

PASSAIC COUNTY CHAMPIONSHIPS

BOYS

Top Three Teams

1960-
1961-
1962-
1963-
1964-Wayne 50, Passaic 33, Clifton 27 ½
1965-Wayne 50, Passaic 23, Eastside 20 ½
1966-
1967-
1968-Wayne Hills 48, Passaic Valley 25, Clifton 22
1969-
1970-
1971-
1972-Wayne Hills 55, Eastside 31, Clifton 24
1973-Eastside 48, Wayne Hills 44, Kennedy 30
1974-Wayne Valley 51, Wayne Hills 42, Eastside 27
1975-
1976-Kennedy 70 ½, Eastside 30, Pompton Lakes 19
1977-
1978-
1979-Kennedy 72 ½, Eastside 58, Passaic and West Milford 25
 B-Pope Pius 53, Hawthorne 50, Paterson Catholic 46
1980-Kennedy 57, Eastside 37, Passaic Tech 34
 B-Manchester 68, Hawthorne 53, Pompton Lakes 41
1981-A-Eastside 83, Kennedy 37, Wayne Valley 29
 B-Manchester 71, DePaul 56, Pope Pius 47
1982-A-Eastside 63, Passaic Tech 50, Kennedy 28 ½
 B-
1983-A-Eastside 72 ½, Kennedy 48, Wayne Valley 46
 B-DePaul 87 ½, Manchester 59, Pope Pius 24
1984-
1985-
1986-A-Eastside 69 ½, Passaic 60 ½, Kennedy 31
 B-DePaul 98, Pompton Lakes 51, Manchester 44
1987-A-Eastside 96, Kennedy 56, Passaic Tech 32
 B-DePaul 100, Eastern Christian 25, Hawthorne 24
1988-A-Kennedy 71, Passaic Tech 59, Eastside 47
 B-DePaul 118, Hawthorne 40, Eastern Christian 23
1989-A-Passaic Tech 65, Kennedy 53, Passaic 37
 B-DePaul 126, Eastern Christian 31 ½, , Manchester 30 ½
1990-Passaic Tech 60, Kennedy 53 ½, Passaic 34
1991-Kennedy 67, Passaic Tech 42, Eastside 38
1992-Eastside 102, Passaic 75 ½, Kennedy 72
1993-Passaic 137, West Milford 51, Wayne Hills 46
1994-West Milford 84, Passaic 64, Clifton/Wayne Hills 45
1995-West Milford 96, Wayne Valley 78, Kennedy 68
1996-Passaic 108, West Milford 64, Kennedy 59
1997-Passaic 96, Clifton 77, Passaic Valley 41
1998-Lakeland 112, Clifton 61, Wayne Hills 56
1999-Lakeland 124, Wayne Hills 101, Passaic 54
2000-Wayne Valley 121, West Milford 107, Passaic 65
2001-Wayne Valley 142, West Milford 89, Passaic 75
2002-West Milford 94 ½, Wayne Hills 87 ½, Kennedy 62
2003-Wayne Hills 102, West Milford 56, Kennedy 51 ½
2004-Clifton 80, Hawthorne 71, West Milford 65
2005-West Milford 114, Kennedy 96, Wayne Valley 57 ½
2006-Kennedy 106, Wayne Valley 99, West Milford 59

2007-Wayne Valley 127, West Milford 73, Pompton Lakes 51
 2008-Wayne Valley 88, Passaic Tech 80, Eastside 71
 2009-Kennedy 73, Passaic Tech 69, Lakeland 52
 2010-Lakeland 79 ½, Eastside 67, Kennedy 55
 2011-Passaic Tech 102, Eastside 83, Wayne Valley 69
 2012-Passaic Tech 124, Clifton 51, Eastside 47
 2013-**Passaic Tech 153**, Clifton 85, Kennedy 60
 2014-Passaic Tech 142, Wayne Hills 66, Kennedy 60 ½
 2015-Passaic Tech 119, Kennedy 97, Wayne Valley 82
 2016-Kennedy 115.42, Wayne Hills 84.42, Eastside 71
 2017-Kennedy 100, Wayne Valley 76, Passaic Tech 74
 2018-Lakeland 91, Clifton 88, Passaic Tech 68
 2019-Passaic Tech 128, Lakeland 94, Passaic 52
 2021-Passaic Tech 135 ½, Passaic Valley 96, Lakeland 73
 2022-Clifton 111, Passaic Tech 106, Passaic Valley 85
 2023-Passaic Tech 122 ½, Clifton 91, Passaic Valley 79
 2024-Passaic Tech 116 ½, Passaic Valley 71, West Milford 62

100 METERS (100 YARDS UNTIL 1979)

1960-	
1961-	
1962-Sam Perry, Passaic	9.8
1963-	
1964-Alex Pellegrino, Passaic	10.2
1965-	
1966-	
1967-	
1968-Steve Ferrara, Wayne Hills	10.5
1969-	
1970-	
1971-	
1972-Fred Harris, Eastside	10.1
1973-Ralph Rogers, Kennedy	10.0
1974-Del Lawson, Don Bosco Tech	10.2
1975-	
1976-McKinley Prince, Kennedy	10.2
1977-	
1978-	
1979-Allah Graham, Kennedy	10.3
B-Kevin McDuffie, Paterson Catholic	10.7
1980-Allah Graham, Kennedy	11.1
B-Kevin McDuffie, Paterson Catholic	11.1
1981-A-Kevin Ellis, Lakeland	10.8
B-Nelson Anderson, Pope Pius	11.5
1982-A-Pat Cousins, Clifton	11.0
B-	
1983-A-Tim Jackson, Eastside	10.8
B-Paul Liataud, DePaul	11.2
1984-	
1985-	
1986-A-Jabo Lewis, Passaic	11.0
B-Mark West, DePaul	11.5
1987-A-Dennis Scott, Eastside	11.0
B-Chris Bianciella, DePaul	11.7
1988-A-Dave Singletary, Passaic Tech	11.2
B-Chris Bianciella, DePaul	11.4
1989-A-Michael Patterson, Kennedy	11.0
B-Chris Bianciella, DePaul	11.5
1990-Sean Stallings, Passaic	11.2
1991-Ricchard Carter, Passaic	11.2
1992-Ricchard Carter, Passaic	11.1
1993-Kevin Rembert, Passaic	10.8
1994-Tyrese Griffin, West Milford	11.1

1995-Tyrese Griffin, West Milford	11.4
1996-Bill Hewitt, Hawthorne	11.5
1997-Andrae McCormick, Clifton	11.1
1998-Andrae McCormick, Clifton	11.1
1999-Joe Mendel, Wayne Hills	10.7
2000-Craig Kolk, Wayne Valley	11.44
2001-Craig Kolk, Wayne Valley	11.14
2002-Nicardo Gooden, Kennedy	10.8
2003-Mike Pruzinsky, Wayne Hills	10.7
2004-Casey Robert, Hawthorne	10.8
2005-Shaquan Brown, Kennedy	10.6
2006-Shaquan Brown, Kennedy	10.7
2007-Orion Woodard, Pompton Lakes	11.11
2008-Robert East, Passaic	11.0
2009-Jashon Dawson, Passaic	11.32
2010-Kevin Amditis, Lakeland	11.23
2011-Latimere Campbell, Eastside	11.35
2012-Josh Ford, DePaul	11.43
2013-Thomas Jefferson, Passaic Tech	11.25
2014-Tabansi Collins, Wayne Valley	11.09
2015-Qwashon Powell, Kennedy	10.90
2016-Raheem Roberts, Eastside	10.97
2017-Ramir Tonn Davis, Eastside	10.9h
2018-Hasson Klingen, Lakeland	11.37
2019-Jaaron Hayek, Wayne Hills	11.13
2021-Keshon Holt, Passaic Tech	10.92
2022-Christian Grant, Clifton	11.18
2023-Karim Elsaadany, Passaic Valley	11.17
2024-Justin Griffin, Eastside	11.09

200 METERS (220 YARDS UNTIL 1979)

1960-	
1961-	
1962-Sam Perry, Passaic	21.2
1963-	
1964-Alex Pellegrino, Passaic	22.3
1965-	
1966-	
1967-	
1968-Steve Ferrara, Wayne Hills	22.8
1969-	
1970-	
1971-	
1972-Fred Harris, Eastside	22.8
1973-Ralph Rogers, Kennedy	22.6
1974-Joe Thomas, Eastside	22.3
1975-	
1976-Robert Boone, Eastside	23.3
1977-	
1978-	
1979-Allah Graham, Kennedy	23.1
B-Mark Smith, Hawthorne	23.7
1980-Ricardo Cabreja, Passaic	22.4
B-Kevin McDuffie, Paterson Catholic	23.4
1981-A-Rubin Alyea, Eastside	22.5
B-Nelson Anderson, Pope Pius	22.8
1982-A-Rob Leathers, Passaic Tech	22.8
B-	
1983-A-Tim Jackson, Eastside	22.1
B-Paul Liataud, DePaul	22.9
1984-	
1985-	
1986-A-Dennis Scott, Eastside	22.3

B-Peter Armenio, DePaul	24.3
1987-A-Dennis Scott, Eastside	22.5
B-Mark West, DePaul	24.4
1988-A-Glenford Berry, Kennedy	22.7
B-Chris Bianciella, DePaul	23.3
1989-A-Michael Patterson, Kennedy	22.0
B-Chris Bianciella, DePaul	23.3
1990-Raheme Mouzone, Passaic	22.6
1991-Tom Pearson, Eastside	22.3
1992-Ricchard Carter, Passaic	22.1
1993-Ricchard Carter, Passaic	22.4
1994-Jason Perry, Paterson Catholic	22.4
1995-Tyrese Griffin, West Milford	22.3
1996-Tony Brown, Clifton	23.1
1997-Tony Brown, Clifton	22.4
1998-Joe Haro, Clifton	22.5
1999-Joe Mendel, Wayne Hills	21.7
2000-Craig Kolk, Wayne Valley	22.9
2001-Craig Kolk, Wayne Valley	22.67
2002-Ryan Meltzer, Clifton	22.6
2003-Mike Pruzinsky, Wayne Hills	21.5
2004-Casey Robert, Hawthorne	21.7
2005-Shaquan Brown, Kennedy	21.6
2006-Shaquan Brown, Kennedy	21.6
2007-Orion Woodard, Pompton Lakes	22.78
2008-Robert East, Passaic	21.8
2009-Jashon Dawson, Passaic	23.09
2010-Yusef Reaves, Passaic	22.68
2011-Warren Beason, Passaic Tech	23.00
2012-Patrick Benson, Wayne Valley	22.37
2013-Thomas Jefferson, Passaic Tech	22.85
2014-Qwashon Powell, Kennedy	22.65
2015-Qwashon Powell, Kennedy	22.14
2016-Hunter Hayek, Wayne Hills	21.97
2017-Quazier Dailey, Manchester	21.82
2018-Ramir Kelley, Manchester	22.85
2019-Jaaron Hayek, Wayne Hills	22.29
2021-Keshon Holt, Passaic Tech	22.08
2022-Ben Nelken, Clifton	23.29
2023-Ben Nelken, Clifton	22.75
2024-Jeancarlos Mendoza, Hawthorne	22.21

400 METERS (440 yards until 1979)

1960-	
1961-	
1962-Roosevelt Powell, Eastside	51.0
1963-	
1964-Gary Wendt, Wayne	52.2
1965-Mike Hrycenko, Passaic Valley	52.0
1966-	
1967-	
1968-Doug Salvatoriello, Passaic Valley	54.2
1969-	
1970-	
1971-	
1972-Steve Van Hook, Manchester	50.5
1973-Joe Thomas, Eastside	51.7
1974-Joe Thomas, Eastside	50.9
1975-	
1976-Robert Boone, Eastside	52.3
1977-	
1978-	
1979-Darryl Littlejohn, Passaic	50.5

