

BIG NORTH CHAMPIONSHIPS

BOYS

UNITED DIVISION

TEAM SCORING

2011---Don Bosco 178, Bergen Catholic 81 ½, Paramus Catholic 30
2012---Don Bosco 128, St. Joseph 69, Paramus Catholic 56
2013---Don Bosco 121, Bergen Catholic 121, Paramus Catholic 43
2014---Don Bosco 173, Bergen Catholic 68, Paramus Catholic 60
2015---Don Bosco 126, Bergen Catholic 104, Paramus Catholic 65
2016---Don Bosco 155.5, Bergen Catholic 106.5, Paramus Catholic 59
2017---Don Bosco 136, Bergen Catholic 134, Paramus Catholic 30
2018---Bergen Catholic 127, Don Bosco 91, Paramus Catholic 90
2019---Bergen Catholic 158, Paramus Catholic 101, Don Bosco 64
2021---Bergen Catholic 150, Don Bosco 101, Paramus Catholic 60
2022---Don Bosco 127 ½, Bergen Catholic 114, Paramus Catholic 86 ½
2023---Bergen Catholic 140, Paramus Catholic 87 ½, Don Bosco 86 ½
2024---Don Bosco 116, Bergen Catholic 111, Paramus Catholic 92

100 METER DASH

2011---Tarique Gray, Bergen Catholic	11.10
2012---Jabrill Peppers, Paramus Catholic	11.10
2013---Jabrill Peppers, Paramus Catholic	10.5 (h)
2014---Jabrill Peppers, Paramus Catholic	10.77
2015---Wankeith Akin, Don Bosco	11.29
2016---Javon Turner, Paramus Catholic	10.63
2017---Rahmir Johnson, Bergen Catholic	10.80
2018---Rahmir Johnson, Bergen Catholic	10.89
2019---Rahmir Johnson, Bergen Catholic	10.86
2021---Fabian France, Bergen Catholic	10.91
2022---Fabian France, Bergen Catholic	10.79
2023---Logan Casey, Bergen Catholic	10.92
2024---Andrew Jeremiah Boakye, Bergen Catholic	10.96

200 METER DASH

2011---Leonte Carroo, Don Bosco	22.28
2012---Jabrill Peppers, Paramus Catholic	21.98
2013---Jabrill Peppers, Paramus Catholic	21.37
2014---Dalton Friend, Don Bosco	22.06
2015---Wankeith Akin, Don Bosco	22.16
2016---Wankeith Akin, Don Bosco	22.19
2017---Rahmir Johnson, Bergen Catholic	21.46
2018---Rahmir Johnson, Bergen Catholic	22.92
2019---Rahmir Johnson, Bergen Catholic	21.64
2021---Adrian Taffe, Bergen Catholic	22.79
2022---Fabian France, Bergen Catholic	22.21
2023---Logan Casey, Bergen Catholic	21.84
2024---Andrew Jeremiah Boakye, Bergen Catholic	22.02

400 METER DASH

2011---Leonte Carroo, Don Bosco	48.64
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2012---	Tim Hamlett, Don Bosco	49.42
2013---	Joe White, DePaul	48.35
2014---	Adam Ramos, Don Bosco	50.35
2015---	Anthony Palmisano, DePaul	51.19
2016---	Donald Stewart, Paramus Catholic	52.23
2017---	Kevin DeLoughry, Bergen Catholic	51.41
2018---	D'Andre Goodson, Paramus Catholic	52.20
2019---	Josh Gittens, Paramus Catholic	51.06
2021---	Josh Baskerville, Don Bosco	53.62
2022---	Alex Shaia, Bergen Catholic	51.74
2023---	Corey Sanders Jr., Bergen Catholic	50.98
2024---	Corey Sanders Jr., Bergen Catholic	49.08

800 METER RUN

2011---	Atticus DeProspero, Don Bosco	2:00.45
2012---	Ryan Tucker, Don Bosco	2:00.35
2013---	Mike Higgins, Don Bosco	1:57.12
2014---	Joe White, DePaul	1:52.94
2015---	Matt Morano, Bergen Catholic	2:00.96
2016---	Alex Zeepvat, Don Bosco	2:00.24
2017---	Braedon Fiume, Bergen Catholic	2:01.07
2018---	Graydon Nichols, Bergen Catholic	2:03.40
2019---	Jack Welch, Bergen Catholic	2:00.46
2021---	Owen McCarthy, Bergen Catholic	2:04.92
2022---	Killian Moore, Don Bosco	2:01.03
2023---	Brendan O'Rourke, Bergen Catholic	2:08.69
2024---	Ryan Locicero, Don Bosco	2:00.41

1600 METER RUN

2011---	Phelan McCormick, Don Bosco	4:30.75
2012---	Adam Ramos, Don Bosco	4:36.28
2013---	Rob Townsend, Don Bosco	4:24.62
2014---	Patrick Sullivan, Don Bosco	4:26.29
2015---	Connor Nicholson, Don Bosco	4:27.85
2016---	Connor Nicholson, Don Bosco	4:39.12
2017---	Caleb Shaia, Bergen Catholic	4:23.11
2018---	Mike Dua, Don Bosco	4:30.45
2019---	Braedon Fiume, Bergen Catholic	4:28.25
2021---	Owen McCarthy, Bergen Catholic	4:35.94
2022---	Paul Maguire, Don Bosco	4:32.79
2023---	Thomas Rogers, Bergen Catholic	4:26.40
2024---	Ryan Locicero, Don Bosco	4:35.85

3200 METER RUN

2011---	Nick Carapezza, Don Bosco	9:37.32
2012---	Nick Mendolia, Don Bosco	9:48.46
2013---	Mike Higgins, Don Bosco	9:38.46
2014---	Mike Higgins, Don Bosco	9:25.96
2015---	Patrick Sullivan, Don Bosco	9:50.00
2016---	Luke Novak, Don Bosco	10:11.11
2017---	David Rosas, Don Bosco	9:45.81
2018---	Michael Dua, Don Bosco	9:51.28

2019---	Elias Shaia, Bergen Catholic	10:09.61
2021---	Paul Maguire, Don Bosco	10:29.82
2022---	Paul Maguire, Don Bosco	9:38.08
2023---	Thomas Rogers, Bergen Catholic	9:39.45
2024---	Matthias Fontao, Don Bosco	9:51.68

110 METER HURDLES

2011---	Selwyn Maxwell, Don Bosco	15.10
2012---	Joshua Floyd, Don Bosco	15.59
2013---	Marc Wright, DePaul	15.3 (h)
2014---	Joshua Floyd, Don Bosco	15.58
2015---	Ryan Dunker, Bergen Catholic	16.62
2016---	Kevin DeLoughry, Bergen Catholic	16.20
2017---	Ryan Dunkel, Bergen Catholic	16.22

2018---Andy Ambroise, Paramus Catholic14.31

2019---	Andy Ambroise, Paramus Catholic	15.33
2021---	Justin Martone, Bergen Catholic	16.0 (h)
2022---	James Dely, Paramus Catholic	15.97
2023---	Cicai Jaramillo, Paramus Catholic	15.07
2024---	Adrian Laing, Paramus Catholic	14.75

400 METER HURDLES

2011---	Tyler Dilworth, Bergen Catholic	56.05
2012---	Dan Lynch, Bergen Catholic	58.83
2013---	Dan Lynch, Bergen Catholic	57.20
2014---	Joshua Floyd, Don Bosco	57.58
2015---	Kevin Deloughry, Bergen Catholic	58.41
2016---	Kevin Deloughry, Bergen Catholic	57.54
2017---	Kevin Deloughry, Bergen Catholic	59.60
2018---	Jordany Dely, Paramus Catholic	58.51
2019---	Jordany Dely, Paramus Catholic	58.02
2021---	Joseph Griffith, Bergen Catholic	63.04
2022---	Jaylen Jeffries, Paramus Catholic	59.54
2023---	Ryan Dormelas, St. Joseph	59.61
2024---	Corey Sanders Jr., Paramus Catholic	56.85

SHOT PUT

2011---	Marquise Wright, Paramus Catholic	56-2 ½
2012---	Marcus Pantoja, Paramus Catholic	49-9
2013---	Jack Lippin, Bergen Catholic	49-9 ½
2014---	Marcus Pantoja, Paramus Catholic	50-0 ½
2015---	Rashan Gary, Paramus Catholic	50-4 ½
2016---	Marcus Valdez, Don Bosco	48-6
2017---	Connor Mathis, Don Bosco	50-0
2018---	Connor Mathis, Don Bosco	55-3 ¼
2019---	Connor Mathis, Don Bosco	53-3
2021---	Austin Jones, Bergen Catholic	44-0 ¼
2022---	Benji Shue, Bergen Catholic	58-7
2023---	Benji Shue, Bergen Catholic	61-9 ½
2024---	Benji Shue, Bergen Catholic	63-11 ¼

DISCUS

2011---	Marquise Wright, Paramus Catholic	158-5
2012---	Samuel Kleinberg, St. Joseph	131-9
2013---	Jack Lippin, Bergen Catholic	123-9
2014---	Marcus Valdez, Don Bosco	134-2
2015---	Rashan Gary, Paramus Catholic	146-4
2016---	Michael Mendoza, Paramus Catholic	147-4
2017---	Michael Mendoza, Paramus Catholic	157-1
2018---	Connor Mathis, Don Bosco	151-1
2019---	Connor Mathis, Don Bosco	166-6
2021---	Cooper Stroka, Don Bosco	130-10
2022---	Benji Shue, Bergen Catholic	180-3
2023---	Benji Shue, Bergen Catholic	200-10
2024---	Benji Shue, Bergen Catholic	194-10

JAVELIN

2011---	Tyler Yee, Don Bosco	187-7
2012---	Casey Paulosky, DePaul	155-9
2013---	Paul Sheridan, Paramus Catholic	169-3
2014---	Paul Sheridan, Paramus Catholic	175-3
2015---	Garrett Hessman, Bergen Catholic	157-4
2016---	Dohan Kim, Bergen Catholic	148-2
2017---	Joe Korin, Bergen Catholic	156-3
2018---	Grant Nawoichyk, Don Bosco	151-1
2019---	Michael McGeehan, Paramus Catholic	164-1
2021---	Alex Ust, Bergen Catholic	161-6
2022---	Daniel Parisi, Don Bosco	169-9
2023---	Sean Coll, Bergen Catholic	177-6
2024---	Teddy Hughes, Bergen Catholic	150-3

HIGH JUMP

2011---	Almir Dobbs, Paramus Catholic	5-8
2012---	Tyrone Washington, Paramus Catholic	6-0
2013---	Kyle Quiero, Bergen Catholic	6-2
2014---	Kristian Bautista, Paramus Catholic	6-0
2015---	Drew Singleton, Paramus Catholic	6-4
2016---	Kevin Jackson, Bergen Catholic	5-6
2017---	Jayse Bradley, Bergen Catholic	5-8
2018---	James Blair, Bergen Catholic	5-8
2019---	Ivan Jacob, Bergen Catholic	5-10
2021---	Jaden Ebanks, Bergen Catholic	5-10
2022---	Kyle Irving, Don Bosco	5-10
2023---	Bobby Mays, Don Bosco	6-0
2024---	Bobby Mays, Don Bosco	6-2

LONG JUMP

2011---	Greg Hazell, Don Bosco	21-0
2012---	Joe Moran, Don Bosco	19-8
2013---	Zach Bazile, St. Joseph	21-7 ¼
2014---	Phil Ozuah, Don Bosco	20-4
2015---	Alijah Jackson, Paramus Catholic	20-8 ¼

2016---	Wankeith Akin, Don Bosco	20-9
2017---	Rahmir Johnson, Bergen Catholic	22-0
2018---	Andy Ambroise, Paramus Catholic	21-2
2019---	Rahmir Johnson, Bergen Catholic	20-11 $\frac{3}{4}$
2021---	Louis Frye, Paramus Catholic	20-9 $\frac{3}{4}$
2022---	Josh Baskerville, Paramus Catholic	22-0
2023---	Bobby Mays, Don Bosco	21-2 $\frac{1}{2}$
2024---	Bobby Mays, Don Bosco	22-10

TRIPLE JUMP

2011---	Greg Hazell, Don Bosco	45-2
2012---	Joe Moran, Don Bosco	42-5 $\frac{1}{2}$
2013---	Kyle Quiero, Bergen Catholic	42-1
2014---	Phil Ozuah, Don Bosco	41-1 $\frac{1}{2}$
2015---	Hugh Spence, Paramus Catholic	38-8 $\frac{1}{4}$
2016---	Zair Talmadge, Don Bosco	40-2
2017---	Zair Talmadge, Don Bosco	40-4 $\frac{3}{4}$
2018---	Isaiah Givens, Bergen Catholic	41-6 $\frac{1}{4}$
2019---	Jeremy Torre, Paramus Catholic	42-9
2021---	Louis Frye, Paramus Catholic	43-4
2022---	Bobby Mays, Don Bosco	42-9 $\frac{3}{4}$
2023---	Bobby Mays, Don Bosco	44-10 $\frac{1}{2}$
2024---	Bobby Mays, Don Bosco	46-10 $\frac{1}{2}$

POLE VAULT

2011---	Teddy D'Amico, Bergen Catholic	11-0
2012---	Mike Moore, Bergen Catholic	11-0
2013---	Teddy D'Amico, Bergen Catholic	12-6
2014---	Chris Puntasecca, IHA	11-0
2015---	Chris Puntasecca, IHA	10-0
2016---	Derek Wafer, Bergen Catholic	11-6
2017---	Jorge Mascaro, Bergen Catholic	11-0
2018---	Luke Berninger, St. Joseph	9-6
2019---	Ivan Jacob, Bergen Catholic	9-6
2021---	Colin Salandy, Paramus Catholic	9-6
2022---	Colin Salandy, Paramus Catholic	10-0
2023---	Colin Salandy, Paramus Catholic	12-0
2024---	Marcelo Giglio, Paramus Catholic	10-6

1600 METER RELAY

2011---	Don Bosco	3:24.82
2012---	Don Bosco	3:24.78
2013---	Don Bosco	3:24.56
2014---	DePaul	3:33.20
2015---	Don Bosco	3:33.95
2016---	Bergen Catholic	3:34.86
2017---	Bergen Catholic	3:35.09
2018---	Paramus Catholic	3:35.96
2019---	Paramus Catholic	3:33.78
2021---	Bergen Catholic	3:37.24
2022---	Bergen Catholic	3:33.22
2023---	Paramus Catholic	3:33.70

2024---Paramus Catholic

3:26.38

FREEDOM DIVISION

TEAM SCORING

2011---Ridgewood 130 ½, Teaneck 99, Paramus 47 ½
2012---Ridgewood 136, Hackensack 112 ½, Teaneck 38 ½
2013---Ridgewood 154, Ramapo 102, Indian Hills 79
2014---Ridgewood 191, Indian Hills 109, Hackensack 75
2015---Northern Highlands 124 ½, Indian Hills 106, Ridgewood 101
2016---Ridgewood 167.5, Indian Hills 111, Northern Highlands 78
2017---Ridgewood 210 ½, Hackensack 83, Indian Hills 68
2018---Ridgewood 144, Northern Highlands 88, Ramapo 86
2019---Old Tappan 120, Ridgewood 108, Ramapo 91
2021---Ridgewood 178, Ramapo 140, Hackensack 76
2022---Ridgewood 194, Hackensack 150, Ramapo 66
2023---Ridgewood 128, Hackensack 75, Ramapo 60
2024---Ridgewood 122, Hackensack 91, Northern Highlands 48

100 METER DASH

2011---Malcolm McKnight, Teaneck	11.40
2012---Deandre Jennings, Hackensack	11.14
2013---Kenny Clarke, Ramapo	11.19
2014---Jake Sabatini, Ridgewood	11.25
2015---Matt Vicarri, Northern Highlands	11.61
2016---Kobi Grant, Ridgewood	11.07
2017---Kobi Grant, Ridgewood	11.43
2018---Max Baker, Ramapo	11.28
2019---Max Baker, Ramapo	11.23
2021---Jack Grusser, Ramapo	11.28
2022---Jack Grusser, Ramapo	11.40
2023---Landon DePrima, Ramapo	11.02
2024---Seven Garcia, Hackensack	11.38

200 METER DASH

2011---Malcolm McKnight, Teaneck	22.85
2012---Deandre Jennings, Hackensack	22.85
2013---Kenny Clarke, Ramapo	22.50
2014---DooHee Han, Ridgewood	22.83
2015---Joe Roma, Paramus	23.42
2016---Matt Tai, Ridgewood	22.72
2017---Kobi Grant, Ridgewood	22.83
2018---Max Baker, Ramapo	22.44
2019---Alex Ruhl, Ridgewood	22.76
2021---Jack Grusser, Ramapo	22.91
2022---Logan Natale, Hackensack	23.18
2023---David Gonzalez, Ramapo	23.05
2024---Seven Garcia, Hackensack	22.35

400 METER DASH

2011---Bryan Murphy, Teaneck	50.41
2012---Matt Schneider, Paramus	50.97
2013---Storm Dublirer, Ridgewood	50.10

2014---Mike Nowatsky, Indian Hills	49.59
2015---Jack Kerin, Indian Hills	51.16
2016---Michael Thurston, Ridgewood	49.74
2017---Kyle Mack, Ridgewood	50.11
2018---Mike Petrazzuolo, Ramapo	50.22
2019---Michael Tcherchian, Old Tappan	50.99
2021---Racine Ly, Ridgewood	53.61
2022---Logan Natale, Hackensack	52.88
2023---Maxwell Gurkovic, Northern Highlands	49.86
2024---Seven Garcia, Hackensack	49.81

800 METER RUN

2011---Levi Jennings, Ridgewood	1:58.57
2012---Levi Jennings, Ridgewood	1:57.07
2013---Michael Thurston, Ridgewood	1:59.66
2014---Michael Thurston, Ridgewood	1:58.14
2015---Michael Thurston, Ridgewood	1:59.03
2016---Michael Thurston, Ridgewood	2:01.65
2017---Will Baginski, Ridgewood	2:00.38
2018---Chris Benitez, Hackensack	2:01.50
2019---Ryan Pena, Hackensack	2:00.79
2021---Quinn McCutcheon, Ridgewood	2:01.70
2022---Moses Barrera, Hackensack	1:58.93
2023---Thomas DiVincent, Ramapo	1:57.60
2024---Ryan Welch, Ramapo	1:58.04

1600 METER RUN

2011---Levi Jennings, Ridgewood	4:21.12
2012---Levi Jennings, Ridgewood	4:17.41
2013---Chris Mascetti, Hackensack	4:23.66
2014---J.P. Julian, Northern Highlands	4:20.53
2015---Matt Tuohy, Indian Hills	4:24.06
2016---Matt Cohane, Indian Hills	4:31.79
2017---Chris Corcoran, Indian Hills	4:24.54
2018---Jonathan Outen, Hackensack	4:30.14
2019---Will Baginski, Ridgewood	4:28.56
2021---Sean Fortunato, Ridgewood	4:23.07
2022---Amiri Whittle, Hackensack	4:22.28
2023---Luke Pash, Ridgewood	4:23.52
2024---Luke Pash, Ridgewood	4:26.45

3200 METER RUN

2011---Carlos Coronado, Hackensack	10:08.53
2012---Travis Spicer, Ridgewood	9:46.72
2013---Nick Salamone, Ridgewood	9:49.37
2014---Chris Evans, Indian Hills	9:45.96
2015---Matt Tuohy, Indian Hills	9:43.21
2016---Derek Barney, Indian Hills	9:49.95
2017---Sid Wagh, Ridgewood	9:51.74
2018---Steve Fiumefreddo, Indian Hills	10:00.89
2019---Will Baginski, Ridgewood	9:42.47
2021---Quinn McCutcheon, Ridgewood	9:46.72

2022---Amiri Whittle, Hackensack	9:34.46
2023---Luke Pash, Ridgewood	9:36.15
2024---Jett Lincoln,. Ridgewood	9:49.99

110 METER HURDLES

2011---Matt Beausoleil, Ridgewood	15.63
2012---Mo Headley, Hackensack	15.02
2013---Kevin Chung, Ridgewood	15.01
2014---Mike Zeno, Ridgewood	15.55
2015---Andre Grant, Hackensack	15.82
2016---Al-Tariq Dunson, Paramus	15.00
2017---Ray Harada, Ridgewood	15.68
2018---Dan Monchek, Northern Highlands	15.12
2019---Ryan Jordan, Old Tappan	15.14
2021---Red Kossick, Ridgewood	15.41
2022---Red Kossick, Ridgewood	14.93 (14.83 in trials)
2023---Victor Souza, Ridgewood	14.91
2024---Victor Souza, Ridgewood	15.26

400 METER HURDLES

2011---InSoo Hwang, Ridgewood	58.27
2012---Mo Headley, Hackensack	56.51
2013---Kevin Halloran, Indian Hills	56.96
2014---Brandon Rousseau, Indian Hills	58.36
2015---Liam Moran, Northern Highlands	57.78
2016---Jack Kerin, Indian Hills	57.82
2017---Kyle Mack, Ridgewood	57.03
2018---Luke Reinke, Ridgewood	56.86
2019---Ryan Jordan, Old Tappan	56.23
2021---Ryan McKenna, Ridgewood	56.92
2022---Matt Aono, Ridgewood	57.61
2023---Victor Souza, Ridgewood	58.00
2024---Teddy Goebbert, Northern Highlands	56.50

SHOT PUT

2011---Stephen Mozia, Hackensack	61-8 ½
2012---D.J. Bourgeois, Hackensack	51-10
2013---Alek Gulbenkian, Paramus	49-11 ½
2014---Mike Mosconi, Indian Hills	47-9
2015---Demar Stewart, Hackensack	47-11 ¾
2016---Kenny Ekert, Ridgewood	50-10
2017---Camal Brown, Hackensack	49-5 ¾
2018---Jack Stuart, Hackensack	52-9
2019---Patrick Passalacqua, Old Tappan	52-11
2021---Hassan Bailey, Hackensack	43-9
2022---Michael Grant, Hackensack	47-0 ½
2023---Carlos Bermudez, Ridgewood	47-7
2024---Jack Fitzgerald, Ridgewood	44-7

DISCUS

2011---Stephen Mozia, Hackensack	187-11
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2012---	D.J. Bourgeois, Hackensack	127-7
2013---	Trevor Mild, Indian Hills	144-8
2014---	Mike Antosiewicz, Ridgewood	140-3
2015---	Nick Ghichian, Paramus	124-10
2016---	Demar Stewart, Hackensack	143-1
2017---	Jack Stuart, Hackensack	146-3
2018---	Jack Stuart, Hackensack	153-5
2019---	John Griffith, Northern Highlands	168-0
2021---	Hassan Bailey, Hackensack	156-2
2022---	Carlos Bermudez, Ridgewood	152-8
2023---	Carlos Bermudez, Ridgewood	178-0
2024---	Matt Schwindt, Ridgewood	127-9

JAVELIN

2011---	Eric Lesko, Paramus	161-0
2012---	Jeremy Wills, Teaneck	152-0
2013---	Harry Sullivan, Ramapo	173-7
2014---	Nick Higgins, Ridgewood	161-2
2015---	Arun Pradhanang, Paramus	148-0
2016---	Allan Fall, Ramapo	169-5
2017---	Michael Connor, Ramapo	137-0
2018---	Michael Connor, Ramapo	174-2
2019---	Jason Santa Cruz, Old Tappan	180-10
2021---	Victor Mai, Hackensack	146-5
2022---	Yunte Trattnor, Ridgewood	167-5
2023---	Chase O'Connell, Northern Highlands	159-10
2024---	Matt Schwindt, Ridgewood	131-6

HIGH JUMP

2011---	Sean Wimbush, Teaneck	6-3
2012---	Mike Cummings, Hackensack	6-4
2013---	Danny Thompson, Indian Hills	6-4
2014---	Kenny Clarke, Ramapo	6-2
2015---	Derek Anderson, Indian Hills	6-0
2016---	Derek Anderson, Indian Hills	6-4
2017---	Ray Harada, Ridgewood	6-2
2018---	Danilo Romero, Ridgewood	6-0
2019---	Isaiah Savitt, Ramapo	6-0
2021---	Zachary Madison, Northern Highlands	6-0
2022---	Alex Shevchenko, Ridgewood	5-8
2023---	Shawn Sowah, Hackensack and Luke Adami, Northern Highlands	5-8
2024---	Luke Adami, Northern Highlands	6-2

LONG JUMP

2011---	John Robertson, Paramus	21-5
2012---	Evan Bartlik, Ridgewood	22-10
2013---	James Ortiz, Ramapo	21-3 ¼
2014---	Frankie Richard, Northern Highlands	21-2
2015---	Frankie Richard, Northern Highlands	21-4 ¾
2016---	Frankie Richard, Northern Highlands	22-2 ½
2017---	Andrew Achirem, Hackensack	21-2 ½

2018---	Dan Monchek, Northern Highlands	21-5 ¼
2019---	Luke Bussetti, Northern Highlands	21-7 ½
2021---	Sean Emmanuel, Ridgewood	19-7
2022---	Walter King Jr., Hackensack	20-8
2023---	Shawn Sowah, Hackensack	20-6
2024---	Shawn Sowah, Hackensack	21-1 ½

TRIPLE JUMP

2011---	Sean Wimbush, Teaneck	45-7 ¼
2012---	Evan Bartlik, Ridgewood	44-11 ½
2013---	Mike Menakis, Northern Highlands	43-8 ¾
2014---	Harrison Escoffery, Hackensack	42-0
2015---	Tommy Smith, Hackensack	44-6
2016---	Frankie Richard, Northern Highlands	45-6
2017---	Max Bartlik, Ridgewood	43-10
2018---	Max Bartlik, Ridgewood	46-0
2019---	Geoff Clark, Northern Highlands	42-3 ¼
2021---	Jeremy Miller, Ramapo	40-8 ¾
2022---	Red Kossick, Ridgewood	41-1
2023---	Alex Shevchenko, Ridgewood	40-7
2024---	Bradley Allen, Hackensack	41-8

POLE VAULT

2011---	James Knight, Ridgewood	11-0
2012---	Allan Wong, Ridgewood	12-0
2013---	Dylan Downing, Ridgewood	13-6
2014---	Keith Gandy, Indian Hills	14-0
2015---	Michael Forbes, Hackensack	11-6
2016---	Luc Bontoux, Ridgewood	13-0
2017---	Ryan Vimba, Ridgewood	13-6
2018---	Kyle Cho and Brandon Yip, Paramus	10-6
2019---	Kyle Cho, Paramus	12-6
2021---	Luke Gnospelius, Ridgewood	12-0
2022---	Luke Gnospelius, Ridgewood	13-6
2023---	Liam O'Meara, Ridgewood	13-0
2024---	Marcus Hohegger, Ridgewood	12-6

1600 METER RELAY

2011---	Teaneck	3:24.36
2012---	Ridgewood	3:26.62
2013---	Ramapo	3:25.66
2014---	Ridgewood	3:26.12
2015---	Ridgewood	3:31.29
2016---	Indian Hills	3:30.46
2017---	Ridgewood	3:30.48
2018---	Ramapo	3:28.42
2019---	Ridgewood	3:25.95
2021---	Ramapo	3:34.65
2022---	Ramapo	3:32.28
2023---	Ridgewood	3:29.87
2024---	Hackensack	3:25.30

NATIONAL DIVISION

TEAM SCORING

2011---Demarest 114, Old Tappan 109 1/3, Northern Highlands 64 2/3
2012---Old Tappan 137, Demarest 91, Northern Highlands 41
2013---Demarest 179, Old Tappan 130, Teaneck 74
2014---Old Tappan 174 1/2, Demarest 163, Teaneck 56
2015---Old Tappan 192, Demarest 103, Teaneck 74
2016---Old Tappan 201, Demarest 168, Pascack Valley 54 1/2
2017---Demarest 209 1/4, Old Tappan 117 1/4, Teaneck 50 1/4
2018---Demarest 187 1/2, Old Tappan 135 1/2, Teaneck 96
2021---Old Tappan 192, Demarest 139, Bergenfield 59
2022---Demarest 173, Old Tappan 127 1/2, Teaneck 105
2023---Demarest 207, Old Tappan 147, Bergenfield 52
2024---Demarest 194, Old Tappan 125 1/2, Bergenfield 56 1/2

100 METER DASH

2011---Devin Fuller, Old Tappan	11.46
2012---Devin Fuller, Old Tappan	11.25
2013---Benjamin Davis, Old Tappan	11.02
2014---Jaleel Felton, Pascack Valley	11.21
2015---Pierce Lukas, Old Tappan	11.40
2016---Miles Watson, Old Tappan	11.56
2017---Jayquan Levy, Teaneck	11.58
2018---Brendan Barton, Bergenfield	11.40
2021---JC Baratta, Old Tappan	11.35
2022---Dyllon Fokouh-Mensah, Bergenfield	11.27
2023---Xavier Hayletts, Bergenfield	10.99
2024---Adam Kaufman, Demarest	11.23

200 METER DASH

2011---Devin Fuller, Old Tappan	22.88
2012---Devin Fuller, Old Tappan	22.58
2013---Benjamin Davis, Old Tappan	22.67
2014---Cory Adelson, Demarest	23.11
2015---Pierce Lukas, Old Tappan	23.11
2016---Tom Rienas, Old Tappan	23.05
2017---Angelo Gallo, Bergenfield	23.06
2018---Jayquan Levy, Teaneck	23.25
2021---Donavan Anderson, Bergenfield	23.21
2022---Kevin Ramirez, Teaneck	22.61
2023---Jack Attali, Demarest	22.46
2024---Michael Micelli, Old Tappan	22.60

400 METER DASH

2011---Brandon Gregory, Old Tappan	50.85
2012---Brandon Gregory, Old Tappan	51.09
2013---Jaleel Felton, Pascack Valley	49.92
2014---George Jenkins, Teaneck	49.08
2015---Andrew Schumacher, Old Tappan	50.68
2016---Tom Rienas, Old Tappan	50.71
2017---Matt Soffer, Tenafly	52.05

2018---	Sung Su Bae, Demarest	51.79
2021---	JC Baratta, Old Tappan	52.16
2022---	Kevin Ramirez, Teaneck	51.06
2023---	Christopher Short, Demarest	49.61
2024---	Adam Kaufman, Demarest	49.23

800 METER RUN

2011---	Brad Paternostro, Ramapo	1:59.08
2012---	Kyle Davidson, Old Tappan	2:00.17
2013---	George Jenkins, Teaneck	1:59.72
2014---	Marc Rienas, Old Tappan	1:58.52
2015---	A.J. Hall, Pascack Valley	1:58.06
2016---	Will Rienas, Old Tappan	1:59.69
2017---	Jake Ragusa, Demarest	2:02.57
2018---	Michael Carter, Teaneck	1:58.29
2021---	Ryan Leocata, Old Tappan	2:04.24
2022---	Johannes Rivera, Bergenfield	2:00.39
2023---	Michael Forde, Tenafly	1:59.35
2024---	Michael Forde, Tenafly	1:55.84

1600 METER RUN

2011---	Brad Paternostro, Ramapo	4:21.51
2012---	Alex Weiner, Old Tappan	4:31.90
2013---	Kevin Rogovich, Demarest	4:37.83
2014---	Kevin Rogovich, Demarest	4:21.11
2015---	James Weissenborn, Old Tappan	4:25.37
2016---	Jeff Roberts, Pascack Valley	4:29.60
2017---	Ty Miller, Demarest	4:33.18
2018---	Tim Larsen, Demarest	4:32.37
2021---	Steven Hatano, Old Tappan	4:36.84
2022---	Matt Malora, Old Tappan	4:30.50
2023---	Joshua Tejada, Teaneck	4:29.31
2024---	Enrico Parrella, Demarest	4:23.53

3200 METER RUN

2011---	Andrew Wilson, Ramapo	9:51.17
2012---	Will Maltin, Old Tappan	9:49.72
2013---	Kevin Rogovich, Demarest	9:59.37
2014---	Ian Clarke, Old Tappan	9:48.15
2015---	Max Zavidow, Tenafly	9:42.45
2016---	James Weissenborn, Old Tappan	9:54.56
2017---	Ty Miller, Demarest	9:51.47
2018---	Tim Larsen, Demarest	10:12.82
2021---	Jacob Wolmer, Tenafly	9:58.30
2022---	Casey Symons, Old Tappan	10:07.15
2023---	Michael Delgado, Teaneck	9:44.97
2024---	Jimmy Hernandez, Bergenfield	10:13.52

110 METER HURDLES

2011---	Nick Picache, Northern Highlands	15.43
2012---	Rob Gebhard, Northern Highlands	15.00
2013---	Brendan Davidson, Old Tappan	15.62

2014---	Jay Jung, Tenafly	15.69
2015---	Joe Jordan, Old Tappan	15.12
2016---	Joe Jordan, Old Tappan	14.90
2017---	Andrew Peterson, Demarest	15.84
2018---	Owari Hoo, Teaneck	15.82
2021---	Lincoln Sorenson, Demarest	15.98
2022---	Jack Attali, Demarest	15.06
2023---	Jack Attali, Demarest	14.13
2024---	Liam Paneque, Demarest	14.93

400 METER HURDLES

2011---	Brandon Gregory, Old Tappan	55.35
2012---	Brandon Gregory, Old Tappan	55.03
2013---	Brendan Davidson, Old Tappan	56.40
2014---	Brendan Davidson, Old Tappan	57.92
2015---	Tom Rienas, Old Tappan	58.91
2016---	Joe Jordan, Old Tappan	56.06
2017---	Andrew Peterson, Demarest	55.52
2018---	John Lohrer, Old Tappan	55.89
2021---	Lincoln Sorenson, Demarest	58.81
2022---	Lincoln Sorenson, Demarest	57.57
2023---	Jack Attali, Demarest	54.65
2024---	Goran Saric, Old Tappan	56.31

SHOT PUT

2011---	Andrew Trumbetti, Demarest	51-7
2012---	Andrew Trumbetti, Demarest	54-11 ½
2013---	Andrew Trumbetti, Demarest	59-2
2014---	Dean Pella, Old Tappan	49-5 ½
2015---	Chris Snead, Teaneck	48-2
2016---	Connor Scaglione, Demarest	46-10 ¾
2017---	Connor Scaglione, Demarest	50-0 ½
2018---	Connor Scaglione, Demarest	56-2 ¾
2021---	Jack Reneghan, Old Tappan	47-9
2022---	Daye Karibi-Whyte, Teaneck	52-7 ½
2023---	Marco DeCroce, Demarest	55-5
2024---	Jack Small, Old Tappan	57-10

DISCUS

2011---	Andrew Trumbetti, Demarest	151-0
2012---	Andrew Trumbetti, Demarest	156-2
2013---	Andrew Trumbetti, Demarest	163-9
2014---	Chris Snead, Teaneck	141-8
2015---	Chris Snead, Teaneck	159-5
2016---	Connor Scaglione, Demarest	131-8
2017---	Connor Scaglione, Demarest	154-2
2018---	Matt Lange, Demarest	151-5
2021---	Dan Mikay, Demarest	166-1
2022---	Daye Karibi-Whyte, Teaneck	157-3
2023---	Jack Small, Old Tappan	160-5
2024---	Jack Small, Old Tappan	159-10

JAVELIN

2011---	Chris Piere, Demarest	166-8
2012---	Harry Sullivan, Ramapo	161-0
2013---	Mike Begen, Pascack Valley	175-9
2014---	Zachary DeNike, Old Tappan	158-9
2015---	Paul Ippolito, Demarest	167-6
2016---	Bryan Holden, Demarest	174-7
2017---	Jason Santa Cruz, Old Tappan	172-5
2018---	John Lee, Demarest	174-3
2021---	Kevin Ryu, Old Tappan	154-9
2022---	Liam Zelman, Demarest	154-4
2023---	Liam Zelman, Demarest	157-6
2024---	Colin Krause, Pascack Valley	165-5

HIGH JUMP

2011---	Yoonil Kim, Demarest	6-0
2012---	Justin Pak, Demarest	6-2
2013---	Anthony Doran, Demarest	6-0
2014---	Josh Landsman, Demarest	6-2
2015---	Ben Stein, Tenaflly	5-10
2016---	Kevin Doran, Demarest	5-8
2017---	Kyle Shine, Old Tappan	6-2
2018---	Kyle Shine, Old Tappan	6-2
2021---	Daniel Joung, Tenaflly	5-8
2022---	Kwaku Asante Nkrumah, Teaneck	5-10
2023---	Liam Paneque, Demarest	6-3
2024---	Liam Paneque, Demarest	6-0

LONG JUMP

2011---	Brian Choi, Old Tappan	20-2
2012---	George Alexandris, Fort Lee	20-9 ½
2013---	Benjamin Davis, Old Tappan	21-6 ½
2014---	Jordan Fuller, Old Tappan	20-10
2015---	Jordan Fuller, Old Tappan	20-10
2016---	Ben Stein, Tenaflly	19-7
2017---	Ben Stein, Tenaflly	21-3 ½
2018---	Serban Ionato, Demarest	20-7 ¾
2021---	Donavan Anderson, Bergenfield	21-3 ¾
2022---	Kenny Uchida, Tenaflly	21-4 ¾
2023---	Liam Paneque, Demarest	22-2
2024---	Liam Paneque, Demarest	23-2 ½

TRIPLE JUMP

2011---	Rob Gebhard, Northern Highlands	40-10
2012---	Rob Gebhard, Northern Highlands	45-11
2013---	Ben Chazen, Demarest	42-6 ¼
2014---	Romareo Anderson, Teaneck	42-7 ½
2015---	Ben Stein, Tenaflly	41-0 ¼
2016---	Ben Stein, Tenaflly	41-11
2017---	James Paltos, Demarest	43-9 ¾
2018---	Christian Stremmler, Pascack Valley	42-7
2021---	Donavan Anderson, Bergenfield	45-7 ¾

2022---	Andrew Tandler, Demarest	42-5
2023---	Liam Paneque, Demarest	45-7 ½
2024---	Adam Shaw, Pascack Valley	46-2 ½

POLE VAULT

2011---	Eric Geider, Demarest	13-0
2012---	Eric Geider, Demarest	14-0
2013---	Eric Geider, Demarest	15-0
2014---	Luke Annichiarico, Old Tappan	15-4 ½
2015---	Sam Siegel, Demarest	13-0
2016---	Seth Kricheff, Old Tappan	13-0
2017---	Seth Kricheff, Old Tappan	14-0
2018---	Tyler Hrbek, Old Tappan	14-0
2021---	Shaun Herlihy, Old Tappan	12-0
2022---	Nathan Park, Old Tappan	13-0
2023---	Nathan Park, Old Tappan	15-0
2024---	Alan Villavicencio, Tenaflly	13-6

