

NNJIL CHAMPIONSHIPS

BOYS

100 YARD DASH

1954---	Roland Stickle, Leonia	10.2
1955---	Minner Williams, Englewood	10.2
1956---	Dennis Hicks, Hackensack	10.5
1957---	Ross McRonald, Tenafly	10.0
1958---	Ross McRonald, Tenafly	9.9
1959---	John Williams, Englewood	10.1
1960---	Fred Conte, Fair Lawn	10.1
1961---	Mike Henderson, Ridgewood	10.1
1962---	Roy Carlton, Teaneck	10.5
1963---	Willie Sellers, Englewood	10.3
1964---	Bill Walker, Englewood	9.8
1965---	Bill Walker, Englewood	9.7
1966---	Bruce Sweet, Bergenfield	10.8
1967---	Roger King, Englewood	9.8
1968---	Stan Finney and Rick Williams, Hackensack	10.0
1969---	Dave Liskin, Englewood	9.9
1970---	Stan Finney, Hackensack	10.0
1971---	Rick Christmas, Hackensack	10.1
1972---	Mike Tyson, Englewood	10.2
1973---	Dodie Donnell, Hackensack	10.4
1974---	Dodie Donnell, Hackensack	10.2
1975---	John Chambers, Teaneck	10.2
1976---	John Chambers, Teaneck	10.0
1977---	Bob Boyce, Teaneck	10.2
1978---	Jerome Ingram, Clifton	10.1

100 METER DASH

1979---	Quentin Walker, Teaneck	11.5
1980---	Steve Dawkins, Bloomfield	11.4
1985---	B-Damon Henry, Hackensack	11.2
	P-E-Anthony Swan, Montclair	11.2
1986---	B-Joe Johnson, Hackensack	10.9
	P-E-Willie Chandler, Belleville	11.0
1987---	B-Stan Finney, Hackensack	11.1
	P-E-Dennis Scott, Eastside	11.1
1988---	B-Derrick Horner, Don Bosco	10.8
	P-E-Lance Alexander, Montclair	11.1
1989---	A-Michael Patterson, Kennedy	11.0
	P-Gerald Spears, Teaneck	11.1
1990---	A-Marvin Brown, Montclair	11.3
	P-Keon Bease, Hackensack	11.5
1991---	A-Marvin Brown, Montclair	10.92
	P-Celso King, Hackensack	11.59

1992---	A-Jason Alyon, Barringer	11.0
	P-Bryant Dupree, Hackensack	11.4
1993---	A-Ricard Carter, Passaic	11.09
	P-Darius Pemberton, Hackensack	11.28
1994---	A-Henry Cook, Montclair	11.2
	P-Joe Dawkins, Hackensack	10.6
1995---	A-Henry Cook, Montclair	10.79
	P-Joe Dawkins, Hackensack	10.31
1996---	A-Jared Granderson, Montclair	11.06
	P-Joe Dawkins, Hackensack	11.06
1997---	A-Jared Granderson, Montclair	10.96
	P-Cooper Rego, St. Joseph Regional	10.79
1998---	A-Andrae McCormick, Clifton	11.00
	P-Michael Jackson, Hackensack	11.24
1999---	A-Michael Jackson, Hackensack	11.07
	P-Kiyon Harley, Paramus Catholic	11.20
2000---	A-Dan Cooper, Ridgewood	11.30
	P-Adrian Durant, Teaneck	10.8
2001---	A-Tyree Davis, Montclair	10.88
	B-Devon White, Passaic	11.25
	C-Ryan Grant, Don Bosco	11.20
2002---	A-Ky Scott, Teaneck	11.2
	B-Nicardo Gooden, Kennedy	11.0
	C-Anthony Cinelli, Paramus Catholic	11.0
2003---	A-Kevin Thompson, Teaneck	11.0
	B-Brian Horton, Hackensack	11.3
	C-Brian Toal, Don Bosco	10.8
2004---	A-Ryan Scott, Montclair	10.9
	B-Brian Horton, Hackensack	11.2
	C-Ryan Lindsay, Don Bosco	11.2
2005---	A-Brian Gilbert, Teaneck	10.9
	B-Shaquan Brown, Kennedy	10.6
	C-Michael Ray Garvin, Don Bosco	10.6
2006---	A-Rashad White, Teaneck	10.9
	B-Shaquan Brown, Kennedy	10.8
	C-Anthony Ferla, St. Joseph Regional	11.1
2007---	A-Ausar Walcott, Hackensack	10.9
	B-Rashad White, Teaneck	10.9
	C-Marvin Whilby, Don Bosco	11.1
2008---	A-Robert East, Passaic	10.98
	B-David Butler, Teaneck	10.83
	C-Marvin Whilby, Don Bosco	10.92
2009---	A-Jashon Dawson, Passaic	11.23
	B-Conroy Walker, Hackensack	11.00
	C-Marvin Whilby, Don Bosco	11.08

220 YARD DASH

1954---	Herb Hollon, Teaneck	22.5
1955---	Minner Williams, Englewood	22.6
1956---	Dennis Hicks, Hackensack	22.9

1957---	Ross McDonald, Tenafly	21.6
1958---	Ross McDonald, Tenafly	22.5
1959---	John Williams, Englewood	22.7
1960---	Jim Clark, Englewood	22.4
1961---	Mike Henderson, Ridgewood	22.1
1962---	Al Dobritch, Paramus	22.0
1963---	Gil Finney, Hackensack	22.0
1964---	Bill Walker, Englewood	22.0
1965---	Bill Walker, Englewood	21.5
1966---	Dennis Moore, Hackensack	23.2
1967---	Roger King, Englewood	22.4
1968---	Stan Finney, Hackensack	22.5
1969---	Dave Liskin, Englewood	21.8
1970---	Stan Finney, Hackensack	22.3
1971---	Bernard Bivins, Englewood	22.3
1972---	Mike Tyson, Englewood	22.8
1973---	Steve Wyche, Hackensack	22.5
1974---	Tim Brumley, Garfield	23.3
1975---	Parke Muth, Ridgewood	22.4
1976---	Bob Darella, Paramus	22.8
1977---	Bob Boyce, Teaneck	22.8
1978---	Randy Richardson, Hackensack	22.9

200 METER DASH

1979---	Doug Jackson, Hackensack	22.7
1980---	Steve Dawkins, Bloomfield	23.3
1985---	B-Andrew Gordon, Teaneck	22.8
	P-E-Anthony Swan, Montclair	22.2
1986---	B-Joe Johnson, Hackensack	22.4
	P-E-Willie Chandler, Belleville	22.4
1987---	B-Mike Rios, Bergen Catholic	22.6
	P-E-Dennis Scott, Eastside	21.9
1988---	B-Derrick Horner, Don Bosco	22.2
	P-E-Devon Marshall, Montclair	22.4
1989---	A-Tim Geckeler, Ridgewood	22.1
	P-Stan Finney, Hackensack	22.4
1990---	A-Marvin Brown, Montclair	22.4
	P-Keon Bease, Hackensack	22.7
1991---	A-Marvin Brown, Montclair	21.7
	P-Willie Best, Hackensack	22.5
1992---	A-Ricchard Carter, Passaic	21.5
	P-James Whiting, Hackensack	23.4
1993---	A-Ricchard Carter, Passaic	22.14
	P-John Mabry, Hackensack	23.02
1994---	A-Ian Arcia, Montclair	22.3
	P-Joe Dawkins, Hackensack	22.3
1995---	A-Henry Cook, Montclair	22.72
	P-Joe Dawkins, Hackensack	21.58
1996---	A-Greg Meletta, Bergen Catholic	22.88
	P-Joe Dawkins, Hackensack	22.82

1997---	A-Tony Brown, Clifton		22.59
	P-Cooper Rego, St. Joseph Regional		22.25
1998---	A-Joe Haro, Clifton		22.34
	P-Kawesi Darby, Hackensack		22.48
1999---	A-John D'Izzia, Bergen Catholic		22.74
	P-Kiyon Harley, Paramus Catholic		22.52
2000---	A-Henry Williams, Barringer		22.68
	P-Adrian Durant, Teaneck		22.63
2001---	A-Adrian Durant, Teaneck		22.22
	B-Melvin Sampson, Hackensack		22.78
	C-Tyler Papaz, Don Bosco		23.00
2002---	A-Mardy Charles, Teaneck		22.4
	B-Nicardo Gooden, Kennedy		22.3
	C-Anthony Cinelli, Paramus Catholic	22.4	
2003---	A-Ky Scott, Teaneck		22.0
	B-Anthony Johnson, Eastside		23.1
	C-Brian Toal, Don Bosco		22.7
2004---	A-Ryan Scott, Montclair		21.9
	B-Michael Ajadi, Bloomfield		22.6
	C-Ryan Lindsay, Don Bosco	22.9	
2005---	A-Brian Gilbert, Teaneck		22.8
	B-Shaquan Brown, Kennedy	21.7	
	C-Michael Ray Garvin, Don Bosco		22.0
2006---	A-Rashad White, Teaneck		22.1
	B-Shaquan Brown, Kennedy	21.4	
	C-Anthony Ferla, St. Joseph Regional	22.5	
2007---	A-Ausar Walcott, Hackensack		22.3
	B-Rashad White, Teaneck		21.8
	C-Jason Kelsey, Don Bosco		22.3
2008---	A-Robert East, Passaic		22.37
	B-Damian Miles, Teaneck		22.02
	C-Marvin Whilby, Don Bosco		22.20
2009---	A-Jashon Dawson, Passaic		22.97
	B-Conroy Walker, Hackensack		22.60
	C-Marvin Whilby, Don Bosco		22.28

440 YARD RUN

1954---	Bill Davis, Tenafly		50.3
1955---	Don Livingston, Englewood	51.5	
1956---	Don Davies, Tenafly		51.1
1957---	Don Davies, Tenafly		49.1
1958---	John Williams, Englewood		50.2
1959---	Willie Stubbs, Englewood		51.4
1960---	Mike Henderson, Ridgewood		49.7
1961---	Bob Smith, Hackensack		49.7
1962---	Bob Smith, Hackensack		49.3
1963---	Marc Clachko, Teaneck		50.8
1964---	Reggie Williams, Englewood		51.3
1965---	Dave Morton, Ridgewood		50.9
1966---	Joe Bryant, Englewood		51.9

1967---	Roy Kahn, Bergenfield	50.8
1968---	Jeff Adams, Englewood	50.1
1969---	Rob Baumann, Ridgewood	51.0
1970---	Joe Sciacca, Passaic Valley	50.1
1971---	Joe Sciacca, Passaic Valley	50.0
1972---	Stan Hull, Bergenfield	50.0
1973---	Steve Wyche, Hackensack	51.0
1974---	Steve Wyche, Hackensack	50.7
1975---	Carmine Bailey, Paramus	50.9
1976---	Andy Drapkin, Ridgewood	51.0
1977---	Rich Hoffman, Hackensack	50.2
1978---	Clayton Lloyd, Hackensack	51.4

400 METER RUN

1979---	Len LaBarre, Paramus	50.7
1980---	Doug Jackson, Hackensack	50.4
1985---	B-Hector Carter, Hackensack	50.4
	P-E-Roger Cameron, Eastside	49.7
1986---	B-Marty Cummins, Bergen Catholic	50.7
	P-E-Dennis Scott, Eastside	49.4
1987---	B-Walter McCall, Hackensack	49.8
	P-E-Andrew Cameron, Eastside	49.3
1988---	B-Walter McCall, Hackensack	48.6
	P-E-Devon Marshall, Montclair	48.3
1989---	A-Tim Geckeler, Ridgewood	48.7
	P-Stan Finney, Hackensack	48.8
1990---	A-David Robe, Montclair	50.6
	P-Willie Best, Hackensack	49.4
1991---	A-Marvin Brown, Montclair	49.30
	P-Mark Wojcik, Paramus Catholic	51.50
1992---	A-Thomas Pearson, Eastside	48.8
	P-Anthony DiPersia, Nutley	50.8
1993---	A-Tim McDermott, Bergen Catholic	50.01
	P-Courtney Davis, Hackensack	49.63
1994---	A-Ian Arcia, Montclair	48.5
	P-Chris Hall, Teaneck	49.2
1995---	A-Will Poppe, Bergen Catholic	51.7
	P-Walter King, Hackensack	50.4
1996---	A-Rasheen Johnson, Passaic	49.9
	P-Walter King, Hackensack	49.6
1997---	A-Tony Brown, Clifton	50.83
	P-Alden Shorter, Teaneck	50.70
1998---	P-Joe Velazquez, Paramus	50.64
	A-Joe Haro, Clifton	49.94
1999---	P-Joe Velazquez, Paramus	48.12
	A-Josh Kauke, Ridgewood	49.41
2000---	A-Henry Williams, Barringer	49.2
	P-Edward Jordan, Montclair	50.4
2001---	A-Adrian Durant, Teaneck	49.33
	B-Patel Whyte, Passaic	51.96

	C-Gerard Robertson, Paramus Catholic	n.t
2002---	A-Chris Perez, Ridgewood	50.4
	B-Clifton Poarch, Hackensack	52.9
	C-Will Van Thunen, Don Bosco	50.1
2003---	A-Ky Scott, Teaneck	50.9
	B-Hayrol Cruz, Passaic	51.2
	C-Ken Sinkovitz, Bergen Catholic	50.1
2004---	A-Andrew Anderson, Montclair	49.8
	B-Jason Shagawat, Clifton	50.1
	C-Dan D'Izzia, Bergen Catholic	51.6
2005---	A-Marc Muckle and Akeem Thomas, Teaneck	51.6
	B-Shaquan Brown, Kennedy	48.6
	C-StaiSeanLyew, Bergen Catholic	50.7
2006---	A-Akeem Thomas, Teaneck	50.6
	B-Robert East, Passaic	52.7
	C-Tom Randall, Bergen Catholic	50.5
2007---	A-Ausar Walcott, Hackensack	50.0
	B-Shawn Rembecky, Paramus	51.0
	C-Sharif Webb, Don Bosco	48.8
2008---	A-Ausar Walcott, Hackensack	49.22
	B-Damian Miles, Teaneck	50.04
	C-Dom Gaston, Bergen Catholic	50.97
2009---	A-Willie Lewis, Eastside	51.83
	B-Justin Hodge, Teaneck	51.28
	C-Leonte Carroo, Don Bosco	50.79

880 YARD RUN

1954---	Bob Hughes, Tenafly	2:05.6
1955---	Bob Hughes, Tenafly	2:02.3
1956---	Rich Modafferi, Englewood	2:01.1
1957---	Ken Hunter, Tenafly	1:59.9
1958---	Eric Groom, Leonia	1:59.5
1959---	Maurice Hobson, Englewood	1:58.3
1960---	Harry Hamilton, Hackensack	2:00.4
1961---	Harry Hamilton, Hackensack	1:57.4
1962---	Jack Shaw, Tenafly	1:57.7
1963---	Hank Skewis, Ridgewood	2:01.4
1964---	Hank Skewis, Ridgewood	2:00.6
1965---	Hank Skewis, Ridgewood	1:57.3
1966---	Bill Jakob, Paramus	2:01.2
1967---	John Stone, Teaneck	2:01.0
1968---	Rich Collins, Passaic Valley	1:59.9
1969---	Fred Ross, Wayne Valley	1:57.8
1970---	John Campbell, Wayne Valley	1:57.4
1971---	Tom Rae, Ridgewood	1:57.1
1972---	Mike Belby, Fair Lawn	1:58.7
1973---	Tom Driscoll, Fair Lawn	1:59.6
1974---	Rick Rothschild, Paramus	1:56.5
1975---	Rick Rothschild, Paramus	1:57.5
1976---	Halestine Lee, Hackensack	1:58.3