B-Mark Smith, Hawthorne	52.0	
1980-Paul Wright, Kennedy	49.5	
B-Mike Cameron, Paterson Catholic	52.8	
1981-A-Dave Maggette, Eastside	50.2	
B-Tom Bunting, Manchester	53.3	
1982-A-Darryl Crawley, Kennedy		50.2
B-		
1983-A-Darryl Crawley, Kennedy		48.8
B-Al Losco, Manchester	53.0	
1984-		
1985-		
1986-A-Dennis Scott, Eastside	48.9	
B-Mike Kuchar, Manchester	51.8	
1987-A-Dennis Scott, Eastside	49.6	
B-John Vance, DePaul	53.4	
1988-A-Lamont Harris, Eastside	49.1	
B-John Fileppo, DePaul	51.5	
1989-A-Rohan Hampson, Passaic		49.1
B-Scott Lipinski, Eastern Christian	51.6	
1990-Mark Doherty, Wayne Valley	50.7	
1991-Tom Pearson, Eastside	49.2	
1992-Tom Pearson, Eastside	49.4	
1993-Kevin Rembert, Passaic	49.8	
1994-Tony Sessa, West Milford	50.8	
1995-Tony Sessa, West Milford	51.3	
1996-Tony Brown, Clifton	49.9	
1997-Joe Haro, Clifton	49.9	
1998-Joe Haro, Clifton	49.6	
1999-Joe Mendel, Wayne Hills	48.6	
2000-Dave Heerema, West Milford	49.18	
2001-Craig Kolk, Wayne Valley	49.45	
2002-Matt Trudell, West Milford	50.7	
2003-Mike Pruzinsky, Wayne Hills	48.9	
2004-Shaquan Brown, Kennedy	48.6	
2005-Shaquan Brown, Kennedy	48.8	
2006-Shaquan Brown, Kennedy	50.2	
2007-Orion Woodard, Pompton Lakes	50.06	
2008-Marcos McKenzie, Eastside	49.5	
2009-Nicoy Hines, Passaic Tech	50.41	
2010-Yusef Reaves, Passaic	49.68	
2011-Latimere Campbell, Eastside	50.23	
2012-Latimere Campbell, Eastside	49.58	
2013-Nigel Burgess, Passaic Tech	48.80	
2014-Joe White, DePaul	48.37	
2015-Qwashon Powell, Kennedy	48.48	
2016-Tyler Hayek, Wayne Hills	49.01	
2017-Luis Peralta, Passaic	49.2h	
2018-Luis Peralta, Passaic	48.75	
2019-Luis Peralta, Passaic	49.46	
2021-Jordan Ricketts, Passaic Tech	51.85	
2022-Jessier Soriano, Passaic Valley	50.06	
2023-Jayden McKenzie, Eastside	49.42	
2024-Raynier Galvez, Passaic Tech	48.56	

800 METERS (880 yards until 1979)

1960-	
1961-	
1962-	
1963-Peter LaConte, Wayne	1:59.2
1964-Rich McCormick, Passaic	2:01.3
1965-Joe DiMaio, Clifton	2:02.0
1966-	
1967-	

1968-Rich Collins, Passaic Valley	2:01.4
1969-	
1970-	
1971-	
1972-Jess Douty, Wayne Hills	1:58.9
1973-Steve Van Hook, Manchester	2:00.9
1974-Tom Holdsworth, Wayne Valley	1:58.6
1975-	
1976-Harold Alston, Eastside	2:00.3
1977-	
1978-	
1979-Darryl Littlejohn, Passaic	1:57.3
B-Nick Filepone, Paul VI	2:06.5
1980-Paul Wright, Kennedy	1:54.5
B-Steve Sorrento, Manchester	2:10.8
1981-A-Carl Bacote, Eastside	1:59.2
B-Eric Tell, DePaul	2:03.3
1982-A-Garfield Owens, Eastside	1:57.8
B-	
1983-A-Chris Brown, Kennedy	1:58.8
B-Eric Tell, DePaul	2:01.8
1984-	
1985-	
1986-A-Curtis McNair, Passaic	1:55.8
B-Mike Kuchar, Manchester	2:02.1
1987-A-Darren Wilson, Eastside	1:56.7
B-John Vance, DePaul	2:00.8
1988-A-Rob Fletcher, Kennedy	1:59.7
B-Matt Niedziewicki, DePaul	1:59.0
1989-A-Ken Swisstack, Clifton	2:01.6
B-Matt Niedziewicki, DePaul	1:59.6
1990-Rafael Diaz, Kennedy	2:00.3
1991-Sanice Francois, Kennedy	1:58.5
1992-Ed Belfield, Eastside	1:59.3
1993-John Schreiber, Clifton	2:02.1
1994-Brian Torres, Clifton	1:59.3
1995-Jermaine Washington, West Milford	2:00.4
1996-Tyrone Watson, Eastside	1:58.4
1997-Bernard Fraser, Passaic	2:01.1
1998-Keith Horbatuck, Lakeland	2:01.3
1999-Keith Horbatuck, Lakeland	1:57.7
2000-Matt Winkler, Wayne Valley	1:54.3
2001-Derek Storbeck, Wayne Valley	1:57.68
2002-Jerry Boucicaut, Kennedy	2:01.4
2003-Hayrol Cruz, Passaic	1:57.2
2004-Hayrol Cruz, Passaic	1:58.3
2005-Hayrol Cruz, Passaic	1:55.8
2006-Dane Bender, Pompton Lakes	1:58.5
2007-Nick Mieke, DePaul	1:57.3
2008-Isaiah Butts, Passaic Tech	1:57.1
2009-Larry Hilton, Kennedy	2:00.36
2010-Salim Corbin, Eastside	1:54.52
2011-Rob Palmarozza, Wayne Valley	1:56.78
2012-Nigel Burgess, Passaic Tech	1:56.93
2013-Joe White, DePaul	1:54.51
2014-Joe White, DePaul	1:52.13
2015-Adam Herskovits, Wayne Valley	1:59.09
2016-Tarin Nelson, Passaic Tech	2:01.03
2017-Luis Peralta, Passaic	1:55.62
2018-Luis Peralta, Passaic	1:54.60
2019-Luis Peralta, Passaic	1:56.52
2021-Jacob Heredia, Clifton	1:57.50
2022-Jacob Heredia, Clifton	1:57.84
2023-Isaac Diaz, Passaic	1:58.35
2024-Raynier Galvez, Passaic Tech	1:53.86

1600 METERS (One Mile until 1979)

1960-	
1961-	
1962-	
1963-	
1964-Ed Schopperth, Passaic Valley	4:31.0
1965-Bruce Rafferty, DePaul	4:30.4
1966-	
1967-	
1968-Mike McCafferty, Wayne Valley	4:36.8
1969-	
1970-	
1971-	
1972-Mike Moran, Wayne Hills	4:35.9
1973-Walt Wicher, Wayne Valley	4:31.7
1974-Jay Lampel, Wayne Hills	4:28.0
1975-	
1976-Joe Mullin, Clifton	4:37.3
1977-	
1978-	
1979-Darin Ward, Kennedy	4:30.0
B-Omar Tamiani, Paterson Catholic	4:44.0
1980-Juan Melendez, Passaic Tech	4:04.4 (1500)
B-Joe Jaworski, Paul VI	4:25.4 (1500)
1981-A-Leon Finney, Eastside	4:07.7 (1500)
B-Yves Letennier, Manchester	4:13.5 (1500)
1982-A-Jeff Van Horn, Wayne Valley	4:23.5
B-	
1983-A-Wesley Coke, Kennedy	4:24.1
B-Eric Tell, DePaul	4:27.0
1984-	
1985-	
1986-A-Curtis McNair, Passaic	4:25.4
B-John Vance, DePaul	4:38.0
1987-A-Gary Souverin, Lakeland	4:28.0
B-Steve Fahmie, Neumann Prep	4:28.4
1988-A-Adolfo Colon, Passaic Tech	4:31.3
B-Steve Fahmie, Neumann Prep	4:27.7
1989-A-Tom Mizzone, Wayne Valley	4:30.9
B-Nolan Heske, DePaul	4:53.7
1990-Adam Baird, West Milford	4:29.6
1991-Rich Cochrane, Wayne Valley	4:28.2
1992-Ed Belfield, Eastside	4:31.6
1993-Brian Torres, Clifton	4:27.4
1994-Brian Torres, Clifton	4:27.8
1995-Mike Grant, Passaic Valley	4:31.9
1996-Bernard Fraser, Passaic	4:32.7
1997-Bernard Fraser, Passaic	4:31.4
1998-Andres Cordero, Passaic Valley	4:27.3
1999-Keith Horbatuck, Lakeland	4:24.2
2000-Derek Storbeck, Wayne Valley	4:31.18
2001-Derek Storbeck, Wayne Valley	4:27.35
2002-Paul Komaszewski, Clifton	4:31.0
2003-Mohamed Khadraoui, Kennedy	4:23.5
2004-Mohamed Khadraoui, Kennedy	4:22.2
2005-Tony Salvatore, Wayne Valley	4:27.8
2006-Nick Miehle, DePaul	4:23.1
2007-Stephen Abate, Wayne Valley	4:15.87
2008-Salim Corbin, Eastside	4:26.9
2009-Salim Corbin, Eastside	4:31.48
2010-Salim Corbin, Eastside	4:25.80
2011-Nick Rodriguez, Passaic Tech	4:27.69

2012-Dan DeBlock, West Milford	4:30.31
2013-Zak Fouad, Passaic Tech	4:23.81
2014-Jeremy Hernandez, Clifton	4:19.97
2015-Adam Herskovits, Wayne Valley	4:32.04
2016-George Galkin, Wayne Hills	4:33.63
2017-Luis Peralta, Passaic	4:22.9h
2018-Kevin Heredia, Clifton	4:35.85
2019-Jesse Campoverde, Lakeland	4:29.71
2021-Jacob Heredia, Clifton	4:21.79
2022-Jacob Heredia, Clifton	4:17.14
2023-Owen Horevay, Lakeland	4:20.13
2024-Colin Menier, West Milford	4:26.99

3200 METERS (Two miles until 1979)

1966-George Lander, DePaul	9:43.5
1967-	
1968-Steve Fee, Pompton Lakes	9:40.0
1969-	
1970-	
1971-	
1972-Steve Crymple, Pompton Lakes	9:43.5
1973-Sam Maizel, Wayne Hills	9:51.3
1974-Woody McClain, Eastside	9:54.5
1975-	
1976-Dave Tahan, Clifton	9:48.7
1977-	
1978-	
1979-Luis Caldera, Passaic	9:46.4
B-Jorge Otero, Pope Pius	10:17.7
1980-Juan Melendez, Passaic Tech	8:59.5 (3000)
B-Mark Trawinski, Don Bosco Tech	9:59.9 (3000)
1981-A-Tony Williams, Kennedy	9:00.3 (3000)
B-Yves Letennier, Manchester	9:12.0 (3000)
1982-A-Tony Williams, Kennedy	9:21.6
B-	
1983-A-Tony Williams, Kennedy	9:18.1
B-Pierre LeTennier, Manchester	9:41.9
1984-	
1985-	
1986-A-Curtis McNair, Passaic	9:31.0
B-Steve Fahmie, Neumann Prep	10:14.0
1987-A-Lawrence Brown, Kennedy	9:41.4
B-Matt Niedziewicki, DePaul	10:44.0
1988-A-Adolfo Colon, Passaic Tech	9:41.1
B-Jeff Schuman, Pompton Lakes	10:30.3
1989-A-Sean Henry, Clifton	9:55.7
B-Jeff Schuman, Pompton Lakes	10:38.5
1990-Rich Cochrane, Wayne Valley	9:55.6
1991-Rich Cochrane, Wayne Valley	9:50.0
1992-Ramon Pla, Kennedy	9:58.2
1993-Brian Torres, Clifton	9:58.7
1994-Doug Carter, Wayne Hills	9:53.2
1995-Mike Grant, Passaic Valley	9:49.9
1996-Bernard Fraser, Passaic	10:13.2
1997-Bernard Fraser, Passaic	10:02.2
1998-Andres Cordero, Passaic Valley	9:44.2
1999-Andres Cordero, Passaic Valley	9:37.9
2000-Matt Winkler, Wayne Valley	9:39.72
2001-Derek Storbeck, Wayne Valley	9:44.02
2002-Paul Komaszewski, Clifton	9:38.1
2003-Mohamed Khadraoui, Kennedy	9:33.5
2004-Mohamed Khadraoui, Kennedy	9:43.5
2005-Tony Salvatore, Wayne Valley	9:43.5

2006-Nick Mieke, DePaul	9:40.7
2007-Tony Salvatore, Wayne Valley	9:34.34
2008-Jorge Beltre, Kennedy	9:37.4
2009-Anthony Andrews, Paterson Catholic	9:58.06
2010-Salim Corbin, Eastside	9:48.54
2011-Victor Reyes, Passaic Tech	9:52.03
2012-Brendan Ungemach, Wayne Hills	9:48.39
2013-Justin Tanayan, Clifton	9:34.80
2014-Brendan Ungemach, Wayne Hills	9:23.44
2015-Michael Germinario, Wayne Valley	9:45.12
2016-Jeron Jordan, Kennedy	9:41.86
2017-Jason Rodriguez, Passaic Tech	9:47.73
2018-Jesse Campoverde, Lakeland	10:02.12
2019-Jesse Campoverde, Lakeland	9:51.72
2021-Harrison Schimpf, Clifton	10:09.92
2022-Jacob Heredia, Clifton	9:18.60
2023-Hisham Ettayebi, Clifton	9:28.87
2024-Milan Mistry, Wayne Valley	9:55.38

