

# AREA STATE MEET OF CHAMPIONS MEDALISTS

## BOYS

### 100 METERS (100 yards until 1979) (6)

|   |              |
|---|--------------|
| <b>1975-John Rizzi, Elmwood Park</b>          | <b>9.8</b>   |
| 1986-Lamont Brown, Demarest                   | 10.7 (2)     |
| 1988-Stan Finney, Hackensack                  | 10.9 (4)     |
| Dave Singletary, Passaic Tech                 | 10.9 (5)     |
| 1991-Fred Campbell, Emerson                   | 11.01 (4)    |
| 1992-Chris Hewitt, Englewood                  | 11.03 (4)    |
| 1993-Kevin Rembert, Passaic                   | 10.93 (4)    |
| Joe Dawkins, Hackensack                       | 10.94 (5)    |
| <b>1994-Joe Dawkins, Hackensack</b>           | <b>10.69</b> |
| <b>1995-Joe Dawkins, Hackensack</b>           | <b>10.69</b> |
| 1997-Cooper Rego, St. Joseph Regional         | 10.90 (2)    |
| 1998-Andrae McCormick, Clifton                | 10.79 (3)    |
| 1999-Chris Charles, Park Ridge                | 10.88 (2)    |
| 2000-Chris Charles, Park Ridge                | 10.53 (3)    |
| 2003-Mike Pruzinsky, Wayne Hills              | 10.82 (3)    |
| 2004-Casey Robert, Hawthorne                  | 10.91 (8)    |
| <b>2005-Michael Ray Garvin, Don Bosco</b>     | <b>10.50</b> |
| 2006-Rashad White, Teaneck                    | 11.03 (6)    |
| 2012-Deandre Jennings, Hackensack             | 10.81 (4)    |
| <b>2013-Jabrill Peppers, Paramus Catholic</b> | <b>10.80</b> |
| Benjamin Davis, Old Tappan                    | 11.16 (6)    |
| <b>2014-Jabrill Peppers, Paramus Catholic</b> | <b>10.55</b> |
| Chris Estrella, Ridgely Park                  | 10.68 (2)    |
| 2016-Peter Guerriero, Lyndhurst               | 10.88 (6)    |
| Javon Turner, Paramus Catholic                | 10.91 (8)    |

### 200 METERS (220 yards until 1979) (4)

|                                     |              |
|-------------------------------------|--------------|
| 1969-Bill Hoppe, River Dell         | 23.0 (2)     |
| 1971-Fred Nance, Englewood          | 21.7 (5)     |
| 1974-Jerry Wyche, Hackensack        | 22.1 (t2)    |
| 1980-Doug Jackson, Hackensack       | 22.5 (4)     |
| 1986-Joe Johnson, Hackensack        | 21.7 (3)     |
| 1994-Joe Dawkins, Hackensack        | 21.63 (2)    |
| John Mabry, Hackensack              | 22.54 (6)    |
| <b>1995-Joe Dawkins, Hackensack</b> | <b>21.59</b> |
| 2000-Chris Charles, Park Ridge      | 21.45 (4)    |
| 2003-Mike Pruzinsky, Wayne Hills    | 21.61 (3)    |
| 2004-Casey Robert, Hawthorne        | 21.89 (4)    |
| Michael Ray Garvin, Don Bosco       | 21.93 (5)    |
| <b>2005-Shaquan Brown, Kennedy</b>  | <b>21.23</b> |
| Michael Ray Garvin, Don Bosco       | 21.31 (2)    |
| 2006-Rashad White, Teaneck          | 22.18 (5)    |
| Donald Lee, St. Mary's              | 22.49 (7)    |
| 2008-Damian Miles, Teaneck          | 21.89 (3)    |

|   |              |
|---|--------------|
| 2010-Conroy Walker, Hackensack                | 21.79 (3)    |
| <b>2013-Jabrill Peppers, Paramus Catholic</b> | <b>21.13</b> |
| <b>2014-Jabrill Peppers, Paramus Catholic</b> | <b>21.13</b> |
| Chris Estrella, Ridgefield Park               | 21.48 (2)    |
| 2016-Peter Guerriero, Lyndhurst               | 21.79 (4)    |

#### **400 METERS (440 yards until 1979) (3)**

|  |              |
|--|--------------|
| 1969-Doug Stewart, Cresskill                 | 51.6 (5)     |
| 1972-Mike Tyson, Englewood                   | 49.4 (4)     |
| 1974-Jim Lordeman, Tenafly                   | 49.9 (4)     |
| 1981-Dave Maggette, Eastside                 | 48.6 (4)     |
| 1986-Roger Cameron, Eastside                 | 50.1 (4)     |
| <b>1988-Walter McCall, Hackensack</b>        | <b>47.6</b>  |
| 1992-Thomas Pearson, Eastside                | 48.48 (3)    |
| 1995-Walter King, Hackensack                 | 49.09 (3)    |
| Neil Concepcion, Demarest                    | 49.39 (5)    |
| <b>1999-Joe Mendel, Wayne Hills</b>          | <b>47.33</b> |
| 2004-Shaquan Brown, Kennedy                  | 47.95 (2)    |
| 2005-Garrett Kroner, Indian Hills            | 48.53 (4)    |
| 2006-Garrett Kroner, Indian Hills            | 47.84 (3)    |
| 2007-Da'Mon Merkerson, St. Mary's            | 47.89 (4)    |
| 2008-Hayden Duffy, Emerson                   | 49.37 (5)    |
| 2009-Corey Caidenhead, Bergenfield           | 48.65 (4)    |
| 2010-Kevin Condal, Hasbrouck Heights         | 48.68 (7)    |
| 2011-Tarique Gray, Bergen Catholic           | 48.87 (8)    |
| 2014-George Jenkins, Teaneck                 | 48.28 (6)    |
| <b>2015-St. Jacob Diodonet, West Milford</b> | <b>48.23</b> |
| 2016-Raheem Roberts, Eastside                | 48.84 (5)    |
| Tyler Hayek, Wayne Hills                     | 48.85 (6)    |
| 2018-Wellington, Ventura, Cresskill          | 48.42 (3)    |
| 2019-Josh Gittens, Paramus Catholic          | 48.66 (6)    |

#### **800 METERS (880 yards until 1979) (9)**

|                                       |                |
|---------------------------------------|----------------|
| 1971-Tom Rae, Ridgewood               | 1:54.9 (3)     |
| Frank Courtney, Bergen Catholic       | 1:57.2 (5)     |
| 1974-Frank Moran, Bergen Catholic     | 1:55.4 (2)     |
| 1976-Joe Hurley, Don Bosco            | 1:53.8 (5)     |
| 1980-Paul Wright, Kennedy             | 1:51.2 (2)     |
| 1982-John Mueller, Midland Park       | 1:55.2 (5)     |
| 1985-John Lander, Ridgewood           | 1:54.4 (4)     |
| 1986-Doug Palmadessa, Bergen Catholic | 1:55.5 (4)     |
| <b>1987-Chris Rae, Ridgewood</b>      | <b>1:52.0</b>  |
| Darren Wilson, Eastside               | 1:55.6 (4)     |
| 1988-Mark Bednarz, Paramus Catholic   | 1:53.1 (2)     |
| 1991-Willie Best, Hackensack          | 1:53.64 (3)    |
| 1992-Brian Berry, Don Bosco Prep      | 1:55.15 (3)    |
| 1997-Tom Redmond, Bergen Catholic     | 1:54.20 (2)    |
| Cavrel Silvera, Fort Lee              | 1:55.87 (6)    |
| <b>1999-Josh Kauke, Ridgewood</b>     | <b>1:53.27</b> |
| <b>2000-Josh Kauke, Ridgewood</b>     | <b>1:50.19</b> |

|  |                |
|--|----------------|
| 2001-Gary Gagliardi, Hasbrouck Heights | 1:55.80 (8)    |
| 2003-Ken Sinkovitz, Bergen Catholic    | 1:54.86 (7)    |
| 2004-Ryan McCann, Glen Rock            | 1:53.01 (5)    |
| 2005-Hayrol Cruz, Passaic              | 1:53.62 (2)    |
| <b>2007-Sharif Webb, Don Bosco</b>     | <b>1:51.07</b> |
| Nick Mieke, DePaul                     | 1:55.11 (8)    |
| 2008-Matt Lingam, Park Ridge           | 1:54.96 (5)    |
| <b>2010-Brad Paternostro, Ramapo</b>   | <b>1:51.86</b> |
| Patrick Rono, Lyndhurst                | 1:52.92 (2)    |
| Justin Hodge, Teaneck                  | 1:53.22 (4)    |
| <b>2011-Patrick Rono, Lyndhurst</b>    | <b>1:50.10</b> |
| Brad Paternostro, Ramapo               | 1:50.72 (2)    |
| Ben Malone, Pascack Valley             | 1:53.26 (4)    |
| <b>2012-Ben Malone, Pascack Valley</b> | <b>1:51.10</b> |
| 2014-Joe White, DePaul                 | 1:49.08 (2)    |
| Danny Cordeiro, North Arlington        | 1:53.37 (7)    |
| 2015-Marc Rienas, Old Tappan           | 1:51.08 (2)    |
| Noah Osterhus, Westwood                | 1:54.92 (6)    |
| Jack Kerin, Indian Hills               | 1:54.96 (7)    |
| 2016-Michael Thurston, Ridgewood       | 1:51.17 (2)    |
| Jack Kerin, Indian Hills               | 1:54.69 (6)    |
| <b>2018-Luis Peralta, Passaic</b>      | <b>1:49.63</b> |
| <b>2019-Luis Peralta, Passaic</b>      | <b>1:53.26</b> |

#### 1600 METERS (one mile until 1979) (5)

|                                      |                |
|--------------------------------------|----------------|
| 1969-Chris Elliot, Ramapo            | 4:24.7 (2)     |
| Ron Speirs, Paramus                  | 4:31.3 (5)     |
| <b>1970-Chris Elliot, Ramapo</b>     | <b>4:16.3</b>  |
| Jim Reap, St. Cecilia                | 4:21.0 (3)     |
| 1971-Kevin Conheaney, Hackensack     | 4:20.5 (3)     |
| 1973-George Mackay, Pascack Hills    | 4:14.6 (2)     |
| Bob McDermott, Paramus Catholic      | 4:18.3 (4)     |
| Kevin Walsh, St. Joseph Regional     | 4:23.5 (5)     |
| 1974-Bob McDermott, Paramus Catholic | 4:18.7 (4)     |
| Rich Stukey, Teaneck                 | 4:18.7 (5)     |
| 1976-Kevin Byrne, Paramus Catholic   | 4:12.5 (2)     |
| Rick Devine, Westwood                | 4:13.5 (3)     |
| Roger Jones, Ramsey                  | 4:13.6 (4)     |
| 1978-John Malone, Bergen Catholic    | 4:14.7 (3)     |
| 1982-Rich Byrne, Ridgefield Park     | 4:18.9 (5)     |
| 1983-Steve Schadler, Bergenfield     | 4:15.2 (4)     |
| 1984-Caiphus Vilakazi, Pascack Hills | 4:17.4 (3)     |
| 1986-Curtis McNair, Passaic          | 4:13.1 (2)     |
| 1987-Chris Sullivan, Ridgewood       | 4:18.0 (2)     |
| 1991-Moses Mekbebe, Cliffside Park   | 4:16.63 (2)    |
| 1992-Frank Baldassare, Ramapo        | 4:16.50 (3)    |
| <b>1993-Bob Keino, Ridgewood</b>     | <b>4:11.42</b> |
| Sean Durkin, Don Bosco               | 4:22.31 (6)    |
| <b>1994-Bob Keino, Ridgewood</b>     | <b>4:13.43</b> |
| 1998-Thomas Baldwin, Hackensack      | 4:22.47 (4)    |
| 1999-Thomas Baldwin, Hackensack      | 4:17.43 (3)    |

|                                       |                |
|---------------------------------------|----------------|
| 2000-Matt Winkler, Wayne Valley       | 4:22.20 (4)    |
| 2003-Ari Zamir, Ridgewood             | 4:19.14 (6)    |
| Ryan McCann, Glen Rock                | 4:21.35 (8)    |
| 2004-Ari Zamir, Ridgewood             | 4:16.15 (2)    |
| 2005-Byron Williams, Ridgewood        | 4:12.71 (2)    |
| 2006-Tony Salvatore, Wayne Valley     | 4:19.69 (7)    |
| 2007-Tony Salvatore, Wayne Valley     | 4:18.95 (7)    |
| Mike Soroko, Kinnelon                 | 4:19.24 (8)    |
| 2009-Rob Molke, Don Bosco             | 4:12.52 (8)    |
| 2010-Mike Belgiovine, Don Bosco       | 4:11.45 (3)    |
| Patrick Rono, Lyndhurst               | 4:14.70 (7)    |
| <b>2011-Patrick Rono, Lyndhurst</b>   | <b>4:10.01</b> |
| 2013-Mike Higgins, Don Bosco          | 4:14.49 (4)    |
| <b>2014-Kyle Levermore, Don Bosco</b> | <b>4:13.98</b> |
| 2015-Will Daly, River Dell            | 4:11.89 (2)    |
| Colin Daly, River Dell                | 4:12.24 (4)    |
| 2016-Will Daly, River Dell            | 4:11.50 (3)    |
| Sean Sullivan, Rutherford             | 4:11.81 (5)    |
| Colin Daly, River Dell                | 4:12.73 (6)    |
| 2019-Will Baginski, Ridgewood         | 4:11.88 (2)    |

