

BOYS**400**

2000 Ridgefield Park 45.5
2001 Dumont 46.0
2002 Roselle 45.3
2003 Saddle Brook and Becton 45.5
2004 Saddle Brook 46.0
2005 **Hasbrouck Heights 44.4**
2006 **Roselle 44.4**
2007 New Milford 44.6
2009 St. Patrick 45.3
2010 Ridgefield 48.7
2011 Hasbrouck Heights 45.8
2012 Secaucus 45.4
2013 Newark Tech 44.9
2014 Hasbrouck Heights 45.3
2015 Ridgefield Park 45.2
2016 Fort Lee 45.6

800

Westwood 1:34.9
 Dumont 1:35.4
 Dover 1:34.1
 Englewood 1:34.4
 Fort Lee 1:35.4
 Roselle 1:35.3
Roselle 1:30.0
 Roselle 1:33.7
 Ridgefield 1:39.6
 Ridgefield 1:39.5
 Hasbrouck Heights 1:37.8
 Lodi 1:34.8
 Newark Tech 1:34.0
 Ridgefield Park 1:33.0
 Englewood, 1:36.3
 Lyndhurst 1:34.6

1600

Ramsey 3:34.0
 Mahwah 3:32.0
Dover 3:27.1
 Roselle 3:34.8
 Palisades Park 3:32.1
 Hasbrouck Heights 3:38.8
 Roselle 3:34.8
 Roselle 3:28.7
 Lyndhurst 3:46.9
 Lyndhurst 3:41.4
 Hasbrouck Heights 3:37.2
 Emerson 3:35.2
 Newark Tech 3:30.0
 Englewood 3:33.7
 Mahwah 3:38.7
 Hasbrouck Heights 3:45.2

GIRLS**400**

2000 Lyndhurst 54.4
2001 Saddle Brook 54.7
2002 Hasbrouck Heights 52.1
2003 Englewood 52.8
2004 Roselle 53.0
2005 Roselle 51.6
2006 Roselle 51.4
2007 Hasbrouck Heights 55.0
2009 Roselle 51.3
2010 Emerson 56.3
2011 Hasbrouck Heights 53.5
2012 Hasbrouck Heights 53.4
2013 **Newark Tech 50.3**
2014 Englewood 52.6
2015 Englewood 52.7
2016 New Milford 54.1

800

Lyndhurst 1:56.5
 Hasbrouck Heights 1:52.5
 Saddle Brook 1:49.6
 Saddle Brook 1:51.5
 Roselle 1:54.9
 Roselle 1:50.5
 Roselle 1:48.4
 Roselle 1:53.5
 Hasbrouck Heights 1:54.3
 Pequannock 1:56.5
 Hasbrouck Heights 1:53.1
 Englewood 1:52.6
Newark Tech 1:47.9
 Englewood 1:51.3
 Englewood 1:52.6
 Saddle Brook 1:54.8

1600

Hasbrouck Heights 4:24.9
 Hasbrouck Heights 4:23.8
 Hanover Park 4:13.6
 Saddle Brook 4:17.7
 Ramsey 4:18.4
 Hawthorne 4:18.6
 Roselle 4:19.6
 Roselle 4:22.4
 Hasbrouck Heights 4:47.5
 Emerson 4:30.8
 Hasbrouck Heights 4:20.4
 Rutherford 4:19.5
Newark Tech 4:12.5
 Englewood 4:18.9
 Lyndhurst 4:29.6
 Hasbrouck Heights 4:27.9

3200

Ramsey 8:55.5
 Saddle Brook 8:47.2
 Saddle Brook 8:36.7
Indian Hills 8:15.7
 Fort Lee 8:33.3
 Fort Lee 8:32.2
 Pompton Lakes 8:51.3
 Pompton Lakes 8:55.5
 Hasbrouck Heights 9:55.6
 Emerson 9:10.6
 Mon. Donovan 8:44.7
 Mon. Donovan 8:36.2
 Ridgefield Park 8:37.7
 Glen Rock 8:44.9
 Ridgefield Park 8:52.0
 Ridgefield Park 8:59.9

