

# STATE SECTIONAL CHAMPIONSHIPS

## BOYS GROUP 4

### *Top Three Teams*

2018-West Orange 59, Ridgewood 54, Clifton 49  
2017-Ridgewood 79 1/3, Randolph 73 1/3, Kennedy 63  
2016-Ridgewood 103, Morristown 69, West Orange 60  
2015-Randolph 89, Kennedy 71, Memorial 67  
2014-Ridgewood 104, West Orange 77, Randolph 71  
2013-Ridgewood 112, Passaic Tech 92, West Orange 69  
2012-Ridgewood 102, West Orange 85, Randolph 54  
2011-Ridgewood 94, Montclair 71, West Orange 65  
2010-Ridgewood 88, Hackensack 69, West Orange 68  
2009-Bloomfield 84, West Orange 71, Randolph 68  
2008-Hackensack 63, Eastside 58, Bergen Tech 46  
2007-West Orange 66, Ridgewood 62, Randolph 59 1/2  
2006-West Orange 106 1/2, Kennedy 79, Ridgewood 73  
2005-Kennedy 79, Ridgewood 68, Morristown 57  
2004-Ridgewood 79, Hackensack 74, Kennedy 53  
2003-Ridgewood 113, Bayonne 57, Vernon 50  
2002-Teaneck 63, West Milford 56 1/2, Bayonne 56  
2001-Wayne Valley 86, Hackensack 69, Memorial 64  
2000-Hackensack 122, Ridgewood 66, Wayne Valley 42 1/2  
1999-**Hackensack 136**, Memorial 53, Kennedy 48  
1998-Hackensack 115, Ridgewood 89, Clifton 38  
1997-Vernon 73, Hackensack 66, Snyder 51  
1996-Passaic 72, Hackensack 65, Teaneck 60  
1995-Kennedy 58, Snyder 55, West Milford 54  
1994-West Milford and Hackensack 65, Ridgewood 62 1/2  
1993-Hackensack 97, Passaic 92, Ridgewood 56  
1992-Eastside 74, Passaic 66, Kennedy 57  
1991-Hackensack 41, Ridgewood 37, Eastside 30  
1990-Passaic Tech 50, Hackensack 48, Kennedy 34  
1989-Ridgewood 35, Hackensack 33 1/2, Passaic Tech/Teaneck 25  
1988-Hackensack 53, Kennedy 31, Passaic Tech 26  
1987-Eastside 63, Ridgewood 34, Hackensack 30  
1986-Eastside 53, Hackensack 42, Passaic 32  
1985-Hackensack 35, Passaic 33, Ridgewood 30  
1984-Teaneck 67, Eastside 46, Ridgewood 26  
1983-Teaneck 36, Snyder 27, Ridgewood 23  
1982-Hackensack 65, Bayonne 28, Teaneck 24  
1981-Eastside 50, Hackensack 44, Teaneck 34  
1980-Kennedy 38 1/2, Teaneck 30, Hackensack 20  
1979-Teaneck 41, Kennedy 37, Memorial 35  
1978-Memorial and Snyder 41, Hackensack 34  
1977-Snyder 49, Indian Hills 28, Kearny 23  
1976-Snyder 41, Hackensack 36, Memorial 28  
1975-Ridgewood 39 1/2, North Bergen 37, Memorial 29  
1974-Hackensack 43, North Bergen 39, Kearny 37  
1973-North Bergen 48, Hackensack 41, Paramus 25  
1972-North Bergen 41.5, Hackensack 27 1/2, Paramus 24  
1971-NEEDED  
1970-Hackensack 41, North Bergen 34, Paramus 24  
1969-River Dell 44, Teaneck 27 1/2, North Bergen 25  
1968-Teaneck 34, Hackensack 32, Garfield 25

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

|                                       |       |             |
|---------------------------------------|-------|-------------|
| 2018-Giano Roberts, North Bergen      | 11.07 |             |
| 2017-Matias Pellegrino, Morris Knolls | 11.11 |             |
| 2016-Kobi Grant, Ridgewood            | 11.09 |             |
| 2015-Qwashon Powell, Kennedy          | 10.98 |             |
| 2014-Jake Sabatini, Ridgewood         | 11.13 |             |
| 2013-Jake Sabatini, Ridgewood         | 11.19 |             |
| 2012-Deandre Jennings, Hackensack     | 11.01 |             |
| 2011-Dexter Valley, West Orange       |       | 11.04       |
| 2010-Conroy Walker, Hackensack        | 11.00 |             |
| 2009-Michael Ottey, Bloomfield        | 11.08 |             |
| 2008-Robert East, Passaic             | 10.82 |             |
| 2007-Chris Ziegler, Ridgewood         | 11.06 |             |
| 2006-Justin Gannon, Vernon            | 10.9  |             |
| <b>2005-Shaquan Brown, Kennedy</b>    |       | <b>10.4</b> |
| 2004-Kevin Thompson, North Bergen     | 10.6  |             |
| 2003-Kevin Thompson, North Bergen     | 10.9  |             |
| 2002-Nicardo Gooden, Kennedy          | 10.8  |             |
| 2001-Stephen Andrews, Kearny          | 10.8  |             |
| 2000-Adrian Durant, Teaneck           | 10.8  |             |
| 1999-Michael Jackson, Hackensack      | 10.8  |             |
| 1998-Kawesi Darby, Hackensack         | 10.6  |             |
| 1997-Anthony Campbell, Snyder         | 10.6  |             |
| 1996-Chiffon Allen, Passaic           | 10.8  |             |
| 1995-Joe Dawkins, Hackensack          | 10.6  |             |
| 1994-Joe Dawkins, Hackensack          | 10.7  |             |
| 1993-Ricchard Carter, Passaic         | 10.7  |             |
| 1992-Ricchard Carter, Passaic         | 11.2  |             |
| 1991-Sean Stallings, Passaic          | 11.1  |             |
| 1990-Sean Stallings, Passaic          | 11.1  |             |
| 1989-Stan Finney, Hackensack          | 10.9  |             |
| 1988-Stan Finney, Hackensack          | 10.9  |             |
| 1987-Stan Finney, Hackensack          | 11.1  |             |
| 1986-Joe Johnson, Hackensack          | 11.0  |             |
| 1985-Chris Wilkins, Dickinson         | 11.0  |             |
| 1984-Tony Blair, Bayonne              | 10.9  |             |
| 1983-Joe Banks, Snyder                | 10.9  |             |
| 1982-Anthony Strickland, Bayonne      | 11.1  |             |
| 1981-Derek Spann, Snyder              | 11.4  |             |
| 1980-Leroy Beavers, Snyder            | 11.1  |             |
| 1979-Quentin Walker, Teaneck          | 10.1  |             |
| 1978-Leroy Beavers, Snyder            | 10.2  |             |
| 1977-Dean Oslowski, Kearny            | 10.0  |             |
| 1976-Harold Batts, Memorial           | 10.3  |             |
| 1975-Jon Johnson, Snyder              | 10.1  |             |
| 1974-Walter Reid, Snyder              | 10.0  |             |
| 1973-Dodie Donnell, Hackensack        |       | 10.1        |
| 1972-Ernie Rath, Paramus              | 10.2  |             |
| 1971-NEEDED                           |       |             |
| 1970-Vin DiCioccio, North Bergen      | 10.0  |             |
| 1969-Vic Amoruso, Garfield            | 10.0  |             |
| 1968-Vic Amoruso, Garfield            | 10.1  |             |

**200 METERS (200 yards until 1979)**

|                                    |       |       |
|------------------------------------|-------|-------|
| 2018-Giano Roberts, North Bergen   | 22.38 |       |
| 2017-Marcus Smallwood, Mount Olive | 22.24 |       |
| 2016-Marcus Smallwood, Mount Olive | 22.28 |       |
| 2015-Qwashon Powell, Kennedy       | 21.98 |       |
| 2014-Donovan McDonald, Montclair   | 22.47 |       |
| 2013-Karl Cajuste, West Orange     | 22.50 |       |
| 2012-Dexter Valley, West Orange    |       | 21.92 |
| 2011-Aaron Rhodes, Montclair       | 22.28 |       |

|                                    |       |             |
|------------------------------------|-------|-------------|
| 2010-Conroy Walker, Hackensack     | 22.33 |             |
| 2009-Conroy Walker, Hackensack     | 22.47 |             |
| 2008-Robert East, Passaic          | 22.03 |             |
| 2007-Chris Ziegler, Ridgewood      | 22.22 |             |
| 2006-Justin Gannon, Vernon         | 21.9  |             |
| <b>2005-Shaquan Brown, Kennedy</b> |       | <b>21.2</b> |
| 2004-Reggie Berry, Morristown      | 21.5  |             |
| 2003-Kevin Thompson, North Bergen  | 22.2  |             |
| 2002-Adrian Durant, Teaneck        | 22.2  |             |
| 2001-Bryan Durango, Memorial       | 22.1  |             |
| 2000-Adrian Durant, Teaneck        | 22.4  |             |
| 1999-Tyrone Johnson, Kennedy       | 22.3  |             |
| 1998-Joe Haro, Clifton             | 22.3  |             |
| 1997-Anthony Campbell, Snyder      | 21.7  |             |
| 1996-Walter King, Hackensack       | 22.5  |             |
| 1995-Joe Dawkins, Hackensack       | 21.7  |             |
| 1994-Joe Dawkins, Hackensack       | 22.1  |             |
| 1993-Ricchard Carter, Passaic      | 22.2  |             |
| 1992-Ricchard Carter, Passaic      | 22.2  |             |
| 1991-Thomas Pearson, Eastside      | 22.7  |             |
| 1990-Sherwin Tann, Passaic Tech    |       | 22.7        |
| 1989-Stan Finney, Hackensack       | 22.5  |             |
| 1988-Walt McCall, Hackensack       | 22.1  |             |
| 1987-Dennis Scott, Eastside        | 22.9  |             |
| 1986-Joe Johnson, Hackensack       | 22.1  |             |
| 1985-Chris Wilkins, Dickinson      | 22.1  |             |
| 1984-Roger Cameron, Eastside       | 22.2  |             |
| 1983-Joe Banks, Snyder             | 21.8  |             |
| 1982-Anthony Strickland, Bayonne   | 23.1  |             |
| 1981-Rich Wagner, Teaneck          | 22.8  |             |
| 1980-Doug Jackson, Hackensack      | 22.2  |             |
| 1979-Quentin Walker, Teaneck       | 22.6  |             |
| 1978-Lionel Callender, Snyder      | 22.3  |             |
| 1977-Dean Oslowski, Kearny         | 22.2  |             |
| 1976-Harold Batts, Memorial        | 22.8  |             |
| 1975-Chris White, Eastside         | 21.8  |             |
| 1974-Jerry Wyche, Hackensack       | 22.5  |             |
| 1973-Steve Wyche, Hackensack       | 22.5  |             |
| 1972-Ed Hennessey, North Bergen    | 22.7  |             |
| 1971-NEEDED                        |       |             |
| 1970-Vin DiCiocco, North Bergen    | 22.6  |             |
| 1969-Bob Epps, Bayonne             | 22.3  |             |
| 1968-Lester Belle, Bayonne         | 21.7  |             |

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

|                                    |       |             |
|------------------------------------|-------|-------------|
| 2018-Luis Peralta, Passaic         | 48.85 |             |
| 2017-Kyle Mack, Ridgewood          | 49.05 |             |
| 2016-Dan DeBlieck, Morris Knolls   | 48.62 |             |
| 2015-Qwashon Powell, Kennedy       | 48.12 |             |
| 2014-Qwashon Powell, Kennedy       | 49.32 |             |
| 2013-Nigel Burgess, Passaic Tech   |       | 49.62       |
| 2012-Dexter Valley, West Orange    |       | 49.35       |
| 2011-Dexter Valley, West Orange    |       | 48.65       |
| 2010-Yusef Reaves, Passaic         | 49.05 |             |
| 2009-Nicoy Hines, Passaic Tech     | 50.04 |             |
| 2008-Ellis Mensah, West Orange     | 49.57 |             |
| 2007-Ausar Walcott, Hackensack     |       | 49.27       |
| 2006-Shaquan Brown, Kennedy        | 48.2  |             |
| <b>2005-Shaquan Brown, Kennedy</b> |       | <b>47.1</b> |
| 2004-Shaquan Brown, Kennedy        | 47.7  |             |
| 2003-Fitz-Hubert Reynolds, Bayonne | 49.4  |             |
| 2002-Adrian Durant, Teaneck        | 49.3  |             |
| 2001-Adrian Durant, Teaneck        | 48.9  |             |

|                                 |      |      |
|---------------------------------|------|------|
| 2000-Josh Kauke, Ridgewood      | 49.9 |      |
| 1999-Joe Velazquez, Paramus     | 48.3 |      |
| 1998-Joe Mendel, Wayne Hills    | 49.9 |      |
| 1997-Anthony Campbell, Snyder   | 48.1 |      |
| 1996-Walter King, Hackensack    | 49.3 |      |
| 1995-Walter King, Hackensack    | 49.7 |      |
| 1994-Chris Hall, Teaneck        | 49.8 |      |
| 1993-Courtney Davis, Hackensack | 49.3 |      |
| 1992-Tom Pearson, Eastside      | 49.6 |      |
| 1991-Willie Best, Hackensack    | 49.9 |      |
| 1990-Willie Best, Hackensack    | 50.1 |      |
| 1989-Tim Geckeler, Ridgewood    | 49.8 |      |
| 1988-Walt McCall, Hackensack    | 48.7 |      |
| 1987-Dennis Scott, Eastside     | 50.2 |      |
| 1986-Roger Cameron, Eastside    | 50.0 |      |
| 1985-Roger Cameron, Eastside    | 49.8 |      |
| 1984-Roger Cameron, Eastside    | 50.3 |      |
| 1983-Bernard Wilson, Eastside   | 50.5 |      |
| 1982-Don Bernard, Bloomfield    | 50.1 |      |
| 1981-Dave Maggette, Eastside    | 50.1 |      |
| 1980-Paul Wright, Kennedy       | 49.9 |      |
| 1979-Dean Olawski, Kearny       | 50.3 |      |
| 1978-Clayton Lloyd, Hackensack  |      | 49.3 |
| 1977-Mike Griffin, Snyder       | 48.8 |      |
| 1976-Guy Williams, Snyder       | 49.5 |      |
| 1975-Ed Colon, Memorial         | 49.7 |      |
| 1974-Jerry Wyche, Hackensack    | 50.4 |      |
| 1973-Joe Thomas, Eastside       | 51.0 |      |
| 1972-Stan Hull, Bergenfield     | 50.7 |      |
| 1971-NEEDED                     |      |      |
| 1970-Jim Nepula, Ridgewood      | 50.7 |      |
| 1969-George McLoof, Ramapo      | 49.7 |      |
| 1968-Gabe DaAngelo, Bayonne     | 52.7 |      |

## 800 METERS (880 yards until 1979)

|  |                |         |
|--|----------------|---------|
| <b>2018-Luis Peralta, Passaic</b>      | <b>1:50.89</b> |         |
| 2017-Luis Peralta, Passaic             | 1:54.78        |         |
| 2016-Michael Thurston, Ridgewood       | 1:54.45        |         |
| 2015-Michael Thurston, Ridgewood       | 1:57.04        |         |
| 2014-Luke Dublirer, Ridgewood          | 1:56.57        |         |
| 2013-Nigel Burgess, Passaic Tech       |                | 1:57.16 |
| 2012-Jared Mason, West Orange          | 1:52.19        |         |
| 2011-Jared Mason, West Orange          | 1:53.86        |         |
| 2010-Curtis Richburg, West Orange      | 1:55.49        |         |
| 2009-Curtis Richburg, West Orange      | 1:58.13        |         |
| 2008-Christian Trautwein, Ridgewood    | 1:58.09        |         |
| 2007-Jason Apwah, Roxbury              | 1:52.80        |         |
| 2006-Jason Apwah, Roxbury              | 1:53.2         |         |
| 2005-Byron Williams, Ridgewood         | 1:55.2         |         |
| 2004-Hayrol Cruz, Passaic              | 1:56.1         |         |
| 2003-Roman Zhmurenka, Bayonne          | 1:57.6         |         |
| 2002-Fitz-Hubert Reynolds, Bayonne     | 1:59.1         |         |
| 2001-Dave Heerema, West Milford        | 1:57.9         |         |
| 2000-Josh Kauke, Ridgewood             | 1:54.7         |         |
| 1999-Josh Kauke, Ridgewood             | 1:56.7         |         |
| 1998-Javian Quintana, Paramus          | 2:00.8         |         |
| 1997-James Vogel, Fair Lawn            | 1:56.8         |         |
| 1996-Jermaine Washington, West Milford | 1:59.0         |         |
| 1995-Al Perez, Bayonne                 | 1:58.4         |         |
| 1994-Bob Keino, Ridgewood              | 1:55.4         |         |
| 1993-Courtney Davis, Hackensack        | 1:59.1         |         |
| 1992-Courtney Davis, Hackensack        | 1:56.7         |         |

|                                   |        |        |
|-----------------------------------|--------|--------|
| 1991-Jose Lopez, Memorial         | 1:56.6 |        |
| 1990-Willie Best, Hackensack      | 1:57.8 |        |
| 1989-Matt Giffuni, Ridgewood      | 1:58.7 |        |
| 1988-Art Almeida, Kearny          | 1:58.0 |        |
| 1987-Chris Rae, Ridgewood         | 1:55.0 |        |
| 1986-Curtis McNair, Passaic       | 1:56.6 |        |
| 1985-David Perry, Kennedy         | 1:59.8 |        |
| 1984-Kevin McDermott, Kearny      | 2:02.1 |        |
| 1983-John Parisi, Ridgewood       | 1:55.5 |        |
| 1982-Walt Truesdale, Hackensack   | 1:58.2 |        |
| 1981-Walt Truesdale, Hackensack   | 1:58.9 |        |
| 1980-Paul Wright, Kennedy         | 1:56.8 |        |
| 1979-Al Solano, Memorial          | 1:57.8 |        |
| 1978-Steve Hoffman, Ridgewood     |        | 1:58.5 |
| 1977-Willis Shannon, Eastside     | 1:57.1 |        |
| 1976-Halestine Lee, Hackensack    | 1:59.1 |        |
| 1975-Rich Rothschild, Paramus     | 1:53.8 |        |
| 1974-Chester Staron, Kearny       | 1:54.5 |        |
| 1973-Don Donohue, Kearny          | 1:57.2 |        |
| 1972-Art Belvin, North Bergen     | 1:58.3 |        |
| 1971-NEEDED                       |        |        |
| 1970-Brian Guascino, North Bergen | 1:58.2 |        |
| 1969-Fred Ross, Wayne Valley      | 1:55.5 |        |
| 1968-Dennis Anacker, North Bergen | 1:59.9 |        |

### 1600 METERS (one mile until 1979)

|                                       |                |        |
|---------------------------------------|----------------|--------|
| 2018-Francis Martingale, Memorial     | 4:24.49        |        |
| 2017-Eric Clay, Morristown            | 4:20.72        |        |
| 2016-Eric Clay, Morristown            | 4:18.12        |        |
| 2015-Eric Clay, Morristown            | 4:25.54        |        |
| 2014-Luke Dublirer, Ridgewood         | 4:17.50        |        |
| 2013-Zak Fouad, Passaic Tech          | 4:26.95        |        |
| 2012-Levi Jennings, Ridgewood         | 4:18.98        |        |
| 2011-Jeramy Elkaim, Livingston        | 4:14.83        |        |
| <b>2010-Jeramy Elkaim, Livingston</b> | <b>4:12.89</b> |        |
| 2009-Curtis Richburg, West Orange     | 4:17.68        |        |
| 2008-Salim Corbin, Eastside           | 4:27.72        |        |
| 2007-Zach Bahor, Randolph             | 4:23.09        |        |
| 2006-Michael Cator, Ridgewood         | 4:20.4         |        |
| 2005-Byron Williams, Ridgewood        | 4:15.9         |        |
| 2004-Mohamed Khadraoui, Kennedy       | 4:15.2         |        |
| 2003-Ari Zamir, Ridgewood             | 4:22.5         |        |
| 2002-Javier Cuevas, North Bergen      | 4:26.7         |        |
| 2001-Derek Storbeck, Wayne Valley     | 4:23.4         |        |
| 2000-Josh Kauke, Ridgewood            | 4:19.5         |        |
| 1999-Thomas Baldwin, Hackensack       | 4:18.1         |        |
| 1998-Thomas Baldwin, Hackensack       | 4:20.7         |        |
| 1997-Roger Munoz, Kearny              | 4:27.0         |        |
| 1996-Roger Munoz, Kearny              | 4:30.7         |        |
| 1995-Isidro Pimentel, Snyder          | 4:29.4         |        |
| 1994-Bob Keino, Ridgewood             | 4:19.8         |        |
| 1993-Bob Keino, Ridgewood             | 4:17.4         |        |
| 1992-Bob Keino, Ridgewood             | 4:19.4         |        |
| 1991-Eric Boucher, Ridgewood          | 4:24.1         |        |
| 1990-Eric Boucher, Ridgewood          | 4:26.9         |        |
| 1989-Eric Boucher, Ridgewood          | 4:35.2         |        |
| 1988-Adolfo Colon, Passaic Tech       |                | 4:26.2 |
| 1987-Eric Berntsen, Ridgewood         | 4:23.0         |        |
| 1986-Paul Knapp, Ridgewood            | 4:26.8         |        |
| 1985-Chris Sullivan, Ridgewood        | 4:17.7         |        |
| 1984-Chris Sullivan, Ridgewood        | 4:25.9         |        |
| 1983-Wesley Coke, Kennedy             | 4:20.0         |        |

|                                  |               |
|----------------------------------|---------------|
| 1982-Tom Cudworth, Bloomfield    | 4:26.5        |
| 1981-Leon Finney, Eastside       | 4:09.4 (1500) |
| 1980-Juan Melendez, Passaic Tech | 4:06.8 (1500) |
| 1979-Al Solano, Memorial         | 4:21.8        |
| 1978-Henry Hernandez, Memorial   | 4:24.9        |
| 1977-Henry Lenz, Memorial        | 4:18.6        |
| 1976-Larry DeCaro, North Bergen  | 4:26.6        |
| 1975-Tom Tomai, Ridgewood        | 4:21.2        |
| 1974-Rich Stukey, Teaneck        | 4:22.1        |
| 1973-Dave Wall, Dickinson        | 4:25.3        |
| 1972-Dave Wall, Dickinson        | 4:21.8        |
| 1971-NEEDED                      |               |
| 1970-Chris Elliot, Ramapo        | 4:25.6        |
| 1969-Chris Elliot, Ramapo        | 4:20.7        |
| 1968-Ron Speirs, Paramus         | 4:31.9        |

### 3200 METERS (two miles until 1979)

|                                      |               |
|--------------------------------------|---------------|
| 2018-Francis Martingale, Memorial    | 9:41.33       |
| 2017-Eric Clay, Morristown           | 9:26.34       |
| 2016-Joshua Holihan, Randolph        | 9:40.36       |
| 2015-Rafael Hernandez, Memorial      | 9:43.69       |
| 2014-Jeremy Hernandez, Clifton       | 9:33.66       |
| 2013-Zak Fouad, Passaic Tech         | 9:41.15       |
| 2012-Travis Spicer, Ridgewood        | 9:41.54       |
| 2011-Jeremy Elkaim, Livingston       | 9:22.25       |
| 2010-Jeremy Elkaim, Livingston       | 9:21.87       |
| 2009-Jeremy Elkaim, Livingston       | 9:26.52       |
| 2008-Mike Mitchell, Bergen Tech      | 9:34.20       |
| 2007-Dan Emont, Ridgewood            | 9:24.16       |
| 2006-Michael Cator, Ridgewood        | 9:29.1        |
| 2005-Geoff McGrane, Randolph         | 9:29.2        |
| 2004-Mohamed Khadraoui, Kennedy      | 9:24.7        |
| 2003-Mohamed Khadraoui, Kennedy      | 9:23.0        |
| 2002-Javier Cuevas, North Bergen     | 9:35.7        |
| 2001-Jon Healey, Wayne Valley        | 9:39.7        |
| 2000-Matt Winkler, Wayne Valley      | 9:36.5        |
| 1999-Thomas Baldwin, Hackensack      | 9:33.9        |
| 1998-Thomas Baldwin, Hackensack      | 9:34.2        |
| 1997-Roger Munoz, Kearny             | 9:34.8        |
| 1996-Roger Munoz, Kearny             | 9:37.5        |
| 1995-Roger Munoz, Kearny             | 9:46.1        |
| 1994-Bob Keino, Ridgewood            | 9:18.0        |
| 1993-Bob Keino, Ridgewood            | 9:14.9        |
| 1992-Bob Keino, Ridgewood            | 9:28.3        |
| 1991-Eric Boucher, Ridgewood         | 9:51.9        |
| 1990-Eric Boucher, Ridgewood         | 9:40.6        |
| 1989-Eric Boucher, Ridgewood         | 9:51.3        |
| 1988-Art Almeida, Kearny             | 9:48.7        |
| <b>1987-Eric Berntsen, Ridgewood</b> | <b>9:09.9</b> |
| 1986-David Greenblatt, Teaneck       | 9:38.3        |
| 1985-Joe LeMay, Ridgewood            | 9:12.8        |
| 1984-Joe LeMay, Ridgewood            | 9:26.8        |
| 1983-Tony Williams, Kennedy          | 9:17.9        |
| 1982-Jeff Van Horn, Wayne Valley     | 9:25.8        |
| 1981-Tony Hoyrd, Snyder              | 8:45.1 (3000) |
| 1980-Juan Melendez, Passaic Tech     | 9:01.3 (3000) |
| 1979-Al Solano, Memorial             | 9:15.6        |
| 1978-Henry Hernandez, Memorial       | 9:24.4        |
| 1977-Henry Hernandez, Memorial       | 9:29.2        |
| 1976-Estoquio Gonzalez, Memorial     | 9:32.7        |
| 1975-Sal Vega, Memorial              | 9:41.7        |
| 1974-Mike Mooney, North Bergen       | 9:46.3        |

|                                  |         |
|----------------------------------|---------|
| 1973-Mike Mooney, North Bergen   | 9:44.3  |
| 1972-Bruce Mason, Ridgewood      | 9:41.9  |
| 1971-NEEDED                      |         |
| 1970-Kevin Conheeeny, Hackensack | 9:46.4  |
| 1969-Bill Hamilton, River Dell   | 9:57.0  |
| 1968-Tom Greenbowe, Clifton      | 10:17.3 |

### 110 METER HIGH HURDLES (120 yards until 1979)

|   |             |       |
|---|-------------|-------|
| 2018-Elijah McLaren, West Orange          | 14.24       |       |
| 2017-Elijah McLaren, West Orange          | 14.94       |       |
| 2016-Timothy Van Cauwenberge, West Orange | 14.51       |       |
| 2015-Kelvin Almonte, Memorial             | 14.55       |       |
| 2014-Barden Adams, West Orange            | 14.86       |       |
| 2013-Karl Cajuste, West Orange            | 14.53       |       |
| 2012-Karl Cajuste, West Orange            | 14.66       |       |
| 2011-Mark Jones, Hackensack               | 14.51       |       |
| 2010-Keshon Brown, Kennedy                | 14.49       |       |
| 2009-Keshon Brown, Kennedy                | 14.78       |       |
| 2008-Jermaine Boyd, Hackensack            |             | 14.48 |
| 2007-Chris Castro, Bergen Tech            | 14.77       |       |
| 2006-Dawan Buie, Randolph                 | 14.6        |       |
| 2005-Dan Oquendo, Hackensack              | 14.3        |       |
| <b>2004-Mike Pohludka, Vernon</b>         | <b>13.8</b> |       |
| 2003-Mike Pohludka, Vernon                | 14.4        |       |
| 2002-Mike Pohludka, Vernon                | 15.0        |       |
| 2001-Aaron Richardson, Hackensack         | 14.8        |       |
| 2000-Aaron Richardson, Hackensack         | 14.7        |       |
| 1999-Shou Lin, North Bergen               | 14.8        |       |
| 1998-Guy Rose, Wayne Hills                | 14.2        |       |
| 1997-Guy Rose, Wayne Hills                | 14.4        |       |
| 1996-Neville Rose, Kennedy                | 14.2        |       |
| 1995-Shawn Sterling, Kennedy              | 14.7        |       |
| 1994-Fletcher Rosenbach, Ridgewood        | 15.3        |       |
| 1993-Darius Pemberton, Hackensack         | 13.9        |       |
| 1992-Errol Buggs, Kennedy                 | 14.8        |       |
| 1991-King Perry, Passaic Tech             | 14.4        |       |
| 1990-King Perry, Passaic Tech             | 14.6        |       |
| 1989-Rasheed Goodlowe, Teaneck            | 14.5        |       |
| 1988-Lamont Harris, Eastside              | 14.9        |       |
| 1987-Andrew Cameron, Eastside             | 14.9        |       |
| 1986-Jerome Pemberton, Hackensack         | 14.1        |       |
| 1985-Jerome Pemberton, Hackensack         | 14.7        |       |
| 1984-Curtis Green, Teaneck                | 14.3        |       |
| 1983-Rod Gaines, Snyder                   | 14.7        |       |
| 1982-Darryl McFarlane, Teaneck            | 14.5        |       |
| 1981-Darryl McFarlane, Teaneck            | 14.6        |       |
| 1980-Jesus Valdez, Memorial               | 14.7        |       |
| 1979-John Savage, Kennedy                 | 14.6        |       |
| 1978-Tyrone Moore, Snyder                 | 14.2        |       |
| 1977-James Stewart, Snyder                | 14.1        |       |
| 1976-James Stewart, Snyder                | 14.9        |       |
| 1975-Alex Gonzalez, Memorial              | 14.1        |       |
| 1974-Bill Duren, Hackensack               | 14.1        |       |
| 1973-Bill Duren, Hackensack               | 14.8        |       |
| 1972-Paul Sutphen, Clifton                | 14.6        |       |
| 1971-NEEDED                               |             |       |
| 1970-Bart Ingradi, Clifton                | 14.9        |       |
| 1969-Ray Henry, Bergenfield               | 14.5        |       |
| 1968-Joe Irving, Garfield                 | 14.8        |       |

### 400 METER IH (330 yards 1974-1979; 180 yard LH until 1973)

|                                |       |
|--------------------------------|-------|
| 2018-La'Shan White, Bloomfield | 56.22 |
|--------------------------------|-------|

|   |       |             |
|---|-------|-------------|
| 2017-Tana Gawe, Randolph                  | 55.14 |             |
| 2016-Timothy Van Cauwenberge, West Orange | 54.80 |             |
| 2015-Greg Stickle, Randolph               | 53.76 |             |
| 2014-Alex Ortega, North Bergen            | 54.18 |             |
| 2013-George Alexandris, Fair Lawn         | 54.97 |             |
| 2012-Kyle Holder, Randolph                | 53.75 |             |
| 2011-InSooHwang, Ridgewood                | 54.18 |             |
| 2010-Stephen Vitale, Randolph             | 54.35 |             |
| 2009-Nicoy Hines, Passaic Tech            | 54.64 |             |
| 2008-Jermaine Boyd, Hackensack            |       | 55.10       |
| 2007-Niall Buckley, Ridgewood             | 55.55 |             |
| <b>2006-Shaquan Brown, Kennedy</b>        |       | <b>51.6</b> |
| 2005-Deron Doles, Kennedy                 | 55.1  |             |
| 2004-Reggie Berry, Morristown             | 54.6  |             |
| 2003-Fitz-Hubert Reynolds, Bayonne        | 55.1  |             |
| 2002-Matt Trudell, West Milford           | 55.0  |             |
| 2001-Isiah Meek, Wayne Valley             | 56.5  |             |
| 2000-Johnny Sylvain, Hackensack           | 55.9  |             |
| 1999-Chris Stowers, Hackensack            | 56.0  |             |
| 1998-Guy Rose, Wayne Hills                | 56.0  |             |
| 1997-Johnny Restrepo, North Bergen        | 56.7  |             |
| 1996-Neville Rose, Kennedy                | 54.3  |             |
| 1995-Neville Rose, Kennedy                | 55.8  |             |
| 1994-Devon Larkins, Hackensack            |       | 57.4        |
| 1993-Ron Gonzalez, Passaic                | 55.7  |             |
| 1992-Robert Cobb, Kennedy                 | 57.2  |             |
| 1991-Shawn Collins, Kennedy               | 55.0  |             |
| 1990-Shawn Collins, Kennedy               | 54.7  |             |
| 1989-Rob Pasek, West Milford              | 57.0  |             |
| 1988-Lamont Harris, Eastside              | 54.8  |             |
| 1987-Andrew Cameron, Eastside             | 54.7  |             |
| 1986-Andrew Cameron, Eastside             | 54.6  |             |
| 1985-Amod Field, Passaic Tech             | 55.4  |             |
| 1984-Tony Long, Teaneck                   | 54.5  |             |
| 1983-Tim Stuckey, Ferris                  | 57.9  |             |
| 1982-Tim Kelley, Ridgewood                | 56.8  |             |
| 1981-John Ramsden, Wayne Valley           | 56.2  |             |
| 1980-Doug Jackson, Hackensack             | 56.1  |             |
| 1979-Desmond Lee, Eastside                | 40.5  |             |
| 1978-Tyrone Moore, Snyder                 | 38.4  |             |
| 1977-James Stewart, Snyder                | 38.1  |             |
| 1976-James Stewart, Snyder                | 39.9  |             |
| 1975-Parke Muth, Ridgewood                | 38.5  |             |
| 1974-Bill Duren, Hackensack               | 39.7  |             |
| 1973-Rich Heritage, Clifton               | 20.3  |             |
| 1972-Paul Sutphen, Clifton                | 20.2  |             |
| 1971-NEEDED                               |       |             |
| 1970-Mark Birchette, Teaneck              | 20.0  |             |
| 1969-Ray Henry, Bergenfield               | 19.6  |             |
| 1968-Joe Irving, Garfield                 | 19.7  |             |

## SHOT PUT

|                                   |         |        |
|-----------------------------------|---------|--------|
| 2018-Tom Griese, Morris Knolls    | 48-11 ¼ |        |
| 2017-Matthew Napoleon, Morristown | 50-0    |        |
| 2016-Jaylon Jorge, Morristown     | 54-4    |        |
| 2015-David Vargas, Randolph       | 51-1 ½  |        |
| 2014-Chandler Balter, Livingston  |         | 51-6 ¼ |
| 2013-Sam Kaplan, Randolph         | 52-3    |        |
| 2012-Sam Kaplan, Randolph         | 51-4    |        |
| 2011-Stephen Mozia, Hackensack    |         | 53-2 ¾ |
| 2010-Stephen Mozia, Hackensack    |         | 53-8 ¾ |
| 2009-Emeka Ndichie, Bloomfield    |         | 49-2   |



|                                      |                     |                     |
|--------------------------------------|---------------------|---------------------|
| 2008-Darien Collie, Kennedy          | 51-2                |                     |
| 2007-Cecil Mittoo, Kennedy           | 51-11 $\frac{3}{4}$ |                     |
| 2006-Said Gaida, Bloomfield          | 51-5 $\frac{1}{2}$  |                     |
| 2005-Khyle Osborne, Morristown       |                     | 55-1                |
| 2004-Khyle Osborne, Morristown       |                     | 53-4 $\frac{1}{2}$  |
| 2003-Steven DiGiorgio, Bayonne       |                     | 54-11 $\frac{3}{4}$ |
| 2002-Glenn DiGiorgio, Bayonne        | 65-7 $\frac{1}{2}$  |                     |
| 2001-Glenn DiGiorgio, Bayonne        | 62-9 $\frac{1}{4}$  |                     |
| 2000-Glenn DiGiorgio, Bayonne        | 58-7                |                     |
| 1999-Jack Kropilak, Hackensack       | 51-8 $\frac{1}{2}$  |                     |
| 1998-Kevin DiGiorgio, Bayonne        | 65-7 $\frac{1}{2}$  |                     |
| <b>1997-Kevin DiGiorgio, Bayonne</b> | <b>68-0</b>         |                     |
| 1996-Matt Durham, Passaic            | 49-3                |                     |
| 1995-Chris Ferdinand, Kennedy        | 53-10 $\frac{1}{2}$ |                     |
| 1994-Chris Ferdinand, Kennedy        | 53-1 $\frac{1}{2}$  |                     |
| 1993-Robert Mompoin, Teaneck         |                     | 51-10 $\frac{1}{2}$ |
| 1992-Robert Mompoin, Teaneck         |                     | 50-9                |
| 1991-Chris Johnson, North Bergen     | 55-10 $\frac{1}{2}$ |                     |
| 1990-Chris Johnson, North Bergen     | 52-2 $\frac{1}{2}$  |                     |
| 1989-Chris Johnson, North Bergen     | 51-1                |                     |
| 1988-Tony Sciscioli, Hackensack      |                     | 52-3 $\frac{1}{2}$  |
| 1987-Wallace Hayes, Kennedy          | 54-5 $\frac{1}{2}$  |                     |
| 1986-David Porter, Passaic           | 59-4                |                     |
| 1985-David Porter, Passaic           | 55-1 $\frac{1}{2}$  |                     |
| 1984-Willard McDowell, Teaneck       | 56-3 $\frac{1}{2}$  |                     |
| 1983-Dana Holmes, Wayne Valley       | 54-6                |                     |
| 1982-Jeff Lucas, Hackensack          | 54-7                |                     |
| 1981-Marcus Thomas, Hackensack       | 57-7                |                     |
| 1980-John Farrell, Teaneck           | 61-0                |                     |
| 1979-Dave Laube, Fair Lawn           | 63-7                |                     |
| 1978-Ed Knapp, Wayne Valley          | 54-6 $\frac{1}{2}$  |                     |
| 1977-Rick Snowden, Kennedy           | 57-2 $\frac{1}{2}$  |                     |
| 1976-Manny Silverio, North Bergen    | 59-9                |                     |
| 1975-Manny Silverio, North Bergen    | 57-5                |                     |
| 1974-Ian Pyka, Bayonne               | 63-0 $\frac{1}{4}$  |                     |
| 1973-Ray Schneider, North Bergen     | 53-2 $\frac{1}{4}$  |                     |
| 1972-Andy Fiore, Kearny              | 51-6                |                     |
| 1971-NEEDED                          |                     |                     |
| 1970-Gery Composto, North Bergen     | 54-1 $\frac{3}{4}$  |                     |
| 1969-Paul Comarato, River Dell       | 54-6                |                     |
| 1968-Ron Watts, Snyder               | 52-9 $\frac{1}{2}$  |                     |

## DISCUS

|                                       |              |       |
|---------------------------------------|--------------|-------|
| 2018-Luis Zorrilla, Clifton           | 156-0        |       |
| 2017-Jack Stuart, Hackensack          | 138-6        |       |
| 2016-Jason Campbell, Montclair        | 182-11       |       |
| 2015-Jason Campbell, Montclair        | 167-4        |       |
| 2014-Oliver Georges, Bloomfield       |              | 151-0 |
| 2013-Serhiy Kralka, Bloomfield        | 169-3        |       |
| 2012-Julian Pinnix-Odrick, Montclair  | 170-5        |       |
| 2011-Stephen Mozia, Hackensack        |              | 181-0 |
| 2010-Kristjan Sokoli, Bloomfield      |              | 165-0 |
| 2009-Kristjan Sokoli, Bloomfield      |              | 155-7 |
| 2008-Darren Collie, Kennedy           | 148-0        |       |
| 2007-Darren Collie, Kennedy           | 145-0        |       |
| 2006-Mario Morrison-Bird, West Orange | 160-0        |       |
| 2005-Ryan Sheppard, West Orange       | 139-9        |       |
| 2004-Vaughn Crenshaw, Hackensack      | 153-1        |       |
| 2003-Richard Russell, Passaic         | 160-4        |       |
| <b>2002-Glenn DiGiorgio, Bayonne</b>  | <b>204-3</b> |       |
| 2001-Glenn DiGiorgio, Bayonne         | 199-10       |       |
| 2000-Glenn DiGiorgio, Bayonne         | 179-8        |       |

|                                   |        |       |
|-----------------------------------|--------|-------|
| 1999-Darius Cook, Kennedy         | 152-11 |       |
| 1998-Kevin DiGiorgio, Bayonne     | 172-6  |       |
| 1997-Kevin DiGiorgio, Bayonne     | 173-8  |       |
| 1996-Matt Durham, Passaic         | 153-9  |       |
| 1995-Chris Ferdinand, Kennedy     | 141-9  |       |
| 1994-Darrell Higgins, Bayonne     | 142-6  |       |
| 1993-Robert Mompont, Teaneck      |        | 156-2 |
| 1992-Robert Mompont, Teaneck      |        | 158-4 |
| 1991-Chris Johnson, North Bergen  | 170-6  |       |
| 1990-Chris Johnson, North Bergen  | 159-9  |       |
| 1989-Dan Bilotta, Bayonne         | 145-6  |       |
| 1988-Glen Evans, Hackensack       | 143-5  |       |
| 1987-Craig Smith, Teaneck         | 149-5  |       |
| 1986-Kevin DeFeo, Clifton         | 159-5  |       |
| 1985-David Porter, Passaic        | 167-7  |       |
| 1984-Willard McDowell, Teaneck    | 160-8  |       |
| 1983-Dana Holmes, Wayne Valley    | 159-10 |       |
| 1982-Anthony Strickland, Bayonne  | 158-0  |       |
| 1981-Terrance Mosley, Hackensack  | 168-4  |       |
| 1980-Mike Buncic, Fair Lawn       | 183-9  |       |
| 1979-Dave Laube, Fair Lawn        | 176-10 |       |
| 1978-Dave Laube, Fair Lawn        | 175-6  |       |
| 1977-Paul Cronin, Indian Hills    | 148-4  |       |
| 1976-Dave Nowacki, Hackensack     |        | 174-9 |
| 1975-Dave Nowacki, Hackensack     |        | 159-9 |
| 1974-Gene Mancino, North Bergen   | 170-6  |       |
| 1973-Rob Kraus, Teaneck           | 146-3  |       |
| 1972-Bruce DePow, Ramapo          | 148-10 |       |
| 1971-NEEDED                       |        |       |
| 1970-Roland Desonier, Bergenfield | 154-1  |       |
| 1969-Bruce Carlson, Paramus       | 163-6  |       |
| 1968-Gary Williams, Wayne Valley  | 156-11 |       |

## JAVELIN

|   |              |        |
|---|--------------|--------|
| 2018-Julio Lebrun, Memorial             | 167-2        |        |
| 2017-Thomas Laskowski, Passaic Tech     | 165-7        |        |
| 2016-Sebastien Sarday, North Bergen     | 175-10       |        |
| 2015-Connor Logoyda, Randolph           |              | 162-10 |
| 2014-Chandler Balter, Livingston        |              | 190-5  |
| 2013-Jose Mercado, Passaic Tech         |              | 170-2  |
| 2012-Jose Mercado, Passaic Tech         |              | 167-6  |
| 2011-Christian Gomez, Memorial          |              | 168-0  |
| 2010-Esteban Morales, Bloomfield        | 175-6        |        |
| 2009-Esteban Morales, Bloomfield        | 161-6        |        |
| 2008-Ivan Santos, Memorial              | 170-2        |        |
| 2007-Ivan Santos, Memorial              | 171-8        |        |
| 2006-Steven Pierce, Ridgewood           | 184-8        |        |
| <b>2005-Javier Espinola, Bloomfield</b> | <b>187-9</b> |        |
| 2004-Archie Joseph, Livingston          | 173-11       |        |
| 2003-Jonathan Dinges, Vernon            | 167-4        |        |
| 2002-Jonathan Dinges, Vernon            | 184-5        |        |
| 2001-Sean Begley, West Milford          | 183-8        |        |
| 2000-John Grubb, Ridgewood              | 187-2        |        |
| 1999-Jonathon Robinson, Memorial        | 176-1        |        |
| 1998-J.D. Murdock, Ridgewood            | 170-9        |        |
| 1997-J.D. Murdock, Ridgewood            | 167-3        |        |
| 1996-J.D. Murdock, Ridgewood            | 170-10       |        |
| 1995-Darrell Higgins, Bayonne           | 196-0        |        |
| 1994-Jose Guerrero, Memorial            | 169-5        |        |
| 1993-Scott Seufert, West Milford        |              | 172-3  |
| 1992-Scott Seufert, West Milford        |              | 175-9  |
| 1991-Scott Seufert, West Milford        |              | 149-3  |

|                                       |               |       |
|---------------------------------------|---------------|-------|
| 1990-Warren Schoepfer, W. Milford     | 164-0         |       |
| 1989-Dan Bilotta, Bayonne             | 160-4         |       |
| 1988-Warren Schoepfer, W. Milford     | 173-9         |       |
| 1987-Tony Sciscioli, Hackensack       |               | 164-0 |
| 1986-Carl Straw, Fair Lawn            | 181-6         |       |
| 1985-Jim DeRaffele, West Milford      | 168-9         |       |
| 1984-Jim Horgan, North Bergen         | 158-5         |       |
| 1983-Ed Sargent, Memorial             | 165-5         |       |
| 1982-Carmen Lombardo, Passaic Valley  | 166-7         |       |
| 1981-Carmen Lombardo, Passaic Valley  | 177-7         |       |
| 1980-Mike Sass, Passaic               | 169-2         |       |
| 1979-Greg Munier, Hackensack          | 185-0         |       |
| 1978-Greg Munier, Hackensack          | 192-2         |       |
| 1977-Tim McManus, North Bergen        | 178-1         |       |
| <b>1976-Tim McManus, North Bergen</b> | <b>200-11</b> |       |
| 1975-Steve Vanicek, North Bergen      | 174-4         |       |
| 1974-Rich Wagner, Wayne Valley        | 185-1         |       |
| 1973-Rich Wagner, Wayne Valley        | 192-4         |       |
| 1972-Jim Fernandez, Passaic Valley    | 159-8         |       |
| 1971-NEEDED                           |               |       |
| 1970-Alex Stancil, Bayonne            | 165-0         |       |
| 1969-Ray DeVenney, North Bergen       | 146-0         |       |
| 1968-Allei Kalakutok, Passaic Valley  | 157-8         |       |

## HIGH JUMP

|   |               |     |
|---|---------------|-----|
| 2018-Jadon Watson, Kennedy                | 6-6           |     |
| 2017-Jason Thobourne, Kennedy             | 6-6           |     |
| 2016-Myles Toppin, Bloomfield             | 6-4           |     |
| 2015-Timothy Van Cauwenberge, West Orange | 6-4           |     |
| 2014-Barden Adams, West Orange            | 6-6           |     |
| 2013-Mike Cummings, Hackensack            | 6-0           |     |
| 2012-Jabari Butler, Passaic Tech          | 6-4           |     |
| 2011-Jabari Butler, Passaic Tech          | 6-2 (jumpoff) |     |
| 2010-Tommy DeVita, Ridgewood              |               | 6-8 |
| <b>2009-Glenn Schiedeler, Randolph</b>    | <b>6-10 ¼</b> |     |
| 2008-Qaadir Tudor, West Orange            |               | 6-8 |
| 2007-Jon Arnold, West Orange              | 6-4           |     |
| 2006-Ryan Manning, West Orange            | 6-8           |     |
| 2005-Derrick Truesdale, Passaic           | 6-4           |     |
| 2004-Nick Syzonemko, Randolph             |               | 6-4 |
| 2003-Bernard Mann, Ridgewood              | 6-4           |     |
| 2002-Brian Deutch, Vernon                 | 6-4           |     |
| 2001-Jafaar Johnson, Passaic              | 6-0           |     |
| 2000-Brian Bohannon, Passaic              | 6-2           |     |
| 1999-Jorge Flores, Memorial               | 6-0           |     |
| 1998-Eumir Rahman, Hackensack             | 6-4           |     |
| 1997-Linden Richmond, Passaic             | 6-6           |     |
| 1996-Chiffon Allen, Passaic               | 6-4           |     |
| 1995-Jeff Ochipa, Fair Lawn               | 6-2           |     |
| 1994-Tyshon Bradshaw, Passaic             | 6-2           |     |
| 1993-Darius Pemberton, Hackensack         | 6-4           |     |
| 1992-John Montana, Clifton                | 6-4           |     |
| 1991-Mike Pierce, Eastside                | 6-4           |     |
| 1990-Ron Thomas, Kennedy                  | 6-4           |     |
| 1989-Dave Giordano, Clifton               | 6-4           |     |
| 1988-Dante Noble, Kennedy                 | 6-4           |     |
| 1987-Norcliffe Davidson, Kennedy          | 6-4           |     |
| 1986-Norcliffe Davidson, Kennedy          | 6-4           |     |
| 1985-Mark McGreen, West Milford           | 6-2           |     |
| 1984-Tracy Browne, Teaneck                | 6-4           |     |
| 1983-Brian Otley, Wayne Hills             | 6-2           |     |
| 1982-Ken Huntley, Eastside                | 6-2           |     |

|                                     |      |
|-------------------------------------|------|
| 1981-George DeBerry, Teaneck        | 6-6  |
| 1980-John Baker, Clifton            | 6-2  |
| 1979-Scoot Palmer, Teaneck          | 6-10 |
| 1978-Scoot Palmer, Teaneck          | 6-2  |
| 1977-Mike McCoy, Bayonne            | 6-7  |
| 1976-Franklin Jacobs, Eastside      | 6-4  |
| 1975-Sylvester McCollum, Kennedy    | 6-4  |
| 1974-Paul Lockett, Kearny           | 6-4  |
| 1973-Tom McCollum, Kennedy          | 6-2  |
| 1972-Skip Johnson, Hackensack       | 6-5  |
| 1971-NEEDED                         |      |
| 1970-Bill Barhorst, Clifton         | 6-2  |
| 1969-George Bocchieri, North Bergen | 6-2  |
| 1968-Greg Ashford, Teaneck          | 6-2  |

## LONG JUMP

|  |                                      |                    |
|--|--------------------------------------|--------------------|
| 2018-Andrew Achirem, Hackensack          | 21-10                                |                    |
| 2017-Jason Thobourne, Kennedy            | 23-0 $\frac{3}{4}$                   |                    |
| 2016-Yasir Thomas, Passaic Tech          |                                      | 22-1               |
| 2015-Zaire Weaver, Passaic Tech          |                                      | 22-7 $\frac{3}{4}$ |
| 2014-Anthony Zarro, Randolph             | 23-0 $\frac{1}{4}$                   |                    |
| 2013-Quatier Jackson, Eastside           | 22-1 $\frac{1}{2}$                   |                    |
| 2012-Evan Bartlik, Ridgewood             | 21-9                                 |                    |
| 2011-Stephaun Marshall, Montclair        | 22-1 $\frac{1}{4}$                   |                    |
| 2010-Scott Lisa, Vernon                  | 21-11                                |                    |
| 2009-Stefon Williams, Bloomfield         | 21-10 $\frac{1}{4}$                  |                    |
| 2008-Ausar Walcott, Hackensack           |                                      | 21-9 $\frac{1}{2}$ |
| 2007-Jon Arnold, West Orange             | 22-11 $\frac{1}{2}$                  |                    |
| 2006-Jon Arnold, West Orange             | 23-0 $\frac{3}{4}$                   |                    |
| 2005-Shawn Adair, Morristown             | 23-0                                 |                    |
| 2004-Nick Syzonemko, Randolph            |                                      | 22-3 $\frac{1}{2}$ |
| 2003-Anthony Johnson, Eastside           | 21-0 $\frac{3}{4}$                   |                    |
| 2002-Brian Leslie, West Milford          | 21-8 $\frac{3}{4}$                   |                    |
| 2001-Brian Leslie, West Milford          | 20-7                                 |                    |
| 2000-Aaron Richardson, Hackensack        | 20-10 $\frac{1}{2}$                  |                    |
| 1999-Tyrone Johnson, Kennedy             | 21-8                                 |                    |
| 1998-Tyrone Johnson, Kennedy             | 21-10                                |                    |
| 1997-Stephon Mark, Snyder                | 21-4                                 |                    |
| 1996-Chiffon Allen, Passaic              | 22-2 $\frac{1}{2}$                   |                    |
| 1995-Llewelyn Mitchell, Teaneck          |                                      | 20-8               |
| 1994-Haikeem Smith, Passaic              | 21-1                                 |                    |
| <b>1993-Darius Pemberton, Hackensack</b> | <b>24-0 <math>\frac{1}{2}</math></b> |                    |
| 1992-Ron Thompson, Clifton               | 21-9                                 |                    |
| 1991-King Perry, Passaic Tech            | 22-2 $\frac{1}{2}$                   |                    |
| 1990-John Johnson, Passaic Tech          |                                      | 21-0 $\frac{1}{2}$ |
| 1989-Sherwin Tann, Passaic Tech          |                                      | 21-4 $\frac{1}{2}$ |
| 1988-Craig Halyard, Ridgewood            | 22-2 $\frac{1}{4}$                   |                    |
| 1987-Andrew Cameron, Eastside            | 22-0 $\frac{1}{2}$                   |                    |
| 1986-Joe Johnson, Hackensack             | 23-5                                 |                    |
| 1985-Joe Johnson, Hackensack             | 21-4 $\frac{1}{2}$                   |                    |
| 1984-Curtis Green, Teaneck               | 22-2 $\frac{3}{4}$                   |                    |
| 1983-Maurice Palmer, Teaneck             | 20-9                                 |                    |
| 1982-Kevin Edwards, Hackensack           | 21-7                                 |                    |
| 1981-Ed Alston, Hackensack               | 21-11                                |                    |
| 1980-Dean DeRenzo, Paramus               | 20-6 $\frac{3}{4}$                   |                    |
| 1979-Quentin Walker, Teaneck             | 21-10 $\frac{1}{4}$                  |                    |
| 1978-Dean Olawski, Kearny                | 21-0 $\frac{1}{2}$                   |                    |
| 1977-Don Jarvis, Indian Hills            | 22-7 $\frac{1}{2}$                   |                    |
| 1976-Bo Verin, Teaneck                   | 21-4 $\frac{3}{4}$                   |                    |
| 1975-Pete Sisti, Passaic Valley          | 20-10                                |                    |
| 1974-Irv Manley, Dickinson               | 21-6                                 |                    |
| 1973-Mike Pawlyk, Dickinson              | 21-4                                 |                    |

|                                 |                    |
|---------------------------------|--------------------|
| 1972-Scott MacRae, Wayne Valley | 21-1 $\frac{3}{4}$ |
| 1971-NEEDED                     |                    |
| 1970-John Bazemore, Eastside    | 20-9 $\frac{1}{2}$ |
| 1969-Al Williams, River Dell    | 20-9 $\frac{1}{2}$ |
| 1968-John O'Grady, North Bergen | 20-9               |

### TRIPLE JUMP

|                                      |                     |                                      |
|--------------------------------------|---------------------|--------------------------------------|
| 2018-Max Bartlik, Ridgewood          | 45-4                |                                      |
| <b>2017-Myles Toppin, Bloomfield</b> |                     | <b>47-1 <math>\frac{1}{4}</math></b> |
| 2016-Jason Thobourne, Kennedy        | 45-6 $\frac{3}{4}$  |                                      |
| 2015-Tommy Smith, Hackensack         |                     | 45-5 $\frac{1}{2}$                   |
| 2014-Barden Adams, West Orange       | 45-11               |                                      |
| 2013-Franklin Adams, West Orange     | 44-11               |                                      |
| 2012-Evan Bartlik, Ridgewood         | 46-1 $\frac{3}{4}$  |                                      |
| 2011-Evan Bartlik, Ridgewood         | 45-3                |                                      |
| 2010-Conroy Walker, Hackensack       | 44-11 $\frac{1}{2}$ |                                      |
| 2009-Stefon Williams, Bloomfield     | 46-3                |                                      |
| 2008-Marcos McKenzie, Eastside       |                     | 44-0                                 |
| 2007-Isaac Patterson, Eastside       | 45-8                |                                      |
| 2006-Ryan Manning, West Orange       | 45-11 $\frac{1}{2}$ |                                      |
| 2005-Shaun Adair, Morristown         | 47-0                |                                      |
| 2004-Derrick Webb, Eastside          | 44-11               |                                      |
| 2003-Ken Stoute, Clifton             | 43-2 $\frac{1}{4}$  |                                      |

### POLE VAULT

|  |             |      |
|--|-------------|------|
| 2018-Jordan Laceste, Clifton           | 13-6        |      |
| 2017-Ryan Vimba, Ridgewood             | 14-0        |      |
| 2016-Kenan Mitchell, Randolph          | 13-6        |      |
| 2015-Matt Scavetta, Livingston         | 14-3        |      |
| 2014-Travelle Curry, Passaic Tech      | 13-0        |      |
| 2013-Nicholas Patterson, Morris Knolls | 14-0        |      |
| 2012-Nicholas Patterson, Morris Knolls | 13-6        |      |
| 2011-James Siglin, Vernon              | 13-6        |      |
| 2010-John Wisener, Ridgewood           | 13-0        |      |
| 2009-John Wisener, Ridgewood           | 13-0        |      |
| 2008-Gary Stetz, Livingston            | 12-0        |      |
| 2007-Dan Melamed, Livingston           | 13-0        |      |
| 2006-John Shaw, Roxbury                | 13-6        |      |
| 2005-Jake Ricciardi, Ridgewood         | 14-8        |      |
| <b>2004-Gabe Knutson, Ridgewood</b>    | <b>15-1</b> |      |
| 2003-Ken Stoute, Clifton               | 13-6        |      |
| 2002-James Norton, Ridgewood           | 13-0        |      |
| 2001-Owen Pope, Hackensack             | 13-6        |      |
| 2000-Dan Cooper, Ridgewood             | 13-6        |      |
| 1999-Dan Cooper, Ridgewood             | 13-6        |      |
| 1998-Dave Warton, Ridgewood            | 12-6        |      |
| 1997-Brendan Licata, Vernon            | 13-6        |      |
| 1996-Gary Gardner, Vernon              | 12-6        |      |
| 1995-Bryan Kiel, Fair Lawn             | 14-0        |      |
| 1994-Scott Pohlmann, West Milford      | 13-3        |      |
| 1993-Vahe Hagopian, Ridgewood          |             | 13-0 |
| 1992-Matt Psaltis, Fair Lawn           | 14-0        |      |
| 1991-Matt Psaltis, Fair Lawn           | 12-6        |      |
| 1990-Ching Pei, Hackensack             | 12-6        |      |
| 1989-Dave Boyle, Vernon                | 13-0        |      |
| 1988-Don Hickey, Lakeland              | 12-0        |      |
| 1987-Stefan Ellison, Passaic           | 12-6        |      |
| 1986-Rob Hansen, Lakeland              | 13-0        |      |
| 1985-Mike de la Pena, North Bergen     | 12-6        |      |
| 1984-Bernard Wilson, Eastside          | 13-6        |      |
| 1983-Jim Levitzke, Hackensack          | 13-0        |      |

|                                    |                                  |      |
|------------------------------------|----------------------------------|------|
| 1982-Mike Healy, Teaneck           | 13-0                             |      |
| 1981-Dave Dickey, Teaneck          | 13-6                             |      |
| 1980-John Boylan, Ridgewood        | 12-0                             |      |
| 1979-Manny Rodriguez, Paramus      |                                  | 13-0 |
| 1978-Rocky Thompson, Passaic       | 12-0                             |      |
| 1977-Dean Lodmell, Indian Hills    | 14-0                             |      |
| 1976-Alan Schepps, Teaneck         | 13-6                             |      |
| 1975-Alan Schepps, Teaneck         | 12-6                             |      |
| 1974-Paul Lockett, Kearny          | 14-7                             |      |
| 1973-Marty Taeschler, North Bergen | 13-1 <sup>3</sup> / <sub>4</sub> |      |
| 1972-Jim Lynch, Bergenfield        | 12-0                             |      |
| 1971-NEEDED                        |                                  |      |
| 1970-Bujar Nake, Hackensack        | 12-6 <sup>1</sup> / <sub>2</sub> |      |
| 1969-Dwight Mutchler, River Dell   | 12-0                             |      |
| 1968-Ted Hunziger, Teaneck         | 12-6                             |      |

### 1600 METER RELAY (mile until 1979)

|                         |                |
|-------------------------|----------------|
| 2018-West Orange        | 3:25.28        |
| 2017-Morris Knolls      | 3:22.81        |
| 2016-Ridgewood          | 3:20.97        |
| 2015-Kennedy            | 3:22.55        |
| 2014-Montclair          | 3:20.56        |
| 2013-Ridgewood          | 3:25.59        |
| <b>2012-West Orange</b> | <b>3:19.00</b> |
| 2011-West Orange        | 3:21.58        |
| 2010-Ridgewood          | 3:20.57        |
| 2009-West Orange        | 3:24.82        |
| 2008-Passaic Tech       | 3:25.69        |
| 2007-West Orange        | 3:21.59        |
| 2006-West Orange        | 3:22.7         |
| 2005-Kennedy            | 3:20.3         |
| 2004-Kennedy            | 3:20.3         |
| 2003-Ridgewood          | 3:26.9         |
| 2002-Teaneck            | 3:27.2         |
| 2001-Teaneck            | 3:23.6         |
| 2000-Hackensack         | 3:26.1         |
| 1999-Hackensack         | 3:22.6         |
| 1998-Teaneck            | 3:25.6         |
| 1997-Clifton            | 3:24.7         |
| 1996-Teaneck            | 3:25.6         |
| 1995-Hackensack         | 3:23.4         |
| 1994-Hackensack         | 3:23.2         |
| 1993-Hackensack         | 3:21.6         |
| 1992-Eastside           | 3:23.3         |
| 1991-Hackensack         | 3:24.3         |
| 1990-Passaic Tech       | 3:26.0         |
| 1989-Hackensack         | 3:25.9         |
| 1988-Kennedy            | 3:25.0         |
| 1987-Eastside           | 3:25.8         |
| 1986-Eastside           | 3:24.6         |
| 1985-Hackensack         | 3:25.7         |
| 1984-Eastside           | 3:26.8         |
| 1983-Teaneck            | 3:24.7         |
| 1982-Teaneck            | 3:26.7         |
| 1981-Eastside           | 3:24.6         |
| 1980-Kennedy            | 3:23.7         |
| 1979-Eastside           | 3:28.0         |
| 1978-Hackensack         | 3:24.4         |
| 1977-Snyder             | 3:20.3         |
| 1976-Snyder             | 3:24.5         |
| 1975-Ridgewood          | 3:26.5         |
| 1974-Kearny             | 3:24.9         |

|                 |        |
|-----------------|--------|
| 1973-Hackensack | 3:30.0 |
| 1972-Hackensack | 3:25.8 |
| 1971-NEEDED     |        |
| 1970-Ridgewood  | 3:28.7 |
| 1969-Ramapo     | 3:27.4 |
| 1968-Hackensack | 3:29.8 |

### 400 METER RELAY

|                         |              |
|-------------------------|--------------|
| 2018-West Orange        | 43.34        |
| 2017-Ridgewood          | 43.52        |
| <b>2016-Mount Olive</b> | <b>42.90</b> |
| 2015-Kennedy            | 43.58        |
| 2014-West Orange        | 43.65        |
| 2013-Ridgewood          | 43.89        |

### 3200 METER RELAY

|                       |                |
|-----------------------|----------------|
| 2018-Passaic          | 8:00.93        |
| 2017-Clifton          | 8:04.27        |
| 2016-West Orange      | 8:03.61        |
| 2015-Ridgewood        | 8:06.92        |
| <b>2014-Ridgewood</b> | <b>7:59.38</b> |
| 2013-Ridgewood        | 8:09.66        |

## BOYS GROUP 3

### *Top Three Teams*

2018-Old Tappan 94 ¼, Indian Hills 67, Morris Hills 62 ¼  
 2017-West Essex 80, Old Tappan 66, Morris Hills 58  
 2016-Old Tappan 117, Indian Hills 89, Northern Highlands 59  
 2015-Old Tappan 155 1/3, River Dell 105, Northern Highlands 47  
 2014-Old Tappan 112 ½, River Dell and Demarest 74  
 2013-Demarest 92, Old Tappan 82, Morris Hills 75  
 2012-**Old Tappan 141**, Demarest 74, Northern Highlands 50 ½  
 2011-Teaneck 83, Demarest 80, Old Tappan 65  
 2010-Teaneck 95 1/3, Old Tappan 72 1/3, Demarest 68 2/3  
 2008-Morris Hills 82, Teaneck 69, Demarest 49  
 2008-Morris Hills 87, Teaneck 82, Montville 46  
 2007-Morris Hills 108, Teaneck 83 ½, Wayne Valley 62  
 2006-Northern Highlands 113, Morris Hills 102, Teaneck 40 ½  
 2005-Northern Highlands and Morris Hills 79, Demarest 63  
 2004-Sparta 87, Demarest 78, Bergenfield 57 ½  
 2003-Wayne Hills 79, Old Tappan 69, Sparta 62  
 2002-Garfield 77, Sparta 74, Wayne Hills 66  
 2001-Garfield 62, River Dell and Wayne Hills 61  
 2000-River Dell 68, Garfield 56 ½, Fort Lee 52  
 1999-Lakeland 115, Wayne Hills 99 ½, Garfield 71  
 1998-Lakeland 93, Ramapo 54, Old Tappan 52  
 1997-Demarest 80 ½, Old Tappan 74, Lakeland 69  
 1996-Snyder 78, Demarest 46, River Dell and Indian Hills 45  
 1995-Demarest 83, Wayne Valley 40, River Dell 38  
 1994-Demarest 111, Old Tappan 41, Pascack Valley 40  
 1993-Snyder 47, Demarest 43, Tenafly 40  
 1992-Indian Hills 80, Wayne Hills 49, Northern Highlands 48  
 1991-Wayne Valley 27, Dumont 26, Indian Hills 24 ½  
 1990-Tenafly 37, Ramsey 25, Old Tappan 24  
 1989-Old Tappan 51 ½, Ramsey 44, Demarest 28  
 1988-Old Tappan 45, Indian Hills 26, Demarest 22  
 1987-Demarest 45, Tenafly 34, Northern Highlands 21  
 1986-Demarest 36, Ramsey 24, Ramapo 22  
 1985-Wayne Valley 32.33, Demarest 22, Wayne Hills 21 ½

1984-Indian Hills 32, Demarest 26 ½, Wayne Hills 24  
 1983-Demarest 40, Old Tappan 29, Indian Hills 26 ½  
 1982-Demarest 33, Indian Hills 31, River Dell 24  
 1981-Lincoln 41, Dumont 25, Lakeland 22  
 1980-Lincoln 45, Ferris 26, Emerson (UC) 23  
 1979-Englewood 33, Ramsey 31, West Milford 29  
 1978-Indian Hills 55 ¾, Englewood 26, Ramsey 22 ¾  
 1977-Pascack Hills 41, Dumont and Ramsey 20  
 1976-Lincoln 31, Tenafly 25 ½, Pascack Valley 23  
 1975-Northern Highlands 32, Ferris and River Dell 23  
 1974-Memorial 42, Pascack Valley 32, New Milford 31  
 1973-New Milford 36, Memorial 31, Ferris 28  
 1972-New Milford 53 ½, River Dell 22, Tenafly 18  
 1971-NEEDED  
 1970-Englewood 54, New Milford 51, River Dell/Wayne Valley 27  
 1969-New Milford 47, Lincoln 27, Pascack Hills 23 ½  
 1968-New Milford 31, Lincoln 30, River Dell 29 ½

