

# 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

#### 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

#### 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

#### 400 METER DASH

2011---Leonte Carroo, Don Bosco	48.64
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

#### 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

#### 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

#### 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

### **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

### **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 Deloughery, Bergen Catholic	58.41

### **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

### **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

### **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

### **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

### **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

### **TRIPLE JUMP**

2011---Greg Hazell, Don Bosco 45-2  
2012---Joe Moran, Don Bosco 42-5 ½  
2013---Kyle Quiero, Bergen Catholic 42-1  
2014---Phil Ozuah, Don Bosco 41-1 ½  
2015---Hugh Spence,. Paramus Catholic 38-8 ¼

### **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

### **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

## **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

### **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

### **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

### **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

**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

**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

**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

**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

**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

**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

**DISCUS**

2011---	Stephen Mozia, Hackensack	187-11
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

**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

### **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

### **LONG JUMP**

2011---	John Robertson, Paramus	21-5
2012---	Evan Bartlik, Ridgewood	22-10
2013---	James Ortiz, Ramapo	21-3 ¼
2014---	Francis Richard, Northern Highlands	21-2
2015---	Francis Richard, Northern Highlands	21-4 ¾

### **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

### **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

### **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

## **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 ½, Demarest 163, Teaneck 56
2015---	Old Tappan 192, Demarest 103, Teaneck 74

### **100 METER DASH**

2011---	Devin Fuller, Old Tappan	11.46
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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

#### **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

#### **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

#### **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

#### **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

#### **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

#### **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

#### **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

### **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

### **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

### **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

### **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, Tenafly	5-10

### **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

### **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, Tenafly	41-0 ¼

### **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

**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

**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

**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
2014---Qwashon Powell, Kennedy	10.91

**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

**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

**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

**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



**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

**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

**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

**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

**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

**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

**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

**LONG JUMP**

2011---	Shareick Linder, Eastside	21-0 ¾
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2012---Quatier Jackson, Eastside	20-3 ¼
2013---Quatier Jackson, Eastside	22-0 ½
2014---Travelle Curry, Passaic Tech	20-11 ½
2015---Jacir Mack, Kennedy	22-3 ½

### **TRIPLE JUMP**

2011---Rahmir McCray, Passaic Tech	44-1 ¾
2012---Rahmir McCray, Passaic Tech	43-7 ¼
2013---Travelle Curry, Passaic Tech	42-7 ¼
2014---Travelle Curry, Passaic Tech	43-0 ¼

### **POLE VAULT**

2011---Tamar Godwin, Kennedy	11-0
2012---Jose Gonzalez, Passaic Tech	11-6
2013---Travelle Curry, Passaic Tech	12-0
2014---Travelle Curry, Passaic Tech	12-6
2015---Jacir Mack, Kennedy	45-0 ¼

### **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

## **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

### **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
2014---Tabansi Collins, Wayne Valley	11.10

### **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

### **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

### **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

### **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

### **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

### **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

### **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

### **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---	Jacob Pluta, Wayne Valley	44-11

### **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

**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

**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

**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

**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

**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

**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

**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

**100 METER DASH**

2011---	Hayden Lyons, Tenafly	11.33
2012---	Hayden Lyons, Tenafly	11.21
2013---	Ryan Oellerman, River Dell	11.3h
2014---	Conor Davidson, River Dell	10.89
2015---	Dejour Hanniford, Westwood	11.48

**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

**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

**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

**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

**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

**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

**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

#### **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 $\frac{1}{4}$

#### **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

#### **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

#### **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

#### **LONG JUMP**

2011---	Kris Yoo, Pascack Valley	20-9 $\frac{1}{2}$
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 $\frac{1}{4}$

#### **TRIPLE JUMP**

2011---	Kris Yoo, Pascack Valley	42-11
2012---	Rob Pepper, Ramsey	43-7 $\frac{1}{2}$
2013---	George Trival, Ramsey	43-10
2014---	Mike Pepper, Ramsey	44-8 $\frac{1}{4}$
2015---	Jairus Paul, Mahwah	46-7 $\frac{1}{4}$

#### **POLE VAULT**

2011---	Brad Hoey, River Dell	14-4
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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

### **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

## **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

### **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

### **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

### **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

### **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

### **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

### **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

### **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

### **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

### **SHOT PUT**

2011---	James Kostka, Dumont	45-10
2012---	Eric DelVescovo, Ridgefield Park	47-11 ¼
2013---	Eric DelVescovo, Ridgefield Park	52-0 ¼
2014---	Will Mailley, Cliffside Park	43-9 ¼
2015---	Freddy Garcia, Ridgefield Park	42-4 ¼