3200

Dumont 10:50.0
 Dumont 10:41.4
 Hasbrouck Heights 10:31.5
 Hawthorne 10:49.1
 Saddle Brook 10:39.8
 Pascack Hills 11:04.3
 Hasbrouck Heights 11:00.5
 St. Rose 11:04.8
 Hasbrouck Heights 11:11.1
 Emerson 11:08.5
 Hasbrouck Heights 11:10.3
 Rutherford 10:28.7
Rutherford 10:19.1
 Rutherford 10:21.6
 Lyndhurst 10:45.1
 Hasbrouck Heights 10:35.6

6400

Ridgefield 19:53
 Mahwah 20:15.2
Hanover Park 19:04.6
 Midland Park 19:18.3
 Midland Park 19:09.5
 Midland Park 20:11.5
 Pompton Lakes 20:24.3
 Leonia 19:35.0
 Hasbrouck Heights 21:08.4
 Lyndhurst 20:13.9
 Mon. Donovan 19:49.0
 McNair 19:30.2
 Rutherford 19:24.3
 Ridgefield Park 20:02.8
 Lyndhurst 20:19.4
 Rutherford 19:42.0

6400

Saddle Brook 24:24.0
 Saddle Brook 24:36.7
 Hasbrouck Heights 24:06.8
 Indian Hills 24:32.4
 Palisades Park 24:32.6
 Saddle River Day 24:02.4
 Hasbrouck Heights 24:38.1
 Pompton Lakes 24:10.9
 Hasbrouck Heights 24:42.9
 Emerson 24:56.6
 Hasbrouck Heights 24:31.8
McNair 23:21.9
 Palisades Park 24:54.4
 Lyndhurst 24:56.9
 Lyndhurst 25:17.6
 Hasbrouck Heights 24:06.3

SHH

Westwood 66.6
 New Milford 71.2
 Hanover Park 63.1
 New Milford 68.4
 Roselle 64.7
 Saddle Brook 67.9
 New Milford 65.0
Roselle 62.3
 Lyndhurst 71.5
 Sussex Tech 1:13.0
 Lyndhurst 66.5
 Hasbrouck Heights 64.4
 Newark Tech 66.5
 Hasbrouck Heights 66.0
 Lyndhurst 71.9
 Hasbrouck Heights 68.9

SHH

Mahwah 72.3
 Pascack Hills 69.2
 Hasbrouck Heights 70.1
 Saddle Brook 69.3
 Ramsey 70.4
 Pascack Hills 70.2
 Pascack Hills 72.4
 Hasbrouck Heights 73.5
 Hasbrouck Heights 75.9
 Pequannock 1:13.4
 Hasbrouck Heights 71.8
 Hasbrouck Heights 72.0
Newark Tech 68.6
 Glen Rock 70.2
 Pequannock 1:13.6
 Lyndhurst 1:16.1

IH

Hasbrouck Heights 3:07.4
 Hasbrouck Heights 3:06.9
Hanover Park 2:57.4
 Cresskill 3:03.7
 Palisades Park 2:59.1
 New Milford 3:06.9
 New Milford 3:05.0
 Wood-Ridge 3:03.1
 Lyndhurst 3:15.5
 Sussex Tech 3:20.0
 Lodi 3:10.6
 Emer. & HH 3:01.4
 Lodi 3:02.6
 Glen Rock 3:06.1
 Lyndhurst 3:17.1
 Hasbrouck Heights 3:05.3

IH

Pascack Hills 3:42.8
 Pascack Hills 3:45.1
 Roselle 3:41.9
 Roselle 3:36.6
 Ramsey 3:38.0
 Pascack Hills 3:38.1
 Pascack Hills 3:43.7
 Pequannock 3:44.2
 Hasbrouck Heights 3:51.2
 Pequannock 3:51.0
 Hasbrouck Heights 3:47.2
 Hasbrouck Heights 3:40.1
 Newark Tech 3:39.7
 Hasbrouck Heights 3:35.6
 Lyndhurst 3:43.8
Hasbrouck Heights 3:32.9