1977---	Bob Lustberg, Paramus	1:56.8
1978---	Dean DeRenzo, Paramus	1:59.4

800 METER RUN

1979---	Dean DeRenzo, Paramus	1:59.7
1980---	Mike Boccelari, Bergenfield	1:59.2
1985---	P-E-Darren Wilson, Eastside	1:57.9
	B-Bob Arvidson, Don Bosco	1:55.3
1986---	P-E-David Perry, Kennedy	1:57.8
	B-Doug Palmadessa, Bergen Catholic	2:00.0
1987---	P-E-Darren Wilson, Eastside	1:58.1
	B-Chris Rae, Ridgewood	1:54.5
1988---	P-E-Robert Fletcher, Kennedy	1:58.6
	B-Mark Bednarz, Paramus Catholic	1:53.1
1989---	A-Rafael Diaz, Kennedy	1:58.3
	P-Mark Bednarz, Paramus Catholic	1:56.2
1990---	A-David Robe, Montclair	1:58.3
	P-Willie Best, Hackensack	1:58.3
1991---	A-J.R. Meloro, Bergen Catholic	1:57.6
	P-Willie Best, Hackensack	1:55.6
1992---	P-Courtney Davis, Hackensack	1:58.0
	A-Ed Belfield, Eastside	1:55.9
1993---	P-Courtney Davis, Hackensack	2:01.4
	A-Bob Keino, Ridgewood	1:55.1
1994---	P-Frank Monks, Don Bosco	1:57.4
	A-Bob Keino, Ridgewood	1:53.7
1995---	P-Dan Sheth, Paramus Catholic	1:59.3
	A-Tyrone Watson, Eastside	2:00.5
1996---	P-Jim Wolynetz, Don Bosco	2:00.1
	A-Tom Redmond, Bergen Catholic	2:00.9
1997---	P-Romeo Joseph, Hackensack	1:58.01
	A-Tom Redmond, Bergen Catholic	1:58.86
1998---	P-Rick Lehmbeck, Don Bosco	2:01.00
	A-Josh Kauke, Ridgewood	1:58.19
1999---	P-Sean McQuillen, Nutley	1:59.68
	A-Josh Kauke, Ridgewood	1:56.91
2000---	A-Josh Kauke, Ridgewood	1:52.04
	P-A.J. Franchini, Don Bosco	2:00.61
2001---	A-Francis Richards, Barringer	2:00.64
	B-Chris Monaco, Clifton	2:02.90
	C-J.C. O'Hara, Bergen Catholic	2:01.5
2002---	A-Kiela Brevard, Teaneck	2:02.3
	B-Elvis Cole, Hackensack	2:02.3
	C-Matt Horesta, Don Bosco	1:58.1
2003---	A-Greg Corcoran, Ridgewood	1:59.1
	B-Jerry Boucicaut, Kennedy	1:59.3
	C-Brent Napoleon, Don Bosco	2:01.9
2004---	A-Jeff Klatsky, Nutley	1:58.0
	B-Hayrol Cruz, Passaic	1:59.5
	C-Anthony Amato, Don Bosco	2:00.7

2005---	A-Byron Williams, Ridgewood		1:59.6
	B-Hayrol Cruz, Passaic		1:58.5
	C-Sharif Webb, Don Bosco		1:56.9
2006---	A-Niall Buckley, Ridgewood		1:57.5
	B-Shaquan Brown, Kennedy	1:59.1	
	C-Sharif Webb, Don Bosco		1:58.2
2007---	A-Matt Bertinato, Bergen Tech		2:00.0
	B-Niall Buckley, Ridgewood		2:00.7
	C-Steve Wexler, Don Bosco		2:00.1
2008---	A-William Jones, Barringer		2:01.70
	B-Zachary Herring, Montclair		1:59.22
	C-Ryan Bailey, Paramus Catholic		2:01.62
2009---	A-Larry Hilton, Kennedy		2:00.16
	B-Justin Hodge, Teaneck		1:59.9
	C-DaVon Robinson, Paramus Catholic		1:58.76

ONE MILE RUN

1954---	George Conaty, Tenafly		4:37.7
1955---	John Williams, Tenafly		4:34.2
1956---	John Williams, Tenafly		4:32.0
1957---	Bob Lowe, Englewood		4:29.9
1958---	Bill Meinhardt, Hackensack	4:34.1	
1959---	Charles Washington, Englewood		4:43.8
1960---	Rich D'Aleo, Teaneck		4:37.9
1961---	Marion Brevard, Englewood		4:34.0
1962---	Ed Weinart, Fair Lawn		4:30.6
1963---	Steve St. Clair, Teaneck		4:28.0
1964---	Ken Finley, Paramus		4:38.8
1965---	Gary Rosenberg, Fair Lawn		4:28.5
1966---	Jim O'Gorman, Teaneck		4:43.0
1967---	Vic Mizzone, Passaic Valley		4:33.4
1968---	Mike Von Halle, Hackensack		4:26.6
1969---	Ron Speirs, Paramus		4:26.0
1970---	Kevin Conheeney, Hackensack		4:21.8
1971---	Kevin Conheeney, Hackensack		4:23.4
1972---	Steve Kiernan, Ridgewood		4:29.1
1973---	Rich Stukey, Teaneck		4:29.6
1974---	Rich Stukey, Teaneck		4:24.6
1975---	Tom Holdsworth, Wayne Valley		4:21.1
1976---	Ed Halahan, Ridgewood		4:29.1
1977---	Tom Hartman, Wayne Valley		4:28.1
1978---	John Murphy, Teaneck		4:32.4
1979---	John Eberle, Bergenfield		4:26.8

1600 METER RUN

1980---	Tom Hughes, Ridgewood		4:13.1 (1500)
1985---	P-E-Constantine Charoglu, Montclair	4:26.7	
	B-Chris Sullivan, Ridgewood		4:23.7
1986---	P-E-Curtis McNair, Passaic		4:23.3

B-Dave Greenblatt, Teaneck	4:25.3
1987---P-E-John Jones, Eastside	4:28.9
B-Chris Rae, Ridgewood	4:26.4
1988---B-Rich Harrington, St. Joseph Regional	4:26.8
P-E-Mark Muir, Eastside	4:33.4
1989---A-Eric Boucher, Ridgewood	4:29.0
P-Dave Pataky, Paramus Catholic	4:30.6
1990---A-Eric Boucher, Ridgewood	4:28.5
P-Dave Pataky, Paramus Catholic	4:28.0
1991---A-J.R. Meloro, Bergen Catholic	4:24.3
P-Jeremy Malchuk, Nutley	4:33.7
1992---P-Chris Langan, Don Bosco	4:21.5
A-Bob Keino, Ridgewood	4:30.2
1993---P-Sean Durkin, Don Bosco	4:28.8
A-Bob Keino, Ridgewood	4:20.4
1994---P-Jake Levirne, Don Bosco	4:36.2
A-Bob Keino, Ridgewood	4:18.5
1995---P-Mike Pietoso, Nutley	4:34.7
A-Kevin Gilman, Bergen Catholic	4:39.3
1996---P-Mike Pietoso, Nutley	4:36.45
A-Bernard Fraser, Passaic	4:37.16
1997---P-Thomas Baldwin, Hackensack	4:36.90
A-Bernard Fraser, Passaic	4:40.56
1998---P-Thomas Baldwin, Hackensack	4:31.39
A-Greg Holz, Bergen Catholic	4:43.09
1999---P-Corey Kunz, St. Joseph Regional	4:31.8
A-Thomas Baldwin, Hackensack	4:23.23
2000---A-Maurice Singletary, Hackensack	4:29.3
P-Charles Poris, Montclair	4:31.00
2001---A-Charles Poris, Montclair	4:36.00
B-Ferdinand Fernandez, Passaic	4:30.34
C-Ken Sinkovitz, Bergen Catholic	4:31.0
2002---A-Jeffrey Klatsky, Nutley	4:34.3
B-Kevin Fortkiewicz, Bloomfield	4:28.4
C-Frank Battersby, Don Bosco	4:25.7
2003---A-Rodolfo Crispin, Ridgewood	4:26.7
B-Mohamed Khadraoui, Kennedy	4:31.7
C-Sean Swift, Don Bosco	4:34.9
2004---A-Alejandro Shepard, Montclair	4:24.1
B-Mohamed Khadraoui, Kennedy	4:32.8
C-Alex Wechsler, Don Bosco	4:30.2
2005---A-Byron Williams, Ridgewood	4:35.5
B-Hayrol Cruz, Passaic	4:33.6
C-Jason Baker, Don Bosco	4:31.1
2006---A-Jeremy Kalmus, Ridgewood	4:37.8
B-Steven Klett, Clifton	4:32.6
C-Jason Baker, Don Bosco	4:30.9
2007---A-Chris Bienkiewicz, Clifton	4:28.4
B-Dan Emont, Ridgewood	4:35.4
C-Conor Sullivan, Don Bosco	4:23.7
2008---A-Salim Corbin, Eastside	4:28.49

B-Taro Shigenobu, Ridgewood	4:40.87
C-Leighton Spencer, Don Bosco	4:29.04
2009---A-Salim Corbin, Eastside	4:28.34
B-Brian Cleary, Ridgewood	4:34.07
C-Rafael Vargas, Don Bosco	4:28.80

TWO MILE RUN

1965---Wally Liverance, Ridgewood	9:38.7
1966---Steve Petouvis, Paramus	10:25.4
1967---Howie Gould, Teaneck	10:18.2
1968---Fred Ross, Wayne Valley	9:44.1
1969---Kevin Conheeney, Hackensack	9:52.0
1970---Bob DeYoung, Wayne Valley	9:53.7
1971---Chris Stoveken, Fair Lawn	9:51.6
1972---Bruce Mason, Ridgewood	9:40.7
1973---Dennis Sprick, Clifton	10:02.3
1974---Kevin Hammond, Ridgewood	9:53.0
1975---Eamon Greene, Bergenfield	9:52.2
1976---Eamon Greene, Bergenfield	9:58.1
1977---John Eberle, Bergenfield	9:39.6
1978---John Eberle, Bergenfield	9:54.5
1979---John Eberle, Bergenfield	9:35.4

3200 METER RUN

1980---Tom Hughes, Ridgewood	9:12.8 (3000)
1985---P-E-Constantine Charoglu, Montclair	10:01.3
B-Harry Carle, Bergen Catholic	9:24.1
1986---P-E-Curtis McNair, Passaic	9:34.4
B-Dave Greenblatt, Teaneck	9:27.2
1987---P-E-Laurence Brown, Kennedy	9:46.8
B-Eric Berntsen, Ridgewood	9:21.6
1988---P-E-Sean Henry, Clifton	9:40.2
P-Kevin McCabe, Ridgewood	9:28.4
1989---A-Sean Henry, Clifton	9:29.9
P-Dave Pataky, Paramus Catholic	9:54.7
1990---A-Eric Boucher, Ridgewood	9:40.3
P-Kevin Beirne, Hackensack	9:51.7
1991---A-J.R. Meloro, Bergen Catholic	9:23.5
P-Jeremy Malchuk, Nutley	9:44.9
1992---P-Chris Langan, Don Bosco	9:40.6
A-Bob Keino, Ridgewood	9:37.1
1993---P-Sean Durkin, Don Bosco	9:29.3
A-Bob Keino, Ridgewood	9:48.9
1994---P-Jake Levirne, Don Bosco	10:01.5
A-Bob Keino, Ridgewood	9:40.7
1995---P-Adam Zavarino, Hackensack	10:09.4
A-Kevin Gilman, Bergen Catholic	10:06.7
1996---P-Thomas Baldwin, Hackensack	10:09.7
A-Mike Cohen, Ridgewood	9:54.6

1997---	P-Thomas Baldwin, Hackensack	9:43.10
	A-Bernard Fraser, Passaic	10:02.7
1998---	P-Thomas Baldwin, Hackensack	9:39.7
	A-John O'Neill, Ridgewood	10:08.35
1999---	P-Corey Kunz, St. Joseph Regional	9:46.36
	A-Thomas Baldwin, Hackensack	9:31.06
2000---	A-Frank Browne, Hackensack	9:47.7
	P-Peter Gerboth, Don Bosco	10:21.0
2001---	A-Fernando Silva, Belleville	10:17.95
	B-Ferdinand Fernandez, Passaic	10:16.14
	C-Sean Swift, Don Bosco	10:13.7
2002---	A-Rodolfo Crispin, Ridgewood	10:17.9
	B-Paul Kornaszewski, Clifton	9:40.1
	C-Sean Swift, Don Bosco	10:05.6
2003---	A-Kyle Engelken, Ridgewood	9:56.3
	B-Mohamed Khadraoui, Kennedy	9:38.6
	C-Greg Wyka, Don Bosco	10:19.3
2004---	A-Kyle Engelken, Ridgewood	9:56.1
	B-Mohamed Khadraoui, Kennedy	9:13.3
	C-Tony Naimo, Bergen Catholic	10:24.9
2005---	A-Michael Cator, Ridgewood	10:01.8
	B-Hayrol Cruz, Passaic	10:01.3
	C-Colin McCullough, Don Bosco	10:08.6
2006---	A-Michael Cator, Ridgewood	9:53.6
	B-Alex Anolik, Clifton	10:12.6
	C-John McDonnell, Don Bosco	10:00.9
2007---	A-Mike Mitchell, Bergen Tech	9:49.4
	B-Dan Emont, Ridgewood	9:56.6
	C-Anthony Belgiovine, Don Bosco	9:55.7
2008---	A-Jorge Beltre, Kennedy	9:40.52
	B-Taro Shigenobu, Ridgewood	9:52.30
	C-Brendan Offer, Don Bosco	9:54.31
2009---	A-Morris Jenkins, Montclair	10:02.69
	B-Sean Martyn, Ridgewood	10:10.03
	C-Rob Molke, Don Bosco	9:31.55

120 YARD LOW HURDLES

1954---	Al Casamenti, Hackensack	13.7
1955---	Rick Bader, Hackensack	13.6
1956---	John Douglas, Englewood	14.4
1964---	Gene Meeks, Hackensack	13.3
1966---	Dandre DeSandies, Teaneck	13.6

110 METER HIGH HURDLES (120 yards until 1979)

1957---	Bob Waterman, Tenafly	15.7
1958---	Bob Waterman, Tenafly	15.3
1959---	Ray Koch, Cliffside Park	15.7
1960---	Paul Denson, Hackensack	14.9
1961---	Charles Makarian, Tenafly	14.8
1962---	Lou Russo, Fair Lawn	15.5

