

# STATE SECTIONAL CHAMPIONSHIPS

## BOYS GROUP 4

### *Top Three Teams*

2007-West Orange 66, Ridgewood 62, Randolph 59 ½  
2006-West Orange 106 ½, 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 ½, Bayonne 56  
2001-Wayne Valley 86, Hackensack 69, Memorial 64  
2000-Hackensack 122, Ridgewood 66, Wayne Valley 42 ½  
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 ½  
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 ½, 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 ½, 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 ½, 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 ½, Paramus 24  
1971-NEEDED  
1970-Hackensack 41, North Bergen 34, Paramus 24  
1969-River Dell 44, Teaneck 27 ½, North Bergen 25  
1968-Teaneck 34, Hackensack 32, Garfield 25

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

|                                    |       |             |
|------------------------------------|-------|-------------|
| 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)

|                                    |       |             |
|------------------------------------|-------|-------------|
| 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)**

|                                    |       |             |
|------------------------------------|-------|-------------|
| 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>2006-Jason Apwah, Roxbury</b>       | <b>1:52.80</b> |
| 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 |               |
| <b>1975-Rich Rothschild, Paramus</b> |        | <b>1:53.8</b> |
| 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)

|  |               |        |
|--|---------------|--------|
| 2007-Zach bahor, Randolph              | 4:23.09       |        |
| 2006-Michael Cator, Ridgewood          | 4:20.4        |        |
| 2005-Byron Williams, Ridgewood         | 4:15.9        |        |
| <b>2004-Mohamed Khadraoui, Kennedy</b> | <b>4:15.2</b> |        |
| 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)

|                                      |               |               |
|--------------------------------------|---------------|---------------|
| 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 Conheeny, 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)

|                                   |             |
|-----------------------------------|-------------|
| 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)

|                                    |       |             |
|------------------------------------|-------|-------------|
| 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

|                                      |                     |                    |
|--------------------------------------|---------------------|--------------------|
| 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 Mompont, Teaneck         | 51-10 $\frac{1}{2}$ |                    |
| 1992-Robert Mompont, 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-Gerry 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

|                                       |              |
|---------------------------------------|--------------|
| 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 Mompoin, Teaneck      | 156-2  |       |
| 1992-Robert Mompoin, 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

|                                      |        |       |
|--------------------------------------|--------|-------|
| 2007-Ivan Santos, Memorial           | 171-8  |       |
| 2006-Steven Pierce, Ridgewood        | 184-8  |       |
| 2005-Javier Espinola, Bloomfield     |        | 187-9 |
| 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  |       |

**1976-Tim McManus, North Bergen**

|                                      |       |
|--------------------------------------|-------|
| 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 |

**200-11****HIGH JUMP**

|                                     |             |     |
|-------------------------------------|-------------|-----|
| 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         |     |
| <b>1979-Scot Palmer, Teaneck</b>    | <b>6-10</b> |     |
| 1978-Scot 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**

|                                   |         |        |
|-----------------------------------|---------|--------|
| 2007-Jon Arnold, West Orange      | 22-11 ½ |        |
| 2006-Jon Arnold, West Orange      | 23-0 ¾  |        |
| 2005-Shawn Adair, Morristown      | 23-0    |        |
| 2004-Nick Syzonemko, Randolph     |         | 22-3 ½ |
| 2003-Anthony Johnson, Eastside    | 21-0 ¾  |        |
| 2002-Brian Leslie, West Milford   | 21-8 ¾  |        |
| 2001-Brian Leslie, West Milford   | 20-7    |        |
| 2000-Aaron Richardson, Hackensack | 20-10 ½ |        |
| 1999-Tyrone Johnson, Kennedy      | 21-8    |        |

|  |               |        |
|--|---------------|--------|
| 1998-Tyrone Johnson, Kennedy             | 21-10         |        |
| 1997-Stephon Mark, Snyder                | 21-4          |        |
| 1996-Chiffon Allen, Passaic              | 22-2 ½        |        |
| 1995-Llewelyn Mitchell, Teaneck          |               | 20-8   |
| 1994-Haikeem Smith, Passaic              | 21-1          |        |
| <b>1993-Darius Pemberton, Hackensack</b> | <b>24-0 ½</b> |        |
| 1992-Ron Thompson, Clifton               | 21-9          |        |
| 1991-King Perry, Passaic Tech            | 22-2 ½        |        |
| 1990-John Johnson, Passaic Tech          | 21-0 ½        |        |
| 1989-Sherwin Tann, Passaic Tech          |               | 21-4 ½ |
| 1988-Craig Halyard, Ridgewood            | 22-2 ¼        |        |
| 1987-Andrew Cameron, Eastside            | 22-0 ½        |        |
| 1986-Joe Johnson, Hackensack             | 23-5          |        |
| 1985-Joe Johnson, Hackensack             | 21-4 ½        |        |
| 1984-Curtis Green, Teaneck               | 22-2 ¾        |        |
| 1983-Maurice Palmer, Teaneck             | 20-9          |        |
| 1982-Kevin Edwards, Hackensack           | 21-7          |        |
| 1981-Ed Alston, Hackensack               | 21-11         |        |
| 1980-Dean DeRenzo, Paramus               | 20-6 ¾        |        |
| 1979-Quentin Walker, Teaneck             | 21-10 ¼       |        |
| 1978-Dean Olawski, Kearny                | 21-0 ½        |        |
| 1977-Don Jarvis, Indian Hills            | 22-7 ½        |        |
| 1976-Bo Verin, Teaneck                   | 21-4 ¾        |        |
| 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 ¾        |        |
| 1971-NEEDED                              |               |        |
| 1970-John Bazemore, Eastside             | 20-9 ½        |        |
| 1969-Al Williams, River Dell             | 20-9 ½        |        |
| 1968-John O'Grady, North Bergen          | 20-9          |        |