SMR

Hasbrouck Heights 3:43.0
Hasbrouck Heights 3:40.2
 Cresskill 3:45.0
 Ridgefield 3:46.9
 Palisades Park 3:46.1
 Hasbrouck Heights 3:46.7
 Pompton Lakes 3:45.7
 North Arlington 3:47.1
 Lyndhurst 3:56.0
 Lyndhurst 3:49.0
 Hasbrouck Heights 3:51.3
 Ridgefield 3:45.4
 Ridgefield Park 3:43.9
 North Arlington 3:43.9
 Rutherford 3:50.0
 Fort Lee 3:47.3

SMR

Pascack Hills 4:50.5
 Hasbrouck Heights 4:34.2
 Hasbrouck Heights 4:32.2
 Midland Park 4:33.4
 Ramsey 4:33.1
 Hawthorne 4:28.8
 Hasbrouck Heights 4:36.2
 Hasbrouck Heights 4:46.1
 Wallington 4:55.8
 Wallington 4:49.1
 Eastern Christian 4:28.9
 Hasbrouck Heights 4:34.2
 Newark Tech 4:45.5
 Glen Rock 4:41.6
 Sussex Tech 4:47.0
Hasbrouck Heights 4:28.1

DMR

Mahwah 11:25.9
 Rutherford 11:10.4
 Ramsey 11:19.9
 Midland Park 11:23.4
Midland Park 10:58.3
 Midland Park 11:30.4
 North Arlington 11:39.3
 Leonia 11:30.3
 Hasbrouck Heights 13:00.3
 Ridgefield 11:49.2
 Lyndhurst 11:45.7
 McNair 11:25.4
 Rutherford 11:13.1
 New Milford 11:40.8
 Lyndhurst 11:35.5
 Sussex Tech 11:50.1

DMR

Mahwah 13:43.2
 Mahwah 14:03.3
 Verona 13:52.7
 Cresskill 13:58.3
 Ramsey 14:14.9
Midland Park 13:25.9
 Pascack Hills 14:24.7
 Leonia 14:09.4
 Becton 15:23.3
 Cedar Grove 14:12.9
 Hasbrouck Heights 14:08.5
 McNair 13:34.2
 Sussex Tech 14:06.6
 Glen Rock 13:37.0
 Rutherford 13:59.6
 Hasbrouck Heights 14:06.0

SPR

Ramsey 133-2
 Cresskill 128-2 1/2
 Mahwah 129-1 3/4
 Saddle Brook 130-8 1/2
 Saddle Brook 123-5 1/2
 Hasbrouck Heights 135-3 1/2
Hasbrouck Heights 146-0
 Hasbrouck Heights 141-3
 Hasbrouck Heights 130-10
 Lyndhurst 106-6 1/2
 Hasbrouck Heights 135-4 1/2
 Hasbrouck Heights 142-1
 River Dell 141-0
 Hasbrouck Heights 135-4
 Hasbrouck Heights 128-9 1/4
 Lyndhurst 130-10

SPR

Hasbrouck Heights 99-2
 Mahwah 87-4
 New Milford 92-2
 New Milford 88-8 1/2
 Hasbrouck Heights 86-4 1/2
 Lyndhurst 91-10
 Pascack Hills 92-4
 Wood-Ridge 83-6
 Hasbrouck Heights 85-8
 Cedar Grove 81-8 1/4
 New Providence 84-4 1/4
 Rutherford 87-2 3/4
 Newark Tech n.d.
 Englewood 85-4
 Lyndhurst 88-9
 Lyndhurst 89-3

DTR

Palisades Park 361-4
 Mahwah 361-8
 Mahwah 377-7
 Wood-Ridge 339-6
 Hasbrouck Heights 340-10
 Hasbrouck Heights 398-4
 Palisades Park 383-10
Hasbrouck Heights 406-10
 Hasbrouck Heights 314-5
 UNAVAILABLE
 Hasbrouck Heights 364-4
 Hasbrouck Heights 378-2
 River Dell 383-10
 Hasbrouck Heights 350-8
 Hasbrouck Heights 345-5
 Ridgefield Park 288-8