### **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

### **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

### **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

### **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  $\frac{1}{4}$

### **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

### **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

### **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

## **GIRLS**

### **UNITED DIVISION**

#### **TEAM SCORING**

2011---Holy Angels 108, IHA 83, Paramus Catholic 43  
2012---Holy Angels 95  $\frac{1}{2}$ , IHA 73, Paramus Catholic 60  $\frac{1}{2}$   
2013---Holy Angels 101, IHA 74, Paramus Catholic 44  
2014---Holy Angels 101, Paramus Catholic 82, IHA 46  
2015---Holy Angels 91  $\frac{5}{6}$ , IHA 67  $\frac{5}{6}$ , Paramus Catholic 61  $\frac{1}{3}$

#### **100 METER DASH**

2011---Angela Harrison, Paramus Catholic 12.76  
2012---Jordyn Smith, Paramus Catholic 12.64  
2013---Tatiana Sanders, Paramus Catholic 12.5h  
2014---Tatiana Sanders, Paramus Catholic 12.65  
2015---Maria Acosta, Paramus Catholic 12.58

#### **200 METER DASH**

2011---Jordyn Smith, Paramus Catholic 26.35  
2012---Tatiana Sanders, Paramus Catholic 26.52  
2013---Tatiana Sanders, Paramus Catholic 25.87

2014---	Tatiana Sanders, Paramus Catholic	26.16
2015---	Christian Rasnake, IHA	26.95

#### **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

#### **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

#### **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

#### **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---	Matt Watters, Holy Angels	11:11.03

#### **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

#### **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

#### **SHOT PUT**

2011---	Theresa Picciallo, IHA	45-5 ¼
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

**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

**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

**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

**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

**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

**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	6-6

**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

## **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

### **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

### **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

### **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

### **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

### **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

### **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

**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 (ran 15.01 in trials)

**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

**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

**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

**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

**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

**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

**TRIPLE JUMP**

2011---	Ana Atkinson, Teaneck	33-10 ½
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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

#### **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

#### **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

### **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, Tenafly 105, Old Tappan 93.33
2014---	Demarest 132 ½, Teaneck 112, Old Tappan 106
2015---	Demarest 178, Old Tappan 106 ½, Teaneck 90

#### **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

#### **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, Tenafly	26.65

#### **400 METER DASH**

2011---	Deanna DiLandro, Ramapo	1:01.43
2012---	Emma Sullivan, Northern Highlands	59.19
2013---	Phoebe Hersh, Tenafly	1:00.54
2014---	Aminah Sarraga, Teaneck	58.02
2015---	Aminah Sarraga, Teaneck	59.45

#### **800 METER RUN**

2011---	Deanna DiLandro, Ramapo	2:21.23
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2012---	Madison Holleran, Northern Highlands	2:18.59
2013---	Josette Norris, Tenafly	2:15.24
2014—	Christina Welzer, Demarest	2:22.26
2015—	Christina Welzer, Demarest	2:22.01

#### **1600 METER RUN**

2011---	Lisa Zimmer, Ramapo	5:19.99
2012---	Lisa Zimmer, Ramapo	5:01.20
2013---	Josette Norris, Tenafly	5:24.56
2014---	Josette Norris, Tenafly	5:18.47
2015---	Chelsea Lee, Pascack Valley	5:15.55

#### **3200 METER RUN**

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

#### **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)

#### **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

#### **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

#### **DISCUS**

2011---	Tina Menezes, Demarest	112-1
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

#### **JAVELIN**

2011---	Danielle Bach, Northern Highlands	114-6
2012---	Danielle Bach, Northern Highlands	110-8
2013---	Alana Bassen, Tenafly	99-7

2014---	Jesse Geller, Demarest	107-8
2015---	Jesse Geller, Demarest	124-0

### 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 Parcels, 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

### 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

### 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

### 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

## 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

### 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

**200 METER DASH**

2011---Chamekea Davis, Eastside 26.00  
2012---Monika Miazga, Clifton 25.83  
2013---Alexes Washington, Passaic Tech 26.26  
2014---Breisha Morton, Passaic Tech 26.36  
2015---Aaniyah Robinson, Passaic Tech 26.98

**400 METER DASH**

2011---Breisha 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

**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

**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

**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

**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---Eboney Jackson, Kennedy 15.20

**400 METER HURDLES**

2011---Breisha Morton, Passaic Tech 1:08.44  
2012---Shianne Nevers, Clifton 1:08.93  
2013---Breisha Morton, Passaic Tech 1:05.01  
2014---Breisha Morton, Passaic Tech 1:04.92  
2015---Eboney Jackson, Kennedy 1:08.38

**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

**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

**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

**HIGH JUMP**

2011---	Kriss Xambrano, Clifton	4-8
2012---	Alexes Washington, Passaic Tech	4-10
2013---	Breaisha Morton, Passaic Tech	5-4
2014---	Breaisha Morton, Passaic Tech	5-2
2015---	Alexes Washington, Passaic Tech	4-8