### TRIPLE JUMP

|                                     |             |  |
|-------------------------------------|-------------|--|
| 2007-Isaac Patterson, Eastside      | 45-8        |  |
| 2006-Ryan Manning, West Orange      | 45-11 ½     |  |
| <b>2005-Shaun Adair, Morristown</b> | <b>47-0</b> |  |
| 2004-Derrick Webb, Eastside         | 44-11       |  |
| 2003-Ken Stoute, Clifton            | 43-2 ¼      |  |

### POLE VAULT

|                                     |             |      |
|-------------------------------------|-------------|------|
| 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 ¾ |      |
| 1972-Jim Lynch, Bergenfield        | 12-0   |      |
| 1971-NEEDED                        |        |      |
| 1970-Bujar Nake, Hackensack        | 12-6 ½ |      |
| 1969-Dwight Mutchler, River Dell   | 12-0   |      |
| 1968-Ted Hunziger, Teaneck         | 12-6   |      |

### 1600 METER RELAY (mile until 1979)

|                     |               |
|---------------------|---------------|
| 2007-West Orange    | 3:21.59       |
| 2006-West Orange    | 3:22.7        |
| <b>2005-Kennedy</b> | <b>3:20.3</b> |
| <b>2004-Kennedy</b> | <b>3:20.3</b> |
| 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        |

## BOYS GROUP 3

### Top Three Teams

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)

|                                     |       |      |
|-------------------------------------|-------|------|
| 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)

|   |             |      |
|---|-------------|------|
| 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 |
| <b>2003-Mike Pruzinsky, Wayne Hills</b> | <b>21.6</b> |      |
| 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)

|                                       |             |      |
|---------------------------------------|-------------|------|
| 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)

|                                      |               |        |
|--------------------------------------|---------------|--------|
| 2007-Casey Weiss, West Milford       | 1:57.49       |        |
| <b>2006-Chris Behre, Mount Olive</b> | <b>1:55.4</b> |        |
| 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, Cliffside 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)

|  |               |        |
|--|---------------|--------|
| 2007-Kyle Soloff, Morris Hills           | 4:16.87       |        |
| <b>2006-Tony Salvatore, Wayne Valley</b> | <b>4:15.5</b> |        |
| 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)

|   |               |
|---|---------------|
| 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)

|                                      |             |
|--------------------------------------|-------------|
| 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)**

|  |             |      |
|--|-------------|------|
| 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

|                                       |             |
|---------------------------------------|-------------|
| 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 Kertes, Ramsey</b>        | <b>59-1</b> |
| 1980-Lou Kertes, 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

|  |              |
|--|--------------|
| <b>2007-George Abyad, Passaic Valley</b> | <b>178-6</b> |
| 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

|                                      |              |        |
|--------------------------------------|--------------|--------|
| 2007-Greg Ross, Morris Hills         | 165-11       |        |
| 2006-Dominique 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

|  |            |
|--|------------|
| 2007-Aaron King, Morris Hills          | 6-2        |
| 2006-Dominique 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        |
| <b>1979-Mike Curti, Dumont</b>         | <b>6-8</b> |
| 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

|                                      |               |
|--------------------------------------|---------------|
| <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               | 20-11 ¼       |
| 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

|  |             |  |
|--|-------------|--|
| <b>2007-Aaron King, Morris Hills</b>   | <b>47-1</b> |  |
| 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

|                                      |             |      |
|--------------------------------------|-------------|------|
| <b>2007-Tim Blashford, Ramapo</b>    | <b>14-7</b> |      |
| 2006-Tim Blashford, Ramapo           | 13-0        |      |
| 2005-Konrad Krolkowski, 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)

|                         |         |
|-------------------------|---------|
| 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  |