### 100 METERS (100 yards until 1979)

|                                       |              |       |
|---------------------------------------|--------------|-------|
| 2018-Darnell Jackson, Teaneck         | 10.96        |       |
| 2017-Hunter Hayek, Wayne Hills        |              | 11.29 |
| 2016-Hunter Hayek, Wayne Hills        |              | 10.78 |
| 2015-St. Jacob Diodonet, West Milford | 10.91        |       |
| 2014-Conor Davidson, River Dell       |              | 11.04 |
| 2013-Ben Davis, Old Tappan            | 11.00        |       |
| 2012-Ben Davis, Old Tappan            | 11.19        |       |
| 2011-Josh Enriquez, Paramus           | 11.28        |       |
| 2010-Zadique White, Teaneck           | 11.07        |       |
| 2009-Zadique White, Teaneck           | 11.23        |       |
| <b>2008-David Butler, Teaneck</b>     | <b>10.69</b> |       |
| 2007-Rashad White, Teaneck            | 10.93        |       |
| 2006-Rashad White, Teaneck            | 11.0         |       |
| 2005-Brian Gilbert, Teaneck           | 10.7         |       |
| 2004-Sullivan Parker, Bergenfield     |              | 10.8  |
| 2003-Mike Pruzinsky, Wayne Hills      | 10.8         |       |
| 2002-Miles Austin, Garfield           | 10.8         |       |
| 2001-Rick Cristofol, Passaic Valley   | 11.1         |       |
| 2000-Rick Cristofol, Passaic Valley   | 11.3         |       |
| 1999-Joe Mendel, Wayne Hills          | 10.8         |       |
| 1998-Will Arzenis, Old Tappan         | 11.0         |       |
| 1997-Will Arzenis, Old Tappan         | 11.3         |       |
| 1996-Terry Pearson, Lincoln           | 10.7         |       |
| 1995-Ed Weiss, Pascack Valley         | 11.0         |       |
| 1994-Terry Pearson, Lincoln           | 10.9         |       |
| 1993-James White, Snyder              | 11.0         |       |
| 1992-Nathan Dorante, Wayne Hills      | 11.2         |       |
| 1991-Scott Kaufman, Tenafly           | 11.5         |       |
| 1990-Sean Tucker, Sparta              | 11.4         |       |
| 1989-David Camp, Old Tappan           | 11.0         |       |
| 1988-Jose Melendez, Hoboken           | 11.0         |       |
| 1987-Lamonte Brown, Demarest          | 11.2         |       |
| 1986-Lamonte Brown, Demarest          | 11.1         |       |
| 1985-Jesse Gleaton, Englewood         | 11.2         |       |
| 1984-Mike Burgess, Lincoln            | 10.9         |       |
| 1983-Cliff Duncan, Englewood          | 11.1         |       |
| 1982-Cuttino Kendall, Lincoln         | 11.3         |       |
| 1981-Kevin Ellis, Lakeland            | 11.4         |       |
| 1980-Gregg Davis, Cliffside Park      |              | 11.5  |
| 1979-Brian Anthony, Englewood         | 10.2         |       |
| 1978-Charlie Marks, Englewood         | 10.3         |       |
| 1977-Jeff Mattner, Pascack Valley     | 10.0         |       |
| 1976-Paul Falotico, Dumont            | 10.6         |       |



|                                  |      |      |
|----------------------------------|------|------|
| 1975-Tom Williams, Ramapo        | 10.2 |      |
| 1974-Roberto Mendes, Union Hill  |      | 10.2 |
| 1973-Chuck Williams, Bergen Tech | 10.0 |      |
| 1972-Phillip Howard, Ferris      | 10.1 |      |
| 1971-NEEDED                      |      |      |
| 1970-Howard Michel, Dumont       | 10.3 |      |
| 1969-Dave Liskin, Englewood      | 9.9  |      |
| 1968-Ed Jones, Lincoln           | 10.0 |      |

### 200 METERS (220 yards until 1979)

|                                       |              |       |
|---------------------------------------|--------------|-------|
| 2018-Kevin Sembrat, Roxbury           | 21.93        |       |
| 2017-Kevin Sembrat, Roxbury           | 22.44        |       |
| <b>2016-Hunter Hayek, Wayne Hills</b> | <b>21.61</b> |       |
| 2015-St. Jacob Diodonet, West Milford | 22.19        |       |
| 2014-Conor Davidson, River Dell       |              | 22.70 |
| 2013-Ben Davis, Old Tappan            | 22.40        |       |
| 2012-Devin Fuller, Old Tappan         | 22.16        |       |
| 2011-Devin Fuller, Old Tappan         | 22.58        |       |
| 2010-Casey Pleasants, Teaneck         | 22.28        |       |
| 2009-Victor Boonham, Sparta           | 22.45        |       |
| 2008-Damian Miles, Teaneck            | 21.57        |       |
| 2007-Rashad White, Teaneck            | 22.10        |       |
| 2006-Rashad White, Teaneck            | 21.7         |       |
| 2005-Keith Williams, Old Tappan       |              | 22.5  |
| 2004-Sullivan Parker, Bergenfield     |              | 21.9  |
| 2003-Mike Pruzinsky, Wayne Hills      | 21.6         |       |
| 2002-Miles Austin, Garfield           | 22.4         |       |
| 2001-Mike Pruzinsky, Wayne Hills      | 22.2         |       |
| 2000-Mike Nanaszko, Sparta            | 22.5         |       |
| 1999-Joe Mendel, Wayne Hills          | 21.8         |       |
| 1998-Will Arzenis, Old Tappan         | 22.7         |       |
| 1997-Will Arzenis, Old Tappan         | 23.1         |       |
| 1996-Terry Pearson, Lincoln           | 22.3         |       |
| 1995-Neil Concepcion, Demarest        |              | 22.5  |
| 1994-Terry Pearson, Lincoln           | 22.6         |       |
| 1993-Steve Scott, Lincoln             | 22.4         |       |
| 1992-Frank Alessio, Sparta            | 22.6         |       |
| 1991-Scott Kaufman, Tenafly           | 23.4         |       |
| 1990-Jim Paolillo, Old Tappan         | 23.2         |       |
| 1989-David Camp, Old Tappan           | 23.6         |       |
| 1988-Jose Melendez, Hoboken           | 22.4         |       |
| 1987-Jose Melendez, Hoboken           | 22.7         |       |
| 1986-Lamonte Brown, Demarest          | 22.5         |       |
| 1985-Jesse Gleaton, Englewood         | 22.6         |       |
| 1984-Tom Sikorski, Indian Hills       | 22.0         |       |
| 1983-Cliff Duncan, Englewood          | 22.4         |       |
| 1982-Tom Sikorski, Indian Hills       | 23.2         |       |
| 1981-John Rauch, River Dell           | 22.9         |       |
| 1980-Scott Carson, Ferris             | 22.5         |       |
| 1979-Brian Anthony, Englewood         | 22.9         |       |
| 1978-Charlie Marks, Englewood         | 22.8         |       |
| 1977-John McGee, Pascack Hills        | 22.4         |       |
| 1976-Doug Herron, Lincoln             | 23.7         |       |
| 1975-Dan Noah, River Dell             | 22.6         |       |
| 1974-Roberto Montes, Union Hill       |              | 22.3  |
| 1973-Phil Howard, Ferris              | 22.5         |       |
| 1972-John Spina, Ridgefield Park      |              | 22.5  |
| 1971-NEEDED                           |              |       |
| 1970-Dennis Pearson, Englewood        |              | 22.6  |
| 1969-Dave Liskin, Englewood           | 21.7         |       |
| 1968-Ed Jones, Lincoln                | 21.6         |       |

### 400 METERS (440 yards until 1979)

|   |              |       |
|---|--------------|-------|
| 2018-Kevin Sembrat, Roxbury               | 48.81        |       |
| 2017-Kevin Sembrat, Roxbury               | 48.38        |       |
| 2016-Tom Rienas, Old Tappan               | 48.37        |       |
| 2015-St. Jacob Diodonet, West Milford     | 48.44        |       |
| 2014-Jaleel Felton, Pascack Valley        | 48.66        |       |
| 2013-Jaleel Felton, Pascack Valley        | 50.11        |       |
| 2012-Brandon Gregory, Old Tappan          | 48.64        |       |
| 2011-Bryan Murphy, Teaneck                | 48.52        |       |
| 2010-Justin Hodge, Teaneck                | 48.94        |       |
| <b>2009-Corey Caidenhead, Bergenfield</b> | <b>48.24</b> |       |
| 2008-Anthony Chierici, Montville          |              | 49.95 |
| 2007-Akeem Thomas, Teaneck                | 50.07        |       |
| 2006-Tinashe Kitchen, Fort Lee            | 49.6         |       |
| 2005-Keith Williams, Old Tappan           |              | 49.5  |
| 2004-Dave LaRocca, Sparta                 | 49.9         |       |
| 2003-Mike Pruzinsky, Wayne Hills          | 49.2         |       |
| 2002-Mike Pruzinsky, Wayne Hills          | 50.3         |       |
| 2001-Mike Pruzinsky, Wayne Hills          | 50.9         |       |
| 2000-Mike Nanaszko, Sparta                | 49.9         |       |
| <b>1999-Joe Mendel, Wayne Hills</b>       | <b>48.1</b>  |       |
| 1998-Matt Duques, Tenafly                 | 51.2         |       |
| 1997-Dave Greco, Demarest                 | 51.6         |       |
| 1996-Anthony Campbell, Snyder             | 50.1         |       |
| 1995-Neil Concepcion, Demarest            |              | 49.6  |
| 1994-Neil Concepcion, Demarest            |              | 50.5  |
| 1993-James White, Snyder                  | 50.4         |       |
| 1992-Nathan Dorante, Wayne Hills          | 50.9         |       |
| 1991-Mark Doherty, Wayne Valley           | 51.7         |       |
| 1990-Derrek Millan, Ramsey                | 50.4         |       |
| 1989-Mike Hand, Indian Hills              | 51.2         |       |
| 1988-Mike Farrell, Northern Highlands     | 51.9         |       |
| 1987-Dave King, Northern Highlands        | 51.0         |       |
| 1986-Ted Franz, Bergenfield               | 52.3         |       |
| 1985-Derrald Hunt, Lincoln                | 50.8         |       |
| 1984-Jim Woods, River Dell                | 49.4         |       |
| 1983-Tom Sikorski, Indian Hills           | 51.6         |       |
| 1982-Barron Armour, Lincoln               | 50.9         |       |
| 1981-Bob Benjamin, Lincoln                | 50.4         |       |
| 1980-Jack Armour, Lincoln                 | 49.1         |       |
| 1979-Bob Benjamin, Lincoln                | 50.8         |       |
| 1978-Jack Armour, Lincoln                 | 51.1         |       |
| 1977-John Brennan, Ramsey                 | 48.8         |       |
| 1976-Kelvin Washington, Lincoln           |              | 50.4  |
| 1975-Jay Gerbehy, Pascack Valley          | 50.8         |       |
| 1974-Jim Russell, Memorial                | 51.2         |       |
| 1973-Jim Russell, Memorial                | 51.2         |       |
| 1972-Mike Tyson, Englewood                | 49.7         |       |
| 1971-NEEDED                               |              |       |
| 1970-Gene Prettor, Englewood              | 50.7         |       |
| 1969-Keith Davis, Lincoln                 | 48.6         |       |
| 1968-Jeff Adams, Englewood                | 50.6         |       |

### 800 METERS (880 yards until 1979)

|  |                |         |
|--|----------------|---------|
| 2018-Michael Petrazzuolo, Ramapo       | 1:57.80        |         |
| 2017-Alexander Pai, Morris Hills       |                | 1:55.41 |
| 2016-Ian McNally, Morris Hills         | 1:54.78        |         |
| 2015-Marc Rienas, Old Tappan           | 1:55.18        |         |
| 2014-Marc Rienas, Old Tappan           | 1:56.36        |         |
| 2013-Travis Ellis, Morris Hills        | 1:56.96        |         |
| 2012-Ben Malone, Pascack Valley        | 1:56.11        |         |
| <b>2011-Ben Malone, Pascack Valley</b> | <b>1:52.17</b> |         |

|  |         |        |
|--|---------|--------|
| 2010-Brad Paternostro, Ramapo          | 1:54.40 |        |
| 2009-Lucas Clyne, Morris Hills         | 1:55.35 |        |
| 2008-Liam Tansey, Morris Hills         | 1:56.77 |        |
| 2007-Casey Weiss, West Milford         | 1:57.49 |        |
| 2006-Chris Behre, Mount Olive          | 1:55.4  |        |
| 2005-James LaGreca, Demarest           | 1:56.5  |        |
| 2004-Jeff Klatsky, Nutley              | 1:55.6  |        |
| 2003-Samir Mane, Fort Lee              | 1:57.6  |        |
| 2002-Samir Mane, Fort Lee              | 1:56.4  |        |
| 2001-Josh Robinson, River Dell         | 1:59.8  |        |
| 2000-Brian Burns, River Dell           | 1:57.8  |        |
| 1999-Mike Rogers, Garfield             | 2:00.4  |        |
| 1998-Brian Burns, River Dell           | 1:59.4  |        |
| 1997-Cavrel Silvera, Fort Lee          | 1:58.0  |        |
| 1996-Isidro Pimentel, Snyder           | 1:56.9  |        |
| 1995-Leigh Cadigan, Old Tappan         |         | 1:58.6 |
| 1994-Leigh Cadigan, Old Tappan         |         | 1:59.0 |
| 1993-Craig Murphy, Ramsey              | 1:58.9  |        |
| 1992-Mark Ervin, Northern Highlands    | 2:00.7  |        |
| 1991-Moses Mekbebe, Cliffs Park        | 1:57.3  |        |
| 1990-Rob Seidel, Paramus               | 2:01.0  |        |
| 1989-Derek Millian, Ramsey             | 2:01.3  |        |
| 1988-Erik Fidel, Old Tappan            | 1:58.5  |        |
| 1987-Erik Fidel, Old Tappan            | 1:59.3  |        |
| 1986-Gaspar Terrana, Ramapo            | 2:00.5  |        |
| 1985-Bob Cassavell, Northern Highlands | 1:57.0  |        |
| 1984-Jim Siedliski, Pascack Hills      |         | 1:55.7 |
| 1983-Marty Castillo, Emerson (UC)      | 1:56.6  |        |
| 1982-Mike Sheehy, River Dell           | 1:59.9  |        |
| 1981-Bob Benjamin, Lincoln             | 1:59.6  |        |
| 1980-Bruce McClamb, Lincoln            | 1:58.0  |        |
| 1979-Dave Latowsky, Ramapo             | 2:01.6  |        |
| 1978-Dave Latowsky, Ramapo             | 2:00.1  |        |
| 1977-Steve Patterson, Ramapo           | 1:57.4  |        |
| 1976-Kelvin Washington, Lincoln        |         | 1:57.5 |
| 1975-Rick Devine, Westwood             | 1:58.3  |        |
| 1974-Hans Scharday, Old Tappan         |         | 1:58.9 |
| 1973-Mark Chiusano, Indian Hills       | 1:57.7  |        |
| 1972-Pete Cherico, Fort Lee            | 1:59.5  |        |
| 1971-NEEDED                            |         |        |
| 1970-Bill Draille, Pascack Hills       | 1:58.9  |        |
| 1969-Butch Goette, Pascack Hills       |         | 1:59.1 |
| 1968-Andy Mosney, Glen Rock            | 1:57.2  |        |

### 1600 METERS (one mile until 1979)

|                                       |         |                |
|---------------------------------------|---------|----------------|
| 2018-Steven Fiumefreddo, Indian Hills | 4:26.54 |                |
| 2017-Alexander Pai, Morris Hills      |         | 4:22.87        |
| 2016-Alexander Pai, Morris Hills      |         | 4:22.08        |
| <b>2015-Marc Rienas, Old Tappan</b>   |         | <b>4:12.67</b> |
| 2014-Marc Rienas, Old Tappan          | 4:16.19 |                |
| 2013-Travis Ellis, Morris Hills       | 4:24.36 |                |
| 2012-Alex Weiner, Old Tappan          | 4:24.39 |                |
| 2011-Brad Paternostro, Ramapo         | 4:19.17 |                |
| 2010-Brad Paternostro, Ramapo         | 4:19.14 |                |
| 2009-Liam Tansey, Morris Hills        | 4:19.23 |                |
| 2008-Vinny Chiusano, Morris Hills     | 4:25.14 |                |
| 2007-Kyle Soloff, Morris Hills        | 4:16.87 |                |
| 2006-Tony Salvatore, Wayne Valley     | 4:15.5  |                |
| 2005-Ben Diestel, Northern Highlands  | 4:20.0  |                |
| 2004-Jeff Klatsky, Nutley             | 4:20.9  |                |
| 2003-James LaGreca, Demarest          | 4:25.5  |                |
| 2002-Kevin Bruffy, Sparta             | 4:25.8  |                |

|                                     |               |               |
|-------------------------------------|---------------|---------------|
| 2001-Jason Salvador, High Point     | 4:30.1        |               |
| 2000-Josh Robinson, River Dell      | 4:30.4        |               |
| 1999-Andres Cordero, Passaic Valley | 4:24.3        |               |
| 1998-Andres Cordero, Passaic Valley | 4:27.0        |               |
| 1997-Cary Snyder, Demarest          | 4:27.3        |               |
| 1996-Isidro Pimentel, Snyder        | 4:27.3        |               |
| 1995-Jeremy Battles, River Dell     | 4:29.7        |               |
| 1994-Leigh Cadigan, Old Tappan      |               | 4:31.1        |
| 1993-Frank Baldassare, Ramapo       | 4:26.0        |               |
| 1992-Rob Reeder, Northern Highlands | 4:17.6        |               |
| 1991-Moses Mekbebe, Cliffside Park  | 4:20.2        |               |
| 1990-Moses Mekbebe, Cliffside Park  | 4:21.4        |               |
| 1989-Ken Flynn, Ramsey              | 4:26.5        |               |
| 1988-Pat Oelkers, Ramsey            | 4:29.8        |               |
| 1987-Jeff Brown, Northern Highlands | 4:22.4        |               |
| 1986-Jeff Brown, Northern Highlands | 4:24.2        |               |
| 1985-Shorta Yuasa, Tenafly          | 4:23.8        |               |
| 1984-Steve Schadler, Bergenfield    |               | 4:20.6        |
| 1983-Steve Schadler, Bergenfield    |               | 4:22.7        |
| 1982-Steve Schadler, Bergenfield    |               | 4:24.2        |
| 1981-Jose Galvez, Emerson (UC)      |               | 4:11.5 (1500) |
| 1980-Gary Anderson, Lakeland        | 4:05.7 (1500) |               |
| 1979-Mike Alberse, Ramsey           | 4:31.4        |               |
| 1978-John Murtaugh, Old Tappan      | 4:27.9        |               |
| 1977-Roger Jones, Ramsey            | 4:22.3        |               |
| 1976-Roger Jones, Ramsey            | 4:17.8        |               |
| 1975-Craig Venskus, Demarest        | 4:18.6        |               |
| 1974-Clark Woods, Pascack Valley    | 4:25.1        |               |
| 1973-George MacKay, Pascack Hills   | 4:14.1        |               |
| 1972-George MacKay, Pascack Hills   | 4:22.8        |               |
| 1971-NEEDED                         |               |               |
| 1970-Dave Rafferty, Wayne Valley    | 4:22.3        |               |
| 1969-Jim Hennessey, New Milford     | 4:30.0        |               |
| 1968-Dennis Ford, Cliffside Park    | 4:28.9        |               |

### 3200 METERS (2 mile until 1979)

|                                      |         |         |
|--------------------------------------|---------|---------|
| 2018-Jimmy Quinn, Nutley             | 9:49.87 |         |
| 2017-Chris Corcoran, Indian Hills    |         | 9:34.87 |
| 2016-Matt Cohane, Indian Hills       | 9:42.95 |         |
| 2015-Colin Daly, River Dell          | 9:21.54 |         |
| 2014-Brendan Ungemach, Wayne Hills   | 9:29.69 |         |
| 2013-Andrew Tedeschi, Montville      |         | 9:34.23 |
| 2012-Will Maltin, Old Tappan         | 9:54.15 |         |
| 2011-Nick Ward, Indian Hills         | 9:34.74 |         |
| 2010-Kevin Lee, Old Tappan           | 9:49.54 |         |
| 2009-Sean Poherence, Morris Hills    | 9:41.28 |         |
| 2008-Sean Poherence, Morris Hills    | 9:31.78 |         |
| 2007-Kyle Soloff, Morris Hills       | 9:30.38 |         |
| 2006-Jared Labar, Morris Hills       | 9:30.0  |         |
| 2005-Korey Edwards, Parsippany Hills | 9:36.3  |         |
| 2004-Korey Edwards, Parsippany Hills | 9:45.4  |         |
| 2003-James LaGreca, Demarest         | 9:33.4  |         |
| 2002-Kevin Bruffy, Sparta            | 9:39.0  |         |
| 2001-Spencer Rothwell, Old Tappan    | 9:49.2  |         |
| 2000-Josh Robinson, River Dell       | 9:58.5  |         |
| 1999-Andres Cordero, Passaic Valley  | 9:37.0  |         |
| 1998-Cary Snyder, Demarest           | 9:35.6  |         |
| 1997-Cary Snyder, Demarest           | 9:45.6  |         |
| 1996-Isidro Pimentel, Snyder         | 9:39.9  |         |
| 1995-Matt Illian, Pascack Valley     | 9:28.8  |         |
| 1994-Matt Illian, Pascack Valley     | 9:30.7  |         |
| 1993-Bill Grogan, Bergenfield        | 9:41.2  |         |

|   |               |               |
|---|---------------|---------------|
| 1992-Rob Reeder, Northern Highlands     | 9:48.2        |               |
| 1991-Ken Flynn, Ramsey                  | 9:44.3        |               |
| 1990-Ken Flynn, Ramsey                  | 9:28.8        |               |
| 1989-Ken Flynn, Ramsey                  | 9:44.4        |               |
| 1988-Ken Flynn, Ramsey                  | 9:47.5        |               |
| <b>1987-Norbert Berenyi, Old Tappan</b> | <b>9:20.3</b> |               |
| 1986-Cesar Gaudin, Union Hill           | 9:38.8        |               |
| 1985-Jason Kaplan, Westwood             | 9:37.2        |               |
| 1984-Steve Schadler, Bergenfield        |               | 9:25.2        |
| 1983-Steve Schadler, Bergenfield        |               | 9:36.4        |
| 1982-Rich Byrne, Ridgefield Park        |               | 9:26.4        |
| 1981-Rich Byrne, Ridgefield Park        |               | 9:00.0 (3000) |
| 1980-Jorge Dela Vega, Emerson (UC)      | 8:47.7 (3000) |               |
| 1979-Jorge Dela Vega, Emerson (UC)      | 9:44.3        |               |
| 1978-Ed O'Neill, Ramsey                 | 9:44.3        |               |
| 1977-Jim Bates, Pascack Hills           | 9:38.6        |               |
| 1976-Bob Heller, River Dell             | 9:31.4        |               |
| 1975-Craig Lynch, Westwood              | 9:34.4        |               |
| 1974-Sal Vega, Memorial                 | 9:29.9        |               |
| 1973-Greg Miller, Northern Highlands    | 9:18.2        |               |
| 1972-Greg Miller, Northern Highlands    | 9:32.7        |               |
| 1971-NEEDED                             |               |               |
| 1970-Bob Bonvie, New Milford            | 9:41.7        |               |
| 1969-Joe Bosch, Pascack Hills           | 9:45.4        |               |
| 1968-Bill Hamilton, River Dell          | 9:56.0        |               |

### 110 METER HIGH HURDLES (120 yards until 1979)

|                                       |             |       |
|---------------------------------------|-------------|-------|
| 2018-Hank Anderson, Indian Hills      | 14.64       |       |
| 2017-Drew Lepre, West Essex           | 14.81       |       |
| 2016-Al-Tariq Dunson, Paramus         | 14.38       |       |
| 2015-Joe Jordan, Old Tappan           | 14.89       |       |
| 2014-Seung Hwang, Wayne Hills         |             | 15.29 |
| 2013-Seung Hwang, Wayne Hills         |             | 15.88 |
| 2012-Rob Gebhard, Northern Highlands  | 14.80       |       |
| 2011-Mark Van Teyens, West Milford    | 14.57       |       |
| 2010-Nick Picache, Northern Highlands | 15.47       |       |
| 2009-Brandon Hambric, Teaneck         |             | 15.40 |
| 2008-Brandon Hambric, Teaneck         |             | 14.66 |
| 2007-Alec Marshall, Wayne Valley      | 14.47       |       |
| 2006-Russ Smith, Parsippany Hills     | 14.2        |       |
| 2005-Shawn Bolcarovic, Morris Hills   | 14.6        |       |
| 2004-Greg Bloemer, Sparta             | 14.3        |       |
| 2003-Alonzo Meek, Wayne Valley        | 14.4        |       |
| 2002-Alonzo Meek, Wayne Valley        | 14.5        |       |
| 2001-Jonathan Wozniak, Lenape Valley  | 15.0        |       |
| 2000-Kevin Lamb, Pascack Valley       | 15.4        |       |
| <b>1999-Guy Rose, Wayne Hills</b>     | <b>13.7</b> |       |
| 1998-Brendan King, Lakeland           | 14.3        |       |
| 1997-Brendan King, Lakeland           | 15.1        |       |
| 1996-Simon Wu, River Dell             | 14.5        |       |
| 1995-Brian Frazer, Demarest           | 14.9        |       |
| 1994-Mike DeVos, Wayne Valley         |             | 14.8  |
| 1993-Eric Perry, Snyder               | 14.6        |       |
| 1992-Darren Rich, Wayne Valley        |             | 15.2  |
| 1991-Gregg Rehberger, Wayne Hills     | 15.4        |       |
| 1990-Paul Von Dohlen, Tenafly         | 15.1        |       |
| 1989-Rob Howard, Old Tappan           | 14.6        |       |
| 1988-Mile Puskas, Paramus             | 15.2        |       |
| 1987-Jeff Brown, Ramsey               | 15.5        |       |
| 1986-Mike Mahoney, Vernon             | 15.3        |       |
| 1985-Brian Otley, Wayne Hills         | 14.6        |       |
| 1984-Lee Eberding, Wayne Hills        | 15.2        |       |

|                                  |      |      |
|----------------------------------|------|------|
| 1983-John Messina, Old Tappan    | 15.7 |      |
| 1982-Craig Wrede, Lakeland       | 15.6 |      |
| 1981-Dione Smith, Lincoln        | 15.5 |      |
| 1980-Carl Lockett, Lincoln       | 14.5 |      |
| 1979-Bob Gunderman, West Milford | 15.0 |      |
| 1978-Ken Thorpe, Indian Hills    | 14.4 |      |
| 1977-Joe Pries, River Dell       | 14.8 |      |
| 1976-Bruce Carillo, River Dell   | 15.3 |      |
| 1975-Al Krushevski, Wayne Hills  |      | 14.9 |
| 1974-Ken Stokes, New Milford     | 14.3 |      |
| 1973-Ken Stokes, New Milford     | 14.5 |      |
| 1972-John Ercolani, New Milford  |      | 14.4 |
| 1971-NEEDED                      |      |      |
| 1970-Bob Ryan, New Milford       | 15.0 |      |
| 1969-Bob Ryan, New Milford       | 14.8 |      |
| 1968-Fred Olsen, Wayne Hills     | 14.6 |      |

#### 400 METER IH (330 yards 1974-1979; 180 yard LH until 1973)

|  |             |      |
|--|-------------|------|
| 2018-John Lohrer, Old Tappan             | 55.51       |      |
| 2017-Drew Lepre, West Essex              | 55.22       |      |
| 2016-Will Rienas, Old Tappan             | 54.70       |      |
| 2015-Joe Jordan, Old Tappan              | 54.78       |      |
| 2014-Will Rienas, Old Tappan             | 55.49       |      |
| 2013-Jack Greuter, Northern Highlands    | 56.31       |      |
| 2012-Brandon Gregory, Old Tappan         | 54.69       |      |
| 2011-Brandon Gregory, Old Tappan         | 53.75       |      |
| 2010-Brandon Gregory, Old Tappan         | 56.26       |      |
| 2009-Victor Boonham, Sparta              | 55.63       |      |
| 2008-Victor Boonham, Sparta              | 56.32       |      |
| 2007-Kyle Gilroy, West Milford           | 55.21       |      |
| 2006-Ted Galligan, Morris Hills          | 54.2        |      |
| 2005-Tyler DeRouen, West Milford         | 54.2        |      |
| 2004-Jeremy Perussi, Demarest            | 53.8        |      |
| 2003-Dave LaRocca, Sparta                | 54.2        |      |
| 2002-Greg Horn, River Dell               | 55.8        |      |
| 2001-Joe Philley, River Dell             | 57.6        |      |
| 2000-Brian Burns, River Dell             | 55.6        |      |
| <b>1999-Guy Rose, Wayne Hills</b>        | <b>53.4</b> |      |
| 1998-Don Platvoet, Passaic Valley        | 55.2        |      |
| 1997-Don Platvoet, Passaic Valley        | 55.7        |      |
| 1996-Simon Wu, River Dell                | 56.0        |      |
| 1995-Simon Wu, River Dell                | 56.9        |      |
| 1994-Heath Ostrowski, Demarest           | 58.1        |      |
| 1993-Dennis Stawicki, Northern Highlands | 58.1        |      |
| 1992-Preston Young, Indian Hills         |             | 56.4 |
| 1991-Jim Dunn, Sparta                    | 57.0        |      |
| 1990-Paul Von Dohlen, Tenafly            | 56.9        |      |
| 1989-Rob Howard, Old Tappan              | 56.6        |      |
| 1988-Tak Yawata, Old Tappan              | 57.7        |      |
| 1987-Neal Biscaldi, Tenafly              | 57.0        |      |
| 1986-Chris Hughes, Wayne Valley          | 56.5        |      |
| 1985-Brian Otley, Wayne Hills            | 55.0        |      |
| 1984-John Pezzuti, Indian Hills          | 57.0        |      |
| 1983-Derek King, Bergenfield             | 57.2        |      |
| 1982-Mark Ojaniit, Lakeland              | 56.5        |      |
| 1981-Brian Scott, Pascack Hills          | 56.6        |      |
| 1980-Carl Lockett, Lincoln               | 56.0        |      |
| 1979-Aaron Manning, Ferris               | 38.4        |      |
| 1978-Aaron Manning, Ferris               | 39.6        |      |
| 1977-Carl Westervelt, Ramapo             | 39.4        |      |
| 1976-Bruce Carillo, River Dell           | 40.8        |      |
| 1975-Al Krushevski, Wayne Hills          |             | 39.8 |

|                               |      |
|-------------------------------|------|
| 1974-Joe Ferrara, Wayne Hills | 38.5 |
| 1973-Ken Stokes, New Milford  | 20.6 |
| 1972-Scott Randall, Tenafly   | 19.9 |
| 1971-NEEDED                   |      |
| 1970-Bob Ryan, New Milford    | 20.4 |
| 1969-Ken Clark, New Milford   | 19.6 |
| 1968-Fred Olson, Wayne Hills  | 19.0 |

## SHOT PUT

|                                       |             |         |
|---------------------------------------|-------------|---------|
| 2018-Steven Paulino, Bergenfield      |             | 51-7    |
| 2017-Jakob Pluta, Wayne Valley        | 50-10 ½     |         |
| 2016-Marshall Watters, Indian Hills   | 44-9        |         |
| 2015-Andrew Tummino, River Dell       | 55-8        |         |
| 2014-Andrew Tummino, River Dell       | 56-3 ¼      |         |
| 2013-Andrew Trumbetti, Demarest       | 56-8        |         |
| 2012-Andrew Trumbetti, Demarest       | 56-0        |         |
| 2011-Taylor Bernstein, Montville      |             | 57-11 ½ |
| 2010-Mike Reilly, Old Tappan          | 52-1 ¾      |         |
| 2009-Tom Vorhies, Morris Knolls       |             | 55-3    |
| 2008-Chris Pantale, Wayne Valley      | 55-10       |         |
| 2007-George Abyad, Passaic Valley     | 54-7 ¼      |         |
| 2006-Chris Pantale, Wayne Valley      | 50-9 ¼      |         |
| 2005-Stan Valvis, Passaic Valley      | 49-6 ¼      |         |
| 2004-Doug Alpers, Sparta              | 47-3 ¾      |         |
| 2003-Greg Olsen, Wayne Hills          | 56-9 ¾      |         |
| 2002-Greg Olsen, Wayne Hills          | 53-6 ½      |         |
| 2001-Luis Castillo, Garfield          | 53-9 ¼      |         |
| 2000-Kosta Psonis, Fort Lee           | 51-3 ½      |         |
| 1999-Christopher DeFelice, High Point | 47-4 ¼      |         |
| 1998-Adam Scholze, Ramapo             | 52-1 ½      |         |
| 1997-Clark Wikandae, Sparta           | 48-6        |         |
| 1996-Dave Ivany, Indian Hills         | 48-9        |         |
| 1995-Jeff Ariola, Passaic Valley      | 48-0        |         |
| 1994-Mike Sheehan, Demarest           | 51-11 ½     |         |
| 1993-Mike Sheehan, Demarest           | 53-0 ¼      |         |
| 1992-Tom Jennings, Indian Hills       | 56-3 ½      |         |
| 1991-Tom Jennings, Indian Hills       | 52-9        |         |
| 1990-Brad Moser, Demarest             | 52-1        |         |
| 1989-Pat Schunke, Indian Hills        | 48-11       |         |
| 1988-Mike Theuerkauf, Demarest        |             | 57-11   |
| 1987-Mike Theuerkauf, Demarest        |             | 57-0 ¼  |
| 1986-Mike Theuerkauf, Demarest        |             | 57-9 ½  |
| 1985-Mike Theuerkauf, Demarest        |             | 54-9 ½  |
| 1984-Dave Cassens, Demarest           | 58-5        |         |
| 1983-Steve Ratz, Indian Hills         | 57-4        |         |
| 1982-Jon Lampert, Demarest            | 58-10       |         |
| <b>1981-Lou Kertesz, Ramsey</b>       | <b>59-1</b> |         |
| 1980-Lou Kertesz, Ramsey              | 53-11 ½     |         |
| 1979-Scott O'Meara, Demarest          | 51-2        |         |
| 1978-Bob Celentano, Demarest          | 54-6        |         |
| 1977-Gary Larmer, Dumont              | 55-7 ¼      |         |
| 1976-Tim Bruno, Ferris                | 56-1 ¾      |         |
| 1975-Tim Bruno, Ferris                | 58-3        |         |
| 1974-Tom May, New Milford             | 52-3 ½      |         |
| 1973-Jeff Sokolik, New Milford        | 57-8 ½      |         |
| 1972-Dom Rageuso, Dumont              | 57-7        |         |
| 1971-NEEDED                           |             |         |
| 1970-Nick Carelle, Fort Lee           | 53-9 ½      |         |
| 1969-Randy Sokolik, New Milford       | 54-10       |         |
| 1968-Randy Sokolik, New Milford       | 56-4 ¼      |         |

## DISCUS

|   |              |        |
|---|--------------|--------|
| 2018-John Griffith, Northern Highlands  | 150-0        |        |
| 2017-Tyler Fenske, Wayne Valley         | 145-9        |        |
| 2016-Ben Davis, Sparta                  | 135-5        |        |
| 2015-Jack Vigneron, River Dell          | 169-4        |        |
| 2014-Andrew Tummino, River Dell         | 148-3        |        |
| 2013-Andrew Trumbetti, Demarest         | 166-10       |        |
| 2012-Andrew Trumbetti, Demarest         | 165-2        |        |
| 2011-Taylor Bernstein, Montville        |              | 168-9  |
| 2010-Taylor Bernstein, Montville        |              | 142-11 |
| 2009-Carl Frauenpreis, Sparta           | 145-1        |        |
| <b>2008-Chris Pantale, Wayne Valley</b> | <b>183-0</b> |        |
| 2007-George Abyad, Passaic Valley       | 178-6        |        |
| 2006-George Abyad, Passaic Valley       | 170-3        |        |
| 2005-George Abyad, Passaic Valley       | 162-8        |        |
| 2004-John Adamczyk, Nutley              | 141-6        |        |
| 2003-Tristan Henry, Bergenfield         | 146-0        |        |
| 2002-Ed Sisco, Wayne Hills              | 151-1        |        |
| 2001-Ryan Neill, Wayne Hills            | 157-2        |        |
| 2000-Louis Castillo, Garfield           | 148-9        |        |
| 1999-Louis Castillo, Garfield           | 144-9        |        |
| 1998-Adam Scholze, Ramapo               | 155-1        |        |
| 1997-Adam Scholze, Ramapo               | 139-3        |        |
| 1996-Rob Morsch, Ramapo                 | 146-2        |        |
| 1995-Rob Morsch, Ramapo                 | 148-10       |        |
| 1994-John Pandich, Demarest             | 145-1        |        |
| 1993-Keith Benedetti, Old Tappan        | 146-7        |        |
| 1992-Pete Dunn, Demarest                | 149-0        |        |
| 1991-Ralph Filieri, Fort Lee            | 149-3        |        |
| 1990-Brad Moser, Demarest               | 144-1        |        |
| 1989-Joe Sirignano, Old Tappan          | 137-0        |        |
| 1988-Jim Murphy, Indian Hills           | 148-9        |        |
| 1987-Mike Theuerkauf, Demarest          |              | 156-6  |
| 1986-John Camper, Ramapo                | 163-11       |        |
| 1985-Rich Iapoce, Wayne Valley          | 154-8        |        |
| 1984-Dave Cassens, Demarest             | 165-5        |        |
| 1983-Dan Murray, Vernon                 | 162-6        |        |
| 1982-Wesley Walton, Demarest            | 157-1        |        |
| 1981-Dana Ellis, Ramapo                 | 163-2        |        |
| 1980-Dana Ellis, Ramapo                 | 156-6        |        |
| 1979-Chris Hand, West Milford           | 159-2        |        |
| 1978-Paul Cronin, Indian Hills          | 159-6        |        |
| 1977-Larry Jansson, Demarest            | 171-3        |        |
| 1976-Tim Bruno, Ferris                  | 155-6        |        |
| 1975-John Murberg, Old Tappan           | 163-0        |        |
| 1974-Scott Hersh, Fort Lee              | 168-2        |        |
| 1973-Mike Murberg, Old Tappan           |              | 154-3  |
| 1972-Bob Parry, River Dell              | 153-9        |        |
| 1971-NEEDED                             |              |        |
| 1970-Nick Carelle, Fort Lee             | 151-0        |        |
| 1969-Randy Sokolik, New Milford         | 155-5        |        |
| 1968-Randy Hooks, River Dell            | 167-4        |        |

## JAVELIN

|                                   |        |       |
|-----------------------------------|--------|-------|
| 2018-Greg Poloso, Wayne Valley    |        | 175-7 |
| 2017-Dajon Chappell, Morris Hills | 191-9  |       |
| 2016-Dajon Chappell, Morris Hills | 185-10 |       |
| 2015-Kyle Brackett, Wayne Hills   | 174-4  |       |
| 2014-Conor McClain, Morris Hills  | 186-11 |       |
| 2013-Mike Begen, Pascack Valley   | 173-8  |       |
| 2012-Jeremy Willis, Teaneck       | 162-2  |       |
| 2011-Charles Woods, Demarest      | 165-1  |       |



|                                      |              |        |
|--------------------------------------|--------------|--------|
| 2010-Steve Iafrate, Demarest         | 179-0        |        |
| 2009-Erik Patricola, Lakeland        | 174-4        |        |
| 2008-Cody Unger, Jefferson           | 190-9        |        |
| 2007-Greg Ross, Morris Hills         | 165-11       |        |
| 2006-Dominque Dixon, Morris Hills    | 176-8        |        |
| 2005-Dan Begler, West Milford        | 175-2        |        |
| 2004-Angelo Diana, Mount Olive       |              | 175-4  |
| 2003-Alex Berberian, Old Tappan      |              | 162-11 |
| 2002-Bert Sisco, Wayne Hills         | 181-7        |        |
| 2001-Miles Austin, Garfield          | 179-4        |        |
| 2000-Matt Katalinas, Lakeland        | 170-1        |        |
| 1999-Mike Stansfield, Garfield       | 187-1        |        |
| 1998-Arden Cierich, Lakeland         | 177-5        |        |
| 1997-Arden Cierich, Lakeland         | 171-9        |        |
| 1996-Tom Ryan, Garfield              | 174-5        |        |
| 1995-Ralph Sango, Cliffside Park     |              | 184-0  |
| 1994-Ian Gordon, Garfield            | 187-4        |        |
| 1993-Ian Gordon, Garfield            | 182-0        |        |
| 1992-Carl Von Tobel, Dumont          | 180-11       |        |
| 1991-Carl Von Tobel, Dumont          | 184-3        |        |
| 1990-John Hsu, Paramus               | 173-6        |        |
| 1989-Dwayne Rivera, Demarest         | 181-9        |        |
| 1988-Bill Weslow, Vernon             | 176-7        |        |
| 1987-Chris Merwin, Sparta            | 191-11       |        |
| 1986-Chris Merwin, Sparta            | 186-1        |        |
| 1985-Walt Foster, Wayne Valley       | 188-0        |        |
| 1984-Pablo Mariano, Demarest         | 183-2        |        |
| 1983-Bruce Bacciocchi, Dumont        | 209-6        |        |
| <b>1982-Bruce Bacciocchi, Dumont</b> | <b>213-1</b> |        |
| 1981-Bruce Bacciocchi, Dumont        | 192-8        |        |
| 1980-Andy Soltes, Dumont             | 171-0        |        |
| 1979-Chris Hand, West Milford        | 173-3        |        |
| 1978-Anthony Santamaria, Union Hill  | 179-6        |        |
| 1977-Rick DiManno, Ridgefield Park   | 166-7        |        |
| 1976-Tom Parr, Lakeland              | 195-7        |        |
| 1975-Frank Barbolia, Union Hill      | 152-9        |        |
| 1974-Bob Ahrens, Wayne Hills         | 169-6        |        |
| 1973-Bob Ahrens, Wayne Hills         | 171-10       |        |
| 1972-Don Westermeyer, New Milford    | 182-6        |        |
| 1971-NEEDED                          |              |        |
| 1970-Ted Hanenberg, Wayne Valley     | 168-2        |        |
| 1969-Ray Thiem, Wayne Hills          | 145-7        |        |
| 1968-Bob Krol, Lincoln               | 198-2        |        |

## HIGH JUMP

|  |              |  |
|--|--------------|--|
| 2018-Kyle Shine, Old Tappan            | 6-4          |  |
| 2017-Tim DeLorenzo, Northern Highlands | 6-4          |  |
| 2016-Andrew Pondisco, Sparta           | 6-6          |  |
| 2015-Isaiah Turner, Morris Hills       | 6-4          |  |
| 2014-Josh Landsman, Demarest           | 6-7          |  |
| <b>2013-Zachary Davis, Sparta</b>      | <b>6-8 ¼</b> |  |
| 2012-Zachary Davis, Sparta             | 6-2          |  |
| 2011-Yoonil Kim, Demarest              | 6-2          |  |
| 2010-Fami Adebola, High Point          | 6-4          |  |
| 2009-Fami Adebola, High Point          | 6-0          |  |
| 2008-Fami Adebola, High Point          | 6-0          |  |
| 2007-Aaron King, Morris Hills          | 6-2          |  |
| 2006-Dominque Dixon, Morris Hills      | 6-4          |  |
| 2005-Oderick Turner, Teaneck           | 6-6          |  |
| 2004-Oderick Turner, Teaneck           | 6-2          |  |
| 2003-Dan Kiely, Old Tappan             | 6-2          |  |
| 2002-Dan Kiely, Old Tappan             | 6-4          |  |

|  |       |     |
|--|-------|-----|
| 2001-Bryan Williams, Wayne Hills       | 6-2   |     |
| 2000-Stephen Lalite, Demarest          | 6-0   |     |
| 1999-Guy Rose, Wayne Hills             | 6-6   |     |
| 1998-Mike Stansfield, Garfield         | 6-6   |     |
| 1997-Paul Barberian, Old Tappan        |       | 6-4 |
| 1996-Tom Bozmann, Indian Hills         |       | 6-0 |
| 1995-Godfrey Gordon, Garfield          | 6-6   |     |
| 1994-Godfrey Gordon, Garfield          | 6-2   |     |
| 1993-Keijuan Keitt, Indian Hills       | 6-4   |     |
| 1992-Dave Kruse, Tenafly               | 6-4   |     |
| 1991-Dave Kruse, Tenafly               | 6-4   |     |
| 1990-Rob Edler, Ramapo                 | 6-2   |     |
| 1989-Brian Weis, Old Tappan            | 6-2   |     |
| 1988-Brian Weis, Old Tappan            | 6-4   |     |
| 1987-John Werner, Northern Highlands   | 6-2   |     |
| 1986-Pat Sanders, Ramapo               | 6-2   |     |
| 1985-Brian Otley, Wayne Hills          | 6-4   |     |
| 1984-Brian Otley, Wayne Hills          | 6-4   |     |
| 1983-John Barth, Jefferson             | 6-1   |     |
| 1982-Doug Boyd, Old Tappan             | 6-5   |     |
| 1981-Doug Boyd, Old Tappan             | 6-6   |     |
| 1980-Dan Porter, Pascack Valley        | 6-0   |     |
| 1979-Mike Curti, Dumont                | 6-8   |     |
| 1978-Mike Curti, Dumont                | 6-4   |     |
| 1977-Bob Morrison, Ridgefield Park     | 6-4 ¼ |     |
| 1976-Glenn Venskus, Demarest           | 6-0   |     |
| 1975-Steve Collins, Northern Highlands | 6-2   |     |
| 1974-Mike Adler, Pascack Valley        |       | 6-2 |
| 1973-Steve Rhim, Ferris                | 5-9   |     |
| 1972-Jeff Seiple, New Milford          | 6-2   |     |
| 1971-NEEDED                            |       |     |
| 1970-Chris Lutz, New Milford           | 6-2   |     |
| 1969-Bob Planker, Ridgefield Park      | 6-4   |     |
| 1968-Jeff Fried, New Milford           | 6-2   |     |

## LONG JUMP

|  |               |      |
|--|---------------|------|
| 2018-Dan Moinchek, Northern Highlands    | 22-2          |      |
| 2017-Ben Stein, Tenafly                  | 21-7          |      |
| 2016-Frankie Richard, Northern Highlands | 22-1          |      |
| 2015-Jordan Fuller, Old Tappan           | 21-10 ¼       |      |
| 2014-Booker McLean, Montville            | 22-2 ½        |      |
| 2013-Greg Leeper, Morris Hills           | 22-6 ¼        |      |
| 2012-Jamal Williams, Teaneck             | 22-9 ¼        |      |
| 2011-Jamal Williams, Teaneck             | 21-8 ¼        |      |
| 2010-Fami Adebola, High Point            | 22-0 ½        |      |
| 2009-Fami Adebola, High Point            | 21-2 ¼        |      |
| 2008-Josh Lewis, Montville               | 21-10         |      |
| <b>2007-Aaron King, Morris Hills</b>     | <b>23-6 ¾</b> |      |
| 2006-Kwame Collins, Indian Hills         | 22-11 ½       |      |
| 2005-Shawn Bolcarovic, Morris Hills      | 22-8          |      |
| 2004-Nick Romeo, Wayne Hills             | 21-5 ½        |      |
| 2003-Sam Lee, Demarest                   | 20-11¼        |      |
| 2002-Miles Austin, Garfield              | 22-4 ½        |      |
| 2001-Kyle McDermott, Lakeland            | 20-6 ½        |      |
| 2000-Kodai Kubota, Fort Lee              | 21-1 ½        |      |
| 1999-Guy Rose, Wayne Hills               | 22-5 ¼        |      |
| 1998-Jason Taitt, Sparta                 | 21-10 ½       |      |
| 1997-Paul Barberian, Old Tappan          |               | 21-3 |
| 1996-Mike Guazzo, Indian Hills           | 21-0 ½        |      |
| 1995-Ed Wheeler, Wayne Valley            | 20-10         |      |
| 1994-Chris Choi, Fort Lee                | 21-0          |      |
| 1993-Nathan Dorante, Wayne Hills         | 21-2          |      |

|                                       |         |         |
|---------------------------------------|---------|---------|
| 1992-Dom Guazzo, Indian Hills         | 21-0    |         |
| 1991-Robin Roberts, Snyder            | 20-5    |         |
| 1990-Gerald Martress, High Point      |         | 20-10 ½ |
| 1989-Matt Fialkoff, Ramsey            | 21-2    |         |
| 1988-Mark DeAngelus, Tenafly          | 20-7    |         |
| 1987-Doug Anthony, Englewood          | 20-10 ¼ |         |
| 1986-Bud Zuberer, Wayne Valley        |         | 20-11   |
| 1985-Bud Zuberer, Wayne Valley        |         | 21-5    |
| 1984-Brian Otley, Wayne Hills         | 20-3    |         |
| 1983-James Thompson, Demarest         |         | 20-2 ½  |
| 1982-Willie Hislop, Emerson (UC)      | 20-9 ¼  |         |
| 1981-Tim Perna, Ramsey                | 21-1 ¼  |         |
| 1980-Brian Delmour, Indian Hills      |         | 20-7    |
| 1979-Brian Delmour, Indian Hills      |         | 20-5 ½  |
| 1978-Don Jarvis, Indian Hills         | 20-9 ¼  |         |
| 1977-Jeff Mattner, Pascack Valley     | 22-7    |         |
| 1976-Mike Jadick, Indian Hills        | 20-11   |         |
| 1975-Len Hoffmann, Northern Highlands | 21-5 ¾  |         |
| 1974-Rick Englander, Pascack Valley   | 21-4    |         |
| 1973-Daryl Thornton, Englewood        |         | 21-8 ½  |
| 1972-Angelo Tsangaropoulos, Fort Lee  | 20-10 ½ |         |
| 1971-NEEDED                           |         |         |
| 1970-NEEDED                           |         |         |
| 1969-NEEDED                           |         |         |
| 1968-Jeff Adams, Englewood            | 21-11 ½ |         |

### TRIPLE JUMP

|  |               |      |
|--|---------------|------|
| 2018-Dan Monchek, Northern Highlands     | 44-0 ¾        |      |
| 2017-Kevin Sembrat, Roxbury              | 43-7 ½        |      |
| 2016-Frankie Richard, Northern Highlands | 44-5          |      |
| 2015-Frankie Richard, Northern Highlands | 44-4          |      |
| 2014-Jason Katz, Ramapo                  | 45-7 ½        |      |
| 2013-Zachary Davis, Sparta               | 44-6          |      |
| 2012-Rob Gebhard, Northern Highlands     | 47-4 ¼        |      |
| <b>2011-Sean Wimbush, Teaneck</b>        | <b>48-0 ¾</b> |      |
| 2010-Jamal Williams, Teaneck             | 45-6          |      |
| 2009-Fami Adebola, High Point            | 44-2 ½        |      |
| 2008-Antoine Allen, Mount Olive          |               | 43-9 |
| 2007-Aaron King, Morris Hills            | 47-1          |      |
| 2006-Kwame Collins, Northern Highlands   | 46-8          |      |
| 2005-Harold Blyden, Bergenfield          |               | 46-2 |
| 2004-Marquis Mitchell, Bergenfield       | 43-3          |      |
| 2003-Ralph Davis, Paramus                | 44-8 ½        |      |

### POLE VAULT

|   |             |  |
|---|-------------|--|
| 2018-Seth Kricheff, Old Tappan            | 14-0        |  |
| 2017-Seth Kricheff, Old Tappan            | 13-6        |  |
| 2016-Greg Fuerte, Paramus                 | 13-0        |  |
| 2015-Willem Glans, River Dell             | 13-6        |  |
| <b>2014-Luke Annichiarico, Old Tappan</b> | <b>15-0</b> |  |
| 2013-Eric Geider, Demarest                | 14-0        |  |
| 2012-Eric Geider, Demarest                | 14-0        |  |
| 2011-Eric Geider, Demarest                | 14-1        |  |
| 2010-Daniel Nyfenger, Demarest            | 14-0        |  |
| 2009-Chris Puskas, High Point             | 13-8        |  |
| 2008-Peter Matano, Wayne Hills            | 14-0        |  |
| 2007-Tim Blashford, Ramapo                | 14-7        |  |
| 2006-Tim Blashford, Ramapo                | 13-0        |  |
| 2005-Konrad Krolikowski, West Milford     | 12-6        |  |
| 2004-James Woods, Demarest                | 13-6        |  |

|                                    |         |        |
|------------------------------------|---------|--------|
| 2003-Jeff Young, Wayne Valley      | 14-0    |        |
| 2002-Adam Sacher, Pascack Valley   | 13-0    |        |
| 2001-Mark Faga, Lakeland           | 12-0    |        |
| 2000-Danilo Perreira, Fort Lee     | 12-0    |        |
| 1999-Bob Lozzi, Lakeland           | 13-0    |        |
| 1998-Dave Ritchie, Old Tappan      | 12-6    |        |
| 1997-Bob Lozzi, Lakeland           | 11-6    |        |
| 1996-Scott Kolkebeck, Old Tappan   | 12-6    |        |
| 1995-Ryota Uetani, Demarest        | 14-0    |        |
| 1994-Ryota Uetani, Demarest        | 13-0    |        |
| 1993-Mike Bobovnik, Fort Lee       | 12-6    |        |
| 1992-Mike Bobovnik, Fort Lee       | 11-6    |        |
| 1991-Troy Cromwell, Pascack Valley | 13-6    |        |
| 1990-Troy Cromwell, Pascack Valley | 12-6    |        |
| 1989-Jason Bruno, Ramsey           | 11-6    |        |
| 1988-Dave Redl, Wayne Hills        | 12-6    |        |
| 1987-Jerry Rosenfeld, High Point   |         | 12-6   |
| 1986-Steve Hess, High Point        | 13-6    |        |
| 1985-Ron Schneider, Vernon         | 13-0    |        |
| 1984-Jeff Hooton, Ramsey           | 13-6    |        |
| 1983-George Zydel, Vernon          | 13-6    |        |
| 1982-Clark Otley, Wayne Hills      | 12-6    |        |
| 1981-Ed Pessolano, Dumont          | 13-0    |        |
| 1980-Mark Webster, Ramapo          | 13-0    |        |
| 1979-Paul McDonough, Westwood      | 12-6    |        |
| 1978-Bob Davino, Dumont            | 12-0    |        |
| 1977-Mike Tierney, West Milford    |         | 12-6   |
| 1976-Steve Schupak, Teaneck        | 13-0    |        |
| 1975-George Giovannone, Old Tappan | 13-3    |        |
| 1974-Jeff Haight, Old Tappan       | 13-0    |        |
| 1973-Don Criscione, River Dell     | 13-6    |        |
| 1972-Mark MacCracken, Tenafly      |         | 14-0 ½ |
| 1971-NEEDED                        |         |        |
| 1970-Dwight Mutchler, River Dell   | 12-7.25 |        |
| 1969-Kevin Michaels, Sparta        | 12-6    |        |
| 1968-Brett Kiel, New Milford       | 12-6    |        |

### 1600 METER RELAY (mile until 1979)

|                         |                |
|-------------------------|----------------|
| 2018-Teaneck            | 3:24.19        |
| 2017-West Essex         | 3:21.51        |
| 2016-Old Tappan         | 3:23.27        |
| 2015-Old Tappan         | 3:19.54        |
| 2014-Old Tappan         | 3:23.12        |
| 2013-Teaneck            | 3:26.70        |
| <b>2012-Old Tappan</b>  | <b>3:18.66</b> |
| 2011-Teaneck            | 3:22.15        |
| 2010-Teaneck            | 3:20.08        |
| 2009-Mount Olive        | 3:22.33        |
| 2008-Montville          | 3:23.56        |
| 2007-Teaneck            | 3:22.60        |
| 2006-Northern Highlands | 3:22.4         |
| 2005-Northern Highlands | 3:25.0         |
| 2004-Sparta             | 3:22.6         |
| 2003-Wayne Hills        | 3:25.5         |
| 2002-Sparta             | 3:26.0         |
| 2001-Sparta             | 3:29.8         |
| 2000-Sparta             | 3:29.3         |
| 1999-Sparta             | 3:24.3         |
| 1998-Lakeland           | 3:27.4         |
| 1997-Wayne Valley       | 3:33.0         |
| 1996-River Dell         | 3:32.7         |
| 1995-Demarest           | 3:28.7         |

|                         |        |
|-------------------------|--------|
| 1994-Demarest           | 3:27.7 |
| 1993-Tenafly            | 3:28.4 |
| 1992-Northern Highlands | 3:29.5 |
| 1991-Wayne Valley       | 3:33.3 |
| 1990-Paramus            | 3:31.0 |
| 1989-Old Tappan         | 3:31.8 |
| 1988-Old Tappan         | 3:32.4 |
| 1987-Tenafly            | 3:30.1 |
| 1986-Wayne Hills        | 3:31.5 |
| 1985-Lincoln            | 3:24.3 |
| 1984-Indian Hills       | 3:30.1 |
| 1983-Old Tappan         | 3:30.7 |
| 1982-Lakeland           | 3:29.3 |
| 1981-Lincoln            | 3:30.6 |
| 1980-Lincoln            | 3:25.1 |
| 1979-Lincoln            | 3:30.7 |
| 1978-Lincoln            | 3:25.2 |
| 1977-Lincoln            | 3:24.3 |
| 1976-Lincoln            | 3:26.7 |
| 1975-Pascack Valley     | 3:30.2 |
| 1974-Memorial           | 3:24.4 |
| 1973-Tenafly            | 3:28.8 |
| 1972-Englewood          | 3:29.6 |
| 1971-NEEDED             |        |
| 1970-Englewood          | 3:25.7 |
| 1969-Lincoln            | 3:26.4 |
| 1968-New Milford        | 3:30.2 |

#### **400 METER RELAY**

|                         |              |
|-------------------------|--------------|
| 2018-Paramus            | 43.87        |
| 2017-West Essex         | 44.33        |
| <b>2016-Wayne Hills</b> | <b>42.91</b> |
| 2015-Old Tappan         | 43.33        |
| 2014-River Dell         | 43.53        |
| 2013-Old Tappan         | 43.94        |

#### **3200 METER RELAY**

|                          |                |
|--------------------------|----------------|
| 2018-Morris Hills        | 8:07.91        |
| 2017-Morris Hills        | 8:08.28        |
| <b>2016-Morris Hills</b> | <b>7:56.01</b> |
| 2015-River Dell          | 7:59.02        |
| 2014-River Dell          | 8:00.97        |
| 2013-Old Tappan          | 8:20.12        |

### **BOYS GROUP 2**

#### ***Top Three Teams***

|  |
|--|
| 2018-Demarest 147, River Dell 57 ½, Glen Rock 57       |
| 2017-Demarest 127, Sparta 70, Mahwah 58 ½              |
| 2016-River Dell 136 ½, Demarest 106 ½, Mahwah 51       |
| 2015-Ramsey 70, Demarest 66, Westwood 63               |
| 2014-Ramsey 139, Mountain Lakes 91 ¾, Mahwah 67        |
| 2013-River Dell 109, Ramsey 82, Mountain Lakes 80      |
| 2012-Morris Hills 147 ½, River Dell 76, Ramsey 36 ½    |
| 2011-Morris Hills 119 ½, Ramsey 67 ½, Garfield 51      |
| 2010-Indian Hills 90, Ramsey 63, Englewood 56          |
| 2009-Indian Hills 76, Englewood 73, River Dell 58      |
| 2008-Indian Hills 77, River Dell 74 1/3, Mahwah 63 2/3 |
| 2007-River Dell 93, Hopatcong 71, Indian Hills 58      |
| 2006-Indian Hills 94, Hopatcong 54 ½, Westwood 52      |

2005-Westwood 113 ½, Hopatcong 66, Ramsey 65  
 2004-Morris Hills 82, Hawthorne 70, Indian Hills 65  
 2003-Newton 60, Indian Hills 54, Hawthorne 53  
 2002-Leonia 63, Newton 58 ½, Indian Hills 44  
 2001-Mahwah 75, Kittatinny 51, Dumont 46  
 2000-Ramsey 86, Mahwah 56, Westwood 55  
 1999-Ramsey 90, River Dell 86, Rutherford/Westwood 42  
 1998-Westwood 100, Glen Rock 63, Kittatinny 62  
 1997-Kittatinny 77, Westwood 75, Mahwah 55  
 1996-Glen Rock 87, Westwood 59, Ramsey 54  
 1995-Westwood 86, Hopatcong 50, Newton 42 ¾  
 1994-Ridgefield Park 102.8, Glen Rock 58, Englewood 56  
 1993-Hopatcong 72, Wallkill Valley 67, Englewood 64  
 1992-Mahwah 85, Englewood 84, Leonia 53  
 1991-Englewood 44, Wallkill Valley 30 ½, Ridgefield Park/Rutherford 25  
 1990-Mahwah 56, Lyndhurst 32 ½, Wallkill Valley 21  
 1989-Rutherford 42, Wallkill Valley 39, Mahwah/Englewood 29  
 1988-Dumont 51 ½, Rutherford 40, Bergen Tech 26  
 1987-Kittatinny 45, Hopatcong 27, Fort Lee 19  
 1986-Hopatcong 39, Kittatinny 36, Wallkill Valley 23  
 1985-Lenape Valley 26, Dumont 25, Hopatcong 23  
 1984-Tenafly 49, Hopatcong 29, Lyndhurst 22  
 1983-Rutherford 38, Lyndhurst 30, Tenafly 28  
 1982-Tenafly 46, Manchester 37 ½, Rutherford 37  
 1981-Bergen Tech 37, Rutherford and Sparta 26  
 1980-Sparta 70, Saddle Brook 23, Tenafly 22  
 1979-Rutherford 40, Tenafly 30, Sparta 24  
 1978-Rutherford 55, Saddle Brook 44 ½, Tenafly 23 ½  
 1977-Sparta 39, Rutherford 38, Tenafly 32 ½  
 1976-New Milford 50, Saddle Brook 38, Sparta 37  
 1975-Tenafly 34 ½, Saddle Brook 25, Rutherford 20 ½  
 1974-Tenafly 41, Saddle Brook 36, Sparta 29  
 1973-Pascack Valley 50 ½, Ramsey 33, Saddle Brook 30  
 1972-Rutherford 49, Ramsey 30, Pascack Valley 28  
 1971-NEEDED  
 1970-Northern Highlands 54, Lincoln 39, Saddle Brook 33  
 1969-Indian Hills 44, Saddle Brook 38 ½, Rutherford 37 ½  
 1968-Tenafly 62, Northern Highlands 33, Pompton Lakes 31

### 100 METERS (100 yards until 1979)

|  |              |                          |
|--|--------------|--------------------------|
| 2018-Ramir Kelley, Manchester          | 11.15        |                          |
| <b>2017-Quazier Dailey, Manchester</b> | <b>10.94</b> | <b>(10.89 in trials)</b> |
| 2016-Quazier Dailey, Manchester        |              | 10.97                    |
| 2015-Dajour Hanniford, Westwood        | 11.18        |                          |
| 2014-Adam Franklin, Mountain Lakes     | 11.06        |                          |
| 2013-Adam Franklin, Mountain Lakes     | 11.12        |                          |
| 2012-Luke Lyons, Westwood              | 11.31        |                          |
| 2011-Angel Lora, Garfield              | 11.36        |                          |
| 2010-Patryk Najbar, Lodi               | 11.10        |                          |
| 2009-Raldaine McDonald, Englewood      | 10.99        |                          |
| 2008-Ackeme Brown, Englewood           |              | 10.90                    |
| 2007-Raldaine McDonald, Englewood      | 11.32        |                          |
| 2006-Garrett Kroner, Indian Hills      |              | 10.9                     |
| 2005-Rameik Jackson, Westwood          |              | 10.7                     |
| 2004-Casey Robert, Hawthorne           | 10.9         |                          |
| 2003-Casey Robert, Hawthorne           | 10.7         |                          |
| 2002-Dimar Labega, Rutherford          | 10.8         |                          |
| 2001-Ofori Koram, Ridgefield Park      | 10.9         |                          |
| 2000-Ofori Koram, Ridgefield Park      | 10.9         |                          |
| 1999-Tony Yamasaki, Englewood          | 11.1         |                          |
| 1998-Frank Sulter, Kittatinny          | 11.0         |                          |
| 1997-Leyonne DeFreese, Mahwah          | 10.9         |                          |

|                                      |      |
|--------------------------------------|------|
| 1996-Mikkel Brown, Glen Rock         | 10.8 |
| 1995-John Ciurciu, Elmwood Park      | 11.1 |
| 1994-John Deschamps, Ridgefield Park | 11.1 |
| 1993-Kendall Williams, Bergen Tech   | 10.9 |
| 1992-Chris Hewitt, Englewood         | 10.9 |
| 1991-Steve Pertuz, Elmwood Park      | 11.3 |
| 1990-Jeff Somma, Lyndhurst           | 11.3 |
| 1989-Neil Luke, Englewood            | 11.0 |
| 1988-Brian Pearson, Lenape Valley    | 10.9 |
| 1987-Andy Richardson, Bergen Tech    | 11.5 |
| 1986-George Rodriguez, Hopatcong     | 11.6 |
| 1985-George Rodriguez, Hopatcong     | 11.0 |
| 1984-George Rodriguez, Hopatcong     | 11.0 |
| 1983-George Rodriguez, Hopatcong     | 11.3 |
| 1982-Tom Crosswell, Bergen Tech      | 11.5 |
| 1981-Theo Smith, Bergen Tech         | 11.4 |
| 1980-Mike Pishadze, Elmwood Park     | 11.3 |
| 1979-Mike Pishadze, Elmwood Park     | 10.3 |
| 1978-Mike Pishadze, Elmwood Park     | 10.5 |
| 1977-Jack Dovletian, New Milford     | 10.4 |
| 1976-Steve Lunau, New Milford        | 10.7 |
| 1975-John Rizzi, Elmwood Park        | 10.1 |
| 1974-Walt Thompson, Sparta           | 10.1 |
| 1973-Cliff Wells, Lincoln            | 10.1 |
| 1972-Charlie Wells, Lincoln          | 10.2 |
| 1971-NEEDED                          |      |
| 1970-Ed Jones, Lincoln               | 10.0 |
| 1969-Bob Miller, Rutherford          | 10.4 |
| 1968-Gus Gil, Union Hill             | 10.4 |

