

# NORTHERN BERGEN INTERSCHOLASTIC LEAGUE

(Bergen-Passaic Interscholastic League until 1956)

## BOYS

### 100 YARD DASH

1954---	Jim Watson, Ramsey	10.4
1955---	Dave Bain, Ridgewood	10.2
1956---	Dave Bain, Ridgewood	10.0
1957---	George Ranges, Pascack Valley	10.6
1958---	Paul Mulcahy, Ramsey	10.3
1959---	Bob Mood, River Dell	9.9
1960---	Roger Caruso, Pascack Valley	10.3
1961---	Bruce Byrne, Pascack Valley	9.8
1962---	Ralf Stegmann, River Dell	10.3
1963---	Jim Kelleher, Ramapo	10.2
1964---	Jim Kelleher, Ramapo	9.9
1965---	Jim Kelleher, Ramapo	10.0
1966---	Walt Doerig, River Dell	10.2
1967---	E-Walt Doerig, River Dell	9.7
	W-Al Smyla, Manchester	10.1
1968---	E-Bob Tomlinson, Pascack Hills	10.0
	W-Rich Zellweger, Ramsey	10.4
1969---	E-Rich Franco, Pascack Hills	10.1
	W-Paul Kirkman, Hawthorne	10.4
1970---	E-Lance Hamsath, Old Tappan	10.2
	W-Bill Thethaway, Northern Highlands	10.3
1971-	Joe Murray, River Dell	10.5

### 100 METER DASH

1985-1-	Tim Watkins, Indian Hills	11.4
	2-Lamont Brown, Demarest	11.1
1986-1-	Jon Howard, Old Tappan	11.1
	2-Lamont Brown, Demarest	10.8
1987-1-	Jon Howard, Old Tappan	11.6
	2-Lamont Brown, Demarest	10.8
1988-1-	Dave Camp, Old Tappan	11.1
	2-Mike Farrell, Northern Highlands	11.1
1989-1-	Dave Camp, Old Tappan	11.4
	2-Dwayne Rivera, Demarest	11.6
1990-1-	Jim Paolillo, Old Tappan	11.4
	2-Dave Buyes, Pascack Hills	11.7
1991-1-	Tom Keating, Wayne Hills	11.6
	2-Dave Buyes, Pascack Hills	11.6
1992-1-	Nathan Dorante, Wayne Hills	11.3
	2-Tom Bocchino, Westwood	11.4
1993-1-	Nathan Dorante, Wayne Hills	11.5
	2-Keith Pope, Westwood	11.5
1994-1-	Mike Guazzo, Indian Hills	11.2
	2-Ed Weiss, Pascack Valley	11.3

1995-1-Jon Carroll, Ramapo		11.2
2-Ed Weiss, Pascack Valley		11.1
1996-1-Jon Carroll, Ramapo		11.0
2-Mike Guazzo, Indian Hills		11.4
1997-1-Will Arzenis, Old Tappan		11.4
2-Leyonne DeFreese, Mahwah		11.2
1998-1-Will Arzenis, Old Tappan		11.0
2-Jason Tufo, Northern Highlands		11.2
1999-1-Joe Mendel, Wayne Hills		11.0
2-Leslie Mongo, Ramsey		11.2
2000-1-Carmelo Germano, Fair Lawn		11.2
2-Leslie Mongo, Ramsey		11.2
2001-1-Oded Segev, Fair Lawn		11.1
2-T.J. O'Hanlon, Indian Hills	11.3	
2002-1-Chazz Lynn, Wayne Hills		11.5
2-T.J. O'Hanlon, Indian Hills	11.2	
2003-1-Mike Pruzinsky, Wayne Hills		10.8
2-Ryan Kriser, Northern Highlands		11.5
2004-1-Sullivan Parker, Bergenfield		10.8
2-Garret Kroner, Indian Hills		11.6
2005-1-Chris Frugis, Fair Lawn		11.2
2-Garret Kroner, Indian Hills		10.8
2006-1-Derek DaCosta, Old Tappan		11.3
2-Garret Kroner, Indian Hills		11.4
2007-Greg Stripe, Mahwah		11.0
2008-1-James Eckmayer, Old Tappan		11.31
2-Greg Stripe, Mahwah		11.12
2009-1-James Eckmayer, Old Tappan		11.43
2-Elijah Holder, Bergenfield		11.62
2010-1-Zachary Zoccoli, Paramus Catholic		11.47
2-Corey Crawford, Indian Hills		10.94

## 220 YARD DASH

1954---Jim Watson, Ramsey		23.4
1955---Dave Bain, Ridgewood		22.9
1956---Dave Bain, Ridgewood		22.6
1957---Rich Castellana, Ridgewood	24.0	
1958---Mike Mainardi, Fair Lawn		22.4
1959---Bob Mood, River Dell		21.7
1960---John Maxson, Northern Valley		21.7
1961---Bruce Byrne, Pascack Valley		21.8
1962---Ralf Stegmann, River Dell		22.4
1963---Dwight Peck, Pascack Valley		21.7
1964---Jim Kelleher, Ramapo		22.5
1965---Ed Arnemann, Old Tappan		22.3
1966---Walt Doerig, River Dell		22.0
1967---E-Walt Doerig, River Dell		21.7
W-Al Smyla, Manchester		22.5
1968---E-Bill Hoppe, River Dell		23.0
W-Rich Zellweger, Ramsey		23.0
1969---E-George McLoof, Ramapo		22.5

W-Paul Kirkman, Hawthorne	23.2
1970---E-Lance Hamsath, Old Tappan	22.7
W-Bill Thethaway, Northern Highlands	22.7
1971-Joe Murray, River Dell	23.1

## 200 METER DASH

1985-1-Ted Franz, Bergenfield	23.2
2-Lamont Brown, Demarest	22.6
1986-1-Mike Barth, Fair Lawn	23.4
2-Lamont Brown, Demarest	21.9
1987-1-Jeff Romano, Wayne Hills	23.5
2-Lamont Brown, Demarest	22.5
1988-1-Dave Camp, Old Tappan	22.8
2-Mike Farrell, Northern Highlands	22.6
1989-1-Dave Camp, Old Tappan	23.1
2-Dwayne Rivera, Demarest	23.4
1990-1-Jim Paolillo, Old Tappan	23.2
2-Dave Buyes, Pascack Hills	23.8
1991-1-Tom Keating, Wayne Hills	23.5
2-Larry Lifieri, Westwood	24.2
1992-1-Nathan Dorante, Wayne Hills	22.9
2-Tom Bocchino, Westwood	23.8
1993-1-Nathan Dorante, Wayne Hills	22.8
2-Ed Weiss, Pascack Valley	22.9
1994-1-Mike Guazzo, Indian Hills	23.1
2-Ed Weiss, Pascack Valley	23.2
1995-1-Neil Concepcion, Demarest	22.3
2-Ed Weiss, Pascack Valley	22.4
1996-1-Rob Klein, Wayne Hills	23.0
2-Mike Guazzo, Indian Hills	22.8
1997-1-Will Arzenis, Old Tappan	23.0
2-Leyonne DeFreese, Mahwah	23.0
1998-1-Will Arzenis, Old Tappan	22.4
2-Andy Escobar, Indian Hills	22.5
1999-1-Joe Mendel, Wayne Hills	22.2
2-Leslie Mongo, Ramsey	23.4
2000-1-Ariel Acosta, Bergenfield	22.9
2-Dan DiGregorio, Pascack Valley	23.3
2001-1-Oded Segev, Fair Lawn	22.9
2-Chris Oehm, Mahwah	22.9
2002-1-Mike Pruzinsky, Wayne Hills	23.4
2-T.J. O'Hanlon, Indian Hills	23.5
2003-1-Mike Pruzinsky, Wayne Hills	21.7
2-Ryan Kriser, Northern Highlands	23.5
2004-1-Chazz Lynn, Wayne Hills	22.8
2-Garrett Kroner, Indian Hills	22.8
2005-1-Matt Schuierer, Demarest	22.6
2-Garrett Kroner, Indian Hills	22.3
2006-1-Matt Schuierer, Demarest	23.4
2-Garrett Kroner, Indian Hills	22.2
2007-Colin McEvoy, Pascack Valley	22.6

2008-1-James Eckmayer, Old Tappan		22.92
2-Sammy Smith, Pascack Hills	22.53	
2009-1-James Eckmayer, Old Tappan		22.74
2-Mark Filandro, Indian Hills		22.46
2010-1-Brandon Gregory, Old Tappan		22.60
2-Corey Crawford, Indian Hills		21.78

#### 440 YARD RUN

1954---Bob McCambridge, Ridgewood		53.6
1955---Bob McCambridge, Ridgewood		53.8
1956---Rich Castellana, Ridgewood	53.6	
1957---John Quakenbush, Ridgewood		53.0
1958---Brian Appleton, Ramsey		52.8
1959---Dick Flubacher, Ramapo		51.7
1960---Marshall Lynn, Northern Valley		50.2
1961---Ken Astrove, Northern Valley		50.7
1962---Dwight Peck, Pascack Valley		50.0
1963---Ed Daw, Old Tappan		50.1
1964---Dave Stanley, Glen Rock		48.6
1965---Greg Wood, Pascack Valley		50.2
1966---Neil Hering, Pascack Valley	51.0	
1967---E-Steve Mele, Ramapo		51.6
W-Dennis Masticchi, Northern Highlands		52.1
1968---E-Gil Torres, Demarest		50.5
W-Greg Leahy, Mahwah		51.4
1969---E-George Maloof, Ramapo		49.2
W-Greg Leahy, Mahwah		50.1
1970---E-Doug Couse, Ramapo		51.2
W-Gary O'Keefe, Mahwah		52.1
1971-Tim Fowler, Northern Highlands		50.0

#### 400 METER RUN

1985-1-Joe Russomanno, Indian Hills		50.0
2-		
1986-1-Marc Psaltes, Fair Lawn		50.1
2-Joe Riela, Northern Highlands		51.6
1987-1-Rob Sayegh, Fair Lawn		50.5
2-Mike Farrell, Northern Highlands		50.9
1988-1-Erik Fidel, Old Tappan		51.4
2-Dave King, Northern Highlands		52.9
1989-1-Pat Leary, Old Tappan		50.1
2-Clark Harris, Pascack Hills	51.8	
1990-1-Mike Hand, Indian Hills		50.7
2-Derek Millan, Ramsey		50.8
1991-1-Jeff Sass, Indian Hills		52.5
2-Larry Lifieri, Westwood		52.2
1992-1-Nathan Dorante, Wayne Hills		50.4
2-Craig Murphy, Ramsey		52.1
1993-1-Nathan Dorante, Wayne Hills		50.7
2-Craig Murphy, Ramsey		49.8
1994-1-Jamie Saez, Bergenfield		52.5

2-Neil Concepcion, Demarest	51.0
1995-1-Neil Concepcion, Demarest	49.9
2-Mike Ruppel, Indian Hills	51.2
1996-1-Dave Greco, Demarest	52.4
2-Andy Escobar, Indian Hills	51.7
1997-1-Dave Greco, Demarest	52.1
2-Andy Escobar, Indian Hills	52.1
1998-1-Joe Mendel, Wayne Hills	50.1
2-Andy Escobar, Indian Hills	51.2
1999-1-Joe Mendel, Wayne Hills	49.9
2-Bill D'Elia, Ramsey	52.7
2000-1-Ariel Acosta, Bergenfield	50.9
2-Bill D'Elia, Ramsey	52.5
2001-1-Mike Pruzinsky, Wayne Hills	52.1
2-Greg Asplint, Northern Highlands	52.0
2002-1-Ted Siebold, Demarest	52.2
2-Ryan Kriser, Northern Highlands	52.8
2003-1-Mike Pruzinsky, Wayne Hills	49.3
2-Chris Flynn, Ramsey	50.5
2004-1-Sullivan Parker, Bergenfield	50.8
2-Ken Ebeling, Mahwah	50.1
2005-1-Keith Williams, Old Tappan	50.9
2-Garrett Kroner, Indian Hills	49.1
2006-1-David Blitzer, Demarest	51.1
2-Garrett Kroner, Indian Hills	49.1
2007-Steven Shorr, Pascack Hills	50.2
2008-1-Jake Hubschman, Demarest	51.64
2-Mark Filandro, Indian Hills	50.48
2009-1-Jake Hubschman, Demarest	50.80
2-Mark Filandro, Indian Hills	51.16
2010-1-Brandon Gregory, Old Tappan	49.78
2-Mark Filandro, Indian Hills	50.33

### 880 YARD RUN

1954---Warren Clift, Fair Lawn	2:08.0
1955---Larry Oliver, Ridgewood	2:03.4
1956---Larry Oliver, Ridgewood	2:02.6
1957---Dave Janke, Ridgewood	2:05.5
1958---Dave Janke, Ridgewood	2:02.3
1959---Bob Linders, Northern Valley	2:03.9
1960---Bob Linders, Northern Valley	1:58.2
1961---Bob Woolley, Pascack Valley	1:58.7
1962---Bill Janowitz, Northern Valley	2:00.0
1963---Larry Borger, Demarest	2:00.6
1964---Larry Borger, Demarest	1:57.1
1965---Steve Haganir, Pascack Valley	1:56.7
1966---Everett Schenk, Glen Rock	1:59.8
1967---E-Everett Schenk, Glen Rock	1:59.1
W-Carl Harman, Waldwick	2:02.6
1968---E-Butch Goette, Pascack Hills	1:58.9
W-Paul Graseck, Waldwick	2:02.4

