

## 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, Don Bosco</b>	<b>10.80</b>
Benjamin Davis, Old Tappan	11.16 (6)
<b>2014-Jabrill Peppers, Don Bosco</b>	<b>10.55</b>
Chris Estrella, Ridgefield 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, Don Bosco</b>	<b>21.13</b>
<b>2014-Jabrill Peppers, Don Bosco</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)

**800 METERS (880 yards until 1979) (7)**

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)

#### **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 Conheeny, 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, Cliffs 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)

**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)  
**1992-Rob Reeder, Northern Highlands 9:09.87**  
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)  
**2004-Mohamed Khadraoui, Kennedy 9:01.34**  
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)  
**2013-Kyle Levermore, Don Bosco 8:55.41**  
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)

#### **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)

#### **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 Papathanassiou, 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 1/4 (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 1/2 (4)
Marquise Wright, Paramus Catholic	53-5 (7)
2011-Stephen Mozia, Hackensack	59-7 3/4 (2)
Patrick Cole, Hasbrouck Heights	55-1 (5)
Marquise Wright, Paramus Catholic	54-8 3/4 (8)
2012-Mark Ramsey, Kennedy	57-0 1/2 (4)
Chris Connors, Hasbrouck Heights	55-6 1/2 (7)
2013-Andrew Trumbetti, Demarest	57-3 1/4 (6)
Spencer Ross, Mahwah	55-3 3/4 (8)
2014-Spencer Ross, Mahwah	58-10 1/2 (4)
Andrew Tummino, River Dell	55-6 3/4 (7)
2016-Gio Gutierrez, Saddle Brook	57-7 (6)
2017-Gio Gutierrez, Saddle Brook	59-6 3/4 (4)

## 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)

#### **JAVELIN (7)**

1976-Bill Hoy, Don Bosco	201-9 (4)
Tom Parr, Lakeland	200-3 (5)
1977-Mike Collins, Don Bosco	182-5 (5)
1982-Bruce Bacchicocchi, Dumont	216-8 (2)
1983-Bruce Bacchicocchi, 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)

## HIGH JUMP (6)

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)



## 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)
<b>2010-Corey Crawford, Indian Hills</b>	<b>23-9</b>
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)

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

<b>2000-John Augustynowycz, Rutherford</b>	<b>45-5 <math>\frac{1}{2}</math></b>
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)
<b>2001-Weston Daniel, Bergenfield</b>	<b>45-3 <math>\frac{3}{4}</math></b>
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)
<b>2002-Rowan Clarke, Teaneck</b>	<b>44-11 <math>\frac{3}{4}</math></b>
Ralph Davis, Paramus	44-11 (2)
Delon Pompey, Eastside	44-3 $\frac{1}{2}$ (3)
Brett Henderson, Dumont	44-1 (5)
Weston Daniel, Bergenfield	43-11 (7)
<b>2003-Ralph Davis, Paramus</b>	<b>46-6 <math>\frac{1}{2}</math></b>
Vernard Hoover, Hasbrouck Heights	45-7 $\frac{1}{2}$ (2)
Gabe Knutson, Ridgewood	44-0 $\frac{1}{2}$ (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)

## POLE VAULT (2)

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)

**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>

**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)

**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)

#### 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 DeIGizzo, 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)

**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)

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

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)

#### **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)
<b>1994-Jen Roy, Wayne Valley</b>	<b>62.17</b>
1998-Mahasin Pegeise, Rutherford	64.98 (6)
<b>1999-Tawana Watkins, Kennedy</b>	<b>60.65</b>
<b>2000-Tawana Watkins, Kennedy</b>	<b>59.56</b>
<b>2005-Michelle Smith, Teaneck</b>	<b>60.43</b>
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)
<b>2009-Amber Allen, Passaic Tech</b>	<b>58.44</b>
Katelyn Ary, Demarest	62.75 (7)
<b>2010-Amber Allen, Passaic Tech</b>	<b>61.27</b>
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)

### 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)

### DISCUS (4)

<b>1975-Karen Smith, Park Ridge</b>	<b>119-10</b>
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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)

#### **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, Cliffsides 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)

### HIGH JUMP (5)

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)

### 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 ¾ (6)
2014-Tatiana Sanders, Paramus Catholic	19-0 (4)
Jenna Dyksen, Hawthorne	17-9 ¼ (6)
Kaitlin Salisbury, Hawthorne	17-8 ¾ (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)
<b>TRIPLE JUMP (First held in 2000) (3)</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 ½ (5)
Thatcha DaCosta, Englewood	34-7 ¼ (6)
Jen Austin, Garfield	33-1 ½ (8)
2001-Thatcha DaCosta, Englewood	36-7 ¼ (3)
Andrea Herbert, Passaic Tech	36-6 ¼ (4)
Dara Seidman, Ramsey	36-0 ¼ (5)
Christie Procopio, Indian Hills	35-2 ¼ (6)
Ebony Ramos, Hackensack	35-1 (7)
Trish McGowan, Ridgewood	34-4 (8)
2002-Trish McGowan, Ridgewood	36-11 ¾ (2)
Brittany Bonney, Wayne Hills	36-8 ½ (3)
Kimisha Hughes, Eastside	36-7 ½ (4)
Andrea Herbert, Passaic Tech	36-5 ½ (5)
Chrissy Procopio, Indian Hills	35-7 ½ (8)
2003-Brittany Brooks, Garfield	36-6 ¼ (4)
Trish McGowan, Ridgewood	36-3 ½ (5)
Sheena Strachan, Englewood	35-9 (8)
2004-Erika Ostrove, Cresskill	36-8 ½ (4)
Sheena Strachan, Englewood	36-1 ¼ (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)

#### **POLE VAULT (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 Rubineti, 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 Rubineti, 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)

#### **400 METER RELAY (440 yards until 1979, reinstated 2010) (2)**

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)

**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)

**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)

need 1975 boys and 1975-1976-1977 girls meets