### **3200 METERS (two miles until 1979) (3)**

|  |                   |
|--|-------------------|
| 1969-Carl Warner, Northern Highlands       | 9:46.0 (4)        |
| 1970-Bill Mahon, Bergen Catholic           | 9:23.5 (4)        |
| 1972-Wayne Bargiel, Saddle Brook           | 9:33.2 (2)        |
| Greg Miller, Northern Highlands            | 9:35.1 (4)        |
| 1973-Jim Connor, Dumont                    | 9:38.1 (4)        |
| 1977-Scott Sarnoski, Bergen Tech           | 9:21.4 (3)        |
| 1978-John Eberle, Bergenfield              | 9:16.3 (5)        |
| 1979-John Eberle, Bergenfield              | 9:10.2 (2)        |
| 1980-Ian Leavesley, Mahwah                 | 8:32.3 (3) (3000) |
| 1983-Frank Lamberti, Mahwah                | 9:08.8 (3)        |
| Tony Williams, Kennedy                     | 9:15.6 (4)        |
| 1984-Caiphus Vilakazi, Pascack Hills       | 9:14.5 (4)        |
| 1985-Harry Carle, Bergen Catholic          | 9:07.6 (3)        |
| 1987-Eric Berntsen, Ridgewood              | 9:05.7 (3)        |
| 1990-Ken Flynn, Ramsey                     | 9:20.4 (2)        |
| J.R. Meloro, Bergen Catholic               | 9:32.1 (4)        |
| 1991-Ken Flynn, Ramsey                     | 9:15.00 (2)       |
| Eric Boucher, Ridgewood                    | 9:17.29 (3)       |
| J.R. Meloro, Bergen Catholic               | 9:22.59 (5)       |
| <b>1992-Rob Reeder, Northern Highlands</b> | <b>9:09.87</b>    |
| Bob Keino, Ridgewood                       | 9:27.89 (6)       |
| 1993-Sean Durkin, Don Bosco                | 9:26.61 (2)       |
| 1994-Matt Illian, Pascack Valley           | 9:25.07 (2)       |
| 1995-Matt Illian, Pascack Valley           | 9:31.04 (2)       |
| 1998-Cary Snyder, Demarest                 | 9:23.49 (4)       |
| 1999-Andres Cordero, Passaic Valley        | 9:26.48 (3)       |
| 2002-Paul Kornaszewski, Clifton            | 9:33.00 (8)       |
| 2003-Mohamed Khadraoui, Kennedy            | 9:16.65 (4)       |
| <b>2004-Mohamed Khadraoui, Kennedy</b>     | <b>9:01.34</b>    |

|                                       |                |
|---------------------------------------|----------------|
| 2006-Michael Cator, Ridgewood         | 9:18.65 (6)    |
| 2007-Dan Emont, Ridgewood             | 9:08.82 (5)    |
| 2008-Rob Molke, Don Bosco             | 9:10.41 (5)    |
| 2009-Taro Shigenobu, Ridgewood        | 9:08.91 (5)    |
| 2010-Rafael Vargas, Don Bosco         | 9:13.33 (6)    |
| Dan Rondon, North Bergen              | 9:14.05 (7)    |
| 2012-Christian Costello, Don Bosco    | 9:17.61 (8)    |
| <b>2013-Kyle Levermore, Don Bosco</b> | <b>8:55.41</b> |
| 2015-Patrick Sullivan, Don Bosco      | 9:14.73 (8)    |
| 2016-Patrick Sullivan, Don Bosco      | 9:11.22 (7)    |
| 2017-Chris Corcoran, Indian Hills     | 9:15.89 (4)    |

#### **110 METERS HIGH HURDLES (120 yards until 1979) (0)**

|                                       |           |
|---------------------------------------|-----------|
| 1971-John Mounger, Northern Highlands | 14.3 (4)  |
| 1974-Bill Duren, Hackensack           | 14.5 (4)  |
| 1985-Jerome Pemberton, Hackensack     | 14.6 (4)  |
| 1986-George Rosemond, Passaic         | 14.3 (5)  |
| 1987-Andy Cameron, Eastside           | 14.4 (3)  |
| 1989-Rasheed Goodlowe, Teaneck        | 14.2 (3)  |
| 1994-Andy Paraison, Don Bosco         | 14.54 (6) |
| 1998-Guy Rose, Wayne Hills            | 13.89 (2) |
| 1999-Guy Rose, Wayne Hills            | 13.95 (2) |
| 2003-Jeremy Perussi, Demarest         | 14.63 (6) |
| 2004-Dan Oquendo, Hackensack          | 14.59 (7) |
| 2005-Dan Oquendo, Hackensack          | 14.85 (7) |
| 2009-Nicoy Hines, Passaic Tech        | 14.46 (7) |
| 2010-Keshon Brown, Kennedy            | 14.44 (6) |
| 2011-Selwyn Maxwell, Don Bosco        | 14.70 (8) |
| 2018-Giano Roberts, North Bergen      | 13.99 (4) |

#### **400 METERS INTERMEDIATE HURDLES (330 yards1974-1979; 180 yard low hurdles until 1973) (4)**

|  |              |
|--|--------------|
| 1969-Carmen D'Arminio, Lodi              | 20.6 (4)     |
| 1972-Scott Randall, Tenafly              | 19.4 (4)     |
| <b>1974-Joe Ancona, Mahwah</b>           | <b>38.6</b>  |
| Joe Ferrara, Wayne Hills                 | 38.6 (2)     |
| <b>1976-Lou Mastro, Paramus Catholic</b> | <b>38.2</b>  |
| Dave Mullane, Bergen Catholic            | 39.3 (t5)    |
| 1977-Kevin Heffernan, Don Bosco          | 39.3 (t4)    |
| 1984-Doug Miller, Tenafly                | 53.6 (4)     |
| 1986-Andrew Cameron, Eastside            | 52.69 (2)    |
| 1988-Lamont Harris, Eastside             | 53.8 (2)     |
| Carmen Pizzuto, Saddle Brook             | 55.02 (5)    |
| 1991-Shawn Collins, Kennedy              | 53.64 (2)    |
| Sean Rhinehart, Hackensack               | 54.26 (4)    |
| 1992-Anthony Hampton, Englewood          | 52.76 (2)    |
| <b>1993-Anthony Hampton, Englewood</b>   | <b>52.37</b> |
| <b>1994-Anthony Hampton, Englewood</b>   | <b>51.92</b> |
| 1996-Simon Wu, River Dell                | 54.91 (4)    |
| Neville Rose, Kennedy                    | 54.86 (5)    |
| Mike D'Angelo, Ramsey                    | 55.20 (6)    |

|                                |           |
|--------------------------------|-----------|
| 2002-Rob McKay, Don Bosco      | 54.57 (5) |
| 2003-Dave Lado, Ridgefield     | 53.24 (4) |
| 2009-Nicoy Hines, Passaic Tech | 53.00 (2) |
| 2010-InSoo Hwang, Ridgewood    | 53.64 (3) |
| 2011-John Porteous, Wood-Ridge | 52.93 (2) |
| Erik Moutenot, Mahwah          | 54.49 (8) |
| 2013-Robert Laing, Kennedy     | 53.67 (5) |
| 2014-Alex Ortega, North Bergen | 52.80 (2) |
| 2015-Joe Jordan, Old Tappan    | 54.65 (6) |
| 2019-Alex Ruhl, Ridgewood      | 54.43 (7) |

## SHOT PUT (6)

|  |                 |
|--|-----------------|
| <b>1969-Steve Adams, St. Joseph Regional</b> | <b>63-0</b>     |
| Randy Sokolik, New Milford                   | 59-0 (2)        |
| Bob Brady, St. Joseph Regional               | 57-3 (4)        |
| <b>1970-Bob Brady, St. Joseph Regional</b>   | <b>63-6</b>     |
| Steve Adams, St. Joseph Regional             | 61-0            |
| 1972-Dom Ragueso, Dumont                     | 57-5 (5)        |
| 1974-Mark Saner, St. Joseph Regional         | 59-9 1/4 (2)    |
| 1976-Ron Kort, Mahwah                        | 62-0 (3)        |
| Manny Silverio, North Bergen                 | 60-6 (50)       |
| 1977-Bob Celentano, Demarest                 | 57-8 (3)        |
| Howie Horwitz, Passaic                       | 56-11 (5)       |
| <b>1979-Dave Laube, Fair Lawn</b>            | <b>63-1</b>     |
| 1980-John Farrell, Teaneck                   | 55-0 1/4 (4)    |
| 1981-Lou Kertesz, Ramsey                     | 57-1 (3)        |
| Jon Lampert, Demarest                        | 56-6 (4)        |
| Marcus Thomas, Hackensack                    | 56-0 1/2 (5)    |
| 1983-Marcus Thomas, Hackensack               | 57-1 (4)        |
| <b>1984-Andy Papanassiou, Emerson</b>        | <b>62-9</b>     |
| 1985-Scott Miller, Elmwood Park              | 57-11 1/4 (2)   |
| Bryant Lighty, Kennedy                       | 56-5 3/4 (5)    |
| <b>1986-Scott Miller, Elmwood Park</b>       | <b>61-7 1/2</b> |
| Dave Porter, Passaic                         | 61-1 (2)        |
| Mike Theuerkauf, Demarest                    | 57-5 3/4 (4)    |
| 1987-Jason Miller, Elmwood Park              | 55-11 (3)       |
| Wallace Hayes, Kennedy                       | 55-3 (4)        |
| Ralph Orta, New Milford                      | 55-0 1/4 (5)    |
| <b>1988-Mike Theuerkauf, Demarest</b>        | <b>62-6 1/2</b> |
| 1990-Kevin Quinn, Cresskill                  | 57-11 1/2 (5)   |
| 1992-Tom Jennings, Indian Hills              | 56-0 (5)        |
| 1996-Frank Chamberlin, Mahwah                | 61-3 (2)        |
| 1999-Matt Elkas, Ramsey                      | 56-5 (4)        |
| 2000-Matt Elkas, Ramsey                      | 57-2 (4)        |
| Waldemar Auguscinski, Passaic                | 55-8 1/4 (6)    |
| 2003-Greg Olsen, Wayne Hills                 | 59-1 1/2 (2)    |
| 2004-Brian Toal, Don Bosco                   | 55-0 1/2 (3)    |
| 2005-Doug Klopacz, St. Joseph Regional       | 56-0 1/2 (3)    |
| 2006-Geoff Goidell, Pascack Hills            | 55-7 1/4 (3)    |
| George Abyad, Passaic Valley                 | 55-2 1/4 (5)    |
| Jeff Seidel, Hasbrouck Heights               | 53-4 1/2 (7)    |

|                                      |             |
|--------------------------------------|-------------|
| 2007-Geoff Goidell, Pascack Hills    | 57-5 ¼ (5)  |
| Zach Shapiro, River Dell             | 56-4 (7)    |
| 2008-Sean O'Neill, River Dell        | 54-4 (5)    |
| Andrew Trass, River Dell             | 53-5 (8)    |
| 2010-Patrick Cole, Hasbrouck Heights | 56-6 ½ (4)  |
| Marquise Wright, Paramus Catholic    | 53-5 (7)    |
| 2011-Stephen Mozia, Hackensack       | 59-7 ¾ (2)  |
| Patrick Cole, Hasbrouck Heights      | 55-1 (5)    |
| Marquise Wright, Paramus Catholic    | 54-8 ¾ (8)  |
| 2012-Mark Ramsey, Kennedy            | 57-0 ½ (4)  |
| Chris Connors, Hasbrouck Heights     | 55-6 ½ (7)  |
| 2013-Andrew Trumbetti, Demarest      | 57-3 ¼ (6)  |
| Spencer Ross, Mahwah                 | 55-3 ¾ (8)  |
| 2014-Spencer Ross, Mahwah            | 58-10 ½ (4) |
| Andrew Tummino, River Dell           | 55-6 ¾ (7)  |
| 2016-Gio Gutierrez, Saddle Brook     | 57-7 (6)    |
| 2017-Gio Gutierrez, Saddle Brook     | 59-6 ¾ (4)  |
| 2018-Connor Scaglione, Demarest      | 60-8 ½ (4)  |
| Connor Mathis, Don Bosco             | 59-8 ¼ (7)  |
| 2019-Connor Mathis, Don Bosco        | 60-0 ½ (2)  |
| Patrick Passalacqua, Old Tappan      | 55-0 ¼ (8)  |