1969---	E-Butch Goette, Pascack Hills	1:57.9
	W-Rick Harrison, Northern Highlands	1:59.8
1970---	E-Jeff Weicksel, Ramapo	1:57.2
	W-Steve Stathis, Ramsey	1:59.2
1971-	Jeff Weicksel, Ramapo	1:56.6

### 800 METER RUN

1985-1-	Bill Ashen, Indian Hills	2:02.7
	2-Paul Tellefsen, Westwood	1:59.1
1986-1-	Chris Anthony, Indian Hills	1:59.7
	2-Will Repole, Northern Highlands	1:59.9
1987-1-	Glen Petri, Fair Lawn	1:59.7
	2-Will Repole, Northern Highlands	1:59.8
1988-1-	Erik Fidel, Old Tappan	1:58.6
	2-Gian Raciti, Ramsey	2:04.9
1989-1-	Jim O'Brien, Ramapo	2:08.6
	2-Takayoshi Ishigami, Demarest	2:02.1
1990-1-	Frank Baldassare, Ramapo	2:00.5
	2-Ken Flynn, Ramsey	2:00.1
1991-1-	Frank Baldassare, Ramapo	2:00.5
	2-Scott Jackson, Pascack Hills	1:58.6
1992-1-	Frank Baldassare, Ramapo	1:57.5
	2-Mark Ervin, Northern Highlands	2:02.5
1993-1-	Frank Baldassare, Ramapo	2:01.1
	2-Joe Oliver, Northern Highlands	2:00.1
1994-1-	Leigh Cadigan, Old Tappan	1:59.8
	2-Jason Tuttle, Demarest	2:01.3
1995-1-	Leigh Cadigan, Old Tappan	2:02.6
	2-Adam Karpf, Pascack Hills	2:01.2
1996-1-		
	2-Steve Kaye, Northern Highlands	2:02.7
1997-1-	Jim Vogel, Fair Lawn	1:59.8
	2-Allen Rubel, Ramsey	2:02.6
1998-1-	Cary Snyder, Demarest	1:59.9
	2-Scott McKim, Northern Highlands	2:01.2
1999-1-	Eric Knackmuhs, Ramapo	2:01.9
	2-Chris Mitchell, Pascack Valley	2:01.9
2000-1-	Josh Wood, Ramapo	1:59.5
	2-Brian Wood, Indian Hills	1:59.6
2001-1-	Spencer Rothwell, Old Tappan	2:03.4
	2-Matt Collins, Ramsey	2:03.5
2002-1-	Greg Reed, Ramapo	2:02.6
	2-Matt Filandro, Indian Hills	2:03.9
2003-1-	James LaGreca, Demarest	2:03.6
	2-Matt Filandro, Indian Hills	1:59.7
2004-1-	James LaGreca, Demarest	2:01.3
	2-Matt Filandro, Indian Hills	1:58.5
2005-1-	Eric Pfeifer, Ramapo	1:59.9
	2-Alex Lanuto, Ramsey	1:59.9
2006-1-	Peter Westervelt, Demarest	2:02.8
	2-Ben Diestel, Northern Highlands	1:59.2

2007-	Andrew Gaidus, Northern Highlands	2:01.6
2008-1-	Tommy Gaidus, Northern Highlands	2:04.13
	2-Taylor Trumbetti, Pascack Hills	2:03.89
2009-1-	Matiss Batarags, Northern Highlands	2:01.65
	2-Corey Caidenhead, Bergenfield	1:57.55
2010-1-	Brad Paternostro, Ramapo	1:57.48
	2-Troy Coonrad, Ramsey	2:02.13

### ONE MILE RUN

1954---	Bob Carney, Bogota	4:43.3
1955---	John Elstad, Ridgewood	4:46.5
1956---	John Phillips, Pascack Valley	4:41.6
1957---	John Kinsella, Ridgewood	4:45.7
1958---	Roger Bogert, Ramsey	4:47.8
1959---	Bob Woolley, Pascack Valley	4:48.0
1960---	Bob Woolley, Pascack Valley	4:41.3
1961---	John Loeschhorn, Ramapo	4:33.0
1962---	John Loeschhorn, Ramapo	4:26.2
1963---	Paul Sniffin, Ramapo	4:33.6
1964---	John Butts, Demarest	4:38.4
1965---	Harold Ewald, Old Tappan	4:34.2
1966---	Ben Livingston, Demarest	4:32.0
1967---	E-Dennis O'Brien, Pascack Hills	4:31.6
	W-Bob Bobilin, Northern Highlands	4:33.1
1968---	E-Chris Elliot, Ramapo	4:27.8
	W-Ray Weber, Waldwick	4:32.3
1969---	E-Chris Elliot, Ramapo	4:22.6
	W-Lee Barkmann, Northern Highlands	4:34.1
1970---	E-Chris Elliot, Ramapo	4:19.7
	W-Steve Degall, Ramsey	4:32.3
1971-	George Mackay, Pascack Hills	4:28.8

### 1600 METER RUN

1985-1-	Ralph Nickl, Old Tappan	4:32.6
	2-Jason Kaplan, Westwood	4:26.1
1986-1-	Norbert Berenyi, Old Tappan	4:27.9
	2-Jeff Brown, Northern Highlands	4:23.1
1987-1-	Norbert Berenyi, Old Tappan	4:31.9
	2-Jeff Brown, Northern Highlands	4:26.7
1988-1-	Brett Boye, Ramapo	4:33.9
	2-Gregg Wikfors, Pascack Valley	4:30.0
1989-1-	Mark Johnson, Old Tappan	4:42.9
	2-Ken Flynn, Ramsey	4:28.2
1990-1-	Frank Baldassare, Ramapo	4:30.2
	2-Ken Flynn, Ramsey	4:22.9
1991-1-	Frank Baldassare, Ramapo	4:31.9
	2-Ken Flynn, Ramsey	4:35.8
1992-1-	Frank Baldassare, Ramapo	4:32.0
	2-Carl Neumann, Pascack Valley	4:34.2
1993-1-	Frank Baldassare, Ramapo	4:22.9
	2-Joe Oliver, Northern Highlands	4:28.5

1994-1-Leigh Cadigan, Old Tappan	4:29.0
2-Matt Illian, Pascack Valley	4:27.0
1995-1-Leigh Cadigan, Old Tappan	4:30.3
2-Matt Illian, Pascack Valley	4:29.1
1996-1-Andrew Knight, Ramapo	4:33.8
2-Steve Kaye, Northern Highlands	4:34.7
1997-1-Cary Snyder, Demarest	4:24.6
2-Allen Rubel, Ramsey	4:34.7
1998-1-Cary Snyder, Demarest	4:25.1
2-Chris Mitchell, Pascack Valley	4:38.5
1999-1-Eric Knackmuhs, Ramapo	4:41.2
2-Matt Collins, Ramsey	4:35.0
2000-1-Spencer Rothwell, Old Tappan	4:38.2
2-Matt Collins, Ramsey	4:36.3
2001-1-Spencer Rothwell, Old Tappan	4:35.0
2-Matt Collins, Ramsey	4:30.5
2002-1-James LaGreca, Demarest	4:31.1
2-Matt Klypka, Indian Hills	4:40.9
2003-1-James LaGreca, Demarest	4:24.8
2-Matt Klypka, Indian Hills	4:39.0
2004-1-James LaGreca, Demarest	4:24.9
2-Matt Klypka, Indian Hills	4:24.3
2005-1-James LaGreca, Demarest	4:25.4
2-Ben Diestel, Northern Highlands	4:24.6
2006-1-Zach Livingston, Old Tappan	4:33.9
2-Max Bruno, Indian Hills	4:24.3
2007-Max Bruno, Indian Hills	4:26.1
2008-1-Tommy Gaidus, Northern Highlands	4:30.66
2-Max Bruno, Indian Hills	4:40.02
2009-1-Tommy Gaidus, Northern Highlands	4:32.34
2-Billy Savage, Indian Hills	4:31.65
2010-1-Brad Paternostro, Ramapo	4:27.06
2-Chris Eltringham, Ramsey	4:28.98

#### **TWO MILE RUN**

1966---Jeff Marshall, Demarest	10:13.7
1967---E-Bert Brondi, River Dell	10:07.2
W-Charlie Keppler, Northern Highlands	10:26.4
1968---E-Bill Hamilton, River Dell	9:54.1
W-Lee Barkmann, Northern Highlands	10:05.2
1969---E-Bill Hamilton, River Dell	9:45.8
W-Carl Warner, Northern Highlands	9:51.9
1970---E-Mark Clearihue, Ramapo	9:43.8
W-Steve Wiersma, Ramsey	9:51.6
1971-Greg Miller, Northern Highlands	9:33.5

#### **3200 METER RUN**

1985-1-Ralph Nickl, Old Tappan	10:13.9
2-Jeff Brown, Northern Highlands	9:55.6
1986-1-Norbert Berenyi, Old Tappan	4:31.9
2-Jeff Brown, Northern Highlands	4:26.7



1987-1-Ralph Nickl, Old Tappan	10:01.2
2-Jeff Brown, Northern Highlands	9:48.1
1988-1-Brett Boye, Ramapo	10:05.6
2-Ken Flynn, Ramsey	10:10.8
1989-1-Kevin Fanning, Ramapo	10:25.5
2-Ken Flynn, Ramsey	10:03.9
1990-1-Frank Baldassare, Ramapo	10:00.9
2-Ken Flynn, Ramsey	9:58.9
1991-1-Frank Baldassare, Ramapo	10:11.2
2-Ken Flynn, Ramsey	9:56.0
1992-1-Frank Baldassare, Ramapo	10:08.5
2-Rob Reeder, Northern Highlands	9:18.6
1993-1-Bill Grogan, Bergenfield	10:07.3
2-Chris White, Northern Highlands	10:02.9
1994-1-Leigh Cadigan, Old Tappan	9:59.0
2-Matt Illian, Pascack Valley	9:49.8
1995-1-Leigh Cadigan, Old Tappan	9:59.8
2-Matt Illian, Pascack Valley	9:31.4
1996-1-Cary Snyder, Demarest	9:55.0
2-Steve Kaye, Northern Highlands	10:27.4
1997-1-Cary Snyder, Demarest	10:03.4
2-Allan Rubel, Ramsey	10:22.6
1998-1-Cary Snyder, Demarest	10:05.6
2-Tim Meighan, Northern Highlands	10:15.8
1999-1-Eric Knackmuhs, Ramapo	10:20.9
2-Matt Collins, Ramsey	10:01.7
2000-1-Mike Accordino, Demarest	10:15.6
2-Owen Bourgholtzer, Mahwah	10:00.4
2001-1-Dane Garlasco, Demarest	10:17.3
2-Owen Bourgholtzer, Mahwah	10:07.5
2002-1-Mike Accordino, Demarest	10:12.4
2-Matt Klypka, Indian Hills	10:17.5
2003-1-Dane Garlasco, Demarest	10:00.9
2-Matt Klypka, Indian Hills	9:37.9
2004-1-James LaGreca, Demarest	10:23.7
2-Matt Klypka, Indian Hills	9:59.8
2005-1-James LaGreca, Demarest	9:50.9
2-Andrew Bruno, Indian Hills	10:04.0
2006-1-Calvin Lee, Old Tappan	10:09.2
2-Will Nowicki, Pascack Valley	9:47.5
2007-Jerome Perkins, Indian Hills	10:04.0
2008-1-Nick Adamo, Demarest	9:59.70
2-Kyle Dillon, Ramsey	10:09.65
2009-1-Nick Ferrentino, Old Tappan	9:59.6
2-Joe Sabatino, Pascack Hills	9:58.3
2010-1-Adam Bernstein, Demarest	9:56.24
2-John Dugan, Ramsey	9:50.24

### 120 YARD LOW HURDLES

1954---Jack Bennett, Ridgewood	13.6
1955---Fred Daley, Ridgewood	14.7

1956---	Fred Daley, Ridgewood	13.9
1957---	Mike Mainardi, Fair Lawn	14.2
1958---	Mike Mainardi, Fair Lawn	13.8
1959---	Mike Mainardi, Fair Lawn	13.2
1960---	Ralph Rush, Pascack Valley	13.5