1963---	Larry Goebel, Bergenfield		15.2
1964---	Ken Kolin, Paramus		15.4
1965---	Rich Cirner, Paramus		15.1
1966---	Dandre DeSandies, Teaneck	15.2	
1967---	Teddy Walker, Englewood		14.5
1968---	Ray Henry, Bergenfield		14.6
1969---	Ray Henry, Bergenfield		15.0
1970---	Jerry Karson, Fair Lawn		14.6
1971---	Curtis Caviness, Englewood	14.8	
1972---	Bill Duren, Hackensack		15.5
1973---	Bill Duren, Hackensack		15.0
1974---	Bill Duren, Hackensack		14.7
1975---	Rawn Lindsay, Teaneck		15.1
1976---	Rich Wankmuller, Ridgewood		14.7
1977---	Jim Hennessey, Paramus		14.7
1978---	Vern Kelley, Hackensack		14.9
1979---	Chris Robinson, Teaneck		15.3
1980---	Conrad Whittingham, Hackensack		15.4
1985---	B-Jerome Pemberton, Hackensack		14.7
	P-E-David Jones, Montclair	14.1	
1986---	B-Mike Lange, Bergen Catholic		15.2
	P-E-George Rosemond, Passaic		14.3
1987---	B-Ken Green, Teaneck		15.1
	P-E-Andrew Cameron, Eastside		14.7
1988---	B-Rob Ghelli, Bergen Catholic		15.0
	P-E-Lamont Harris, Eastside		14.8
1989---	A-Norre Smith, Montclair		14.6
	P-Rasheed Goodlowe, Teaneck		14.5
1990---	A-Josiah Swasey, Bergen Catholic		14.7
	P-Mike Burkett, Hackensack		15.6
1991---	A-Ron Thomas, Kennedy		14.8
	P-Sean Rhinehart, Hackensack		15.3
1992---	A-Errol Buggs, Kennedy		14.7
	P-Monty Mason, Paramus Catholic		15.3
1993---	A-Ron Gonzalez, Passaic		14.8
	P-Darius Pemberton, Hackensack		14.89
1994---	P-Andy Paraison, Don Bosco		14.5
	A-Bill Bryant, Bergen Catholic		15.4
1995---	P-Anthony DiCosmo, Paramus Catholic		14.46
	A-Neville Rose, Kennedy		14.76
1996---	P-Zachary King, Hackensack		15.96
	A-Justin Avery, Montclair		14.64
1997---	P-Marc Fulson, Paramus Catholic		15.52
	A-Justin Avery, Montclair		14.73
1998---	P-Tim Hlavacek, Don Bosco		15.47
	A-Frank Buggs, Kennedy		15.60
1999---	P-Ayo Oluwole, St. Joseph Regional		15.33
	A-Shawn Delos Reyes, Bergen Catholic		15.49
2000---	A-Aaron Richardson, Hackensack		15.24
	P-Khristopher Carey, Montclair		14.64
2001---	A-Steve Pawlowski, Ridgewood		14.70

	B-Aaron Richardson, Hackensack	15.02
	C-Brent Hobbs, Don Bosco	14.63
2002---	A-Chris Peterson, Nutley	15.2
	B-Anthony Johnson, Eastside	15.3
	C-Joe Charles, Bergen Catholic	14.9
2003---	A-Kareem Meilani, Montclair	15.7
	B-Anthony Johnson, Eastside	15.0
	C-Chris Eck, Bergen Catholic	15.9
2004---	A-Joe Nagano-Gerace, Ridgewood	16.1
	B-Anthony Johnson, Eastside	14.3
	C-Chris Gonzalez, Don Bosco	16.4
2005---	A-Danny Oquendo, Hackensack	14.4
	B-Ryan Jordan, Kennedy	15.7
	C-Chadwick Cadet, Don Bosco	15.4
2006---	A-Akira Monri, Ridgewood	15.6
	B-Alfred Gordon, Kennedy	15.6
	C-Joe Goggin, Bergen Catholic	16.0
2007---	A-Chris Castro, Bergen Tech	14.7
	B-James Williams, Teaneck	15.3
	C-Vic Servito, Bergen Catholic	16.1
2008---	A-Jermaine Boyd, Hackensack	15.04
	B-Brandon Hambric, Teaneck	15.15
	C-Selwyn Maxwell, Don Bosco	15.39
2009---	A-Keshon Brown, Kennedy	15.23
	B-Brandon Hambric, Teaneck	15.02
	C-Selwyn Maxwell, Don Bosco	15.33

180 YARD LOW HURDLES

1957---	Bob Waterman, Tenafly	20.5
1958---	Bob Waterman, Tenafly	21.0
1959---	Lyn Edson, Hackensack	21.2
1960---	Paul Denson, Hackensack	19.8
1961---	Charles Makarian, Tenafly	20.2
1962---	Lou Russo, Fair Lawn	20.5
1963---	Rich Cirner, Paramus	20.6
1965---	Rich Cirner, Paramus	19.9
1967---	Doug Senchak, Wayne Valley	19.7
1968---	Bill Kozikowski, Hackensack	19.9
1969---	Ray Henry, Bergenfield	19.9
1970---	Mark Birchette, Teaneck	20.0
1971---	Bob Teeling, Wayne Valley	20.1
1972---	Bill Duren, Hackensack	21.2
1973---	Bill Duren, Hackensack	20.0

330 YARD INTERMEDIATE HURDLES

1974---	Rawn Lindsay, Teaneck	39.3
1975---	Mike Rogers, Ridgewood	39.7
1976---	Rich Wankmuller, Ridgewood	40.3
1977---	Carlton Lee, Hackensack	39.8

1978---	Clayton Lloyd, Hackensack	40.5
1979---	Doug Jackson, Hackensack	39.7

400 METER INTERMEDIATE HURDLES

1980---	Doug Jackson, Hackensack	57.5
1985---	B-Bob Arvidson, Don Bosco	56.0
	P-E-David Jones, Montclair	52.8
1986---	B-Jerome Pemberton, Hackensack	55.5
	P-E-Andrew Cameron, Eastside	54.5
1987---	B-Doug Shultz, Ridgewood	55.6
	P-E-Andrew Cameron, Eastside	52.6
1988---	B-Andy Hacker, Bergen Catholic	56.7
	P-E-Lamont Harris, Eastside	54.4
1989---	A-Norre Smith, Montclair	54.2
	P-Earl Griffin, Teaneck	56.0
1990---	A-Josiah Swasey, Bergen Catholic	55.4
	P-Sean Rhinehart, Hackensack	56.5
1991---	A-Shawn Collins, Kennedy	54.1
	P-Sean Rhinehart, Hackensack	56.5
1992---	P-Darius Pemberton, Hackensack	56.1
	A-Ronald Thomas, Kennedy	54.8
1993---	P-Pat Hyppolite, Don Bosco	57.48
	A-Aaron Smith, Montclair	53.08
1994---	P-Pat Hyppolite, Don Bosco	55.1
	A-Jace Brooks, Montclair	56.9
1995---	P-Tom McCabe, Don Bosco	56.8
	A-Neville Rose, Kennedy	56.2
1996---	P-Devon Larkins, Hackensack	57.99
	A-Neville Rose, Kennedy	54.59
1997---	P-Marc Fulson, Paramus Catholic	58.37
	A-Fred Brown, Montclair	56.44
1998---	P-Sean McQuillen, Nutley	57.99
	A-Dave Warton, Ridgewood	59.07
1999---	P-Sean McQuillen, Nutley	55.5
	A-Chris Stowers, Hackensack	55.50
2000---	A-Johnny Sylvain, Hackensack	56.40
	P-Rob Robles, Paramus Catholic	58.1
2001---	A-Shaundel Daniels, Montclair	56.30
	B-Yuri Perez-Malko, Bloomfield	57.98
	C-Mike Panos, Bergen Catholic	57.0
2002---	A-Chris Peterson, Nutley	57.0
	B-David Dennis, Hackensack	56.3
	C-Rob McKay, Don Bosco	55.3
2003---	A-Joey Johnson, Paramus	56.6
	B-David Dennis, Hackensack	57.7
	C-Alex Wechsler, Don Bosco	58.2
2004---	A-Joey Johnson, Paramus	55.9
	B-Dan Oquendo, Hackensack	56.6
	C-Stai-Sean Lyew, Bergen Catholic	58.7
2005---	A-Dan Oquendo, Hackensack	57.0

	B-Deron Doles, Kennedy	57.2
	C-Stai-Sean Lyew, Bergen Catholic	57.5
2006---	A-Niall Buckley, Ridgewood	57.0
	B-Shaquan Brown, Kennedy	53.5
	C-Steve Wexler, Don Bosco	57.3
2007---	A-Chris Castro, Bergen Tech	56.6
	B-Niall Buckley, Ridgewood	55.9
	C-Evan Shaker, Paramus Catholic	56.4
2008---	A-Jermaine Boyd, Hackensack	58.04
	B-Joe Vargas, Paramus	58.31
	C-Steve Wexler, Don Bosco	57.74
2009---	A-Keshon Brown, Kennedy	57.45
	B-Joe Vargas, Paramus	55.85
	C-Ernest Wingate, Bergen Catholic	57.10

ONE MILE RELAY

1954---	Hackensack	3:37.2
1955---	Englewood	3:32.2
1956---	Englewood	3:33.7
1957---	Tenafly	3:28.7
1958---	Hackensack	3:28.9
1959---	Hackensack	3:32.0
1960---	Hackensack	3:32.0
1961---	Teaneck	3:29.6
1962---	Paramus	3:33.0
1963---	Paramus	3:32.6
1964---	Hackensack	3:32.8
1965---	Paramus	3:32.5
1966---	Bergenfield	3:32.6
1967---	Passaic Valley	3:32.8
1968---	Passaic Valley	3:31.5
1969---	Englewood	3:28.7
1970---	Englewood	3:26.8
1971---	Englewood	3:26.0
1972---	Hackensack	3:26.9
1973---	Hackensack	3:34.0
1974---	Ridgewood	3:30.5
1975---	Ridgewood	3:28.5
1976---	Hackensack	3:28.2
1977---	Hackensack	3:24.4
1978---	Hackensack	3:28.1
1979---	Teaneck	3:28.5

1600 METER RELAY

1980---	Hackensack	3:26.0
1985---	B-Hackensack	3:26.9
	P-E-Montclair	3:24.9
1986---	B-Bergen Catholic	3:28.3
	A-Eastside	3:23.8

1987---B-Hackensack		3:24.7
P-E-Eastside		3:22.7
1988---B-Hackensack		3:26.0
P-E-Montclair		n.t.
1989---P-Hackensack		3:23.0
A-Passaic	3:25.6	
1990---P-Don Bosco		3:24.7
A-Bergen Catholic	3:25.8	
1991---P-Don Bosco		3:24.3
A-Montclair		3:23.7
1992---P-Don Bosco		3:27.4
A-Eastside		3:20.1
1993---P-Hackensack		3:22.43
A-Montclair		3:24.94
1994---P-Hackensack		3:22.9
A-Bergen Catholic	3:25.7	
1995---P-Hackensack		3:25.4
A-Montclair		3:26.9
1996---P-Teaneck		3:28.76
A-Bergen Catholic	3:26.74	
1997---P-Hackensack		3:26.87
A-Bergen Catholic	3:25.69	
1998---P-Hackensack		3:34.03
A-Montclair		3:30.44
1999---P-Don Bosco		3:27.58
A-Hackensack		3:23.25
2000---A-Ridgewood		3:25.10
P-Teaneck	3:28.13	
2001---A-Teaneck		3:29.81
B-Passaic		3:32.97
C-Bergen Catholic		3:28.2
2002---A-Montclair		3:33.7
B-Hackensack		3:33.9
C-Bergen Catholic		3:24.3
2003---A-Montclair		3:27.8
B-Hackensack		3:33.2
C-Don Bosco		3:23.3
2004---A-Montclair		3:27.5
B-Clifton		3:25.2
C-Bergen Catholic		3:31.6
2005---A-Teaneck		3:25.4
B-Montclair		3:28.5
C-Bergen Catholic		3:30.7
2006---A-Teaneck		3:29.0
B-Kennedy		3:28.4
C-Don Bosco		3:25.3
2007---A-Barringer		3:26.7
B-Teaneck	3:26.7	
C-Don Bosco		3:19.1
2008---A-Hackensack		3:30.21
B-Teaneck	3:28.17	

C-Bergen Catholic	3:29.20
2009---A-Montclair	3:30.46
B-Teaneck	3:24.76
C-Bergen Catholic	3:26.51

SHOT PUT

1954---Ken Britting, Ridgefield Park	47-5
1955---Jack Wright, Ridgefield Park	52-0 ½
1956---Ed Fass, Hackensack	51-9 ½
1957---Chet Williams, Hackensack	52-2 ½
1958---Harrison Rosdahl, Ridgefield Park	55-4
1959---Dan Politica, Tenafly	48-0
1960---Len Altamura, Fair Lawn	51-2 ¼
1961---Mike Mackey, Hackensack	52-10 ½
1962---Bruce Buxton, Teaneck	53-2 ½
1963---Bob Reme, Paramus	48-9 ¾
1964---Bruce Hedendahl, Paramus	55-8
1965---Bruce Hedendahl, Paramus	58-2 ½
1966---Ken Crusius, Hackensack	53-1 ½
1967---Ken Coyle, Wayne Valley	51-6
1968---Bruce Spencer, Passaic Valley	50-9 ½
1969---Bruce Spencer, Passaic Valley	55-0
1970---Tom Loughlin, Hackensack	50-6
1971---Mike Richardson, Hackensack	50-7
1972---Bill McKenith, Englewood	53-8 ½
1973---Mike Rea, Paramus	51-4
1974---Chuck Garbarini, Fair Lawn	50-1
1975---Jim Munier, Hackensack	55-10
1976---Jim Munier, Hackensack	57-1 ½
1977---Rudy Furman, Teaneck	53-2
1978---Dave Laube, Fair Lawn	56-8
1979---Dave Laube, Fair Lawn	61-10 ¾
1980---John Farrell, Teaneck	55-8 ½
1985---B-Erik Manley, Don Bosco	49-10 ½
P-E-Bryant Lighty, Kennedy	55-9 ¼
1986---B-Dave Petrella, Hackensack	46-6 ½
P-E-David Porter, Passaic	55-10
1987---B-Dave Petrella, Hackensack	49-10 ½
P-E-Darrin Rutherford, Passaic	52-1 ½
1988---B-Steve Rice, St. Joseph Regional	51-1 ½
P-E-Nick Messina, Bloomfield	48-2
1989---P-Steve Rice, St. Joseph Regional	53-3 ¼
A-Glen Evans, Hackensack	48-9 ½
1990---P-Ralph Sanon-Jules, St. Joseph Regional	52-10
A-Rody Singer, Hackensack	48-11
1991---P-Ralph Sanon-Jules, St. Joseph Regional	55-0 ¾
A-James Ferdinand, Kennedy	51-4
1992---P-Dave Marko, Paramus	51-7 ½
A-Tory Weaver, Eastside	48-9 ½
1993---P-Dave Marko, Paramus	52-3

	A-Chris Ferdinand, Kennedy	49-8
1994---	P-Ryan Fleet, Don Bosco	47-7
	A-Tyshon Bradshaw, Kennedy	53-8
1995---	P-Orande Haggins, Paramus Catholic	47-2 $\frac{3}{4}$
	A-Chris Ferdinand, Kennedy	55-6 $\frac{1}{4}$
1996---	P-Greg Pec, Paramus Catholic	47-5 $\frac{1}{2}$
	A-Shaun McGregor, Bergen Catholic	55-0
1997---	P-Bryant Robinson, Hackensack	52-1
	A-Cheo Johnson, Montclair	52-3 $\frac{1}{2}$
1998---	P-Eric Beebe, Hackensack	49-0 $\frac{3}{4}$
	A-J.D. Murdock, Ridgewood	50-10
1999---	P-Thomas Olivo, Nutley	45-5
	A-Waldemar Auguscinski, Passaic	51-0
2000---	A-Waldemar Auguscinski, Passaic	53-9
	P-Julio Boromei, St. Joseph Reg.	51-6
2001---	A-Matt Terng, Paramus	50-2
	B-Marlon Townes, Hackensack	51-10
	C-Mike DeGregorio, Bergen Catholic	47-8
2002---	A-Kevin Strahle, Ridgewood	48-1 $\frac{1}{2}$
	B-Valbert Wyche, Hackensack	52-9
	C-Brian Toal, Don Bosco	47-3
2003---	A-Neal Kovach, Ridgewood	46-7
	B-Richard Russell, Passaic	51-9 $\frac{1}{2}$
	C-Brian Toal, Don Bosco	51-2
2004---	A-Matt Flicker, Ridgewood	46-4
	B-Jason Mack, Passaic	49-2
	C-Brian Toal, Don Bosco	52-3
2005---	A-Eric Sewell, Hackensack	48-11 $\frac{1}{2}$
	B-Joe Hathaway, Clifton	55-6
	C-Doug Klopacz, St. Joseph Regional	53-10
2006---	A-Said Galda, Bloomfield	50-2
	B-Caleb Gordon, Kennedy	44-9
	C-Doug Klopacz, St. Joseph Regional	51-8
2007---	A-Darien Collie, Kennedy	48-2 $\frac{1}{2}$
	B-Joe Andrews, Montclair	47-2
	C-Louis DeLaCruz, Paramus Catholic	47-5 $\frac{1}{2}$
2008---	A-Darien Collie, Kennedy	50-0
	B-Joe Andrews, Montclair	47-8
	C-Patrick Thomas, Paramus Catholic	48-5
2009---	A-Andrew Holloman, Passaic	45-8
	B-Emeka Ndichie, Bloomfield	50-0
	C-Marquise Wright, Paramus Catholic	48-2

