

NORTHERN HILLS CHAMPIONSHIPS

SKYLINE DIVISION

BOYS

100 METER DASH

1985---	Reggie Evans, Clifford Scott	11.5
1986---	Bill Wilson, Summit	11.3
1987---	Benson Goodwyn, Essex Catholic	11.1
1988---	Jay Okon, Clifford Scott	11.7
1989---	Shaun Mitchell, Orange	10.7
1990---	Enayat Oliver, Clifford Scott	11.0
1991---	Lance Lieberman, West Orange	11.1
1992---	Kevin Hampson, West Side	11.2
1993---	Kevin Hampson, West Side	11.0
1994---	Tony Sessa, West Milford	11.4
1995---	Altariq Suber, West Side	10.6
1996---	Barrett Griffin, Orange	11.3
1997---	Jamaal Burcher, Delbarton	11.2
1998---	John Chestnut, Wayne Valley	11.5
1999---	Dwayne Spearman, West Side	11.3
2000---	Dwayne Spearman, West Side	11.37
2001---	Eric Green, Clifford Scott	11.02
2002---	Lee Claton, Clifford Scott	11.31
2003---	Abdel Banda, Delbarton	11.20
2004---	Saladeen McGrady, West Orange	11.59
2005---	Louis Antenor, West Orange	11.41
2006---	Tremaine Mosley, West Orange	11.21
2007---	Jon Arnold, West Orange	11.34
2008---	Geoff Stewart, West Side	11.16
2009---	Abbas Tapal, Millburn	11.12

200 METER DASH

1985---	Steve Richards, Clifford Scott	23.4
1986---	Arthur Wingate, Clifford Scott	22.1
1987---	Mike Urso, West Orange	22.3
1988---	John Roy Hunter, Essex Catholic	23.2
1989---	Shaun Mitchell, Orange	22.8
1990---	Charles Williams, Clifford Scott	22.9
1991---	Lance Lieberman, West Orange	22.8
1992---	Kevin Hampson, West Side	23.0
1993---	Marquis Banks, Orange	22.7
1994---	Kevin Hampson, West Side	22.0
1995---	Tyrese Griffin, West Milford	22.4
1996---	Teron Darby, Clifford Scott	22.8
1997---	Jamaal Burcher, Delbarton	22.5
1998---	Chris Terranova, Wayne Valley	24.1
1999---	Eric Davis, Clifford Scott	22.4
2000---	Craig Kolk, Wayne Valley	23.13
2001---	Eric Green, Clifford Scott	22.26
2002---	Lance Wigfall, Clifford Scott	22.05

2003---	Saladeen McGrady, West Orange	23.24
2004---	Louis Antenor, West Orange	22.56
2005---	Louis Antenor, West Orange	23.10
2006---	Andrew Nandi, West Orange	23.10
2007---	Mike VanHooker, West Milford	22.94
2008---	Tom Papa, Wayne Valley	22.70
2009---	Geoffrey Stewart, West Side	22.39

400 METER DASH

1985---	Steve Richards, Clifford Scott	52.2
1986---	Arthur Wingate, Clifford Scott	49.2
1987---	Mike Urso, West Orange	50.2
1988---	Wayne Elliott, Clifford Scott	50.6
1989---	Mark Doherty, Wayne Valley	53.0
1990---	Enayat Oliver, Clifford Scott	49.8
1991---	Mark Doherty, Wayne Valley	50.7
1992---	Chad Vorbeck, Montville	50.6
1993---	Marquis Banks, Orange	50.7
1994---	Tony Sessa, West Milford	51.1
1995---	Altariq Suber, West Side	48.7
1996---	Altariq Suber, West Side	50.2
1997---	Corey Lewis, West Side	52.1
1998---	Alan Fakhouri, Wayne Valley	51.2
1999---	Eric Davis, Clifford Scott	50.0
2000---	Dave Heerema, West Milford	50.57
2001---	Lance Wigfall, Clifford Scott	48.52
2002---	Lance Wigfall, Clifford Scott	47.51
2003---	Marvin Morris, West Side	50.1
2004---	Saladeen McGrady, West Orange	51.30
2005---	Louis Antenor, West Orange	50.61
2006---	Steve Williamson, West Milford	51.86
2007---	Shelton McFarlane, West Side	49.93
2008---	Abbas Tapal, Millburn	50.14
2009---	Geoffrey Stewart, West Side	48.76

800 METER RUN

1985---	Dexter Semple, Essex Catholic	2:01.7
1986---	Jim Collura, Caldwell	1:57.6
1987---	Blake, Clifford Scott	1:58.8
1988---	Gus Bryant, Essex Catholic	2:02.5
1989---	Steven Powell, Clifford Scott	2:02.6
1990---	Ernesto Perez, West Side	1:56.0
1991---	Chris Cooke, Essex Catholic	2:05.2
1992---	Jenabu Williams, Clifford Scott	2:02.8
1993---	Scott Pohlmann, West Milford	2:01.7
1994---	Shawn David, Clifford Scott	2:01.0
1995---	Jermaine Washington, West Milford	2:01.6
1996---	Deon Bascom, West Side	1:59.9
1997---	Deon Bascom, West Side	2:02.5
1998---	Keith Horbatuck, Lakeland	2:00.4
1999---	Keith Horbatuck, Lakeland	2:00.4

2000---	Matt Winkler, Wayne Valley	1:57.57
2001---	Dave Heerema, West Milford	1:56.14
2002---	Mark Materna, Delbarton	2:00.37
2003---	Kester Stephens, Orange	1:57.08
2004---	Evan Campbell, Wayne Valley	2:02.06
2005---	Evan Campbell, Wayne Valley	2:01.57
2006---	Pat Sullivan, West Milford	2:01.32
2007---	Tony Salvatore, Wayne Valley	1:58.29
2008---	Isaiah Butts, Passaic Tech	1:58.28
2009---	Danny Kirschner, Millburn	1:56.83

1600 METER RUN

1985---	Tim Button, Summit	4:27.1
1986---	Brian Doyle, Millburn	4:28.1
1987---	Gary Souverin, Lakeland	4:29.0
1988---	John Payne, Montville	4:27.9
1989---	Tom Mizzone, Wayne Valley	4:38.6
1990---	Ernesto Perez, West Side	4:29.6
1991---	Rich Cochrane, Wayne Valley	4:35.4
1992---	Jenabu Williams, Clifford Scott	4:38.8
1993---	Bryan Ayres, West Orange	4:39.8
1994---	Mike Grant, Passaic Valley	4:39.2
1995---	Mike Grant, Passaic Valley	4:38.9
1996---	Ron Bertram, West Milford	4:36.6
1997---	Deon Bascom, West Side	4:29.7
1998---	Doug Bennett, Delbarton	4:23.3
1999---	Matt Winkler, Wayne Valley	4:28.8
2000---	Matt Winkler, Wayne Valley	4:28.74
2001---	Derek Storbeck, Wayne Valley	4:25.93
2002---	Mark Materna, Delbarton	4:30.42
2003---	Paul Rosa, Delbarton	4:28.74
2004---	Dave Alfano, West Orange	4:25.77
2005---	Tony Salvatore, Wayne Valley	4:27.85
2006---	Stephen Abate, Wayne Valley	4:28.90
2007---	Tony Salvatore, Wayne Valley	4:19.51
2008---	Myles Udland, Millburn	4:26.55
2009---	Curtis Richburg, West Orange	4:17.28

3200 METER RUN

1985---	Mason, Caldwell	9:51.2
1986---	Brian Doyle, Millburn	9:49.9
1987---	Gary Souverin, Lakeland	9:55.5
1988---	Tom Mizzone, Wayne Valley	10:05.2
1989---	Tom Mizzone, Wayne Valley	9:55.5
1990---	Rich Cochrane, Wayne Valley	10:05.0
1991---	Rich Cochrane, Wayne Valley	10:03.5
1992---	Bill Morrison, West Milford	10:21.0
1993---	Clark Gerren, West Orange	10:06.6
1994---	Mike Grant, Passaic Valley	10:03.8
1995---	Mike Grant, Passaic Valley	9:55.8
1996---	Dan Piccirillo, Passaic Valley	10:07.0

1997---	Doug Bennett, Delbarton	9:56.6
1998---	Andres Cordero, Passaic Valley	9:38.5
1999---	Andres Cordero, Passaic Valley	9:42.7
2000---	Derek Storbeck, Wayne Valley	9:42.60
2001---	Derek Storbeck, Wayne Valley	9:42.90
2002---	David Alfano, West Orange	9:41.40
2003---	David Alfano, West Orange	9:28.6
2004---		
2005---	Mike Polifonte, Passaic Valley	9:55.51
2006---	Tony Salvatore, Wayne Valley	10:04.33
2007---	Tony Salvatore, Wayne Valley	9:30.90
2008---	Tyler Udland, Millburn	9:22.82
2009---	Curtis Richburg, West Orange	9:46.33

110 METER HIGH HURDLES

1985---	Ian Marshall, Clifford Scott	15.7
1986---	Hassan Davis, Essex Catholic	14.9
1987---	Scott Pagano, Passaic Valley	16.0
1988---	Davis Wilson, Orange	15.9
1989---	Carlton Myers, Lakeland	15.7
1990---	Charles Williams, Clifford Scott	14.8
1991---	Kevin Ewell, Essex Catholic	14.8
1992---	Darren Rich, Wayne Valley	15.7
1993---	Michael DeVos, Wayne Valley	15.5
1994---	Michael DeVos, Wayne Valley	14.7
1995---	Andrew Dambreville, West Orange	15.1
1996---	Alex Bivona, Wayne Valley	15.2
1997---	Brendan King, Lakeland	15.1
1998---	Benny Van Dunk, Lakeland	15.3
1999---	Benny Van Dunk, Lakeland	15.4
2000---	Dan Spoust, West Milford	15.93
2001---	Laejon Brooks, West Orange	15.18
2002---	Laejon Brooks, West Orange	14.94
2003---	Laejon Brooks, West Orange	14.64
2004---	Joe Song, Millburn	15.78
2005---	Matt Chiesa, West Milford	15.52
2006---	Alec Marshall, Wayne Valley	14.75
2007---	Alec Marshall, Wayne Valley	14.61
2008---	James Burroughs, West Orange	15.22
2009---	Nicoy Hines, Passaic Tech	14.78

400 METER HURDLES

1985---	Swanson, Millburn	57.0
1986---	Hassan Davis, Essex Catholic	55.7
1987---	Mike Dawson, West Orange	59.1
1988---	Rob Pasek, West Milford	58.9
1989---	Rob Pasek, West Milford	56.5
1990---	Rob Pasek, West Milford	57.0
1991---	Kevin Ewell, Essex Catholic	57.9
1992---	Darren Rich, Wayne Valley	56.8
1993---	Devon Cubbs, West Side	57.5