**120 YARD HIGH HURDLES (110 METER HIGH HURDLES SINCE 1980)**

1961---	Rich Ambrose, Northern Valley	15.2
1962---	Rich Ambrose, Northern Valley	14.8
1963---	Greg Walther, Pascack Valley	15.6
1964---	Greg Walther, Pascack Valley	15.2
1965---	Len Corn, Ramapo	14.7
1966---	Dave Keller, River Dell	15.9
1967---	E-Ron Waters, Glen Rock	15.2
	W-John Masters, Ramsey	15.1
1968---	E-Dave Jacobus, Pascack Valley	15.0
	W-John Masters, Ramsey	14.9
1969---	E-Mike McNaney, Glen Rock	16.0
	W-Tom Walsh, Indian Hills	14.5
1970---	E-Fred Zimmerman, Lodi	15.2
	W-John Mounger, Northern Highlands	14.5
1971---	John Mounger, Northern Highlands	15.1
1985-1-	Cory Booker, Old Tappan	15.3
	2-Greg King, Northern Highlands	15.2
1986-1-	Tom Feeney, Old Tappan	15.4
	2-Mike Edge, Pascack Hills	15.9
1987-1-	Liam Donahue, Wayne Hills	16.0
	2-Rich Lee, Northern Highlands	15.5
1988-1-	Mike Pagano, Wayne Hills	15.1
	2-Jeff Brown, Ramsey	15.4
1989-1-	Bob Howard, Old Tappan	14.9
	2-James Hoppin, Ramsey	15.7
1990-1-	Chuck Pagano, Wayne Hills	15.8
	2-Jim Dahl, Demarest	16.7
1991-1-	Gregg Rehberger, Wayne Hills	15.6
	2-Troy Cromwell, Pascack Valley	16.2
1992-1-	Matt Psaltis, Fair Lawn	15.5
	2-Pete Bany, Demarest	15.7
1993-1-	Dom Guazzo, Indian Hills	16.1
	2-Donato D'Angelo, Ramsey	15.8
1994-1-	Jeff Ochipa, Fair Lawn	15.7
	2-Heath Ostrowski, Demarest	15.1
1995-1-	Brian Frazer, Demarest	15.1
	2-Dave Meyer, Ramsey	15.2
1996-1-	Chris Harvey, Demarest	15.9
	2-Dave Meyer, Ramsey	14.9
1997-1-	Guy Rose, Wayne Hills	14.8
	2-Mike D'Angelo, Ramsey	14.7
1998-1-	Guy Rose, Wayne Hills	14.4
	2-Dave Panther, Pascack Valley	15.7
1999-1-	Guy Rose, Wayne Hills	14.3

2-Brian Rodak, Ramsey	15.3
2000-1-Jeff Cioletti, Wayne Hills	15.7
2-Brian Rodak, Ramsey	14.9
2001-1-Tyler Neill, Wayne Hills	15.9
2-Greg Molnar, Mahwah	15.0
2002-1-Rory Miller, Old Tappan	15.6
2-Greg Molnar, Mahwah	14.8
2003-1-Jeremy Perussi, Demarest	15.1
2-Andrew Fontana, Pascack Hills	15.4
2004-1-Jeremy Perussi, Demarest	15.1
2-P.J. Picache, Northern Highlands	14.8
2005-1-Dan Lee, Demarest	16.0
2-Scott Atkins, Pascack Hills	14.7
2006-1-Anthony Chisholm, Wayne Hills	15.4
2-Ted Leshner, Northern Highlands	15.4
2007-Anthony Chisholm, Wayne Hills	15.1
2008-1-Ivan Escano, Old Tappan	15.54
2-Matt Bailey, Ramsey	15.53
2009-1-Andrew Dyer, Demarest	15.67
2-Kevin Kuruc, Ramsey	15.77
2010-1-Nick Picache, Northern Highlands	15.12
2-Brian Psota, Ramsey	15.56

#### **180 YARD LOW HURDLES**

1961---Dennis Jowell, Pascack Valley	20.1
1962---Rich Ambrose, Northern Valley	20.5
1963---Marty Barrett, Pascack Valley	20.3
1964---Len Corn, Ramapo	20.2
1965---Len Corn, Ramapo	19.5
1966---Dave Keller, River Dell	20.1
1967---E-Ron Waters, Glen Rock	20.1
W-John Masters, Ramsey	20.1
1968---E-John Beardall, River Dell	20.7
W-John Masters, Ramsey	20.2
1969---E-Al Williams, River Dell	20.5
W-Mike Hutton, Mahwah	20.3
1970---E-Wayne Murphy, River Dell	20.4
W-John Mounger, Northern Highlands	20.2
1971---John Mounger, Northern Highlands	20.5

#### **400 METER INTERMEDIATE HURDLES**

1985-1-Brian Otley, Wayne Hills	53.2
2-Greg King, Northern Highlands	56.3
1986-1-Marc Psaltes, Fair Lawn	54.8
2-Joe Riela, Northern Highlands	57.9
1987-1-Glen Boggio, Indian Hills	58.6
2-Chris Cusumano, Westwood	57.1
1988-1-Bob Howard, Old Tappan	56.7
2-James Hoppin, Ramsey	57.7
1989-1-Bob Howard, Old Tappan	56.7
2-Clark Harris, Pascack Hills	57.4

1990-1-Jim O'Brien, Ramapo		58.0
2-Jim Dahl, Demarest		57.9
1991-1-Gregg Rehberger, Wayne Hills		57.4
2-Ken Meisten, Pascack Hills	58.7	
1992-1-Preston Young, Indian Hills	55.5	
2-Brian Knispel, Northern Highlands		56.9
1993-1-Joe Moloughney, Bergenfield		58.9
2-Justin Shellaway, Northern Highlands		56.9
1994-1-Ryan Caputo, Indian Hills		58.0
2-Heath Ostrowski, Demarest	56.8	
1995-1-Brian Kiel, Fair Lawn		57.1
2-Mike D'Angelo, Ramsey		58.2
1996-1-Eric Acosta, Bergenfield		58.3
2-Mike D'Angelo, Ramsey		55.6
1997-1-Guy Rose, Wayne Hills		56.5
2-Mike D'Angelo, Ramsey		54.3
1998-1-Guy Rose, Wayne Hills		55.6
2-Matt Graf, Indian Hills		58.2
1999-1-Guy Rose, Wayne Hills		56.6
2-Matt Graf, Indian Hills		57.7
2000-1-Jeff Cioletti, Wayne Hills		59.3
2-Brian Rodak, Ramsey		56.1
2001-1-Rory Miller, Old Tappan		58.5
2-Chris Oehm, Mahwah		57.5
2002-1-Rory Miller, Old Tappan		56.4
2-Jordan Gingery, Ramsey		57.5
2003-1-Rory Miller, Old Tappan		55.9
2-Andrew Fontana, Pascack Hills		57.1
2004-1-Jeremy Perussi, Demarest		55.9
2-Ken Ebeling, Mahwah		56.2
2005-1-Matt Schuierer, Demarest		60.2
2-Ken Ebeling, Mahwah		56.3
2006-1-John Stepien, Bergenfield		57.2
2-Ted Leshner, Northern Highlands		56.8
2007-Steven Shorr, Pascack Hills		56.5
2008-1-Jordan Scaduto, Old Tappan		56.97
2-Mark Filandro, Indian Hills	57.04	
2009-1-Andrew Sloves, Fair Lawn		58.00
2-Mark Filandro, Indian Hills	54.76	
2010-1-Brandon Gregory, Old Tappan		56.30
2-Mark Filandro, Indian Hills	54.67	

#### **MILE RELAY**

1954---Bogota		no time*
1955---Ridgewood		3:23.4*
1956---Ridgewood		3:35.2
1957---Ridgewood		3:39.1
1958---Ridgewood		3:32.5
1959---Pascack Valley		3:43.3
1960---River Dell	3:34.7	
1961---Northern Valley		3:27.5

1962---	Pascack Valley	3:31.0
1963---	Pascack Valley	3:29.8
1964---	Pascack Valley	3:33.2
1965---	Pascack Valley	3:27.2
1966---	Pascack Hills	3:31.9
1967---	E-Pascack Valley	3:32.6
	W-Indian Hills	3:38.2
1968---	E-Glen Rock	3:33.5
	W-Indian Hills	3:36.3
1969---	E-Pascack Valley	3:27.2
	W-Indian Hills	3:29.5
1970---	E-Pascack Valley	3:28.0
	W-Northern Highlands	3:30.4
1971---	Pascack Valley	3:27.0

### **1600 METER RELAY**

1985-1-	Indian Hills	3:30.4
	2-Demarest	3:29.0
1986-1-	Fair Lawn	3:29.4
	2-Northern Highlands	3:32.8
1987-1-	Wayne Hills	3:32.2
	2-Northern Highlands	3:29.1
1988-1-	Old Tappan	3:31.2
	2-Pascack Hills	3:36.1
1989-1-	Old Tappan	3:29.8
	2-Pascack Valley	3:36.4
1990-1-	Indian Hills	3:32.8
	2-Ramsey	3:34.5
1991-1-	Indian Hills	3:32.6
	2-Pascack Valley	3:26.1
1992-1-	Indian Hills	3:24.4
	2-Northern Highlands	3:33.1
1993-1-	Fair Lawn	3:33.0
	2-Ramsey	3:31.3
1994-1-	Ramapo	3:34.9
	2-Demarest	3:29.4
1995-1-	Demarest	3:30.8
	2-Indian Hills	3:36.4
1996-1-	Demarest	3:34.6
	2-Indian Hills	3:32.9
1997-1-	Demarest	3:32.7
	2-Mahwah	3:30.7
1998-1-	Ramapo	3:25.9
	2-Indian Hills	3:30.5
1999-1-	Old Tappan	3:33.6
	2-Indian Hills	3:32.8
2000-1-	Fair Lawn	3:32.1
	2-Pascack Valley	3:33.4
2001-1-	Fair Lawn	3:31.1
	2-Mahwah	3:29.8
2002-1-	Old Tappan	3:33.5

2-Northern Highlands	3:31.4
2003-1-Old Tappan	3:30.5
2-Ramsey	3:27.6
2004-1-Demarest	3:31.2
2-Ramsey	3:27.6
2005-1-	
2-Northern Highlands	3:31.1
2006-1-Bergenfield	3:33.6
2-Northern Highlands	3:24.0
2007-Pascack Hills	3:30.9
2008-1-Old Tappan	3:29.95
2-Ramsey	3:33.05
2009-1-Demarest	3:30.81
2-Indian Hills	3:31.25
2010-1-Old Tappan	3:28.33
2-Ramsey	3:27.48

### SHOT PUT

1954---Chris Horton, Ramsey	48-3 ¼
1955---John Canova, Ridgewood	47-7 ¾
1956---Len Altamura, Fair Lawn	48-6
1957---Joe Mehrer, Ridgewood	51-0 ¾
1958---Joe Newman, Fair Lawn	43-11 ¾
1959---Larry Altamura, Fair Lawn	50-3 ½
1960---Jim Spinella, Hawthorne	49-3 ¼
1961---Bob Pelsang, Pascack Valley	52-11
1962---Rodger Bates, Pascack Valley	53-9
1963---Roger Fogel, River Dell	51-6 ¾
1964---Lee Barry, Pascack Valley	50-10 ½
1965---Harry Kunn, Pascack Valley	54-7
1966---Dick Reisman, Pascack Valley	51-1 ½
1967---E-Phil Pinotti, Ramapo	52-2 ¼
W-Mike Terrizzi, Hawthorne	51-11
1968---E-Paul Comarato, River Dell	54-7 ¾
W-Rich Gabey, Indian Hills	53-7 ½
1969---E-Paul Comarato, River Dell	57-5 ¼
W-Ral Schultz, Indian Hills	56-6
1970---E-Eric Vetterlein, Pascack Hills	51-8 ¼
W-Jim Van Mansart, Northern Highlands	57-0
1971---Bill Mowery, Indian Hills	57-3 ½
1985-1-Bob Miller, Old Tappan	46-7 ¾
2-Mike Theuerkauf, Demarest	53-0 ¼
1986-1-John Camper, Ramapo	49-9
2-Mike Theuerkauf, Demarest	53-11 ¾
1987-1-Chris Moster, Indian Hills	50-1
2-Mike Theuerkauf, Demarest	56-8 ½
1988-1-Chris Schneider, Indian Hills	48-4 ¾
2-Mike Theuerkauf, Demarest	56-1
1989-1-P.J. Schunke, Indian Hills	49-7
2-Anthony Mirra, Ramsey	47-3
1990-1-Chris Fricke, Ramapo	46-0 ¼

2-Brad Moser, Demarest	52-6
1991-1-Tom Jennings, Indian Hills	50-6 ½
2-Pete Delano, Ramsey	45-0 ½
1992-1-Tom Jennings, Indian Hills	53-3 ½
2-Pete Dunn, Demarest	47-6
1993-1-Nick Phillips, Ramapo	44-6 ½
2-Mike Sheehan, Demarest	52-6
1994-1-Mike Guazzo, Indian Hills	47-6
2-Mike Sheehan, Demarest	51-5
1995-1-Damian Czirjak, Fair Lawn	48-11 ½
2-Frank Chamberlin, Mahwah	50-10
1996-1-Joe Yiu, Demarest	46-5 ½
2-Frank Chamberlin, Mahwah	55-3
1997-1-Dean Hoeger, Demarest	48-11
2-Miguel Serra, Pascack Hills	47-3 ½
1998-1-Adam Scholze, Ramapo	50-9 ¾
2-T.J. Hicks, Indian Hills	47-8 ¼
1999-1-Martyn Moskovich, Fair Lawn	49-9 ½
2-Matt Elkas, Ramsey	51-0
2000-1-Martyn Moskovich, Fair Lawn	53-2 ½
2-Matt Elkas, Ramsey	55-8 ¼
2001-1-Beau Jadrosich, Old Tappan	50-8 ½
2-Steve Bono, Northern Highlands	48-4
2002-1-Greg Olsen, Wayne Hills	52-6 ½
2-Mike Malatino, Ramsey	51-6
2003-1-Greg Olsen, Wayne Hills	57-8 ¾
2-Greg Lippert, Pascack Valley	48-10 ¼
2004-1-Leo Albanese, Old Tappan	46-6 ¾
2-Greg Lippert, Pascack Valley	53-10 ¼
2005-1-Rich Pascuito, Demarest	46-0 ½
2-Geoff Goidell, Pascack Hills	51-6 ¾
2006-1-Anthony Pellettere, Fair Lawn	47-4 ¾
2-Geoff Goidell, Pascack Hills	54-5 ½
2007-Geoff Goidell, Pascack Hills	58-10
2008-1-Jordan Migliore, Demarest	49-7 ¼
2-Kevin Steimle, Mahwah	50-7
2009-1-Mike Reilly, Old Tappan	51-5 ¼
2-Eric Van Dunk, Mahwah	54-4 ¼
2010-1-Marquise Wright, Paramus Catholic	54-8 ¼
2-Mike Laubauskas, Indian Hills	50-1 ½