110 METERS HH (120 yards until 1979)

1960-	
1961-	
1962-	
1963-	
1964-Roland Moss, Passaic	14.6
1965-Paul Williams, Pompton Lakes	14.8
1966-	
1967-	
1968-Fred Olsen, Wayne Hills	14.4
1969-	
1970-	
1971-	
1972-Paul Sutphen, Clifton	14.6
1973-Sam Brown, Eastside	14.6
1974-Joe Ferrara, Wayne Hills	15.2
1975-	
1976-Ron Smallwood, Kennedy	15.0
1977-	
1978-	
1979-John Savage, Kennedy	14.8
B-Nick Sakiewicz, Pope Pius	15.7
1980-A-Bob Gunderman, West Milford	14.9
B-Jim Goeri, Manchester	15.3
1981-A-John Ramsden, Wayne Valley	14.4
B-Brian Wilkes, DePaul	15.6
1982-A-Yuni Rowe, Passaic Tech	14.9
B-	
1983-A-Everett Brown, Eastside	15.0
B-Miguel Colon, Pope Pius	15.2
1984-	
1985-	
1986-A-Andy Cameron, Eastside	14.0
B-Chris Wright, DePaul	16.5
1987-A-Andy Cameron, Eastside	14.5
B-Larry Chou, DePaul	16.4
1988-A-Lamont Harris, Eastside	14.7
B-Bob Graham, Hawthorne	16.0
1989-A-Dave Giordano, Clifton	14.8
B-Conrad Currin, DePaul	15.3
1990-King Perry, Passaic Tech	14.7
1991-King Perry, Passaic Tech	14.3
1992-Errol Buggs, Kennedy	15.4
1993-Jason Perry, Paterson Catholic	14.2

1994-Jason Perry, Paterson Catholic	14.2
1995-Neville Rose, Kennedy	15.1
1996-Neville Rose, Kennedy	15.1
1997-Guy Rose, Wayne Hills	15.2
1998-Guy Rose, Wayne Hills	14.3
1999-Guy Rose, Wayne Hills	13.9
2000-Dan Spoust, West Milford	15.55
2001-Isiah Meek, Wayne Valley	15.44
2002-Alonzo Meek, Wayne Valley	14.8
2003-Anthony Johnson, Eastside	14.5
2004-John Strang, Hawthorne	14.8
2005-Deron Doles, Kennedy	14.9
2006-Alec Marshall, Wayne Valley	14.6
2007-Alec Marshall, Wayne Valley	14.61
2008-Ramazan Nanyvev, Manchester	14.9
2009-Keshon Brown, Kennedy	14.78
2010-Keshon Brown, Kennedy	15.05
2011-Mark Van Teyens, West Milford	14.89
2012-Mark Van Teyens, West Milford	15.05
2013-Robert Laing, Kennedy	14.67
2014-Seung Hwang, Wayne Hills	15.23
2015-Tyree Frazier, Passaic Tech	14.84
2016-Marco Joseph, Eastside	14.62
2017-Shayne Coley, Passaic Tech	14.77
2018-Corey Powell Jr., Eastside	15.17
2019-Shamar Tayllor, Passaic Tech	14.68
2021-William Tomes, Passaic Valley	15.75
2022-Johann Contreras, Passaic Tech	16.22
2023-Romelo Tables, Clifton	15.18
2024-Jahzara Mclean Abdullah, Passaic Tech	15.83

400 METERS IH (330 yards 1974-1979; 180 yards LH until 1973)

1960-	
1961-	
1962-	
1963-	
1964-Roland Moss, Passaic	19.8
1965-Paul Williams, Pompton Lakes	19.6
1966-Steve Robertson, Wayne	19.3
1967-	
1968-Fred Olsen, Wayne Hills	19.3
1969-	
1970-	
1971-	
1972-Paul Sutphen, Clifton	20.6
1973-Sam Brown, Eastside	21.1
1974-Joe Ferrara, Wayne Hills	38.7
1975-	
1976-Ron Smallwood, Kennedy	40.6
1977-	
1978-	
1979-Desmond Lee, Eastside	40.6
B-Dave Pinkney, Pope Pius	41.4
1980-A-Conan Ward, Wayne Valley	56.3
B-Randy Rink, Manchester	58.8
1981-A-John Ramsden, Wayne Valley	55.6
B-Tony Maresca, Manchester	58.4
1982-A-Mark Ojaniit, Lakeland	55.9
B-	
1983-A-William Grady, Eastside	55.1
B-Kevin Barber, DePaul	57.3
1984-	
1985-	

1986-A-Andy Cameron, Eastside	53.6
B-Bob Costello, DePaul	59.7
1987-A-Andy Cameron, Eastside	54.7
B-Larry Chou, DePaul	58.8
1988-A-Lamont Harris, Eastside	54.3
B-John Coppola, DePaul	59.2
1989-A-Ernie Drake, Passaic Tech	55.9
B-John Coppola, DePaul	58.9
1990-Shawn Collins, Kennedy	54.9
1991-Shawn Collins, Kennedy	53.5
1992-Robert Cobb, Kennedy	56.0
1993-Ron Gonzalez, Passaic	55.0
1994-Dan Telofski, Clifton	58.2
1995-Jermaine Washington, West Milford	56.2
1996-Jermaine Washington, West Milford	56.2
1997-Don Platvoet, Passaic Valley	55.4
1998-Guy Rose, Wayne Hills	54.9
1999-Guy Rose, Wayne Hills	55.7
2000-Ejustice Watkins, Kennedy	57.90
2001-Isiah Meek, Wayne Valley	57.21
2002-Matt Trudell, West Milford	55.9
2003-Greg Weiss, West Milford	56.1
2004-Anthony Johnson, Eastside	55.6
2005-Tyler DeRouen, West Milford	54.9
2006-Shaquan Brown, Kennedy	53.4
2007-Kyle Gilroy, West Milford	55.09
2008-Shavoy Lawrence, Passaic Tech	56.7
2009-Nicoy Hines, Passaic Tech	54.30
2010-Keshon Brown, Kennedy	57.67
2011-Warren Beason, Passaic Tech	54.66
2012-Robert Laing, Kennedy	55.82
2013-Robert Laing, Kennedy	54.06
2014-Seung Hwang, Wayne Hills	57.03
2015-Marco Joseph, Eastside	55.48
2016-Marco Joseph, Eastside	54.64
2017-Darrian Soto, Wayne Valley	56.2h
2018-Darrian Soto, Wayne Valley	55.79
2019-Shamar Taylor, Passaic Tech	56.91
2021-Jordan Ricketts, Passaic Tech	56.66
2022-Jessier Soriano, Passaic Valley	56.03
2023-Tavi Victoria, Passaic Valley	55.83
2024-Kyle Keyes, Lakeland	54.92

SHOT PUT

1960-	
1961-	
1962-Matthew Spinella, Hawthorne	55-11
1963-	
1964-Nick George, Eastside	52-8
1965-Nick George, Eastside	53-6
1966-	
1967-	
1968-Karl Harz, Wayne Hills	55-1 ½
1969-	
1970-	
1971-	
1972-Rich Whitmore, West Milford	55-4 ½
1973-Nick Sauter, Passaic Valley	50-11
1974-Jim Casson, Paul VI	53-8
1975-	
1976-Ed Sutyak, Pompton Lakes	57-8
1977-	
1978-	

1979-Mitchell Swann, Eastside	52-9
B-Bob Rysdeck, Pompton Lakes	51-3 ½
1980-Kelvin Jackson, Kennedy	53-5 ½
B-Dennis Silvestra, Don Bosco Tech	47-5 ¼
1981-A-Arthur Redmond, Kennedy	53-11¼
B-Dennis Silvestra, Don Bosco Tech	48-11 ¾
1982-A-Marc Taylor, Passaic Valley	53-4 ½
B-	
1983-A-Dana Holmes, Wayne Valley	54-4
B-Rolondo Lopez, Manchester	50-1 ½
1984-	
1985-	
1986-A-David Porter, Passaic	55-7
B-Rich Patterson, Manchester	48-4
1987-A-Darren Rutherford, Passaic	51-3 ½
B-Anthony Liscio, DePaul	43-6 ½
1988-A-Keith Richmond, Lakeland	46-11
B-Ryan Bradley, Pompton Lakes	44-5
1989-A-James Ferdinand, Kennedy	48-6
B-Ryan Bradley, Pompton Lakes	47-9
1990-James Ferdinand, Kennedy	49-2
1991-James Ferdinand, Kennedy	51-10
1992-Torie Weaver, Eastside	50-1
1993-Dan Rosettini, Lakeland	52-8 ½
1994-Chris Ferdinand, Kennedy	53-4
1995-Chris Ferdinand, Kennedy	50-2
1996-Matt Durham, Passaic	52-1
1997-Matt Durham, Passaic	53-1 ½
1998-Terrance Faber, Clifton	51-4 ¼
1999-Waldemar Auguscinski, Passaic	51-2 ½
2000-Waldemar Auguscinski, Passaic	53-8 ½
2001-Jamal Richardson, Passaic	52-3
2002-Craig Berry, Manchester	54-9 ¼
2003-Greg Olsen, Wayne Hills	55-4
2004-Jesse Padilla, Hawthorne	52-5 ½
2005-Joe Hathaway, Clifton	55-5
2006-George Abyad, Passaic Valley	54-3
2007-George Abyad, Passaic Valley	55-3
2008-Chris Pantale, Wayne Valley	54-1 ½
2009-Zach Protin, Lakeland	50-1 ¼
2010-Lonnie Day, Passaic Tech	49-7
2011-Dan Portillo, West Milford	50-0
2012-Mark Ramsey, Kennedy	54-11
2013-Mark Ramsey, Kennedy	56-11 ½
2014-David Gaynor, Passaic Tech	51-3
2015-Michael Dwumfour, DePaul	51-0 ¼
2016-Davius Bunch, Hawthorne	50-9 ¼
2017-Jakob Pluta, Wayne Valley	50-5
2018-Sonny Ruiz, Clifton	49-3 ½
2019-Chris McCormack, Lakeland	50-7 ½
2021-Gavin McGarrity, Wayne Valley	48-5
2022-Frankie Gonzalez, Passaic	51-0 ¾
2023-Yousef Elzahaby, Kennedy	54-2 ¾
2024-Sal Panicucci, Passaic Valley	49-6 ¼

DISCUS

1960-	
1961-	
1962-	
1963-	
1964-Nick George, Eastside	142-7
1965-Nick George, Eastside	148-8
1966-Diego Perez, Eastside	161-8
1967-	

1968-Gary Williams, Wayne Valley	156-9
1969-	
1970-	
1971-	
1972-Rich Whitmore, West Milford	154-2
1973-Al Lisowski, Clifton	145-11
1974-Rich Wagner, Wayne Valley	147-5
1975-	
1976-Curt Arnold, Pompton Lakes	154-6
1977-	
1978-	
1979-Chris Hand, West Milford	155-6
B-Jeff Andrusin, Pompton Lakes	141-7
1980-Joe Paquet, Wayne Valley	155-4
B-Steve Casazza, Manchester	146-6
1981-A-Gary Schiano, Wayne Valley	156-6
B-Dennis Silvestra, Don Bosco Tech	141-10
1982-A-Marc Taylor, Passaic Valley	149-1
B-	
1983-A-Dana Holmes, Wayne Valley	152-9
B-Joe Reda, DePaul	126-0
1984-	
1985-	
1986-A-David Porter, Passaic	164-8
B-Mark Marabel, DePaul	134-5
1987-A-Avi Dressner, Wayne Valley	155-2
B-Bill Mullanphy, Manchester	133-5
1988-A-Ricardo McDonald, Eastside	132-10
B-Bill Mullanphy, Manchester	140-3
1989-A-Ali McDaniel, Kennedy	146-1
B-Bill Mullanphy, Manchester	150-0
1990-Cedric Belton, Eastside	149-7
1991-James Ferdinand, Kennedy	160-7
1992-Ben Smith, West Milford	143-1
1993-Ben Smith, West Milford	141-1
1994-Eamon Monaghan, DePaul	146-7
1995-Eamon Monaghan, DePaul	157-0
1996-Matt Durham, Passaic	156-7
1997-Simone Orlandini, West Milford	160-0
1998-Jeff Yura, Wayne Hills	137-7
1999-Darius Cook, Kennedy	146-1
2000-Waldemar Auguscinski, Passaic	159-10
2001-Ryan Neill, Wayne Hills	153-6
2002-Justin Roberts, West Milford	147-11
2003-Richard Russell, Passaic	164-1
2004-Jason Mack, Passaic	146-3
2005-George Abyad, Passaic Valley	164-0
2006-George Abyad, Passaic Valley	170-1
2007-George Abyad, Passaic Valley	179-7
2008-Chris Pantale, Wayne Valley	182-8
2009-Ben deWaal Malefyt, Eastern Christian	143-4
2010-Lonnie Day, Passaic Tech	144-8
2011-Mark Ramsey, Kennedy	148-3
2012-Mark Ramsey, Kennedy	161-1
2013-Robin Cepeda, Passaic Tech	152-9
2014-Zariq Hewitt, Pompton Lakes	156-9
2015-Trent Braen, Eastern Christian	150-10
2016-Trent Braen, Eastern Christian	157-1
2017-Luis Zorrilla, Clifton	143-10
2018-Luis Zorrilla, Clifton	146-8
2019-TJ McCormack, Lakeland	134-9
2021-TJ McCormack, Lakeland	132-11
2022-Tanner Christie, West Milford	136-7
2023-Andrew Sabeh, Wayne Hills	147-11
2024-Brody McCormack, Lakeland	156-3