## 200 METERS (200 yards until 1979)

|  |             |       |
|--|-------------|-------|
| 2018-Noah Sharp, Newton                  | 22.52       |       |
| 2017-Quazier Dailey, Manchester          |             | 21.83 |
| 2016-Quazier Dailey, Manchester          |             | 22.01 |
| 2015-Frankie Rios, Newton                | 22.78       |       |
| 2014-Adam Franklin, Mountain Lakes       | 22.24       |       |
| 2013-Adam Franklin, Mountain Lakes       | 22.30       |       |
| 2012-Greg Leeper, Morris Hills           | 22.25       |       |
| 2011-Derrick Washington, Morris Hills    | 22.67       |       |
| 2010-Corey Crawford, Indian Hills        | 22.55       |       |
| 2009-Raldaine McDonald, Englewood        | 22.69       |       |
| 2008-Ackeme Brown, Englewood             |             | 22.17 |
| 2007-Sam Smith, Pascack Hills            | 22.57       |       |
| <b>2006-Garrett Kroner, Indian Hills</b> | <b>21.4</b> |       |
| 2005-Garrett Kroner, Indian Hills        |             | 21.7  |
| 2004-Casey Robert, Hawthorne             | 22.2        |       |
| 2003-Casey Robert, Hawthorne             | 22.3        |       |
| 2002-Casey Robert, Hawthorne             | 22.5        |       |
| 2001-Ofori Koram, Ridgefield Park        | 22.6        |       |
| 2000-Tony Yamasaki, Englewood            | 22.5        |       |
| 1999-Ofori Koram, Ridgefield Park        | 22.9        |       |
| 1998-Thomas Patterson, Manchester        | 22.5        |       |
| 1997-Leyonne DeFreese, Mahwah            | 22.2        |       |
| 1996-Mikkel Brown, Glen Rock             | 22.4        |       |
| 1995-John Ciurciu, Elmwood Park          | 22.8        |       |
| 1994-John Deschamps, Ridgefield Park     | 22.9        |       |
| 1993-Ron McBride, Hopatcong              | 22.6        |       |
| 1992-Chris Hewitt, Englewood             | 22.4        |       |
| 1991-Chris Hewitt, Englewood             | 22.9        |       |
| 1990-Jeff Somma, Lyndhurst               | 23.5        |       |
| 1989-Jeff Somma, Lyndhurst               | 23.0        |       |
| 1988-London Roballo, Bergen Tech         | 23.1        |       |

|                                    |      |
|------------------------------------|------|
| 1987-Andy Richardson, Bergen Tech  | 23.4 |
| 1986-George Rodriguez, Hopatcong   | 23.1 |
| 1985-George Rodriguez, Hopatcong   | 22.5 |
| 1984-George Rodriguez, Hopatcong   | 22.2 |
| 1983-Cory DeRobertis, New Milford  | 22.9 |
| 1982-Cory DeRobertis, New Milford  | 23.4 |
| 1981-Theo Smith, Bergen Tech       | 22.9 |
| 1980-Mike Pishadze, Elmwood Park   | 22.7 |
| 1979-Mike Pishadze, Elmwood Park   | 23.0 |
| 1978-Mike Pishadze, Elmwood Park   | 23.5 |
| 1977-Ralph Rivero, Becton          | 23.1 |
| 1976-Jack Dovletian, New Milford   | 23.6 |
| 1975-John Rizzi, Elmwood Park      | 22.4 |
| 1974-Jim Lordeman, Tenafly         | 22.1 |
| 1973-Cliff Wells, Lincoln          | 22.5 |
| 1972-Charlie Wells, Lincoln        | 22.2 |
| 1971-NEEDED                        |      |
| 1970-Ed Jones, Lincoln             | 22.3 |
| 1969-Bob Miller, Rutherford        | 22.5 |
| 1968-Fred Groschopp, Pompton Lakes | 22.9 |

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

|  |             |       |
|--|-------------|-------|
| 2018-Noah Sharp, Newton                  | 50.02       |       |
| 2017-Evan Bonfield, Mahwah               | 49.05       |       |
| 2016-Evan Bonfield, Mahwah               | 50.61       |       |
| 2015-Noah Osterhus, Westwood             | 50.27       |       |
| 2014-Adam Franklin, Mountain Lakes       | 48.36       |       |
| 2013-Zach Hubner, River Dell             | 51.44       |       |
| 2012-Michael Demby, Morris Hills         | 49.55       |       |
| 2011-Derrick Washington, Morris Hills    | 49.56       |       |
| 2010-Mark Filandro, Indian Hills         | 49.34       |       |
| 2009-Elvis Cake, Lodi                    |             | 49.52 |
| 2008-Mark Filandro, Indian Hills         | 50.84       |       |
| 2007-Patrick McCarney, Jefferson         |             | 50.22 |
| 2006-Garrett Kroner, Indian Hills        |             | 48.8  |
| <b>2005-Garrett Kroner, Indian Hills</b> | <b>48.2</b> |       |
| 2004-Garrett Kroner, Indian Hills        |             | 50.2  |
| 2003-Casey Robert, Hawthorne             | 50.7        |       |
| 2002-Dimar Labega, Rutherford            | 49.5        |       |
| 2001-Dimar Labega, Rutherford            | 49.6        |       |
| 2000-Sandro Bianchi, Leonia              | 50.5        |       |
| 1999-Tony Yamasaki, Englewood            | 50.5        |       |
| 1998-Mike Chioffe, Glen Rock             | 52.6        |       |
| 1997-Harold Eatman, Englewood            |             | 51.6  |
| 1996-Andrew Giannotti, Westwood          | 50.3        |       |
| 1995-Andy Scholes, Lyndhurst             | 51.5        |       |
| 1994-Jim Coughlin, Elmwood Park          | 51.1        |       |
| 1993-Ron McBride, Hopatcong              | 48.8        |       |
| 1992-Ernest Simmons, Englewood           | 50.2        |       |
| 1991-Hector Martinez, Ridgefield Park    | 51.5        |       |
| 1990-Jeff Somma, Lyndhurst               | 52.3        |       |
| 1989-Paul Campbell, Englewood            | 51.9        |       |
| 1988-Paul Foxson, Wallkill Valley        | 51.6        |       |
| 1987-Chris Hughes, Lyndhurst             | 51.6        |       |
| 1986-Tim Henkel, Secaucus                | 50.2        |       |
| 1985-Dan Farley, High Point              | 50.5        |       |
| 1984-Jim Froehlich, Rutherford           | 50.4        |       |
| 1983-Bill Malaltak, Rutherford           | 50.8        |       |
| 1982-Paul Macchione, Bergen Tech         | 50.8        |       |
| 1981-Dave Rose, Fort Lee                 | 52.5        |       |
| 1980-Charles Wilson, Sussex Tech         | 51.2        |       |
| 1979-John Carillo, New Milford           | 51.7        |       |



|                                   |      |
|-----------------------------------|------|
| 1978-Billy Harris, Rutherford     | 51.1 |
| 1977-Antoine Johnson, Rutherford  | 52.0 |
| 1976-Steve Grau, Saddle Brook     | 51.5 |
| 1975-Bob Duzoglou, Tenafly        | 51.3 |
| 1974-Dennis White, Lincoln        | 49.5 |
| 1973-Al Wedermeir, Waldwick       | 51.8 |
| 1972-John Graham, Emerson (UC)    | 49.9 |
| 1971-NEEDED                       |      |
| 1970-Keith Davis, Lincoln         | 48.7 |
| 1969-Ron Sparagoski, Saddle Brook | 52.5 |
| 1968-Rob Nelson, Tenafly          | 51.2 |

### 800 METERS (880 yards until 1979)

|  |               |        |
|--|---------------|--------|
| 2018-Josh Munoz, Demarest                  | 1:56.59       |        |
| 2017-Patrick Weiss, Vernon                 | 1:57.91       |        |
| 2016-Will Daly, River Dell                 | 1:57.31       |        |
| 2015-Noah Osterhus, Westwood               | 1:56.37       |        |
| 2014-James Buser, Mahwah                   | 1:54.88       |        |
| 2013-James Buser, Mahwah                   | 1:56.33       |        |
| 2012-Travis Ellis, Morris Hills            | 1:55.67       |        |
| 2011-Chris Eltringham, Ramsey              | 1:56.51       |        |
| 2010-Mark Filandro, Indian Hills           | 1:56.40       |        |
| 2009-Mark Filandro, Indian Hills           | 1:59.49       |        |
| 2008-Max Bruno, Indian Hills               | 1:56.07       |        |
| 2007-Max Bruno, Indian Hills               | 1:54.46       |        |
| 2006-Mike Pachella, Wallkill Valley        | 1:55.6        |        |
| <b>2005-Mike Pachella, Wallkill Valley</b> | <b>1:53.9</b> |        |
| 2004-Evan Colquhoun, Morris Hills          | 1:58.2        |        |
| 2003-Matt Filandro, Indian Hills           | 2:00.0        |        |
| 2002-Ryan Schaffer, Newton                 | 2:01.3        |        |
| 2001-Adam Gross, Kittatinny                | 1:57.4        |        |
| 2000-Adam Gross, Kittatinny                | 1:56.8        |        |
| 1999-Brian Burns, River Dell               | 1:57.4        |        |
| 1998-Matt Caporaletti, Westwood            |               | 1:59.5 |
| 1997-Andrew Giannotti, Westwood            | 1:58.6        |        |
| 1996-Ray Biersbach, Newton                 | 1:57.7        |        |
| 1995-Seth Schagelin, Kittatinny            | 2:00.1        |        |
| 1994-Brendan Stickles, Glen Rock           | 1:59.5        |        |
| 1993-Brian Viscomi, Kittatinny             | 1:54.6        |        |
| 1992-Chris Kearns, Leonia                  | 1:59.7        |        |
| 1991-Scott Jackson, Pascack Hills          |               | 1:59.0 |
| 1990-Craig Masker, Mahwah                  | 2:01.1        |        |
| 1989-Paul Foxson, Wallkill Valley          | 1:59.5        |        |
| 1988-Rich Fitzgibbon, Dumont               | 2:00.7        |        |
| 1987-Mark Ruffolo, Hopatcong               | 1:59.8        |        |
| 1986-Mark Ruffolo, Hopatcong               | 2:00.6        |        |
| 1985-Dan Muro, Rutherford                  | 2:02.1        |        |
| 1984-Craig Moburg, Sparta                  | 1:56.9        |        |
| 1983-Craig Moburg, Sparta                  | 1:59.2        |        |
| 1982-Bob Smith, Sussex Tech                | 2:01.3        |        |
| 1981-Ted Berlinger, Garfield               | 2:01.5        |        |
| 1980-Steve Carty, Sparta                   | 2:02.1        |        |
| 1979-Greg Fichtl, Sparta                   | 2:01.4        |        |
| 1978-John Jacobus, Saddle Brook            |               | 2:01.8 |
| 1977-Paul Robbins, Tenafly                 | 1:59.6        |        |
| 1976-Greg Matz, Sparta                     | 2:02.2        |        |
| 1975-Kelvin Washington, Lincoln            |               | 1:58.4 |
| 1974-James Nugan, Lincoln                  | 1:58.4        |        |
| 1973-Pete Cherico, Fort Lee                | 1:58.5        |        |
| 1972-Keith Brown, Rutherford               | 2:00.1        |        |
| 1971-NEEDED                                |               |        |
| 1970-Rob LaViolette, Saddle Brook          | 1:57.5        |        |

|                                 |        |
|---------------------------------|--------|
| 1969-Keith Kurtz, Pompton Lakes | 2:01.2 |
| 1968-Bob Redard, Tenafly        | 2:00.4 |

### 1600 METERS (one mile until 1979)

|                                    |                |               |
|------------------------------------|----------------|---------------|
| 2018-Josh Munoz, Demarest          | 4:24.42        |               |
| 2017-Bryan Forino, Vernon          | 4:22.86        |               |
| <b>2016-Colin Daly, River Dell</b> | <b>4:16.27</b> |               |
| 2015-Joe Dragon, High Point        | 4:22.69        |               |
| 2014-Ben DeVenezia, Mountain Lakes | 4:19.57        |               |
| 2013-Ben DeVenezia, Mountain Lakes | 4:23.66        |               |
| 2012-Danny Murnane, Lenape Valley  | 4:19.23        |               |
| 2011-Travis Ellis, Morris Hills    | 4:26.36        |               |
| 2010-Chris Eltringham, Ramsey      | 4:28.40        |               |
| 2009-Rob Albano, Pequannock        | 4:27.09        |               |
| 2008-Max Bruno, Indian Hills       | 4:24.90        |               |
| 2007-Max Bruno, Indian Hills       | 4:24.73        |               |
| 2006-Max Bruno, Indian Hills       | 4:22.1         |               |
| 2005-Bryan Kretschmer, Ramsey      | 4:24.9         |               |
| 2004-Matt Klypka, Indian Hills     | 4:23.6         |               |
| 2003-Matt Klypka, Indian Hills     | 4:30.7         |               |
| 2002-Rafael Abreu, Leonia          | 4:34.1         |               |
| 2001-Matt Collins, Ramsey          | 4:33.3         |               |
| 2000-Matt Collins, Ramsey          | 4:32.8         |               |
| 1999-Matt Collins, Ramsey          | 4:33.0         |               |
| 1998-Matt Kuiken, Glen Rock        | 4:26.0         |               |
| 1997-Matt Caporaletti, Westwood    |                | 4:30.4        |
| 1996-Ray Biersbach, Newton         | 4:32.6         |               |
| 1995-Bret Wask, Westwood           | 4:26.8         |               |
| 1994-Seth Schagelin, Kittatinny    | 4:31.8         |               |
| 1993-Brian Viscomi, Kittatinny     | 4:24.0         |               |
| 1992-Brian Viscomi, Kittatinny     | 4:23.0         |               |
| 1991-Jim Lame, Walkiill Valley     | 4:25.9         |               |
| 1990-Craig Masker, Mahwah          | 4:34.4         |               |
| 1989-Craig Masker, Mahwah          | 4:35.6         |               |
| 1988-Rob Lipchus, Rutherford       | 4:29.7         |               |
| 1987-Jason Kaplan, Westwood        | 4:33.8         |               |
| 1986-Jason Kaplan, Westwood        | 4:31.9         |               |
| 1985-Pierre Letennier, Manchester  | 4:22.8         |               |
| 1984-Andy O'Donnell, Hopatcong     | 4:26.7         |               |
| 1983-Shorta Yuasa, Tenafly         | 4:32.2         |               |
| 1982-Andy O'Donnell, Hopatcong     | 4:21.3         |               |
| 1981-Scott DeRidder, Hopatcong     |                | 4:10.0 (1500) |
| 1980-Scott DeRidder, Hopatcong     |                | 4:07.6 (1500) |
| 1979-Greg Fichtl, Sparta           | 4:34.7         |               |
| 1978-John Jacobus, Saddle Brook    |                | 4:23.5        |
| 1977-John Jacobus, Saddle Brook    |                | 4:27.4        |
| 1976-Rick Bolline, Saddle Brook    |                | 4:28.0        |
| 1975-Lee Reed, Sparta              | 4:24.4         |               |
| 1974-Brad Jaeger, Saddle Brook     | 4:28.0         |               |
| 1973-Clark Woods, Pascack Valley   | 4:23.7         |               |
| 1972-Dave MacRae, Saddle Brook     | 4:27.5         |               |
| 1971-NEEDED                        |                |               |
| 1970-Don Corbo, Saddle Brook       | 4:25.7         |               |
| 1969-Don Corbo, Saddle Brook       | 4:35.7         |               |
| 1968-Steve Amerman, Rutherford     |                | 4:34.6        |

### 3200 METERS (2 miles until 1979)

|                                    |                |
|------------------------------------|----------------|
| 2018-Tim Larsen, Demarest          | 9:49.38        |
| 2017-Matt Oscovitch, Sussex Tech   | 9:32.80        |
| 2016-Will Daly, River Dell         | 9:36.23        |
| <b>2015-Joe Dragon, High Point</b> | <b>9:24.63</b> |
| 2014-Chris Luciano, Mountain Lakes | 9:35.45        |

|                                    |               |         |
|------------------------------------|---------------|---------|
| 2013-Ben DeVenezia, Mountain Lakes | 9:37.76       |         |
| 2012-Craig Corti, Wallkill Valley  |               | 9:51.04 |
| 2011-Travis Ellis, Morris Hills    | 9:46.97       |         |
| 2010-Michael Galonski, Newton      | 9:42.20       |         |
| 2009-Rob Albano, Pequannock        | 9:33.64       |         |
| 2008-Rob Albano, Pequannock        | 9:41.27       |         |
| 2007-Jerome Perkins, Indian Hills  |               | 9:48.11 |
| 2006-Dan Olson, River Dell         | 9:42.9        |         |
| 2005-Dan Olson, River Dell         | 9:51.9        |         |
| 2004-Matt Klypka, Indian Hills     | 9:32.1        |         |
| 2003-Matt Klypka, Indian Hills     | 9:31.5        |         |
| 2002-Matt Klypka, Indian Hills     | 9:55.2        |         |
| 2001-Cole Dailey, Rutherford       | 9:31.4        |         |
| 2000-Cole Dailey, Rutherford       | 9:37.9        |         |
| 1999-Matt Collins, Ramsey          | 9:49.3        |         |
| 1998-Matt Kuiken, Glen Rock        | 9:45.8        |         |
| 1997-Matt Caporaletti, Westwood    |               | 9:47.3  |
| 1996-Ray Biersbach, Newton         | 9:48.2        |         |
| 1995-Ray Biersbach, Newton         | 9:46.6        |         |
| 1994-Ray Biersbach, Newton         | 9:50.2        |         |
| 1993-Brian Viscomi, Kittatinny     | 9:28.0        |         |
| 1992-Brian Viscomi, Kittatinny     | 9:49.4        |         |
| 1991-Jim Lame, Wallkill Valley     | 9:58.9        |         |
| 1990-Craig Masker, Mahwah          | 9:56.6        |         |
| 1989-Craig Masker, Mahwah          | 9:41.9        |         |
| 1988-Mike Duffy, Dumont            | 9:42.3        |         |
| 1987-Jason Kaplan, Westwood        | 9:34.0        |         |
| 1986-Jason Kaplan, Westwood        | 9:36.0        |         |
| 1985-Pierre Letennier, Manchester  | 9:32.9        |         |
| 1984-Pierre Letennier, Manchester  | 9:34.3        |         |
| 1983-Pierre Letennier, Manchester  | 9:42.5        |         |
| 1982-Yves Letennier, Manchester    |               | 9:43.1  |
| 1981-John Boyle, Rutherford        | 9:07.9 (3000) |         |
| 1980-Steve Grube, Vernon           | 8:56.8 (3000) |         |
| 1979-Tony Fitzgerald, Tenafly      | 9:46.8        |         |
| 1978-Scott Sarnoski, Bergen Tech   |               | 9:19.7  |
| 1977-Scott Sarnoski, Bergen Tech   |               | 9:26.8  |
| 1976-Randy Sickles, Sparta         | 9:49.6        |         |
| 1975-Randy Sickles, Sparta         | 9:55.6        |         |
| 1974-Mark Jaeckel, Saddle Brook    |               | 9:41.3  |
| 1973-Tim Chambers, Ramsey          | 9:37.7        |         |
| 1972-Bill Henshaw, Pascack Valley  | 9:42.2        |         |
| 1971-NEEDED                        |               |         |
| 1970-Andy Pawlowski, Saddle Brook  | 9:42.4        |         |
| 1969-Andy Pawlowski, Saddle Brook  | 9:59.0        |         |
| 1968-Steve Fee, Pompton Lakes      | 9:49.6        |         |

### 110 METER HIGH HURDLES (120 yards until 1979)

|                                       |       |       |
|---------------------------------------|-------|-------|
| 2018-Roberth Umana, Manchester        | 15.02 |       |
| 2017-Andrew Petersen, Demarest        |       | 15.26 |
| 2016-Dylan Scallo, Dumont             | 15.14 |       |
| 2015-Tom Kupferschmid, Demarest       | 15.19 |       |
| 2014-Adam Franklin, Mountain Lakes    | 14.81 |       |
| 2013-Brandon Ortiz, Lakeland          | 15.13 |       |
| 2012-Fernando Almonte, Lodi           | 14.80 |       |
| 2011-Derrick Washington, Morris Hills | 15.15 |       |
| 2010-Dan McConnell, River Dell        |       | 15.24 |
| 2009-Ryan Dagenais, Glen Rock         | 15.88 |       |
| 2008-Ramazan Nanyvev, Manchester      | 14.80 |       |
| 2007-Frank Elmuccio, Wallkill Valley  | 15.33 |       |
| 2006-Ryan Berland, Glen Rock          | 14.9  |       |
| 2005-E.J. Schuck, Westwood            | 15.4  |       |

|                                       |             |      |
|---------------------------------------|-------------|------|
| 2004-John Strang, Hawthorne           | 14.9        |      |
| 2003-Andres Nuiver, Hawthorne         | 15.0        |      |
| 2002-Greg Molnar, Mahwah              | 14.7        |      |
| 2001-Greg Molnar, Mahwah              | 15.0        |      |
| 2000-Brian Rodak, Ramsey              | 15.2        |      |
| 1999-Brian Jo, River Dell             | 14.8        |      |
| 1998-Russell Pollison, Newton         | 15.1        |      |
| 1997-Mike D'Angelo, Ramsey            | 15.2        |      |
| 1996-David Meyer, Ramsey              | 14.4        |      |
| 1995-Vin Venetucci, Ridgefield Park   | 15.3        |      |
| 1994-Anthony Hampton, Englewood       | 14.4        |      |
| 1993-Anthony Hampton, Englewood       | 14.6        |      |
| 1992-Anthony Hampton, Englewood       | 15.0        |      |
| 1991-Anthony Hampton, Englewood       | 15.5        |      |
| 1990-Greg O'Neil, Wallkill Valley     | 15.0        |      |
| 1989-Paul Santos, Garfield            | 14.9        |      |
| 1988-Paul Santos, Garfield            | 15.0        |      |
| 1987-Joe Marcel, Kittatinny           | 15.2        |      |
| 1986-Pete Oczkowski, Garfield         | 15.4        |      |
| 1985-Bill Pearson, Lenape Valley      |             | 15.1 |
| 1984-Doug Miller, Tenafly             | 14.5        |      |
| 1983-Doug Miller, Tenafly             | 14.8        |      |
| 1982-Tony Mignon, Fort Lee            | 15.0        |      |
| 1981-Dale Plowman, Kittatinny         | 15.5        |      |
| 1980-Tim Crossland, Tenafly           | 15.0        |      |
| 1979-Guy Murray, Rutherford           | 15.2        |      |
| 1978-Mark Socha, Garfield             | 15.0        |      |
| <b>1977-Kurt Stebbins, Sparta</b>     | <b>14.1</b> |      |
| 1976-Kurt Stebbins, Sparta            | 15.2        |      |
| 1975-Hugh Knight, Englewood           | 14.7        |      |
| 1974-Brian Cunningham, Rutherford     | 15.2        |      |
| 1973-Jeff Shortway, Glen Rock         | 15.2        |      |
| 1972-Mike Lastowski, Rutherford       |             | 15.0 |
| 1971-NEEDED                           |             |      |
| 1970-John Mounger, Northern Highlands | 14.7        |      |
| 1969-Tom Walsh, Indian Hills          | 15.1        |      |
| 1968-Brad Baecht, Tenafly             | 14.9        |      |

#### 400 METER IH (330 yards 1974-1979; 180 yard LH until 1973)

|                                       |       |       |
|---------------------------------------|-------|-------|
| 2018-Richard Sarni, Kittatinny        | 56.76 |       |
| 2017-Andrew Petersen, Demarest        |       | 54.87 |
| 2016-Dylan Scallo, Dumont             | 54.88 |       |
| 2015-Dylan Scallo, Dumont             | 56.01 |       |
| 2014-Dan Dooner, Glen Rock            | 54.62 |       |
| 2013-Christian DeSanctis, River Dell  | 55.95 |       |
| 2012-Adrian Samsel, Morris Hills      |       | 54.64 |
| 2011-Derrick Washington, Morris Hills | 53.80 |       |
| 2010-Mark Filandro, Indian Hills      | 55.01 |       |
| 2009-Mark Filandro, Indian Hills      | 55.67 |       |
| 2008-Mark Filandro, Indian Hills      | 56.50 |       |
| 2007-Steven Shorr, Pascack Hills      |       | 56.45 |
| 2006-Sam Paul, Newton                 | 56.9  |       |
| 2005-Ken Ebeling, Mahwah              | 56.1  |       |
| 2004-Ken Ebeling, Mahwah              | 57.4  |       |
| 2003-Ryan Schaffer, Newton            | 56.1  |       |
| 2002-Ryan Schaffer, Newton            | 55.7  |       |
| 2001-Chris Oehm, Mahwah               | 56.3  |       |
| 2000-Chris Oehm, Mahwah               | 55.6  |       |
| 1999-Brian Burns, River Dell          | 56.4  |       |
| 1998-Gareth Hedges, Westwood          | 58.0  |       |
| 1997-Anthony Crews, Mahwah            | 54.5  |       |
| 1996-David Stein, Glen Rock           | 54.8  |       |

|  |             |      |
|--|-------------|------|
| 1995-Craig Poyser, Hopatcong           | 57.8        |      |
| <b>1994-Anthony Hampton, Englewood</b> | <b>53.6</b> |      |
| 1993-Anthony Hampton, Englewood        | 54.1        |      |
| 1992-Anthony Hampton, Englewood        | 53.8        |      |
| 1991-Anthony Hampton, Englewood        | 56.3        |      |
| 1990-Jim McGarvey, Mahwah              | 56.4        |      |
| 1989-John Malatak, Rutherford          | 56.4        |      |
| 1988-Phil Bazzini, Dumont              | 55.7        |      |
| 1987-Joe Marcel, Kittatinny            | 56.3        |      |
| 1986-Joe Marcel, Kittatinny            | 56.2        |      |
| 1985-Bill Pearson, Lenape Valley       |             | 55.1 |
| 1984-Doug Miller, Tenafly              | 54.2        |      |
| 1983-Tony Mignon, Fort Lee             | 55.3        |      |
| 1982-Tony Maresca, Manchester          | 56.0        |      |
| 1981-Mark Esposito, Rutherford         | 59.3        |      |
| 1980-Roger Wilms, Rutherford           | 57.1        |      |
| 1979-Jerry Gilroy, Rutherford          | 41.5        |      |
| 1978-Paul Zdanek, Waldwick             | 40.1        |      |
| 1977-Kurt Stebbins, Sparta             | 38.5        |      |
| 1976-Kurt Stebbins, Sparta             | 40.9        |      |
| 1975-Ray Roux, Tenafly                 | 39.7        |      |
| 1974-Mark Stebbins, Sparta             | 40.6        |      |
| 1973-Jeff Shortway, Glen Rock          | 21.1        |      |
| 1972-Mike Lastowski, Rutherford        |             | 20.5 |
| 1971-NEEDED                            |             |      |
| 1970-Nick Couper, Tenafly              | 20.4        |      |
| 1969-Tom Walsh, Indian Hills           | 20.4        |      |
| 1968-NEEDED                            |             |      |

## SHOT PUT

|                                   |        |         |
|-----------------------------------|--------|---------|
| 2018-Connor Scaglione, Demarest   | 57-4 ½ |         |
| 2017-Connor Scaglione, Demarest   | 53-7   |         |
| 2016-Jae Choi, River Dell         | 51-9   |         |
| 2015-Frank Ahearn, Ramsey         | 56-2 ¼ |         |
| 2014-Spencer Ross, Mahwah         | 55-3 ¼ |         |
| 2013-Austin Berninger, River Dell | 54-2   |         |
| 2012-Matt Koh, River Dell         | 56-4   |         |
| 2011-AJ Ulinski, Morris Hills     | 54-8 ¾ |         |
| 2010-AJ Ulinski, Morris Hills     | 54-7   |         |
| 2009-Eric Van Dunk, Mahwah        | 53-0 ½ |         |
| 2008-Sean O'Neill, River Dell     | 54-4   |         |
| 2007-Geoff Goidell, Pascack Hills | 54-1 ¼ |         |
| 2006-Tom Stripe, Mahwah           | 58-1 ¾ |         |
| 2005-Sean Lissemore, Dumont       | 50-5   |         |
| 2004-Bo Lawson, Kittatinny        | 52-6   |         |
| 2003-Bo Lawson, Kittatinny        | 51-1   |         |
| 2002-Steve McGovern, Dumont       | 53-5 ½ |         |
| 2001-Steve McGovern, Dumont       | 49-0 ½ |         |
| 2000-Matt Elkas, Ramsey           | 54-6   |         |
| 1999-Matt Elkas, Ramsey           | 52-7 ½ |         |
| 1998-Mike Murphy, New Milford     |        | 50-4 ¾  |
| 1997-Jay Mafaro, Kittatinny       | 50-3 ½ |         |
| 1996-Frank Chamberlin, Mahwah     |        | 56-10 ¼ |
| 1995-Frank Chamberlin, Mahwah     |        | 52-11   |
| 1994-Charlie Mafaro, Kittatinny   | 52-5 ¼ |         |
| 1993-Mark Talmadge, Hopatcong     |        | 48-3    |
| 1992-Gary Leranian, Rutherford    | 51-7   |         |
| 1991-Jeff Apgar, Saddle Brook     | 51-6   |         |
| 1990-Nick Brophy, Mahwah          | 50-7 ½ |         |
| 1989-Ryland Batchelor, Rutherford | 51-2 ½ |         |
| 1988-Jason Miller, Elmwood Park   | 57-8   |         |
| 1987-Jason Miller, Elmwood Park   | 52-5   |         |

|  |               |         |
|--|---------------|---------|
| 1986-Scott Miller, Elmwood Park          |               | 56-2    |
| 1985-Robert Young, Manchester            | 55-7 ¼        |         |
| 1984-Ross Miserindino, Garfield          | 52-2          |         |
| 1983-Bryan Haynes, Ridgefield Park       | 50-2          |         |
| 1982-John Puzio, Lyndhurst               | 51-8          |         |
| 1981-Tom Shicowich, Saddle Brook         | 50-3          |         |
| 1980-Rich Duriske, Saddle Brook          |               | 54-10   |
| 1979-Tom Taylor, Waldwick                | 50-1          |         |
| 1978-Ben Willis, Rutherford              | 52-2 ¾        |         |
| 1977-Joe Pacillo, Rutherford             | 56-9 ¾        |         |
| 1976-Ron Kort, Mahwah                    | 59-3          |         |
| 1975-Randy Stalter, Saddle Brook         | 56-2          |         |
| <b>1974-Ray Sahadi, Tenafly</b>          | <b>60-7 ¾</b> |         |
| 1973-Chuck Parisi, Saddle Brook          |               | 51-10 ½ |
| 1972-Rich Whitmore, West Milford         | 54-4          |         |
| 1971-NEEDED                              |               |         |
| 1970-Jim Van Mansart, Northern Highlands | 55-5 ½        |         |
| 1969-Rai Schultz, Indian Hills           | 54-6 ½        |         |
| 1968-Jim Graf, Tenafly                   | 51-10 ½       |         |

## DISCUS

|                                   |              |        |
|-----------------------------------|--------------|--------|
| 2018-Connor Scaglione, Demarest   | 165-9        |        |
| 2017-Kyle Patel, Glen Rock        | 163-8        |        |
| 2016-CJ Best, Westwood            | 154-4        |        |
| 2015-Frank Ahearn, Ramsey         | 163-8        |        |
| 2014-Spencer Ross, Mahwah         | 151-9        |        |
| 2013-Neil Forrester, Ramsey       | 144-1        |        |
| 2012-Matt Koh, River Dell         | 151-6        |        |
| 2011-Cory Connell, Ramsey         | 151-0        |        |
| 2010-Angelo Cook, Hopatcong       | 151-2        |        |
| 2009-Matt Krzyzik, Indian Hills   | 158-5        |        |
| 2008-Matt Krzyzik, Indian Hills   | 142-5        |        |
| 2007-Andrew Trass, River Dell     | 154-1        |        |
| 2006-Shawn Sabo, Indian Hills     | 156-1        |        |
| <b>2005-Phil Smith, Hopatcong</b> | <b>187-9</b> |        |
| 2004-Phil Smith, Hopatcong        | 176-8        |        |
| 2003-Nick Rakov, Mahwah           | 143-4        |        |
| 2002-Steve McGovern, Dumont       | 178-4        |        |
| 2001-Steve McGovern, Dumont       | 154-3        |        |
| 2000-Matt Elkas, Ramsey           | 158-0        |        |
| 1999-Matt Winer, Pascack Hills    | 144-1        |        |
| 1998-Chris Ruskie, Pascack Hills  |              | 143-1  |
| 1997-Jay Mafaro, Kittatinny       | 148-6        |        |
| 1996-Rob Helm, Mahwah             | 137-11       |        |
| 1995-Jamie Spruill, Mahwah        | 142-8        |        |
| 1994-Pete Rottinger, New Milford  |              | 153-0  |
| 1993-Paul Merchesani, Westwood    |              | 131-10 |
| 1992-Barry Mann, Mahwah           | 150-0        |        |
| 1991-T.J. Spizzo, Mahwah          | 144-7        |        |
| 1990-Mike Buccerone, Westwood     |              | 142-11 |
| 1989-Scott Wikander, Newton       | 150-8        |        |
| 1988-Todd Stoker, Bergen Tech     | 146-8        |        |
| 1987-Brian Pearson, Lenape Valley | 141-10       |        |
| 1986-Scott Miller, Elmwood Park   |              | 163-3  |
| 1985-Scott Miller, Elmwood Park   |              | 149-9  |
| 1984-Pat Masters, Fort Lee        | 156-0        |        |
| 1983-Pat Masters, Fort Lee        | 135-6        |        |
| 1982-Jim Gulnick, Tenafly         | 152-7        |        |
| 1981-Jeff Evans, Saddle Brook     | 145-7        |        |
| 1980-Rich Duriske, Saddle Brook   |              | 153-2  |
| 1979-Keith Woetzel, Waldwick      | 163-8        |        |
| 1978-Keith Woetzel, Waldwick      | 156-6        |        |

|                                    |        |
|------------------------------------|--------|
| 1977-Larry Biggs, Saddle Brook     | 161-6  |
| 1976-Larry Biggs, Saddle Brook     | 160-11 |
| 1975-Scott Hersh, Fort Lee         | 184-9  |
| 1974-Tom Kadien, Waldwick          | 151-10 |
| 1973-Scott Hersh, Fort Lee         | 147-7  |
| 1972-Rich Whitmore, West Milford   | 158-10 |
| 1971-NEEDED                        |        |
| 1970-Jim Murphy, Indian Hills      | 142-1  |
| 1969-Charlie Getty, Pompton Lakes  | 145-8  |
| 1968-Bob McCarton, Ridgefield Park | 142-7  |

## JAVELIN

|  |              |       |
|--|--------------|-------|
| 2018-John Lee, Demarest                  | 180-11       |       |
| 2017-Ben Davis, Sparta                   | 169-9        |       |
| 2016-Bryan Holden, Demarest              | 178-8        |       |
| 2015-Steele Lombardi, Westwood           |              | 159-0 |
| 2014-Kyle Allison, Mountain Lakes        | 177-7        |       |
| 2013-Alex Zhang, Mahwah                  | 158-4        |       |
| 2012-Sam Becourtney, River Dell          |              | 168-6 |
| 2011-Evan Chrusic, Newton                | 171-1        |       |
| 2010-Evan Chrusic, Newton                | 193-2        |       |
| 2009-Patrick Thomas, Lodi                | 183-5        |       |
| 2008-Kevin Rheinheimer, Newton           |              | 179-6 |
| 2007-Joe Martinek, Hopatcong             | 195-9        |       |
| 2006-Joe Martinek, Hopatcong             | 190-0        |       |
| 2005-Joe Martinek, Hopatcong             | 186-3        |       |
| 2004-Bo Lawson, Kittatinny               | 175-9        |       |
| 2003-Anthony Immediate, Rutherford       | 177-10       |       |
| 2002-Anthony Immediate, Rutherford       | 176-1        |       |
| 2001-Bobby Smith, Hopatcong              | 200-11       |       |
| 2000-Ian Sample, Westwood                | 189-2        |       |
| 1999-Will Arroyo, Ridgefield Park        | 191-5        |       |
| 1998-Chinua Laud, Leonia                 | 179-10       |       |
| <b>1997-John Dixon, Ridgefield Park</b>  | <b>219-3</b> |       |
| 1996-John Dixon, Ridgefield Park         |              | 196-1 |
| 1995-Scott Casey, New Milford            | 170-1        |       |
| 1994-Justin Schwartz, Glen Rock          |              | 199-8 |
| 1993-Anthony Hayne, Ridgefield Park      | 199-9        |       |
| 1992-Anthony Hayne, Ridgefield Park      | 189-5        |       |
| 1991-Bill Bolich, Newton                 | 174-0        |       |
| 1990-Matt Hall, Glen Rock                | 162-2        |       |
| 1989-Jay Hanley, Glen Rock               | 177-1        |       |
| 1988-Rich Kyasky, River Dell             | 183-3        |       |
| 1987-Rich Kyasky, River Dell             | 182-9        |       |
| 1986-Steve Marshallek, Newton            | 191-7        |       |
| 1985-Bill Parisi, Ridgefield Park        | 213-2        |       |
| 1984-Bill Parisi, Ridgefield Park        | 186-4        |       |
| 1983-Joel Szkybalo, Sparta               | 174-2        |       |
| 1982-Jeff Caliguire, Tenafly             | 181-1        |       |
| 1981-Jerry Cawley, Saddle Brook          |              | 172-9 |
| 1980-Jerry Cawley, Saddle Brook          |              | 171-9 |
| 1979-Bob Jankowski, Lyndhurst            | 176-9        |       |
| 1978-Tracy Hosier, Lenape Valley         | 211-10       |       |
| 1977-Tony Novack, Hopatcong              | 199-10       |       |
| 1976-John Chance, Rutherford             | 173-10       |       |
| 1975-Tom Parr, Lakeland                  | 183-8        |       |
| 1974-Tim William, Sparta                 | 175-7        |       |
| 1973-Jim Masker, Ramsey                  | 176-0        |       |
| 1972-Rich Whitmore, West Milford         | 171-2        |       |
| 1971-NEEDED                              |              |       |
| 1970-Jim Van Mansart, Northern Highlands | 160-6        |       |
| 1969-Bob Nestor, Pompton Lakes           |              | 159-5 |

1968-Kurt Blankenburg, Tenafly

134-3

## HIGH JUMP

|   |            |      |
|---|------------|------|
| 2018-Aidan O'Malley, Ramsey             | 6-2        |      |
| 2017-Andrew Pondiscio, Sparta           | 6-4        |      |
| 2016-Nick Geimer, Kittatinny            | 6-2        |      |
| 2015-Pete McNally, Ramsey               | 6-4        |      |
| 2014-Keyshawn Fowler, Lodi              | 6-0        |      |
| 2013-George Trival, Ramsey              | 6-0        |      |
| 2012-Kevin Costabel, Newton             | 6-2        |      |
| 2011-Kevin Costabel, Newton             | 6-0        |      |
| 2010-Corey Crawford, Indian Hills       | 6-6        |      |
| 2009-Julius DeFreese, Mahwah            | 6-4        |      |
| 2008-T. Olugbenga, High Point           | 6-4        |      |
| 2007-Joe Martinek, Hopatcong            | 6-4        |      |
| 2006-Joe Martiniak, Hopatcong           | 6-4        |      |
| 2005-Joe Martiniak, Hopatcong           | 6-4        |      |
| 2004-John Strang, Hawthorne             | 6-5        |      |
| 2003-Marcus Baham, Englewood            |            | 5-10 |
| 2002-Dave Pero, Lenape Valley           | 6-4        |      |
| 2001-Marlon Winbush, Hopatcong          | 6-2        |      |
| 2000-John Wozniak, Lenape Valley        | 6-2        |      |
| 1999-Joe Robinson, River Dell           | 6-2        |      |
| 1998-Brett Schagelin, Kittatinny        | 6-2        |      |
| 1997-Matt Swisher, Newton               | 6-2        |      |
| 1996-Pete Moeller, Ramsey               | 6-0        |      |
| 1995-Deke DeFreese, Mahwah              | 6-2        |      |
| 1994-Donnel Hatter, Ridgefield Park     | 6-4        |      |
| 1993-Brian Bonser, Wallkill Valley      | 6-4        |      |
| 1992-Brian Bonser, Wallkill Valley      | 6-3        |      |
| 1991-Brian Fersch, Hopatcong            | 6-4        |      |
| 1990-Marcus Moore, Englewood            | 6-0        |      |
| 1989-Paul Foxson, Wallkill Valley       | 6-2        |      |
| 1988-Jamie Klein, Mahwah                | 6-5        |      |
| 1987-Steve Squiers, Kittatinny          | 6-4        |      |
| <b>1986-Steve Squiers, Kittatinny</b>   | <b>6-6</b> |      |
| 1985-Bill Pearson, Lenape Valley        |            | 6-4  |
| 1984-Bill Pearson, Lenape Valley        |            | 6-0  |
| 1983-Mike Cimiluca, Lyndhurst           | 6-1        |      |
| 1982-Jim Kilby, Vernon                  | 5-10       |      |
| 1981-Bill Polise, Bergen Tech           | 6-0        |      |
| 1980-Jeff Reininger, Sparta             | 6-2        |      |
| 1979-Cliff Thies, Hopatcong             | 6-2        |      |
| 1978-John Trainor, Tenafly              | 6-2        |      |
| 1977-Gene Belcher, Sussex Tech          | 6-2        |      |
| 1976-Bill Hughes, New Milford           | 6-0        |      |
| 1975-Walt Sinicki, Waldwick             | 6-2        |      |
| 1974-Mike Whitaker, Hawthorne           | 6-2        |      |
| 1973-Fred Deutch, Pascack Valley        | 6-2        |      |
| 1972-Cliff Riso, Ramsey                 | 6-4        |      |
| 1971-NEEDED                             |            |      |
| 1970-Kevin DiFelice, Northern Highlands | 6-2        |      |
| 1969-Tom Walsh, Indian Hills            | 5-10       |      |
| 1968-Jay Fowler, Northern Highlands     | 6-0        |      |

## LONG JUMP

|                                 |         |        |
|---------------------------------|---------|--------|
| 2018-Liam Landau, Pascack Hills |         | 21-3 ¼ |
| 2017-Jason Rotondi, Sparta      | 21-2    |        |
| 2016-David Zambrano, Newton     | 20-10 ½ |        |
| 2015-Jairus Paul, Mahwah        | 22-7 ¾  |        |
| 2014-Jairus Paul, Mahwah        | 22-7 ¼  |        |
| 2013-Jairus Paul, Mahwah        | 21-10   |        |



|  |               |        |
|--|---------------|--------|
| 2012-Taylor Cudequest, Pascack Hills     | 21-9 ½        |        |
| 2011-Phil Dowell, Englewood              | 21-9 ¾        |        |
| <b>2010-Corey Crawford, Indian Hills</b> | <b>23-5 ¼</b> |        |
| 2009-Ackeme Brown, Englewood             |               | 23-0   |
| 2008-Daniel Wu, Tenafly                  | 23-0 ¼        |        |
| 2007-Joe Martinek, Hopatcong             | 21-8 ½        |        |
| 2006-John Totaro, Tenafly                | 22-0 ¼        |        |
| 2005-Joe Martinek, Hopatcong             | 21-11 ¼       |        |
| 2004-Nick Paiva, Wallkill Valley         | 20-7 ¼        |        |
| 2003-Chris Celentano, Newton             | 20-3 ¼        |        |
| 2002-Scott Brooks, Newton                | 21-9 ½        |        |
| 2001-Scott Brooks, Newton                | 21-4          |        |
| 2000-John Augustynowycz, Rutherford      | 21-7          |        |
| 1999-John Augustynowycz, Rutherford      | 21-9 ½        |        |
| 1998-Gareth Hedges, Westwood             | 20-9 ¾        |        |
| 1997-Shawn Samuels, Englewood            |               | 21-9 ¼ |
| 1996-Mikkel Brown, Glen Rock             | 22-4 ½        |        |
| 1995-Tim Jordain, Westwood               | 20-8          |        |
| 1994-John Deschamps, Ridgefield Park     | 22-3 ¾        |        |
| 1993-Brian Bonser, Wallkill Valley       | 21-8 ¼        |        |
| 1992-Chris Hewitt, Englewood             | 22-3 ½        |        |
| 1991-Chris Hewitt, Englewood             | 21-9          |        |
| 1990-Rhath Morinho, Lyndhurst            | 20-11 ½       |        |
| 1989-Paul Foxson, Wallkill Valley        | 21-5          |        |
| 1988-David Frazier, Rutherford           | 21-3 ¼        |        |
| 1987-Joe Marcel, Kittatinny              | 20-11 ½       |        |
| 1986-Mark Ruffalo, Hopatcong             | 21-5          |        |
| 1985-Tim Henkel, Secaucus                | 20-7 ½        |        |
| 1984-Ed Baisley, Tenafly                 | 20-8 ½        |        |
| 1983-Mike Cimilucca, Lyndhurst           |               | 21-8   |
| 1982-Mark Biroc, Elmwood Park            |               | 19-11  |
| 1981-Ray Frazier, Rutherford             | 20-6 ¾        |        |
| 1980-Jeff Reiningger, Sparta             | 20-11         |        |
| 1979-Jim Rude, Sussex Tech               | 20-1 ¼        |        |
| 1978-Kevin Conway, High Point            | 20-9 ½        |        |
| 1977-Kurt Stebbins, Sparta               | 22-6 ¼        |        |
| 1976-Kurt Stebbins, Sparta               | 21-6          |        |
| 1975-John Mingiante, Emerson (UC)        | 20-10         |        |
| 1974-Vic Plummer, Englewood              | 20-7 ½        |        |
| 1973-Rich Englander, Pascack Valley      | 21-7          |        |
| 1972-Ken Glover, Rutherford              | 21-7          |        |
| 1971-NEEDED                              |               |        |
| 1970-Bob Jacobs, Saddle Brook            | 21-5          |        |
| 1969-Dave Staeger, West Milford          |               | 20-9 ½ |
| 1968-Jim Roe, Union Hill                 | 20-4 ½        |        |

### TRIPLE JUMP

|                                  |               |
|----------------------------------|---------------|
| 2018-John Shea, Demarest         | 43-11 ¼       |
| 2017-Jason Rotondi, Sparta       | 43-10 ¾       |
| 2016-Eric Yu, Demarest           | 43-9 ½        |
| <b>2015-Jairus Paul, Mahwah</b>  | <b>47-5 ¼</b> |
| 2014-Mike Pepper, Ramsey         | 44-4 ¾        |
| 2013-Jairus Paul, Mahwah         | 45-3          |
| 2012-Greg Leeper, Morris Hills   | 45-5          |
| 2011-Phil Dowell, Englewood      | 44-7          |
| 2010-Sammy Roberts, Mahwah       | 45-4 ½        |
| 2009-Tevin Ankle, Glen Rock      | 44-10         |
| 2008-Daniel Wu, Tenafly          | 45-2 ½        |
| 2007-Joe Martinek, Hopatcong     | 44-6 ¾        |
| 2006-John Ramos, Wallkill Valley | 44-7          |
| 2005-Nick Paiva, Wallkill Valley | 42-9 ¼        |

|                                  |        |
|----------------------------------|--------|
| 2004-Nick Paiva, Wallkill Valley | 43-3   |
| 2003-Ken Kang, Pascack Hills     | 43-6 ¼ |

## POLE VAULT

|   |               |
|---|---------------|
| 2018-Liam Landau, Pascack Hills                 | 14-0          |
| 2017-Jason Mezhibovsky, Demarest                | 14-7 ¼        |
| 2016-Jack Muller, Mahwah                        | 14-0          |
| 2015-Sam Siegel, Demarest                       | 14-6          |
| 2014-Justin Walker, Mahwah                      | 12-6          |
| 2013-Connor McHugh, High Point                  | 13-0          |
| 2012-Jordan Pacheco, Morris Hills               | 14-0          |
| 2011-Brad Hoey, River Dell                      | 13-6          |
| <b>2010-Juan Andres Giglio, Ridgefield Park</b> | <b>15-4 ¼</b> |
| 2009-Brad McNamara, Pompton Lakes               | 13-0          |
| 2008-Gregory Stripe, Mahwah                     | 13-0          |
| 2007-Gregory Stripe, Mahwah                     | 15-0          |
| 2006-Gregory Stripe, Mahwah                     | 14-1          |
| 2005-Gregory Stripe, Mahwah                     | 12-0          |
| 2004-Adam Sacher, Pascack Valley                | 14-6          |
| 2003-Steve Runyon, Hopatcong                    | 13-2          |
| 2002-Ryan Spirito, Wallkill Valley              | 13-0          |
| 2001-Tristan Reynolds, Newton                   | 12-6          |
| 2000-Drew Peterson, Mahwah                      | 12-6          |
| 1999-Gareth Hedges, Westwood                    | 13-7          |
| 1998-Gareth Hedges, Westwood                    | 12-6          |
| 1997-Adam Zajicek, Ridgefield Park              | 13-0          |
| 1996-Marc Freschi, Ramsey                       | 12-6          |
| 1995-Scott Silverman, New Milford               | 13-6          |
| 1994-Matt Lonsky, Wallkill Valley               | 13-0          |
| 1993-Mike Van Grouw, Mahwah                     | 13-9 ½        |
| 1992-Buddy Brand, Kittatinny                    | 13-0          |
| 1991-Ray Sonderfan, Wallkill Valley             | 12-6          |
| 1990-Buddy Brand, Kittatinny                    | 12-0          |
| 1989-Brian Miller, Hopatcong                    | 13-0          |
| 1988-Peter Joel, River Dell                     | 13-0          |
| 1987-Pat Keenan, Lenape Valley                  | 13-0          |
| 1986-Scott Walters, Dumont                      | 13-0          |
| 1985-Scott Walters, Dumont                      | 12-6          |
| 1984-Tim McCabe, Hopatcong                      | 12-6          |
| 1983-John Petryshyn, Lyndhurst                  | 13-3          |
| 1982-George Zydell, Vernon                      | 12-6          |
| 1981-Dave Crist, Sparta                         | 11-6          |
| 1980-Todd DeHotto, Lenape Valley                | 12-6          |
| 1979-Mike Tucholski, Rutherford                 | 13-0          |
| 1978-Greg Maik, Rutherford                      | 12-6          |
| 1977-Dave Marchese, High Point                  | 13-0          |
| 1976-Bruce Broser, New Milford                  | 12-6          |
| 1975-Andy Kazak, Rutherford                     | 13-0          |
| 1974-Nick LaPrade, Tenafly                      | 12-6          |
| 1973-Steve Natusch, Pascack Valley              | 13-6 ½        |
| 1972-Steve Natusch, Pascack Valley              | 13-0          |
| 1971-NEEDED                                     |               |
| 1970-Mike Meagher, Indian Hills                 | 12-8          |
| 1969-Don Pullis, West Milford                   | 11-6          |
| 1968-Brendan Haugh, Tenafly                     | 12-7          |

## 1600 METER RELAY (mile until 1979)

|                 |         |
|-----------------|---------|
| 2018-Demarest   | 3:27.06 |
| 2017-Demarest   | 3:24.54 |
| 2016-River Dell | 3:27.45 |
| 2015-Westwood   | 3:28.61 |

|  |                |
|--|----------------|
| 2014-Glen Rock                           | 3:25.89        |
| 2013-River Dell                          | 3:34.30        |
| <b>2012-Morris Hills</b>                 | <b>3:21.54</b> |
| 2011-Morris Hills                        | 3:27.39        |
| 2010-Englewood                           | 3:25.75        |
| 2009-Englewood                           | 3:27.77        |
| 2008-Indian Hills                        | 3:26.40        |
| 2007-River Dell                          | 3:27.84        |
| 2006-Westwood                            | 3:25.1         |
| 2005-Ramsey                              | 3:24.5         |
| 2004-Ramsey                              | 3:27.9         |
| 2003-Ramsey                              | 3:27.2         |
| 2002-Kittatinny                          | 3:31.1         |
| 2001-Kittatinny                          | 3:28.7         |
| 2000-Kittatinny                          | 3:29.8         |
| 1999-River Dell                          | 3:29.8         |
| 1998-Westwood                            | 3:33.7         |
| 1997-Kittatinny                          | 3:31.8         |
| 1996-Glen Rock                           | 3:22.7         |
| 1995-Westwood                            | 3:31.7         |
| 1994-Glen Rock                           | 3:28.6         |
| 1993-Englewood                           | 3:25.9         |
| 1992-Leonia                              | 3:34.3         |
| 1991-Englewood                           | 3:27.1         |
| 1990-Rutherford                          | 3:36.7         |
| 1989-Rutherford                          | 3:30.1         |
| 1988-Dumont                              | 3:29.3         |
| 1987-Kittatinny                          | 3:33.5         |
| 1986-Kittatinny                          | 3:31.4         |
| 1985-Sparta                              | 3:30.0         |
| 1984-Tenafly                             | 3:28.8         |
| 1983-Sparta                              | 3:28.6         |
| 1982-Tenafly                             | 3:31.7         |
| 1981-Fort Lee                            | 3:30.7         |
| 1980-Sparta                              | 3:31.0         |
| 1979-Tenafly                             | 3:31.0         |
| 1978-Rutherford                          | 3:30.0         |
| 1977-tie between Tenafly and Sussex Tech | 3:34.0         |
| 1976-Mahwah                              | 3:31.5         |
| 1975-Tenafly                             | 3:29.2         |
| 1974-Tenafly                             | 3:24.2         |
| 1973-Lincoln                             | 3:31.8         |
| 1972-Rutherford                          | 3:29.6         |
| 1971-NEEDED                              |                |
| 1970-Lincoln                             | 3:23.3         |
| 1969-Indian Hills                        | 3:32.5         |
| 1968-Northern Highlands                  | 3:33.8         |

#### **400 METER RELAY**

|                        |              |
|------------------------|--------------|
| <b>2018-River Dell</b> | <b>43.28</b> |
| 2017-Newton            | 43.58        |
| 2016-River Dell        | 43.93        |
| 2015-Glen Rock         | 44.44        |
| 2014-Glen Rock         | 44.25        |
| 2013-Englewood         | 45.61        |

#### **3200 METER RELAY**

|                        |                |
|------------------------|----------------|
| 2018-Glen Rock         | 8:11.69        |
| 2017-Demarest          | 8:11.25        |
| <b>2016-River Dell</b> | <b>8:05.01</b> |
| 2015-Pascack Hills     | 8:12.62        |
| 2014-Westwood          | 8:06.63        |

## BOYS GROUP 1

### *Top Three Teams*

2018-Cresskill 88, Saddle Brook 75, Boonton 65  
 2017-Boonton 99 1/3, Saddle Brook 62, Cresskill 61  
 2016-Leonia 74, Hawthorne 59, Hasbrouck Heights 57  
 2015-Hasbrouck Heights 104 1/2, Mountain Lakes 56, Saddle Brook 51  
 2014-Hopatcong 112, Hasbrouck Heights 100 1/2, Wallkill Valley 52  
 2013-Hopatcong 128, Hasbrouck Heights 127, Park Ridge 41  
 2012-Hasbrouck Heights 109, Mountain Lakes 90, New Milford 43  
 2011-Hasbrouck Heights 130 1/2, Boonton 75, Mountain Lakes 62  
 2010-Boonton 87, Hasbrouck Heights 81, Mountain Lakes 58  
 2009-Boonton 117, Hasbrouck Heights 62, Mountain Lakes 51  
 2008-Verona 87, Park Ridge 71, Leonia 56  
 2007-Pompton Lakes 65, Hasbrouck Heights 62, Verona 54  
 2006-Hasbrouck Heights and Pompton Lakes 63, Pascack Hills 55 1/3  
 2005-Saddle Brook 111, Hasbrouck Heights 101, Park Ridge 41  
 2004-Glen Rock 72, Westwood 71, Saddle Brook 50  
 2003-**Glen Rock 136**, Leonia 48, Saddle Brook 46 1/2  
 2002-Glen Rock 104 1/3, Palisades Park 70 1/2, Westwood 42 1/3  
 2001-Glen Rock 109, North Arlington 68, Hasbrouck Heights 45  
 2000-Glen Rock 87, North Arlington 49 1/2, Cresskill 49  
 1999-Glen Rock 125, Hasbrouck Heights 44, Cresskill 42  
 1998-Cresskill 80, Wallington 70, Lyndhurst 49  
 1997-Glen Rock 123, Hasbrouck Heights 49, Cresskill 48  
 1996-Palisades Park 83, Hasbrouck Heights 58, Waldwick 55  
 1995-Glen Rock 127, Becton 69, Palisades Park 45  
 1994-Hasbrouck Heights 107 1/2, Becton 65 1/2, Ridgefield 58  
 1993-Saddle Brook 95, Cresskill 55, New Milford 52  
 1992-Saddle Brook 132, Hasbrouck Heights and Glen Rock 55  
 1991-Saddle Brook 71 1/2, Emerson 28, New Milford 26 1/2  
 1990-Emerson 46, Saddle Brook 34, New Milford 31 1/2  
 1989-Secaucus 44 1/2, Waldwick 39, Cresskill 32  
 1988-Saddle Brook 78, Cresskill 33, Waldwick 31  
 1987-Saddle Brook 54, Mahwah 35, New Milford 33  
 1986-Mahwah 36, North Arlington 34 1/2, Hasbrouck Heights 25  
 1985-New Milford 43, Pompton Lakes 34 1/2, Emerson 33  
 1984-Emerson 72, Mahwah 35, Bogota 20  
 1983-Emerson 43, Mahwah 42, Cresskill 35  
 1982-Emerson 46, Waldwick and Midland Park 29  
 1981-Cresskill 58, Waldwick 28, Mahwah 20  
 1980-Cresskill 42 1/2, Mahwah 38, Emerson 35  
 1979-Mahwah 58, Emerson 41, Cresskill 37  
 1978-Emerson 44, Mahwah 37, Bogota 27  
 1977-Mahwah 40, Bogota and Midland Park 27  
 1976-Leonia 37, Bogota 36, Cresskill 33  
 1975-Cresskill 37, Mahwah 33, Park Ridge 28  
 1974-Mahwah 56, Park Ridge 52, Emerson 22  
 1973-Mahwah 47, Park Ridge 41, Leonia 32  
 1972-Mahwah 37, Hasbrouck Heights 35, Cresskill/High Point/Park Ridge 24  
 1971-NEEDED  
 1970-Hasbrouck Heights 55, Pompton Lakes 34, Cresskill 33  
 1969-Mahwah 56, Cresskill 45, Bogota 30  
 1968-Bogota 57 1/2, Mahwah 38, Waldwick 37 1/2

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

|                                    |       |
|------------------------------------|-------|
| 2018-Wellington Ventura, Cresskill | 11.19 |
| 2017-Omar Anderson, Boonton        | 10.97 |
| 2016-Joseph Robinson, Leonia       | 10.96 |

|                                       |             |      |
|---------------------------------------|-------------|------|
| 2015-Josh Smith, Boonton              | 11.36       |      |
| 2014-Johann Lara, Hopatcong           | 10.98       |      |
| 2013-Kevin Condal, Hasbrouck Heights  | 11.18       |      |
| 2012-Adam Franklin, Mountain Lakes    | 11.42       |      |
| 2011-Kevin Condal, Hasbrouck Heights  | 11.14       |      |
| 2010-Andrew Turzilli, Butler          | 11.25       |      |
| 2009-AJ Scoppa, New Milford           | 11.19       |      |
| 2008-Matt Bieszard, Midland Park      | 10.96       |      |
| 2007-Orion Woodard, Pompton Lakes     | 11.09       |      |
| 2006-Orion Woodard, Pompton Lakes     | 11.1        |      |
| 2005-Anthony Pomo, Saddle Brook       | 11.0        |      |
| 2004-Rameik Jackson, Westwood         |             | 11.1 |
| 2003-Mark Hannon, Glen Rock           | 11.0        |      |
| 2002-Brandon Fronjian, Palisades Park | 11.1        |      |
| 2001-Craig Agnello, Glen Rock         | 11.1        |      |
| <b>2000-Chris Charles, Park Ridge</b> | <b>10.2</b> |      |
| 1999-Chris Charles, Park Ridge        | 10.9        |      |
| 1998-Chris Charles, Park Ridge        | 11.1        |      |
| 1997-Mikkel Brown, Glen Rock          | 10.9        |      |
| 1996-Mike Sabato, Wood-Ridge          | 10.9        |      |
| 1995-Mike Sabato, Wood-Ridge          | 11.2        |      |
| 1994-John Geohrig, Hasbrouck Heights  | 11.2        |      |
| 1993-Rommel Chatman, Midland Park     | 11.3        |      |
| 1992-Rich Donohue, Saddle Brook       | 11.2        |      |
| 1991-Fred Campbell, Emerson           | 11.0        |      |
| 1990-Fred Campbell, Emerson           | 11.4        |      |
| 1989-Fred Campbell, Emerson           | 11.4        |      |
| 1988-Scott Zotollo, Saddle Brook      |             | 11.1 |
| 1987-Dave Shepard, Waldwick           | 11.3        |      |
| 1986-Ron Blauvelt, Hasbrouck Heights  | 10.9        |      |
| 1985-Ron Blauvelt, Hasbrouck Heights  | 11.2        |      |
| 1984-Shawn Carpenter, Emerson         | 11.0        |      |
| 1983-Doug Ecker, Cresskill            | 11.6        |      |
| 1982-Rob Liverpool, Waldwick          | 11.7        |      |
| 1981-Chris Haley, Glen Rock           | 11.5        |      |
| 1980-Roger Storm, Emerson             | 11.5        |      |
| 1979-Roger Storm, Emerson             | 10.2        |      |
| 1978-Barry Bisceglie, Bogota          | 10.2        |      |
| 1977-Glen Prisco, Hasbrouck Heights   | 10.2        |      |
| 1976-Bill Ring, Leonia                | 10.5        |      |
| 1975-Mark Mundy, Cresskill            | 10.4        |      |
| 1974-Steve Lee, Leonia                | 10.2        |      |
| 1973-Steve Lee, Leonia                | 10.5        |      |
| 1972-Tony May, Bogota                 | 10.4        |      |
| 1971-NEEDED                           |             |      |
| 1970-Jim Wallace, Hasbrouck Heights   | 10.1        |      |
| 1969-John Sereno, Bogota              | 10.8        |      |
| 1968-Jeff Magline, Park Ridge         | 10.6        |      |

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

|   |              |  |
|---|--------------|--|
| 2018-Wellington Ventura, Cresskill      | 22.45        |  |
| 2017-Wellington Ventura, Cresskill      | 22.34        |  |
| 2016-Joseph Robinson, Leonia            | 22.59        |  |
| 2015-Jack Palazzi, Mountain Lakes       | 22.99        |  |
| 2014-Keron Bailey, Boonton              | 22.66        |  |
| 2013-Ken Partyka, Hasbrouck Heights     | 23.04        |  |
| 2012-Johnny Malespina, Park Ridge       | 22.77        |  |
| 2011-Kevin Condal, Hasbrouck Heights    | 22.36        |  |
| 2010-Andrew Turzilli, Butler            | 22.65        |  |
| 2009-Kevin Condal, Hasbrouck Heights    | 22.73        |  |
| <b>2008-Matt Bieszard, Midland Park</b> | <b>21.95</b> |  |
| 2007-Orion Woodard, Pompton Lakes       | 22.35        |  |

|                                       |      |      |
|---------------------------------------|------|------|
| 2006-Orion Woodard, Pompton Lakes     | 22.4 |      |
| 2005-Chris Seijo, Hasbrouck Heights   | 23.0 |      |
| 2004-Rameik Jackson, Westwood         |      | 22.5 |
| 2003-Mark Hannon, Glen Rock           | 22.5 |      |
| 2002-Brandon Fronjian, Palisades Park | 22.4 |      |
| 2001-Brandon Fronjian, Palisades Park | 22.7 |      |
| 2000-Chris Charles, Park Ridge        | 21.9 |      |
| 1999-Chris Charles, Park Ridge        | 22.6 |      |
| 1998-Damion Lawrence, Wallington      | 22.4 |      |
| 1997-Mikkel Brown, Glen Rock          | 22.8 |      |
| 1996-Mike Sabato, Wood-Ridge          | 22.8 |      |
| 1995-T.J. Trapp, Becton               | 22.9 |      |
| 1994-John Geohrig, Hasbrouck Heights  | 23.0 |      |
| 1993-Rommel Chatman, Midland Park     | 23.2 |      |
| 1992-Rich Donohue, Saddle Brook       | 23.1 |      |
| 1991-Fred Campbell, Emerson           | 22.6 |      |
| 1990-Fred Campbell, Emerson           | 23.2 |      |
| 1989-Fred Campbell, Emerson           | 23.4 |      |
| 1988-Scott Zotollo, Saddle Brook      |      | 23.1 |
| 1987-Rich Baker, Hasbrouck Heights    | 23.3 |      |
| 1986-Ron Blauvelt, Hasbrouck Heights  | 22.6 |      |
| 1985-Steve Truglio, New Milford       |      | 22.7 |
| 1984-Shawn Carpenter, Emerson         | 22.5 |      |
| 1983-John McGuinness, Emerson         | 23.0 |      |
| 1982-Rob Liverpool, Waldwick          | 23.4 |      |
| 1981-Chris Haley, Glen Rock           | 23.0 |      |
| 1980-Roger Storm, Emerson             | 23.4 |      |
| 1979-Roger Storm, Emerson             | 23.4 |      |
| 1978-Ken Hoffman, Emerson             | 23.2 |      |
| 1977-Glen Prisco, Hasbrouck Heights   | 23.2 |      |
| 1976-Bill Ring, Leonia                | 23.7 |      |
| 1975-Mark Mundy, Cresskill            | 22.7 |      |
| 1974-Steve Lee, Leonia                | 23.1 |      |
| 1973-Steve Lee, Leonia                | 23.5 |      |
| 1972-Bill Wallace, Hasbrouck Heights  | 23.4 |      |
| 1971-NEEDED                           |      |      |
| 1970-Rich Kelly, Cresskill            | 22.9 |      |
| 1969-John Sereno, Bogota              | 23.7 |      |
| 1968-Jeff Magline, Park Ridge         | 23.4 |      |