## DISCUS (2)

|  |              |
|--|--------------|
| 1969-Steve Adams, St. Joseph Regional    | 166-0 (2)    |
| Bruce Carlson, Paramus                   | 158-11 (4)   |
| 1972-Jeff Riccardi, Leonia               | 157-3 (4)    |
| Dom Rageuso, Dumont                      | 156-11 (5)   |
| 1974-Jim Quinn, Paramus Catholic         | 163-1 (4)    |
| <b>1975-Scott Hersh, Fort Lee</b>        | <b>178-1</b> |
| 1976- Manny Silverio, North Bergen       | 167-4 (4)    |
| 1976-Larry Jansson, Demarest             | 162-7 (5)    |
| 1977-Frank Casella, Leonia               | 163-0 (3)    |
| 1978-Dave Laube, Fair Lawn               | 175-5 (3)    |
| 1979-Dave Laube, Fair Lawn               | 179-9 (2)    |
| <b>1980-Mike Buncic, Fair Lawn</b>       | <b>172-6</b> |
| 1981-Terrance Mosley, Hackensack         | 169-3 (3)    |
| Dana Ellis, Ramapo                       | 164-5 (5)    |
| 1983-Mel Landis, Pascack Hills           | 161-0 (4)    |
| 1985-David Porter, Passaic               | 168-11 (3)   |
| Sean Power, Don Bosco                    | 160-6 (5)    |
| 1986-Scott Miller, Elmwood Park          | 175-11 (2)   |
| Kevin DeFeo, Clifton                     | 163-10 (4)   |
| 1990-Kevin Quinn, Cresskill              | 166-0 (3)    |
| 1995-Shaun McGregor, Bergen Catholic     | 166-5 (4)    |
| 1998-Jim Fischer, Bergen Catholic        | 167-11 (4)   |
| 1999-Mike Murphy, New Milford            | 165-10 (2)   |
| 2000-Charles Yalovister, North Arlington | 170-4 (5)    |
| Frank Kozibroda, Wood-Ridge              | 156-6 (8)    |
| 2001-Luis Castillo, Garfield             | 169-7 (5)    |
| 2002-Steve McGovern, Dumont              | 167-7 (6)    |
| 2003-Richard Russell, Passaic            | 163-9 (3)    |

|  |            |
|--|------------|
| Jason Maier, New Milford               | 155-2 (8)  |
| 2004- Jason Maier, New Milford         | 157-9 (5)  |
| 2005-Chris Onorato, Hasbrouck Heights  | 158-0 (7)  |
| 2006-George Abyad, Passaic Valley      | 173-7 (2)  |
| Chris Pantale, Wayne Valley            | 165-5 (6)  |
| 2007-George Abyad, Passaic Valley      | 165-11 (4) |
| Nick Britt, Secaucus                   | 163-0 (5)  |
| 2008-Chris Pantale, Wayne Valley       | 172-5 (2)  |
| 2009-Tomasz Dlugozima, Wallington      | 160-3 (7)  |
| 2010-Stephen Mozia, Hackensack         | 164-6 (4)  |
| 2011-Stephen Mozia, Hackensack         | 178-0 (6)  |
| Patrick Cole, Hasbrouck Heights        | 168-9 (8)  |
| 2012-Jong Min Youn, Old Tappan         | 175-0 (2)  |
| Andrew Trumbetti, Demarest             | 158-7 (6)  |
| Mark Ramsey, Kennedy                   | 153-10 (7) |
| Troy Andretta, Kinnelon                | 153-5 (8)  |
| 2013-Andrew Trumbetti, Demarest        | 172-4 (4)  |
| Jong Min Youn, Old Tappan              | 165-0 (5)  |
| 2017-Connor Scaglione, Demarest        | 163-7 (5)  |
| Kyle Patel, Glen Rock                  | 160-5 (6)  |
| Gio Gutierrez, Saddle Brook            | 159-10 (8) |
| 2018-Kyle Patel, Glen Rock             | 176-2 (7)  |
| 2019-John Griffith, Northern Highlands | 174-5 (4)  |
| Matt Lange, Demarest                   | 171-3 (6)  |

#### JAVELIN (8)

|  |               |
|--|---------------|
| 1976-Bill Hoy, Don Bosco                       | 201-9 (4)     |
| Tom Parr, Lakeland                             | 200-3 (5)     |
| 1977-Mike Collins, Don Bosco                   | 182-5 (5)     |
| 1982-Bruce Bacchiocchi, Dumont                 | 216-8 (2)     |
| 1983-Bruce Bacchiocchi, Dumont                 | 211-10 (3)    |
| 1987-Craig Paskas, Rutherford                  | 201-0 (4)     |
| 1992-Carl Von Tobel, Dumont                    | 194-2 (2)     |
| Anthony Hayne, Ridgefield Park                 | 186-0 (4)     |
| <b>1993-Anthony Hayne, Ridgefield Park</b>     | <b>200-10</b> |
| 1994-Justin Schwartz, Glen Rock                | 188-7 (6)     |
| 1995-Justin Schwartz, Glen Rock                | 212-8 (2)     |
| <b>1996-John Dixon, Ridgefield Park</b>        | <b>200-7</b>  |
| 1997-John Dixon, Ridgefield Park               | 188-1 (3)     |
| 2000-Will Arroyo, Ridgefield Park              | 190-11 (4)    |
| 2001-James Malizia, St. Joseph Regional        | 182-6 (4)     |
| Miles Austin, Garfield                         | 180-6 (6)     |
| <b>2002-James Malizia, St. Joseph Regional</b> | <b>203-7</b>  |
| Paul Rosiak, Wood-Ridge                        | 190-11 (3)    |
| Anthony Immediate, Rutherford                  | 185-2 (6)     |
| 2003- Paul Rosiak, Wood-Ridge                  | 192-4 (2)     |
| Anthony Immediate, Rutherford                  | 179-10 (5)    |
| 2004-Andrew Dagenais, Glen Rock                | 184-0 (3)     |
| Erik Heymann, Westwood                         | 176-6 (7)     |
| Martin Gumowski, Wood-Ridge                    | 174-10 (8)    |
| <b>2006-Steve Pierce, Ridgewood</b>            | <b>202-0</b>  |



|   |              |
|---|--------------|
| Bryan Fill, Hasbrouck Heights             | 182-3 (6)    |
| Doug Cerniglia, Ridgefield Park           | 176-3 (7)    |
| Kurt Von Weisenstein, Indian Hills        | 172-7 (8)    |
| 2007-Kyle Elliott, Cresskill              | 186-2 (3)    |
| Joe Gingerelli, Wood-Ridge                | 182-9 (6)    |
| 2008-Joe Gingerelli, Wood-Ridge           | 192-9 (4)    |
| Kyle Elliott, Cresskill                   | 191-9 (5)    |
| <b>2009-Kevin Steimle, Mahwah</b>         | <b>194-7</b> |
| Kaleb Zuidema, Midland Park               | 188-8 (3)    |
| <b>2010- Kaleb Zuidema, Midland Park</b>  | <b>209-6</b> |
| Matt Fleck, Becton                        | 185-9 (5)    |
| <b>2011- Kaleb Zuidema, Midland Park</b>  | <b>213-2</b> |
| Tyler Yee, Don Bosco                      | 196-10 (5)   |
| 2012-Anthony Seidel, Hasbrouck Heights    | 174-0 (7)    |
| 2013-Anthony Seidel, Hasbrouck Heights    | 182-9 (7)    |
| Mike Begen, Pascack Valley                | 182-3 (8)    |
| 2014-Mike Brazzel, North Arlington        | 206-1 (3)    |
| Seth Zuidema, Midland Park                | 200-8 (4)    |
| 2016-Derek Anderson, Indian Hills         | 172-2 (8)    |
| 2018-Greg Poloso, Wayne Valley            | 193-3 (3)    |
| Jason Santa Cruz, Old Tappan              | 186-6 (5)    |
| <b>2019- Jason Santa Cruz, Old Tappan</b> | <b>208-1</b> |

#### **HIGH JUMP (7)**

|  |             |
|--|-------------|
| 1969-Bob Planker, Ridgefield Park        | 6-2 ½ (2)   |
| <b>1971-Skip Johnson, Hackensack</b>     | <b>6-6</b>  |
| Curt LoPresti, Paramus                   | 6-6 (2)     |
| Steve Goodall, Kennedy                   | 6-4 (4)     |
| <b>1972-Skip Johnson, Hackensack</b>     | <b>6-8</b>  |
| Scott Fraser, Pascack Hills              | 6-4 (3)     |
| 1976-Franklin Jacobs, Eastside           | 6-8 (3)     |
| 1984-Brian Otley, Wayne Hills            | 6-4 (4)     |
| <b>1985-Brian Otley, Wayne Hills</b>     | <b>6-8</b>  |
| 1987-Dave Beason, Kennedy                | 6-8 (4)     |
| 1988-Rich Robinson, St. Joseph Regional  | 6-4 (4)     |
| 1992-Ben Smith, West Milford             | 6-4 (t6)    |
| <b>1993-Darius Pemberton, Hackensack</b> | <b>6-10</b> |
| 1994-Godfrey Gordon, Garfield            | 6-6 (6)     |
| <b>1995-Godfrey Gordon, Garfield</b>     | <b>6-10</b> |
| <b>1996-Chiffon Allen, Passaic</b>       | <b>6-10</b> |
| 1997-Linden Richmond, Passaic            | 6-8 (5)     |
| 2001-Brent Hobbs, Don Bosco              | 6-6 (t3)    |
| 2004-John Strang, Hawthorne              | 6-6 (2)     |
| Chris Andretta, Glen Rock                | 6-4 (6)     |
| 2005-Derrick Truesdale, Passaic          | 6-8 (5)     |
| 2008-Marcos McKenzie, Eastside           | 6-8 (t3)    |
| 2015-Tyler Olivieri, Ridgefield Park     | 6-4 (t8)    |
| 2017-Jason Thobourne, Kennedy            | 6-8 (2)     |
| Ronniel Johnson, Kennedy                 | 6-4 (t7)    |
| <b>2018-Jadon Watson, Kennedy</b>        | <b>6-8</b>  |
| Jamier Wright, Kennedy                   | 6-6 (t4)    |

2019- Jamier Wright-Collins, Kennedy 6-6 (t2)