DTR

Hasbrouck Heights 267-3
 Rutherford 279-1
 New Milford 271-11
 New Milford 245-5
 Hasbrouck Heights 254-7
 Pascack Hills 265-6
Roselle 289-11
 Pequannock 263-5
 Lyndhurst 207-4
 Pequannock 263-4
 Hasbrouck Heights 217-8
 Pequannock 270-3
 River Dell 249-4
 Palisades Park 235-5
 Ridgefield Park 231-5

JTR

Westwood 439-3
 Dumont 484-8
 Wood-Ridge 465-4
 Rutherford 467-2
 Wood-Ridge 426-0
 Wood-Ridge 409-6
 Wood-Ridge 459-9
Wood-Ridge 494-0
 Wallington 424-4
 Cedar Grove 417-10
 Lyndhurst 406-8
 Hasbrouck Heights 454-6
 Secaucus 389-10
 Hasbrouck Heights 426-4
 Hasbrouck Heights 405-6
 Ridgefield Park 398-5

JTR

New Milford 251-0
 Ridgefield 273-10
 Hanover Park 262-6
 Saddle Brook 269-6
 Hasbrouck Heights 257-8
 Pompton Lakes 253-8
 Wood-Ridge 263-9
 Pequannock 278-8
 Hasbrouck Heights 260-1
 Pequannock 261-8
 Hasbrouck Heights 223-9
 Hasbrouck Heights 270-9
 Ridgefield Park 264-8
 Ridgefield Park 287-1
 Lyndhurst 265-2
Lyndhurst 292-5