**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

**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

**POLE VAULT**

2011---	Karina Carmichael, Clifton	9-0
2012---	Nicole Buttell, Clifton	8-6
2013---	Nicole Buttell, Clifton	9-6
2014---	Cassidy Cardone, Clifton	8-6
2015---	Alison Proszowski, Clifton	9-0

**1600 METER RELAY**

2011---	Passaic Tech	4:27.70
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2012---Clifton	4:11.93
2013---Passaic Tech	4:14.31
2014---Passaic Tech	4:20.03
2015---Passaic Tech	4:15.83

## **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

### **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

### **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

### **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

### **800 METER RUN**

2011---Kaylan Bruzzone, Lakeland	2:33.45
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

### **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

### **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

#### **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

#### **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

#### **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

#### **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

#### **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

#### **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

#### **LONG JUMP**

2011---	Gabriella Crocco, Passaic Valley	16-0 ¼
2012---	Kristina Langan, Wayne Hills	15-8 ½
2013---	Sarah Bright, Lakeland	16-0 ¾
2014---	Sarah Bright, Lakeland	15-8 ¼

2015---Mya Drayton, Fair Lawn 16-6

### **TRIPLE JUMP**

2011---Mackenzie Bradley, Lakeland 34-5  
2012---Kristina Langan, Wayne Hills 34-6 ¼  
2013---Jessica Cusick, Wayne Valley 34-1  
2014---Julie Goldberg, Passaic Valley 31-10 ¼  
2015---Jabria Pittman, Fair Lawn 34-11 ¼

### **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

### **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

## **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

### **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

### **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

### **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

### **800 METER RUN**

2011---Josette Norris, Tenafly 2:19.08  
2012---Phoebe Hersh, Tenafly 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

### **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

### **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

### **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

### **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

### **SHOT PUT**

2011---Jill Hudson, River Dell 35-0  $\frac{3}{4}$   
2012---Laura Oh, River Dell 34-2  $\frac{1}{4}$   
2013---Laura Oh, River Dell 37-9  $\frac{1}{4}$   
2014---Jessica Molina, Westwood 41-0  $\frac{1}{4}$   
2015---Jessica Molina, Westwood 46-0

### **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

**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

**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

**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

**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

**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

**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

**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 $\frac{1}{3}$

**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

#### **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

#### **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

#### **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

#### **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

#### **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

#### **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

#### **400 METER HURDLES**

2011---	Alexandra Cimino, Westwood	1:04.34
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

### **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 $\frac{1}{2}$

### **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

### **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

### **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

### **LONG JUMP**

2011---	Stephanie Encarnacion, Ridgefield Park	17-2
2012---	Fatima Hanne, Ridgefield Park	15-9 $\frac{1}{4}$
2013---	Kassandra Reagan, Dumont	16-0 $\frac{1}{2}$
2014---	Latoya Drakeford, Englewood	16-3
2015---	Latoya Drakeford, Englewood	15-8

### **TRIPLE JUMP**

2011---	Stephanie Encarnacion, Ridgefield Park	34-4
2012---	Kerianne Conner, Dumont	34-10
2013---	Fatima Hanne, Ridgefield Park	34-0 $\frac{1}{2}$
2014---	Madison Owens, Ridgefield Park	34-10 $\frac{1}{2}$
2015---	Latoya Drakeford, Englewood	34-2 $\frac{1}{2}$

### **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

#### **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

## **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
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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

**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

### **100 METER DASH**

2013---Nick Oravetz, Waldwick 11.2  
2014---Louis O'Keefe, Emerson 11.2  
2015---Tyree Lee, Midland Park 11.6

### **200 METER DASH**

2013---Nick Oravetz, Waldwick 22.9  
2014---Michael Raia, Park Ridge 22.5  
2015---Daniel Sherlock, Park Ridge 23.4

### **400 METER DASH**

2013---Nick Oravetz, Waldwick 51.5  
2014---Louis O'Keefe, Emerson 52.1  
2015---Carl Desrosiers, Palisades Park 51.6

### **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

### **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

### **3200 METER RUN**

2013---Stefan Morton, Emerson 10:19.8  
2014---Quinn Geraghty, Bogota 10:17.2  
2015---Quinn Geraghty, Bogota 10:14.7

### **110 METER HURDLES**

2013---Eric Park, Cresskill 16.9  
2014---Zach Garcia, Cresskill 16.3  
2015---Matt Ganguzza, Midland Park 15.9

### **400 METER HURDLES**

2013---Juan Castro, Bogota 1:00.2  
2014---Shafic Itani, Emerson 59.9  
2015---Shafic Itani, Emerson 58.1