1994---	Daron Fanfair, Orange	58.4
1995---	Daron Fanfair, Orange	56.4
1996---	Jermaine Washington, West Milford	55.7
1997---	Don Platvoet, Passaic Valley	56.3
1998---	Brendan King, Lakeland	56.2
1999---	Benny Van Dunk, Lakeland	58.8
2000---	Kevin Lynch, Clifford Scott	57.29
2001---	Isiah Meek, Wayne Valley	55.88
2002---	Laejon Brooks, West Orange	55.77
2003---	Laejon Brooks, West Orange	55.35
2004---	Tyler DeRouen, West Milford	56.68
2005---	Tyler DeRouen, West Milford	55.55
2006---	Joshua Mbanusi, West Orange	56.98
2007---	Alec Marshall, Wayne Valley	55.27
2008---	Shavoy Lawrence, Passaic Tech	56.90
2009---	Nicoy Hines, Passaic Tech	54.30

SHOT PUT

1985---	Chuck Cornish, Summit	47-0 ½
1986---	Pete Sheehan, Caldwell	45-6 ½
1987---	Mike Tirone, Passaic Valley	46-4 ½
1988---	Don Devries, West Milford	48-0 ¼
1989---	Don Devries, West Milford	48-5 ¼
1990---	Marco Moody, West Side	50-2
1991---	Marco Moody, West Side	49-3 ¼
1992---	John Sawyer, Passaic Valley	49-2
1993---	Dan Rosettini, Lakeland	52-6 ¾
1994---	George Martin, Lakeland	50-3 ¾
1995---	Lennie Friedman, West Milford	48-0
1996---	Mike Raycovitz, Lakeland	46-6
1997---	Simone Orlandi, West Milford	44-1
1998---	Kevin Miceli, Lakeland	46-0
1999---	Matt Schur, West Milford	48-9 ½
2000---	Tom Rappone, Wayne Valley	47-7
2001---	Mike DeSimone, Passaic Valley	46-5 ¼
2002---	Kevin Moffit, Delbarton	45-11 ¾
2003---	Rodney Mann, Lakeland	50-1 ¾
2004---	Pat DeFazio, Delbarton	48-5
2005---	George Abyad, Passaic Valley	48-4 ½
2006---	George Abyad, Passaic Valley	51-11
2007---	George Abyad, Passaic Valley	53-9 ½
2008---	Chris Pantale, Wayne Valley	51-10
2009---	Rhema Boyo, West Orange	48-3

DISCUS

1985---	John Blitt, Summit	129-6
1986---	Pete Sheehan, Caldwell	155-10
1987---	Wesley Padilla, Essex Catholic	147-10
1988---	Don Devries, West Milford	135-5
1989---	Warren Schoepfer, West Milford	155-1
1990---	Warren Schoepfer, West Milford	131-9

1991---	Lou Cafiero, Passaic Valley	138-1
1992---	Ben Smith, West Milford	131-9
1993---	Dean Ferrara, Montville	142-6
1994---	Dino Labruna, Passaic Valley	134-11
1995---	Simone Orlandi, West Milford	132-10
1996---	Jeff Ariola, Passaic Valley	130-6
1997---	Simone Orlandi, West Milford	141-11
1998---	Chris Maass, West Orange	130-11
1999---	John Biango, Lakeland	134-3
2000---	John Biango, Lakeland	141-5
2001---	Cam Fortin, Delbarton	136-3
2002---	Kevin Moffit, Delbarton	125-2
2003---	Abhishek Herekar, West Orange	145-7
2004---	Mark Van Orden, Delbarton	131-2
2005---	George Abyad, Passaic Valley	142-7
2006---	George Abyad, Passaic Valley	168-10
2007---	George Abyad, Passaic Valley	178-4
2008---	Chris Pantale, Wayne Valley	168-10
2009---	Rhema Boyo, West Orange	142-3

JAVELIN

1985---	Charles Condon, DePaul	166-3
1986---	Charles Condon, DePaul	182-6
1987---	Howard Park, Wayne Valley	157-9
1988---	Hassan Perkins, Orange	175-5
1989---	Warren Schoepfer, West Milford	167-9
1990---	Warren Schoepfer, West Milford	184-4
1991---	Larry Lieberman, West Orange	180-6
1992---	Mike Phillips, Montville	161-2
1993---	Scott Seifert, West Milford	172-5
1994---	Mike McCallison, Passaic Valley	174-3
1995---	Simone Orlandi, West Milford	156-0
1996---	Jerome Tillman, Passaic Valley	140-1
1997---	Endre Racz, Lakeland	151-4
1998---	Endre Racz, Lakeland	182-0
1999---	Fred Difinis, West Orange	159-2
2000---	Sean Begley, West Milford	161-3
2001---	Kevin Duffy, Delbarton	193-8
2002---	Kevin Duffy, Delbarton	176-1
2003---	Rodney Mann, Lakeland	166-11
2004---	Dominic Rubino, West Orange	164-9
2005---	Dominic Rubino, West Orange	185-8
2006---	Matt Shirhall, Lakeland	161-6
2007---	Hasan Munem, Passaic Valley	159-11
2008---	Chris Pantale, Wayne Valley	165-0
2009---	Brian Mizerak, West Milford	175-7

HIGH JUMP

1985---	Seth Geher, Caldwell	6-0
1986---	Canada, Clifford Scott	5-10
1987---	Dave Baker, West Orange	6-1

1988---	Dave Baker, West Orange	6-4
1989---	Dave Baker, West Orange	6-6
1990---	Carlton Myers, Lakeland	6-4
1991---		
1992---	Andrew Dambreville, West Orange	6-0
1993---	Ben Smith, West Milford	6-6
1994---	Andrew Dambreville, West Orange	6-8
1995---		
1996---	Marcus Washington, West Orange	6-4
1997---	Shannon Somerville, West Milford	6-0
1998---	B.C. Hibbert, West Milford	6-2
1999---	Assarnie Fannell, West Orange	6-4
2000---	Tom Gilroy, West Milford	6-2
2001---	John Onnembo, Wayne Valley	6-4
2002---	Tim Cedrone, West Milford	6-2
2003---	Tim Lawrence, West Milford	6-0
2004---	Mike Desir, West Orange	5-11 ½
2005---	Ryan Manning, West Orange	6-0
2006---	Qadir Tudor, West Orange	6-4
2007---	Qadir Tudor, West Orange	6-6
2008---	Qadir Tudor, West Orange	6-4
2009---	Gerald Silvera, West Orange	6-2

LONG JUMP

1985---	Mike Casazza, Caldwell	19-0
1986---	Derrell Day, Essex Catholic	20-11
1987---	Derrell Day, Essex Catholic	19-4 ¾
1988---	Shaun Mitchell, Orange	20-2 ¼
1989---	Shaun Mitchell, Orange	20-8
1990---	Chris Ellis, Orange	20-2 ½
1991---	Chad Vorbeck, Montville	19-11 ½
1992---	Kevin Wright, Essex Catholic	20-3 ¼
1993---	William Holder, Orange	22-5 ¼
1994---	Bob DeMarco, Lakeland	21-2
1995---		
1996---	Jermaine Washington, West Milford	20-4
1997---	Don Platvoet, Passaic Valley	20-4
1998---	Scott Wallace, Wayne Valley	21-9 ½
1999---	Benny Van Dunk, Lakeland	19-9 ½
2000---	Tom Gilroy, West Milford	20-3 ½
2001---	Kyle McDermott, Lakeland	20-11 ¾
2002---	Brian Leslie, West Milford	21-9 ¾
2003---	Jeff Young, Wayne Valley	22-1 ¾
2004---	Joe Song, Millburn	20-5 ¾
2005---	Ryan Manning, West Orange	22-2 ¼
2006---	Ryan Manning, West Orange	22-2 ¼
2007---	Jon Arnold, West Orange	22-0 ¼
2008---	Tom Papa, Wayne Valley	21-8 ½
2009---	Victor Arias, Passaic Tech	21-1 ½

TRIPLE JUMP

2004---Bob Gamble, West Milford	41-1
2005---Bob Gamble, West Milford	44-4
2006---Kyle Gilroy, West Milford	42-5 ¼
2007---Jon Arnold, West Orange	43-3
2008---Tom Papa, Wayne Valley	42-6 ¾
2009---James Burroughs, West Orange	44-7

POLE VAULT

1985---Rankin Hobbs, Millburn	12-6
1986---Stevens, Summit	12-6
1987---Doug Smith, Lakeland	11-6
1988---Bret Wagner, West Orange	11-0
1989---Bret Wagner, West Orange	12-0
1990---Bret Wagner, West Orange	13-0
1991---Alex Mayer, Wayne Valley	11-0
1992---Scott Pohlman, West Milford	11-6
1993---Scott Pohlman, West Milford	12-0
1994---Scott Pohlman, West Milford	13-0
1995---Kevin Roberto, Lakeland	13-0
1996---Lou Ferraro, Lakeland	11-0
1997---Rob Tiefenbacher, Wayne Valley	11-0
1998---Bob Lozzi, Lakeland	12-6
1999---Bob Lozzi, Lakeland	12-0
2000---Dave Serrano, West Milford	12-6
2001---Keith Gunther, West Milford	13-6
2002---Jeff Young, Wayne Valley	12-6
2003---Jeff Young, Wayne Valley	12-6
2004---Luke Gunther, West Milford	12-3
2005---Luke Gunther, West Milford	12-0
2006---Paras Jhaveri, West Orange	12-0
2007---Adam Lazor, West Milford	13-0
2008---Adam Lazor, West Milford	13-10
2009---Farzan Taschayyodi, Wayne Valley	12-0

1600 METER RELAY

1985---Millburn	3:31.5
1986---Clifford Scott	3:24.8
1987---Essex Catholic	3:36.4
1988---Essex Catholic	3:31.3
1989---Clifford Scott	3:34.1
1990---Clifford Scott	3:27.9
1991---Essex Catholic	3:31.8
1992---Clifford Scott	3:33.7
1993---West Side	3:27.4
1994---West Side	3:30.9
1995---West Side	3:25.5
1996---West Side	3:26.9
1997---West Side	3:33.6
1998---Wayne Valley	3:35.3
1999---Clifford Scott	3:28.8

2000---West Milford	3:34.82
2001---Clifford Scott	3:26.13
2002---Clifford Scott	3:25.91
2003---West Side	3:28.47
2004---West Milford	3:30.77
2005---West Milford	3:27.28
2006---West Orange	3:31.41
2007---Millburn	3:25.66
2008---Millburn	3:30.27
2009---West Side	3:26.28

GIRLS

100 METER DASH

1985---Portia Ramsey, Clifford Scott	13.4
1986---Portia Ramsey, Clifford Scott	12.8
1987---Rhonda Saunders, Clifford Scott	12.4
1988---Simone Scott, Clifford Scott	12.9
1989---Staci Jordan, Orange	12.2
1990---Staci Jordan, Orange	12.4
1991---Tamika Saunders, West Side	12.7
1992---Darriea Pigott, West Orange	12.8
1993---Darriea Pigott, West Orange	12.6
1994---Darriea Pigott, West Orange	12.6
1995---Darriea Pigott, West Orange	12.5
1996---Katie Hecht, Wayne Valley	12.8
1997---Kristen Vetri, Montville	12.8
1998---Sheranza Robin, West Side	13.0
1999---Amanda Von Rudenburg, West Milford	12.5
2000---Tiffany Clark, West Orange	13.24
2001---Alicia Warren, West Orange	13.38
2002---Sara Volkert, Mt. St. Dominic's	13.07
2003---Alison DiDomenico, Passaic Valley	12.98
2004---Alison DiDomenico, Passaic Valley	13.02
2005---Tara Ricciardi, Wayne Valley	13.08
2006---Korvette Hinton, Orange	12.68
2007---Jecika Marcus, West Orange	12.76
2008---Sarah Salazar, West Orange	12.98
2009---Michelle Caiazzo, Wayne Valley	13.19