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

|   |              |      |
|---|--------------|------|
| 2018-Wellington Ventura, Cresskill          | 49.39        |      |
| 2017-Wellington Ventura, Cresskill          | 49.79        |      |
| 2016-Max Stith, Leonia                      | 50.62        |      |
| 2015-Louis O'Keefe, Emerson                 | 50.21        |      |
| 2014-Johann Lara, Hopatcong                 | 49.52        |      |
| 2013-Dylan Capwell, Hopatcong               | 49.04        |      |
| 2012-Johnny Malespina, Park Ridge           | 49.87        |      |
| 2011-Kevin Condal, Hasbrouck Heights        | 48.86        |      |
| <b>2010-Kevin Condal, Hasbrouck Heights</b> | <b>48.65</b> |      |
| 2009-Hayden Duffy, Emerson                  | 49.80        |      |
| 2008-Matt Bieszard, Midland Park            | 49.94        |      |
| 2007-Orion Woodard, Pompton Lakes           | 49.80        |      |
| 2006-Matt Bieszard, Midland Park            | 51.0         |      |
| 2005-Vinnie Gareffa, Hasbrouck Heights      | 50.9         |      |
| 2004-Rameik Jackson, Westwood               |              | 49.8 |
| 2003-Rob Grammer, Glen Rock                 | 50.0         |      |
| 2002-Rob Grammer, Glen Rock                 | 50.8         |      |
| 2001-Gary Gagliardi, Hasbrouck Heights      | 49.6         |      |
| 2000-Chris Charles, Park Ridge              | 49.7         |      |
| 1999-Joe Hwang, Cresskill                   | 50.5         |      |
| 1998-Jacek Kwiatkowski, Wallington          | 51.2         |      |

|                                    |      |      |
|------------------------------------|------|------|
| 1997-Keith Van Goor, Midland Park  | 50.0 |      |
| 1996-Alex Cruz, Palisades Park     | 51.7 |      |
| 1995-Rob DeCarlo, Park Ridge       | 51.8 |      |
| 1994-Eric Wizemann, Waldwick       | 50.7 |      |
| 1993-T.J. Trapp, Becton            | 52.3 |      |
| 1992-Kyle Alessi, Waldwick         | 52.6 |      |
| 1991-Kyle Alessi, Waldwick         | 51.8 |      |
| 1990-Wesley Gadsen, Academic       | 51.9 |      |
| 1989-Wesley Gadsen, Academic       | 51.5 |      |
| 1988-Wesley Gadsen, Academic       | 51.0 |      |
| 1987-Manny Tayas, New Milford      |      | 51.9 |
| 1986-Rich Baker, Hasbrouck Heights | 52.1 |      |
| 1985-Steve Truglio, New Milford    |      | 50.3 |
| 1984-Joe Hawthorne, Saddle Brook   | 51.5 |      |
| 1983-Hank DeGenaars, Midland Park  | 51.8 |      |
| 1982-Pete Grogan, Emerson          | 52.5 |      |
| 1981-Doug Kelly, Midland Park      | 51.9 |      |
| 1980-Eric Leahy, Mahwah            | 51.4 |      |
| 1979-John Cortazzo, Cresskill      | 51.7 |      |
| 1978-Joe Bradshaw, Emerson         | 51.8 |      |
| 1977-John Baxter, Mahwah           | 51.3 |      |
| 1976-Jim Kearns, Bogota            | 52.9 |      |
| 1975-Ken Schumacher, Midland Park  | 50.9 |      |
| 1974-John Aussems, Midland Park    | 50.8 |      |
| 1973-John Aussems, Midland Park    | 51.4 |      |
| 1972-Tony May, Bogota              | 51.4 |      |
| 1971-NEEDED                        |      |      |
| 1970-Graham MacKenzie, Cresskill   | 51.4 |      |
| 1969-Doug Stewart, Cresskill       | 50.7 |      |
| 1968-John Wimmer, Bogota           | 49.0 |      |

### 800 METERS (880 yards until 1979)

|  |                |         |
|--|----------------|---------|
| 2018-Sean Roberts, Saddle Brook        |                | 2:00.89 |
| 2017-Griffin Hall, Kinnelon            | 2:01.62        |         |
| 2016-Andrew Nee, Hopatcong             | 1:59.66        |         |
| 2015-Ben DeVenezia, Mountain Lakes     | 1:59.70        |         |
| 2014-Chris Dugan, Hopatcong            | 2:01.19        |         |
| <b>2013-Dylan Capwell, Hopatcong</b>   | <b>1:51.28</b> |         |
| 2012-Steve Lewandowski, Mountain Lakes | 1:56.75        |         |
| 2011-Rutger Admirand, Mountain Lakes   | 1:55.94        |         |
| 2010-Rutger Admirand, Mountain Lakes   | 1:57.47        |         |
| 2009-Hayden Duffly, Emerson            | 1:58.51        |         |
| 2008-Matt Lingam, Park Ridge           | 1:57.24        |         |
| 2007-Mike Soroko, Kinnelon             | 1:56.41        |         |
| 2006-Dane Bender, Pompton Lakes        | 1:59.1         |         |
| 2005-Chris Guerriero, Saddle Brook     | 1:58.6         |         |
| 2004-Ryan McCann, Glen Rock            | 1:54.6         |         |
| 2003-Ryan McCann, Glen Rock            | 1:57.3         |         |
| 2002-A.J. Andreano, Saddle Brook       | 2:02.1         |         |
| 2001-Gary Gagliardi, Hasbrouck Heights | 1:55.7         |         |
| 2000-Gary Gagliardi, Hasbrouck Heights | 1:58.4         |         |
| 1999-Aaron Scheinman, Glen Rock        | 1:59.4         |         |
| 1998-Jim McNamara, Emerson             | 2:03.6         |         |
| 1997-Jim Kurz, Glen Rock               | 2:01.3         |         |
| 1996-Diego Gioffre, Palisades Park     | 2:03.2         |         |
| 1995-Brendan Stickles, Glen Rock       | 1:58.3         |         |
| 1994-Joe DeRobertis, Hasbrouck Heights | 2:03.2         |         |
| 1993-Brian Shuff, New Milford          | 2:03.8         |         |
| 1992-Mark Lampert, Park Ridge          | 2:00.3         |         |
| 1991-Kevin Duff, Waldwick              | 1:59.7         |         |
| 1990-Paul Capuzzo, Emerson             | 2:01.0         |         |
| 1989-Rich Wisse, Saddle Brook          | 2:00.9         |         |

|  |        |        |
|--|--------|--------|
| 1988-Scott Wilson, Midland Park        |        | 2:04.7 |
| 1987-Bruno Sgambellone, Palisades Park | 1:59.8 |        |
| 1986-Bruno Sgambellone, Palisades Park | 2:02.8 |        |
| 1985-Allan Stanaback, Pompton Lakes    | 2:00.5 |        |
| 1984-Dirk Zuidema, Midland Park        | 2:02.8 |        |
| 1983-Lou Spagnola, Bogota              | 2:02.0 |        |
| 1982-John Mueller, Midland Park        |        | 1:58.6 |
| 1981-John Mueller, Midland Park        |        | 2:00.6 |
| 1980-Marty Fennell, Newton             | 2:01.0 |        |
| 1979-Bill Broderick, Ridgefield        | 2:02.2 |        |
| 1978-Tom Blumenberg, Park Ridge        | 2:02.9 |        |
| 1977-Eldon Sully, Leonia               | 1:59.3 |        |
| 1976-Leroy Durocher, Emerson           | 1:59.1 |        |
| 1975-Rich Wallace, Hasbrouck Heights   | 1:59.0 |        |
| 1974-Jeff Roif, Park Ridge             | 1:58.6 |        |
| 1973-Jeff Roif, Park Ridge             | 2:00.7 |        |
| 1972-Dave Kelchner, Cresskill          | 1:57.2 |        |
| 1971-NEEDED                            |        |        |
| 1970-Gary Dittmore, Leonia             | 2:00.2 |        |
| 1969-Jim Burke, Park Ridge             | 2:03.6 |        |
| 1968-Mike Cevasco, Park Ridge          | 2:02.7 |        |

### 1600 METERS (one mile until 1979)

|   |               |                |
|---|---------------|----------------|
| 2018-Jake Cooper, Emerson                     | 4:38.58       |                |
| 2017-Danny Daurio, Bogota                     | 4:30.16       |                |
| 2016-Danny Daurio, Bogota                     | 4:21.93       |                |
| 2015-Ben DeVenezia, Mountain Lakes            | 4:22.95       |                |
| 2014-Craig Corti, Wallkill Valley             |               | 4:22.36        |
| 2013-Chris Dugan, Hopatcong                   | 4:28.96       |                |
| <b>2012-Steve Lewandowski, Mountain Lakes</b> |               | <b>4:13.34</b> |
| 2011-Steve Lewandowski, Mountain Lakes        | 4:17.13       |                |
| 2010-Steve Lewandowski, Mountain Lakes        | 4:30.12       |                |
| 2009-Rutger Admirand, Mountain Lakes          | 4:27.58       |                |
| 2008-David Oster, Verona                      | 4:28.84       |                |
| 2007-Mike Soroko, Kinnelon                    | 4:22.80       |                |
| 2006-Mike Soroko, Kinnelon                    | 4:25.8        |                |
| 2005-Chris Guerriero, Saddle Brook            | 4:27.5        |                |
| 2004-Ryan McCann, Glen Rock                   | 4:25.4        |                |
| 2003-Ryan McCann, Glen Rock                   | 4:24.4        |                |
| 2002-Ryan McCann, Glen Rock                   | 4:33.0        |                |
| 2001-John Daula, Glen Rock                    | 4:37.4        |                |
| 2000-Danny Chaves, Secaucus                   | 4:37.7        |                |
| 1999-Josh VanderWiele, Midland Park           | 4:36.8        |                |
| 1998-Ron Gerhold, Emerson                     | 4:30.1        |                |
| 1997-Matt Kuiken, Glen Rock                   | 4:39.7        |                |
| 1996-Diego Gioffre, Palisades Park            | 4:38.6        |                |
| 1995-Felix Olivo, Secaucus                    | 4:38.6        |                |
| 1994-Felix Olivo, Secaucus                    | 4:34.8        |                |
| 1993-Danny Schuman, Saddle Brook              | 4:34.3        |                |
| 1992-Danny Schuman, Saddle Brook              | 4:35.4        |                |
| 1991-Danny Schuman, Saddle Brook              | 4:41.1        |                |
| 1990-Colin McNamara, Emerson                  | 4:34.9        |                |
| 1989-Rich Wisse, Saddle Brook                 | 4:28.1        |                |
| 1988-Rich Wisse, Saddle Brook                 | 4:34.5        |                |
| 1987-Chris Moore, Emerson                     | 4:24.4        |                |
| 1986-Mike Ryan, Palisades Park                | 4:31.1        |                |
| 1985-Keith Jennings, Pompton Lakes            | 4:40.1        |                |
| 1984-Dave Alpart, Glen Rock                   | 4:37.2        |                |
| 1983-Frank Lamberti, Mahwah                   | 4:23.0        |                |
| 1982-Frank Lamberti, Mahwah                   | 4:40.0        |                |
| 1981-Mike Fezza, Cresskill                    | 4:13.1 (1500) |                |
| 1980-Ian Leavesley, Mahwah                    | 4:04.3 (1500) |                |



|                                      |        |
|--------------------------------------|--------|
| 1979-Mike Fezza, Cresskill           | 4:24.2 |
| 1978-Ernie Feirer, Leonia            | 4:33.1 |
| 1977-Leroy Durocher, Emerson         | 4:28.6 |
| 1976-Barry Scanlan, Emerson          | 4:27.4 |
| 1975-John Bahnsen, Bogota            | 4:22.8 |
| 1974-Rich Wallace, Hasbrouck Heights | 4:26.9 |
| 1973-Cal Janess, Park Ridge          | 4:31.5 |
| 1972-Glen McCann, Hopatcong          | 4:34.4 |
| 1971-NEEDED                          |        |
| 1970-Gary O'Keefe, Mahwah            | 4:38.8 |
| 1969-Charlie Mueller, Waldwick       | 4:43.5 |
| 1968-Gary Dittmore, Leonia           | 4:34.1 |

### 3200 METERS (two miles until 1979)

|   |               |                |
|---|---------------|----------------|
| 2008-Patrick Smurla, Cedar Grove              | 10:08.59      |                |
| 2017-Danny Daurio, Bogota                     | 9:47.83       |                |
| 2016-Danny Daurio, Bogota                     | 9:51.33       |                |
| 2015-Craig Corti, Wallkill Valley             |               | 9:34.81        |
| 2014-Chris Dugan, Hopatcong                   | 9:32.80       |                |
| 2013-Stefan Morton, Emerson                   | 10:07.06      |                |
| <b>2012-Steve Lewandowski, Mountain Lakes</b> |               | <b>9:18.17</b> |
| 2011-Stephen Lewandowski, Mountain Lakes      | 9:38.59       |                |
| 2010-Stephen Lewandowski, Mountain Lakes      | 10:05.39      |                |
| 2009-Pat Rochford, Bogota                     | 10:01.58      |                |
| 2008-David Oster, Verona                      | 9:45.67       |                |
| 2007-Matt Giacobbe, Cedar Grove               | 10:00.85      |                |
| 2006-Mike Soroko, Kinnelon                    | 9:58.3        |                |
| 2005-Chris Guerriero, Saddle Brook            | 9:57.0        |                |
| 2004-Chris Guerriero, Saddle Brook            | 10:01.3       |                |
| 2003-Chris Guerriero, Saddle Brook            | 9:49.9        |                |
| 2002-Steve Begley, Cresskill                  | 10:07.9       |                |
| 2001-Steve Begley, Cresskill                  | 10:15.7       |                |
| 2000-Dan Chaves, Secaucus                     | 10:00.7       |                |
| 1999-Dan Chaves, Secaucus                     | 9:54.1        |                |
| 1998-Ron Gerhold, Emerson                     | 9:55.9        |                |
| 1997-Matt Kuiken, Glen Rock                   | 10:07.0       |                |
| 1996-Pete Startz, Waldwick                    | 9:59.2        |                |
| 1995-Felix Olivo, Secaucus                    | 10:03.1       |                |
| 1994-Felix Olivo, Secaucus                    | 9:58.6        |                |
| 1993-Danny Schuman, Saddle Brook              | 9:45.3        |                |
| 1992-Danny Schuman, Saddle Brook              | 10:06.2       |                |
| 1991-Jeff Koegle, Wood-Ridge                  | 10:19.1       |                |
| 1990-Colin McNamara, Emerson                  | 10:03.3       |                |
| 1989-Brian Morrow, Hasbrouck Heights          | 10:02.6       |                |
| 1988-Rich Wisse, Saddle Brook                 | 10:03.2       |                |
| 1987-Chris Moore, Emerson                     | 9:29.0        |                |
| 1986-Kevin McOwen, Mahwah                     | 9:36.6        |                |
| 1985-Joe Falci, Saddle Brook                  | 10:07.9       |                |
| 1984-Mike Ryan, Palisades Park                | 10:09.6       |                |
| 1983-Frank Lamberti, Mahwah                   | 9:58.8        |                |
| 1982-Frank Lamberti, Mahwah                   | 9:46.7        |                |
| 1981-Don Neubert, Ridgefield                  | 9:18.0 (3000) |                |
| 1980-Ian Leavesley, Mahwah                    | 9:02.9 (3000) |                |
| 1979-Ian Leavesley, Mahwah                    | 9:29.0        |                |
| 1978-Ian Leavesley, Mahwah                    | 9:39.6        |                |
| 1977-Tony Cannavina, North Arlington          | 9:52.6        |                |
| 1976-Paul Marzan, Park Ridge                  | 9:44.1        |                |
| 1975-Paul Marzan, Park Ridge                  | 9:46.7        |                |
| 1974-Ken Marzan, Park Ridge                   | 9:59.2        |                |
| 1973-Ken Marzan, Park Ridge                   | 9:47.7        |                |
| 1972-Steve Crymble, Pompton Lakes             | 9:36.8        |                |
| 1971-NEEDED                                   |               |                |

|                                       |         |
|---------------------------------------|---------|
| 1970-Dale Thompson, Hasbrouck Heights | 10:06.4 |
| 1969-Joe Mele, Cresskill              | 10:22.1 |
| 1968-Glen Johnston, Bogota            | 10:04.7 |

### 110 METER HIGH HURDLES (120 yards until 1979)

|  |             |       |
|--|-------------|-------|
| 2018-Ryan Picinic, New Milford         | 15.55       |       |
| 2017-James Eyler, Boonton              | 15.17       |       |
| 2016-Clarence Reyes, Hasbrouck Heights | 15.29       |       |
| 2015-Clarence Reyes, Hasbrouck Heights | 15.24       |       |
| 2014-Stephen Rogers, Hopatcong         |             | 15.48 |
| 2013-Roland Gamez, Hasbrouck Heights   | 14.97       |       |
| 2012-Brandon Matulac, New Milford      | 15.16       |       |
| 2011-Joey Marini, Boonton              | 14.82       |       |
| 2010-Gohar Khokhar, Boonton            | 15.34       |       |
| 2009-Christian Stein, Boonton          | 15.99       |       |
| 2008-Donovan Bolden, Leonia            | 14.85       |       |
| 2007-Donovan Bolden, Leonia            | 14.87       |       |
| 2006-Carlos Tejada, Saddle Brook       | 14.9        |       |
| 2005-Anthony Pomo, Saddle Brook        | 15.0        |       |
| 2004-Rob Yealu, Cedar Grove            | 14.8        |       |
| 2003-Anthony Pomo, Saddle Brook        | 14.9        |       |
| 2002-Dennis Calacione, New Milford     | 14.6        |       |
| 2001-Jason Tuber, Park Ridge           | 15.3        |       |
| 2000-Rishi Prabhu, Glen Rock           | 14.6        |       |
| <b>1999-Nick Garrett, Saddle Brook</b> | <b>14.3</b> |       |
| 1998-Andrew Stine, Park Ridge          | 15.4        |       |
| 1997-Averill Grimes, Hasbrouck Heights | 15.0        |       |
| 1996-Averill Grimes, Hasbrouck Heights | 15.1        |       |
| 1995-David Stein, Glen Rock            | 15.2        |       |
| 1994-Chris Boyle, Becton               | 14.7        |       |
| 1993-Chris Boyle, Becton               | 15.2        |       |
| 1992-Dave Schuman, Saddle Brook        | 14.7        |       |
| 1991-Jeff Heal, New Milford            | 15.1        |       |
| 1990-Keith Birchby, Secaucus           | 15.0        |       |
| 1989-Keith Birchby, Secaucus           | 15.0        |       |
| 1988-Carmen Pizzuto, Saddle Brook      | 14.7        |       |
| 1987-Eric Princen, Cresskill           | 15.3        |       |
| 1986-Dave Tomasi, Becton               | 15.7        |       |
| 1985-Tom Connolly, Cresskill           | 15.5        |       |
| 1984-Steve Saladino, Bogota            | 15.3        |       |
| 1983-Dio Dipasupil, Emerson            | 15.5        |       |
| 1982-Andy Hodgins, Park Ridge          | 15.6        |       |
| 1981-Andy Hodgins, Park Ridge          | 15.6        |       |
| 1980-Robbie Porter, Mahwah             | 15.3        |       |
| 1979-Robbie Porter, Mahwah             | 15.1        |       |
| 1978-Steve Brown, Bogota               | 15.1        |       |
| 1977-Steve Brown, Bogota               | 15.7        |       |
| 1976-Kirk Stazger, Cresskill           | 16.0        |       |
| 1975-Pete Eberling, Becton             | 15.3        |       |
| 1974-Joe Ancona, Mahwah                | 14.5        |       |
| 1973-Bob Kipilla, Becton               | 15.0        |       |
| 1972-Butch Boydell, Hasbrouck Heights  | 15.7        |       |
| 1971-NEEDED                            |             |       |
| 1970-Frank Setlock, Hasbrouck Heights  | 15.7        |       |
| 1969-Mike Hutton, Mahwah               | 15.0        |       |
| 1968-Mike Hutton, Mahwah               | 15.6        |       |

### 400 METER IH (330 yards 1974-1979; 180 yard LH until 1973)

|                                       |       |       |
|---------------------------------------|-------|-------|
| 2018-Lance Trusty, Saddle Brook       |       | 56.34 |
| 2017-James Eyler, Boonton             | 56.27 |       |
| 2016-Shafic Itani, Emerson            | 56.67 |       |
| 2015-Dillon Fisher, Hasbrouck Heights | 56.78 |       |

|   |             |      |
|---|-------------|------|
| 2014-Max Cafaro, Hopatcong              | 58.05       |      |
| 2013-Dylan Capwell, Hopatcong           | 55.16       |      |
| 2012-Eric Benny, Emerson                | 57.10       |      |
| 2011-Dylan Capwell, Hopatcong           | 57.04       |      |
| 2010-Stephon Blair, Sussex Tech         | 56.10       |      |
| 2009-Christian Stein, Boonton           | 58.43       |      |
| 2008-Brandon Hillman, Verona            | 55.03       |      |
| 2007-Tim White, Saddle Brook            | 56.36       |      |
| 2006-Steven Shorr, Pascack Hills        |             | 56.3 |
| 2005-Vinnie Gareffa, Hasbrouck Heights  | 55.9        |      |
| 2004-Andrew Fontana, Pascack Hills      | 56.5        |      |
| 2003-Dave Lado, Ridgefield              | 53.9        |      |
| 2002-Dave Lado, Ridgefield              | 55.4        |      |
| 2001-Dennis Calacione, New Milford      | 57.1        |      |
| 2000-Rishi Prabhu, Glen Rock            | 57.0        |      |
| 1999-Joe Hwang, Cresskill               | 56.2        |      |
| 1998-Joe Hwang, Cresskill               | 57.8        |      |
| 1997-Brian Kennedy, Secaucus            | 57.6        |      |
| 1996-Jared Shellaway, Hasbrouck Heights | 56.6        |      |
| 1995-David Stein, Glen Rock             | 57.7        |      |
| 1994-Chris Boyle, Becton                | 58.6        |      |
| 1993-Bob Meyers, Saddle Brook           | 58.6        |      |
| 1992-Dave Schuman, Saddle Brook         | 56.4        |      |
| 1991-Keith Kasper, Secaucus             | 57.0        |      |
| 1990-Keith Birchby, Secaucus            | 55.8        |      |
| 1989-Keith Birchby, Secaucus            | 57.6        |      |
| 1988-Carmen Pizzuto, Saddle Brook       | 55.7        |      |
| 1987-Rob Curtis, Mahwah                 | 57.1        |      |
| 1986-Lou Ferriera, North Arlington      | 58.3        |      |
| 1985-Paul Zeuke, New Milford            | 58.2        |      |
| 1984-John Neppi, Cresskill              | 57.2        |      |
| 1983-Bruce Richardson, Mahwah           |             | 57.7 |
| 1982-Ed Burgio, Waldwick                | 58.7        |      |
| 1981-Steve Ebeling, Mahwah              | 57.2        |      |
| <b>1980-Robbie Porter, Mahwah</b>       | <b>53.6</b> |      |
| 1979-Tyrone Bowens, Mahwah              | 40.5        |      |
| 1978-Steve Brown, Bogota                | 39.8        |      |
| 1977-Mark Todt, Hasbrouck Heights       | 41.2        |      |
| 1976-Kirk Stazger, Cresskill            | 41.2        |      |
| 1975-Al Evans, Lenape Valley            | 40.3        |      |
| 1974-Joe Ancona, Mahwah                 | 39.7        |      |
| 1973-Joe Ancona, Mahwah                 | 21.1        |      |
| 1972-Joe Ancona, Mahwah                 | 21.1        |      |
| 1971-NEEDED                             |             |      |
| 1970-Butch Boydell, Hasbrouck Heights   | 21.2        |      |
| 1969-Mike Hutton, Mahwah                | 20.6        |      |
| 1968-Mike Hutton, Mahwah                | 20.6        |      |

## SHOT PUT

|   |                                   |
|---|-----------------------------------|
| 2018-Joe Cannizzaro, Boonton                | 45-6 <sup>3</sup> / <sub>4</sub>  |
| 2017-Gio Gutierrez, Saddle Brook            | 60-8                              |
| 2016-Gio Gutierrez, Saddle Brook            | 53-0 <sup>1</sup> / <sub>2</sub>  |
| 2015-Gio Gutierrez, Saddle Brook            | 52-8 <sup>1</sup> / <sub>4</sub>  |
| 2014-Nicholas James-McLean, Wallkill Valley | 48-5                              |
| 2013-Garrett Pynn, Leonia                   | 51-9                              |
| 2012-Chris Connors, Hasbrouck Heights       | 52-5 <sup>1</sup> / <sub>2</sub>  |
| 2011-Patrick Cole, Hasbrouck Heights        | 54-11                             |
| 2010-Patrick Cole, Hasbrouck Heights        | 53-5 <sup>1</sup> / <sub>2</sub>  |
| 2009-Travis Malave, Hasbrouck Heights       | 49-3                              |
| 2008-Michael Renna, Hasbrouck Heights       | 52-4 <sup>3</sup> / <sub>4</sub>  |
| 2007-George Pecoraro, Cresskill             | 52-11 <sup>1</sup> / <sub>4</sub> |
| 2006-Geoff Goidell, Pascack Hills           | 54-5 <sup>1</sup> / <sub>2</sub>  |

|  |               |         |
|--|---------------|---------|
| 2005-Geoff Goidell, Pascack Hills        | 51-8 ½        |         |
| 2004-Slawek Wojtys, Wallington           | 51-2          |         |
| 2003-Stephen Rasczyk, Lyndhurst          |               | 49-10   |
| 2002-Tom Luebeck, Waldwick               | 49-2 ¾        |         |
| 2001-Charles Yalovister, North Arlington | 49-9 ¼        |         |
| 2000-Frank Kozibroda, Wood-Ridge         | 54-7 ½        |         |
| 1999-Mike Murphy, New Milford            |               | 55-11 ½ |
| 1998-Frank Kozibroda, Wood-Ridge         | 49-0 ¼        |         |
| 1997-Nick Poulacakas, Cresskill          | 45-3 ½        |         |
| 1996-Matt Marquis, Waldwick              | 46-0 ½        |         |
| 1995-Dan Paolucci, Emerson               | 48-2          |         |
| 1994-Joe Salib, North Arlington          | 45-11 ¾       |         |
| 1993-Guy Iavarone, Cresskill             | 51-2 ½        |         |
| 1992-Guy Iavarone, Cresskill             | 47-3          |         |
| 1991-Bill Schels, Emerson                | 49-11 ½       |         |
| 1990-Kevin Quinn, Cresskill              | 54-5          |         |
| 1989-Kevin Quinn, Cresskill              | 51-9 ½        |         |
| 1988-Art Coffey, Saddle Brook            | 47-10         |         |
| 1987-Dave Wisotsky, Mahwah               | 53-8 ¾        |         |
| 1986-Dave Wisotsky, Mahwah               | 52-1 ½        |         |
| <b>1985-Andy Papathanassiou, Emerson</b> | <b>63-4 ½</b> |         |
| 1984-Andy Papathanassiou, Emerson        | 59-9 ½        |         |
| 1983-Andy Papathanassiou, Emerson        | 56-2          |         |
| 1982-Andy Papathanassiou, Emerson        | 49-9          |         |
| 1981-Mark Wiley, Cresskill               | 50-6          |         |
| 1980-Lloyd Lochstoer, Emerson            | 50-4 ½        |         |
| 1979-Bob Rusdeck, Pompton Lakes          | 53-8          |         |
| 1978-Brian Kane, Hasbrouck Heights       | 51-1 ¼        |         |
| 1977-Brian Kane, Hasbrouck Heights       | 50-2 ½        |         |
| 1976-Mike Moat, Leonia                   | 53-7          |         |
| 1975-Ed Sutyak, Pompton Lakes            | 54-10         |         |
| 1974-Tom Cerezo, Hopatcong               | 51-10 ¾       |         |
| 1973-Chuck Benjamin, Cresskill           | 52-4 ¾        |         |
| 1972-Keith Link, Hasbrouck Heights       | 50-1          |         |
| 1971-NEEDED                              |               |         |
| 1970-Charlie Getty, Pompton Lakes        | 54-0 ½        |         |
| 1969-Brian Derwin, Cresskill             | 50-10 ½       |         |
| 1968-Joe Waskiewicz, North Arlington     | 50-2 ½        |         |

## DISCUS

|   |              |       |
|---|--------------|-------|
| 2018-Adam Gildea, Emerson               | 135-7        |       |
| <b>2017-Gio Gutierrez, Saddle Brook</b> | <b>187-8</b> |       |
| 2016-Gio Gutierrez, Saddle Brook        | 143-11       |       |
| 2015-Gio Gutierrez, Saddle Brook        | 154-4        |       |
| 2014-Zariq Hewitt, Pompton Lakes        | 151-6        |       |
| 2013-Arie Zuidema, Midland Park         | 150-0        |       |
| 2012-Troy Andretta, Kinnelon            | 153-10       |       |
| 2011-Patrick Cole, Hasbrouck Heights    | 168-9        |       |
| 2010-Patrick Cole, Hasbrouck Heights    | 149-10       |       |
| 2009-Tomasz Dlugozima, Wallington       | 158-1        |       |
| 2008-Tomasz Dlugozima, Wallington       | 146-7        |       |
| 2007-Brendan Gareffa, Hasbrouck Heights | 167-7        |       |
| 2006-Brendan Gareffa, Hasbrouck Heights | 156-7        |       |
| 2005-Chris Onorato, Hasbrouck Heights   | 160-9        |       |
| 2004-Jason Maier, New Milford           | 161-10       |       |
| 2003-Jason Maier, New Milford           | 142-10       |       |
| 2002-Charles Lee, Palisades Park        |              | 155-0 |
| 2001-Thomas Koc, North Arlington        | 148-4        |       |
| 2000-Frank Kozibroda, Wood-Ridge        | 151-1        |       |
| 1999-Mike Murphy, New Milford           |              | 149-5 |
| 1998-Frank Kozibroda, Wood-Ridge        | 152-4        |       |
| 1997-Frank Kozibroda, Wood-Ridge        | 129-10       |       |

|   |        |
|---|--------|
| 1996-Jon Marley, Hawthorne              | 136-0  |
| 1995-Bill Geza, Saddle Brook            | 137-8  |
| 1994-Mike Colella, Becton               | 136-10 |
| 1993-Dave Romaine, Saddle Brook         | 131-9  |
| 1992-Scott Howard, Cresskill            | 133-7  |
| 1991-Jeff Kropiewnicki, Saddle Brook    | 140-6  |
| 1990-Kevin Quinn, Cresskill             | 174-11 |
| 1989-Steve Marada, Park Ridge           | 156-4  |
| 1988-Kevin Quinn, Cresskill             | 133-8  |
| 1987-Adam White, Bogota                 | 162-5  |
| 1986-Adam White, Bogota                 | 149-7  |
| 1985-Andy Papanassiou, Emerson          | 167-5  |
| 1984-Bob Kratch, Mahwah                 | 166-1  |
| 1983-Bob Kratch, Mahwah                 | 151-1  |
| 1982-Pat Finley, Bogota                 | 151-9  |
| 1981-Mark Wiley, Cresskill              | 155-4  |
| 1980-Mark Wiley, Cresskill              | 148-9  |
| 1979-John Radziszewski, North Arlington | 144-7  |
| 1978-John Radziszewski, North Arlington | 146-3  |
| 1977-Frank Casella, Leonia              | 156-11 |
| 1976-Frank Casella, Leonia              | 154-3  |
| 1975-Pat Doherty, Mahwah                | 151-0  |
| 1974-Tom Cerezo, Hopatcong              | 142-5  |
| 1973-Bob Boyd, Leonia                   | 140-8  |
| 1972-Jeff Riccardi, Leonia              | 142-5  |
| 1971-NEEDED                             |        |
| 1970-Charlie Getty, Pompton Lakes       | 160-11 |
| 1969-Rich Palazzia, Emerson             | 138-7  |
| 1968-Paul Papa, Cresskill               | 130-1  |

## JAVELIN

|   |               |       |
|---|---------------|-------|
| 2018-Sawyer Moe, Cedar Grove            | 183-2         |       |
| 2017-Sawyer Moe, Cedar Grove            | 185-2         |       |
| 2016-Joshua Terpstra, Midland Park      | 164-10        |       |
| 2015-Ryan Gebhardt, Wallkill Valley     | 178-11        |       |
| 2014-Seth Zuidema, Midland Park         | 196-10        |       |
| 2013-Seth Zuidema, Midland Park         | 176-1         |       |
| 2012-Ben Schumacher, Cedar Grove        | 180-10        |       |
| <b>2011-Kaleb Zuidema, Midland Park</b> | <b>220-10</b> |       |
| 2010-Kaleb Zuidema, Midland Park        | 220-8         |       |
| 2009-Kaleb Zuidema, Midland Park        | 180-7         |       |
| 2008-Joe Gingerelli, Wood-Ridge         |               | 201-9 |
| 2007-Kyle Elliott, Cresskill            | 183-7         |       |
| 2006-Bryan Fill, Hasbrouck Heights      | 190-5         |       |
| 2005-Steve Guzek, Park Ridge            | 175-0         |       |
| 2004-Mark Weber, Cedar Grove            | 167-10        |       |
| 2003-Paul Rosiak, Wood-Ridge            | 170-10        |       |
| 2002-Paul Rosiak, Wood-Ridge            | 183-4         |       |
| 2001-Randy Bednarczyk, Wallington       | 179-5         |       |
| 2000-Keith Bisig, Cresskill             | 168-8         |       |
| 1999-Eric Lowenstein, New Milford       | 182-8         |       |
| 1998-Jim Hayes, Hawthorne               | 177-1         |       |
| 1997-Ron Phillips, Wood-Ridge           | 167-2         |       |
| 1996-Ron Phillips, Wood-Ridge           | 165-6         |       |
| 1995-Justin Schwartz, Glen Rock         |               | 184-2 |
| 1994-Brian Ilie, Hasbrouck Heights      | 161-5         |       |
| 1993-Mike Haggerty, Cresskill           | 165-1         |       |
| 1992-Matt Hall, Glen Rock               | 184-6         |       |
| 1991-Doug Tucci, Saddle Brook           | 183-2         |       |
| 1990-Charlie Koenke, New Milford        | 172-7         |       |
| 1989-Charlie Koenke, New Milford        | 175-6         |       |
| 1988-Brian Marron, Becton               | 166-1         |       |

|                                   |        |       |
|-----------------------------------|--------|-------|
| 1987-Jim Hock, Mahwah             | 172-6  |       |
| 1986-Steve Marbaise, Becton       | 169-9  |       |
| 1985-Dean Gruelich, Pompton Lakes | 179-4  |       |
| 1984-Vito Roselli, Emerson        | 170-3  |       |
| 1983-Dave Chamalian, Cresskill    | 175-0  |       |
| 1982-Bob Erksine, North Arlington | 208-5  |       |
| 1981-Bob Erksine, North Arlington | 187-11 |       |
| 1980-Chris Papa, Cresskill        | 162-8  |       |
| 1979-Fred Ketcho, Wood-Ridge      | 165-11 |       |
| 1978-Ken Hendershot, Newton       | 199-3  |       |
| 1977-Frank Jesch, Cresskill       | 178-8  |       |
| 1976-Frank Jesch, Cresskill       | 179-8  |       |
| 1975-Lance Sorchick, High Point   |        | 199-1 |
| 1974-George Heller, Park Ridge    | 153-11 |       |
| 1973-Scott Sorchick, High Point   | 207-9  |       |
| 1972-Scott Sorchick, High Point   | 188-3  |       |
| 1971-NEEDED                       |        |       |
| 1970-Bob Matusik, North Arlington | 145-7  |       |
| 1969-Ed Baker, Park Ridge         | 145-10 |       |

## HIGH JUMP

|  |            |      |
|--|------------|------|
| 2018-Mike Pronesti, Cedar Grove        |            | 6-4  |
| 2017-Dante Gonzalez, Palisades Park    | 6-2        |      |
| 2016-Leeroy Casimir, Hasbrouck Heights | 6-0        |      |
| 2015-Bryant Yoshida, New Milford       | 6-2        |      |
| <b>2014-David Njoku, Cedar Grove</b>   | <b>7-0</b> |      |
| 2013-Stephen Rogers, Hopatcong         |            | 6-0  |
| 2012-David Njoku, Cedar Grove          | 6-4        |      |
| 2011-Joey Marini, Boonton              | 6-2        |      |
| 2010-Joey Marini, Boonton              | 6-4        |      |
| 2009-Andre Simms, Boonton              | 6-6 ¼      |      |
| 2008-Steve Lapp, Cresskill             | 6-4        |      |
| 2007-Tim White, Saddle Brook           | 6-2        |      |
| 2006-Tim White, Saddle Brook           | 6-0        |      |
| 2005-Pat Cumming, Leonia               | 6-2        |      |
| 2004-Rob Yealu, Cedar Grove            | 6-4        |      |
| 2003-Gavin Charlton, Palisades Park    | 6-0        |      |
| 2002-Greg Powell, Westwood             | 6-2        |      |
| 2001-Trevor O'Grady, Wood-Ridge        | 6-2        |      |
| 2000-Trevor O'Grady, Wood-Ridge        | 5-10       |      |
| 1999-Dan Miller, Glen Rock             | 5-8        |      |
| 1998-Andrew Stine, Park Ridge          | 6-0        |      |
| 1997-Rob Derin, Hasbrouck Heights      | 5-10       |      |
| 1996-Steve Viskic, Palisades Park      |            | 5-10 |
| 1995-Terrel Stevens, Becton            | 6-2        |      |
| 1994-Steve DuPlessy, Ridgefield        | 6-3        |      |
| 1993-Steve DuPlessy, Ridgefield        | 6-0        |      |
| 1992-Anthony Porfido, Waldwick         |            | 6-2  |
| 1991-Jeff Heal, New Milford            | 6-4        |      |
| 1990-Dave Markowicz, Pompton Lakes     | 6-2        |      |
| 1989-John Carr, Waldwick               | 6-0        |      |
| 1988-John Carr, Waldwick               | 6-2        |      |
| 1987-Eric Princen, Cresskill           | 6-6        |      |
| 1986-Eric Princen, Cresskill           | 6-0        |      |
| 1985-Steve Konopka, Becton             | 6-0        |      |
| 1984-Tom McGuinness, Emerson           | 6-4        |      |
| 1983-John Viapiano, Cresskill          | 6-0        |      |
| 1982-Vin Arscott, Cresskill            | 6-1        |      |
| 1981-Dan Nicoll, Pompton Lakes         |            | 6-0  |
| 1980-Steve Miller, Midland Park        | 6-2        |      |
| 1979-Larry Bowens, Mahwah              | 6-4        |      |
| 1978-Steve Miller, Midland Park        | 6-0        |      |

|                                      |                   |
|--------------------------------------|-------------------|
| 1977-Art Stodt, Midland Park         | 5-10              |
| 1976-Steve Lindner, Midland Park     | 6-2               |
| 1975-Wayne Stahlmann, Park Ridge     | 6-2               |
| 1974-Chris Kanya, Park Ridge         | 5-10              |
| 1973-John D'Amato, Hasbrouck Heights | 6-1               |
| 1972-John D'Amato, Hasbrouck Heights | 6-0               |
| 1971-NEEDED                          |                   |
| 1970-Tom Berrian, Cresskill          | 5-9 $\frac{3}{4}$ |
| 1969-Ron Hurley, Emerson             | 5-8               |
| 1968-Mike Rutler, Waldwick           | 5-10              |

## LONG JUMP

|  |                     |                    |
|--|---------------------|--------------------|
| 2018-Wellington Ventura, Cresskill     | 20-10               |                    |
| 2017-Omar Anderson, Boonton            | 22-4                |                    |
| 2016-Sean Mefford, Butler              | 22-8 $\frac{1}{2}$  |                    |
| 2015-Omar Anderson, Boonton            | 21-5 $\frac{1}{4}$  |                    |
| 2014-Pete Chamalian, Cresskill         | 20-10               |                    |
| 2013-Roland Gamez, Hasbrouck Heights   | 20-1                |                    |
| 2012-Roland Gamez, Hasbrouck Heights   | 21-8 $\frac{3}{4}$  |                    |
| 2011-Joey Marini, Boonton              | 21-11 $\frac{3}{4}$ |                    |
| <b>2010-Devin Jones, Boonton</b>       | <b>22-7</b>         |                    |
| 2009-Andre Simms, Boonton              | 21-10               |                    |
| 2008-Ronald Prophete, Boonton          | 21-8 $\frac{1}{4}$  |                    |
| 2007-Dan DePalma, Verona               | 22-2 $\frac{1}{2}$  |                    |
| 2006-Branden Bowen, Boonton            | 21-5 $\frac{1}{2}$  |                    |
| 2005-Anthony Pomo, Saddle Brook        | 21-9                |                    |
| 2004-Vernard Hoover, Hasbrouck Heights | 21-9                |                    |
| 2003-Vernard Hoover, Hasbrouck Heights | 21-8 $\frac{1}{4}$  |                    |
| 2002-Brandon Fronjian, Palisades Park  | 20-2 $\frac{3}{4}$  |                    |
| 2001-Craig Agnello, Glen Rock          | 20-8 $\frac{1}{2}$  |                    |
| 2000-Rishi Prabhu, Glen Rock           | 20-5                |                    |
| 1999-Craig Agnello, Glen Rock          | 20-9                |                    |
| 1998-Damion Lawrence, Wallington       | 19-5 $\frac{1}{2}$  |                    |
| 1997-Mikkel Brown, Glen Rock           | 21-10               |                    |
| 1996-Keith Lau, Waldwick               | 19-6                |                    |
| 1995-Mikkel Brown, Glen Rock           | 19-10 $\frac{1}{2}$ |                    |
| 1994-Steve DuPlessy, Ridgefield        | 20-8                |                    |
| 1993-Chris Bunch, New Milford          | 20-8 $\frac{1}{2}$  |                    |
| 1992-Anthony Porfido, Waldwick         |                     | 20-7 $\frac{3}{4}$ |
| 1991-Dave Schuman, Saddle Brook        | 19-11 $\frac{3}{4}$ |                    |
| 1990-Jeff Heal, New Milford            | 21-8                |                    |
| 1989-Jason Pyryt, Wallington           | 20-10 $\frac{1}{4}$ |                    |
| 1988-Scott Zotollo, Saddle Brook       |                     | 20-9               |
| 1987-Chih Chen, Saddle Brook           | 21-1 $\frac{1}{2}$  |                    |
| 1986-John Pierro, North Arlington      | 21-1 $\frac{3}{4}$  |                    |
| 1985-John McGuinness, Emerson          | 20-8                |                    |
| 1984-John Reilly, Midland Park         | 20-8 $\frac{1}{2}$  |                    |
| 1983-Rob Orban, Wood-Ridge             | 20-7 $\frac{1}{2}$  |                    |
| 1982-Rob Orban, Wood-Ridge             | 20-7 $\frac{1}{2}$  |                    |
| 1981-Keith Imbruglia, Wallington       |                     | 21-0               |
| 1980-Keith Imbruglia, Wallington       |                     | 20-9 $\frac{1}{4}$ |
| 1979-Larry Bowens, Mahwah              | 22-0 $\frac{3}{4}$  |                    |
| 1978-Tyrone Bowens, Mahwah             | 19-8                |                    |
| 1977-John Stos, Wallington             | 19-10               |                    |
| 1976-Mike Barakat, Bogota              | 20-4                |                    |
| 1975-Ivory Sully, Leonia               | 20-4 $\frac{1}{2}$  |                    |
| 1974-Chris Kanya, Park Ridge           | 20-5 $\frac{1}{2}$  |                    |
| 1973-Tony Coletta, Mahwah              | 20-4 $\frac{1}{2}$  |                    |
| 1972-Frank Petit, High Point           | 20-7 $\frac{1}{2}$  |                    |
| 1971-NEEDED                            |                     |                    |
| 1970-John Sereno, Bogota               | 20-9                |                    |
| 1969-Ron O'Blenis, Mahwah              | 20-3 $\frac{3}{4}$  |                    |

1968-Ed Taylor, Bogota 20-9 ½

### TRIPLE JUMP

2018-Bryan Ohlott, Boonton 42-8  
2017-Magnus Selden, Wallkill Valley 43-10 ¾  
2016-Rashawn Byfield, Hawthorne 43-11  
2015-Chaheen Payne, New Milford 44-3  
2014-Johnathan Proffitt, Bogota 44-11  
2013-Peter Chamalian, Cresskill 44-3 ¼  
2012-David Njoku, Cedar Grove 45-9 ¾  
2011-Joey Marini, Boonton 45-6  
2010-Devin Jones, Boonton 48-0 ¾  
2009-Devin Jones, Boonton 47-3 ¾  
2008-Brandon Hillman, Verona 43-9 ¼  
2007-Brandon Hillman, Verona 43-11 ¾  
2006-Allen Patterson, Saddle Brook 40-11 ½  
2005-Anthony Pomo, Saddle Brook 42-4 ½  
**2004-Vernard Hoover, Hasbrouck Heights 48-2 ¼**  
2003-Vernard Hoover, Hasbrouck Heights 45-11 ¼

### POLE VAULT

2018-Adam Stavash, Hasbrouck Heights 14-0  
2017-Eran Peci, Emerson 12-6  
2016-Dan Shim, Cresskill 12-6  
2015-Andrew Accardi, Pompton Lakes 13-6  
2014-Andrew Accardi, Pompton Lakes 13-0  
2013-Isaac Spann, Boonton 12-6  
2012-Stephen Felice, Midland Park 13-2  
**2011-Chris Steele, Pompton Lakes 14-6**  
2010-Garrett LaCroce, Park Ridge 13-0  
**2009-Greg Hoffman, Park Ridge 14-6**  
2008-Greg Hoffman, Park Ridge 13-0  
2007-Mike Collins, Cresskill 13-0  
2006-Mike Collins, Cresskill 12-0  
2005-Matthew Trachtenberg, Mountain Lakes 12-6  
2004-Brian Foo, New Milford 13-0  
2003-Mark Wong, Lyndhurst 12-6  
2002-Tim Murphy, Glen Rock 12-6  
2001-Steve Piskadlo, North Arlington 13-0  
2000-Keith Bisig, Cresskill 13-0  
1999-Keith Bisig, Cresskill 12-6  
1998-James Lee, Cresskill 13-3  
1997-James Lee, Cresskill 11-6  
1996-Marvin Mendoza, Saddle Brook 10-6  
1995-Scott Agnello, Midland Park 11-6  
1994-Ralph Castellano, Saddle Brook 12-0  
1993-Ralph Castellano, Saddle Brook 11-6  
1992-Bob Apgar, Saddle Brook 12-6  
1991-Ron Taylor, New Milford 11-0  
1990-Rich Miller, Cresskill 13-6  
1989-Rich Miller, Cresskill 11-6  
1988-Mike Swaney, Saddle Brook 11-6  
1987-John Pierro, North Arlington 13-0  
1986-Steve Keating, Pompton Lakes 13-0  
1985-Chris Kowaleski, Becton 12-6  
1984-Steve Saladino, Bogota 13-3  
1983-Rob O'Shea, Glen Rock 13-9  
1982-Rob O'Shea, Glen Rock 12-6  
1981-Tom McGuirk, Waldwick 12-0  
1980-Phil Brophy, Glen Rock 12-6



|                                      |      |
|--------------------------------------|------|
| 1979-Mark Bernhart, Mahwah           | 12-0 |
| 1978-Charlie Cardini, Palisades Park | 12-0 |
| 1977-Charlie Cardini, Palisades Park | 12-6 |
| 1976-Mike Cunningham, Cresskill      | 11-0 |
| 1975-Carl Juskus, Hopatcong          | 12-0 |
| 1974-Bob Milardo, Mahwah             | 12-8 |
| 1973-Bob Milardo, Mahwah             | 12-0 |
| 1972-Bob Milardo, Mahwah             | 12-0 |
| 1971-NEEDED                          |      |
| 1970-Ed Moran, Mahwah                | 12-1 |
| 1969-John Myers, Mahwah              | 12-6 |
| 1968-John Myers, Mahwah              | 12-1 |

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

|                               |                |
|-------------------------------|----------------|
| 2018-Hasbrouck Heights        | 3:33.38        |
| 2017-Saddle Brook             | 3:29.33        |
| 2016-Park Ridge               | 3:31.21        |
| 2015-Park Ridge               | 3:30.01        |
| 2014-Hopatcong                | 3:28.10        |
| 2013-Hopatcong                | 3:28.10        |
| 2012-Park Ridge               | 3:26.65        |
| 2011-Hasbrouck Heights        | 3:25.67        |
| <b>2010-Hasbrouck Heights</b> | <b>3:25.50</b> |
| 2009-Westwood                 | 3:29.85        |
| 2008-Park Ridge               | 3:26.75        |
| 2007-Pompton Lakes            | 3:27.14        |
| 2006-Park Ridge               | 3:27.3         |
| 2005-Park Ridge               | 3:30.3         |
| 2004-Westwood                 | 3:25.8         |
| 2003-Glen Rock                | 3:31.1         |
| 2002-Westwood                 | 3:27.1         |
| 2001-Hasbrouck Heights        | 3:28.4         |
| 2000-Lyndhurst                | 3:31.9         |
| 1999-Glen Rock                | 3:32.2         |
| 1998-Wallington               | 3:34.2         |
| 1997-Glen Rock                | 3:29.9         |
| 1996-Hasbrouck Heights        | 3:36.2         |
| 1995-Glen Rock                | 3:29.1         |
| 1994-Hasbrouck Heights        | 3:42.8         |
| 1993-Park Ridge               | 3:37.2         |
| 1992-Hasbrouck Heights        | 3:34.3         |
| 1991-Waldwick                 | 3:33.5         |
| 1990-Secaucus                 | 3:33.1         |
| 1989-Secaucus                 | 3:34.2         |
| 1988-Waldwick                 | 3:31.8         |
| 1987-Waldwick                 | 3:35.1         |
| 1986-Hasbrouck Heights        | 3:34.7         |
| 1985-New Milford              | 3:35.0         |
| 1984-Emerson                  | 3:34.2         |
| 1983-Midland Park             | 3:33.3         |
| 1982-Midland Park             | 3:38.5         |
| 1981-Emerson                  | 3:35.4         |
| 1980-Newton                   | 3:34.4         |
| 1979-Mahwah                   | 3:37.8         |
| 1978-Emerson                  | 3:38.8         |
| 1977-Midland Park             | 3:29.9         |
| 1976-Midland Park             | 3:35.8         |
| 1975-Midland Park             | 3:29.7         |
| 1974-Midland Park             | 3:30.5         |
| 1973-Midland Park             | 3:37.0         |
| 1972-Cresskill                | 3:36.0         |
| 1971-NEEDED                   |                |

|                |        |
|----------------|--------|
| 1970-Cresskill | 3:36.3 |
| 1969-Cresskill | 3:35.1 |
| 1968-Waldwick  | 3:37.7 |

### 400 METER RELAY

|                        |              |
|------------------------|--------------|
| 2018-Cresskill         | 45.34        |
| <b>2017-Boonton</b>    | <b>43.85</b> |
| 2016-Hawthorne         | 44.44        |
| 2015-Hasbrouck Heights | 44.51        |
| 2014-Park Ridge        | 44.85        |
| 2013-Hasbrouck Heights | 44.50        |

### 3200 METER RELAY

|                     |                |
|---------------------|----------------|
| 2018-Verona         | 8:27.02        |
| 2017-Hawthorne      | 8:27.71        |
| <b>2016-Emerson</b> | <b>8:14.85</b> |
| 2015-Emerson        | 8:28.96        |
| 2014-Emerson        | 8:22.13        |
| 2013-Emerson        | 8:38.88        |

## NORTH 2 NORTH JERSEY CHAMPIONS

### TEAM CHAMPIONS

|                          |     |
|--------------------------|-----|
| 2017-Fort Lee (2)        | 91  |
| 2014-Ridgefield Park (2) | 74  |
| 2014-Lyndhurst (1)       | 136 |
| 2011-Lyndhurst (1)       | 134 |

### 100 METERS

|  |       |
|--|-------|
| 2017-Tahj Martin, Fort Lee (2)           | 10.89 |
| 2016-Peter Guerriero, Lyndhurst (2)      | 10.88 |
| 2015-Che Harris, Fort Lee (2)            | 11.40 |
| 2014-Chris Estrella, Ridgefield Park (2) | 10.88 |
| 2008-Ruben Santos, North Arlington (1)   | 11.43 |

### 200 METERS

|  |       |
|--|-------|
| 2017-Tahj Martin, Fort Lee (2)           | 21.85 |
| 2016-Peter Guerriero, Lyndhurst (2)      | 22.27 |
| 2014-Chris Estrella, Ridgefield Park (2) | 21.74 |
| 2008-Ruben Santos, North Arlington (1)   | 23.69 |
| 2005-Rob Valenti, Wood-Ridge (1)         | 23.08 |

### 400 METERS

|   |       |       |
|---|-------|-------|
| 2017-Tahj Martin, Fort Lee (2)          | 49.05 |       |
| 2011-Patrick Rono, Lyndhurst (1)        |       | 49.25 |
| 2005-Orestes Medina, Palisades Park (1) | 50.21 |       |
| 2004-Daquan Huffin, Palisades Park (1)  | 50.36 |       |

### 800 METERS

|  |         |         |
|--|---------|---------|
| 2016-Sean Sullivan, Rutherford (2)       | 1:56.33 |         |
| 2016-Carl Desrosiers, Palisades Park (1) | 2:01.71 |         |
| 2015-Sean Sullivan, Rutherford (2)       | 1:58.34 |         |
| 2014-Danny Cordeiro, North Arlington (1) | 1:58.30 |         |
| 2011-Patrick Rono, Lyndhurst (1)         |         | 1:53.28 |
| 2010-Patrick Rono, Lyndhurst (1)         |         | 1:54.77 |

|                                      |         |
|--------------------------------------|---------|
| 2007-Charles Goold, Rutherford (2)   | 1:59.35 |
| 2005-Marc Pollifrone, Rutherford (2) | 2:01.82 |

### 1600 METERS

|  |         |
|--|---------|
| 2018-Sirish Modhagala, North Arlington (1) | 4:35.79 |
| 2016-Sean Sullivan, Rutherford (2)         | 4:21.32 |
| 2015-Sean Sullivan, Rutherford (2)         | 4:25.29 |
| 2014-Danny Cordeiro, North Arlington (1)   | 4:39.98 |
| 2013-Danny Cordeiro, North Arlington (1)   | 4:41.93 |
| 2012-Daniel Gaspar, Lyndhurst (1)          | 4:34.91 |
| 2011-Patrick Rono, Lyndhurst (1)           | 4:28.32 |
| 2010-Patrick Rono, Lyndhurst (1)           | 4:20.51 |

### 3200 METERS

|  |          |
|--|----------|
| 2018-Sirish Modhagala, North Arlington (1) | 10:35.72 |
| 2014-William Hooper, Lyndhurst (1)         | 10:23.94 |
| 2011-Patrick Rono, Lyndhurst (1)           | 9:44.81  |
| 2011-Sherif Ali, Cliffside Park (2)        | 9:39.38  |
| 2010-Sherif Ali, Cliffside Park (2)        | 9:58.11  |

### 110 METERS HIGH HURDLES

|   |       |
|---|-------|
| 2018-Adam Khriiss, Secaucus (1)         | 15.64 |
| 2010-John Porteous, Wood-Ridge (1)      | 14.96 |
| 2009-Dan Chediak, Fort Lee (2)          | 15.01 |
| 2004-Corey Stanton, Ridgefield Park (2) | 15.81 |

### 400 METERS INTERMEDIATE HURDLES

|  |       |
|--|-------|
| 2018-Adam Khriiss, Secaucus (1)          | 56.64 |
| 2017-Jordan Sanders, Lyndhurst (2)       | 56.78 |
| 2010-Anthony Tripodi, Cliffside Park (2) | 56.98 |
| 2010-John Porteous, Wood-Ridge (1)       | 55.93 |
| 2009-Dan Chediak, Fort Lee (2)           | 57.80 |
| 2009-John Porteous, Wood-Ridge (1)       | 56.15 |
| 2008-Dave Nowak, Lyndhurst (1)           | 58.54 |

### SHOT PUT

|   |         |
|---|---------|
| 2018-Gregory Anderson, Becton (1)         | 47-0 ¼  |
| 2017-Gregory Anderson, Becton (1)         | 49-0 ¼  |
| 2015-Bryan Roth, Lodi (2)                 | 49-4 ¾  |
| 2015-Christopher, Bekker, Lyndhurst (1)   | 45-6 ¼  |
| 2014-Jonathan Mercado, Lyndhurst (1)      | 49-2 ½  |
| 2013-Jonathan Mercado, Lyndhurst (1)      | 45-4    |
| 2012-Eric DelVescovo, Ridgefield Park (2) | 49-4 ½  |
| 2012-Chris D'Angelico, Wood-Ridge (1)     | 48-1    |
| 2011-Vincent Acosta, Lyndhurst (1)        | 49-8    |
| 2010-Chris Luna, Wood-Ridge (1)           | 46-10 ½ |
| 2009-Betim Bujari, Secaucus (1)           | 47-0 ¼  |
| 2008-Betim Bujari, Secaucus (1)           | 45-11   |
| 2008-Dan Smith, Ridgefield Park (2)       | 50-9 ¼  |
| 2007-Nick Britt, Secaucus (1)             | 48-7 ¼  |
| 2005-Barry Green, Lyndhurst (1)           | 51-5 ½  |
| 2004-Barry Green, Lyndhurst (1)           | 43-0    |

### DISCUS

|   |       |
|---|-------|
| 2018-Gregory Anderson, Becton (1)       | 151-3 |
| 2017-Gregory Anderson, Becton (1)       | 147-0 |
| 2013-Jonathan Mercado, Lyndhurst (1)    | 120-4 |
| 2012-Miguel Vasquez, Palisades Park (1) | 130-0 |

|                                   |        |
|-----------------------------------|--------|
| 2011-Michael Fusco, Lyndhurst (1) | 121-0  |
| 2010-Chris Luna, Wood-Ridge (1)   | 131-10 |
| 2008-Betim Bujari, Secaucus (1)   | 124-8  |
| 2007-Nick Britt, Secaucus (1)     | 154-6  |
| 2006-Nick Britt, Secaucus (1)     | 153-4  |
| 2005-Nick Britt, Secaucus (1)     | 139-9  |
| 2004-Jay Neilsen, Wood-Ridge (1)  | 132-8  |

## JAVELIN

|   |        |
|---|--------|
| 2016-Chandler Oliveiri, Ridgefield Park (2) | 174-6  |
| 2014-Mike Brazzel, North Arlington (1)      | 191-0  |
| 2013-Mike Brazzel, North Arlington (1)      | 162-0  |
| 2011-Kyle Jankowski, Lyndhurst (1)          | 173-11 |
| 2009-Gerard Lanzerotti, Wood-Ridge (1)      | 177-0  |
| 2007-Doug Cerniglia, Ridgefield Park (2)    | 176-6  |
| 2006-Doug Cerniglia, Ridgefield Park (2)    | 187-9  |
| 2005-Frank Tucci, Wood-Ridge (1)            | 158-5  |
| 2004-Martin Gumowski, Wood-Ridge (1)        | 175-5  |

## HIGH JUMP

|  |     |
|--|-----|
| 2017-Carlos Pepin, Lodi (2)                | 6-6 |
| 2015-Tyler Olivieri, Ridgefield Park (2)   | 6-4 |
| 2014-Chris Estrella, Ridgefield Park (2)   | 6-4 |
| 2014-Quintin St. Helaire, Lyndhurst (1)    | 6-0 |
| 2013-Tyler Olivieri, Ridgefield Park (2)   | 5-8 |
| 2012-Rakesh Dataram, Ridgefield Park (2)   | 6-2 |
| 2012-Jordan Henriques, North Arlington (1) | 6-2 |
| 2008-Anthony Orovio, North Arlington (1)   | 6-5 |
| 2005-Randy Lehman, , North Arlington (1)   | 6-0 |
| 2004-Orestes Medina, Palisades Park (1)    | 6-0 |

## LONG JUMP

|  |        |
|--|--------|
| 2017-Christian Torres, Garfield (2)      | 22-7 ½ |
| 2017-Tomas Mierzwa, Becton (1)           | 20-9 ½ |
| 2016-Matt Wierzba, Garfield (2)          | 22-4 ¼ |
| 2015-Tyler Olivieri, Ridgefield Park (2) | 22-0 ½ |
| 2014-Chris Estrella, Ridgefield Park (2) | 22-1 ¼ |
| 2012-Michael Reyes, Ridgefield Park (2)  | 21-6 ½ |
| 2010-John Porteous, Wood-Ridge (1)       | 22-0 ½ |
| 2008-Dawys German, North Arlington (1)   | 19-7 ¼ |
| 2008-Chris Phipps, Lodi (2)              | 21-11  |
| 2007-Chris Phipps, Lodi (2)              | 21-6 ½ |
| 2006-Darius Autie, Ridgefield Park (2)   | 20-6   |
| 2005-Jorge Delgado, Lyndhurst (1)        | 22-0   |
| 2004-Jorge Delgado, Lyndhurst (1)        | 21-0   |

## TRIPLE JUMP

|  |         |
|--|---------|
| 2018-Ramon Bermudez, Lodi (2)                | 45-4    |
| 2017-Christian Torres, Garfield (2)          | 44-10 ½ |
| 2016-Aveon Irving, Garfield (2)              | 44-7    |
| 2015-Matt Wierzba, Garfield (2)              | 44-1 ¼  |
| 2014-Danny Cordeiro, North Arlington (1)     | 42-6    |
| 2013-Jermal Fevrier, Ridgefield Park (2)     | 42-1    |
| 2012-Michael Reyes, Ridgefield Park (2)      | 43-7    |
| 2010-John Porteous, Wood-Ridge (1)           | 43-4 ¾  |
| 2009 -Marques McMillian, Ridgefield Park (2) | 44-3 ¼  |
| 2009-John Porteous, Wood-Ridge (1)           | 42-1    |
| 2008-Chris Phipps, Lodi (2)                  | 47-9    |
| 2007-Chris Phipps, Lodi (2)                  | 47-3 ½  |
| 2006-Matt Certosimo, Rutherford (2)          | 42-5    |

|   |        |
|---|--------|
| 2006-Mehmet Guvenar, Lyndhurst (1)      | 42-4 ¼ |
| 2005-Orestes Medina, Palisades Park (1) | 45-0   |
| 2005-Val Terebizh, Fort Lee (2)         | 44-0 ¼ |
| 2004-Orestes Medina, Palisades Park (1) | 43-3   |

## POLE VAULT

|  |       |      |
|--|-------|------|
| 2018-Max Greenwood, Rutherford (2)         | 13-0  |      |
| 2017-Kyle Russell, Leonia (2)              | 13-6  |      |
| 2016-Joseph Kim, Ridgefield Park (2)       | 14-6  |      |
| 2015-Joseph Kim, Ridgefield Park (2)       | 13-0  |      |
| 2015-Travis Fisher, North Arlington (1)    | 13-10 |      |
| 2014-Jose Polanco, Lyndhurst (1)           |       | 12-0 |
| 2013-Nathan Duguilla, Lyndhurst (1)        | 11-6  |      |
| 2012-Michael Morreale, Lyndhurst (1)       | 14-0  |      |
| 2008-Andres Giglio, Ridgefield Park (2)    | 12-0  |      |
| 2007-John Orlic, Becton (1)                | 12-0  |      |
| 2006-Mike Cuttruzzula, North Arlington (1) | 12-0  |      |
| 2004-Michael Morello, Lyndhurst (1)        | 12-0  |      |

## 400 METERS RELAY

|                   |       |
|-------------------|-------|
| 2016-Fort Lee (2) | 44.06 |
|-------------------|-------|

## 1600 METERS RELAY

|                          |         |
|--------------------------|---------|
| 2017-Fort Lee (2)        | 3:23.82 |
| 2009-Ridgefield (1)      | 3:31.12 |
| 2007-North Arlington (1) | 3:34.86 |

## 3200 METERS RELAY

|                |         |
|----------------|---------|
| 2015-Lyndhurst | 8:24.49 |
|----------------|---------|

## BOYS NON-PUBLIC A North

### Top Three Teams

|   |
|---|
| 2018-Delbarton 124, St. Peter's Prep 112, Seton Hall 96 |
| 2017-St. Peter's Prep 120, Seton Hall 99, Pope John 91  |
| 2016-Seton Hall 102, Delbarton 100, Don Bosco 90        |
| 2015-Seton Hall 123, Don Bosco 122, Pope John 78        |
| 2014-Don Bosco 141 ½, Pope John 75, Delbarton 72        |
| 2013-Union Catholic 150, Don Bosco 85, Pope John 76     |
| 2012-Union Catholic 150, Seton Hall 86, Pope John 80    |
| 2011-Don Bosco 162, Union Catholic 70, Pope John 59     |
| 2010-Don Bosco 137, Pope John 101 ½, Delbarton 67       |

## 100 METERS

|   |              |       |
|---|--------------|-------|
| 2018-Rahmir Johnson, Bergen Catholic          | 10.95        |       |
| 2017-Rahmir Johnson, Bergen Catholic          | 10.99        |       |
| 2016-Javon Turner, Paramus Catholic           | 11.10        |       |
| 2015-Wankeith Akin, Don Bosco                 |              | 11.10 |
| 2014-Jabrill Peppers, Paramus Catholic        | 10.66        |       |
| <b>2013-Jabrill Peppers, Paramus Catholic</b> | <b>10.53</b> |       |
| 2012-Jabrill Peppers, Paramus Catholic        | 10.77        |       |
| 2011-Leonte Carroo, Don Bosco                 | 10.99        |       |
| 2010-Greg Moore, Pope John                    | 11.08        |       |

## 200 METERS

|                              |       |
|------------------------------|-------|
| 2018-Nick Parisi, Seton Hall | 22.20 |
|------------------------------|-------|

|   |              |       |
|---|--------------|-------|
| 2017-Rahmir Johnson, Bergen Catholic          | 21.67        |       |
| 2016-Javon Turner, Paramus Catholic           | 22.40        |       |
| 2015-Wankeith Akin, Don Bosco                 |              | 22.28 |
| <b>2014-Jabrill Peppers, Paramus Catholic</b> | <b>21.48</b> |       |
| 2013-Jabrill Peppers, Paramus Catholic        | 21.56        |       |
| 2012-Jabrill Peppers, Paramus Catholic        | 21.75        |       |
| 2011-Najee Glass, St. Peter's Prep            | 21.60        |       |
| 2010-Najee Glass, St. Peter's Prep            | 21.95        |       |

#### 400 METERS

|   |              |  |
|---|--------------|--|
| 2018-Markus Bagley, St. Peter's           | 49.55        |  |
| 2017-Masaki Aerts, St. Peter's Prep       | 48.83        |  |
| 2016-Nick Parisi, Seton Hall              | 49.45        |  |
| 2015-Brandon Moorer, Seton Hall           | 48.56        |  |
| 2014-Dalton Friend, Don Bosco             | 48.93        |  |
| 2013-Taylor McLaughlin, Union Catholic    | 49.03        |  |
| 2012-Najee Glass, St. Peter's Prep        | 47.90        |  |
| <b>2011-Najee Glass, St. Peter's Prep</b> | <b>47.13</b> |  |
| 2010-Najee Glass, St. Peter's Prep        | 48.35        |  |