## DISCUS

1954---Chris Horton, Ramsey	157-3
1955---John Canova, Ridgewood	135-7 ½
1956---Don Landzettel, Fair Lawn	146-9
1957---Joe Mehrer, Ridgewood	145-1 ½
1958---John Castline, Fair Lawn	131-2 ½
1959---Neil Cooper, Fair Lawn	140-0 ¼
1960---Jim Spinella, Hawthorne	147-11 ¼
1961---Bob Schutz, River Dell	151-0 ¼
1962---Matt Spinella, Hawthorne	143-8 ½

1963---	Brian Lansford, Pascack Valley		146-1
1964---	Harry Eden, Pascack Valley		140-7
1965---	Al Spencer, Old Tappan		153-11
1966---	Mike Terrizzi, Hawthorne		157-7
1967---	E-George Steurer, Pascack Valley		150-7 ½
	W-Mike Terrizzi, Hawthorne		144-8
1968---	E-Randy Hooks, River Dell		159-11 ½
	W-Rich Gabey, Indian Hills	140-10	
1969---	E-Paul Comarato, River Dell		157-8 ½
	W-Nick Jarem, Northern Highlands		132-0
1970---	E-Dick Laumer, Pascack Valley		154-1
	W-Jim Murphy, Indian Hills		139-11 ½
1971---	Bill Mowery, Indian Hills		150-4 ½
1985-1-	John Camper, Ramapo		153-9
	2-Keith Stamp, Demarest		141-7
1986-1-	John Camper, Ramapo		162-3
	2-Anthony Biscontis, Demarest		146-9
1987-1-	Chris Moster, Indian Hills		130-9
	2-Glen Williams, Pascack Hills		159-9
1988-1-	Joe Sirignano, Old Tappan		142-4
	2-Mike Theuerkauf, Demarest		144-7
1989-1-	Joe Sirignano, Old Tappan		140-8
	2-Mike Buccerone, Westwood		142-10
1990-1-	Eric Stanchich, Old Tappan	138-0	
	2-Mike Buccerone, Westwood		144-9
1991-1-	Eric Stanchich, Old Tappan	136-10	
	2-Pete Delano, Ramsey		150-5
1992-1-	Tom Jennings, Indian Hills		132-7
	2-Pete Dunn, Demarest		153-7
1993-1-	Keith Benedetti, Old Tappan		134-9
	2-Rich Goldsmith, Demarest		140-9
1994-1-	Keith Benedetti, Old Tappan		137-8
	2-John Pandich, Demarest		141-7
1995-1-	John Pandich, Demarest		139-2
	2-Kurt Hockmeyer, Ramsey		154-9
1996-1-	Brian Siegrist, Demarest		134-5
	2-Mike Spizzo, Mahwah		139-4
1997-1-	Adam Scholze, Ramapo		141-2
	2-Bob Helm, Mahwah		155-10
1998-1-	Adam Scholze, Ramapo		142-10
	2-Chris Ruskie, Pascack Hills		142-10
1999-1-	Martyn Moskovich, Fair Lawn		148-3
	2-Matt Winer, Pascack Hills		136-4
2000-1-	Jonathan Harz, Demarest		141-3
	2-Matt Elkas, Ramsey		147-4
2001-1-	Ryan Neill, Wayne Hills		161-1
	2-Tom Labenski, Mahwah		143-11
2002-1-	Bert Sisco, Wayne Hills		146-7
	2-P.J. Dakes, Northern Highlands		146-10
2003-1-	Bert Sisco, Wayne Hills		153-3
	2-Tom Helm, Mahwah		137-4



2004-1-Ryan McElroy, Demarest		127-9
2-James Stathopoulos, Mahwah		137-4
2005-1-Ryan McElroy, Demarest		149-9
2-Shawn Sabo, Indian Hills		137-8
2006-1-Dan Hirsch, Demarest		151-8
2-Geoff Goidell, Pascack Hills		153-10
2007-Geoff Goidell, Pascack Hills		146-10
2008-1-William Majeski, Demarest	131-1	
2-Jordan Mistretta, Ramsey		132-11
2009-1-Ryan Crimmins, Demarest		138-8
2-Matt Krzysik, Indian Hills		147-2
2010-1-Marquise Wright, Paramus Catholic		141-6
2-Cory Connell, Ramsey		146-11

### JAVELIN

2001-1-Ryan Neill, Wayne Hills		175-7
2-Joe Von Weisenstein, Northern Highlands		148-7
2002-1-Bert Sisco, Wayne Hills		173-7
2-Andres Martinez, Ramsey		141-0
2003-1-Bert Sisco, Wayne Hills		176-4
2-Dan Kroner, Indian Hills		157-0
2004-1-Alex Berberian, Old Tappan		178-6
2-Dan Kroner, Indian Hills		170-1
2005-1-James Woods, Demarest		167-7
2-Arcadius Mbagaya, Mahwah		159-5
2006-1-Grant Till, Wayne Hills		177-3
2-Brian Bovino, Northern Highlands		173-4
2007-Kevin Steimle, Mahwah		165-7
2008-1-Jack Korsgen, Old Tappan		162-9
2-Jamal Clay, Mahwah		152-7
2009-1-Tyler Potterton, Demarest		167-6
2-Kevin Steimle, Mahwah		187-11
2010-1-Steve Iafrate, Demarest		173-5
2-Jonathan Eckstein, Indian Hills		150-10

### HIGH JUMP

1954---Chuck Quinby, Ridgewood		5-7
1955---Tom Flubacher, Ramsey		5-7
1956---Joe Mokos, Fair Lawn		5-8
1957---Paul St. Miklossy, Fair Lawn		5-6
1958---Jerry Counihan, Ridgewood		5-11
1959---Bruce Hoffman, Ramapo		6-0 ½
1960---Bruce Hoffman, Ramapo		5-10
1961---Bill Hooks, River Dell and Dave Spain, Ramapo		5-11
1962---John Hicks, Glen Rock and John Liscack, Mahwah		5-10
1963---Ken Moran, Pascack Valley		6-0 ¼
1964---Ken Moran, Pascack Valley		6-3 ½
1965---Len Jazik, Pascack Hills		6-2
1966---Dave Tanis, Hawthorne		5-10

1967---	E-Tom Raders, Pascack Valley	6-2
	W-Charlie Wisner, Manchester	5-10 <sup>3</sup> / <sub>4</sub>
1968---	E-Tom Raders, Pascack Valley	6-2
	W-Mike Rutler, Waldwick	6-1
1969---	E-Fred Daneu, Pascack Valley	5-10
	W-Kevin DeFelice, Northern Highlands	6-0
1970---	E-Fred Daneu, Pascack Valley	6-0
	W-Emil Ceuny, Midland Park	5-10
1971---	Scott Fraser, Pascack Hills	6-2
1985-1-	Brian Otley, Wayne Hills	6-4
	2-Bob Pillsbury, Demarest	6-2
1986-1-	Pat Sanders, Ramapo	6-0
	2-Rick Harrison, Demarest	6-0
1987-1-	Mike Pagano, Wayne Hills	5-10
	2-Ted Ufferfilge, Northern Highlands	6-1
1988-1-	Brian Weis, Old Tappan	6-3
	2-Jim Hoppin and Mike McGovern, Ramsey	5-8
1989-1-	Brian Weis, Old Tappan	6-0
	2-Scott Jackson, Pascack Hills	6-0
1990-1-	Rob Edler, Ramapo	6-0
	2-Scott Jackson, Pascack Hills	5-10
1991-1-	Jamal Hayletts, Bergenfield	6-0
	2-Matt Groesbeck, Ramsey	5-10
1992-1-	Demont Daniel, Indian Hills	6-0
	2-Brenden Donahue, Northern Highlands	5-10
1993-1-	Keijuan Keitt, Indian Hills	6-2
	2-Darin Truckenmiller, Ramsey	6-0
1994-1-	Keijuan Keitt, Indian Hills	6-2
	2-Kevin Kirstein, Demarest	6-6
1995-1-	Jeff Ochipa, Fair Lawn	6-2
	2-Deke DeFreese, Mahwah	6-6 <sup>1</sup> / <sub>2</sub>
1996-1-	Chris Harvey, Demarest	6-0
	2-Peter Moeller, Ramsey	6-0
1997-1-	Guy Rose, Wayne Hills	5-10
	2-Mike D'Angelo, Ramsey	5-10
1998-1-	Jim Mosier, Old Tappan	6-0
	2-David Panther, Pascack Valley	5-10
1999-1-	Guy Rose, Wayne Hills	6-4
	2-Matt Graf, Indian Hills	5-10
2000-1-	Stephen Lalite, Demarest	5-10
	2-Brian Rodak, Ramsey	6-0
2001-1-	Brian Williams, Wayne Hills	6-1
	2-Ian Loschman, Pascack Valley	6-2
2002-1-	Dan Kiely, Old Tappan	6-0
	2-Ian Loschman, Pascack Valley	6-0
2003-1-	Dan Kiely, Old Tappan	6-2
	2-Scott Atkins, Pascack Hills	5-9
2004-1-	Marquis Mitchell, Bergenfield	6-0
	2-Scott Atkins, Pascack Hills	5-10
2005-1-	Gregg Van Orden, Ramapo	5-8
	2-Scott Atkins, Pascack Hills	6-0

2006-1-Mike Keating, Fair Lawn	5-8
2-Kurt Von Weisenstein, Indian Hills	5-10
2007-Kurt Von Weisenstein, Indian Hills	6-0
2008-1-Jin Tae Kim, Demarest	5-10
2-John Ebeling, Mahwah	6-0
2009-1-James Eckmayer, Old Tappan	6-0
2-Dennis Wilson, Ramsey	6-0
2010-1-Byung Bo Kim, Demarest	6-0
2-Corey Crawford, Indian Hills	6-2

### LONG JUMP

1954---Bob Carney, Bogota	20-5
1955---Don Schmitt, Bogota	20-4
1956---Rich Castellana, Ridgewood	20-9 ½
1957---Art Lorenz, Pascack Valley	20-10 ¼
1958---Rich Flubacher, Ramapo	19-11 ¾
1959---Rich Flubacher, Ramapo	22-7
1960---Bill Hooks, River Dell	20-10 ½
1961---Bill Hooks, River Dell	22-2 ½
1962---Ralf Stegmann, River Dell	22-1
1963---Hagan Anderson, Demarest	21-4
1964---Jim Kelleher, Ramapo	20-11
1965---Len Corn, Ramapo	23-6 ¾
1966---Len Jazik, Pascack Hills	21-3 ½
1967---E-Steve Mele, Ramapo	20-8 ½
W-Mike Corn, Indian Hills	20-1 ¼
1968---E-Bart Gross, Demarest	21-1
W-Ray Harrison, Northern Highlands	20-3 ¾
1969---E-Al Williams, River Dell	21-8 ½
W-Mike Corn, Indian Hills	21-2 ¼
1970---E-Lance Hemsath, Old Tappan	21-3 ¾
W-Wally Schweitzer, Northern Highlands	20-1 ½
1971---Tim Horner, River Dell	20-7 ¼
1985-1-Brian Otley, Wayne Hills	22-4 ¼
2-Pete Cornet, Demarest	20-8 ¼
1986-1-John English, Old Tappan	19-6 ½
2-Kevin Hooton, Ramsey	21-5 ¼
1987-1-Tom Wicks, Wayne Hills	19-6 ½
2-Lamont Brown, Demarest	21-0
1988-1-Mike Pagano, Wayne Hills	20-10 ½
2-Matt Fialkoff, Ramsey	20-6
1989-1-George Aguilar, Ramapo	20-1
2-Matt Fialkoff, Ramsey	21-0 ¼
1990-1-Pagorn Chanmuong, Ramapo	21-2 ¼
2-Nirav Dalel, Pascack Hills	19-8 ¼
1991-1-Todd Moses, Old Tappan	20-3 ½
2-Troy Cromwell, Pascack Valley	20-2 ½
1992-1-Demont Daniel, Indian Hills	19-11
2-Eric Schletenger, Demarest	19-11 ¾
1993-1-Nathan Dorante, Wayne Hills	20-8
2-Chris Bellin, Pascack Valley	20-2 ½