200 METER DASH

1985---Kristina Shields, Summit	27.4
1986---Yvonne Thomas, Clifford Scott	26.0
1987---Rhonda Saunders, Clifford Scott	25.9
1988---Yvonne Thomas, Clifford Scott	25.9
1989---Staci Jordan, Orange	25.1
1990---Staci Jordan, Orange	25.7
1991---Tamika Saunders, West Side	25.9
1992---Darriea Pigott, West Orange	26.5
1993---Darriea Pigott, West Orange	25.7
1994---Darriea Pigott, West Orange	25.1
1995---Darriea Pigott, West Orange	25.5

1996---	Danielle Hobson, West Orange	25.6
1997---	Danielle Hobson, West Orange	25.7
1998---	Danielle Hobson, West Orange	26.5
1999---	Amanda Von Rudenburg, West Milford	26.3
2000---	Tiffany Clark, West Orange	26.98
2001---	Tiffany Clark, West Orange	27.01
2002---	Tiffany Clark, West Orange	26.19
2003---	Alison DiDomenico, Passaic Valley	26.96
2004---	Alison DiDomenico, Passaic Valley	26.24
2005---	Illiana Blackshear, West Orange	26.43
2006---	Tara Ricciardi, Wayne Valley	26.75
2007---	Amber Allen, Passaic Tech	25.72
2008---	Amber Allen, Passaic Tech	25.41
2009---	Amber Allen, Passaic Tech	26.07

400 METER DASH

1985---	Andrea Thomas, Clifford Scott	61.7
1986---	Yvonne Thomas, Clifford Scott	60.0
1987---	Yvonne Thomas, Clifford Scott	61.6
1988---	Yvonne Thomas, Clifford Scott	58.4
1989---	Yvonne Thomas, Clifford Scott	58.9
1990---	Rosealee Walters, Clifford Scott	60.6
1991---		
1992---	Jen Roy, Wayne Valley	60.2
1993---	Jen Roy, Wayne Valley	58.9
1994---	Jen Roy, Wayne Valley	58.6
1995---	Danielle Hobson, West Orange	59.4
1996---	Shawanna Stephens, Clifford Scott	58.8
1997---	Kristen Vetri, Montville	60.9
1998---	Shawanna Stephens, Clifford Scott	60.1
1999---	Quinn Lewis, Orange	60.1
2000---	Shani Spence, West Orange	61.83
2001---	Tiffany Clark, West Orange	58.89
2002---	Tiffany Clark, West Orange	58.28
2003---	Iliana Blackshear, West Orange	58.7
2004---	Iliana Blackshear, West Orange	58.1
2005---	Iliana Blackshear, West Orange	59.06
2006---	Korvette Hinton, Orange	60.87
2007---	Amber Allen, Passaic Tech	57.85
2008---	Amber Allen, Passaic Tech	59.04
2009---	Amber Allen, Passaic Tech	57.39

800 METER RUN

1985---	Trish Lowe, Millburn	2:24.7
1986---	Arlene Steele, Clifford Scott	2:22.8
1987---	Arlene Steele, Clifford Scott	2:24.3
1988---	Aletha Williams, Clifford Scott	2:21.7
1989---	Lisa Berkowitz, Wayne Valley	2:21.4
1990---	Rosealee Walters, Clifford Scott	2:20.4
1991---	Sharon May, West Milford	2:26.1
1992---	Latoya Stephens, West Side	2:26.0

1993---	Latoya Stephens, West Side	2:23.8
1994---	Latoya Stephens, West Side	2:24.2
1995---	Beth Crenshaw, Wayne Valley	2:26.0
1996---	Ursula Klim, Passaic Valley	2:28.9
1997---	Shawanna Stephens, Clifford Scott	2:25.8
1998---	Shawanna Stephens, Clifford Scott	2:28.9
1999---	Korea Jackson, Clifford Scott	2:30.7
2000---	Shani Spence, West Orange	2:28.98
2001---	Gizelle Joshua, West Orange	2:28.32
2002---	Shani Spence, West Orange	2:22.97
2003---	Shani Spence, West Orange	2:19.10
2004---	Gizelle Joshua, West Orange	2:22.18
2005---	Alyssa Douma, West Milford	2:17.36
2006---	Lesney Elgin, West Orange	2:23.62
2007---	Anna Yang, Wayne Valley	2:23.44
2008---	Anna Yang, Wayne Valley	2:28.38
2009---	Cara Fano, Montville	2:28.20

1600 METER RUN

1985---	Renee Murphy, DePaul	5:14.5
1986---	K. Castles, Summit	5:28.7
1987---	Cathy Feeney, Wayne Valley	5:17.8
1988---	Rachel McLaughlin, Lakeland	5:20.6
1989---	Cathy Feeney, Wayne Valley	5:18.7
1990---	Cathy Feeney, Wayne Valley	5:25.8
1991---	Heather Bury, West Orange	5:31.2
1992---	Heather Bury, West Orange	5:25.7
1993---	Amy Mizzone, Wayne Valley	5:19.7
1994---	Beth Crenshaw, Wayne Valley	5:20.5
1995---	Beth Crenshaw, Wayne Valley	5:16.2
1996---	Alex Reiher, West Milford	5:42.9
1997---	Aisha Alexander, Passaic Valley	5:32.1
1998---	Aisha Alexander, Passaic Valley	5:38.6
1999---	Meghan Neilan, West Orange	5:50.9
2000---	Jesse Mizzone, Passaic Valley	5:33.58
2001---	Jesse Mizzone, Passaic Valley	5:25.59
2002---	Jesse Mizzone, Passaic Valley	5:16.19
2003---	Jesse Mizzone, Passaic Valley	5:08.13
2004---	Jacqui Carroll, Wayne Valley	5:27.06
2005---	Alyssa Douma, West Milford	5:22.51
2006---	Christina Valerio, West Milford	5:26.28
2007---	Christina Valerio, West Milford	5:19.03
2008---	Shayna Rose, Millburn	5:25.20
2009---	Sarah Barrese, Millburn	5:33.94

3200 METER RUN

1985---	Madeline Nagy, Caldwell	11:32.5
1986---	Narayanamurti, Summit	12:06.6
1987---	Cathy Feeney, Wayne Valley	11:38.0
1988---	Cathy Feeney, Wayne Valley	12:03.7
1989---	Cathy Feeney, Wayne Valley	11:20.2

1990---	Cathy Feeney, Wayne Valley	11:57.0
1991---	Heather Bury, West Orange	12:04.6
1992---	Heather Bury, West Orange	11:37.9
1993---	Heather Bury, West Orange	11:27.0
1994---	Beth Crenshaw, Wayne Valley	11:26.0
1995---	Amy Mizzone, Wayne Valley	11:01.7
1996---	Aisha Alexander, Passaic Valley	12:25.9
1997---	Aisha Alexander, Passaic Valley	12:14.1
1998---	Aisha Alexander, Passaic Valley	11:57.2
1999---	Meghan Neilan, West Orange	12:45.7
2000---	Jesse Mizzone, Passaic Valley	n.t.
2001---	Jesse Mizzone, Passaic Valley	11:43.90
2002---	Jesse Mizzone, Passaic Valley	11:23.70
2003---	Jesse Mizzone, Passaic Valley	10:41.1
2004---	Jacqui Carroll, Wayne Valley	11:45.0
2005---	Christina Valerio, West Milford	12:08.70
2006---	Christina Valerio, West Milford	11:40.21
2007---	Christina Valerio, West Milford	11:40.62
2008---	Shayne Rose, Millburn	11:51.33
2009---	Margaret Tang, Millburn	12:19.98

100 METER HIGH HURDLES

1985---	Nancy Heisens, Millburn	16.7
1986---	Karen James, Clifford Scott	15.9
1987---	Karen James, Clifford Scott	15.0
1988---	Adrienne Bolan, Wayne Valley	15.6
1989---	Simone Scott, Clifford Scott	15.6
1990---	Danielle Picchio, Lakeland	17.2
1991---	Michele Dudzinski, Passaic Valley	16.8
1992---	Michele Dudzinski, Passaic Valley	15.9
1993---	Michele Dudzinski, Passaic Valley	15.8
1994---	Katie Holmgren, Wayne Valley	16.3
1995---	Katie Holmgren, Wayne Valley	16.0
1996---	Danielle Hobson, West Orange	16.5
1997---	Danielle Hobson, West Orange	15.5
1998---	Danielle Hobson, West Orange	15.5
1999---	Megan Patrono, West Milford	17.1
2000---	Brittany Gray, Lakeland	17.76
2001---	Rita Sebastiano, West Milford	17.40
2002---	Laura Conte, Wayne Valley	16.20
2003---	Laura Conte, Wayne Valley	16.02
2004---	LaVonne Ellerbe, Wayne Valley	16.73
2005---	Liz Hartwick, Lakeland	15.87
2006---	Liz Hartwick, Lakeland	15.55
2007---	Rebecca Leonardo, Passaic Valley	15.99
2008---	Demi Bounre, West Orange	16.11
2009---	Elizabeth Ajamu, West Orange	16.23

400 METER HURDLES

1985---	Trish Lowe, Millburn	68.5
1986---	Arlene Steele, Clifford Scott	65.8

1987---	Arlene Steele, Clifford Scott	66.0
1988---	Arlene Steele, Clifford Scott	64.7
1989---	Aletha Williams, Clifford Scott	68.8
1990---	Danielle Picchio, Lakeland	68.4
1991---	Crystal Ford, Clifford Scott	68.1
1992---	Crystal Ford, Clifford Scott	65.2
1993---	Danielle Picchio, Lakeland	68.4
1994---	Jen Roy, Wayne Valley	65.2
1995---	Natasha Brown, Clifford Scott	66.0
1996---	Danielle Hobson, West Orange	64.9
1997---	Danielle Hobson, West Orange	64.9
1998---	Danielle Hobson, West Orange	65.8
1999---	Megan Patrono, West Milford	68.8
2000---	Alison Kuhn, Lakeland	70.57
2001---	Kidalie Francillon, West Orange	68.07
2002---	Kidalie Francillon, West Orange	67.03
2003---	LaVonne Ellerbe, Wayne Valley	65.78
2004---	LaVonne Ellerbe, Wayne Valley	65.05
2005---	Stephanie Herrick, Wayne Valley	66.09
2006---	Samantha Kee, Lakeland	67.59
2007---	Amber Allen, Passaic Tech	67.20
2008---	Amber Allen, Passaic Tech	65.65
2009---	Amber Allen, Passaic Tech	64.22