DISCUS

1954---	Ed Fass, Hackensack	137-4
1955---	Jack Wright, Ridgefield Park	151-0
1956---	Ed Fass, Hackensack	152-11
1957---	Don Cavalli, Ridgefield Park	154-4
1958---	Harrison Rosdahl, Ridgefield Park	157-7 $\frac{1}{2}$
1959---	Dan Politica, Tenafly	135-4

1960---	Neil Cooper, Fair Lawn	147-3
1961---	Ken Miller, Tenafly	155-11 ½
1962---	Ken Miller, Tenafly	141-9 ¾
1963---	Bruce Hedendahl, Paramus	138-2
1964---	Bruce Hedendahl, Paramus	151-1
1965---	Bruce Hedendahl, Paramus	169-8 ½
1966---	Ken Crusius, Hackensack	151-9 ½
1967---	Jim Loughlin, Paramus	154-2
1968---	Jim Loughlin, Paramus	160-7 ½
1969---	Bruce Carlson, Paramus	156-9
1970---	Ronald Desonier, Bergenfield	155-6
1971---	Roland Desonier, Bergenfield	148-5
1972---	Bob Krauss, Teaneck	142-4
1973---	Bob Krauss, Teaneck	149-8 ½
1974---	Joe Grabianowski, Hackensack	139-4 ½
1975---	Dave Nowacki, Hackensack	159-8
1976---	Dave Nowacki, Hackensack	172-11
1977---	Dave Laube, Fair Lawn	142-6
1978---	Dave Laube, Fair Lawn	156-3
1979---	Dave Laube, Fair Lawn	172-7
1980---	Mike Buncic, Fair Lawn	172-8
1985---	B-Doug Stuart, Hackensack	129-4
	P-E-David Porter, Passaic	164-5
1986---	B-Ralph Barca, Paramus Catholic	129-6
	P-E-David Porter, Passaic	165-3
1987---	B-Craig Smith, Teaneck	148-3
	P-E-Frank Cuzzo, Montclair	139-8
1988---	B-Steve Rice, St. Joseph Regional	141-0
	P-E-Ricardo McDonald, Eastside	137-5
1989---	P-Steve Rice, St. Joseph Regional	145-4
	A-Glen Evans, Hackensack	145-2
1990---	P-Dimitri Jacotin, Don Bosco	157-10
	A-James Ferdinand, Kennedy	148-3
1991---	P-Adam Gussen, Teaneck	152-3
	A-James Ferdinand, Kennedy	154-6
1992---	P-Robert Mompont, Teaneck	153-5
	A-Rontart Jean-Mary, Montclair	140-3
1993---	P-Robert Mompont, Teaneck	144-11
	A-Kass Dawson, Ridgewood	138-3
1994---	P-Kevin Barry, Nutley	151-7
	A-Shaun McGregor, Bergen Catholic	157-10
1995---	P-Mike Beesley, Don Bosco	130-2
	A-Shaun McGregor, Bergen Catholic	149-5
1996---	P-Kendal Ziegler, Teaneck	136-10
	A-Shaun McGregor, Bergen Catholic	160-1
1997---	P-Bryant Robinson, Hackensack	142-10
	A-Michael Curtis, Bloomfield	159-0
1998---	P-Vincent Parrella, Nutley	134-10 ½
	A-Michael Curtis, Bloomfield	165-0
1999---	P-Russell Anderson, Don Bosco	139-8
	A-Mike Gregorowicz, Bloomfield	161-1

2000---	A-Mike Gregorowicz, Bloomfield		156-11
	P-Julio Boromei, St. Joseph Regional	149-5	
2001---	A-David Sposato, Nutley		133-10
	B-Richard Russell, Passaic		142-5
	C-Alejandro Betancur, Don Bosco		128-3
2002---	A-William Bradley, Nutley		141-7
	B-Richard Russell, Passaic		151-7
	C-Brian Fischer, Bergen Catholic		137-6
2003---	A-Neal Kovach, Ridgewood	120-8	
	B-Richard Russell, Passaic		165-1
	C-Mark Engravalle, St. Joseph Regional		128-10
2004---	A-Gabe Knutson, Ridgewood		146-5
	B-Jason Mack, Passaic		143-5
	C-Rob Petrosino, Bergen Catholic		125-4
2005---	A-Eric Sewell, Hackensack		139-9
	B-Stanley Molton, Barringer	140-10	
	C-Michael Farr, Don Bosco		147-6
2006---	A-Hye-Chun Gehring, Nutley		137-9
	B-Shytrayvio Brown, Kennedy		139-3
	C-Chris Hallissey, Don Bosco		140-4
2007---	A-Darien Collie, Kennedy		138-9
	B-Mike Mosticchio, Ridgewood		140-5
	C-Chris Hallissey, Don Bosco		151-2
2008---	A-Darien Collie, Kennedy		154-0
	B-Blake Hughes, Montclair		154-5
	C-William Thimmel, Don Bosco		143-1
2009---	A-Chaddon Newton, Montclair		133-9
	B-Stephen Mozia, Hackensack		147-5
	C-Marquise Wright, Paramus Catholic		146-0

JAVELIN

1996---	P-Scott Abella, Paramus		160-4
	A-Justin Tralongo, Bergen Catholic		176-4
1997---	P-Geoff Snow, Don Bosco		170-7
	A-J.D. Murdock, Ridgewood		151-4
1998---	P-Mike Ventura, Paramus Catholic		155-4
	A-J.D. Murdock, Ridgewood		185-3
1999---	P-Ayo Oluwole, St. Joseph Regional		148-0
	A-Edan Peleg, Hackensack		157-9
2000---	A-Christian Francisco, Bloomfield		191-4
	P-Rob Thompson, Paramus		163-4
2001---	A-Rob Thompson, Paramus		157-3
	B-Craig Potenzzone, Bloomfield		178-3
	C-James Malizia, St. Joseph Reg.		172-6
2002---	A-Adam Whitelaw, Ridgewood		145-1
	B-Jarrett Francisco, Bloomfield		153-6
	C-James Malizia, St. Joseph Reg.		189-9
2003---	A-Adam Whitelaw, Ridgewood		172-8
	B-Jarrett Francisco, Bloomfield		171-2
	C-Anthony Cinelli, Paramus Catholic	154-11	
2004---	A-Steven Pierce, Ridgewood		149-4

	B-Javier Espinola, Bloomfield	168-8
	C-Justin Murphy, Paramus Catholic	134-9
2005---	A-Steven Pierce, Ridgewood	158-0
	B-Quadeer Wilson, Kennedy	130-4
	C-Justin Murphy, Paramus Catholic	172-0
2006---	A-Steven Pierce, Ridgewood	176-1
	B-Timothy Stancil, Eastside	124-0
	C-Billy Thimmel, Don Bosco	137-7
2007---	A-Shane Smith, Hackensack	141-1
	B-Chris Bradley, Nutley	172-8
	C-Chris Molinaro, Paramus Catholic	166-1
2008---	A-Keegan Padmore, Barringer	137-0
	B-Ryan Ackerman, Bloomfield	160-7
	C-Kyle Langan, Paramus Catholic	160-5
2009---	A-Orlando Forrest, Kennedy	125-6
	B-Esteban Morales, Bloomfield	172-0
	C-Henry Walker, Don Bosco	146-7

HIGH JUMP

1954---	Jud Kinzley, Hackensack	5-9
1955---	Bill Monaghan, Tenafly	5-11
1956---	Harold Schmidt, Englewood	5-8
1957---	Joe Leichtnam, Hackensack	5-10
1958---	Bob Rosenberg, Hackensack and John Miles, Teaneck	5-7
1959---	Bob Rosenberg, Hackensack	5-11 $\frac{3}{4}$
1960---	Paul Williams, Tenafly	5-9
1961---	Hans Kuuse, Fair Lawn and Rich Thomas, Ridgewood	5-7
1962---	Crawford Deyo, Hackensack and Milt Brown, Englewood	5-11
1963---	John Harper, Ridgewood	5-10
1964---	John Harper, Ridgewood	5-11
1965---	Ken Crusius, Hackensack	6-2
1966---	Ken Crusius, Hackensack	6-6 $\frac{1}{2}$
1967---	Ernie Day, Teaneck	6-0
1968---	Greg Ashford, Teaneck	6-0
1969---	Wayne Purcell, Englewood	6-2
1970---	Steve Lanzalotto, Paramus	6-2
1971---	Skip Johnson, Hackensack	6-2
1972---	Skip Johnson, Hackensack	6-7
1973---	Jim Fernandez, Passaic Valley	6-1
1974---	Ed Drehle, Paramus	6-1
1975---	Rawn Lindsay, Teaneck	6-0
1976---	Dave Steinberg, Wayne Valley	6-5
1977---	Jim Hennessey, Paramus	6-3
1978---	Pat Frain, Wayne Valley	5-10
1979---	Scot Palmer, Teaneck	6-4
1980---	John Baker, Clifton	6-1 $\frac{3}{4}$
1985---	B-John Lyons, Don Bosco	6-2

	P-E-Norcliffe Davidson, Kennedy	6-1
1986---	B-Darryl Roberts, Teaneck	6-0
	P-E-Norcliffe Davidson, Kennedy	6-2
1987---	B-Darryl Roberts, Teaneck	6-6
	P-E-Dave Beason, Kennedy	6-8 ¼
1988---	B-Tony Velasquez, Don Bosco	6-4
	P-E-Chris Henry, Montclair	6-6
1989---	P-Sean Sova, Bloomfield	6-2
	A-Eric Taylor-Perry, Montclair	6-6
1990---	P-Willie Best, Hackensack	5-10
	A-Eric Taylor-Perry, Montclair	7-1 ½
1991---	P-Willie Best, Hackensack	6-6
	A-Ron Thomas, Kennedy	6-3
1992---	P-Darius Pemberton, Hackensack	6-6
	A-Ron Thomas, Kennedy	6-6
1993---	P-Darius Pemberton, Hackensack	6-6
	A-Rahshon Turner, Passaic	6-3
1994---	P-Mike Bradley, Teaneck	6-4
	A-Derrick Ponton, Montclair	6-6
1995---	P-Mike Santise, St. Joseph Regional	6-2
	A-Linden Richmond, Passaic	6-6
1996---	P-Olutide Adekambu, Hackensack	6-1
	A-Chiffon Allen, Passaic	6-6
1997---	P-James Van Orden, Don Bosco	6-2
	A-Linden Richmond, Passaic	6-2
1998---	P-Johnny Myles, Hackensack	6-2
	A-Jawan Anderson, Passaic	6-0
1999---	P-Ayo Oluwole, St. Joseph Regional	5-10
	A-John Myles, Hackensack	6-0
2000---	A-Brian Bohannon, Passaic	6-4
	P-Ayo Oluwole, St. Joseph Regional	6-6
2001---	A-Bernard Mann, Ridgewood	6-2
	B-Aaron Richardson, Hackensack	6-2
	C-Brent Hobbs, Don Bosco	6-4
2002---	A-Johnnie Taylor, Barringer	6-0
	B-Shamel Smith, Bloomfield	6-4
	C-Markus Burns, Bergen Catholic	5-10
2003---	A-Bernard Mann, Ridgewood	6-4
	B-Shamel Smith, Bloomfield	6-4
	C-Brandon Matano, Paramus Catholic	5-10
2004---	A-Oderick Turner, Teaneck	5-10
	B-Jonathan Johnson, Passaic	6-2
	C-Terry Turnier, Don Bosco	5-8
2005---	A-Oderick Turner, Teaneck	6-2
	B-Derrick Truesdale, Passaic	6-2
	C-Corey Purwin, St. Joseph Regional	6-0
2006---	A-Ausar Walcott, Hackensack	5-10
	B-Eddie Crockett, Passaic	5-10
	C-Jon Rigg, Bergen Catholic	6-4 ½
2007---	A-Marcos Mckenzie, Eastside	6-6
	B-Carroll Tinsley, Nutley	5-10

C-Kevin Bostick, Bergen Catholic	6-4
2008---A-Marcos Mckenzie, Eastside	6-8
B-Craig Michaud, Nutley	6-2
C-Kevin Bostick, Bergen Catholic	6-6
2009---A-Keith Slade, Kennedy	6-2
B-Tommy DeVita, Ridgewood	6-2
C-Greg Hazell, Don Bosco	5-10

LONG JUMP

1954---Herb Hollon, Teaneck	19-5
1955---Minner Williams, Englewood and Stu Walker, Rutherford	20-5 $\frac{1}{4}$
1956---Lance Goodall, Hackensack	20-9
1957---Stan Hill, Englewood	19-9 $\frac{3}{4}$
1958---Ross McDonald, Tenafly	20-10 $\frac{3}{4}$
1959---Paul Williams, Tenafly	21-9 $\frac{1}{2}$
1960---Gil Goodall, Hackensack	21-2
1961---Gil Goodall, Hackensack	21-8 $\frac{1}{2}$
1962---Roy Carlton, Teaneck	22-1 $\frac{1}{4}$
1963---Rich Cirner, Paramus	21-5
1964---Bill Walker, Englewood	21-4
1965---Rich Cirner, Paramus	21-6 $\frac{1}{4}$
1966---Fred Mina, Ridgewood	19-7 $\frac{1}{2}$
1967---Doug Roder, Wayne Valley	22-3 $\frac{3}{4}$
1968---Rich Lorelli, Teaneck	21-8 $\frac{1}{4}$
1969---Mark Birchette, Teaneck	20-4 $\frac{1}{4}$
1970---Dennis Pearson, Englewood	23-8 $\frac{1}{2}$
1971---Dennis Tinsley, Englewood	21-1 $\frac{1}{4}$
1972---Scott McRae, Wayne Valley	21-9 $\frac{3}{4}$
1973---Rich Heritage, Clifton	21-5
1974---Jerry Wyche, Hackensack	20-10
1975---Bo Verin, Teaneck	20-7 $\frac{3}{4}$
1976---Bo Verin, Teaneck	21-1
1977---Eric Stills, Teaneck	20-9
1978---Randy Richardson, Hackensack	20-7
1979---Quentin Walker, Teaneck	21-1 $\frac{3}{4}$
1980---Terence Martin, Teaneck	20-7 $\frac{1}{2}$
1985---B-Joe Johnson, Hackensack	22-3
P-E-David Jones, Montclair	20-11
1986---B-Joe Johnson, Hackensack	21-0 $\frac{3}{4}$
P-E-George Rosemond, Passaic	21-9
1987---B-Craig Halyard, Ridgewood	21-5
P-E-Chris Henry, Montclair	22-3
1988---B-Derrick Horner, Don Bosco	24-1 $\frac{1}{2}$
P-E-Chris Henry, Montclair	21-7 $\frac{1}{2}$
1989---P-Gerald Spears, Teaneck	21-6
A-Delane Harrison, Eastside	21-6 $\frac{1}{2}$
1990---P-Mike Johnson, Hackensack	19-7 $\frac{3}{4}$
A-Earl Blake, Montclair	21-7
1991---P-Sean Rhinehart, Hackensack	21-6 $\frac{3}{4}$