## BOYS GROUP 2

### **Top Three Teams**

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 27  
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)**

|                                      |             |
|--------------------------------------|-------------|
| 2007-Raldaine McDonald, Englewood    | 11.32       |
| 2006-Garrett Kroner, Indian Hills    | 10.9        |
| <b>2005-Rameik Jackson, Westwood</b> | <b>10.7</b> |
| 2004-Casey Robert, Hawthorne         | 10.9        |
| <b>2003-Casey Robert, Hawthorne</b>  | <b>10.7</b> |
| 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)

|  |             |
|--|-------------|
| 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)

|  |             |
|--|-------------|
| 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)

|  |               |
|--|---------------|
| 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 Berlingeri, 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)

|                                       |               |        |
|---------------------------------------|---------------|--------|
| 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, Wallkill 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        |        |
| <b>1982-Andy O'Donnell, Hopatcong</b> | <b>4:21.3</b> |        |
| 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)

|                                       |               |         |
|---------------------------------------|---------------|---------|
| 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        |         |
| <b>1993-Brian Viscomi, Kittatinny</b> | <b>9:28.0</b> |         |
| 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)

|                                      |       |
|--------------------------------------|-------|
| 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)**

|  |             |      |
|--|-------------|------|
| 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

|  |               |
|--|---------------|
| 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 Lermanian, 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

|                                   |              |
|-----------------------------------|--------------|
| 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

|   |              |       |
|---|--------------|-------|
| 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

|   |            |     |
|---|------------|-----|
| 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 Reiningger, 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

|                                     |         |        |
|-------------------------------------|---------|--------|
| 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 $\frac{3}{4}$                   |                    |
| 1993-Brian Bonser, Wallkill Valley   | 21-8 $\frac{1}{4}$                   |                    |
| 1992-Chris Hewitt, Englewood         | 22-3 $\frac{1}{2}$                   |                    |
| 1991-Chris Hewitt, Englewood         | 21-9                                 |                    |
| 1990-Rhath Morinho, Lyndhurst        | 20-11 $\frac{1}{2}$                  |                    |
| 1989-Paul Foxson, Wallkill Valley    | 21-5                                 |                    |
| 1988-David Frazier, Rutherford       | 21-3 $\frac{1}{4}$                   |                    |
| 1987-Joe Marcel, Kittatinny          | 20-11 $\frac{1}{2}$                  |                    |
| 1986-Mark Ruffalo, Hopatcong         | 21-5                                 |                    |
| 1985-Tim Henkel, Secaucus            | 20-7 $\frac{1}{2}$                   |                    |
| 1984-Ed Baisley, Tenafly             | 20-8 $\frac{1}{2}$                   |                    |
| 1983-Mike Cimilucca, Lyndhurst       | 21-8                                 |                    |
| 1982-Mark Biroc, Elmwood Park        | 19-11                                |                    |
| 1981-Ray Frazier, Rutherford         | 20-6 $\frac{3}{4}$                   |                    |
| 1980-Jeff Reininger, Sparta          | 20-11                                |                    |
| 1979-Jim Rude, Sussex Tech           | 20-1 $\frac{1}{4}$                   |                    |
| 1978-Kevin Conway, High Point        | 20-9 $\frac{1}{2}$                   |                    |
| <b>1977-Kurt Stebbins, Sparta</b>    | <b>22-6 <math>\frac{1}{4}</math></b> |                    |
| 1976-Kurt Stebbins, Sparta           | 21-6                                 |                    |
| 1975-John Mingiante, Emerson (UC)    | 20-10                                |                    |
| 1974-Vic Plummer, Englewood          | 20-7 $\frac{1}{2}$                   |                    |
| 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 $\frac{1}{2}$ |
| 1968-Jim Roe, Union Hill             | 20-4 $\frac{1}{2}$                   |                    |

### TRIPLE JUMP

|   |                    |  |
|---|--------------------|--|
| 2007-Joe Martinek, Hopatcong            | 44-6 $\frac{3}{4}$ |  |
| <b>2006-John Ramos, Wallkill Valley</b> | <b>44-7</b>        |  |
| 2005-Nick Paiva, Wallkill Valley        | 42-9 $\frac{1}{4}$ |  |
| 2004-Nick Paiva, Wallkill Valley        | 43-3               |  |
| 2003-Ken Kang, Pascack Hills            | 43-6 $\frac{1}{4}$ |  |

### POLE VAULT

|                                     |                    |  |
|-------------------------------------|--------------------|--|
| <b>2007-Gregory Stripe, Mahwah</b>  | <b>15-0</b>        |  |
| 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 $\frac{1}{2}$ |  |
| 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 Zydel, 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)

|  |               |
|--|---------------|
| 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        |
| <b>1996-Glen Rock</b>                    | <b>3:22.7</b> |
| 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        |

## BOYS GROUP 1

### Top Three Teams

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)

|                                       |             |      |
|---------------------------------------|-------------|------|
| 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)

|                                       |             |      |
|---------------------------------------|-------------|------|
| 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        |      |
| <b>2000-Chris Charles, Park Ridge</b> | <b>21.9</b> |      |
| 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)

|   |             |      |
|---|-------------|------|
| 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        |      |
| <b>2001-Gary Gagliardi, Hasbrouck Heights</b> | <b>49.6</b> |      |
| 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)

|  |         |               |
|--|---------|---------------|
| 2007-Mike Soroko, Kinnelon             | 1:56.41 |               |
| 2006-Dane Bender, Pompton Lakes        | 1:59.1  |               |
| 2005-Chris Guerriero, Saddle Brook     | 1:58.6  |               |
| <b>2004-Ryan McCann, Glen Rock</b>     |         | <b>1:54.6</b> |
| 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)

|                                      |                |  |
|--------------------------------------|----------------|--|
| <b>2007-Mike Soroko, Kinnelon</b>    | <b>4:22.80</b> |  |
| 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)**

|                                       |               |
|---------------------------------------|---------------|
| 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       |
| <b>1987-Chris Moore, Emerson</b>      | <b>9:29.0</b> |
| 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)**

|  |             |
|--|-------------|
| 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)**

|   |             |
|---|-------------|
| 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        |