### **LONG JUMP (1)**

1970-Dennis Pearson, Englewood 21-10  $\frac{3}{4}$  (3)  
John Bazemore, Eastside 21-10  $\frac{1}{4}$  (4)  
Fred Krampe, St. Cecilia's 21-0  $\frac{1}{4}$  (5)  
1977-Don Jarvis, Indian Hills 22-0 (4)  
1982-Ed Alston, Hackensack 22-3 (4)  
1987-Andrew Cameron, Eastside 22-6  $\frac{1}{2}$  (3)  
1988-Craig Halyard, Ridgewood 22-6  $\frac{1}{2}$  (4)  
1991-King Perry, Passaic Tech 21-11 (5)  
1992-Chris Hewitt, Englewood 23-5  $\frac{1}{4}$  (2)  
1993-Darius Pemberton, Hackensack 23-3  $\frac{1}{2}$  (2)  
1995-Anthony DiCosmo, Paramus Catholic 22-3  $\frac{1}{4}$  (4)  
1996-Chiffon Allen, Passaic 23-8  $\frac{1}{4}$  (2)  
Shawn Samuels, Englewood 22-10 (3)  
1997-Mikkel Brown, Glen Rock 22-2  $\frac{1}{2}$  (3)  
1999-Tyrone Johnson, Kennedy 21-6  $\frac{3}{4}$  (6)  
2006-Kwame Collins, Northern Highlands 23-0  $\frac{1}{4}$  (2)  
2007-Chris Phipps, Lodi 22-9  $\frac{1}{2}$  (4)  
Anthony Chisholm, Wayne Hills 21-10  $\frac{1}{4}$  (6)  
2008-Chris Phipps, Lodi 22-7  $\frac{1}{2}$  (3)  
Ackeme Brown, Englewood 21-7  $\frac{1}{2}$  (7)  
2009-Ackeme Brown, Englewood 22-8  $\frac{1}{4}$  (2)  
Conroy Walker, Hackensack 22-2 (6)  
**2010-Corey Crawford, Indian Hills 23-9**  
Conroy Walker, Hackensack 23-8  $\frac{1}{2}$  (2)  
2011-Jamal Williams, Teaneck 21-7  $\frac{1}{4}$  (7)  
2013-George Alexandris, Fair Lawn 22-4  $\frac{3}{4}$  (4)  
2014-Zack Bazile, St. Joseph 24-1 (2)  
2015-Jairus Paul, Mahwah 21-8  $\frac{1}{2}$  (7)  
Zaire Weaver, Passaic Tech 21-7  $\frac{1}{2}$  (8)  
2016-Matt Wierzba, Garfield 22-4  $\frac{1}{2}$  (5)  
2017-Omar Anderson, Boonton 23-6 (2)  
2018-Andrew Achirem, Hackensack 22-7 (8)  
2019-Joel Ingram, Passaic Tech 22-0  $\frac{1}{2}$  (4)

### **TRIPLE JUMP (First held in 2000) (5)**

**2000-John Augustynowycz, Rutherford 45-5  $\frac{1}{2}$**   
Chris Charles, Park Ridge 44-11  $\frac{1}{4}$  (2)  
Anthony Toscano, St. Joseph Regional 44-6  $\frac{1}{2}$  (3)  
Weston Daniel, Bergenfield 43-8  $\frac{1}{2}$  (4)  
Andrew Dolgin, Ridgewood 43-2  $\frac{1}{2}$  (5)  
Jeff Sejour, Don Bosco 42-7 (6)  
Justin Bridges, St. Mary's 42-6 (7)  
**2001-Weston Daniel, Bergenfield 45-3  $\frac{3}{4}$**   
Jeff Sejour, Don Bosco 44-1 (2)  
Miles Austin, Garfield 43-6  $\frac{1}{4}$  (3)  
Kevin Kang, Pascack Hills 42-1  $\frac{1}{2}$  (4)  
Trevor O'Grady, Wood-Ridge 41-3 (7)  
**2002-Rowan Clarke, Teaneck 44-11  $\frac{3}{4}$**

|  |               |
|--|---------------|
| Ralph Davis, Paramus                     | 44-11 (2)     |
| Delon Pompey, Eastside                   | 44-3 ½ (3)    |
| Brett Henderson, Dumont                  | 44-1 (5)      |
| Weston Daniel, Bergenfield               | 43-11 (7)     |
| <b>2003-Ralph Davis, Paramus</b>         | <b>46-6 ½</b> |
| Vernard Hoover, Hasbrouck Heights        | 45-7 ½ (2)    |
| Gabe Knutson, Ridgewood                  | 44-0 ½ (5)    |
| Tyler Palumbo, Don Bosco                 | 42-10 (8)     |
| 2004-Vernard Hoover, Hasbrouck Heights   | 47-7 ¼ (2)    |
| Marquis Mitchell, Bergenfield            | 44-2 (6)      |
| Dan Oquendo, Hackensack                  | 43-11 ¼ (8)   |
| 2005-Harold Blyden, Bergenfield          | 46-9 ½ (2)    |
| Kyle Lindsay, Eastside                   | 46-4 ¾ (3)    |
| Ted Leshner, Northern Highlands          | 46-0 ¼ (4)    |
| Orestes Medina, Palisades Park           | 44-9 ¾ (6)    |
| 2006-Kyle Lindsay, Eastside              | 47-4 ½ (2)    |
| Ted Leshner, Northern Highlands          | 47-2 ¼ (3)    |
| 2007-Anthony Chisholm, Wayne Hills       | 46-9 (4)      |
| Chris Phipps, Lodi                       | 46-0 ½ (5)    |
| Mitch Bennett, Paramus Catholic          | 46-0 (6)      |
| <b>2008-Chris Phipps, Lodi</b>           | <b>49-4 ¼</b> |
| Kevin Bostick, Bergen Catholic           | 45-11 ¾ (4)   |
| Daniel Wu, Tenafly                       | 44-7 (7)      |
| 2010-Greg Hazell, Don Bosco              | 46-10 (4)     |
| Sammy Roberts, Mahwah                    | 45-6 ¾ (7)    |
| 2011-Greg Hazell, Don Bosco              | 47-11 ¾ (2)   |
| Evan Bartlik, Ridgewood                  | 45-10 ¾ (5)   |
| 2012-Rob Gebhard, Northern Highlands     | 47-6 (3)      |
| Evan Bartlik, Ridgewood                  | 46-9 ¼ (4)    |
| 2014-Mike Pepper, Ramsey                 | 46-8 ¼ (4)    |
| Jason Katz, Ramapo                       | 46-6 (5)      |
| Zack Bazile, St. Joseph                  | 46-4 ¾ (6)    |
| 2015-Jairus Paul, Mahwah                 | 46-2 ½ (6)    |
| Frankie Richard, Northern Highlands      | 45-9 ½ (7)    |
| 2016-Frankie Richard, Northern Highlands | 47-0 ½ (3)    |
| 2019-Joel Ingram, Passaic Tech           | 46-11 ¼ (7)   |

### POLE VAULT (3)

|                                   |            |
|-----------------------------------|------------|
| 1970-Dwight Mutchler, River Dell  | 12-6 (t5)  |
| 1972-Mark MacCracken, Tenafly     | 14-2 ½ (2) |
| 1973-Don Criscione, River Dell    | 13-6 (2)   |
| 1976-Alan Schepps, Teaneck        | 14-6 (3)   |
| 1981-Dave Dickey, Teaneck         | 13-6 (5)   |
| 1982-Paul Wilson, Bergen Catholic | 13-6 (t5)  |
| 1983-Paul Wilson, Bergen Catholic | 13-6 (t2)  |
| Bob O'Shea, Glen Rock             | 13-6 (t2)  |
| 1984-Jeff Hooton, Ramsey          | 13-6 (4)   |
| Bernard Wilson, Eastside          | 13-6 (5)   |
| 1986-Ed Rice, Don Bosco           | 14-0 (3)   |
| Steve Keating, Pompton Lakes      | 14-0 (4)   |
| 1987-John Pierro, North Arlington | 13-6 (4)   |

|  |             |
|--|-------------|
| 1991-Troy Cromwell, Pascack Valley       | 14-6 (t2)   |
| 1992-Matt Psaltis, Fair Lawn             | 14-0 (t4)   |
| 1993-Marko Morsella, Lyndhurst           | 13-0 (t5)   |
| 1994-Pat Destro, St. Joseph Regional     | 13-0 (t5)   |
| 1997-Adam Zajicek, Ridgefield Park       | 13-6 (t3)   |
| Josh Ross, Westwood                      | 13-6 (t3)   |
| 2001-Owen Pope, Hackensack               | 14-0 (3)    |
| 2002-Jeff Young, Wayne Valley            | 13-6 (t6)   |
| 2003-Tom McCormick, Don Bosco            | 14-0 (6)    |
| 2004-Adam Sacher, Pascack Valley         | 14-6 (2)    |
| Ed Chin-Lyn, Mahwah                      | 14-0 (5)    |
| Jake Ricciardi, Ridgewood                | 13-6 (t7)   |
| 2005-Jake Ricciardi, Ridgewood           | 13-6 (t8)   |
| 2006-Greg Stripe, Mahwah                 | 14-0 (3)    |
| Paul Kovach, Ridgewood                   | 13-6 (8)    |
| 2007-Matt Steeg, Don Bosco               | 14-6 (2)    |
| Tim Blashford, Ramapo                    | 14-0 (3)    |
| Greg Stripe, Mahwah                      | 14-0 (4)    |
| Mike Collins, Cresskill                  | 13-6 (7)    |
| 2008-Greg Stripe, Mahwah                 | 14-0 (t5)   |
| Austin Schaller, Old Tappan              | 14-0 (t5)   |
| 2009-Greg Hoffman, Park Ridge            | 14-6 (3)    |
| 2010-Juan Andres Giglio, Ridgefield Park | 14-6 (t2)   |
| Daniel Nyfenger, Demarest                | 14-0 (t6)   |
| 2011-Eric Geider, Demarest               | 14-0 (t5)   |
| Chris Steele, Pompton Lakes              | 14-0 (t5)   |
| 2012-Eric Geider, Demarest               | 14-0 (4)    |
| <b>2013-Eric Geider, Demarest</b>        | <b>15-0</b> |
| 2014-Luke Annichiarico, Old Tappan       | 15-0 (t2)   |
| Keith Gandy, Indian Hills                | 14-6 (6)    |
| 2015-Sam Siegel, Demarest                | 14-6 (2)    |
| Andrew Accardi, Pompton Lakes            | 14-0 (3)    |
| Calvin Gould, Lakeland                   | 14-0 (4)    |
| Kevin Kane, West Milford                 | 13-6 (6)    |
| 2016-Seth Kricheff, Old Tappan           | 14-6 (3)    |
| Greg Fuerte, Paramus                     | 13-6 (6)    |
| <b>2017-Jason Mezhibovsky, Demarest</b>  | <b>14-6</b> |
| Seth Kricheff, Old Tappan                | 14-6 (4)    |
| <b>2018-Tyler Hrbek, Old Tappan</b>      | <b>15-0</b> |
| Adam Stavash, Hasbrouck Heights          | 14-0 (t6)   |
| Jarod Forer, Glen Rock                   | 14-0 (8)    |
| 2019-Liam Landau, Pascack Hills          | 15-0 (4)    |
| Max Greenwood, Rutherford                | 14-6 (7)    |

#### **1600 METER RELAY (mile relay until 1979) (4)**

|                      |               |
|----------------------|---------------|
| 1969-Englewood       | 3:29.6 (6)    |
| 1970-Englewood       | 3:22.7 (3)    |
| 1971-Englewood       | 3:21.2 (3)    |
| 1972-Englewood       | 3:24.4 (3)    |
| Hackensack           | 3:24.5 (5)    |
| 1974-Tenafly         | 3:23.2 (2)    |
| <b>1986-Eastside</b> | <b>3:17.6</b> |

|                        |                |
|------------------------|----------------|
| 1987-Eastside          | 3:21.5 (3)     |
| 1988-Ridgewood         | 3:19.25 (5)    |
| 1992-Bergen Catholic   | 3:20.72 (4)    |
| 1993-Bergen Catholic   | 3:20.25 (4)    |
| 2005-Kennedy           | 3:18.16 (5)    |
| 2007-Don Bosco         | 3:17.56 (4)    |
| <b>2010-Teaneck</b>    | <b>3:15.15</b> |
| Ridgewood              | 3:16.91 (3)    |
| <b>2011-Don Bosco</b>  | <b>3:15.78</b> |
| Old Tappan             | 3:18.46 (3)    |
| 2012-Old Tappan        | 3:17.1 (3)     |
| 2015-Old Tappan        | 3:16.50 (2)    |
| <b>2016-Old Tappan</b> | <b>3:15.43</b> |

#### **400 METER RELAY (First run in 2010)**

|                       |           |
|-----------------------|-----------|
| 2010-Teaneck          | 42.36 (3) |
| 2011-Don Bosco        | 42.55 (3) |
| 2014-Paramus Catholic | 42.10 (2) |
| 2015-St. Joseph       | 42.52 (4) |