1600 METER RELAY

2011---	Old Tappan	3:26.94
2012---	Demarest	3:27.51
2013---	Teaneck	3:26.86
2014---	Old Tappan	3:26.01
2015---	Old Tappan	3:28.05
2016---	Old Tappan	3:32.11
2017---	Demarest	3:28.80
2018---	Teaneck	3:26.72
2021---	Demarest	3:34.00
2022---	Teaneck	3:28.11
2023---	Bergenfield	3:31.08
2024---	Bergenfield	3:25.50

LIBERTY DIVISION

TEAM SCORING

2011---	Passaic Tech 127, Eastside 84, Clifton 57
2012---	Passaic Tech 142, Clifton 80, Eastside 56
2013---	Passaic Tech 182, Clifton 110 ½, Kennedy 87 ½
2014---	Passaic Tech 167 ½, Clifton 97 ½, Kennedy 96
2015---	Passaic Tech 167, Kennedy 119 ½, Eastside 69
2016---	Passaic Tech 185, Kennedy 110, Clifton 74
2017---	Passaic Tech 130, Clifton 102, Kennedy 90
2018---	Clifton 111, Passaic Tech 96, Bergen Tech 95
2019---	Passaic Tech 171, Bergen Tech 158, Clifton 69
2021---	Passaic Tech 170 ½, Bergen Tech 116, Clifton 104 ½
2022---	Passaic Tech 149, Bergen Tech 127, Clifton 124
2023---	Passaic Tech 167.8, Clifton 127, Bergen Tech 91
2024---	Passaic Tech 210, Bergen Tech 83, Eastside 67

100 METER DASH

2011---	Gregory Oliver, Kennedy	11.48
2012---	Kadeem O'Gilvie, Passaic Tech	11.26
2013---	Thomas Jefferson, Passaic Tech	11.42

2014---	Qwashon Powell, Kennedy	11.24
2015---	Qwashon Powell, Kennedy	10.91
2016---	Raheem Roberts, Eastside	11.25
2017---	Ramir Tonn Davis, Eastside	11.12
2018---	Jayjoon Sim, Bergen Tech	11.44
2019---	Jayjoon Sim, Bergen Tech	11.87
2021---	Keshon Holt, Passaic Tech	10.92
2022---	Christian Grant, Clifton	11.24
2023---	Ben Nelken, Clifton	11.18
2024---	Jayden McKenzie, Eastside	11.41

200 METER DASH

2011---	Latimere Campbell, Eastside	23.35
2012---	Nalik Hodges, Eastside	22.86
2013---	Thomas Jefferson, Passaic Tech	22.96
2014---	Qwashon Powell, Kennedy	22.68
2015---	Qwashon Powell, Kennedy	21.97
2016---	Raheem Roberts, Eastside	22.69
2017---	Luis Peralta, Passaic	22.62
2018---	Dijuon Outerbridge, Eastside	23.00
2019---	Joel Ingram, Passaic Tech	23.36
2021---	Keshon Holt, Passaic Tech	22.59
2022---	Christian Grant, Clifton	23.11
2023---	Ben Nelken, Clifton	23.06
2024---	Jayden McKenzie, Eastside	22.68

400 METER DASH

2011---	Messiah Quinones, Eastside	50.91
2012---	Latimere Campbell, Eastside	51.06
2013---	Nigel Burgess, Passaic Tech	49.36
2014---	Qwashon Powell, Kennedy	50.37
2015---	Qwashon Powell, Kennedy	48.85
2016---	Raheem Roberts, Eastside	49.94
2017---	Luis Peralta, Passaic	50.63
2018---	Luis Peralta, Passaic	51.00
2019---	Luis Peralta, Passaic	48.90
2021---	Jordan Ricketts, Passaic Tech	49.24
2022---	Piotr Lesnicki, Bergen Tech	51.37
2023---	Piotr Lesnicki, Bergen Tech	51.19
2024---	Jayden McKenzie, Eastside	50.74

800 METER RUN

2011---	Nigel Burgess, Passaic Tech	2:02.13
2012---	Nigel Burgess, Passaic Tech	2:00.36
2013---	Nigel Burgess, Passaic Tech	1:56.85
2014---	Jeremy Hernandez, Clifton	1:57.06
2015---	Rory Houston, Clifton	2:01.00
2016---	Tarin Nelson, Passaic Tech	1:58.82
2017---	Kevin Heredia, Clifton	1:59.31
2018---	Luis Peralta, Passaic	1:57.99
2019---	Nick Ortiz, Passaic	2:00.97
2021---	Jacob Heredia, Clifton	1:59.16

2022---	Jacob Heredia, Clifton	2:01.03
2023---	Raynier Galvez, Passaic Tech	2:00.39
2024---	Raynier Galvez, Passaic Tech	1:59.01

1600 METER RUN

2011---	Nicolas Rodriguez, Passaic Tech	4:30.18
2012---	Jessie Boria, Clifton	4:34.72
2013---	Zak Fouad, Passaic Tech	4:22.78
2014---	Jeremy Hernandez, Clifton	4:21.19
2015---	Rory Houston, Clifton	4:32.63
2016---	Jeron Jordan, Kennedy	4:33.31
2017---	Kevin Heredia, Clifton	4:29.31
2018---	Luis Peralta, Passaic	4:29.26
2019---	Josh Szabo, Clifton	4:32.11
2021---	Jacob Heredia, Clifton	4:21.69
2022---	Jacob Heredia, Clifton	4:32.15
2023---	Hisham Ettayebi, Clifton	4:38.32
2024---	John Swaney, Passaic Tech	4:34.01

3200 METER RUN

2011---	Victor Reyes, Passaic Tech	10:02.79
2012---	Justin Tanayan, Clifton	10:16.19
2013---	Justin Tanayan, Clifton	9:50.62
2014---	Octavio Sanchez, Clifton	10:13.22
2015---	Maurisio Nazario, Passaic	10:07.26
2016---	Jeron Jordan, Kennedy	10:08.45
2017---	Jason Rodriguez, Passaic Tech	10:14.88
2018---	Max Dubac, Clifton	10:23.49
2019---	Chris Dugan, Bergen Tech	9:59.64
2021---	Jacob Heredia, Clifton	10:13.71
2022---	Jacob Heredia, Clifton	10:07.00
2023---	Hisham Ettayebi, Clifton	9:40.27
2024---	Lamarr Olive, Clifton	10:10.38

110 METER HURDLES

2011---	Warren Beason, Passaic Tech	15.56
2012---	Tamar Godwin, Kennedy	15.21
2013---	Robert Laing, Kennedy	15.15
2014---	Tavoris Carter, Kennedy	15.55
2015---	Tyree Frazier, Passaic Tech	14.98
2016---	Shayne Coley, Kennedy	15.43
2017---	Shayne Coley, Kennedy	15.25
2018---	Corey Powell Jr., Eastside	15.40
2019---	Shamar Taylor, Passaic Tech	14.99
2021---	Jordan Nelson, Bergen Tech	14.85
2022---	David Kriz, Bergen Tech	16.20
2023---	Romelo Tables, Clifton	15.30
2024---	Jordan Lawton, Passaic Tech	15.36

400 METER HURDLES

2011---	Warren Beason, Passaic Tech	55.14
2012---	Robert Laing, Kennedy	56.60

2013---Robert Laing, Kennedy	54.03
2014---Kevin Serrao, Bergen Tech	56.42
2015---Marco Joseph, Eastside	55.78
2016---Marco Joseph, Eastside	56.16
2017---Luis Peralta, Passaic	56.10
2018---Stephen Shields, Bergen Tech	56.62
2019---Stephen Shields, Bergen Tech	57.92
2021---Jordan Ricketts, Passaic Tech	55.37
2022---David Kriz, Bergen Tech	57.51
2023---Anthony Senatore, Bergen Tech	58.26
2024---Anthony Senatore, Bergen Tech	54.95

SHOT PUT

2011---Robin Cepeda, Passaic Tech	47-6 ¼	
2012---Mark Ramsey, Kennedy	55-1	
2013---Robin Cepeda, Passaic Tech	52-6	
2014---David Gaynor, Passaic Tech	48-4	
2015---Nazier Lovely, Kennedy	48-4 ½	
2016---Patrick Henry, Passaic Tech	45-3 ½	
2017---Luis Zorrilla, Clifton	46-2 ¼	
2018---Sonny Ruiz, Clifton	49-6	
2019---Jordan Pusey, Passaic Tech	45-3 ¾	
2021---Yosue Gomez, Passaic Tech	47-9 ¼	
2022---Frankie Gonzalez, Passaic	48-6	
2023---Yousef Elzahaby, Kennedy	52-4 ¾	
2024---Owen Wescott, Passaic Tech	47-5	

DISCUS

2011---John Sunday, Clifton		129-10
2012---Robin Cepeda, Passaic Tech	142-9	
2013---Mark Ramsey, Kennedy		151-10
2014---David Gaynor, Passaic Tech	132-9	
2015---Drew Lindsay, Passaic Tech	135-4	
2016---Patrick Henry, Passaic Tech	138-5	
2017---Luis Zorrilla, Clifton		141-4
2018---Luis Zorrilla, Clifton	156-5	
2019---Tival Lovett, Bergen Tech		130-9
2021---Yosue Gomez, Passaic Tech	134-0	
2022---Nazareth Aquino, Clifton		108-6
2023---Yousef Elzahaby, Kennedy		118-5
2024---Michael Clark, Passaic		130-8

JAVELIN

2011---Quatrell Huffin, Passaic Tech	168-0
2012---Emmanuel Soriano, Passaic Tech	156-0
2013---Jose Mercado, Passaic Tech	153-6
2014---Emmanuel Soriano, Passaic Tech	159-5
2015---Drew Lindsay, Passaic Tech	154-8
2016---Thomas Laskowski, Passaic Tech	159-4
2017---Thomas Laskowski, Passaic Tech	165-4
2018---Thomas Laskowski, Passaic Tech	158-2
2019---Jordy Nunez, Bergen Tech	157-2

2021---	Cole Christiana, Bergen Tech	140-9
2022---	Cole Christiana, Bergen Tech	126-1
2023---	Jordan Alston, Passaic Tech	135-9
2024---	Jordan Alston, Passaic Tech	153-10

HIGH JUMP

2011---	Jabari Butler, Passaic Tech	6-2
2012---	Marcel McKinney, Passaic Tech	6-0
2013---	Quatier Jackson, Eastside	6-0
2014---	Tyree Frazier, Passaic Tech	6-2
2015---	Kevin Copper, Passaic Tech	6-7
2016---	Kevin Copper, Passaic Tech	6-2
2017---	Jason Thobourne, Kennedy	6-6
2018---	Jadon Watson, Kennedy	6-2
2019---	Jamier Wright-Collins, Kennedy	6-2
2021---	Jordan Nelson, Bergen Tech	5-10
2022---	Joshua Justin, Passaic Tech	5-8
2023---	Joshua Justin, Passaic Tech	6-0
2024---	Micah Pierce, Kennedy	5-10

LONG JUMP

2011---	Shareick Linder, Eastside	21-0 $\frac{3}{4}$
2012---	Quatier Jackson, Eastside	20-3 $\frac{1}{4}$
2013---	Quatier Jackson, Eastside	22-0 $\frac{1}{2}$
2014---	Travelle Curry, Passaic Tech	20-11 $\frac{1}{2}$
2015---	Jaciir Mack, Kennedy	22-3 $\frac{1}{2}$
2016---	Kevin Copper, Passaic Tech	21-9 $\frac{1}{2}$
2017---	Jason Thobourne, Kennedy	21-8 $\frac{1}{2}$
2018---	Michael Saldivar, Eastside	20-5 $\frac{1}{2}$
2019---	Joel Ingram, Passaic Tech	21-5
2021---	Keshon Holt, Passaic Tech	20-5 $\frac{1}{2}$
2022---	Trashon Dye, Passaic Tech	19-9 $\frac{1}{4}$
2023---	Trashon Dye, Passaic Tech	20-3 $\frac{1}{2}$
2024---	Victor Echavarria, Passaic Tech	21-4 $\frac{3}{4}$

TRIPLE JUMP

2011---	Rahmir McCray, Passaic Tech	44-1 $\frac{3}{4}$
2012---	Rahmir McCray, Passaic Tech	43-7 $\frac{1}{4}$
2013---	Travelle Curry, Passaic Tech	42-7 $\frac{1}{4}$
2014---	Travelle Curry, Passaic Tech	43-0 $\frac{1}{4}$
2015---	Jaciir Mack, Kennedy	45-0 $\frac{1}{2}$
2016---	Yasir Thomas, Passaic Tech	41-11 $\frac{1}{2}$
2017---	Jason Thobourne, Kennedy	45-10 $\frac{1}{2}$
2018---	Stephen Shields, Bergen Tech	42-6
2019---	Joel Ingram, Passaic Tech	43-7
2021---	Cole Goodman, Bergen Tech	43-0
2022---	Joshua Justin, Passaic Tech	40-7
2023---	Joshua Justin, Passaic Tech	42-10
2024---	Joel Perez, Passaic Tech	43-10 $\frac{3}{4}$

POLE VAULT

2011---	Tamar Godwin, Kennedy	11-0
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2012---	Jose Gonzalez, Passaic Tech	11-6
2013---	Travelle Curry, Passaic Tech	12-0
2014---	Travelle Curry, Passaic Tech	12-6
2015---	Aritanit Sazimani, Clifton	10-6
2016---	Takashi Yuasa, Clifton	11-0
2017---	Jordan Laceste, Clifton	12-0
2018---	Jordan Laceste, Clifton	11-0
2019---	Tyler Stilley, Clifton	9-6
2021---	Joseph Tufano, Bergen Tech	11-0
2022---	Joseph Tufano, Bergen Tech	10-0
2023---	Antonio Bordamonte, Clifton	12-0
2024---	Michael Vargas, Passaic Tech	10-6

1600 METER RELAY

2011---	Eastside	3:28.46
2012---	Clifton	3:32.77
2013---	Clifton	3:25.90
2014---	Bergen Tech	3:29.39
2015---	Eastside	3:29.33
2016---	Clifton	3:30.88
2017---	Bergen Tech	3:33.27
2018---	Passaic	3:25.65
2019---	Passaic Tech	3:26.40
2021---	Event not contested	
2022---	Bergen Tech	3:35.97
2023---	Passaic Tech	3:30.11
2024---	Passaic Tech	3:31.70

INDEPENDENCE DIVISION

TEAM SCORING

2011---	West Milford 98, Wayne Valley 95, Lakeland 87
2012---	Wayne Hills 100, West Milford 75, Lakeland 65
2013---	Wayne Hills 107, Wayne Valley 101, West Milford 96
2014---	Wayne Hills 135.6, Wayne Valley 119.6, West Milford 89
2015---	Wayne Valley 125 ½, West Milford 90, Fair Lawn 88
2016---	Wayne Hills 146.25, Wayne Valley 125.25, Passaic Valley 69
2017---	Wayne Valley 146, Lakeland 103, Wayne Hills 100
2018---	Lakeland 141, Wayne Valley 130, Fair Lawn 81
2019---	Lakeland 166, Fair Lawn 117 ½, Passaic Valley 72
2021---	Lakeland 135, Passaic Valley 134 ½, Fair Lawn 83 ½
2022---	Lakeland 113, West Milford 100, Passaic Valley 95
2023---	Lakeland 132, Wayne Valley 129 ½, Passaic Valley 117
2024---	West Milford 131 1/3, Passaic Valley 112 1/3, Lakeland 84

100 METER DASH

2011---	Joseph Ramadan, Wayne Hills	11.45
2012---	Patrick Benson, Wayne Valley	11.04
2013---	Kevin Diana, West Milford	11.39
2014---	Tabansi Collins, Wayne Valley	11.33
2015---	Tabansi Collins, Wayne Valley	11.10
2016---	Hunter Hayek, Wayne Hills	11.29
2017---	Shaheem Maple, Wayne Valley	11.1h

2018---	Hasson Klingen, Lakeland	11.31
2019---	Jaaron Hayek, Wayne Hills	11.35
2021---	Alex Kislenko, Fair Lawn	11.05
2022---	Alex Kislenko, Fair Lawn	11.17
2023---	Karim Elsaadany, Passaic Valley	11.15
2024---	Noah Traverso, West Milford	11.60

200 METER DASH

2011---	Aaron Aquino, Lakeland	23.69
2012---	Patrick Benson, Wayne Valley	22.66
2013---	George Alexandris, Fair Lawn	23.04
2014---	Tabansi Collins, Wayne Valley	23.36
2015---	St Jacob Diodonet, West Milford	22.23
2016---	Hunter Hayek, Wayne Hills	22.80
2017---	Shaheem Maple, Wayne Valley	23.33
2018---	Hasson Klingen, Lakeland	23.28
2019---	Jaaron Hayek, Wayne Hills	23.22
2021---	Nehemiah Redden, Passaic Valley	24.16
2022---	Alex Kislenko, Fair Lawn	23.49
2023---	Karim Elsaadany, Passaic Valley	23.12
2024---	Noah Traverso, West Milford	23.42

400 METER DASH

2011---	Rob Pamarozza, Wayne Valley	50.28
2012---	Jeff Gignac, Wayne Hills	52.32
2013---	Kevin Diana, West Milford	52.23
2014---	St Jacob Diodonet, West Milford	51.66
2015---	St Jacob Diodonet, West Milford	49.70
2016---	Tyler Hayek, Wayne Hills	50.05
2017---	Tyler Hayek, Wayne Hills	50.30
2018---	Shawn Megeean, West Milford	50.54
2019---	Jaaron Hayek, Wayne Hills	51.64
2021---	Hector Garza, Wayne Hills	52.46
2022---	Alex Kislenko, Fair Lawn	52.02
2023---	Dev Patel, Passaic Valley	52.52
2024---	Noah Traverso, West Milford	49.45

800 METER RUN

2011---	Chris Connolly, Wayne Valley	2:02.91
2012---	Justin Diamond, Wayne Hills	2:04.62
2013---	Brendan Ungemach, Wayne Hills	2:01.78
2014---	Adam Herskovits, Wayne Valley	1:58.77
2015---	Adam Herskovits, Wayne Valley	1:57.89
2016---	Timothy Wong, West Milford	2:01.63
2017---	Grant Foray, Wayne Valley	2:04.97
2018---	Patrick Mullin, Lakeland	2:06.66
2019---	Zachary Voll, Lakeland	2:03.52
2021---	Jessier Soriano, Passaic Valley	2:00.89
2022---	Ryan Pena, Wayne Valley	2:02.48
2023---	Matt Califf, Wayne Valley	2:03.25
2024---	Colin Menier, West Milford	2:02.90

1600 METER RUN

2011—Zach Post, Wayne Valley	4:38.83
2012---Dan DeBlock, West Milford	4:25.59
2013---Brendan Ungemach, Wayne Hills	4:26.82
2014---Brendan Ungemach, Wayne Hills	4:23.09
2015---Adam Herskovits, Wayne Valley	4:28.13
2016---George Galkin, Wayne Hills	4:36.70
2017---Jonathan Marcus, Fair Lawn	4:37.28
2018---Jonathan Marcus, Fair Lawn	4:36.77
2019---Jesse Campoverde, Lakeland	4:33.55
2021---Michael Lustberg, Fair Lawn	4:34.30
2022---Owen Horevay, Lakeland	4:32.42
2023---Owen Horevay, Lakeland	4:29.31
2024---Colin Menier, West Milford	4:32.42

3200 METER RUN

2011---Zach Post, Wayne Valley	10:19.03
2012---Brendan Ungemach, Wayne Hills	9:58.34
2013---Brendan Ungemach, Wayne Hills	9:54.50
2014---Brendan Ungemach, Wayne Hills	10:02.50
2015---Joseph Zisa, Wayne Hills	10:00.38
2016---Joseph Zisa, Wayne Hills	10:11.42
2017---Joseph Zisa, Wayne Hills	9:59.56
2018---Jonathan Marcus, Fair Lawn	10:31.95
2019---Jesse Campoverde, Lakeland	10:11.74
2021---Nathan Caldwell, Lakeland	10:20.80
2022---Owen Horevay, Lakeland	10:07.56
2023---Owen Horevay, Lakeland	10:29.51
2024---Colin Menier, West Milford	10:05.37

110 METER HURDLES

2011---Mark Van Teyens, West Milford	15.31
2012---Mark Van Teyens, West Milford	15.24
2013---Brandon Ortiz, Lakeland	15.53
2014---Sueng Hwang, Wayne Hills	15.76
2015---Joseph Lewicki, Passaic Valley	15.97
2016---Jamel Williams, Passaic Valley	15.93
2017---Kyle Gonzalez, Lakeland	15.37
2018---Darrian Soto, Wayne Valley	16.04
2019---Brandon Jeong, Fair Lawn	16.66
2021---William Tomes, Passaic Valley	16.40
2022---Colin Madara, West Milford	16.57
2023---Kyle Keyes, Lakeland	15.54
2024---Kyle Keyes, Lakeland	15.41

400 METER HURDLES

2011---Mark Van Teyens, West Milford	56.65
2012---Mark Van Teyens, West Milford	57.12
2013---George Alexandris, Fair Lawn	55.00
2014---Sueng Hwang, Wayne Hills	58.58
2015---Greg Borbon, Fair Lawn	59.95
2016---Rafael Santana, Passaic Valley	59.50

2017---	Mylez Frazier, Wayne Hills	56.43
2018---	Darrian Soto, Wayne Valley	58.28
2019---	Itai Afriat, Fair Lawn	60.14
2021---	Jessier Soriano, Passaic Valley	57.40
2022---	Jessier Soriano, Passaic Valley	57.58
2023---	Kyle Keyes, Lakeland	57.50
2024---	Kyle Keyes, Lakeland	55.72

SHOT PUT

2011---	Dan Portillo, West Milford	46-7 ¼
2012---	Lou Caltagirone, Passaic Valley	48-0
2013---	Lou Caltagirone, Passaic Valley	48-8
2014---	Justin Hogan, Wayne Hills	46-11
2015---	Jakob Pluta, Wayne Valley	44-11
2016---	Shane Connelly, Wayne Valley	44-11
2017---	Jakob Pluta, Wayne Valley	50-6 ¼
2018---	Chris McCormack, Lakeland	49-2
2019---	Chris McCormack, Lakeland	48-1
2021---	TJ McCormack, Lakeland	49-6 ¼
2022---	Tanner Christie, West Milford	44-9
2023---	Winston Calvo, Wayne Valley	47-4
2024---	Sal Panicucci, Passaic Valley	50-4

DISCUS

2011---	Eric Sinke, Lakeland	136-2
2012---	Jimmy Dygos, West Milford	117-8
2013---	Jimmy Dygos, West Milford	142-0
2014---	Mahrad Ramin, Wayne Hills	128-1
2015---	Ron Westervelt, Wayne Valley	124-5
2016---	Kyle Lindstrom, Wayne Hills	133-1
2017---	Connor Newman, Fair Lawn	133-8
2018---	Connor Newman, Fair Lawn	126-5
2019---	Tami Kabiawu, Fair Lawn	128-4
2021---	TJ McCormack, Lakeland	154-1
2022---	Andrew Sabeh, Wayne Hills	119-0
2023---	Brody McCormack, Lakeland	136-0
2024---	Brody McCormack, Lakeland	147-7

JAVELIN

2011---	Steven Wilken, Lakeland	156-0
2012---	Ryan Pavalchak, Passaic Valley	160-5
2013---	Muhammed Darwish, Lakeland	151-2
2014---	Kyle Brackett, Wayne Hills	158-8
2015---	Kyle Brackett, Wayne Hills	166-1
2016---	Jordan Montero, Wayne Valley	163-7
2017---	Jordan Montero, Wayne Valley	167-10
2018---	Greg Poloso, Wayne Valley	175-0
2019---	Taylor Boorse, Lakeland	159-0
2021---	TJ McCormack, Lakeland	141-4
2022---	Mason Fernbacher, West Milford	134-0
2023---	Izaiah Torres, Passaic Valley	141-8
2024---	Greg Ehrmann, Lakeland	148-0

HIGH JUMP

2011---	Jason Fuehring, Lakeland	6-0
2012---	Jason Fuehring, Lakeland	6-0
2013---	Chris Kuhnlein, Wayne Hills	6-0
2014---	Troy Smith, Wayne Hills	6-0
2015---	Jamel Williams, Passaic Valley	5-10
2016---	Erick Alvarez, Passaic Valley	5-8
2017---	Erick Alvarez, Passaic Valley	6-0
2018---	Kelvin Gonzalez, Lakeland	5-10
2019---	Drew Berkenbush, Lakeland	5-10
2021---	Elliot Whitney, Passaic Valley	5-10
2022---	Nehemiah Redden, Passaic Valley	5-8
2023---	Christian Mercado, Wayne Valley	6-0
2024---	Julian Pierre, West Milford	5-8

LONG JUMP

2011---	Rob Palmarozza, Wayne Valley	20-9 ¼
2012---	Jason Fuehring, Lakeland	20-11 ½
2013---	George Alexandris, Fair Lawn	22-5
2014---	Troy Smith, Wayne Hills	19-8 ½
2015---	Tyler Johnson, Fair Lawn	21-2 ½
2016---	Luca Grave, Wayne Hills	20-6
2017---	Kelvin Gonzalez, Lakeland	20-10
2018---	Kelvin Gonzalez, Lakeland	20-6 ½
2019---	Alexander Kislenko, Fair Lawn	19-10
2021---	Alexander Kislenko, Fair Lawn	20-2 ½
2022---	Alexander Kislenko, Fair Lawn	20-0 ½
2023---	Christian Mercado, Wayne Valley	20-4
2024---	Brian Pizzaro, Passaic Valley	20-0

TRIPLE JUMP

2011---	Edwin Trevil, West Milford	41-7
2012---	Jason Fuehring, Lakeland	42-0 ½
2013---	Nick Fonsfria, Fair Lawn	41-7 ½
2014---	Troy Smith, Wayne Hills	42-0
2015---	Greg Borbon, Fair Lawn	42-4 ¼
2016---	Jacob Rosenberg, Fair Lawn	41-6 ½
2017---	Shaheem Maple, Wayne Valley	41-2 ½
2018---	Kelvin Gonzalez, Lakeland	42-9
2019---	Javoun Bloomfield, Passaic Valley	40-7 ¾
2021---	Javoun Bloomfield, Passaic Valley	41-2
2022---	James Catalioto, Lakeland	40-11
2023---	Christian Mercado, Wayne Valley	42-10 ½
2024---	Abdulai St. Paul, Wayne Hills	42-5 ½

POLE VAULT

2011---	Connor Glacken, Lakeland	12-0
2012---	Josh Leibman, Wayne Valley	10-6
2013---	Calvin Gould, Lakeland	12-6
2014---	Calvin Gould, Lakeland	13-0
2015---	Calvin Gould, Lakeland	14-0

2016---	Michael Sorce, Wayne Valley	12-0
2017---	Patrick Emolo, Wayne Valley	10-6
2018---	Patrick Emolo, Wayne Valley	11-0
2019---	Anthony Chickentano, Wayne Valley	10-0
2021---	Matthew Minunni, Lakeland	11-0
2022---	Matthew Minunni, Lakeland	11-0
2023---	Tyler Harder, Lakeland	9-0
2024---	Matthew Burke, Wayne Valley	10-0

1600 METER RELAY

2011---	Wayne Valley	3:28.08
2012---	Wayne Valley	3:35.11
2013---	West Milford	3:36.01
2014---	Wayne Valley	3:32.86
2015---	Wayne Valley	3:36.10
2016---	Wayne Valley	3:34.36
2017---	Wayne Valley	3:39.12
2018---	Wayne Valley	3:41.38
2019---	Fair Lawn	3:40.53
2021---	Event not contested	
2022---	West Milford	3:36.98
2023---	Passaic Valley	3:32.30
2024---	Passaic Valley	3:31.89

PATRIOT DIVISION

TEAM SCORING

2011---	River Dell 108, Ramsey 105 ½, Pascack Valley 100 ½
2012---	Ramsey 125, Pascack Valley 102, River Dell 97 ½
2013---	River Dell 128, Ramsey 101, Mahwah 69
2014---	River Dell 141, Ramsey 105 ½, Mahwah 46 ½
2015---	River Dell 151, Mahwah 66, Ramsey 55
2016---	River Dell 164, Mahwah 59, Westwood 55
2017---	River Dell 127, Mahwah 107, Ramsey 43 ½
2018---	River Dell 147 1/2, Ramsey 79, Pascack Hills 68
2019---	Demarest 162, River Dell 136, Englewood 71
2021---	River Dell 117, Ramsey 62, Pascack Hills 57
2022---	River Dell 130, Mahwah 66, Westwood 50
2023---	River Dell 187 ½, Indian Hills 91, Mahwah 84
2024---	River Dell 182 ½, Pascack Hills 116, Indian Hills 101 ½

100 METER DASH

2011---	Hayden Lyons, Tenaflly	11.33
2012---	Hayden Lyons, Tenaflly	11.21
2013---	Ryan Oellerman, River Dell	11.3h
2014---	Conor Davidson, River Dell	10.89
2015---	Dejour Hanniford, Westwood	11.48
2016---	Matt Keosayian, Ramsey	11.86
2017---	Evan Bonfield, Mahwah	11.55
2018---	Aaron Furneaux, River Dell	11.33
2019---	Ed Ahn, River Dell	11.50
2021---	Tom DeLorenzo, River Dell	11.17
2022---	Tom DeLorenzo, River Dell	11.59

2023---Sean Langley, River Dell	11.44
2024---Zander Graham, Indian Hills	11.40

200 METER DASH

2011---Hayden Lyons, Tenafly	22.79
2012---Hayden Lyons, Tenafly	22.37
2013---Zack Mooney, Mahwah	22.65
2014---Conor Davidson, River Dell	22.25
2015---Eric Kim, Mahwah	23.41
2016---Ebner Edwards, Mahwah	23.76
2017---Ebner Edwards, Mahwah	22.79
2018---Aaron Furneaux, River Dell	22.97
2019---Andrew Sanchez, River Dell	22.91
2021---Justin Napier, Westwood	22.65
2022---Tom DeLorenzo, River Dell	23.18
2023---Sean Langley, River Dell	23.02
2024---Zander Graham, Indian Hills	23.13

400 METER DASH

2011---Max Linden, Pascack Valley	50.43
2012---Jaleel Felton, Pascack Valley	50.31
2013---Zach Hubner, River Dell	51.03
2014---Kyle Florio, Westwood	51.34
2015---Eric Kim, Mahwah	50.71
2016---Evan Bonfield, Mahwah	52.02
2017---Evan Bonfield, Mahwah	49.68
2018---Tom Varano, Pascack Hills	51.18
2019---Andrew Sanchez, River Dell	50.35
2021---Aaron March, Ramsey	52.13
2022---Liam Schwabik, River Dell	51.65
2023---Liam Schwabik, River Dell	51.95
2024---Liam Schwabik, River Dell	51.00

800 METER RUN

2011---Ben Malone, Pascack Valley	1:57.75
2012---Ben Malone, Pascack Valley	2:00.83
2013---James Buser, Mahwah	2:01.49
2014---Patrick Watters, Ramsey	1:57.28
2015---Noah Osterhus, Westwood	1:57.03
2016---Colin Daly, River Dell	2:03.43
2017---Anthony Michielini, Pascack Hills	2:00.55
2018---Justin Ilies, Ramsey	2:04.01
2019---Andrew Martinez, Pascack Valley	2:00.11
2021---Owen Long, Westwood	2:02.89
2022---Liam Schwabik, River Dell	2:03.11
2023---Liam Schwabik, River Dell	1:59.35
2024---Liam Schwabik, River Dell	2:05.74

1600 METER RUN

2011---Ben Malone, Pascack Valley	4:22.28
2012---Ben Malone, Pascack Valley	4:30.98
2013---James Buser, Mahwah	4:28.31

2014---	Will Daly, River Dell	4:25.63
2015---	Will Daly, River Dell	4:28.91
2016---	Colin Daly, River Dell	4:41.85
2017---	Nick Kaczorowski, Ramsey	4:30.02
2018---	David Perry, Ramsey	4:31.31
2019---	Theo Davis, Demarest	4:24.50
2021---	Alex Saldana, River Dell	4:43.52
2022---	Brayden Lowe-Massi, Mahwah	4:36.99
2023---	Raffi Buchakjian, Indian Hills	4:27.21
2024---	Aidan Grivas, Dumont	4:47.30

3200 METER RUN

2011---	John Prizzi, Indian Hills	9:43.87
2012---	Ben Malone, Pascack Valley	10:00.75
2013---	Will Daly, River Dell	9:56.33
2014---	Colin Daly, River Dell	10:03.55
2015---	Colin Daly, River Dell	9:50.00
2016---	Gary Wilhelm, River Dell	9:57.65
2017---	Nick Kaczorowski, Ramsey	9:53.02
2018---	David Perry, Ramsey	10:23.58
2019---	Jon Fontana, River Dell	10:01.09
2021---	Alex Saldana, River Dell	10:25.61
2022---	Brayden Lowe-Massi, Mahwah	10:40.54
2023---	Brayden Lowe-Massi, Mahwah	10:04.58
2024---	Dylan Barrett, Pascack Hills	10:42.42

110 METER HURDLES

2011---	Kris Yoo, Pascack Valley	15.38
2012---	Brian Psota, Ramsey	15.06
2013---	Christian Desanctis, River Dell	15.1h
2014---	Alejandro Capote, River Dell	15.11
2015---	Kenn Klopff, River Dell	16.13
2016---	Nick Quinn, River Dell	16.23
2017---	Justin Batson, River Dell	15.65
2018---	Matt Fox, Ramsey	15.91
2019---	Jason Oh, Demarest	15.60
2021---	Connor Munson, Westwood	15.19
2022---	Max Weinberg, River Dell	15.09 (14.99 in trials)
2023---	Carson Deas, Ramsey	15.60
2024---	Dean Marucci, River Dell	15.69

400 METER HURDLES

2011---	Erik Moutenot, Mahwah	54.72
2012---	Kevin Halloran, Indian Hills	55.92
2013---	Christian Desanctis, River Dell	56.67
2014---	Anthony Salemo, Ramsey	55.33
2015---	Kenn Klopff, River Dell	58.44
2016---	Justin Fernandez, River Dell	58.45
2017---	Carlo Antonelli, River Dell	56.24
2018---	Matt Fox, Ramsey	59.44
2019---	Jason Oh, Demarest	58.32
2021---	Ryan Bussanich, Ramsey	60.17

2022---	Carson Deas, Ramsey	59.87
2023---	Carson Deas, Ramsey	56.79
2024---	Maximus Daniels, Indian Hills	55.60

SHOT PUT

2011---	Matt Koh, River Dell	46-8 $\frac{3}{4}$
2012---	Matt Koh, River Dell	55-6 $\frac{1}{2}$
2013---	Spencer Ross, Mahwah	59-3
2014---	Spencer Ross, Mahwah	58-3
2015---	Frank Ahearn, Ramsey	55-10 $\frac{1}{4}$
2016---	Jae Choi, River Dell	48-9
2017---	Michael Skopin, Mahwah	50-7 $\frac{1}{4}$
2018---	Kyle Ziegler, River Dell	46-9 $\frac{1}{2}$
2019---	Marc Santonocito, Demarest	53-8
2021---	Matt Tibus, River Dell	41-1 $\frac{1}{2}$
2022---	Christian Gioffre, River Dell	43-9 $\frac{1}{2}$
2023---	Anthony DePasquale, Mahwah	45-1 $\frac{1}{2}$
2024---	Ryan Iacavone, River Dell	44-9 $\frac{1}{2}$

DISCUS

2011---	Cory Connell, Ramsey	152-3
2012---	Matt Koh, River Dell	147-0
2013---	Spencer Ross, Mahwah	146-11
2014---	Jack Vigneron, River Dell	147-5
2015---	Jack Vigneron, River Dell	158-10
2016---	Dante DeSimone, River Dell	143-5
2017---	Mike Rizik, River Dell	151-0
2018---	Mike Rizik, River Dell	148-2
2019---	Matt Lange, Demarest	165-6
2021---	Christian Gioffre, River Dell	120-1
2022---	Bradley Weiner, Ramsey	133-8
2023---	Bradley Weiner, Ramsey	156-0
2024---	Bradley Weiner, Ramsey	164-6

JAVELIN

2011---	Sam Becourtney, River Dell	168-5
2012---	Pat Czernizer, Pascack Valley	176-1
2013---	Alex Zhang, Mahwah	157-1
2014---	Shane DeMaso, River Dell	146-3
2015---	Jack Vigneron, River Dell	160-9
2016---	Steele Lombardi, Westwood	144-1
2017---	Chris Hughes, Mahwah	150-3
2018---	David Gibbons, River Dell	150-6
2019---	John Lee, Demarest	164-10
2021---	George Kalkanis, Mahwah	154-6
2022---	George Kalkanis, Mahwah	167-3
2023---	George Kalkanis, Mahwah	179-10
2024---	Aaron Lee, Pascack Hills	158-9

HIGH JUMP

2011---	Isaiah Holder, Bergenfield	6-2
2012---	Danny Thompson, Indian Hills	6-2

2013---	Brandon Jurasin, River Dell	6-0	
2014---	C.J. Nobile, River Dell		5-8
2015---	Jairus Paul, Mahwah		6-2
2016---	Pete McNally, Ramsey		5-6
2017---	Justin Laurent, Mahwah		5-8
2018---	Aidan O'Malley, Ramsey		6-0
2019---	Aidan Bain, Demarest		6-0
2021---	Connor Munson, Westwood		6-2
2022---	Connor Munson, Westwood	6-0	
2023---	Chris Scardino, Westwood		5-10
2024---	Maximus Daniels, Indian Hills		5-8

LONG JUMP

2011---	Kris Yoo, Pascack Valley		20-9 ½
2012---	Charles Dzienis, Indian Hills		21-5
2013---	George Trival, Ramsey		21-8
2014---	Jairus Paul, Mahwah		23-1
2015---	Jairus Paul, Mahwah		22-2 ¼
2016---	John Forester, River Dell		19-0 ¼
2017---	John Forester, River Dell		20-0
2018---	Liam Landau, Pascack Hills	20-8 ½	
2019---	Vanton Evans, Englewood		20-5 ¼
2021---	Max Weinberg, River Dell		20-0 ½
2022---	Max Zuckerman, Pascack Hills		20-4 ½
2023---	Devran Ozkan, River Dell		21-0 ¼
2024---	Jacob Ceylan, River Dell		21-3

TRIPLE JUMP

2011---	Kris Yoo, Pascack Valley		42-11
2012---	Rob Pepper, Ramsey		43-7 ½
2013---	George Trival, Ramsey		43-10
2014---	Mike Pepper, Ramsey		44-8 ¼
2015---	Jairus Paul, Mahwah		46-7 ¼
2016---	John Forester, River Dell		40-10
2017---	Jack McCabe, River Dell		42-6 ¾
2018---	Jack McCabe, River Dell		39-3
2019---	Vanton Evans, Englewood		41-5 ½
2021---	Sam Zayer, Pascack Hills		42-3 ¼
2022---	George Cabany, River Dell		39-5
2023---	Jacob Ceylan, River Dell		42-6
2024---	Mukhammad-Ziyo Iamaliev, Indian Hills		41-5 ½