### **SHOT PUT**

2013---Joe Hernandez, Cresskill 50-5 ½  
2014---Sebastien Castano, Cresskill 49-1  
2015---Sebastien Castano, Cresskill 47-11 ¼

**DISCUS**

2013---	Arie Zuidema, Midland Park	152-1
2014---	Seth Zuidema, Midland Park	142-2
2015---	Sebastien Castano, Cresskill	141-10

**JAVELIN**

2013---	Seth Zuidema, Midland Park	179-7
2014---	Seth Zuidema, Midland Park	194-5
2015---	AJ Gentile, Cresskill	152-4

**HIGH JUMP**

2013---	Johnathan Profitt, Bogota	6-0
2014---	Johnathan Profitt, Bogota	6-0
2015---	Kenneth Ofori Benne, Palisades Park	5-8

**LONG JUMP**

2013---	Peter Chamalian, Cresskill	21-3 ¼
2014---	Juan Castro, Bogota	21-11
2015---	Tyree Lee, Midland Park	20-1 ¼

**TRIPLE JUMP**

2013---	Peter Chamalian, Cresskill	46-3
2014---	Johnathan Profitt, Bogota	45-4 ½
2015---	Alex Sheriff, Waldwick	41-4 ¼

**POLE VAULT**

2013---	Dallas Uychich, Park Ridge	11-6
2014---	Enea Peci, Emerson	12-0
2015---	Enea Peci, Emerson	12-6

**1600 METER RELAY**

2013---	Park Ridge	3:38.4
2014---	Park Ridge	3:35.2
2015---	Park Ridge	3:39.6

**MEADOWLANDS DIVISION****A****TEAM SCORING**

2011---	Lyndhurst 273, Ridgefield 106 ½, 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
<b>800 METER RUN</b>		
2011---	Patrick Rono, Lyndhurst	2:02.1
2012---	Joey Weikl, Ridgefield	2:03.9
<b>1600 METER RUN</b>		
2011---	Patrick Rono, Lyndhurst	4:38.5
2012---	Daniel Gaspar, Lyndhurst	4:41.7
<b>3200 METER RUN</b>		
2011---	Patrick Rono, Lyndhurst	9:59.7
2012---	Daniel Gaspar, Lyndhurst	10:16.9
<b>110 METER HURDLES</b>		
2011---	Ali Kone, Lyndhurst	16.8
2012---	Ali Kone, Lyndhurst	15.4
<b>400 METER HURDLES</b>		
2011---	Tyler Mealy, Becton	58.7
2012---	Cap Ki Kim, Lyndhurst	59.4
<b>SHOT PUT</b>		
2011---	Vincent Acosta, Lyndhurst	47-3 ½
2012---	Dominic Rega, Lyndhurst	45-9 ¾
<b>DISCUS</b>		
2011---	Vincent Acosta, Lyndhurst	130-9
2012---	Jordan Henriques, North Arlington	116-10
<b>JAVELIN</b>		
2011---	Kyle Jankowski, Lyndhurst	181-9
2012---	Jon Gonzalez, North Arlington	147-1
<b>HIGH JUMP</b>		
2011---	Cap Ki Kim, Lyndhurst	5-8
2012---	Cap Ki Kim, Lyndhurst	5-8
<b>LONG JUMP</b>		
2011---	Kendall Romaine, Ridgefield	21-4 ¼
2012---	Eric Angus, Lyndhurst	19-7
<b>TRIPLE JUMP</b>		
2011---	Ardian Djeka, Ridgefield	42-0
2012---	Tyler Krychkowski, North Arlington	42-9 ½
<b>POLE VAULT</b>		
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
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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  $\frac{3}{4}$

2012---Roland Gamez, Hasbrouck Heights 21-8  $\frac{1}{2}$

### **TRIPLE JUMP**

2011---Roland Gamez, Hasbrouck Heights 44-9  $\frac{1}{2}$

2012---Roland Gamez, Hasbrouck Heights 44-7  $\frac{1}{2}$

### **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  $\frac{1}{2}$ , North Arlington 110  $\frac{1}{2}$ , Wood-Ridge 48