#### 800 METERS

|                                       |         |                |
|---------------------------------------|---------|----------------|
| 2018-Trevor Potts, Pope John          | 1:58.75 |                |
| 2017-Caleb Shaia, Bergen Catholic     | 1:55.94 |                |
| 2016-Brian Walsh, Pope John           | 1:58.22 |                |
| 2015-Jon Burk, Pope John              | 1:56.39 |                |
| 2014-Joe White, DePaul                | 1:55.63 |                |
| 2013-Joe White, DePaul                | 1:54.31 |                |
| <b>2012-Allen Eke, Union Catholic</b> |         | <b>1:53.65</b> |
| 2011-Allen Eke, Union Catholic        | 1:55.51 |                |
| 2010-Pat Schellberg, Delbarton        | 1:55.76 |                |

#### 1600 METERS

|                                       |         |                |
|---------------------------------------|---------|----------------|
| 2018-Ira Daly, Delbarton              | 4:26.48 |                |
| 2017-Joey DeFeo, Delbarton            | 4:18.81 |                |
| 2016-Joey DeFeo, Delbarton            | 4:26.51 |                |
| 2015-Patrick Sullivan, Don Bosco      |         | 4:22.96        |
| 2014-Kyle Levermore, Don Bosco        | 4:18.03 |                |
| 2013-Chris Hatler, Pope John          | 4:15.49 |                |
| 2012-Allen Eke, Union Catholic        | 4:15.54 |                |
| 2011-Morgan Pearson, Delbarton        |         | 4:22.09        |
| <b>2010-Pat Schellberg, Delbarton</b> |         | <b>4:14.27</b> |

#### 3200 METERS

|                                       |                |         |
|---------------------------------------|----------------|---------|
| 2018-Ira Daly, Delbarton              | 9:30.20        |         |
| 2017-Joey DeFeo, Delbarton            | 9:22.84        |         |
| 2016-Patrick Sullivan, Don Bosco      |                | 9:34.25 |
| 2015-Patrick Sullivan, Don Bosco      |                | 9:25.82 |
| <b>2014-Kyle Levermore, Don Bosco</b> | <b>9:20.21</b> |         |
| 2013-Kyle Levermore, Don Bosco        | 9:23.53        |         |
| 2012-Christian Costello, Don Bosco    | 9:35.14        |         |
| 2011-Morgan Pearson, Delbarton        |                | 9:44.75 |
| 2010-Morgan Pearson, Delbarton        |                | 9:24.61 |

#### 110 METERS HIGH HURDLES

|  |       |       |
|--|-------|-------|
| 2018-Anthony Aligieri, Seton Hall      | 14.75 |       |
| 2017-Dakari Falconer, St. Peter's Prep | 14.85 |       |
| 2016-Shawn Ohazuruike, Delbarton       | 14.62 |       |
| 2015-Dan Wachenfeld, Seton Hall        | 15.10 |       |
| 2014-Christin Patrick, Seton Hall      |       | 14.43 |

|  |              |
|--|--------------|
| <b>2013-Christoffe Scott, Union Catholic</b> | <b>14.33</b> |
| 2012-Zach Ghizzone, Union Catholic           | 14.91        |
| 2011-Selwyn Maxwell, Don Bosco               | 14.82        |
| 2010-Selwyn Maxwell, Don Bosco               | 14.54        |

#### 400 METERS INTERMEDIATE HURDLES

|  |              |
|--|--------------|
| 2018-Paul Spada, Delbarton                     | 55.68        |
| 2017-Kevin DeLoughry, Bergen Catholic          | 56.60        |
| 2016-Shawn Ohazuruike, Delbarton               | 56.46        |
| 2015-Luke Mayer, Delbarton                     | 55.39        |
| 2014-Luke Mayer, Delbarton                     | 56.05        |
| 2013-Taylor McLaughlin, Union Catholic         | 55.33        |
| <b>2012-Obafemi Animashaun, Union Catholic</b> | <b>54.49</b> |
| 2011-Tyler Dilworth, Bergen Catholic           | 56.06        |
| 2010-Ernest Wingate, Bergen Catholic           | 55.81        |

#### SHOT PUT

|   |             |
|---|-------------|
| 2018-William Woltmann, St. Peter's Prep | 55-0 ¼      |
| 2017-Connor Mathis, Don Bosco           | 52-11 ¾     |
| 2016-Marcus Valdez, Don Bosco           | 51-11 ½     |
| 2015-Mike Dwumfour, DePaul              | 51-2 ¼      |
| <b>2014-Tommy Rhodes, Delbarton</b>     | <b>60-0</b> |
| 2013-Tommy Rhodes, Delbarton            | 50-0 ¼      |
| 2012-Marcus Pantoja, Paramus Catholic   | 52-10 ½     |
| 2011-Marquise Wright, Paramus Catholic  | 55-3 ½      |
| 2010-Marquise Wright, Paramus Catholic  | 53-1 ½      |

#### DISCUS

|  |              |
|--|--------------|
| 2018-Connor Mathis, Don Bosco          | 154-5        |
| 2017-Michael Mendoza, Paramus Catholic | 155-3        |
| 2016-Marcus Valdez, Don Bosco          | 150-10       |
| 2015-Tim Guider, Delbarton             | 146-2        |
| 2014-Jerry Donini, Delbarton           | 145-5        |
| 2013-Sean Brennan, Union Catholic      | 153-11       |
| 2012-Tim Schanstra, Pope John          | 135-0        |
| <b>2011-Cole Farrand, Pope John</b>    | <b>169-5</b> |
| 2010-Cole Farrand, Pope John           | 160-1        |

#### JAVELIN

|                                      |               |
|--------------------------------------|---------------|
| 2018-Grant Nawoichyk, Don Bosco      | 160-4         |
| 2017-Justin Jimerson, Seton Hall     | 155-10        |
| 2016-Joe Gambetta, Delbarton         | 188-10        |
| 2015-Charlie Hatler, Pope John       | 167-7         |
| 2014-Tim Schanstra, Pope John        | 171-2         |
| 2013-Paul Sheridan, Paramus Catholic | 153-9         |
| 2012-Tommy Freid, Union Catholic     | 190-8         |
| <b>2011-Dean Sullivan, Delbarton</b> | <b>200-11</b> |
| 2010-Dean Sullivan, Delbarton        | 187-3         |

#### HIGH JUMP

|  |            |
|--|------------|
| <b>2018-Adonis McGee, St. Peter's Prep</b> | <b>6-6</b> |
| 2017-Adonis McGee, St. Peter's Prep        | 6-2        |
| 2016-Javon Turner, Paramus Catholic        | 6-2        |
| 2015-Chris Bozzo, Don Bosco                | 5-8        |
| 2014-Christin Patrick, Seton Hall          | 6-4        |
| 2013-Eamonn Dwyer, St. Peter's Prep        | 6-0        |
| 2012-Michal Maduabum, Seton Hall           | 6-2        |
| 2011-Alex Sarkodie, Union Catholic         | 6-4        |
| 2010-Christian Smith, Seton Hall           | 6-2        |

## LONG JUMP

|                                       |                     |                    |
|---------------------------------------|---------------------|--------------------|
| 2018-Jesse Reid, Seton Hall           | 20-6                |                    |
| 2017-Justice Sims, Seton Hall         | 20-9                |                    |
| 2016-Wankeith Akin, Don Bosco         |                     | 21-2 $\frac{3}{4}$ |
| 2015-Wankeith Akin, Don Bosco         |                     | 20-6 $\frac{3}{4}$ |
| 2014-Zack Bazile, St. Joseph          | 21-4 $\frac{3}{4}$  |                    |
| 2013-Andrew Vittorio, Delbarton       |                     | 20-5               |
| 2012-Christoffe Scott, Union Catholic | 21-11 $\frac{1}{2}$ |                    |
| <b>2011-Greg Hazell, Don Bosco</b>    | <b>23-2</b>         |                    |
| 2010-Greg Hazell, Don Bosco           | 20-8                |                    |

## TRIPLE JUMP

|                                       |                    |
|---------------------------------------|--------------------|
| 2018-Justice Sims, Seton Hall         | 44-9 $\frac{1}{4}$ |
| 2017-Justice Sims, Seton Hall         | 44-3               |
| 2016-Ammari Sylia, Seton Hall         | 45-5 $\frac{1}{4}$ |
| 2015-Sam Fuchs, Delbarton             | 40-4               |
| 2014-Zack Bazile, St. Joseph          | 43-5 $\frac{1}{2}$ |
| 2013-Andrew Ghizzzone, Union Catholic | 41-7 $\frac{3}{4}$ |
| 2012-Christoffe Scott, Union Catholic | 43-8 $\frac{3}{4}$ |
| <b>2011-Greg Hazell, Don Bosco</b>    | <b>46-11</b>       |
| 2010-Greg Hazell, Don Bosco           | 44-7 $\frac{1}{4}$ |

## POLE VAULT

|                                      |             |      |
|--------------------------------------|-------------|------|
| 2018-Hudson Lee, Delbarton           | 12-0        |      |
| 2017-Daniel Connolly, Delbarton      |             | 12-0 |
| 2016-Peter Chan, Delbarton           | 13-7        |      |
| 2015-James McGuire, Seton Hall       | 11-0        |      |
| 2014-Mike Benz, Delbarton            | 13-0        |      |
| <b>2013-Mike Benz, Delbarton</b>     | <b>14-0</b> |      |
| 2012-Joe Cuntrera, Seton Hall        | 12-6        |      |
| <b>2011-Mike Baselice, Don Bosco</b> | <b>14-0</b> |      |
| 2010-Christian Lavorgna, Pope John   | 13-6        |      |

## 1600 METERS RELAY

|                       |                |
|-----------------------|----------------|
| 2018-Pope John        | 3:26.24        |
| 2017-St. Peter's Prep | 3:26.14        |
| 2016-Pope John        | 3:26.96        |
| 2015-Seton Hall       | 3:24.60        |
| 2014-Don Bosco        | 3:21.11        |
| 2013-Union Catholic   | 3:25.27        |
| 2012-Union Catholic   | 3:22.19        |
| <b>2011-Don Bosco</b> | <b>3:20.28</b> |
| 2010-St. Peter's Prep | 3:21.31        |

## 400 METERS RELAY

|                              |              |
|------------------------------|--------------|
| 2018-St. Peter's Prep        | 43.24        |
| 2017-St. Peter's Prep        | 42.98        |
| 2016-Seton Hall              | 43.05        |
| 2015-Bergen Catholic         | 43.30        |
| <b>2014-Paramus Catholic</b> | <b>42.42</b> |
| 2013-Paramus Catholic        | 43.20        |

## 3200 METERS RELAY

|                              |                |
|------------------------------|----------------|
| 2018-Pope John               | 8:15.95        |
| 2017-Seton Hall              | 8:18.25        |
| 2016-Seton Hall              | 8:18.42        |
| 2015-Pope John               | 8:13.43        |
| <b>2014-St. Peter's Prep</b> | <b>7:57.34</b> |
| 2013-Pope John               | 8:09.74        |



## BOYS NON-PUBLIC B North

### Top Three Teams

2018-Dwight-Englewood 149, Immaculate Conception 85, Morris Catholic 58  
2017-Dwight-Englewood 120, Newark Academy 101, Montclair Kimberley 66  
2016-Newark Academy 95, Hudson Catholic 94, Dwight-Englewood 92  
2015-Hudson Catholic 151, Oratory, Newark Academy and Dwight-Englewood 69  
2014-Newark Academy 88, Hudson Catholic 83, Queen of Peace 74  
2013-Oratory 91, Eastern Christian 72, Queen of Peace 69  
2012-Montclair Immaculate 114, Oratory 97, Trinity Christian 63  
2011-Oratory 144, Immaculate Conception 72, Morristown Beard 64  
2010-Morris Catholic 83, Immaculate Conception 77, Eastern Christian and Newark Academy 75

### 100 METERS

|  |              |
|--|--------------|
| 2018-Lorenzo Lugo, Eastern Christian             | 11.37        |
| 2017-Chazz Bryant, DePaul                        | 11.71        |
| 2016-Tomatse Ogedegbe, Hudson Catholic           | 11.35        |
| 2015-Evander Pierre, Hudson Catholic             | 11.38        |
| 2014-Kwashawn Decker, Hudson Catholic            | 11.33        |
| 2013-Garrett Finn, Dwight-Englewood              | 11.52        |
| <b>2012-Nigel Thompson, Montclair Immaculate</b> | <b>11.26</b> |
| 2011-Zaki Williams, Morristown Beard             | 11.41        |
| 2010-Mustafa Lawrence, Queen of Peace            | 11.45        |

### 200 METERS

|  |              |
|--|--------------|
| 2018-Isas Waxter, Immaculate Conception          | 23.34        |
| 2017-Courtney Johnson, Hudson Catholic           | 23.36        |
| 2016-Sef Penson, Hudson Catholic                 | 23.29        |
| 2015-Evander Pierre, Hudson Catholic             | 22.62        |
| 2014-Evander Pierre, Hudson Catholic             | 23.01        |
| 2013-Kevin Momnohin, Queen of Peace              | 23.13        |
| <b>2012-Nigel Thompson, Montclair Immaculate</b> | <b>22.52</b> |
| 2011-Zaki Williams, Morristown Beard             | 23.11        |
| 2010-Mustafa Lawrence, Queen of Peace            | 23.08        |

### 400 METERS

|   |              |
|---|--------------|
| 2018-Isas Waxter, Immaculate Conception     | 51.35        |
| 2017-Courtney Johnson, Hudson Catholic      | 50.70        |
| 2016-Max Borchert, Morristown Beard         | 50.22        |
| <b>2015-Evander Pierre, Hudson Catholic</b> | <b>49.14</b> |
| 2014-Evander Pierre, Hudson Catholic        | 50.54        |
| 2013-Matt Van Eck, Eastern Christian        | 51.67        |
| 2012-Ward Liam Thomas, Oratory              | 50.88        |
| 2011-Zaki Williams, Morristown Beard        | 50.54        |
| 2010-Nat Sheppard, Newark Academy           | 51.21        |

### 800 METERS

|   |                |
|---|----------------|
| 2018-Jeremy Bronstein, Dwight-Englewood     | 2:00.46        |
| 2017-Jeremy Bronstein, Dwight-Englewood     | 1:58.40        |
| 2016-Daniel Ratner, Newark Academy          | 2:01.15        |
| 2015-Drew Crichlow, Montclair Kimberley     | 2:01.27        |
| 2014-Kyle Larsson, Morristown-Beard         | 1:58.12        |
| <b>2013-Josiah Hanko, Trinity Christian</b> | <b>1:57.80</b> |
| 2012-Josiah Hanko, Trinity Christian        | 2:01.23        |
| 2011-Mike Brennan, Oratory                  | 1:59.81        |
| 2010-Dylan Kelly, Morris Catholic           | 2:02.89        |

## 1600 METERS

|  |                |
|--|----------------|
| 2018-Jeremy Bronstein, Dwight-Englewood      | 4:27.27        |
| <b>2017-Bill Massey, Montclair-Kimberley</b> | <b>4:17.13</b> |
| 2016-Bill Massey, Montclair-Kimberley        | 4:20.43        |
| 2015-Bill Massey, Montclair-Kimberley        | 4:32.56        |
| 2014-Josiah Hanko, Trinity Christian         | 4:24.78        |
| 2013-Josiah Hanko, Trinity Christian         | 4:24.70        |
| 2012-Josiah Hanko, Trinity Christian         | 4:26.55        |
| 2011-Steven Fisher, Morris Catholic          | 4:34.99        |
| 2010-Steven Fisher, Morris Catholic          | 4:41.29        |

## 3200 METERS

|   |                |
|---|----------------|
| 2018-Kevin Mulligan, Morris Catholic        | 10:15.20       |
| 2017-Matt Petrocelli, Montclair-Kimberley   | 10:17.77       |
| 2016-Bill Massey, Montclair-Kimberley       | 10:22.21       |
| 2015-Dylan Caban, Hudson Catholic           | 10:09.91       |
| 2014-Josiah Hanko, Trinity Christian        | 9:47.42        |
| <b>2013-Josiah Hanko, Trinity Christian</b> | <b>9:39.73</b> |
| 2012-Josiah Hanko, Trinity Christian        | 9:53.28        |
| 2011-Cormac Rada, Oratory                   | 10:14.45       |
| 2010-Steven Fisher, Morris Catholic         | 10:27.61       |

## 110 METERS HIGH HURDLES

|   |              |
|---|--------------|
| 2018-Jayshon DuBose, Morristown-Beard             | 15.70        |
| 2017-Dominic Fermin, Dwight-Englewood             | 16.47        |
| 2016-Joshua Okaru, Montclair Immaculate           | 15.53        |
| 2015-Joshua Okaru, Montclair Immaculate           | 16.37        |
| 2014-Mike Akanbi, Queen of Peace                  | 16.03        |
| 2013-Mike Akanbi, Queen of Peace                  | 16.34        |
| 2012-Leonard Hughes, Montclair Immaculate         | 15.97        |
| <b>2011-Deron Jennings, Immaculate Conception</b> | <b>15.34</b> |
| 2010-Nat Sheppard, Newark Academy                 | 15.81        |

## 400 METERS INTERMEDIATE HURDLES

|   |              |
|---|--------------|
| 2018-Dominic Fermin, Dwight-Englewood         | 58.23        |
| <b>2017-Courtney Johnson, Hudson Catholic</b> | <b>55.80</b> |
| 2016-Max Borchert, Morristown Beard           | 56.92        |
| 2015-Courtney Johnson, Hudson Catholic        | 59.04        |
| 2014-Kevin Momnoin, Queen of Peace            | 57.57        |
| 2013-Kevin Momnoin, Queen of Peace            | 61.17        |
| 2012-Leonard Hughes, Montclair Immaculate     | 60.52        |
| 2011-Bobby Vander Meelen, Oratory             | 59.53        |
| 2010-Nat Sheppard, Newark Academy             | 58.29        |

## SHOT PUT

|   |                                      |
|---|--------------------------------------|
| 2018-Michael Ji, Eastern Christian          | 43-7 $\frac{3}{4}$                   |
| <b>2017-Samuel Fishbein, Newark Academy</b> | <b>56-1 <math>\frac{1}{2}</math></b> |
| 2016-Samuel Fishbein, Newark Academy        | 42-5                                 |
| 2015-John Bastista, Oratory                 | 42-10 $\frac{1}{2}$                  |
| 2014-Matt Van Eck, Eastern Christian        | 44-7 $\frac{1}{2}$                   |
| 2013-Carter Beardsley, Newark Academy       | 50-8 $\frac{3}{4}$                   |
| 2012-Carter Beardsley, Newark Academy       | 43-4 $\frac{3}{4}$                   |
| 2011-Marcus LaRoche, Oratory                | 48-9 $\frac{1}{2}$                   |
| 2010-Kevin Mustac, St. Mary's               | 46-11                                |

## DISCUS

|  |              |
|--|--------------|
| 2018-Michael Ji, Eastern Christian         | 114-1        |
| 2017-Samuel Fishbein, Newark Academy       | 139-1        |
| <b>2016-Trent Braen, Eastern Christian</b> | <b>144-2</b> |

|   |       |       |
|---|-------|-------|
| 2015-Trent Braen, Eastern Christian         | 139-2 |       |
| 2014-Trent Braen, Eastern Christian         | 136-4 |       |
| 2013-C.J. Drury, Morris Catholic            |       | 127-8 |
| 2012-Jonathan Campbell, Trinity Christian   | 128-4 |       |
| 2011-Marcus LaRoche, Oratory                | 133-6 |       |
| 2010-Ben de Waal Malefyt, Eastern Christian |       | 139-7 |

## JAVELIN

|  |       |              |
|--|-------|--------------|
| 2018-Aidan Thomson, Dwight-Englewood           | 125-1 |              |
| 2017-David Ventresca, Newark Academy           | 128-5 |              |
| 2016-Brandon Hegarty, Morris Catholic          | 166-3 |              |
| 2015-Nate Ocot, Hawthorne Christian            | 154-0 |              |
| 2014-Caleb Hart, Hawthorne Christian           | 173-0 |              |
| 2013-Andrew Fiedler, Eastern Christian         | 157-1 |              |
| <b>2012-Kieran Powell, Montclair Kimberley</b> |       | <b>173-8</b> |
| 2011-Jeff Maser, Morristown Beard              | 152-1 |              |
| 2010-Jeff Rodgers, Morris Catholic             | 151-4 |              |

## HIGH JUMP

|   |            |      |
|---|------------|------|
| 2018-Folajimi Olutiola, Dwight-Englewood          | 6-0        |      |
| 2017-Naseer Wilson, Dwight-Englewood              | 5-8        |      |
| <b>2016-Tomatse Ogedegbe, Hudson Catholic</b>     | <b>6-4</b> |      |
| 2015-Mamadou Traore, Hudson Catholic              | 6-0        |      |
| 2014-Trajan Chapman, Hudson Catholic              | 5-6        |      |
| 2013-Cleveland McDaniel, Eastern Christian        |            | 5-10 |
| <b>2012-Cleveland McDaniel, Eastern Christian</b> | <b>6-4</b> |      |
| 2011-Jordan Jett, Newark Academy                  | 6-1        |      |
| <b>2010-Isaiah Harris, Immaculate Conception</b>  | <b>6-4</b> |      |

## LONG JUMP

|   |                                      |                    |
|---|--------------------------------------|--------------------|
| 2018-Femi Gbayisomore, Morristown Beard           | 19-0                                 |                    |
| 2017-Folajimi Olutiola, Dwight-Englewood          | 19-2 $\frac{3}{4}$                   |                    |
| 2016-Tomatse Ogedegbe, Hudson Catholic            | 20-4 $\frac{1}{2}$                   |                    |
| 2015-Aleem James, Dwight-Englewood                | 21-0 $\frac{1}{4}$                   |                    |
| 2014-Aleem James, Dwight-Englewood                | 20-3 $\frac{1}{2}$                   |                    |
| 2013-Cleveland McDaniel, Eastern Christian        |                                      | 18-2 $\frac{3}{4}$ |
| 2012-Ward Liam Thomas, Oratory                    | 20-7 $\frac{1}{2}$                   |                    |
| <b>2011-Nigel Thompson, Immaculate Conception</b> | <b>21-2 <math>\frac{1}{2}</math></b> |                    |
| 2010-Isaiah Harris, Immaculate Conception         | 21-1 $\frac{1}{4}$                   |                    |

## TRIPLE JUMP

|   |                    |  |
|---|--------------------|--|
| 2018-Isas Waxter, Immaculate Conception   | 42-6               |  |
| 2017-Isas Waxter, Immaculate Conception   | 43-8 $\frac{1}{2}$ |  |
| 2016-Eric Reynolds, Queen of Peace        | 42-0 $\frac{1}{2}$ |  |
| 2015-Eric Reynolds, Queen of Peace        | 41-1 $\frac{1}{4}$ |  |
| 2014-Vihar Desu, Newark Academy           | 42-2 $\frac{1}{2}$ |  |
| 2013-Vihar Desu, Newark Academy           | 37-9 $\frac{1}{2}$ |  |
| <b>2012-Ward Liam Thomas, Oratory</b>     | <b>45-1</b>        |  |
| 2011-Jordan Jett, Newark Academy          | 42-9 $\frac{3}{4}$ |  |
| 2010-Isaiah Harris, Immaculate Conception | 44-8 $\frac{1}{2}$ |  |

## POLE VAULT

|  |             |  |
|--|-------------|--|
| 2018-James Blume, Newark Academy           | 11-0        |  |
| 2017-Nico Cortes, Eastern Christian        | 11-6        |  |
| 2016-Nico Cortes, Eastern Christian        | 10-0        |  |
| 2015-Ike Osbun, Montclair-Kimberley        | 14-0        |  |
| <b>2014-Ike Osbun, Montclair-Kimberley</b> | <b>14-3</b> |  |
| 2013-Andrew Fiedler, Eastern Christian     | 11-6        |  |
| 2012-Joshua Davidson, Eastern Christian    | 13-0        |  |

|   |      |
|---|------|
| 2011-Jon Brinkerhoff, Veritas Christian | 14-0 |
| 2010-Joshua Davidson, Eastern Christian | 10-6 |

### 1600 METERS RELAY

|                                 |                |
|---------------------------------|----------------|
| 2018-Hudson Catholic            | 3:40.69        |
| 2017-Hudson Catholic            | 3:33.12        |
| 2016-Hudson Catholic            | 3:33.07        |
| 2015-Oratory Prep               | 3:34.68        |
| 2014-Oratory Prep               | 3:36.74        |
| 2013-Queen of Peace             | 3:39.81        |
| <b>2012-Montclair Kimberley</b> | <b>3:31.43</b> |
| 2011-Morristown Beard           | 3:37.86        |
| 2010-Newark Academy             | 3:34.71        |

### 400 METERS RELAY

|                             |              |
|-----------------------------|--------------|
| 2018-Hudson Catholic        | 45.99        |
| 2017-Dwight-Englewood       | 46.42        |
| 2016-Hudson Catholic        | 45.14        |
| <b>2015-Hudson Catholic</b> | <b>45.06</b> |
| 2014-Hudson Catholic        | 45.89        |
| 2013-Dwight-Englewood       | 46.24        |

### 3200 METERS RELAY

|                            |                |
|----------------------------|----------------|
| 2018-Morris Catholic       | 8:57.67        |
| 2017-Montclair-Kimberley   | 8:44.26        |
| 2016-Eastern Christian     | 8:39.62        |
| 2015-Oratory Prep          | 8:39.52        |
| <b>2014-Newark Academy</b> | <b>8:23.48</b> |
| 2013-Newark Academy        | 8:38.72        |

## GIRLS GROUP 4

### *Top Three Teams*

2018-Ridgewood 96, Randolph 85 ½, West Orange 79  
 2017-Randolph 146, Ridgewood 120, Montclair 70  
 2016-Ridgewood 96, Montclair 70 ½, Randolph 69  
 2015-Randolph 83, Montclair 60, Livingston 58  
 2014-Randolph 93 ½, Montclair 72, West Orange 62  
 2013-Randolph 112, Ridgewood 80, Livingston 75  
 2012-Randolph 100, West Orange 76 ½, Passaic Tech 63  
 2011-Randolph 98 ½, Ridgewood 86 1/3, Passaic Tech 71  
 2010-Randolph 111, Passaic Tech 61 1/3, Montclair 43  
 2009-Randolph 93, Passaic Tech 47, Ridgewood 40  
 2008-Clifton 76 ½, Randolph 63, Ridgewood 56 ½  
 2007-Ridgewood 83, East Orange 79, Roxbury 52  
 2006-Ridgewood 96, Roxbury 76, Livingston 66  
 2005-Hackensack 100 ½, Randolph 62, Ridgewood 59 ½  
 2004-West Orange 73, Randolph 67, Ridgewood 62  
 2003-Hackensack 103, Ridgewood 86, Teaneck 78  
 2002-Passaic Tech 90, Hackensack 65, Ridgewood 53  
 2001-Ridgewood 71, Hackensack 53 ½, Passaic 39 ½  
 2000-Passaic 94, Passaic Tech 62, Ridgewood 56  
 1999-Passaic 104, Teaneck 53, Hackensack 51  
 1998-Eastside 75, Ridgewood 70, Teaneck 58  
 1997-Hackensack 102 ¾, Eastside 67 ¾, Ridgewood 67  
 1996-Eastside 90, Hackensack 82, Ridgewood 76  
 1995-Teaneck 84, Hackensack 80, Ridgewood 67  
 1994-Ridgewood 95, Hackensack 64, Teaneck 51 ½  
 1993-Ridgewood 118, Passaic 75, Kennedy 61

1992-Hackensack 84, Passaic 83, Ridgewood 64  
 1991-Hackensack 39, Teaneck 36, Passaic 31 ½  
 1990-Teaneck 46, Passaic 44, Kennedy 27  
 1989-Teaneck 46, Ridgewood 32, Kearny 30  
 1988-Ridgewood 98, Teaneck 36, Passaic 30 ½  
 1987-Ridgewood 55 ½, Teaneck 50 ½, Hackensack/Passaic 20  
 1986-Teaneck 40, Eastside 33, Ridgewood 26  
 1985-Ridgewood 51, Teaneck 28, Passaic 25  
 1984-Ridgewood 55, Teaneck 44, Hackensack 22  
 1983-Ridgewood 53, Fair Lawn 41, Teaneck 32  
 1982-NEEDED  
 1981-Eastside 47 ½, Hackensack 32, Teaneck 31  
 1980-Teaneck 42, Eastside 36, Ridgewood 32  
 1979-Teaneck 56, Ridgewood 31, Hackensack 30  
 1978-Eastside 44, Teaneck 34 ½, Bergenfield 24 ½  
 1977-Eastside 52, Teaneck 27, Bergenfield 19  
 1976-Eastside 50, Wayne Hills 33, Ridgewood 27

### 100 METERS (100 yards until 1979)

|  |             |             |
|--|-------------|-------------|
| 2018-Karen Hull, Randolph              | 12.66       |             |
| 2017-Karen Hull, Randolph              | 12.41       |             |
| 2016-Natalie Gomes, North Bergen       | 12.54       |             |
| 2015-Amber Redmond, Hackensack         | 12.22       |             |
| 2014-Carolina Herrera, North Bergen    | 12.45       |             |
| 2013-Alexes Washington, Passaic Tech   | 12.63       |             |
| 2012-Lynn Petrella, Randolph           | 12.62       |             |
| 2011-Chamekea Davis, Eastside          | 12.27       |             |
| 2010-Julisa Isom, Kennedy              | 12.81       |             |
| 2009-Sherece Shabazz, Belleville       | 12.47       |             |
| 2008-Emily Barr, Ridgewood             | 12.54       |             |
| 2007-Porshe Giddings, East Orange      | 12.18       |             |
| 2006-Consandria Walker, Hackensack     | 12.0        |             |
| <b>2005-Amma Walcott, Hackensack</b>   | <b>11.9</b> |             |
| 2004-Sophia Wallace, Montclair         | 12.0        |             |
| 2003-Consandria Walker, Hackensack     | 12.8        |             |
| 2002-Yhounic Vassell, Passaic Tech     | 12.1        |             |
| 2001-Elina Ploskin, Fair Lawn          | 12.9        |             |
| 2000-Alexandra Medrano, Passaic        | 12.3        |             |
| 1999-Otisha Mathis, Passaic            | 12.4        |             |
| 1998-Shante Marshall, Teaneck          | 12.5        |             |
| 1997-Nacole Moore, Kennedy             | 12.0        |             |
| 1996-Tiamecua Fulton, Kennedy          | 12.1        |             |
| 1995-Nicole Carmichael, Kennedy        | 12.0        |             |
| <b>1994-Nicole Carmichael, Kennedy</b> | <b>11.9</b> |             |
| 1993-Nicole Carmichael, Kennedy        | 12.2        |             |
| <b>1992-Cassandra Grant, Passaic</b>   |             | <b>11.9</b> |
| 1991-Cassandra Grant, Passaic          | 12.1        |             |
| 1990-Cassandra Grant, Passaic          | 12.4        |             |
| 1989-Nicole Golden, Teaneck            | 12.2        |             |
| 1988-Jennifer McDermott, Ridgewood     | 12.5        |             |
| 1987-Shonna Clay, Teaneck              | 12.6        |             |
| 1986-Missy Hicks, Teaneck              | 12.4        |             |
| 1985-Viola Harris, Passaic             | 12.2        |             |
| 1984-Michelle Forrester, Teaneck       |             | 12.2        |
| 1983-Michelle Forrester, Teaneck       |             | 12.4        |
| 1982-Juana Fernandez, Memorial         |             | 12.9        |
| 1981-Melva Burns, Eastside             | 12.1        |             |
| 1980-Stephanie Laughlin, Teaneck       | 12.4        |             |
| 1979-Karen Johnson, Teaneck            | 11.8        |             |
| 1978-Melva Burns, Eastside             | 11.6        |             |
| 1977-Connie Fletcher, Eastside         | 11.6        |             |
| 1976-Connie Fletcher, Eastside         | 11.5        |             |

## 200 METERS (220 yards until 1979)

|  |              |      |
|--|--------------|------|
| 2018-Nyjah Young-Bey, Montclair          | 25.03        |      |
| 2017-Nyjah Young-Bey, Montclair          | 25.32        |      |
| 2016-Nyjah Young-Bey, Montclair          | 25.41        |      |
| 2015-Amber Redmond, Hackensack           | 25.25        |      |
| 2014-Aliya Barnes, West Orange           | 25.61        |      |
| 2013-Alexes Washington, Passaic Tech     | 25.66        |      |
| 2012-Aliya Barnes, West Orange           | 25.47        |      |
| 2011-Chamekea Davis, Eastside            | 25.50        |      |
| 2010-Imani Jones, Bloomfield             | 26.10        |      |
| 2009-Amber Allen, Passaic Tech           | 25.65        |      |
| 2008-Amber Allen, Passaic Tech           | 24.92        |      |
| <b>2007-Porshe Giddings, East Orange</b> | <b>24.34</b> |      |
| 2006-Kristin Crawford, Kennedy           | 24.8         |      |
| 2005-Kristin Crawford, Kennedy           | 25.0         |      |
| 2004-Sophia Wallace, Montclair           | 25.4         |      |
| 2003-Consandria Walker, Hackensack       | 26.0         |      |
| 2002-Yhounic Vassell, Passaic Tech       | 25.2         |      |
| 2001-Tawana Watkins, Kennedy             | 25.2         |      |
| 2000-Tawana Watkins, Kennedy             | 25.3         |      |
| 1999-Tawana Watkins, Kennedy             | 25.1         |      |
| 1998-Denay Caldwell, Eastside            | 26.1         |      |
| 1997-Delcita Russell, Hackensack         | 25.5         |      |
| 1996-Tiamecua Fulton, Eastside           | 25.6         |      |
| <b>1995-Nicole Carmichael, Kennedy</b>   | <b>24.3</b>  |      |
| 1994-Nicole Carmichael, Kennedy          | 25.4         |      |
| 1993-Nicole Carmichael, Kennedy          | 25.6         |      |
| 1992-Cassandra Grant, Passaic            | 25.5         |      |
| 1991-Cassandra Grant, Passaic            | 25.6         |      |
| 1990-Cassandra Grant, Passaic            | 25.5         |      |
| 1989-Matilda Miranda, Teaneck            | 25.3         |      |
| 1988-Jennifer McDermott, Ridgewood       | 25.6         |      |
| 1987-Shonna Clay, Teaneck                | 26.2         |      |
| 1986-Viola Harris, Passaic               | 25.3         |      |
| 1985-Viola Harris, Passaic               | 24.9         |      |
| 1984-Michelle Forrester, Teaneck         |              | 25.8 |
| 1983-Michelle Forrester, Teaneck         |              | 25.6 |
| 1982-Natalie Jordan, Eastside            | 25.3         |      |
| 1981-Natalie Jordan, Eastside            | 24.8         |      |
| 1980-Natalie Jordan, Eastside            | 25.0         |      |
| 1979-Natalie Jordan, Eastside            | 25.6         |      |
| 1978-Melva Burns, Eastside               | 26.0         |      |
| 1977-Connie Fletcher, Eastside           | 25.9         |      |
| 1976-Connie Fletcher, Eastside           | 26.0         |      |

## 400 METERS (440 yards until 1979)

|                                    |       |
|------------------------------------|-------|
| 2018-Brianna Rubio, Clifton        | 58.68 |
| 2017-Nyjah Young-Bey, Montclair    | 56.98 |
| 2016-Nyjah Young-Bey, Montclair    | 56.34 |
| 2015-Anna Czykier, Kearny          | 59.18 |
| 2014-Tashique Francis, Kennedy     | 59.98 |
| 2013-Tonisha Beresford, Bloomfield | 58.97 |
| 2012-Tonisha Beresford, Bloomfield | 57.01 |
| 2011-Michelle Okereke, Bergen Tech | 58.21 |
| 2010-Amber Allen, Passaic Tech     | 55.82 |
| 2009-Amber Allen, Passaic Tech     | 55.94 |
| 2008-Amber Allen, Passaic Tech     | 57.19 |
| 2007-Porshe Giddings, East Orange  | 56.01 |
| 2006-Kristin Crawford, Kennedy     | 56.5  |
| 2005-Kristin Crawford, Kennedy     | 57.1  |
| 2004-Essence Carson, Eastside      | 55.6  |
| 2003-Elina Ploskin, Fair Lawn      | 58.6  |

|                                      |             |      |
|--------------------------------------|-------------|------|
| 2002-Rosalind Cerat, Passaic Tech    | 60.3        |      |
| 2001-Tawana Watkins, Kennedy         | 56.5        |      |
| 2000-Tawana Watkins, Kennedy         | 56.7        |      |
| 1999-Tawana Watkins, Kennedy         | 56.0        |      |
| 1998-Sylvia Nealy, Kennedy           | 60.5        |      |
| 1997-Delcita Russell, Hackensack     | 57.0        |      |
| 1996-Delcita Russell, Hackensack     | 58.0        |      |
| 1995-Delcita Russell, Hackensack     | 57.3        |      |
| 1994-Delcita Russell, Hackensack     | 58.6        |      |
| 1993-Dana Riley, Teaneck             | 56.7        |      |
| 1992-Dana Riley, Teaneck             | 55.5        |      |
| 1991-Terryann Morgan, Kennedy        |             | 58.9 |
| 1990-Dana Riley, Teaneck             | 59.9        |      |
| 1989-Matilda Miranda, Teaneck        | 59.2        |      |
| 1988-Ginny Figlar, Ridgewood         | 56.1        |      |
| 1987-Ginny Figlar, Ridgewood         | 58.1        |      |
| 1986-Viola Harris, Passaic           | 57.1        |      |
| 1985-Terri Brown, Kennedy            | 58.8        |      |
| 1984-Marci Capitani, Ridgewood       |             | 59.2 |
| 1983-Venida Rodman, Teaneck          | 58.7        |      |
| <b>1982-Natalie Jordan, Eastside</b> | <b>55.1</b> |      |
| 1981-Natalie Jordan, Eastside        | 55.2        |      |
| 1980-Natalie Jordan, Eastside        | 55.4        |      |
| 1979-Dawn Booth, Teaneck             | 59.4        |      |
| 1978-Dawn Booth, Teaneck             | 58.2        |      |
| 1977-Dawn Booth, Teaneck             | 60.9        |      |
| 1976-Regina Bryant, Snyder           | 59.3        |      |

### 800 METERS (880 yards until 1979)

|                                      |                |        |
|--------------------------------------|----------------|--------|
| 2018-Andrea Dubbels, Clifton         | 2:17.87        |        |
| 2017-Abby Loveys, Randolph           | 2:17.08        |        |
| 2016-Mackenzie Presume, Bloomfield   | 2:17.03        |        |
| 2015-Elizabeth Lansing, Randolph     | 2:17.12        |        |
| 2014-Nora May McSorley, Randolph     | 2:15.46        |        |
| 2013-Elizabeth Lansing, Randolph     | 2:14.27        |        |
| 2012-Caroline Davidson, Ridgewood    | 2:20.26        |        |
| 2011-Joelle Amaral, Randolph         | 2:15.95        |        |
| 2010-Molly Higgins, Randolph         | 2:14.95        |        |
| 2009-Molly Higgins, Randolph         | 2:17.88        |        |
| 2008-Molly Higgins, Randolph         | 2:15.07        |        |
| <b>2007-Kim Standridge, Randolph</b> | <b>2:11.77</b> |        |
| 2006-Ariann Neutts, Roxbury          | 2:14.6         |        |
| 2005-Lauren Gregory, Morris Knolls   | 2:16.8         |        |
| 2004-Gizelle Joshua, West Orange     | 2:17.2         |        |
| 2003-Awinna Martinez, Passaic        | 2:19.6         |        |
| 2002-Elina Ploskin, Fair Lawn        | 2:21.8         |        |
| 2001-Jennifer Zucaro, Ridgewood      |                | 2:19.4 |
| 2000-Jennifer Zucaro, Ridgewood      |                | 2:19.2 |
| 1999-Janelle McCallum, Teaneck       |                | 2:17.3 |
| 1998-Natalie Popowicz, Clifton       | 2:19.9         |        |
| 1997-Meg McDermott, Ridgewood        | 2:21.3         |        |
| 1996-Stephanie Doyle, Ridgewood      | 2:23.8         |        |
| 1995-Stephanie Doyle, Ridgewood      | 2:19.9         |        |
| 1994-Stephanie Doyle, Ridgewood      | 2:18.6         |        |
| 1993-Tracey Pombo, Vernon            | 2:20.0         |        |
| 1992-Claire Blaney, Ridgewood        | 2:19.6         |        |
| 1991-Jamie Cowan, Kearny             | 2:20.0         |        |
| 1990-Liz Figlar, Ridgewood           | 2:20.5         |        |
| 1989-Liz Figlar, Ridgewood           | 2:19.6         |        |
| 1988-Lynne Collazo, Ridgewood        | 2:17.9         |        |
| 1987-Jasmin Jones, Hackensack        | 2:15.3         |        |
| 1986-Jasmin Jones, Hackensack        | 2:18.8         |        |

|                                    |        |
|------------------------------------|--------|
| 1985-Jasmin Jones, Hackensack      | 2:15.3 |
| 1984-Cindy Keller, West Milford    | 2:20.5 |
| 1983-Mary Ellen Mileski, Ridgewood | 2:13.9 |
| 1982-Patti Mileski, Ridgewood      | 2:14.6 |
| 1981-Patti Mileski, Ridgewood      | 2:15.1 |
| 1980-Nancy Deneka, Bloomfield      | 2:19.0 |
| 1979-Beverly Cable, Teaneck        | 2:21.8 |
| 1978-Toni Bush, Teaneck            | 2:21.8 |
| 1977-Pam Dehays, Kearny            | 2:21.1 |
| 1976-Janice Morra, Wayne Hills     | 2:22.5 |

### 1600 METERS (one mile until 1979)

|                                     |                |         |
|-------------------------------------|----------------|---------|
| 2018-Abby Loveys, Randolph          | 4:59.28        |         |
| 2017-Abby Loveys, Randolph          | 4:59.24        |         |
| 2016-Sam Halvorsen, Ridgewood       |                | 5:03.12 |
| 2015-Elizabeth Lansing, Randolph    | 5:04.17        |         |
| 2014-Nora May McSorley, Randolph    | 5:00.04        |         |
| 2013-Catherine Pagano, Ridgewood    | 4:59.11        |         |
| 2012-Catherine Pagano, Ridgewood    | 5:01.95        |         |
| 2011-Joelle Amaral, Randolph        | 4:54.36        |         |
| <b>2010-Joelle Amaral, Randolph</b> | <b>4:52.29</b> |         |
| 2009-Joelle Amaral, Randolph        | 5:10.00        |         |
| 2008-Molly Higgins, Randolph        | 5:06.58        |         |
| 2007-Kim Standridge, Randolph       | 4:55.76        |         |
| 2006-Ariann Neutts, Roxbury         | 4:53.0         |         |
| 2005-Jenn Ennis, Roxbury            | 5:01.6         |         |
| 2004-Jenn Ennis, Roxbury            | 5:05.2         |         |
| 2003-Awinna Martinez, Passaic       | 5:20.4         |         |
| 2002-Clair Nowakowski, Ridgewood    | 5:17.9         |         |
| 2001-Clair Nowakowski, Ridgewood    | 5:11.6         |         |
| 2000-Clair Nowakowski, Ridgewood    | 5:18.1         |         |
| 1999-Janelle McCallum, Teaneck      |                | 5:09.4  |
| 1998-Celeste Sedo, Ridgewood        | 5:14.7         |         |
| 1997-Kelly Behan, Ridgewood         | 5:24.8         |         |
| 1996-Stephanie Doyle, Ridgewood     | 5:20.3         |         |
| 1995-Stephanie Doyle, Ridgewood     | 5:14.3         |         |
| 1994-Jenna Rogers, Ridgewood        | 5:06.6         |         |
| 1993-Jenna Rogers, Ridgewood        | 5:10.8         |         |
| 1992-Paula Costa, Kearny            | 5:14.9         |         |
| 1991-Melissa Wyka, Fair Lawn        | 5:14.8         |         |
| 1990-Melissa Wyka, Fair Lawn        | 5:10.9         |         |
| 1989-Liz Duarte, Kearny             | 5:16.0         |         |
| 1988-Jean Hughes, Ridgewood         | 5:18.0         |         |
| 1987-Jasmin Jones, Hackensack       | 4:59.9         |         |
| 1986-Jasmin Jones, Hackensack       | 5:01.0         |         |
| 1985-Margaret Scutro, Ridgewood     | 4:59.6         |         |
| 1984-Margaret Scutro, Ridgewood     | 5:14.3         |         |
| 1983-Patti Mileski, Ridgewood       | 4:58.7         |         |
| 1982-Mary Ellen Mileski, Ridgewood  | 5:05.9         |         |
| 1981-Nancy Deneka, Bloomfield       | 4:39.9 (1500)  |         |
| 1980-Mary Ellen Mileski, Ridgewood  | 4:55.3 (1500)  |         |
| 1979-Michelle Fudge, Hackensack     | 5:14.4         |         |
| 1978-Nina Zollo, Wayne Hills        | 5:05.6         |         |
| 1977-Nina Zollo, Wayne Hills        | 5:26.5         |         |
| 1976-Rosemary Gonzalez, Memorial    | 5:21.6         |         |

### 3200 METERS (two mile until 1979)

|                                 |          |          |
|---------------------------------|----------|----------|
| 2018-Abby Loveys, Randolph      | 11:10.72 |          |
| 2017-Brooke Olson, Randolph     | 11:08.54 |          |
| 2016-Olympia Martin, Ridgewood  | 10:58.62 |          |
| 2015-Carleen Jeffers, Ridgewood |          | 10:48.61 |
| 2014-Carleen Jeffers, Ridgewood |          | 10:54.39 |



|                                      |                |                |
|--------------------------------------|----------------|----------------|
| 2013-Catherine Pagano, Ridgewood     | 10:57.60       |                |
| 2012-Elizabeth Lansing, Randolph     | 11:08.34       |                |
| 2011-Samantha Jones, Randolph        | 11:11.34       |                |
| 2010-Joelle Amaral, Randolph         | 10:48.61       |                |
| 2009-Joelle Amaral, Randolph         | 11:47.58       |                |
| 2008-Tori Berard, Morris Knolls      | 11:10.31       |                |
| 2007-Lauren Penney, Roxbury          | 11:03.07       |                |
| 2006-Jenn Ennis, Roxbury             | 10:39.8        |                |
| 2005-Jenn Ennis, Roxbury             | 11:08.2        |                |
| 2004-Jenn Ennis, Roxbury             | 11:31.9        |                |
| 2003-Shaneika Bernard, Hackensack    | 11:36.9        |                |
| 2002-Clair Nowakowski, Ridgewood     | 11:46.5        |                |
| 2001-Clair Nowakowski, Ridgewood     | 11:16.3        |                |
| 2000-Beth Androski, Hackensack       |                | 11:33.2        |
| 1999-Beth Androski, Hackensack       |                | 11:27.2        |
| 1998-Celeste Sedo, Ridgewood         | 11:30.7        |                |
| 1997-Celeste Sedo, Ridgewood         | 11:20.0        |                |
| 1996-Stephanie Doyle, Ridgewood      | 11:36.1        |                |
| 1995-Tara Quinn, Teaneck             | 11:24.2        |                |
| 1994-Jenna Rogers, Ridgewood         | 10:43.1        |                |
| 1993-Jenna Rogers, Ridgewood         | 11:03.6        |                |
| 1992-Paula Costa, Kearny             | 11:14.3        |                |
| 1991-Ana Mateus, Kearny              | 11:42.7        |                |
| 1990-Nadine Nunez, Passaic           | 11:23.3        |                |
| 1989-Liz Duarte, Kearny              | 11:34.5        |                |
| 1988-Karen Cannon, Ridgewood         | 10:50.8        |                |
| 1987-Amy Kempf, Paramus              | 10:56.0        |                |
| 1986-Cathy Paz, Clifton              | 11:12.3        |                |
| 1985-Margaret Scutro, Ridgewood      | 11:01.1        |                |
| 1984-Margaret Scutro, Ridgewood      | 10:56.8        |                |
| <b>1983-Patti Mileski, Ridgewood</b> | <b>10:37.0</b> |                |
| 1982-Shirley Daniel, Kennedy         | 11:15.2        |                |
| 1981-Carol Dickstein, Ridgewood      |                | 10:29.5 (3000) |
| 1980-Carol Dickstein, Ridgewood      |                | 10:30.2 (3000) |
| 1979-Gwen White, Hoboken             | 11:37.5        |                |
| 1978-Lisa Schadler, Bergenfield      | 11:34.1        |                |
| 1977-Lisa Schadler, Bergenfield      | 12:33.0        |                |
| 1976-Nina Zollo, Wayne Hills         | 11:54.2        |                |

### 100 METER HURDLES (110 yards until 1979)

|  |              |       |
|--|--------------|-------|
| 2018-Abigail Vital, West Orange          | 14.65        |       |
| 2017-Kaela Edwards, Bloomfield           |              | 15.05 |
| 2016-Aniyah Allen, Bloomfield            | 14.63        |       |
| 2015-Dana Lynch, Hackensack              | 14.60        |       |
| 2014-Aliya Barnes, West Orange           | 14.39        |       |
| 2013-Samantha Kral, Randolph             | 15.53        |       |
| 2012-Breaisha Morton, Passaic Tech       | 14.75        |       |
| 2011-Sarah DeVita, Ridgewood             | 15.03        |       |
| 2010-Sarah DeVita, Ridgewood             | 15.09        |       |
| 2009-Rita Taste, Bloomfield              | 15.00        |       |
| 2008-Mia Martinez, Ridgewood             | 14.95        |       |
| <b>2007-Racquel Vassell, East Orange</b> | <b>14.36</b> |       |
| 2006-Lara-Jane Que, Ridgewood            | 15.5         |       |
| 2005-Chelsea Townes, Hackensack          | 14.6         |       |
| 2004-Chelsea Townes, Hackensack          | 14.4         |       |
| 2003-Chelsea Townes, Hackensack          | 14.8         |       |
| 2002-Soniya Johnson, Passaic Tech        | 15.1         |       |
| 2001-Danielle Mimnaugh, Vernon           | 15.1         |       |
| 2000-Danielle Mimnaugh, Vernon           | 15.1         |       |
| 1999-Bridgette Atkinson, Hackensack      | 15.5         |       |
| 1998-Denay Caldwell, Eastside            | 14.5         |       |
| 1997-Melissa Jones, Eastside             | 14.4         |       |

|                                     |      |
|-------------------------------------|------|
| 1996-Melissa Jones, Eastside        | 14.7 |
| 1995-Julie Denisenko, Fair Lawn     | 15.1 |
| 1994-Julie Denisenko, Fair Lawn     | 15.4 |
| 1993-Ruth Doe, Passaic              | 14.8 |
| 1992-Ruth Doe, Passaic              | 15.1 |
| 1991-Vonetta Williams, Teaneck      | 15.4 |
| 1990-Tanya Scott, Passaic           | 16.0 |
| 1989-Lujinda Batten, Passaic        | 15.6 |
| 1988-Sheryl VanderSchyff, Ridgewood | 15.2 |
| 1987-Deborah McDonald, Teaneck      | 14.7 |
| 1986-Sharon Allen, Eastside         | 15.3 |
| 1985-Sevet Flowers, Snyder          | 15.3 |
| 1984-Sevet Flowers, Snyder          | 15.3 |
| 1983-Kim Morrison, Ferris           | 15.1 |
| 1982-Judi Palmer, Teaneck           | 15.9 |
| 1981-Jackie Goode, Eastside         | 14.6 |
| 1980-Karen Gaines, Teaneck          | 14.0 |
| 1979-Karen Gaines, Teaneck          | 15.1 |
| 1978-Vicky Smith, Eastside          | 15.2 |
| 1977-Taryn Carter, Hackensack       | 14.9 |
| 1976-Laura Lee, Eastside            | 14.4 |

#### 400 METER LOW HURDLES

|                                       |              |      |
|---------------------------------------|--------------|------|
| 2018-Abigail Vital, West Orange       | 63.96        |      |
| 2017-Katherine Muccio, Ridgewood      | 63.22        |      |
| 2016-Kari DiTonno, Livingston         | 64.67        |      |
| 2015-Kari DiTonno, Livingston         | 63.59        |      |
| 2014-Breaisha Morton, Passaic Tech    | 62.44        |      |
| 2013-Breaisha Morton, Passaic Tech    | 64.11        |      |
| 2012-Breaisha Morton, Passaic Tech    | 64.32        |      |
| 2011-Breaisha Morton, Passaic Tech    | 67.21        |      |
| <b>2010-Amber Allen, Passaic Tech</b> | <b>60.96</b> |      |
| 2009-Amber Allen, Passaic Tech        | 62.16        |      |
| 2008-Amber Allen, Passaic Tech        | 64.17        |      |
| 2007-Cristina Law, Ridgewood          | 63.30        |      |
| 2006-Cristina Law, Ridgewood          | 64.8         |      |
| 2005-Pari Hashemi, Randolph           | 63.7         |      |
| 2004-Pari Hashemi, Randolph           | 63.0         |      |
| 2003-Michelle Smith, Teaneck          | 66.3         |      |
| 2002-Rosalind Cerat, Passaic Tech     | 68.4         |      |
| 2001-Ebony Ramos, Hackensack          | 65.9         |      |
| 2000-Tawana Watkins, Kennedy          | 61.7         |      |
| 1999-Tawana Watkins, Kennedy          | 61.9         |      |
| 1998-Natalie Popowicz, Clifton        | 65.2         |      |
| 1997-Melissa Jones, Eastside          | 64.0         |      |
| 1996-Nakiesha MacIntosh, Eastside     | 65.5         |      |
| 1995-Zorinah Figueroa, Teaneck        | 65.1         |      |
| 1994-Natasha Bernard, Teaneck         | 66.1         |      |
| 1993-Renee Pavelski, Ridgewood        |              | 67.3 |
| 1992-Vanessa McClure, Kennedy         |              | 64.4 |
| 1991-Vanessa McClure, Kennedy         |              | 65.9 |
| 1990-Matilda Miranda, Teaneck         | 67.9         |      |
| 1989-Jennifer Powell, Teaneck         | 71.5         |      |
| 1988-Lynn Degelman, Ridgewood         | 67.9         |      |
| 1987-Sharon Allen, Eastside           | 64.3         |      |
| 1986-Sharon Allen, Eastside           | 66.0         |      |
| 1985-Liz Ross, Ridgewood              | 64.4         |      |
| 1984-Liz Ross, Ridgewood              | 67.3         |      |
| 1983-Carolyn Ballan, Fair Lawn        | 64.8         |      |
| 1982-Judi Palmer, Teaneck             | 64.3         |      |
| 1981-Renita Terry, Hackensack         | 62.1         |      |

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

|                     |             |
|---------------------|-------------|
| 2018-West Orange    | 49.61       |
| 2017-Ridgewood      | 50.49       |
| 2016-Ridgewood      | 49.52       |
| 2015-Passaic Tech   | 49.44       |
| 2014-West Orange    | 49.11       |
| 2013-Livingston     | 50.94       |
| <b>1980-Teaneck</b> | <b>48.6</b> |
| 1979-Teaneck        | 50.1        |
| 1978-Eastside       | 50.7        |
| 1977-Eastside       | 49.5        |
| 1978-Eastside       | 49.8        |

#### SHOT PUT (8 pound until 1979)

|                                      |               |        |
|--------------------------------------|---------------|--------|
| <b>2018-Shelby Bigsby, Montclair</b> | <b>47-6 ¼</b> |        |
| 2017-Shelby Bigsby, Montclair        | 43-10         |        |
| 2016-Amarys Berry, Hackensack        | 42-4          |        |
| 2015-Amarys Berry, Hackensack        | 42-2 ¾        |        |
| 2014-Ciara Stewart, Montclair        | 37-2 ¼        |        |
| 2013-Chinwe Igwe, West Orange        | 35-5          |        |
| 2012-Chinwe Igwe, West Orange        | 36-9 ½        |        |
| 2011-Jen Jarvis, Morris Knolls       | 39-3 ¼        |        |
| 2010-Nia Barnes, West Orange         | 35-11 ¼       |        |
| 2009-ChiChi Okoronkwo, Passaic       | 40-9 ¼        | 39-4 ½ |
| 2008-Alisha Gray, West Orange        | 39-11         |        |
| 2007-Althea Charles, West Orange     | 39-9 ½        |        |
| 2006-Lauren Abouf, Livingston        | 36-10 ½       |        |
| 2005-Jamila Morrison, Hackensack     | 40-2 ¼        |        |
| 2004-Katora Spivey, Montclair        | 35-8 ¼        |        |
| 2003-Sable Sweeper, Passaic          | 35-1 ½        |        |
| 2002-Monique Mighty, Hackensack      |               | 37-4   |
| 2001-Alexis Wood, West Milford       |               | 34-10  |
| 2000-Alexis Wood, West Milford       |               |        |
| 1999-Labelle Hillgrove, Passaic      | 41-9          |        |
| 1998-Labelle Hillgrove, Passaic      | 41-9 ½        |        |
| 1997-Nakisha Leon, Passaic           | 41-2 ½        |        |
| 1996-Nakisha Leon, Passaic           | 39-3          |        |
| 1995-Danicqua Starr, Passaic         | 40-2 ½        |        |
| 1994-Robyn Lowe, Passaic             | 39-9 ¼        |        |
| 1993-Robyn Lowe, Passaic             | 37-8 ¼        |        |
| 1992-Kacey Bowen, Teaneck            | 35-1 ½        |        |
| 1991-Heather Bunch, Kennedy          | 34-2          |        |
| 1990-Katina Johnson, Kennedy         | 37-3 ¾        |        |
| 1989-Chris Piekarz, Clifton          | 35-2 ½        |        |
| 1988-Anne Wellington, Teaneck        | 38-1          |        |
| 1987-Sue Piekarz, Clifton            | 39-3 ¼        |        |
| 1986-Susan Robinson, Kennedy         | 35-4 ½        |        |
| 1985-Kelley McKeand, Bayonne         | 35-0 ½        |        |
| 1984-Lisa Sicinski, Fair Lawn        | 37-4          |        |
| 1983-Rose Desics, Fair Lawn          | 36-9 ½        |        |
| 1982-Rose Desics, Fair Lawn          | 34-6 ½        |        |
| 1981-Lauren McManus, Teaneck         | 32-5 ¼        |        |
| 1980-Helen Vira, North Bergen        | 37-11 ½       |        |
| 1979-Sarah Miles, Ridgewood          | 39-0          |        |
| 1978-Elizabeth Williams, Teaneck     | 34-10         |        |
| 1977-Pat Klaube, North Bergen        | 35-10 ¼       |        |
| 1976-Pat Klaube, North Bergen        | 35-3 ¾        |        |

#### DISCUS

|                             |       |
|-----------------------------|-------|
| 2018-Lexi Uzoaru, Ridgewood | 125-9 |
| 2017-Lexi Uzoaru, Ridgewood | 111-6 |

|                                       |              |
|---------------------------------------|--------------|
| 2016-Amarys Berry, Hackensack         | 116-8        |
| 2015-Jennifer Odoemene, West Orange   | 123-2        |
| 2014-Monika Dlugosz, Clifton          | 108-1        |
| 2013-India Hill, Montclair            | 109-8        |
| 2012-Lisbeth Lopez, Randolph          | 115-0        |
| 2011-Jen Jarvis, Morris Knolls        | 122-3        |
| 2010-Leonora Paul, Hackensack         | 116-2        |
| 2009-Elana Lemon, West Orange         | 118-7        |
| 2008-Ashley Coleman, Passaic          | 121-8        |
| 2007-Althea Charles, West Orange      | 111-2        |
| 2006-Lauren Abuouf, Livingston        | 122-9        |
| 2005-Teresa Moore, Bloomfield         | 111-9        |
| 2004-Jana McKenzie, Montclair         | 113-5        |
| 2003-Melissa Blitzstein, West Milford | 104-7        |
| 2002-Monique Mighty, Hackensack       | 115-9        |
| 2001-Monique Mighty, Hackensack       | 130-8        |
| 2000-Shakia Wyche, Passaic            | 118-11       |
| 1999-Labelle Hillgrove, Passaic       | 126-2        |
| 1998-Labelle Hillgrove, Passaic       | 118-10       |
| 1997-Nakisha Leon, Passaic            | 120-9        |
| 1996-Nakisha Leon, Passaic            | 116-6        |
| 1995-Danicqua Starr, Passaic          | 120-7        |
| 1994-Robyn Lowe, Passaic              | 116-1        |
| 1993-Maxime Gentles, Hackensack       | 111-10       |
| 1992-Beth Crusius, Hackensack         | 104-4        |
| 1991-Tammy Jones, Teaneck             | 116-1        |
| 1990-Tammy Jones, Teaneck             | 121-8        |
| 1989-Chris Piekarz, Clifton           | 108-9        |
| 1988-Anne Wellington, Teaneck         | 120-7        |
| <b>1987-Sue Piekarz, Clifton</b>      | <b>138-0</b> |
| 1986-Sue Piekarz, Clifton             | 121-8        |
| 1985-Cardrienne McDonald, Hackensack  | 110-10       |
| 1984-Cardrienne McDonald, Hackensack  | 106-8        |
| 1983-Heather Hamilton, Passaic        | 122-7        |
| 1982-Rose Desics, Fair Lawn           | 102-9        |
| 1981-Kim Tyler, Hackensack            | 101-8        |
| 1980-Monica Vollmin, Wayne Valley     | 114-6        |
| 1979-Felicia Lee, Teaneck             | 107-11       |
| 1978-Darcy Baumann, Bergenfield       | 107-9        |
| 1977-Felicia Lee, Teaneck             | 101-1        |
| 1976-Lisa DiBisciglie, Memorial       | 113-1        |

## JAVELIN

|                                       |              |
|---------------------------------------|--------------|
| 2018-Nicole Sacchinelli, Fair Lawn    | 133-11       |
| 2017-Aichi Naouai, Bloomfield         | 118-7        |
| 2016-Courtney McHugh, Randolph        | 126-1        |
| 2015-Anne Werner, Livingston          | 111-11       |
| 2014-Jenn Su, Livingston              | 121-8        |
| 2013-Illissa Blackshear, West Orange  | 120-6        |
| 2012-Illissa Blackshear, West Orange  | 123-5        |
| <b>2011-Nia Barnes, West Orange</b>   | <b>154-5</b> |
| 2010-Nia Barnes, West Orange          | 127-7        |
| 2009-Nia Barnes, West Orange          | 114-4        |
| 2008-Stephanie Cozzolongo, Bloomfield | 127-9        |
| 2007-Jaclyn Wypler, Ridgewood         | 132-5        |
| 2006-Lauren Abuouf, Livingston        | 120-1        |
| 2005-Brynn Rosser, Hackensack         | 121-6        |
| 2004-Stephanie Petine, Bloomfield     | 139-7        |
| 2003-Tina Lindsay, Eastside           | 120-6        |
| 2002-Tina Lindsay, Eastside           | 139-1        |
| 2001-Joanna Borawski, Bayonne         | 128-8        |
| 2000-Lindsay Van Zile, West Milford   | 106-8        |

|  |        |        |
|--|--------|--------|
| 1999-Gwen Scanel, Hackensack               | 119-11 |        |
| 1998-Sara Schecter, West Milford           |        | 105-2  |
| 1997-Karen Cassetta, Hackensack            |        | 104-0  |
| 1996-Karen Cassetta, Hackensack            |        | 102-11 |
| 1995-Leanne Fallicaro, Fair Lawn           |        | 98-1   |
| 1994-Tara Chapin, Lakeland                 | 98-11  |        |
| 1993-Tina Gennat, Fair Lawn                | 117-5  |        |
| 1992-Lawanda Shepard, Teaneck              |        | 103-2  |
| 1991-Jen Pfaff, Hackensack                 | 102-1  |        |
| 1990-Amy Titus, Ridgewood                  | 105-4  |        |
| 1989-Amy Titus, Ridgewood                  | 93-10  |        |
| 1988-Tammy Rayevich, Ridgewood             | 103-5  |        |
| 1987-Jane Murphy, West Milford             |        | 114-7  |
| 1986-Lisa Barclay, Fair Lawn               | 104-9  |        |
| 1985-Marci Capitani, Ridgewood             |        | 116-0  |
| 1984-Kris Lapsley, Fair Lawn               | 106-0  |        |
| 1983-Kris Lapsley, Fair Lawn               | 95-11  |        |
| 1982-Mary Ellen Ballentine, Passaic Valley | 102-11 |        |
| 1981-Lori Weaver, Bloomfield               | 112-2  |        |
| 1980-Michelle Ziegler, Kearny              | 132-8  |        |
| 1979-Michelle Ziegler, Kearny              | 111-5  |        |
| 1978-Michelle Ziegler, Kearny              | 105-8  |        |
| 1977-Michelle Ziegler, Kearny              | 105-5  |        |
| 1976-Lauren Connell, Wayne Valley          | 93-8   |        |