POLE VAULT

2011---	Brad Hoey, River Dell		14-4
2012---	Ty Poland, Mahwah		14-7
2013---	Calvin Hartman, River Dell		13-6
2014---	Dominic Roca, Mahwah		12-0
2015---	Willem Glans, River Dell		13-0
2016---	Jack Muller, Mahwah		13-0
2017---	Brian Nagotko, Mahwah		12-6
2018---	Liam Landau, Pascack Hills	13-0	
2019---	Tyler Carson, Demarest		10-6

2021---Max Zuckerman, Pascack Hills	15-0
2022---Connor Munson, Westwood	15-0
2023---Ben Mandler, Pascack Hills	13-6
2024---Ben Mandler, Pascack Hills	14-0

1600 METER RELAY

2011---Pascack Valley	3:27.42
2012---Indian Hills	3:26.13
2013---Ramsey	3:30.95
2014---River Dell	3:27.17
2015---River Dell	3:31.16
2016---Westwood	3:33.57
2017---Mahwah	3:26.91
2018---River Dell	3:33.55
2019---River Dell	3:29.14
2021---Westwood	3:32.33
2022---Mahwah	3:36.86
2023---Pascack Hills	3:37.56
2024---Pascack Hills	3:35.55

AMERICAN DIVISION

TEAM SCORING

2011---Cliffside Park 134, Ridgefield Park 98 ¼, Englewood 75 1/3
2012---Ridgefield Park 192, Westwood 100, Cliffside Park 83
2013---Ridgefield Park 135, Cliffside Park 86, Dumont 45
2014---Ridgefield Park 124, Cliffside Park 110, Englewood 65
2015---Ridgefield Park 130 ½, Dumont 79, Cliffside Park 46
2016---Ridgefield Park 110, Fort Lee 100, Dumont 62
2017---Fort Lee 165, Ridgefield Park 71, Dumont 47
2018---Fort Lee 106 ½, Ridgefield Park 88, Englewood 77
2019---Ramsey 150, Pascack Hills 92, Mahwah 65
2021---Fort Lee 111, Ridgefield Park 93, Cliffside Park 53
2022---Fort Lee 169 ½, Ridgefield Park 58 ½, Cliffside Park 48
2023---Fort Lee 99 ½, Dumont 98, Ridgefield Park 75
2024---Dwight Morrow 96, Fort Lee 86, Dumont 83

100 METER DASH

2011---Kevon Lumsden, Englewood	11.25
2012---Luke Lyons, Westwood	11.35
2013---Kemp Midgett, Englewood	10.9h
2014---Chris Estrella, Ridgefield Park	10.78
2015---John Robinson, Englewood	11.47
2016---Michael Huertas, Fort Lee	11.52
2017---Tahj Martin, Fort Lee	11.27
2018---Cameron Shaw, Ridgefield Park	10.71
2019---Lukkas Londono, Cliffside Park	11.66
2021---Lukkas Londono, Cliffside Park	11.25
2022---Dean Park, Fort Lee	11.21
2023---Marco Feliciano, Ridgefield Park	11.33
2024---Saundrae Palmer Jr., Dwight Morrow	11.11

200 METER DASH

2011---	Kevon Lumsden, Englewood	23.12
2012---	Luke Lyons, Westwood	23.27
2013---	Chris Ashman, Fort Lee	22.52
2014---	Chris Estrella, Ridgefield Park	21.98
2015---	John Robinson, Englewood	23.55
2016---	Jason Samuel-Olagunju, Fort Lee	23.67
2017---	Tahj Martin, Fort Lee	22.03
2018---	Quanzie Lumsden, Englewood	22.20
2019---	Andrew Goehrig, Ramsey	23.24
2021---	Tyson Lowe, Fort Lee	23.10
2022---	Tyson Lowe, Fort Lee	22.91
2023---	Marco Feliciano, Ridgefield Park	23.19
2024---	Saundrae Palmer Jr., Dwight Morrow	22.75

400 METER DASH

2011---	Anthony Tripodi, Cliffside Park	51.02
2012---	Dylan Perez, Ridgefield Park	51.81
2013---	Dylan Perez, Ridgefield Park	51.15
2014---	John Robinson, Englewood	50.55
2015---	John Robinson, Englewood	52.46
2016---	Dylan Scallo, Dumont	52.61
2017---	Michael Vietri, Dumont	51.69
2018---	Quanzie Lumsden, Englewood	50.56
2019---	Thomas Varano, Pascack Hills	50.84
2021---	Matisse Bloem, Fort Lee	50.35
2022---	Alex Oakley, Fort Lee	52.72
2023---	Maurice Williams, Dwight Morrow	51.11
2024---	Maurice Williams, Dwight Morrow	50.46

800 METER RUN

2011---	Sherif Ali, Cliffside Park	2:02.93
2012---	Warren O'Neill, Ridgefield Park	2:02.36
2013---	Samir Abuledba, Cliffside Park	2:05.40
2014---	Anthony D'Annunzio, Cliffside Park	2:00.03
2015---	Frank Scallo, Dumont	2:03.89
2016---	Frank Scallo, Dumont	2:05.63
2017---	Kelvin Fransisco, Fort Lee	2:06.52
2018---	Carrington Page, Ridgefield Park	2:05.86
2019---	Marcus Cheema, Westwood	2:01.79
2021---	Ezekial Reyes, Ridgefield Park	2:08.82
2022---	Gerson Gonzalez, Cliffside Park	2:03.23
2023---	Brandon Barreto, Dumont	2:01.03
2024---	Colin Graham, Dumont	2:05.73

1600 METER RUN

2011---	Sherif Ali, Cliffside Park	4:33.67
2012---	Yehia Fahmy, Fort Lee	4:35.37
2013---	Stephan Pena, Ridgefield Park	4:37.23
2014---	Moe Abuledba, Cliffside Park	4:41.18
2015---	Frank Scallo, Dumont	4:46.42
2016---	Frank Scallo, Dumont	4:40.21
2017---	Kelvin Fransisco, Fort Lee	4:46.45

2018---	Christion Anigilaje, Fort Lee	4:46.94
2019---	David Perry, Ramsey	4:33.27
2021---	Ezekial Reyes, Ridgefield Park	4:50.58
2022---	Gerson Gonzalez, Cliffside Park	4:40.86
2023---	Brandon Barreto, Dumont	4:45.33
2024---	Dylan Cholewka, Dumont	4:20.24

3200 METER RUN

2011---	Sherif Ali, Cliffside Park	10:15.71
2012---	Brendan Conway, Ridgefield Park	10:07.37
2013---	Stephan Pena, Ridgefield Park	10:00.72
2014---	Moe Abuledba, Cliffside Park	10:22.59
2015---	Mario Tobar, Ridgefield Park	10:38.21
2016---	Mario Tobar, Ridgefield Park	10:27.43
2017---	Jason Argueta, Cliffside Park	10:53.18
2018---	Christion Anigilaje, Fort Lee	10:50.05
2019---	David Perry, Ramsey	10:05.78
2021---	Ekuyami Conteh, Fort Lee	11:04.90
2022---	Gerson Gonzalez, Cliffside Park	10:45.61
2023---	Karl Andre III, Dumont	10:40.98
2024---	Karl Andre III, Dumont	10:36.69

110 METER HURDLES

2011---	Anthony Tripodi, Cliffside Park	15.21
2012---	Kyle Arbadji, Dumont	16.66
2013---	Kyle Arbadji, Dumont	15.9h
2014---	Humberto Hilario, Cliffside Park	16.38
2015---	Dylan Scallo, Dumont	15.58
2016---	Eric Ramirez, Dumont	15.92
2017---	Eric Cho, Fort Lee	15.72
2018---	Manny Montoya, Fort Lee	15.11
2019---	Dan Van Duren, Mahwah	15.32
2021---	Richard Kwon, Ridgefield Park	16.14
2022---	O'Dell Holland Fincher, Fort Lee	15.50
2023---	Skyler Saric, Cliffside Park	16.25
2024---	Amadou Traore, Fort Lee	15.22

400 METER HURDLES

2011---	Anthony Tripodi, Cliffside Park	55.64
2012---	Darren Fink, Cliffside Park	59.42
2013---	Christian Abril, Ridgefield Park	59.68
2014---	Christian Abril, Ridgefield Park	57.41
2015---	Dylan Scallo, Dumont	56.80
2016---	Garrett Norcross, Ridgefield Park	58.57
2017---	Juan Emmanuel Mejia, Ridgefield Park	59.13
2018---	Juan Emmanuel Mejia, Ridgefield Park	57.12
2019---	Dean Qasem, Pascack Hills	57.10
2021---	O'Dell Holland Fincher, Fort Lee	58.49
2022---	O'Dell Holland Fincher, Fort Lee	60.45
2023---	Chris Chun, Fort Lee	60.21
2024---	Will Park Ocampo, Ridgefield Park	60.59

SHOT PUT

2011---	James Kostka, Dumont	45-10
2012---	Eric DeVescovo, Ridgefield Park	47-11 $\frac{1}{4}$
2013---	Eric DeVescovo, Ridgefield Park	52-0 $\frac{1}{4}$
2014---	Will Mailley, Cliffside Park	43-9 $\frac{1}{4}$
2015---	Freddy Garcia, Ridgefield Park	42-4 $\frac{1}{4}$
2016---	Aidan Kenny, Ridgefield Park	44-11 $\frac{3}{4}$
2017---	Juan Monje, Dumont	41-7
2018---	Chris Bouchard, Ridgefield Park	45-3
2019---	Thomas Donovan, Ramsey	42-4
2021---	VeRon Garrison, Englewood	59-2 $\frac{3}{4}$
2022---	Arsham Bayrami, Fort Lee	44-7
2023---	Arsham Bayrami, Fort Lee	45-7 $\frac{1}{2}$
2024---	Alexander Riba, Dumont	47-10 $\frac{3}{4}$

DISCUS

2011---	Tom Hicks, Dumont	140-8
2012---	Jamie Cooper, Dumont	131-1
2013---	John Monnett, Ridgefield Park	157-9
2014---	Will Mailley, Cliffside Park	139-0
2015---	Alex Astacio, Fort Lee	108-5
2016---	Darlan Serventi, Ridgefield Park	128-6
2017---	Marco Herrera, Fort Lee	128-6
2018---	Brendan LugoPerez, Cliffside Park	141-2
2019---	Thomas Donovan, Ramsey	130-10
2021---	Arthur Rosenberger, Dumont	117-9
2022---	Nicolai DeStefano-Moreira, Dumont	123-5
2023---	Arthur Rosenberger, Dumont	137-10
2024---	Arthur Rosenberger, Dumont	136-0

JAVELIN

2011---	Joey Spies, Westwood	154-3
2012---	Nakiim Yamaguchi, Fort Lee	160-9
2013---	Matt Perdomo, Ridgefield Park	163-2
2014---	Boyce Vass, Cliffside Park	149-2
2015---	Chandler Oliveiri, Ridgefield Park	160-0
2016---	Chandler Oliveiri, Ridgefield Park	156-3
2017---	Chandler Oliveiri, Ridgefield Park	172-9
2018---	Huasly Paredes-Garcia, Fort Lee	158-10
2019---	Huasly Paredes-Garcia, Fort Lee	162-3
2021---	Matt Vercelli, Ridgefield Park	151-5
2022---	Brevin Cooney, Ridgefird Park	156-3
2023---	Brevin Cooney, Ridgefird Park	152-6
2024---	James Garguilo, Dumont	154-0

HIGH JUMP

2011---	Rakesh Dataram, Ridgefield Park	5-10
2012---	Rakesh Dataram, Ridgefield Park	6-0
2013---	Tyler Olivieri, Ridgefield Park	5-6
2014---	Chris Estrella, Ridgefield Park	6-6
2015---	Tyler Olivieri, Ridgefield Park	6-0
2016---	David Feliz, Ridgefield Park	5-10

2017---Emmanuel Montoya, Fort Lee	6-0
2018---David Feliz, Ridgefield Park	5-10
2019---Dan Van Duren, Mahwah	5-10
2021---Skyler Saric, Cliffside Park	5-4
2022---Jeremy Chocoj, Ridgefield Park	5-8
2023---Jeremy Chocoj, Ridgefield Park	5-8
2024---Edward Maxwell, Dwight Morrow	5-10

LONG JUMP

2011---Kevon Lumsden, Englewood	21-8 $\frac{3}{4}$
2012---Mike Reyes, Ridgefield Park	20-9 $\frac{1}{2}$
2013---Julius Wingate, Englewood	21-3 $\frac{1}{4}$
2014---Chris Estrella, Ridgefield Park	21-2 $\frac{1}{4}$
2015---Jermal Fevrier, Ridgefield Park	21-0 $\frac{1}{4}$
2016---Jason Samuel-Olagunju, Fort Lee	20-1
2017---Tahj Martin, Fort Lee	21-11 $\frac{1}{4}$
2018---Manny Montoya, Fort Lee	20-10 $\frac{1}{4}$
2019---Liam Landau, Pascack Hills	20-10 $\frac{1}{2}$
2021---Tyson Lowe, Fort Lee	20-1 $\frac{1}{2}$
2022---Saundrae Palmer Jr., Dwight Morrow	20-9
2023---Kashawn Wallace, Ridgefield Park	21-0 $\frac{1}{2}$
2024---Saundrae Palmer Jr., Dwight Morrow	21-6

TRIPLE JUMP

2011---Phil Dowell, Englewood	42-11
2012---Mike Reyes, Ridgefield Park	43-1
2013---Jermal Fevrier, Ridgefield Park	42-10 $\frac{1}{4}$
2014---Maurice West, Englewood	43-9
2015---Tayo Fatiregun, Ridgefield Park	41-2
2016---Michael Huertas, Fort Lee	41-10 $\frac{3}{4}$
2017---Michael Huertas, Fort Lee	41-11
2018---Manny Montoya, Fort Lee	42-5 $\frac{3}{4}$
2019---Zakhari Pryce, Fort Lee	40-10
2021---Marvellous Bassey, Englewood	43-9
2022---Tyson Lowe, Fort Lee	42-6 $\frac{1}{4}$
2023---Kymani Clarke, Fort Lee	42-9 $\frac{3}{4}$
2024---Kymani Clarke, Fort Lee	44-0

POLE VAULT

2011---Kevin Costantino, Dumont	11-6
2012---Kevin Costantino, Dumont	13-0
2013---Raul Ferreira, Ridgefield Park	13-6
2014---Chris Diaz, Ridgefield Park	13-6
2015---Joe Kim, Ridgefield Park	12-0
2016---Joe Kim, Ridgefield Park	12-0
2017---Robert Escarret, Ridgefield Park	12-6
2018---Gabriel Torres, Ridgefield Park	12-0
2019---Liam Landau, Pascack Hills	14-6
2021---George Ye, Ridgefield Park	8-0
2022---Elliot Ramos, Ridgefield Park	9-6
2023---Elliot Ramos, Ridgefield Park	12-6
2024---Elliot Ramos, Ridgefield Park	11-6

1600 METER RELAY

2011---Englewood	3:30.92
2012---Ridgefield Park	3:34.26
2013---Ridgefield Park	3:31.39
2014---Englewood	3:33.11
2015---Englewood	3:30.85
2016---Dumont	3:34.88
2017---Fort Lee	3:28.22
2018---Englewood	3:34.18
2019---Ramsey	3:30.61
2021---Fort Lee	3:29.88
2022---Fort Lee	3:33.63
2023---Dumont	3:32.46
2024---Dwight Morrow	3:30.93

GIRLS**UNITED DIVISION****TEAM SCORING**

2011---Holy Angels 108, IHA 83, Paramus Catholic 43
2012---Holy Angels 95 1/2, IHA 73, Paramus Catholic 60 1/2
2013---Holy Angels 101, IHA 74, Paramus Catholic 44
2014---Holy Angels 101, Paramus Catholic 82, IHA 46
2015---Holy Angels 91 5/6, IHA 67 5/6, Paramus Catholic 61 1/3
2016---IHA 87, Holy Angels 86, Paramus Catholic 65
2017---Paramus Catholic 93 1/2, Holy Angels 81 1/2, IHA 75
2018---Holy Angels 101 1/2, Paramus Catholic 100, IHA 48 1/2
2019---Paramus Catholic 103, Holy Angels 93 1/2, IHA 50 1/2
2021---IHA 110, Paramus Catholic 64, Holy Angels 53
2022---IHA 113, Paramus Catholic 70, Holy Angels 45
2023---IHA 130, Paramus Catholic 74 1/2, Holy Angels 37 1/2
2024---IHA 136 1/2, Paramus Catholic 63, Holy Angels 47 1/2

100 METER DASH

2011---Angela Harrison, Paramus Catholic	12.76
2012---Jordyn Smith, Paramus Catholic	12.64
2013---Tatiyanna Sanders, Paramus Catholic	12.5h
2014---Tatiyanna Sanders, Paramus Catholic	12.65
2015---Maria Acosta, Paramus Catholic	12.58
2016---Christian Rasnake, IHA	12.33
2017---Tiffany Bautista, Paramus Catholic	12.40
2018---Tiffany Bautista, Paramus Catholic	12.45
2019---Mariah Fede, Paramus Catholic	12.61
2021---Tami Adedeji, DePaul	12.48
2022---Tami Adedeji, DePaul	12.63
2023---Gina Rubio, Paramus Catholic	12.31 (Gina Certo, Holy Angels, 12.30 in prelims)
2024---Gina Certo, Holy Angels	12.32

200 METER DASH

2011---Jordyn Smith, Paramus Catholic	26.35
2012---Tatiyanna Sanders, Paramus Catholic	26.52

2013---	Tatiyanna Sanders, Paramus Catholic	25.87
2014---	Tatiyanna Sanders, Paramus Catholic	26.16
2015---	Christian Rasnake, IHA	26.95
2016---	Christian Rasnake, IHA	25.89
2017---	Christian Rasnake, IHA	25.83
2018---	Mariah Fede, Paramus Catholic	25.18
2019---	Mariah Fede, Paramus Catholic	25.37
2021---	Tami Adedeji, DePaul	27.20
2022---	Gina Rubio, Paramus Catholic	26.50
2023---	Gina Rubio, Paramus Catholic	25.57
2024---	Gina Certo, Holy Angels	24.76

400 METER DASH

2011---	Myasia Jacobs, Paramus Catholic	56.88
2012---	Jordyn Smith, Paramus Catholic	59.54
2013---	Danielle Caruccio, DePaul	59.93
2014---	Kristen Sherlock, Holy Angels	58.98
2015---	Maria Acosta, Paramus Catholic	58.45
2016---	Maria Acosta, Paramus Catholic	57.29
2017---	Kiyara Santos, Paramus Catholic	61.96
2018---	Mariah Fede, Paramus Catholic	61.11
2019---	Nicole Barbaro, Holy Angels	56.95
2021---	Eliza Hoover, Holy Angels	62.40
2022---	Eliza Hoover, Holy Angels	61.13
2023---	Gina Certo, Holy Angels	55.78
2024---	Gina Certo, Holy Angels	56.40

800 METER RUN

2011---	Amanda Garcia, Holy Angels	2:25.14
2012---	Kylie McCavitt, IHA	2:23.87
2013---	Colleen Buckley, IHA	2:20.63
2014---	Colleen Buckley, IHA	2:21.88
2015---	Maria Acosta, Paramus Catholic	2:20.10
2016---	Tara Lyons, Holy Angels	2:21.60
2017---	Fiona Ralph, IHA	2:20.47
2018---	Fiona Ralph, IHA	2:20.96
2019---	Christina Bagin, Holy Angels	2:26.60
2021---	Jillian Shea, IHA	2:28.19
2022---	Alexandra Darmanian, Holy Angels	2:33.23
2023---	Alexandra Darmanian, Holy Angels	2:30.34
2024---	Marcelle Seckin, IHA	2:29.09

1600 METER RUN

2011---	Maureen Crimmins, Holy Angels	5:14.58
2012---	Ashley Stryko, Holy Angels	5:15.64
2013---	Ashley Stryko, Holy Angels	5:13.23
2014---	Colleen Buckley, IHA	5:12.08
2015---	Mary Watters, Holy Angels	5:12.43
2016---	Giavanna Tabbachino, IHA	5:24.86
2017---	Mackenzie Hughes, Holy Angels	5:13.98
2018---	Mackenzie Hughes, Holy Angels	5:18.82
2019---	Mackenzie Hughes, Holy Angels	5:23.79

2021---Leanna Johnston, IHA	5:25.96
2022---Leanna Johnston, IHA	5:07.55
2023---Leanna Johnston, IHA	5:01.77
2024---Marcelle Seckin, IHA	5:41.07

3200 METER RUN

2011---Erin Thompson, IHA	11:20.09
2012---Ashley Stryko, Holy Angels	11:26.69
2013---Lydon Kersting, Holy Angels	11:22.50
2014---Lydon Kersting, Holy Angels	11:10.14
2015---Mary Watters, Holy Angels	11:11.03
2016---Giavanna Tabbachino, IHA	11:33.34
2017---Mackenzie Hughes, Holy Angels	11:40.78
2018---Mackenzie Hughes, Holy Angels	11:29.40
2019---Olivia Mandella, Holy Angels	11:49.10
2021---Leanna Johnston, IHA	12:06.55
2022---Leanna Johnston, IHA	10:59.95
2023---Leanna Johnston, IHA	10:38.96
2024---Emily Wunsch, IHA	13:18.02

100 METER HURDLES

2011---Gina Carlino, IHA	15.83
2012---Kelly Stimmel, DePaul	16.00
2013---Kelly Stimmel, DePaul	16.1h
2014---Liz Garcia, Holy Angels	15.79
2015---Liz Garcia, Holy Angels	15.39
2016---Liz Garcia, Holy Angels	14.69
2017---Isabelle Dely, Paramus Catholic	14.93 (14.47 in trials)
2018---Isabelle Dely, Paramus Catholic	14.98
2019---Isabelle Dely, Paramus Catholic	14.48
2021---Fiona Carter, Paramus Catholic	15.1h
2022---Maegan Feeney, IHA	15.38
2023---Lauren Dunnigan, IHA	15.21
2024---Brianna Burrell, Paramus Catholic	16.31

400 METER HURDLES

2011---Kelsey Burnett, Holy Angels	1:05.18
2012---Rosie Menyhart, Paramus Catholic	1:09.79
2013---Kristen Sherlock, Holy Angels	1:08.63
2014---Rosie Menyhart, Paramus Catholic	1:05.74
2015---Rosie Menyhart, Paramus Catholic	1:06.76
2016---Faith Sutton, Paramus Catholic	1:09.04
2017---Faith Sutton, Paramus Catholic	1:06.42
2018---Mariah Fede, Paramus Catholic	1:08.12
2019---Mariah Fede, Paramus Catholic	1:03.50
2021---Nina Pellegrino, Holy Angels	1:10.00
2022---Kate Shepler, IHA	1:11.44
2023---Brianna Desanto, Paramus Catholic	1:07.90
2024---Elizabeth Burgess,, IHA	1:07.97

SHOT PUT

2011---Theresa Picciallo, IHA	45-5 ¼
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2012---	Gabrielle Nutile, IHA	32-9 ¼
2013---	Lisa Sesink-Clee, Holy Angels	36-4 ½
2014---	Mackenzie Merkel, Holy Angels	32-8
2015---	Megan Swords, IHA	32-4
2016---	Megan Swords, IHA	36-0 ¼
2017---	Anya Skae, Holy Angels	36-4 ½
2018---	Anya Skae, Holy Angels	36-8
2019---	Briana Thomas, Paramus Catholic	39-8
2021---	Ciara Donegan, Holy Angels	37-8
2022---	Tami Adedeji, DePaul	35-3
2023---	Tami Adedeji, DePaul	38-2 ½
2024---	Julia Sobilo, IHA	34-9

DISCUS

2011---	Theresa Picciallo, IHA	111-11
2012---	Gabrielle Nutile, IHA	94-11
2013---	Dannie Griffin, Paramus Catholic	102-9
2014---	Dannie Griffin, Paramus Catholic	96-7
2015---	Jackie McDonald, DePaul	100-1
2016---	Anya Skae, Holy Angels	93-11
2017---	Anya Skae, Holy Angels	104-9
2018---	Anya Skae, Holy Angels	101-7
2019---	Briana Thomas, Paramus Catholic	107-2
2021---	Tyaja Thomas, Paramus Catholic	107-2
2022---	Tami Adedeji, DePaul	115-11
2023---	Tyaja Thomas, Paramus Catholic	119-10
2024---	Julia Sobilo, IHA	117-4

JAVELIN

2011---	Jamie Klein, Paramus Catholic	136-8
2012---	Emma Perazzo, IHA	96-5
2013---	Lisa Sesink-Clee, Holy Angels	128-0
2014---	Dannie Griffin, Paramus Catholic	106-1
2015---	Megan Swords, IHA	87-3
2016---	Alexa Vecchione, Holy Angels	107-1
2017---	Mary Hughes, IHA	94-4
2018---	Samantha Romano, Holy Angels	102-10
2019---	Briana Thomas, Paramus Catholic	105-3
2021---	Tyaja Thomas, Paramus Catholic	123-2
2022---	Tyaja Thomas, Paramus Catholic	122-8
2023---	Tyaja Thomas, Paramus Catholic	125-2
2024---	Evelyn Roman, IHA	102-9

HIGH JUMP

2011---	Lisa Sesink-Clee, Holy Angels	5-2
2012---	Tatiana Sanders, Paramus Catholic	5-4
2013---	Amanda Fields, Holy Angels	5-0
2014---	Kayla Adams, Paramus Catholic	5-2
2015---	Rosemary Menyhart, Paramus Catholic, Samantha Fellowes, Holy Angels and Colette Petric, IHA	5-0
2016---	Tiffany Bautista, Paramus Catholic	5-2

2017---Tiffany Bautista, Paramus Catholic	5-4
2018---Tiffany Bautista, Paramus Catholic	5-6
2019---Isabelle Dely, Paramus Catholic	5-2
2021---Nikki Matthews, IHA	4-8
2022---Fiona Carter, Paramus Catholic	5-1
2023---Carina Rios, Paramus Catholic	5-0
2024---Brianna Burrell, Paramus Catholic	5-0

LONG JUMP

2011---Amanda Fields, Holy Angels	16-11 ½
2012---Tatiana Sanders, Paramus Catholic	17-9
2013---Tatiana Sanders, Paramus Catholic	17-9 ½
2014---Tatiana Sanders, Paramus Catholic	18-0
2015---Alexis Trott, Paramus Catholic	16-8 ¼
2016---Alexis Trott, Paramus Catholic	17-2 ½
2017---Tiffany Bautista, Paramus Catholic	18-10
2018---Tiffany Bautista, Paramus Catholic	18-8 ¾
2019---Kennedee Cox, Paramus Catholic	17-10 ¼
2021---Madison Libby, IHA	17-0
2022---Maegan Feeney, IHA	17-11 ½
2023---Carina Rios, Paramus Catholic	17-3
2024---Abby Romero, IHA	17-8 ¾

TRIPLE JUMP

2011---Amanda Fields, Holy Angels	35-5 ¾
2012---Amanda Fields, Holy Angels	36-7
2013---Amanda Fields, Holy Angels	38-1 ½
2014---Tatiana Sanders, Paramus Catholic	38-5 ¼
2015---Rosemary Menyhart, Paramus Catholic	36-9
2016---Liz Garcia, Holy Angels	36-3
2017---Tiffany Bautista, Paramus Catholic	38-11 ¾
2018---Tiffany Bautista, Paramus Catholic	40-6 ¾
2019---Isabelle Dely, Paramus Catholic	35-1
2021---Rachel Hippolyte, Paramus Catholic	35-1 ½
2022---Lauren Dunnigan, IHA	36-5 ¼
2023---Abby Romero, IHA	36-5
2024---Abby Romero, IHA	35-9 ½

POLE VAULT

2011---Reid McLain, Holy Angels	8-0
2012---Alex Eckert, Holy Angels	9-0
2013---Natalie Miller, IHA	9-0
2014---Julie Weismiller, IHA	9-6
2015---Julie Weismiller, IHA	9-6
2016---Caroline McGann, Holy Angels	10-0
2017---Caroline McGann, Holy Angels	10-6
2018---Caroline McGann, Holy Angels	11-0
2019---Emma Viggiano, IHA	9-0
2021---Alexa Cawood, Holy Angels	10-0
2022---Alexa Cawood, Holy Angels	10-7
2023---Casey Roberts, IHA	9-0
2024---Evelyn Roman, IHA	8-0

1600 METER RELAY

2011---IHA	4:09.27
2012---Holy Angels	4:11.79
2013---IHA	4:12.59
2014---Paramus Catholic	4:09.47
2015---Holy Angels	4:17.11
2016---Paramus Catholic	4:14.65
2017---Paramus Catholic	4:10.63
2018---Holy Angels	4:16.32
2019---Holy Angels	4:08.22
2021---Holy Angels	4:15.33
2022---Holy Angels	4:09.56
2023---Holy Angels	4:05.45
2024---IHA	4:03.89

FREEDOM DIVISION

TEAM SCORING

2011---Ridgewood 130, Teaneck 118, Bergen Tech 39
2012---Teaneck 114, Ridgewood 113, Hackensack 40 ½
2013---Ramapo 151, Northern Highlands 140, Ridgewood 101
2014---Ramapo 142, Northern Highlands 133, Hackensack 95
2015---Northern Highlands 146, Ridgewood 115 ½, Ramapo 103
2016---Ridgewood 162, Northern Highlands 154, Ramapo 72
2017---Ridgewood 193, Northern Highlands 171, Hackensack 40
2018---Ridgewood 204, Northern Highlands 135, Ramapo 103
2019---Ridgewood 176, Northern Highlands 98.66, Old Tappan 92.33
2021---Northern Highlands 182 ½, Ridgewood 168, Ramapo 105 ½
2022---Ridgewood 163, Ramapo 134 ½, Northern Highlands 105 ½
2023---Ridgewood 114, Ramapo 90, Northern Highlands 76
2024---Ridgewood and Ramapo 102, Northern Highlands 65

100 METER DASH

2011---Talasiah Balgoban, Teaneck	12.85
2012---Kahlia Taylor, Teaneck	12.86
2013---Naomi Clarke, Hackensack	12.98
2014---Naomi Clarke, Hackensack	12.42
2015---Lauren Brzozowski, Ramapo	12.64
2016---Morgan Florio, Northern Highlands	12.25
2017---Olivia Florio, Northern Highlands	12.86
2018---Katherine Muccio, Ridgewood	12.54
2019---Katherine Muccio, Ridgewood	12.23
2021---Alysia Spencer, Ridgewood	12.66
2022---Izzie Anzaldo, Ramapo	12.57
2023---Belle Bennett, Northern Highlands	12.76
2024---Jordan Myers, Paramus	12.63

200 METER DASH

2011---Kahlia Taylor, Teaneck	26.03
2012---Kahlia Taylor, Teaneck	25.76
2013---Emma Sullivan, Northern Highlands	26.28
2014---Lauren Brzozowski, Ramapo	25.92

2015---	Lauren Brzozowski, Ramapo	25.64
2016---	Morgan Florio, Northern Highlands	26.01
2017---	Katherine Muccio, Ridgewood	25.46
2018---	Grace Smiechowski, Northern Highlands	25.99
2019---	Katherine Muccio, Ridgewood	24.87
2021---	Alysia Spencer, Ridgewood	25.96
2022---	Izzie Anzaldo, Ramapo	25.29
2023---	Ayanna Chape, Hackensack	25.42
2024---	Ayanna Chape, Hackensack	25.68

400 METER DASH

2011---	Kahlia Taylor, Teaneck	59.64
2012---	Micaela McPadden, Ridgewood	58.58
2013---	Emma Sullivan, Northern Highlands	57.47
2014---	Lauren Brzozowski, Ramapo	57.17
2015---	Lauren Brzozowski, Ramapo	58.45
2016---	Robine Arami, Northern Highlands	58.82
2017---	Kyla Krawczyk, Northern Highlands	58.09
2018---	Grace Smiechowski, Northern Highlands	57.94
2019---	Grace Smiechowski, Northern Highlands	57.61
2021---	Molly Bennett, Northern Highlands	58.85
2022---	Izzie Anzaldo, Ramapo	57.60
2023---	Ayanna Chape, Hackensack	56.60
2024---	Ayanna Chape, Hackensack	57.36

800 METER RUN

2011---	Caroline Davidson, Ridgewood	2:22.48
2012---	Catherine Pagano, Ridgewood	2:17.08
2013---	Madison Holleran, Northern Highlands	2:14.20
2014---	Deanna DiLandro, Ramapo	2:17.66
2015---	Julia Guerra, Indian Hills	2:19.39
2016---	Julia Guerra, Indian Hills	2:22.75
2017---	Meghan Adams, Ridgewood	2:25.17
2018---	Evelyn Kotch, Ridgewood	2:22.82
2019---	Camryn Wennersten, Ridgewood	2:17.51
2021---	Lucia Rabolli, Ridgewood	2:18.81
2022---	Lucia Rabolli, Ridgewood	2:19.40
2023---	Avery Sheridan, Ridgewood	2:24.34
2024---	Bridget Cannon, Ramapo	2:19.84

1600 METER RUN

2011---	Caroline Davidson, Ridgewood	5:30.84
2012---	Caroline Davidson, Ridgewood	5:23.57
2013---	Catherine Pagano, Ridgewood	5:04.19
2014---	Julia Guerra, Indian Hills	5:00.74
2015---	Julia Guerra, Indian Hills	5:03.90
2016---	Olympia Martin, Ridgewood	5:12.84
2017---	Olympia Martin, Ridgewood	5:08.95
2018---	Cassie Keyes, Ridgewood	5:07.70
2019---	Daisy Liljegren, Northern Highlands	5:07.75
2021---	AnnaMarie Tretola, Ridgewood	5:05.87
2022---	Brianna Braver, Ramapo	5:12.32

2023---Cellina Rabolli, Ridgewood	5:12.87
2024---Katherine Keating, Ridgewood	5:12.24

3200 METER RUN

2011---Victoria Pan, Ridgewood	12:05.82
2012---Tina Gibble, Ridgewood	11:54.19
2013---Julia Guerra, Indian Hills	11:14.87
2014---Julia Guerra, Indian Hills	11:03.26
2015---Catherine Pagano, Northern Highlands	11:29.44
2016---Olympia Martin, Ridgewood	11:20.55
2017---Olympia Martin, Ridgewood	11:03.19
2018---Monica Hebner, Northern Highlands	11:25.36
2019---Olivia Shattuck, Ridgewood	11:39.05
2021---Clare Hamlet, Ridgewood	11:42.58
2022---Brianna Braver, Ramapo	11:30.93
2023---Cellina Rabolli, Ridgewood	11:34.54
2024---Brianna Potaki, Ramapo	11:37.94

100 METER HURDLES

2011---Sarah DeVita, Ridgewood	15.97
2012---Amanda Simms, Teaneck	15.69
2013---Mimi DeVita, Ridgewood	16.05
2014---Dana Lynch, Hackensack	15.72
2015---Dana Lynch, Hackensack	15.32
2016---Erin Racano, Ramapo	16.40
2017---Sharise Baker-Bazile, Hackensack	16.08
2018---Grace O'Shea, Ramapo	14.92
2019---Grace O'Shea, Ramapo	14.55 (14.51 in trials)
2021---Hannah Brodsky, Ridgewood	15.79
2022---Belle Bennett, Northern Highlands	15.60
2022---Belle Bennett, Northern Highlands	15.19
2024---Sandra Vitolo, Ramapo	15.24

400 METER HURDLES

2011---Ashley Barker, Teaneck	1:07.30
2012---Micaela McPadden, Ridgewood	1:04.82
2013---Madison Holleran, Northern Highlands	1:03.01
2014---Hilary McElwain, Northern Highlands	1:04.64
2015---Hilary McElwain, Northern Highlands	1:04.65
2016---Hilary McElwain, Northern Highlands	1:04.67
2017---Katherine Muccio, Ridgewood	1:03.28
2018---Grace O'Shea, Ramapo	1:05.21
2019---Grace O'Shea, Ramapo	1:01.85
2021---Molly Bennett, Northern Highlands	1:03.58
2022---Molly Bennett, Northern Highlands	1:03.85
2023---Anna Bryan-Jones, Northern Highlands	1:05.29
2024---Kennedy Lubkemann, Ridgewood	1:04.00

SHOT PUT

2011---Apresha Hampton, Teaneck	42-4 ½
2012---Jessica Reuveni, Paramus	38-3
2013---Ariela King, Hackensack	32-11 ½

2014---	Amarys Berry, Hackensack	39-8
2015---	Amarys Berry, Hackensack	41-11 ½
2016---	Amarys Berry, Hackensack	45-7 ½
2017---	Lexi Uzoaru, Ridgewood	36-10
2018---	Lexi Uzoaru, Ridgewood	38-1 ¾
2019---	Brynn Madonna, Northern Highlands	38-11
2021---	Brynn Madonna, Northern Highlands	40-4 ½
2022---	Ciara Brown, Hackensack	38-4 ¾
2023---	Grace Gilbert, Ramapo	34-8 ½
2024---	Grace Gilbert, Ramapo	38-5

DISCUS

2011---	Apresha Hampton, Teaneck	127-10
2012---	Jessica Reuveni, Paramus	113-11
2013---	Ariela King, Hackensack	104-10
2014---	Amarys Berry, Hackensack	93-7
2015---	Sara Dec, Northern Highlands	100-0
2016---	Amarys Berry, Hackensack	112-5
2017---	Lexi Uzoaru, Ridgewood	117-5
2018---	Lexi Uzoaru, Ridgewood	118-1
2019---	Brynn Madonna, Northern Highlands	110-1
2021---	Brynn Madonna, Northern Highlands	113-7
2022---	Hannah Otterstedt, Ridgewood	98-2
2023---	Hannah Otterstedt, Ridgewood	99-0
2024---	Maddison Petrow, Northern Highlands	102-6

JAVELIN

2011---	Grayson Llerandi, Ridgewood	104-7
2012---	Hope Yi, Bergen Tech	109-6
2013---	Jackie Reyneke, Northern Highlands	124-5
2014---	Sophia Caride, Ramapo	106-0
2015---	Sophia Sheehy, Ridgewood	99-8
2016---	Kaitlyn Amoruso, Ridgewood	92-7
2017---	Michelle Bond, Northern Highlands	104-4
2018---	Elena Montgomery, Ramapo	106-2
2019---	Ciara Emmanuel, Ridgewood	107-7
2021---	Lindsay Arone, Ramapo	118-11
2022---	Isabella Bido, Paramus	98-1
2023---	Sadie Valentin, Paramus	113-2
2024---	Charlotte Papin, Ridgewood	111-1