A-Ricchard Carter, Passaic		20-10
1992---P-Aaron Finley, Teaneck		21-4 ¼
A-Ricchard Carter, Passaic		22-2
1993---P-Naeem Noble, Paramus Catholic		20-9 ½
A-Ricchard Carter, Passaic		22-0 ½
1994---P-Pat Hyppolite, Don Bosco		20-8 ½
A-Damon Upshaw, Bloomfield		21-2
1995---P-Anthony DiCosmo, Paramus Catholic		21-10
A-Henry Cook, Montclair		22-8 ½
1996---P-Walter King, Hackensack		22-0 ¾
A-Chiffon Allen, Passaic		21-11
1997---P-Michael Jackson, Hackensack		21-3
A-Maurice Ingram, Eastside	21-9	
1998---P-Michael Jackson, Hackensack		19-2
A-Andrew Drabick, Bergen Catholic	19-10	
1999---P-Armon Sample, Belleville	20-2	
A-Tyrone Johnson, Kennedy		20-6
2000---P-Patrick McManus, St. Joseph Regional		22-2
A-Gene Bascomb, Hackensack		20-9
2001---A-Tyree Davis, Montclair		21-10
B-Aaron Richardson, Hackensack		21-2 ½
C-Brent Hobbs, Don Bosco		21-5
2002---A-Bernard Mann, Ridgewood		20-7
B-Anthony Johnson, Eastside		20-10
C-Tyler Palumbo, Don Bosco		20-8 ¼
2003---A-Bernard Mann, Ridgewood		21-3
B-David Dennis, Hackensack		21-5
C-Tyler Palumbo, Don Bosco		21-2 ½
2004---A-Gabe Knutson, Ridgewood		20-11 ½
B-Anthony Johnson, Eastside		21-1
C-Terry Turnier, Bergen Catholic		19-11
2005---A-Dan Oquendo, Hackensack		20-2 ½
B-Ryan Jordan, Kennedy		21-0
C-Chris DeGannes, St. Joseph Regional		21-8 ½
2006---A-Akeem Thomas, Teaneck	20-10 ½	
B-Ryan Jordan, Kennedy		20-10 ½
C-Frank Cacace, Don Bosco	20-2 ½	
2007---A-Ausar Walcott, Hackensack		21-8
B-Omari Holtz, Montclair		20-11
C-Jason Kelsey, Don Bosco		20-9 ½
2008---A-Marcos Mckenzie, Eastside		22-2 ½
B-Stefon Williams, Bloomfield		21-7
C-Kevin Bostick, Bergen Catholic		21-11
2009---A-Keshon Brown, Kennedy		21-8 ¼
B-Conroy Walker, Hackensack		22-5 ¼
C-Mike McNicholas, Bergen Catholic		20-4 ¼

TRIPLE JUMP

1975---John Chambers, Teaneck		41-6 ¼
1976---Joe Socha, Garfield		43-7

1977---	Jim Hennessey, Paramus	44-0
1978---	Chris Robinson, Teaneck	41-11 ½
1979---	Chris Robinson, Teaneck	43-2
1980---	Ed Alston, Hackensack	44-5 ½
1985---	B-John Lyons, Don Bosco	44-2
	P-E-Bernard Huntley, Eastside	42-1
1986---	B-Joe Johnson, Hackensack	46-1 ½
	P-E-Norcliffe Davidson, Kennedy	44-4 ½
1987---	B-Craig Halyard, Ridgewood	45-5 ½
	P-E-Norcliffe Davidson, Kennedy	46-4
1988---	B-Craig Halyard, Ridgewood	47-10 ¾
	P-E-Carl Crawford, Kennedy	43-1
1989---	P-Gerald Spears, Teaneck	46-4
	A-Raheme Mouzone, Passaic	42-8 ½
1990---	P-Darius Pemberton, Hackensack	43-6
	A-Raheme Mouzone, Passaic	44-8
1991---	P-Sean Rhinehart, Hackensack	43-5
	A-Mark Axt, Montclair	43-4
1992---	P-Darius Pemberton, Hackensack	48-0 ½
	A-Errol Buggs, Kennedy	46-1 ½
1993---	P-Pat Clemente, Paramus Catholic	42-3
	A-Chiffon Allen, Passaic	43-7 ½
1994---	P-Anthony DiCosmo, Paramus Catholic	44-7 ½
	A-Neville Rose, Kennedy	41-9 ½
1995---	P-Anthony DiCosmo, Paramus Catholic	47-9
	A-Neville Rose, Kennedy	41-7 ½
1996---	P-Walter King, Hackensack	44-2 ½
	A-Chiffon Allen, Passaic	44-1
1997---	P-Ed Hodge, Hackensack	43-0
	A-Tyrone Johnson, Kennedy	40-6
1998---	P-Bernie Hayes, St. Joseph Regional	42-0
	A-Tyrone Johnson, Kennedy	43-10
1999---	P-Pat McManus, St. Joseph Regional	44-2 ½
	A-Tyrone Johnson, Kennedy	42-8
2000---	P-Rowan Clarke, Teaneck	43-2 ¼
	A-Andrew Dolgin, Ridgewood	42-4 ¼
2001---	A-Ralph Davis, Paramus	43-11
	B-Deion Pompey, Eastside	41-6
	C-Jeff Sejour, Don Bosco	42-10
2002---	A-Rowan Clarke, Teaneck	44-11 ½
	B-Deion Pompey, Eastside	43-5
	C-Jeff Sejour, Don Bosco	45-3 ½
2003---	A-Ralph Davis, Paramus	44-1
	B-Anthony Johnson, Eastside	43-11
	C-Tyler Palumbo, Don Bosco	42-2
2004---	A-Gabe Knutson, Ridgewood	43-9
	B-Derrick Webb, Eastside	44-8
	C-Chris Gonzalez, Don Bosco	40-3 ¾
2005---	A-Dan Oquendo, Hackensack	43-7 ½
	B-Kyle Lindsay, Eastside	45-4 ¼
	C-Chris DeGannes, St. Joseph Regional	43-1

2006---	A-Paul Kovach, Ridgewood		40-10
	B-Steven Johnson, Eastside		42-5 ½
	C-Mitch Bennett, Paramus Catholic		42-3
2007---	A-Isaac Patterson, Eastside		44-8
	B-Akira Monri, Ridgewood		41-9
	C-Mitch Bennett, Paramus Catholic		44-11 ¾
2008---	A-Marcos Mckenzie, Eastside		44-11
	B-Jason Alexander, Teaneck	43-6	
	C-Kevin Bostick, Bergen Catholic		46-11
2009---	A-Craig Hall, Kennedy		42-9 ¾
	B-Conroy Walker, Hackensack		44-4
	C-Mike McNicholas, Bergen Catholic		44-4

POLE VAULT

1954---			10-6
1955---	Earl Hicks, Englewood		11-4
1956---	Harold Schmidt, Englewood	11-0	
1957---	Burt Cross, Teaneck		11-8 ½
1958---	Jack Ford, Hackensack, Bill Layton, Hackensack and Art Firi, Ridgefield Park		10-4
1959---	Ken Kearney, Hackensack		11-11
1960---	Pete Noonan, Teaneck		12-0 ¼
1961---	Jim Moore, Ridgewood and Frank Solimando, Hackensack		11-8
1962---	Wally Davies and Tom Reece, Tenafly		10-8
1963---	John Griesbach, Bergenfield, Buzz Crouch, Englewood, John Leyden, Ridgewood and George Lehach, Paramus		10-6
1964---	Buzz Crouch, Englewood		12-3 ¼
1965---	Buzz Crouch, Englewood		12-5
1966---	Terry Sellarole, Hackensack	12-1	
1967---	Doug Reinhardt, Cliffside Park		12-6 ¾
1968---	Ted Hunziker, Teaneck		12-7
1969---	Bujar Nake, Hackensack		12-0
1970---	Bujar Nake, Hackensack		12-0
1971---	Bujar Nake, Hackensack		12-9
1972---	Jim Redington, Hackensack		13-4 ½
1973---	John Lehach, Paramus		13-6
1974---	Paul Meseck, Paramus		13-0
1975---	Lee Lively, Hackensack		13-3 ½
1976---	Alan Schepps, Teaneck		13-11 ¾
1977---	Bob Nobile, Teaneck		12-3
1978---	Brian Fuhrman, Teaneck		12-0
1979---	Brian Fuhrman, Teaneck		13-0
1980---	John Boylan, Ridgewood		12-6
1985---	B-Dave Esposito, St. Joseph Regional		12-6
	P-E-Ricky Bell, Nutley		11-6
1986---	B-Dave Esposito, St. Joseph Regional		12-0
	P-E-Juan Ayala, Kennedy		11-9
1987---	B-John Wohner, Bergen Catholic		12-6
	P-E-Dan Cuzzo, Montclair	12-6	

1988---	B-James Mackey, St. Joseph Regional	12-0
	P-E-Dan Cuzzo, Montclair	14-0
1989---	P-Jason Roer, Hackensack	13-6
	A-Brian McGovern, Bergen Catholic	11-6
1990---	P-Charles Sorenson, Nutley	12-0
	A-Greg Miller, Montclair	11-3
1991---	P-E.J. Duffy, Paramus Catholic	11-9
	A-Andrew Gayle, Kennedy	11-3
1992---	P-Mike Pensari, Paramus Catholic	12-0
	A-Andrew Gayle, Kennedy	11-3
1993---	P-Neil Borgognoni, Paramus Catholic	11-6
	A-Andrew Gayle, Kennedy	13-3
1994---	P-Pat Destro, St. Joseph Regional	11-0
	A-Andy Braden, Ridgewood	11-0
1995---	P-Mike Huang, Ridgewood	12-0
	A-Mike Pisano, Hackensack	11-0
1996---	P-Todd Pitcher, Don Bosco	12-0
	A-Neville Rose, Kennedy	11-6
1997---	P-Quentin Unsworth, St. Joseph Regional	11-0
	A-Dave Warton, Ridgewood	11-6
1998---	P-Ken Scheider, Don Bosco	12-6
	A-Bob Miller, Bergen Catholic	12-6
1999---	P-Ken Scheider, Don Bosco	11-0
	A-Dan Cooper, Ridgewood	12-6
2000---	P-Jeff Kearns, Don Bosco	11-6
	A-Dan Cooper, Ridgewood	14-0
2001---	A-Duran Rose, Ridgewood	11-0
	B-Owen Pope, Hackensack	12-0
	C-Jeff Kearns, Don Bosco	12-0
2002---	A-James Norton, Ridgewood	11-0
	B-Kenny Stoute, Clifton	12-6
	C-Tom McCormick, Don Bosco	12-6
2003---	A-Gabe Knutson, Ridgewood	13-0
	B-Kenny Stoute, Clifton	13-3
	C-Chris Eck, Bergen Catholic	12-0
2004---	A-Gabe Knutson, Ridgewood	12-0
	B-Ian Straughter, Hackensack	12-6
	C-Claude Guinchard, Don Bosco	11-6
2005---	A-Jake Ricciardi, Ridgewood	13-6
	B-Eric Mullen, Clifton	9-0
	C-Claude Guinchard, Don Bosco	12-6
2006---	A-Paul Kovach, Ridgewood	13-6
	B-George Mena, Clifton	11-6
	C-Matt Steeg, Don Bosco	12-0
2007---	A-George Mena, Clifton	13-0
	B-Jon Kim, Paramus	10-6
	C-Matt Steeg, Don Bosco	13-6
2008---	A-George Mena, Clifton	12-6
	B-Nick Stitt, Ridgewood	12-0
	C-Scott Weismiller, Don Bosco	13-6
2009---	A-Alex Carter, Clifton	10-0

B-Max Witt, Ridgewood	11-6
C-Justin Schneider and Phil Esposito. Paramus Catholic	12-0

GIRLS

100 METER DASH

1985---B-Missy Hicks, Teaneck	12.6
P-E-Viola Harris, Passaic	12.7
1986---B-Sonia Daniels, Hackensack	12.8
P-E-Viola Harris, Passaic	12.2
1987---B-Shonna Clay, Teaneck	12.7
P-E-Jennifer West, Montclair	12.3
1988---B-Jen McDermott, Ridgewood	12.6
P-E-Dannette Pritchett, Passaic	12.9
1989---P-Nicole Golden, Teaneck	12.6
A-Starla Anderson, Eastside	12.3
1990---P-Nicole Golden, Teaneck	12.8
A-Cassandra Grant, Passaic	12.4
1991---P-Christine Rose, IHA	12.55
A-Cassandra Grant, Passaic	12.50
1992---P-Lauren Olmsted, Nutley	12.8
A-Cassandra Grant, Passaic	12.6
1993---P-Lauren Olmsted, Nutley	12.6
A-Nicole Carmichael, Kennedy	12.43
1994---P-Lauren Olmsted, Nutley	12.5
A-Nicole Carmichael, Kennedy	12.2
1995---P-Delcita Russell, Hackensack	12.44
A-Nicole Carmichael, Kennedy	11.91
1996---P-Delcita Russell, Hackensack	12.91
A-Melisa Barber, Montclair	12.2
1997---P-Delcita Russell, Hackensack	12.72
A-Aleah Williams, Montclair	11.66
1998---P-Courtney Cubicciotti, IHA	13.05
A-Melisa Barber, Montclair	12.56
1999---P-Chantel Coppedge, Montclair	12.42
A-Otisha Mathis, Passaic	12.82
2000---P-Jennifer Whitlock, Montclair	12.0
A-Alejandra Medrano, Passaic	12.3
2001---A-Jennifer Whitlock, Montclair	12.22
B-Tawana Watkins, Kennedy	12.57
C-Courtney Cubicciotti, IHA	12.70
2002---A-Jennifer Whitlock, Montclair	12.2
B-Kimisha Hughes, Eastside	12.4
C-Kristen Cubicciotti, IHA	12.9
2003---A-Sophia Wallace, Montclair	12.1
B-Consandria Walker, Hackensack	12.5
C-Kristen Cubicciotti, IHA	13.1
2004---A-Sophia Wallace, Montclair	12.1
B-Consandria Walker, Hackensack	12.3
C-Kristen Cubicciotti, IHA	13.4

2005---	A-Amma Walcott, Hackensack	12.3
	B-Caroline Thigpen, Montclair	12.8
	C-Epiphany Sams, Paramus Catholic	12.9
2006---	A-Consandria Walker, Hackensack	12.0
	B-Yuvonna Stevens, Eastside	12.6
	C-Melody Lopez-Bernstein, Paramus Cath.	13.1
2007---	A-Krystal Wyche, Hackensack	12.7
	B-Janay Mitchell, Teaneck	12.3
	C-Epiphany Sams, Paramus Catholic	12.3
2008---	A-Kristen Venning, Clifton	12.77
	B-Janay Mitchell, Teaneck	12.06
	C-Bryanna Knight, Paramus Catholic	12.50
2009---	A-Shanbatal Athill, Montclair	13.10
	B-Janay Mitchell, Teaneck	12.46
	C-Myasia Jacobs, Paramus Catholic	12.09