## HIGH JUMP

|   |            |     |
|---|------------|-----|
| 2018-Ellie Veenhof, Ridgewood             | 5-4        |     |
| 2017-Meghan O'Malley, Randolph            | 5-5        |     |
| 2016-Angel Rowe, Passaic Tech             | 5-0        |     |
| 2015-Osasha London, Livingston            |            | 5-2 |
| <b>2014-Breaisha Morton, Passaic Tech</b> | <b>5-6</b> |     |
| 2013-Breaisha Morton, Passaic Tech        | 5-4        |     |
| 2012-Breaisha Morton, Passaic Tech        | 5-2        |     |
| 2011-Sarah DeVita, Ridgewood              | 5-0        |     |
| 2010-Kara Scheideler, Randolph            | 5-0        |     |
| 2009-Daequanna Owen, Hackensack           | 5-0        |     |
| 2008-Kristen Venning, Clifton             | 5-3        |     |
| 2007-Teya Wright, Eastside                | 5-2        |     |
| 2006-Kristen Venning, Clifton             | 5-0        |     |
| 2005-Chelsea Townes, Hackensack           | 5-0        |     |
| 2004-Essence Carson, Eastside             | 5-4        |     |
| 2003-Sarissa Gaskins, Passaic Tech        | 5-2        |     |
| 2002-Amy Weiss, West Milford              | 5-0        |     |
| 2001-Heather Roessler, Kearny             | 5-0        |     |
| 2000-Yocasta Garcia, Passaic              | 5-2        |     |
| 1999-Nicole Brown, Teaneck                | 5-4        |     |
| 1998-Bridgette Atkinson, Hackensack       | 5-0        |     |
| 1997-Bridgette Atkinson, Hackensack       | 5-2        |     |
| 1996-Delcita Russell, Hackensack          | 5-0        |     |
| 1995-Julie Denisenko, Fair Lawn           | 5-0        |     |
| 1994-Julie Denisenko, Fair Lawn           | 5-0        |     |
| 1993-Michele Dudzinski, Passaic Valley    | 5-0        |     |
| 1992-Michele Dudzinski, Passaic Valley    | 5-4 ½      |     |
| 1991-Cassandra Grant, Passaic             | 5-0        |     |
| 1990-Tanya Scott, Passaic                 | 5-0        |     |
| 1989-Melinda Hyer, Fair Lawn              | 4-8        |     |
| 1988-Gwen Manning, Passaic Tech           | 5-2        |     |
| 1987-Lauren Singleton, Teaneck            | 5-4        |     |
| 1986-Lauren Singleton, Teaneck            | 5-0        |     |
| 1985-Lauren Singleton, Teaneck            | 5-2        |     |
| 1984-Wendy Hawthorne, Ridgewood           | 5-2        |     |
| 1983-Kathy Granata, Ridgewood             | 5-2        |     |

|                                |     |
|--------------------------------|-----|
| 1982-Sue McMurdy, Wayne Valley | 5-4 |
| 1981-Sue McMurdy, Wayne Valley | 5-4 |
| 1980-Lauren McManus, Teaneck   | 5-1 |
| 1979-Terri Wolfe, Fair Lawn    | 5-1 |
| 1978-Terri Wolfe, Fair Lawn    | 5-1 |
| 1977-Althea Davidson, Kennedy  | 5-1 |
| 1976-Becky Deetz, Ridgewood    | 5-4 |

## LONG JUMP

|   |             |        |
|---|-------------|--------|
| 2018-Alenys Morales, Clifton              | 17-6        |        |
| 2017-Meghan O'Malley, Randolph            | 17-6        |        |
| 2016-Tymia Joseph, Morris Knolls          | 18-8 ¼      |        |
| 2015-Anaiah Hodge, Bloomfield             | 17-8 ¼      |        |
| 2014-Tymia Joseph, Morris Knolls          | 16-10 ¼     |        |
| 2013-Zahtae Mouzone, Passaic              | 16-6 ¼      |        |
| 2012-Aliyah Huland El, Randolph           | 16-11 ¼     |        |
| 2011-Taylor Newman, Montclair             | 17-6        |        |
| 2010-Taylor Newman, Montclair             | 17-3 ¾      |        |
| 2009-Shantal Athill, Montclair            | 17-9 ½      |        |
| 2008-Shantal Athill, Montclair            | 18-4        |        |
| 2007-Evana Edwards, Hackensack            | 18-0 ¼      |        |
| <b>2006-Consandria Walker, Hackensack</b> | <b>18-5</b> |        |
| 2005-Pari Hashemi, Randolph               | 18-1        |        |
| 2004-Essence Carson, Eastside             | 17-1        |        |
| 2003-Trish McGowan, Ridgewood             | 16-4 ¼      |        |
| 2002-Caitlyn Fiocchi, Ridgewood           |             | 17-0 ½ |
| 2001-Tawana Watkins, Kennedy              | 16-4        |        |
| 2000-Yocasta Garcia, Passaic              | 16-4        |        |
| 1999-Megan Patrono, West Milford          | 16-10       |        |
| 1998-Mary Luallen, West Milford           |             | 16-2 ½ |
| 1997-Alicia Mazepa, Clifton               | 17-4        |        |
| 1996-Courtney Wicks, Wayne Hills          | 17-1        |        |
| 1995-Tonia Clarke, Ridgewood              | 16-6        |        |
| 1994-Denise Clarke, North Bergen          | 17-0        |        |
| 1993-Natasha Williams, Passaic            | 16-7        |        |
| 1992-Cassandra Grant, Passaic             | 18-3 ¾      |        |
| 1991-Teri Martin, Hackensack              | 18-0 ¾      |        |
| 1990-Teri Martin, Hackensack              | 17-0        |        |
| 1989-Jennifer McDermott, Ridgewood        | 18-2 ½      |        |
| <b>1988-Jennifer McDermott, Ridgewood</b> | <b>18-5</b> |        |
| 1987-Sharon Allen, Eastside               | 17-5        |        |
| 1986-Regina Ladson, Eastside              | 15-10 ¾     |        |
| 1985-Marcia Ramsey, Eastside              | 17-3        |        |
| 1984-Kristi Winters, Teaneck              | 16-1        |        |
| 1983-Juana Fernandez, Memorial            |             | 16-6   |
| 1982-Pam O'Garro, Teaneck                 | 17-1 ½      |        |
| 1981-Lisa Washington, Kennedy             | 18-3 ½      |        |
| 1980-Karen Gaines, Teaneck                | 18-0 ½      |        |
| 1979-Caroline Morris, Hackensack          | 18-0        |        |
| 1978-Caroline Morris, Hackensack          | 16-0 ½      |        |
| 1977-Gwen Huntley, Eastside               | 15-10       |        |
| 1976-Becky Deetz, Ridgewood               | 16-9        |        |

## TRIPLE JUMP

|                                   |         |
|-----------------------------------|---------|
| 2018-Meghan O'Malley, Randolph    | 36-9 ¼  |
| 2017-Meghan O'Malley, Randolph    | 36-6 ¼  |
| 2016-Angel Rowe, Passaic Tech     | 36-2    |
| 2015-Angel Rowe, Passaic Tech     | 35-10 ¾ |
| 2014-Aliyah Huland El, Randolph   | 37-7 ½  |
| 2013-Aliyah Huland El, Randolph   | 36-0 ½  |
| 2012-Ianna McGregor, Kennedy      | 35-7 ¾  |
| 2011-Kristina Mondesir, Montclair | 36-10 ½ |

|   |             |
|---|-------------|
| 2010-Jaivairia Bacote, Kennedy            | 37-7 ¼      |
| 2009-Jaivairia Bacote, Kennedy            | 35-4        |
| 2008-Shanai Heber, Kennedy                | 38-4 ¼      |
| 2007-Brooke Bogart, Ridgewood             | 36-0        |
| <b>2006-Consandria Walker, Hackensack</b> | <b>39-8</b> |
| 2005-Consandria Walker, Hackensack        | 35-10       |
| 2004-Brooke Bogart, Ridgewood             | 33-2 ¾      |
| 2003-Trish McGowan, Ridgewood             | 36-2 ½      |

## POLE VAULT

|                                      |               |             |
|--------------------------------------|---------------|-------------|
| 2018-Sydney Shannon, Passaic Tech    | 11-0          |             |
| 2017-Nicole Lester, Ridgewood        | 11-0          |             |
| 2016-Nicole Lester, Ridgewood        | 11-0          |             |
| 2015-Kari DiTonno, Livingston        | 9-9           |             |
| 2014-Jenn Su, Livingston             | 10-0          |             |
| 2013-Tara Liska, Roxbury             | 9-3 (jumpoff) |             |
| 2012-Tess Ehrlich, Livingston        | 11-0          |             |
| <b>2011-Kayla Polcari, Ridgewood</b> |               | <b>12-0</b> |
| 2010-Emily Urciuoli, Clifton         | 11-6          |             |
| 2009-Emily Urciuoli, Clifton         | 11-6          |             |
| 2008-Emily Urciuoli, Clifton         | 11-6 ½        |             |
| 2007-Annie Polcari, Ridgewood        | 11-0          |             |
| 2006-Rachel Joseph, Livingston       | 11-0          |             |
| 2005-Cassie Wong, Ridgewood          | 11-6          |             |
| 2004-Kerri Norton, Ridgewood         | 10-6          |             |
| 2003-Evann Borgmann, Ridgewood       | 9-9           |             |

## 1600 METER RELAY (one mile until 1979)

|                    |         |
|--------------------|---------|
| 2018-Montclair     | 3:58.44 |
| 2017-Montclair     | 3:59.02 |
| 2016-Montclair     | 3:55.30 |
| 2015-West Orange   | 3:59.30 |
| 2014-Randolph      | 4:07.13 |
| 2013-Ridgewood     | 4:04.23 |
| 2012-West Orange   | 3:58.97 |
| 2011-Ridgewood     | 4:02.38 |
| 2010-Passaic Tech  | 3:56.57 |
| 2009-Passaic Tech  | 3:57.70 |
| 2008-Passaic Tech  | 4:03.07 |
| 2007-Ridgewood     | 3:55.79 |
| 2006-Kennedy       | 3:56.4  |
| 2005-Morris Knolls | 3:59.3  |
| 2004-Randolph      | 3:57.0  |
| 2003-Ridgewood     | 4:08.5  |
| 2002-Passaic Tech  | 4:03.5  |
| 2001-Ridgewood     | 4:08.8  |
| 2000-Passaic Tech  | 4:04.8  |
| 1999-Passaic       | 3:56.4  |
| 1998-Teaneck       | 4:07.0  |
| 1997-Teaneck       | 3:58.6  |
| 1996-Eastside      | 4:01.4  |
| 1995-Teaneck       | 4:06.3  |
| 1994-Ridgewood     | 4:10.5  |
| 1993-Kennedy       | 4:01.7  |
| 1992-Hackensack    | 4:03.8  |
| 1991-Teaneck       | 4:03.9  |
| 1990-Teaneck       | 4:02.0  |
| 1989-Teaneck       | 4:05.5  |
| 1988-Ridgewood     | 4:01.7  |
| 1987-Ridgewood     | 4:05.4  |
| 1986-Eastside      | 4:01.5  |
| 1985-Ridgewood     | 4:04.5  |

|                      |               |
|----------------------|---------------|
| 1984-Ridgewood       | 4:05.2        |
| 1983-Eastside        | 4:07.7        |
| 1982-Eastside        | 3:59.7        |
| <b>1981-Eastside</b> | <b>3:53.6</b> |
| 1980-Snyder          | 3:56.5        |
| 1979-Snyder          | 4:03.7        |
| 1978-Teaneck         | 4:11.6        |
| 1977-Snyder          | 4:10.0        |
| 1976-Wayne Hills     | 4:11.9        |

### 3200 METER RELAY

|                       |                |
|-----------------------|----------------|
| 2018-Ridgewood        | 9:35.69        |
| 2017-Randolph         | 9:36.59        |
| <b>2016-Ridgewood</b> | <b>9:32.84</b> |
| 2015-Randolph         | 9:43.73        |
| 2014-Montclair        | 9:48.42        |
| 2013-Randolph         | 9:58.90        |

## GIRLS GROUP 3

### *Top Three Teams*

|  |
|--|
| 2018-Northern Highlands 94 ½, Ramapo 93, Old Tappan 88       |
| 2017-Northern Highlands 110, West Essex 87, Old Tappan 59    |
| 2016-Northern Highlands 92, Teaneck 62, Montville 60         |
| 2015-Northern Highlands 126, River Dell 107, Teaneck 64      |
| 2014-Northern Highlands 81, Ramapo 63, River Dell 54         |
| 2013-Northern Highlands 83, Mount Olive 64 ½, Jefferson 59 ½ |
| 2012-Teaneck 74, Northern Highlands 64, Sparta 56            |
| 2011-Sparta 90, Teaneck 82, Northern Highlands 53            |
| 2010-Sparta 108, Teaneck 82, Demarest 38 ½                   |
| 2009-Teaneck 82, Morris Knolls 62, Demarest 53               |
| 2008-Ramapo 87 ¼, Teaneck 75, Roxbury 64                     |
| 2007-Ramapo 106 ½, Northern Highlands 50, Teaneck 44         |
| 2006-Ramapo 78, Northern Highlands 61, Old Tappan 50         |
| 2005-Teaneck 91, Mount Olive 67, Old Tappan 47               |
| 2004-Morris Knolls 76, Teaneck 62, Old Tappan 59             |
| 2003-Sparta 63, Wayne Valley 61, Old Tappan 58               |
| 2002-Demarest 81, Old Tappan 52, Passaic Valley 46           |
| 2001-Demarest 72, High Point 62, Old Tappan 59               |
| 2000-Pascack Valley 90, Demarest 78, River Dell 44           |
| 1999-Cliffside Park 83 ½, Demarest 63, Northern Highlands 38 |
| 1998-Demarest 63, Pascack Valley 42, Snyder 39               |
| 1997-Demarest 77 ½, Old Tappan 52, Garfield 38               |
| 1996-Sparta 55, River Dell 44, Tenafly 42                    |
| 1995-Ramsey 92, Wayne Valley 86, Demarest 53                 |
| 1994- <b>Wayne Valley 117</b> , Ramsey 110, High Point 46    |
| 1993-Wayne Valley 93, Ramsey 53, Sparta 50                   |
| 1992-Wayne Valley 96, Old Tappan 58, Pascack Valley 42       |
| 1991-Pascack Valley 28, Snyder 23, Sparta 21                 |
| 1990-Pascack Valley 40.33, Dumont 31, Sparta 26              |
| 1989-Wayne Valley 43, Westwood 28, Sparta 26                 |
| 1988-Wayne Valley 40, High Point 21, Ramapo 19               |
| 1987-Wayne Valley 38, Ramapo 29, Pascack Valley 23           |
| 1986-Wayne Valley 36, Ramapo 28, Vernon 22                   |
| 1985-Old Tappan 38 ½, Wayne Valley 36, Westwood 29           |
| 1984-Old Tappan 30, Pascack Valley 28, Bergenfield 24        |
| 1983-Westwood 44, Bergenfield 31, Englewood 26               |
| 1982-Westwood 37 ½, Englewood 24, Pascack Valley 22 ½        |
| 1981-Lincoln 37, Westwood 29, Englewood 28                   |
| 1980-Westwood 35, Hoboken 31, Ferris 19                      |
| 1979-Lincoln 38, Westwood 34 ½, Indian Hills 26 ½            |



1978-Ramsey 43, Lincoln 30, Ferris 26  
 1977-Lincoln 45, Fort Lee 26, Ramsey 22  
 1976-Cliffside Park 35, West Milford 34, Ramsey 33

### 100 METERS (100 yards until 1979)

|  |              |      |
|--|--------------|------|
| 2018-Jordan Mayo, Tenafly                | 12.21        |      |
| 2017-Hailey Blum, West Essex             | 12.49        |      |
| 2016-Olivia Florio, Northern Highlands   | 12.11        |      |
| 2015-Olivia Florio, Northern Highlands   | 12.31        |      |
| 2014-Keturah Orji, Mount Olive           | 12.43        |      |
| 2013-Keturah Orji, Mount Olive           | 12.29        |      |
| 2012-Kahlia Taylor, Teaneck              | 12.15        |      |
| 2011-Julia Rizio, Montville              | 12.51        |      |
| 2010-Tara Ruddy, Sparta                  | 12.50        |      |
| 2009-Tiffany Mills, Teaneck              | 12.55        |      |
| <b>2008-Janay Mitchell, Teaneck</b>      | <b>12.05</b> |      |
| 2007-Janay Mitchell, Teaneck             | 12.62        |      |
| 2006-Amy Salek, Ramapo                   | 12.5         |      |
| 2005-Jacqueline Sendzikoski, Mount Olive | 12.0         |      |
| 2004-Alison DiDomenico, Passaic Valley   | 12.2         |      |
| 2003-Jessica Perkel, Old Tappan          | 12.6         |      |
| 2002-Latasha Jackson, Garfield           | 12.5         |      |
| 2001-Alana Casner, Tenafly               | 12.7         |      |
| 2000-Jamie Lilien, Pascack Valley        | 12.5         |      |
| 1999-Nicole Parkinson, Bergen Tech       | 12.5         |      |
| 1998-Natasha D'Souza, Bergenfield        | 12.7         |      |
| 1997-Natasha D'Souza, Bergenfield        | 12.8         |      |
| 1996-Mary O'Neil, River Dell             | 12.3         |      |
| 1995-Mary O'Neil, River Dell             | 12.6         |      |
| 1994-Erika Albies, Pascack Valley        | 12.6         |      |
| 1993-Jen Roy, Wayne Valley               | 12.4         |      |
| 1992-Jen Roy, Wayne Valley               | 12.5         |      |
| 1991-Jen Ladson, Snyder                  | 12.7         |      |
| 1990-Pam Buchwald, Tenafly               | 13.2         |      |
| 1989-Gily Dishon, Tenafly                | 12.1         |      |
| 1988-Sara Pieri, Ramapo                  | 12.5         |      |
| 1987-Sara Pieri, Ramapo                  | 12.5         |      |
| 1986-Sara Pieri, Ramapo                  | 12.3         |      |
| 1985-Kim Baumbach, Pascack Valley        | 12.9         |      |
| 1984-Jacqueline Redmond, Lincoln         | 12.2         |      |
| 1983-Lisa Alexander, Englewood           |              | 12.6 |
| 1982-Kathy Black, Sparta                 | 12.9         |      |
| 1981-Lori Soley, Westwood                | 12.4         |      |
| 1980-Brenda Bottoms, Hoboken             | 12.6         |      |
| 1979-Judy Davis, Lincoln                 | 11.5         |      |
| 1978-Judy Davis, Lincoln                 | 11.4         |      |
| 1977-Diane Horowitz, Fort Lee            | 11.4         |      |
| 1976-Joann Starr, Pascack Valley         |              | 11.7 |

### 200 METERS (220 yards until 1979)

|  |              |
|--|--------------|
| 2018-Grace Smiechowski, Northern Highlands | 25.40        |
| 2017-Olivia Florio, Northern Highlands     | 25.10        |
| 2016-Olivia Florio, Northern Highlands     | 25.15        |
| 2015-Aminah Sarraga, Teaneck               | 25.51        |
| 2014-Lauren Brzozowski, Ramapo             | 25.38        |
| 2013-Keturah Orji, Mount Olive             | 25.44        |
| 2012-Kahlia Taylor, Teaneck                | 24.89        |
| 2011-Julia Rizio, Montville                | 25.65        |
| 2010-Tara Ruddy, Sparta                    | 25.83        |
| 2009-Tara Ruddy, Sparta                    | 26.36        |
| <b>2008-Janay Mitchell, Teaneck</b>        | <b>24.42</b> |
| 2007-Amy Salek, Ramapo                     | 25.49        |

|  |      |      |
|--|------|------|
| 2006-Amy Salek, Ramapo                   | 25.9 |      |
| 2005-Jacqueline Sendgikoski, Mount Olive | 26.3 |      |
| 2004-Alison DeDomenico, Passaic Valley   | 25.6 |      |
| 2003-Jessica Perkel, Old Tappan          | 26.1 |      |
| 2002-Alison DeDomenico, Passaic Valley   | 26.2 |      |
| 2001-Christine Wentzler, Old Tappan      | 26.7 |      |
| 2000-Christine Siebold, Demarest         |      | 26.7 |
| 1999-Jackie Babbini, Cliffside Park      | 25.5 |      |
| 1998-Nicole Parkinson, Bergen Tech       | 26.3 |      |
| 1997-Carmen Tsang, Indian Hills          |      | 27.0 |
| 1996-Audra Irwin, Hopatcong              | 25.8 |      |
| 1995-Mary O'Neil, River Dell             | 25.6 |      |
| 1994-Jen Roy, Wayne Valley               | 25.9 |      |
| 1993-Denita Allen, Cliffside Park        |      | 27.4 |
| 1992-Jennifer Metz, Pascack Valley       | 26.3 |      |
| 1991-Jen Ladson, Snyder                  | 26.6 |      |
| 1990-Pam Buchwald, Tenafly               | 27.4 |      |
| 1989-Gily Dishon, Tenafly                | 25.6 |      |
| 1988-Sara Pieri, Ramapo                  | 25.6 |      |
| 1987-Sara Pieri, Ramapo                  | 26.3 |      |
| 1986-Sara Pieri, Ramapo                  | 26.0 |      |
| 1985-Aileen Trendler, Old Tappan         | 26.0 |      |
| 1984-Jacqueline Redmond, Lincoln         | 25.9 |      |
| 1983-Lisa Alexander, Englewood           |      | 26.3 |
| 1982-Sonya Dickson, Lincoln              | 25.8 |      |
| 1981-Yvonne Evans, Lincoln               | 25.5 |      |
| 1980-Lori Morton, Westwood               | 25.8 |      |
| 1979-Judy Davis, Lincoln                 | 26.0 |      |
| 1978-Doreen Kris, Ramsey                 | 26.4 |      |
| 1977-Linda Pickering, Lincoln            | 26.2 |      |
| 1976-Doreen Kris, Ramsey                 | 25.6 |      |

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

|   |              |      |
|---|--------------|------|
| <b>2018-Reanda Richards, West Essex</b> | <b>55.45</b> |      |
| 2017-Reanda Richards, West Essex        | 56.05        |      |
| 2016-Lexi DelGizzo, Tenafly             | 56.47        |      |
| 2015-Aminah Sarraga, Teaneck            | 57.18        |      |
| 2014-Lauren Brzozowski, Ramapo          | 56.75        |      |
| 2013-Emma Sullivan, Northern Highlands  | 57.92        |      |
| 2012-Jen Silvestri, Sparta              | 57.09        |      |
| 2011-Erika Veidis, Sparta               | 55.68        |      |
| <b>2010-Erika Veidis, Sparta</b>        | <b>55.47</b> |      |
| 2009-Katelyn Ary, Demarest              | 58.35        |      |
| 2008-Amy Salek, Ramapo                  | 56.26        |      |
| 2007-Amy Salek, Ramapo                  | 57.00        |      |
| 2006-Amy Salek, Ramapo                  | 56.9         |      |
| 2005-Michelle Smith, Teaneck            | 57.8         |      |
| 2004-Michelle Smith, Teaneck            | 57.0         |      |
| 2003-Jessica Perkel, Old Tappan         | 59.7         |      |
| 2002-Alison DeDomenico, Passaic Valley  | 58.9         |      |
| 2001-Caitlin Sherry, River Dell         | 58.4         |      |
| 2000-Christine Siebold, Demarest        |              | 59.1 |
| 1999-Jackie Babbini, Cliffside Park     | 59.4         |      |
| 1998-Brittney Saunders, Fort Lee        | 61.1         |      |
| 1997-Shynelle Long, Lincoln             | 61.3         |      |
| 1996-Krista Saunders, Fort Lee          | 60.5         |      |
| 1995-Marcia Bhagwandin, Ramsey          | 59.3         |      |
| 1994-Jen Roy, Wayne Valley              | 57.7         |      |
| 1993-Jen Roy, Wayne Valley              | 60.7         |      |
| 1992-Jen Roy, Wayne Valley              | 60.1         |      |
| 1991-Jen Metz, Pascack Valley           | 58.5         |      |
| 1990-Jen Metz, Pascack Valley           | 58.7         |      |

|                                   |      |
|-----------------------------------|------|
| 1989-Lisa Berkowitz, Wayne Valley | 61.5 |
| 1988-Sharlene Millwood, Englewood | 59.3 |
| 1987-Sharlene Millwood, Englewood | 58.5 |
| 1986-Sharlene Millwood, Englewood | 59.9 |
| 1985-Aileen Trendler, Old Tappan  | 59.3 |
| 1984-Sonya Dickson, Lincoln       | 57.4 |
| 1983-Maria Nordberg, Bergenfield  | 59.6 |
| 1982-Sonya Dickson, Lincoln       | 56.7 |
| 1981-Sonya Dickson, Lincoln       | 57.9 |
| 1980-Kathy Jackson, Ferris        | 59.5 |
| 1979-Linda Richardson, Lincoln    | 58.9 |
| 1978-Marion Davis, Lincoln        | 58.1 |
| 1977-Marion Davis, Lincoln        | 58.1 |
| 1976-Doreen Kris, Ramsey          | 57.7 |

### 800 METERS (880 yards until 1979)

|  |                |         |
|--|----------------|---------|
| 2018-Caroline O'Sullivan, Old Tappan             | 2:13.69        |         |
| 2017-Lexi DelGizzo, Tenafly                      | 2:14.45        |         |
| 2016-Caroline O'Sullivan, Old Tappan             | 2:13.12        |         |
| 2015-Catherine Pagano, Northern Highlands        |                | 2:14.07 |
| <b>2014-Catherine Pagano, Northern Highlands</b> | <b>2:10.96</b> |         |
| 2013-Madison Holleran, Northern Highlands        |                | 2:12.76 |
| 2012-Claudia DiSomma, Sparta                     | 2:13.03        |         |
| 2011-Erika Veidis, Sparta                        | 2:15.31        |         |
| 2010-Erika Veidis, Sparta                        | 2:13.78        |         |
| 2009-Katelyn Ary, Demarest                       | 2:18.66        |         |
| 2008-Ariann Neutts, Roxbury                      | 2:16.04        |         |
| 2007-Kesley Ramsey, Ramapo                       | 2:13.71        |         |
| 2006-Jess Setless, Paramus                       | 2:19.1         |         |
| 2005-Cheyenne Ogletree, Garfield                 | 2:17.9         |         |
| 2004-Lauren Gregory, Morris Knolls               | 2:16.9         |         |
| 2003-Julia Emanuel, Tenafly                      | 2:17.2         |         |
| 2002-Tara Connelly, Pascack Valley               | 2:19.4         |         |
| 2001-Felicia Phiefer, Ramapo                     | 2:23.4         |         |
| 2000-Laura Hemmert, Northern Highlands           | 2:23.6         |         |
| 1999-ChiChi Okere, Snyder                        | 2:21.8         |         |
| 1998-Glainedouch Figaro, Snyder                  | 2:23.4         |         |
| 1997-Caitlin Wittreich, Tenafly                  | 2:18.0         |         |
| 1996-Caitlin Wittreich, Tenafly                  | 2:16.8         |         |
| 1995-Caitlin Wittreich, Tenafly                  | 2:16.2         |         |
| 1994-Dana Satir, Ramsey                          | 2:19.8         |         |
| 1993-Adria Ferguson, Old Tappan                  | 2:21.6         |         |
| 1992-Jen Metz, Pascack Valley                    | 2:17.1         |         |
| 1991-Jen Metz, Pascack Valley                    | 2:18.2         |         |
| 1990-Jen Metz, Pascack Valley                    | 2:21.3         |         |
| 1989-Lisa Berkowitz, Wayne Valley                | 2:19.6         |         |
| 1988-Sharlene Millwood, Englewood                | 2:20.7         |         |
| 1987-Catherine Feeney, Wayne Valley              | 2:19.2         |         |
| 1986-Jen Van Horn, Wayne Valley                  | 2:21.4         |         |
| 1985-Toni Ann Angione, Bergenfield               | 2:14.0         |         |
| 1984-Toni Ann Angione, Bergenfield               | 2:20.8         |         |
| 1983-Maria Nordberg, Bergenfield                 | 2:23.0         |         |
| 1982-Stephanie Witt, Pascack Valley              | 2:20.1         |         |
| 1981-Maria Nordberg, Bergenfield                 | 2:22.2         |         |
| 1980-Gwen White, Hoboken                         | 2:18.7         |         |
| 1979-Geri Pomerantz, Westwood                    | 2:24.1         |         |
| 1978-Lesa Maloof, Ramsey                         | 2:18.9         |         |
| 1977-Tina McMillan, Ferris                       | 2:22.2         |         |
| 1976-Linda Richardson, Lincoln                   | 2:23.3         |         |

### 1600 METERS (one mile until 1979)

|                                      |         |
|--------------------------------------|---------|
| 2018-Caroline O'Sullivan, Old Tappan | 5:08.49 |
|--------------------------------------|---------|

|  |                |         |
|--|----------------|---------|
| 2017-Caroline O'Sullivan, Old Tappan             | 5:04.24        |         |
| 2016-Caroline O'Sullivan, Old Tappan             | 5:06.15        |         |
| 2015-Catherine Pagano, Northern Highlands        |                | 4:50.59 |
| <b>2014-Catherine Pagano, Northern Highlands</b> | <b>4:49.42</b> |         |
| 2013-Josette Norris, Tenafly                     | 4:54.03        |         |
| 2012-Emily Bushey, Sparta                        | 4:58.15        |         |
| 2011-Claudia DiSomma, Sparta                     | 4:56.72        |         |
| 2010-Claudia DiSomma, Sparta                     | 4:50.86        |         |
| 2009-Victoria Berard, Morris Knolls              | 5:10.33        |         |
| 2008-Ashley Cromartie, Roxbury                   |                | 4:56.31 |
| 2007-Kesley Ramsey, Ramapo                       | 5:00.92        |         |
| 2006-Kesley Ramsey, Ramapo                       | 5:02.9         |         |
| 2005-Cheyenne Ogletree, Garfield                 | 5:11.6         |         |
| 2004-Lauren Gregory, Morris Knolls               | 5:09.0         |         |
| 2003-Julia Emanuel, Tenafly                      | 5:02.9         |         |
| 2002-Andrea Rovegno, Ramapo                      | 5:12.6         |         |
| 2001-Dianna Russini, Old Tappan                  | 5:13.0         |         |
| 2000-Briana Bayersdorfer, River Dell             | 5:20.2         |         |
| 1999-Fredyla Urena, Cliffside Park               | 5:26.0         |         |
| 1998-Meghan O'Toole, Garfield                    | 5:24.4         |         |
| 1997-Kelly Ortiz, Paramus                        | 5:24.7         |         |
| 1996-Kate Cosgriff, Tenafly                      | 5:26.2         |         |
| 1995-Beth Crenshaw, Wayne Valley                 | 5:13.7         |         |
| 1994-Dana Satir, Ramsey                          | 5:13.3         |         |
| 1993-Cara Madzy, Sparta                          | 5:20.6         |         |
| 1992-Amy Mizzone, Wayne Valley                   | 5:20.5         |         |
| 1991-Christina Asquith, Ramsey                   | 5:15.7         |         |
| 1990-Catherine Feeney, Wayne Valley              | 5:15.8         |         |
| 1989-Catherine Feeney, Wayne Valley              | 5:18.1         |         |
| 1988-Amy Kempf, Paramus                          | 5:08.6         |         |
| 1987-Catherine Feeney, Wayne Valley              | 5:25.6         |         |
| 1986-Jen Van Horn, Wayne Valley                  | 5:10.8         |         |
| 1985-Jen Van Horn, Wayne Valley                  | 5:09.4         |         |
| 1984-Toni Ann Angione, Bergenfield               | 5:08.3         |         |
| 1983-Toni Ann Angione, Bergenfield               | 5:11.0         |         |
| 1982-Tricia O'Connor, Dumont                     | 5:15.9         |         |
| 1981-Pattie McCluskey, Dumont                    | 4:44.2 (1500)  |         |
| 1980-Pattie McCluskey, Dumont                    | 4:41.7 (1500)  |         |
| 1979-Mary Ellen McGowan, Pascack Valley          |                | 5:17.0  |
| 1978-Michelle Guido, Paramus Catholic            | 5:10.4         |         |
| 1977-Michelle Guido, Paramus Catholic            | 5:23.5         |         |
| 1976-NEEDED                                      |                |         |

### 3200 METERS (two miles until 1979)

|   |                 |          |
|---|-----------------|----------|
| 2018-Monica Hebner, Northern Highlands    | 10:53.76        |          |
| 2017-Monica Hebner, Northern Highlands    | 10:59.54        |          |
| 2016-Cassandra Harasts, Montville         | 11:32.11        |          |
| 2015-Catherine Pagano, Northern Highlands |                 | 10:45.33 |
| 2014-Josette Norris, Tenafly              | 10:38.14        |          |
| <b>2013-Josette Norris, Tenafly</b>       | <b>10:29.13</b> |          |
| 2012-Sarah DiSanza, High Point            | 11:07.26        |          |
| 2011-Claudia DiSomma, Sparta              | 11:28.07        |          |
| 2010-Claudia DiSomma, Sparta              | 10:57.33        |          |
| 2009-Victoria Berard, Morris Knolls       | 11:26.97        |          |
| 2008-Lauren Penney, Roxbury               | 11:07.50        |          |
| 2007-Kesley Ramsey, Ramapo                | 11:12.67        |          |
| 2006-Kesley Ramsey, Ramapo                | 11:10.6         |          |
| 2005-Kesley Ramsey, Ramapo                | 11:28.8         |          |
| 2004-Lauren Berard, Morris Knolls         | 11:25.3         |          |
| 2003-Jesse Mizzone, Passaic Valley        | 10:43.5         |          |
| 2002-Jesse Mizzone, Passaic Valley        | 11:25.2         |          |
| 2001-Jesse Mizzone, Passaic Valley        | 11:06.3         |          |

|                                     |                |
|-------------------------------------|----------------|
| 2000-Stephanie Davis, Old Tappan    | 11:30.4        |
| 1999-Fredyla Urena, Cliffside Park  | 11:58.0        |
| 1998-Meghan O'Toole, Garfield       | 11:38.3        |
| 1997-Jen Cannistra, Sparta          | 11:40.5        |
| 1996-Jen Cannistra, Sparta          | 11:22.7        |
| 1995-Beth Crenshaw, Wayne Valley    | 10:44.8        |
| 1994-Beth Crenshaw, Wayne Valley    | 11:01.6        |
| 1993-Amy Mizzone, Wayne Valley      | 11:28.5        |
| 1992-Cara Madzy, Sparta             | 12:05.4        |
| 1991-Jen Mackey, Sparta             | 11:56.4        |
| 1990-Catherine Feeney, Wayne Valley | 11:04.4        |
| 1989-Catherine Feeney, Wayne Valley | 11:38.6        |
| 1988-Amy Kempf, Paramus             | 10:57.4        |
| 1987-Alicia St. John, Ramapo        | 11:30.8        |
| 1986-Jen Van Horn, Wayne Valley     | 11:27.4        |
| 1985-Missy Duchini, Wayne Valley    | 11:11.3        |
| 1984-Jen Van Horn, Wayne Valley     | 11:34.6        |
| 1983-Toni Ann Angione, Bergenfield  | 11:14.1        |
| 1982-Toni Ann Angione, Bergenfield  | 11:13.8        |
| 1981-Kathy Martin, Bergenfield      | 10:52.7 (3000) |
| 1980-Chris McDonnell, Westwood      | 10:46.2 (3000) |
| 1979-Chris McDonnell, Westwood      | 11:09.6        |
| 1978-Kelly Neilan, Fort Lee         | 11:45.3        |
| 1977-Lucy Sheldrick, Union Hill     | 11:49.4        |
| 1976-Lucy Sheldrick, Union Hill     | 11:30.9        |

### 100 METER HIGH HURDLES (110 yards until 1979)

|  |              |      |
|--|--------------|------|
| <b>2018-Reanda Richards, West Essex</b>  | <b>13.89</b> |      |
| 2017-Reanda Richards, West Essex         | 14.59        |      |
| 2016-Cayleigh Glew, Sparta               | 14.91        |      |
| 2015-Ebony Forbes, River Dell            | 14.85        |      |
| 2014-Leah Wis, Montville                 | 15.43        |      |
| 2013-Katie Hatler, Jefferson             | 14.62        |      |
| 2012-Jen Silvestri, Sparta               | 15.27        |      |
| 2011-Melissa Pascual, Passaic Valley     | 15.44        |      |
| 2010-Taylor Furman, Morris Knolls        | 15.16        |      |
| 2009-Taylor Furman, Morris Knolls        | 15.59        |      |
| 2008-Samantha Kee, Lakeland              | 15.45        |      |
| 2007-Shannon McEvoy, High Point          | 15.32        |      |
| 2006-Shenise Halsey, Old Tappan          |              | 14.9 |
| 2005-Michelle Smith, Teaneck             | 14.5         |      |
| 2004-Michelle Smith, Teaneck             | 14.4         |      |
| 2003-Michelle Ribustello, Pascack Valley | 15.8         |      |
| 2002-Stacy Smith, Old Tappan             | 15.5         |      |
| 2001-Shana Thayer Don, Fort Lee          | 16.0         |      |
| 2000-Jamie Lilien, Pascack Valley        | 14.6         |      |
| 1999-Jamie Lilien, Pascack Valley        | 14.7         |      |
| 1998-Jamie Lilien, Pascack Valley        | 15.3         |      |
| 1997-Kerry Frazer, Demarest              | 15.4         |      |
| 1996-Melene Thomas, Garfield             | 14.5         |      |
| 1995-Melene Thomas, Garfield             | 14.6         |      |
| 1994-Melene Thomas, Garfield             | 15.1         |      |
| 1993-Jessica Jenco, Indian Hills         | 15.8         |      |
| 1992-Jessica Jenco, Indian Hills         | 15.5         |      |
| 1991-Tara Cassidy, Ramapo                | 16.1         |      |
| 1990-Michelle Koch, Sparta               | 16.0         |      |
| 1989-Allison Orsi, Indian Hills          | 15.7         |      |
| 1988-Adrienne Bolan, Wayne Valley        | 15.9         |      |
| 1987-Adrienne Bolan, Wayne Valley        | 15.3         |      |
| 1986-Kim Baumbach, Pascack Valley        | 14.4         |      |
| 1985-Gina Angione, Bergenfield           | 15.5         |      |
| 1984-Yolanda Perez, Union Hill           | 15.6         |      |

|                                   |      |      |
|-----------------------------------|------|------|
| 1983-Eileen O'Connor, Dumont      | 14.9 |      |
| 1982-Mary Samori, Cliffside Park  |      | 16.0 |
| 1981-Renee Carter, Englewood      | 14.2 |      |
| 1980-Renee Carter, Englewood      | 14.8 |      |
| 1979-Cheryl Morrison, Lincoln     | 15.7 |      |
| 1978-Cheryl Morrison, Lincoln     | 15.5 |      |
| 1977-Judy Davis, Lincoln          | 15.5 |      |
| 1976-Dawn Donovan, Cliffside Park | 15.8 |      |

#### 400 METER LOW HURDLES

|   |              |       |
|---|--------------|-------|
| <b>2018-Reanda Richards, West Essex</b>   | <b>59.04</b> |       |
| 2017-Reanda Richards, West Essex          | 59.54        |       |
| 2016-Samantha Sklar, Wayne Hills          | 64.15        |       |
| 2015-Noreen Byrne, River Dell             | 62.33        |       |
| 2014-Noreen Byrne, River Dell             | 62.81        |       |
| 2013-Madison Holleran, Northern Highlands |              | 64.67 |
| 2012-Allison Tell, Demarest               | 62.19        |       |
| 2011-Katelyn Ary, Demarest                | 63.27        |       |
| 2010-Jen Silvestri, Sparta                | 64.92        |       |
| 2009-Katelyn Ary, Demarest                | 64.10        |       |
| 2008-Samantha Kee, Lakeland               | 64.87        |       |
| 2007-Shannon McEvoy, High Point           | 64.51        |       |
| 2006-Diana Restrepo, Morris Hills         | 64.2         |       |
| 2005-Michelle Smith, Teaneck              | 62.0         |       |
| 2004-Michelle Smith, Teaneck              | 62.4         |       |
| 2003-Cassandra Madsen, Sparta             | 63.6         |       |
| 2002-Michelle Ribustello, Pascack Valley  | 65.0         |       |
| 2001-Caitlin Sherry, River Dell           | 64.9         |       |
| 2000-Christine Siebold, Demarest          |              | 65.2  |
| 1999-Jackie Babbini, Cliffside Park       | 64.2         |       |
| 1998-Heather Morabito, Lakeland           |              | 64.5  |
| 1997-Caitlin Wittreich, Tenafly           | 64.7         |       |
| 1996-Caitlin Wittreich, Tenafly           | 64.2         |       |
| 1995-Caitlin Wittreich, Tenafly           | 63.8         |       |
| 1994-Jen Roy, Wayne Valley                | 65.4         |       |
| 1993-Jill McFarlane, Sparta               | 69.7         |       |
| 1992-Heather Parrish, Old Tappan          | 65.2         |       |
| 1991-Michelle Grube, Bergenfield          | 65.4         |       |
| 1990-Michelle Grube, Bergenfield          | 67.2         |       |
| 1989-Lora Matteis, Cliffside Park         |              | 66.7  |
| 1988-Lora Matteis, Cliffside Park         |              | 67.3  |
| 1987-Kim Baumbach, Pascack Valley         | 64.4         |       |
| 1986-Kim Baumbach, Pascack Valley         | 64.5         |       |
| 1985-Adrienne Bolan, Wayne Valley         | 65.7         |       |
| 1984-Robin McCann, Pascack Valley         | 66.4         |       |
| 1983-Joan Moellenbeck, Ramapo             |              | 66.8  |
| 1982-Claudia Moodie, Westwood             |              | 66.2  |
| 1981-Kim Cathermann, Westwood             | 65.8         |       |

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

|                                |              |  |
|--------------------------------|--------------|--|
| 2018-Ramapo                    | 48.88        |  |
| 2017-Northern Highlands        | 48.57        |  |
| <b>2016-Northern Highlands</b> | <b>47.94</b> |  |
| 2015-Northern Highlands        | 49.16        |  |
| 2014-Northern Highlands        | 49.88        |  |
| 2013-Jefferson                 | 50.67        |  |
| 1980-Hoboken                   | 51.3         |  |
| 1979-Lincoln                   | 50.4         |  |
| 1978-Ferris                    | 52.0         |  |
| 1977-Lincoln                   | 50.6         |  |
| 1976-Lincoln                   | 52.9         |  |

## SHOT PUT (8 pound until 1979)

|  |         |             |
|--|---------|-------------|
| 2018-Shyan Khalil, Montville           | 35-5 ¼  |             |
| 2017-Chloma Eluemenor, Morris Hills    | 37-0    |             |
| 2016-Chloma Eluemenor, Morris Hills    | 37-11   |             |
| 2015-Chloma Eluemenor, Morris Hills    | 36-2    |             |
| 2014-Nikolia Kanaris, Demarest         | 39-7    |             |
| 2013-Carrie Wasdyke, Jefferson         | 42-8    |             |
| 2012-Danielle Bach, Northern Highlands | 39-0    |             |
| 2011-Apresha Hampton, Teaneck          |         | 41-6 ¼      |
| 2010-Kathryn Hirsch, Demarest          | 43-1    |             |
| 2009-Apresha Hampton, Teaneck          |         | 42-6 ¾      |
| 2008-Apresha Hampton, Teaneck          |         | 39-0 ½      |
| 2007-Christina Bonkalski, Demarest     | 35-5 ½  |             |
| 2006-Chelsea Schiffman, Demarest       | 39-7 ½  |             |
| 2005-Gemma Naclerio, Morris Hills      | 37-3 ¾  |             |
| 2004-Courtney Spencer, Montville       | 41-8 ¾  |             |
| 2003-Kelly Fazekas, Demarest           | 44-11 ¾ |             |
| <b>2002-Jessica Fazekas, Demarest</b>  |         | <b>45-3</b> |
| 2001-Kelly Fazekas, Demarest           | 43-8    |             |
| 2000-Jessica Fazekas, Demarest         | 38-9    |             |
| 1999-Jenn Flinchum, Demarest           | 39-3 ¼  |             |
| 1998-Jenn Flinchum, Demarest           | 37-6 ¼  |             |
| 1997-Jenn Flinchum, Demarest           | 35-8 ¾  |             |
| 1996-Lisa Olsen, Sparta                | 34-2    |             |
| 1995-Tarah Davis, Demarest             | 35-0 ½  |             |
| 1994-Jen Dougherty, Ramsey             | 37-3    |             |
| 1993-Jen Dougherty, Ramsey             | 35-2 ½  |             |
| 1992-Jen Dougherty, Ramsey             | 37-0 ¾  |             |
| 1991-Sherilee Mix, Pascack Valley      | 33-11 ½ |             |
| 1990-Shannon Doyle, Tenafly            | 31-6    |             |
| 1989-Sue Beck, Northern Highlands      | 34-0    |             |
| 1988-Jen Beyea, Bergenfield            | 36-1    |             |
| 1987-Vicki Lopez, Bergenfield          | 34-11   |             |
| 1986-Jennifer Riner, Vernon            | 38-7    |             |
| 1985-Jennifer Riner, Vernon            | 38-10 ¼ |             |
| 1984-Lisette Zachgo, Pascack Valley    | 36-9    |             |
| 1983-Regina Weinpahl, Westwood         | 40-8    |             |
| 1982-Regina Weinpahl, Westwood         | 39-0    |             |
| 1981-Beth Sova, Lakeland               | 40-3 ½  |             |
| 1980-Beth Sova, Lakeland               | 39-7 ¼  |             |
| 1979-Beth Sova, Lakeland               | 40-6    |             |
| 1978-Kim Schwickrath, Old Tappan       | 38-8 ½  |             |
| 1977-Karen Krivda, Cliffside Park      | 38-0 ½  |             |
| 1976-Dawn Anderson, West Milford       | 34-11   |             |

## DISCUS

|                                    |        |       |
|------------------------------------|--------|-------|
| 2018-Angelina Tapia, Tenafly       | 122-10 |       |
| 2017-Jade Young, Teaneck           | 112-9  |       |
| 2016-Leah Wis, Montville           | 130-2  |       |
| 2015-Amiyah Campbell, Teaneck      | 126-5  |       |
| 2014-Leah Wis, Montville           | 126-10 |       |
| 2013-Carrie Wasdyke, Jefferson     | 122-2  |       |
| 2012-Stephanie Easse, Wayne Valley | 120-4  |       |
| 2011-Stephanie Easse, Wayne Valley | 112-4  |       |
| 2010-Alana Pantale, Wayne Valley   | 131-7  |       |
| 2009-Alana Pantale, Wayne Valley   | 125-6  |       |
| 2008-Alana Pantale, Wayne Valley   | 120-3  |       |
| 2007-Alana Pantale, Wayne Valley   | 114-5  |       |
| 2006-Emily Saucedo, Wayne Valley   | 124-2  |       |
| 2005-Delisa Riddick, Teaneck       | 109-8  |       |
| 2004-Kate Nazario, Morris Knolls   |        | 117-3 |
| 2003-Kelly Fazekas, Demarest       | 132-4  |       |

|                                    |              |
|------------------------------------|--------------|
| 2002-Jessica Fazekas, Demarest     | 127-11       |
| 2001-Jessica Fazekas, Demarest     | 121-4        |
| 2000-Jessica Fazekas, Demarest     | 117-6        |
| 1999-Jenn Flinchum, Demarest       | 140-10       |
| 1998-Jenn Flinchum, Demarest       | 117-5        |
| 1997-Chaya Tesker, Old Tappan      | 111-11       |
| 1996-Chaya Tesker, Old Tappan      | 111-7        |
| 1995-Katie Holmgren, Wayne Valley  | 120-8        |
| 1994-Jamie Houston, High Point     | 121-3        |
| 1993-Jamie Houston, High Point     | 119-5        |
| 1992-Jamie Houston, High Point     | 122-3        |
| 1991-Jamie Houston, High Point     | 100-7        |
| 1990-Debbie Goldberg, Dumont       | 106-10       |
| 1989-Lisa Mahle, Westwood          | 105-7        |
| 1988-Deb Boheim, High Point        | 111-11       |
| <b>1987-Lisa Parak, Vernon</b>     | <b>146-0</b> |
| 1986-Lisa Parak, Vernon            | 139-8        |
| 1985-Lisa Parak, Vernon            | 123-9        |
| 1984-Aileen Trendler, Old Tappan   | 105-11       |
| 1983-Sheila Brock, Englewood       | 122-5        |
| 1982-Amy Hiller, Pascack Hills     | 108-10       |
| 1981-Lynn Greene, Englewood        | 108-4        |
| 1980-Janice Welte, Ridgefield Park | 119-6        |
| 1979-Linda Clayton, Demarest       | 122-5        |
| 1978-Linda Clayton, Demarest       | 127-1        |
| 1977-Kyra Threlfell, Demarest      | 120-3        |
| 1976-Colette Kloetz, Ramsey        | 94-8         |

## JAVELIN

|   |               |
|---|---------------|
| 2018-Celia White, West Essex            | 115-0         |
| 2017-Nicole Sacchinelli, Fair Lawn      | 134-6         |
| 2016-Olivia Pantale, Wayne Valley       | 129-3         |
| 2015-Olivia Pantale, Wayne Valley       | 124-4         |
| 2014-Jesse Geller, Demarest             | 115-8         |
| 2013-Jackie Reyneke, Northern Highlands | 124-11        |
| 2012-Shauntierah Douglas, Garfield      | 147-0         |
| 2011-Tori Elefther, Pascack Valley      | 112-9         |
| 2010-Hannah Meyer, Northern Highlands   | 147-1         |
| 2009-Jen Jarvis, Morris Knolls          | 119-8         |
| 2008-Hannah Meyer, Northern Highlands   | 113-1         |
| 2007-Mary King, Paramus                 | 127-3         |
| 2006-Laura Champignon, High Point       | 129-1         |
| 2005-Julia Cohan, Northern Highlands    | 122-5         |
| <b>2004-Daina Pucurs, Demarest</b>      | <b>151-10</b> |
| 2003-Daina Pucurs, Demarest             | 122-5         |
| 2002-Kelly Fazekas, Demarest            | 130-3         |
| 2001-Jessica Fazekas, Demarest          | 123-1         |
| 2000-Jen Austin, Garfield               | 125-3         |
| 1999-Jen Austin, Garfield               | 144-4         |
| 1998-Jen Austin, Garfield               | 126-8         |
| 1997-Jen Austin, Garfield               | 119-3         |
| 1996-Jessica Sarubbi, Cliffsides Park   | 122-0         |
| 1995-Jessica Sarubbi, Cliffsides Park   | 110-3         |
| 1994-Angie DeMaio, Cliffsides Park      | 103-8         |
| 1993-Jennifer Russo, Wayne Valley       | 117-4         |
| 1992-Jennifer Russo, Wayne Valley       | 117-10        |
| 1991-Michelle Martin, Dumont            | 109-1         |
| 1990-Danielle Galla, Cliffsides Park    | 104-1         |
| 1989-Margaret Miller, High Point        | 109-6         |
| 1988-Margaret Miller, High Point        | 123-4         |
| 1987-Lisa Parak, Vernon                 | 133-10        |
| 1986-Lesley Olsen, Wayne Valley         | 119-10        |



|                                   |        |       |
|-----------------------------------|--------|-------|
| 1985-Lesley Olsen, Wayne Valley   |        | 115-9 |
| 1984-Kathy Powers, Pascack Valley | 110-9  |       |
| 1983-Regina Weinpahl, Westwood    | 123-4  |       |
| 1982-Sue Parker, Pascack Valley   | 126-10 |       |
| 1981-Beth Sova, Lakeland          | 132-2  |       |
| 1980-Barbara Platt, West Milford  |        | 114-0 |
| 1979-Betty Morrison, Dumont       | 118-9  |       |
| 1978-Sue Bennett, Dumont          | 114-7  |       |
| 1977-Dawn Anderson, West Milford  | 122-10 |       |
| 1976-Dawn Anderson, West Milford  | 106-11 |       |

## HIGH JUMP

|  |            |     |
|--|------------|-----|
| 2018-Marisa DiGia, Old Tappan                | 5-2        |     |
| 2017-Julia Geiger, West Essex                | 5-2        |     |
| 2016-Leah Wis, Montville                     | 5-4        |     |
| 2015-Leah Wis, Montville                     | 5-4        |     |
| 2014-Taryn DeLeon, Old Tappan                | 5-6        |     |
| 2013-Taryn DeLeon, Old Tappan                | 5-4        |     |
| 2012-Yvette Gramignano, High Point           | 5-2        |     |
| 2011-Meghan Dolan, Demarest                  | 5-4        |     |
| 2010-Gianna Pastena, Mount Olive             | 5-0        |     |
| 2009-Gianna Pastena, Mount Olive             | 5-0        |     |
| 2008-Lauren Burke, Morris Hills              | 5-4        |     |
| 2007-Katelyn Rodgers, Lakeland               | 5-4        |     |
| 2006-Shenise Halsey, Old Tappan              |            | 5-6 |
| 2005-Thelma Akpan, Mount Olive               | 5-4        |     |
| <b>2004-Tiyana Peters, Mount Olive</b>       | <b>5-8</b> |     |
| 2003-Kailyn Falvo, Sparta                    | 5-0        |     |
| 2002-Jessica Malacrida, Paramus              |            | 5-2 |
| 2001-Erin Piscetta, River Dell               | 5-0        |     |
| 2000-Jamie Lilien, Pascack Valley            | 5-2        |     |
| 1999-Desire Alexander, Passaic Valley        | 5-0        |     |
| 1998-Bobbie Ann Brandon, High Point          | 5-2        |     |
| 1997-Janet Andrews, Bergenfield              |            | 5-2 |
| 1996-Kim Fife, Lakeland                      | 5-6        |     |
| 1995-Jenn Maxfield, Tenafly                  | 5-2        |     |
| 1994-Erin Oliver, Ramsey                     | 4-8        |     |
| 1993-Michelle Dette, Wayne Valley            | 5-2        |     |
| 1992-Michelle Dette, Wayne Valley            | 4-10       |     |
| 1991-Michelle Dudzinski, Passaic Valley      | 5-2        |     |
| 1990-Michelle Koch, Sparta                   | 5-0        |     |
| 1989-Michelle Koch, Sparta                   | 5-0        |     |
| 1988-Kathy Garrigan, Wayne Valley            | 5-3        |     |
| 1987-Adrienne Bolan, Wayne Valley            | 5-2        |     |
| 1986-Amy Nehls, Indian Hills                 | 5-2        |     |
| 1985-Kelly Barrett, Westwood                 | 5-4        |     |
| 1984-Kelly Barrett, Westwood                 | 5-5        |     |
| 1983-Kelly Barrett, Westwood                 | 5-2        |     |
| 1982-Kathy Cochran, Westwood                 | 5-0        |     |
| 1981-Jane Farrell, River Dell                | 5-4        |     |
| 1980-Stephanie Bembridge, Northern Highlands | 5-3        |     |
| 1979-Stephanie Bembridge, Northern Highlands | 5-3        |     |
| 1978-Tina McMillan, Ferris                   | 5-2        |     |
| 1977-Tina McMillan, Ferris                   | 5-1        |     |
| 1976-Eileen Kohrer, Cliffside Park           | 4-10       |     |

## LONG JUMP

|                                   |        |
|-----------------------------------|--------|
| 2018-Alicia Gupte, Montville      | 17-2 ¼ |
| 2017-Britney DelMundo, Fair Lawn  | 17-1 ½ |
| 2016-Hana Shapiro, Pascack Valley | 17-3 ½ |
| 2015-Marina Reilly, River Dell    | 17-6 ½ |
| 2014-Keturah Orji, Mount Olive    | 18-1 ¾ |

|  |               |       |
|--|---------------|-------|
| 2013-Keturah Orji, Mount Olive               | 18-11 ½       |       |
| <b>2012-Keturah Orji, Mount Olive</b>        | <b>19-7 ½</b> |       |
| 2011-Taylor Clarkson, Indian Hills           | 17-10 ¼       |       |
| 2010-Shaena Wizzard, Teaneck                 | 17-5 ½        |       |
| 2009-Jessica Altamira, Paramus               | 17-3 ¼        |       |
| 2008-Jackie Geitz, Old Tappan                | 16-4 ¼        |       |
| 2007-Alyssa Henderson, Parsippany Hills      | 16-6 ½        |       |
| 2006-Shenise Halsey, Old Tappan              |               | 17-9  |
| 2005-Jacqueline Sendgikoski, Mount Olive     | 18-2          |       |
| 2004-Shanelle Cross, Garfield                | 17-4          |       |
| 2003-Jazmine Fenlator, Wayne Valley          | 16-7 ½        |       |
| 2002-Jackie Kasen, Pascack Valley            | 17-3 ½        |       |
| 2001-Chrissie Procopio, Indian Hills         | 16-5 ¼        |       |
| 2000-Jamie Lilien, Pascack Valley            | 17-11         |       |
| 1999-Jamie Lilien, Pascack Valley            | 16-7 ¼        |       |
| 1998-Jamie Lilien, Pascack Valley            | 16-2 ½        |       |
| 1997-Kerry Frazer, Demarest                  | 16-6          |       |
| 1996-Mary O'Neil, River Dell                 | 16-5 ¾        |       |
| 1995-Nancy Schemly, Wayne Valley             | 16-8 ¼        |       |
| 1994-Erica Albies, Pascack Valley            | 17-11 ¾       |       |
| 1993-Erica Albies, Pascack Valley            | 16-9          |       |
| 1992-Amy Hever, Old Tappan                   | 15-8          |       |
| 1991-Liz Hanson, Sparta                      | 15-3 ½        |       |
| 1990-Lori Rogoff, Pascack Valley             |               | 16-0  |
| 1989-Keirsten Wallace, Westwood              | 16-2 ½        |       |
| 1988-Michaela Steiner, Bergenfield           | 17-3 ¼        |       |
| 1987-Kim Baumbach, Pascack Valley            | 16-10 ½       |       |
| 1986-Margaret Rottkamp, Indian Hills         | 16-3          |       |
| 1985-Margaret Rottkamp, Indian Hills         | 18-0 ¾        |       |
| 1984-Margaret Rottkamp, Indian Hills         | 16-4 ¾        |       |
| 1983-June Longernecker, Dumont               |               | 15-10 |
| 1982-Marie McVeigh, Demarest                 | 16-11 ½       |       |
| 1981-Renee Carter, Englewood                 | 17-6 ½        |       |
| 1980-Stephanie Bembridge, Northern Highlands | 16-8          |       |
| 1979-Carolyn Moore, Indian Hills             |               | 17-8  |
| 1978-Cheryl Morrison, Lincoln                | 16-7 ½        |       |
| 1977-Stephanie Bembridge, Northern Highlands | 16-7          |       |
| 1976-Beth White, Northern Highlands          | 15-9 ½        |       |

### TRIPLE JUMP

|                                       |              |
|---------------------------------------|--------------|
| 2018-Zia Barr, Teaneck                | 38-2 ½       |
| 2017-Blythe Hehmeyer, Montville       | 36-11        |
| 2016-Gianna Macones, Sparta           | 37-4 ¼       |
| 2015-Noreen Byrne, River Dell         | 37-1 ¼       |
| <b>2014-Keturah Orji, Mount Olive</b> | <b>41-11</b> |
| 2013-Keturah Orji, Mount Olive        | 40-11        |
| 2012-Keturah Orji, Mount Olive        | 40-9         |
| 2011-Chantea Cummings, Teaneck        | 35-6 ¾       |
| 2010-Shaena Wizzard, Teaneck          | 36-5 ½       |
| 2009-Mbalu Keita, Teaneck             | 35-4 ¾       |
| 2008-Anita Rogers, Ramapo             | 34-4 ¼       |
| 2007-Lizzie Faust, Northern Highlands | 36-9         |
| 2006-Lizzie Faust, Northern Highlands | 37-9 ¾       |
| 2005-Shanelle Cross, Garfield         | 36-2         |
| 2004-Shanelle Cross, Garfield         | 35-8 ¾       |
| 2003-Brittany Brooks, Garfield        | 34-6 ½       |

### POLE VAULT

|   |             |
|---|-------------|
| <b>2018-Melissa Purcell, Pascack Valley</b> | <b>12-7</b> |
| 2017-Melissa Purcell, Pascack Valley        | 11-6        |
| 2016-Jessica Ippolito, Fair Lawn            | 12-0        |
| 2015-Kristina Langan, Wayne Hills           | 11-6        |

|                                     |      |     |
|-------------------------------------|------|-----|
| 2014-Kristina Langan, Wayne Hills   | 11-6 |     |
| 2013-Kristina Langan, Wayne Hills   | 10-6 |     |
| 2012-Megan Gambuti, Ramapo          | 10-6 |     |
| 2011-Brittany DalCais, West Milford | 11-0 |     |
| 2010-Chelsea Hartigan, Ramapo       | 11-6 |     |
| 2009-Chrissy Finkel, Montville      | 12-4 |     |
| 2008-Chrissy Finkel, Montville      | 12-0 |     |
| 2007-Chrissy Finkel, Montville      | 12-4 |     |
| 2006-Jenny Galgano, Ramapo          | 10-0 |     |
| 2005-Jenny Galgano, Ramapo          | 10-0 |     |
| 2004-Melissa Zummo, High Point      |      | 9-6 |
| 2003-Cassandra Madsen, Sparta       | 9-0  |     |

### 1600 METER RELAY (one mile until 1979)

|                         |                |
|-------------------------|----------------|
| 2018-Ramapo             | 3:55.24        |
| 2017-West Essex         | 3:54.06        |
| 2016-Roxbury            | 4:01.72        |
| 2015-River Dell         | 3:57.32        |
| 2014-Northern Highlands | 4:00.06        |
| 2013-Northern Highlands | 3:58.32        |
| <b>2012-Sparta</b>      | <b>3:53.96</b> |
| 2011-Sparta             | 3:58.05        |
| 2010-Sparta             | 3:59.58        |
| 2009-Montville          | 4:04.10        |
| 2008-Teaneck            | 4:02.84        |
| 2007-Teaneck            | 4:00.98        |
| 2006-Teaneck            | 3:57.6         |
| 2005-Teaneck            | 4:00.1         |
| 2004-Teaneck            | 3:58.7         |
| 2003-Wayne Valley       | 4:05.3         |
| 2002-Sparta             | 4:05.4         |
| 2001-River Dell         | 4:04.1         |
| 2000-Pascack Valley     | 4:09.3         |
| 1999-High Point         | 4:16.0         |
| 1998-Demarest           | 4:10.0         |
| 1997-River Dell         | 4:13.0         |
| 1996-Fort Lee           | 4:11.0         |
| 1995-Ramsey             | 4:11.3         |
| 1994-Ramsey             | 4:11.8         |
| 1993-Old Tappan         | 4:14.7         |
| 1992-Ramsey             | 4:14.3         |
| 1991-Old Tappan         | 4:09.7         |
| 1990-Pascack Valley     | 4:13.3         |
| 1989-Wayne Valley       | 4:15.8         |
| 1988-Vernon             | 4:07.8         |
| 1987-Old Tappan         | 4:11.8         |
| 1986-Bergenfield        | 4:14.7         |
| 1985-Old Tappan         | 4:08.9         |
| 1984-Old Tappan         | 4:07.6         |
| 1983-Westwood           | 4:08.9         |
| 1982-Englewood          | 4:04.3         |
| 1981-Lincoln            | 4:01.0         |
| 1980-Westwood           | 4:04.7         |
| 1979-Westwood           | 4:10.1         |
| 1978-Ramsey             | 4:04.8         |
| 1977-Lincoln            | 4:02.6         |
| 1976-Lincoln            | 4:07.4         |

### 3200 METER RELAY

|                         |         |
|-------------------------|---------|
| 2018-Old Tappan         | 9:44.60 |
| 2017-Northern Highlands | 9:53.49 |
| 2016-Old Tappan         | 9:32.26 |

|                         |                |
|-------------------------|----------------|
| 2015-Northern Highlands | 9:34.28        |
| <b>2014-Ramapo</b>      | <b>9:18.56</b> |
| 2013-Northern Highlands | 9:43.23        |

## GIRLS GROUP 2

### *Top Three Teams*

2018-River Dell 91, Newton 65, Demarest 61  
 2017-River Dell 96, Demarest 82 1/3, Ramapo 59  
 2016-River Dell 119, Demarest and Ramsey 72  
 2015-Demarest 115, Newton 93, Ramapo 92  
 2014-Westwood 98, Ramsey and Jefferson 60  
 2013-River Dell 98, Westwood 75, High Point 52  
 2012-Westwood 79, Mahwah 69 1/2, Jefferson 62  
 2011-Mahwah 80, Westwood 78, Garfield 73  
 2010-Mahwah 74, Morris Hills 68, Ramsey 67  
 2009-Mahwah 110, Pascack Hills 77, Wallkill Valley 66  
 2008-Ramsey 94, Indian Hills 80, Pascack Hills 65  
 2007-Indian Hills 86 1/2, Ramsey 79, River Dell 64  
 2006-River Dell 92, Ramsey 64, Wallkill Valley 63  
 2005-Indian Hills 134, Ramsey 75, River Dell 63  
 2004-Indian Hills 93, Ramsey 89, Newton 49 1/2  
 2003-Newton 99, Ramsey 75, Westwood 58  
 2002-Newton 79, Ramsey 56, Pompton Lakes 52  
 2001-Newton 90 1/2, Ramsey 66, Pascack Hills 56  
 2000-Ramsey 103, Westwood 65, Pascack Hills 45  
 1999-Ramsey 107, Westwood 54, Pascack Hills 40  
 1998-Ramsey 73, Rutherford 68, Glen Rock 45  
 1997-Ramsey 103, Englewood 62, Westwood 48  
 1996-Ramsey 100, Glen Rock 95, Englewood 55  
 1995-Englewood 76, Westwood 62, Hopatcong 51  
 1994-**Glen Rock 136**, Manchester 48, Westwood 37 1/2  
 1993-Glen Rock 99, Mahwah 72, Wallkill Valley 50  
 1992-Wallkill Valley 73, Newton 56, New Milford 54  
 1991-Garfield 37, Wallkill Valley 36 1/2, Newton 34 1/2  
 1990-Garfield 36, Englewood 27, Kittatinny 26  
 1989-Englewood 38 1/2, Garfield 28, Newton 27 1/2  
 1988-Westwood 59, Kittatinny and Newton 32  
 1987-Kittatinny 55, Westwood 48, Dumont/Rutherford 21  
 1986-Westwood 47, Kittatinny 30 1/2, Dumont 27 1/2  
 1985-Rutherford 37, Dumont 34, Sparta 32  
 1984-Garfield 33, Sparta 26, Hopatcong 25  
 1983-Tenaflly 55, High Point 30, Sparta 26  
 1982-Tenaflly and Saddle Brook 38, Hopatcong 28  
 1981-Tenaflly 42, Rutherford 29, Saddle Brook 26  
 1980-Hopatcong and High Point 37, Saddle Brook 35 1/2  
 1979-Saddle Brook 50, Hopatcong 30, Tenaflly 28.33  
 1978-Hawthorne 39, Rutherford 25, Saddle Brook 22.6  
 1977-Rutherford 72, Hawthorne 55, Sparta 20  
 1976-Rutherford 43, Hawthorne 36, Saddle Brook 25