HIGH JUMP

2011---	Sarah DeVita, Ridgewood	5-0
2012---	I'India Davenport, Teaneck	5-0
2013---	Jenna Phillips, Ramapo	5-2
2014---	Sasha Bromfield, Hackensack	4-10
2015---	Amber Redmond, Hackensack	5-2
2016---	Kayla Pituras, Paramus	5-0
2017---	Ellie and Alyssa Veenhof, Ridgewood	4-10
2018---	Ellie Veenhof, Ridgewood	5-2
2019---	Ellie Veenhof, Ridgewood	5-2
2021---	Caitlyn Kunisch, Northern Highlands	5-2

2022---	Noor Rabah, Ramapo	4-10
2023---	Jada Giordano, Ramapo	4-10
2024---	Delia van der Heide, Northern Highlands	4-8

LONG JUMP

2011---	Talasiah Balgoban, Teaneck	16-7
2012---	Trenice Foster, Teaneck	16-0 ½
2013---	Gina Salmins, Ramapo	15-9 ½
2014---	Re'ona Pettway, Hackensack	16-9 ¼
2015---	Isabel Park, Ridgewood	16-0 ½
2016---	Julia Healy, Northern Highlands	16-11
2017---	Julia Healy, Northern Highlands	16-10 ½
2018---	Sara VandenAssem, Ridgewood	16-5
2019---	Marisa DiGia, Old Tappan	17-3 ¼
2021---	Olivia Grace, Ridgewood	16-3 ½
2022---	Olivia Grace, Ridgewood	17-6 ½
2023---	Jordan Myers, Paramus	16-3 ¾
2024---	Sandra Vitolo, Ramapo	16-0 ¼

TRIPLE JUMP

2011---	Ana Atkinson, Teaneck	33-10 ½
2012---	Ana Atkinson, Teaneck	33-5 ½
2013---	Jackie Reyneke, Northern Highlands	34-11 ¾
2014---	Julia Healy, Northern Highlands	34-1 ¾
2015---	Libby DeVita, Ridgewood	33-11 ¼
2016---	Julia Healy, Northern Highlands	35-6
2017---	Amanda Katz, Ramapo	35-4
2018---	Sara VandenAssem, Ridgewood	36-6
2019---	Marisa DiGia, Old Tappan	35-8 ½
2021---	Christina Hughes, Northern Highlands	33-8 ½
2022---	Mackenzie Morante, Ramapo	34-4
2023---	Mackenzie Morante, Ramapo	34-8 ½
2024---	Charlotte Papin, Ridgewood	33-11 ½

POLE VAULT

2011---	Kayla Polcari, Ridgewood	10-6
2012---	Mimi DeVita, Ridgewood	10-0
2013---	Megan Gambuti, Ramapo	11-0
2014---	Megan Gambuti, Ramapo	10-0
2015---	Kirsten Skead, Ramapo	8-6
2016---	Maxine Earl, Ridgewood	10-6
2017---	Maxine Earl, Ridgewood	11-0
2018---	Nicole Lester, Ridgewood	10-0
2019---	Marisa DiGia, Old Tappan	10-6
2021---	Randi Conroy, Northern Highlands	10-6
2022---	Talia Hutchinson, Ridgewood	11-6
2023---	Emai Hanada, Ridgewood	9-0
2024---	Emai Hanada, Ridgewood	10-6

1600 METER RELAY

2011---	Ridgewood	4:05.33
2012---	Teaneck	4:02.28

2013---Ramapo	4:03.06
2014---Ramapo	4:02.61
2015---Northern Highlands	4:03.84
2016---Northern Highlands	4:00.41
2017---Northern Highlands	4:03.78
2018---Ramapo	3:58.89
2019---Ramapo	4:05.25
2021---Ramapo	4:05.22
2022---Ramapo	4:02.79
2023---Ridgewood	4:07.87
2024---Ramapo	4:00.90

NATIONAL DIVISION

TEAM SCORING

2011---Demarest 122 ½, Northern Highlands 108, Old Tappan 47 ½
2012---Demarest 96, Northern Highlands 90, Ramapo 89
2013---Demarest 126.33, Tenaflly 105, Old Tappan 93.33
2014---Demarest 132 ½, Teaneck 112, Old Tappan 106
2015---Demarest 178, Old Tappan 106 ½, Teaneck 90
2016---Demarest 153, Old Tappan 123 ½, Teaneck 98 ½
2017---Demarest 234, Old Tappan 83 ½, Tenaflly 70 ½
2018---Old Tappan 174, Demarest 172 ½, Tenaflly 59
2021---Demarest 200 ½, Old Tappan 125 ½, Tenaflly 97
2022---Old Tappan 171, Demarest 151, Tenaflly 85
2023---Demarest 196, Old Tappan 173, Tenaflly 80
2024---Demarest 180 1/2, Old Tappan 175, Tenaflly 69 ½

100 METER DASH

2011---Emily Zimick, Demarest	13.59
2012---Claire Scavone, Ramapo and Emma Sullivan, Northern Highlands	12.95
2013---Nicole Miller, Pascack Valley	13.19
2014---Maxine McConnell, Old Tappan	12.73
2015---Aminah Sarraga, Teaneck	13.06
2016---Toni James, Teaneck	13.04
2017---Jordan Mayo, Tenaflly	12.68
2018---Taylor Newman, Old Tappan	12.95
2021---Abigail Dennis, Old Tappan	12.75
2022---Abigail Dennis, Old Tappan	12.55 (12.53 in trials)
2023---Abigail Dennis, Old Tappan	12.38
2024---Abigail Dennis, Old Tappan	12.20

200 METER DASH

2011---Megan Chakmakian, Demarest	27.69
2012---Allison Tell, Demarest	26.22
2013---Nicole Miller, Pascack Valley	26.70
2014---Aminah Sarraga, Teaneck	25.93
2015---Lexi DelGizzo, Tenaflly	26.65
2016---Lexi DelGizzo, Tenaflly	25.83
2017---Lexi DelGizzo, Tenaflly	26.43
2018---Noelle Gonzalez, Old Tappan	27.28
2021---Abigail Dennis, Old Tappan	26.15

2022---	Abigail Dennis, Old Tappan	25.43
2023---	Abigail Dennis, Old Tappan	25.97
2024---	Abigail Dennis, Old Tappan	24.87

400 METER DASH

2011---	Deanna DiLandro, Ramapo	1:01.43
2012---	Emma Sullivan, Northern Highlands	59.19
2013---	Phoebe Hersh, Tenaflly	1:00.54
2014---	Aminah Sarraga, Teaneck	58.02
2015---	Aminah Sarraga, Teaneck	59.45
2016---	Lexi DelGizzo, Tenaflly	57.63
2017---	Lexi DelGizzo, Tenaflly	57.87
2018---	Taylor Newman, Old Tappan	60.35
2021---	Cara Hliboki, Old Tappan	60.50
2022---	Zuri Williamson, Teaneck	61.10
2023---	Zuri Williamson, Teaneck	60.07
2024---	Gabrielle Rothstein, Demarest	59.34

800 METER RUN

2011---	Deanna DiLandro, Ramapo	2:21.23
2012---	Madison Holleran, Northern Highlands	2:18.59
2013---	Josette Norris, Tenaflly	2:15.24
2014---	Christina Welzer, Demarest	2:22.26
2015---	Christina Welzer, Demarest	2:22.01
2016---	Caroline O'Sullivan, Old Tappan	2:16.61
2017---	Caroline O'Sullivan, Old Tappan	2:20.41
2018---	Caroline O'Sullivan, Old Tappan	2:20.19
2021---	Kimi Quayle, Demarest	2:19.98
2022---	Cara Hliboki, Old Tappan	2:19.83
2023---	Kate Meeks, Old Tappan	2:22.61
2024---	Sophee Estrems, Demarest	2:25.58

1600 METER RUN

2011---	Lisa Zimmer, Ramapo	5:19.99
2012---	Lisa Zimmer, Ramapo	5:01.20
2013---	Josette Norris, Tenaflly	5:24.56
2014---	Josette Norris, Tenaflly	5:18.47
2015---	Chelsea Lee, Pascack Valley	5:15.55
2016---	Caroline O'Sullivan, Old Tappan	5:18.54
2017---	Ashley Evans, Pascack Valley	5:28.50
2018---	Caroline O'Sullivan, Old Tappan	5:23.38
2021---	Casey Walter, Demarest	5:29.47
2022---	Cara Hliboki, Old Tappan	5:23.55
2023---	Lily Dipple, Demarest	5:40.07
2024---	Jasmine Storr, Tenaflly	5:25.40

3200 METER RUN

2011---	Brittany Day, Demarest	11:32.28
2012---	Ariana North, Northern Highlands	11:04.99
2013---	Josette Norris, Tenaflly	11:35.79
2014---	Josette Norris, Tenaflly	12:00.61
2015---	Veronica Rocco, Tenaflly	11:45.36

2016---	Ashley Evans, Pascack Valley	11:34.95
2017---	Ashley Evans, Pascack Valley	11:51.81
2018---	Caroline O'Sullivan, Old Tappan	12:06.18
2021---	Casey Walter, Demarest	11:16.99
2022---	Cara Hliboki, Old Tappan	12:07.86
2023---	Leeya Rice, Demarest	12:42.73
2024---	Jasmine Storr, Tenafly	12:24.30

100 METER HURDLES

2011---	Allison Tell, Demarest	16.54
2012---	Allison Tell, Demarest	15.72
2013---	Christina Welzer, Demarest	15.65
2014---	Amanda Simms, Teaneck	15.80
2015---	Christina Welzer, Demarest	15.33 (ran 15.22 in trials)
2016---	Olivia Pandolfo, Tenafly	15.87
2017---	Sarah Sutnick, Demarest	16.07
2018---	Sophia George, Bergenfield	17.07
2021---	Victoria Constantine, Demarest	17.23
2022---	Abigail Dennis, Old Tappan	14.78 (ran 14.40 in trials)
2023---	Abigail Dennis, Old Tappan	14.59
2024---	Abigail Dennis, Old Tappan	14.35

400 METER HURDLES

2011---	Katelyn Ary, Demarest	1:03.96
2012---	Allison Tell, Demarest	1:03.16
2013---	Christina Welzer, Demarest	1:03.59
2014---	Christina Welzer, Demarest	1:05.19
2015---	Christina Welzer, Demarest	1:03.20
2016---	Georgia Markham, Demarest	1:10.82
2017---	Georgia Markham, Demarest	1:07.36
2018---	Ashley Constantine, Demarest	1:06.27
2021---	Erin Moran, Demarest	1:10.15
2022---	Cristina Parrella, Demarest	1:11.70
2023---	Abigail Dennis, Old Tappan	1:06.09
2023---	Abigail Dennis, Old Tappan	1:03.24

SHOT PUT

2011---	Danielle Bach, Northern Highlands	38-0 ½
2012---	Danielle Bach, Northern Highlands	36-1 ½
2013---	Haley Hirsch, Demarest	35-3 ½
2014---	Nikolia Kanaris, Demarest	39-0
2015---	Nikolia Kanaris, Demarest	41-3
2016---	Nikolia Kanaris, Demarest	39-5 ¼
2017---	Cat Light, Demarest	38-9 ½
2018---	Sophie Downey, Old Tappan	37-3 ¼
2021---	Casey Sullivan, Demarest	41-2
2022---	Casey Sullivan, Demarest	45-4 ¾
2023---	Layla Giordano, Old Tappan	44-7
2024---	Layla Giordano, Old Tappan	45-0 ½

DISCUS

2011---	Tina Menezes, Demarest	112-1
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2012---	Jane Kim, Old Tappan	114-0
2013---	Haley Hirsch, Demarest	111-1
2014---	Amiynah Campbell, Teaneck	117-0
2015---	Amiynah Campbell, Teaneck	122-5
2016---	Sarah Ahmed, Demarest	117-1
2017---	Maya Vanderlinden, Old Tappan	113-1
2018---	Cat Light, Demarest	112-9
2021---	Julietta Ambartsoumian, Demarest	111-7
2022---	Rylie Theuerkauf, Tenaflly	130-9
2023---	Layla Giordano, Old Tappan	140-4
2023---	Layla Giordano, Old Tappan	154-10

JAVELIN

2011---	Danielle Bach, Northern Highlands	114-6
2012---	Danielle Bach, Northern Highlands	110-8
2013---	Alana Bassen, Tenaflly	99-7
2014---	Jesse Geller, Demarest	107-8
2015---	Jesse Geller, Demarest	124-0
2016---	Jesse Geller, Demarest	113-5
2017---	Jesse Geller, Demarest	136-3
2018---	Alicia Iafrate, Demarest	112-2
2021---	Niki Woods, Demarest	141-9
2022---	Niki Woods, Demarest	148-4
2023---	Alissa Martin, Teaneck	115-6
2024---	Alissa Martin, Teaneck	107-10

HIGH JUMP

2011---	Maura Nestor, Northern Highlands	4-10
2012---	Haley Hirsch, Demarest	5-2
2013---	Taryn DeLeon, Old Tappan	5-0
2014---	Taryn DeLeon, Old Tappan	5-5 ½
2015---	Taylor Parcells, Old Tappan	5-2
2016---	Caitlin Reverand, Demarest	4-10
2017---	Alexandra Ruocco, Old Tappan	5-0
2018---	Sophia Dongaris, Tenaflly	5-2
2021---	Norina Khanzada, Tenaflly	5-0
2022---	Norina Khanzada, Tenaflly	5-4
2023---	Norina Khanzada, Tenaflly	5-2
2024---	Caroline Ognibene, Old Tappan	5-2

LONG JUMP

2011---	Maura Nestor, Northern Highlands	15-10 ¼
2012---	Taryn DeLeon, Old Tappan	16-2
2013---	Taryn DeLeon, Old Tappan	16-11 ¼
2014---	Amanda Simms, Teaneck	17-2 ¼
2015---	Hana Shapiro, Pascack Valley	16-1 ½
2016---	Hana Shapiro, Pascack Valley	16-11 ¼
2017---	Jesse Geller, Demarest	16-5
2018---	Sydney Woods, Demarest	16-8 ¾
2021---	Norina Khanzada, Tenaflly	15-7
2022---	Norina Khanzada, Tenaflly	16-1 ½
2023---	Kailey Attali, Demarest	16-4

2024---Kailey Attali, Demarest 16-8

TRIPLE JUMP

2011---Emily Zimick, Demarest	34-1 ¼
2012---Gina Salmins, Ramapo	32-9
2013---Anastasia Atkinson, Teaneck	37-2 ¾
2014---Jazzin Clark, Demarest	34-6 ¾
2015---Nia Van Brackle, Teaneck	35-11 ½
2016---Ja'Neil Humphrey, Teaneck	35-7 ½
2017---Zia Barr, Teaneck	35-9 ½
2018---Zia Barr, Teaneck	37-5 ¼
2021---Rylie Theuerkauf, Tenaflly	33-2 ¼
2022---Asasia Malcolm, Teaneck	35-7
2023---Norina Khanzada, Tenaflly	35-0 ¾
2024---Erika Gargano, Demarest	33-8 ¼

POLE VAULT

2011---Anne Kavalarchuk, Fair Lawn	9-6
2012---Jordan Even-Chen, Ramapo	10-6
2013---Alex Paspalas, Demarest	10-6
2014---Lauren Bilali, Old Tappan	9-6
2015---Lauren Bilali, Old Tappan	10-6
2016---Michelle Rubinetti, Demarest	12-0
2017---Michelle Rubinetti, Demarest	12-0
2018---Sydney Woods, Demarest	11-6
2021---Jordan Hecker, Demarest	11-0
2022---Michelle Lee, Demarest	11-6
2023---Jamie Kim, Old Tappan	10-0
2024---Allie Tuite, Old Tappan	11-3

1600 METER RELAY

2011---Demarest	4:05.62
2012---Ramapo	4:01.93
2013---Demarest	4:09.16
2014---Demarest	4:10.29
2015---Tenaflly	4:09.20
2016---Teaneck	4:14.88
2017---Old Tappan	4:09.18
2018---Demarest	4:01.52
2021---Old Tappan	4:11.44
2022---Demarest	4:18.01
2023---Old Tappan	4:13.47
2024---Demarest	4:08.77

LIBERTY DIVISION

TEAM SCORING

2011---Passaic Tech 131, Clifton 111, Passaic 35
2012---Passaic Tech 145, Clifton 141, Eastside 22
2013---Passaic Tech 135, Clifton 121.66, Kennedy 91.33
2014---Passaic Tech 137 ½, Clifton 117, Kennedy 110
2015---Passaic Tech 176, Clifton 130, Bergen Tech 109
2016---Passaic Tech 164, Clifton 162, Bergen Tech 81

2017---Clifton 173, Passaic Tech 129, Bergen Tech 93
 2018---Clifton 171 ½, Passaic Tech 115, Bergen Tech 110 ½
 2019---Passaic Tech 188 ¾, Clifton 173 ¼, Bergen Tech 84 ½
 2021---Passaic Tech 222, Clifton 160, Bergen Tech 68
 2022---Passaic Tech 229, Clifton 123, Bergen Tech 66
 2023---Passaic Tech 211, Bergen Tech 128, Clifton 103
 2024---Passaic Tech 210, Bergen Tech 138, Clifton 88

100 METER DASH

2011---Chamekea Davis, Eastside	12.68
2012---Monika Miazga, Clifton	12.86
2013---Alexes Washington, Passaic Tech	12.40
2014---Alexes Washington, Passaic Tech	12.37
2015---Alexes Washington, Passaic Tech	12.71
2016---Eboney Jackson, Kennedy	12.46
2017---Alenys Morales, Clifton	12.96
2018---Leriann Alexander, Eastside	12.68
2019---Tegann Anderson, Passaic Tech	13.01
2021---Katie Kakascik, Clifton	12.94
2022---Saniya Brown, Passaic Tech	13.34
2023---Mackenzie Burke, Bergen Tech	12.98
2024---Hailey Mieses, Passaic Tech	12.96

200 METER DASH

2011---Chamekea Davis, Eastside	26.00
2012---Monika Miazga, Clifton	25.83
2013---Alexes Washington, Passaic Tech	26.26
2014---Breasha Morton, Passaic Tech	26.36
2015---Aaniyah Robinson, Passaic Tech	26.98
2016---Aaniyah Robinson, Passaic Tech	27.23
2017---Alenys Morales, Clifton	26.97
2018---Leriann Alexander, Eastside	25.93
2019---Brianna Rubio, Clifton	26.52
2021---Naholy Almonte, Clifton	26.69
2022---Briana Fasoli, Passaic Tech	27.13
2023---Janae Roberts, Clifton	27.16
2024---Jahzara Mclean Abdullah, Passaic Tech	26.83

400 METER DASH

2011---Breasha Morton, Passaic Tech	1:00.12
2012---Monika Miazga, Clifton	59.57
2013---Zahtae Mouzone, Passaic	58.62
2014---Tashique Francis, Kennedy	1:00.73
2015---Morgan Duncan, Passaic Tech	1:01.12
2016---Aaniyah Robinson, Passaic Tech	1:01.90
2017---Carly Spinnler, Passaic Tech	1:01.21
2018---Brianna Rubio, Clifton	59.25
2019---Brianna Rubio, Clifton	59.81
2021---Anne Noonan, Passaic Tech	1:02.64
2022---Christine Skelly, Passaic Tech	1:03.09
2023---Mia DeVita, Clifton	1:01.31
2024---Mikayla Viglianti, Bergen Tech	1:01.49

800 METER RUN

2011---	Gabrielle Gonzaga, Clifton	2:29.71
2012---	Danielle Parker, Passaic Tech	2:34.47
2013---	Christina Stevens, Bergen Tech	2:22.98
2014---	Christina Stevens, Bergen Tech	2:29.89
2015---	Michelle Kubasek, Bergen Tech	2:24.95
2016---	Carly Spinnler, Passaic Tech	2:21.40
2017---	Carly Spinnler, Passaic Tech	2:26.75
2018---	Carly Spinnler, Passaic Tech	2:22.58
2019---	Andrea Dubbels, Clifton	2:22.28
2021---	Mia Dubac, Clifton	2:25.50
2022---	Remy Dubac, Clifton	2:28.52
2023---	Remy Dubac, Clifton	2:30.34
2024---	Mia DeVita, Clifton	2:26.65

1600 METER RUN

2011---	Keri-Ann Edwards, Passaic Tech	5:36.14
2012---	Gabrielle Gonzaga, Clifton	5:31.31
2013---	Yuria Yuasa, Clifton	5:26.64
2014---	Christina Stevens, Bergen Tech	5:27.60
2015---	Michelle Kubasek, Bergen Tech	5:14.25
2016---	Abigail McLaughlin, Bergen Tech	5:19.57
2017---	Mollie Slanina, Clifton	5:30.82
2018---	Andrea Dubbels, Clifton	5:19.92
2019---	Andrea Dubbels, Clifton	5:04.65
2021---	Mia Dubac, Clifton	5:19.27
2022---	Remy Dubac, Clifton	5:21.19
2023---	Remy Dubac, Clifton	5:30.66
2024---	Isabella Marinaccio, Bergen Tech	5:33.69

3200 METER RUN

2011---	Keri-Ann Edwards, Passaic Tech	12:20.65
2012---	Keri-Ann Edwards, Passaic Tech	12:29.40
2013---	Keri-Ann Edwards, Passaic Tech	11:56.42
2014---	Sofia Nedelcheva, Clifton	12:04.58
2015---	Michelle Kubasek, Bergen Tech	11:20.72
2016---	Abigail McLaughlin, Bergen Tech	11:23.83
2017---	Sophia Wolmer, Bergen Tech	11:57.39
2018---	Sophia Wolmer, Bergen Tech	11:55.29
2019---	Mia Dubac, Clifton	11:14.43
2021---	Denisse Aguilar, Passaic Tech	13:40.73
2022---	Remy Dubac, Clifton	11:43.45
2023---	Grace Napoli, Passaic Tech	13:10.67
2024---	Jasmin Silva Vargas, Passaic	12:36.07

100 METER HURDLES

2011---	Breisha Morton, Passaic Tech	16.24
2012---	Shianne Nevers, Clifton	16.42
2013---	Breisha Morton, Passaic Tech	15.18
2014---	Breisha Morton, Passaic Tech	15.11
2015---	Ebonee Jackson, Kennedy	15.20

2016---Eboney Jackson, Kennedy	14.85
2017---Alenys Morales, Clifton	15.45
2018---Alenys Morales, Clifton	15.27
2019---Sydney Shannon, Passaic Tech	16.07
2021---Katie Kakascik, Clifton	16.59
2022---Briana Fasoli, Passaic Tech	16.37
2023---Mackenzie Burke, Bergen Tech	16.75
2024---Jahzara Mclean Abdullah, Passaic Tech	16.34

400 METER HURDLES

2011---Breasha Morton, Passaic Tech	1:08.44
2012---Shianne Nevers, Clifton	1:08.93
2013---Breasha Morton, Passaic Tech	1:05.01
2014---Breasha Morton, Passaic Tech	1:04.92
2015---Eboney Jackson, Kennedy	1:08.38
2016---Rikayvia Palmer, Passaic Tech	1:09.20
2017---Carly Spinnler, Passaic Tech	1:06.67
2018---Chariza Wilks, Passaic Tech	1:06.40
2019---Chariza Wilks, Passaic Tech	1:06.62
2021---Anne Noonan, Passaic Tech	1:08.47
2022---Anne Noonan, Passaic Tech	1:07.70
2023---Casey Noonan, Passaic Tech	1:08.75
2024---Casey Noonan, Passaic Tech	1:06.41

SHOT PUT

2011---Yaniri Jimenez, Passaic	37-10
2012---Kailah Smith, Passaic Tech	33-3 ¼
2013---Marla Minnella, Clifton	34-2
2014---Sonya Sachdev, Bergen Tech	33-11 ½
2015---Monika Dlugosz, Clifton	35-10 ½
2016---Monika Dlugosz, Clifton	36-4 ½
2017---Catherine Davey, Clifton	33-5 ½
2018---Alianna Eucker, Bergen Tech	34-9 ¾
2019---Alianna Eucker, Bergen Tech	33-8 ½
2021---Taniya Giles, Clifton	36-0 ¾
2022---Taniya Giles, Clifton	36-0
2023---Izabelle Grzybowski, Passaic Tech	32-5
2024---Afua Anyadike, Bergen Tech	40-1

DISCUS

2011---Yaniri Jimenez, Passaic	106-8
2012---Samantha Cooley, Passaic Tech	84-8
2013---Yanique Spigner, Bergen Tech	107-4
2014---Monika Dlugosz, Clifton	102-9
2015---Monika Dlugosz, Clifton	111-4
2016---Monika Dlugosz, Clifton	96-8
2017---Antonia Liu, Bergen Tech	99-5
2018---Alianna Eucker, Bergen Tech	103-0
2019---Alianna Eucker, Bergen Tech	100-11
2021---Cicilia Martino, Passaic Tech	89-4
2022---Taniya Giles, Clifton	99-10

2023---Afua Anyadike, Bergen Tech	88-4
2023---Afua Anyadike, Bergen Tech	103-2

JAVELIN

2011---Tiana Chappell, Passaic Tech	86-8
2012---Carolina Tacconi, Passaic Tech	87-10
2013---Carolina Tacconi, Passaic Tech	92-0
2014---Carolina Tacconi, Passaic Tech	101-0
2015---Nee-Yah Corbin, Clifton	100-8
2016---Carmen Ramirez, Passaic Tech	108-9
2017---Carmen Ramirez, Passaic Tech	91-6
2018---Alianna Eucker, Bergen Tech	132-1
2019---Alianna Eucker, Bergen Tech	133-6
2021---Destiny Noemi Fernandez, Passaic Tech	109-6
2022---Cicilia Martino, Passaic Tech	96-5
2023---Izabelle Grzybowski, Passaic Tech	91-1
2024---Freja Jepsen, Bergen Tech	104-5

HIGH JUMP

2011---Kriss Xambrano, Clifton	4-8
2012---Alexes Washington, Passaic Tech	4-10
2013---Breasha Morton, Passaic Tech	5-4
2014---Breasha Morton, Passaic Tech	5-2
2015---Alexes Washington, Passaic Tech	4-8
2016---Eboney Jackson, Kennedy	5-0
2017---Ashley Martinez, Passaic Tech	5-0
2018---Ashley Martinez, Passaic Tech	5-0
2019---Ashley Martinez, Passaic Tech	5-2
2021---Nia Rex, Passaic Tech	4-8
2022---Deborah Amoh, Clifton	4-3
2023---Calyse Villaneuva, Passaic Tech	4-6
2024---Milodia Hilaire, Passaic Tech	4-10

LONG JUMP

2011---Wanae Smith, Passaic Tech	15-5 ¼
2012---Shianne Nevers, Clifton	16-0 ¼
2013---Zahtae Mouzone, Passaic	16-11 ¾
2014---Ariel Lam, Bergen Tech	15-11 ¾
2015---Michelle Aplogan, Clifton	16-5
2016---Kinga Dabek, Bergen Tech	16-9
2017---Alenys Morales, Clifton	16-7 ½
2018---Alenys Morales, Clifton	16-2 ¼
2019---Katie Kakascik, Clifton	16-2 ½
2021---Samiya Brown, Passaic Tech	16-8
2022---Samiya Brown, Passaic Tech	15-11
2023---Sofia Moino, Passaic Tech	15-5
2024---Calyse Villaneuva, Passaic Tech	16-7

TRIPLE JUMP

2011---Danielle Parker, Passaic Tech	34-7 ¼
2012---Danielle Parker, Passaic Tech	34-0
2013---Ianna McGregor, Kennedy	34-3

2014---Ianna McGregor, Kennedy	36-9
2015---Angel Rowe, Passaic Tech	33-10 ½
2016---Angel Rowe, Passaic Tech	34-5 ½
2017---Imani Durham, Passaic Tech	33-3 ¼
2018---Brianna Morrison, Clifton	35-3
2019---Ashley Martinez, Passaic Tech	35-4 ¼
2021---Nahioly Almonte, Clifton	33-6
2022---Denille Reid, Passaic Tech	32-4
2023---Calyse Villaneuva, Passaic Tech	33-9
2024---Calyse Villaneuva, Passaic Tech	35-11

POLE VAULT

2011---Karina Carmichael, Clifton	9-0
2012---Nicole Buttel, Clifton	8-6
2013---Nicole Buttel, Clifton	9-6
2014---Cassidy Cardone, Clifton	8-6
2015---Alison Proszowski, Clifton	9-0
2016---Kristen Wong, Clifton	9-6
2017---Sydney Shannon, Passaic Tech	9-6
2018---Sydney Shannon, Passaic Tech	10-6
2019---Sydney Shannon, Passaic Tech	11-4
2021---Jaidyn Dillon, Passaic Tech	8-0
2022---Isabella Formoso, Bergen Tech	8-0
2023---Isabella Formoso, Bergen Tech	10-0
2024---Isabella Formoso, Bergen Tech	10-6

1600 METER RELAY

2011---Passaic Tech	4:27.70
2012---Clifton	4:11.93
2013---Passaic Tech	4:14.31
2014---Passaic Tech	4:20.03
2015---Passaic Tech	4:15.83
2016---Passaic Tech	4:13.02
2017---Clifton	4:18.91
2018---Clifton	4:12.58
2019---Clifton	4:10.41
2021---event not contested	
2022---Passaic Tech	4:14.69
2023---Passaic Tech	4:22.54
2024---Passaic Tech	4:19.51

INDEPENDENCE DIVISION

TEAM SCORING

2011---Lakeland 118 ½, Wayne Valley 72 ½, Wayne Hills 54
2012---Wayne Hills 97, Passaic Valley 93, Wayne Valley 59
2013---Wayne Hills 133, Wayne Valley 116, Passaic Valley 83
2014---Wayne Hills 151, Wayne Valley 115, Passaic Valley 84 ½
2015---Fair Lawn 173, Wayne Hills 138, Wayne Valley 78
2016---Wayne Hills 159, Fair Lawn 106, Wayne Valley 104 ¼
2017---Fair Lawn 133.15, Wayne Hills 113.15, Wayne Valley 87.15
2018---Fair Lawn 135 ½, Lakeland 120 ½, Wayne Hills 76
2019---Lakeland 137, Fair Lawn 127, West Milford 80

2021---Lakeland 131, Wayne Hills 120, Wayne Valley 85
 2022---Lakeland 153, Wayne Hills 109.6, Fair Lawn 78.6
 2023---Wayne Hills 125, Lakeland 122.33, West Milford 85.33
 2024---Wayne Hills 144, Lakeland 95, West Milford 92

100 METER DASH

2011---Annie Rivera, Lakeland	13.30
2012---Annie Rivera, Lakeland	13.06
2013---Victoria Kriv, Passaic Valley	12.88
2014---Nicole Gignac, Wayne Hills	13.07
2015---Nicole Gignac, Wayne Hills	12.93
2016---Meghan Griffin, Wayne Hills	13.44
2017---Meghan Corso, Wayne Valley	13.21
2018---Meghan Corso, Wayne Valley	13.17
2019---Kalleen Rose Ozanic, West Milford	12.95
2021---Kyra Blakeslee, Wayne Hills	12.98
2022---Erin Clark, Wayne Valley	13.61
2023---Sara Paul, Wayne Valley	13.16
2024---Alyssa Chan, Wayne Hills	13.24

200 METER DASH

2011---Annie Rivera, Lakeland	27.77
2012---Victoria Kriv, Passaic Valley	27.45
2013---Victoria Kriv, Passaic Valley	26.58
2014---Nicole Gignac, Wayne Hills	26.83
2015---Nicole Gignac, Wayne Hills	26.36
2016---Giuliana Guarino, Wayne Hills	27.55
2017---Gabriela Manjarrez, Fair Lawn	26.53
2018---Gabriela Manjarrez, Fair Lawn	26.74
2019---Gabriela Manjarrez, Fair Lawn	26.60
2021---Kyra Blakeslee, Wayne Hills	27.03
2022---Hanna Miles, Lakeland	26.61
2023---Sara Paul, Wayne Valley	26.79
2024---DeZyiah Carswell, Passaic Valley	26.74

400 METER DASH

2011---Lindsay Hefferon, West Milford	1:00.71
2012---Victoria Kriv, Passaic Valley	1:03.48
2013---Victoria Kriv, Passaic Valley	1:00.73
2014---Nicole Gignac, Wayne Hills	59.31
2015---Nicole Gignac, Wayne Hills	59.40
2016---Cameron Santer, Wayne Hills	1:02.96
2017---Riley Brennan, Wayne Hills	59.7h
2018---Courtney Ruedt, Wayne Hills	59.60
2019---Courtney Ruedt, Wayne Hills	59.65
2021---Hanna Miles, Lakeland	1:01.43
2022---Hanna Miles, Lakeland	1:01.37
2023---Alexa Goll, Lakeland	1:01.02
2024---Alexa Goll, Lakeland	1:00.35

800 METER RUN

2011---Kaylan Bruzzone, Lakeland	2:33.45
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2012---	Stephanie Bitcon, Wayne Hills	2:27.23
2013---	Stephanie Bitcon, Wayne Hills	2:20.43
2014---	Stephanie Bitcon, Wayne Hills	2:20.67
2015---	Erin Callaghan, Wayne Valley	2:26.19
2016---	Emily Becker, Wayne Hills	2:23.70
2017---	Emily Becker, Wayne Hills	2:21.58
2018---	Julianne Gerritsen, Fair Lawn	2:28.43
2019---	Emma Gibson, Lakeland	2:32.18
2021---	Kara Langbaum, Wayne Hills	2:26.10
2022---	Angelina Perez, Lakeland	2:22.48
2023---	Kara Langbaum, Wayne Hills	2:26.66
2024---	Kara Langbaum, Wayne Hills	2:27.56

1600 METER RUN

2011---	Kelly Curtin, Wayne Hills	5:42.30
2012---	Stephanie Bitcon, Wayne Hills	5:28.36
2013---	Stephanie Bitcon, Wayne Hills	5:10.50
2014---	Stephanie Bitcon, Wayne Hills	5:25.95
2015---	Madeline Pluta, West Milford	5:34.67
2016---	Katerina Zachmann, Wayne Hills	5:17.25
2017---	Taylor Domico, Wayne Hills	5:21.08
2018---	Julianne Gerritsen, Fair Lawn	5:45.42
2019---	Alyssa Devita, Lakeland	5:46.41
2021---	Angelina Perez, Lakeland	4:54.38
2022---	Angelina Perez, Lakeland	4:58.24
2023---	Kara Langbaum, Wayne Hills	5:21.42
2024---	Kara Langbaum, Wayne Hills	5:19.12

3200 METER RUN

2011---	Kristen Ascione, Wayne Hills	12:30.06
2012---	Alyssa Loffredo, Wayne Hills	12:11.20
2013---	Alyssa Loffredo, Wayne Hills	11:45.19
2014---	Jillian O'Donohoe, Wayne Hills	11:49.77
2015---	Taylor Domico, Wayne Hills	11:49.71
2016---	Taylor Domico, Wayne Hills	11:37.87
2017---	Taylor Domico, Wayne Hills	11:28.04
2018---	Samantha Biss, Lakeland	13:12.65
2019---	Caitlin Fahy, Lakeland	12:20.01
2021---	Angelina Perez, Lakeland	10:32.62
2022---	Angelina Perez, Lakeland	10:17.71
2023---	Morgan Uhlhorn, Lakeland	11:27.32
2024---	Ciara Clinton, West Milford	11:50.00

100 METER HURDLES

2011---	Melissa Pascual, Passaic Valley	16.18
2012---	Jessica Addonizio, Passaic Valley	16.74
2013---	Jessica Addonizio, Passaic Valley	16.28
2014---	Julie Goldberg, Passaic Valley	16.47
2015---	Cathryn Cole, Passaic Valley	17.17
2016---	Meghan Corso, Wayne Valley	16.07
2017---	Meghan Corso, Wayne Valley	16.08
2018---	Meghan Corso, Wayne Valley	16.01

2019---	Grace Yost, Lakeland	16.39
2021---	Joanna Liput, Wayne Valley	16.78
2022---	Jenna Hodgson, West Milford	17.16
2023---	McKenzie Moore, Wayne Hills	18.19
2024---	McKenzie Moore, Wayne Hills	16.55

400 METER HURDLES

2011---	Audra Kalinowski, Wayne Valley	1:09.77
2012---	Sara DeVita, Lakeland	1:10.09
2013---	Kristi Nati, Fair Lawn	1:07.64
2014---	Julie Goldberg, Passaic Valley	1:09.46
2015---	Lisa Kestelboym, Fair Lawn	1:08.76
2016---	Samantha Sklar, Wayne Hills	1:07.38
2017---	Samantha Sklar, Wayne Hills	1:07.16
2018---	Grace Yost, Lakeland	1:07.36
2019---	Grace Yost, Lakeland	1:06.70
2021---	Katharine Cottone, Passaic Valley	1:08.26
2022---	Katharine Cottone, Passaic Valley	1:07.69
2023---	Katharine Cottone, Passaic Valley	1:07.46
2024---	Ava Maher, Wayne Valley	1:06.02

SHOT PUT

2011---	Samantha Markowski, Wayne Valley	36-11
2012---	Alicia Hester, Wayne Valley	38-0
2013---	Alicia Hester, Wayne Valley	39-8 ¼
2014---	Alicia Hester, Wayne Valley	41-1 ½
2015---	Olivia Pantale, Wayne Valley	33-11 ¾
2016---	Olivia Pantale, Wayne Valley	35-1 ¼
2017---	Ciara Torres, West Milford	38-1 ¼
2018---	Jackie Nieves, Lakeland	34-6 ¾
2019---	Alexis Rocker, Wayne Valley	37-8 ½
2021---	Hailey Romero, Fair Lawn	30-4
2022---	Caroline Biegel, Lakeland	31-7
2023---	Caroline Biegel, Lakeland	33-0 ½
2024---	Elizabeth Dankwa, Wayne Hills	36-10 ½

DISCUS

2011---	Stephanie Easse, Wayne Valley	113-3
2012---	Stephanie Easse, Wayne Valley	115-6
2013---	Alicia Hester, Wayne Valley	103-9
2014---	Carol Chen, Wayne Valley	114-0
2015---	Olivia Pantale, Wayne Valley	109-0
2016---	Olivia Pantale, Wayne Valley	108-4
2017---	Ciara Torres, West Milford	101-0
2018---	Sandra Abolade, Fair Lawn	96-0
2019---	Alexis Rocker, Wayne Valley	95-0
2021---	Rachel Schmitt, Fair Lawn	90-7
2022---	Hailey Romero, Fair Lawn	88-8
2023---	Madeline Galesi, Wayne Hills	107-7
2024---	Elizabeth Dankwa, Wayne Hills	126-9