1994-1-Mike Guazzo, Indian Hills	20-11 ¼
2-Dave Edmundson, Demarest	20-7 ¾
1995-1-Brian Frazer, Demarest	22-1 ¾
2-Greg Dreyer, Ramsey	20-9
1996-1-Mike Kelly, Wayne Hills	20-3 ¼
2-Mike Guazzo, Indian Hills	20-2 ¾
1997-1-Paul Berberian, Old Tappan	20-5 ¼
2-Anthony Crews, Mahwah	20-7 ¾
1998-1-Chad Diller, Ramapo	21-1
2-Leslie Mongo, Ramsey	19-9 ¾
1999-1-Guy Rose, Wayne Hills	21-4
2-Leslie Mongo, Ramsey	20-0 ¾
2000-1-Oded Segev, Fair Lawn	20-0 ½
2-Dan DiGregorio, Pascack Valley	20-9 ½
2001-1-Oded Segev, Fair Lawn	20-11
2-Dan DiGregorio, Pascack Valley	21-9 ½
2002-1-Chris Woodford, Old Tappan	19-11 ½
2-Ian Loschman, Pascack Valley	20-5 ¼
2003-1-Chris Woodford, Old Tappan	20-3 ¼
2-Colin Pierce, Northern Highlands	19-10
2004-1-Sullivan Parker, Bergenfield	21-0 ¼
2-Kenny Kang, Pascack Hills	20-5 ½
2005-1-Nick Romeo, Wayne Hills	21-4 ¾
2-Kwame Collins, Northern Highlands	20-6
2006-1-Dan Silvestro, Fair Lawn	20-3
2-Ted Leshner, Northern Highlands	21-3 ½
2007-Greg Stripe, Mahwah	22-0 ½
2008-1-James Eckmayer, Old Tappan	21-1
2-Zach Donnarumma, Ramsey	20-7 ¼
2009-1-James Eckmayer, Old Tappan	20-7 ½
2-Doug Nemeth, Ramsey	20-10
2010-1-Brian Choi, Old Tappan	20-8 ¼
2-Corey Crawford, Indian Hills	24-2 ¾

### TRIPLE JUMP

1985-1-Brian Otley, Wayne Hills	44-0
2-Chris Cusumano, Westwood	43-8
1986-1-Pat Sanders, Ramapo	42-8 ¾
2-Lamont Brown, Demarest	43-5
1987-1-Pat Leary, Old Tappan	41-5 ¼
2-Chris Cusumano, Westwood	44-8 ¾
1988-1-Tom Wicks, Wayne Hills	42-7 ½
2-Matt Fialkoff, Ramsey	41-11 ¾
1989-1-Pat Leary, Old Tappan	42-11 ¼
2-Matt Fialkoff, Ramsey	43-2 ¾
1990-1-Pagorn Chanmuong, Ramapo	41-0
2-Craig St. Thomas, Ramsey	41-10
1991-1-Zee Kwok, Bergenfield	42-2 ½
2-Matt Groesbeck, Ramsey	41-11 ½
1992-1-Matt Psaltis, Fair Lawn	41-9 ½
2-Dennis Stawicki, Northern Highlands	41-4

1993-1-Kareem Hayletts, Bergenfield		43-0
2-Dennis Stawicki, Northern Highlands		42-5 ½
1994-1-Fred Lee, Old Tappan		41-10
2-Joe Pojanowski, Ramsey		40-5 ½
1995-1-Victor Lee, Old Tappan		41-6
2-Keijuan Keitt, Indian Hills		41-11 ¾
1996-1-Victor Lee, Old Tappan		40-7 ¾
2-Tom Bozmann, Indian Hills		41-7 ¼
1997-1-Jon Nejman, Demarest		42-3 ½
2-Mike D'Angelo, Ramsey		40-11 ¾
1998-1-Paul Berberian, Old Tappan		41-10 ¾
2-Darryl Slicks, Indian Hills		40-9 ¾
1999-1-Matt Hawkins, Wayne Hills	39-2 ½	
2-Brian Rodak, Ramsey		39-10 ½
2000-1-Steve Prata, Old Tappan		41-0
2-Brian Rodak, Ramsey		42-0 ½
2001-1-Weston Daniel, Bergenfield	44-1	
2-Kevin Kang, Pascack Hills		42-3 ¾
2002-1-Andre May, Bergenfield		43-10 ½
2-Ian Loschman, Pascack Valley		42-1 ¾
2003-1-Marquis Mitchell, Bergenfield		43-8 ¼
2-Colin Pierce, Northern Highlands		42-7
2004-1-Marquis Mitchell, Bergenfield		43-6
2-Ken Ebeling, Mahwah		42-0
2005-1-Harold Blyden, Bergenfield		44-8
2-Kwame Collins, Northern Highlands	46-1	
2006-1-Anthony Chisholm, Wayne Hills		42-6
2-Ted Leshner, Northern Highlands		46-8 ½
2007-Anthony Chisholm, Wayne Hills		45-2
2008-1-Max Bosco, Demarest		42-7 ½
2-Dennis Wilson, Ramsey		41-8 ¼
2009-1-Matthias Kabete, Old Tappan		41-11 ½
2-Julius DeFreese, Mahwah		42-6 ½
2010-1-Brian Choi, Old Tappan		42-8
2-Sammy Roberts, Mahwah		43-2 ½

#### **POLE VAULT**

1954---Bob Murphy and Jim Tallman, Fair Lawn		10-3
1955---Jim Tallman, Fair Lawn		10-9
1956---Joe Mokos, Fair Lawn		11-2
1957---Steve Cooney, Ridgewood and Carl Ventricelli, Fair Lawn		10-3
1958---Stuart Kelley, Pascack Valley		10-0
1959---Harry Wessel, Northern Valley		11-4
1960---Bruce Hoffman, Ramapo		12-8 ½
1961---Dave Mahler, Pascack Valley		10-11 ¼
1962---Joe Langran, Pascack Valley		11-9
1963---Clint Miller, Pascack Valley	12-9	
1964---Tom Lesure, Mahwah		11-0
1965---Charlie Loschmann, Pascack Valley		12-0
1966---Bill Langran, Pascack Valley		11-6

1967---	E-Bob Schultz, Glen Rock		11-6
	W-Charlie Reiser, Hawthorne		11-6
1968---	E-Bob Tomlinson, Pascack Hills		11-6
	W-Randy Prendergast, Northern Highlands		11-6
1969---	E-Jim Loschmann, Pascack Valley		12-6
	W-John Myers, Mahwah		12-2
1970---	E-Dwight Mutchler, River Dell		12-6
	W-Mike Meagher, Indian Hills		13-4
1971-	Mark Rossi, Pascack Valley		12-0
1985-1-	Wolf, Old Tappan		12-6
	2-Jeff Castellano, Ramsey		12-0
1986-1-	Chris Stearns, Indian Hills		12-0
	2-Jeff Castellano, Ramsey		12-6
1987-1-	Wade Konrad, Old Tappan		12-0
	2-John Collins, Ramsey		12-0
1988-1-	Dave Redl, Wayne Hills		12-0
	2-Jason Bruno, Ramsey		11-6
1989-1-			
	2-		
1990-1-	Craig Schneider, Indian Hills		11-6
	2-Jeff Lee, Demarest	12-0	
1991-1-	Craig Schneider, Indian Hills		13-6
	2-Troy Cromwell, Pascack Valley		14-0
1992-1-	Matt Psaltis, Fair Lawn		13-6
	2-Marc Makowsky, Ramsey		12-0
1993-1-	Steve Yannerelli, Indian Hills		12-0
	2-Sean Wilson, Ramsey		12-0
1994-1-	Steve Yannerelli, Indian Hills		12-6
	2-Ryota Uetani, Demarest		13-0
1995-1-	Colin Mutchler, Old Tappan		13-0
	2-Marc Freschi, Ramsey		12-0
1996-1-	Scott Kolkebeck, Old Tappan		13-0
	2-Marc Freschi, Ramsey		12-0
1997-1-	Dave Richey, Old Tappan		11-6
	2-Marc Freschi, Ramsey		12-0
1998-1-	Dave Richey, Old Tappan		13-0
	2-Matt Grissoni, Ramsey		10-0
1999-1-	Dan Churco, Ramapo		12-9
	2-Matt Grissoni, Ramsey		11-6
2000-1-	Tim Reilly, Fair Lawn		12-6
	2-Jeremy Kaufman, Ramsey		11-6
2001-1-	Kurt Peluso, Fair Lawn		11-0
	2-Chris Grissoni, Ramsey		11-6
2002-1-	Rich Larin, Ramapo		12-6
	2-Chris Grissoni, Ramsey		12-6
2003-1-	Jon Cheifitz, Ramapo		13-6
	2-Adam Sacher, Pascack Valley		12-0
2004-1-	Scott Degelmann, Ramapo		12-0
	2-Adam Sacher, Pascack Valley		14-0
2005-1-	James Woods, Demarest		13-0
	2-Joe Asaro, Indian Hills		11-6

2006-1-Tim Blashford, Ramapo	12-6
2-Greg Stripe, Mahwah	13-0
2007-Greg Stripe, Mahwah	14-6
2008-1-Austin Schaller, Old Tappan	14-0
2-Kevin Sofia, Ramsey	14-0
2009-1-Yaniv Sofer, Demarest	12-6
2-Tyler Poland, Mahwah	11-6
2010-1-Daniel Nyfenger, Demarest	14-6
2-Tyler Poland, Mahwah	13-0

## **GIRLS**

### **100 METER DASH**

1985---1-Margaret Rottkamp, Indian Hills	13.2
2-Linda Matto, Westwood	12.8
1986---1-Dina Castronovo, Old Tappan	12.5
2-Margaret McAlister, Demarest	12.9
1987---1-Sara Pieri, Ramapo	12.7
2-Aquansa Garth, Westwood	12.8
1988---1-Sara Pieri, Ramapo	12.4
2-Keirsten Wallace, Westwood	12.7
1989---1-Amy DePasquale, Wayne Hills	13.0
2-Keirsten Wallace, Westwood	13.1
1990---1-Arva Franke, Old Tappan	13.1
2-Lori Jones, Westwood	13.2
1991---1-Arva Franke, Old Tappan	13.2
2-Jennifer Metz, Pascack Valley	12.8
1992---1-Adria Ferguson, Old Tappan	13.0
2-Erika Albies, Pascack Valley	13.4
1993---1-Adria Ferguson, Old Tappan	12.7
2-Erika Albies, Pascack Valley	13.5
1994---1-Kristen Riehl, Ramapo	12.9
2-Erika Albies, Pascack valley	12.7
1995---1-Courtney Wicks, Wayne Hills	12.7
2-Marcia Bhagwandin, Ramsey	13.2
1996---1-Courtney Wicks, Wayne Hills	13.1
2-Jeanine David, Pascack Valley	13.2
1997---1-Amanda Negron, Old Tappan	12.8
2-Carmen Tseng, Indian Hills	13.3
1998---1-Natasha D'Souza, Bergenfield	12.7
2-Dara Seidman, Ramsey	12.7
1999---1-Natasha D'Souza, Bergenfield	12.7
2-Jill Turner, Pascack Hills	13.1
2000---1-Christine Wentzler, Old Tappan	12.9
2-Jamie Lilien, Pascack Valley	12.7
2001---1-Elina Ploskin, Fair Lawn	12.8
2-Jill Turner, Pascack Hills	12.7
2002---1-Jessica Perkel, Old Tappan	12.8
2-Elena Minuto, Northern Highlands	13.0
2003---1-Jessica Perkel, Old Tappan	12.7
2-Leigh Hoffman, Pascack Hills	13.1

2004---	1-Jessica Perkel, Old Tappan	12.5
	2-Leigh Hoffman, Pascack Hills	12.7
2005---	1-Amy Salek, Ramapo	12.6
	2-Rebecca Coffman, Indian Hills	12.8
2006---	1-Amy Salek, Ramapo	12.8
	2-Rebecca Coffman, Indian Hills	13.2
2007---	Amy Salek, Ramapo	12.4
2008---	1-Amy Salek, Ramapo	12.38
	2-Rebecca Coffman, Indian Hills	13.00
2009---	1-Megan Gadaleta, Demarest	13.09
	2-Victoria Mold, Mahwah	13.19
2010---	1-Myasia Jacobs, Paramus Catholic	11.95
	2-Kim Nagotko, Mahwah	12.42

## **200 METER DASH**

1985---	1-Aileen Trendler, Old Tappan	26.7
	2-Linda Matto, Westwood	26.5
1986---	1-Sara Pieri, Ramapo	26.5
	2-Mary Sok, Westwood	26.5
1987---	1-Sara Pieri, Ramapo	25.9
	2-Aquansa Garth, Westwood	26.6
1988---	1-Dina Castronovo, Old Tappan	26.4
	2-Chris Coche, Pascack Hills	26.3
1989---	1-Colleen Meade, Indian Hills	27.4
	2-Keirsten Wallace, Westwood	27.6
1990---	1-Arva Franke, Old Tappan	27.3
	2-Lori Jones, Westwood	27.5
1991---	1-Arva Franke, Old Tappan	26.8
	2-Robin Mitchell, Westwood	27.4
1992---	1-Adria Ferguson, Old Tappan	26.6
	2-Jennifer Metz, Pascack Valley	27.1
1993---	1-Monica Nathans, Old Tappan	27.2
	2-Tracy Woods, Ramsey	28.1
1994---	1-Joanna Katzman, Fair Lawn	27.3
	2-Marcia Bhagwandin, Ramsey	28.3
1995---	1-Courtney Wicks, Wayne Hills	26.5
	2-Marcia Bhagwandin, Ramsey	26.2
1996---	1-Courtney Wicks, Wayne Hills	27.0
	2-Michelle Skubic, Ramsey	27.9
1997---	1-Natasha D'Souza, Bergenfield	26.9
	2-Carmen Tseng, Indian Hills	27.1
1998---	1-Natasha D'Souza, Bergenfield	26.7
	2-Dara Seidman, Ramsey	26.5
1999---	1-Natasha D'Souza, Bergenfield	26.2
	2-Jamie Lilien, Pascack Valley	26.6
2000---	1-Chris Siebold, Demarest	26.1
	2-Dara Seidman, Ramsey	26.8
2001---	1-Elina Ploskin, Fair Lawn	26.3
	2-Kate Siembieda, Ramsey	27.3
2002---	1-Jessica Perkel, Old Tappan	26.5
	2-Laura Lynch, Indian Hills	27.4