#### **3200 METER RELAY (First run in 2010) (2)**

|                             |                |
|-----------------------------|----------------|
| 2012-Old Tappan             | 7:59.13 (6)    |
| 2013-Bergen Catholic        | 7:58.86 (7)    |
| <b>2014-Bergen Catholic</b> | <b>7:42.95</b> |
| Ridgewood                   | 7:44.09 (2)    |
| 2015-River Dell             | 7:43.46 (2)    |
| <b>2016-River Dell</b>      | <b>7:40.57</b> |
| 2019-Bergen Catholic        | 7:59.42 (4)    |

## **GIRLS**

#### **100 METERS (100 yards until 1979) (7)**

|   |              |
|---|--------------|
| <b>1974-Vanessa Hugley, Glen Rock</b>       | <b>11.0</b>  |
| 1984-Michelle Forrester, Teaneck            | 12.3 (3)     |
| 1985-Viola Harris, Passaic                  | 12.3 (2)     |
| 1987-Sara Pieri, Ramapo                     | 12.8 (5)     |
| <b>1989-Gily Dishon, Tenafly</b>            | <b>12.0</b>  |
| 1990-Starla Anderson, Eastside              | 12.2 (2)     |
| Nicole Golden, Teaneck                      | 12.3 (3)     |
| 1991-Christine Rose, IHA                    | 12.37 (4)    |
| <b>1994-Nicole Carmichael, Kennedy</b>      | <b>12.04</b> |
| <b>1995-Nicole Carmichael, Kennedy</b>      | <b>11.80</b> |
| 1996-Carlene Cummings, Englewood            | 11.97 (2)    |
| 1999-Courtney Cubicciotti, IHA              | 12.32 (6)    |
| 2000-Anike Orimogunje, Queen of Peace       | 12.41 (8)    |
| 2002-Anike Orimogunje, Queen of Peace       | 12.32 (3)    |
| 2008-Janay Mitchell, Teaneck                | 12.35 (7)    |
| <b>2009-Myasia Jacobs, Paramus Catholic</b> | <b>11.72</b> |
| <b>2010-Myasia Jacobs, Paramus Catholic</b> | <b>11.48</b> |
| <b>2011-Myasia Jacobs, Paramus Catholic</b> | <b>11.47</b> |
| Chamekea Davis, Eastside                    | 12.40 (7)    |

|                                     |           |
|-------------------------------------|-----------|
| 2012-Jordyn Smith, Paramus Catholic | 12.20 (8) |
| 2015-Kaitlin Salisbury, Hawthorne   | 12.54 (5) |
| 2016-Kaitlin Salisbury, Hawthorne   | 11.96 (2) |
| Olivia Florio, Northern Highlands   | 12.47 (7) |
| Ayodele O'uhuru, Pascack Hills      | 12.47 (8) |
| 2019-Kayce Darby, Teaneck           | 12.14 (5) |

#### **200 METERS (220 yards until 1979) (6)**

|   |              |
|---|--------------|
| 1974-Johnetta Sparrow, Eastside             | 26.7 (5)     |
| 1984-Michelle Forrester, Teaneck            | 25.1 (2)     |
| 1985-Viola Harris, Passaic                  | 25.0 (2)     |
| 1987-Neretta Freeman, Garfield              | 25.5 (3)     |
| Debbie Barrett, Kennedy                     | 25.8 (4)     |
| 1988-Jennifer McDermott, Ridgewood          | 25.5 (5)     |
| <b>1989-Gily Dishon, Tenafly</b>            | <b>24.4</b>  |
| Nicole Golden, Teaneck                      | 25.1 (5)     |
| 1990-Nicole Golden, Teaneck                 | 25.2 (4)     |
| 1991-Christine Rose, IHA                    | 25.06 (2)    |
| Nicole Golden, Teaneck                      | 25.52 (4)    |
| 1992-Dana Riley, Teaneck                    | 25.45 (4)    |
| Cassandra Grant, Passaic                    | 25.46 (5)    |
| 1993-Nicole Carmichael, Passaic             | 25.14 (5)    |
| <b>1994-Nicole Carmichael, Passaic</b>      | <b>24.47</b> |
| <b>1995-Nicole Carmichael, Passaic</b>      | <b>24.12</b> |
| 1999-Courtney Cubicciotti, IHA              | 25.12 (3)    |
| 2001-Anike Orimogunje, Queen of Peace       | 25.32 (8)    |
| 2002-Anike Orimogunje, Queen of Peace       | 24.91 (3)    |
| Yhounic Vassell, Passaic Tech               | 25.23 (5)    |
| 2004-Cheryl Anscombe, Westwood              | 25.61 (8)    |
| 2008-Janay Mitchell, Teaneck                | 24.84 (2)    |
| Ajda Dotday, Hawthorne                      | 25.38 (8)    |
| <b>2009-Myasia Jacobs, Paramus Catholic</b> | <b>23.99</b> |
| <b>2010-Myasia Jacobs, Paramus Catholic</b> | <b>23.73</b> |
| Jen Pash, IHA                               | 25.52        |
| <b>2011-Myasia Jacobs, Paramus Catholic</b> | <b>24.01</b> |
| 2012-Jordyn Smith, Paramus Catholic         | 25.41 (8)    |
| 2015-Lauren Brzozowski, Ramapo              | 25.19 (5)    |
| 2018-Mariah Fede, Paramus Catholic          | 24.58 (6)    |
| 2019-Mariah Fede, Paramus Catholic          | 24.22 (3)    |
| Katherine Muccio, Ridgewood                 | 24.67 (8)    |

#### **400 METERS (440 yards until 1979) (6)**

|                                     |             |
|-------------------------------------|-------------|
| 1977-Terri Dembek, Hawthorne        | 57.1 (2)    |
| <b>1978-Terri Dembek, Hawthorne</b> | <b>56.0</b> |
| Dawn Booth, Teaneck                 | 58.6 (5)    |
| <b>1979-Terri Dembek, Hawthorne</b> | <b>55.2</b> |
| 1980-Natalie Jordan, Eastside       | 55.3 (2)    |
| 1981-Natalie Jordan, Eastside       | 55.2 (2)    |
| 1986-Viola Harris, Passaic          | 56.2 (2)    |
| 1989-Matilda Miranda, Teaneck       | 57.0 (3)    |

|                                      |              |
|--------------------------------------|--------------|
| 1992-Dana Riley, Teaneck             | 55.21 (2)    |
| Jean Readie, Queen of Peace          | 57.16 (5)    |
| <b>1993-Dana Riley, Teaneck</b>      | <b>55.41</b> |
| 1999-Antoinette Gorham, Passaic      | 56.35 (2)    |
| <b>2000-Tawana Watkins, Kennedy</b>  | <b>54.31</b> |
| <b>2001-Tawana Watkins, Kennedy</b>  | <b>54.72</b> |
| 2002-Janine Davis, Queen of Peace    | 55.57 (3)    |
| <b>2004-Essence Carson, Eastside</b> | <b>55.58</b> |
| 2007-Amy Salek, Ramapo               | 56.95 (7)    |
| 2008-Amber Allen, Passaic Tech       | 56.50 (7)    |
| 2009-Amber Allen, Passaic Tech       | 55.91 (3)    |
| 2010-Amber Allen, Passaic Tech       | 56.28 (3)    |
| Colleen Murphy, Westwood             | 57.22 (5)    |
| Kahlia Taylor, Teaneck               | 58.03 (7)    |
| 2014-Kadejah Sellers, Manchester     | 56.18 (4)    |
| Lauren Brzozowski, Ramapo            | 56.42 (5)    |
| 2015-Aminah Sarraga, Teaneck         | 56.39 (3)    |
| Lauren Brzozowski, Ramapo            | 56.47 (4)    |
| Lexi DelGizzo, Tenafly               | 57.53 (8)    |

#### **800 METERS (880 yards until 1979) (12)**

|   |                |
|---|----------------|
| <b>1974-Jane Green, Ridgewood</b>         | <b>2:20.8</b>  |
| <b>1975-Kandie Latham, Ridgewood</b>      | <b>2:17.7</b>  |
| 1981-Patti Mileski, Ridgewood             | 2:13.2 (2)     |
| 1982-Patti Mileski, Ridgewood             | 2:13.9 (5)     |
| 1983-Mary Ellen Mileski, Ridgewood        | 2:15.6 (5)     |
| 1985-Jasmin Jones, Hackensack             | 2:11.7 (2)     |
| Cindy Keller, West Milford                | 2:17.7 (5)     |
| 1986-Jasmin Jones, Hackensack             | 2:09.6 (2)     |
| <b>1987-Jasmin Jones, Hackensack</b>      | <b>2:11.2</b>  |
| 1988-Lynne Collazo, Ridgewood             | 2:14.8 (3)     |
| 1990-Jennifer Metz, Pascack Valley        | 2:16.9 (3)     |
| Liz Figlar, Ridgewood                     | 2:17.6 (5)     |
| 1991-Jennifer Metz, Pascack Valley        | 2:10.86 (2)    |
| Nancy Scott, Garfield                     | 2:16.42 (3)    |
| <b>1992-Jennifer Metz, Pascack Valley</b> | <b>2:12.10</b> |
| 1993-Adria Ferguson, Old Tappan           | 2:15.83 (4)    |
| Jean Readie, Queen of Peace               | 2:17.55 (5)    |
| 1995-Caitlin Wittreich, Tenafly           | 2:17.68 (6)    |
| 1997-Julie Clifford, Holy Angels          | 2:17.31 (6)    |
| 1998-Julie Clifford, Holy Angels          | 2:16.59 (4)    |
| Natalie Popowicz, Clifton                 | 2:17.83 (5)    |
| 1999- Natalie Popowicz, Clifton           | 2:16.22 (6)    |
| <b>2001-Kim Mineo, Glen Rock</b>          | <b>2:12.12</b> |
| <b>2002-Kim Mineo, Glen Rock</b>          | <b>2:12.21</b> |
| <b>2003-Kim Mineo, Glen Rock</b>          | <b>2:12.18</b> |
| <b>2004-Janine Davis, Queen of Peace</b>  | <b>2:07.82</b> |
| Stephanie Herrick, Wayne Valley           | 2:16.65 (8)    |
| <b>2005-Janine Davis, Queen of Peace</b>  | <b>2:07.93</b> |
| Alicia Henry, Cresskill                   | 2:15.35 (5)    |

|  |                |
|--|----------------|
| 2007-Kesley Ramsey, Ramapo                       | 2:12.43 (3)    |
| Bry Bonavita, River Dell                         | 2:13.15 (4)    |
| Susan Martinez, Clifton                          | 2:13.81 (5)    |
| 2008-Susan Martinez, Clifton                     | 2:15.25 (8)    |
| 2009-Julieanne Fontana, Pascack Hills            | 2:11.87 (6)    |
| 2010-Alyssa LaGuardia, DePaul                    | 2:12.26 (7)    |
| 2012-Deanna DiLandro, Ramapo                     | 2:12.66 (3)    |
| Madison Holleran, Northern Highlads              | 2:13.62 (4)    |
| <b>2013-Madison Holleran, Northern Highlands</b> | <b>2:08.87</b> |
| Corinne Myers, Westwood                          | 2:09.74 (2)    |
| <b>2014-Corinne Myers, Westwood</b>              | <b>2:05.80</b> |
| Catherine Pagano, Northern Highlands             | 2:08.75 (3)    |
| <b>2016-Lexi DelGizzo, Tenafly</b>               | <b>2:10.17</b> |
| Maria Acosta, Paramus Catholic                   | 2:10.68 (3)    |
| Caroline O'Sullivan, Old Tappan                  | 2:11.43 (6)    |
| 2017-Lexi DelGizzo, Tenafly                      | 2:09.37 (2)    |
| 2019-Andrea Dubbels, Clifton                     | 2:14.23 (4)    |
| Kyla Krawczyk, Northern Highlands                | 2:16.59 (8)    |