57.7

|                                       |      |
|---------------------------------------|------|
| 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

|  |               |         |
|--|---------------|---------|
| 2007-George Pecoraro, Cresskill          | 52-11 ¼       |         |
| 2006-Geoff Goidell, Pascack Hills        | 54-5 ½        |         |
| 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

|   |        |       |
|---|--------|-------|
| 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         |
| <b>1990-Kevin Quinn, Cresskill</b>      | <b>174-11</b> |
| 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 Papathanassiou, 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

|   |              |
|---|--------------|
| 2007-Kyle Elliott, Cresskill              | 183-7        |
| <b>2006-Bryan Fill, Hasbrouck Heights</b> | <b>190-5</b> |
| 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        |
| <b>1982-Bob Erksine, North Arlington</b>  | <b>208-5</b> |
| 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

|                                      |                                 |      |
|--------------------------------------|---------------------------------|------|
| 2007-Tim White, Saddle Brook         | 6-2                             |      |
| 2006-Tim White, Saddle Brook         | 6-0                             |      |
| 2005-Pat Cuning, 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                             |      |
| <b>1987-Eric Princen, Cresskill</b>  | <b>6-6</b>                      |      |
| 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 <sup>3</sup> / <sub>4</sub> |      |
| 1969-Ron Hurley, Emerson             | 5-8                             |      |
| 1968-Mike Rutler, Waldwick           | 5-10                            |      |

## LONG JUMP

|  |                                       |
|--|---------------------------------------|
| <b>2007-Dan DePalma, Verona</b>        | <b>22-2 <sup>1</sup>/<sub>2</sub></b> |
| 2006-Branden Bowen, Boonton            | 21-5 <sup>1</sup> / <sub>2</sub>      |
| 2005-Anthony Pomo, Saddle Brook        | 21-9                                  |
| 2004-Vernard Hoover, Hasbrouck Heights | 21-9                                  |
| 2003-Vernard Hoover, Hasbrouck Heights | 21-8 <sup>1</sup> / <sub>4</sub>      |
| 2002-Brandon Fronjian, Palisades Park  | 20-2 <sup>3</sup> / <sub>4</sub>      |
| 2001-Craig Agnello, Glen Rock          | 20-8 <sup>1</sup> / <sub>2</sub>      |
| 2000-Rishi Prabhu, Glen Rock           | 20-5                                  |
| 1999-Craig Agnello, Glen Rock          | 20-9                                  |
| 1998-Damion Lawrence, Wallington       | 19-5 <sup>1</sup> / <sub>2</sub>      |
| 1997-Mikkel Brown, Glen Rock           | 21-10                                 |
| 1996-Keith Lau, Waldwick               | 19-6                                  |
| 1995-Mikkel Brown, Glen Rock           | 19-10 <sup>1</sup> / <sub>2</sub>     |

|                                   |         |        |
|-----------------------------------|---------|--------|
| 1994-Steve DuPlessy, Ridgefield   | 20-8    |        |
| 1993-Chris Bunch, New Milford     | 20-8 ½  |        |
| 1992-Anthony Porfido, Waldwick    |         | 20-7 ¾ |
| 1991-Dave Schuman, Saddle Brook   | 19-11 ¾ |        |
| 1990-Jeff Heal, New Milford       | 21-8    |        |
| 1989-Jason Pyryt, Wallington      | 20-10 ¼ |        |
| 1988-Scott Zotollo, Saddle Brook  |         | 20-9   |
| 1987-Chih Chen, Saddle Brook      | 21-1 ½  |        |
| 1986-John Pierro, North Arlington | 21-1 ¾  |        |
| 1985-John McGuiness, Emerson      | 20-8    |        |
| 1984-John Reilly, Midland Park    | 20-8 ½  |        |
| 1983-Rob Orban, Wood-Ridge        | 20-7 ½  |        |
| 1982-Rob Orban, Wood-Ridge        | 20-7 ½  |        |
| 1981-Keith Imbruglia, Wallington  |         | 21-0   |
| 1980-Keith Imbruglia, Wallington  |         | 20-9 ¼ |
| 1979-Larry Bowens, Mahwah         | 22-0 ¾  |        |
| 1978-Tyrone Bowens, Mahwah        | 19-8    |        |
| 1977-John Stos, Wallington        | 19-10   |        |
| 1976-Mike Barakat, Bogota         | 20-4    |        |
| 1975-Ivory Sully, Leonia          | 20-4 ½  |        |
| 1974-Chris Kanya, Park Ridge      | 20-5 ½  |        |
| 1973-Tony Coletta, Mahwah         | 20-4 ½  |        |
| 1972-Frank Petit, High Point      | 20-7 ½  |        |
| 1971-NEEDED                       |         |        |
| 1970-John Sereno, Bogota          | 20-9    |        |
| 1969-Ron O'Blenis, Mahwah         | 20-3 ¾  |        |
| 1968-Ed Taylor, Bogota            | 20-9 ½  |        |