HJR**Westwood 17-6**

Wood-Ridge 17-0

Palisades Park 16-10

Saddle Brook and Palisades Park 16-8

Saddle Brook 17-5

Saddle Brook 16-10

New Milford 16-6

North Arlington 17-2

Becton and Hasbrouck Heights 15-10

UNAVAILABLE

Lyndhurst and Hasbrouck Heights 16-2

Hasbrouck Heights 16-2

Newark Tech 17-0

Lyndhurst and Ridgefield Park 17-0

Ridgefield Park 17-2

Ridgefield Park 17-2

HJR**Rutherford 14-8**

Rutherford 14-2

Hanover Park 13-10

Midland Park and Lodi 13-8

Ramsey 13-10

Pascack Hills 13-8

Roselle and Wood-Ridge 13-2

North Arlington 13-6

Hasbrouck Heights 13-6

Cedar Grove 13-10

Lyndhurst 13-4

McNair 13-6

Newark Tech 14-0

Ridgefield Park 13-8

Sussex Tech 13-6

HH, Wallington and Sussex Tech 13-0

LJR

Ramsey 58-8 1/4

Dumont 58-6 1/2

Leonia 57-6

Becton 55-2

Saddle Brook 59-10 1/4

Saddle Brook 58-0 3/4

North Arlington 54-6 1/4

North Arlington 57-10

Lyndhurst 51-2

UNAVAILABLE

New Milford 52-4 1/2

Hasbrouck Heights 59-7 1/4

Newark Tech 57-6

Lodi 60-4

Ridgefield Park 59-10

Hasbrouck Heights 56-1

LJR

Pascack Hills 44-0 1/2

Hasbrouck Heights 43-7

Indian Hills 46-3

Saddle Brook 44-1

Saddle Brook 46-1

Saddle Brook 43-9

Hasbrouck Heights 44-10 1/2

St. Rose 42-4 3/4

Hasbrouck Heights 41-0 1/2

Lyndhurst 42-9 1/2

Waldwick 42-6

Hasbrouck Heights 43-11 1/4

Englewood 42-4

Ridgefield Park 44-11 1/4

Pequannock 43-1 1/2

Hasbrouck Heights 45-6

TJR

St. Mary's 120-4 3/4

Dumont 119-0 1/4

Leonia 115-8

Hasbrouck Heights 117-3 3/4

Hasbrouck Heights 122-6

Saddle Brook 120-6 1/2

Roselle 120-5 1/2

Roselle 123-9 1/4

Lyndhurst 119-4 1/2

Lyndhurst 111-7

Hasbrouck Heights 113-2 3/4

Hasbrouck Heights 123-4 1/4

Newark Tech 124-5 3/4

Englewood 123-7

Ridgefield Park 118-1

Hasbrouck Heights 113-9

TJR

Ridgefield Park 92-7

Hasbrouck Heights 94-1 3/4

Indian Hills 96-7

Hasbrouck Heights 93-10 1/4

Saddle Brook 93-3 1/4

Saddle Brook 94-3 1/4

Hasbrouck Heights 89-0 1/2

Hasbrouck Heights 91-11 1/4

Hasbrouck Heights 85-7 1/2

Cedar Grove, n.d.

Hasbrouck Heights 91-3 3/4

Hasbrouck Heights 96-10 1/4

Newark Tech 101-0 1/2

Englewood 98-11 1/2

Sussex Tech 91-4

Saddle Brook 90-10 1/2

PVR

Ridgefield Park
Whippany Park 28-6
Lyndhurst 32-0
Lyndhurst 32-6
Fort Lee 29-6
Lyndhurst 35-6
North Arlington 20-6
Cresskill 34-0
cancelled
Lyndhurst 29-0
cancelled
Lyndhurst 23-6
Lyndhurst 31-0
Ridgefield Park 38-6
North Arlington 31-0
Mahwah 36-0

PVR

none
none
none
none

Lyndhurst 16-0
St. Rose 16-0
St. Rose 15-0
Hasbrouck Heights 14-6
North Arlington 15-6
North Arlington 15-0
Emerson 14-0
Wallington 17-0
River Dell 18-0
Mahwah 19-6
Sussex Tech 14-0
Mahwah 16-0

Team

Westwood 80, Ramsey 74 1/2, Lyndhurst 51
Dumont 84, Mahwah 72, Cresskill 50
Ramsey 54, Leonia 52 1/3, Hanover Park 51
Saddle Brook 74, New Milford 46, Becton 43
Saddle Brook 91, Palisades Park 56, Fort Lee 54
Hasbrouck Heights 79, Saddle Brook 77, Lyndhurst 45
New Milford 71, Hasbrouck Heights 60, Roselle 53
Wood-Ridge 76, New Milford 72, Cresskill 56
Lyndhurst 119, Hasbrouck Heights 92, Becton 71
Lyndhurst 125, Ridgefield 83, Sussex Tech 81
Hasbrouck Heights 117, Lyndhurst 93, Lodi 54
Hasbrouck Heights 93, Lyndhurst 83, Emerson 53
Ridgefield Park 93, Newark Tech 82, Lodi 71
Ridgefield Park 104, Englewood 65, Ridgefield Park 62
Ridgefield Park 110, Lyndhurst 78, Mahwah 52
Lyndhurst 93, Hasbrouck Heights 91, Ridgefield Park 71

Team

Hasbrouck Heights 60, Pascack Hills 59, Dumont 55
Hasbrouck Heights 89, Saddle Brook 74, Pascack Hills 58
Hasbrouck Heights 97, Hanover Park 76, Roselle 57
Saddle Brook 102, Hasbrouck Heights 68, New Milford 51
Ramsey 101, Hasbrouck Heights 73, Wood-Ridge 67
Pascack Hills 86, Lyndhurst 54, Roselle 42
Pascack Hills 99 1/3, Hasbrouck Heights 93 1/3, Roselle 73
Hasbrouck Heights 105, Pompton Lakes 53, New Milford 50
Hasbrouck Heights 138, Lyndhurst 80, North Arlington 76
Emerson 105, Cedar Grove 100, Pequannock 96
Hasbrouck Heights 133, Lyndhurst 52, Rutherford 47
Hasbrouck Heights 129, Pequannock 66, Rutherford 54
Newark Tech 96, Ridgefield Park 77, River Dell 57
Lyndhurst 77, Englewood 65, Ridgefield Park 62
Lyndhurst 104, Pequannock 70, Ridgefield Park 58
Hasbrouck Heights 131, Lyndhurst 114, Ridgefield Park 43 1/2