2015---Hasbrouck Heights 251  $\frac{1}{2}$ , Saddle Brook 136, Wallington 44

### **100 METER DASH**

2013---Ken Partyka, Hasbrouck Heights 11.1

2014---Brian Moran, Hasbrouck Heights 10.9

2015---Clarence Reyes, Hasbrouck Heights 11.9

### **200 METER DASH**

2013---Ken Partyka, Hasbrouck Heights 23.2

2014---Brian Moran, Hasbrouck Heights 22.9

2015---Dillon Fisher, Hasbrouck Heights 23.4

### **400 METER DASH**

2013---Gokalp Yerdelen, Hasbrouck Heights 52.9

2014---Josh Paulino, Hasbrouck Heights 52.8

2015---Raj Gulati, Saddle Brook 52.1

### **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

### **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

### **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

### **110 METER HURDLES**

2013---Roland Gamez, Hasbrouck Heights 14.7

2014---Marquise Perez, Hasbrouck Heights 15.7

2015---Clarence Reyes, Hasbrouck Heights 15.1

### **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

### **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

### **DISCUS**

2013---Anthony Seidel, Hasbrouck Heights 155-0

2014---Gerard Londino, Wood-Ridge 124-4

2015---Gio Gutierrez, Saddle Brook 151-11

### **JAVELIN**

2013---Anthony Seidel, Hasbrouck Heights 185-1

2014---Michael Brazzel, North Arlington 180-5

2015---Mauro Altamura, Hasbrouck Heights 155-3

### **HIGH JUMP**

2013---Roland Gamez, Hasbrouck Heights 6-5

2014---Robert Spangler, Hasbrouck Heights 5-6

2015---Leeroy Casimir, Hasbrouck Heights 5-10

### **LONG JUMP**

2013---Roland Gamez, Hasbrouck Heights 21-5

2014---Michael Brazzel, North Arlington 20-10 ½

2015---Kacper Wrobel, Saddle Brook 19-5

### **TRIPLE JUMP**

2013---Roland Gamez, Hasbrouck Heights 44-10

2014---Joshua Harris, Wallington 41-8

2015---Dominik Pergel, Wallington 41-1 ½

### **POLE VAULT**

2013---Travis Fisher, North Arlington 11-0

2014---Travis Fisher, North Arlington 12-6

2015---Travis Fisher, North Arlington 13-6

**1600 METER RELAY**

2013---Hasbrouck Heights	3:39.2
2014---Hasbrouck Heights	3:39.9
2015---Hasbrouck Heights	3:33.9

**COLONIAL DIVISION****A****TEAM SCORING**

2011---Pascack Hills 178, Garfield 122, Lodi 118
2012---Pascack Hills 163 ½, Lodi 126 ½, 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
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 ¼
2012---Everton Johnson, Rutherford	45-3 ¼

**DISCUS**

2011---Tyler Demmerle, Pascack Hills	130-10
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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 $\frac{1}{2}$
2012---	Dwayne Miele, Hawthorne	19-10 $\frac{1}{2}$

**TRIPLE JUMP**

2011---	Rob Graham, Elmwood Park	43-2 $\frac{3}{4}$
2012---	Alex Brezo, Pompton Lakes	41-5 $\frac{1}{4}$

**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 $\frac{1}{2}$

**100 METER DASH**

2013---	Wallace Payne, Lodi	11.2
2014---	Devante Foxworth, Lodi	11.3
2015---	Sean McNerney, Glen Rock	11.8

#### **200 METER DASH**

2013---	Emmanuel Appiah, Lodi	23.3
2014---	Sean McNerney, Glen Rock	23.7
2015---	Ali Awari, Hawthorne	23.1

#### **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

#### **800 METER RUN**

2013---	Jimmy Arnold, Rutherford	2:05.4
2014---	Sean Sullivan, Rutherford	2:07.4
2015---	Sean Sullivan, Rutherford	2:03.2

#### **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

#### **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

#### **110 METER HURDLES**

2013---	Fernando Almonte, Lodi	15.3
2014---	Dan Dooner, Glen Rock	16.4
2015---	David Acevedo, Lodi	16.3

#### **400 METER HURDLES**

2013---	Dan Dooner, Glen Rock	57.2
2014---	Dan Dooner, Glen Rock	58.2
2015---	David Acevedo, Lodi	58.7

#### **SHOT PUT**

2013---	Mike Duncan, Pompton Lakes	49-2 ¼
2014---	Bryan Roth, Lodi	52-10 ½
2015---	Bryan Roth, Lodi	50-7

#### **DISCUS**

2013---	Pietro Biancamano, Rutherford	135-5
2014---	Zariq Hewitt, Pompton Lakes	149-5
2015---	Trent Braen, Eastern Christian	145-1

#### **JAVELIN**

2013---	Erick McNamara, Pompton Lakes	150-11
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2014—Erick McNamara, Pompton Lakes	151-6
2015---Tyler Montayne, Garfield	139-7

### **HIGH JUMP**

2013---Cleveland McDaniel, Eastern Christian	6-2
2014---Keyshawn Fowler, Lodi	6-0
2015---Steven Nolasco, 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 $\frac{1}{4}$

### **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 $\frac{1}{2}$

### **POLE VAULT**

2013---Andrew Fiedler, Eastern Christian	11-6
2014---Andrew Accardi, Pompton Lakes	12-6
2015---Andrew Accardi, Pompton Lakes	13-7