2003---	1-Lauren Elias, Demarest	26.1
	2-Hailey Coonrad, Ramsey	27.1
2004---	1-Jessica Perkel, Old Tappan	26.0
	2-Leigh Hoffman, Pascack Hills	26.9
2005---	1-Amy Salek, Ramapo	25.5
	2-Rebecca Coffman, Indian Hills	26.3
2006---	1-Amy Salek, Ramapo	26.3
	2-Alex Rosenberger, Ramsey	26.4
2007---	Amy Salek, Ramapo	25.9
2008---	1-Amy Salek, Ramapo	25.38
	2-Rebecca Coffman, Indian Hills	26.00
2009---	1-Megan Gadaleta, Demarest	26.89
	2-Victoria Mold, Mahwah	26.35
2010---	1-Myasia Jacobs, Paramus Catholic	24.90
	2-Kim Nagotko, Mahwah	25.67

#### **400 METER DASH**

1985---	1-Aileen Trendler, Old Tappan	59.4
	2-Chris Bernich, Pascack Hills	61.7
1986---	1-Stacey Swenson, Bergenfield	60.6
	2-Mary Sok, Westwood	59.0
1987---	1-Jackie Kinsella, Old Tappan	59.8
	2-Chris Bernich, Pascack Hills	59.7
1988---	1-Amy DePasquale, Wayne Hills	62.8
	2-Chris Coche, Pascack Hills	60.6
1989---	1-Michelle Grube, Bergenfield	61.9
	2-Jennifer Metz, Pascack Valley	61.3
1990---	1-Michelle Grube, Bergenfield	61.0
	2-Jennifer Metz, Pascack Valley	60.1
1991---	1-Michelle Grube, Bergenfield	61.7
	2-Jennifer Metz, Pascack Valley	61.0
1992---	1-Janel Herbert, Fair Lawn	63.3
	2-Jennifer Metz, Pascack Valley	59.9
1993---	1-Marianne Deregibus, Wayne Hills	61.6
	2-Sarah Summa, Ramsey	63.2
1994---	1-Karen Ratti, Fair Lawn	60.8
	2-Erin Calvey, Ramsey	64.2
1995---	1-Cathy Sanz, Demarest	61.9
	2-Marcia Bhagwandin, Ramsey	62.2
1996---	1-Colleen Caldwell, Ramapo	61.9
	2-Erin Oliver, Ramsey	61.6
1997---	1-Danielle Sepulvedes, Old Tappan	63.8
	2-Cassie McLauthlen, Ramsey	62.0
1998---	1-Michelle Pitts, Demarest	60.8
	2-Jen O'Brien, Pascack Valley	60.4
1999---	1-Kenesha Brathwaite, Fair Lawn	60.6
	2-Jen O'Brien, Pascack Valley	59.9
2000---	1-Chris Siebold, Demarest	59.6
	2-Dara Seidman, Ramsey	59.3
2001---	1-Elina Ploskin, Fair Lawn	59.6
	2-Dara Seidman, Ramsey	60.0

2002---	1-Lisa Corey, Demarest	60.5
	2-Hailey Coonrad, Ramsey	60.5
2003---	1-Elina Ploskin, Fair Lawn	58.9
	2-Amanda Knutsen, Ramsey	60.5
2004---	1-Jessica Perkel, Old Tappan	61.0
	2-Jenn Pierce, Northern Highlands	60.6
2005---	1-Kara Malone, Bergenfield	60.3
	2-Jenn Pierce, Northern Highlands	60.4
2006---	1-Amy Salek, Ramapo	59.0
	2-Alex Rosenberger, Ramsey	59.9
2007---	Amy Salek, Ramapo	57.5
2008---	1-Amy Salek, Ramapo	56.76
	2-Julieanne Fontana, Pascack Hills	59.25
2009---	1-Monique Plescia, Old Tappan	61.44
	2-Brielle Stefanelli, Pascack Hills	59.40
2010---	1-Rae Corbo, Paramus Catholic	58.31
	2-Kathleen Johnston, Indian Hills	58.92

### 800 METER RUN

1985---	1-Toni Ann Angione, Bergenfield	2:16.2
	2-Karen Weissinger, Westwood	2:26.3
1986---	1-Charlene Mulfinger, Ramapo	2:28.7
	2-Karen Weissinger, Westwood	2:26.0
1987---	1-Laura Gayet, Old Tappan	2:27.4
	2-Chris Lally, Pascack Valley	2:30.6
1988---	1-Jessica Gallina, Ramapo	2:28.9
	2-Tiffany Crennel, Pascack Hills	2:27.0
1989---	1-Jessica Gallina, Ramapo	2:29.0
	2-Kim Reid, Pascack Valley	2:23.4
1990---	1-Melissa Wyka, Fair Lawn	2:25.4
	2-Jennifer Metz, Pascack Valley	2:26.6
1991---	1-Heather Parrish, Old Tappan	2:22.8
	2-Jennifer Metz, Pascack Valley	2:20.4
1992---	1-Abby Good, Indian Hills	2:23.5
	2-Jennifer Metz, Pascack Valley	2:22.7
1993---	1-Adria Ferguson, Old Tappan	2:18.7
	2-Allison Pojanowski, Ramsey	2:25.6
1994---	1-Beth Marie Chaffee, Bergenfield	2:29.0
	2-Dana Satir, Ramsey	2:24.1
1995---	1-Becky Zaklin, Old Tappan	2:26.1
	2-Dana Satir, Ramsey	2:25.9
1996---	1-Jamie Siegrist, Demarest	2:27.9
	2-Dana Satir, Ramsey	2:22.9
1997---	1-Amy Wyka, Fair Lawn	2:28.4
	2-Dana Satir, Ramsey	2:22.7
1998---	1-Marquita Hannibal, Bergenfield	2:27.7
	2-Chrissy McDonnell, Ramsey	2:25.6
1999---	1-Shahnaz Iqbal, Bergenfield	2:30.6
	2-Michelle Hartel, Pascack Hills	2:25.0
2000---	1-Stephanie Davis, Old Tappan	2:29.4
	2-Laura Hemmert, Northern Highlands	2:25.1

2001---	1-Dianna Russini, Old Tappan		2:22.9
	2-Ava Scacchetti, Pascack Valley		2:25.3
2002---	1-Rachel Abramson, Demarest		2:25.4
	2-Tara Connelly, Pascack Valley		2:25.7
2003---	1-Andrea Rovegno, Ramapo		2:25.4
	2-Tara Connelly, Pascack Valley		2:20.8
2004---	1-Loren Moskovich, Fair Lawn		2:23.2
	2-Lisa Tarulli, Ramsey		2:27.0
2005---	1-Melanie Wilson, Ramapo		2:23.8
	2-Lisa Tarulli, Ramsey		2:23.7
2006---	1-Sara Lenihan, Old Tappan	2:25.1	
	2-Kim DeLoreto, Pascack Hills		2:22.7
2007---	Kesley Ramsey, Ramapo		2:17.5
2008---	1-Erin McKenna, Ramapo		2:23.83
	2-Julianne Fontana, Pascack Hills		2:22.90
2009---	1-Erin McKenna, Ramapo		2:20.37
	2-Julianne Fontana, Pascack Hills		2:21.06
2010---	1-Christine Spilka, Ola Tappan		2:21.65
	2-Julianne Fontana, Pascack Hills		2:23.25

#### 1600 METER RUN

1985---	1-Toni Ann Angione, Bergenfield		5:26.7
	2-Ann McVeigh, Demarest		5:21.6
1986---	1-Karen Van Steenburgh, Bergenfield		5:21.1
	2-Kim Heinz, Pascack Hills	5:34.8	
1987---	1-Alicia St. John, Ramapo		5:26.5
	2-Chris Lally, Pascack Valley		5:29.9
1988---	1-Alicia St. John, Ramapo		5:19.6
	2-Kim Heinz, Pascack Hills	5:27.3	
1989---	1-Melissa Wyka, Fair Lawn		5:32.6
	2-Monica Biro, Pascack Valley		5:20.8
1990---	1-Melissa Wyka, Fair Lawn		5:08.9
	2-Monica Biro, Pascack Valley		5:16.1
1991---	1-Melissa Wyka, Fair Lawn		5:27.8
	2-Christina Asquith, Ramsey		5:22.8
1992---	1-Breda McGowan, Bergenfield		5:29.0
	2-Klara Zdenkova, Northern Highlands		5:29.7
1993---	1-Abby Good, Bergenfield		5:34.2
	2-Kerri Black, Northern Highlands		5:26.7
1994---	1-Beth Marie Chaffee, Bergenfield		5:50.0
	2-Dana Satir, Ramsey		5:24.3
1995---	1-Sara Meroth, Fair Lawn		5:23.1
	2-Dana Satir, Ramsey		5:26.6
1996---	1-Sara Meroth, Fair Lawn		5:25.9
	2-Dana Satir, Ramsey		5:16.6
1997---	1-Sara Meroth, Fair Lawn		5:38.2
	2-Dana Satir, Ramsey		5:22.0
1998---	1-Sara Meroth, Fair Lawn		5:30.9
	2-Tracy Kirk, Ramsey		5:21.6
1999---	1-Jill Brownlee, Fair Lawn		5:32.9
	2-Laura Hemmert, Northern Highlands		5:26.7

2000---	1-Stephanie Davis, Old Tappan	5:25.9
	2-Melissa Conway, Ramsey	5:17.3
2001---	1-Dianna Russini, Old Tappan	5:14.0
	2-Kate Diana, Pascack Valley	5:31.0
2002---	1-Andrea Rovegno, Ramapo	5:14.7
	2-Sarah Christiansen, Northern Highlands	5:31.5
2003---	1-Andrea Rovegno, Ramapo	5:12.4
	2-Maggie Weidner, Northern Highlands	5:25.8
2004---	1-Taylor Lebovich, Old Tappan	5:15.9
	2-Amy Levine, Northern Highlands	5:26.2
2005---	1-Kesley Ramsey, Ramapo	5:15.8
	2-Lindsey Jeltes, Indian Hills	5:31.6
2006---	1-Kesley Ramsey, Ramapo	5:06.0
	2-Lindsey Jeltes, Indian Hills	5:25.4
2007---	Kesley Ramsey, Ramapo	4:59.2
2008---	1-Erin McKenna, Ramapo	5:17.32
	2-Alex Clinton, Ramsey	5:25.76
2009---	1-Erin McKenna, Ramapo	5:13.27
	2-Julianne Fontana, Pascack Hills	5:18.80
2010---	1-Emily Dunne, Holy Angels	5:16.37
	2-Julianne Fontana, Pascack Hills	5:08.42

### 3200 METER RUN

1985---	1-Alicia St. John, Ramapo	12:29.8
	2-Ann McVeigh, Demarest	11:43.2
1986---	1-Alicia St. John, Ramapo	11:55.0
	2-Denise Ahern, Ramsey	12:14.1
1987---	1-Alicia St. John, Ramapo	12:01.3
	2-Stephanie Rogers, Pascack Valley	12:02.0
1988---	1-Alicia St. John, Ramapo	11:51.5
	2-Kim Heinz, Pascack Hills	12:00.5
1989---	1-Melissa Wyka, Fair Lawn	12:13.3
	2-Monica Biro, Pascack Valley	12:05.6
1990---	1-Sue Mazor, Ramapo	12:26.7
	2-Monica Biro, Pascack Valley	12:08.2
1991---	1-Hadas Tal, Fair Lawn	11:51.4
	2-Christina Asquith, Ramsey	12:06.9
1992---	1-Breda McGowan, Bergenfield	12:01.2
	2-Klara Zdenkova, Northern Highlands	11:36.6
1993---	1-Laura Kaufman, Old Tappan	12:41.5
	2-Charlotte Halvorsen, Northern Highlands	11:56.8
1994---	1-Adi Herzberg, Fair Lawn	13:00.4
	2-Caitlin Schrein, Pascack Valley	12:21.9
1995---	1-Lauryn Zipse, Demarest	12:13.3
	2-Jennie Meighan, Northern Highlands	11:46.1
1996---	1-Nikki Henry, Demarest	12:04.9
	2-Tracy Kirk, Ramsey	12:19.4
1997---	1-Lauren Stroger, Demarest	12:10.6
	2-Tracy Kirk, Ramsey	12:10.7
1998---	1-Lauren Stroger, Demarest	12:12.9
	2-Megan Campbell, Ramsey	12:12.6