200 METER DASH

1985---	B-Michelle Forrester, Teaneck	26.2
	P-E-Viola Harris, Passaic	24.9
1986---	B-Missy Hicks, Teaneck	26.3
	P-E-Viola Harris, Passaic	24.9
1987---	B-Missy Hicks, Teaneck	26.3
	P-E-Jennifer West, Montclair	25.5
1988---	B-Ginny Figlar, Ridgewood	26.0
	P-E-Dannette Pritchett, Passaic	26.3
1989---	P-Matilda Miranda, Teaneck	25.4
	A-Starla Anderson, Eastside	25.5
1990---	P-Christine Rose, IHA	25.9
	A-Cassandra Grant, Passaic	26.0
1991---	P-Christine Rose, IHA	25.4
	A-Cassandra Grant, Passaic	25.0
1992---	P-Dana Riley, Teaneck	26.1
	A-Cassandra Grant, Passaic	25.0
1993---	P-Dana Riley, Teaneck	26.32
	A-Nicole Carmichael, Kennedy	25.68
1994---	P-Lauren Olmsted, Nutley	26.1
	A-Nicole Carmichael, Kennedy	25.2
1995---	P-Delcita Russell, Hackensack	25.41
	A-Nicole Carmichael, Kennedy	24.98
1996---	P-Delcita Russell, Hackensack	26.34
	A-Aleah Williams, Montclair	25.11
1997---	P-Delcita Russell, Hackensack	26.63
	A-Aleah Williams, Montclair	23.72
1998---	P-Courtney Cubicciotti, IHA	26.18
	A-Keisha Bennett, Eastside	26.39
1999---	P-Aleah Williams, Montclair	24.53
	A-Tawana Watkins, Kennedy	25.89
2000---	P-Jennifer Whitlock, Montclair	25.20
	A-Tawana Watkins, Kennedy	25.10
2001---	A-Kayla Crawley, Montclair	27.75
	B-Christin Steins, Bloomfield	27.90

	C-Courtney Cubicciotti, IHA	25.8
2002---	A-Jennifer Whitlock, Montclair	25.2
	B-Kimisha Hughes, Eastside	26.3
	C-Tarashon Broomes, Paramus Catholic	25.8
2003---	A-Sophia Wallace, Montclair	25.3
	B-Consandria Walker, Hackensack	25.8
	C-Kristen Cubicciotti, IHA	27.4
2004---	A-Sophia Wallace, Montclair	25.3
	B-Consandria Walker, Hackensack	26.1
	C-Kristen Cubicciotti, IHA	27.0
2005---	A-Amma Walcott, Hackensack	25.8
	B-Kristin Crawford, Kennedy	26.2
	C-Sonia Malpeso, Holy Angels	26.8
2006---	A-Consandria Walker, Hackensack	25.3
	B-Kristin Crawford, Kennedy	25.7
	C-Jen Mueller, IHA	26.5
2007---	A-Kristin Crawford, Kennedy	25.5
	B-Janay Mitchell, Teaneck	25.3
	C-Melody Lopez-Bernstein, Paramus Cath.	25.7
2008---	A-Shanai Heber, Kennedy	26.29
	B-Janay Mitchell, Teaneck	24.89
	C-Melody Lopez-Bernstein, Paramus Cath.	26.34
2009---	A-Monika Miazga, Clifton	26.69
	B-Janay Mitchell, Teaneck	25.20
	C-Myasia Jacobs, Paramus Catholic	25.24

400 METER DASH

1985---	B-Marci Capitani, Ridgewood	59.9
	P-E-Marcia Ramsey, Eastside	58.3
1986---	B-Ginny Figlar, Ridgewood	59.2
	P-E-Viola Harris, Passaic	55.8
1987---	B-Jasmin Jones, Hackensack	56.2
	P-E-Sharon Allen, Eastside	57.7
1988---	B-Ginny Figlar, Ridgewood	58.2
	P-E-Nicole Thomas, Passaic	57.7
1989---	P-Matilda Miranda, Teaneck	57.3
	A-Starla Anderson, Eastside	58.1
1990---	P-Dana Riley, Teaneck	62.1
	A-Cassandra Grant, Passaic	59.5
1991---	P-Dana Riley, Teaneck	57.71
	A-Terryann Morgan, Kennedy	58.82
1992---	P-Dana Riley, Teaneck	57.6
	A-Natasha Williams, Passaic	59.7
1993---	P-Dana Riley, Teaneck	56.09
	A-Simone Gayle, Kennedy	60.93
1994---	P-Delcita Russell, Hackensack	58.5
	A-Natasha Williams, Passaic	58.4
1995---	P-Delcita Russell, Hackensack	57.3
	A-Nakeisha McIntosh, Eastside	59.7
1996---	P-Delcita Russell, Hackensack	58.6
	A-Mikele Barber, Montclair	57.6

1997---	P-Delcita Russell, Hackensack	59.91
	A-Mikele Barber, Montclair	56.91
1998---	P-Kelly Johnson, Teaneck	63.39
	A-Mikele Barber, Montclair	59.07
1999---	P-Chantel Coppedge, Montclair	59.07
	A-Antoinette Gorham, Passaic	56.48
2000---	P-Amy Giacobone, IHA	60.7
	A-Tawana Watkins, Kennedy	56.9
2001---	A-Camella Watson, Montclair	60.88
	B-Ebony Ramos, Hackensack	59.36
	C-Tarashon Broomes, Paramus Catholic	n.t.
2002---	A-Camella Watson, Montclair	59.4
	B-Kimisha Hughes, Eastside	62.9
	C-Tarashon Broomes, Paramus Catholic	59.1
2003---	A-Nicole Phillibosian, Paramus	59.7
	B-Tara McVey, Hackensack	63.6
	C-Sarah Giblin, IHA	61.3
2004---	A-Nicole Phillibosian, Paramus	59.8
	B-Essence Carson, Eastside	55.8
	C-Alex Elkas, Holy Angels	60.8
2005---	A-Racquel Clarke, Teaneck	59.2
	B-Kristin Crawford, Kennedy	58.5
	C-Sonia Malpeso, Holy Angels	59.9
2006---	A-Alice Wisener, Ridgewood	59.9
	B-Kristin Crawford, Kennedy	57.2
	C-Alex Elkas, Holy Angels	59.1
2007---	A-Kristin Crawford, Kennedy	57.0
	B-Alice Wisener, Ridgewood	58.9
	C-Melody Lopez-Bernstein, Paramus Cath.	58.5
2008---	A-Shanai Heber, Kennedy	58.67
	B-Aderonke Bakare, Teaneck	59.82
	C-Melody Lopez-Bernstein, Paramus Cath.	59.37
2009---	A-Kayla Santiago, Clifton	60.50
	B-Kahlia Taylor, Teaneck	59.78
	C-Myasia Jacobs, Paramus Catholic	56.62

800 METER RUN

1985---	P-E-Jackie Paz, Clifton	2:25.4
	B-Jasmin Jones, Hackensack	2:14.4
1986---	P-E-Ruthia Jones, Kennedy	2:25.3
	B-Jasmin Jones, Hackensack	2:09.5
1987---	P-E-Michele Dunn, Montclair	2:26.5
	B-Jasmin Jones, Hackensack	2:11.8
1988---	P-E-Nicole Thomas, Passaic	2:19.4
	B-Lynne Collazo, Ridgewood	2:24.9
1989---	P-Vickee Foy, Paramus	2:27.0
	A-Lynne Collazo, Ridgewood	2:21.5
1990---	P-Kerriann Codling, Hackensack	2:26.9
	A-Liz Figlar, Ridgewood	2:22.7
1991---	P-Erin Peters, Hackensack	2:28.4
	A-Liz Figlar, Ridgewood	2:20.3

1992---	P-Veronica Davi, IHA		2:26.9
	A-Claire Blaney, Ridgewood		2:20.1
1993---	P-Martina Brosnahan, IHA		2:25.2
	A-Claire Blaney, Ridgewood		2:20.8
1994---	P-Kourtney Gallo, IHA		2:23.3
	A-Stephanie Doyle, Ridgewood		2:21.4
1995---	P-Kourtney Gallo, IHA		2:21.5
	A-Sarah McDermott, Ridgewood		2:29.8
1996---	P-Elise James, Teaneck		2:24.11
	A-Sara McDermott, Ridgewood		2:27.27
1997---	P-Erika Papaccioli, Paramus		2:27.11
	A-Celeste Sedo, Ridgewood	2:23.87	
1998---	P-Shauna Koenig, Hackensack		2:25.95
	A-Meg McDermott, Ridgewood		2:29.04
1999---	P-Julie Clifford, Holy Angels		2:24.87
	A-Natalie Popowicz, Clifton		2:19.68
2000---	P-Amy Giacobone, IHA		2:20.68
	A-Shauna Koenig, Hackensack		2:21.57
2001---	A-Jennifer Zucaro, Ridgewood		2:20.33
	B-Melissa Van Dorn, Clifton		2:31.66
	C-Caitlin Hemmer, IHA		2:27.8
2002---	A-Clair Nowakowski, Ridgewood		2:23.6
	B-Nicole Kryzysik, Clifton		2:26.2
	C-Caitlin Hemmer, IHA		2:23.7
2003---	A-Becca Wells, Ridgewood		2:24.9
	B-Awinna Martinez, Passaic	2:21.2	
	C-Caitlin Hemmer, IHA		2:21.6
2004---	A-Stephanie Westermann, Ridgewood		2:25.7
	B-Awinna Martinez, Passaic	2:26.9	
	C-Lisa Sinkovitz, IHA		2:27.9
2005---	A-Cristina Law, Ridgewood	2:23.0	
	B-Crystal Lee Pow, Montclair		2:24.0
	C-Kaitlyn Cooney, IHA		2:25.0
2006---	A-Cristina Law, Ridgewood	2:19.7	
	B-Susan Martinez, Clifton		2:19.9
	C-Kaitlyn Cooney, IHA		2:23.4
2007---	A-Susan Martinez, Clifton		2:18.7
	B-Arielle Moylan, Montclair	2:22.3	
	C-Kaitlyn Cooney, IHA		2:21.2
2008---	A-Susan Martinez, Clifton		2:27.31
	B-Christine Spilka, Ridgewood		2:24.88
	C-Kaitlyn Cooney, IHA		2:19.11
2009---	A-Eloisa Paredes, Clifton		2:28.21
	B-Catherine Buckley, Ridgewood		2:28.87
	C-Michelle McCourt, IHA		2:23.36

1600 METER RUN

1985---	P-E-Cathy Paz, Clifton		5:17.9
	B-Margaret Scutro, Ridgewood		5:04.5
1986---	P-E-Rose Coley, Kennedy		5:16.5
	B-Jasmin Jones, Hackensack		4:57.6

1987---	P-E-Jackie Paz, Clifton		5:39.5
	B-Norine D'Arcy, Ridgewood		5:08.0
1988---	P-E-Mercedes Zak, Clifton		5:31.1
	B-Jean Hughes, Ridgewood		5:03.4
1989---	P-Vickee Foy, Paramus		5:23.9
	A-Nadine Nunez, Passaic		5:28.7
1990---	P-Carmel Geraghty, Paramus Catholic		5:33.4
	A-Eileen Fitzgerald, Ridgewood		5:19.9
1991---	P-Nicole Lavezzi, Paramus		5:29.5
	A-Eileen Fitzgerald, Ridgewood		5:29.2
1992---	P-KerryAnn Codling, Hackensack		5:28.1
	A-Eileen Fitzgerald, Ridgewood		5:23.2
1993---	P-Martina Brosnahan, IHA		5:30.8
	A-Jenna Rogers, Ridgewood		5:12.5
1994---	P-Kourtney Gallo, IHA		5:26.9
	A-Jenna Rogers, Ridgewood		5:17.9
1995---	P-Kourtney Gallo, IHA		5:21.8
	A-Stephanie Doyle, Ridgewood		5:31.8
1996---	P-Karen Petouvis, Paramus		5:29.6
	A-Stephanie Doyle, Ridgewood		5:21.24
1997---	P-Kelly Ortiz, Paramus		5:26.89
	A-Celeste Sedo, Ridgewood	5:24.91	
1998---	P-Mary D'Ariano, IHA		5:26.40
	A-Celeste Sedo, Ridgewood	5:32.92	
1999---	P-Julie Clifford, Holy Angels		5:16.31
	A-Meg McDermott, Ridgewood		5:13.94
2000---	P-Cheryl Trovato, Holy Angels		5:31.68
	A-Clair Nowakowski, Ridgewood		5:14.2
2001---	A-Clair Nowakowski, Ridgewood		5:15.81
	B-Shakira Williams, Passaic	5:18.21	
	C-Jenna Belisonzi, IHA		5:36.7
2002---	A-Clair Nowakowski, Ridgewood		5:18.5
	B-Erin Kubarewicz, Bloomfield		5:19.6
	C-Caitlin Smyth, IHA		5:24.4
2003---	A-Emily Terrin, Ridgewood	5:25.5	
	B-Awinna Martinez, Passaic	5:22.0	
	C-Caitlin Smyth, IHA		5:10.3
2004---	A-Elizabeth Poris, Montclair		5:26.2
	B-Susan Fortkiewicz, Bloomfield		5:18.1
	C-Lisa Sinkovitz, IHA		5:24.9
2005---	A-Becca Wells, Ridgewood		5:24.9
	B-Lourdes Fabian, Kennedy		5:29.3
	C-Lisa Sinkovitz, IHA		5:16.4
2006---	A-Jessica Setless, Paramus		5:26.6
	B-Quiona Beason, Kennedy		5:41.4
	C-Sarah Pagano, IHA		5:24.5
2007---	A-Chelsea Gordon, Bergen Tech		5:31.9
	B-Alex Middleton, Ridgewood		5:31.6
	C-Sarah Pagano, IHA		5:22.3
2008---	A-Chelsea Gordon, Bergen Tech		5:37.19
	B-Alex Middleton, Ridgewood		5:33.05

C-Sarah Pagano, IHA	5:05.97
2009---A-Kerry Sorenson, Clifton	5:25.72
B-Sam Laddin, Ridgewood	5:24.79
C-Sarah Pagano, IHA	5:11.10

3200 METER RUN

1985---P-E-Cathy Paz, Clifton	11:31.3
B-Norine D'Arcy, Ridgewood	12:16.2
1986---P-E-Cathy Paz, Clifton	11:21.1
B-Jennifer Hughes, Ridgewood	11:20.0
1987---P-E-Cathy Paz, Clifton	12:07.6
B-Jasmin Jones, Hackensack	10:36.5
1988---P-E-Mercedes Zak, Clifton	12:11.0
B-Jean Hughes, Ridgewood	11:02.3
1989---P-Vickee Foy, Paramus	11:42.9
A-Nadine Nunez, Passaic	11:48.3
1990---P-KerryAnn Codling, Hackensack	11:56.9
A-Nadine Nunez, Passaic	11:41.5
1991---P-Erin Peters, Hackensack	12:04.0
A-Eileen Fitzgerald, Ridgewood	12:22.0
1992---P-KerryAnn Codling, Hackensack	11:40.5
A-Eileen Fitzgerald, Ridgewood	11:38.1
1993---P-Martina Brosnahan, IHA	11:51.7
A-Jenna Rogers, Ridgewood	11:02.0
1994---P-Kourtney Gallo, IHA	11:43.3
A-Jenna Rogers, Ridgewood	10:56.4
1995---P-Jackie Martin, Hackensack	11:52.7
A-Kim Folk, Ridgewood	11:43.6
1996---P-Kourtney Gallo, IHA	11:49.5
A-Amy Smith, Ridgewood	11:52.8
1997---P-Patti Martin, Hackensack	11:44.61
A-Celeste Sedo, Ridgewood	11:55.80
1998---P-Beth Androski, Hackensack	11:37.1
A-Sabrina Nealy, Kennedy	12:14.01
1999---P-Beth Androski, Hackensack	11:31.61
A-Janelle McCallum, Teaneck	11:40.13
2000---P-Cheryl Trovato, Holy Angels	12:06.2
A-Beth Androski, Hackensack	11:18.4
2001---A-Julia Foresman, Ridgewood	12:23.74
B-Shaneika Bernard, Hackensack	12:08.28
C-Theresa Hearn, IHA	12:27.9
2002---A-Clair Nowakowski, Ridgewood	11:43.0
B-Shaneika Bernard, Hackensack	11:59.0
C-Theresa Hearn, IHA	12:20.7
2003---A-Meghan O'Connell, Ridgewood	12:01.4
B-Shaneika Bernard, Hackensack	11:43.4
C-Theresa Hearn, IHA	12:11.4
2004---A-Meghan O'Connell, Ridgewood	11:50.6
B-Susan Fortkiewicz, Bloomfield	12:30.7
C-Katie Fry, IHA	11:59.1
2005---A-Jessica Setless, Paramus	11:48.4