### TRIPLE JUMP

|   |               |
|---|---------------|
| 2007-Brandon Hillman, Verona                  | 43-11 ¾       |
| 2006-Allen Patterson, Saddle Brook            | 40-11 ½       |
| 2005-Anthony Pomo, Saddle Brook               | 42-4 ½        |
| <b>2004-Vernard Hoover, Hasbrouck Heights</b> | <b>48-2 ¼</b> |
| 2003-Vernard Hoover, Hasbrouck Heights        | 45-11 ¼       |

### POLE VAULT

|   |      |
|---|------|
| 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 |

|                                      |             |
|--------------------------------------|-------------|
| <b>1983-Rob O'Shea, Glen Rock</b>    | <b>13-9</b> |
| 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)**

|                        |               |
|------------------------|---------------|
| 2007-Pompton Lakes     | 3:27.14       |
| 2006-Park Ridge        | 3:27.3        |
| 2005-Park Ridge        | 3:30.3        |
| <b>2004-Westwood</b>   | <b>3:25.8</b> |
| 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        |

## **NORTH 2 NORTH JERSEY CHAMPIONS**

### **100 METERS**

### **200 METERS**

2005-Rob Valenti, Wood-Ridge (1) 23.08

### **400 METERS**

2005-Orestes Medina, Palisades Park (1) 50.21  
2004-Daquan Huffin, Palisades Park (1) 50.36

### **800 METERS**

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

### **1600 METERS**

### **3200 METERS**

### **110 METERS HIGH HURDLES**

2004-Corey Stanton, Ridgefield Park (2) 15.81

### **400 METERS INTERMEDIATE HURDLES**

### **SHOT PUT**

2007-Nick Britt, Secaucus (1) 48-7 ¼  
2005-Barry Green, Lyndhurst (1) 51-5 ½  
2004-Barry Green, Lyndhurst (1) 43-0

### **DISCUS**

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**

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**

2005-Randy Lehman, , North Arlington (1) 6-0  
2004-Orestes Medina, Palisades Park (1) 6-0

### **LONG JUMP**

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

|   |        |
|---|--------|
| 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

|  |      |
|--|------|
| 2007-John Orlic, Becton (1)                | 12-0 |
| 2006-Mike Cuttruzzula, North Arlington (1) | 12-0 |
| 2004-Michael Morello, Lyndhurst (1)        | 12-0 |

## 1600 METERS RELAY

|                          |         |
|--------------------------|---------|
| 2007-North Arlington (1) | 3:34.86 |
|--------------------------|---------|

## GIRLS GROUP 4

### *Top Three Teams*

|  |
|--|
| 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- <b>Ridgewood 118</b> , 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)

|                                      |             |
|--------------------------------------|-------------|
| 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)

|  |              |      |
|--|--------------|------|
| <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)

|                                      |             |      |
|--------------------------------------|-------------|------|
| 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)

|                                      |                |        |
|--------------------------------------|----------------|--------|
| <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)

|                                    |               |        |
|------------------------------------|---------------|--------|
| 2007-Kim Standridge, Randolph      | 4:55.76       |        |
| <b>2006-Ariann Neutts, Roxbury</b> | <b>4:53.0</b> |        |
| 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)

|                                   |          |         |
|-----------------------------------|----------|---------|
| 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)

|  |              |  |
|--|--------------|--|
| <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

|                                     |             |  |
|-------------------------------------|-------------|--|
| 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        |  |
| <b>2000-Tawana Watkins, Kennedy</b> | <b>61.7</b> |  |
| 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      |             |  |

|                                |      |
|--------------------------------|------|
| 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)**

|                     |             |
|---------------------|-------------|
| <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)**

|  |               |       |
|--|---------------|-------|
| 2007-Althea Charles, West Orange       | 39-11         |       |
| 2006-Lauren Abouf, Livingston          | 39-9 ½        |       |
| 2005-Jamila Morrison, Hackensack       | 36-10 ½       |       |
| 2004-Katora Spivey, Montclair          | 40-2 ¼        |       |
| 2003-Sable Sweeper, Passaic            | 35-8 ¼        |       |
| 2002-Monique Mighty, Hackensack        | 35-1 ½        |       |
| 2001-Alexis Wood, West Milford         |               | 37-4  |
| 2000-Alexis Wood, West Milford         |               | 34-10 |
| 1999-Labelle Hillgrove, Passaic        | 41-9          |       |
| <b>1998-Labelle Hillgrove, Passaic</b> | <b>41-9 ½</b> |       |
| 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**

|                                       |       |
|---------------------------------------|-------|
| 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