JAVELIN

1960-	
1961-	
1962-	
1963-	
1964-Bob Wallis, Wayne	165-8
1965-Bob Wallis, Wayne	194-9
1966-Bob Wallis, Wayne	200-9
1967-	
1968-Don Pullis, West Milford	169-1
1969-	
1970-	
1971-	
1972-Don Dockerty, Wayne Hills	196-7
1973-Bob Ahrens, Wayne Hills	174-11
1974-Rich Wagner, Wayne Valley	196-0
1975-	
1976-Tom Parr, Lakeland	204-9
1977-	
1978-	
1979-Jeff Tice, West Milford	178-11
B-Bob Weber, Pompton Lakes	174-3
1980-Rich DeLorenzo, West Milford	175-3
B-	
1981-A-Carmen Lombardo, Passaic Valley	184-11
B-Mike Sinski, Pope Pius	167-5
1982-A-Carmen Lombardo, Passaic Valley	186-9
B-	
1983-A-Walt Foster, Wayne Valley	177-3
B-Doug Meneve, Hawthorne	151-9
1984-	
1985-	
1986-A-Bill Pirolo, Passaic Valley	175-10
B-Charlie Condon, DePaul	174-0
1987-A-Howard Park, Wayne Valley	156-6
B-Geoff Bandola, DePaul	160-0
1988-A-Warren Schoepfer, West Milford	175-5
B-Joe Hinchman, DePaul	168-9
1989-A-Warren Schoepfer, West Milford	172-9
B-Bob Betz, DePaul	168-0
1990-Warren Schoepfer, West Milford	174-0
1991-Scott Seufert, West Milford	171-5
1992-Scott Seufert, West Milford	170-3
1993-Kevin Walter, Pompton Lakes	176-11
1994-Mike MacAluso, Passaic Valley	178-2
1995-Jeff Gilbert, Hawthorne	154-0
1996-Phil Steenstra, Eastern Christian	163-1
1997-Arden Cierich, Lakeland	167-6
1998-Jim Hayes, Hawthorne	184-7
1999-Arden Cierich, Lakeland	175-6
2000-Sean Begley, West Milford	180-3
2001-Sean Begley, West Milford	180-7
2002-Bert Sisco, Wayne Hills	181-11
2003-Bert Sisco, Wayne Hills	174-4
2004-Glenn Berry, Manchester	167-10
2005-Dan Begley, West Milford	167-0
2006-Grant Till, Wayne Hills	173-11
2007-Hasan Munem, Passaic Valley	152-6
2008-Chris Pantale, Wayne Valley	183-11
2009-Erik Patricola, Lakeland	183-1
2010-Quatrell Huffin, Passaic Tech	154-7
2011-Clint Apaza, Manchester	167-1

2012-Casey Paulosky, DePaul	169-7
2013-Jose Mercado, Passaic Tech	175-1
2014-Emmanuel Soriano, Passaic Tech	171-4
2015-Kyle Brackett, Wayne Hills	166-0
2016-Jordan Montero, Wayne Valley	165-1
2017-Thomas Laskowski, Passaic Tech	176-7
2018-Greg Poloso, Wayne Valley	183-1
2019-Taylor Boorse, Lakeland	173-1
2021-TJ McCormack, Lakeland	134-5
2022-Tanner Christie, West Milford	166-10
2023-Izaiah Torres, Passaic Valley	159-3
2024-Jordan Lawton, Passaic Tech	156-3

HIGH JUMP

1960-	
1961-	
1962-	
1963-	
1964-Ray Wengenroth, Wayne	6-1
1965-Chet Halka, Wayne	6-4
1966-	
1967-	
1968-Bob McCollum, Kennedy	6-1
1969-	
1970-	
1971-	
1972-Tom McCollom, Kennedy	5-10
1973-Tom McCollom, Kennedy	6-1
1974-Mike Whitaker, Hawthorne	6-2 ¾
1975-Sylvester McCollom, Kennedy	
1976-Franklin Jacobs, Eastside	6-6
1977-	
1978-	
1979-Randy Williams, Passaic	6-3
B-Gerry Salisbury, Hawthorne	5-10
1980-John Baker, Clifton	6-2
B-Gerry Salisbury, Hawthorne	6-0
1981-A-Ken Colston, Eastside	6-2
B-Dan Nicoll, Pompton Lakes	5-10
1982-A-William Grady, Eastside	6-2
B-	
1983-A-Brian Otley, Wayne Hills	6-6 ½
B-Jim O'Brien, DePaul	6-0
1984-	
1985-	
1986-A-Norcliffe Davidson, Kennedy	6-4
B-Anton Ruighaven, Hawthorne	6-0
1987-A-Dave Beason, Kennedy	6-10
B-Karwin Potter, Eastern Christian	5-10
1988-A-Dante Noble, Kennedy	6-1
B-Matt Niedzwiecki, DePaul	5-10
1989-A-David Giordano, Clifton	6-5
B-Matt Niedzwiecki, DePaul	6-1
1990-Sherwin Tann, Passaic Tech	6-3
1991-Ben Smith, West Milford	6-3
1992-Ron Thomas, Kennedy	6-2
1993-Rahshon Turner, Passaic	6-5
1994-Tyshon Bradshaw, Passaic	6-3
1995-Linden Richmond, Passaic	6-4
1996-Chiffon Allen, Passaic	6-8
1997-Linden Richmond, Passaic	6-2
1998-Javan Anderson, Passaic	6-0
1999-Guy Rose, Wayne Hills	6-2

2000-Brian Bohannon, Passaic	6-2
2001-Jafaar Johnson, Passaic	6-4
2002-Dewayne Daniel, Passaic	6-2
2003-John Strang, Hawthorne	6-4
2004-John Strang, Hawthorne	6-2
2005-Derrick Truesdale, Passaic	6-4
2006-Greg Gillespie, DePaul	6-2
2007-Marcos McKenzie, Eastside	6-0
2008-Marcos McKenzie, Eastside	6-6
2009-Keith Slade, Kennedy	6-2
2010-Yusef Reaves, Passaic	6-2
2011-Marcel McKinney, Passaic Tech	6-0
2012-Jabari Butler, Passaic Tech	6-2
2013-Cleveland McDaniel, Eastern Christian	6-4
2014-Tyree Frazier, Passaic Tech	6-4
2015-Tyree Frazier, Passaic Tech	6-4
2016-Ronniel Johnson, Kennedy	6-2
2017-Jason Thobourne, Kennedy	6-4
2018-Jadon Watson, Kennedy	6-4
2019-Jamier Wright-Collins, Kennedy	6-2
2021-Elliot Whitney, Passaic Valley	5-8
2022-Brian Whitney, Passaic Valley	6-2
2023-Adrian Mouzone, Passaic	6-2
2024-Micah Pierce, Kennedyh	6-0

LONG JUMP

1960-	
1961-	
1962-Nate Slaughter, Passaic	23-4 ½
1963-	
1964-Ed Zak, Clifton	21-6 ¾
1965-Dan Hoerig, Wayne	19-9 ¼
1966-	
1967-	
1968-John Bazemore, Eastside	21-1
1969-	
1970-	
1971-	
1972-Scott MacRae, Wayne Hills	21-4 ½
1973-Karl Mix, Kennedy	22-11 ¾
1974-Del Lawson, Don Bosco Tech	21-9 ½
1975-	
1976-Pete Sisti, Passaic Valley	20-2 ½
1977-	
1978-	
1979-Desmond Lee, Eastside	21-1 ½
B-Mark Smith, Hawthorne	17-8 ½
1980-John Niedzwiecki, DePaul	20-11 ½
B-Ray Tighe, Hawthorne	18-9 ½
1981-A-Norris Webb, Eastside	21-6
B-Nelson Anderson, Pope Pius	20-3
1982-A-George Randolph, Passaic	21-6
B-	
1983-A-Darryl Devore, Eastside	20-8
B-Mike Mooney, Pompton Lakes	19-5 ½
1984-	
1985-	
1986-A-Bill Pirola, Passaic Valley	22-8 ½
B-Keith Jennings, Pompton Lakes	19-2 ½
1987-A-Andrew Cameron, Eastside	20-7 ½
B-Kerwin Potter, Eastern Christian	20-4
1988-A-Carl Crawford, Kennedy	21-1
B-Rob Graham, Hawthorne	20-1

1989-A-Sherwin Tann, Passaic Tech	22-4
B-Scott Lipinski, Eastern Christian	19-5 ¼
1990-John Johnson, Passaic Tech	22-2 ½
1991-King Perry, Passaic Tech	22-5 ½
1992-Ricchard Carter, Passaic	20-7 ½
1993-Ricchard Carter, Passaic	21-7
1994-Jason Perry, Paterson Catholic	22-4 ¼
1995-Ed Wheeler, Wayne Valley	21-5 ¼
1996-Chiffon Allen, Passaic	22-11
1997-Don Platvoet, Passaic Valley	21-4 ¼
1998-Tyrone Johnson, Kennedy	22-3
1999-Guy Rose, Wayne Hills	22-4
2000-Christian Kostenko, DePaul	20-3 ¾
2001-Brian Leslie, West Milford	20-7
2002-Delon Pompey, Eastside	21-5
2003-Jeff Young, Wayne Valley	21-9
2004-Val Sisti, DePaul	21-10
2005-Nick Romeo, Wayne Hills	21-9 ½
2006-Brian Roth, West Milford	21-7 ¼
2007-Tom Papa, Wayne Valley	21-6
2008-Tom Papa, Wayne Valley	22-4 ¾
2009-Keshon Brown, Kennedy	20-6 ¼
2010-Gary Stenftennagel, Manchester	20-8 ½
2011-Shareick Linder, Eastside	21-9 ½
2012-Jason Fuehring, Lakeland	21-9
2013-Quatier Jackson, Eastside	21-5 ¼
2014-Terrance Tate, Eastside	22-2 ½
2015-Zaire Weaver, Passaic Tech	22-8 ¼
2016-Jason Thobourne, Kennedy	21-1 ¼
2017-Jason Thobourne, Kennedy	21-10 ¼
2018-Hasson Klingen, Lakeland	21-7 ½
2019-Joel Ingram, Passaic Tech	21-8
2021-Keshon Holt, Passaic Tech	20-4
2022-Mikhail Johnson, Passaic Tech	20-1 ¾
2023-Christian Mercado, Wayne Valley	22-4
2024-Noah Traverso, West Milford	22-1 ½

TRIPLE JUMP

1975-	
1976-Ron Smallwood, Kennedy	42-5 ½
1977-	
1978-	
1979-Roger Williams, Kennedy	45-5 ¾
B-Ed Traverso, Pope Pius	38-1 ½
1980-Carroll Robertson, Kennedy	44-10 ¾
B-Joe Sellitti, Manchester	38-9 ½
1981-A-Arthur Redmond, Kennedy	44-11
B-Warren Ververs, Manchester	39-9 ½
1982-A-Rob Leathers, Passaic Tech	42-2 ½
B-	
1983-A-Vince Cook, Passaic Tech	43-9 ¾
B-John Cleary, Manchester	39-8
1984-	
1985-	
1986-A-Norcliffe Davidson, Kennedy	44-9 ¾
B-Mike Kuchar, Manchester	40-8 ¼
1987-A-Norcliffe Davidson, Kennedy	46-1 ¼
B-Kerwin Potter, Eastern Christian	43-0 ¼
1988-A-Sherwin Tann, Passaic Tech	44-2
B-Rob Graham, Hawthorne	41-10 ½
1989-A-Sherwin Tann, Passaic Tech	44-6
B-Gess Homsany, Manchester	0-4 ½