	B-Lourdes Fabian, Kennedy	11:55.2
	C-Lisa Sinkovitz, IHA	11:34.6
2006---	A-Jessica Setless, Paramus	11:45.6
	B-Diane Szaflarski, Clifton	12:28.8
	C-Nicole Schiavone, Holy Angels	11:49.5
2007---	A-Chelsea Gordon, Bergen Tech	12:01.9
	B-Patty Hannon, Paramus	12:11.5
	C-Sarah Pagano, IHA	11:49.4
2008---	A-Chelsea Gordon, Bergen Tech	12:01.48
	B-Christy Bertelsen, Ridgewood	11:53.46
	C-Sarah Pagano, IHA	11:19.91
2009---	A-Chelsea Gordon, Bergen Tech	12:12.96
	B-Charlotte Margel, Ridgewood	12:28.47
	C-Sarah Pagano, IHA	11:40.51

100 METER HIGH HURDLES

1985---	P-E-Anne Bansemeir, Nutley	15.8
	B-Danielle Hadnot, Teaneck	16.1
1986---	P-E-Anne Bansemeir, Nutley	14.9
	B-Debbie McDonald, Teaneck	16.3
1987---	P-E-Carol Jones, Montclair	14.8
	B-Debbie McDonald, Teaneck	15.6
1988---	P-E-Tanya Scott, Passaic	16.2
	B-Sheryl Vander Schyff, Ridgewood	15.5
1989---	P-Jennifer Powell, Teaneck	16.5
	A-Tamiko Brown, Kennedy	15.8
1990---	P-Veronica Davi, IHA	16.4
	A-Victoria Pratt, Montclair	16.2
1991---	P-Veronica Davi, IHA	15.41
	A-Tiffany Anglin, Montclair	16.19
1992---	P-Melissa Branigan, Nutley	15.4
	A-Tiffany Anglin, Montclair	15.7
1993---	P-Melissa Branigan, Nutley	15.41
	A-Tiffany Anglin, Montclair	14.49
1994---	P-Melissa Branigan, Nutley	14.8
	A-Kathy Holloman, Passaic	14.6
1995---	P-Melissa Branigan, Nutley	14.75
	A-Melissa Jones, Eastside	15.49
1996---	P-Marissa Jackson, Hackensack	14.98
	A-Melissa Jones, Eastside	15.50
1997---	P-Marissa Jackson, Hackensack	15.22
	A-Melissa Jones, Eastside	14.61
1998---	P-Roan Moore, Nutley	16.17
	A-Denay Caldwell, Eastside	15.09
1999---	P-Nicole Brown, Teaneck	16.36
	A-Bridgette Atkinson, Hackensack	15.93
2000---	P-Jennifer Whitlock, Montclair	14.86
	A-Yocasta Garcia, Passaic	15.98
2001---	A-Jennifer Whitlock, Montclair	14.44
	B-Lauren Dutch, Clifton	17.42
	C-Lindsey Morgen, Paramus Catholic	16.9

2002---	A-Jennifer Whitlock, Montclair		14.5
	B-Elizabeth Bakarich, Clifton		17.2
	C-Caitlin Giblin, IHA		17.5
2003---	A-Kayla Crawley, Montclair		14.4
	B-Chelsea Townes, Hackensack		15.4
	C-Caitlin Giblin, IHA		17.3
2004---	A-Michelle Smith, Teaneck		14.6
	B-Chelsea Townes, Hackensack		14.6
	C-Vanessa Ciaravino, IHA		18.3
2005---	A-Michelle Smith, Teaneck		14.3
	B-Monique Senior, Montclair		16.4
	C-Liz McGuinness, IHA		17.7
2006---	A-Lara-Jane Que, Ridgewood		15.6
	B-Monique Senior, Montclair		15.6
	C-Tyler Teaton, IHA		17.3
2007---	A-Evana Edwards, Hackensack		15.1
	B-Lara-Jane Que, Ridgewood		14.7
	C-Tiffany Evangelou, IHA		16.9
2008---	A-Evana Edwards, Hackensack		15.37
	B-Mia Martinez, Ridgewood	15.33	
	C-Tiffany Evangelou, IHA		16.11
2009---	A-Emily Urciuoli, Clifton		16.33
	B-Rita Taste, Bloomfield		15.37
	C-Tiffany Evangelou, IHA		16.15

400 METER HURDLES

1985---	P-E-Anne Bansemeir, Nutley		64.6
	B-Liz Ross, Ridgewood		66.2
1986---	P-E-Anne Bansemeir, Nutley		64.1
	B-Lynn Degelmann, Ridgewood		67.9
1987---	P-E-Sharon Allen, Eastside		64.0
	B-Lynn Degelmann, Ridgewood		65.8
1988---	P-E-Suzette Dias, Eastside		69.4
	B-Lynn Degelmann, Ridgewood		67.2
1989---	P-Jennifer Powell, Teaneck		66.8
	A-Lynne Collazo, Ridgewood		67.1
1990---	P-Nicole Davi, IHA		68.4
	A-Vanessa McClure, Kennedy		70.9
1991---	P-Veronica Davi, IHA		65.5
	A-Vanessa McClure, Kennedy		66.9
1992---	P-Veronica Davi, IHA		64.5
	A-Vanessa McClure, Kennedy		64.8
1993---	P-Melissa Branigan, Nutley		67.13
	A-Renee Pavelski, Ridgewood		65.83
1994---	P-Natasha Bernard, Teaneck		65.8
	A-Kathy Holloman, Passaic	68.1	
1995---	P-Zorinah Figueroa, Teaneck		67.8
	A-Laina Wallace, Eastside		67.8
1996---	P-Zorinah Figueroa, Teaneck		65.06
	A-Nakeisha McIntosh, Eastside		64.91
1997---	P-Zorinah Figueroa, Teaneck		68.23

A-Melissa Jones, Eastside	65.37
1998---P-Michele Calabro, IHA	69.37
A-Natalie Popowicz, Clifton	66.65
1999---P-Amelia Hart, IHA	69.69
A-Tawana Watkins, Kennedy	63.80
2000---P-Roxanne McBean, Teaneck	69.4
A-Tawana Watkins, Kennedy	62.4
2001---A-Katherine Zucaro, Ridgewood	68.84
B-Tawana Watkins, Hackensack	63.11
C-Lauren Pfisterer, IHA	70.5
2002---A-Lajuan Samuels, Montclair	69.8
B-Julie Burrell, Hackensack	69.9
C-Francesca Fonti, IHA	73.3
2003---A-Michelle Smith, Teaneck	66.2
B-Chelsea Townes, Hackensack	69.2
C-Caitlin Giblin, IHA	71.8
2004---A-Michelle Smith, Teaneck	63.9
B-Chelsea Townes, Hackensack	67.5
C-Olivia Abrahamsen, Holy Angels	71.8
2005---A-Michelle Smith, Teaneck	65.5
B-Kate Silverman, Montclair	68.0
C-Elizabeth Kohli, Holy Angels	74.0
2006---A-Alice Wisener, Ridgewood	66.6
B-Susan Martinez, Clifton	67.2
C-Meghan Rodriguez, IHA	72.4
2007---A-Susan Martinez, Clifton	65.8
B-Cristina Law, Ridgewood	62.5
C-Suzana Markolovic, Holy Angels	68.6
2008---A-Susan Martinez, Clifton	67.57
B-Kate Michel, Ridgewood	70.30
C-Katherine Tallaj, IHA	68.43
2009---A-Eloisa Paredes, Clifton	68.21
B-Catherine Buckley, Ridgewood	65.51
C-Elaina Rose, IHA	68.79

SHOT PUT

1985---B-Cardrienne McDonald, Hackensack	33-7
P-E-Tomika Mathis, Kennedy	33-5
1986---B-Anne Wellington, Teaneck	32-9
P-E-Sue Piekarz, Clifton	36-8 ½
1987---B-Alana O'Reilly, Hackensack	36-3 ½
P-E-Sue Piekarz, Clifton	38-9
1988---B-Anne Wellington, Teaneck	37-10
P-E-Natasha Criss, Montclair	39-8 ¾
1989---P-Tammy Jones, Teaneck	32-11
A-Chris Piekarz, Clifton	37-2 ½
1990---P-Tammy Jones, Teaneck	33-9
A-Katina Johnson, Kennedy	39-4 ½
1991---P-Kacey Bowen, Teaneck	36-3
A-Heather Bunch, Kennedy	34-9
1992---P-Beth Crusius, Hackensack	34-0

A-Robyn Lowe, Passaic		33-9
1993---P-Beth Crusius, Hackensack	34-7	
A-Robyn Lowe, Passaic		36-11
1994---P-Beth Crusius, Hackensack	35-4	
A-Robyn Lowe, Passaic		39-5
1995---P-Taryn Rucinski, Nutley		32-5 ¼
A-Danicqua Starr, Passaic		40-7 ¼
1996---P-Alyson Rucinski, Nutley		30-10 ¾
A-Nakisha Leon, Passaic		39-8 ¼
1997---P-Claudia Heim, IHA		31-6 ¾
A-Nakisha Leon, Passaic		41-3 ½
1998---P-Michelle Jablonski, Belleville		31-6 ½
A-Labelle Hillgrove, Passaic		40-10 ¾
1999---P-Melisa Irving, Nutley		33-5
A-Labelle Hillgrove, Passaic		39-5
2000---P-Kristen Malacrida, Paramus		34-0
A-Shakia Wyche, Passaic		35-8
2001---A-Sara Hazle, Montclair		33-5
B-Alteria McWilliams, Kennedy		34-2
C-Kristine Josef, Paramus Catholic		34-7
2002---A-Tara Masterson, Ridgewood		32-2 ½
B-Eje Ophori, Bloomfield		36-0
C-Alaina Ramsey, Paramus Catholic		35-10
2003---A-Delisa Riddick, Teaneck		35-9 ½
B-Eje Ophori, Bloomfield		34-4
C-Kathleen Galan, IHA		32-3
2004---A-Katora Spivey, Montclair		35-10 ½
B-Sable Sweeper, Passaic		37-10
C-Kate Smith, IHA	32-4 ½	
2005---A-Delisa Riddick, Teaneck		36-11 ½
B-Sable Sweeper, Passaic		39-5 ½
C-Ashley Wade, Paramus Catholic		32-4 ¾
2006---A-Alyssa Redway, Hackensack		34-5
B-Wenda Noel-Lane, Montclair		33-11
C-Lara Sopelsa, IHA		33-8
2007---A-Ashley Coleman, Passaic		35-3
B-Amarillis Padilla, Nutley		33-4
C-Ashley Sims, Paramus Catholic		35-10
2008---A-Ashley Coleman, Passaic		37-6
B-APresha Hampton, Teaneck		36-3
C-Ashley Sims, Paramus Catholic		40-11
2009---A-ChiChi Okoronkwo, Passaic		38-3
B-APresha Hampton, Teaneck		37-2
C-Ashley Sims, Paramus Catholic		40-3

DISCUS

1985---B-Heidi Segal, Paramus		80-9
P-E-Sue Piekarz, Clifton		103-9
1986---B-Anne Wellington, Teaneck		112-6
P-E-Sue Piekarz, Clifton		121-7
1987---B-Anne Wellington, Teaneck		118-7

	P-E-Sue Piekarz, Clifton		134-11
1988---	B-Anne Wellington, Teaneck		121-10
	P-E-Natasha Criss, Montclair		126-3
1989---	P-Kathy King, Paramus		97-5
	A-Kimyada Slappy, Passaic	118-6	
1990---	P-Tammy Jones, Teaneck		119-3
	A-Alison Barbeau, Ridgewood		106-9
1991---	P-Tammy Jones, Teaneck		127-4
	A-Othelia McNeil, Kennedy	111-5	
1992---	P-Evangeline Rosel, Paramus Catholic		102-1
	A-Mona David, Passaic		96-6
1993---	P-Beth Crusius, Hackensack	100-5	
	A-Mona David, Passaic		108-11
1994---	P-Beth Crusius, Hackensack	114-9	
	A-Robyn Lowe, Passaic		114-7
1995---	P-Jennille Logan, Teaneck		96-10
	A-Danicqua Starr, Passaic		118-8
1996---	P-Jessica Slota, Nutley		110-3
	A-Nakisha Leon, Passaic		115-11
1997---	P-Colleen Kelly, Paramus Catholic		104-2
	A-Jessica Sokolik, Ridgewood		118-11
1998---	P-Aileen Mulligan, Paramus Catholic	90-2	
	A-Labelle Hillgrove, Passaic		126-9
1999---	P-Meghan Judge, Paramus		105-5
	A-Labelle Hillgrove, Passaic		129-0
2000---	P-Kristine Josef, Paramus Catholic		111-10
	A-Monique Mighty, Hackensack		116-7
2001---	A-Meghan Judge, Paramus		105-11
	B-Monique Mighty, Hackensack		110-6
	C-Kristine Josef, Paramus Catholic		112-10
2002---	A-Amina Robinson, Teaneck		98-8
	B-Monique Mighty, Hackensack		123-0
	C-Alaina Ramsey, Paramus Catholic		102-8
2003---	A-Delisa Riddick, Teaneck		95-9
	B-Eje Ophori, Bloomfield		108-9
	C-Susan Varghese, Holy Angels		72-6
2004---	A-Jana McKenzie, Montclair		108-8
	B-Nicole Robinson, Hackensack		104-3
	C-Kate Smith, IHA	104-11	
2005---	A-Delisa Riddick, Teaneck		108-10
	B-Sable Sweeper, Passaic		112-4
	C-Belen Michelis, IHA		105-0
2006---	A-Jaclyn Wypler, Ridgewood		105-2
	B-Wenda Noel-Lane, Montclair		114-8
	C-Caitlin Byrne, IHA		95-10
2007---	A-Ashley Coleman, Passaic		106-7
	B-Meridian Morgan, Teaneck		107-11
	C-Ashley Wade, Paramus Catholic		101-4
2008---	A-Ashley Coleman, Passaic		121-1
	B-Rachel Furman, Teaneck		103-5
	C-Shannon Sullivan, IHA		106-9

2009---	A-ChiChi Okoronkwo, Passaic	105-7
	B-Leonora Paul, Hackensack	102-6
	C-Shannon Sullivan, IHA	110-0