|  |              |
|--|--------------|
| 2007-Jaclyn Wypler, Ridgewood              | 132-5        |
| 2006-Lauren Abuouf, Livingston             | 120-1        |
| 2005-Brynn Rosser, Hackensack              | 121-6        |
| <b>2004-Stephanie Petine, Bloomfield</b>   | <b>139-7</b> |
| 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

|   |              |
|---|--------------|
| 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          |
| <b>1992-Michele Dudzinski, Passaic Valley</b> | <b>5-4 ½</b> |
| 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

|   |             |
|---|-------------|
| 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 Fiochi, 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

|  |             |
|--|-------------|
| 2007-Brooke Bogart, Ridgewood            | 36-0        |
| <b>2006-Consadria Walker, Hackensack</b> | <b>39-8</b> |
| 2005-Consadria Walker, Hackensack        | 35-10       |
| 2004-Brooke Bogart, Ridgewood            | 33-2 ¾      |
| 2003-Trish McGowan, Ridgewood            | 36-2 ½      |

### POLE VAULT

|                                    |             |
|------------------------------------|-------------|
| 2007-Annie Polcari, Ridgewood      | 11-0        |
| 2006-Rachel Joseph, Livingston     | 11-0        |
| <b>2005-Cassie Wong, Ridgewood</b> | <b>11-6</b> |
| 2004-Kerri Norton, Ridgewood       | 10-6        |
| 2003-Evann Borgmann, Ridgewood     | 9-9         |

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

|                      |               |
|----------------------|---------------|
| 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        |

### GIRLS GROUP 3

#### *Top Three Teams*

|  |
|--|
| 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-**Wayne Valley 117**, 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)

|   |             |
|---|-------------|
| 2007-Janay Mitchell, Teaneck                    | 12.62       |
| 2006-Amy Salek, Ramapo                          | 12.5        |
| <b>2005-Jacqueline Sendgikoski, Mount Olive</b> | <b>12.0</b> |
| 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)

|  |      |   |
|--|------|---|
| 2007-Amy Salek, Ramapo                   | 25.9 | 25.49 (Janay Mitchell, Teaneck ran 25.49 in trials) |
| 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)

|  |       |      |
|--|-------|------|
| 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  |      |

|                                    |             |
|------------------------------------|-------------|
| <b>1982-Sonya Dickson, Lincoln</b> | <b>56.7</b> |
| 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)**

|  |                |
|--|----------------|
| <b>2007-Kesley Ramsey, Ramapo</b>      | <b>2:13.71</b> |
| 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)**

|                                      |                |
|--------------------------------------|----------------|
| <b>2007-Kesley Ramsey, Ramapo</b>    | <b>5:00.92</b> |
| 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)

|   |                |
|---|----------------|
| 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        |
| <b>2003-Jesse Mizzone, Passaic Valley</b> | <b>10:43.5</b> |
| 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)

|  |       |      |
|--|-------|------|
| 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 |
| <b>1981-Renee Carter, Englewood</b> | <b>14.2</b> |      |
| 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

|  |             |      |
|--|-------------|------|
| 2007-Shannon McEvoy, High Point          | 64.51       |      |
| 2006-Diana Restrepo, Morris Hills        | 64.2        |      |
| <b>2005-Michelle Smith, Teaneck</b>      | <b>62.0</b> |      |
| 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)

|                     |             |
|---------------------|-------------|
| 1980-Hoboken        | 51.3        |
| <b>1979-Lincoln</b> | <b>50.4</b> |
| 1978-Ferris         | 52.0        |
| 1977-Lincoln        | 50.6        |
| 1976-Lincoln        | 52.9        |

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

|                                    |        |
|------------------------------------|--------|
| 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 $\frac{3}{4}$ |             |
| <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 $\frac{1}{4}$  |             |
| 1998-Jenn Flinchum, Demarest          | 37-6 $\frac{1}{4}$  |             |
| 1997-Jenn Flinchum, Demarest          | 35-8 $\frac{3}{4}$  |             |
| 1996-Lisa Olsen, Sparta               | 34-2                |             |
| 1995-Tarah Davis, Demarest            | 35-0 $\frac{1}{2}$  |             |
| 1994-Jen Dougherty, Ramsey            | 37-3                |             |
| 1993-Jen Dougherty, Ramsey            | 35-2 $\frac{1}{2}$  |             |
| 1992-Jen Dougherty, Ramsey            | 37-0 $\frac{3}{4}$  |             |
| 1991-Sherilee Mix, Pascack Valley     | 33-11 $\frac{1}{2}$ |             |
| 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 $\frac{1}{4}$ |             |
| 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 $\frac{1}{2}$  |             |
| 1980-Beth Sova, Lakeland              | 39-7 $\frac{1}{4}$  |             |
| 1979-Beth Sova, Lakeland              | 40-6                |             |
| 1978-Kim Schwickrath, Old Tappan      | 38-8 $\frac{1}{2}$  |             |
| 1977-Karen Krivda, Cliffside Park     | 38-0 $\frac{1}{2}$  |             |
| 1976-Dawn Anderson, West Milford      | 34-11               |             |