SHOT PUT

1985---	Katie Jones, Millburn	31-11 ½
1986---	Morgan, Summit	31-10 ½
1987---	Evette Collier, Clifford Scott	33-4 ¾
1988---	Cynthia Jones, Clifford Scott	36-2 ¼
1989---	Cynthia Jones, Clifford Scott	35-10
1990---	Teresa Stokas, Lakeland	35-5 ¼
1991---	Amy Haskins, West Milford	35-8
1992---	Viendre Roberts, Lakeland	31-0
1993---	Coloria Nash, West Orange	34-0 ¼
1994---	Katie Holmgren, Wayne Valley	35-3
1995---	Kelly Roche, West Orange	33-2 ½
1996---	Kelly Roche, West Orange	34-3 ¾
1997---	Rike Ojediran, West Orange	34-11 ½
1998---	Desire Alexander, Passaic Valley	35-8
1999---	Desire Alexander, Passaic Valley	33-11 ½
2000---	Randi Wimberley, West Orange	35-2 ¼
2001---	Alexis Wood, West Milford	38-3 ½
2002---	Cynthia Douglas, West Milford	37-9
2003---	Jazmine Fenlator, Wayne Valley	39-3 ¾
2004---	Dayna Pigott, West Orange	34-9 ½
2005---	Althea Charles, West Orange	34-1 ¾
2006---	Althea Charles, West Orange	36-2 ¾
2007---	Althea Charles, West Orange	38-1 ¼
2008---	Alisha Gray, West Orange	39-5
2009---	Alana Pantale, Wayne Valley	37-7 ¾

DISCUS

1985---	Katie Jones, Millburn	98-11
1986---	Regan, Caldwell	89-10
1987---	Katie Krol, West Milford	103-8
1988---	Christine Pick, Lakeland	96-11
1989---	Stacey Price, West Milford	90-11
1990---	Kim Curry, Clifford Scott	102-3
1991---	Jodie Phillips, Montville	111-5
1992---	Brenda Start, Montville	110-0
1993---	Brenda Start, Montville	104-10
1994---	Lauren DiFidi, West Milford	103-0
1995---	Katie Holmgren, Wayne Valley	112-11
1996---	Lauren DiFidi, West Milford	106-8
1997---	Kristin Tedesco, West Milford	106-5
1998---	Kristin Tedesco, West Milford	98-11
1999---	Mary Bozenmayer, West Milford	94-3
2000---	Joelle Biango, Lakeland	93-11
2001---	Jasmine Fenlator, Wayne Valley	104-2
2002---	Jasmine Fenlator, Wayne Valley	113-5
2003---	Jasmine Fenlator, Wayne Valley	142-2
2004---	Melissa Blitzstein, West Milford	105-2
2005---	Marianne Andreini, Lakeland	105-7
2006---	Emily Saucedo, Wayne Valley	123-4
2007---	Althea Charles, West Orange	111-7
2008---	Alana Pantale, Wayne Valley	120-5
2009---	Alana Pantale, Wayne Valley	120-2

JAVELIN

1985---	Ann Song, Millburn	107-0
1986---	Butler, Caldwell	92-8
1987---	Katie Krol, West Milford	118-1
1988---	Amy Biasucci, Wayne Valley	106-10
1989---	Leslee Frederickson, Wayne Valley	112-0
1990---	Jen Russo, Wayne Valley	97-6
1991---	Jodie Phillips, Montville	121-9
1992---	Jen Russo, Wayne Valley	110-7
1993---	Jen Russo, Wayne Valley	114-10
1994---	Cleopatra Francis, Orange	103-0
1995---	Cleopatra Francis, Orange	95-11
1996---	Dina Fabrizio, West Milford	94-7
1997---	Dina Fabrizio, West Milford	99-3
1998---	Mary Bozenmayer, West Milford	103-1
1999---	Sara Schechter, West Milford	101-2
2000---	Lindsay Van Zile, West Milford	104-3
2001---	Lisa Kretschman, Lakeland	106-8
2002---	Lauren Vieth, Lakeland	112-10
2003---	Kristen Calamita, Lakeland	105-3
2004---	Kristen Calamita, Lakeland	110-5
2005---	Caitlin Heffern, Wayne Valley	105-9
2006---	Caitlin Heffern, Wayne Valley	109-6
2007---	Maddy Moore, West Orange	110-0

2008---Alana Pantale, Wayne Valley	103-6
2009---Alana Pantale, Wayne Valley	109-5

HIGH JUMP

1985---Trish Lowe, Millburn	5-0
1986---Karen James, Clifford Scott	4-8
1987---Adrienne Bolan, Wayne Valley	5-2
1988---Kathy Garrigan, Wayne Valley	5-4
1989---Malone, West Milford	5-0
1990---Michelle Dette, Wayne Valley	4-8
1991---Michele Dudzinski, Passaic Valley	5-4 ¼
1992---Michele Dudzinski, Passaic Valley	5-2
1993---Michele Dudzinski, Passaic Valley	5-6
1994---Katie Holmgren, Wayne Valley	5-2
1995---	
1996---Kim Fife, Lakeland	5-6
1997---Katie Hecht, Wayne Valley	5-2
1998---Barbara Schreck, Montville	4-8
1999---Desire Alexander, Passaic Valley	4-6
2000---Desire Alexander, Passaic Valley	4-10
2001---Tiyana Peters, West Orange	5-2
2002---Tiyana Peters, West Orange	5-2
2003---Tiyana Peters, West Orange	5-3 ¾
2004---Alison Tagliaferro, Lakeland	5-0
2005---Katelyn Rodgers, Lakeland	5-0
2006---Ofure Ilogienboh, West Orange	5-0
2007---Sara Wesley, West Orange	5-0
2008---Sara Wesley, West Orange	5-0
2009---Hannah Westlake, Millburn	5-0

LONG JUMP

1985---Trish Lowe, Millburn	15-4
1986---Ivey, Millburn	15-9 ½
1987---Kathy Garrigan, Wayne Valley	15-11 ¾
1988---Kathy Garrigan, Wayne Valley	16-6 ½
1989---Jennis Dhondt, Lakeland	15-8
1990---Marketa Morse, West Side	16-0 ¾
1991---Michelle Dette, Wayne Valley	15-2
1992---Michele Dudzinski, Passaic Valley	16-7 ½
1993---Jen Roy, Wayne Valley	17-10
1994---Jen Roy, Wayne Valley	16-10
1995---	
1996---Nancy Schemly, Wayne Valley	16-9 ½
1997---Mary Luallen, West Milford	15-11 ½
1998---Mary Luallen, West Milford	16-3 ½
1999---Megan Patrono, West Milford	16-3 ½
2000---Alicia Warren, West Orange	15-3 ¾
2001---Lisa D'Elena, West Milford	17-5
2002---Alicia Warren, West Orange	16-5 ¾
2003---Jazmine Fenlator, Wayne Valley	17-1
2004---Alison DiDomenico, Passaic Valley	16-6 ¼

2005---Sherene Stephens, Orange	15-9 $\frac{3}{4}$
2006---Lindsay Brooks, West Orange	16-2 $\frac{1}{4}$
2007---Antoinette Gayle, West Orange	16-2
2008---Sara Douma, West Milford	15-8 $\frac{1}{2}$
2009---Michelle Caiazzo, Wayne Valley	17-4

TRIPLE JUMP

2004---Sherene Stephens, Orange	35-4 $\frac{1}{2}$
2005---Sherene Stephens, Orange	36-3 $\frac{3}{4}$
2006---Sam Vanni, Lakeland	34-2 $\frac{1}{2}$
2007---Alanna Haight, West Milford	34-9 $\frac{3}{4}$
2008---Sara Douma, West Milford	35-5 $\frac{1}{2}$
2009---Andrea Gates, Passaic Tech	33-0 $\frac{1}{4}$

POLE VAULT

2004---Emma Storm, West Orange	8-6
2005---Emma Storm, West Orange	9-6
2006---Emma Storm, West Orange	10-6
2007---Casey Monks, West Milford	9-6
2008---K.L. Markson, West Milford	9-0
2009---Chrissy Finkel, Montville	12-0

1600 METER RELAY

1985---Clifford Scott	4:17.0
1986---Clifford Scott	4:11.6
1987---Clifford Scott	4:10.0
1988---Clifford Scott	4:00.0
1989---Clifford Scott	4:12.7
1990---Clifford Scott	4:11.1
1991---West Side	4:14.0
1992---West Side	4:17.4
1993---West Side	4:12.4
1994---Wayne Valley	4:17.1
1995---Clifford Scott	4:15.1
1996---West Side	4:06.1
1997---West Milford	4:20.9
1998---Montville	4:22.7
1999---Clifford Scott	4:20.8
2000---West Orange	4:19.32
2001---West Orange	4:12.24
2002---Clifford Scott	4:07.34
2003---Wayne Valley	4:06.33
2004---West Orange	4:07.14
2005---West Orange	4:03.52
2006---West Orange	4:12.00
2007---West Orange	4:14.35
2008---Passaic Tech	4:09.81
2009---Passaic Tech	4:00.94

SUBURBAN DIVISION

BOYS

100 METER DASH

1985---	Joyner, Orange	11.2
1986---	DiMaggio, Morris Catholic	11.7
1987---	Darin DeLuca, Verona	11.3
1988---	Chris Bianciella, DePaul	11.8
1989---	Trejo Rust, Madison	11.0
1990---	John Clark, Madison	11.3
1991---	Terrell Willis, Orange	11.3
1992---	Terrell Willis, Orange	11.1
1993---	Vernon Pierre, Millburn	11.3
1994---	Dave Conklin, Butler	11.2
1995---	Dave Conklin, Butler	10.9
1996---	Jon Demare, Morris Catholic	11.4
1997---	Brian Buczek, DePaul	10.8
1998---	Maxwell Booker, Essex Catholic	11.61
1999---	Maxwell Booker, Essex Catholic	11.2
2000---	Maxwell Booker, Essex Catholic	10.94
2001---	Maxwell Booker, Essex Catholic	10.94
2002---	Leo Fernne, Essex Catholic	11.61
2003---	Charles Christopher, Essex Catholic	11.30
2004---	Val Sisti, DePaul	11.48
2005---	Michael Ponte, DePaul	11.64
2006---	Andrew Longley, Millburn	11.24
2007---	Sal Giardina, DePaul	11.31
2008---	Sal Chierici, Montville	11.14
2009---	Kevin Amditis, Lakeland	11.49