#### **1600 METERS (one mile until 1979) (4)**

|   |                   |
|---|-------------------|
| <b>1977-Nina Zollo, Wayne Hills</b>     | <b>5:05.0</b>     |
| <b>1978-Nina Zollo, Wayne Hills</b>     | <b>5:01.2</b>     |
| Michelle Guido, Paramus Catholic        | 5:07.4 (3)        |
| 1979-Mary Ellen McGowan, Pascack Valley | 5:03.3 (3)        |
| 1980-Mary Ellen McGowan, Pascack Valley | 4:38.6 (2) (1500) |
| Chris MacDonnell, Westwood              | 4:40.7 (3) (1500) |
| Pattie McCluskey, Dumont                | 4:42.2 (4) (1500) |
| 1981-Pattie McCluskey, Dumont           | 4:38.5 (5) (1500) |
| 1983-Toni Anne Angione, Bergenfield     | 4:58.9 (4)        |
| 1984-Margaret Scutro, Ridgewood         | 4:52.9 (3)        |
| Toni Anne Angione, Bergenfield          | 4:54.9 (4)        |
| <b>1985-Margaret Scutro, Ridgewood</b>  | <b>4:46.4</b>     |
| 1986-Jen Van Horn, Wayne Valley         | 4:59.9 (2)        |
| 1987-Catherine Feeney, Wayne Valley     | 5:05.8 (5)        |
| 1988-Jean Hughes, Ridgewood             | 5:08.1 (5)        |
| 1989-Catherine Feeney, Wayne Valley     | 5:10.9 (4)        |
| 1990-Catherine Feeney, Wayne Valley     | 5:08.2 (3)        |
| Melissa Wyka, Fair Lawn                 | 5:09.0 (4)        |
| Eileen Fitzgerald, Ridgewood            | 5:10.3 (5)        |
| 1991-Eileen Fitzgerald, Ridgewood       | 5:06.52 (3)       |
| Melissa Wyka, Fair Lawn                 | 5:07.56 (4)       |
| 1992-Martina Brosnahan, IHA             | 5:11.69 (5)       |
| 1993-Jenna Rogers, Ridgewood            | 5:03.74 (3)       |
| Martina Brosnahan, IHA                  | 5:05.15 (4)       |
| Kerry Moore, Midland Park               | 5:08.14 (5)       |
| 1994-Stephanie Doyle, Ridgewood         | 5:08.32 (2)       |
| 1995-Stephanie Doyle, Ridgewood         | 5:10.37 (5)       |
| 1996-Dana Satir, Ramsey                 | 5:03.27 (3)       |
| Stephanie Doyle, Ridgewood              | 5:07.40 (6)       |
| 2000-Erin Henry, Glen Rock              | 5:08.64 (7)       |
| 2001-Clair Nowakowski, Ridgewood        | 5:04.28 (8)       |
| 2002-Erin Henry, Glen Rock              | 5:08.96 (5)       |



|                                       |                |
|---------------------------------------|----------------|
| Meghan Gaffney, Pompton Lakes         | 5:15.97 (7)    |
| Danielle Patoir, Glen Rock            | 5:17.61 (8)    |
| 2003-Andrea Rovegno, Ramapo           | 5:08.12 (5)    |
| Meghan Gaffney, Pompton Lakes         | 5:09.09 (6)    |
| 2006-Kesley Ramsey, Ramapo            | 4:57.54 (5)    |
| 2011-Kristen Traub, Eastern Christian | 4:59.53 (3)    |
| 2012-Kristen Traub, Eastern Christian | 4:53.33 (2)    |
| <b>2013-Josette Norris, Tenafly</b>   | <b>4:41.61</b> |
| Julia Guerra, Indian Hills            | 4:52.69 (5)    |
| 2014-Josette Norris, Tenafly          | 4:47.95 (2)    |
| Julia Guerra, Indian Hills            | 4:53.15 (6)    |
| 2015-Julia Guerra, Indian Hills       | 4:51.56 (2)    |
| Colleen Buckley, IHA                  | 4:54.81 (4)    |

### **3200 METERS (two miles until 1979) (3)**

|  |                    |
|--|--------------------|
| 1974-Megan Sexton, Paramus Catholic        | 11:54.7 (5)        |
| 1980-Chris MacDonnell, Westwood            | 10:04.5 (2) (3000) |
| Lisa Schadler, Bergenfield                 | 10:07.7 (3) (3000) |
| 1981-Chris MacDonnell, Westwood            | 10:04.7 (4) (3000) |
| 1983-Patti Mileski, Ridgewood              | 10:34.5 (3)        |
| 1984-Jen Van Horn, Wayne Valley            | 10:45.0 (2)        |
| 1985-Jen Van Horn, Wayne Valley            | 10:39.5 (3)        |
| 1988-Karen Cannon, Ridgewood               | 10:57.7 (4)        |
| <b>1990-Catherine Feeney, Wayne Valley</b> | <b>10:56.0</b>     |
| Dee Keough, Mahwah                         | 11:16.0 (4)        |
| 1992-Carli Gallo, Mahwah                   | 11:26.16 (4)       |
| <b>1994-Jenna Rogers, Ridgewood</b>        | <b>10:42.96</b>    |
| Beth Crenshaw, Wayne Valley                | 10:56.87 (3)       |
| <b>1995-Beth Crenshaw, Wayne Valley</b>    | <b>10:42.11</b>    |
| 1997-Celeste Sedo, Ridgewood               | 11:20.36 (4)       |
| Kelly Behan, Ridgewood                     | 11:22.61 (6)       |
| 1998-Celeste Sedo, Ridgewood               | 11:12.22 (4)       |
| 1999-Beth Androski, Hackensack             | 11:31.52 (6)       |
| 2000-Melissa Conway, Ramsey                | 11:05.66 (5)       |
| 2001-Erin Henry, Glen Rock                 | 11:02.93 (5)       |
| Jesse Mizzone, Passaic Valley              | 11:13.76 (8)       |
| 2002-Jesse Mizzone, Passaic Valley         | 11:04.19 (6)       |
| Julia Emanuel, Tenafly                     | 11:15.93 (7)       |
| 2003-Jesse Mizzone, Passaic Valley         | 10:52.54 (3)       |
| 2004-Jacqui Carroll, Wayne Valley          | 11:09.64 (8)       |
| 2008-Sarah Pagano, IHA                     | 10:29.79 (4)       |
| 2009-Sarah Pagano, IHA                     | 10:35.42 (3)       |
| 2010-Alexandra Clinton, Ramsey             | 10:55.56 (6)       |
| 2014-Josette Norris, Tenafly               | 10:42.94 (7)       |
| 2015-Carleen Jeffers, Ridgewood            | 10:29.97 (3)       |
| 2016-Sam Halvorsen, Ridgewood              | 10:30.75 (2)       |
| Shannon Gorla, River Dell                  | 10:32.51 (3)       |
| Abigail McLaughlin, Bergen Tech            | 10:51.46 (7)       |
| 2017-Monica Hebner, Northern Highlands     | 10:50.84 (2)       |
| Corinne Barney, Indian Hills               | 10:57.18 (7)       |
| 2018-Monica Hebner, Northern Highlands     | 10:43.52 (3)       |
| 2019-Camryn Wennersten, Ridgewood          | 10:37.97 (4)       |

Nancy Habib, Passaic Tech 10:54.88 (6)

**100 METERS HIGH HURDLES (110 yards until 1979) (1)**

1980-Karen Gaines, Teaneck 14.2 (2)  
Jackie Goode, Eastside 14.4 (3)  
1981-Renee Carter, Englewood 14.6 (5)  
1982-Mary Samori, Cliffside Park 15.2 (4)  
1983- Jackie Goode, Eastside 14.4 (4)  
1992-Veronica Davi, IHA 14.65 (4)  
1995-Melene Thomas, Garfield 14.63 (3)  
1996-Melene Thomas, Garfield 14.96 (6)  
1997-Melissa Jones, Eastside 14.74 (6)  
1998-Carlene Cummings, Englewood 14.37 (4)  
2000-Jamie Lilien, Pascack Valley 14.53 (4)  
2001-Justine Diana, Saddle Brook 15.01 (8)  
2004-Michelle Smith, Teaneck 14.42 (3)  
Chelsea Townes, Hackensack 14.62 (5)  
2005-Chelsea Townes, Hackensack 14.42 (2)  
2006-Lara-Jean Que, Ridgewood 14.92 (7)  
2007-Lara-Jean Que, Ridgewood 14.72 (7)  
Evana Edwards, Hackensack 14.76 (8)  
2012-Breaisha Morton, Passaic Tech 14.76 (8)  
2013-Alexandra Cimino, Westwood 14.73 (5)  
2016-Elizabeth Garcia, Holy Angels 14.67 (6)  
2017-Isabelle Dely, Paramus Catholic 14.44 (4)  
2018-Grace O'Shea, Ramapo 14.05 (3)  
Isabelle Dely, Paramus Catholic 14.69 (8)  
**2019-Grace O'Shea, Ramapo 13.58**  
Isabelle Dely, Paramus Catholic 14.24 (6)

**400 METERS LOW HURDLES (6)**

1981-Judy Palmer, Teaneck 63.1 (3)  
1982-Judy Palmer, Teaneck 61.4 (2)  
1987-Kim Baumbach, Pascack Valley 62.4 (2)  
Sharon Allen, Eastside 63.3 (5)  
1989-Jennifer Powell, Teaneck 65.1 (4)  
1991-Veronica Davi, IHA 63.74 (2)  
1992-Veronica Davi, IHA 61.94 (2)  
**1994-Jen Roy, Wayne Valley 62.17**  
1998-Mahasin Pegeise, Rutherford 64.98 (6)  
**1999-Tawana Watkins, Kennedy 60.65**  
**2000-Tawana Watkins, Kennedy 59.56**  
**2005-Michelle Smith, Teaneck 60.43**  
2006-Alex Rosenberger, Ramsey 63.67 (8)  
2007-Alex Rosenberger, Ramsey 64.03 (8)  
2008-Amber Allen, Passaic Tech 62.90 (5)  
Jenn Sant Anna, Pascack Hills 63.23 (6)  
**2009-Amber Allen, Passaic Tech 58.44**  
Katelyn Ary, Demarest 62.75 (7)  
**2010-Amber Allen, Passaic Tech 61.27**  
2011-Mel Lewis, Midland Park 62.96 (4)  
2012-Alexandra Cimino, Westwood 60.87 (2)

|  |           |
|--|-----------|
| Breaisha Morton, Passaic Tech              | 62.13 (5) |
| 2013-Alexandra Cimino, Westwood            | 60.08 (3) |
| Micaela McPadden, Ridgewood                | 61.36 (4) |
| 2015-Christina Welzer, Demarest            | 61.71 (4) |
| Marlo Wehrer, Pequannock                   | 62.21 (7) |
| 2016-Jillian DiGiacinto, Hasbrouck Heights | 61.76 (3) |
| 2017-Katherine Muccio, Ridgewood           | 61.87 (7) |
| 2018-Grace Smiechowski, Northern Highlands | 62.93 (8) |
| 2019-Mariah Fede, Paramus Catholic         | 60.30 (2) |
| Katherine Muccio, Ridgewood                | 61.45 (5) |

### SHOT PUT (8)

|  |                |
|--|----------------|
| 1981-Beth Sova, Lakeland                     | 41-11 (2)      |
| 1982-Regina Weinpahl, Westwood               | 37-10 (5)      |
| <b>1983-Regina Weinpahl, Westwood</b>        | <b>41-6</b>    |
| 1984-Lisette Zachgo, Pascack Valley          | 41-3 ¼ (2)     |
| <b>1986-Kirsten Christiansen, Rutherford</b> | <b>40-11 ¾</b> |
| Jennifer Siegfried, Ramapo                   | 39-0 ½ (5)     |
| <b>1987-Kirsten Christiansen, Rutherford</b> | <b>42-3 ¼</b>  |
| Sue Piekarz, Clifton                         | 42-0 (2)       |
| 1988-Stacey Price, Westwood                  | 41-8 ¼ (2)     |
| 1994-Robyn Lowe, Passaic                     | 41-5 ½ (2)     |
| 1995-Danicqua Starr, Passaic                 | 40-6 ½ (2)     |
| Jenicka Carter, Westwood                     | 40-0 ¼ (4)     |
| 1996-Nakisha Leon, Passaic                   | 40-2 ½ (6)     |
| 1997-Labelle Hillgrove, Passaic              | 41-3 ¼ (2)     |
| Nakisha Leon, Passaic                        | 41-2 ¼ (4)     |
| 1998-Labelle Hillgrove, Passaic              | 40-11 ¾ (5)    |
| <b>1999-Jenn Flinchum, Demarest</b>          | <b>44-2 ¼</b>  |
| Labelle Hillgrove, Passaic                   | 42-4 (3)       |
| 2001-Jessica Fazekas, Demarest               | 44-7 (2)       |
| Kelly Fazekas, Demarest                      | 43-0 (3)       |
| 2002-Jessica Fazekas, Demarest               | 42-6 (2)       |
| Elethia Graham, Bergenfield                  | 39-10 ½ (5)    |
| <b>2003-Kelly Fazekas, Demarest</b>          | <b>45-3</b>    |
| Nicole Lowenstein, Lyndhurst                 | 39-3 ½ (7)     |
| 2009-Kathryn Hirsch, Demarest                | 42-2 ¼ (2)     |
| Apresha Hampton, Teaneck                     | 41-9 ¾ (3)     |
| Ashley Sims, Paramus Catholic                | 40-4 ¼ (6)     |
| Olivia Wade, Paramus Catholic                | 40-3 ¾ (7)     |
| <b>2010-Alana Pantale, Wayne Valley</b>      | <b>43-0 ½</b>  |
| Apresha Hampton, Teaneck                     | 42-7 ½ (2)     |
| Theresa Picciallo, IHA                       | 42-7 ½ (3)     |
| <b>2011-Theresa Picciallo, IHA</b>           | <b>47-5 ½</b>  |
| Apresha Hampton, Teaneck                     | 43-5 (5)       |
| <b>2012-Theresa Picciallo, IHA</b>           | <b>45-8 ¾</b>  |
| Alicia Hester, Wayne Valley                  | 38-0 ¼ (8)     |
| 2013-Cheyenne Bellernad, Emerson             | 40-6 ½ (6)     |
| 2014-Cheyenne Bellernad, Emerson             | 43-3 (2)       |
| Alicia Hester, Wayne Valley                  | 41-9 (4)       |
| 2015-Jessica Molina, Westwood                | 46-7 ¼ (3)     |

