont	42-10¼	
1989-Waldwick	39-5 ½	
1990-Westwood	41-1 ¾	
1991-Garfield	42-7	
1992-Saddle Brook	42-9 ¼	
1993-Lyndhurst	42-11½	
1994-Glen Rock	42-8	
1995-Glen Rock	46-2	
1996-Glen Rock	44-10	
1997-Englewood	47-2	
1998 (2)-Englewood	44-4	
1998 (1)-Lyndhurst	39-8	
1999 (2)-Ridgefield Park	42-4	
1999 (1)-Glen Rock	45-7 ¼	
2000 (2)-Englewood	45-11	
2000 (1)-Glen Rock	45-9 ¾	
2001 (2)-Englewood	44-10 ¼	
2001 (1)-Saddle Brook	44-1 ¾	
2002 (2)-Indian Hills	43-10 ¾	
2002 (1)-Glen Rock	43-0	
2003 (2)-Indian Hills	45-6 ½	
2003 (1)-Saddle Brook	46-1 ¾	
2004 (C)-Dumont	41-11	
2004 (D)-Saddle Brook	43-10	
2005 (C)-Glen Rock	42-11 ¾	
2005 (D)-Waldwick	41-6	
2006 (C)-Westwood	45-3 ½	
2006 (D)-Waldwick	45-0	
2007 (C)-Ridgefield Park	42-0	
2007 (D)-Waldwick	41-1 ¾	
2008 (C)-Westwood	45-8	
2008 (D)-Park Ridge	42-7 ¼	
2009 (C)-Westwood	45-7 ¼	
2009 (D)-Wood-Ridge		42-3 ¼
2010 (C)-Ridgefield Park	42-0	
2010 (D)-Waldwick	42-11 ¾	

TRIPLE JUMP

1978-Tenafly	95-6 ¾	
1979-Tenafly	101-3 ¾	
1980-Tenafly	94-0 ¾	
1981-Tenafly	91-0 ½	
1982-Ridgefield	95-2	
1983-Tenafly	91-9	
1984-New Milford	93-5	
1985-New Milford	95-1 ¼	
1986-New Milford	96-6	
1987-New Milford	98-10 ¼	
1988-Dumont	97-2 ½	
1989-Waldwick	96-4 ¾	
1990-Westwood	100-8 ½	
1991-Leonia	90-0 ¾	
1992-Englewood	95-2 ¾	
1993-Englewood	92-6	
1994-Glen Rock	94-7 ¾	
1995-Glen Rock	98-10 ½	
1996-Glen Rock	95-8 ½	
1997-Englewood	101-5 ½	
1998 (2)-Englewood	98-7 ½	
1998 (1)-Hasbrouck Heights	91-1 ½	
1999 (2)-Indian Hills	93-2 ½	
1999 (1)-Becton	91-8 ¼	

2000 (2)-Rutherford	91-11
2000 (1)-Hasbrouck Heights	92-1 ½
2001 (2)-Englewood	92-4 ½
2001 (1)-Hasbrouck Heights	89-11 ½
2002 (2)-Indian Hills	95-3 ½
2002 (1)-Hasbrouck Heights	96-0
2003 (2)-Indian Hills	95-3 ½
2003 (1)-Hasbrouck Heights	94-5 ½
2004 (C)-Glen Rock	90-5 ¾
2004 (D)-Hasbrouck Heights	91-0
2005 (C)-Pascack Hills	89-4 ½
2005 (D)-Waldwick	88-11 ½
2006 (C)-Pascack Hills	94-0 ½
2006 (D)-Waldwick	93-5 ¼
2007 (C)-Hasbrouck Heights	85-0 ¼
2007 (D)-Waldwick	87-9
2008 (C)-Ridgefield Park	94-7 ¼
2008 (D)-Waldwick	92-2
2009 (C)-Westwood	96-6
2009 (D)-Hasbrouck Heights	94-10
2010 (C)-Pascack Hills	93-2 ½
2010 (D)-Waldwick	92-2 ½

POLE VAULT

2004 (C)-Lyndhurst	14-0
2004 (D)-Saddle Brook	14-0
2005 (C)-Mahwah	23-6
2005 (D)-Hasbrouck Heights	13-0
2006 (C)-Pascack Hills	22-6
2006 (D)-Midland Park	21-0
2007 (C)-Hasbrouck Heights	15-0
2007 (D)-Waldwick	21-0
2008 (C)-Pascack Hills	22-6
2008 (D)-Park Ridge	14-0
2009 (C)-North Arlington and Cresskill	22-0
2009 (D)-Park Ridge	16-0
2010 (C)-Cresskill	23-7
2010 (D)-Hasbrouck Heights	20-0