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

|                                   |       |       |
|-----------------------------------|-------|-------|
| 2018-Gianna Macones, Sparta       | 12.32 |       |
| 2017-Gianna Macones, Sparta       | 12.71 |       |
| 2016-Ayo O'uhuru, Pascack Hills   |       | 12.18 |
| 2015-Lauren Brzozowski, Ramapo    | 12.32 |       |
| 2014-Danielle Beniulis, Jefferson |       | 12.53 |
| 2013-Janienne Palmer, Englewood   | 12.77 |       |
| 2012-Danielle Beniulis, Jefferson |       | 12.66 |
| 2011-Kim Nagotko, Mahwah          | 12.56 |       |
| 2010-Kim Nagotko, Mahwah          | 12.62 |       |

|   |              |
|---|--------------|
| 2009-Vicky Caruso, Wallkill Valley      | 12.46        |
| <b>2008-Ajda Dotday, Hawthorne</b>      | <b>12.11</b> |
| 2007-Ajda Dotday, Hawthorne             | 12.52        |
| 2006-Vicky Caruso, Wallkill Valley      | 12.3         |
| 2005-Carleen Allison, Lenape Valley     | 12.0         |
| 2004-Carleen Allison, Lenape Valley     | 12.3         |
| 2003-Cheryl Anscombe, Westwood          | 12.2         |
| 2002-Meredith Hopken, Wallkill Valley   | 12.7         |
| 2001-Cheryl Anscombe, Westwood          | 12.8         |
| 2000-Meredith Hopken, Wallkill Valley   | 12.7         |
| 1999-Lauren Fanelli, River Dell         | 12.7         |
| <b>1998-Carlene Cummings, Englewood</b> | <b>11.9</b>  |
| 1997-Carlene Cummings, Englewood        | 12.2         |
| 1996-Melissa Bochiario, Glen Rock       | 12.0         |
| 1995-Carlene Cummings, Englewood        | 12.1         |
| 1994-Tracia Barnes, Manchester          | 12.5         |
| 1993-Tracia Barnes, Manchester          | 12.5         |
| 1992-Robin Mitchell, Westwood           | 12.7         |
| 1991-Robin Mitchell, Westwood           | 13.0         |
| 1990-Daniela Nese, Rutherford           | 12.9         |
| 1989-Nycol Morrissey, Englewood         | 12.7         |
| 1988-Keirsten Wallace, Westwood         | 12.9         |
| 1987-Neretta Freeman, Garfield          | 12.5         |
| 1986-Neretta Freeman, Garfield          | 12.1         |
| 1985-Neretta Freeman, Garfield          | 12.4         |
| 1984-Neretta Freeman, Garfield          | 13.0         |
| 1983-Kathy Martin, High Point           | 13.1         |
| 1982-Barbara Danko, Saddle Brook        | 13.6         |
| 1981-Kathy Black, Sparta                | 12.5         |
| 1980-Caroline Amari, High Point         | 13.4         |
| 1979-Sue Berge, High Point              | 12.7         |
| 1978-Laurie Miranda, Lyndhurst          | 11.7         |
| 1977-Cindy Mayo, Rutherford             | 11.4         |
| 1976-Cindy Mayo, Rutherford             | 11.5         |

## 200 METERS (220 yards until 1979)

|   |              |       |
|---|--------------|-------|
| 2018-Kayleigh Furth, Newton             | 25.22        |       |
| 2017-Kayleigh Furth, Newton             | 25.67        |       |
| 2016-Kayla Van Tassel, High Point       | 25.91        |       |
| <b>2015-Lauren Brzozowski, Ramapo</b>   | <b>24.92</b> |       |
| 2014-Kadejah Sellers, Manchester        | 25.03        | 25.03 |
| 2013-Janienne Palmer, Englewood         | 25.57        |       |
| 2012-Alexandra Cimino, Westwood         | 25.58        |       |
| 2011-Kim Nagotko, Mahwah                | 25.94        |       |
| 2010-Kim Nagotko, Mahwah                | 25.91        |       |
| 2009-Vicky Caruso, Wallkill Valley      | 25.22        |       |
| 2008-Ajda Dotday, Hawthorne             | 25.07        |       |
| 2007-Vicky Caruso, Wallkill Valley      | 24.93        |       |
| 2006-Vicky Caruso, Wallkill Valley      | 25.3         |       |
| 2005-Carleen Allison, Lenape Valley     | 25.6         |       |
| 2004-Carleen Allison, Lenape Valley     | 25.8         |       |
| 2003-Cheryl Anscombe, Westwood          | 25.1         |       |
| 2002-Sheakia Jackson, Newton            | 26.6         |       |
| 2001-Cheryl Anscombe, Westwood          | 26.8         |       |
| 2000-Meredith Hopken, Wallkill Valley   | 26.8         |       |
| 1999-Jaddy Perez, Manchester            | 25.8         |       |
| 1998-Audra Irwin, Hopatcong             | 26.0         |       |
| 1997-Danielle Stoveken, Hopatcong       | 26.5         |       |
| 1996-Melissa Bochiario, Glen Rock       | 26.1         |       |
| <b>1995-Carlene Cummings, Englewood</b> | <b>24.7</b>  |       |
| 1994-Tracia Barnes, Manchester          | 25.9         |       |
| 1993-Tracia Barnes, Manchester          | 26.7         |       |

|                                 |      |
|---------------------------------|------|
| 1992-Robin Mitchell, Westwood   | 26.7 |
| 1991-Robin Mitchell, Westwood   | 27.5 |
| 1990-Kris Washington, Englewood | 27.6 |
| 1989-Nycol Morrissey, Englewood | 27.0 |
| 1988-Mary Sok, Westwood         | 27.4 |
| 1987-Neretta Freeman, Garfield  | 26.0 |
| 1986-Neretta Freeman, Garfield  | 25.4 |
| 1985-Neretta Freeman, Garfield  | 25.8 |
| 1984-Neretta Freeman, Garfield  | 26.9 |
| 1983-Lisa Van Dolan, Manchester | 27.4 |
| 1982-Lisa Van Dolan, Manchester | 27.7 |
| 1981-Kathy Black, Sparta        | 26.5 |
| 1980-Kathy Black, Sparta        | 26.8 |
| 1979-Terry Dembek, Hawthorne    | 26.2 |
| 1978-Terry Dembek, Hawthorne    | 25.6 |
| 1977-Cindy Mayo, Rutherford     | 26.3 |
| 1976-Cindy Mayo, Rutherford     | 26.1 |

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

|   |              |      |
|---|--------------|------|
| 2018-Kayleigh Furth, Newton             | 56.25        |      |
| 2017-Kayleigh Furth, Newton             | 56.29        |      |
| 2016-Ashlyn McKenna, Ramapo             | 57.83        |      |
| 2015-Lauren Brzozowski, Ramapo          | 56.42        |      |
| <b>2014-Kadejah Sellers, Manchester</b> | <b>55.47</b> |      |
| 2013-Alex Cimino, Westwood              | 58.62        |      |
| 2012-Katie Vernon, Ramsey               | 58.40        |      |
| 2011-Kim Nagotko, Mahwah                | 57.66        |      |
| 2010-Kathleen Johnston, Indian Hills    | 57.87        |      |
| 2009-Vicky Caruso, Wallkill Valley      | 58.47        |      |
| 2008-Julieanne Fontana, Pascack Hills   | 58.74        |      |
| 2007-Vicky Caruso, Wallkill Valley      | 56.70        |      |
| 2006-Alex Rosenberger, Ramsey           | 58.3         |      |
| 2005-Alex Sharry, Ramsey                | 59.6         |      |
| 2004-Beth Montana, Ramsey               | 60.1         |      |
| 2003-Sheakia Jackson, Newton            | 59.1         |      |
| 2002-Hailey Coonrad, Ramsey             | 60.3         |      |
| 2001-Dara Seidman, Ramsey               | 58.8         |      |
| 2000-Emily Drew, Westwood               | 60.4         |      |
| 1999-Dara Seidman, Ramsey               | 59.2         |      |
| 1998-Mahasin Pegeise, Rutherford        | 60.5         |      |
| 1997-Latoya Binns, New Milford          |              | 59.4 |
| 1996-Mahasin Pegeise, Rutherford        | 60.2         |      |
| 1995-Audra Irwin, Hopatcong             | 59.9         |      |
| 1994-Michele Satine, Glen Rock          | 61.2         |      |
| 1993-Michele Satine, Glen Rock          | 59.6         |      |
| 1992-Colleen Kieran, Newton             | 61.4         |      |
| 1991-Nancy Scott, Garfield              | 59.5         |      |
| 1990-Nancy Scott, Garfield              | 62.1         |      |
| 1989-Freda Johnson, Englewood           | 63.4         |      |
| 1988-Mary Sok, Westwood                 | 61.8         |      |
| 1987-Mary Sok, Westwood                 | 59.9         |      |
| 1986-Mary Sok, Westwood                 | 60.4         |      |
| 1985-Kelly Zukowski, Newton             | 60.4         |      |
| 1984-Kelly Zukowski, Newton             | 59.7         |      |
| 1983-Jill Quinn, Tenafly                | 61.1         |      |
| 1982-Kim Lehmann, Garfield              | 61.5         |      |
| 1981-Kim Lehmann, Garfield              | 60.1         |      |
| 1980-Martha Ormesher, Kittatinny        | 60.0         |      |
| 1979-Terri Dembek, Hawthorne            | 57.8         |      |
| 1978-Terri Dembek, Hawthorne            | 57.6         |      |
| 1977-Terri Dembek, Hawthorne            | 58.3         |      |
| 1976-Terri Dembek, Hawthorne            | 58.4         |      |

### 800 METERS (880 yards until 1979)

|                                       |                |         |
|---------------------------------------|----------------|---------|
| 2018-Amanda Mircovich, River Dell     | 2:17.92        |         |
| 2017-Georgia Markham, Demarest        | 2:19.69        |         |
| 2016-Shannon Goria, River Dell        | 2:19.75        |         |
| 2015-Carly Zdanek, Newton             | 2:28.13        |         |
| 2014-Corinne Myers, Westwood          | 2:14.34        |         |
| <b>2013-Corinne Myers, Westwood</b>   | <b>2:11.61</b> |         |
| 2012-Paige Fernandez, River Dell      |                | 2:16.70 |
| 2011-Carlysa Oyama, West Essex        |                | 2:19.97 |
| 2010-Julieanne Fontana, Pascack Hills | 2:17.02        |         |
| 2009-Julieanne Fontana, Pascack Hills | 2:16.72        |         |
| 2008-Julieanne Fontana, Pascack Hills | 2:19.61        |         |
| 2007-Bry Bonavita, River Dell         | 2:18.12        |         |
| 2006-Bry Bonavita, River Dell         | 2:19.2         |         |
| 2005-Bry Bonavita, River Dell         | 2:19.0         |         |
| 2004-Ashley Ray, Newton               | 2:20.6         |         |
| 2003-Meghan Gaffney, Pompton Lakes    | 2:20.9         |         |
| 2002-Meghan Gaffney, Pompton Lakes    | 2:19.5         |         |
| 2001-Cindy DeVries, Newton            | 2:24.4         |         |
| 2000-Nicole Stinson, Westwood         | 2:20.3         |         |
| 1999-Michelle Hartel, Pascack Hills   | 2:21.3         |         |
| 1998-Tracy Della Torre, Glen Rock     | 2:22.7         |         |
| 1997-Dana Satir, Ramsey               | 2:20.1         |         |
| 1996-Dana Satir, Ramsey               | 2:18.9         |         |
| 1995-Jessica Drew, Westwood           | 2:23.1         |         |
| 1994-Katie Hanley, Glen Rock          | 2:23.5         |         |
| 1993-Carli Gallo, Mahwah              | 2:29.9         |         |
| 1992-Diana Auter, Newton              | 2:24.9         |         |
| 1991-Nancy Scott, Garfield            | 2:21.8         |         |
| 1990-Nancy Scott, Garfield            | 2:25.0         |         |
| 1989-Sarah Greendyk, Manchester       | 2:33.9         |         |
| 1988-Dawn Reis, Lodi                  |                | 2:22.8  |
| 1987-Christi Constantin, Kittatinny   | 2:25.7         |         |
| 1986-Karen Weissinger, Westwood       | 2:24.4         |         |
| 1985-Robyn Heim, Lyndhurst            | 2:24.5         |         |
| 1984-Amy DiMiglio, Ridgefield Park    | 2:25.5         |         |
| 1983-Sue Frankle, Tenafly             | 2:25.4         |         |
| 1982-Lisa Pakutka, Hopatcong          | 2:18.2         |         |
| 1981-Bianca O'Connell, Rutherford     | 2:22.4         |         |
| 1980-Bianca O'Connell, Rutherford     | 2:19.8         |         |
| 1979-Bianca O'Connell, Rutherford     | 2:22.0         |         |
| 1978-Cathy Stone, Vernon              | 2:23.6         |         |
| 1977-Holly Wehner, Rutherford         | 2:26.6         |         |
| 1976-Mary Pisecki, DePaul             | 2:24.7         |         |

### 1600 METERS (one mile until 1979)

|                                       |                |         |
|---------------------------------------|----------------|---------|
| 2018-Maggie Mircovich, River Dell     | 5:21.17        |         |
| 2017-Ginger Pojednic, River Dell      |                | 5:17.21 |
| 2016-Shannon Goria, River Dell        | 5:04.68        |         |
| 2015-Olivia Weiss, Newton             | 5:21.59        |         |
| 2014-Corinne Myers, Westwood          | 4:58.71        |         |
| <b>2013-Sarah DiSanza, High Point</b> | <b>4:58.02</b> |         |
| 2012-Corinne Myers, Westwood          | 5:12.62        |         |
| 2011-Jana Sedlacek, Morris Hills      | 5:13.13        |         |
| 2010-Julieanne Fontana, Pascack Hills | 5:03.12        |         |
| 2009-Julieanne Fontana, Pascack Hills | 5:14.83        |         |
| 2008-Alex Clinton, Ramsey             | 5:23.53        |         |
| 2007-Lindsay Jelts, Indian Hills      | 5:18.68        |         |
| 2006-Lindsay Jelts, Indian Hills      | 5:17.8         |         |
| 2005-Lindsay Jelts, Indian Hills      | 5:14.2         |         |
| 2004-Meghan Gaffney, Pompton Lakes    | 5:12.0         |         |
| 2003-Meghan Gaffney, Pompton Lakes    | 5:13.1         |         |

|                                      |               |
|--------------------------------------|---------------|
| 2002-Meghan Gaffney, Pompton Lakes   | 5:11.8        |
| 2001-Cindy DeVries, Newton           | 5:19.0        |
| 2000-Melissa Conway, Ramsey          | 5:14.7        |
| 1999-Melissa Conway, Ramsey          | 5:22.5        |
| 1998-Tracy Della Torre, Glen Rock    | 5:17.9        |
| 1997-Dana Satir, Ramsey              | 5:15.9        |
| 1996-Dana Satir, Ramsey              | 5:18.1        |
| 1995-Kerri Black, Northern Highlands | 5:25.2        |
| 1994-Kerri Black, Northern Highlands | 5:30.6        |
| 1993-Carli Gallo, Mahwah             | 5:34.0        |
| 1992-Sarah Davey, Pascack Hills      | 5:27.6        |
| 1991-Carli Gallo, Mahwah             | 5:25.6        |
| 1990-Dee Keough, Mahwah              | 5:17.2        |
| 1989-Christi Constantin, Kittatinny  | 5:11.1        |
| 1988-Christi Constantin, Kittatinny  | 5:08.4        |
| 1987-Christi Constantin, Kittatinny  | 5:16.7        |
| 1986-Robyn Heim, Lyndhurst           | 5:17.8        |
| 1985-Mary Anne Bigelow, Hopatcong    | 5:26.3        |
| 1984-Sherry Higgins, Hopatcong       | 5:32.3        |
| 1983-Betty Zarr, Sparta              | 5:29.2        |
| 1982-Lisa Pakutka, Hopatcong         | 5:07.7        |
| 1981-Lisa Pakutka, Hopatcong         | 4:48.2 (1500) |
| 1980-Cathy Stone, Vernon             | 4:48.3 (1500) |
| 1979-Cathy Stone, Vernon             | 5:12.8        |
| 1978-Cathy Stone, Vernon             | 5:16.6        |
| 1977-Jean Chodnicki, Saddle Brook    | 5:33.4        |
| 1976-Jean Chodnicki, Saddle Brook    | 5:29.2        |

### 3200 METERS (two miles until 1979)

|  |                |          |
|--|----------------|----------|
| 2018-Maggie Mircovich, River Dell          | 12:02.41       |          |
| 2017-Sarah DeVries, Jefferson              | 11:32.54       |          |
| 2016-Shannon Gorla, River Dell             | 11:17.49       |          |
| 2015-Courtney Geisenheimer, Demarest       | 11:43.67       |          |
| 2014-Amanda Tosi, Pascack Hills            |                | 11:38.97 |
| 2013-Sarah DiSanza, High Point             | 10:55.26       |          |
| 2012-Corinne Myers, Westwood               | 11:47.36       |          |
| 2011-Jana Sedlacek, Morris Hills           | 11:30.71       |          |
| 2010-Alex Clinton, Ramsey                  | 10:59.38       |          |
| 2009-Alex Clinton, Ramsey                  | 11:29.09       |          |
| 2008-Alex Clinton, Ramsey                  | 11:30.87       |          |
| 2007-Kim DeLoreto, Pascack Hills           | 11:46.15       |          |
| 2006-Aimee Chegwiddden, Wallkill Valley    | 11:38.9        |          |
| 2005-Elizabeth Bissell, Indian Hills       | 11:23.9        |          |
| 2004-Meghan Gaffney, Pompton Lakes         | 11:33.1        |          |
| 2003-Meghan Gaffney, Pompton Lakes         | 11:28.8        |          |
| 2002-Meghan Gaffney, Pompton Lakes         | 11:43.5        |          |
| 2001-Cindy DeVries, Newton                 | 11:26.6        |          |
| 2000-Melissa Conway, Ramsey                | 11:27.9        |          |
| 1999-Melissa Conway, Ramsey                | 11:27.8        |          |
| 1998-Tracy Della Torre, Glen Rock          | 11:34.4        |          |
| 1997-Dana Satir, Ramsey                    | 11:44.7        |          |
| 1996-Dana Satir, Ramsey                    | 11:54.1        |          |
| 1995-Jennie Meighan, Northern Highlands    | 11:29.4        |          |
| 1994-Jennie Meighan, Northern Highlands    | 11:46.9        |          |
| 1993-Carli Gallo, Mahwah                   | 12:07.9        |          |
| 1992-Carli Gallo, Mahwah                   | 11:58.2        |          |
| 1991-Carli Gallo, Mahwah                   | 12:20.5        |          |
| 1990-Dee Keough, Mahwah                    | 11:25.5        |          |
| <b>1989-Christi Constantin, Kittatinny</b> | <b>10:30.1</b> |          |
| 1988-Christi Constantin, Kittatinny        | 10:37.6        |          |
| 1987-Christi Constantin, Kittatinny        | 10:45.5        |          |
| 1986-Jennifer Narr, Rutherford             | 11:14.6        |          |



|                                      |                |         |
|--------------------------------------|----------------|---------|
| 1985-Lynn Sandacz, Sparta            | 11:42.5        |         |
| 1984-Betty Zarr, Sparta              | 12:10.0        |         |
| 1983-Laura McKenna, Tenafly          | 11:36.2        |         |
| 1982-Lisa Pakutka, Hopatcong         | 10:56.4        |         |
| 1981-Lisa Pakutka, Hopatcong         | 10:24.5 (3000) |         |
| 1982-Lisa Pakutka, Hopatcong         | 10:30.3 (3000) |         |
| 1979-Violetta Josevska, Garfield     | 11:24.8        |         |
| 1978-Laura Falci, Saddle Brook       | 11:36.9        |         |
| 1977-Doreen Conklin, Hopatcong       |                | 12:17.6 |
| 1976-Lucille Pasciolla, Saddle Brook | 12:23.0        |         |

### 100 METER HIGH HURDLES (110 yards until 1979)

|   |             |       |
|---|-------------|-------|
| 2018-Gianna Macones, Sparta             | 15.05       |       |
| 2017-Lauren Stern, Mahwah               | 15.17       |       |
| 2016-Hannah Vanderwall, Glen Rock       | 15.31       |       |
| 2015-Katherine Brzozowski, Ramapo       | 15.36       |       |
| 2014-Marlo Wehrer, Pequannock           |             | 15.82 |
| 2013-Alexandra Cimino, Westwood         | 14.77       |       |
| 2012-Alexandra Cimino, Westwood         | 14.83       |       |
| 2011-Alexandra Cimino, Westwood         | 15.33       |       |
| 2010-Stephanie Carnevale, River Dell    | 15.73       |       |
| 2009-Kirsten Bowens, Mahwah             | 16.06       |       |
| 2008-Kirsten Bowens, Mahwah             | 15.74       |       |
| 2007-Rachel Watkins, Indian Hills       | 16.06       |       |
| 2006-Kristen Kern, Indian Hills         | 14.9        |       |
| 2005-Kristen Kern, Indian Hills         | 15.3        |       |
| 2004-Kristen Kern, Indian Hills         | 15.5        |       |
| 2003-Lindsay May, Dumont                | 15.2        |       |
| 2002-Erica Daraganis, Newton            | 15.8        |       |
| 2001-Jill Turner, Pascack Hills         | 15.2        |       |
| 2000-Jill Turner, Pascack Hills         | 15.3        |       |
| 1999-Jill Turner, Pascack Hills         | 15.9        |       |
| <b>1998-Carlene Cummings, Englewood</b> | <b>14.4</b> |       |
| 1997-Carlene Cummings, Englewood        | 14.5        |       |
| 1996-Carlene Cummings, Englewood        | 14.6        |       |
| 1995-Carlene Cummings, Englewood        | 15.9        |       |
| 1994-Lesley Hodgson, Glen Rock          |             | 15.8  |
| 1993-Kelly Nugent, Kittatinny           | 16.2        |       |
| 1992-Shannon Dillon, New Milford        | 15.8        |       |
| 1991-Renee Bednarz, Garfield            | 16.6        |       |
| 1990-Renee Bednarz, Garfield            | 16.8        |       |
| 1989-Lisa Bunnican, Hopatcong           | 16.9        |       |
| 1988-Michelle Metts, Newton             | 16.2        |       |
| 1987-Jeanette Koeck, Kittatinny         | 16.2        |       |
| 1986-Gerri Brennan, Dumont              | 15.2        |       |
| 1985-Gerri Brennan, Dumont              | 15.9        |       |
| 1984-Kim Lehmann, Garfield              | 15.4        |       |
| 1983-Kim Lehmann, Garfield              | 15.5        |       |
| 1982-Nancy Larena, Saddle Brook         | 16.3        |       |
| 1981-Nancy Larena, Saddle Brook         | 15.6        |       |
| 1980-Jenny Barbour, Hopatcong           | 15.5        |       |
| 1979-Jenny Barbour, Hopatcong           | 15.7        |       |
| 1978-Randi Tedona, Waldwick             | 15.5        |       |
| 1977-Darlyne Robinson, New Milford      | 15.4        |       |
| 1976-Darlyne Robinson, New Milford      | 16.0        |       |

### 400 METER HURDLES

|                                      |              |       |
|--------------------------------------|--------------|-------|
| 2018-Nicole Bertollo, Hawthorne      |              | 65.95 |
| 2017-Grace O'Shea, Ramapo            | 64.40        |       |
| 2016-Kelsey Larkin, Ramsey           | 62.33        |       |
| <b>2015-Marlo Wehrer, Pequannock</b> | <b>62.28</b> |       |
| 2014-Carly Zdanek, Newton            | 63.67        |       |

|                                    |       |
|------------------------------------|-------|
| 2013-Alexandra Cimino, Westwood    | 62.86 |
| 2012-Alexandra Cimino, Westwood    | 62.57 |
| 2011-Alexandra Cimino, Westwood    | 64.53 |
| 2010-Diane Bain, Ramsey            | 63.36 |
| 2009-Diane Bain, Ramsey            | 64.75 |
| 2008-Jenn Sant Anna, Pascack Hills | 65.05 |
| 2007-Alex Rosenberger, Ramsey      | 62.55 |
| 2006-Alex Rosenberger, Ramsey      | 65.0  |
| 2005-Alex Rosenberger, Ramsey      | 64.9  |
| 2004-Lisa Tarulli, Ramsey          | 65.9  |
| 2003-Jessica Thomas, Westwood      | 66.6  |
| 2002-Jamie Anton, Pascack Hills    | 67.1  |
| 2001-Peyton Fischer, Ramsey        | 66.0  |
| 2000-Peyton Fischer, Ramsey        | 67.2  |
| 1999-Cheryl Burdick, Ramsey        | 65.7  |
| 1998-Mahasin Pegeise, Rutherford   | 63.7  |
| 1997-Mahasin Pegeise, Rutherford   | 65.9  |
| 1996-Mahasin Pegeise, Rutherford   | 63.9  |
| 1995-Mahasin Pegeise, Rutherford   | 65.4  |
| 1994-Jami Kuhne, Wallkill Valley   | 64.7  |
| 1993-Kelly Nugent, Kittatinny      | 67.0  |
| 1992-Shannon Dillon, New Milford   | 66.8  |
| 1991-Jami Kuhne, Wallkill Valley   | 67.4  |
| 1990-Colleen Goble, Kittatinny     | 68.9  |
| 1989-Sonia Roman, Garfield         | 72.2  |
| 1988-Michelle Metts, Newton        | 72.7  |
| 1987-Melinda Maguire, Dumont       | 67.8  |
| 1986-Gerri Brennan, Dumont         | 68.1  |
| 1985-Gerri Brennan, Dumont         | 67.2  |
| 1984-Kim Lehmann, Garfield         | 66.6  |
| 1983-Kim Lehmann, Garfield         | 65.7  |
| 1982-Jackie Crawford, Fort Lee     | 67.1  |
| 1981-Laura Francica, Saddle Brook  | 68.7  |

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

|                        |              |
|------------------------|--------------|
| 2018-Pascack Hills     | 50.07        |
| 2017-River Dell        | 49.78        |
| <b>2016-River Dell</b> | <b>49.70</b> |
| 2015-Pascack Hills     | 50.17        |
| 2014-Jefferson         | 50.49        |
| 2013-Englewood         | 50.85        |
| 1980-Saddle Brook      | 52.4         |
| 1979-Tenafly           | 53.6         |
| 1978-Waldwick          | 53.0         |
| 1977-Hawthorne         | 51.5         |
| 1976-High Point        | 52.8         |

#### **SHOT PUT (8 pounds until 1979)**

|  |        |              |
|--|--------|--------------|
| 2018-Cat Light, Demarest               | 40-8   |              |
| 2017-Stephanie Nwankwo, Jefferson      | 39-2 ¾ |              |
| <b>2016-Jessica Molina, Westwood</b>   |        | <b>46-10</b> |
| 2015-Jessica Molina, Westwood          | 45-7   |              |
| 2014-Jessica Molina, Westwood          | 41-11  |              |
| 2013-Laura Oh, River Dell              | 37-2 ¾ |              |
| 2012-Carrie Wasdyke, Jefferson         | 40-4   |              |
| 2011-Alexis DeSa, Morris Hills         | 39-5   |              |
| 2010-Rachel Pena, Ridgefield Park      | 38-1 ½ |              |
| 2009-Teresa Kirkpatrick, Pascack Hills | 36-5   |              |
| 2008-Julie Budd, Kinnelon              | 34-6   |              |
| 2007-Eileen Becker, Indian Hills       | 33-3   |              |
| 2006-Tanya Elshahawi, Indian Hills     | 36-0   |              |
| 2005-Victoria Melroy, Kittatinny       | 36-7   |              |

|                                       |         |        |
|---------------------------------------|---------|--------|
| 2004-Gemma Naclerio, Morris Hills     | 35-10   |        |
| 2003-Bridgette Kenny, Ridgefield Park | 35-3 ½  |        |
| 2002-Heather Krause, Mahwah           | 37-1 ½  |        |
| 2001-Kim Grein, Ridgefield Park       |         | 37-2 ½ |
| 2000-Maritsa Christoudias, Ramsey     | 39-3 ½  |        |
| 1999-Maritsa Christoudias, Ramsey     | 36-4 ¼  |        |
| 1998-Lauren Donahue, Wallkill Valley  | 37-4 ½  |        |
| 1997-Lauren Donahue, Wallkill Valley  | 35-11   |        |
| 1996-Erin O'Reilly, Ramsey            | 34-8 ½  |        |
| 1995-Jenicka Carter, Westwood         | 37-11 ½ |        |
| 1994-Jenicka Carter, Westwood         | 34-5 ¾  |        |
| 1993-Stacie Gado, Wallkill Valley     | 32-5 ½  |        |
| 1992-Nyree Simmons, Garfield          | 33-3 ¼  |        |
| 1991-Dawn Johnson, Lyndhurst          | 34-6 ½  |        |
| 1990-Lillie Ellison, Wallkill Valley  | 36-11   |        |
| 1989-Lillie Ellison, Wallkill Valley  | 32-3    |        |
| 1988-Stacey Price, Westwood           | 38-1    |        |
| 1987-Kirsten Christiansen, Rutherford | 41-0    |        |
| 1986-Kirsten Christiansen, Rutherford | 38-9 ½  |        |
| 1985-Kirsten Christiansen, Rutherford | 36-8    |        |
| 1984-Kirsten Christiansen, Rutherford | 36-7 ½  |        |
| 1983-Shannon Meyer, Fort Lee          | 34-10   |        |
| 1982-Holly Anzaldi, Rutherford        | 33-1 ½  |        |
| 1981-Heather Scelfo, Rutherford       | 37-6    |        |
| 1980-Fran Bonczykowski, Lyndhurst     | 34-5 ½  |        |
| 1979-Heather Scelfo, Rutherford       | 37-5 ½  |        |
| 1981-Heather Scelfo, Rutherford       | 33-1 ½  |        |
| 1977-Dianne Garbe, Rutherford         | 35-5 ¼  |        |
| 1976-Laura Mathews, Rutherford        |         | 37-1   |

## DISCUS

|  |              |              |
|--|--------------|--------------|
| <b>2018-Cat Light, Demarest</b>        | <b>128-2</b> |              |
| 2017-Fernanda Maldonado, River Dell    | 116-5        |              |
| <b>2016-Jessica Molina, Westwood</b>   |              | <b>128-2</b> |
| 2015-Sarah Cervone, Demarest           | 118-0        |              |
| 2014-Jessica Molina, Westwood          | 118-8        |              |
| 2013-Laura Oh, River Dell              | 111-0        |              |
| 2012-Alyse DePaola, Kittatinny         | 110-2        |              |
| 2011-Liana Ercan, Lakeland             | 110-9        |              |
| 2010-Brittany Lissemore, Dumont        | 110-5        |              |
| 2009-Teresa Kirkpatrick, Pascack Hills | 112-5        |              |
| 2008-Christine Coppola, River Dell     | 115-7        |              |
| 2007-Erika Mertrud, Pequannock         |              | 110-8        |
| 2006-Christina Eyl, Indian Hills       | 117-1        |              |
| 2005-Kristin Jakob, Dumont             | 118-5        |              |
| 2004-Amber Gardocki, Wallkill Valley   | 124-8        |              |
| 2003-Amber Gardocki, Wallkill Valley   | 111-9        |              |
| 2002-Kristina Austin, Wallkill Valley  | 114-8        |              |
| 2001-Kristina Austin, Wallkill Valley  | 110-7        |              |
| 2000-Maritsa Christoudias, Ramsey      | 113-0        |              |
| 1999-Maritsa Christoudias, Ramsey      | 101-2        |              |
| 1998-Lauren Donahue, Wallkill Valley   | 109-0        |              |
| 1997-Lauren Donahue, Wallkill Valley   | 103-0        |              |
| 1996-Jen Colvin, Kittatinny            | 109-2        |              |
| 1995-Adwoa Asa-Awuku, New Milford      | 104-1        |              |
| 1994-Kim Ferranti, Glen Rock           | 110-11       |              |
| 1993-Melissa Maldonado, Pascack Hills  | 110-8        |              |
| 1992-Sharren Bates, Pascack Hills      | 118-8        |              |
| 1991-Kori Wyngaard, Wallkill Valley    | 107-8        |              |
| 1990-Lillie Ellison, Wallkill Valley   | 115-5        |              |
| 1989-Ilona Olayon, River Dell          | 91-5         |              |
| 1988-Lisa Mahle, Westwood              | 110-3        |              |

|                                       |        |
|---------------------------------------|--------|
| 1987-Kirsten Christiansen, Rutherford | 118-8  |
| 1986-Kim Batte, Wallkill Valley       | 111-11 |
| 1985-Dawn Zipay, High Point           | 106-8  |
| 1984-Diana Seville, Sparta            | 100-5  |
| 1983-Barbara Wolff, Tenafly           | 106-2  |
| 1982-Barbara Wolff, Tenafly           | 106-10 |
| 1981-Marta Barillo, Elmwood Park      | 98-3   |
| 1980-Karen Lee, Hopatcong             | 113-11 |
| 1979-Karen Lee, Hopatcong             | 102-6  |
| 1978-Heather Scelfo, Rutherford       | 114-3  |
| 1977-Sue Zak, Rutherford              | 106-6  |
| 1976-Loretta Coughlin, Rutherford     | 105-7  |

## JAVELIN

|  |              |        |
|--|--------------|--------|
| 2018-Karina Roze, Glen Rock            | 134-2        |        |
| <b>2017-Jesse Geller, Demarest</b>     | <b>145-8</b> |        |
| 2016-Jesse Geller, Demarest            | 123-0        |        |
| 2015-Jesse Geller, Demarest            | 135-0        |        |
| 2014-Sophia Kourian, Dumont            | 107-2        |        |
| 2013-Gina Yannette, Dumont             | 114-10       |        |
| 2012-Gina Yannette, Dumont             | 118-4        |        |
| 2011-Shaunteriah Douglas, Garfield     | 138-0        |        |
| 2010-Alex Hunsberger, Mahwah           | 120-6        |        |
| 2009-Teresa Kirkpatrick, Pascack Hills | 129-10       |        |
| 2008-Michelle Uberbacher, Dumont       | 120-7        |        |
| 2007-Kathleen Paiva, Wallkill Valley   | 123-4        |        |
| 2006-Arielle VanWingerden, Pequannock  | 110-7        |        |
| 2005-Alyssa Schmidt, Jefferson         | 129-7        |        |
| 2004-Alyssa Schmidt, Jefferson         | 112-4        |        |
| 2003-Marybeth Weiss, Pompton Lakes     | 109-4        |        |
| 2002-Whitney Verduin, Hawthorne        | 126-6        |        |
| 2001-Katie Schkolenko, Newton          | 123-4        |        |
| 2000-Maritsa Christoudias, Ramsey      | 123-6        |        |
| 1999-Maritsa Christoudias, Ramsey      | 117-5        |        |
| 1998-Leonora Colon, Ridgefield Park    | 116-4        |        |
| 1997-Janet Luce, Westwood              | 106-8        |        |
| 1996-Wendy Rosenbower, Rutherford      | 101-7        |        |
| 1995-Debbie Chadwick, Rutherford       | 108-7        |        |
| 1994-Lauren Miller, Glen Rock          | 119-1        |        |
| 1993-Kristy Nukk, Mahwah               | 122-0        |        |
| 1992-Medeana Steidl, Garfield          | 118-1        |        |
| 1991-Kori Wyngaard, Wallkill Valley    | 114-10       |        |
| 1990-Kori Wyngaard, Wallkill Valley    | 112-0        |        |
| 1989-Elena Primerano, Lyndhurst        |              | 124-11 |
| 1988-Elena Primerano, Lyndhurst        |              | 122-9  |
| 1987-Stacey Price, Westwood            | 107-1        |        |
| 1986-Sue Strong, Kittatinny            | 100-5        |        |
| 1985-Michelle Shine, Lenape Valley     | 120-6        |        |
| 1984-Trish Neuner, New Milford         | 124-6        |        |
| 1983-Barbara Wolff, Tenafly            | 124-7        |        |
| 1982-Rachel Arnedt, High Point         | 123-11       |        |
| 1981-Barbara Wolff, Tenafly            | 114-10       |        |
| 1980-Karen Lee, Hopatcong              | 133-4        |        |
| 1979-Liz Wahler, Saddle Brook          | 121-6        |        |
| 1978-Michelle Christen, Hawthorne      | 139-11       |        |
| 1977-Sue Zak, Rutherford               | 96-7         |        |
| 1976-Betsy Hooey, Newton               | 80-5         |        |

## HIGH JUMP

|                                     |            |
|-------------------------------------|------------|
| <b>2018-Carlie Wilson, Sparta</b>   | <b>5-6</b> |
| 2017-Miku Okada, River Dell         | 5-4        |
| 2016-Hannah Figueroa, Pascack Hills | 5-4        |

|                                      |            |     |
|--------------------------------------|------------|-----|
| 2015-Jen McGrogan, Pequannock        |            | 5-4 |
| 2014-Jen McGrogan, Pequannock        |            | 5-2 |
| 2013-Alyson Caron, Lenape Valley     | 5-0        |     |
| 2012-Carolyn Edler, Mahwah           | 5-2        |     |
| 2011-Carolyn Edler, Mahwah           | 5-0        |     |
| 2010-Rachel Pena, Ridgefield Park    | 5-0        |     |
| 2009-Allie Ritchards, Mahwah         | 5-2        |     |
| 2008-Alex Rosenberger, Ramsey        | 5-4        |     |
| 2007-Alex Rosenberger, Ramsey        | 5-2        |     |
| <b>2006-Julianna Camargo, Dumont</b> | <b>5-6</b> |     |
| 2005-Mallory Longfield, Indian Hills | 5-2        |     |
| 2004-Kristen Kern, Indian Hills      | 5-4        |     |
| 2003-Erica Dardaganis, Newton        | 5-2        |     |
| 2002-Nicole Becker, Kittatinny       | 5-2        |     |
| 2001-Jill Turner, Pascack Hills      | 5-2        |     |
| 2000-Jenna Lippert, Kittatinny       | 5-0        |     |
| <b>1999-Cheryl Burdick, Ramsey</b>   | <b>5-6</b> |     |
| <b>1998-Cheryl Burdick, Ramsey</b>   | <b>5-6</b> |     |
| 1997-Cheryl Burdick, Ramsey          | 5-2        |     |
| 1996-Lisa Considine, Rutherford      | 5-0        |     |
| 1995-Lisa Considine, Rutherford      | 5-0        |     |
| 1994-Marie Greaux, Ridgefield Park   | 5-3        |     |
| 1993-Marie Greaux, Ridgefield Park   | 5-2        |     |
| 1992-Brandy Jefferies, Englewood     | 5-0 ¼      |     |
| 1991-Brandy Jefferies, Englewood     | 4-10       |     |
| 1990-Renee Bednarz, Garfield         | 4-8        |     |
| 1989-Julie Hall, Hopatcong           | 4-8        |     |
| 1988-Dawn Reis, Lodi                 |            | 5-5 |
| 1987-Dawn Reis, Lodi                 |            | 5-2 |
| 1986-Malynda Heckman, Newton         |            | 5-0 |
| 1985-Renee VanderPloeg, Manchester   | 5-3        |     |
| 1984-Kim Lehmann, Garfield           | 5-2        |     |
| 1983-Kim Lehmann, Garfield           | 5-2        |     |
| 1982-Nancy Larena, Saddle Brook      | 5-2        |     |
| 1981-Nancy Larena, Saddle Brook      | 5-4        |     |
| 1980-Kim Kinney, High Point          | 5-2        |     |
| 1979-Mary Cullen, Saddle Brook       | 5-0        |     |
| 1978-Mary Seletti, Manchester        | 5-2        |     |
| 1977-Kay Van Der Eems, Hawthorne     | 5-1        |     |
| 1976-Kay Van Der Eems, Hawthorne     | 5-3        |     |

## LONG JUMP

|                                      |        |         |
|--------------------------------------|--------|---------|
| 2018-Lauren Stern, Mahwah            | 17-10  |         |
| 2017-Lauren Stern, Mahwah            | 17-4 ½ |         |
| 2016-Lauren Chamberlin, Ramsey       | 16-6 ¼ |         |
| 2015-Katherine Brzozowski, Ramapo    | 17-1   |         |
| 2014-Janine Hlavaty, High Point      | 16-5   |         |
| 2013-Rebecca Tooker, Kittatinny      |        | 16-11 ¼ |
| 2012-Gena Pickett, Mahwah            | 18-1   |         |
| 2011-Briana Setnitzky, Pascack Hills | 16-8 ½ |         |
| 2010-Rebecca Tooker, Kittatinny      |        | 16-6    |
| 2009-Kristen Brown, Englewood        | 18-3   |         |
| 2008-Jessica Molosh, Indian Hills    |        | 16-11   |
| 2007-Katelyn Savage, Manchester      |        | 17-3 ½  |
| 2006-Julianna Camargo, Dumont        |        | 17-2 ½  |
| 2005-Danielle Kroll, Indian Hills    | 16-8 ¼ |         |
| 2004-Danielle Kroll, Indian Hills    | 17-0   |         |
| 2003-Alex Paslawsky, Ramsey          | 17-0 ¼ |         |
| 2002-Chrissy Procopio, Indian Hills  | 16-5   |         |
| 2001-Dara Seidman, Ramsey            | 16-6 ¾ |         |
| 2000-Thatcha DaCosta, Englewood      | 17-7 ½ |         |
| 1999-Charnie Carter, Lyndhurst       | 16-8 ¾ |         |

|  |               |        |
|--|---------------|--------|
| 1998-Carlene Cummings, Englewood         | 18-5          |        |
| 1997-Carlene Cummings, Englewood         | 18-1          |        |
| <b>1996-Willie Mae Washington, Lodi</b>  | <b>18-7 ¼</b> |        |
| 1995-Carlene Cummings, Englewood         | 17-1 ¾        |        |
| 1994-Jamie Kuhne, Wallkill Valley        | 17-3 ¾        |        |
| 1993-Cindy Kaminski, Lyndhurst           |               | 15-5 ½ |
| 1992-Latanya Brown, Englewood            |               | 16-7 ½ |
| 1991-Jen Legato, Westwood                | 15-5          |        |
| 1990-Megan Burke, Glen Rock              | 17-2 ¼        |        |
| 1989-Megan Burke, Glen Rock              | 16-5          |        |
| 1988-Joanne Lamstein, River Dell         |               | 16-9   |
| 1987-Jeanette Koeck, Kittatinny          | 15-1 ½        |        |
| 1986-Gerri Brennan, Dumont               | 16-9 ¾        |        |
| 1985-Gerri Brennan, Dumont               | 16-6 ¼        |        |
| 1984-Sue Frazier, Rutherford             | 17-0          |        |
| 1983-Barbara Wolff, Tenafly              | 16-2 ½        |        |
| 1982-Sue Frazier, Rutherford             | 15-10         |        |
| 1981-Jackie Oliva, Manchester            | 16-1 ½        |        |
| 1980-Jenny Barbour, Hopatcong            | 16-9 ¼        |        |
| 1979-Mary Ellen Margogliano, Holy Family | 16-9 ½        |        |
| 1978-Laurie Miranda, Lyndhurst           | 15-11         |        |
| 1977-Lynn Prendergast, Hawthorne         | 15-11 ½       |        |
| 1976-Lynn Prendergast, Hawthorne         | 15-11         |        |

### TRIPLE JUMP

|                                      |               |        |
|--------------------------------------|---------------|--------|
| 2018-Lauren Stern, Mahwah            | 37-11 ¾       |        |
| 2017-Gianna Macones, Sparta          | 38-4 ¾        |        |
| 2016-Kaylee Stenderowicz, Kittatinny | 36-8 ¼        |        |
| 2015-Lauren Stern, Mahwah            | 35-1          |        |
| 2014-Allie Kornberger, Mahwah        | 35-4          |        |
| 2013-Rebecca Tooker, Kittatinny      |               | 36-2   |
| <b>2012-Gena Pickett, Mahwah</b>     | <b>39-3 ¼</b> |        |
| 2011-Gena Pickett, Mahwah            | 36-11 ¾       |        |
| 2010-Bineta Niang, West Essex        | 34-10 ½       |        |
| 2009-Kirsten Bowens, Mahwah          | 37-11 ¼       |        |
| 2008-Jessica Molosh, Indian Hills    |               | 36-3 ½ |
| 2007-Alyssa Maier, River Dell        | 37-10 ½       |        |
| 2006-Alyssa Maier, River Dell        | 36-7 ¼        |        |
| 2005-Alyssa Maier, River Dell        | 36-0 ¾        |        |
| 2004-Sheena Strachan, Englewood      | 36-5 ½        |        |
| 2003-Alex Paslawsky, Ramsey          | 35-2          |        |

### POLE VAULT

|                                     |               |  |
|-------------------------------------|---------------|--|
| <b>2018-Sydney Woods, Demarest</b>  | <b>12-6 ½</b> |  |
| 2017-Michelle Rubinetti, Demarest   | 11-6          |  |
| 2016-Michelle Rubinetti, Demarest   | 11-6          |  |
| 2015-Bridgette Muller, Mahwah       | 11-0          |  |
| 2014-Jenna Braun, Mahwah            | 10-6          |  |
| 2013-Kari Murnane, Lenape Valley    | 10-6          |  |
| 2012-Carolyn Edler, Mahwah          | 10-6          |  |
| 2011-Carolyn Edler, Mahwah          | 11-0          |  |
| 2010-Carolyn Edler, Mahwah          | 10-6          |  |
| 2009-Ashley Walker, Mahwah          | 10-6          |  |
| 2008-Emily Mino, River Dell         | 10-0          |  |
| 2007-Emily Mino, River Dell         | 10-3          |  |
| 2006-Tricia Murphy-Kennelly, Mahwah | 10-0          |  |
| 2005-Tricia Murphy-Kennelly, Mahwah | 10-0          |  |
| 2004-Robyn Nagel, Newton            | 9-0           |  |
| 2003-Bethany Little, Newton         | 9-0           |  |

## 1600 METER RELAY (one mile until 1979)

|                    |                |
|--------------------|----------------|
| 2018-River Dell    | 4:00.43        |
| <b>2017-Ramapo</b> | <b>3:55.99</b> |
| 2016-Ramapo        | 3:56.89        |
| 2015-Ramapo        | 4:04.19        |
| 2014-Westwood      | 4:01.28        |
| 2013-Westwood      | 4:02.81        |
| 2012-Westwood      | 3:57.32        |
| 2011-Westwood      | 4:00.14        |
| 2010-Ramsey        | 4:03.20        |
| 2009-Ramsey        | 4:06.86        |
| 2008-Ramsey        | 4:00.56        |
| 2007-River Dell    | 4:01.37        |
| 2006-Ramsey        | 4:04.5         |
| 2005-Ramsey        | 3:58.0         |
| 2004-Ramsey        | 4:02.3         |
| 2003-Ramsey        | 4:03.4         |
| 2002-Ramsey        | 4:11.3         |
| 2001-Westwood      | 4:08.2         |
| 2000-Westwood      | 4:08.0         |
| 1999-Ramsey        | 4:04.0         |
| 1998-Hopatcong     | 4:06.1         |
| 1997-Hopatcong     | 4:10.7         |
| 1996-Ramsey        | 4:10.8         |
| 1995-Hopatcong     | 4:15.8         |
| 1994-Glen Rock     | 4:06.8         |
| 1993-Glen Rock     | 4:16.5         |
| 1992-Newton        | 4:13.0         |
| 1991-Newton        | 4:14.8         |
| 1990-Garfield      | 4:23.1         |
| 1989-Englewood     | 4:26.6         |
| 1988-Newton        | 4:21.5         |
| 1987-Westwood      | 4:13.0         |
| 1986-Westwood      | 4:13.7         |
| 1985-Sparta        | 4:16.0         |
| 1984-Sparta        | 4:16.2         |
| 1983-Tenafly       | 4:12.9         |
| 1982-Tenafly       | 4:16.8         |
| 1981-Tenafly       | 4:12.3         |
| 1980-Saddle Brook  | 4:11.6         |
| 1979-Saddle Brook  | 4:12.8         |
| 1978-Hawthorne     | 4:06.8         |
| 1977-Hawthorne     | 4:20.0         |
| 1976-Hawthorne     | 4:14.8         |

## 3200 METER RELAY

|                    |                |
|--------------------|----------------|
| 2018-River Dell    | 9:55.78        |
| 2017-River Dell    | 9:44.48        |
| <b>2016-Ramsey</b> | <b>9:40.87</b> |
| 2015-Newton        | 9:54.78        |
| 2014-Ramsey        | 9:58.27        |
| 2013-River Dell    | 9:56.45        |

## GIRLS GROUP 1

### *Top Three Teams*

2018-Hasbrouck Heights 132 ½, Wallkill Valley 122, Emerson 70  
2017-Hasbrouck Heights 93 ½, Wallkill Valley 71 ½, Cresskill 65 ½  
2016-Mountain Lakes 111, Hasbrouck Heights 76, Hawthorne 74  
2015-Hasbrouck Heights 119, Cresskill 88.33, Hawthorne 78

2014-Hawthorne 91, Cresskill 89 ½, Saddle Brook 82  
 2013-Hasbrouck Heights 102, Pequannock 93.33, Hawthorne 63  
 2012-Mountain Lakes 99, Hasbrouck Heights 74, Park Ridge 36  
 2011-Kinnelon 78, Mountain Lakes 73, Saddle Brook and Hasbrouck Heights 56  
 2010-Westwood 97, Kinnelon 52, Manchester 39  
 2009-Westwood 73, Hasbrouck Heights 70 1/3, Butler 69  
 2008-Verona 123, Waldwick 71, Butler 55  
 2007-Verona 104, Kinnelon 63, Waldwick 61  
 2006-Butler 91, Pascack Hills 74, Verona 51 ¼  
 2005-Butler 88, Pascack Hills 55, Saddle Brook 48  
 2004-Cresskill 69 ¾, Butler 67, Westwood 65  
 2003-Glen Rock 138, Saddle Brook 77, Hasbrouck Heights 73  
 2002-Glen Rock 127, Hasbrouck Heights 94, Westwood 51  
 2001-Glen Rock 114, Hasbrouck Heights 60, Saddle Brook 54  
 2000-Glen Rock 125, Academic 66, Hasbrouck Heights 64  
 1999-Academic 109 ½, Glen Rock 92 ½, Hasbrouck Heights 59  
 1998-Hasbrouck Heights 105, Academic 57, Saddle Brook 55  
 1997-**Glen Rock 204**, Hasbrouck Heights 78, Saddle Brook 45  
 1996-Hawthorne 120, Saddle Brook 100, Hasbrouck Heights 66  
 1995-Glen Rock 187, Saddle Brook 73 ¾, Secaucus 39  
 1994-Hasbrouck Heights 69, Secaucus 68, Bogota 59  
 1993-New Milford 67, Secaucus 57, Midland Park 53  
 1992-Saddle Brook 59, Secaucus 56, Glen Rock 44  
 1991-Saddle Brook 42, Midland Park 40, Cresskill/Glen Rock 28  
 1990-Saddle Brook 45, Midland Park and Hasbrouck Heights 24  
 1989-Saddle Brook 52, Waldwick and Cresskill 45  
 1988-Waldwick 45, Saddle Brook 32, Midland Park 30  
 1987-New Milford 44, Midland Park 39, Mahwah 22  
 1986-New Milford 51, Midland Park 33, Mahwah 24  
 1985-New Milford 47 ½, Midland Park 46, Academic 26  
 1984-Saddle Brook 35, Leonia 30, Park Ridge 21  
 1983-Saddle Brook 53, Wallkill Valley 29, Leonia 27 ½  
 1982-Park Ridge 43, Midland Park 28, Cresskill 27  
 1981-Park Ridge 50, St. Dominic 32, Ridgefield 26  
 1980-Park Ridge 50, Secaucus 34 ½, Cresskill 23 ½  
 1979-Park Ridge 43, Secaucus 40, Kittatinny 30  
 1978-Bogota 35, Secaucus 33, Hopatcong/Newton 31  
 1977-Secaucus 40 ½, Vernon 40, Newton 34  
 1976-Secaucus 30, Palisades Park and Bogota 28

### 100 METERS (100 yards until 1979)

|  |              |       |
|--|--------------|-------|
| 2018-Sophia Castronovo, Emerson          | 12.46        |       |
| 2017-Sophia Castronovo, Emerson          | 12.57        |       |
| <b>2016-Kaitlin Salisbury, Hawthorne</b> | <b>11.99</b> |       |
| 2015-Kaitlin Salisbury, Hawthorne        | 12.20        |       |
| 2014-Kaitlin Salisbury, Hawthorne        | 12.49        |       |
| 2013-Courtney Macaluso, Hopatcong        | 12.99        |       |
| 2012-Shannon Roberts, Saddle Brook       | 12.74        |       |
| 2011-Khadijah Cox, New Milford           |              | 12.82 |
| 2010-Colleen Murphy, Westwood            |              | 12.84 |
| 2009-Janelle Liu, Cresskill              | 12.68        |       |
| 2008-Janelle Liu, Cresskill              | 12.84        |       |
| 2007-Janelle Liu, Cresskill              | 12.73        |       |
| 2006-Monica Joseph, Pompton Lakes        | 12.4         |       |
| 2005-Lauren Malsky, Kinnelon             | 12.6         |       |
| 2004-Cheryl Anscombe, Westwood           | 12.6         |       |
| 2003-Judy Wong, Wood-Ridge               | 12.5         |       |
| 2002-Cheryl Anscombe, Westwood           | 12.3         |       |
| 2001-Samantha Griffin, Academic          | 12.4         |       |
| 2000-Samantha Griffin, Academic          | 12.1         |       |
| 1999-Samantha Griffin, Academic          | 12.4         |       |
| 1998-Charnie Carter, Lyndhurst           | 12.8         |       |



|                                    |      |      |
|------------------------------------|------|------|
| 1997-Melissa Bochiaro, Glen Rock   | 12.2 |      |
| 1996-Vimarie Ramirez, Hawthorne    | 12.7 |      |
| 1995-Michelle Stein, Glen Rock     | 12.6 |      |
| 1994-Keisha Latty, Wallington      | 12.9 |      |
| 1993-Keisha Latty, Wallington      | 13.0 |      |
| 1992-Stephanie Galliard, Cresskill | 13.0 |      |
| 1991-Megan Burke, Glen Rock        | 12.9 |      |
| 1990-Sharon Livardo, Wallington    |      | 13.6 |
| 1989-Danalyn Adams, Pompton Lakes  | 12.8 |      |
| 1988-Danalyn Adams, Pompton Lakes  | 12.9 |      |
| 1987-Danalyn Adams, Pompton Lakes  | 13.0 |      |
| 1986-Althea Allen, Academic        | 12.8 |      |
| 1985-Althea Allen, Academic        | 12.9 |      |
| 1984-Bernardine Han, Cresskill     | 13.4 |      |
| 1983-Barbara Danko, Saddle Brook   | 13.1 |      |
| 1982-Kathy Harmel, Wallington      | 12.9 |      |
| 1981-Crystal Lemon, St. Dominic    |      | 12.9 |
| 1980-Beth Stasko, Newton           | 13.2 |      |
| 1979-Tracye Blackwell, Park Ridge  | 13.0 |      |
| 1978-Mary Ann Huff, Newton         | 12.0 |      |
| 1977-Mary Ann Huff, Newton         | 12.1 |      |
| 1976-Joanne Durgin, Kittatinny     | 12.3 |      |

### 200 METERS (220 yards until 1979)

|  |              |       |
|--|--------------|-------|
| 2018-Sophia Castronovo, Emerson          | 25.28        |       |
| 2017-Rebecca Kneppel, Butler             | 25.65        |       |
| <b>2016-Kaitlin Salisbury, Hawthorne</b> | <b>25.00</b> |       |
| 2015-Kaitlin Salisbury, Hawthorne        | 25.25        |       |
| 2014-Kaitlin Salisbury, Hawthorne        | 25.70        |       |
| 2013-Courtney Macaluso, Hopatcong        | 26.38        |       |
| 2012-Shannon Roberts, Saddle Brook       | 26.07        |       |
| 2011-Brielle Sutter, Saddle Brook        |              | 26.02 |
| 2010-Colleen Murphy, Westwood            |              | 26.17 |
| 2009-Colleen Murphy, Westwood            |              | 26.66 |
| 2008-Chelsea Coleman, Park Ridge         | 27.14        |       |
| 2007-Lauren Malsky, Kinnelon             | 26.15        |       |
| 2006-Monica Joseph, Pompton Lakes        | 25.6         |       |
| 2005-Alessandra Valdetara, Butler        | 26.1         |       |
| 2004-Cheryl Anscombe, Westwood           | 25.5         |       |
| 2003-Judy Wong, Wood-Ridge               | 26.1         |       |
| 2002-Cheryl Anscombe, Westwood           | 25.6         |       |
| 2001-Samantha Griffin, Academic          | 25.7         |       |
| 2000-Samantha Griffin, Academic          | 26.0         |       |
| 1999-Samantha Griffin, Academic          | 26.5         |       |
| 1998-Theodora Tribble, Academic          | 26.8         |       |
| 1997-Melissa Bochiaro, Glen Rock         | 26.3         |       |
| 1996-Vimarie Ramirez, Hawthorne          | 27.0         |       |
| 1995-Michelle Stein, Glen Rock           | 25.8         |       |
| 1994-Miranda Reeves, Hasbrouck Heights   | 27.6         |       |
| 1993-Keisha Latty, Wallington            | 27.5         |       |
| 1992-Stephanie Galliard, Cresskill       | 26.8         |       |
| 1991-Jodi Kennelly, Secaucus             | 28.2         |       |
| 1990-Danalyn Adams, Pompton Lakes        | 27.3         |       |
| 1989-Danalyn Adams, Pompton Lakes        | 26.4         |       |
| 1988-Danalyn Adams, Pompton Lakes        | 27.4         |       |
| 1987-Althea Allen, Academic              | 27.3         |       |
| 1986-Althea Allen, Academic              | 26.2         |       |
| 1985-Althea Allen, Academic              | 26.6         |       |
| 1984-Avalene Bayersdorfer, Bogota        | 27.8         |       |
| 1983-Nancy Larena, Saddle Brook          | 27.3         |       |
| 1982-Andrea Ostrowski, Park Ridge        | 27.4         |       |
| 1981-Julie James, Glen Rock              | 26.4         |       |

|  |      |      |
|--|------|------|
| 1980-Julie James, Glen Rock  | 27.4 |      |
| 1979-tie between Andrea Ostrowski,<br>Park Ridge and Mary Hoffman, Pope John | 27.4 |      |
| 1978-Delia McDarby, Park Ridge   |      | 28.2 |
| 1977-Diana Case, Franklin  | 28.3 |      |
| 1976-Roxanne Springmeyer, Bogota   | 28.4 |      |

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

|  |              |       |
|--|--------------|-------|
| <b>2018-Megan Gasnick, Park Ridge</b>      | <b>57.31</b> |       |
| 2017-Megan Gasnick, Park Ridge             |              | 57.42 |
| 2016-Tajia Lagomarsino, Saddle Brook       | 57.64        |       |
| 2015-Tajia Lagomarsino, Saddle Brook       | 59.01        |       |
| 2014-Tajia Lagomarsino, Saddle Brook       | 59.46        |       |
| 2013-Jillian DiGiacinto, Hasbrouck Heights | 61.13        |       |
| 2012-Rebecca Skovira, Park Ridge           | 59.81        |       |
| 2011-Brielle Sutter, Saddle Brook          |              | 58.80 |
| 2010-Colleen Murphy, Westwood              |              | 57.84 |
| 2009-Rebecca Skovira, Park Ridge           | 59.11        |       |
| 2008-Stephanie Fego, Verona                | 61.37        |       |
| 2007-Ashlee Petroski, Verona               | 59.82        |       |
| 2006-Sherilyn Ferrari, Verona              | 59.4         |       |
| 2005-Aly Hanson, New Milford               | 58.4         |       |
| 2004-Cheryl Anscombe, Westwood             | 59.0         |       |
| 2003-Kim Mineo, Glen Rock                  | 60.2         |       |
| 2002-Kim Mineo, Glen Rock                  | 58.1         |       |
| 2001-Kim Mineo, Glen Rock                  | 59.2         |       |
| 2000-Agyeiwa Weathers, Academic            | 60.6         |       |
| 1999-Agyeiwa Weathers, Academic            | 59.2         |       |
| 1998-Agyeiwa Weathers, Academic            | 61.8         |       |
| 1997-Vicki Byrne, Saddle Brook             | 61.7         |       |
| 1996-Gina Papa, Secaucus                   | 61.3         |       |
| 1995-Michele Satine, Glen Rock             | 59.3         |       |
| 1994-Jen Grasso, Hasbrouck heights         | 62.2         |       |
| 1993-Angelyn Manapat, Emerson              |              | 63.4  |
| 1992-Matilda Wood, Saddle Brook            | 62.7         |       |
| 1991-Meggin Searle, Hasbrouck Heights      | 64.2         |       |
| 1990-Danalyn Adams, Pompton Lakes          | 61.4         |       |
| 1989-Amy Giannantonio, Cresskill           |              | 63.2  |
| 1988-Jolene Ernst, Pompton Lakes           | 60.7         |       |
| 1987-Denise Tripodi, Hasbrouck Heights     | 62.2         |       |
| 1986-Sue Esposito, New Milford             | 63.4         |       |
| 1985-Sue Esposito, New Milford             | 61.7         |       |
| 1984-Meropi Nicholas, Leonia               | 65.4         |       |
| 1983-Cathy Prusha, Park Ridge              | 60.8         |       |
| 1982-Dierdre James, Glen Rock              | 60.4         |       |
| 1981-Andrea Ostrowski, Park Ridge          | 61.9         |       |
| 1980-Julie James, Glen Rock                | 60.6         |       |
| 1979-Donna Doxbeck, Secaucus               | 62.3         |       |
| 1978-Stacy Green, Park Ridge               | 62.1         |       |
| 1977-Eileen Hughes, Bogota                 | 61.9         |       |
| 1976-Lori Smith, Park Ridge                | 62.7         |       |

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

|  |         |         |
|--|---------|---------|
| 2018-Kathleen Ashley, Verona               | 2:19.85 |         |
| 2017-Kathleen Ashley, Verona               | 2:19.53 |         |
| 2016-Kyra Velock, Mountain Lakes           | 2:18.39 |         |
| 2015-Kyra Velock, Mountain Lakes           | 2:20.17 |         |
| 2014-Ashley McVeigh, Saddle Brook          | 2:25.36 |         |
| 2013-Jillian DiGiacinto, Hasbrouck Heights | 2:29.37 |         |
| 2012-Johanna Goergen, Kinnelon             |         | 2:16.95 |
| 2011-Kristen Landry, Mountain Lakes        | 2:17.22 |         |
| 2010-Kristen Gray, Park Ridge              | 2:22.01 |         |

|  |               |        |
|--|---------------|--------|
| 2009-Naomi Robinson, Hasbrouck Heights | 2:19.78       |        |
| 2008-Jessica Dorman, Cedar Grove       | 2:27.87       |        |
| 2007-Katie Budd, Kinnelon              | 2:25.22       |        |
| 2006-Jianna Spadaccini, Butler         | 2:20.1        |        |
| 2005-Alicia Henry, Cresskill           | 2:20.5        |        |
| 2004-Alicia Henry, Cresskill           | 2:20.3        |        |
| 2003-Kim Mineo, Glen Rock              | 2:18.3        |        |
| <b>2002-Kim Mineo, Glen Rock</b>       | <b>2:13.9</b> |        |
| 2001-Kim Mineo, Glen Rock              | 2:19.3        |        |
| 2000-Kim Mineo, Glen Rock              | 2:22.2        |        |
| 1999-Agyeiwa Weathers, Academic        | 2:23.8        |        |
| 1998-Christina Mendoza, Hudson Prep    | 2:25.7        |        |
| 1997-Tracey DellaTorre, Glen Rock      | 2:21.0        |        |
| 1996-Vicky Byrne, Saddle Brook         |               | 2:27.6 |
| 1995-Diana Lana, Saddle Brook          | 2:19.1        |        |
| 1994-Diana Lana, Saddle Brook          | 2:22.0        |        |
| 1993-Karen Stevens, Waldwick           | 2:29.8        |        |
| 1992-Matilda Wood, Saddle Brook        | 2:29.2        |        |
| 1991-Matilda Wood, Saddle Brook        | 2:33.0        |        |
| 1990-Nicole Brown, Palisades Park      | 2:32.2        |        |
| 1989-Jane Mennella, Waldwick           | 2:35.0        |        |
| 1988-Jane Mennella, Waldwick           | 2:31.6        |        |
| 1987-Chanima Odoms, Academic           |               | 2:27.6 |
| 1986-Joanne Carranza, Cresskill        | 2:29.4        |        |
| 1985-Jennifer Edwards, Midland Park    | 2:20.7        |        |
| 1984-Jennifer Edwards, Midland Park    | 2:25.6        |        |
| 1983-Debbie Hillery, Leonia            | 2:25.1        |        |
| 1982-Debbie Hillery, Leonia            | 2:25.0        |        |
| 1981-Kathy Salmon, St. Dominic         |               | 2:24.7 |
| 1980-Marie Martorano, Secaucus         |               | 2:27.3 |
| 1979-Stacy Green, Park Ridge           | 2:25.4        |        |
| 1978-Jane King, Ridgefield             | 2:32.5        |        |
| 1977-Cathy Stone, Vernon               | 2:22.3        |        |
| 1976-Eileen Moloughney, Palisades Park | 2:41.9        |        |

### 1600 METERS (one mile until 1979)

|  |                |         |
|--|----------------|---------|
| 2018-Sarah Geormaneanu, Park Ridge         | 5:29.23        |         |
| 2017-Samantha Green, Park Ridge            | 5:20.83        |         |
| 2016-Kyra Velock, Mountain Lakes           | 5:16.71        |         |
| 2015-Regina Duncan, North Warren           | 5:12.81        |         |
| 2014-Nicole McVeigh, Saddle Brook          | 5:28.20        |         |
| 2013-Nicole Rodriguez, Kinnelon            |                | 5:31.32 |
| 2012-Colette Richter, Mountain Lakes       | 5:09.28        |         |
| <b>2011-Kristen Landry, Mountain Lakes</b> | <b>5:09.22</b> |         |
| 2010-Teresa Gagliostro, Westwood           | 5:13.64        |         |
| 2009-Allison Kriskewic, Kinnelon           |                | 5:23.15 |
| 2008-Brittany DeBord, Waldwick             |                | 5:24.59 |
| 2007-Lindsay Pedersen, Waldwick            | 5:28.52        |         |
| 2006-Amy Van Alstine, Midland Park         | 5:14.2         |         |
| 2005-Amy Van Alstine, Midland Park         | 5:18.5         |         |
| 2004-Michelle Wallace, Emerson             |                | 5:25.2  |
| 2003-Danielle Patoir, Glen Rock            | 5:19.0         |         |
| 2002-Erin Henry, Glen Rock                 | 5:16.7         |         |
| 2001-Erin Henry, Glen Rock                 | 5:10.7         |         |
| 2000-Erin Henry, Glen Rock                 | 5:14.9         |         |
| 1999-Christina Mendoza, Hudson Prep        | 5:16.7         |         |
| 1998-Stephanie Paglione, Palisades Park    | 5:57.3         |         |
| 1997-Tracy DellaTorre, Glen Rock           | 5:35.8         |         |
| 1996-Melissa Londregan, Hawthorne          | 5:42.6         |         |
| 1995-Diana Lana, Saddle Brook              | 5:33.2         |         |
| 1994-Kerry Moore, Midland Park             |                | 5:27.8  |
| 1993-Kerry Moore, Midland Park             |                | 5:18.6  |

|  |               |
|--|---------------|
| 1992-Kerry Moore, Midland Park           | 5:33.3        |
| 1991-Matilda Wood, Saddle Brook          | 5:31.5        |
| 1990-Samantha Arabiat, Hasbrouck Heights | 5:53.3        |
| 1989-Cathy Acevedo, Saddle Brook         | 5:51.7        |
| 1988-Michelle Straut, Waldwick           | 5:30.2        |
| 1987-Dee Keough, Mahwah                  | 5:25.9        |
| 1986-Michelle Berardo, Palisades Park    | 5:34.4        |
| 1985-Vicky Gusciora, Saddle Brook        | 5:33.8        |
| 1984-Vivian Harstead, Park Ridge         | 5:21.0        |
| 1983-Vivian Harstead, Park Ridge         | 5:20.2        |
| 1982-Debbie Hillery, Leonia              | 5:29.2        |
| 1981-Kathy Salmon, St. Dominic           | 5:07.3 (1500) |
| 1980-Pam Farinella, Paul VI              | 4:55.4 (1500) |
| 1979-Pam Farinella, Paul VI              | 5:21.1        |
| 1978-Denise Murphy, Bogota               | 5:29.9        |
| 1977-Denise Murphy, Bogota               | 5:51.8        |
| 1976-Missy Luczynski, Hopatcong          | 5:42.8        |