JAVELIN

1996---	P-Jessica Slota, Nutley	100-7
	A-Jessica Sokolik, Ridgewood	71-8
1997---	P-Ann Woetzel, Paramus Catholic	105-6
	A-Jill Zajac, Clifton	78-1
1998---	P-Krystle Buczynski, Paramus Catholic	105-3
	A-Jessica Gregg, Ridgewood	90-5
1999---	P-Kirsten Dickens, Holy Angels	99-3
	A-Gwen Scanel, Hackensack	112-10
2000---	P-Jennifer Holme, Holy Angels	101-3
	A-Monique Mighty, Hackensack	87-8
2001---	A-Gwen Moore, Teaneck	88-0
	B-Tina Lindsay, Eastside	114-8
	C-Jennifer Hodges, IHA	110-0
2002---	A-Gwen Moore, Teaneck	97-2
	B-Stephanie Petine, Bloomfield	118-9
	C-Jennifer Hodges, IHA	108-3
2003---	A-Gwen Moore, Teaneck	102-11
	B-Tina Lindsay, Eastside	133-0
	C-Audrey O'Donnell, IHA	92-4
2004---	A-Gwen Moore, Teaneck	116-5
	B-Stephanie Petine, Bloomfield	120-3
	C-Audrey O'Donnell, IHA	109-2
2005---	A-Brynn Rosser, Hackensack	109-8
	B-Betty Bodyziak, Clifton	84-10
	C-Audrey O'Donnell, IHA	126-5
2006---	A-Rachel Furman, Teaneck	94-5
	B-Betty Bodyziak, Clifton	86-10
	C-Laura Van Erdee, IHA	97-1
2007---	A-Juliana Campiglia, Hackensack	93-0
	B-Jaclyn Wypler, Ridgewood	135-11
	C-Shannon Sullivan, IHA	113-0
2008---	A-Michele Telofski, Clifton	98-0
	B-Stephanie Cozzolongo, Bloomfield	118-0
	C-Shannon Sullivan, IHA	134-2
2009---	A-Sondra Stevenson, Kennedy	94-5
	B-Lindsey ryder, Nutley	101-3
	C-Shannon Sullivan, IHA	140-8

HIGH JUMP

1985---	B-Lauren Singleton, Teaneck	5-0
	P-E-Shonn Crowe, Kennedy	5-1
1986---	B-Lauren Singleton, Teaneck	5-2
	P-E-Anne Bansemeir, Nutley	5-4
1987---	B-Lauren Singleton, Teaneck	5-4
	P-E-Jennifer West, Montclair	4-11
1988---	B-Sheryl VanderSchyff, Ridgewood	5-0

	P-E-Chris Branigan, Nutley	5-4	
1989---	P-Jen Clark, IHA		4-10
	A-Tanya Scott, Passaic		5-2
1990---	P-Rachel Holstein, Teaneck		4-10
	A-Tanya Scott, Passaic		5-0
1991---	P-Lawanda Shepherd, Teaneck		4-10
	A-Janice Kaminski, Clifton		5-1
1992---	P-Nora Aknay, Nutley		5-0
	A-Carol Huntley, Passaic		5-1
1993---	P-Dana Riley, Teaneck		4-10
	A-Renee Pavelski, Ridgewood		5-2
1994---	P-Lauren Cacciamani, Paramus		5-0
	A-Connetta Hicks, Kennedy	4-10	
1995---	P-Delcita Russell, Hackensack		5-1
	A-Melissa Masterson, Ridgewood		5-0
1996---	P-Delcita Russell, Hackensack		5-2
	A-Angela Mullins, Montclair		5-0
1997---	P-Bridgette Atkinson, Hackensack		5-2
	A-Natalie Popowicz, Clifton		5-0
1998---	P-Bridgette Atkinson, Hackensack		5-2
	A-Erin Pride, Eastside		4-10
1999---	P-Nicole Brown, Teaneck		5-0
	A-Bridgette Atkinson, Hackensack		5-0
2000---	P-Meghan O'Brien, Montclair		5-0
	A-Stephanie Guichardo, Passaic		4-10
2001---	A-Trish McGowan, Ridgewood		4-10
	B-Marta Oporska, Clifton		5-0
	C-Dana Nguyen, Paramus Catholic		4-10
2002---	A-Meghan O'Brien, Montclair		5-0
	B-Serika Thomas, Hackensack		5-2
	C-Lynsey Boggess, IHA		4-10
2003---	A-Jessica Malacrida, Paramus		5-0
	B-Chelsea Townes, Hackensack		5-0
	C-Emily Battersby, IHA		4-10
2004---	A-Jessica Malacrida, Paramus		5-0
	B-Essence Carson, Eastside	5-3	
	C-Emily Battersby, IHA		4-10
2005---	A-Jessica Malacrida, Paramus		5-3
	B-Teya Wright, Eastside		4-10
	C-Tyler Teaton, IHA		4-10
2006---	A-Solana McMillan, Teaneck		4-10
	B-Kristen Venning, Clifton		4-10
	C-Tyler Teaton, IHA		5-2
2007---	A-Kristen Venning, Clifton		5-0
	B-Cristina Law, Ridgewood	5-0	
	C-Rae Corbo, Paramus Catholic		5-0
2008---	A-Kristen Venning, Clifton		5-2
	B-Rose Stoffers, Nutley		4-10
	C-Alex Ulisse, IHA		5-0
2009---	A-Emily Urciuoli, Clifton		4-10
	B-Daequanna Owen, Hackensack		5-0

C-Khyla Bailey, Paramus Catholic 5-0

LONG JUMP

1985---	P-E-Viola Harris, Passaic		16-8 ½
	B-Sonia Daniels, Hackensack		15-11
1986---	P-E-Viola Harris, Passaic		17-9
	B-Jen McDermott, Ridgewood		16-1
1987---	B-Pam Birchett, Teaneck		17-3 ½
	P-E-Jennifer West, Montclair		17-0
1988---	P-E-		
	B-Jen McDermott, Ridgewood		19-0
1989---	P-Sheena Williams, Teaneck		15-0 ½
	A-Jen McDermott, Ridgewood		18-8
1990---	P-Teri Martin, Hackensack		15-3
	A-Tanya Scott, Passaic		17-1
1991---	P-Tammy Jones, Teaneck		18-4
	A-Cassandra Grant, Passaic	18-11	
1992---	P-Teri Martin, Hackensack		17-8 ¼
	A-Cassandra Grant, Passaic	19-8	
1993---	P-Lauren Olmsted, Nutley		16-3 ½
	A-Vinetta Gordon, Montclair		17-4 ½
1994---	P-Lauren Olmsted, Nutley		15-11 ¾
	A-Vinetta Gordon, Montclair		17-1
1995---	P-Melissa Branigan, Nutley		16-5
	A-Tonya Clark, Ridgewood	16-5	
1996---	P-Robin DeLorenzo, Nutley		16-1 ½
	A-Alicia Mazepa, Clifton		16-10 ½
1997---	P-Keely Roberts, Teaneck		16-9 ½
	A-Alicia Mazepa, Clifton		16-9
1998---	P-Devon Hudson, Hackensack		16-2
	A-Lasandra Singleton, Kennedy		15-11
1999---	P-Courtney Cubicciotti, IHA		16-8 ½
	A-Lasandra Singleton, Kennedy		17-2 ½
2000---	P-Courtney Cubicciotti, IHA		16-7
	A-Otisha Mathis, Passaic		17-9
2001---	A-Trish McGowan, Ridgewood		15-8 ½
	B-Tawana Watkins, Kennedy		16-8 ¼
	C-Courtney Cubicciotti, IHA		16-0 ½
2002---	A-Caitlyn Fiocchi, Ridgewood		16-10 ¼
	B-Tanayah Bruce, Hackensack		16-1 ¾
	C-Nia Harmon, Paramus Catholic		15-9
2003---	A-Christine Jones, Teaneck		16-8 ½
	B-Tanayah Bruce, Hackensack		15-9
	C-Kristen Cubicciotti, IHA		16-0 ½
2004---	A-Nicole Philibosian, Paramus		16-3
	B-Consandria Walker, Hackensack		16-11 ½
	C-Kristen Cubicciotti, IHA		16-1
2005---	A-Consandria Walker, Hackensack		16-0 ½
	B-Sheniqua Jones, Passaic		15-2
	C-Stephanie Ottino, IHA		15-2
2006---	A-Consandria Walker, Hackensack		16-10 ¾

	B-Sheniqua Jones, Passaic	17-9
	C-Marie Minasi, Holy Angels	16-5 ¼
2007---	A-Kristen Venning, Clifton	15-9 ¼
	B-Brooke Bogart, Ridgewood	16-10
	C-Marie Minasi, Holy Angels	15-10
2008---	A-Shanai Heber, Kennedy	17-4 ½
	B-Shantal Athill, Montclair	17-8 ½
	C-Marie Minasi, Holy Angels	17-8
2009---	A-Shantal Athill, Montclair	18-11
	B-Daequanna Owen, Hackensack	16-9
	C-Rae Corbo, Paramus Catholic	17-4

TRIPLE JUMP

1985---	B-Pam Birchette, Teaneck	34-3
	P-E-Carol Jones, Montclair	34-11
1986---	B-Donna Gooden, Teaneck	35-10
	P-E-Sandra Leake, Kennedy	37-0 ½
1987---	B-Pam Birchett, Teaneck	36-2 ½
	P-E-Sharon Allen, Eastside	38-2 ½
1988---	P-E-Tamiko Brown, Kennedy	36-5 ¾
	B-Jen McDermott, Ridgewood	38-2
1989---	P-Daphne Blick, Teaneck	36-5 ½
	A-Jen McDermott, Ridgewood	39-8
1990---	P-Cathy Chung, Teaneck	32-8
	A-Theresa Able, Kennedy	33-4
1991---	P-Teri Martin, Hackensack	34-4
	A-Vinetta Gordon, Montclair	35-1
1992---	P-Teri Martin, Hackensack	35-11
	A-Vinetta Gordon, Montclair	37-9 ½
1993---	P-Melissa Branigan, Nutley	34-11
	A-Vinetta Gordon, Montclair	37-0 ½
1994---	P-Aisha Barber, Teaneck	33-4
	A-Vinetta Gordon, Montclair	36-2 ¾
1995---	P-Tiffany Walker, Hackensack	34-7 ½
	A-Angela Mullins, Montclair	34-11 ½
1996---	P-Jessica Slota, Nutley	34-7
	A-Angela Mullins, Montclair	35-11 ½
1997---	P-Devon Hudson, Hackensack	35-2 ½
	A-Alicia Mazepa, Clifton	32-11 ½
1998---	P-Erika Jungblut, Teaneck	34-4
	A-Nyla Wormley, Montclair	34-5 ½
1999---	P-Nyla Wormley, Montclair	34-0 ½
	A-Lasandra Singleton, Kennedy	35-4 ½
2000---	P-Nyla Wormley, Montclair	35-2
	A-Yocasta Garcia, Passaic	34-3
2001---	A-Trish McGowan, Ridgewood	34-2 ½
	B-Ebony Ramos, Hackensack	36-3 ¼
	C-Cheryl Simmons, Paramus Catholic	32-9
2002---	A-Trish McGowan, Ridgewood	35-8 ½
	B-Kimisha Hughes, Eastside	36-7
	C-Cheryl Simmons, Paramus Catholic	35-4

2003---	A-Trish McGowan, Ridgewood		35-7
	B-Consandria Walker, Hackensack		36-5 ½
	C-Danielle Holmes, Holy Angels		35-10
2004---	A-Racquel Clarke, Teaneck		32-9 ¼
	B-Consandria Walker, Hackensack		37-1 ½
	C-Liz McGuinness, IHA		31-9 ¾
2005---	A-Consandria Walker, Hackensack		35-6
	B-Shanai Heber, Kennedy		33-4
	C-Liz McGuinness, IHA		31-10 ½
2006---	A-Consandria Walker, Hackensack		36-3 ½
	B-Shanai Heber, Kennedy		35-6 ½
	C-Julie Hodges, IHA		32-11 ½
2007---	A-Evana Edwards, Hackensack		33-2 ¾
	B-Brooke Bogart, Ridgewood		33-4 ¾
	C-Marie Minasi, Holy Angels		33-9
2008---	A-Shanai Heber, Kennedy		36-9 ½
	B-Shantal Athill, Montclair		33-9
	C-Marie Minasi, Holy Angels		34-10
2009---	A-Shantal Athill Montclair		34-8 ¾
	B-Shaena Wizzard, Teaneck	36-0 ¾	
	C-Marie Minasi, Holy Angels		37-0

POLE VAULT

2001---	Lauren Dutch, Clifton		8-0
2002---	A-Evann Borgmann, Ridgewood		8-0
	B-Lauren Dutch, Clifton		9-0
	C-Ali Kearns, Holy Angels		6-6
2003---	A-Evann Borgmann, Ridgewood		8-6
	B-Karen Langner, Clifton		9-0
	C-Kaitlin Strumph, IHA		6-0
2004---	A-Kerri Norton, Ridgewood	8-6	
	B-Karen Langner, Clifton		10-0
	C-Ali Kearns, Holy Angels		6-0
2005---	A-Cassie Wong, Ridgewood		11-4
	B-Laura Myers, Clifton		10-0
	C-Lindsay Pisani, IHA		6-0
2006---	A-Cassie Wong, Ridgewood		11-0
	B-Michelle Telofski, Clifton		9-0
	C-Lindsay Pisani, IHA		7-6
2007---	A-Melissa Davila, Hackensack		10-0
	B-Annie Polcari, Ridgewood		10-6
	C-Becky Testi and Erin van Der Have, Holy Angels		7-0
2008---	A-Emily Urciuoli, Clifton		11-6
	B-Annie Polcari, Ridgewood		10-6
	C-Erin van Der Have, Holy Angels		8-0
2009---	A-Emily Urciuoli, Clifton		11-6
	B-Kayla Polcari, Ridgewood		9-6
	C-Jamie Klein, Paramus Catholic		8-6

1600 METER RELAY

1985---	B-Ridgewood	4:05.5
	P-E-Eastside	4:09.3
1986---	B-Ridgewood	4:06.1
	P-E-Kennedy	4:03.1
1987---	B-Ridgewood	4:02.5
	P-E-Montclair	4:05.4
1988---	B-Ridgewood	4:02.9
	P-E-	
1989---	P-Teaneck	4:02.4
	A-Kennedy	4:08.8
1990---	P-Teaneck	4:10.6
	A-Kennedy	4:07.7
1991---	P-Teaneck	4:05.1
	A-Kennedy	4:07.2
1992---	P-Teaneck	4:06.2
	A-Kennedy	4:05.0
1993---	P-Teaneck	4:15.66
	A-Kennedy	4:06.05
1994---	P-Hackensack	4:09.1
	A-Ridgewood	4:15.3
1995---	P-Teaneck	4:08.7
	A-Eastside	4:13.4
1996---	P-Teaneck	4:05.1
	A-Eastside	4:01.99
1997---	P-Teaneck	4:11.51
	A-Eastside	4:07.82
1998---	P-Teaneck	4:20.72
	A-Ridgewood	4:22.16
1999---	P-Holy Angels	4:13.50
	A-Passaic	4:03.91
2000---	P-Immaculate Heart Academy	4:14.13
	A-Ridgewood	4:04.93
2001---	A-Ridgewood	4:09.67
	B-Eastside	4:10.84
	C-Immaculate Heart Academy	4:18.74
2002---	A-Montclair	4:12.9
	B-Hackensack	4:19.3
	C-Immaculate Heart Academy	4:22.4
2003---	A-Montclair	4:06.9
	B-Hackensack	4:11.1
	C-Immaculate Heart Academy	4:15.9
2004---	A-Teaneck	4:04.8
	B-Eastside	4:11.2
	C-Holy Angels	4:13.7
2005---	A-Teaneck	4:04.2
	B-Kennedy	4:02.5
	C-Holy Angels	4:06.8
2006---	A-Ridgewood	4:00.8
	B-Kennedy	3:58.8
	C-Immaculate Heart Academy	4:18.2
2007---	A-Clifton	4:10.8

	B-Ridgewood	4:02.4
	C-Immaculate Heart Academy	4:05.2
2008---	A-Clifton	4:15.29
	B-Ridgewood	4:04.90
	C-Immaculate Heart Academy	4:07.10
2009---	A-Clifton	4:05.84
	B-Ridgewood	4:06.98
	C-Immaculate Heart Academy	4:12.47