1999---	1-Margaret Park, Ramapo	12:23.9
	2-Melissa Conway, Ramsey	12:00.3
2000---	1-Stephanie Davis, Old Tappan	11:51.4
	2-Melissa Conway, Ramsey	11:23.8
2001---	1-Jen Myers, Ramapo	11:44.4
	2-Melissa Conway, Ramsey	11:52.6
2002---	1-Sari Weissbard, Fair Lawn	11:48.4
	2-Erin Bauberger, Indian Hills	12:13.3
2003---	1-Andrea Rovegno, Ramapo	11:44.7
	2-Liz Bissell, Indian Hills	12:05.8
2004---	1-Andrea Rothschild, Demarest	11:50.7
	2-Liz Bissell, Indian Hills	12:00.8
2005---	1-Kesley Ramsey, Ramapo	11:35.2
	2-Liz Bissell, Indian Hills	11:36.8
2006---	1-Kesley Ramsey, Ramapo	11:15.4
	2-Stacey Bond, Ramsey	11:58.1
2007---	Kesley Ramsey, Ramapo	11:20.9
2008---	1-Erin McKenna, Ramapo	11:43.88
	2-Alex Clinton, Ramsey	11:51.94
2009---	1-Lily Rutler, Ramapo	11:54.5
	2-Alex Clinton, Ramsey	11:42.6
2010---	1-Emily Dunne, Holy Angels	11:24.54
	2-Alex Clinton, Ramsey	11:21.20

#### **100 METER HIGH HURDLES**

1985---	1-Alison Scarpa, Fair Lawn	15.2
	2-Kelly Barrett, Westwood	16.5
1986---	1-Joy Pelka, Indian Hills	15.7
	2-Kim Baumbach, Pascack Valley	14.8
1987---	1-Michelle King, Bergenfield	16.1
	2-Kim Baumbach, Pascack Valley	14.9
1988---	1-Allison Orsi, Indian Hills	15.5
	2-Beth Mayland, Northern Highlands	15.2
1989---	1-Allison Orsi, Indian Hills	16.1
	2-Lori Rogoff, Pascack Valley	16.2
1990---	1-Tara Cassidy, Ramapo	16.5
	2-Lori Rogoff, Pascack Valley	16.1
1991---	1-Tara Cassidy, Ramapo	16.2
	2-Barbara LaLevee, Pascack Valley	16.7
1992---	1-Jessica Jenco, Indian Hills	16.4
	2-Barbara LaLevee, Pascack Valley	16.8
1993---	1-Jessica Jenco, Indian Hills	16.4
	2-Mary Ryan, Northern Highlands	17.0
1994---	1-Julie Denisenko, Fair Lawn	15.6
	2-Tracy Woods, Ramsey	16.5
1995---	1-Julie Denisenko, Fair Lawn	15.1
	2-Tracy Woods, Ramsey	15.9
1996---	1-Kerry Fraser, Demarest	15.5
	2-Alyson Campbell, Ramsey	16.6
1997---	1-Kerry Fraser, Demarest	15.4
	2-Beth Packman, Pascack Hills	16.1

1998---	1-Karin Boman, Demarest	15.7
	2-Jamie Lilien, Pascack Valley	15.1
1999---	1-Christine Siebold, Demarest	16.1
	2-Jamie Lilien, Pascack Valley	14.9
2000---	1-Emily Lamparello, Old Tappan	15.9
	2-Jamie Lilien, Pascack Valley	14.2
2001---	1-Carlin Ponce de Leon, Demarest	16.2
	2-Jill Turner, Pascack Hills	15.4
2002---	1-Stacy Smith, Old Tappan	16.5
	2-Michelle Ribustello, Pascack Valley	16.4
2003---	1-Jean Pinto, Wayne Hills	16.6
	2-Michelle Ribustello, Pascack Valley	15.7
2004---	1-Jean Pinto, Wayne Hills	16.5
	2-Kristin Kern, Indian Hills	16.0
2005---	1-Shenise Halsey, Old Tappan	16.0
	2-Kristin Kern, Indian Hills	15.5
2006---	1-Shenise Halsey, Old Tappan	15.8
	2-Julia Marshall, Northern Highlands	15.6
2007---	Jenna Zauk, Ramapo	15.9
2008---	1-Gina Germinaro, Old Tappan	16.12
	2-Jenn Sant Anna, Pascack Hills	15.95
2009---	1-Eilis McGovern, Northern Highlands	16.54
	2-Kirsten Bowens, Mahwah	15.35
2010---	1-Asher Beasley, Paramus Catholic	15.69
	2-Lauren Cifelli, Pascack Valley	16.74

#### 400 METER HURDLES

1985---	1-Cathy Kelly, Old Tappan	66.7
	2-Karen Weissinger, Westwood	67.3
1986---	1-Charlene Mulfinger, Ramapo	69.4
	2-Kim Baumbach, Pascack Valley	65.0
1987---	1-Michelle King, Bergenfield	67.9
	2-Kim Baumbach, Pascack Valley	63.5
1988---	1-Janice Grube, Bergenfield	68.7
	2-Lynda Blake, Northern Highlands	67.2
1989---	1-Janice Grube, Bergenfield	67.7
	2-Tiffany Crennel, Pascack Hills	69.4
1990---	1-Michelle Grube, Bergenfield	67.0
	2-Adele Borgognoni, Pascack Valley	69.5
1991---	1-Heather Parrish, Old Tappan	64.0
	2-Lisa Bianchi, Ramsey	70.7
1992---	1-Heather Parrish, Old Tappan	65.5
	2-Alison Pojanowski, Ramsey	68.7
1993---	1-Jessica Jenco, Indian Hills	69.2
	2-Sarah Summa, Ramsey	68.9
1994---	1-Julie Denisenko, Fair Lawn	68.0
	2-Elisa Quakenbush, Ramsey	68.7
1995---	1-Kandiss Edmundson, Demarest	67.5
	2-Erin Oliver, Ramsey	67.4
1996---	1-Kerin Maganzini, Ramapo	68.1
	2-Erin Oliver, Ramsey	67.3

1997---	1-Laura Orrico, Ramapo	70.4
	2-Alyson Campbell, Ramsey	68.1
1998---	1-Christine Siebold, Demarest	65.3
	2-Beth Packman, Pascack Hills	66.5
1999---	1-Christine Siebold, Demarest	67.2
	2-Cheryl Burdick, Ramsey	64.9
2000---	1-Christine Siebold, Demarest	66.4
	2-Tara Connelly, Pascack Valley	66.9
2001---	1-Marianne Toniolo, Old Tappan	66.5
	2-Peyton Fischer, Ramsey	66.4
2002---	1-Lisa Corey, Demarest	67.1
	2-Tara Connelly, Pascack Valley	66.7
2003---	1-Lauren Elias, Demarest	66.7
	2-Tara Connelly, Pascack Valley	65.5
2004---	1-Lauren Elias, Demarest	66.2
	2-Sara Kirkpatrick, Pascack Hills	65.8
2005---	1-Jane Siebold, Demarest	67.6
	2-Alex Rosenberger, Ramsey	65.3
2006---	1-Jamie Zavarino, Old Tappan	65.4
	2-Alex Rosenberger, Ramsey	65.5
2007-	Alex Rosenberger, Ramsey	63.9
2008---	1-Katelyn Ary, Demarest	67.07
	2-Jenn Sant Anna, Pascack Hills	64.70
2009---	1-Katelyn Ary, Demarest	63.88
	2-Diane Bain, Ramsey	64.01
2010---	1-Christine Spilka, Old Tappan	65.30
	2-Diane Bain, Ramsey	66.08

### SHOT PUT

1985---	1-Jen Siegfried, Ramapo	35-6 ¼
	2-Regina Hand, Demarest	33-7
1986---	1-Jen Siegfried, Ramapo	37-0 ½
	2-Darlene Saner, Westwood	31-11 ½
1987---	1-Vicki Lopez, Bergenfield	34-6
	2-Stacey Price, Westwood	34-9 ½
1988---	1-Jeanine DeSocio, Old Tappan	35-0
	2-Stacey Price, Westwood	36-4 ¾
1989---	1-Jeanine Staniewicz, Fair Lawn	30-11
	2-Lisa Mahle, Westwood	32-1 ½
1990---	1-Mary Ann Shiozawa, Indian Hills	28-4 ¼
	2-Suzy Beck, Northern Highlands	34-11 ½
1991---	1-Beth Sirignano, Old Tappan	29-0 ¼
	2-Sheri-Lee Mix, Pascack Valley	31-7
1992---	1-Beth Sirignano, Old Tappan	31-9 ¾
	2-Jen Dougherty, Ramsey	33-2
1993---	1-Beth Sirignano, Old Tappan	31-5
	2-Jen Dougherty, Ramsey	36-0 ½
1994---	1-Jean Marconi, Old Tappan	32-9 ½
	2-Jen Dougherty, Ramsey	36-1
1995---	1-Tarah Davis, Demarest	34-4 ½
	2-Erin O'Reilly, Ramsey	33-2

1996---	1-Tarah Davis, Demarest		33-7
	2-Erin O'Reilly, Ramsey		34-6
1997---	1-Jennifer Flinchum, Demarest		38-5
	2-Wendy Chamberlin, Mahwah		31-6
1998---	1-Jennifer Flinchum, Demarest		39-9
	2-Maritsa Christoudias, Ramsey		31-2 ½
1999---	1-Jennifer Flinchum, Demarest		43-1 ¼
	2-Maritsa Christoudias, Ramsey		34-4 ¾
2000---	1-Jessica Fazekas, Demarest	38-3	
	2-Maritsa Christoudias, Ramsey		36-4
2001---	1-Jessica Fazekas, Demarest	42-7	
	2-Catherine Henny, Northern Highlands		33-10 ½
2002---	1-Jessica Fazekas, Demarest	45-6 ¼	
	2-Catherine Henny, Northern Highlands		35-10
2003---	1-Kelly Fazekas, Demarest		46-7 ¼
	2-Jessie Steinbeigle, Indian Hills		33-4 ½
2004---	1-Andrea Cerbie, Old Tappan		38-5
	2-Jessie Steinbeigle, Indian Hills		34-3 ¾
2005---	1-Esi Darko, Bergenfield		33-5 ½
	2-Julie Haledjian, Pascack Hills		34-11 ¾
2006---	1-Chelsea Schiffman, Demarest		39-11 ½
	2-Tanya Elshahawi, Indian Hills		39-3 ½
2007---	Angela Acosta, Bergenfield		36-8
2008---	1-Allison Dench, Northern Highlands		33-4
	2-Angela Acosta, Bergenfield		35-7 ¾
2009---	1-Kathryn Hirsch, Demarest	37-8 ½	
	2-Jessica Cola-Pinto, Ramsey		33-11 ½
2010---	1-Kathryn Hirsch, Demarest	42-1 ¼	
	2-Taylor Clarkson, Indian Hills		34-0 ½

## DISCUS

1985---	1-Joy Pelka, Indian Hills		105-4
	2-Shannon Tarr, Pascack Hills		94-1
1986---	1-Linda Lang, Indian Hills		116-11
	2-Shannon Tarr, Pascack Hills		104-11
1987---	1-Linda Lang, Indian Hills		107-10
	2-Lisa Mahle, Westwood		104-2
1988---	1-Jeanine DeSocio, Old Tappan		117-11
	2-Lisa Mahle, Westwood		106-8
1989---	1-Jeanine Staniewicz, Fair Lawn		100-9
	2-Nicole Barsa, Pascack Hills		115-6
1990---	1-Krisann Overmars, Fair Lawn		88-9
	2-Suzy Beck, Northern Highlands		100-4
1991---	1-Beth Sirignano, Old Tappan		93-7
	2-Megan Siemsen, Ramsey		99-0
1992---	1-Jan Kamper, Wayne Hills		99-6
	2-Sharren Bates, Pascack Hills		118-2
1993---	1-Tara Burke, Bergenfield		104-8
	2-Melissa Maldonado, Pascack Hills		104-8
1994---	1-Jean Marconi, Old Tappan		97-3
	2-Jen Dougherty, Ramsey		107-11



1995---	1-Chaya Tesker, Old Tappan	106-8
	2-Marisa Freschi, Ramsey	89-5
1996---	1-Chaya Tesker, Old Tappan	104-0
	2-Annelise Munczinski, Indian Hills 90-7	
1997---	1-Jenn Flinchum, Demarest	112-6
	2-Annelise Munczinski, Indian Hills 97-10	
1998---	1-Jenn Flinchum, Demarest	104-8
	2-Tiffani Graham, Pascack Hills	89-6
1999---	1-Jenn Flinchum, Demarest	128-9
	2-Liz Dale, Pascack Valley	106-5
2000---	1-Jessica Fazekas, Demarest	115-11
	2-Maritsa Christoudias, Ramsey	109-5
2001---	1-Jessica Fazekas, Demarest	129-0
	2-Sara Rakov, Mahwah	98-8
2002---	1-Jessica Fazekas, Demarest	133-5
	2-Catherine Henny, Northern Highlands	100-4
2003---	1-Kelly Fazekas, Demarest	135-0
	2-Laura Hall, Pascack Hills	91-6
2004---	1-Chelsea Schiffman, Demarest	105-0
	2-Jesse Steinbeigle, Indian Hills	105-8
2005---	1-Christina Bonkalski, Demarest	98-7
	2-Julie Haledjian, Pascack Hills	115-1
2006---	1-Chelsea Schiffman, Demarest	120-2
	2-Julie Haledjian, Pascack Hills	118-8
2007---	Taylor Shea, Northern Highlands	103-7
2008---	1-Allison Dench, Northern Highlands	99-7
	2-Emily Abernathy, Indian Hills	100-9
2009---	1-Hannah Meyer, Northern Highlands	109-5
	2-Teresa Kirkpatrick, Pascack Hills	99-3
2010---	1-Hannah Meyer, Northern Highlands	110-6
	2-Melissa Chayt, Pascack Valley	93-11