200 METER DASH

1985---	Todd Urbanik, Morris Catholic	23.3
1986---	Vella, Delbarton	23.2
1987---	Sean O'Connell, Morris Catholic	23.4
1988---	Trejo Rust, Madison	23.0
1989---	Trejo Rust, Madison	22.6
1990---	John Clark, Madison	22.9
1991---	Terrell Willis, Orange	23.0
1992---	Terrell Willis, Orange	22.9
1993---	Rich Pitchman, Caldwell	23.0
1994---	Michael Davenport, Butler	22.6
1995---	Dave Conklin, Butler	22.2
1996---	Brian Buczek, DePaul	23.2
1997---	Brian Buczek, DePaul	22.6
1998---	Maxwell Booker, Essex Catholic	22.70
1999---	Maxwell Booker, Essex Catholic	23.1
2000---	Maxwell Booker, Essex Catholic	22.23
2001---	Maxwell Booker, Essex Catholic	22.28
2002---	David Snell, Madison	22.44
2003---	Shaka Davis, Essex Catholic	22.85
2004---	Val Sisti, DePaul	23.06
2005---	Michael Ponte, DePaul	23.42
2006---	Andrew Longley, Millburn	22.85

2007---	Sal Colangelo, Montville		23.31
2008---	Anthony Chierici, Montville	22.69	
2009---	Kevin Amditis, Lakeland		23.26

400 METER DASH

1985---	Chris Shilakes, Delbarton		51.5
1986---	M. Zammett, Orange		51.6
1987---	Tom Ennis, Morris Catholic	51.1	
1988---	Trejo Rust, Madison		50.5
1989---	Trejo Rust, Madison		49.7
1990---	Kevin Bohan, Caldwell		52.2
1991---	Rich Morrissey, Delbarton		51.6
1992---	Rich Morrissey, Delbarton		50.0
1993---	Rich Pitchman, Caldwell		50.3
1994---	Rich Napoleon, Essex Catholic		52.7
1995---	Dave Conklin, Butler		51.8
1996---	Brian Buczek, DePaul		52.5
1997---	Brian Buczek, DePaul		51.2
1998---	Matt Strange, Madison		50.9
1999---	Matt Strange, Madison		51.7
2000---	Matt Strange, Madison		51.21
2001---	David Snell, Madison		52.10
2002---	Paul Noel, Essex Catholic		52.12
2003---	Sean Voisin, Essex Catholic	51.3	
2004---	Jahmone Duhaney, Morris Catholic		50.40
2005---	Jared Smith, Pequannock		51.40
2006---	Scott Krenitski, Delbarton		51.97
2007---	Sal Giardina, DePaul		51.45
2008---	Anthony Chierici, Montville	50.12	
2009---	Kevin Amditis, Lakeland		51.23

800 METER RUN

1985---	Bob Kulick, Delbarton		1:57.8
1986---	M. Zammett, Orange		1:57.0
1987---	Pete Armstrong, Morris Catholic		1:58.7
1988---	Matt Niedzwiecki, DePaul		1:59.0
1989---	Matt Niedzwiecki, DePaul		1:58.8
1990---	Kevin Harty, Delbarton		1:59.0
1991---	Jim McCormick, DePaul		2:00.5
1992---	Dave Panush, Millburn		2:02.6
1993---	Chris Cooke, Essex Catholic		1:57.3
1994---	Chris Cooke, Essex Catholic		2:02.0
1995---	Leon Grove, Essex Catholic		2:03.2
1996---	Steve Hnatko, Morris Catholic		2:04.3
1997---	Steve Hnatko, Morris Catholic		2:05.5
1998---	Mike Reilly, Caldwell		2:02.6
1999---	Germaine Bacon, Essex Catholic		2:04.2
2000---	Mark Nichol, Millburn		2:01.43
2001---	Jeff Sundberg, Caldwell		2:01.77
2002---	Daeshon Davidson, West Side		2:02.03
2003---	William Doherty, Madison		2:01.61

2004---	Jon Campoli, Morris Catholic	2:02.77
2005---	Nick Mieke, DePaul	2:02.34
2006---	Andrew Schweitzer, Delbarton	1:59.45
2007---	Nick Mieke, DePaul	1:57.67
2008---	Kevin Acevedo, Montville	2:01.46
2009---	Rob Albano, Pequannock	2:00.40

1600 METER RUN

1985---	Andy Ball, Pequannock	4:36.3
1986---	Andy Ball, Pequannock	4:28.7
1987---	Jon Chichester, Caldwell	4:28.5
1988---	Rob Failla, Delbarton	4:27.5
1989---	Rob Failla, Delbarton	4:22.3
1990---	Kevin Horty, Delbarton	4:29.8
1991---	Anthony Mautone, Millburn	4:39.9
1992---	Dan Dillon, Caldwell	4:30.1
1993---	Bill O'Keefe, DePaul	4:34.6
1994---	Chris Cooke, Essex Catholic	4:34.5
1995---	Steve Hnatko, Morris Catholic	4:35.5
1996---	Steve Hnatko, Morris Catholic	4:40.0
1997---	Eugene Daly, Morris Catholic	4:41.3
1998---	Andy Hnatko, Morris Catholic	4:46.3
1999---	Germaine Bacon, Essex Catholic	4:36.6
2000---	Mark Nichol, Millburn	4:29.84
2001---	Joe Jacobs, Butler	4:32.21
2002---	Gary McGregor, Montville	4:45.63
2003---	Jon Campoli, Morris Catholic	4:44.43
2004---	Jon Campoli, Morris Catholic	4:32.36
2005---	Nick Mieke, DePaul	4:37.71
2006---	Nick Mieke, DePaul	4:27.30
2007---	Nick Mieke, DePaul	4:29.03
2008---	Pat Schellberg, Delbarton	4:24.13
2009---	Pat Schellberg, Delbarton	4:19.66

3200 METER RUN

1985---	Andy Ball, Pequannock	10:09.4
1986---	Andy Ball, Pequannock	9:54.4
1987---	Jon Chichester, Caldwell	9:49.5
1988---	Rob Failla, Delbarton	9:47.9
1989---	R.J. Ryerson, Morris Catholic	9:38.5
1990---	Kevin Horty, Delbarton	9:50.1
1991---	Elliot Krichman, Millburn	10:05.7
1992---	Mark Hanna, Delbarton	9:47.8
1993---	Dan Dillon, Caldwell	10:01.6
1994---	Brian Rusignuolo, Caldwell	10:04.8
1995---	Negrosa, Pequannock	10:15.4
1996---	Brian Bergen, Caldwell	10:07.2
1997---	Eugene Daly, Morris Catholic	10:04.3
1998---	Andy Hnatko, Morris Catholic	10:15.8
1999---	Mark Nichol, Millburn	10:01.2
2000---	Mark Nichol, Millburn	9:40.30

2001---	Joe Jacobs, Butler	9:48.80
2002---	Gary McGregor, Montville	10:32.00
2003---	Tom Peppard, Caldwell	10:25.9
2004---	Hany Abdallah, Madison	10:09.0
2005---	Tim Siegert, Delbarton	10:04.62
2006---	Nick Mieke, DePaul	9:34.64
2007---	Nick Mieke, DePaul	9:57.56
2008---	Pat Schellberg, Delbarton	9:33.45
2009---	Pat Schellberg, Delbarton	9:26.38

110 METER HIGH HURDLES

1985---	Todd Urbanik, Morris Catholic	15.3
1986---	Sean O'Connell, Morris Catholic	15.6
1987---	Sean O'Connell, Morris Catholic	15.1
1988---	Steve Strange, Madison	16.0
1989---	Mike Modeski, Delbarton	15.0
1990---	John Clark, Madison	15.1
1991---	Mike Strange, Madison	15.5
1992---	Ken Schneider, Pequannock	16.3
1993---	Alex Gershkovich, Millburn	16.0
1994---	Rob Chisone, Essex Catholic	15.7
1995---	Ron Kennedy, Pequannock	15.2
1996---	Rich Ryerson, Morris Catholic	14.4
1997---	Steve Taylor, DePaul	15.6
1998---	Steve Taylor, DePaul	15.7
1999---	Kevin Boykins, Essex Catholic	16.4
2000---	Kevin Boykins, Essex Catholic	15.84
2001---	Ray Lenahan, Montville	15.98
2002---	Ray Lenahan, Montville	15.01
2003---	Jahmone Duhaney, Morris Catholic	15.69
2004---	Jahmone Duhaney, Morris Catholic	15.17
2005---	Andrew Longley, Millburn	15.95
2006---	Andrew Longley, Millburn	15.19
2007---	Matt Ratajczak, DePaul	15.41
2008---	Emmet Sellars, Caldwell	15.74
2009---	John Veltri, DePaul	15.74

400 METER HURDLES

1985---	Bill Corcoran, Morris Catholic	57.3
1986---	Marcus Hickerson, Delbarton	56.9
1987---	Matt Baulderston, Madison	59.6
1988---	Steve Strange, Madison	57.7
1989---	Scott Marshall, Millburn	56.6
1990---	Mike Strange, Madison	57.9
1991---	Mike Strange, Madison	57.1
1992---	Andy Waller, Madison	57.7
1993---	Andy Waller, Madison	57.0
1994---	Bryan Cutler, Madison	57.9
1995---	Rich Ryerson, Morris Catholic	57.7
1996---	Rich Ryerson, Morris Catholic	56.9
1997---	Chuck Seipp, Morris Catholic	58.7

1998---	Mike George, Caldwell	57.1
1999---	Matt Strange, Madison	59.3
2000---	Matt Strange, Madison	57.46
2001---	Ryan Smith, Montville	57.16
2002---	Kevin Rowe, Butler	59.06
2003---	Jahmone Duhaney, Morris Catholic	56.6
2004---	Jahmone Duhaney, Morris Catholic	54.59
2005---	Andrew Longley, Millburn	57.61
2006---	Andrew Longley, Millburn	55.51
2007---	Matt Ratajczak, DePaul	57.98
2008---	Matt Vinci, Montville	58.22
2009---	Nick Calotta, Delbarton	58.21

SHOT PUT

1985---	Dan Bulger, Pequannock	57-6 ½
1986---	John Swenty, Morris Catholic	43-10 ¾
1987---	Pete Sheehan, Caldwell	51-7
1988---	Pete Sheehan, Caldwell	53-11
1989---	Sean Boyle, DePaul	49-3 ½
1990---	Ed Delmastro, DePaul	50-0
1991---	Terry Koza, Delbarton	46-9
1992---	Brad Van Lenten, DePaul	47-10
1993---	Neil Violante, DePaul	47-6
1994---	Steve Bienko, Delbarton	52-4 ½
1995---	Anthony Casciano, Caldwell	49-11 ½
1996---	Anthony Casciano, Caldwell	50-4
1997---	Mike Zecchini, Madison	46-11
1998---	Pablo Tavares, DePaul	46-11
1999---	Matt Vanderberg, Pequannock	46-3
2000---	John Nadratowski, DePaul	50-7
2001---	John Nadratowski, DePaul	47-8 ½
2002---	David Zoppo, DePaul	46-3 ½
2003---	Darrell Williams, Essex Catholic	50-8 ¼
2004---	Brad Fromm, Madison	45-9 ¾
2005---	Pat DeFazio, DePaul	47-6
2006---	Mark Van Orden, Delbarton	45-4
2007---	John Garza, Lakeland	48-5 ¼
2008---	Jon Tancer, Montville	50-7 ¼
2009---	Zach Protin, Lakeland	47-10 ¾