### **1600 METER RELAY**

2013---Glen Rock	3:33.2
2014---Glen Rock	3:41.9
2015---Glen Rock	3:39.7

## **LIBERTY DIVISION**

### **TEAM SCORING**

2013---Lyndhurst 160, New Milford 97 $\frac{1}{2}$ , Secaucus 73
2014---Lyndhurst 154, New Milford 134, Dwight-Englewood 58
2015---Lyndhurst 177, New Milford 96, Leonia 68

### **100 METER DASH**

2013---James Wenger, Lyndhurst	11.2
2014---Chris Mercado, Ridgefield	11.5
2015---Peter Guerriero, Lyndhurst	11.2

### **200 METER DASH**

2013---Keeneth Ross, Secaucus	23.0
2014---Kevin Momnohin, Queen of Peace	23.1
2015---Peter Guerriero, Lyndhurst	22.9

### **400 METER DASH**

2013---Jason Dargan, Dwight-Englewood	51.3
2014---Anthony Giaquinto, Lyndhurst	52.4
2015---Kane McDermott, Lyndhurst	52.4

### **800 METER RUN**

2013---Ryan Semsel, Dwight-Englewood	2:05.3
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2014---Kevin Teets, New Milford	2:05.7
2015---Ryan Semsel, Dwight-Englewood	2:03.6

#### **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

#### **3200 METER RUN**

2013---Marc Rosenberg, Dwight-Englewood	10:33.6
2014---David Lysenko, Dwight-Englewood	10:29.8
2015---Hussein Elmeshad, Leonia	10:24.3

#### **110 METER HURDLES**

2013---Jose Vargas, Leonia	15.9
2014---Kyle Krzastek, Lyndhurst	16.4
2015---Quintin St. Helaire, Lyndhurst	16.0

#### **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

#### **SHOT PUT**

2013---Garrett Pynn, Leonia	50-8 ½
2014---Jonathan Mercado, Lyndhurst	47-7
2015---Christopher Bekker, Lyndhurst	41-11 ¼

#### **DISCUS**

2013---Jonathan Mercado, Lyndhurst	117-8
2014---Jonathan Mercado, Lyndhurst	123-0
2015---Christopher Bekker, Lyndhurst	108-1

#### **JAVELIN**

2013---Charles Simons, Leonia	146-1
2014---Ryan Rand, Secaucus	148-8
2015---Austin Suarez, New Milford	145-2

#### **HIGH JUMP**

2013---James Wenger, Lyndhurst	5-10
2014---Bryant Yoshida, New Milford	5-10
2015---Quintin St. Helaire, Lyndhurst	6-0

#### **LONG JUMP**

2013---Dante Tobler, New Milford	19-9 ¼
2014---Jake Estevez, Lyndhurst	20-8 ¼
2015---Aleem James, Dwight-Englewood	20-2

#### **TRIPLE JUMP**

2013---Dante Tobler, New Milford	43-3
2014---Tony Vargas, Leonia	42-9 ¼



2015---Chaheen Payne, New Milford 41-9 ½

#### **POLE VAULT**

2013---Nathan Duquilla, Lyndhurst 11-6  
2014---Jose Polanco, Lyndhurst 12-0  
2015---Devin Yunis, Lyndhurst 10-0

#### **1600 METER RELAY**

2013---Secaucus 3:40.8  
2014---Lyndhurst 3:40.0  
2015---Leonia 3:36.5

### **GIRLS**

#### **PATRIOT DIVISION**

##### **A**

#### **TEAM SCORING**

2011---Cresskill 181, New Milford 152, Waldwick 89  
2012---Cresskill 193 ½, 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 ¾  
2012---Kim Raberio, Midland Park 16-2

**TRIPLE JUMP**

2011---Kim Raberio, Midland Park 33-6 ¾  
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 ½, Waldwick 73, Emerson 72 ½  
2014---Cresskill 218 ½, Midland Park 71, Palisades Park 68  
2015---Cresskill 203, Palisades Park 56 ½, Waldwick 50

### 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

### 200 METER DASH

2013---Lisa Carle, Midland Park 26.8  
2014---Samantha Arrigale, Cresskill 27.5  
2015---Anna Maria Scarpis, Bogota 27.1

### 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

### 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

### 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

### 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

### 100 METER HURDLES

2013---Lisa Carle, Midland Park 16.7  
2014---Kristen Frawley, Hawthorne Christian 16.1  
2015---Jordan Zaikov, Cresskill 16.0

### 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

### SHOT PUT

2013---Cheyenne Bellerand, Emerson 38-4 ¼  
2014---Cheyenne Bellerand, Emerson 42-1 ¼  
2015---Amelia Apgar, Waldwick 32-10 ¾