1990-Sherwin Tann, Passaic Tech		46-6 ½
1991-King Perry, Passaic Tech	45-8	
1992-Rob Watson, Passaic Tech	42-8 ½	
1993-Rahshon Turner, Passaic	44-11 ¼	
1994-Chiffon Allen, Passaic	43-2 ½	
1995-Jason Hibbard, Kennedy	42-7	
1996-Chiffon Allen, Passaic	45-3 ¼	
1997-Shannon Somerville, West Milford	42-9	
1998-Tyrone Johnson, Kennedy	44-8 ½	
1999-Tyrone Johnson, Kennedy	44-1 ½	
2000-Raheam Woodbury, Eastside	42-8	
2001-Bill Monan, Wayne Hills	41-4 ½	
2002-Dallas Lynch, Wayne Hills	44-4	
2003-Ken Stoute, Clifton	43-1 ¾	
2004-Derrick Webb, Eastside	44-0	
2005-Kyle Lindsay, Eastside	45-4	
2006-Kyle Lindsay, Eastside	45-3 ½	
2007-Anthony Chisholm, Wayne Hills	43-9 ½	
2008-Marcos McKenzie, Eastside	44-9 ¾	
2009-Maurice McDonald, Paterson Catholic	44-0 ¾	
2010-Craig Hall, Kennedy	42-10 ½	
2011-Rahmir McCray, Passaic Tech	42-9 ¼	
2012-Rahmir McCray, Passaic Tech	43-10 ½	
2013-Drew Lindsay, Passaic Tech	43-8 ¾	
2014-Drew Lindsay, Passaic Tech	43-6 ¼	
2015-Jaciir Mack, Kennedy	46-1	
2016-Jason Thobourne, Kennedy	44-3	
2017-Jason Thobourne, Kennedy	44-8	
2018-Kelvin Gonzalez, Lakeland	42-0 ½	
2019-Joel Ingram, Passaic Tech	46-11 ¼	
2021-Kyle Readus, Kennedy	40-2	
2022-Mikhail Johnson, Passaic Tech	42-0 ½	
2023-Christian Mercado, Wayne Valley	44-11 ½	
2024-Ashawn Johnson, Manchester	43-10 ½	

POLE VAULT

1960-		
1961-		
1962-		
1963-		
1964-Dick Brady, Wayne	11-6	
1965-Ed Decker, Wayne	11-7	
1966-		
1967-		
1968-Tom Dillon, Pompton Lakes	11-8	
1969-		
1970-		
1971-		
1972-John Schult, Hawthorne	12-0	
1973-Gary Tabor, Passaic Valley	12-0	
1974-Brian Beer, Wayne Valley	12-0	
1975-		
1976-Paul Jerothe, DePaul	13-0	
1977-		
1978-		
1979-Pete Dittig, Wayne Hills	11-6	
B-Brian Farkas, Pope Pius	10-6	
1980-Mike DiVincent, West Milford	12-0	
B-Jim Ormezzano, Manchester	10-0	
1981-A-Wayne Atkins, West Milford	12-6	
B-Dave Stuart, DePaul	12-3	
1982-A-Clark Otley, Wayne Hills	12-6	
B-		

1983-A-Drew Olson, West Milford	12-0
B-Mike Dec, Pompton Lakes	11-6
1984-	
1985-	
1986-A-Ben Natoli, Lakeland	13-0
B-Steve Keating, Pompton Lakes	13-6
1987-A-Stefan Ellison, Passaic	12-6
B-Jason Hoffman, DePaul	11-6
1988-A-Dave Redl, Wayne Hills	12-0
B-Scott Lipinski, Eastern Christian	11-0
1989-A-Dave Redl, Wayne Hills	12-0
B-Scott Lipinski, Eastern Christian	11-6
1990-Ed Wolf, DePaul	12-3
1991-Craig Hentzen, Passaic Tech	11-6
1992-Chris Duffy, Eastern Christian	11-0
1993-Andrew Gayle, Kennedy	12-6
1994-Mike Ames, West Milford	12-0
1995-Kevin Roberts, Lakeland	12-6
1996-Dan Reiher, West Milford	12-0
1997-Bob Tiefenbacher, Wayne Valley	11-6
1998-Joel Kraus, West Milford	12-0
1999-Bob Lozzi, Lakeland	13-6
2000-Dave Serrano, West Milford	13-6
2001-Keith Gunther, West Milford	13-0
2002-Kenny Stoute, Clifton	13-0
2003-Jeff Young, Wayne Valley	14-6
2004-Fernando Rodriguez, Clifton	12-3
2005-Konrad Krolikowski, West Milford	12-6
2006-Eric Mullen, Clifton	12-0
2007-Adam Lazor, West Milford	13-8
2008-Adam Lazor, West Milford	13-0 (won in jumpoff)
2009-Brad McNamara, Pompton Lakes	13-3
2010-Julian Macrone, Clifton	12-6
2011-Chris Steele, Pompton Lakes	14-0
2012-Jose Gonzalez, Passaic Tech	12-6
2013-Calvin Gould, Lakeland	12-6
2014-Calvin Gould, Lakeland	13-0
2015-Andrew Accardi, Pompton Lakes	14-0
2016-Michael Sorce, Wayne Valley	11-6
2017-Nico Cortes, Eastern Christian	11-6
2018-Jordan Laceste, Clifton	12-6
2019-Mateo Zemser, West Milford	12-0
2021-Matias Cortes, Eastern Christian	11-6
2022-Matt Minunni, Lakeland	12-6
2023-Antonio Bordamente, Clifton	11-0
2024-Owen Keating, Pompton Lakes	13-0

4 x 100 RELAY

2013-Passaic Tech	44.06
2014-Passaic Tech	44.21
2015-Kennedy	43.70
2016-Wayne Hills	43.92
2017-Passaic Tech	44.06
2018-Eastside	44.22
2019-Passaic Tech	44.37
2021-Kennedy	48.41
2022-Clifton	44.70
2023-Eastside	43.33
2024-Eastside	42.88

4 x 400 RELAY (mile relay until 1979)

1969-	
1970-	
1971-	
1972-Wayne Hills	3:31.0
1973-Eastside	3:32.5
1974-Hawthorne	3:30.7
1975-	
1976-Kennedy	3:36.7
1977-	
1978-	
1979-Eastside	3:27.7
B-Hawthorne	3:41.3
1980-Eastside	3:29.4
B-Manchester	3:39.8
1981-A-Eastside	3:23.5
B-Manchester	3:36.8
1982-A-Kennedy	3:28.8
B-	
1983-A-Eastside	3:25.8
B-Manchester	3:44.8
1984-	
1985-	
1986-A-Eastside	3:22.4
B-Pompton Lakes	3:37.0
1987-A-Eastside	3:28.4
B-DePaul	3:45.2
1988-A-Kennedy	3:26.7
B-DePaul	3:26.7
1989-A-Passaic Tech	3:23.0
B-DePaul	3:39.3
1990-Passaic Tech	3:24.4
1991-Eastside	3:24.4
1992-Passaic	3:22.6
1993-Passaic	3:28.0
1994-West Milford	3:31.5
1995-Passaic	3:32.3
1996-Clifton	3:30.4
1997-Clifton	3:31.7
1998-Clifton	3:24.9
1999-Wayne Valley	3:27.7
2000-West Milford	3:27.2
2001-West Milford	3:30.59
2002-Passaic	3:29.9
2003-Wayne Hills	3:28.7
2004-Clifton	3:23.0
2005-West Milford	3:26.1
2006-Passaic	3:25.6
2007-West Milford	3:29.74
2008-Passaic Tech	3:25.4
2009-Passaic Tech	3:28.57
2010-Lakeland	3:26.40
2011-Wayne Valley	3:23.16
2012-Passaic Tech	3:28.87
2013-Clifton	3:22.62
2014-Kennedy	3:27.41
2015-Kennedy	3:26.20
2016-Kennedy	3:24.91
2017-Passaic	3:27.03
2018-Passaic	3:25.52
2019-Passaic	3:22.92
2021-Passaic Tech	3:32.86
2022-Passaic Tech	3:31.07
2023-Passaic Tech	3:24.27
2024-Passaic Tech	3:22.44

4 x 800 RELAY

2013-Clifton	8:11.46
2014-Clifton	8:10.57
2015-Clifton	8:17.98
2016-Passaic Tech	8:17.38
2017-Clifton	8:17.8h
2018-Passaic	8:05.87
2019-Passaic	8:26.22
2021-Passaic Tech	8:41.56
2022-Clifton	8:21.54
2023-Passaic Tech	8:08.33
2024-Wayne Valley	8:25.18

GIRLS

Top Three Teams

1977-	
1978-	
1979-Eastside 59, Kennedy 24, Passaic 20	
1980-Eastside 63, Passaic Tech 27, Wayne Valley 25	
1981-Eastside 85, Kennedy 31, Wayne Valley 25	
1982-Eastside 74, Passaic Tech 32, Kennedy 26	
1983-Eastside 63, Passaic Tech 40, Kennedy 30	
1984-	
1985-Passaic 47, Eastside 46, Wayne Valley 44	
1986-Passaic 66, Wayne Valley 42 ½, Eastside 40	
1987-Wayne Valley 56, Eastside 34 ½, Passaic 34	
1988-Wayne Valley 82 ½, Passaic 75 ½, Kennedy 17	
1989-Passaic 54, Kennedy 51, Wayne Valley 46	
1990-Kennedy 61, Passaic 57, Wayne Valley 39 ½	
1991-Kennedy 58, West Milford 45, Passaic 43	
1992-Passaic 135, Wayne Valley 73, Kennedy 41	
1993-Passaic 122, Wayne Valley 114, Kennedy 72	
1994-Wayne Valley 120, Passaic 116, Kennedy 49	
1995-Wayne Valley 120 ½, Eastside 76, Passaic 60 ½	
1996-Eastside 116, Clifton 61, Hawthorne 54	
1997-Eastside 93 ½, Kennedy 85 ½, Passaic 80	
1998-Passaic 87, Eastside 85, West Milford 70	
1999-Passaic 158, Kennedy 58, Eastside 51	
2000-Passaic 156, Passaic Tech 53, Clifton 44	
2001-Passaic 89, Passaic Tech 76, Wayne Valley 49	
2002-Passaic Tech 118, Passaic 110, Eastside 47	
2003-Wayne Valley 139, Pompton Lakes 47, Passaic Valley 45	
2004-Wayne Valley 85, Lakeland 71 ½, Pompton Lakes 43	
2005-Wayne Valley 86, West Milford 65, Kennedy 49	
2006-Wayne Valley 89 ½, West Milford 62, Kennedy 60 ½	
2007-Wayne Valley 80, Lakeland 73 ½, Clifton 59	
2008-Clifton 107, DePaul 53, Wayne Valley 51	
2009-Clifton 88, Passaic Tech 77, Wayne Valley 66	
2010-Clifton 91.07, Passaic Tech 88.23, Wayne Valley 65.15	
2011-Passaic Tech 103, Clifton 49, Eastern Christian 48	
2012-Passaic Tech 98 ½, Wayne Hills 77 ½, Clifton 68	
2013-Wayne Valley 116, Passaic Tech 94, Wayne Hills 71	
2014-Wayne Valley 103, Passaic Tech 102, Hawthorne 76	
2015-Passaic Tech 109 ½, Wayne Hills 71, Clifton and Hawthorne 65	
2016-Wayne Hills 112 ½, Passaic Tech 105, Hawthorne 78 ½	
2017-Wayne Hills 101, Passaic Tech 77, Clifton 71	
2018-Clifton 144, Passaic Tech 96, Hawthorne 53	
2019-Passaic Tech 154 ½, Clifton 129, Lakeland 58	

2021-Clifton 117, Passaic Tech 96, Lakeland 83
 2022-Lakeland 125, Passaic Tech 102, Hawthorne 76
 2023-Lakeland 98 ½, Passaic Tech 94 ½, Hawthorne 82
 2024-Passaic Tech 143 ¼, Wayne Hills 118, West Milford 68

100 METERS (100 yards until 1979)

1977-	
1978-	
1979-Melva Burns, Eastside	11.6
1980-Melva Burns, Eastside	12.4
1981-Melva Burns, Eastside	12.5
1982-Zina Moore, Eastside	12.5
1983-Janet Reed, Eastside	13.0
1984-	
1985-Viola Harris, Passaic	12.5
1986-Viola Harris, Passaic	12.1
1987-Debbie Barrett, Kennedy	12.4
1988-Danalyn Adams, Pompton Lakes	12.8
1989-Starla Anderson, Eastside	12.3
1990-Starla Anderson, Eastside	12.6
1991-Cassandra Grant, Passaic	12.4
1992-Cassandra Grant, Passaic	12.5
1993-Joy Belgrave, Kennedy	12.3
1994-Nicole Carmichael, Kennedy	12.1
1995-Nicole Carmichael, Kennedy	12.5
1996-Tiamecua Fulton, Eastside	12.8
1997-Nacole Moore, Kennedy	12.4
1998-Ebony Knighton, Passaic Tech	12.9
1999-Yhounic Vassell, Passaic Tech	12.5
2000-Yhounic Vassell, Passaic Tech	12.63
2001-Carlita Bishop, Passaic Tech	12.67
2002-Yhounic Vassell, Passaic Tech	12.1
2003-Alison DiDomenico, Passaic Valley	12.9
2004-Alison DiDomenico, Passaic Valley	12.4
2005-Katelyn Savage, Manchester	12.5
2006-Monica Joseph, Pompton Lakes	12.8
2007-Ajda Dotday, Hawthorne	12.61
2008-Ajda Dotday, Hawthorne	12.3h
2009-Kewanna Price, Eastside	13.31
2010-Amber Allen, Passaic Tech	12.72
2011-Chamekea Davis, Eastside	12.67
2012-Alexes Washington, Passaic Tech	12.67
2013-Alexes Washington, Passaic Tech	12.62
2014-Alexes Washington, Passaic Tech	12.40
2015-Kaitlin Salisbury, Hawthorne	12.46
2016-Kaitlin Salisbury, Hawthorne	12.13
2017-Leriann Alexander, Eastside	12.5h
2018-Leriann Alexander, Eastside	12.64
2019-Tegann Anderson, Passaic Tech	12.65
2021-Briana Andreoli, Hawthorne	12.16
2022-Tami Adedeji, DePaul	12.72
2023-Sabrina DiFilippo, Hawthorne	12.63
2024-Jahzaara Mclean Abdullah, Passaic Tech	12.68