## DISCUS

|                                    |              |       |
|------------------------------------|--------------|-------|
| 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

|                                      |               |        |
|--------------------------------------|---------------|--------|
| 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, Cliffside Park | 122-0         |        |
| 1995-Jessica Sarubbi, Cliffside Park | 110-3         |        |
| 1994-Angie DeMaio, Cliffside 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, Cliffside 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

|   |            |     |
|---|------------|-----|
| 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

|   |             |       |
|---|-------------|-------|
| 2007-Alyssa Henderson, Parsippany Hills         | 16-6 ½      |       |
| 2006-Shenise Halsey, Old Tappan                 |             | 17-9  |
| <b>2005-Jacqueline Sendgikoski, Mount Olive</b> | <b>18-2</b> |       |
| 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

|  |               |
|--|---------------|
| 2007-Lizzie Faudt, Northern Highlands        | 36-9          |
| <b>2006-Lizzie Faudt, Northern Highlands</b> | <b>37-9 ¾</b> |
| 2005-Shanelle Cross, Garfield                | 36-2          |
| 2004-Shanelle Cross, Garfield                | 35-8 ¾        |
| 2003-Brittany Brooks, Garfield               | 34-6 ½        |

## POLE VAULT

|                                       |             |     |
|---------------------------------------|-------------|-----|
| <b>2007-Chrissy Finkel, Montville</b> | <b>12-4</b> |     |
| 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)

|                     |               |
|---------------------|---------------|
| 2007-Teaneck        | 4:00.98       |
| <b>2006-Teaneck</b> | <b>3:57.6</b> |
| 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 |

## GIRLS GROUP 2

### *Top Three Teams*

|   |
|---|
| 2007-Indian Hills 86 ½, 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 ½          |
| 2003-Newton 99, Ramsey 75, Westwood 58                |
| 2002-Newton 79, Ramsey 56, Pompton Lakes 52           |
| 2001-Newton 90 ½, 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 ½      |
| 1993-Glen Rock 99, Mahwah 72, Wallkill Valley 50      |
| 1992-Wallkill Valley 73, Newton 56, New Milford 54    |
| 1991-Garfield 37, Wallkill Valley 36 ½, Newton 34 ½   |
| 1990-Garfield 36, Englewood 27, Kittatinny 26         |
| 1989-Englewood 38 ½, Garfield 28, Newton 27 ½         |
| 1988-Westwood 59, Kittatinny and Newton 32            |
| 1987-Kittatinny 55, Westwood 48, Dumont/Rutherford 21 |
| 1986-Westwood 47, Kittatinny 30 ½, Dumont 27 ½        |
| 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 ½   |
| 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)**

|   |             |
|---|-------------|
| 2007-Ajda Dotday, Hawthorne             | 12.52       |
| 2006-Vicky Caruso, Wallkill Valley      | 12.3        |
| 2005-Carlleen Allison, Lenape Valley    | 12.0        |
| 2004-Carlleen 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)**

|   |              |
|---|--------------|
| <b>2007-Vicky Caruso, Wallkill Valley</b> | <b>24.93</b> |
| 2006-Vicky Caruso, Wallkill Valley        | 25.3         |
| 2005-Carlleen Allison, Lenape Valley      | 25.6         |
| 2004-Carlleen 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)**

|   |              |
|---|--------------|
| <b>2007-Vicky Caruso, Wallkill Valley</b> | <b>56.70</b> |
| 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)**

|                                      |                |
|--------------------------------------|----------------|
| <b>2007-Bry Bonavita, River Dell</b> | <b>2:18.12</b> |
| 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 DiMeglio, 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)

|                                      |               |
|--------------------------------------|---------------|
| 2007-Lindsay Jeltis, Indian Hills    | 5:18.68       |
| 2006-Lindsay Jeltis, Indian Hills    | 5:17.8        |
| 2005-Lindsay Jeltis, 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        |
| <b>1982-Lisa Pakutka, Hopatcong</b>  | <b>5:07.7</b> |
| 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)

|   |          |
|---|----------|
| 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)

|   |             |      |
|---|-------------|------|
| 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

|                                      |              |  |
|--------------------------------------|--------------|--|
| <b>2007-Alex Rosenberger, Ramsey</b> | <b>62.55</b> |  |
| 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)**

|                       |             |
|-----------------------|-------------|
| 1980-Saddle Brook     | 52.4        |
| 1979-Tenafly          | 53.6        |
| 1978-Waldwick         | 53.0        |
| <b>1977-Hawthorne</b> | <b>51.5</b> |
| 1976-High Point       | 52.8        |

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

|  |             |
|--|-------------|
| 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        |
| <b>1987-Kirsten Christiansen, Rutherford</b> | <b>41-0</b> |
| 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

|   |              |
|---|--------------|
| 2007-Erika Mertrud, Pequannock              | 110-8        |
| 2006-Christina Eyl, Indian Hills            | 117-1        |
| 2005-Kristin Jakob, Dumont                  | 118-5        |
| <b>2004-Amber Gardocki, Wallkill Valley</b> | <b>124-8</b> |
| 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

|                                       |        |
|---------------------------------------|--------|
| 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         |
| <b>1978-Michelle Christen, Hawthorne</b> | <b>139-11</b> |
| 1977-Sue Zak, Rutherford                 | 96-7          |
| 1976-Betsy Hooley, Newton                | 80-5          |