DISCUS

1985---	Dan Bulger, Pequannock	156-4
1986---	Chris Kuper, Pequannock	128-9
1987---	Pete Sheehan, Caldwell	144-6
1988---	Pete Sheehan, Caldwell	159-8
1989---	Trejo Rust, Millburn	139-5
1990---	Werner Seitz, Pequannock	135-7
1991---	Erik Hanson, Caldwell	121-11
1992---	Tim VanAtta, Butler	137-4
1993---	Eamon Monaghan, DePaul	135-3
1994---	Eamon Monaghan, DePaul	153-6

1995---	Eamon Monaghan, DePaul	152-0
1996---	Ben Bater, Pequannock	144-5
1997---	Mike Zecchini, Madison	133-8
1998---	Josh Saunders, Butler	130-10
1999---	Matt Vanderberg, Pequannock	142-2
2000---	Jeff Salzano, Pequannock	128-5
2001---	Jeff Salzano, Pequannock	138-1
2002---	Frank Cecere, Butler	141-7
2003---	Anthony Gaskins, Essex Catholic	136-0
2004---	Brad Fromm, Madison	127-8
2005---	Jared Smith, Pequannock	125-3
2006---	Mark Van Orden, Delbarton	152-1
2007---	Kevin Horbatuck, Lakeland	135-0
2008---	John Garza, Lakeland	139-11
2009---	Dejan Kolosky, Pequannock	119-1

JAVELIN

1985---	Todd Urbanik, Morris Catholic	203-3
1986---	John Swenty, Morris Catholic	176-3
1987---	Duffy Derlog, Caldwell	175-3
1988---	Mark Fletcher, Delbarton	193-1
1989---	Mike Finelli, Butler	168-11
1990---	Chris Corcoran, Morris Catholic	214-1
1991---	Andy Hudacik, Delbarton	156-6
1992---	Andy Hudacik, Delbarton	150-0
1993---	Jason Silano, Butler	164-0
1994---	Mike Massella, Caldwell	171-0
1995---	John Wakeley, Caldwell	184-11
1996---	Adam Pedowitz, Millburn	176-0
1997---	Herb Groce, Morris Catholic	158-6
1998---	Ed Kirschenbaum, Millburn	157-9
1999---	Rob Fernand, DePaul	152-0
2000---	Rafael Morera, DePaul	137-2
2001---	David Marshall, Pequannock	162-2
2002---	Richard Russel, DePaul	159-8
2003---	Kyle Mazur, Morris Catholic	157-6
2004---	Kyle Mazur, Morris Catholic	165-6
2005---	Dan Reeve, Madison	148-1
2006---	Mark Paski, Delbarton	197-1
2007---	Josh Arnau, Pequannock	172-4
2008---	Erik Patricola, Lakeland	168-8
2009---	Erik Patricola, Lakeland	179-0

HIGH JUMP

1985---	Marcus Hickerson, Delbarton	6-0
1986---	D Pickering, Delbarton	6-2
1987---	Marcus Hickerson, Delbarton	6-2 ½
1988---	Matt Niedzwiecki, DePaul	6-0
1989---	Eugene Quinn, Delbarton	6-2
1990---	Matt Chelak, Caldwell	6-0
1991---	Peter Khost, Caldwell	6-0

1992---	Ravi Bhalla, Millburn	6-0
1993---	Ryan Hunt, Pequannock	6-4
1994---	Mark Cifelli, Caldwell	6-0
1995---	Rich Ryerson, Morris Catholic	6-5
1996---	Rich Ryerson, Morris Catholic	6-6
1997---	Jim Cucinella, Butler	6-2
1998---	Craig Mellos, Madison	6-6 ¼
1999---	Josh Saunders, Butler	6-4
2000---	Craig Mellows, Madison	6-7
2001---	Charles Becht, Madison	6-2
2002---	Shawn Dircks, Morris Catholic	5-10
2003---	Shawn Dircks, Morris Catholic	6-6
2004---	John Trommelen, DePaul	5-8
2005---	Michael Ponte, DePaul	5-10
2006---	Kirt Lashley, Madison	5-10
2007---	Andre Elliott, Caldwell	5-8
2008---	Taylor Jennings, Lakeland	6-0
2009---	Nick Cratz, Caldwell	6-0

LONG JUMP

1985---	Marcus Hickerson, Delbarton	20-6 ¾
1986---	Marcus Hickerson, Delbarton	19-11
1987---	Marcus Hickerson, Delbarton	21-8 ¼
1988---	Chris Bianciella, DePaul	20-11
1989---	Jeff Sicat, Millburn	20-9 ¼
1990---	Chris Corcoran, Morris Catholic	20-11 ½
1991---	Peter Khost, Caldwell	21-4 ¾
1992---	William Holder, Orange	20-4
1993---	Kevin Wright, Essex Catholic	21-4
1994---	Shezhad Kahn, Pequannock	20-6 ¾
1995---	Dave Conklin, Butler	22-6 ½
1996---	Jim Cucinella, Butler	20-6
1997---	Steve Taylor, DePaul	20-5
1998---	Chris Kostenko, DePaul	20-9
1999---	Josh Saunders, Butler	20-9
2000---	David Snell, Madison	19-6
2001---	Joe Debellonia, Butler	19-3 ½
2002---	David Snell, Madison	21-6 ½
2003---	Evan Pearson, Caldwell	21-4 ¼
2004---	Val Sisti, DePaul	22-2
2005---	Dan Mercourelli, DePaul	20-5
2006---	Matt Leotti, Delbarton	20-4 ¼
2007---	Matt Ratajczak, DePaul	20-10 ¼
2008---	Josh Lewis, Montville	21-11 ¼
2009---	Craig Calafiore, Delbarton	19-3 ¾

POLE VAULT

1985---	Kevin Caputo, Butler	11-6
1986---	Rak, Morris Catholic	10-0
1987---	Jason Hoffman, DePaul	11-3
1988---		

1989---	Phil Maffei, Caldwell	12-7
1990---	Lou Alfora, Millburn	12-0
1991---	Lou Alfora, Millburn	12-6
1992---	Tom Briede, Butler	13-9
1993---	Alex Gershkovich, Millburn	12-0
1994---	John Caprio, Caldwell	12-0
1995---	Junior Lobisco, Millburn	11-6
1996---	Joel Schaffer, Millburn	11-0
1997---	Joel Schaffer, Millburn	12-6
1998---	Scott Bertani, Caldwell	12-0
1999---		
2000---	Gregory Dujets, DePaul	11-0
2001---	Gregory Dujets, DePaul	12-0
2002---	Evan Pearson, Caldwell	12-0
2003---	Evan Pearson, Caldwell	11-0
2004---	Evan Pearson, Caldwell	13-0
2005---	Bill McLinden, Madison	11-0
2006---	Bill McLinden, Madison	11-6
2007---	John Caporaso, Madison	10-6
2008---	Chase Brush, Lakeland	11-0
2009---	Chase Brush, Lakeland	11-6

TRIPLE JUMP

2004---	Evan Pearson, Caldwell	43-2 ½
2005---	Dan Mercourelli, DePaul	41-1 ¼
2006---	Lewis Castillo, DePaul	39-11
2007---	Lewis Castillo, DePaul	40-10
2008---	Tim Ovies, Lakeland	41-2 ½
2009---	Craig Calafiore, Delbarton	41-8

1600 METER RELAY

1985---	Delbarton	3:31.5
1986---	Delbarton	3:31.3
1987---	Morris Catholic	3:35.7
1988---	DePaul	3:33.7
1989---	DePaul	3:30.6
1990---	Delbarton	3:38.0
1991---	Orange	3:34.9
1992---	Orange	3:33.1
1993---	Essex Catholic	3:30.4
1994---	Essex Catholic	3:37.0
1995---	Caldwell	3:37.0
1996---	Essex Catholic	3:39.6
1997---	Essex Catholic	3:33.9
1998---	Orange	3:35.7
1999---	Essex Catholic	3:34.2
2000---	Essex Catholic	3:33.19
2001---	Caldwell	3:39.09
2002---	Madison	3:34.09
2003---	Essex Catholic	3:33.06
2004---	DePaul	3:43.15

2005---Delbarton	3:33.87
2006---Montville	3:32.21
2007---Montville	3:37.09
2008---Montville	3:36.72
2009---Delbarton	3:36.01

GIRLS

100 METER DASH

1985---Joyce Baten, Madison	12.7
1986---Stevenson, Orange	12.9
1987---Tammy Housman, Millburn	13.0
1988---Christa Aloutto, Morris Catholic	13.2
1989---Christa Aloutto, Morris Catholic	12.9
1990---Julie Wirth, Morris Catholic	13.1
1991---Staci Jordan, Orange	12.2
1992---Staci Jordan, Orange	12.0
1993---Vanessa Lewis, Morris Catholic	12.8
1994---Vanessa Lewis, Morris Catholic	12.5
1995---Vanessa Lewis, Morris Catholic	11.9
1996---Kenisha Bonfield, Madison	12.8
1997---Kenisha Bonfield, Madison	12.5
1998---Nicole Jackman, Millburn	12.9
1999---Kenisha Bonfield, Madison	13.1
2000---Kelly Pirozzi, Villa Walsh	13.74
2001---Candice Bowers, West Side	13.42
2002---Monica Cepak, Villa Walsh	13.23
2003---Monica Cepak, Villa Walsh	13.12
2004---Monica Cepak, Villa Walsh	13.37
2005---Janine Sanderman, Villa Walsh	13.16
2006---Janine Sanderman, Villa Walsh	12.76
2007---Mia Channel Riley, Caldwell	12.66
2008---Gia Eure, DePaul	12.89
2009---Vincia Jackson, Mt. St. Dominic	13.02

200 METER DASH

1985---Joyce Baten, Madison	26.4
1986---Tammy Maffatone, Butler	26.7
1987---Tammy Housman, Millburn	27.1
1988---Lisa Housman, Millburn	27.5
1989---Melissa Langlois, Madison	26.8
1990---Julie Wirth, Morris Catholic	26.9
1991---Staci Jordan, Orange	25.6
1992---Staci Jordan, Orange	25.0
1993---Vanessa Lewis, Morris Catholic	25.9
1994---Vanessa Lewis, Morris Catholic	25.9
1995---Vanessa Lewis, Morris Catholic	25.2
1996---Kenisha Bonfield, Madison	26.4
1997---Kenisha Bonfield, Madison	25.4
1998---Nicole Jackman, Millburn	26.4
1999---Kenisha Bonfield, Madison	26.5
2000---Stephanie Moore, Montville	28.27

2001---	Kelly Pirozzi, Villa Walsh	28.00
2002---	Kelly Pirozzi, Villa Walsh	27.30
2003---	Monica Cepak, Villa Walsh	26.78
2004---	Alessandra Valdetara, Butler	26.99
2005---	Alessandra Valdetara, Butler	27.07
2006---	Janine Sanderman, Villa Walsh	26.81
2007---	Christine Gage, DePaul	26.57
2008---	Christine Gage, DePaul	27.31
2009---	Vincia Jackson, Mt. St. Dominic	27.13