200 METERS (220 yards until 1979)

1977-	
1978-''''''''	
1979-Terri Dembek, Hawthorne	25.3
1980-Natalie Jordan, Eastside	25.0
1981-Natalie Jordan, Eastside	25.2
1982-Natalie Jordan, Eastside	24.6

1983-Marcia Ramsey, Eastside	26.6
1984-	
1985-Viola Harris, Passaic	25.0
1986-Viola Harris, Passaic	25.2
1987-Debbie Barrett, Kennedy	26.7
1988-Dannette Pritchett, Passaic	26.3
1989-Starla Anderson, Eastside	25.0
1990-Cassandra Grant, Passaic	25.8
1991-Cassandra Grant, Passaic	25.2
1992-Cassandra Grant, Passaic	25.3
1993-Nicole Carmichael, Kennedy	25.9
1994-Nicole Carmichael, Kennedy	24.2
1995-Tiamecua Fulton, Eastside	26.4
1996-Melissa Jones, Eastside	27.6
1997-Nacole Moore, Kennedy	26.0
1998-Denay Caldwell, Eastside	26.2
1999-Tawana Watkins, Kennedy	25.4
2000-Tawana Watkins, Kennedy	24.9
2001-Tawana Watkins, Kennedy	25.30
2002-Andrea Herbert, Passaic Tech	25.5
2003-Alison DiDomenico, Passaic Valley	26.8
2004-Alison DiDomenico, Passaic Valley	25.4
2005-Kristin Crawford, Kennedy	25.7
2006-Kristin Crawford, Kennedy	25.4
2007-Kristin Crawford, Kennedy	25.33
2008-Ajda Dotday, Hawthorne	24.5
2009-Amber Allen, Passaic Tech	25.82
2010-Jamelia Johnson, Passaic Tech	26.01
2011-Chamekea Davis, Eastside	25.64
2012-Monika Miazga, Clifton	25.95
2013-Victoria Kriv, Passaic Valley	25.76
2014-Kadejah Sellers, Manchester	25.47
2015-Kadejah Sellers, Manchester	25.39
2016-Kaitlin Salisbury, Hawthorne	24.98
2017-Leriann Alexander, Eastside	26.95
2018-Leriann Alexander, Eastside	25.94
2019-Briana Rubio, Clifton	25.77
2021-Briana Andreoli, Hawthorne	26.10
2022-Briana Andreoli, Hawthorne	26.11
2023-Sabrina DiFilippo, Hawthorne	26.03
2024-Hailey Mieses, Passaic Tech	26.22

400 METERS (440 yards until 1979)

1977-	
1978-	
1979-Natalie Jordan, Eastside	56.4
1980-Natalie Jordan, Eastside	56.2
1981-Natalie Jordan, Eastside	55.9
1982-Natalie Jordan, Eastside	54.0
1983-Tracy Floyd, Eastside	59.0
1984-	
1985-Marcia Ramsey, Eastside	59.7
1986-Viola Harris, Passaic	57.0
1987-Dannette Pritchett, Passaic	59.5
1988-Nicole Thomas, Passaic	58.7
1989-Starla Anderson, Eastside	57.9
1990-Cassandra Grant, Passaic	59.0
1991-Terryann Morgan, Kennedy	58.6
1992-Jen Roy, Wayne Valley	58.9
1993-Jen Roy, Wayne Valley	58.9
1994-Natasha Williams, Passaic	58.5
1995-Jen Prigaro, Wayne Valley	59.6

1996-Nakeshia MacIntosh, Eastside	60.0
1997-Tiamecua Fulton, Eastside	58.3
1998-Natalie Popowicz, Clifton	59.3
1999-Tawana Watkins, Kennedy	55.0
2000-Tawana Watkins, Kennedy	56.37
2001-Tawana Watkins, Kennedy	56.83
2002-Andrea Herbert, Passaic Tech	57.7
2003-Alison DiDomenico, Passaic Valley	60.0
2004-Alison DiDomenico, Passaic Valley	58.3
2005-Kristin Crawford, Kennedy	58.0
2006-Kristin Crawford, Kennedy	57.2
2007-Amber Allen, Passaic Tech	58.12
2008-Amber Allen, Passaic Tech	57.4h
2009-Amber Allen, Passaic Tech	56.37
2010-Amber Allen, Passaic Tech	59.58
2011-Breaisha Morton, Passaic Tech	58.19
2012-Breaisha Morton, Passaic Tech	57.26
2013-Zahtae Mouzone, Passaic	58.28
2014-Kadejah Sellers, Manchester	56.63
2015-Kadejah Sellers, Manchester	57.84
2016-Ebonee Jackson, Kennedy	59.48
2017-Riley Brennan, Wayne Hills	59.3h
2018-Brianna Rubio, Clifton	59.18
2019-Courtney Ruedt, Wayne Hills	59.66
2021-Sydney Hansen, Hawthorne	61.27
2022-Hanna Miles, Lakeland	59.28
2023-Olivia Passero, Hawthorne	60.02
2024-Mia DeVita, Clifton	58.61

800 METERS (880 yards until 1979)

1977-	
1978-	
1979-Yolanda Jordan, Eastside	2:24.0
1980-Yolanda Jordan, Eastside	2:21.5
1981-Yolanda Jordan, Eastside	2:22.1
1982-Yolanda Jordan, Eastside	2:21.7
1983-Lisa Herman, Wayne Valley	2:20.2
1984-	
1985-Jen Van Horn, Wayne Valley	2:17.3
1986-Jen Van Horn, Wayne Valley	2:19.6
1987-Catherine Feeney, Wayne Valley	2:21.8
1988-Nicole Thomas, Passaic	2:20.1
1989-Catherine Feeney, Wayne Valley	2:20.1
1990-Catherine Feeney, Wayne Valley	2:22.0
1991-Vanessa McClure, Kennedy	2:24.5
1992-Sharon May, West Milford	2:27.1
1993-Amy Mizzone, Wayne Valley	2:25.6
1994-Amy Mizzone, Wayne Valley	2:27.6
1995-Amy Mizzone, Wayne Valley	2:23.6
1996-Ursula Klim, Passaic Valley	2:27.6
1997-Kempolly Swaby, Eastside	2:21.8
1998-Natalie Popowicz, Clifton	2:23.8
1999-Natalie Popowicz, Clifton	2:20.4
2000-Shanae Pritchett, Passaic	2:24.5
2001-Shakira Williams, Passaic	2:21.42
2002-Meghan Gaffney, Pompton Lakes	2:21.2
2003-Awinna Martinez, Passaic	2:19.7
2004-Essence Carson, Eastside	2:18.9
2005-Stephanie Herrick, Wayne Valley	2:16.5
2006-Susan Martinez, Clifton	2:18.3
2007-Susan Martinez, Clifton	2:23.84
2008-Susan Martinez, Clifton	2:16.9
2009-Alyssa LaGuardia, DePaul	2:16.80

2010-Alyssa LaGuardia, DePaul	2:18.85
2011-Lindsay Hefferon, West Milford	2:22.58
2012-Kristen Traub, Eastern Christian	2:16.33
2013-Stephanie Bitcon, Wayne Hills	2:17.91
2014-Stephanie Bitcon, Wayne Hills	2:15.70
2015-Erin Callaghan, Wayne Hills	2:21.39
2016-Carly Spinnler, Passaic Tech	2:18.07
2017-Carly Spinnler, Passaic Tech	2:17.37
2018-Carly Spinnler, Passaic Tech	2:19.40
2019-Andrea Dubbels, Clifton	2:16.44
2021-Kara Langbaum, Wayne Hills	2:19.38
2022-Angelina Perez, Lakeland	2:18.17
2023-Kara Langbaum, Wayne Hills	2:22.57
2024-Kara Langbaum, Wayne Hills	2:19.57

1600 METERS (one mile until 1979)

1977-	
1978-	
1979-Pam Farinella, Paul VI	5:21.3
1980-Pam Farinella, Paul VI	4:54.4 (1500)
1981-Julie Ott, West Milford	4:58.0 (1500)
1982-Julie Ott, West Milford	5:12.3
1983-Lisa Herman, Wayne Valley	5:06.4
1984-	
1985-Jen Van Horn, Wayne Valley	5:03.3
1986-Jen Van Horn, Wayne Valley	5:12.1
1987-Catherine Feeney, Wayne Valley	5:25.6
1988-Catherine Feeney, Wayne Valley	5:17.8
1989-Catherine Feeney, Wayne Valley	5:10.7
1990-Catherine Feeney, Wayne Valley	5:22.6
1991-Sharon May, West Milford	5:26.4
1992-Davanna Medina, DePaul	5:25.5
1993-Amy Mizzone, Wayne Valley	5:28.2
1994-Amy Mizzone, Wayne Valley	5:16.2
1995-Amy Mizzone, Wayne Valley	5:12.7
1996-Melissa Londregan, Hawthorne	5:31.2
1997-Jessica Van Dennend, Eastern Christian	5:20.6
1998-Shakira Williams, Passaic	5:22.8
1999-Shakira Williams, Passaic	5:26.1
2000-Shakira Williams, Passaic	5:21.08
2001-Shakira Williams, Passaic	5:10.85
2002-Jesse Mizzone, Passaic Valley	5:16.3
2003-Lindsay Van Alstine, Hawthorne Christian	5:02.8
2004-Meghan Gaffney, Pompton Lakes	5:14.8
2005-Alyssa Douma, West Milford	5:22.5
2006-Arianne Bakelmun, Wayne Hills	5:19.3
2007-Arianne Bakelmun, Wayne Hills	5:15.2
2008-Arianne Bakelmun, Wayne Hills	5:21.8
2009-Kristen Traub, Eastern Christian	5:05.89
2010-Alyssa LaGuardia, DePaul	4:58.66
2011-Kristen Traub, Eastern Christian	5:00.59
2012-Kristen Traub, Eastern Christian	5:03.33
2013-Stephanie Bitcon, Wayne Hills	5:12.98
2014-Stephanie Bitcon, Wayne Hills	4:57.36
2015-Katherine Rodriguez, Passaic	5:23.47
2016-Katerina Zachmann, Wayne Hills	5:16.05
2017-Taylor Domico, Wayne Hills	5:17.7h
2018-Andrea Dubbels, Clifton	5:14.33
2019-Nancy Habib, Passaic Tech	5:09.24
2021-Angelina Perez, Lakeland	5:08.46
2022-Angelina Perez, Lakeland	4:51.78
2023-Kara Langbaum, Wayne Hills	5:10.85