|                                  |             |
|----------------------------------|-------------|
| Nikolia Kanaris, Demarest        | 43-11 ¼ (4) |
| 2016-Jessica Molina, Westwood    | 48-4 ¾ (3)  |
| Amarys Berry, Hackensack         | 47-0 (4)    |
| Nikolia Kanaris, Demarest        | 41-6 ½ (7)  |
| 2018-Lexi Uzoaru, Ridgewood      | 41-6 ¼ (5)  |
| Kassie Ketcho, Hasbrouck Heights | 40-6 (8)    |
| 2019-Jada Sewell, Demarest       | 41-11 ½ (2) |

## DISCUS (5)

|   |               |
|---|---------------|
| <b>1975-Karen Smith, Park Ridge</b>     | <b>119-10</b> |
| 1977-Kyra Threlfall, Demarest           | 113-10 (2)    |
| 1978-Linda Clayton, Demarest            | 115-8 (5)     |
| 1979-Linda Clayton, Demarest            | 126-10 (2)    |
| 1982-Amy Hiller, Pascack Hills          | 115-10 (5)    |
| 1985-Nancy Van Dyke, Midland Park       | 118-9 (5)     |
| 1986-Sue Piekarz, Clifton               | 129-8 (2)     |
| 1987-Sue Piekarz, Clifton               | 137-0 (3)     |
| 1992-Sharren Bates, Pascack Hills       | 118-1 (6)     |
| 1994-Katie Holmgren, Wayne Valley       | 116-6 (6)     |
| 1995-Danicqua Starr, Passaic            | 123-10 (5)    |
| 1998-Jenn Flinchum, Demarest            | 128-2 (5)     |
| 1999-Jenn Flinchum, Demarest            | 143-4 (2)     |
| <b>2000-Monique Mighty, Hackensack</b>  | <b>128-9</b>  |
| 2001-Jessica Fazekas, Demarest          | 122-3 (4)     |
| <b>2002-Jessica Fazekas, Demarest</b>   | <b>140-8</b>  |
| Jasmine Fenlator, Wayne Valley          | 123-4 (8)     |
| 2003-Jazmine Fenlator, Wayne Valley     | 136-0 (3)     |
| Kelly Fazekas, Demarest                 | 131-3 (4)     |
| 2006-Julie Haledjian, Pascack Hills     | 123-8 (6)     |
| 2007-Alana Pantale, Wayne Valley        | 120-1 (4)     |
| 2008-Christine Coppola, River Dell      | 136-6 (2)     |
| 2009-Alana Pantale, Wayne Valley        | 129-0 (4)     |
| 2011-Marija Spajic, Manchester          | 123-7 (6)     |
| <b>2014-Cheyenne Bellerand, Emerson</b> | <b>136-10</b> |
| 2015-Amiynah Campbell, Teaneck          | 133-9 (4)     |
| 2016-Jessica Molina, Westwood           | 123-8 (5)     |
| Olivia Pantale, Wayne Valley            | 123-3 (6)     |
| 2017-Karina Roze, Glen Rock             | 120-11 (7)    |
| Lexi Uzoaru, Ridgewood                  | 120-5 (8)     |
| <b>2018-Cat Light, Demarest</b>         | <b>132-2</b>  |
| 2019-Angelina Tapia, Tenafly            | 139-1 (2)     |
| Karina Roze, Glen Rock                  | 132-0 (5)     |

## JAVELIN (6)

|                                   |            |
|-----------------------------------|------------|
| 1982-Sue Parker, Pascack Valley   | 123-11 (4) |
| Barbara Wolff, Tenafly            | 123-2 (5)  |
| 1989-Elena Primerano, Lyndhurst   | 120-11 (2) |
| 1990-Dawn Johnson, Lyndhurst      | 126-11 (5) |
| 1992-Jennifer Russo, Wayne Valley | 118-5 (2)  |
| Medeana Steidl, Garfield          | 117-4 (4)  |

|   |               |
|---|---------------|
| 1993-Tina Gennat, Fair Lawn                 | 124-10 (3)    |
| 1998-Jen Austin, Garfield                   | 131-5 (3)     |
| 1999-Jen Austin, Garfield                   | 141-11 (2)    |
| Jackie Babbini, Cliffside Park              | 128-9 (3)     |
| Gwen Scanel, Hackensack                     | 124-3 (5)     |
| 2000-Jen Austin, Garfield                   | 150-9 (2)     |
| 2001-Christina Labocki, Garfield            | 125-6 (6)     |
| 2002-Whitney Verduin, Hawthorne             | 129-9 (5)     |
| Tina Lindsay, Eastside                      | 127-3 (7)     |
| 2003-Tina Lindsay, Eastside                 | 126-9 (6)     |
| Daina Pucurs, Demarest                      | 126-6 (7)     |
| <b>2004-Daina Pucurs, Demarest</b>          | <b>148-0</b>  |
| <b>2006-Julia Cohan, Northern Highlands</b> | <b>129-6</b>  |
| Jaclyn Wypler, Ridgewood                    | 125-7 (4)     |
| 2007-Jaclyn Wypler, Ridgewood               | 133-4 (3)     |
| Heather Morba, Kinnelon                     | 121-0 (8)     |
| <b>2008-Shannon Sullivan, IHA</b>           | <b>144-3</b>  |
| <b>2009-Shannon Sullivan, IHA</b>           | <b>136-7</b>  |
| Teresa Kirkpatrick, Pascack Hills           | 130-2 (4)     |
| Hannah Meyer, Northern Highlands            | 126-5 (6)     |
| 2010-Hannah Meyer, Northern Highlands       | 140-7 (4)     |
| Jaime Klein, Paramus Catholic               | 130-10 (8)    |
| 2011-Jamie Klein, Paramus Catholic          | 139-7 (2)     |
| Shaunteriah Douglas, Garfield               | 137-9 (3)     |
| <b>2012-Shaunteriah Douglas, Garfield</b>   | <b>150-3</b>  |
| Becca Skovira, Park Ridge                   | 131-4 (4)     |
| Hope Yi, Bergen Tech                        | 121-0 (7)     |
| <b>2013-Lisa Sesink-Clee, Holy Angels</b>   | <b>149-10</b> |
| 2015-Olivia Pantale, Wayne Valley           | 132-9 (5)     |
| Thalia Ghalam, Midland Park                 | 128-3 (8)     |
| 2016-Julia Kissel, Ramsey                   | 123-10 (6)    |
| Veronica Pantale, Midland Park              | 122-2 (8)     |
| 2017-Jesse Geller, Demarest                 | 139-7 (3)     |
| Samantha Gioiosa, Bogota                    | 132-9 (6)     |
| 2018-Alianna Eucker, Bergen Tech            | 140-3 (3)     |
| Nicole Sacchinelli, Fair Lawn               | 139-6 (4)     |
| Sydney Stith, Pascack Hills                 | 125-6 (8)     |
| 2019-Alianna Eucker, Bergen Tech            | 149-1 (2)     |
| Hailey Romero, Fair Lawn                    | 136-5 (4)     |

## **HIGH JUMP (6)**

|                                    |            |
|------------------------------------|------------|
| 1974-Mary Sayers, Ridgewood        | 4-10 (4)   |
| <b>1975-Becky Deetz, Ridgewood</b> | <b>5-6</b> |
| <b>1976-Becky Deetz, Ridgewood</b> | <b>5-7</b> |
| 1981-Sue McMurdy, Wayne Valley     | 5-4 (5)    |
| 1982-Deneen Steiner, Ridgefield    | 5-6 (4)    |
| 1983-Nancy Larena, Saddle Brook    | 5-4 (5)    |
| 1984-Kelly Barrett, Westwood       | 5-4 (3)    |
| 1985-Amy Nehls, Indian Hills       | 5-4 (4)    |
| 1990-Meticia Watson, Kennedy       | 5-2 (t3)   |
| 1991-Ami Racich, Cresskill         | 5-4 (t2)   |

|  |                |
|--|----------------|
| 1992-Michele Dudzinski, Passaic Valley         | 5-4 (6)        |
| 1993-Michele Dudzinski, Passaic Valley         | 5-6 (4)        |
| Michelle Dette, Wayne Valley                   | 5-2 (t6)       |
| 1994-Lesley Hodgson, Glen Rock                 | 5-4 (3)        |
| 1997-Cheryl Burdick, Ramsey                    | 5-6 (t2)       |
| Kim Fife, Lakeland                             | 5-4 (t6)       |
| <b>1998-Cheryl Burdick, Ramsey</b>             | <b>5-8</b>     |
| <b>1999-Cheryl Burdick, Ramsey</b>             | <b>5-8</b>     |
| 2002-Jessica Malacrida, Paramus                | 5-2 (t8)       |
| Alex Paslawsky, Ramsey                         | 5-2 (t8)       |
| Tahirah Williams, IHA                          | 5-2 (t8)       |
| 2004-Erika Koop, Ridgefield Park               | 5-2 (t7)       |
| 2008-Alex Rosenberger, Ramsey                  | 5-6 (t2)       |
| 2011-Nia Jackson, Hawthorne                    | 5-6 (t5)       |
| <b>2014-Taryn Deleon, Old Tappan</b>           | <b>5-6 (1)</b> |
| Breaisha Morton, Passaic Tech                  | 5-6 (2)        |
| 2016-Miku Okada, River Dell                    | 5-4 (t7)       |
| 2017-Jenna Rogers, Rutherford                  | 5-8 (3)        |
| <b>2018-Tiffany Bautista, Paramus Catholic</b> | <b>5-10</b>    |
| Jenna Rogers, Rutherford                       | 5-10 (t2)      |
| Kaela Monte, Ramsey                            | 5-6 (t7)       |
| 2019- Kaela Monte, Ramsey                      | 5-4 (t7)       |