400 METER DASH

1985---	Tammy Maffatone, Butler	60.1
1986---	Torkelson, Morris Catholic	62.1
1987---	Roberta Colette, Caldwell	62.3
1988---	Sherry Riva, Millburn	60.8
1989---	Lisa Housman, Millburn	62.3
1990---	Maureen Horgan, Pequannock	62.9
1991---	Staci Jordan, Orange	59.4
1992---	Staci Jordan, Orange	58.5
1993---	Dina DaCosta, Morris Catholic	62.5
1994---	Vanessa Lewis, Morris Catholic	58.9
1995---	Vanessa Lewis, Morris Catholic	56.0
1996---	Jodi Flecker, Caldwell	60.9
1997---	Jodi Flecker, Caldwell	61.2
1998---	Janie Higgins, DePaul	62.8
1999---	Barbara Schreck, Montville	59.8
2000---	Courtney Deerin, Morris Catholic	63.98
2001---	Kelly Pirozzi, Villa Walsh	61.77
2002---	Kelly Pirozzi, Villa Walsh	61.70
2003---	Courtney Stanton, Montville	60.2
2004---	Courtney Stanton, Montville	60.60
2005---	Jianna Spadaccini, Butler	60.34
2006---	Jianna Spadaccini, Butler	59.81
2007---	Christine Gage, DePaul	60.11
2008---	Alexandra DellaPia, Villa Walsh	60.99
2009---	Vincia Jackson, Mt. St. Dominic	58.69

800 METER RUN

1985---	Betsy Long, Madison	2:27.9
1986---	Labus, Verona	2:26.4
1987---	Carolyn Doyle, Millburn	2:28.9
1988---	Carolyn Doyle, Millburn	2:28.0
1989---	Sue Welgos, Morris Catholic	2:27.7
1990---	Sue Welgos, Morris Catholic	2:28.3
1991---	Sue Welgos, Morris Catholic	2:32.2
1992---	Sue Welgos, Morris Catholic	2:30.1
1993---	Cathy O'Brien, Morris Catholic	2:28.8
1994---	Cathy O'Brien, Morris Catholic	2:26.0
1995---	Katie Flood, Morris Catholic	2:24.2
1996---	Lauren Avallone, Morris Catholic	2:25.0
1997---	Lauren Avallone, Morris Catholic	2:26.0

1998---	Courtney Deerin, Morris Catholic	2:26.6
1999---	Lauren Avallone, Morris Catholic	2:27.4
2000---	Sandra Ackerman, Montville	2:25.31
2001---	Ashley Wolf, Montville	2:24.04
2002---	Ashley Wolf, Montville	2:26.55
2003---	Elizabeth Kennedy, Villa Walsh	2:24.92
2004---	Elizabeth Kennedy, Villa Walsh	2:21.44
2005---	Jianna Spadaccini, Butler	2:23.74
2006---	Jianna Spadaccini, Butler	2:20.63
2007---	Alexis Weiner, Caldwell	2:18.88
2008---	Mallory Anderson, Madison	2:25.93
2009---	Alyssa LaGuardia, DePaul	2:17.92

1600 METER RUN

1985---	Betsy Long, Madison	5:33.3
1986---	Betsy Long, Madison	5:36.1
1987---	Carolyn Doyle, Millburn	5:27.0
1988---	Carolyn Doyle, Millburn	5:38.5
1989---	Jen Von Suskil, DePaul	5:31.8
1990---	Jen Nesbit, Caldwell	5:23.1
1991---	Cathy O'Brien, Morris Catholic	5:36.2
1992---	Davanna Medina, DePaul	5:36.1
1993---	Cathy O'Brien, Morris Catholic	5:26.2
1994---	Cathy O'Brien, Morris Catholic	5:18.8
1995---	Katie Flood, Morris Catholic	5:15.3
1996---	Lauren Avallone, Morris Catholic	5:28.7
1997---	Lauren Avallone, Morris Catholic	5:32.8
1998---	Heather Deerin, Morris Catholic	5:21.1
1999---	Shannon Alger, Morris Catholic	5:28.1
2000---	Katelyn McCormick, Morris Catholic	n.t.
2001---	Ashley Wolf, Montville	5:28.94
2002---	Ashley Wolf, Montville	5:21.39
2003---	Ashley Wolf, Montville	5:11.81
2004---	Elizabeth Kennedy, Villa Walsh	5:18.93
2005---	Alexis Weiner, Caldwell	5:21.98
2006---	Alexis Weiner, Caldwell	5:21.05
2007---	Alexis Weiner, Caldwell	5:24.15
2008---	Mallory Anderson, Madison	5:26.88
2009---	Mallory Anderson, Madison	5:17.63

3200 METER RUN

1985---	Betsy Long, Madison	12:04.8
1986---	Betsy Long, Madison	12:21.5
1987---	Chris Foster, Morris Catholic	11:49.7
1988---	Jen Nesbit, Caldwell	12:24.1
1989---	Jen Nesbit, Caldwell	11:53.5
1990---	Jen Nesbit, Caldwell	11:47.7
1991---	Cathy O'Brien, Morris Catholic	12:13.9
1992---	Davanna Medina, DePaul	12:11.3
1993---	Cathy O'Brien, Morris Catholic	12:09.1
1994---	Cathy O'Brien, Morris Catholic	11:28.0

1995---	Katie Flood, Morris Catholic	12:29.5
1996---	Lauren Avallone, Morris Catholic	11:49.0
1997---	Heather Deerin, Morris Catholic	11:56.0
1998---	Heather Deerin, Morris Catholic	11:45.7
1999---	Heather Deerin, Morris Catholic	11:51.3
2000---	Jane Steineman, Villa Walsh	11:54.80
2001---	Ashley Wolf, Montville	12:30.10
2002---	Ashley Wolf, Montville	12:00.20
2003---	Jenny Zurawell, Montville	11:37.4
2004---	Elizabeth Kennedy, Villa Walsh	11:48.22
2005---	Alexis Weiner, Caldwell	11:48.25
2006---	Alexis Weiner, Caldwell	11:48.51
2007---	Alexis Weiner, Caldwell	12:03.30
2008---	Mallory Anderson, Madison	12:04.89
2009---	Mallory Anderson, Madison	11:12.68

100 METER HIGH HURDLES

1985---	Kim Baten, Madison	15.5
1986---	Lori Mulqueen, Pequannock	16.7
1987---	Lori Mulqueen, Pequannock	16.5
1988---	Lori Mulqueen, Pequannock	15.9
1989---	Melissa Langlois, Madison	15.4
1990---	Nicole Riva, Millburn	16.7
1991---	Maureen Horgan, Pequannock	16.8
1992---	Renee Herbert, Pequannock	17.2
1993---	Kara Olivo, Morris Catholic	17.0
1994---	Cory Taylor, Madison	16.1
1995---	Kara Olivo, Morris Catholic	16.5
1996---	Stefanie Kimker, Morris Catholic	16.9
1997---	Stefanie Kimker, Morris Catholic	16.1
1998---	Quinn Lewis, Orange	16.1
1999---	Elizabeth O'Keefe, Butler	16.6
2000---	Robin Kaminski, Caldwell	17.31
2001---	Dana Usinowicz, Pequannock	16.93
2002---	Nicole Donadio, Caldwell	17.06
2003---	Rebecca Baskinger, Butler	16.3
2004---	Rebecca Baskinger, Butler	16.03
2005---	Sydney Etheredge, DePaul	16.55
2006---	Anna Gleason, Butler	16.60
2007---	Anna Gleason, Butler	16.15
2008---	Anna Gleason, Butler	15.56
2009---	Val Roosma, Butler	16.14

400 METER HURDLES

1985---	Stolpe, Madison	67.9
1986---	Lori Mulqueen, Pequannock	72.2
1987---	Roberta Colette, Caldwell	69.3
1988---	Melissa Langlois, Madison	66.4
1989---	Melissa Langlois, Madison	65.5
1990---	Maureen Horgan, Pequannock	67.2
1991---	Sue Welgos, Morris Catholic	67.6

1992---Kristen Heide, Millburn		69.4
1993---Kara Olivo, Morris Catholic	72.0	
1994---Cory Taylor, Madison		66.9
1995---Lauren Segedin, DePaul		68.4
1996---C.J. Wilkerson, Pequannock	65.9	
1997---C.J. Wilkerson, Pequannock	66.8	
1998---Quinn Lewis, Orange		68.5
1999---Barbara Schreck, Montville		66.8
2000---Sandra Ackerman, Montville		67.71
2001---Suzy Brock, Villa Walsh		69.40
2002---Julianne Sundberg, Caldwell		69.96
2003---Alicia Davidson, Caldwell		69.35
2004---Jianna Spadaccini, Butler		67.72
2005---Jianna Spadaccini, Butler		68.26
2006---Jianna Spadaccini, Butler		68.42
2007---Samantha Kee, Lakeland		68.59
2008---Samantha Kee, Lakeland		65.20
2009---Rachel Vaccaro, Butler		65.74

SHOT PUT

1985---Laura Spadafora, Pequannock		33-9
1986---Chris Seltz, Pequannock		29-11
1987---Stephanie Sheehan, Caldwell		30-2
1988---Julia Jones, Madison		34-10
1989---Julia Jones, Madison		35-0 $\frac{3}{4}$
1990---Julia Jones, Madison		35-5
1991---Karen Steiner, Millburn		30-6 $\frac{3}{4}$
1992---Karen Steiner, Millburn		30-1
1993---Kathy Jones, Madison		32-7 $\frac{3}{4}$
1994---Sue Albert, Pequannock		35-5
1995---Sue Albert, Pequannock		35-9
1996---Markie Kennedy, Caldwell		33-4 $\frac{1}{2}$
1997---Kelly Ann Charles, DePaul		34-0
1998---Miata Dick, Millburn		31-2
1999---Miata Dick, Millburn		33-11 $\frac{1}{2}$
2000---Miata Dick, Millburn		34-0
2001---Aileen Lincoln, Caldwell		29-10 $\frac{1}{2}$
2002---Abigail Jones, Madison		32-6
2003---Abigail Jones, Madison		34-10 $\frac{1}{2}$
2004---Courtney Spencer, Montville		38-5
2005---Kerry Smith, Pequannock		34-5 $\frac{1}{2}$
2006---Christina D'Amato, Madison		35-5 $\frac{1}{2}$
2007---Rebecca Misko, Madison		38-9 $\frac{1}{2}$
2008---Rebecca Misko, Madison		36-2 $\frac{3}{4}$
2009---Mia Riley, Caldwell		34-5

DISCUS

1985---Laura Spadafora, Pequannock		97-11
1986---Cindy Solowsky, Butler		92-2
1987---Brianne McHugh, DePaul		96-8
1988---Stephanie Sheehan, Caldwell		97-2