### 3200 METERS (two miles until 1979)

|   |                 |
|---|-----------------|
| 2018-Emily McCallum, Walkill Valley         | 12:17.55        |
| 2017-Samantha Green, Park Ridge             | 11:48.98        |
| 2016-Izzi Gengaro, Mountain Lakes           | 11:34.72        |
| 2015-Regina Duncan, North Warren            | 11:31.49        |
| 2014-Ally Lame, Walkill Valley              | 12:10.78        |
| 2013-Nicole Rodriguez, Kinnelon             | 12:02.15        |
| <b>2012-Colette Richter, Mountain Lakes</b> | <b>11:01.79</b> |
| 2011-Colette Richter, Mountain Lakes        | 11:10.16        |
| 2010-Kristen Landry, Mountain Lakes         | 11:21.95        |
| 2009-Jessica Andre, Waldwick                | 11:47.24        |
| 2008-Brittany DeBord, Waldwick              | 11:52.54        |
| 2007-Laura Zaccagnino, Verona               | 11:58.01        |
| 2006-Amy Van Alstine, Midland Park          | 11:19.4         |
| 2005-Amy Van Alstine, Midland Park          | 11:16.1         |
| 2004-Denise Scarfi, Westwood                | 12:05.2         |
| 2003-Danielle Patoir, Glen Rock             | 11:41.1         |
| 2002-Erin Henry, Glen Rock                  | 11:31.9         |
| 2001-Erin Henry, Glen Rock                  | 11:15.3         |
| 2000-Erin Henry, Glen Rock                  | 11:58.8         |
| 1999-Tracy DellaTorre, Glen Rock            | 11:47.7         |
| 1998-Christina Mendoza, Hudson Prep         | 12:37.5         |
| 1997-Tracy DellaTorre, Glen Rock            | 12:09.3         |
| 1996-Melissa Londregan, Hawthorne           | 12:18.1         |
| 1995-Nancy Seigel, Leonia                   | 12:10.8         |
| 1994-Renee Zengel, Secaucus                 | 11:49.3         |
| 1993-Kerry Moore, Midland Park              | 11:46.9         |
| 1992-Renee Zengel, Secaucus                 | 12:18.6         |
| 1991-Veronica Bufalini, Cresskill           | 12:26.1         |
| 1990-Samantha Arabiat, Hasbrouck Heights    | 12:41.7         |
| 1989-Cathy Acevedo, Saddle Brook            | 12:08.5         |
| 1988-Michelle Straut, Waldwick              | 11:42.6         |
| 1987-Dee Keough, Mahwah                     | 12:00.0         |
| 1986-Sue Kowalski, Mahwah                   | 12:04.6         |
| 1985-Vicky Gusciora, Saddle Brook           | 11:51.2         |
| 1984-Vicky Gusciora, Saddle Brook           | 12:15.8         |
| 1983-Vicky Gusciora, Saddle Brook           | 11:46.6         |
| 1982-Tricia Madden, Cresskill               | 12:30.3         |
| 1981-Joan Profita, Paul VI                  | 11:00.0 (3000)  |
| 1980-Simone Mele, Cresskill                 | 10:59.0 (3000)  |
| 1979-Denise Murphy, Bogota                  | 11:53.0         |
| 1978-Denise Murphy, Bogota                  | 11:50.8         |
| 1977-Debbie Blades, Vernon                  | 12:43.5         |
| 1976-Silvana Scalise, Palisades Park        | 12:57.0         |

## 100 METER HIGH HURDLES (110 yards until 1979)

|  |             |      |
|--|-------------|------|
| 2018-Monika Lucic, Hasbrouck Heights     | 15.75       |      |
| 2017-Iveya Slavova, Cresskill            | 15.33       |      |
| 2016-Iveya Slavova, Cresskill            | 15.44       |      |
| 2015-Jordan Zaikov, Cresskill            | 15.60       |      |
| 2014-Jenna Dyksen, Hawthorne             | 15.31       |      |
| 2013-Jenna Dyksen, Hawthorne             | 15.48       |      |
| 2012-Nicki Georgia, Boonton              | 15.60       |      |
| 2011-Nia Jackson, Hawthorne              | 15.75       |      |
| 2010-Mel Lewis, Midland Park             | 15.74       |      |
| 2009-Valerie Roosma, Butler              | 16.13       |      |
| 2008-Valerie Roosma, Butler              | 15.66       |      |
| 2007-Arianna Pomo, Saddle Brook          | 15.47       |      |
| 2006-Kate Watson, Leonia                 | 15.1        |      |
| 2005-Megan Thomas, Cresskill             | 16.1        |      |
| 2004-Rebecca Baskinger, Butler           | 15.2        |      |
| 2003-Cherilyn Marfino, Hasbrouck Heights | 15.4        |      |
| 2002-Jackie Kaminski, Saddle Brook       | 15.8        |      |
| 2001-Justine Diana, Saddle Brook         | 15.3        |      |
| 2000-Justine Diana, Saddle Brook         | 15.2        |      |
| 1999-Tynechia Smith, Academic            | 15.5        |      |
| 1998-Alessia Cirilli, Hasbrouck Heights  | 16.0        |      |
| <b>1997-Katie Hanley, Glen Rock</b>      | <b>14.9</b> |      |
| 1996-Alice Stachal, Saddle Brook         |             | 15.9 |
| 1995-Lesley Hodgson, Glen Rock           |             | 15.1 |
| 1994-Kerry Wasser, Saddle Brook          | 16.1        |      |
| 1993-Shannon Dillon, New Milford         | 15.4        |      |
| 1992-Krista Kalnins, Wood-Ridge          |             | 16.4 |
| 1991-Jen Wilson, Midland Park            | 16.5        |      |
| 1990-Noelle Spassof, Emerson             | 15.8        |      |
| 1989-Heidi Rohdenburg, Saddle Brook      | 17.0        |      |
| 1988-Heidi Rohdenburg, Saddle Brook      | 17.2        |      |
| 1987-Dina DeFrancesco, Saddle Brook      | 15.6        |      |
| 1986-Dina DeFrancesco, Saddle Brook      | 15.6        |      |
| 1985-Janice Meyer, Midland Park          |             | 16.5 |
| 1984-Betsy Delia, Leonia                 | 16.0        |      |
| 1983-Nancy Larena, Saddle Brook          | 15.3        |      |
| 1982-Cathy Massop, Glen Rock             | 17.1        |      |
| 1981-Donna Rohrman, Becton               | 16.5        |      |
| 1980-Linda Weichenrieder, Secaucus       | 15.5        |      |
| 1979-Dawn Johansmeyer, Park Ridge        | 16.5        |      |
| 1978-Jen Barbour, Hopatcong              | 15.8        |      |
| 1977-Linda Weichenrieder, Secaucus       | 16.0        |      |
| 1976-Liz Niederen, Secaucus              | 17.4        |      |

## 400 METER HURDLES

|   |              |       |
|---|--------------|-------|
| 2018-Monika Lucic, Hasbrouck Heights              | 64.42        |       |
| 2017-Anne Karach, Cresskill                       | 64.97        |       |
| <b>2016-Jillian DiGiacinto, Hasbrouck Heights</b> | <b>62.27</b> |       |
| 2015-Jillian DiGiacinto, Hasbrouck Heights        | 63.58        |       |
| 2014-Jenna Dyksen, Hawthorne                      | 64.10        |       |
| 2013-Jillian DiGiacinto, Hasbrouck Heights        | 67.92        |       |
| 2012-Johanna Goergen, Kinnelon                    |              | 65.17 |
| 2011-Mel Lewis, Midland Park                      | 63.60        |       |
| 2010-Mel Lewis, Midland Park                      | 64.48        |       |
| 2009-Valerie Roosma, Butler                       | 66.72        |       |
| 2008-Lauren Schultz, Waldwick                     | 66.33        |       |
| 2007-Nicole Sermabeikian, Park Ridge              | 67.81        |       |
| 2006-Jianna Spadaccini, Butler                    | 65.4         |       |
| 2005-Jianna Spadaccini, Butler                    | 65.0         |       |
| 2004-Christina Patoir, Glen Rock                  |              | 66.8  |
| 2003-Kim Mineo, Glen Rock                         | 63.5         |       |

|                                    |      |      |
|------------------------------------|------|------|
| 2002-Kim Mineo, Glen Rock          | 63.0 |      |
| 2001-Kim Mineo, Glen Rock          | 64.8 |      |
| 2000-Kim Mineo, Glen Rock          | 66.7 |      |
| 1999-Tyechia Smith, Academic       | 65.3 |      |
| 1998-Vicky Byrne, Saddle Brook     |      | 67.3 |
| 1997-Katie Hanley, Glen Rock       | 64.3 |      |
| 1996-Mary Byrne, Saddle Brook      | 68.2 |      |
| 1995-Katie Hanley, Glen Rock       | 66.2 |      |
| 1994-Amy Vega, Hasbrouck Heights   | 68.6 |      |
| 1993-Shannon Dillon, New Milford   | 67.5 |      |
| 1992-Diana Lana, Saddle Brook      | 70.9 |      |
| 1991-Jen Wilson, Midland Park      | 68.9 |      |
| 1990-Jen Wilson, Midland Park      | 71.6 |      |
| 1989-Michelle Giunta, Midland Park | 72.1 |      |
| 1988-Michelle Giunta, Midland Park | 70.0 |      |
| 1987-Janice Meyer, Midland Park    |      | 67.3 |
| 1986-Janice Meyer, Midland Park    |      | 66.7 |
| 1985-Janice Meyer, Midland Park    |      | 67.8 |
| 1984-Betsy Delia, Leonia           | 68.6 |      |
| 1983-Betsy Delia, Leonia           | 66.5 |      |
| 1982-Pam Swanborn, Midland Park    | 69.2 |      |
| 1981-Pam Swanborn, Midland Park    | 70.8 |      |

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

|                       |              |
|-----------------------|--------------|
| 2018-Walkkill Valley  | 50.72        |
| 2017-Walkkill Valley  | 51.01        |
| 2016-Saddle Brook     | 51.33        |
| <b>2015-Cresskill</b> | <b>50.42</b> |
| 2014-Cresskill        | 50.90        |
| 2013-Pequannock       | 51.56        |
| 1980-Park Ridge       | 52.3         |
| 1979-Park Ridge       | 54.2         |
| 1978-Newton           | 52.9         |
| 1977-Vernon           | 52.6         |
| 1976-Bogota           | 54.7         |

#### SHOT PUT (8 pounds until 1979)

|  |                                       |                                  |
|--|---------------------------------------|----------------------------------|
| <b>2018-Kassie Ketcho, Hasbrouck Heights</b> | <b>39-9 <sup>3</sup>/<sub>4</sub></b> |                                  |
| 2017-Kassie Ketcho, Hasbrouck Heights        | 39-5                                  |                                  |
| 2016-Amelia Apgar, Waldwick                  | 34-8 <sup>1</sup> / <sub>2</sub>      |                                  |
| 2015-Amelia Apgar, Waldwick                  | 32-8                                  |                                  |
| 2014-Cheyenne Bellerand, Emerson             | 37-7 <sup>1</sup> / <sub>2</sub>      |                                  |
| 2013-Irene Cedano, Hasbrouck Heights         | 35-9 <sup>1</sup> / <sub>2</sub>      |                                  |
| 2012-Irene Cedano, Hasbrouck Heights         | 35-4 <sup>3</sup> / <sub>4</sub>      |                                  |
| 2011-Desiree McDonald, Kinnelon              | 34-1                                  |                                  |
| 2010-Erin Van Wert, Boonton                  | 34-7 <sup>1</sup> / <sub>2</sub>      |                                  |
| 2009-Alyssa Connors, Hasbrouck Heights       | 36-6 <sup>1</sup> / <sub>2</sub>      |                                  |
| 2008-Araba Sapara-Grant, Verona              | 37-1                                  |                                  |
| 2007-Heather Morba, Kinnelon                 | 38-10                                 |                                  |
| 2006-Heather Morba, Kinnelon                 | 36-2 <sup>1</sup> / <sub>4</sub>      |                                  |
| 2005-Heather Morba, Kinnelon                 | 35-9                                  |                                  |
| 2004-Lindsay Renna, Hasbrouck Heights        | 38-0 <sup>3</sup> / <sub>4</sub>      |                                  |
| 2003-Nicole Lowenstein, Lyndhurst            | 35-10 <sup>1</sup> / <sub>2</sub>     |                                  |
| 2002-Lindsay Renna, Hasbrouck Heights        | 33-10 <sup>1</sup> / <sub>2</sub>     |                                  |
| 2001-Nikki Uzelac, Midland Park              |                                       | 36-5                             |
| 2000-Sheena Schuler, Hasbrouck Heights       | 37-5                                  |                                  |
| 1999-Renee Wilson, Hasbrouck Heights         | 34-11 <sup>1</sup> / <sub>4</sub>     |                                  |
| 1998-Lacey Martens, Secaucus                 | 35-10 <sup>3</sup> / <sub>4</sub>     |                                  |
| 1997-Renee Wilson, Hasbrouck Heights         | 31-9                                  |                                  |
| 1996-Connie Zappella, Academic               |                                       | 34-9 <sup>1</sup> / <sub>4</sub> |
| 1995-Marie Remiggio, Bogota                  | 32-10 <sup>1</sup> / <sub>2</sub>     |                                  |
| 1994-Angela Zappella, Academic               |                                       | 35-1 <sup>1</sup> / <sub>2</sub> |

|                                   |         |
|-----------------------------------|---------|
| 1993-Marie Remiggio, Bogota       | 33-0    |
| 1992-Alexis Krulish, Waldwick     | 32-10 ¼ |
| 1991-Lark Rivetti, Saddle Brook   | 34-7    |
| 1990-Lark Rivetti, Saddle Brook   | 31-6 ¾  |
| 1989-Keelan Craw, Waldwick        | 35-6    |
| 1988-Keelan Craw, Waldwick        | 37-0    |
| 1987-Keelan Craw, Waldwick        | 34-5    |
| 1986-Ginny Erickson, Midland Park | 34-4    |
| 1985-Kim Batte, Wallkill Valley   | 35-8 ¾  |
| 1984-Kim Batte, Wallkill Valley   | 36-6    |
| 1983-Kim Batte, Wallkill Valley   | 33-1 ¼  |
| 1982-Celia Mistretta, Park Ridge  | 36-3 ½  |
| 1981-Celia Mistretta, Park Ridge  | 37-6 ½  |
| 1980-Celia Mistretta, Park Ridge  | 34-11 ½ |
| 1979-Diane Petraglia, Cresskill   | 34-8    |
| 1978-Gerri Logan, Kittatinny      | 33-6 ½  |
| 1977-Laura Franco, Weehawken      | 36-6 ½  |
| 1976-Laura Franco, Weehawken      | 36-9    |

## DISCUS

|  |               |       |
|--|---------------|-------|
| 2018-Nataliya Kril, Wallkill Valley    | 101-9         |       |
| 2017-Katherine Bertoa, Wallkill Valley | 104-5         |       |
| 2016-Lisa Palazzi, Mountain Lakes      | 101-3         |       |
| 2015-Gabby Tuzzo, Hasbrouck Heights    | 92-7          |       |
| 2014-Sherika Dyer, Hawthorne           | 118-2         |       |
| 2013-Tania Pabon, Cresskill            | 115-1         |       |
| 2012-Tania Pabon, Cresskill            | 113-5         |       |
| 2011-Marija Spajic, Manchester         | 119-6         |       |
| 2010-Erin Van Wert, Boonton            | 102-10        |       |
| 2009-Erin Van Wert, Boonton            | 113-3         |       |
| 2008-April Kaiser, Park Ridge          | 113-10        |       |
| 2007-April Kaiser, Park Ridge          | 114-11        |       |
| 2006-Jackie Philbin, Boonton           | 124-5         |       |
| 2005-Julie Haledjian, Pascack Hills    | 125-4         |       |
| 2004-Tiffany Phoenix, Cresskill        | 125-2         |       |
| 2003-Tiffany Phoenix, Cresskill        | 106-3         |       |
| 2002-Alyssa Koob, New Milford          | 113-9         |       |
| 2001-Liz Pendleton, Wood-Ridge         |               | 122-0 |
| 2000-Liz Pendleton, Wood-Ridge         |               | 123-0 |
| 1999-Liz Pendleton, Wood-Ridge         |               | 112-9 |
| <b>1998-Lacey Martens, Secaucus</b>    | <b>140-10</b> |       |
| 1997-Lacy Martens, Secaucus            | 100-2         |       |
| 1996-Anna Gravino, Saddle Brook        | 101-10        |       |
| 1995-Kim Ferranti, Glen Rock           | 114-0         |       |
| 1994-Chareen Captan, Bogota            | 106-9         |       |
| 1993-Adwoa Asa-Awuku, New Milford      | 101-4         |       |
| 1992-Laura Stasion, Hasbrouck Heights  | 103-2         |       |
| 1991-Bernadette Fash, North Arlington  | 103-2         |       |
| 1990-Lark Rivetti, Saddle Brook        | 101-4         |       |
| 1989-Maria Iavarone, Cresskill         | 108-1         |       |
| 1988-Camille Wright, New Milford       | 107-10        |       |
| 1987-Maria Iavarone, Cresskill         | 96-6          |       |
| 1986-Camille Wright, New Milford       | 104-1         |       |
| 1985-Nancy Van Dyke, Midland Park      | 123-9         |       |
| 1984-Kim Batte, Wallkill Valley        | 100-1         |       |
| 1983-Sue Carley, Cresskill             | 103-3         |       |
| 1982-Chris Bradley, Ridgefield         | 108-10        |       |
| 1981-Celia Mistretta, Park Ridge       | 110-1         |       |
| 1980-Bridget Welch, Park Ridge         | 99-6          |       |
| 1979-Noreen Velten, Palisades Park     | 102-6         |       |
| 1978-Noreen Velten, Palisades Park     | 106-2         |       |
| 1977-Noreen Velten, Palisades Park     | 111-2         |       |

1976-Laura Franco, Weehawken

90-5

## JAVELIN

|   |              |       |
|---|--------------|-------|
| 2018-Kassie Ketcho, Hasbrouck Heights   | 122-0        |       |
| 2017-Samantha Gioiosa, Bogota           | 132-3        |       |
| <b>2016-Thalia Graham, Midland Park</b> | <b>134-9</b> |       |
| 2015-Thalia Graham, Midland Park        | 125-4        |       |
| 2014-Thalia Graham, Midland Park        | 115-2        |       |
| 2013-Tania Pabon, Cresskill             | 108-4        |       |
| 2012-Rebecca Skovira, Park Ridge        | 127-9        |       |
| 2011-Rebecca Skovira, Park Ridge        | 122-10       |       |
| 2010-Rebecca Skovira, Park Ridge        | 119-0        |       |
| 2009-Jacqueline Iannauci, Verona        | 116-10       |       |
| 2008-Emma Tucci, Verona                 | 134-1        |       |
| 2007-Jacqueline Iannauci, Verona        | 129-4        |       |
| 2006-Melinda Levendusky, Butler         | 122-7        |       |
| 2005-Melinda Levendusky, Butler         | 120-3        |       |
| 2004-Melinda Levendusky, Butler         | 105-2        |       |
| 2003-Courtney Reggo, Ridgefield         |              | 107-1 |
| 2002-Courtney Reggo, Ridgefield         |              | 114-8 |
| 2001-Courtney Reggo, Ridgefield         |              | 104-9 |
| 2000-Lindsey Reggo, Ridgefield          | 116-1        |       |
| 1999-Lindsey Reggo, Ridgefield          | 104-2        |       |
| 1998-Daniela Videira, North Arlington   | 106-9        |       |
| 1997-Nancy Correa, Hasbrouck Heights    | 95-7         |       |
| 1996-Jen Patula, Hawthorne              | 114-11       |       |
| 1995-Diana Sanchez, Cresskill           | 107-10       |       |
| 1994-Liz Zagatta, Hawthorne             | 104-2        |       |
| 1993-Nancy Belbo, Hasbrouck Heights     | 117-2        |       |
| 1992-Paige Fuller, Hasbrouck Heights    | 110-8        |       |
| 1991-Shokria Elshahawi, Secaucus        | 111-6        |       |
| 1990-Shokria Elshahawi, Secaucus        | 92-1         |       |
| 1989-Janet Schmidt, Cresskill           | 79-11        |       |
| 1988-Chris Dinga, Ridgefield            | 99-6         |       |
| 1987-Sue Esposito, New Milford          | 112-2        |       |
| 1986-Diane Maro, New Milford            | 114-8        |       |
| 1985-Diane Maro, New Milford            | 120-6        |       |
| 1984-Sharon Dubis, Wallington           | 105-6        |       |
| 1983-Dawn Pavlu, Ridgefield             | 112-1        |       |
| 1982-Chris Bradley, Ridgefield          | 123-0        |       |
| 1981-Chris Bradley, Ridgefield          | 115-7        |       |
| 1980-Debbie Hunt, Secaucus              | 113-7        |       |
| 1979-Debbie Hunt, Secaucus              | 105-10       |       |
| 1978-Karen Lee, Hopatcong               | 112-6        |       |
| 1977-Betsy Hooley, Newton               | 97-2         |       |
| 1976-none                               |              |       |

## HIGH JUMP

|                                       |      |     |
|---------------------------------------|------|-----|
| 2018-Victoria Elek, Emerson           | 5-2  |     |
| 2017-Iveya Slavova, Cresskill         | 5-0  |     |
| 2016-Iveya Slavova, Cresskill         | 5-0  |     |
| 2015-Sarah Schmitt, Hasbrouck Heights | 5-0  |     |
| 2014-Lisa Carle, Midland Park         | 5-0  |     |
| 2013-Jenn McGrogan, Pequannock        | 4-10 |     |
| 2012-Gladys Njoku, Cedar Grove        |      | 5-2 |
| 2011-Nia Jackson, Hawthorne           | 5-2  |     |
| 2010-Dava Morris, Manchester          | 5-0  |     |
| 2009-Monica Loranger, Butler          | 5-2  |     |
| 2008-Anna Gleason, Butler             | 5-0  |     |
| 2007-Anna Gleason, Butler             | 5-1  |     |
| 2006-Anna Gleason, Butler             | 5-0  |     |
| 2005-Mallory Cornett, Hawthorne       |      | 5-2 |



|  |              |     |
|--|--------------|-----|
| <b>2004-Rebecca Baskinger, Butler</b>    | <b>5-6 ¼</b> |     |
| 2003-Cherilyn Marfino, Hasbrouck Heights | 4-10         |     |
| 2002-Shannon Alston, Midland Park        | 5-0          |     |
| 2001-Cherilyn Marfino, Hasbrouck Heights | 5-0          |     |
| 2000-Donna Russo, Hasbrouck Heights      | 5-0          |     |
| 1999-Gwen Gobbo, Palisades Park          | 5-2          |     |
| 1998-Suzanne Nelson, Hawthorne           |              | 5-0 |
| 1997-Rania Margonis, Ridgefield          |              | 5-0 |
| 1996-Suzanne Nelson, Hawthorne           |              | 4-9 |
| 1995-Ashley Marquard, Glen Rock          | 4-10         |     |
| 1994-Kerry Wasser, Saddle Brook          | 5-2          |     |
| 1993-Ami Racich, Cresskill               | 5-3          |     |
| 1992-Kerry Wasser, Saddle Brook          | 5-2          |     |
| 1991-Ami Racich, Cresskill               | 5-2          |     |
| 1990-Jen Wilson, Midland Park            | 5-0          |     |
| 1989-Jen Wilson, Midland Park            | 4-10         |     |
| 1988-Suzanne Meyer, Midland Park         | 4-11         |     |
| 1987-Lynn Petrolia, New Milford          |              | 5-0 |
| 1986-Jo Trigo, North Arlington           | 5-0          |     |
| 1985-Lynn Petrolia, New Milford          |              | 5-0 |
| 1984-Betsy Delia, Leonia                 | 5-2          |     |
| 1983-Nancy Larena, Saddle Brook          | 5-2          |     |
| 1982-Kathy Harmel, Wallington            | 5-4          |     |
| 1981-Deneen Steiner, Ridgefield          | 5-5          |     |
| 1980-Deneen Steiner, Ridgefield          | 5-5          |     |
| 1979-Mary Barrett, Bogota                | 4-8          |     |
| 1978-Kathy Wydner, Newton                | 5-0          |     |
| 1977-Kathy Wydner, Newton                | 4-9          |     |
| 1976-none                                |              |     |

## LONG JUMP

|   |               |         |
|---|---------------|---------|
| 2018-Tara Brody, Wallkill Valley          |               | 16-11 ½ |
| 2017-Samantha Lopes, Wallkill Valley      | 17-6 ¼        |         |
| <b>2016-Kaitlin Salisbury, Hawthorne</b>  | <b>19-1 ¼</b> |         |
| 2015-Kaitlin Salisbury, Hawthorne         | 18-3          |         |
| 2014-Kaitlin Salisbury, Hawthorne         | 18-0 ½        |         |
| 2013-Patty McHugh, Waldwick               | 16-2 ¾        |         |
| 2012-Kim Rabeiro, Midland Park            |               | 16-10 ½ |
| 2011-Marissa Romano, Hasbrouck Heights    | 17-4          |         |
| 2010-Amberly Gurbisz, Butler              | 17-0          |         |
| 2009-Mariel Flood, Kinnelon               | 16-6 ¼        |         |
| 2008-Chelsea Coleman, Park Ridge          | 17-0          |         |
| 2007-Emma Tucci, Verona                   | 17-1          |         |
| 2006-Monica Joseph, Pompton Lakes         | 16-5 ½        |         |
| 2005-Arianna Pomo, Saddle Brook           | 17-3          |         |
| 2004-Collette DeBenedetto, Mountain Lakes |               | 17-4    |
| 2003-Judy Wong, Wood-Ridge                | 16-8          |         |
| 2002-Jen Barthelemy, Bogota               | 16-10 ¾       |         |
| 2001-Jen Barthelemy, Bogota               | 16-4          |         |
| 2000-Ellen McCorry, Glen Rock             | 16-1 ¾        |         |
| 1999-Colleen McCorry, Glen Rock           | 15-10 ¾       |         |
| 1998-Charnie Carter, Lyndhurst            | 15-9          |         |
| 1997-Katie Hanley, Glen Rock              | 17-11         |         |
| 1996-Miranda Reeves, Hasbrouck Heights    | 15-4 ½        |         |
| 1995-Michelle Stein, Glen Rock            | 16-10         |         |
| 1994-Jennifer Hettel, Wallington          | 16-5 ½        |         |
| 1993-Jennifer Hettel, Wallington          | 16-3 ¼        |         |
| 1992-Jennifer Hettel, Wallington          | 15-3 ½        |         |
| 1991-Megan Burke, Glen Rock               | 17-9 ¼        |         |
| 1990-Noelle Spassof, Emerson              | 15-5 ½        |         |
| 1989-Kim Giordano, Waldwick               | 16-0          |         |
| 1988-Megan Burke, Glen Rock               | 17-3 ½        |         |

|                                 |         |        |
|---------------------------------|---------|--------|
| 1987-Lynn Petrolia, New Milford |         | 16-6   |
| 1986-Kim Taylor, New Milford    | 15-11 ¼ |        |
| 1985-Lynn Petrolia, New Milford |         | 16-3 ¼ |
| 1984-Debbie Tsai, Waldwick      | 15-0 ½  |        |
| 1983-Kathy Harmel, Wallington   | 16-10   |        |
| 1982-Kathy Harmel, Wallington   | 16-9 ½  |        |
| 1981-Deneen Steiner, Ridgefield | 16-11 ½ |        |
| 1980-Kathy Harmel, Wallington   | 16-5 ½  |        |
| 1979-Debbie Koester, Kittatinny | 15-5    |        |
| 1978-Kathy Wydner, Newton       | 15-11½  |        |
| 1977-Kathy Wydner, Newton       | 15-6    |        |
| 1976-Diane Sweller, Franklin    | 14-5    |        |

### TRIPLE JUMP

|  |                |
|--|----------------|
| 2018-Samantha Lopes, Wallkill Valley     | 37-7 ¼         |
| 2017-Samantha Lopes, Wallkill Valley     | 38-7 ¼         |
| <b>2016-Kaitlin Salisbury, Hawthorne</b> | <b>38-11 ¼</b> |
| 2015-Kaitlin Salisbury, Hawthorne        | 38-7 ½         |
| 2014-Jenna Dyksen, Hawthorne             | 36-11          |
| 2013-Jenna Dyksen, Hawthorne             | 35-3 ½         |
| 2012-Rayn Moses, Hasbrouck Heights       | 37-1 ¼         |
| 2011-Melissa Esposito, Saddle Brook      | 36-2 ½         |
| 2010-Melissa Esposito, Saddle Brook      | 34-4           |
| 2009-Valerie Roosma, Butler              | 34-2 ½         |
| 2008-Amanda Duggan, Waldwick             | 36-0           |
| 2007-MacKenzie Miller, Butler            | 34-3 ¼         |
| 2006-Jennifer Swan, Waldwick             | 34-11          |
| 2005-Lynn Matanle, Glen Rock             | 35-2 ¾         |
| 2004-Erika Ostrove, Cresskill            | 36-8 ½         |
| 2003-Jackie Kaminski, Saddle Brook       | 34-11          |

### POLE VAULT

|  |             |                |
|--|-------------|----------------|
| 2018-Adrianna Gobin, Emerson             | 10-1        |                |
| 2017-Adrianna Gobin, Emerson             | 9-0         |                |
| 2016-Nicole Owens, Cresskill             | 8-6         |                |
| 2015-Nina Lucibello, Cresskill           | 9-6         |                |
| 2014-Nina Lucibello, Cresskill           | 9-6         |                |
| 2013-Tiffany Tencza, Wallington          |             | 9-6            |
| 2012-Tiffany Tencza, Wallington          |             | 10-6 (jumpoff) |
| 2011-Nicole Piccinich, Emerson           | 9-6         |                |
| 2010-Monica Loranger, Butler             | 10-6        |                |
| 2009-Michelle Favre, Saddle Brook        | 10-0        |                |
| <b>2008-Michelle Favre, Saddle Brook</b> | <b>12-1</b> |                |
| 2007-Michelle Favre, Saddle Brook        | 10-3        |                |
| 2006-Kristen Marfino, Hasbrouck Heights  | 8-6         |                |
| 2005-Isabelle Wnekowicz, Cedar Grove     | 8-6         |                |
| 2004-Melanie Kim, Saddle Brook           |             | 8-0            |
| 2003-Alexia Schwartz, Glen Rock          |             | 7-6            |

### 1600 METER RELAY (one mile until 1979)

|                               |                |
|-------------------------------|----------------|
| 2018-Park Ridge               | 4:05.20        |
| 2017-Park Ridge               | 4:04.85        |
| 2016-Hasbrouck Heights        | 4:02.37        |
| <b>2015-Hasbrouck Heights</b> | <b>4:02.00</b> |
| 2014-Saddle Brook             | 4:07.48        |
| 2013-Pequannock               | 4:08.92        |
| 2012-Mountain Lakes           | 4:08.23        |
| 2011-Kinnelon                 | 4:05.71        |
| 2010-Westwood                 | 4:02.35        |
| 2009-Hasbrouck Heights        | 4:05.80        |
| 2008-Verona                   | 4:11.93        |

|                        |         |
|------------------------|---------|
| 2007-Verona            | 4:07.14 |
| 2006-Butler            | 4:05.8  |
| 2005-Hawthorne         | 4:03.6  |
| 2004-Glen Rock         | 4:08.8  |
| 2003-Glen Rock         | 4:08.9  |
| 2002-Hasbrouck Heights | 4:10.8  |
| 2001-Saddle Brook      | 4:20.3  |
| 2000-Glen Rock         | 4:16.5  |
| 1999-Academic          | 4:09.0  |
| 1998-Hasbrouck Heights | 4:25.3  |
| 1997-Glen Rock         | 4:10.6  |
| 1996-Saddle Brook      | 4:23.0  |
| 1995-Glen Rock         | 4:05.1  |
| 1994-Secaucus          | 4:15.0  |
| 1993-Midland Park      | 4:18.5  |
| 1992-Saddle Brook      | 4:19.6  |
| 1991-Saddle Brook      | 4:19.3  |
| 1990-North Arlington   | 4:31.0  |
| 1989-Waldwick          | 4:24.1  |
| 1988-Waldwick          | 4:18.8  |
| 1987-New Milford       | 4:17.4  |
| 1986-Midland Park      | 4:24.2  |
| 1985-New Milford       | 4:19.3  |
| 1984-Leonia            | 4:24.5  |
| 1983-Leonia            | 4:15.9  |
| 1982-Park Ridge        | 4:19.9  |
| 1981-Park Ridge        | 4:16.2  |
| 1980-Park Ridge        | 4:11.0  |
| 1979-Kittatinny        | 4:16.8  |
| 1978-Kittatinny        | 4:21.8  |
| 1977-Vernon            | 4:23.5  |
| 1976-Hopatcong         | 4:38.0  |

### **3200 METER RELAY**

|                               |                |
|-------------------------------|----------------|
| 2018-Hasbrouck Heights        | 10:18.88       |
| 2017-Cresskill                | 10:06.15       |
| <b>2016-Hasbrouck Heights</b> | <b>9:59.58</b> |
| 2015-Hasbrouck Heights        | 10:01.59       |
| 2014-Hasbrouck Heights        | 10:13.74       |
| 2013-Cresskill                | 10:24.37       |

## **NORTH 2 NORTH JERSEY CHAMPIONS**

### **100 METERS**

### **200 METERS**

|                                      |       |
|--------------------------------------|-------|
| 2008-Katie Landrigan, Rutherford (2) | 26.58 |
|--------------------------------------|-------|

### **400 METERS**

|                                      |       |
|--------------------------------------|-------|
| 2015-Carleisha Forteau, Secaucus (1) | 58.18 |
|--------------------------------------|-------|

### **800 METERS**

|                                     |         |
|-------------------------------------|---------|
| 2018-Giulia Pezzolla, Lyndhurst (2) | 2:23.98 |
|-------------------------------------|---------|

## 1600 METERS

## 3200 METERS

|   |          |
|---|----------|
| 2007-Ewelina Marut, Becton (1)            | 12:41.09 |
| 2006-Leeann Weiner, Secaucus (1)          | 13:06.98 |
| 2005-Katherine DeLeon, Palisades Park (1) | 12:14.25 |
| 2004-Katherine DeLeon, Palisades Park (1) | 12:07.82 |

## 110 METERS HIGH HURDLES

|  |       |
|--|-------|
| 2018-Whitney Bailey Hicks, Ridgefield Park (2) | 15.10 |
| 2006-Mercedes Heggs, Lyndhurst (1)             | 17.29 |

## 400 METERS INTERMEDIATE HURDLES

|  |       |
|--|-------|
| 2015-Jessica Failace, Lyndhurst (1)        | 65.30 |
| 2014-Amanda Nowak, Lyndhurst (1)           | 66.90 |
| 2009-Heather Gearity, Rutherford (2)       | 65.25 |
| 2008-Alyssa Rodriguez, North Arlington (1) | 72.39 |

## SHOT PUT

|                                       |        |
|---------------------------------------|--------|
| 2012-Val Considine, Rutherford (2)    | 35-6 ½ |
| 2009-Jackie Guirland, Lyndhurst (1)   | 34-2 ¾ |
| 2005-Nicole Lowenstein, Lyndhurst (1) | 37-5 ¾ |
| 2004-Nicole Lowenstein, Lyndhurst (1) | 36-11  |

## DISCUS

|  |        |
|--|--------|
| 2015-Alexis Anderson, Secaucus (1)     | 91-8   |
| 2014-Breana Dunn, Palisades Park (1)   | 113-1  |
| 2013-Camila Alonso, Lyndhurst (1)      | 99-8   |
| 2010-Melissa Silvestri, Wood-Ridge (1) | 99-5   |
| 2009-Jackie Guirland, Lyndhurst (1)    | 92-8   |
| 2007-Nicole Guirland, Lyndhurst (1)    | 107-8  |
| 2006-Nicole Guirland, Lyndhurst (1)    | 104-7  |
| 2005-Nicole Lowenstein, Lyndhurst (1)  | 98-8 ½ |
| 2004-Michelle Ayvas, Wood-Ridge (1)    | 98-9   |

## JAVELIN

|                                       |       |
|---------------------------------------|-------|
| 2017-Caitlyn Blake, Lyndhurst (2)     | 113-5 |
| 2015-Caitlyn Blake, Lyndhurst (1)     | 107-6 |
| 2009-Ann Marie Moccia, Wood-Ridge (1) | 127-1 |
| 2006-Nicole Guirland, Lyndhurst (1)   | 106-1 |

## HIGH JUMP

|   |     |
|---|-----|
| 2018-Jenna Rogers, Rutherford (2)           | 5-8 |
| 2018-Jasleen Nanda, Palisades Park (1)      | 5-1 |
| 2017-Jenna Rogers, Rutherford (2)           | 5-6 |
| 2011-Steph Encarnacion, Ridgefield Park (2) | 5-4 |
| 2009-Heather Gearity, Rutherford (2)        | 5-4 |
| 2008-Heather Gearity, Rutherford (2)        | 5-2 |
| 2007-C.J. Jacob, Ridgefield Park (2)        | 5-2 |
| 2006-C.J. Jacob, Ridgefield Park (2)        | 5-2 |
| 2005-C.J. Jacob, Ridgefield Park (2)        | 5-2 |

## LONG JUMP

|  |        |
|--|--------|
| 2018-Whitney Bailey Hicks, Ridgefield Park (2) | 17-9 ¾ |
| 2007-C.J. Jacob, Ridgefield Park (2)           | 16-5   |
| 2006-Burcu Kulaksiz, Lyndhurst (1)             | 15-1 ¾ |

2004-Judy Wong, Wood-Ridge (1) 17-7 ¼

### TRIPLE JUMP

2016-Alyssa Robalino, Lyndhurst 34-4 ½  
2015-Hanna Abubakar, Garfield (2) 35-10 ½  
2010-Tara Fisher, North Arlington (1) 35-6 ½  
2006-Mercedes Heggs, Lyndhurst (1) 33-3 ¼

### POLE VAULT

2005-Ashley Aquino, Lyndhurst (1) 8-0  
2004-Ashley Aquino, Lyndhurst (1) 8-0

### 1600 METERS RELAY

2018-Fort Lee (2) 4:12.57  
2015-Secaucus (1) 4:10.09  
2007-North Arlington (1) 4:25.69

## GIRLS NON-PUBLIC A North

### Top Three Teams

2018-Paramus Catholic 147 ¾, Holy Angels 136, Pope John 102 ¾  
2017-Paramus Catholic 144 ½, Pope John 138, Holy Angels 132.66  
2016-Pope John 132, IHA 112 ½, Holy Angels 109  
2015-Pope John 134, IHA 126, Paramus Catholic 94  
2014-Pope John 172 ½, Holy Angels 97 ½, Paramus Catholic 89  
2013-Pope John 188, Holy Angels 104 ½, Mt. St. Dominic 75  
2012-Pope John 193 ½, Holy Angels 110 ½, Paramus Catholic 65 ½  
2011-Holy Angels and Pope John 107, IHA 97  
2010-IHA 140, Paramus Catholic 111, Holy Angels 83

### 100 METERS

2018-Tiffany Bautista, Paramus Catholic 12.64  
2017-Christian Rasnake, IHA 12.70  
2016-Alexis Trott, Paramus Catholic 12.55  
2015-Alexis Trott, Paramus Catholic 12.74  
2014-Marissa Evans, Pope John 12.30  
2013-Imani Beauliere, Union Catholic 12.29  
2012-Jordyn Smith, Paramus Catholic 12.23  
**2011-Myasia Jacobs, Paramus Catholic 11.66**  
2010-Myasia Jacobs, Paramus Catholic 11.93

### 200 METERS

2018-Kaira Brown, Kent Place 25.48  
2017-Kaira Brown, Kent Place 25.58  
2016-Maria Acosta, Paramus Catholic 25.91  
2015-Rosemary Menyhart, Paramus Catholic 26.39  
2014-Marissa Evans, Pope John 24.72  
2013-Marissa Evans, Pope John 25.58  
2012-Devin Smith, Pope John 25.29  
**2011-Myasia Jacobs, Paramus Catholic 24.33**  
2010-Myasia Jacobs, Paramus Catholic 24.80

### 400 METERS

2018-Kaira Brown, Kent Place 56.69  
2017-Kaira Brown, Kent Place 57.36

|   |              |
|---|--------------|
| 2016-Maria Acosta, Paramus Catholic       | 56.57        |
| 2015-Maria Acosta, Paramus Catholic       | 57.55        |
| 2014-Amari Onque-Shabazz, Mt. St. Dominic | 57.52        |
| 2013-Katie McIntyre, Pope John            | 59.75        |
| <b>2012-Devin Smith, Pope John</b>        | <b>56.35</b> |
| 2011-Alexis Cabbage, Union Catholic       | 57.70        |
| 2010-Vincia Jackson, Mt. St. Dominic      | 57.18        |

### 800 METERS

|   |                |
|---|----------------|
| 2018-Tara Lyons, Holy Angels            | 2:18.07        |
| 2017-Fiona Ralph, IHA                   | 2:15.03        |
| 2016-Maria Acosta, Paramus Catholic     | 2:13.70        |
| 2015-Maria Acosta, Paramus Catholic     | 2:15.21        |
| <b>2014-Calleigh Higgins, Pope John</b> | <b>2:12.32</b> |
| 2013-Calleigh Higgins, Pope John        | 2:20.36        |
| 2012-Calleigh Higgins, Pope John        | 2:19.93        |
| 2011-Ashlynn Fields, Mt. St. Dominic    | 2:14.54        |
| 2010-Alyssa LaGuardia, DePaul           | 2:13.58        |

### 1600 METERS

|   |                |
|---|----------------|
| 2018-Emma Myer, Pope John               | 5:10.43        |
| <b>2017-Anna Campbell, Pope John</b>    | <b>5:02.99</b> |
| 2016-Anna Campbell, Pope John           | 5:11.12        |
| 2015-Colleen Buckley, IHA               | 5:08.43        |
| 2014-Calleigh Higgins, Pope John        | 5:04.83        |
| 2013-Amanda Corbosiero, Mt. St. Dominic | 5:04.59        |
| 2012-Tess Keller, Pope John             | 5:11.82        |
| 2011-Tess Keller, Pope John             | 5:05.35        |
| 2010-Alyssa LaGuardia, DePaul           | 5:04.95        |

### 3200 METERS

|                                      |                 |
|--------------------------------------|-----------------|
| 2018-Mackenzie Hughes, Holy Angels   | 11:18.40        |
| <b>2017-Anna Campbell, Pope John</b> | <b>11:07.00</b> |
| 2016-Anna Campbell, Pope John        | 11:28.93        |
| 2015-Mary Watters, Holy Angels       | 11:15.96        |
| 2014-Lydon Kersting, Holy Angels     | 11:08.58        |
| 2013-Juliet Kohli, Mt. St. Dominic   | 11:27.22        |
| 2012-Tess Keller, Pope John          | 11:26.46        |
| 2011-Tess Keller, Pope John          | 11:24.39        |
| 2010-Emily Dunne, Holy Angels        | 11:17.68        |

### 100 METERS HIGH HURDLES

|  |              |
|--|--------------|
| 2018-Isabelle Dely, Paramus Catholic   | 15.14        |
| 2017-Isabelle Dely, Paramus Catholic   | 15.03        |
| <b>2016-Liz Garcia, Holy Angels</b>    | <b>14.66</b> |
| 2015-Liz Garcia, Holy Angels           | 15.30        |
| 2014-Shaye Wisse, IHA                  | 15.47        |
| 2013-Alana Hitscherich, Pope John      | 15.29        |
| 2012-Morgan McLaughlin, Union Catholic | 14.85        |
| 2011-Morgan McLaughlin, Union Catholic | 15.01        |
| 2010-Asher Beasley, Paramus Catholic   | 16.10        |

### 400 METERS INTERMEDIATE HURDLES

|                                      |              |
|--------------------------------------|--------------|
| 2018-Mariah Fede, Paramus Catholic   | 64.17        |
| 2017-Faith Sutton, Paramus Catholic  | 65.11        |
| 2016-Stephanie Buck, Pope John       | 64.92        |
| 2015-Stephanie Buck, Pope John       | 64.65        |
| <b>2014-Marissa Evans, Pope John</b> | <b>62.72</b> |
| 2013-Vicky Sheridan, Pope John       | 64.47        |

|  |       |
|--|-------|
| 2012-Megan Gallagher, Pope John        | 66.81 |
| 2011-Morgan McLaughlin, Union Catholic | 64.05 |
| 2010-Catie Cohen, Roselle Catholic     | 67.12 |

## SHOT PUT

|                                      |             |
|--------------------------------------|-------------|
| 2018-Anya Skae, Holy Angels          | 36-0 ½      |
| 2017-Brianna Hayes, Paramus Catholic | 36-0 ¾      |
| 2016-Megan Swords, IHA               | 37-6 ¼      |
| 2015-Victoria Perez, Pope John       | 38-7 ½      |
| 2014-Victoria Perez, Pope John       | 37-1 ¼      |
| 2013-Lisa Sesink-Clee, Holy Angels   | 38-1        |
| 2012-Theresa Picciallo, IHA          | 40-8 ¼      |
| <b>2011-Theresa Picciallo, IHA</b>   | <b>43-4</b> |
| 2010-Theresa Picciallo, IHA          | 40-4 ¾      |

## DISCUS

|                                    |              |
|------------------------------------|--------------|
| 2018-Anya Skae, Holy Angels        | 102-7        |
| 2017-Danielle Line, Pope John      | 118-9        |
| 2016-Danielle Line, Pope John      | 121-2        |
| 2015-Danielle Line, Pope John      | 111-11       |
| 2014-Mackenzie Merkel, Holy Angels | 103-9        |
| 2013-Madison Zavoda, Pope John     | 107-1        |
| 2012-Madison Zavoda, Pope John     | 102-6        |
| <b>2011-Theresa Picciallo, IHA</b> | <b>126-6</b> |
| 2010-Theresa Picciallo, IHA        | 104-10       |

## JAVELIN

|   |               |
|---|---------------|
| 2018-Emily Dolan, Oak Knoll               | 105-2         |
| 2017-Jackie Smith, Mt. St. Dominic        | 105-6         |
| 2016-Danielle Line, Pope John             | 115-5         |
| 2015-Victoria Perez, Pope John            | 120-0         |
| 2014-Dannie Griffin, Paramus Catholic     | 106-9         |
| 2013-Lisa Sesink-Clee, Holy Angels        | 133-2         |
| 2012-Lisa Sesink-Clee, Holy Angels        | 107-1         |
| <b>2011-Jaime Klein, Paramus Catholic</b> | <b>143-11</b> |
| 2010-Jaime Klein, Paramus Catholic        | 130-6         |

## HIGH JUMP

|  |            |
|--|------------|
| <b>2018-Tiffany Bautista, Paramus Catholic</b> | <b>5-4</b> |
| 2017-Tiffany Bautista, Paramus Catholic        | 5-2        |
| 2016-Elizabeth Garcia, Holy Angels             | 5-2        |
| 2015-Samantha Fellowes, Holy Angels            | 5-0        |
| 2014-Alanna Hitscherich, Pope John             | 5-2        |
| 2013-Alana Herran, Mt. St. Dominic             | 4-10       |
| <b>2012-Erin Jankowski, Pope John</b>          | <b>5-4</b> |
| <b>2011-Rachel Lees, Pope John</b>             | <b>5-4</b> |
| 2010-Rae Corbo, Paramus Catholic               | 5-2        |

## LONG JUMP

|   |               |
|---|---------------|
| 2018-Tiffany Bautista, Paramus Catholic       | 17-8          |
| 2017-Tiffany Bautista, Paramus Catholic       | 17-8          |
| 2016-Alexis Trott, Paramus Catholic           | 17-1 ½        |
| 2015-Alexis Trott, Paramus Catholic           | 17-2          |
| <b>2014-Tatiana Sanders, Paramus Catholic</b> | <b>18-4 ¼</b> |
| 2013-Tatiana Sanders, Paramus Catholic        | 16-10         |
| 2012-Morgan McLaughlin, Union Catholic        | 18-1          |
| 2011-Amanda Fields, Holy Angels               | 17-5          |
| 2010-Rae Corbo, Paramus Catholic              | 17-7 ¼        |

## TRIPLE JUMP

|  |                                  |                                  |
|--|----------------------------------|----------------------------------|
| <b>2018-Tiffany Bautista, Paramus Catholic</b> | <b>39-0</b>                      |                                  |
| 2017-Tiffany Bautista, Paramus Catholic        | 38-4                             |                                  |
| 2016-Elizabeth Garcia, Holy Angels             | 38-1                             |                                  |
| 2015-Rosemary Menyhart, Paramus Catholic       |                                  | 34-9 <sup>3</sup> / <sub>4</sub> |
| 2014-Tatiana Sanders, Paramus Catholic         | 38-2                             |                                  |
| 2013-Rosemary Menyhart, Paramus Catholic       |                                  | 37-4                             |
| 2012-Amanda Fields, Holy Angels                | 37-2 <sup>1</sup> / <sub>2</sub> |                                  |
| 2011-Amanda Fields, Holy Angels                | 36-8 <sup>1</sup> / <sub>2</sub> |                                  |
| 2010-Rae Corbo, Paramus Catholic               | 37-10                            |                                  |

## POLE VAULT

|  |                                  |
|--|----------------------------------|
| 2018-Caroline McGann, Holy Angels        | 11-0                             |
| <b>2017-Caroline McGann, Holy Angels</b> | <b>11-6</b>                      |
| 2016-Caroline McGann, Holy Angels        | 10-0                             |
| 2015-Katlyn Rymarzov, Pope John          | 11-0                             |
| 2014-Katlyn Rymarzov, Pope John          | 11-0                             |
| 2013-Katlyn Rymarzov, Pope John          | 9-0                              |
| 2012-Alexandra Eckert, Holy Angels       | 9-10 <sup>1</sup> / <sub>2</sub> |
| 2011-Alexandra Eckert, Holy Angels       | 9-0                              |
| 2010-Caitlin Lavorgna, Pope John         | 9-0                              |

## 1600 METERS RELAY

|                       |                |
|-----------------------|----------------|
| 2018-Pope John        | 4:02.55        |
| 2017-Paramus Catholic | 4:01.64        |
| 2016-Pope John        | 4:05.06        |
| 2015-Paramus Catholic | 4:00.11        |
| <b>2014-Pope John</b> | <b>3:58.46</b> |
| 2013-Pope John        | 4:04.65        |
| 2012-Pope John        | 4:01.59        |
| 2011-Pope John        | 4:00.72        |
| 2010-Paramus Catholic | 4:04.10        |

## 400 METERS RELAY

|                              |              |
|------------------------------|--------------|
| 2018-Pope John               | 50.33        |
| 2017-Holy Angels             | 50.45        |
| <b>2016-Paramus Catholic</b> | <b>48.49</b> |
| 2015-Paramus Catholic        | 49.60        |
| 2014-Pope John               | 49.48        |
| 2013-Pope John               | 50.84        |

## 3200 METERS RELAY

|                       |                |
|-----------------------|----------------|
| 2018-Pope John        | 9:44.22        |
| 2017-Pope John        | 9:45.75        |
| 2016-Pope John        | 9:51.09        |
| 2015-Kent Place       | 9:50.84        |
| <b>2014-Pope John</b> | <b>9:41.09</b> |
| 2013-IHA              | 9:43.97        |

## GIRLS NON-PUBLIC B North

### Top Three Teams

|  |
|--|
| 2018-Newark Academy 89, Villa Walsh 70, Morris Catholic 68   |
| 2017-Newark Academy 89, Morris Catholic 84, Villa Walsh 80 <sup>1</sup> / <sub>4</sub>                             |
| 2016-Villa Walsh 96, Eastern Christian 84, St. Dominic 77  |
| 2015-Villa Walsh 135, Eastern Christian 96, Newark Academy 93  |
| 2014-Eastern Christian 128, Villa Walsh 115, Newark Academy 68   |
| 2013-Villa Walsh 110, Kent Place 97 <sup>1</sup> / <sub>2</sub> , Eastern Christian 82 <sup>1</sup> / <sub>2</sub> |



2012-Mt. St. Dominic 112, Eastern Christian 65, Villa Walsh 62  
 2011-Eastern Christian 116, Villa Walsh 107, Kent Place 67  
 2010-Eastern Christian 126, Villa Walsh 123, Montclair Kimberley 64

### 100 METERS

|   |              |
|---|--------------|
| 2018-Ryan Webb, Hudson Catholic                     | 12.50        |
| 2017-Ryan Webb, Hudson Catholic                     | 12.92        |
| 2016-Nicole Borowiec, Morristown Beard              | 12.82        |
| 2015-Lyndsey Smith, Eastern Christian               | 12.70        |
| 2014-Lyndsey Smith, Eastern Christian               | 12.71        |
| 2013-Raynice Stephens, Immaculate Conception        | 12.91        |
| 2012-Hallie Earle, Montclair Kimberley              | 12.74        |
| 2011-Hallie Earle, Montclair Kimberley              | 12.73        |
| <b>2010-Dominique Booker, Immaculate Conception</b> | <b>12.28</b> |

### 200 METERS

|   |              |
|---|--------------|
| 2018-Julietta Thron, Dwight-Englewood               | 26.33        |
| 2017-Malia Gray, St. Dominic                        | 25.89        |
| 2016-Malia Gray, St. Dominic                        | 26.35        |
| 2015-Lyndsey Smith, Eastern Christian               | 26.53        |
| 2014-Lyndsey Smith, Eastern Christian               | 26.15        |
| 2013-Emilie Cowan, St. Elizabeth                    | 26.76        |
| 2012-Marissa Evans, Morris Catholic                 | 25.82        |
| 2011-Mirabel Nkenke, Immaculate Conception          | 25.94        |
| <b>2010-Dominique Booker, Immaculate Conception</b> | <b>24.72</b> |

### 400 METERS

|  |              |
|--|--------------|
| 2018-Milani Bethel, St. Dominic              | 60.02        |
| <b>2017-Jaime Sheppard, Morristown Beard</b> | <b>57.82</b> |
| 2016-Jaime Sheppard, Morristown Beard        | 58.20        |
| 2015-Lyndsey Smith, Eastern Christian        | 59.14        |
| 2014-Lyndsey Smith, Eastern Christian        | 58.68        |
| 2013-Emilie Cowan, St. Elizabeth             | 59.83        |
| 2012-Marissa Evans, Morris Catholic          | 58.59        |
| 2011-Mirabel Nkenke, Immaculate Conception   | 58.22        |
| 2010-Dominique Booker, Immaculate Conception | 58.38        |

### 800 METERS

|  |                |
|--|----------------|
| 2018-Kate McAndrew, Morris Catholic          | 2:17.76        |
| 2017-Kate McAndrew, Morris Catholic          | 2:20.11        |
| 2016-Camille Bertholon, St. Dominic          | 2:22.49        |
| 2015-Crystal Ortiz, Hudson Catholic          | 2:19.39        |
| 2014-Hanna Jerome, Dwight-Englewood          | 2:22.97        |
| 2013-Megan Curham, Villa Walsh               | 2:25.20        |
| <b>2012-Kristen Traub, Eastern Christian</b> | <b>2:14.75</b> |
| 2011-Kristen Traub, Eastern Christian        | 2:18.23        |
| 2010-Caroline O'Connor, Villa Walsh          | 2:24.32        |

### 1600 METERS

|  |                |
|--|----------------|
| 2018-Kate McAndrew, Morris Catholic          | 5:18.25        |
| 2017-Kate McAndrew, Morris Catholic          | 5:11.65        |
| 2016-Mary Lynch, Villa Walsh                 | 5:15.62        |
| 2015-Crystal Ortiz, Hudson Catholic          | 5:05.79        |
| 2014-Hanna Jerome, Dwight-Englewood          | 5:19.97        |
| 2013-Megan Curham, Villa Walsh               | 5:08.24        |
| <b>2012-Kristen Traub, Eastern Christian</b> | <b>4:59.49</b> |
| 2011-Kristen Traub, Eastern Christian        | 5:01.63        |
| 2010-Kristen Traub, Eastern Christian        | 5:08.25        |

## 3200 METERS

|                                       |                 |
|---------------------------------------|-----------------|
| 2018-Kate McAndrew, Morris Catholic   | 11:33.45        |
| 2017-Molly Whelan, Morris Catholic    | 11:38.46        |
| 2016-Molly Whelan, Morris Catholic    | 11:29.70        |
| 2015-Crystal Ortiz, Hudson Catholic   | 11:03.44        |
| 2014-Mary Lynch, Villa Walsh          | 11:56.25        |
| <b>2013-Megan Curham, Villa Walsh</b> | <b>10:36.42</b> |
| 2012-Kat McCurdy, Mt. St. Dominic     | 11:04.18        |
| 2011-Kristen Traub, Eastern Christian | 11:17.86        |
| 2010-Kristen Traub, Eastern Christian | 11:17.96        |

## 100 METERS HIGH HURDLES

|   |              |
|---|--------------|
| 2018-Nicole Borowiec, Morristown Beard    | 17.10        |
| 2017-Malia Gray, St. Dominic              | 15.73        |
| <b>2016-Malia Gray, St. Dominic</b>       | <b>15.42</b> |
| 2015-Natalie Negroni, Queen of Peace      | 16.54        |
| 2014-Kristen Frawley, Hawthorne Christian | 15.47        |
| 2013-Natalie Negroni, Queen of Peace      | 16.42        |
| 2012-Bethany Van Eck, Eastern Christian   | 15.59        |
| 2011-Bethany Van Eck, Eastern Christian   | 15.62        |
| 2010-Shanice Johnson, Morristown Beard    | 15.71        |

## 400 METERS INTERMEDIATE HURDLES

|   |              |
|---|--------------|
| 2018-Nicole Borowiec, Morristown Beard        | 67.94        |
| <b>2017-Nicole Borowiec, Morristown Beard</b> | <b>64.84</b> |
| 2016-Nicole Borowiec, Morristown Beard        | 65.65        |
| 2015-Natalie Negroni, Queen of Peace          | 65.59        |
| 2014-Natalie Negroni, Queen of Peace          | 66.56        |
| 2013-Natalie Negroni, Queen of Peace          | 68.27        |
| 2012-Natalie Negroni, Queen of Peace          | 65.87        |
| 2011-Faith Dismuke, Mary Help of Christians   | 65.10        |
| 2010-Faith Dismuke, Mary Help of Christians   | 65.74        |

## SHOT PUT

|   |                                       |
|---|---------------------------------------|
| 2018-Madison Wynbeeck, Eastern Christian      | 35-7 <sup>3</sup> / <sub>4</sub>      |
| 2017-Madison Wynbeeck, Eastern Christian      | 33-7 <sup>3</sup> / <sub>4</sub>      |
| 2016-Madison Wynbeeck, Eastern Christian      | 32-3 <sup>1</sup> / <sub>2</sub>      |
| 2015-Haila Rosemond, Morristown Beard         | 35-9 <sup>1</sup> / <sub>4</sub>      |
| 2014-Haila Rosemond, Morristown Beard         | 34-6 <sup>1</sup> / <sub>4</sub>      |
| 2013-Haila Rosemond, Morristown Beard         | 33-0                                  |
| 2012-Tatiana Johnson, Morristown Beard        | 40-0                                  |
| <b>2011-Tatiana Johnson, Morristown Beard</b> | <b>40-0 <sup>1</sup>/<sub>2</sub></b> |
| 2010-Tatiana Johnson, Morristown Beard        | 39-3                                  |

## DISCUS

|  |              |
|--|--------------|
| 2018-Naomi Engelhard, Eastern Christian      | 91-4         |
| 2017-Naomi Engelhard, Eastern Christian      | 87-3         |
| 2016-Emily Dolan, Oak Knoll                  | 94-4         |
| <b>2015-Haila Rosemond, Morristown Beard</b> | <b>130-3</b> |
| 2014-Haila Rosemond, Morristown Beard        | 124-8        |
| 2013-Haila Rosemond, Morristown Beard        | 120-3        |
| 2012-Haila Rosemond, Morristown Beard        | 120-6        |
| 2011-Tatiana Johnson, Morristown Beard       | 100-1        |
| 2010-Jamie Van Buiten, Eastern Christian     | 104-3        |

## JAVELIN

|  |              |
|--|--------------|
| 2018-Madison Wynbeeck, Eastern Christian         | 99-1         |
| <b>2017-Brooke Van Lenten, Eastern Christian</b> | <b>126-1</b> |
| 2016-Brooke Van Lenten, Eastern Christian        | 112-7        |

|  |        |
|--|--------|
| 2015-Lizzie Hunt, Morristown Beard       | 101-10 |
| 2014-Grace Van Gurn, Villa Walsh         | 105-0  |
| 2013-Jackie Sheppard, Newark Academy     | 102-0  |
| 2012-Jenna Schwenk, Oak Knoll            | 109-4  |
| 2011-Grace Van Gurn, Villa Walsh         | 99-10  |
| 2010-Jamie Van Buiten, Eastern Christian | 102-11 |

## HIGH JUMP

|  |            |
|--|------------|
| 2018-Jada Smith, Newark Academy          | 5-0        |
| 2017-Jada Smith, Newark Academy          | 5-2        |
| 2016-Malia Gray, St. Dominic             | 5-0        |
| 2015-Natalie Negroni, Queen of Peace     | 4-10       |
| 2014-Kayla Van Lenten, Eastern Christian | 5-0        |
| 2013-Claire Johnson, Morris Catholic     | 5-0        |
| <b>2012-Keyanna Harris, Kent Place</b>   | <b>5-4</b> |
| 2011-Bethany Van Eck, Eastern Christian  | 5-0        |
| 2010-Sara Schipper, Eastern Christian    | 4-10       |

## LONG JUMP

|  |               |
|--|---------------|
| 2018-Jada Smith, Newark Academy        | 17-4          |
| <b>2017-Malia Gray, St. Dominic</b>    | <b>17-6 ½</b> |
| 2016-Samantha Pearson, Oak Knoll       | 16-10         |
| 2015-Lyndsey Smith, Eastern Christian  | 17-5          |
| 2014-Lyndsey Smith, Eastern Christian  | 16-10         |
| 2013-Grace Penders, Villa Walsh        | 15-2 ¾        |
| 2012-Gabriella Leuthner, Oak Knoll     | 16-1          |
| 2011-Isabella Fernandez, Kent Place    | 15-7 ¾        |
| 2010-Shanice Johnson, Morristown Beard | 17-4 ½        |

## TRIPLE JUMP

|   |             |
|---|-------------|
| 2018-Giulia Socolof, Newark Academy     | 32-10       |
| <b>2017-Malia Gray, St. Dominic</b>     | <b>36-4</b> |
| 2016-Victoria Kong, Dwight-Englewood    | 35-3 ½      |
| 2015-Erin Van Lenten, Eastern Christian | 35-1        |
| 2014-Grace Penders, Villa Walsh         | 33-9        |
| 2013-Grace Penders, Villa Walsh         | 32-8 ½      |
| 2012-Grace Penders, Villa Walsh         | 35-2        |
| 2011-Bethany Van Eck, Eastern Christian | 33-1 ¼      |
| 2010-Dara Veenstra, Eastern Christian   | 32-11       |

## POLE VAULT

|  |             |
|--|-------------|
| 2018-Julia Benz, Villa Walsh                   | 9-0         |
| 2017-Julia Benz, Villa Walsh                   | 9-6         |
| 2016-Julia Benz, Villa Walsh                   | 8-6         |
| <b>2015-Catherine Rozalski, Queen of Peace</b> | <b>11-0</b> |
| <b>2014-Catherine Rozalski, Queen of Peace</b> | <b>11-0</b> |
| 2013-Michelle Rozalski, Queen of Peace         | 9-6         |
| 2012-Dana Placentra, Montclair Kimberley       | 10-6        |
| 2011-Lyndsi Ross-Trevor, Montclair Kimberley   | 9-6         |
| 2010-Dana Placentra, Montclair Kimberley       | 9-0         |

## 1600 METERS RELAY

|                        |                |
|------------------------|----------------|
| 2018-Dwight-Englewood  | 4:13.25        |
| 2017-Morris Catholic   | 4:09.90        |
| 2016-Eastern Christian | 4:09.53        |
| 2015-Newark Academy    | 4:10.24        |
| 2014-Villa Walsh       | 4:16.29        |
| 2013-Kent Place        | 4:12.08        |
| <b>2012-Kent Place</b> | <b>4:03.43</b> |

|                            |         |
|----------------------------|---------|
| 2011-Kent Place            | 4:08.41 |
| 2010-Immaculate Conception | 4:07.26 |

### **400 METERS RELAY**

|                            |              |
|----------------------------|--------------|
| <b>2018-Newark Academy</b> | <b>51.14</b> |
| 2017-Eastern Christian     | 51.63        |
| 2016-Eastern Christian     | 51.78        |
| 2015-Newark Academy        | 52.61        |
| 2014-Oak Knoll             | 51.75        |
| 2013-Eastern Christian     | 52.39        |

### **3200 METERS RELAY**

|                             |                |
|-----------------------------|----------------|
| 2018-Morris Catholic        | 10:06.14       |
| <b>2017-Morris Catholic</b> | <b>9:52.12</b> |
| 2016-Eastern Christian      | 10:11.69       |
| 2015-Villa Walsh            | 10:15.57       |
| 2014-Newark Academy         | 10:19.38       |
| 2013-Kent Place             | 10:29.33       |