**DISCUS**

2013---	Tania Pabon, Cresskill	121-3
2014---	Cheyenne Bellerand, Emerson	113-0
2015---	Alexandra Baels, Hawthorne Christian	100-8

**JAVELIN**

2013---	Cheyenne Bellerand, Emerson	105-3
2014---	Erin McHugh, Waldwick	116-2
2015---	Erin McHugh, Waldwick	121-7

**HIGH JUMP**

2013---	Lisa Carle, Midland Park	5-0
2014---	Jelmi Chamalian, Cresskill	5-0
2015---	Michael Cohen, Cresskill	5-0

**LONG JUMP**

2013---	Patty McHugh, Waldwick	16-3 ¼
2014---	Maryam Hassan, Cresskill	16-10
2015---	Maryam Hassan, Cresskill	17-7

**TRIPLE JUMP**

2013---	Patty McHugh, Waldwick	33-10 ½
2014---	Maryam Hassan, Cresskill	36-11 ½
2015---	Maryam Hassan, Cresskill	38-5

**POLE VAULT**

2013---	Nicole Piccinich, Emerson	10-0
2014---	Nina Lucibello, Cresskill	9-0
2015---	Nina Lucibello, Cresskill	8-0

**1600 METER RELAY**

2013---	Park Ridge	4:20.7
2014---	Cresskill	4:22.3
2015---	Cresskill	4:20.3

**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
2012---	Kathleen Mercado, Secaucus	12.8

**200 METER DASH**

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

**400 METER DASH**

2011---Marie Emberger, Secaucus 1:05.8  
2012---Jessica Failace, Lyndhurst 2:41.6

**800 METER RUN**

2011---Victoria Weiss, Ridgefield 2:35.1  
2012---Jessica Failace, Lyndhurst 1:02.4

**1600 METER RUN**

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

**3200 METER RUN**

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

**100 METER HURDLES**

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

**400 METER HURDLES**

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

**SHOT PUT**

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

**DISCUS**

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

**JAVELIN**

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

**HIGH JUMP**

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

**LONG JUMP**

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

**TRIPLE JUMP**

2011---Zanetta Balbuza, Becton 34-3  
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	1:17.0

**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

### **100 METER DASH**

2013---	Stacey Porzl, Hasbrouck Heights	13.0
2014---	Tajia Lagomarsino, Saddle Brook	12.4
2015---	Tajia Lagomarsino, Saddle Brook	13.1

### **200 METER DASH**

2013---	Stacey Porzl, Hasbrouck Heights	27.5
2014---	Tajia Lagomarsino, Saddle Brook	26.4
2015---	Tajia Lagomarsino, Saddle Brook	26.4

### **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

### **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

### **1600 METER RUN**

2013---	Danielle Dallara, Hasbrouck Heights	5:32.3
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2014---	Nicole McVeigh, Saddle Brook	5:38.1
2015---	Ashley McVeigh, Saddle Brook	5:34.8

### **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

### **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

### **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

### **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

### **DISCUS**

2013---	Irene Cedano, Hasbrouck Heights	110-1
2014---	Akua Addo, Wood-Ridge	97-5
2015---	Gabby Tuzzo, Hasbrouck Heights	94-6

### **JAVELIN**

2013---	Nicole Sinatra, Wood-Ridge	114-0
2014---	Tina Messery, Hasbrouck Heights	107-10
2015---	Kassie Ketcho, Hasbrouck Heights	106-2

### **HIGH JUMP**

2013---	Kristen DelCalzo, Hasbrouck Heights	5-0
2014---	Kristen DelCalzo, Hasbrouck Heights	4-6
2015---	Sarah Schmitt, Hasbrouck Heights	4-10

### **LONG JUMP**

2013---	Christina Nardini, North Arlington	15.9 $\frac{1}{2}$
2014---	Brooke McKnight, Hasbrouck Heights	16-7
2015---	Brooke McKnight, Hasbrouck Heights	17-0

### **TRIPLE JUMP**

2013---	Martyna Czarnecka, Wallington	33-10
2014---	Christina Nardini, North Arlington	35-2 $\frac{1}{2}$
2015---	Brooke McKnight, Hasbrouck Heights	33-11

### **POLE VAULT**

2013---	Tiffany Tencza, Wallington	9-6
2014---	Maggie Filja, Hasbrouck Heights	8-6

2015---Felicia Cascone, Hasbrouck Heights 7-6

### **1600 METER RELAY**

2013---Hasbrouck Heights 4:24.6

2014---Saddle Brook 4:09.7

2015---Saddle Brook 4:09.3

## **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 1/2

### **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
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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

### **100 METER DASH**

2013---Kaitlin Salisbury, Hawthorne	12.6
2014---Kaitlin Salisbury, Hawthorne	12.5
2015---Kaitlin Salisbury, Hawthorne	12.3