#### LONG JUMP (6)

|   |               |
|---|---------------|
| 1974-Althea Davidson, Kennedy               | 15-7 (5)      |
| 1979-Caroline Morris, Hackensack            | 17-8 ½ (5)    |
| 1980-Karen Gaines, Teaneck                  | 18-2 (5)      |
| 1981-Caroline Morris, Hackensack            | 18-7 ¼ (3)    |
| 1985-Margaret Rottkamp, Indian Hills        | 18-2 ½ (3)    |
| <b>1986-Margaret Rottkamp, Indian Hills</b> | <b>18-2 ¾</b> |
| <b>1988-Jen McDermott, Ridgewood</b>        | <b>19-0 ¼</b> |
| <b>1989-Jen McDermott, Ridgewood</b>        | <b>19-4</b>   |
| 1990-Megan Burke, Glen Rock                 | 16-7 (5)      |
| 1991-Megan Burke, Glen Rock                 | 18-2 (2)      |
| Cassandra Grant, Passaic                    | 17-10 (3)     |
| 1992-Cassandra Grant, Passaic               | 19-11 ¼ (2)   |
| 1993-Jen Hettel, Wallington                 | 17-9 ¼ (6)    |
| 1994-Jen Roy, Wayne Valley                  | 18-0 ¼ (4)    |
| 1996-Carlene Cummings, Englewood            | 17-5 ¼ (5)    |
| Willie Mae Washington, Lodi                 | 17-5 (6)      |
| <b>1997-Carlene Cummings, Englewood</b>     | <b>18-2</b>   |
| Alicia Mazepa, Clifton                      | 17-3 ½ (5)    |
| <b>1998-Carlene Cummings, Englewood</b>     | <b>18-5</b>   |
| 2004-Danielle Kroll, Indian Hills           | 17-6 (8)      |
| 2005-Shanelle Cross, Garfield               | 17-10 (5)     |
| 2006-Sheniqua Jones, Passaic                | 18-0 (5)      |
| 2007-Evana Edwards, Hackensack              | 17-3 ½ (5)    |
| 2009-Kristen Brown, Englewood               | 17-4 (6)      |
| 2010-Danna Wasserman, Demarest              | 17-1 ½ (7)    |
| 2011-Jamelia Johnson, Passaic Tech          | 17-8 ¾ (5)    |
| Taylor Clarkson, Indian Hills               | 17-8 (7)      |

|  |                                       |
|--|---------------------------------------|
| 2013-Tatiana Sanders, Paramus Catholic         | 17-8 $\frac{3}{4}$ (6)                |
| 2014-Tatiana Sanders, Paramus Catholic         | 19-0 (4)                              |
| Jenna Dyksen, Hawthorne                        | 17-9 $\frac{1}{4}$ (6)                |
| Kaitlin Salisbury, Hawthorne                   | 17-8 $\frac{3}{4}$ (7)                |
| <b>2015-Kaitlin Salisbury, Hawthorne</b>       | <b>18-5</b>                           |
| Alexis Trott, Paramus Catholic                 | 18-0 (8)                              |
| <b>2016-Kaitlin Salisbury, Hawthorne</b>       | <b>19-10</b>                          |
| 2017-Tiffany Bautista, Paramus Catholic        | 18-11 (5)                             |
| 2018-Tiffany Bautista, Paramus Catholic        | 19-2 $\frac{1}{2}$ (3)                |
| 2019-Isabelle Dely, Paramus Catholic           | 18-4 $\frac{1}{2}$ (3)                |
| Julia Morrone, Hackensack                      | 18-3 (4)                              |
| Kennedee Cox, Paramus Catholic                 | 18-0 (6)                              |
| <b>TRIPLE JUMP (First held in 2000) (4)</b>    |                                       |
| 2000-Shenee Clarke, Ridgefield Park            | 36-9 (2)                              |
| Angela Talucci, Indian Hills                   | 34-11 (3)                             |
| Andrea Herbert, Passaic Tech                   | 34-10 (4)                             |
| Dara Jemmott, Teaneck                          | 34-8 $\frac{1}{2}$ (5)                |
| Thatcha DaCosta, Englewood                     | 34-7 $\frac{1}{4}$ (6)                |
| Jen Austin, Garfield                           | 33-1 $\frac{1}{2}$ (8)                |
| 2001-Thatcha DaCosta, Englewood                | 36-7 $\frac{1}{4}$ (3)                |
| Andrea Herbert, Passaic Tech                   | 36-6 $\frac{1}{4}$ (4)                |
| Dara Seidman, Ramsey                           | 36-0 $\frac{1}{4}$ (5)                |
| Christie Procopio, Indian Hills                | 35-2 $\frac{1}{4}$ (6)                |
| Ebony Ramos, Hackensack                        | 35-1 (7)                              |
| Trish McGowan, Ridgewood                       | 34-4 (8)                              |
| 2002-Trish McGowan, Ridgewood                  | 36-11 $\frac{3}{4}$ (2)               |
| Brittany Bonney, Wayne Hills                   | 36-8 $\frac{1}{2}$ (3)                |
| Kimisha Hughes, Eastside                       | 36-7 $\frac{1}{2}$ (4)                |
| Andrea Herbert, Passaic Tech                   | 36-5 $\frac{1}{2}$ (5)                |
| Chrissy Procopio, Indian Hills                 | 35-7 $\frac{1}{2}$ (8)                |
| 2003-Brittany Brooks, Garfield                 | 36-6 $\frac{1}{4}$ (4)                |
| Trish McGowan, Ridgewood                       | 36-3 $\frac{1}{2}$ (5)                |
| Sheena Strachan, Englewood                     | 35-9 (8)                              |
| 2004-Erika Ostrove, Cresskill                  | 36-8 $\frac{1}{2}$ (4)                |
| Sheena Strachan, Englewood                     | 36-1 $\frac{1}{4}$ (8)                |
| 2005-Mallory Longfield, Indian Hills           | 37-4 (3)                              |
| Shanelle Cross, Garfield                       | 36-3 (7)                              |
| <b>2008-Shanai Heber, Kennedy</b>              | <b>40-7</b>                           |
| 2009-Kirsten Bowens, Mahwah                    | 38-3 (5)                              |
| 2012-Gena Pickett, Mahwah                      | 39-8 $\frac{3}{4}$ (3)                |
| 2013-Amanda Fields, Holy Angels                | 37-0 (6)                              |
| 2014-Tatiana Sanders, Paramus Catholic         | 37-11 $\frac{1}{2}$ (6)               |
| Rosemary Menyhart, Paramus Catholic            | 37-2 (8)                              |
| <b>2015-Kaitlin Salisbury, Hawthorne</b>       | <b>39-7</b>                           |
| Rosemary Menyhart, Paramus Catholic            | 38-6 $\frac{3}{4}$ (4)                |
| <b>2016-Kaitlin Salisbury, Hawthorne</b>       | <b>39-10 <math>\frac{3}{4}</math></b> |
| 2017-Lauren Stern, Mahwah                      | 37-11 $\frac{1}{4}$ (4)               |
| <b>2018-Tiffany Bautista, Paramus Catholic</b> | <b>40-2</b>                           |
| Lauren Stern, Mahwah                           | 38-11 $\frac{1}{4}$ (4)               |
| Zia Barr, Teaneck                              | 38-6 $\frac{3}{4}$ (5)                |
| Kathryn Brown, Kinnelon                        | 37-10 $\frac{1}{2}$ (7)               |

|   |           |
|---|-----------|
| 2019-Tiffany Bautista, Paramus Catholic | 39-10 (3) |
| Kathryn Brown, Kinnelon                 | 39-7 (4)  |

**POLE VAULT First held 1999 (2)**

|                                      |             |
|--------------------------------------|-------------|
| 2001-Lauren Dutch, Clifton           | 9-6 (8)     |
| 2003-Kerri Norton, Ridgewood         | 9-6 (t7)    |
| 2004-Karen Langner, Clifton          | 10-6 (t5)   |
| 2005-Cassie Wong, Ridgewood          | 11-0 (4)    |
| 2006-Cassie Wong, Ridgewood          | 11-0 (5)    |
| 2007-Annie Polcari, Ridgewood        | 10-6 (t6)   |
| 2008-Michelle Favre, Saddle Brook    | 11-6 (5)    |
| Emily Urciuoli, Clifton              | 11-0 (t7)   |
| <b>2009-Emily Urciuoli, Clifton</b>  | <b>12-6</b> |
| Michelle Favre, Saddle Brook         | 12-0 (5)    |
| Chelsea Hartigan, Ramapo             | 11-6 (t7)   |
| 2010-Emily Urciuoli, Clifton         | 12-6 (2)    |
| Chelsea Hartigan, Ramapo             | 12-0 (t3)   |
| Brittany DalCais, West Milford       | 11-6 (8)    |
| <b>2011-Kayla Polcari, Ridgewood</b> | <b>11-6</b> |
| 2012-Carolyn Edler, Mahwah           | 11-0 (t5)   |
| 2013-Haley Steele, West Milford      | 11-0 (t2)   |
| Bridget Brindley, River Dell         | 11-0 (7)    |
| Catherine Rozalski, Queen of Peace   | 10-6 (t8)   |
| 2014-Haley Steele, West Milford      | 11-0 (6)    |
| 2015-Kristina Langan, Wayne Hills    | 11-6 (2)    |
| Lauren Bilali, Old Tappan            | 11-0 (5)    |
| 2016-Michelle Rubinetti, Demarest    | 12-0 (2)    |
| Melissa Purcell, Pascack Valley      | 11-6 (4)    |
| Jessica Ippolito, Fair Lawn          | 11-6 (5)    |
| Caitlin Reverand, Demarest           | 11-0 (t8)   |
| Caroline McGann, Holy Angels         | 11-0 (t8)   |
| 2017-Michelle Rubinetti, Demarest    | 12-6 (2)    |
| Jessica Ippolito, Fair Lawn          | 12-6 (3)    |
| Melissa Purcell, Pascack Valley      | 12-6 (4)    |
| Caroline McGann, Holy Angels         | 11-6 (8)    |
| 2018-Melissa Purcell, Pascack Valley | 12-6 (t3)   |
| Sydney Woods, Demarest               | 12-0 (5)    |
| 2019-Marisa DiGia, Old Tappan        | 11-6 (3)    |
| Sydney Shannon, Passaic Tech         | 11-0 (4)    |
| Jamie Rossig, Pascack Hills          | 10-6 (t6)   |

**400 METER RELAY (440 yards until 1979, reinstated 2010) (3)**

|                         |             |
|-------------------------|-------------|
| 1974-Eastside           | 50.7 (3)    |
| Wayne Hills             | 51.0 (4)    |
| <b>1976-Eastside</b>    | <b>48.6</b> |
| <b>1977-Eastside</b>    | <b>49.7</b> |
| 1979-Teaneck            | 49.0 (4)    |
| 1980-Eastside           | 47.8 (2)    |
| 2014-Northern Highlands | 48.67 (8)   |
| 2015-Northern Highlands | 48.44 (8)   |
| 2016-Northern Highlands | 48.30 (4)   |
| Paramus Catholic        | 48.53 (6)   |



|                              |              |
|------------------------------|--------------|
| 2017-Paramus Catholic        | 48.26 (7)    |
| <b>2018-Paramus Catholic</b> | <b>47.17</b> |
| 2019-Paramus Catholic        | 48.32 (8)    |

**1600 METER RELAY (mile until 1979) (1)**

|                         |               |
|-------------------------|---------------|
| 1978-Ramsey             | 3:57.5 (5)    |
| 1981-Eastside           | 3:49.3 (3)    |
| 1985-Ridgewood          | 4:00.3 (5)    |
| 1988-Ridgewood          | 3:54.1 (4)    |
| <b>1989-Teaneck</b>     | <b>3:56.2</b> |
| 1994-Teaneck            | 3:59.07 (4)   |
| Glen Rock               | 3:59.08 (5)   |
| 1997-Eastside           | 3:55.67 (4)   |
| Teaneck                 | 3:58.20 (5)   |
| 1999-Passaic            | 3:57.67 (5)   |
| 2002-Passaic Tech       | 3:56.61 (8)   |
| 2004-Teaneck            | 3:56.81 (8)   |
| 2012-Ramapo             | 3:53.83 (7)   |
| 2013-Northern Highlands | 3:52.78 (4)   |
| 2014-Northern Highlands | 3:53.76 (7)   |
| 2015-Northern Highlands | 3:56.14 (4)   |
| 2016-Ramapo             | 3:54.27 (3)   |
| Northern Highlands      | 3:56.02 (5)   |
| 2017-Northern Highlands | 3:51.99 (3)   |
| 2019-Ramapo             | 3:53.04 (5)   |

**3200 METER RELAY (First held in 2010)**

|                         |             |
|-------------------------|-------------|
| 2010-Westwood           | 9:38.37 (8) |
| 2011-Westwood           | 9:26.05 (3) |
| Northern Highlands      | 9:27.39 (5) |
| 2012-Northern Highlands | 9:25.25 (8) |
| 2014-Ramapo             | 9:17.68 (4) |
| Northern Highlands      | 9:20.94 (6) |
| 2015-Northern Highlands | 9:27.54 (7) |
| 2016-Ramsey             | 9:26.49 (7) |
| Old Tappan              | 9:28.60 (8) |
| 2017-Holy Angels        | 9:25.57 (7) |
| 2018-River Dell         | 9:21.21 (6) |
| Ridgewood               | 9:22.75 (8) |

need 1975 boys and 1975-1976-1977 girls meets