### **JAVELIN**

2001---	1-Jessica Fazekas, Demarest	113-10
	2-Erin Fagen, Ramsey	103-10
2002---	1-Kelly Fazekas, Demarest	125-9
	2-Jackie DeMais, Pascack Valley	100-7
2003---	1-Daina Pucurs, Demarest	133-9
	2-Jackie DeMais, Pascack Valley	98-10
2004---	1-Daina Pucurs, Demarest	152-9
	2-Jackie DeMais, Pascack Valley	106-9
2005---	1-Dara Schwam, Demarest	108-11
	2-Julia Cohan, Northern Highlands	116-9
2006---	1-Chelsea Schiffman, Demarest	115-9
	2-Julia Cohan, Northern Highlands	126-5
2007---	Dara Schwam, Demarest	121-2
2008---	1-Hannah Mayer, Northern Highlands	125-10
	2-Teresa Kirkpatrick, Pascack Hills	130-9
2009---	1-Hannah Mayer, Northern Highlands	115-10
	2-Teresa Kirkpatrick, Pascack Hills	122-6
2010---	1-Hannah Mayer, Northern Highlands	133-2

2-Alex Hunsberger, Mahwah

115-2

### HIGH JUMP

1985---	1-Amy Nehls, Indian Hills	5-4
	2-Kelly Barrett, Westwood	5-4
1986---	1-Amy Nehls, Indian Hills	5-6
	2-Heidi Jensen, Pascack Hills	5-0
1987---	1-Jen Krokus, Old Tappan	4-10
	2-Deanna Bryant, Northern Highlands	4-10
1988---	1-Allison Orsi, Indian Hills	4-10
	2-Christine Bella, Pascack Valley	5-0
1989---	1-Jen Krokus, Old Tappan	4-10
	2-Tara Jones, Westwood	4-10
1990---	1-Orna Ben-Or, Fair Lawn	5-0
	2-Tara Jones, Westwood	4-10
1991---	1-Laura Brennan, Ramapo	4-10
	2-Barbara LaLevee, Pascack Valley	4-6
1992---	1-Monica Nathans, Old Tappan	5-0
	2-Barbara LaLevee, Pascack Valley	4-6
1993---	1-Julie Denisenko, Fair Lawn	4-10
	2-Erin Oliver, Ramsey	4-10
1994---	1-Julie Denisenko, Fair Lawn	5-0
	2-Kate Hachadourian, Pascack Hills	4-10
1995---	1-Julie Denisenko, Fair Lawn	5-2
	2-Erin Oliver, Ramsey	5-0
1996---	1-Courtney Wicks, Wayne Hills	5-0
	2-Quanette Jester, Indian Hills	5-0
1997---	1-Janet Andrews, Bergenfield	5-2
	2-Cheryl Burdick, Ramsey	5-4
1998---	1-Karin Boman, Demarest	4-8
	2-Cheryl Burdick, Ramsey	5-6
1999---	1-Nadia Pryor, Bergenfield	4-10
	2-Cheryl Burdick, Ramsey	5-6
2000---	1-Deborah Silver, Bergenfield	4-8
	2-Jamie Lilien, Pascack Valley	5-4
2001---	1-Katie Hegewald, Fair Lawn	4-8
	2-Jill Turner, Pascack Hills	4-10
2002---	1-Shannon Spafford, Old Tappan	4-8
	2-Catherine Henny, Northern Highlands	4-10
2003---	1-Maribeth Martens, Demarest	5-0
	2-Alex Paslawsky, Ramsey	5-0
2004---	1-Shenise Halsey, Old Tappan	4-10
	2-Alex Paslawsky, Ramsey	5-0
2005---	1-Shenise Halsey, Old Tappan	4-10
	2-Alex Rosenberger, Ramsey	5-0
2006---	1-Shenise Halsey, Old Tappan	5-2
	2-Alex Rosenberger, Ramsey	5-2
2007-	Alex Rosenberger, Ramsey	5-4
2008---	1-Colleen Dolan, Demarest	4-10
	2-Alex Rosenberger, Ramsey	5-4
2009---	1-Maura Nestor, Northern Highlands	4-10

2-Allie Ritchards, Mahwah	5-0
2010---1-Khyla Bailey, Paramus Catholic	5-2
2-Taylor Clarkson, Indian Hills	5-4

### LONG JUMP

1985---1-Margaret Rottkamp, Indian Hills	17-11
2-Kim Baumbach, Pascack Valley	17-0
1986---1-Margaret Rottkamp, Indian Hills	17-11
2-Kim Baumbach, Pascack Valley	16-7
1987---1-Michaela Steiner, Bergenfield	16-8 ½
2-Kim Baumbach, Pascack Valley	17-0
1988---1-Michaela Steiner, Bergenfield	17-6 ½
2-Beth Mayland, Northern Highlands	17-0 ½
1989---1-Cori Frankel, Old Tappan	15-10
2-Lisa Clark, Pascack Valley	15-9
1990---1-Arva Franke, Old Tappan	15-1 ¼
2-Lori Rogoff, Pascack Valley	16-0
1991---1-Tara Cassidy, Ramapo	16-3
2-Barbara LaLevee, Pascack Valley	15-2 ¾
1992---1-Michelle Grube, Bergenfield	16-1 ½
2-Barbara LaLevee, Pascack Valley	16-4 ¾
1993---1-Adria Ferguson, Old Tappan	16-8
2-Erika Albies, Pascack Valley	15-11 ¼
1994---1-Quanette Jester, Indian Hills	16-4
2-Erika Albies, Pascack Valley	17-10
1995---1-Courtney Wicks, Wayne Hills	17-4 ¾
2-Brooke Goodwin, Ramsey	16-0 ¾
1996---1-Courtney Wicks, Wayne Hills	15-11 ¼
2-Quanette Jester, Indian Hills	16-0
1997---1-Kerry Fraser, Demarest	16-2 ¾
2-Jamie Lilien, Pascack Valley	16-7 ¾
1998---1-Amanda Negron, Old Tappan	16-1 ¾
2-Beth Packman, Pascack Hills	16-6 ¾
1999---1-Emily Lamparello, Old Tappan	15-7 ½
2-Jamie Lilien, Pascack Valley	16-6
2000---1-Chris Siebold, Demarest	16-4
2-Jamie Lilien, Pascack Valley	17-5 ½
2001---1-Stacy Smith, Old Tappan	16-8 ½
2-Jill Turner, Pascack Hills	17-8
2002---1-Natalya Budnyatsky, Fair Lawn	15-9 ¾
2-Chrissy Procopio, Indian Hills	16-3 ¾
2003---1-Lauren Fass, Demarest	15-6 ½
2-Danielle Kroll, Indian Hills	15-1 ½
2004---1-Brittany Bonney, Wayne Hills	16-4 ½
2-Brie-Ann Forhecz, Northern Highlands	17-0 ¾
2005---1-Alyssa Fanucci, Old Tappan	16-5
2-Danielle Kroll, Indian Hills	17-2
2006---1-Shenise Halsey, Old Tappan	17-1
2-Jenn Pierce, Northern Highlands	16-7
2007---Jessica Molosh, Indian Hills	16-3 ½
2008---1-Jackie Geitz, Old Tappan	16-6

2-Brooke Kristensen, Mahwah	16-6
2009---1-Danna Wasserman, Demarest	17-5
2-Kirsten Bowens, Mahwah	17-1 ¼
2010---1-Rae Corbo, Paramus Catholic	17-8 ½
2-Taylor Sisti, Pascack Valley	15-11 ½

### TRIPLE JUMP

1985---1-Margaret Rottkamp, Indian Hills	37-3
2-Kim Baumbach, Pascack Valley	36-1 ½
1986---1-Margaret Rottkamp, Indian Hills	37-9
2-Kim Baumbach, Pascack Valley	36-10 ¼
1987---1-Michaela Steiner, Bergenfield	35-5 ½
2-Kim Baumbach, Pascack Valley	37-1 ¾
1988---1-Michaela Steiner, Bergenfield	34-5
2-Lynda Blake, Northern Highlands	34-0
1989---1-Allison Orsi, Indian Hills	34-2 ½
2-Keirsten Wallace, Westwood	33-4 ¾
1990---1-Amy Hever, Old Tappan	32-2 ¾
2-Lori Jones, Westwood	33-2
1991---1-Amy Hever, Old Tappan	33-7 ½
2-Barbara LaLevee, Pascack Valley	32-7 ¾
1992---1-Jessica Jenco, Indian Hills	34-10 ½
2-Barbara LaLevee, Pascack Valley	33-1 ½
1993---1-Lina Sapienza, Old Tappan	32-2 ½
2-Brooke Goodwin, Ramsey	33-7 ¼
1994---1-Lina Sapienza, Old Tappan	33-0
2-Kerry Fraser, Demarest	36-4 ¼
1995---1-Kerry Fraser, Demarest	36-0
2-Quanette Jester, Indian Hills	35-2
1996---1-Kerry Fraser, Demarest	36-4 ½
2-Quanette Jester, Indian Hills	34-5 ½
1997---1-Kerry Fraser, Demarest	36-0 ½
2-Sandra Fernandez, Pascack Valley	32-7
1998---1-Karin Boman, Demarest	33-3 ¾
2-Maritsa Christoudias, Ramsey	31-11 ¾
1999---1-	
2-Dara Seidman, Ramsey	34-6
2000---1-Emily Lamparello, Old Tappan	33-11 ½
2-Maritsa Christoudias, Ramsey	34-9 ¾
2001---1-Emily Lamparello, Old Tappan	33-1
2-Dara Seidman, Ramsey	35-4 ½
2002---1-Lisa Corey, Demarest	34-7 ½
2-Chrissy Procopio, Indian Hills	35-6 ½
2003---1-Brittany Bonney, Wayne Hills	34-5 ¼
2-Danielle Kroll, Indian Hills	34-10 ½
2004---1-Alyssa Fanucci, Old Tappan	34-2 ½
2-Danielle Kroll, Indian Hills	36-1 ½
2005---1-Shenise Halsey, Old Tappan	36-6
2-Mallory Longfield, Indian Hills	37-0
2006---1-Shenise Halsey, Old Tappan	37-8
2-Lizzie Faust, Northern Highlands	36-6

2007-Lizzie Faust, Northern Highlands	35-8
2008---1-Anita Rogers, Ramapo	35-8 ¼
2-Jessica Molosh, Indian Hills	36-5 ½
2009---1-Danna Wasserman, Demarest	35-3 ½
2-Kirsten Bowens, Mahwah	36-7 ¼
2010---1-Rae Corbo, Paramus Catholic	36-10
2-Alex Kolodko, Pascack Valley	33-4

#### **POLE VAULT**

2003---1-Jenny Galgano, Ramapo	8-9
2-Amanda Knutsen, Ramsey	8-0
2004---1-Jennifer Ortiz, Wayne Hills	7-0
2-Amanda Knutsen, Ramsey	9-0
2005---1-Jenny Galgano, Ramapo	9-0
2-Kara DiMaio, Mahwah	8-6
2006---1-Jenny Galgano, Ramapo	10-0
2-Tricia Murphy-Kennelly, Mahwah	11-0
2007---Ashley Walker, Mahwah	9-0
2008---1-Gina Germinaro, Old Tappan	9-6
2-Ashley Walker, Mahwah	9-6
2009---1-Chelsea Hartigan, Ramapo	10-6
2-Ashley Walker, Mahwah	10-6
2010---1-Chelsea Hartigan, Ramapo	11-6
2-Carolyn Edler, Mahwah	10-6

#### **1600 METER RELAY**

1985---1-Old Tappan	4:08.3
2-Westwood	4:10.9
1986---1-Old Tappan	4:16.1
2-Westwood	4:11.7
1987---1-Old Tappan	4:09.0
2-Northern Highlands	4:11.9
1988---1-Old Tappan	4:15.5
2-Northern Highlands	4:10.1
1989---1-Bergenfield	4:11.6
2-Pascack Valley	4:23.0
1990---1-Old Tappan	4:18.5
2-Pascack Valley	4:15.9
1991---1-Old Tappan	4:07.6
2-Ramsey	4:18.8
1992---1-Old Tappan	4:10.4
2-Northern Highlands	4:22.5
1993---1-Old Tappan	4:10.6
2-Ramsey	4:19.2
1994---1-Fair Lawn	4:17.6
2-Ramsey	4:23.9
1995---1-Demarest	4:16.3
2-Ramsey	4:16.5
1996---1-Old Tappan	4:17.1
2-Ramsey	4:14.8
1997---1-Old Tappan	4:17.4

2-Ramsey	4:15.6	
1998---1-Demarest		4:10.3
2-Pascack Valley		4:10.5
1999---1-Fair Lawn		4:21.0
2-Ramsey	n.t.	
2000---1-Old Tappan		4:11.8
2-Pascack Hills		4:18.0
2001---1-Old Tappan		4:08.5
2-Ramsey	4:08.0	
2002---1-Old Tappan		4:10.3
2-Pascack Valley		4:07.7
2003---1-Old Tappan		4:10.6
2-Northern Highlands		4:17.2
2004---1-Old Tappan		4:10.2
2-Ramsey	4:09.5	
2005---1-Old Tappan		4:20.1
2-Ramsey	4:10.3	
2006---1-Old Tappan		4:12.0
2-Northern Highlands		4:09.9
2007---Ramsey		4:06.3
2008---1-Northern Highlands		4:09.30
2-Ramsey		4:02.64
2009---1-Old Tappan		4:06.85
2-Pascack Hills		4:13.71
2010---1-Paramus Catholic		4:04.98
2-Ramsey		4:08.03