

# 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

### 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	
<b>2005-Shaquan Brown, Kennedy</b>		<b>10.6</b>
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	

## 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	
<b>2003-Mike Pruzinsky, Wayne Hills</b>	<b>21.5</b>	
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

#### **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
<b>2014-Joe White, DePaul</b>	<b>48.37</b>	
2015-Qwashon Powell, Kennedy	48.48	
2016-Tyler Hayek, Wayne Hills	49.01	

## 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	
<b>2014-Joe White, DePaul</b>	<b>1:52.13</b>	
2015-Adam Herskovits, Wayne Valley	1:59.09	
2016-Tarin Nelson, Passaic Tech	2:01.03	

### 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 Kornaszewski, 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 Mieke, DePaul	4:23.1	
<b>2007-Stephen Abate, Wayne Valley</b>	<b>4:15.87</b>	
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	
2-16-George Galkin, Wayne Hills		4:33.63

### **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-	
<b>1983-A-Tony Williams, Kennedy</b>	<b>9:18.1</b>
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 Kornaszewski, 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

### 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	
<b>1999-Guy Rose, Wayne Hills</b>	<b>13.9</b>	
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 Nanyev, 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	

#### **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	
<b>2006-Shaquan Brown, Kennedy</b>		<b>53.4</b>
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	

## 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-		
<b>1976-Ed Sutyak, Pompton Lakes</b>	<b>57-8</b>	
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	53-11 ¼	
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	

## 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	
<b>2008-Chris Pantale, Wayne Valley</b>	<b>182-8</b>	
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	
2015-Trent Braen, Eastern Christian	157-1	

## 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-		
<b>1976-Tom Parr, Lakeland</b>	<b>204-9</b>	
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	
<b>2008-Chris Pantale, Wayne Valley</b>	<b>183-11</b>	
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	

## 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 <sup>3</sup> / <sub>4</sub>	
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 <sup>1</sup> / <sub>2</sub>
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	
<b>1996-Chiffon Allen, Passaic</b>	<b>6-8</b>	
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	

## LONG JUMP

1960-		
1961-		
<b>1962-Nate Slaughter, Passaic</b>	<b>23-4 ½</b>	
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 Pirolo, 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	

## 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	40-4 ½	
<b>1990-Sherwin Tann, Passaic Tech</b>	<b>46-6 ½</b>	
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-Jacir Mack, Kennedy	46-1	
2016-Jason Thobourne, Kennedy	44-3	

## 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	
<b>2003-Jeff Young, Wayne Valley</b>		<b>14-6</b>
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	

#### 4 x 100 RELAY

2013-Passaic Tech	44.06
2014-Passaic Tech	44.21
<b>2015-Kennedy</b>	<b>43.70</b>
2016-Wayne Hills	43.92

#### 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-	
<b>1986-A-Eastside</b>	<b>3:22.4</b>

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

#### **4 x 800 RELAY**

2013-Clifton	8:11.46
<b>2014-Clifton</b>	<b>8:10.57</b>
2015-Clifton	8:17.98
2016-Passaic Tech	8:17.38

## **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

### 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 12.3  
 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
<b>2016-Kaitlin Salisbury, Hawthorne</b>	<b>12.13</b>

## 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
<b>1994-Nicole Carmichael, Kennedy</b>	<b>24.2</b>
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

## 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
<b>1982-Natalie Jordan, Eastside</b>	<b>54.0</b>
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	57.4	
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	

### 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
<b>2014-Stephanie Bitcon, Wayne Hills</b>	<b>2:15.70</b>
2015-Erin Callaghan, Wayne Hills	2:21.39
2016-Carly Spinnler, Passaic Tech	2:18.07

### 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
<b>2014-Stephanie Bitcon, Wayne Hills</b>	<b>4:57.36</b>
2015-Katherine Rodriguez, Passaic	5:23.47
2016-Katerina Zachmann, Wayne Hills	5:16.05

### 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	
<b>2003-Lindsay Van Alstine, Hawthorne Christian</b>	<b>10:31.6</b>	
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	

### 100 METERS HH (110 yards until 1979)

1977-	
1978-	
1979-Teresa Adams, Eastside	16.1
<b>1980-Jackie Goode, Eastside</b>	<b>14.5</b>
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	
<b>2016-Ebonee Jackson, Kennedy</b>		<b>14.64</b>

#### 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	
<b>1999-Tawana Watkins, Kennedy</b>	<b>60.9</b>	
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	

#### 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	
<b>1998-Labelle Hillgrove, Passaic</b>		<b>42-7 ¼</b>
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	

## 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	
<b>2003-Jasmine Fenlator, Wayne Valley</b>	<b>138-9</b>	
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

## 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 Schecter, West Milford		117-6
2000-Melissa Gnade, Hawthorne	108-11	
2001-Tara Lindsey, Eastside	118-10	
<b>2002-Whitney Verduin, Hawthorne</b>	<b>132-2</b>	
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	

## 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	
<b>2011-Nia Jackson, Hawthorne</b>	<b>5-6</b>	
2012-Bethany Van Eck, Eastern Christian	5-4	
2013-Breaisha Morton, Passaic Tech	5-4	
<b>2014-Breaisha Morton, Passaic Tech</b>	<b>5-6</b>	
2015-Alexes Washington, Passaic Tech	5-4	
2016-Angel Rowe, Passaic Tech	5-0	

### 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	
<b>1987-Sharon Allen, Eastside</b>	<b>39-9 ¾</b>	
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-Ianna McGregor, Kennedy	36-2 ½
2015-Kaitlin Salisbury, Hawthorne	39-6
2016-Kaitlin Salisbury, Hawthorne	38-11 ¼

## 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
<b>2016-Kaitlin Salisbury, Hawthorne</b>	<b>20-0</b>

## POLE VAULT

2000-Dana Edwards, West Milford	7-6
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
<b>2010-Emily Urciuoli, Clifton</b>	<b>11-6</b>
2011-Brittany DalCais, West Milford	10-0
2012-Kristina Langan, Wayne Hills	9-6
<b>2013-Haley Steele, West Milford</b>	<b>11-6</b>
<b>2014-Haley Steele, West Milford</b>	<b>11-6</b>
2015-Kristina Langan, Wayne Hills	11-0
2016-Kristen Wong, Clifton	10-0

#### **400 METER RELAY (440 yards until 1979)**

1977-	
1978-	
1979-Eastside	50.9
<b>1980-Eastside</b>	<b>49.1</b>
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

#### **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
<b>1986-Eastside</b>	<b>3:55.8</b>
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

**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
<b>2016-Wayne Hills</b>	<b>9:40.19</b>