2024-Kara Langbaum, Wayne Hills

5:12.08

3200 METERS (two miles until 1979)

1977-	
1978-	
1979-Joan Profita, Paul VI	12:18.7
1980-Gayle Slavin, DePaul	11:10.7 (3000)
1981-Joan Profita, Paul VI	10:47.5 (3000)
1982-Lisa Herman, Wayne Valley	11:26.8
1983-Rose Coley, Kennedy	11:18.5
1984-	
1985-Missy Duchini, Wayne Valley	11:17.7
1986-Jen Van Horn, Wayne Valley	11:07.4
1987-Catherine Feeney, Wayne Valley	11:43.8
1988-Catherine Feeney, Wayne Valley	11:30.2
1989-Catherine Feeney, Wayne Valley	11:20.0
1990-Catherine Feeney, Wayne Valley	11:13.9
1991-Laura Farinas, Clifton	12:03.9
1992-Laura Farinas, Clifton	11:38.9
1993-Amy Mizzone, Wayne Valley	11:48.4
1994-Beth Crenshaw, Wayne Valley	11:14.3
1995-Beth Crenshaw, Wayne Valley	10:52.9
1996-Sabrina Nealy, Kennedy	12:04.8
1997-Maydee Oquendo, Kennedy	11:42.4
1998-Sabrina Nealy, Kennedy	11:47.7
1999-Shana Pitcher, Pompton Lakes	11:40.2
2000-Jesse Mizzone, Passaic Valley	11:33.95
2001-Jesse Mizzone, Passaic Valley	11:25.54
2002-Jesse Mizzone, Passaic Valley	11:11.7
2003-Lindsay Van Alstine, Hawthorne Christian	10:31.6
2004-Meghan Gaffney, Pompton Lakes	11:18.1
2005-Mary Tolsma, Eastern Christian	11:32.9
2006-Christina Valerio, West Milford	11:43.8
2007-Arianne Bakelmun, Wayne Hills	11:26.85
2008-Arianne Bakelmun, Wayne Hills	11:55.1
2009-Kristen Traub, Eastern Christian	11:14.32
2010-Kristen Traub, Eastern Christian	11:09.63
2011-Kristen Traub, Eastern Christian	10:58.98
2012-Kristen Traub, Eastern Christian	11:22.93
2013-Keri-Ann Edwards, Passaic Tech	11:46.99
2014-Stephanie Bitcon, Wayne Hills	11:29.77
2015-Katherine Rodriguez, Passaic	11:35.05
2016-Sarah Shannon, Passaic Tech	11:42.12
2017-Taylor Domico, Wayne Hills	11:22.59
2018-Andrea Dubbels, Clifton	11:38.67
2019-Mia Dubac, Clifton	11:14.82
2021-Angelina Perez, Lakeland	10:39.29
2022-Angelina Perez, Lakeland	10:11.72
2023-Morgan Uhlhorn, Lakeland	11:07.47
2024-Ciara Clinton, West Milford	11:37.90

100 METERS HH (110 yards until 1979)

1977-	
1978-	
1979-Teresa Adams, Eastside	16.1
1980-Jackie Goode, Eastside	14.5
1981-Jackie Goode, Eastside	15.0
1982-Jackie Goode, Eastside	14.9
1983-Jackie Goode, Eastside	15.4
1984-	
1985-Adrienne Bolan, Wayne Valley	16.0

1986-Sharon Allen, Eastside	15.1
1987-Sharon Allen, Eastside	15.2
1988-Adrienne Bolan, Wayne Valley	15.2
1989-Lujinda Batten, Passaic	15.3
1990-Tanya Scott, Passaic	16.6
1991-Kathy Holloman, Passaic	16.2
1992-Michele Dudzinski, Passaic Valley	15.9
1993-Ruth Doe, Passaic	15.1
1994-Kathy Holloman, Passaic	15.0
1995-Melissa Jones, Eastside	16.2
1996-Melissa Jones, Eastside	15.3
1997-Melissa Jones, Eastside	14.8
1998-Denay Caldwell, Eastside	14.8
1999-Yocasta Garcia, Passaic	15.7
2000-Yocasta Garcia, Passaic	15.5
2001-Soniya Johnson, Passaic Tech	16.73
2002-Soniya Johnson, Passaic Tech	15.6
2003-Jazmine Fenlator, Wayne Valley	15.9
2004-Liz Hartwick, Lakeland	15.9
2005-Liz Hartwick, Lakeland	15.6
2006-Liz Hartwick, Lakeland	15.5
2007-Rebecca Leonardo, Passaic Valley	16.44
2008-Samantha Kee, Lakeland	15.5
2009-Jaivaria Bacote, Kennedy	15.86
2010-Andrea Gates, Passaic Tech	15.78
2011-Breaisha Morton, Passaic Tech	15.57
2012-Breaisha Morton, Passaic Tech	15.09
2013-Breaisha Morton, Passaic Tech	14.93
2014-Breaisha Morton, Passaic Tech	14.88
2015-Ebonee Jackson, Kennedy	14.69
2016-Ebonee Jackson, Kennedy	14.64
2017-Alenys Morales, Clifton	15.58
2018-Alenys Morales, Clifton	15.18
2019-Alexis Byfield, Hawthorne	15.44
2021-Briana Fasoli, Passaic Tech	16.92
2022-Briana Fasoli, Passaic Tech	16.32
2023-Emma Keating, Pompton Lakes	15.74
2024-Jahzara Mclean Abdullah, Passaic Tech	15.83

400 METERS IH

1981-Jackie Goode, Eastside	64.8
1982-Jackie Goode, Eastside	63.1
1983-Jackie Goode, Eastside	66.0
1984-	
1985-Adrienne Bolan, Wayne Valley	65.7
1986-Sharon Allen, Eastside	63.7
1987-Sharon Allen, Eastside	64.5
1988-Adrienne Bolan, Wayne Valley	67.9
1989-Linda Hicks, Paterson Catholic	67.9
1990-Danielle Picchio, Lakeland	67.5
1991-Vanessa McClure, Kennedy	66.1
1992-Vanessa McClure, Kennedy	65.6
1993-Kathy Holloman, Passaic	65.0
1994-Jen Roy, Wayne Valley	64.4
1995-Nakiesha McIntosh, Eastside	67.3
1996-Nakiesha McIntosh, Eastside	67.7
1997-Melissa Jones, Eastside	62.7
1998-Denay Caldwell, Eastside	62.6
1999-Tawana Watkins, Kennedy	60.9
2000-Tawana Watkins, Kennedy	63.32
2001-Tawana Watkins, Kennedy	63.84
2002-Kahimah Liverman, Passaic Tech	67.2
2003-LaVonne Ellerbe, Wayne Valley	65.9

2004-LaVonne Ellerbe, Wayne Valley	64.3
2005-Stephanie Herrick, Wayne Valley	65.0
2006-Kiara Arrick, Manchester	64.0
2007-Kiara Arrick, Manchester	62.9
2008-Amber Allen, Passaic Tech	63.0
2009-Amber Allen, Passaic Tech	63.63
2010-Amber Allen, Passaic Tech	65.51
2011-Faith Dismuke, Mary Help	64.25
2012-Breaisha Morton, Passaic Tech	64.30
2013-Breaisha Morton, Passaic Tech	63.60
2014-Jenna Dyksen, Hawthorne	64.20
2015-Ebonee Jackson, Kennedy	65.74
2016-Samantha Sklar, Wayne Hills	64.47
2017-Carly Spinnler, Passaic Tech	65.4h
2018-Grace Yost, Lakeland	65.37
2019-Chariza Wilks, Passaic Tech	64.75
2021-Anne Noonan, Passaic Tech	67.05
2022-Anne Noonan, Passaic Tech	65.10
2023-Olivia Passero, Hawthorne	65.18
2024-Casey Noonan, Passaic Tech	53.11

SHOT PUT

1977-	
1978-	
1979-Beth Sova, Lakeland	40-4
1980-Beth Sova, Lakeland	39-4
1981-Beth Sova, Lakeland	41-5 ¼
1982-Carol McGlashan, Clifton	33-10 ½
1983-Sherry Patterson, Manchester	34-2
1984-	
1985-Tomika Mathis, Passaic	32-7
1986-Sue Piekarz, Clifton	35-10
1987-Sue Piekarz, Clifton	37-6
1988-Kimyada Slappy, Passaic	34-3
1989-	
1990-Katina Johnson, Kennedy	40-6 ½
1991-Amy Haskins, West Milford	34-8 ½
1992-Robyn Lowe, Passaic	33-2 ½
1993-Robyn Lowe, Passaic	36-5
1994-Robyn Lowe, Passaic	39-7
1995-Danicqua Starr, Passaic	39-8 ¾
1996-Nakisha Leon, Passaic	35-0
1997-Labelle Hillgrove, Passaic	42-3
1998-Labelle Hillgrove, Passaic	42-7 ¼
1999-Labelle Hillgrove, Passaic	42-0
2000-Shakia Wyche, Passaic	36-1
2001-Alexis Wood, West Milford	39-4 ½
2002-Jasmine Fenlator, Wayne Valley	36-7 ¾
2003-Jasmine Fenlator, Wayne Valley	41-1 ½
2004-Sable Sweeper, Passaic	38-11 ¾
2005-Sable Sweeper, Passaic	40-5 ½
2006-Emily Saucedo, Wayne Valley	36-8
2007-Ashley Coleman, Passaic	38-1 ¼
2008-Ashley Coleman, Passaic	38-4 ½
2009-Alana Pantale, Wayne Valley	39-7 ¼
2010-Alana Pantale, Wayne Valley	40-5 ¼
2011-Alicia Hester, Wayne Valley	37-4
2012-Alicia Hester, Wayne Valley	38-4 ¼
2013-Alicia Hester, Wayne Valley	38-11 ¼
2014-Alicia Hester, Wayne Valley	41-6 ¾
2015-Melika Clarke, Passaic Tech	37-2 ½
2016-Monika Dlugosz, Clifton	38-1
2017-Christine Hamza, Wayne Valley	36-7 ½

2018-Madison Wynbeeck, Eastern Christian	36-3 ¼
2019-Hannahias Rios, Passaic Tech	36-4 ½
2021-Taniya Giles, Clifton	33-2
2022-Tami Adedeji, DePaul	37-5 ¾
2023-Tami Adedeji, DePaul	38-7 ¾
2024-Elizabeth Dankwa, Wayne Hills	36-11

DISCUS

1977-	
1978-	
1979-Sue Taranto, DePaul	111-4
1980-Monica Vollmin, Wayne Valley	111-8
1981-Cheryl Opalka, Wayne Hills	103-2
1982-Cheryl Opalka, Wayne Hills	100-11
1983-Sherry Patterson, Manchester	108-4
1984-	
1985-Tomika Mathis, Passaic	103-3
1986-Sue Piekarz, Clifton	126-11
1987-Sue Piekarz, Clifton	134-4
1988-Kimyada Slappy, Passaic	111-3
1989-	
1990-Heather Bunch, Kennedy	110-0
1991-Heather Bunch, Kennedy	108-2
1992-Jen Kamper, Wayne Hills	99-11
1993-Mona David, Passaic	109-8
1994-Robyn Lowe, Passaic	113-5
1995-Danicqua Starr, Passaic	121-2
1996-Nakisha Leon, Passaic	105-8
1997-Nakisha Leon, Passaic	120-0
1998-Labelle Hillgrove, Passaic	126-3
1999-Labelle Hillgrove, Passaic	127-5
2000-Shakia Wyche, Passaic	111-10
2001-Karina Hernandez, Passaic	117-7
2002-Jasmine Fenlator, Wayne Valley	113-8
2003-Jasmine Fenlator, Wayne Valley	138-9
2004-Melissa Blitzstein, West Milford	111-2
2005-Sable Sweeper, Passaic	116-3
2006-Emily Saucedo, Wayne Valley	114-0
2007-Alana Pantale, Wayne Valley	115-2
2008-Alana Pantale, Wayne Valley	120-10
2009-Alana Pantale, Wayne Valley	119-2
2010-Alana Pantale, Wayne Valley	124-1
2011-Yaniri Jimenez, Passaic	111-11
2012-Stephanie Easse, Wayne Valley	125-10
2013-Stephanie Easse, Wayne Valley	125-2
2014-Alicia Hester, Wayne Valley	111-0
2015-Monika Dlugosz, Clifton	113-5
2016-Olivia Pantale, Wayne Valley	116-0
2017-Virginia Holton, Kennedy	106-2
2018-Sofia Difilippo, Hawthorne	107-11
2019-Sofia Difilippo, Hawthorne	108-2
2021-Taniya Giles, Clifton	98-8
2022-Jaclyn Steenstra, Eastern Christian	93-2
2023-Tami Adedeji, DePaul	119-2
2024-Isabella Andriulli, Lakeland	111-7

JAVELIN

1980-Lisa Horianopoulos, West Milford	113-6
1981-Beth Sova, Lakeland	125-9
1982-	
1983-	

1984-	
1985-Jen Zester, West Milford	100-5
1986-Lesley Olsen, Wayne Valley	116-11
1987-	
1988-Leslee Fredrickson, Wayne Valley	104-9
1989-	
1990-Amy Biasucci, Wayne Valley	105-2
1991-Jen Russo, Wayne Valley	112-0
1992-Jen Russo, Wayne Valley	108-11
1993-Jen Russo, Wayne Valley	112-7
1994-Kim Wooton, Pompton Lakes	114-1
1995-Liz Zagatta, Hawthorne	112-7
1996-Liz Zagatta, Hawthorne	99-9
1997-Dina Fabrizio, West Milford	99-7
1998-Jennifer Gonzalez, Hawthorne	103-3
1999-Sara Schechter, West Milford	117-6
2000-Melissa Gnade, Hawthorne	108-11
2001-Tara Lindsey, Eastside	118-10
2002-Whitney Verduin, Hawthorne	132-2
2003-Tina Lindsay, Eastside	122-0
2004-Kristin Calamita, Lakeland	125-4
2005-Caitlin Heffern, Wayne Valley	101-4
2006-Caitlin Heffern, Wayne Valley	108-8
2007-Rebecca Flim, Eastern Christian	102-1
2008-Emma Knighten, Passaic Tech	117-1
2009-Alana Pantale, Wayne Valley	118-0
2010-Alana Pantale, Wayne Valley	118-5
2011-Marta Spajic, Manchester	105-7
2012-Stephanie Easse, Wayne Valley	122-6
2013-Brooke Geyer, Lakeland	119-8
2014-Olivia Pantale, Wayne Valley	114-11
2015-Leah Matari, Hawthorne	110-8
2016-Olivia Pantale, Wayne Valley	131-4
2017-Brooke Van Lenten, Eastern Christian	118-8
2018-Catherine McGrath, Wayne Valley	111-11
2019-Catherine McGrath, Wayne Valley	119-5
2021-Briana Andreoli, Hawthorne	97-5
2022-Briana Andreoli, Hawthorne	136-8
2023-Alexandra Steffanelli, Passaic Valley	102-1
2024-Kaitlyn Schafer, Passaic Valley	105-8