JAVELIN

2011---	Grace Agresta, Lakeland	97-6
2012---	Jessica Rolando, West Milford	101-7
2013---	Stephanie Easse, Wayne Valley	107-7
2014---	Olivia Pantale, Wayne Valley	103-7
2015---	Olivia Pantale, Wayne Valley	119-7
2016---	Olivia Pantale, Wayne Valley	125-10
2017---	Nicole Sacchinelli, Fair Lawn	127-8
2018---	Nicole Sacchinelli, Fair Lawn	124-10
2019---	Hailey Romero, Fair Lawn	116-7
2021---	Hailey Romero, Fair Lawn	121-10
2022---	Melissa Viellette, Fair Lawn	112-9
2023---	Rachel Schmitt, Fair Lawn	122-4
2024---	Peyton Lowenstein, West Milford	105-6

HIGH JUMP

2011---	Michaela Bukoski, Lakeland	5-0
2012---	Amy DeVoe, Wayne Valley	5-0
2013---	Jessica Cusick, Wayne Valley	5-4
2014---	Michelle Furman, Lakeland	4-8
2015---	Nicole Gignac, Wayne Hills	4-10
2016---	Brittany Kriley, Fair Lawn	5-0
2017---	Kalleen Rose Ozanic, West Milford	4-10
2018---	Kalleen Rose Ozanic, West Milford	5-2
2019---	Kalleen Rose Ozanic, West Milford	5-2
2021---	Shannon Harnett, Lakeland	4-8
2022---	Shannon Harnett, Lakeland	4-10
2023---	Shannon Harnett, Lakeland	5-2
2024---	Mackenzie Beazley, Passaic Valley	4-10

LONG JUMP

2011---	Gabriella Crocco, Passaic Valley	16-0 $\frac{1}{4}$
2012---	Kristina Langan, Wayne Hills	15-8 $\frac{1}{2}$
2013---	Sarah Bright, Lakeland	16-0 $\frac{3}{4}$
2014---	Sarah Bright, Lakeland	15-8 $\frac{1}{4}$
2015---	Mya Drayton, Fair Lawn	16-6
2016---	Jessica Ippolito, Fair Lawn	16-4 $\frac{1}{2}$
2017---	Mya Drayton, Fair Lawn	16-8
2018---	Ana Deftalinskij, Lakeland	16-5 $\frac{1}{2}$
2019---	Milica Rodic, Wayne Valley	16-1 $\frac{1}{2}$
2021---	Shannon Harnett, Lakeland	17-4
2022---	Shannon Harnett, Lakeland	15-9 $\frac{1}{2}$
2023---	Shannon Harnett, Lakeland	17-0
2024---	McKenzie Moore, Wayne Hills	15-4

TRIPLE JUMP

2011---	Mackenzie Bradley, Lakeland	34-5
2012---	Kristina Langan, Wayne Hills	34-6 $\frac{1}{4}$
2013---	Jessica Cusick, Wayne Valley	34-1
2014---	Julie Goldberg, Passaic Valley	31-10 $\frac{1}{4}$
2015---	Jabria Pittman, Fair Lawn	34-11 $\frac{1}{4}$
2016---	Hannah Sikorski, Wayne Valley	33-9 $\frac{1}{2}$
2017---	Britney Del Mundo, Fair Lawn	35-10 $\frac{1}{4}$

2018---	Kalleen Rose Ozanic, West Milford	35-8
2019---	Kalleen Rose Ozanic, West Milford	35-5 $\frac{1}{4}$
2021---	Katie Bennorth, Lakeland	34-1 $\frac{1}{2}$
2022---	Shannon Harnett, Lakeland	35-6
2023---	Shannon Harnett, Lakeland	35-2
2024---	Athena Giotis, Wayne Valley	33-3

POLE VAULT

2011---	Brittany DalCais, West Milford	10-6
2012---	Kristina Langan, Wayne Hills	8-6
2013---	Kristina Langan, Wayne Hills	10-6
2014---	Haley Steele, West Milford	10-0
2015---	Kristina Langan, Wayne Hills	11-0
2016---	Jessica Ippolito, Fair Lawn	10-6
2017---	Jessica Ippolito, Fair Lawn	10-6
2018---	Lilly Brown, Lakeland	10-0
2019---	Kathryn Gorden, Wayne Hills	8-6
2021---	Chloe Pasek, West Milford	9-6
2022---	Chloe Pasek, West Milford	9-6
2023---	Meghan Tomback, Wayne Valley	7-6
2024---	Meghan Tomback, Wayne Valley	8-0

1600 METER RELAY

2011---	West Milford	4:16.75
2012---	Wayne Hills	4:21.98
2013---	Wayne Hills	4:10.45
2014---	Wayne Valley	4:14.88
2015---	Fair Lawn	4:17.95
2016---	Wayne Hills	4:14.68
2017---	Wayne Hills	4:10.32
2018---	Lakeland	4:20.15
2019---	Fair Lawn	4:18.93
2021---	Wayne Valley	4:21.75
2022---	Passaic Valley	4:17.43
2023---	Passaic Valley	4:21.38
2024---	Wayne Valley	4:13.54

PATRIOT DIVISION

TEAM SCORING

2011---	Mahwah 109, River Dell 97, Tenafly 94
2012---	River Dell and Mahwah 113, Ramsey 90
2013---	River Dell 124, Ramsey 83, Westwood 57
2014---	River Dell 108, Ramsey 73, Westwood 62
2015---	River Dell 155, Ramsey 73, Westwood 38
2016---	River Dell 143, Ramsey 92, Mahwah 40
2017---	River Dell 143, Ramsey 83, Mahwah 46
2018---	River Dell 113, Ramsey 89, Pascack Hills 81
2019---	Demarest 197, Tenafly 121, River Dell 64
2021---	River Dell 151 $\frac{1}{2}$, Ramsey 107, Mahwah 30 $\frac{1}{2}$
2022---	River Dell 159, Ramsey 75, Mahwah 59
2023---	River Dell 184, Ramsey 156 $\frac{1}{2}$, Mahwah 69 $\frac{1}{2}$
2024---	Ramsey 184, River Dell 168, Westwood 51 $\frac{1}{2}$

100 METER DASH

2011---	Kim Nagotko, Mahwah	12.53
2012---	Molly Cohan, Mahwah	12.90
2013---	Erin Hughes, River Dell	12.8h
2014---	Ayo O'uhuru, Pascack Hills	12.70
2015---	Ayo O'uhuru, Pascack Hills	12.54
2016---	Ayo O'uhuru, Pascack Hills	12.81
2017---	Grace Cepeda, River Dell	13.05
2018---	Nicole Vadon, Pascack Hills	12.32
2019---	Jordan Mayo, Tenaflly	12.72
2021---	Kelly Buquicchio, Pascack Hills	13.45
2022---	Siena Kannenberg, Mahwah	13.13
2023---	Makayla Newman, Ramsey	12.91
2024---	Morgan Levine, River Dell	12.53

200 METER DASH

2011---	Kim Nagotko, Mahwah	26.04
2012---	Katie Vernon, Ramsey	26.48
2013---	Alexandra Cimino, Westwood	25.81
2014---	Erin Hughes, River Dell	26.66
2015---	Isabel Sella, Pascack Hills	27.12
2016---	Ayo O'uhuru, Pascack Hills	26.64
2017---	Grace Cepeda, River Dell	26.65
2018---	Nicole Vadon, Pascack Hills	26.24
2019---	Jordan Mayo, Tenaflly	26.47
2021---	Claire O'Keeffe, Ramsey	27.03
2022---	Siena Kannenberg, Mahwah	26.48
2023---	Makayla Newman, Ramsey	26.72
2024---	Makayla Newman, Ramsey	25.75

400 METER DASH

2011---	Victoria Mold, Mahwah	59.49
2012---	Katie Vernon, Ramsey	58.85
2013---	Katie Vernon, Ramsey	58.50
2014---	Corinne Myers, Westwood	58.24
2015---	Isabel Sella, Pascack Hills	59.98
2016---	Kim Lewis, River Dell	1:00.52
2017---	Kim Lewis, River Dell	59.55
2018---	Kai Lash, Pascack Hills	1:00.67
2019---	Kyra Paltos, Demarest	1:00.63
2021---	Amanda Mircovich, River Dell	58.96
2022---	Catriona McKeown, Ramsey	58.84
2023---	Siena Kannenberg, Mahwah	59.40
2024---	Julia Costa, Ramsey	58.96

800 METER RUN

2011---	Josette Norris, Tenaflly	2:19.08
2012---	Phoebe Hersh, Tenaflly	2:19.21
2013---	Paige Fernandez, River Dell	2:21.41
2014---	Kelsey Larkin, Ramsey	2:23.77
2015---	Kelsey Larkin, Ramsey	2:20.39

2016---	Kelsey Larkin, Ramsey	2:22.24
2017---	Eve Schoenberg, River Dell	2:24.93
2018---	Maggie Mircovich, River Dell	2:23.69
2019---	Amanda Mircovich, River Dell	2:24.02
2021---	Amanda Mircovich, River Dell	2:24.90
2022---	Christina Allen, River Dell	2:26.99
2023---	Sarah Cookson, River Dell	2:27.02
2024---	Christina Allen, River Dell	2:24.17

1600 METER RUN

2011---	Josette Norris, Tenafly	5:24.50
2012---	Josette Norris, Tenafly	5:24.64
2013---	Kaitlyn Johnston, Ramsey	5:14.88
2014---	Amanda Tosi, Pascack Hills	5:30.54
2015---	Erica Nagotko, Mahwah	5:27.01
2016---	Shannon Gorla, River Dell	5:08.96
2017---	Ginger Pojednic, River Dell	5:24.15
2018---	Shannon Gorla, River Dell	5:16.46
2019---	Madeline Barney, Indian Hills	5:29.92
2021---	Christina Allen, River Dell	5:23.66
2022---	Christina Allen, River Dell	5:18.43
2023---	Christina Allen, River Dell	5:14.38
2024---	Christina Allen, River Dell	5:19.46

3200 METER DASH

2011---	Josette Norris, Tenafly	11:43.45
2012---	Josette Norris, Tenafly	11:57.27
2013---	Amanda Tosi, Pascack Hills	12:00.25
2014---	Amanda Tosi, Pascack Hills	11:45.94
2015---	Ginger Pojednic, River Dell	11:54.75
2016---	Shannon Gorla, River Dell	11:23.05
2017---	Melissa Dougherty, River Dell	11:49.05
2018---	Shannon Gorla, River Dell	12:11.30
2019---	Allison Lounsbury, Indian Hills	11:13.17
2021---	Christina Allen, River Dell	11:14.60
2022---	Christina Allen, River Dell	12:18.35
2023---	Christina Allen, River Dell	11:45.16
2024---	Isabella Gabay, River Dell	12:18.95

100 METER HURDLES

2011---	MaryElizabeth Pfund, Tenafly	16.29
2012---	Gena Pickett, Mahwah	16.19
2013---	Alexandra Cimino, Westwood	14.4h
2014---	Quincy Kersbergen, Ramsey	16.37
2015---	Ebony Forbes, River Dell	15.23
2016---	Lauren Stern, Mahwah	16.21
2017---	Lauren Stern, Mahwah	15.89
2018---	Emily Grubb, Ramsey	15.64
2019---	Savannah George, Englewood	16.59
2021---	Julia D'Amico, Ramsey	16.49
2022---	Albreeana Rilveria, River Dell	16.25
2023---	Albreeana Rilveria, River Dell	15.23

2024---Brooke Wichmann, Westwood 15.63

400 METER HURDLES

2011---Cat McQuade, River Dell 1:06.15

2012---Paige Fernandez, River Dell 1:03.86

2013---Paige Fernandez, River Dell 1:03.94

2014---Noreen Byrne, River Dell 1:04.39

2015---Kelsey Larkin, Ramsey 1:03.83

2016---Christine Woods, River Dell 1:04.24

2017---Hannah Figueroa, Pascack Hills 1:05.94

2018---Hannah Figueroa, Pascack Hills 1:05.88

2019---Ashley Constantine, Demarest 1:04.40

2021---Katelyn Bergen, Ramsey 1:11.16

2022---Liz Puentes, River Dell 1:09.57

2023---Caeli O'Hara, Ramsey 1:11.13

2024---Caeli O'Hara, Ramsey 1:07.87

SHOT PUT

2011---Jill Hudson, River Dell 35-0 ³/₄

2012---Laura Oh, River Dell 34-2 ¹/₄

2013---Laura Oh, River Dell 37-9 ¹/₄

2014---Jessica Molina, Westwood 41-0 ¹/₄

2015---Jessica Molina, Westwood 46-0

2016---Laura Rizik, River Dell 32-2

2017---Jenny Silva, Mahwah 32-10 ³/₄

2018---Laura Rizik, River Dell 34-7 ¹/₄

2019---Jada Sewell, Demarest 39-4

2021---Mia Raso, River Dell 31-7

2022---Amelie Moon, River Dell 32-9 ¹/₄

2023---Callia Nickels, Mahwah 33-11

2024---Callia Nickels, Mahwah 34-2

DISCUS

2011---Jill Hudson, River Dell 111-10

2012---Laura Oh, River Dell 109-3

2013---Laura Oh, River Dell 107-11

2014---Kailee Oakes, Westwood 127-11

2015---Jessica Molina, Westwood 139-5

2016---Fernanda Maldonado, River Dell 110-9

2017---Fernanda Maldonado, River Dell 109-3

2018---Laura Rizik, River Dell 112-0

2019---Angelina Tapia, Tenafly 124-4

2021---Amelie Moon, River Dell 102-0

2022---Amelie Moon, River Dell 114-4

2023---Vaughnacia Cox, Ramsey 105-11

2024---Lucy Hacker, River Dell 99-3

JAVELIN

2011---Jill Hudson, River Dell 117-7

2012---Anna Bruno, Tenafly 97-6

2013---Payton Wagmeister, River Dell 100-8

2014---Kailee Oakes, Westwood 105-11

2015---	Jessica Molina, Westwood	114-11
2016---	Julia Kissel, Ramsey	102-4
2017---	Laura Rizik, River Dell	109-9
2018---	Sydney Stith, Pascack Hills	119-0
2019---	Alicia Iafrate, Demarest	111-6
2021---	Natalya Vega, Westwood	93-8
2022---	Natalya Vega, Westwood	106-2
2023---	Olivia O'Donnell, River Dell	114-9
2024---	Clarissssa Guerrero, Westwood	115—5

HIGH JUMP

2011---	Taylor Clarkson, Indian Hills	4-10
2012---	Gena Pickett, Mahwah	5-0
2013---	Sierra Sands, Ramsey	5-0
2014---	Taylor Li, Pascack Hills	5-0
2015---	Miku Okada, River Dell	5-3
2016---	Lauren Chamberlin, Ramsey	5-2
2017---	Kaela Monte, Ramsey	5-2
2018---	Hannah Figueroa, Pascack Hills	5-2
2019---	Ohr Yahalomi, Demarest	5-0
2021---	Gloria Lee, River Dell	4-10
2022---	Ashleigh Gorman, Ramsey	5-0
2023---	Ashleigh Gorman, Ramsey	4-10
2024---	Brooke Wichmann, Westwood	5-2

LONG JUMP

2011---	Taylor Clarkson, Indian Hills	17-8 $\frac{3}{4}$
2012---	Gena Pickett, Mahwah	17-1
2013---	Kelly Redl, Ramsey	17-2
2014---	Marina Reilly, River Dell	16-7 $\frac{1}{2}$
2015---	Marina Reilly, River Dell	17-2
2016---	Erin Hughes, River Dell	16-0 $\frac{1}{4}$
2017---	Lauren Stern, Mahwah	17-3 $\frac{1}{2}$
2018---	Lauren Stern, Mahwah	17-2
2019---	Lynaisha Smith, Englewood	15-8
2021---	Gloria Lee, River Dell	17-4
2022---	Grace McQueeney, River Dell	17-2 $\frac{1}{2}$
2023---	Grace McQueeney, River Dell	17-7
2024---	Grace McQueeney, River Dell	17-5 $\frac{1}{2}$

TRIPLE JUMP

2011---	Gena Pickett, Mahwah	37-1
2012---	Gena Pickett, Mahwah	38-1
2013---	Gena Pickett, Mahwah	36-7 $\frac{3}{4}$
2014---	Marina Reilly, River Dell	36-2
2015---	Marina Reilly, River Dell	36-1
2016---	Lauren Stern, Mahwah	36-2
2017---	Lauren Stern, Mahwah	36-1 $\frac{1}{4}$
2018---	Lauren Stern, Mahwah	35-9 $\frac{1}{2}$
2019---	Natalie Ha, Tenafly	34-2 $\frac{1}{2}$
2021---	Gloria Lee, River Dell	35-7
2022---	Marisa Schoenberg, River Dell	36-6

2023---	Emily Turschmann, River Dell	36-5 $\frac{3}{4}$
2024---	Grace McQueeney, River Dell	34-2 $\frac{3}{4}$

POLE VAULT

2011---	Carolyn Edler, Mahwah	10-6
2012---	Carolyn Edler, Mahwah	11-0
2013---	Vanessa Virgens, Mahwah	10-6
2014---	Jenna Braun, Mahwah	10-6
2015---	Bridgette Muller, Mahwah	9-6
2016---	Bridgette Muller, Mahwah	11-0
2017---	Grace Gardella, Ramsey	10-6
2018---	Kyra Muller, Mahwah	10-6
2019---	Samantha Conjour, Pascack Valley	9-6
2021---	Kayla Martino, Ramsey	9-6
2022---	Sam Weiss, River Dell	9-6
2023---	Adrianna Graziano, Ramsey	9-0
2024---	Adrianna Graziano, Ramsey	8-6

1600 METER RELAY

2011---	River Dell	4:03.15
2012---	River Dell	4:01.37
2013---	Ramsey	3:59.67
2014---	Westwood	4:00.79
2015---	River Dell	4:09.33
2016---	Ramsey	4:07.58
2017---	Ramsey	4:03.73
2018---	River Dell	4:08.62
2019---	Demarest	4:07.75
2021---	River Dell	4:12.45
2022---	River Dell	4:11.28
2023---	Ramsey	4:10.26
2024---	Ramsey	4:09.03

AMERICAN DIVISION

TEAM SCORING

2011---	Westwood 221, Ridgefield Park 134, Dumont 65
2012---	Westwood 168, Ridgefield Park 119, Dumont 98
2013---	Ridgefield Park 105, Dumont 78, Englewood 75
2014---	Cliffside Park 79, Dumont 77, Ridgefield Park 72
2015---	Cliffside Park 108 $\frac{2}{3}$, Dumont 75, Englewood 74 $\frac{1}{3}$
2016---	Cliffside Park 125, Dumont 89, Ridgefield Park 82
2017---	Ridgefield Park 116, Dumont 67, Fort Lee 55
2018---	Ridgefield Park 116 $\frac{1}{2}$, Fort Lee 84, Cliffside Park 75
2019---	Ramsey 185.2, Pascack Hills 92, Mahwah 65
2021---	Dumont 101, Fort Lee 92, Cliffside Park 70
2022---	Fort Lee 97, Cliffside Park 90, Dumont 72
2023---	Dumont 98, Fort Lee 94 $\frac{1}{2}$, Cliffside Park 97 $\frac{1}{2}$
2024---	Dumont 115, Cliffside Park 84, Fort Lee 54

100 METER DASH

2011---	Janieanne Palmer, Englewood	12.99
2012---	Janieanne Palmer, Englewood	12.91

2013---Ashley Jenq, Fort Lee	12.3h
2014---Heather Gonzalez, Cliffside Park	12.92
2015---Alicia Pena, Englewood	13.03
2016---Heather Gonzalez, Cliffside Park	13.22
2017---Whitney Bailey Hicks, Ridgefield Park	13.09
2018---Whitney Bailey Hicks, Ridgefield Park	12.57
2019---Erin Buquicchio, Pascack Hills	13.09
2021---Sanai Bryant, Dumont	13.06
2022---Sanai Bryant, Dumont	12.62
2023---Jenna Monaco, Dumont	12.85
2024---Jenna Monaco, Dumont	12.70

200 METER DASH

2011---Janieanne Palmer, Englewood	27.25
2012---Alexandra Cimino, Westwood	26.55
2013---Janieanne Palmer, Englewood	25.58
2014---Stacey Anning, Ridgefield Park	26.83
2015---Alicia Pena, Englewood	26.45
2016---Heather Gonzalez, Cliffside Park	27.45
2017---Alexis Hall, Englewood	27.91
2018---Kendall Caballero, Fort Lee	26.94
2019---Tatianna Beutel, Westwood	26.90
2021---Sanai Bryant, Dumont	27.28
2022---Sanai Bryant, Dumont	26.16
2023---Jordana Marcus, Fort Lee	27.06
2024---Trystin Mack, Dwight Morrow	27.23

400 METER DASH

2011---Michelle Cascio, Westwood	1:00.44
2012---Dana Bianchi, Westwood	1:00.75
2013---Alicia Pena, Englewood	1:01.51
2014---Alicia Pena, Englewood	1:01.99
2015---Alicia Pena, Englewood	1:01.23
2016---Deidre Mackin, Dumont	1:01.66
2017---Lily Baffo, Ridgefield Park	1:04.24
2018---Mia Martinez, Ridgefield Park	1:00.86
2019---Mia Martinez, Ridgefield Park	59.92
2021---Mia Martinez, Ridgefield Park	1:01.22
2022---Annalise Manderson, Dumont	1:03.14
2023---Sarah Zekri Khanfri, Cliffside Park	1:03.68
2024---Keiry Junez, Dumont	1:03.58

800 METER RUN

2011---Nancie Sophias, Fort Lee	2:23.52
2012---Gabriela Sloezen, Westwood	2:23.50
2013---Monica Strowbridge, Ridgefield Park	2:29.70
2014---Melanie Plattner, Fort Lee	2:37.03
2015---Yarelis Garcia, Dumont	2:32.61
2016---Yarelis Garcia, Dumont	2:34.66
2017---Yarelis Garcia, Dumont	2:39.94
2018---Veronica Calderon, Cliffside Park	2:35.36
2019---Kayla Jarski, Westwood	2:24.70

2021---	Mia Martinez, Ridgefield Park	2:37.48
2022---	Diana Valentini, Fort Lee	2:36.58
2023---	Diana Valentini, Fort Lee	2:22.87
2024---	Katelyn Reuter, Dumont	2:35.28

1600 METER RUN

2011---	Corinne Myers, Westwood	5:17.95
2012---	Corinne Myers, Westwood	5:25.05
2013---	Melanie Plattner, Fort Lee	5:44.95
2014---	Melanie Plattner, Fort Lee	5:48.37
2015---	Jennifer Polo, Cliffside Park	5:50.05
2016---	Ryann Reagan, Dumont	5:43.88
2017---	Jessica Hrniciar, Dumont	5:53.49
2018---	Veronica Calderon, Cliffside Park	5:44.24
2019---	Kayla Jarski, Westwood	5:24.99
2021---	Tasnim Eissa, Cliffside Park	5:48.67
2022---	Tasnim Eissa, Cliffside Park	5:42.30
2023---	Katelyn Reuter, Dumont	5:36.29
2024---	Katelyn Reuter, Dumont	5:35.54

3200 METER RUN

2011---	Corinne Myers, Westwood	11:43.37
2012---	Corinne Myers, Westwood	11:49.32
2013---	Daniela Rodriguez, Cliffside Park	12:55.59
2014---	Melanie Plattner, Fort Lee	12:38.01
2015---	Jennifer Polo, Cliffside Park	12:20.76
2016---	Paige Holt, Dumont	12:45.24
2017---	Jessica Hrniciar, Dumont	13:15.09
2018---	Kelsey Pereira, Cliffside Park	13:45.65
2019---	Kelsey Pereira, Cliffside Park	12:14.14
2021---	Tasnim Eissa, Cliffside Park	13:02.46
2022---	Tasnim Eissa, Cliffside Park	13:07.75
2023---	Katelyn Reuter, Dumont	12:46.42
2024---	Katelyn Reuter, Dumont	12:44.59

100 METER HIGH HURDLES

2011---	Alexandra Cimino, Westwood	14.86
2012---	Alexandra Cimino, Westwood	15.40
2013---	Shermi Villaneuva, Ridgefield Park	16.4h
2014---	Kim Johnson, Dumont	16.41
2015---	Heather Gonzalez, Cliffside Park	16.51
2016---	Heather Gonzalez, Cliffside Park	16.77
2017---	Whitney Bailey Hicks, Ridgefield Park	16.71
2018---	Whitney Bailey Hicks, Ridgefield Park	15.12
2019---	Emily Grubb, Ramsey	16.18
2021---	Alexi Williams, Dumont	18.26
2022---	Alexandra Manetovic, Fort Lee	17.02
2023---	Jenna Monaco, Dumont	16.74
2024---	Jenna Monaco, Dumont	15.44

400 METER HURDLES

2011---	Alexandra Cimino, Westwood	1:04.34
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2012---Alexandra Cimino, Westwood	1:03.92
2013---Molly Conner, Dumont	1:10.79
2014---Molly Conner, Dumont	1:10.32
2015---Molly Conner, Dumont	1:09.14
2016---Kelly Schmitt, Cliffside Park	1:13.66
2017---Savannah George, Englewood	1:10.46
2018---Kimberley Martos, Cliffside Park	1:11.99
2019---Carissa Perrone, Ramsey	1:08.81
2021---Alexi Williams, Dumont	1:12.81
2022---Skylar Muller, Dumont	1:13.74
2023---Diana Valentini, Fort Lee	1:08.10
2024---Sarah Zekri Khanfri, Cliffside Park	1:10.93

SHOT PUT

2011---Alexa Gonzalez, Ridgefield Park	33-0 $\frac{3}{4}$
2012---Nataly Brown, Westwood	30-8
2013---Chanel Garcia, Englewood	35-2 $\frac{3}{4}$
2014---Hayli Romano, Cliffside Park	32-3 $\frac{1}{4}$
2015---Chanel Garcia, Englewood	35-9 $\frac{1}{2}$
2016---Hayli Romano, Cliffside Park	33-8
2017---Maria Bravo, Ridgefield Park	32-1
2018---Destiny Cameron, Cliffside Park	30-0 $\frac{1}{4}$
2019---Destiny Cameron, Cliffside Park	30-11
2021---Madison Cook, Dumont	26-7 $\frac{1}{2}$
2022---Bree Cooney, Ridgefield Park	28-10
2023---Maddison Aquino, Cliffside Park	29-8 $\frac{3}{4}$
2024---Maddison Aquino, Cliffside Park	31-0 $\frac{1}{4}$

DISCUS

2011---Kailee Oakes, Westwood	96-6
2012---Kathleen Baltazar, Englewood	99-2
2013---Chanel Garcia, Englewood	107-0
2014---Chanel Garcia, Englewood	112-0
2015---Maria Bravo, Ridgefield Park	109-0
2016---Maria Bravo, Ridgefield Park	117-3
2017---Maria Bravo, Ridgefield Park	120-8
2018---Alyssa Hartman, Dumont	88-9
2019---Destiny Cameron, Cliffside Park	97-8
2021---Saly Moubayed, Cliffside Park	83-7
2022---Saly Moubayed, Cliffside Park	89-5
2023---Bree Cooney, Ridgefield Park	103-1
2024---Bree Cooney, Ridgefield Park	103-2

JAVELIN

2011---Stephanie Encarnacion, Ridgefield Park	105-0
2012---Dina Yannette, Dumont	118-8
2013---Dina Yannette, Dumont	121-5
2014---Stacey Anning, Ridgefield Park	119-2
2015---Ashley Castillo, Ridgefield Park	108-9
2016---Samantha Rinaldi, Ridgefield Park	92-0
2017---Madison O'Brien, Ridgefield Park	94-1
2018---Tatiana Bruno, Ridgefield Park	109-8

2019---	Amanda Kaczorowski, Ramsey	104-5
2021---	Amy Diaz, Fort Lee	92-0
2022---	Taylor Bodrato, Fort Lee	89-10
2023---	Janaya Cobbinah, Fort Lee	103-10
2024---	Rachael Magalhaes, Ridgefield Park	89-6

HIGH JUMP

2011---	Stephanie Encarnacion, Ridgefield Park	5-4
2012---	Kerianne Conner, Dumont	4-10
2013---	Kerianne Conner, Dumont	4-10
2014---	McKenna Doscher, Ridgefield Park	4-10
2015---	Heather Gonzalez, Cliffside Park	4-8
2016---	Talia Garrison, Englewood	4-8
2017---	Justine Lane, Ridgefield Park	4-10
2018---	Jada Carroll, Ridgefield Park	4-10
2019---	Kaela Monte, Ramsey	5-0
2021---	Alex Manetovic, Fort Lee	5-2
2022---	Shanez Morales, Ridgefield Park	5-0
2023---	Jah'nel Lewis, Fort Lee	4-8
2024---	Klaudia Kielek, Dumont	4-8

LONG JUMP

2011---	Stephanie Encarnacion, Ridgefield Park	17-2
2012---	Fatima Hanne, Ridgefield Park	15-9 ¼
2013---	Kassandra Reagan, Dumont	16-0 ½
2014---	Latoya Drakeford, Englewood	16-3
2015---	Latoya Drakeford, Englewood	15-8
2016---	Whitney Bailey Hicks, Ridgefield Park	16-5
2017---	Whitney Bailey Hicks, Ridgefield Park	16-2
2018---	Whitney Bailey Hicks, Ridgefield Park	17-5 ½
2019---	Emily Grubb, Ramsey	15-11
2021---	Alex Manetovic, Fort Lee	16-1 ½
2022---	Jordana Marcus, Fort Lee	17-0
2023---	Jordana Marcus, Fort Lee	16-5 ¼
2024---	Jenna Monaco, Dumont	18-3 ¼

TRIPLE JUMP

2011---	Stephanie Encarnacion, Ridgefield Park	34-4
2012---	Kerianne Conner, Dumont	34-10
2013---	Fatima Hanne, Ridgefield Park	34-0 ½
2014---	Madison Owens, Ridgefield Park	34-10 ½
2015---	Latoya Drakeford, Englewood	34-2 ½
2016---	Binnaz Berkirefendi, Cliffside Park	31-10 ¼
2017---	Nina Gonzalez, Cliffside Park	33-1
2018---	Whitney Bailey Hicks, Ridgefield Park	36-9 ¼
2019---	Hanna Leto, Ramsey	34-1 ¾
2021---	Alex Manetovic, Fort Lee	34-9
2022---	Alex Manetovic, Fort Lee	36-3 ½
2023---	Sasha Zaoutine, Fort Lee	30-10 ¼
2024---	Sasha Zaoutine, Fort Lee	33-3

POLE VAULT

2011---	Alyssa Milazzo, Westwood	9-3
2012---	Miranda DeRobertis, Ridgefield Park	8-3
2013---	Miranda DeRobertis, Ridgefield Park	9-0
2014---	Kara Monaco, Dumont	9-6
2015---	Tiffany Liriano, Ridgefield Park	8-6
2016---	Stephanie Garcia, Dumont, Adela Bravo, Ridgefield Park and Fiona Cummings, Ridgefield Park	6-6
2017---	Nathalia and Stephanie Garcia, Dumont	7-6
2018---	Fiona Cummings, Ridgefield Park	7-6
2019---	Kyra Muller, Mahwah	10-0
2021---	No athletes qualified	
2022---	Sydell Baez, Ridgefield Park	7-0
2023---	Jenna Monaco, Dumont	8-6
2024---	Jenna Monaco, Dumont	11-0

1600 METER RELAY

2011---	Westwood	4:05.25
2012---	Westwood	4:12.13
2013---	Englewood	4:15.12
2014---	Englewood	4:23.77
2015---	Englewood	4:22.86
2016---	Dumont	4:26.39
2017---	Fort Lee	4:26.42
2018---	Fort Lee	4:13.04
2019---	Ramsey	4:16.51
2021---	Dumont	4:20.69
2022---	Dumont	4:28.50
2023---	Cliffside Park	4:35.70
2024---	Dwight Morrow	4:30.85

NJIC CHAMPIONSHIPS

BOYS

PATRIOT DIVISION

A

TEAM SCORING

2011---	Cresskill 159, New Milford 124, Leonia 123
2012---	New Milford 144, Palisades Park 129, Cresskill 118

100 METER DASH

2011---	Steven Roth, Waldwick	11.1
2012---	Jae Won Kim, Cresskill	11.4

200 METER DASH

2011---	Steven Roth, Waldwick	22.7
2012---	Jae Won Kim, Cresskill	22.7

400 METER DASH

2011---Steven Roth, Waldwick	50.7
2012---Nick Oravetz, Waldwick	52.8

800 METER RUN

2011---Kit Osuna, Leonia	2:07.0
2012---Eric Chun, Palisades Park	2:09.8

1600 METER RUN

2011---Matt John, Cresskill	4:49.5
2012---Jorge Maldonado, Palisades Park	4:40.2

3200 METER RUN

2011---Jorge Maldonado, Palisades Park	10:28.4
2012---Jorge Maldonado, Palisades Park	10:34.4

110 METER HURDLES

2011---Brandon Matulac, New Milford	16.5
2012---Brandon Matulac, New Milford	15.9

400 METER HURDLES

2011---Cody Carlson, New Milford	1:01.5
2012---Brandon Matulac, New Milford	1:00.8

SHOT PUT

2011---Dorian Slavov, Cresskill	53-0 ½
2012---Garrett Pynn, Leonia	46-6 ½

DISCUS

2011---Dorian Slavov, Cresskill	156-6
2012---Miguel Vasquez, Palisades Park	142-0

JAVELIN

2011---Chris Churchill, Leonia	156-7
2012---Kyle Youmans, Leonia	164-5

HIGH JUMP

2011---Chris Churchill, Leonia	6-0
2012---Paul Yun, Cresskill	6-0

LONG JUMP

2011---Paul Yun, Cresskill	20-0
2012---Paul Yun, Cresskill	19-11 ½

TRIPLE JUMP

2011---Dante Tobler, New Milford	43-5 ¼
2012---Dante Tobler, New Milford	42-1 ¼

POLE VAULT

2011---Cody Carlson, New Milford	11-0
2012---cancelled	

1600 METER RELAY

2011---Cresskill	3:37.7
2012---New Milford	3:47.5

B

TEAM SCORING

2011---Emerson 163 ½, Midland Park 151 ½, Bogota 109	
2012---Emerson 151, Park Ridge 111, Midland Park 97	

100 METER DASH

2011---Tom Saliba, Midland Park	11.4
2012---Chris Fucarino, Emerson	11.8

200 METER DASH

2011---John Malespina, Park Ridge	22.9
2012---John Malespina, Park Ridge	22.9

400 METER DASH

2011---John Malespina, Park Ridge	51.1
2012---John Malespina, Park Ridge	50.6

800 METER RUN

2011---Alex Triana, Emerson	2:05.0
2012---Alex Triana, Emerson	2:02.7

1600 METER RUN

2011---Eric LiPuma, Midland Park	4:47.7
2012---Alex Triana, Emerson	4:36.7

3200 METER RUN

2011---James Davies, Emerson	10:50.1
2012---Kyle Cairns, Midland Park	10:35.8

110 METER HURDLES

2011---Brandon Bonomo, Emerson	18.0
2012---Dan Revie, Park Ridge	16.4

400 METER HURDLES

2011---Eric Benny, Emerson	59.6
2012---Eric Benny, Emerson	58.0

SHOT PUT

2011---William Saelzer, Emerson	39-4
2012---Arie Zuidema, Midland Park	42-3 ½

DISCUS

2011---Arie Zuidema, Midland Park	117-6
2012---Seth Zuidema, Midland Park	136-7

JAVELIN

2011---Kaleb Zuidema, Midland Park	214-7
2012---Seth Zuidema, Midland Park	155-4

HIGH JUMP

2011---Rob Greer, Midland Park	5-4
2012---Luiscarty Santos, Bogota	5-6

LONG JUMP

2011---Harrison DeKnight, Midland Park	19-0
2012---Harrison DeKnight, Midland Park	20-0

TRIPLE JUMP

2011---Jon Fiscal, Bogota	40-8 ½
2012---Jonathan Profitt, Bogota	42-4

POLE VAULT

2011---Steve Felice, Midland Park	11-6
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1600 METER RELAY

2011---Emerson	3:34.1
2012---Park Ridge	3:31.0

Combined**TEAM SCORING**

2013---Cresskill 122, Bogota 89, Park Ridge 84
2014---Cresskill 126 ½, Park Ridge 89, Emerson 83 ½
2015---Cresskill 126, Park Ridge 95, Emerson 76
2016---Cresskill 125, Emerson 96, Park Ridge 70
2017---Cresskill 197, Emerson 88, Bogota 66
2018---Cresskill 185.7, Emerson 145.2, Park Ridge 40
2019---Cresskill 116, Emerson 106, Park Ridge 92
2021---Cresskill 157, Emerson 107 ½, Park Ridge 74 ½
2022---Emerson 149, Cresskill 108, Park Ridge 69
2023---Dwight-Englewood 107, New Milford 86, Cresskill 85
2024---Leonia 112, New Milford 96 1/3, Dwight-Englewood 71 1/3

100 METER DASH

2013---Nick Oravetz, Waldwick	11.2
2014---Louis O'Keefe, Emerson	11.2
2015---Tyree Lee, Midland Park	11.6
2016---Dan Sherlock, Park Ridge	11.51
2017---Wellington Ventura, Cresskill	11.47
2018---Danny Gordon, Emerson	11.64
2019---Rashawn Markman, Waldwick	11.66
2021---Rashawn Markman, Waldwick	11.24
2022---Joshua Yoon, Cresskill	11.10
2023---Joshua Yoon, Cresskill	11.26
2024---Jaden Marchan, Leonia	11.28

200 METER DASH

2013---Nick Oravetz, Waldwick	22.9
2014---Michael Raia, Park Ridge	22.5
2015---Dan Sherlock, Park Ridge	23.4
2016---Dan Sherlock, Park Ridge	23.16
2017---Wellington Ventura, Cresskill	22.81

2018---	Wellington Ventura, Cresskill	23.03
2019---	Brandon Tilp, Cresskill	23.86
2021---	Joshua Yoon, Cresskill	23.73
2022---	Joshua Yoon, Cresskill	23.18
2023---	Joshua Yoon, Cresskill	23.05
2024---	Jaden Marchan, Leonia	23.35

400 METER DASH

2013---	Nick Oravetz, Waldwick	51.5
2014---	Louis O'Keefe, Emerson	52.1
2015---	Carl Desrosiers, Palisades Park	51.6
2016---	Shafic Itani, Emerson	50.32
2017---	Trevor Frese, Waldwick	53.20
2018---	Wellington Ventura, Cresskill	50.84
2019---	Shawn Castaneira-Grisgby, Midland Park	52.36
2021---	Ben Klein, Cresskill	50.59
2022---	Oliver Urena, Cresskill	50.80
2023---	Colin McKoy, Dwight-Englewood	53.04
2024---	Jaden Marchan, Leonia	50.66

