

Boys Meet Records

100	Mike Pruzinsky	Wayne Hills	2003	10.4
200	Raldaine MacDonald	Englewood	2009	21.8
400	Joe Velazquez	Paramus	1999	48.4
800	Matt Winkler	Wayne Valley	2000	1:53.2
1,600	Andrew Hanko	Trinity Christian	2007	4:18.7
3,200	Cesar Gaudin	Union Hill	1987	9:26.7
110 HH	Jerome Pemberton	Hackensack	1986	13.8
400 IH	Jose Veras	Dickinson	2011	53.9
Shot put	Kevin DiGiorgio	Bayonne	1998	64-4
Discus	Glenn DiGiorgio	Bayonne	2001	189-8
Javelin	Pablo Mariano	Demarest	1984	203-0
Javelin (new)	Kevin Steimle	Mahwah	2009	194-7
High jump	Eumir Rahman	Hackensack	1998	6-6
	Guy Rose	Wayne Hills	1999	
	Frank Thompson	Trenton	2007	
Long jump	Rolston Braithwaite	Trenton	2009	23-0 1/2
Triple jump	Chris Phipps	Lodi	2007	48-3
Pole vault	Ryoto Uetani	Demarest	1995	14-0
	Jeff Young	Wayne Valley	2003	
1,600 relay		Paramus Catholic	1998	3:24.5

Girls Meet Records

100	Anike Orimogunje	Queen of Peace	2003	11.9
200	Janine Davis	Queen of Peace	2005	24.7
400	Janine Davis	Queen of Peace	2005	55.9
800	Jasmin Jones	Hackensack	1986	2:16.9
1,600	Arianna Bakelmun	Wayne Hills	2007	5:05.7
3,200	Jesse Mizzone	Passaic Valley	2003	10:44.8
110 HH	Fredrica Winley	Randolph	1984	14.5
	Jamie Lilien	Pascack Valley	2000	
400 IH	Kiara Arrick	Manchester	2007	63.7
Shot put	Alana Pantale	Wayne Valley	2010	43-8 1/2
Discus	Sue Piekarz	Clifton	1987	139-6
Javelin	Jen Austin	Garfield	1999	141-10
Javelin (new)	Hannah Mayer	No. Highlands	2010	138-4
High jump	Cheryl Burdick	Ramsey	1999	5-6
Long jump	Carlene Cummings	Englewood	1998	18-1
Triple jump	Carlene Cummings	Englewood	1998	40-4
Pole vault	Brittany DalCais	West Milford	2011	11-0
	Tiffany Tencza	Wallington	2012	
1,600 relay		Eastside	1985	4:11.3

Team Champions

Year	Div. A Boys	Div. B Boys	Div. A Girls	Div. B Girls
1983	Elizabeth	Vailsburg		
1984	Elizabeth	Vailsburg		
1985	Hackensack	Demarest	Hackensack	
1986	Passaic	Demarest	Teaneck	
1987	Demarest	Rutherford	Demarest	
1988	Union	Rutherford	Westwood	
1989	Passaic	Rutherford	Englewood Eastside	
1990	Hackensack	Mahwah	Hackensack	
1991	Union	Englewood	Hackensack	
1992	Union	Englewood	Hackensack	
1993	Union	Englewood	Passaic	
1994	Demarest	Ridgefield Park	Hackensack	
1995	Demarest	Ridgefield Park	Hackensack	
1996	Passaic	Ramsey	Englewood	
1997	Hackensack	Englewood	Hackensack	Englewood
1998	Hackensack	Ramsey	Hackensack	Ramsey
1999	West Milford	Ramsey	Garfield	Ramsey
2000	Hackensack	Ramsey	Hackensack	Englewood
2001	Wayne Valley	Cresskill	Passaic	Walkill Valley
2002	Wayne Hills	Leonia	Hackensack	
2003	Wayne Hills	Saddle Brook	Wayne Valley	Saddle Brook
2004	Wayne Hills	Mahwah	West Milford	Indian Hills
2005	Hackensack	Saddle Brook	Hightstown	Queen of Peace
2006	Northern Highlands	Mahwah	Hackensack	Park Ridge
2007	Trenton	Hasbrouck Heights	Paramus Catholic	Pequannock
2008	Trenton	Englewood	Kennedy	Mahwah
2009	Trenton	Englewood	Clifton	Wood-Ridge
2010	Dickinson	Englewood	Wayne Valley	Park Ridge
2011	Don Bosco	St. Joseph	Holy Angels	Pequannock
2012	Clifton	Lodi	Wayne Valley	Pequannock