### **200 METER DASH**

2013---Kadejah Sellers, Manchester	26.3
2014---Kadejah Sellers, Manchester	26.5
2015---Kaitlin Salisbury, Hawthorne	26.2

### **400 METER DASH**

2013---Kadejah Sellers, Manchester	59.8
2014---Kadejah Sellers, Manchester	59.4
2015---Kadejah Sellers, Manchester	59.0

### **800 METER RUN**

2013---Katie Sullivan, Rutherford	2:26.4
2014---Katie Sullivan, Rutherford	2:23.2
2015---Rebecca Arnold, Rutherford	2:29.8

### **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

### **3200 METER RUN**

2013---Allison Regan, Rutherford	12:28.2
2014---Allison Regan, Rutherford	12:32.0
2015---Allison Regan, Rutherford	12:07.8

### **100 METER HIGH HURDLES**

2013---Jenna Dyksen, Hawthorne	15.4
2014---Jenna Dyksen, Hawthorne	15.8
2015---Kelsey Bergamini, Glen Rock	16.7

### **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

### **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 $\frac{1}{4}$

### **DISCUS**

2013---Quastajua Valdez, Garfield	103-7
2014---Quastajua Valdez, Garfield	101-1
2015---Samantha Leonessa, Rutherford	100-0

**JAVELIN**

2013---	Kristen Dizenzo, Lodi	114-5
2014---	Hannah Zadoyko, Pompton Lakes	94-9
2015---	Kristen Dizenzo, Lodi	119-0

**HIGH JUMP**

2013---	Blair Bohuny, Eastern Christian	4-8
2014---	Hajara Abubakar, Garfield	5-0
2015---	Hajara Abubakar, Garfield	5-2

**LONG JUMP**

2013---	Emily Rogan, Glen Rock	16-10
2014---	Jenna Dyksen, Hawthorne	16-9 ½
2015---	Kaitlin Salisbury, Hawthorne	18-3

**TRIPLE JUMP**

2013---	Jenna Dyksen, Hawthorne	35-5
2014---	Jenna Dyksen, Hawthorne	34-6 ½
2015---	Kaitlin Salisbury, Hawthorne	37-9

**POLE VAULT**

2013---	Sarah Post, Eastern Christian	9-6
2014---	Morgan Guarino, Lodi	9-6
2015---	Morgan Guarino, Lodi	10-0

**1600 METER RELAY**

2013---	Rutherford	4:09.8
2014---	Rutherford	4:21.6
2015---	Eastern Christian	4:21.3

**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

**100 METER DASH**

2013---	Carleisha Forteau, Secaucus	12.9
2014---	Miranda Duster, Dwight-Englewood	13.6
2015---	Carleisha Forteau, Secaucus	13.0

**200 METER DASH**

2013---	Carleisha Forteau, Secaucus	26.1
2014---	Shereen Al-Sawwaf, Dwight-Englewood	28.4
2015---	Carleisha Forteau, Secaucus	26.7

**400 METER DASH**

2013---	Carleisha Forteau, Secaucus	1:01.1
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2014---Maxine Walsh, Leonia	1:03.1
2015---Carleisha Forteau, Secaucus	59.7

#### **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

#### **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

#### **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

#### **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

#### **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

#### **SHOT PUT**

2013---Camila Alonso, Lyndhurst	33-5 ¼
2014---Ruka Olunade, Lyndhurst	30-9 ¼
2015---Ruka Olunade, Lyndhurst	34-3 ½

#### **DISCUS**

2013---Camila Alonso, Lyndhurst	110-2
2014---Summer Kocerha, Secaucus	87-10
2015---Alexis Anderson, Secaucus	95-11

#### **JAVELIN**

2013---Camila Alonso, Lyndhurst	124-1
2014---Caitlyn Blake, Lyndhurst	98-1
2015---Caitlyn Blake, Lyndhurst	102-10

#### **HIGH JUMP**

2013---Jubeth Buitrago, Secaucus	4-10
2014---Amanda Nowak, Lyndhurst	4-10
2015---Natalie Negroni, Queen of Peace	4-8

#### **LONG JUMP**

2013---Amanda Nowak, Lyndhurst	15-6
2014---Amanda Nowak, Lyndhurst	15-9

2015---Alyssa Jasuale, New Milford 16-9

**TRIPLE JUMP**

2013---Jenean Igmtat, New Milford 31-9

2014---Jessica Failace, Lyndhurst 30-9

2015---Jessica Failace, Lyndhurst 34-3

**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

**1600 METER RELAY**

2013---Secaucus 4:13.9

2014---Lyndhurst 4:27.4

2015---Lyndhurst 4:21.5