800 METER RUN

2013---	Stefan Morton, Emerson	2:03.5
2014---	Carl Desrosiers, Palisades Park	2:04.2
2015---	Carl Desrosiers, Palisades Park	2:05.3
2016---	Carl Desrosiers, Palisades Park	2:03.03
2017---	Danny Daurio, Bogota	2:02.88
2018---	Ryan Lee, Cresskill	2:10.61
2019---	Wonder Schuit, Park Ridge	2:05.57
2021---	Rich Weissenborn, Park Ridge	2:04.86
2022---	Khalid Itani, Emerson	2:07.96
2023---	Sebastien Herrera Pineda, New Milford	2:11.52
2024---	Sebastien Herrera Pineda, New Milford	2:01.38

1600 METER RUN

2013---	Stefan Morton, Emerson	4:34.1
2014---	Carl Desrosiers, Palisades Park	4:44.2
2015---	Danny Daurio, Bogota	4:42.0
2016---	Danny Daurio, Bogota	4:43.18
2017---	James Draney, Bogota	4:35.25
2018---	Justin Augustin, Hawthorne Christian	4:51.56
2019---	Jesus Michel, Bogota	4:46.91
2021---	Rich Weissenborn, Park Ridge	4:39.57
2022---	Khalid Itani, Emerson	4:46.31
2023---	Joseph Capuzzo, Waldwick	4:43.34
2024---	Patrick Tallman, Park Ridge	4:40.47

3200 METER RUN

2013---	Stefan Morton, Emerson	10:19.8
2014---	Quinn Geraghty, Bogota	10:17.2
2015---	Quinn Geraghty, Bogota	10:14.7
2016---	Cole Geraghty, Bogota	10:07.07
2017---	Cole Geraghty, Bogota	10:02.53

2018---	Matt Rossnagel, Midland Park	10:22.09
2019---	Jesus Michel, Bogota	10:04.81
2021---	Joe Capuzzo, Waldwick	10:52.08
2022---	Khalid Itani, Emerson	10:33.85
2023---	Joe Capuzzo, Waldwick	10:24.27
2024---	Patrick Tallman, Park Ridge	10:17.18

110 METER HURDLES

2013---	Eric Park, Cresskill	16.9
2014---	Zach Garcia, Cresskill	16.3
2015---	Matt Ganguzza, Midland Park	15.9
2016---	Christian Marosi, Waldwick	16.27
2017---	Thomas Garzino, Cresskill	16.35
2018---	Jae Won Cho, Cresskill	16.49
2019---	Dan Castano, Cresskill	16.42
2021---	Jack Disanza, Park Ridge	17.72
2022---	Nathan Storz, Emerson	15.40
2023---	Amari Boyd, Dwight-Englewood	15.83
2024---	William Cusick, Cresskill	15.47

400 METER HURDLES

2013---	Juan Castro, Bogota	1:00.2
2014---	Shafic Itani, Emerson	59.9
2015---	Shafic Itani, Emerson	58.1
2016---	Shafic Itani, Emerson	57.06
2017---	Matt Hodgins, Park Ridge	60.03
2018---	Jae Won Cho, Cresskill	60.23
2019---	Sebastian Leduc, Park Ridge	59.64
2021---	Thomas Gibbard, Emerson	59.80
2022---	Thomas Gibbard, Emerson	55.93
2023---	Amari Boyd, Dwight-Englewood	59.59
2024---	Jaden Marchan, Leonia	57.24

SHOT PUT

2013---	Joe Hernandez, Cresskill	50-5 ½
2014---	Sebastien Castano, Cresskill	49-1
2015---	Sebastien Castano, Cresskill	47-11 ¼
2016---	John Van Cleft, Cresskill	55-4 ½
2017---	John Van Cleft, Cresskill	51-0
2018---	Dan Jackson, Cresskill	46-0 ¾
2019---	Dylan DeMagistris, Emerson	43-11 ½
2021---	Jason Ballen, Midland Park	45-1
2022---	Braden Holm, Midland Park	45-8
2023---	Jake Douma, Midland Park	44-9
2024---	Jake Douma, Midland Park	48-0 ½

DISCUS

2013---	Arie Zuidema, Midland Park	152-1
2014---	Seth Zuidema, Midland Park	142-2
2015---	Sebastien Castano, Cresskill	141-10
2016---	Nick Funicello, Cresskill	130-6
2017---	John Van Cleft, Cresskill	137-11

2018---	Adam Gildea, Emerson	125-10
2019---	Adam Gildea, Emerson	129-2
2021---	Jason Ballen, Midland Park	150-2
2022---	Jason Ballen, Midland Park	160-1
2023---	Jake Douma, Midland Park	112-2
2024---	Jake Douma, Midland Park	125-10

JAVELIN

2013---	Seth Zuidema, Midland Park	179-7
2014---	Seth Zuidema, Midland Park	194-5
2015---	AJ Gentile, Cresskill	152-4
2016---	Josh Terpstra, Midland Park	152-10
2017---	Pete Makris, Cresskill	137-9
2018---	Luka Radovich, Cresskill	146-0
2019---	Dustin Glynn, Park Ridge	170-1
2021---	Jerry Makris, Cresskill	148-10
2022---	Jason Ballen, Midland Park	161-5
2023---	Colin McKoy, Dwight-Englewood	145-4
2024---	Julius Catuogno, Midland Park	154-6

HIGH JUMP

2013---	Johnathan Profitt, Bogota	6-0
2014---	Johnathan Profitt, Bogota	6-0
2015---	Kenneth Ofori Benne, Palisades Park 5-8	
2016---	Dante Gonzalez, Palisades Park	6-0
2017---	Dante Gonzalez, Palisades Park	6-0
2018---	Karl Weppeler, Emerson	5-6
2019---	Rashawn Markman, Waldwick	5-10
2021---	Thomas Gibbard, Emerson	5-10
2022---	Thomas Gibbard, Emerson	6-0
2023---	Matt Coyle, Emerson	5-10
2024---	Covenant Badmus, New Milford	5-10

LONG JUMP

2013---	Peter Chamalian, Cresskill	21-3 ¼
2014---	Juan Castro, Bogota	21-11
2015---	Tyree Lee, Midland Park	20-1 ¼
2016---	Shafic Itani, Emerson	20-3 ¼
2017---	Wellington Ventura, Cresskill	21-11 ¾
2018---	Wellington Ventura, Cresskill	20-3 ¼
2019---	Matthieu Brunelle, Emerson	20-1
2021---	Joshua Yoon, Cresskill	20-2 ¼
2022---	Joshua Yoon, Cresskill	20-8 ¾
2023---	Joshua Yoon, Cresskill	21-6 ¼
2024---	Joshua Yoon, Cresskill	20-10 ¼

TRIPLE JUMP

2013---	Peter Chamalian, Cresskill	46-3
2014---	Johnathan Profitt, Bogota	45-4 ½
2015---	Alex Sheriff, Waldwick	41-4 ¼
2016---	Wellington Ventura, Cresskill	44-5 ½
2017---	Wellington Ventura, Cresskill	41-8

2018---	Seway Kah, Waldwick	40-2
2019---	Matthieu Brunelle, Emerson	42-2
2021---	Nathan Storz, Emerson	42-3 $\frac{1}{4}$
2022---	Joshua Yoon, Cresskill	43-10 $\frac{3}{4}$
2023---	Joshua Yoon, Cresskill	43-9 $\frac{1}{2}$
2024---	Joshua Yoon, Cresskill	44-3 $\frac{1}{2}$

POLE VAULT

2013---	Dallas Uychich, Park Ridge	11-6
2014---	Enea Peci, Emerson	12-0
2015---	Enea Peci, Emerson	12-6
2016---	Dan Shim, Cresskill	11-6
2017---	Eran Peci, Emerson	13-6
2018---	Spencer Paton, Emerson	11-0
2019---	Giorgi Tvauri, Cresskill	12-0
2021---	Jude Mazzolla, Emerson	10-6
2022---	Ryan Balsam, Emerson	10-6
2023---	Matthew Coyle, Emerson	10-0
2024---	Peter Forsdahl, Emerson	10-0

1600 METER RELAY

2013---	Park Ridge	3:38.4
2014---	Park Ridge	3:35.2
2015---	Park Ridge	3:39.6
2016---	Park Ridge	3:33.64
2017---	Emerson	3:39.67
2018---	Park Ridge	3:43.53
2019---	Park Ridge	3:36.47
2021---	Cresskill	3:43.52
2022---	Park Ridge	3:45.72
2023---	Dwight-Englewood	3:36.42
2024---	Leonia	3:37.45

AMERICAN DIVISION (MEADOWLANDS UNTIL 2023)

A

TEAM SCORING

2011---	Lyndhurst 273, Ridgefield 106 $\frac{1}{2}$, Becton 53
2012---	Lyndhurst 251, North Arlington 109, Ridgefield 61

100 METER DASH

2011---	Danny Fay, Ridgefield	11.4
2012---	Ioannis Toumazou, Ridgefield	11.1

200 METER DASH

2011---	Danny Fay, Ridgefield	22.9
2012---	Anthony Giaquinto, Lyndhurst	22.6

400 METER DASH

2011---	Tyler Mealy, Becton	52.7
2012---	Anthony Giaquinto, Lyndhurst	51.4

800 METER RUN

2011---	Patrick Rono, Lyndhurst	2:02.1
2012---	Joey Weikl, Ridgefield	2:03.9

1600 METER RUN

2011---	Patrick Rono, Lyndhurst	4:38.5
2012---	Daniel Gaspar, Lyndhurst	4:41.7

3200 METER RUN

2011---	Patrick Rono, Lyndhurst	9:59.7
2012---	Daniel Gaspar, Lyndhurst	10:16.9

110 METER HURDLES

2011---	Ali Kone, Lyndhurst	16.8
2012---	Ali Kone, Lyndhurst	15.4

400 METER HURDLES

2011---	Tyler Mealy, Becton	58.7
2012---	Cap Ki Kim, Lyndhurst	59.4

SHOT PUT

2011---	Vincent Acosta, Lyndhurst	47-3 ½
2012---	Dominic Rega, Lyndhurst	45-9 ¾

DISCUS

2011---	Vincent Acosta, Lyndhurst	130-9
2012---	Jordan Henriques, North Arlington	116-10

JAVELIN

2011---	Kyle Jankowski, Lyndhurst	181-9
2012---	Jon Gonzalez, North Arlington	147-1

HIGH JUMP

2011---	Cap Ki Kim, Lyndhurst	5-8
2012---	Cap Ki Kim, Lyndhurst	5-8

LONG JUMP

2011---	Kendall Romaine, Ridgefield	21-4 ¼
2012---	Eric Angus, Lyndhurst	19-7

TRIPLE JUMP

2011---	Ardian Djeka, Ridgefield	42-0
2012---	Tyler Krychkowski, North Arlington	42-9 ½

POLE VAULT

2011---	Troy Cathey, Becton	12-0
2012---	Mike Morreale, Lyndhurst	13-0

1600 METER RELAY

2011---	Lyndhurst	3:35.1
2012---	Lyndhurst	3:36.9

B

TEAM SCORING

2011---Hasbrouck Heights 270, Wood-Ridge 73, Saddle Brook 71

2012---Hasbrouck Heights 294 ½, Wallington 96 ½, Wood-Ridge 85

100 METER DASH

2011---Kevin Condal, Hasbrouck Heights 11.3

2012---Brandon Lomuti, Hasbrouck Heights 11.5

200 METER DASH

2011---Kevin Condal, Hasbrouck Heights 23.7

2012---Brandon Lomuti, Hasbrouck Heights 23.7

400 METER DASH

2011---Kevin Condal, Hasbrouck Heights 50.0

2012---Mark Monohan, Hasbrouck Heights 55.1

800 METER RUN

2011---Alex Quinn, Hasbrouck Heights 2:12.4

2012---Alex Sisco, Hasbrouck Heights 2:14.3

1600 METER RUN

2011---Domenick D'Agostino, Wallington 4:41.6

2012---Domenick D'Agostino, Wallington 4:29.8

3200 METER RUN

2011---Domenick D'Agostino, Wallington 10:00.2

2012---Domenick D'Agostino, Wallington 10:06.4

110 METER HURDLES

2011---John Porteous, Wood-Ridge 15.2

2012---Roland Gamez, Hasbrouck Heights 15.1

400 METER HURDLES

2011---John Porteous, Wood-Ridge 57.3

2012---Sean Porteous, Wood-Ridge 58.4

SHOT PUT

2011---Patrick Cole, Hasbrouck Heights 55-10 ¼

2012---Chris Connors, Hasbrouck Heights 54-8 ¾

DISCUS

2011---Patrick Cole, Hasbrouck Heights 171-5

2012---Anthony Seidel, Hasbrouck Heights 149-11

JAVELIN

2011---Anthony Seidel, Hasbrouck Heights 159-4

2012---Anthony Seidel, Hasbrouck Heights 182-4

HIGH JUMP

2011---Roland Gamez, Hasbrouck Heights 5-10

2012---Roland Gamez, Hasbrouck Heights 5-6

LONG JUMP

2011---John Porteous, Wood-Ridge	21-10 ³/₄
2012---Roland Gamez, Hasbrouck Heights	21-8 ¹ / ₂

TRIPLE JUMP

2011---Roland Gamez, Hasbrouck Heights	44-9 ¹ / ₂
2012---Roland Gamez, Hasbrouck Heights	44-7 ¹ / ₂

POLE VAULT

2011---Alex Sisco, Hasbrouck Heights	12-0
2012---Alex Sisco, Hasbrouck Heights	13-0

1600 METER RELAY

2011---Hasbrouck Heights	3:43.5
2012---Hasbrouck Heights	3:43.0

Combined**TEAM SCORING**

2013---Hasbrouck Heights 296, Saddle Brook 56, North Arlington & Wallington 46
2014---Hasbrouck Heights 264 ¹ / ₂ , North Arlington 110 ¹ / ₂ , Wood-Ridge 48
2015---Hasbrouck Heights 251 ¹ / ₂ , Saddle Brook 136, Wallington 44
2016---Hasbrouck Heights 239, Saddle Brook 96, Wallington 62
2017---Hasbrouck Heights 184, Saddle Brook 86, Becton 81
2018---Hasbrouck Heights 197, Saddle Brook 91, Becton 55
2019---Hasbrouck Heights 251, Becton 54, Saddle Brook 50
2021---Hasbrouck Heights 232, Saddle Brook 122, Becton 61
2022---Hasbrouck Heights 209, Saddle Brook 142, Becton 57
2023---Hasbrouck Heights 257, Elmwood Park 100, Lodi 63
2024---Hasbrouck Heights 249, Lodi 76, Elmwood Park 56

100 METER DASH

2013---Ken Partyka, Hasbrouck Heights	11.1
2014---Brian Moran, Hasbrouck Heights	10.9
2015---Clarence Reyes, Hasbrouck Heights	11.9
2016---Sean Roberts, Saddle Brook	11.82
2017---Sean Roberts, Saddle Brook	11.68
2018---Sean Roberts, Saddle Brook	11.33
2019---Maliki Burrell, Hasbrouck Heights	11.64
2021---Tommie Lee Minaya, Becton	11.56
2022---Tommie Lee Minaya, Becton	11.42
2023---Dwayne Carter, Elmwood Park	11.66
2024---Michael Napolitano, Hasbrouck Heights	11.38

200 METER DASH

2013---Ken Partyka, Hasbrouck Heights	23.2
2014---Brian Moran, Hasbrouck Heights	22.9
2015---Dillon Fisher, Hasbrouck Heights	23.4
2016---Sean Roberts, Saddle Brook	24.01
2017---Sean Roberts, Saddle Brook	23.16
2018---Sean Roberts, Saddle Brook	22.77
2019---Maliki Burrell, Hasbrouck Heights	23.98

2021---	Tommie Lee Minaya, Becton	23.38
2022---	Tommie Lee Minaya, Becton	23.16
2023---	Dwayne Carter, Elmwood Park	23.48
2024---	Michael Napolitano, Hasbrouck Heights	23.73

400 METER DASH

2013---	Gokalp Yerdelen, Hasbrouck Heights	52.9
2014---	Josh Paulino, Hasbrouck Heights	52.8
2015---	Raj Gulati, Saddle Brook	52.1
2016---	Nick Monahan, Hasbrouck Heights	53.80
2017---	Lance Trusty, Saddle Brook	54.87
2018---	Sean Roberts, Saddle Brook	51.16
2019---	Maliki Burrell, Hasbrouck Heights	52.95
2021---	Jake Diaz, Hasbrouck Heights	51.99
2022---	Jake DiJulia, Saddle Brook	51.74
2023---	Matt Stankowski, Elmwood Park	53.77
2024---	Matt Stankowski, Elmwood Park	52.55

800 METER RUN

2013---	Angel Rodriguez, Hasbrouck Heights	2:10.6
2014---	Danny Cordeiro, North Arlington	2:04.7
2015---	Jason DiGiacinto, Hasbrouck Heights	2:06.9
2016---	Michael Cabrera, Becton	2:01.70
2017---	Sirish Modhagala, North Arlington	2:10.14
2018---	John Sedlmeir, Hasbrouck Heights	2:06.87
2019---	Jeremy Bailey, Hasbrouck Heights	2:11.59
2021---	Evan Morrow, Hasbrouck Heights	2:05.36
2022---	Evan Morrow, Hasbrouck Heights	2:05.34
2023---	Ryan Ober, Hasbrouck Heights	2:12.66
2024---	Ryan Ober, Hasbrouck Heights	2:06.43

1600 METER RUN

2013---	Danny Cordeiro, North Arlington	4:40.7
2014---	Danny Cordeiro, North Arlington	4:40.2
2015---	Kelon Yalong, saddle Brook	4:50.4
2016---	Abdallah Hammad, Hasbrouck Heights	4:39.97
2017---	Sirish Modhagala, North Arlington	4:47.63
2018---	Jeremy Bailey, Hasbrouck Heights	4:37.66
2019---	Jeremy Bailey, Hasbrouck Heights	4:39.56
2021---	Evan Morrow, Hasbrouck Heights	4:44.18
2022---	Evan Morrow, Hasbrouck Heights	4:31.91
2023---	Aidan Morrow, Hasbrouck Heights	4:38.41
2024---	Aidan Morrow, Hasbrouck Heights	4:34.57

3200 METER RUN

2013---	Marc Mastropietro, Hasbrouck Heights	10:53.6
2014---	Marc Mastropietro, Hasbrouck Heights	10:30.3
2015---	Connor McGillick, Saddle Brook	10:43.1
2016---	Abdallah Hammad, Hasbrouck Heights	10:45.70
2017---	Sirish Modhagala, North Arlington	11:02.55
2018---	Jeremy Bailey, Hasbrouck Heights	10:05.60
2019---	Collin Shevlin, Weehawken	10:19.15

2021---	Jake Porco, Hasbrouck Heights	10:31.27
2022---	Evan Morrow, Hasbrouck Heights	10:31.56
2023---	Ayaan Modak, Hasbrouck Heights	11:18.82
2023---	Aidan Morrow, Hasbrouck Heights	9:57.53

110 METER HURDLES

2013---	Roland Gamez, Hasbrouck Heights	14.7
2014---	Marquise Perez, Hasbrouck Heights	15.7
2015---	Clarence Reyes, Hasbrouck Heights	15.1
2016---	Clarence Reyes, Hasbrouck Heights	15.51
2017---	Stephen Henke, Becton	16.42
2018---	Stephen Henke, Becton	15.72
2019---	Stephen Henke, Becton	15.16
2021---	Kunga Tsering, Hasbrouck Heights	16.82
2022---	Matt Suero, Saddle Brook	16.74
2023---	Caden DeRosa, Hasbrouck Heights	15.80
2024---	Sebastien Broncato, Hasbrouck Heights	16.88

400 METER HURDLES

2013---	Josh Paulino, Hasbrouck Heights	1:00.6
2014---	Dillon Fisher, Hasbrouck Heights	59.1
2015---	Matt Sproviero, Hasbrouck Heights	59.2
2016---	Clarence Reyes, Hasbrouck Heights	58.68
2017---	Lance Trusty, Saddle Brook	1:00.10
2018---	Lance Trusty, Saddle Brook	58.72
2019---	Vincent Sedlmeir, Hasbrouck Heights	57.90
2021---	Colin Unis, Saddle Brook	1:00.97
2022---	Colin Unis, Saddle Brook	57.32
2023---	Caden DeRosa, Hasbrouck Heights	56.17
2024---	Ryan Ober, Hasbrouck Heights	59.28

SHOT PUT

2013---	Anthony Seidel, Hasbrouck Heights	52-1 ½
2014---	Mauro Altamura, Hasbrouck Heights	48-3 ½
2015---	Gio Gutierrez, Saddle Brook	54-1 ½
2016---	Gio Gutierrez, Saddle Brook	53-10
2017---	Gio Gutierrez, Saddle Brook	58-0 ¼
2018---	Greg Anderson, Becton	54-5
2019---	Anthony Marino, Hasbrouck Heights	43-11 ½
2021---	Zach Hartung, Saddle Brook	45-6 ½
2022---	Zach Hartung, Saddle Brook	51-8
2023---	Klejdi Elezaj, Wood-Ridge	43-6
2024---	Oscar Solis, Hasbrouck Heights	47-2

DISCUS

2013---	Anthony Seidel, Hasbrouck Heights	155-0
2014---	Gerard Londino, Wood-Ridge	124-4
2015---	Gio Gutierrez, Saddle Brook	151-11
2016---	Gio Gutierrez, Saddle Brook	144-2
2017---	Gio Gutierrez, Saddle Brook	161-7
2018---	Greg Anderson, Becton	150-8
2019---	Anthony Marino, Hasbrouck Heights	121-7

2021---	Michael Ramos, Saddle Brook	125-9
2022---	Michael Ramos, Saddle Brook	151-11
2023---	Jack Baker, Hasbrouck Heights	123-7
2024---	Oscar Solis, Hasbrouck Heights	150-8

JAVELIN

2013---	Anthony Seidel, Hasbrouck Heights	185-1
2014---	Michael Brazzel, North Arlington	180-5
2015---	Mauro Altamura, Hasbrouck Heights	155-3
2016---	James Pikowski, Hasbrouck Heights	149-5
2017---	Bartosz Dlugozima, Wallington	150-0
2018---	James Klenk, Hasbrouck Heights	150-1
2019---	Will Koukoutsis, Hasbrouck Heights	152-9
2021---	Hunter Freschi, Hasbrouck Heights	135-2
2022---	Hunter Freschi, Hasbrouck Heights	141-2
2023---	Tyler Cappadonna, Hasbrouck Heights	146-5
2024---	Brady Shine, Hasbrouck Heights	153-3

HIGH JUMP

2013---	Roland Gamez, Hasbrouck Heights	6-5
2014---	Robert Spangler, Hasbrouck Heights	5-6
2015---	Leeroy Casimir, Hasbrouck Heights	5-10
2016---	Leeroy Casimir, Hasbrouck Heights	5-10
2017---	Leeroy Casimir, Hasbrouck Heights	5-10
2018---	Kunga Tsering, Hasbrouck Heights	5-10
2019---	Vincent Sedlmeir, Hasbrouck Heights	5-8
2021---	Kunga Tsering, Hasbrouck Heights	5-6
2022---	Tommie Lee Minaya, Becton	5-10
2023---	Caden DeRosa, Hasbrouck Heights	6-0
2024---	Jack Monolucas, Lodi	6-0

LONG JUMP

2013---	Roland Gamez, Hasbrouck Heights	21-5
2014---	Michael Brazzel, North Arlington	20-10 ½
2015---	Kacper Wrobel, Saddle Brook	19-5
2016---	Niko Regus, Hasbrouck Heights	20-6
2017---	Niko Regus, Hasbrouck Heights	20-6
2018---	Sean Roberts, Saddle Brook	19-2 ½
2019---	Devin Males, North Arlington	19-5 ¼
2021---	Tommie Lee Minaya, Becton	20-7 ½
2022---	Tommie Lee Minaya, Becton	20-6 ¾
2023---	Jorden Enigam, Lodi	19-4
2024---	Jack Monolucas, Lodi	20-5 ¾

TRIPLE JUMP

2013---	Roland Gamez, Hasbrouck Heights	44-10
2014---	Joshua Harris, Wallington	41-8
2015---	Dominik Pergel, Wallington	41-1 ½
2016---	Niko Regus, Hasbrouck Heights	42-6
2017---	Niko Regus, Hasbrouck Heights	42-10
2018---	Tedi Turka, Wood-Ridge	40-7 ½
2019---	Johnnoi Martin, Wood-Ridge	40-2 ½

2021---	Gary Rowe, Wood-Ridge	38-3
2022---	Klejdi Elezaj, Wood-Ridge	40-6 $\frac{1}{4}$
2023---	Jaydin Punt, Wood-Ridge	42-10 $\frac{1}{2}$
2024---	Jeremy Andre, Lodi	42-5 $\frac{3}{4}$

POLE VAULT

2013---	Travis Fisher, North Arlington	11-0
2014---	Travis Fisher, North Arlington	12-6
2015---	Travis Fisher, North Arlington	13-6
2016---	Dylan Freschi, Hasbrouck Heights	9-6
2017---	Jesse Danz, Hasbrouck Heights	11-6
2018---	Adam Stavash, Hasbrouck Heights	13-0
2019---	John Dammann, Hasbrouck Heights	10-0
2021---	Hunter Freschi, Hasbrouck Heights	11-0
2022---	Hunter Freschi, Hasbrouck Heights	9-6
2023---	David Rojas, Elmwood Park	9-0
2024---	Anthony Cummings, Hasbrouck Heights	10-0

1600 METER RELAY

2013---	Hasbrouck Heights	3:39.2
2014---	Hasbrouck Heights	3:39.9
2015---	Hasbrouck Heights	3:33.9
2016---	Hasbrouck Heights	3:37.45
2017---	Saddle Brook	3:36.16
2018---	Hasbrouck Heights	3:37.19
2019---	Hasbrouck Heights	3:38.38
2021---	Hasbrouck Heights	3:36.46
2022---	Saddle Brook	3:35.41
2023---	Elmwood Park	3:42.88
2024---	Hasbrouck Heights	3:38.30

COLONIAL DIVISION

A

TEAM SCORING

2011---	Pascack Hills 178, Garfield 122, Lodi 118
2012---	Pascack Hills 163 $\frac{1}{2}$, Lodi 126 $\frac{1}{2}$, Glen Rock 79

100 METER DASH

2011---	Angel Lora, Garfield	11.1
2012---	Sean Krazit, Pascack Hills	11.0

200 METER DASH

2011---	Angel Lora, Garfield	22.9
2012---	Fernando Almonte, Lodi	22.6

400 METER DASH

2011---	Sean Krazit, Pascack Hills	51.6
2012---	Fernando Almonte, Lodi	50.0

800 METER RUN

2011---	Mike Calero, Lodi	2:04.6
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2012---Frank Amoresano, Glen Rock 2:02.2

1600 METER RUN

2011---Mike Polizzano, Glen Rock 4:47.4

2012---Andrew Brennan, Glen Rock 4:40.2

3200 METER RUN

2011---Ross Dember, Pascack Hills 10:52.0

2012---Will Brancato, Rutherford 10:12.6

110 METER HURDLES

2011---Franklin Smith-Hinson, Garfield 15.0

2012---Fernando Almonte, Lodi 14.7

400 METER HURDLES

2011---Franklin Smith-Hinson, Garfield 59.1

2012---Louis Kang, Pascack Hills 56.8

SHOT PUT

2011---Paul Zeppieri, Lodi 47-10 $\frac{1}{4}$

2012---Everton Johnson, Rutherford 45-3 $\frac{1}{4}$

DISCUS

2011---Tyler Demmerle, Pascack Hills 130-10

2012---Roman Torres, Garfield 123-0

JAVELIN

2011---Julian DeZao, Pascack Hills 177-0

2012---Adam Kazmierczak, Glen Rock 155-9

HIGH JUMP

2011---Leacroft Nunes, Garfield 5-8

2012---Taylor Cudequest, Pascack Hills 5-8

LONG JUMP

2011---Angel Lora, Garfield 20-10 $\frac{1}{4}$

2012---Taylor Cudequest, Pascack Hills 20-7 $\frac{1}{2}$

TRIPLE JUMP

2011---Angel Lora, Garfield 42-11 $\frac{3}{4}$

2012---Wallace Payne, Lodi 41-5 $\frac{1}{4}$

POLE VAULT

2011---Tarou Seki, Pascack Hills 12-6

2012---Mohamed Haras, Pascack Hills 11-0

1600 METER RELAY

2011---Pascack Hills 3:39.0

2012---Pascack Hills 3:35.6

B

TEAM SCORING

2011---Elmwood Park 126, Manchester 119.16, Eastern Christian 116
2012---Pompton Lakes 185, Hawthorne 137, Eastern Christian 69

100 METER DASH

2011---Anthony DeFreitas, Elmwood Park 11.3
2012---Dane Torres, Pompton Lakes 11.4

200 METER DASH

2011---Alex Grant, Manchester 23.0
2012---Anthony Johnson, Elmwood Park 23.5

400 METER DASH

2011---Jarrod Diaz, Elmwood Park 54.7
2012---Jacoby Suggs, Manchester 55.1

800 METER RUN

2011---Samuel Braen, Eastern Christian 2:06.6
2012---Austin Gausditi, Pompton Lakes 2:08.0

1600 METER RUN

2011---Andrew Nashed, Manchester 4:43.5
2012---Austin Gausditi, Pompton Lakes 4:48.1

3200 METER RUN

2011---Andrew Nashed, Manchester 10:39.3
2012---Ramon Fantauzzi, Pompton Lakes 10:01.8

110 METER HURDLES

2011---Alex Grant, Manchester 16.1
2012---David Karakas, Hawthorne 15.5

400 METER HURDLES

2011---Alex Grant, Manchester 59.7
2012---Jason Nemeth, Elmwood Park 61.3

SHOT PUT

2011---Majer Biokua, Pompton Lakes 40-2 $\frac{3}{4}$
2012---Alex Christhoper, Pompton Lakes 44-0 $\frac{3}{4}$

DISCUS

2011---Samuel Braen, Eastern Christian 121-3
2012---Zariq Hewitt, Pompton Lakes 115-6

JAVELIN

2011---Clint Apaza, Manchester 155-11
2012---Skylar Wagner, Pompton Lakes 145-5

HIGH JUMP

2011---Matthew Grimaldi, Hawthorne 5-8
2012---Matthew Grimaldi, Hawthorne 5-10

LONG JUMP

2011---Steve Pruiksma, Hawthorne	20-11 ½
2012---Dwayne Miele, Hawthorne	19-10 ½

TRIPLE JUMP

2011---Rob Graham, Elmwood Park	43-2 ¾
2012---Alex Brezo, Pompton Lakes	41-5 ¼

POLE VAULT

2011---Chris Steele, Pompton Lakes	13-6
2012---Josh Davidson, Eastern Christian	13-0

1600 METER RELAY

2011---Manchester	3:45.0
2012---Pompton Lakes	3:43.1

Combined

TEAM SCORING

2013---Lodi 162, Pompton Lakes 92, Rutherford 78
2014---Lodi 145, Glen Rock 117, Pompton Lakes 67
2015---Glen Rock 117, Garfield 103, Lodi 73 ½
2016---Glen Rock 108, Hawthorne 105 ½, Garfield 89
2017---Glen Rock 151, Hawthorne 82 ¾, Manchester 70 ¾
2018---Glen Rock 138, Lodi 94, Manchester 89
2019---Glen Rock 137, Manchester 112, Pompton Lakes and Rutherford 71
2021---Glen Rock 132, Hawthorne 121 ½, Lodi 58
2022---Rutherford 162.83, Hawthorne 96, Glen Rock 84
2023---Glen Rock 126, Hawthorne 79 ½, Eastern Christian 78
2024---Glen Rock 129, Hawthorne 96, Garfield 91 ½

100 METER DASH

2013---Wallace Payne, Lodi	11.2
2014---Devante Foxworth, Lodi	11.3
2015---Sean McNerney, Glen Rock	11.8
2016---Quazier Dailey, Manchester	11.40
2017---Quazier Dailey, Manchester	11.12
2018---Ramir Kelley, Manchester	11.28
2019---Lex Lugo, Eastern Christian	11.59
2021---Jack Piazza, Glen Rock	11.47
2022---Christopher Marquez, Rutherford	11.74
2023---Ne'Khiycie Jackson, Manchester	11.53
2024---Jeancarlos Mendoza, Hawthorne	11.14

200 METER DASH

2013---Emmanuel Appiah, Lodi	23.3
2014---Sean McNerney, Glen Rock	23.7
2015---Ali Awari, Hawthorne	23.1
2016---Quazier Dailey, Manchester	22.86
2017---Quazier Dailey, Manchester	22.22
2018---Ramir Kelley, Manchester	22.96
2019---Lex Lugo, Eastern Christian	22.92
2021---Ryan Snuffer, Lodi	23.44
2022---Devan Wasserman, Glen Rock	23.94

2023---	Lucas Genuario, Eastern Christian	23.74
2024---	Jeancarlos Mendoza, Hawthorne	22.83

400 METER DASH

2013---	Matt Van Eck, Eastern Christian	52.0
2014---	Dan Dooner, Glen Rock	51.6
2015---	Sean McNerney, Glen Rock	52.8
2016---	Jeff Mate, Glen Rock	52.30
2017---	Kyle Woodward, Hawthorne	52.58
2018---	Marcel Wizzard, Lodi	52.71
2019---	Nazzim Patilla, Manchester	50.84
2021---	Ryan Snuffer, Lodi	49.90
2022---	Devan Wasserman, Glen Rock	51.89
2023---	Devan Wasserman, Glen Rock	52.03
2024---	Carter Solloway, Hawthorne	51.24

800 METER RUN

2013---	Jimmy Arnold, Rutherford	2:05.4
2014---	Sean Sullivan, Rutherford	2:07.4
2015---	Sean Sullivan, Rutherford	2:03.2
2016---	Owen Davitt, Glen Rock	1:57.67
2017---	Kevin Hargadon, Glen Rock	2:06.54
2018---	Joe McCabe, Glen Rock	1:59.78
2019---	Andrew Lagattuta, Glen Rock	1:58.71
2021---	Nathan Armstrong, Pompton Lakes	1:57.93
2022---	Jayson Harmer, Hawthorne	2:00.37
2023---	Joseph Henderson, Butler	2:08.26
2024---	Ben Habler, Glen Rock	2:03.04

1600 METER RUN

2013---	Will Brancato, Rutherford	4:34.5
2014---	Sean Sullivan, Rutherford	4:43.5
2015---	Ryan Vandervalk, Glen Rock	4:25.6
2016---	Sean Sullivan, Rutherford	4:20.04
2017---	Andrew Lagattuta, Glen Rock	4:43.55
2018---	Andrew Lagattuta, Glen Rock	4:32.97
2019---	Andrew Lagattuta, Glen Rock	4:33.91
2021---	Nathan Armstrong, Pompton Lakes	4:18.40
2022---	Jayson Harmer, Hawthorne	4:24.47
2023---	Nicholas Suero, Saddle Brook	4:43.69
2024---	Ben Habler, Glen Rock	4:36.04

3200 METER RUN

2013---	Will Brancato, Rutherford	9:45.3
2014---	Ryan Vandervalk, Glen Rock	10:34.7
2015---	Ryan Vandervalk, Glen Rock	10:48.7
2016---	Carter Heerema, Eastern Christian	10:29.62
2017---	Andrew Lagattuta, Glen Rock	10:32.70
2018---	Andrew Lagattuta, Glen Rock	10:04.65
2019---	Andrew Lagattuta, Glen Rock	10:18.87
2021---	Aidan Carroll, Glen Rock	10:26.43
2022---	Aidan Carroll, Glen Rock	10:02.62

2023---	Ben Habler, Glen Rock	10:50.81
2024---	Ben Habler, Glen Rock	10:39.93

110 METER HURDLES

2013---	Fernando Almonte, Lodi	15.3
2014---	Dan Dooner, Glen Rock	16.4
2015---	David Acevedo, Lodi	16.3
2016---	Steven Nolasco, Garfield	16.39
2017---	Ajay Gonzalez, Manchester	15.54
2018---	Roberth Umana, Manchester	15.78
2019---	Eugene Kim, Rutherford	15.55
2021---	Shane Skoglund, Manchester	16.22
2022---	Michael Palmer, Hawthorne	16.43
2023---	Tyler Caswell, Glen Rock	15.49
2024---	Tyler Caswell, Glen Rock	15.22

400 METER HURDLES

2013---	Dan Dooner, Glen Rock	57.2
2014---	Dan Dooner, Glen Rock	58.2
2015---	David Acevedo, Lodi	58.7
2016---	Sam Veenstra, Eastern Christian	58.03
2017---	Raul Arias, Hawthorne	59.87
2018---	Roberth Umana, Manchester	58.99
2019---	Andrew Stoddard, Glen Rock	58.46
2021---	Jack Juliana, Glen Rock	1:00.74
2022---	Jan Biskup, Elmwood Park	58.48
2023---	Steven Ramirez, Manchester	59.47
2024---	Tyler Caswell, Glen Rock	56.58

SHOT PUT

2013---	Mike Duncan, Pompton Lakes	49-2 ¼
2014---	Bryan Roth, Lodi	52-10 ½
2015---	Bryan Roth, Lodi	50-7
2016---	Davius Bunch, Hawthorne	45-0 ½
2017---	Kyle Patel, Glen Rock	49-1
2018---	Kyle Patel, Glen Rock	53-4 ½
2019---	Pierce Tuttle, Glen Rock	46-3 ½
2021---	Nassar Coutinho, Hawthorne	43-0 ½
2022---	Joshua Manning, Manchester	45-1 ¼
2023---	Neo Bernabe, Hawthorne	45-3 ¼
2024---	Evan Yuzon, Glen Rock	45-8 ½

DISCUS

2013---	Pietro Biancamano, Rutherford	135-5
2014---	Zariq Hewitt, Pompton Lakes	149-5
2015---	Trent Braen, Eastern Christian	145-1
2016---	Trent Braen, Eastern Christian	153-6
2017---	Kyle Patel, Glen Rock	150-9
2018---	Kyle Patel, Glen Rock	163-0
2019---	Christian Jusino, Garfield	133-10
2021---	Ayden Lyubimov, Lodi	130-7
2022---	Ryan Ward, Rutherford	126-3

2023---	Neo Bernabe, Hawthorne	133-9
2024---	Luke Faber, Saddle Brook	141-10

JAVELIN

2013---	Erick McNamara, Pompton Lakes	150-11
2014---	Erick McNamara, Pompton Lakes	151-6
2015---	Tyler Montayne, Garfield	139-7
2016---	Ben Irizarry, Pompton Lakes	145-11
2017---	Nico Negrini, Pompton Lakes	140-6
2018---	Carlos Pepin, Lodi	148-6
2019---	Gabe Weinstock, Glen Rock	153-6
2021---	Andy Rettenberger, Rutherford	146-6
2022---	Ryan Ward, Rutherford	134-5
2023---	Lucas Geynuario, Eastern Christian	138-7
2024---	Andrew Maskal, Hawthorne	136-3