HIGH JUMP

1977-	
1978-	
1979-Claudia Moodie, Passaic Tech	5-2
1980-Claudia Moodie, Passaic Tech	5-0
1981-Sue McMurdy, Wayne Valley	5-2
1982-Sue McMurdy, Wayne Valley	5-3 ½
1983-Donna Sharpe, Paterson Catholic	5-1
1984-	
1985-Jean Hanham, Lakeland	5-1
1986-Adrienne Bolan, Wayne Valley	5-2
1987-Kathy Garrigan, Wayne Valley	5-2
1988-Kathy Garrigan, Wayne Valley	5-1
1989-Meticia Watson, Kennedy	5-4
1990-Meticia Watson, Kennedy	5-3
1991-Michelle Dette, Wayne Valley	5-1
1992-Michele Dudzinski, Passaic Valley	5-2
1993-Michele Dudzinski, Passaic Valley	5-2
1994-Connetta Hicks, Kennedy	5-0
1995-Jenn Diminni, Passaic Valley	4-10
1996-Kim Fife, Lakeland	5-1
1997-Suzanne Nelson, Hawthorne	5-0

1998-Suzanne Nelson, Hawthorne	5-0
1999-Desire Alexander, Passaic Valley	5-1
2000-Katie Higgins, DePaul	5-0
2001-Leslie Galamb, Pompton Lakes	5-0
2002-Essence Carson, Eastside	5-2
2003-Sarissa Gaskins, Passaic Tech	5-2
2004-Mallory Cornett, Hawthorne	5-0
2005-Mallory Cornett, Hawthorne	5-2
2006-Alison Fontan, Wayne Valley	5-2
2007-Katelyn Rodgers, Lakeland	5-2
2008-Kristen Venning, Clifton	5-2
2009-Ayana Ward, Passaic	5-0
2010-Jen Becker, Hawthorne	5-0
2011-Nia Jackson, Hawthorne	5-6
2012-Bethany Van Eck, Eastern Christian	5-4
2013-Breaisha Morton, Passaic Tech	5-4
2014-Breaisha Morton, Passaic Tech	5-6
2015-Alexes Washington, Passaic Tech	5-4
2016-Angel Rowe, Passaic Tech	5-0
2017-Ashley Martinez, Passaic Tech	5-0
2018-Ashley Martinez, Passaic Tech	5-2
2019-Ashley Martinez, Passaic Tech	5-2
2021-Shannon Harnett, Lakeland	4-8
2022-Shannon Harnett, Lakeland	5-4
2023-Shannon Harnett, Lakeland	5-6
2024-Madison Freideman, West Milford	5-2

TRIPLE JUMP

1981-Jackie Goode, Eastside	35-4 ½
1982-Jackie Goode, Eastside	33-7 ¼
1983-Jackie Goode, Eastside	35-5 ½
1984-	
1985-Sandra Leake, Kennedy	34-5 ¾
1986-Sharon Allen, Eastside	36-3 ¼
1987-Sharon Allen, Eastside	39-9 ¾
1988-Tamika Brown, Kennedy	36-6
1989-	
1990-Theresa Able, Kennedy	33-6 ½
1991-Vanessa McClure, Kennedy	33-10
1992-Carol Huntley, Passaic	33-2 ½
1993-Ruth Doe, Passaic	34-5
1994-Alicia Mazepa, Clifton	33-6 ¼
1995-Nakiesha McIntosh, Eastside	33-3 ¼
1996-Alicia Mazepa, Clifton	33-5
1997-Alicia Mazepa, Clifton	35-5 ¾
1998-Lasandra Singleton, Kennedy	34-11
1999-Lasandra Singleton, Kennedy	35-4
2000-Kimeshia Hughes, Eastside	36-0 ¼
2001-Andrea Herbert, Passaic Tech	35-2 ¾
2002-Andrea Herbert, Passaic Tech	37-3 ¼
2003-Brittany Bonney, Wayne Hills	35-0 ½
2004-Brittany Bonney, Wayne Hills	34-1 ¾
2005-Alyssa Douma, West Milford	36-7
2006-Shanai Heber, Kennedy	36-4 ¼
2007-Sam Vanni, Lakeland	34-4
2008-Shanai Heber, Kennedy	38-0
2009-Jaivairia Bacote, Kennedy	37-3 ¾
2010-Emily Urciuoli, Clifton	34-11
2011-Nia Jackson, Hawthorne	35-6 ½
2012-Kristina Langan, Wayne Valley	34-9
2013-Breaisha Morton, Passaic Tech	36-8 ¼
2014-Janna McGregor, Kennedy	36-2 ½
2015-Kaitlin Salisbury, Hawthorne	39-6

2016-Kaitlin Salisbury, Hawthorne	38-11 ¼
2017-Kaleen Rose Ozanic, West Milford	34-10
2018-Benae Johnson, Kennedy	36-1 ½
2019-Ashley Martinez, Passaic Tech	36-3 ½
2021-Kate Vreeland, West Milford	33-4
2022-Shannon Harnett, Lakeland	37-3 ½
2023-Shannon Harnett, Lakeland	37-0
2024-Calyse Villaneuva, Passaic Tech	37-6 ¾

LONG JUMP

1977-	
1978-	
1979-Lisa Washington, Kennedy	16-7
1980-Lisa Washington, Kennedy	17-5 ½
1981-Lisa Washington, Kennedy	18-3 ½
1982-Natalie Jordan, Eastside	17-6 ½
1983-Michelle Witherspoon, Kennedy	16-10 ¼
1984-	
1985-Viola Harris, Passaic	17-2 ½
1986-Viola Harris, Passaic	17-4
1987-Debbie Barrett, Kennedy	16-10 ¾
1988-Dannette Pritchett, Passaic	16-9
1989-Cassandra Grant, Passaic	16-5 ½
1990-Tanya Scott, Passaic	16-8 ½
1991-Cassandra Grant, Passaic	18-0
1992-Cassandra Grant, Passaic	18-1 ¾
1993-Jen Roy, Wayne Valley	17-1
1994-Jen Roy, Wayne Valley	16-2
1995-Courtney Wicks, Wayne Hills	16-2
1996-Courtney Wicks, Wayne Hills	16-10 ½
1997-Alicia Mazepa, Clifton	17-6 ½
1998-Mary Luallen, West Milford	16-6 ¼
1999-Otisha Mathis, Passaic	16-11 ½
2000-Otisha Mathis, Passaic	17-10 ½
2001-Tawana Watkins, Kennedy	16-6 ¼
2002-Yhounic Vassell, Passaic Tech	16-10
2003-Jazmine Fenlator, Wayne Valley	15-11 ¾
2004-Essence Carson, Eastside	17-8
2005-Katelyn Savage, Manchester	17-1
2006-Sheniqua Jones, Passaic	17-6 ½
2007-Katelyn Savage, Manchester	16-7 ¼
2008-Gia Eure, DePaul	16-11 ½
2009-Jaivairia Bacote, Kennedy	16-11 ¾
2010-Jamelia Johnson, Passaic Tech	16-7
2011-Jamelia Johnson, Passaic Tech	17-8 ½
2012-Kelly Stimmel, DePaul	17-1 ¾
2013-Zahtae Mouzone, Passaic	18-1
2014-Jenna Dyksen, Hawthorne	18-1 ½
2015-Kaitlin Salisbury, Hawthorne	18-3 ¼
2016-Kaitlin Salisbury, Hawthorne	20-0
2017-Alenys Morales, Clifton	16-6
2018-Alenys Morales, Clifton	16-6 ½
2019-Milica Rodic, Wayne Valley	17-11 ¾
2021-Shannon Harnett, Lakeland	15-5
2022-Samiya Brown, Passaic Tech	17-2 ½
2023-Ella Sachs, Hawthorne	16-6 ½
2024-Calyse Villaneuva, Passaic Tech	17-9

POLE VAULT

2000-Dana Edwards, West Milford	7-6
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2001-Lauren Dutch, Clifton	9-3
2002-Lauren Dutch, Clifton	9-9
2003-Karen Langner, Clifton	9-3
2004-Karen Langner, Clifton	10-6
2005-Laura Myers, Clifton	10-6
2006-Michelle Telofski, Clifton	9-6
2007-Emily Urciuoli, Clifton	10-0
2008-Emily Urciuoli, Clifton	11-0
2009-Emily Urciuoli, Clifton	11-4
2010-Emily Urciuoli, Clifton	11-6
2011-Brittany DalCais, West Milford	10-0
2012-Kristina Langan, Wayne Hills	9-6
2013-Haley Steele, West Milford	11-6
2014-Haley Steele, West Milford	11-6
2015-Kristina Langan, Wayne Hills	11-0
2016-Kristen Wong, Clifton	10-0
2017-Lilly Brown, Lakeland	10-0
2018-Lilly Brown, Lakeland	11-0
2019-Sydney Shannon, Passaic Tech	11-2
2021-Chloe Pasek, West Milford	9-0
2022-Emma Keating, Pompton Lakes	11-6
2023-Emma Keating, Pompton Lakes	11-6
2024-Calyse Villaneuva, Passaic Tech	9-6

4 x 100 METER RELAY (440 yards until 1979)

1977-	
1978-	
1979-Eastside	50.9
1980-Eastside	49.1
1981-Eastside	49.9
1982-Eastside	51.0
1983-Eastside	52.5
1984-	
1985-Passaic	50.8
2013-Passaic Tech	51.23
2014-Clifton	50.89
2015-Eastern Christian	51.64
2016-Passaic Tech	51.21
2017-Kennedy	51.03
2018-Kennedy	50.24
2019-Clifton	50.68
2021-Hawthorne	52.17
2022-Hawthorne	50.34
2023-Hawthorne	50.48
2024-Passaic Tech	48.91

4 x 400 METER RELAY (one mile until 1979)

1977-	
1978-	
1979-Eastside	4:10.8
1980-Passaic Tech	4:07.2
1981-Eastside	4:04.1
1982-Eastside	4:02.0
1983-Passaic Tech	4:10.2
1984-	
1985-Eastside	4:08.5
1986-Eastside	3:55.8
1987-Eastside	4:05.4
1988-Kennedy	4:15.7
1989-Kennedy	4:03.7
1990-Kennedy	4:04.5
1991-Kennedy	4:07.0

1992-Kennedy	4:08.1
1993-Kennedy	4:06.1
1994-Kennedy	4:10.8
1995-Eastside	4:07.9
1996-Eastside	4:15.1
1997-Eastside	4:00.6
1998-Passaic	4:09.2
1999-Passaic	4:00.0
2000-Passaic	4:00.2
2001-Eastside	4:15.74
2002-Passaic Tech	4:01.0
2003-Wayne Valley	4:06.5
2004-Wayne Valley	4:04.9
2005-Kennedy	4:03.7
2006-Kennedy	4:02.1
2007-Clifton	4:07.60
2008-Clifton	4:00.5
2009-Passaic Tech	4:02.52
2010-Passaic Tech	4:08.05
2011-Passaic Tech	4:09.35
2012-Clifton	4:06.38
2013-Wayne Valley	4:04.97
2014-Wayne Valley	4:04.98
2015-Passaic Tech	4:14.64
2016-Wayne Hills	4:05.80
2017-Wayne Hills	4:03.48
2018-Hawthorne	4:03.64
2019-Clifton	4:04.46
2021-Passaic Tech	4:16.86
2022-Passaic Tech	4:09.44
2023-Hawthorne	4:08.79
2024-Wayne Valley	4:03.27

4 x 800 METER RELAY (one mile until 1979)

2013-Wayne Valley	10:08.78
2014-Wayne Valley	10:05.07
2015-Passaic Tech	10:09.00
2016-Wayne Hills	9:40.19
2017-Clifton	9:54.6h
2018-Clifton	9:52.25
2019-Clifton	9:59.16
2021-Lakeland	10:45.49
2022-Lakeland	10:16.81
2023-Lakeland	10:23.02
2024-Lakeland	10:25.16