

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 |

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|---------|-------------------------------|-------|
| 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 |

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|---------|----------------------------------|--------|
| 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 |

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|-----------------------|---------|
| 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--- | Ilina Blackshear, West Orange | 58.7 |
| 2004--- | Ilina Blackshear, West Orange | 58.1 |
| 2005--- | Ilina 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 Schecter, 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 Horthy, 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 Horthy, 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 |
|---------|-----------------------|------|

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

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 |
|--------------------------------|------|

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 |