HIGH JUMP

2013---	Cleveland McDaniel, Eastern Christian	6-2
2014---	Keyshawn Fowler, Lodi	6-0
2015---	Steven Nolasco, Garfield	5-10
2016---	Carlos Pepin, Lodi	6-0
2017---	Carlos Pepin, Lodi	6-0
2018---	Carlos Pepin, Lodi	6-4
2019---	Brian Woodard, Pompton Lakes	5-8
2021---	Miquel Melendez, Hawthorne	5-8
2022---	Michael Palmer, Hawthorne	5-8
2023---	Jordan Larosiliere, Garfield	5-8
2024---	Jordan Larosiliere, Garfield	5-10

LONG JUMP

2013---	Wallace Payne, Lodi	21-2 $\frac{3}{4}$
2014---	Vishaldeep Singh, Lodi	21-1 $\frac{3}{4}$
2015---	Matt Wierzba, Garfield	21-6 $\frac{1}{4}$
2016---	Steven Nolasco, Garfield	20-9 $\frac{1}{2}$
2017---	Brandon Lichtenstein, Glen Rock	20-7
2018---	Eugene Kim, Rutherford	20-10
2019---	Spencer Lichtenstein, Glen Rock	20-1
2021---	Michael Palmer, Hawthorne	20-1 $\frac{1}{2}$
2022---	Michael Palmer, Hawthorne	19-9 $\frac{1}{2}$
2023---	Lucas Genuario, Eastern Christian	20-11 $\frac{3}{4}$
2024---	Jordan Larosiliere, Garfield	20-9 $\frac{1}{2}$

TRIPLE JUMP

2013---	Wallace Payne, Lodi	44-6 $\frac{1}{4}$
2014---	Vishaldeep Singh, Lodi	42-9 $\frac{1}{4}$
2015---	Matt Wierzba, Garfield	44-4 $\frac{1}{2}$
2016---	Matt Wierzba, Garfield	44-2 $\frac{1}{2}$
2017---	Ramon Bermudez, Lodi	43-9
2018---	Ramon Bermudez, Lodi	43-7 $\frac{3}{4}$
2019---	Eugene Kim, Rutherford	43-5 $\frac{1}{2}$
2021---	Michael Palmer, Hawthorne	44-8 $\frac{3}{4}$
2022---	Michael Palmer, Hawthorne	42-2 $\frac{3}{4}$

2023---	Alex Castillo, Hawthorne	41-7 ³ / ₄
2024---	Ashawyn Johnson, Manchester	45-0

POLE VAULT

2013---	Andrew Fiedler, Eastern Christian	11-6
2014---	Andrew Accardi, Pompton Lakes	12-6
2015---	Andrew Accardi, Pompton Lakes	13-7
2016---	Jared Forer, Glen Rock	11-0
2017---	Jared Forer, Glen Rock	12-0
2018---	Jared Forer, Glen Rock	13-10
2019---	Max Greenwood, Rutherford	13-0
2021---	Matias Cortes, Eastern Christian	10-6
2022---	Owen Keating, Pompton Lakes	11-6
2023---	Ben Raser, Glen Rock	11-0
2024---	Owen Keating, Pompton Lakes	13-0

1600 METER RELAY

2013---	Glen Rock	3:33.2
2014---	Glen Rock	3:41.9
2015---	Glen Rock	3:39.7
2016---	Glen Rock	3:32.58
2017---	Hawthorne	3:38.02
2018---	Manchester	3:31.65
2019---	Manchester	3:30.96
2021---	Glen Rock	3:37.27
2022---	Rutherford	3:35.57
2023---	Eastern Christian	3:42.18
2024---	Glen Rock	3:31.08

NATIONAL DIVISION (LIBERTY until 2023)

TEAM SCORING

2013---	Lyndhurst 160, New Milford 97 ¹ / ₂ , Secaucus 73
2014---	Lyndhurst 154, New Milford 134, Dwight-Englewood 58
2015---	Lyndhurst 177, New Milford 96, Leonia 68
2016---	Lyndhurst 210, Leonia 91, New Milford 68
2017---	Lyndhurst 182, Secaucus 86, Leonia 84
2018---	Lyndhurst 196, Dwight-Englewood 113, New Milford 74
2019---	Lyndhurst 152, New Milford 118, Leonia 91
2021---	Lyndhurst and New Milford 135, Leonia 117
2022---	Leonia 139, Lyndhurst 125, Dwight-Englewood 83
2023---	Rutherford 162, Lyndhurst 108, Becton 91
2024---	Rutherford 159, Becton 146, Lyndhurst 107

100 METER DASH

2013---	James Wenger, Lyndhurst	11.2
2014---	Chris Mercado, Ridgefield	11.5
2015---	Peter Guerriero, Lyndhurst	11.2
2016---	Peter Guerriero, Lyndhurst	11.01
2017---	Kevin Santos, Lyndhurst	11.72
2018---	Chris Feurtado, Lyndhurst	11.36
2019---	RJ Alvarez, Lyndhurst	11.67
2021---	Payton Stills, New Milford	11.52

2022---	Jaden Marchan, Leonia	11.46
2023---	Gustavo Costa, Becton	11.62
2024---	Renzo Palaez, Lyndhurst	11.31

200 METER DASH

2013---	Keeneth Ross, Secaucus	23.0
2014---	Kevin Momnohin, Queen of Peace	23.1
2015---	Peter Guerriero, Lyndhurst	22.9
2016---	Peter Guerriero, Lyndhurst	22.75
2017---	Kevin Santos, Lyndhurst	23.87
2018---	Ehren Layne, Dwight-Englewood	24.08
2019---	RJ Alvarez, Lyndhurst	23.94
2021---	Robbie Tormo, New Milford	22.99
2022---	Robbie Tormo, New Milford	22.93
2023---	Gustavo Costa, Becton	23.87
2024---	Marco Bozza-Caballero, Rutherford	23.03

400 METER DASH

2013---	Jason Dargan, Dwight-Englewood	51.3
2014---	Anthony Giaquinto, Lyndhurst	52.4
2015---	Kane McDermott, Lyndhurst	52.4
2016---	Max Stith, Leonia	51.70
2017---	Adam Khriss, Secaucus	52.64
2018---	Adam Khriss, Secaucus	53.21
2019---	Robbie Tormo, New Milford	52.60
2021---	Robbie Tormo, New Milford	52.19
2022---	Jaden Marchan, Leonia	51.90
2023---	Gustavo Costa, Becton	53.63
2024---	Kai Sperling, Rutherford	51.02

800 METER RUN

2013---	Ryan Semsel, Dwight-Englewood	2:05.3
2014---	Kevin Teets, New Milford	2:05.7
2015---	Ryan Semsel, Dwight-Englewood	2:03.6
2016---	Jeremy Bronstein, Dwight-Englewood	2:06.61
2017---	Jeremy Bronstein, Dwight-Englewood	1:59.85
2018---	Jeremy Bronstein, Dwight-Englewood	2:02.57
2019---	Jeremy Bronstein, Dwight-Englewood	2:04.45
2021---	Matthew Cortez, Leonia	1:59.96
2022---	Matthew Armout, Lyndhurst	2:05.29
2023---	Steven Longo, Becton	2:05.78
2024---	Youcef Abada, Secaucus	2:05.52

1600 METER RUN

2013---	Kane McDermott, Lyndhurst	4:51.4
2014---	Kevin Teets, New Milford	4:41.9
2015---	Stephen Covello, Lyndhurst	4:38.3
2016---	Hussein Elmeshad, Leonia	4:31.28
2017---	Xavier Locke, Lyndhurst	4:34.78
2018---	Jeremy Bronstein, Dwight-Englewood	4:39.34
2019---	Jeremy Bronstein, Dwight-Englewood	4:34.85
2021---	Matthew Cortez, Leonia	4:40.13

2022---	Younes Abada, Secaucus	4:40.40
2023---	Tadael Mihret, Rutherford	4:33.47
2024---	Max Thorn, Becton	4:49.59

3200 METER RUN

2013---	Marc Rosenberg, Dwight-Englewood	10:33.6
2014---	David Lysenko, Dwight-Englewood	10:29.8
2015---	Hussein Elmesad, Leonia	10:24.3
2016---	Hussein Elmesad, Leonia	10:13.91
2017---	Gabriel Tapia-Suarez, Leonia	10:30.06
2018---	Caleb Dalgetty, Dwight-Englewood	10:36.00
2019---	Jeremy Bronstein, Dwight-Englewood	10:17.87
2021---	Jack Schuller, Leonia	10:37.15
2022---	Ethan Scher, Dwight-Englewood	10:40.10
2023---	Tadael Mihret, Rutherford	10:31.93
2024---	Max Thorn, Becton	10:33.68

110 METER HURDLES

2013---	Jose Vargas, Leonia	15.9
2014---	Kyle Krzastek, Lyndhurst	16.4
2015---	Quintin St. Helaire, Lyndhurst	16.0
2016---	Teslim Olunlade, Lyndhurst	16.50
2017---	Teslim Olunlade, Lyndhurst	15.66
2018---	Teslim Olunlade, Lyndhurst	15.47
2019---	Roman Gil, Leonia	16.45
2021---	Josh Pizarro, Lyndhurst	16.42
2022---	Oliver Fontaine, Dwight-Englewood	16.34
2023---	Rilwan Olunlade, Lyndhurst	15.77
2024---	James Alati, Rutherford	15.14

400 METER HURDLES

2013---	Kevin Momnohin, Queen of Peace	57.9
2014---	Kevin Momnohin, Queen of Peace	59.7
2015---	Quintin St. Helaire, Lyndhurst	59.7
2016---	Adam Khriss, Secaucus	58.49
2017---	Adam Khriss, Secaucus	57.00
2018---	Adam Khriss, Secaucus	57.24
2019---	Joseph Dunkley, New Milford	60.80
2021---	Robbie Tormo, New Milford	1:01.88
2022---	Oliver Fontaine, Dwight-Englewood	56.52
2023---	Samprit Bajracharya, Becton	60.43
2024---	Marco Bozza-Caballero, Rutherford	58.92

SHOT PUT

2013---	Garrett Pynn, Leonia	50-8 ½
2014---	Jonathan Mercado, Lyndhurst	47-7
2015---	Christopher Bekker, Lyndhurst	41-11 ¼
2016---	Oluwayomi Olunlade, Lyndhurst	46-3 ½
2017---	Matt Schnoll, Lyndhurst	48-1
2018---	Antonio Lobos, Lyndhurst	43-6 ¾
2019---	Tim Ozturk, Lyndhurst	44-10
2021---	Andrew Fernandez, Lyndhurst	45-1 ¼

2022---	Randy Worthington, Secaucus	41-5 ¼
2023---	Randy Worthington, Secaucus	42-9
2024---	Aidan Haas, Rutherford	43-7

DISCUS

2013---	Jonathan Mercado, Lyndhurst	117-8
2014---	Jonathan Mercado, Lyndhurst	123-0
2015---	Christopher Bekker, Lyndhurst	108-1
2016---	Christopher Bekker, Lyndhurst	124-11
2017---	Matt Schnoll, Lyndhurst	126-11
2018---	Tim Ozturk, Lyndhurst	112-9
2019---	Tim Ozturk, Lyndhurst	141-3
2021---	Andrew Fernandez, Lyndhurst	124-2
2022---	Lathan Morse, Leonia	111-11
2023---	Calvin Jordan, Rutherford	111-3
2024---	David Rojas, Rutherford	117-8

JAVELIN

2013---	Charles Simons, Leonia	146-1
2014---	Ryan Rand, Secaucus	148-8
2015---	Austin Suarez, New Milford	145-2
2016---	Sam Rivera, Lyndhurst	153-0
2017---	Emmett McElroy, New Milford	131-5
2018---	Emmett McElroy, New Milford	124-5
2019---	Dennis Bakanov, Leonia	147-6
2021---	Joey Saponaro, Dwight-Englewood	113-3
2022---	Shemar Mills, New Milford	136-8
2023---	James Alati, Rutherford	144-9
2024---	James Alati, Rutherford	160-0

HIGH JUMP

2013---	James Wenger, Lyndhurst	5-10
2014---	Bryant Yoshida, New Milford	5-10
2015---	Quintin St. Helaire, Lyndhurst	6-0
2016---	Christian Garcia, New Milford	5-8
2017---	Kyle Russell, Leonia	5-10
2018---	Jayse Bradley, Ridgefield	5-8
2019---	Keenan Jusic, Leonia	5-6
2021---	Adrian Vicioso, Dwight-Englewood	5-6
2022---	Jaden Marchan, Leonia	5-8
2023---	Jordan Russell, Weehawken	6-0
2024---	Jordan Russell, Weehawken	6-2

LONG JUMP

2013---	Dante Tobler, New Milford	19-9 ¼
2014---	Jake Estevez, Lyndhurst	20-8 ¼
2015---	Aleem James, Dwight-Englewood	20-2
2016---	Peter Guerriero, Lyndhurst	19-5 ¼
2017---	Adam Khriss, Secaucus	19-11
2018---	Teslim Olunlade, Lyndhurst	18-8 ¼
2019---	RJ Alvarez, Lyndhurst	19-10
2021---	Kaden Stevens, New Milford	20-1

2022---	Brandon Rivera, Lyndhurst	18-10
2023---	Jordan Russell, Weehawken	20-1 $\frac{1}{4}$
2024---	Jordan Russell, Weehawken	21-9 $\frac{3}{4}$

TRIPLE JUMP

2013---	Dante Tobler, New Milford	43-3
2014---	Tony Vargas, Leonia	42-9 $\frac{1}{4}$
2015---	Chaheen Payne, New Milford	41-9 $\frac{1}{2}$
2016---	Peter Guerriero, Lyndhurst	42-2 $\frac{1}{4}$
2017---	Teslim Olunlade, Lyndhurst	42-10 $\frac{3}{4}$
2018---	Teslim Olunlade, Lyndhurst	42-10 $\frac{3}{4}$
2019---	Alec Hoffman, Dwight-Englewood	39-11
2021---	Kaden Stevens, New Milford	41-0 $\frac{1}{2}$
2022---	Brandon Rivera, Lyndhurst	40-9 $\frac{1}{2}$
2023---	Anthony Santana, Lyndhurst	41-0 $\frac{1}{2}$
2024---	Bryan Cunningham, St. Mary's	44-5 $\frac{1}{2}$

POLE VAULT

2013---	Nathan Duquilla, Lyndhurst	11-6
2014---	Jose Polanco, Lyndhurst	12-0
2015---	Devin Yunis, Lyndhurst	10-0
2016---	Devin Yunis, Lyndhurst	12-0
2017---	Kyle Russell, Leonia	13-6
2018---	Jordan DeAbreu, Lyndhurst	11-6
2019---	Eli Fitzsimmons, Lyndhurst	10-6
2021---	Josh Pizarro, Lyndhurst	10-0
2022---	Nicholas Kaden, Lyndhurst	9-6
2023---	Dylan Gravina, Rutherford	10-6
2024---	Daniel Chung, Becton	11-6

1600 METER RELAY

2013---	Secaucus	3:40.8
2014---	Lyndhurst	3:40.0
2015---	Leonia	3:36.5
2016---	Dwight-Englewood	3:38.00
2017---	Secaucus	3:40.14
2018---	Lyndhurst	3:40.88
2019---	New Milford	3:40.63
2021---	New Milford	3:39.27
2022---	Leonia	3:39.89
2023---	Rutherford	3:39.23
2024---	Rutherford	3:31.20

GIRLS

PATRIOT DIVISION

A

TEAM SCORING

2011---	Cresskill 181, New Milford 152, Waldwick 89
2012---	Cresskill 193 $\frac{1}{2}$, Waldwick 105, New Milford 75

100 METER DASH

2011---Khadijah Cox, New Milford	12.3
2012---Khadijah Cox, New Milford	13.2
200 METER DASH	
2011---Khadijah Cox, New Milford	25.7
2012---Khadijah Cox, New Milford	26.3
400 METER DASH	
2011---Khadijah Cox, New Milford	1:00.9
2012---Alexandra Stith, Leonia	1:01.9
800 METER RUN	
2011---Jada Toote, New Milford	2:34.3
2012---Bobbie Javier, Dwight Englewood	2:28.8
1600 METER RUN	
2011---Johanna Elliott, Cresskill	5:37.7
2012---Jennifer Teets, New Milford	5:44.2
3200 METER RUN	
2011---Jessica Andre, Waldwick	12:25.2
2012---Jennifer Teets, New Milford	12:54.3
100 METER HURDLES	
2011---Esther Moallen, Cresskill	16.8
2012---Ani Sarkasian, Cresskill	16.0
400 METER HURDLES	
2011---Ani Sarkasian, Cresskill	1:06.3
2012---Ani Sarkasian, Cresskill	1:06.5
SHOT PUT	
2011---Keri Kavanaugh, Cresskill	31-6 ½
2012---Alexandra Phoenix, Cresskill	33-6
DISCUS	
2011---Kayla Pauwels, Waldwick	102-10
2012---Tania Pabon, Cresskill	121-6
JAVELIN	
2011---Vanessa Vargas, New Milford	112-11
2012---Mariana Ruas, Waldwick	107-1
HIGH JUMP	
2011---Elaina White, Leonia	5-2
2012---Elaina White, Leonia	5-2
LONG JUMP	
2011---Patty McHugh, Waldwick	16-4 ½
2012---Patty McHugh, Waldwick	17-4
TRIPLE JUMP	

2011---Patty McHugh, Waldwick	33-8 ½
2012---Patty McHugh, Waldwick	35-0

POLE VAULT

2011---Maci DeCarlo, Cresskill	7-6
2012---Maci DeCarlo, Cresskill	7-6

1600 METER RELAY

2011---Cresskill	4:15.1
2012---Cresskill	4:18.2

B

TEAM SCORING

2011---Park Ridge 214 1/3, Emerson 127 2/3, Midland Park 1086
2012---Park Ridge 197, Emerson 148, Midland Park 81

100 METER DASH

2011---Stephanie Baumann, Park Ridge	13.1
2012---Stephanie Baumann, Park Ridge	13.0

200 METER DASH

2011---Rebecca Skovira, Park Ridge	26.2
2012---Rebecca Skovira, Park Ridge	26.9

400 METER DASH

2011---Rebecca Skovira, Park Ridge	1:02.0
2012---Rebecca Skovira, Park Ridge	1:00.6

800 METER RUN

2011---Kristen Gray, Park Ridge	2:29.3
2012---Julia Perez, Park Ridge	2:43.3

1600 METER RUN

2011---Elizabeth O'Brien, Bogota	5:49.2
2012---Elizabeth O'Brien, Bogota	5:50.2

3200 METER RUN

2011---Elizabeth O'Brien, Bogota	12:41.7
2012---Elizabeth O'Brien, Bogota	12:39.4

100 METER HURDLES

2011---Mel Lewis, Midland Park	15.9
2012---Haley Azevedo, Park Ridge	17.5

400 METER HURDLES

2011---Mel Lewis, Midland Park	1:03.4
2012---Lisa Carle, Midland Park	1:10.4

SHOT PUT

2011---Ashley Mennitti, Park Ridge	30-2
2012---Cheyenne Bellerand, Emerson	32-11 ½

DISCUS

2011---Ashley Mennitti, Park Ridge	80-1
2012---Kerry Deen, Park Ridge	91-3

JAVELIN

2011---Rebecca Skovira, Park Ridge	125-4
2012---Rebecca Skovira, Park Ridge	125-4

HIGH JUMP

2011---Jackie Guglielmo, Park Ridge	4-10
2012---Kim Raberio, Midland Park	4-10

LONG JUMP

2011---Kim Raberio, Midland Park	16-3 $\frac{3}{4}$
2012---Kim Raberio, Midland Park	16-2

TRIPLE JUMP

2011---Kim Raberio, Midland Park	33-6 $\frac{3}{4}$
2012---Quinn Heinrich, Emerson	33-0

POLE VAULT

2011---Kristen Gray, Park Ridge	8-6
2012---Nicole Piccinich, Emerson	9-6

1600 METER RELAY

2011---Park Ridge	4:09.9
2012---Park Ridge	4:20.4

Combined**TEAM SCORING**

2013---Cresskill 133 $\frac{1}{2}$, Waldwick 73, Emerson 72 $\frac{1}{2}$
2014---Cresskill 218 $\frac{1}{2}$, Midland Park 71, Palisades Park 68
2015---Cresskill 203, Palisades Park 56 $\frac{1}{2}$, Waldwick 50
2016---Cresskill 128, Park Ridge 125, Midland Park 78
2017---Park Ridge 135, Cresskill 117, Midland Park 79
2018---Park Ridge 121, Emerson 107, Midland Park 68
2019---Waldwick 135, Park Ridge 81 $\frac{1}{2}$, Midland Park 69
2021---Emerson 190, Park Ridge 82, Waldwick 70
2022---Emerson 166, Park Ridge 90, Midland Park 82
2023---Emerson 87, Midland Park 86 $\frac{1}{2}$, New Milford 70 $\frac{1}{2}$
2024---Leonia 119 $\frac{1}{3}$, Dwight-Englewood 91, Midland Park 74 $\frac{1}{3}$

100 METER DASH

2013---Jaide Hinds-Clarke, Saddle River Day	12.9
2014---Jordan Zaikov, Cresskill	12.6
2015---Anna Maria Scarpis, Bogota	12.9
2016---Nicole Thomas, Park Ridge	12.95
2017---Anna Maria Scarpis, Bogota	12.70
2018---Sophia Castronovo, Emerson	12.65
2019---Ella Cace, Hawthorne Christian	13.08
2021---Carli Sorvino, Emerson	12.87

2022---	Carli Sorvino, Emerson	13.02
2023---	Kendall Hall, Leonia	13.48
2024---	Miracle Scott, Leonia	12.67

200 METER DASH

2013---	Lisa Carle, Midland Park	26.8
2014---	Samantha Arrigale, Cresskill	27.5
2015---	Anna Maria Scarpis, Bogota	27.1
2016---	Nicole Thomas, Park Ridge	26.23
2017---	Anna Maria Scarpis, Bogota	26.33
2018---	Sophia Castronovo, Emerson	26.60
2019---	Kendra Cirino, Midland Park	26.99
2021---	Carli Sorvino, Emerson	26.81
2022---	Carli Sorvino, Emerson	26.88
2023---	Nicole Freiler, Park Ridge	27.46
2024---	Miracle Scott, Leonia	26.66

400 METER DASH

2013---	Carly Reich, Park Ridge	1:01.3
2014---	Lisa Carle, Midland Park	1:01.4
2015---	Sophia Castronovo, Emerson	1:01.6
2016---	Nicole Thomas, Park Ridge	58.96
2017---	Megan Gasnick, Park Ridge	58.12
2018---	Megan Gasnick, Park Ridge	58.49
2019---	Kelly Moran, Waldwick	1:04.18
2021---	Ella Eitner, Waldwick	1:02.17
2022---	Ella Eitner, Waldwick	1:02.29
2023---	Ella Eitner, Waldwick	1:01.03
2024---	Miracle Scott, Leonia	59.61

800 METER RUN

2013---	Seryna O'Rourke, Cresskill	2:33.1
2014---	Arianna Lopez, Palisades Park	2:27.6
2015---	Arianna Lopez, Palisades Park	2:27.9
2016---	Rachel Spagnola, Park Ridge	2:25.90
2017---	Rachel Spagnola, Park Ridge	2:26.80
2018---	Samantha Green, Park Ridge	2:24.35
2019---	Sarah Geormaneanu, Park Ridge	2:27.44
2021---	Danielle Tilp, Cresskill	2:22.03
2022---	Danielle Tilp, Cresskill	2:30.80
2023---	Danielle Tilp, Cresskill	2:34.70
2024---	Uma Rajan, Dwight-Englewood	2:26.89

1600 METER RUN

2013---	Julianna Lee, Palisades Park	5:39.6
2014---	Arianna Lopez, Palisades Park	5:31.1
2015---	Arianna Lopez, Palisades Park	5:36.4
2016---	Arianna Lopez, Palisades Park	5:25.13
2017---	Samantha Green, Park Ridge	5:23.14
2018---	Samantha Green, Park Ridge	5:26.94
2019---	Sarah Geormaneanu, Park Ridge	5:37.41
2021---	Danielle Tilp, Cresskill	5:20.45

2022---	Danielle Tilp, Cresskill	5:39.56
2023---	Danielle Tilp, Cresskill	5:40.60
2024---	Dominique Cameron, Leonia	5:27.54

3200 METER RUN

2013---	Julianna Lee, Palisades Park	12:11.3
2014---	Arianna Lopez, Palisades Park	12:36.8
2015---	Arianna Lopez, Palisades Park	12:45.9
2016---	Arianna Lopez, Palisades Park	11:56.49
2017---	Samantha Green, Park Ridge	12:36.67
2018---	Samantha Green, Park Ridge	12:31.45
2019---	Jillian Reynolds, Waldwick	12:43.22
2021---	Danielle Tilp, Cresskill	12:28.50
2022---	Danielle Tilp, Cresskill	12:13.93
2023---	Danielle Tilp, Cresskill	13:04.34
2024---	Dominique Cameron, Leonia	11:47.35

100 METER HURDLES

2013---	Lisa Carle, Midland Park	16.7
2014---	Kristen Frawley, Hawthorne Christian	16.1
2015---	Jordan Zaikov, Cresskill	16.0
2016---	Iveya Slavova, Cresskill	15.79
2017---	Iveya Slavova, Cresskill	15.74 (15.69 in prelims)
2018---	Samantha Stallard, Waldwick	16.96
2019---	Samantha Stallard, Waldwick	16.34
2021---	Carli Sorvino, Emerson	16.22
2022---	Kiley Mironenko, Waldwick	17.05
2023---	Fibianna Ajetunmobi, New Milford	15.75
2024---	Tavi Unnithan, Leonia	17.25

400 METER HURDLES

2013---	Nicole Piccinich, Emerson	1:08.6
2014---	Lisa Carle, Midland Park	1:10.1
2015---	Rachel Spagnola, Park Ridge	1:09.7
2016---	Rachel Spagnola, Park Ridge	1:06.08
2017---	Anne Karach, Cresskill	1:05.04
2018---	Carley Wells, Cresskill	1:12.08
2019---	Samantha Stallard, Waldwick	1:09.66
2021---	Jenny O'Leary, Park Ridge	1:08.51
2022---	Ella Eitner, Waldwick	1:08.22
2023---	Abby Petrolia, New Milford	1:05.59
2024---	Nicole Freiler, Park Ridge	1:12.24

SHOT PUT

2013---	Cheyenne Bellerand, Emerson	38-4 ¼
2014---	Cheyenne Bellerand, Emerson	42-1 ¼
2015---	Amelia Apgar, Waldwick	32-10 ¾
2016---	Amelia Apgar, Waldwick	33-11 ¼
2017---	Veronica Pantale, Midland Park	33-9 ¼
2018---	Emilie Ghalam, Midland Park	33-4 ¼
2019---	Emilie Ghalam, Midland Park	31-4 ½
2021---	Madison Szabo, Park Ridge	34-7

2022---	Ella Madden, Park Ridge	31-8 ½
2023---	Riley Butler, Midland Park	35-0
2023---	Riley Butler, Midland Park	34-11

DISCUS

2013---	Tania Pabon, Cresskill	121-3
2014---	Cheyenne Bellerand, Emerson	113-0
2015---	Alexandra Bael, Hawthorne Christian	100-8
2016---	Chloe Zuidema, Midland Park	97-4
2017---	Ashley Basantes, Park Ridge	94-8
2018---	No results available	
2019---	Alondra Batista, Bogota	88-2
2021---	Erin Karaway, Emerson	105-3
2022---	Erin Karaway, Emerson	112-9
2023---	Kelly Ballen, Midland Park	101-6
2024---	Kelly Ballen, Midland Park	96-2

JAVELIN

2013---	Cheyenne Bellerand, Emerson	105-3
2014---	Erin McHugh, Waldwick	116-2
2015---	Erin McHugh, Waldwick	121-7
2016---	Thalia Ghalam, Midland Park	141-10
2017---	Sam Gioiosa, Bogota	129-3
2018---	Emilie Ghalam, Midland Park	94-7
2019---	Meaghan Healy, Midland Park	104-3
2021---	Kaitlyn Chirkis, Midland Park	91-7
2022---	Kaitlyn Chirkis, Midland Park	96-7
2023---	Lindsay Kontos, Midland Park	92-2
2024---	Lindsay Kontos, Midland Park	101-4

HIGH JUMP

2013---	Lisa Carle, Midland Park	5-0
2014---	Jelmi Chamalian, Cresskill	5-0
2015---	Michael Cohen, Cresskill	5-0
2016---	Iveya Slavova, Cresskill	5-2
2017---	Iveya Slavova, Cresskill	5-4
2018---	Victoria Elek, Emerson	5-0 ¼
2019---	Jasleen Nanda, Palisades Park	5-2
2021---	Kiley Mironenko, Waldwick	4-10
2022---	Olyvia Burrell, Emerson	4-10
2023---	Olyvia Burrell, Emerson	5-0
2024---	Olyvia Burrell, Emerson	4-8

LONG JUMP

2013---	Patty McHugh, Waldwick	16-3 ¼
2014---	Maryam Hassan, Cresskill	16-10
2015---	Maryam Hassan, Cresskill	17-7
2016---	Maryam Hassan, Cresskill	17-0
2017---	Anna Maria Scarpis, Bogota	16-8
2018---	Kennedy Klingzing, Midland Park	15-2 ¾
2019---	Kiley Mironenko, Waldwick	14-9
2021---	Kiley Mironenko, Waldwick	16-9

2022---	Olyvia Burrell, Emerson	16-10
2023---	Olyvia Burrell, Emerson	16-10 $\frac{3}{4}$
2024---	Olyvia Burrell, Emerson	16-9 $\frac{1}{4}$

TRIPLE JUMP

2013---	Patty McHugh, Waldwick	33-10 $\frac{1}{2}$
2014---	Maryam Hassan, Cresskill	36-11 $\frac{1}{2}$
2015---	Maryam Hassan, Cresskill	38-5
2016---	Maryam Hassan, Cresskill	37-1
2017---	Melissa Lein, Midland Park	35-4 $\frac{1}{4}$
2018---	Megan Gasnick, Park Ridge	34-4
2019---	Tara Lambert, Waldwick	32-6 $\frac{1}{2}$
2021---	Kiley Mironenko, Waldwick	36-0
2022---	Kiley Mironenko, Waldwick	35-6
2023---	Mia Bonner, Emerson	33-6 $\frac{1}{2}$
2024---	Uma Rajan, Dwight-Englewood	34-1

POLE VAULT

2013---	Nicole Piccinich, Emerson	10-0
2014---	Nina Lucibello, Cresskill	9-0
2015---	Nina Lucibello, Cresskill	8-0
2016---	Nicole Owens, Cresskill	8-6
2017---	Adrianna Gobin, Emerson	9-6
2018---	Adrianna Gobin, Emerson	9-0
2019---	Grace Guingon, Hawthorne Christian	9-0
2021---	Jessica Coyle, Emerson	8-6
2022---	Kaitllyn Legaspi, Emerson	8-6
2023---	Kaitllyn Legaspi, Emerson	8-6
2024---	Oliwia Kapuscinski, Emerson	8-6

1600 METER RELAY

2013---	Park Ridge	4:20.7
2014---	Cresskill	4:22.3
2015---	Cresskill	4:20.3
2016---	Park Ridge	4:05.64
2017---	Park Ridge	4:07.49
2018---	Park Ridge	4:19.58
2019---	Waldwick	4:27.63
2021---	Park Ridge	4:20.37
2022---	Park Ridge	4:35.69
2023---	New Milford	4:21.15
2024---	Park Ridge	4:23.12

MEADOWLANDS DIVISION

A

TEAM SCORING

2011---	Lyndhurst 181, North Arlington 97, Secaucus 93
2012---	Secaucus 153, Lyndhurst 141, North Arlington 87

100 METER DASH

2011---	Ashley Sloan, Lyndhurst	13.3
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2012---Kathleen Mercado, Secaucus	12.8
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200 METER DASH

2011---Ashley Sloan, Lyndhurst	27.1
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2012---Kathleen Mercado, Secaucus	27.0
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400 METER DASH

2011---Marie Emberger, Secaucus	1:05.8
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2012---Jessica Failace, Lyndhurst	1:02.4
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800 METER RUN

2011---Victoria Weiss, Ridgefield	2:35.1
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2012---Jessica Failace, Lyndhurst	2:41.6
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1600 METER RUN

2011---Victoria Weiss, Ridgefield	5:45.3
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2012---Michaila Mastrofillippo, Queen of Peace	6:13.0
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3200 METER RUN

2011---Victoria Weiss, Ridgefield	12:15.2
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2012---Victoria Delarosa, Secaucus	14:02.8
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100 METER HURDLES

2011---Jenna Corby, Lyndhurst	16.9
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2012---Christina Nardini, North Arlington	17.2
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400 METER HURDLES

2011---Amanda Nowak, Lyndhurst	1:10.4
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2012---Natalie Negroni, Queen of Peace	1:07.0
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SHOT PUT

2011---Camila Alonso, Lyndhurst	30-3 ¼
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2012---Katelyn Lafaso, Lyndhurst	29-1
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DISCUS

2011---Camila Alonso, Lyndhurst	82-6
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2012---Mary Smykowski, North Arlington	83-0
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JAVELIN

2011---Camila Alonso, Lyndhurst	101-2
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2012---Barbara Christs, Ridgefield	77-1
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HIGH JUMP

2011---Jackie McCaffrey, Secaucus	4-6
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2012---Jenna Corby, Lyndhurst	4-8
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LONG JUMP

2011---Kathleen Mercado, Secaucus	16-0
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2012---Kathleen Mercado, Secaucus	16-4 ¼
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TRIPLE JUMP

2011---Zanetta Balbuza, Becton	34-3
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2012---Kathleen Mercado, Secaucus 34-7

POLE VAULT

2011---Michele Rozalski, Queen of Peace 8-6

2012---Catherine Rozalski, Queen of Peace 10-0

1600 METER RELAY

2011---Lyndhurst 4:29.0

2012---Secaucus 4:19.8

B

TEAM SCORING

2011---Hasbrouck Heights 239, Saddle Brook 120, Wallington 63

2012---Hasbrouck Heights 291, Wallington 85, Wood-Ridge 44

100 METER DASH

2011---Shannon Roberts, Saddle Brook 13.0

2012---Shannon Roberts, Saddle Brook 12.5

200 METER DASH

2011---Brielle Sutter, Saddle Brook 25.5

2012---Shannon Roberts, Saddle Brook 26.2

400 METER DASH

2011---Brielle Sutter, Saddle Brook 58.8

2012---Danielle Mascera, Hasbrouck Heights 1:07.0

800 METER RUN

2011---Rebecca Fortoul, Hasbrouck Heights 2:35.8

2012---Rebecca Fortoul, Hasbrouck Heights 2:29.1

1600 METER RUN

2011---Rebecca Fortoul, Hasbrouck Heights 5:43.7

2012---Rebecca Fortoul, Hasbrouck Heights 5:28.7

3200 METER RUN

2011---Rebecca Fortoul, Hasbrouck Heights 12:41.5

2012---Rebecca Fortoul, Hasbrouck Heights 12:49.7

100 METER HIGH HURDLES

2011---Nickie Ingelsby, Hasbrouck Heights 16.8

2012---Jennifer White, Hasbrouck Heights 17.0

400 METER HURDLES

2011---Nickie Ingelsby, Hasbrouck Heights 1:09.0

2012---Jennifer White, Hasbrouck Heights 1:13.0

SHOT PUT

2011---Melissa Silvestri, Wood-Ridge 32-9

2012---Irene Cedano, Hasbrouck Heights 35-11

DISCUS

2011---	Melissa Silvestri, Wood-Ridge	102-0
2012---	Irene Cedano, Hasbrouck Heights	91-5

JAVELIN

2011---	Nicole Sinatra, Wood-Ridge	101-5
2012---	Nina Messery, Hasbrouck Heights	113-9

HIGH JUMP

2011---	Melissa Esposito, Saddle Brook	4-8
2012---	Magda Bielen, Wallington	4-6

LONG JUMP

2011---	Marissa Romano, Hasbrouck Heights	16-10 ½
2012---	Rayn Moses, Hasbrouck Heights	16-2

TRIPLE JUMP

2011---	Marissa Romano, Hasbrouck Heights	35-0
2012---	Rayn Moses, Hasbrouck Heights	34-4

POLE VAULT

2011---	Tiffany Tencza, Wallington	9-6
2012---	Tiffany Tencza, Wallington	11-0

1600 METER RELAY

2011---	Hasbrouck Heights	4:30.9
2012---	Hasbrouck Heights	4:15.0

Combined

TEAM SCORING

2013---Hasbrouck Heights 247, Wallington 79, North Arlington 62
 2014---Hasbrouck Heights 227, Saddle Brook 90, North Arlington 59
 2015---Hasbrouck Heights 281, Saddle Brook 116, Wallington 39
 2016---Hasbrouck Heights 321, Saddle Brook 61, North Arlington 37
 2017---Hasbrouck Heights 303 ¾, Saddle Brook 50 ¾, Wallington 35 ¾
 2018---Hasbrouck Heights 251 ½, Saddle Brook 64, Immaculate Conception 54
 2019---Hasbrouck Heights 232, Saddle Brook 112, Becton 43
 2021---Hasbrouck Heights 276, North Arlington 56, Saddle Brook 55
 2022---Hasbrouck Heights 285, Saddle Brook 63, Weehawken 54
 2023---Hasbrouck Heights 268, Bogota 64, Immaculate Conception 62
 2024---Hasbrouck Heights 289, Bogota 69 ½, Ridgefield 57

100 METER DASH

2013---	Stacey Porzl, Hasbrouck Heights	13.0
2014---	Tajia Lagomarsino, Saddle Brook	12.4
2015---	Tajia Lagomarsino, Saddle Brook	13.1
2016---	Stacey Porzl, Hasbrouck Heights	13.04
2017---	Crystal Lichtenberger, Hasbrouck Heights	12.95
2018---	Haylle Thomas, Hasbrouck Heights	13.04
2019---	Talia Ferguson, Hasbrouck Heights	13.60
2021---	Jaidyn Reiser, Weehawken	13.20
2022---	Alexandra Semperi, Hasbrouck Heights	13.45
2023---	Kylie Castillo, Ridgefield	12.67