1989---	Yonette Mitchell, Montville	99-11
1990---	Julia Jones, Madison	94-1
1991---	Karen Steiner, Millburn	97-9
1992---	Karen Steiner, Millburn	97-2
1993---	Amy Bianciella, DePaul	95-1
1994---	Sue Albert, Pequannock	103-0
1995---	Sue Albert, Pequannock	106-8
1996---	Emily LaCroix, Pequannock	99-9
1997---	Jacline Uyka, DePaul	95-2
1998---	Kirsten Rossotti, Caldwell	89-4
1999---	Erin Vanderberg, Pequannock	96-6
2000---	Erin Vanderberg, Pequannock	104-9
2001---	Lauren Roberto, DePaul	101-6
2002---	Kathryn LeSaffre, Caldwell	100-7
2003---	Abigail Jones, Madison	100-0
2004---	Courtney Spencer, Montville	105-2
2005---	Rebecca Misko, Madison	103-4
2006---	Christina D'Amato, Madison	110-11
2007---	Erika Mertrud, Pequannock	118-9
2008---	Rebecca Misko, Madison	133-2
2009---	Liana Ercan, Lakeland	100-1

JAVELIN

1985---	Jen McElwreath, Pequannock	112-9
1986---	Chris Seltz, Pequannock	97-6
1987---	Cindy Solowsky, Butler	103-11
1988---	Kristen Tappen, Caldwell	96-1
1989---	Jodie Phillips, Montville	104-5
1990---	Jodie Phillips, Montville	108-2
1991---	Holly Rapp, DePaul	101-8
1992---	Alice Terry, Orange	86-6
1993---	Emily Rogic, Morris Catholic	95-9
1994---	Sarah Wright, Butler	96-1
1995---	Sarah Wright, Butler	103-5
1996---	Kristin Van Zile, Butler	104-2
1997---	Kristin Van Zile, Butler	108-7
1998---	Aly Smith, Morris Catholic	106-7
1999---	Elizabeth O'Keefe, Butler	95-7
2000---	Maria Kinzel, Caldwell	114-10
2001---	Aileen Lincoln, Caldwell	96-3
2002---	Kerry O'Day, Caldwell	108-4
2003---	Erin Reeve, Montville	94-8
2004---	Melinda Levendusky, Butler	109-0
2005---	Melinda Levendusky, Butler	117-8
2006---	Melinda Levendusky, Butler	120-1
2007---	Rebecca Misko, Madison	119-1
2008---	Tayler Siegrist, Madison	130-4
2009---	Tayler Siegrist, Madison	124-6

HIGH JUMP

1985---	Chris Dugger, Madison	4-10
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1986---Mann, Pequannock	5-0	
1987---Sue Lynch, Pequannock		5-1
1988---Peg Vigorito, Pequannock		5-0
1989---Meagan Schnauffer, Caldwell		5-0
1990---Meagan Schnauffer, Caldwell		5-1
1991---Kristen Heide, Millburn		5-0
1992---Michelle Green, Caldwell		5-2
1993---Nancy Bodenstein, Madison	5-0	
1994---Erin Scott, Caldwell		4-8
1995---Kathryn Heide, Millburn		4-10
1996---Kathryn Heide, Millburn		5-0
1997---Kathryn Heide, Millburn		5-2
1998---Stefanie Kimker, Morris Catholic		5-2
1999---Holly Martin, Caldwell		5-0
2000---Holly Martin, Caldwell		5-0
2001---Ashley Wolf, Montville		5-0
2002---Rebecca Baskinger, Butler		5-2
2003---Rebecca Baskinger, Butler		5-0
2004---Rebecca Baskinger, Butler		5-4
2005---Elizabeth Doyle, Madison		5-0
2006---Anna Gleason, Butler		5-0
2007---Anna Gleason, Butler		5-0
2008---Anna Gleason, Butler		5-4
2009---Jenn Kasbohm, Villa Walsh	5-0	

LONG JUMP

1985---Joyce Baten, Madison		16-10 ³ / ₄
1986---		
1987---Eileen Napoliello, Pequannock		16-1 ¹ / ₂
1988---Christa Aloutto, Morris Catholic		17-3
1989---Christa Aloutto, Morris Catholic		17-1
1990---Julie Wirth, Morris Catholic	16-2 ³ / ₄	
1991---Dawn Galloway, Orange		16-1 ¹ / ₂
1992---Vanessa Lewis, Morris Catholic		16-11 ¹ / ₄
1993---Vanessa Lewis, Morris Catholic		16-8
1994---Vanessa Lewis, Morris Catholic		17-3 ¹ / ₂
1995---Vanessa Lewis, Morris Catholic		17-3 ¹ / ₂
1996---Britt Boegerhausen, Pequannock		17-1
1997---Kenisha Bonfield, Madison		16-0
1998---Tipper Davie, Millburn		16-0 ¹ / ₂
1999---Elizabeth O'Keefe, Butler		16-0
2000---Biddy Bewalder, Morris Catholic		15-1
2001---Bridget Martin, Caldwell		15-0 ¹ / ₂
2002---Rebecca Baskinger, Butler		15-9
2003---Rebecca Baskinger, Butler		17-4
2004---Rebecca Baskinger, Butler		17-0 ¹ / ₄
2005---Alessandra Valdetara, Butler		16-5 ¹ / ₂
2006---Rachel Davidoff, Millburn		16-4 ¹ / ₂
2007---Sam Vanni, Lakeland		16-8
2008---Gia Eure, DePaul		17-2 ¹ / ₄
2009---Molly Johnson, Madison		17-2 ¹ / ₂

TRIPLE JUMP

2004---	Rebecca Baskinger, Butler	34-5 $\frac{3}{4}$
2005---	Stephanie Evans, Madison	34-6
2006---	Heather O'Hara, Pequannock	32-1 $\frac{1}{2}$
2007---	Sam Vanni, Lakeland	35-0
2008---	Gia Eure, DePaul	35-2 $\frac{3}{4}$
2009---	Isabella Cucchi, Madison	34-5 $\frac{3}{4}$

POLE VAULT

2004---	Emily Gallagher, Madison	6-6
2005---	Jennifer Krone, Caldwell	8-0
2006---	Chrissy Finkel, Montville	10-0
2007---	Chrissy Finkel, Montville	12-0
2008---	Chrissy Finkel, Montville	12-4
2009---	Monica Ioranger, Butler	8-6

1600 METER RELAY

1985---	Pequannock	4:26.3
1986---	Pequannock	4:35.4
1987---	Millburn	4:21.5
1988---	Millburn	4:17.3
1989---	Morris Catholic	4:22.8
1990---	Butler	4:24.0
1991---	Morris Catholic	4:24.5
1991---	Morris Catholic	4:24.5
1992---	Orange	4:27.4
1993---	Morris Catholic	4:25.1
1994---	Pequannock	4:17.9
1995---	DePaul	4:15.1
1996---	DePaul	4:22.0
1997---	Caldwell	4:18.5
1998---	Morris Catholic	4:23.5
1999---	Morris Catholic	4:15.2
2000---	Montville	4:20.84
2001---	Montville	4:19.16
2002---	Montville	4:10.54
2003---	Montville	4:09.73
2004---	Montville	4:11.40
2005---	Butler	4:09.54
2006---	Butler	4:14.13
2007---	Villa Walsh	4:11.67
2008---	Montville	4:16.46
2009---	Mt. St. Dominic	4:09.77

NORTHERN DIVISION**BOYS****100 METER DASH**

1985---	Dave Allaway, West Orange	11.3
1986---	Dave Allaway, West Orange	11.2

200 METER DASH

1985---Mike Urso, West Orange	23.1
1986---Dave Allaway, West Orange	22.7

400 METER RUN

1985---Don Van Teyens, West Milford	50.9
1986---Mike Urso, West Orange	49.5

800 METER RUN

1985---Brad Mayo, West Orange	2:00.9
1986---Joe Cerniglia, West Milford	2:02.5

1600 METER RUN

1985---Randy Blandine, Lakeland	4:40.7
1986---Joe Cerniglia, West Milford	4:35.8

3200 METER RUN

1985---Randy Blandine, Lakeland	10:19.8
1986---Joe Cerniglia, West Milford	9:56.6

110 METER HURDLES

1985---Rich Girardi, Lakeland	15.9
1986---Ken Dunn, Lakeland	16.3

400 METER HURDLES

1985---Dunn, Lakeland	58.6
1986---Chris Hughes, Wayne Valley	56.4

SHOT PUT

1985---Walt Foster, Wayne Valley	51-2 1/2
1986---Joe Tamoosh, Wayne Valley	49-3 1/2

DISCUS

1985---Rick Iapoce, Wayne Valley	161-10
1986---Dominic Graziano, Lakeland	140-3

JAVELIN

1985---Bud Zuberer, Wayne Valley	185-11
1986---Bill Pirolo, Passaic Valley	187-9

HIGH JUMP

1985---Brad Mayo, West Orange	6-5
1986---Andy Grilk, West Milford	6-4

LONG JUMP

1985---Brad Mayo, West Orange	21-3 1/2
1986---Bill Pirolo, Passaic Valley	21-2 3/4

POLE VAULT

1985---Tom Heller, West Orange	13-9
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1986---Chip Natoli, Lakeland 12-0

1600 METER RELAY

1985---West Orange 3:32.0

1986---West Orange 3:30.1

GIRLS

100 METER DASH

1985---Claudia Materna, Wayne Valley 13.4

1986---Adrienne Bolan, Wayne Valley 13.0

200 METER DASH

1985---Denise Jetter, Wayne Valley 27.0

1986---Adrienne Bolan, Wayne Valley 26.8

400 METER RUN

1985---Denise Jetter, Wayne Valley 59.7

1986---Jen Van Horn, Wayne Valley 62.2

800 METER RUN

1985---Cindy Keller, West Milford 2:21.9

1986---Jen Van Horn, Wayne Valley 2:22.9

1600 METER RUN

1985---Jen Van Horn, Wayne Valley 5:05.6

1986---Jen Van Horn, Wayne Valley 5:19.5

3200 METER RUN

1985---Missy Duchini, Wayne Valley 12:40.8

1986---Jen Mizzone, Wayne Valley 12:15.0

100 METER HURDLES

1985---Adrienne Bolan, Wayne Valley 16.3

1986---Adrienne Bolan, Wayne Valley 16.0

400 METER HURDLES

1985---Adrienne Bolan, Wayne Valley 67.1

1986---Nancy Gahr, West Milford 69.7

SHOT PUT

1985---Kim Johnson, West Orange 33-9 1/2

1986---Kim Fischer, Passaic Valley 33-3

DISCUS

1985---Patty Hicks, Montville 94-5

1986---Kim Fischer, Passaic Valley 104-7

JAVELIN

1985---Kim Johnson, West Orange 127-11

1986---Lesley Olson, Wayne Valley 110-6

HIGH JUMP

1985---Marcy Maloy, Wayne Valley	5-2
1986---Adrienne Bolan, Wayne Valley	5-3

LONG JUMP

1985---Gwen Fischer, Passaic Valley	15-8
1986---Poat, West Milford	15-8 1/2

1600 METER RELAY

1985---West Milford	4:14.7
1986---West Milford	4:21.5