2024---Kylie Castillo, Ridgefield 12.56

200 METER DASH

2013---Stacey Porzl, Hasbrouck Heights	27.5
2014---Tajia Lagomarsino, Saddle Brook	26.4
2015---Tajia Lagomarsino, Saddle Brook	26.4
2016---Stacey Porzl, Hasbrouck Heights	27.06
2017---Angela Brooks, Saddle Brook	26.46
2018---Haylle Thomas, Hasbrouck Heights	27.00
2019---Stephanie Forster, Saddle Brook	28.01
2021---Jaidyn Reiser, Weehawken	27.38
2022---Jaidyn Reiser, Weehawken	27.75
2023---Kylie Castillo, Ridgefield	26.23
2024---Kylie Castillo, Ridgefield	25.09

400 METER DASH

2013---Stacey Porzl, Hasbrouck Heights	1:02.7
2014---Stacey Porzl, Hasbrouck Heights	1:00.3
2015---Tajia Lagomarsino, Saddle Brook	59.4
2016---Stacey Porzl, Hasbrouck Heights	59.85
2017---Crystal Lichtenberger, Hasbrouck Heights	1:02.51
2018---Haylle Thomas, Hasbrouck Heights	1:01.07
2019---Amber Barrios, Hasbrouck Heights	1:02.40
2021---Amber Barrios, Hasbrouck Heights	59.73
2022---Amber Barrios, Hasbrouck Heights	1:02.68
2023---Kylie Castillo, Ridgefield	57.56
2024---Kylie Castillo, Ridgefield	58.65

800 METER RUN

2013---Jenna DiGiacinto, Hasbrouck Heights	2:29.5
2014---Ashley McVeigh, Saddle Brook	2:30.5
2015---Jillian DiGiacinto, Hasbrouck Heights	2:26.6
2016---Jillian DiGiacinto, Hasbrouck Heights	2:20.32
2017---Serena Torres, Hasbrouck Heights	2:34.34
2018---Serena Torres, Hasbrouck Heights	2:32.76
2019---Mia Minichiello, Hasbrouck Heights	2:32.31
2021---Isabella Drezek, Hasbrouck Heights	2:27.68
2022---Astrid Taffarello, Weehawken	2:35.08
2023---Dea Jera, Hasbrouck Heights	2:32.25
2024---Isabel Michel, Bogota	2:27.34

1600 METER RUN

2013---Danielle Dallara, Hasbrouck Heights	5:32.3
2014---Nicole McVeigh, Saddle Brook	5:38.1
2015---Ashley McVeigh, Saddle Brook	5:34.8
2016---Felicia Cascone, Hasbrouck Heights	5:36.98
2017---Marie Sedlmeir, Hasbrouck Heights	5:54.61
2018---Elizabeth Szambel, St. Mary's	5:41.81
2019---Elizabeth Szambel, St. Mary's	5:37.45
2021---Isabella Drezek, Hasbrouck Heights	5:37.63
2022---Isabella Drezek, Hasbrouck Heights	5:38.45
2023---Amandine Fernandez, Bogota	5:17.11

2024---Mackenzie Bua, Hasbrouck Heights 5:23.33

3200 METER RUN

2013---Danielle Dallara, Hasbrouck Heights 12:48.2
2014---Danielle Dallara, Hasbrouck Heights 13:24.1
2015---Danielle Dallara, Hasbrouck Heights 12:58.0
2016---Hailey Ross, Hasbrouck Heights 11:48.47
2017---Emma Nichols, Hasbrouck Heights 13:00.88
2018---Elizabeth Szambel, St. Mary's 12:15.52
2019---Elizabeth Szambel, St. Mary's 12:09.20
2021---Isabella Drezek, Hasbrouck Heights 12:51.90
2022---Isabella Drezek, Hasbrouck Heights 12:09.27
2023---Amandine Fernandez, Bogota 11:33.98
2024---Isabel Michel, Bogota 11:44.19

100 METER HIGH HURDLES

2013---Christina Nardini, North Arlington 16.8
2014---Christina Nardini, North Arlington 15.4
2015---Brooke McKnight, Hasbrouck Heights 16.6
2016---Brooke McKnight, Hasbrouck Heights 16.80
2017---Monika Lucic, Hasbrouck Heights 16.96
2018---Monika Lucic, Hasbrouck Heights 16.09
2019---Serena Torres, Hasbrouck Heights 17.47
2021---Megan Napolitano, Hasbrouck Heights 17.45
2022---Brooke Freschi, Hasbrouck Heights 16.85
2023---Cali Terranova, Elmwood Park 15.95
2024---Lexy Samperi, Hasbrouck Heights 15.78

400 METER HURDLES

2013---Jillian DiGiacinto, Hasbrouck Heights 1:08.6
2014---Christina Nardini, North Arlington 1:07.2
2015---Jillian DiGiacinto, Hasbrouck Heights 1:06.2
2016---Jillian DiGiacinto, Hasbrouck Heights 1:03.11
2017---Monika Lucic, Hasbrouck Heights 1:08.33
2018---Monika Lucic, Hasbrouck Heights 1:06.76
2019---Mia Minichiello, Hasbrouck Heights 1:11.49
2021---Amber Barrios, Hasbrouck Heights 1:05.21
2022---Natalie Kroncke, Hasbrouck Heights 1:09.41
2023---Dea Jera, Hasbrouck Heights 1:06.68
2024---Gina Minichiello, Hasbrouck Heights 1:08.26

SHOT PUT

2013---Irene Cedano, Hasbrouck Heights 36-6 $\frac{3}{4}$
2014---Erika Williams, Becton 33-1 $\frac{1}{2}$
2015---Gabby Tuzzo, Hasbrouck Heights 32-9
2016---Anna Tsapelis, Hasbrouck Heights 32-9 $\frac{1}{2}$
2017---Kassie Ketcho, Hasbrouck Heights 39-3 $\frac{3}{4}$
2018---Kassie Ketcho, Hasbrouck Heights 41-11 $\frac{1}{2}$
2019---Briella Novello, Becton 34-0
2021---Samantha Russo, Hasbrouck Heights 32-8 $\frac{1}{2}$
2022---Odaliana Gomez, Hasbrouck Heights 35-7
2023---Elliot Eddy, Hasbrouck Heights 37-1

2024---Elliot Eddy, Hasbrouck Heights 38-2 ½

DISCUS

2013---Irene Cedano, Hasbrouck Heights 110-1
2014---Akua Addo, Wood-Ridge 97-5
2015---Gabby Tuzzo, Hasbrouck Heights 94-6
2016---Shellie Nielsen, Hasbrouck Heights 97-7
2017---Kassie Ketcho, Hasbrouck Heights 89-3
2018---Kassie Ketcho, Hasbrouck Heights 100-0
2019---Erin Karaway, Saddle Brook 95-9
2021---Anna Lasek, North Arlington 102-7
2022---Elliot Eddy, Hasbrouck Heights 101-10
2023---Elliot Eddy, Hasbrouck Heights 105-7
2024---Elliot Eddy, Hasbrouck Heights 116-3

JAVELIN

2013---Nicole Sinatra, Wood-Ridge 114-0
2014---Tina Messery, Hasbrouck Heights 107-10
2015---Kassie Ketcho, Hasbrouck Heights 106-2
2016---Kassie Ketcho, Hasbrouck Heights 112-3
2017---Kassie Ketcho, Hasbrouck Heights 116-1
2018---Kassie Ketcho, Hasbrouck Heights 118-8
2019---Odaliana Gomez, Hasbrouck Heights 98-1
2021---Paige McGuire, Hasbrouck Heights 98-8
2022---Jenna O'Malley, Hasbrouck Heights 101-6
2023---Jenna O'Malley, Hasbrouck Heights 98-11
2024---Elliot Eddy, Hasbrouck Heights 92-0

HIGH JUMP

2013---Kristen DelCalzo, Hasbrouck Heights 5-0
2014---Kristen DelCalzo, Hasbrouck Heights 4-6
2015---Sarah Schmitt, Hasbrouck Heights 4-10
2016---Sarah Schmitt, Hasbrouck Heights 4-10
2017---Monika Lucic, Hasbrouck Heights 4-8 (jo)
2018---Monika Lucic, Hasbrouck Heights 4-10
2019---Talia Ferguson, Hasbrouck Heights 5-2 ¼
2021---Anna Pamula, Becton 4-8
2022---Gaea DePass, Hasbrouck Heights 4-10
2023---Raegan Bossard, Immaculate Conception 4-10
2024---Lexy Samperi, Hasbrouck Heights 4-8

LONG JUMP

2013---Christina Nardini, North Arlington 15.9 ½
2014---Brooke McKnight, Hasbrouck Heights 16-7
2015---Brooke McKnight, Hasbrouck Heights 17-0
2016---Brooke McKnight, Hasbrouck Heights 15-8
2017---Angela Brooks, Saddle Brook 16-4
2018---Haylle Thomas, Hasbrouck Heights 15-7 ½
2019---Talia Ferguson, Hasbrouck Heights 15-11
2021---Anna Memija, Saddle Brook 16-3 ½
2022---Alexandra Samperi, Hasbrouck Heights 16-6 ½
2023---Alexandra Samperi, Hasbrouck Heights 16-6 ½

2024---Alexandra Samperi, Hasbrouck Heights 17-3 ½

TRIPLE JUMP

2013---Martyna Czarnecka, Wallington	33-10
2014---Christina Nardini, North Arlington	35-2 ½
2015---Brooke McKnight, Hasbrouck Heights	33-11
2016---Monika Lucic, Hasbrouck Heights	33-1 ½
2017---Monika Lucic, Hasbrouck Heights	36-10 ½
2018---Monika Lucic, Hasbrouck Heights	34-4
2019---Talia Ferguson, Hasbrouck Heights	35-9 ½
2021---Anna Memija, Saddle Brook	35-10 ½
2022---Gaea DePass, Hasbrouck Heights	34-0
2023---Raegan Bossard, Immaculate Conception	35-4
2024---Ellie Shkreli, Hasbrouck Heights	32-8 ½

POLE VAULT

2013---Tiffany Tencza, Wallington	9-6
2014---Maggie Filja, Hasbrouck Heights	8-6
2015---Felicia Cascone, Hasbrouck Heights	7-6
2016---Sarah Schmitt, Hasbrouck Heights	7-6
2017---Natalie Stefanelli, Hasbrouck Heights	8-0
2018---Courtney Summers, Hasbrouck Heights	7-6
2019---Natalie Stefanelli, Hasbrouck Heights	8-0
2021---Megan Napolitano, Hasbrouck Heights	9-7
2022---Megan Napolitano, Hasbrouck Heights	10-0
2023---Jennie Olivero, Hasbrouck Heights	7-6
2024---Jennie Olivero, Hasbrouck Heights	8-0

1600 METER RELAY

2013---Hasbrouck Heights	4:24.6
2014---Saddle Brook	4:09.7
2015---Saddle Brook	4:09.3
2016---Hasbrouck Heights	4:16.21
2017---Hasbrouck Heights	4:22.15
2018---Hasbrouck Heights	4:27.91
2019---Hasbrouck Heights	4:20.25
2021---Hasbrouck Heights	4:19.31
2022---Hasbrouck Heights	4:26.90
2023---Hasbrouck Heights	4:32.10
2024---Ridgefield	4:35.12

COLONIAL DIVISION

A

TEAM SCORING

2011---Garfield 172, Pascack Hills 129, Rutherford 77 ½
2012---Glen Rock 133, Pascack Hills 117, Garfield 113 ½

100 METER DASH

2011---Briana Setnitsky, Pascack Hills	12.6
2012---Briana Setnitsky, Pascack Hills	12.3

200 METER DASH

2011---Tyra Jamison, Garfield	25.8
2011---Briana Setnitsky, Pascack Hills	26.2

400 METER DASH

2011---Tyra Jamison, Garfield	1:01.6
2012---Alexandra Leary, Glen Rock	1:01.5

800 METER RUN

2011---Alex Arnold, Rutherford	2:30.1
2012---Katie Sullivan, Rutherford	2:27.2

1600 METER RUN

2011---Amanda Tosi, Pascack Hills	5:33.2
2012---Amanda Tosi, Pascack Hills	5:33.5

3200 METER RUN

2011---Amanda Tosi, Pascack Hills	12:31.0
2012---Amanda Tosi, Pascack Hills	12:18.0

100 METER HURDLES

2011---Christina Cristea, Lodi	15.6
2012---Breonah Toon, Garfield	15.5

400 METER HURDLES

2011---Tyra Jamison, Garfield	1:05.1
2012---Katie Sullivan, Rutherford	1:06.9

SHOT PUT

2011---Valerie Considine, Rutherford	34-3 ¼
2012---Alysha Menezies, Garfield	35-11 ¾

DISCUS

2011---Valerie Considine, Rutherford	95-5
2012---Melanie Odatalla, Garfield	106-5

JAVELIN

2011---Shaunteriah Douglas, Garfield	125-6
2012---Shaunteriah Douglas, Garfield	145-3

HIGH JUMP

2011---Alex Arnold, Rutherford	4-8
2012---Alexandra Leary, Glen Rock	4-8

LONG JUMP

2011---Briana Setnitsky, Pascack Hills	17-9 1/4
2012---Briana Setnitsky, Pascack Hills	17.7 ½

TRIPLE JUMP

2011---Shaunteriah Douglas, Garfield	34-8
2012---Briana Setnitsky, Pascack Hills	37-4

POLE VAULT**2011---Danielle Wankmuller, Pascack Hills 10-0**

2012---Carolina Canido, Garfield 8-0

1600 METER RELAY

2011---Rutherford 4:27.0

2012---Rutherford 4:12.8

B**TEAM SCORING**

2011---Pompton Lakes 160, Hawthorne 101, Eastern Christian 96

2012---Eastern Christian 189, Pompton Lakes 128, Hawthorne 102

100 METER DASH

2011---Jasmine Hammonds, Elmwood Park 12.7

2012---Chandler West, Eastern Christian 12.7

200 METER DASH

2011---Jasmine Hammonds, Elmwood Park 26.7

2012---Jen Reilly, Pompton Lakes 26.6

400 METER DASH

2011---Faith Dismuke, Mary Help 1:00.9

2012---Jen Reilly, Pompton Lakes 1:01.6

800 METER RUN

2011---Dusty Sacco, Pompton Lakes 2:33.6

2012---Kristen Traub, Eastern Christian 2:22.0**1600 METER RUN**

2011---Kristen Traub, Eastern Christian 11:40.0

2012---Kristen Traub, Eastern Christian 5:15.6**3200 METER RUN****2011---Kristen Traub, Eastern Christian 11:40.0**

2012---Kathryn Post, Eastern Christian 12:43.7

100 METER HIGH HURDLES

2011---Nia Jackson, Hawthorne 15.7

2012---Bethany Van Eck, Eastern Christian 15.5

400 METER HURDLES

2011---Faith Dismuke, Mary Help 1:05.2

2012---Bethany Van Eck, Eastern Christian 1:08.7

SHOT PUT

2011---Alex Majka, Pompton Lakes 31-1 ¼

2012---Alex Majka, Pompton Lakes 35-5 ¼

DISCUS**2011---Marija Spajic, Manchester 117-7**

2012---Alex Majka, Pompton Lakes 111-4

JAVELIN

2011---Maya Legette, Manchester 103-6

2012---Maya Legette, Manchester 102-10

HIGH JUMP

2011---Nia Jackson, Hawthorne 5-2

2012---Bethany Van Eck, Eastern Christian 4-10

LONG JUMP

2011---Nia Jackson, Hawthorne 16-0

2012---Jenna Dyksen, Hawthorne 15-5

TRIPLE JUMP

2011---Nia Jackson, Hawthorne 35-7

2012---Solana Lewis, Eastern Christian 32-10

POLE VAULT

2011---Sarah Post, Eastern Christian 8-0

2012---Sarah Post, Eastern Christian 9-0

1600 METER RELAY

2011--- Pompton Lakes 4:24.2

2012---Eastern Christian 4:23.1

Combined

TEAM SCORING

2013---Eastern Christian 104 ½, Hawthorne 101, Glen Rock 98

2014---Hawthorne 113, Rutherford 94, Eastern Christian 83

2015---Glen Rock 99, Hawthorne 94, Eastern Christian 79

2016---Glen Rock 150, Eastern Christian 101, Hawthorne 100

2017---Glen Rock 194, Hawthorne 84, Eastern Christian 75.5

2018---Glen Rock 163, Hawthorne 140, Eastern Christian 77

2019---Glen Rock 199, Hawthorne 93, Rutherford 83

2021---Hawthorne 156.16, Rutherford 139.33, Glen Rock 77

2022---Hawthorne 141, Pompton Lakes 79, Eastern Christian 71

2023---Eastern Christian and Hawthorne 136, Glen Rock 91

2024---Glen Rock 121, Eastern Christian 109, Garfield 80

100 METER DASH

2013---Kaitlin Salisbury, Hawthorne 12.6

2014---Kaitlin Salisbury, Hawthorne 12.5

2015---Kaitlin Salisbury, Hawthorne 12.3

2016---Kaitlin Salisbury, Hawthorne 12.24 (12.18 in trials)

2017---Sarah Hutchins, Glen Rock 12.83

2018---Sarah Hutchins, Glen Rock 12.92

2019---Sarah Hutchins, Glen Rock 13.02

2021---Briana Andreoli, Hawthorne 12.42

2022---Briana Andreoli, Hawthorne 12.70

2023---Sabrina DiFilippo, Hawthorne 12.66

2024---Iza Samu, Glen Rock 13.08

200 METER DASH

2013---Kadejah Sellers, Manchester 26.3
2014---Kadejah Sellers, Manchester 26.5
2015---Kaitlin Salisbury, Hawthorne 26.2
2016---Kaitlin Salisbury, Hawthorne 25.92
2017---Sarah Hutchins, Glen Rock 27.62
2018---Katie Hefty, Eastern Christian 27.02
2019---Sarah Hutchins, Glen Rock 26.97
2021---Briana Andreoli, Hawthorne 25.54
2022---Briana Andreoli, Hawthorne 26.53
2023---Sabrina DiFilippo, Hawthorne 26.48
2024---Iza Samu, Glen Rock 27.32

400 METER DASH

2013---Kadejah Sellers, Manchester 59.8
2014---Kadejah Sellers, Manchester 59.4
2015---Kadejah Sellers, Manchester 59.0
2016---Katie Hefty, Eastern Christian 60.69
2017---Victoria Rasmussen, Glen Rock 60.99
2018---Nicole Bertollo, Hawthorne 61.12
2019---Ava Scheibe, Rutherford 61.09
2021---Sydney Hansen, Hawthorne 59.94
2022---Briana Andreoli, Hawthorne 61.62
2023---Olivia Passero, Hawthorne 60.50
2024---Kirsten Braunius, Eastern Christian 63.15

800 METER RUN

2013---Katie Sullivan, Rutherford 2:26.4
2014---Katie Sullivan, Rutherford 2:23.2
2015---Rebecca Arnold, Rutherford 2:29.8
2016---Emily Byrnes, Eastern Christian 2:24.09
2017---Emily Byrnes, Eastern Christian 2:31.23
2018---Nyabwija Kanefu, Rutherford 2:28.19
2019---Emily Byrnes, Eastern Christian 2:23.42
2021---Alyson Novick, Glen Rock 2:34.22
2022---Ruby Conroy, Hawthorne 2:37.06
2023---Olivia Passero, Hawthorne 2:32.20
2024---Olivia Poplawski, Saddle Brook 2:31.29

1600 METER RUN

2013---Lila Milgrom, Glen Rock 5:30.6
2014---Katie Sullivan, Rutherford 5:32.7
2015---Allison Regan, Rutherford 5:28.4
2016---Alex Walter, Glen Rock 5:31.06
2017---Alex Walter, Glen Rock 5:36.76
2018---Emily Byrnes, Eastern Christian 5:39.49
2019---Emily Byrnes, Eastern Christian 5:25.98
2021---Ella Coultrap, Glen Rock 5:55.23
2022---Ruby Conroy, Hawthorne 5:47.36
2023---Audrey Damis, Glen Rock 5:49.43

2024---Julia Jablonska, Garfield 5:42.61

3200 METER RUN

2013---Allison Regan, Rutherford 12:28.2
2014---Allison Regan, Rutherford 12:32.0
2015---Allison Regan, Rutherford 12:07.8
2016---Alex Walter, Glen Rock 12:01.71
2017---Christie Na, Rutherford 12:14.72
2018---Alex Walter, Glen Rock 12:22.61
2019---Mary Andreou, Glen Rock 12:27.98
2021---Emma Leishear, Glen Rock 13:15.08
2022---Audrey Damis, Glen Rock 12:57.72
2023---Audrey Damis, Glen Rock 13:05.42
2024---Julia Jablonska, Garfield 13:19.84

100 METER HIGH HURDLES

2013---Jenna Dyksen, Hawthorne 15.4
2014---Jenna Dyksen, Hawthorne 15.8
2015---Kelsey Bergamini, Glen Rock 16.7
2016---Desire Bermudez, Lodi 15.97
2017---Hannah Vanderwall, Glen Rock 15.49
2018---Alexis Byfield, Hawthorne 16.19
2019---Alexis Byfield, Hawthorne 16.14
2021---Bella Sing, Rutherford 15.80
2022---Emma Keating, Pompton Lakes 16.43
2023---Emma Keating, Pompton Lakes 15.60
2024---Iza Samu, Glen Rock 15.75

400 METER HURDLES

2013---Hannah DeMatteo, Rutherford 1:07.0
2014---Jenna Dyksen, Hawthorne 1:08.6
2015---Julia Kelly, Glen Rock 1:04.6
2016---Rachel Wronko, Rutherford 1:07.06
2017---Rachel Wronko, Rutherford 1:06.78
2018---Nicole Bertollo, Hawthorne 1:07.92
2019---Ava Schiebe, Rutherford 1:07.75
2021---Bella Sing, Rutherford 1:08.90
2022---Cali Terranova, Elmwood Park 1:08.86
2023---Olivia Passero, Hawthorne 1:07.30
2024---Helin Kayar, Saddle Brook 1:13.92

SHOT PUT

2013---Alysha Menzies, Garfield 35-11 $\frac{3}{4}$
2014---Sherika Dyer, Hawthorne 33-10 $\frac{1}{2}$
2015---Samantha Leonessa, Rutherford 32-3 $\frac{1}{4}$
2016---Alexandra Caballero, Rutherford 33-1
2017---Madison Wynbeeck, Eastern Christian 35-8
2018---Madison Wynbeeck, Eastern Christian 37-4 $\frac{1}{4}$
2019---Karina Roze, Glen Rock 37-11
2021---Isabelle Robinson, Hawthorne 33-0 $\frac{1}{2}$
2022---Yaam Malka, Pompton Lakes 30-0
2023---Sofia Sancho, Hawthorne 31-7

2024---Sharyn Thomas, Eastern Christian 36-4

DISCUS

2013---Quastajua Valdez, Garfield 103-7
2014---Quastajua Valdez, Garfield 101-1
2015---Samantha Leonessa, Rutherford 100-0
2016---Mackenzie Wiegers, Eastern Christian 88-2
2017---Karina Roze, Glen Rock 97-8
2018---Karina Roze, Glen Rock 128-6
2019---Karina Roze, Glen Rock 121-2
2021---Isabelle Robinson, Hawthorne 100-2
2022---Jaclyn Steenstra, Eastern Christian 95-10
2023---Sophia Mitreski, Hawthorne 102-10
2024---Julia Korpics, Hawthorne 100-9

JAVELIN

2013---Kristen Drenzo, Lodi 114-5
2014---Hannah Zadoyko, Pompton Lakes 94-9
2015---Kristen Drenzo, Lodi 119-0
2016---Brooke Van Lenten, Eastern Christian 115-0
2017---Brooke Van Lenten, Eastern Christian 128-4
2018---Karina Roze, Glen Rock 119-9
2019---Karina Roze, Glen Rock 137-11
2021---Briana Andreoli, Hawthorne 115-11
2022---Briana Andreoli, Hawthorne 135-10
2023---Mackenzie Wynbeek, Eastern Christian 91-4
2024---Mackenzie Wynbeek, Eastern Christian 92-10

HIGH JUMP

2013---Blair Bohuny, Eastern Christian 4-8
2014---Hajara Abubakar, Garfield 5-0
2015---Hajara Abubakar, Garfield 5-2
2016---Alyssa Martin, Lodi 4-10
2017---Jenna Rogers, Rutherford 5-6
2018---Alyssa Martin, Lodi 4-10
2019---Katie O'Connell, Glen Rock 5-0
2021---Anneke Kuperus, Eastern Christian 4-10
2022---Julianna Hopek, Eastern Christian 4-10
2023---April Disla, Manchester 4-10
2024---Taylor Peters, Butler 5-3

LONG JUMP

2013---Emily Rogan, Glen Rock 16-10
2014---Jenna Dyksen, Hawthorne 16-9 ½
2015---Kaitlin Salisbury, Hawthorne 18-3
2016---Kaitlin Salisbury, Hawthorne 19-0
2017---Sarah Hutchins, Glen Rock 16-7
2018---Katie Hefty, Eastern Christian 16-3 ¾
2019---Sarah Hutchins, Glen Rock 16-4
2021---Bella Sing, Rutherford 16-8 ¾
2022---Shaniya Richburg, Lodi 17-2 ½
2023---Mackenzie Doyle, Hawthorne 15-9

2024---Taylor Peters, Butler 16-8

TRIPLE JUMP

2013---Jenna Dyksen, Hawthorne 35-5
2014---Jenna Dyksen, Hawthorne 34-6 ½
2015---Kaitlin Salisbury, Hawthorne 37-9
2016---Kaitlin Salisbury, Hawthorne 37-11 ¼
2017---Gabriela Sloan, Hawthorne 34-8
2018---Nilya Rhoomes, Lodi 34-7
2019---Nilya Rhoomes, Lodi 36-3
2021---Shaniya Richburg, Lodi 33-2
2022---Amanda Barrett, Lodi 34-4
2023---Leah Alves, Hawthorne 33-0 ¾
2024---Kimora Henry, Garfield 32-8

POLE VAULT

2013---Sarah Post, Eastern Christian 9-6
2014---Morgan Guarino, Lodi 9-6
2015---Morgan Guarino, Lodi 10-0
2016---Brooke Van Lenten, Eastern Christian 8-0
2017---Samantha Cioppio, Glen Rock 9-6
2018---Samantha Cioppio, Glen Rock 10-6
2019---Grace Kellogg, Eastern Christian 8-6
2021---Samantha Kaczmarek, Rutherford 8-0
2022---Emma Keating, Pompton Lakes 12-0
2023---Emma Keating, Pompton Lakes 11-6
2024---Hannah Visbeen, Eastern Christian 7-6

1600 METER RELAY

2013---Rutherford 4:09.8
2014---Rutherford 4:21.6
2015---Eastern Christian 4:21.3
2016---Eastern Christian 4:11.03
2017---Eastern Christian 4:20.14
2018---Hawthorne 4:08.42
2019---Glen Rock 4:17.60
2021---Glen Rock 4:24.51
2022---Pompton Lakes 4:33.78
2023---Eastern Christian 4:22.80
2024---Glen Rock 4:29.72

LIBERTY DIVISION

Combined

TEAM SCORING

2013---New Milford 129, Secaucus 110, Lyndhurst 104
2014---Lyndhurst 157, Dwight-Englewood 99, New Milford 71
2015---Lyndhurst 151, Secaucus 108, Dwight-Englewood 76
2016---Lyndhurst 201, New Milford 84, Secaucus 76
2017---Lyndhurst 229, New Milford 97, Leonia 55
2018---Lyndhurst 256, Dwight-Englewood 71, New Milford 62
2019---Lyndhurst 225 ½, Dwight-Englewood 84, Butler 57

2021---Lyndhurst 123, New Milford 90, Leonia 82
 2022---Lyndhurst 163, Secaucus 103, New Milford 81
 2023---Lyndhurst 152, Becton 131 ½, Rutherford 104
 2024---Lyndhurst 145, Rutherford 100, Becton 95

100 METER DASH

2013---	Carleisha Forteau, Secaucus	12.9
2014---	Miranda Duster, Dwight-Englewood	13.6
2015---	Carleisha Forteau, Secaucus	13.0
2016---	Gia Isabella, Secaucus	13.54
2017---	Samantha Cummings, Queen of Peace	13.21
2018---	Julietta Thron, Dwight-Englewood	12.87
2019---	Rebecca Kneppel, Butler	12.50
2021---	Kylie Castillo, Ridgefield	13.24
2022---	Kylie Castillo, Ridgefield	13.23
2023---	Analise Feliz, Becton	13.47
2024---	Jaidyn Reiser, Weehawken	13.01

200 METER DASH

2013---	Carleisha Forteau, Secaucus	26.1
2014---	Shereen Al-Sawwaf, Dwight-Englewood	28.4
2015---	Carleisha Forteau, Secaucus	26.7
2016---	Maxine Walsh, Leonia	27.79
2017---	Samantha Cummings, Queen of Peace	26.82
2018---	Julietta Thron, Dwight-Englewood	26.95
2019---	Rebecca Kneppel, Butler	25.83
2021---	Kylie Castillo, Ridgefield	27.76
2022---	Kylie Castillo, Ridgefield	26.48
2023---	Julia Tozduman, Lyndhurst	27.79
2024---	Jaidyn Reiser, Weehawken	26.99

400 METER DASH

2013---	Carleisha Forteau, Secaucus	1:01.1
2014---	Maxine Walsh, Leonia	1:03.1
2015---	Carleisha Forteau, Secaucus	59.7
2016---	Jessica Verp, Dwight-Englewood	1:03.25
2017---	Susane Morozewicz, Lyndhurst	1:03.61
2018---	Caroline Lee, Dwight-Englewood	1:03.05
2019---	Rebecca Kneppel, Butler	1:00.89
2021---	Kylie Castillo, Ridgefield	59.78
2022---	Kylie Castillo, Ridgefield	61.85
2023---	Poppie Bimson, Rutherford	62.13
2024---	Nina Lantz, Weehawken	61.49

800 METER RUN

2013---	Hanna Jerome, Dwight-Englewood	2:33.1
2014---	Hanna Jerome, Dwight-Englewood	2:34.3
2015---	Jessica Verp, Dwight-Englewood	2:31.2
2016---	Amanda Fulcher, Lyndhurst	2:32.17
2017---	Giulia Pezzolla, Lyndhurst	2:26.72
2018---	Giulia Pezzolla, Lyndhurst	2:31.27
2019---	Giulia Pezzolla, Lyndhurst	2:33.43

2021---	Emma Petrolia, New Milford	2:32.58
2022---	Emma Petrolia, New Milford	2:29.14
2023---	Astrid Taffarello, Weehawken	2:30.63
2024---	Mika Tampadong, Becton	2:22.98

1600 METER RUN

2013---	Jenn Teets, New Milford	5:45.1
2014---	Hanna Jerome, Dwight-Englewood	5:42.9
2015---	Tara Setnick, Dwight-Englewood	5:37.4
2016---	Kelsie Kearns, Lyndhurst	5:30.31
2017---	Giulia Pezzolla, Lyndhurst	5:28.98
2018---	Giulia Pezzolla, Lyndhurst	5:41.10
2019---	Giulia Pezzolla, Lyndhurst	5:40.79
2021---	Lucia Kutner, Leonia	5:30.67
2022---	Kayla Carrino, Lyndhurst	5:30.19
2023---	Astrid Taffarello, Weehawken	5:22.53
2024---	Mika Tampadong, Becton	5:28.78

3200 METER RUN

2013---	Jenn Teets, New Milford	12:42.9
2014---	Hanna Jerome, Dwight-Englewood	12:33.5
2015---	Kelsie Kearns, Lyndhurst	12:31.1
2016---	Roshni Patel, Secaucus	11:26.16 (lap short)
2017---	Haley McAveney, New Milford	12:29.64
2018---	Kelly Weckstein, Lyndhurst	12:31.78
2019---	Mary Griffin, Ridgefield	12:30.83
2021---	Lucia Kutner, Leonia	12:23.68
2022---	Kayla Carrino, Lyndhurst	12:19.70
2023---	Kayla Carrino, Lyndhurst	12:01.06
2024---	Mika Tampadong, Becton	12:24.44

100 METER HURDLES

2013---	Natalie Negroni, Queen of Peace	16.4
2014---	Natalie Negroni, Queen of Peace	15.9
2015---	Natalie Negroni, Queen of Peace	16.8
2016---	Claudia DiMondo, Secaucus	17.15
2017---	Franceska Gustave, Leonia	17.07
2018---	Maggie Fodera, Lyndhurst	17.82
2019---	Maggie Fodera, Lyndhurst	16.04
2021---	Maggie Fodera, Lyndhurst	16.08 (15.97 in prelims)
2022---	Nicole Parise, Secaucus	16.73
2023---	Michelle Bysina, Lyndhurst	18.19
2024---	Rola Mustafa, Lyndhurst	16.42

400 METER HURDLES

2013---	Natalie Negroni, Queen of Peace	1:07.4
2014---	Natalie Negroni, Queen of Peace	1:10.9
2015---	Jessica Failace, Lyndhurst	1:04.7
2016---	Amanda Fulcher, Lyndhurst	1:11.71
2017---	Amanda Fulcher, Lyndhurst	1:12.75
2018---	Helen Grewe, Secaucus	1:11.38
2019---	Maggie Fodera, Lyndhurst	1:12.08

2021---	Emma Petrolia, New Milford	1:09.19
2022---	Emma Petrolia, New Milford	1:08.46
2023---	Katherine Nguyen, Secaucus	1:11.41
2024---	Katherine Nguyen, Secaucus	1:09.43

SHOT PUT

2013---	Camila Alonso, Lyndhurst	33-5 ¼
2014---	Ruka Olunade, Lyndhurst	30-9 ¼
2015---	Ruka Olunade, Lyndhurst	34-3 ½
2016---	Vianca Soriano, New Milford	31-3
2017---	Kira Adams, Lyndhurst	32-9 ¾
2018---	Arianna Lombardi, Lyndhurst	33-11 ¾
2019---	Arianna Lombardi, Lyndhurst	36-6 ½
2021---	Alyssa Craigwell, Secaucus	31-7 ½
2022---	Alyssa Craigwell, Secaucus	32-2 ¼
2023---	Alyssa Craigwell, Secaucus	34-7
2024---	Alyssa Craigwell, Secaucus	36-3 ¾

DISCUS

2013---	Camila Alonso, Lyndhurst	110-2
2014---	Summer Kocerha, Secaucus	87-10
2015---	Alexis Anderson, Secaucus	95-11
2016---	Cameron Halpern, Lyndhurst	93-4
2017---	Caitlyn Blake, Lyndhurst	100-9
2018---	Arianna Lombardi, Lyndhurst	96-0
2019---	Manal Hajjam, Leonia	92-9
2021---	Alyssa Craigwell, Secaucus	95-4
2022---	Livia Ilasz, Dwight-Englewood	97-3
2023---	Alyssa Craigwell, Secaucus	98-11
2024---	Alyssa Craigwell, Secaucus	108-7

JAVELIN

2013---	Camila Alonso, Lyndhurst	124-1
2014---	Caitlyn Blake, Lyndhurst	98-1
2015---	Caitlyn Blake, Lyndhurst	102-10
2016---	Esmeralda Reyes, New Milford	112-8
2017---	Caitlyn Blake, Lyndhurst	117-4
2018---	Arianna Lombardi, Lyndhurst	90-1
2019---	Arianna Lombardi, Lyndhurst	98-0
2021---	Valerie Hartman, New Milford	80-7
2022---	Alyssa Craigwell, Secaucus	101-7
2023---	Yasemin Ugurlu, Lyndhurst	103-2
2024---	Alyssa Craigwell, Secaucus	105-1

HIGH JUMP

2013---	Jubeth Buitrago, Secaucus	4-10
2014---	Amanda Nowak, Lyndhurst	4-10
2015---	Natalie Negroni, Queen of Peace	4-8
2016---	Gabrielle Carrion, Lyndhurst	4-8
2017---	Samantha Cummings, Queen of Peace	4-8
2018---	Maggie Fodera, Lyndhurst	4-6
2019---	Maggie Fodera, Lyndhurst	4-10

2021---	Maggie Fodera, Lyndhurst	5-0
2022---	Michelle Bysina, Lyndhurst	4-6
2023---	Anna Pamula, Becton	4-8
2024---	Rola Mustafa, Lyndhurst	5-2

LONG JUMP

2013---	Amanda Nowak, Lyndhurst	15-6
2014---	Amanda Nowak, Lyndhurst	15-9
2015---	Alyssa Jasuale, New Milford	16-9
2016---	Victoria Kong, Dwight-Englewood	15-6 $\frac{3}{4}$
2017---	Alyssa Robalino, Lyndhurst	15-5
2018---	Joelle Montillo, Lyndhurst	15-2
2019---	Rebecca Kneppel, Butler	16-0
2021---	Julia Tozduman, Lyndhurst	15-11
2022---	Julia Tozduman, Lyndhurst	16-4
2023---	Julia Tozduman, Lyndhurst	17-6 $\frac{1}{2}$
2024---	Julia Tozduman, Lyndhurst	17-8

TRIPLE JUMP

2013---	Jenean Igmatt, New Milford	31-9
2014---	Jessica Failace, Lyndhurst	30-9
2015---	Jessica Failace, Lyndhurst	34-3
2016---	Victoria Kong, Dwight-Englewood	34-5
2017---	Victoria Kong, Dwight-Englewood	34-7 $\frac{1}{2}$
2018---	Alyssa Robalino, Lyndhurst	33-9 $\frac{1}{2}$
2019---	Gia Estrella, Lyndhurst	33-2
2021---	Emma Petrolia, New Milford	33-1
2022---	Emma Petrolia, New Milford	33-11
2023---	Julia Tozduman, Lyndhurst	34-8
2024---	Julia Tozduman, Lyndhurst	36-10

POLE VAULT

2013---	Catherine Rozalski, Queen of Peace	10-6
2014---	Catherine Rozalski, Queen of Peace	11-7
2015---	Catherine Rozalski, Queen of Peace	10-0
2016---	Caitlin Walsh, New Milford	7-6
2017---	Caitlin Walsh, New Milford	8-0
2018---	Isabella Castagnetti, Lyndhurst	8-0
2019---	Isabella Castagnetti, Lyndhurst	8-6
2021---	Rachel Meyers, New Milford	6-0
2022---	Michelle Bysina, Lyndhurst	7-6
2023---	Anna Pamula, Becton	7-6
2024---	Amelia Carrasco, Becton	7-6

1600 METER RELAY

2013---	Secaucus	4:13.9
2014---	Lyndhurst	4:27.4
2015---	Lyndhurst	4:21.5
2016---	Dwight-Englewood	4:24.19
2017---	Leonia	4:20.41
2018---	Dwight-Englewood	4:27.05
2019---	Secaucus	4:30.28

2021---Secaucus	4:28.38
2022---Secaucus	4:24.66
2023---Rutherford	4:29.58
2024---Rutherford	4:24.57