## HIGH JUMP

|                                      |            |
|--------------------------------------|------------|
| 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

|   |               |
|---|---------------|
| 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 $\frac{3}{4}$  |
| 1985-Gerri Brennan, Dumont               | 16-6 $\frac{1}{4}$  |
| 1984-Sue Frazier, Rutherford             | 17-0                |
| 1983-Barbara Wolff, Tenafly              | 16-2 $\frac{1}{2}$  |
| 1982-Sue Frazier, Rutherford             | 15-10               |
| 1981-Jackie Oliva, Manchester            | 16-1 $\frac{1}{2}$  |
| 1980-Jenny Barbour, Hopatcong            | 16-9 $\frac{1}{4}$  |
| 1979-Mary Ellen Margogliano, Holy Family | 16-9 $\frac{1}{2}$  |
| 1978-Laurie Miranda, Lyndhurst           | 15-11               |
| 1977-Lynn Prendergast, Hawthorne         | 15-11 $\frac{1}{2}$ |
| 1976-Lynn Prendergast, Hawthorne         | 15-11               |

### TRIPLE JUMP

|                                      |                                       |
|--------------------------------------|---------------------------------------|
| <b>2007-Alyssa Maier, River Dell</b> | <b>37-10 <math>\frac{1}{2}</math></b> |
| 2006-Alyssa Maier, River Dell        | 36-7 $\frac{1}{4}$                    |
| 2005-Alyssa Maier, River Dell        | 36-0 $\frac{3}{4}$                    |
| 2004-Sheena Strachan, Englewood      | 36-5 $\frac{1}{2}$                    |
| 2003-Alex Paslawsky, Ramsey          | 35-2                                  |

### POLE VAULT

|                                     |             |
|-------------------------------------|-------------|
| <b>2007-Emily Mino, River Dell</b>  | <b>10-3</b> |
| 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)

|                    |               |
|--------------------|---------------|
| 2007-River Dell    | 4:01.37       |
| 2006-Ramsey        | 4:04.5        |
| <b>2005-Ramsey</b> | <b>3:58.0</b> |
| 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        |

## GIRLS GROUP 1

### Top Three Teams

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)

|  |             |
|--|-------------|
| 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        |
| <b>2000-Samantha Griffin, Academic</b> | <b>12.1</b> |
| 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)

|  |             |      |
|--|-------------|------|
| 2007-Lauren Malsky, Kinnelon   | 26.15       |      |
| 2006-Monica Joseph, Pompton Lakes  | 25.6        |      |
| 2005-Alessandra Valdetara, Butler  | 26.1        |      |
| <b>2004-Cheryl Anscombe, Westwood</b>  | <b>25.5</b> |      |
| 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 Bochiario, 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)

|                                       |             |      |
|---------------------------------------|-------------|------|
| 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        |      |
| <b>2002-Kim Mineo, Glen Rock</b>      | <b>58.1</b> |      |
| 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)

|  |               |        |
|--|---------------|--------|
| 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)

|   |               |  |
|---|---------------|--|
| 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        |  |
| <b>2001-Erin Henry, Glen Rock</b>       | <b>5:10.7</b> |  |
| 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)

|  |                |         |
|--|----------------|---------|
| 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        |         |
| <b>2001-Erin Henry, Glen Rock</b>        | <b>11:15.3</b> |         |
| 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)

|  |       |
|--|-------|
| 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

|                                      |             |      |
|--------------------------------------|-------------|------|
| 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        |      |
| <b>2002-Kim Mineo, Glen Rock</b>     | <b>63.0</b> |      |
| 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)

|                        |             |
|------------------------|-------------|
| <b>1980-Park Ridge</b> | <b>52.3</b> |
| 1979-Park Ridge        | 54.2        |
| 1978-Newton            | 52.9        |
| 1977-Vernon            | 52.6        |

1976-Bogota

54.7

### SHOT PUT (8 pounds until 1979)

|  |              |        |
|--|--------------|--------|
| <b>2007-Heather Morba, Kinnelon</b>    | <b>38-10</b> |        |
| 2006-Heather Morba, Kinnelon           | 36-2 ¼       |        |
| 2005-Heather Morba, Kinnelon           | 35-9         |        |
| 2004-Lindsay Renna, Hasbrouck Heights  | 38-0 ¾       |        |
| 2003-Nicole Lowenstein, Lyndhurst      | 35-10 ½      |        |
| 2002-Lindsay Renna, Hasbrouck Heights  | 33-10 ½      |        |
| 2001-Nikki Uzelac, Midland Park        |              | 36-5   |
| 2000-Sheena Schuler, Hasbrouck Heights | 37-5         |        |
| 1999-Renee Wilson, Hasbrouck Heights   | 34-11 ¼      |        |
| 1998-Lacey Martens, Secaucus           | 35-10 ¾      |        |
| 1997-Renee Wilson, Hasbrouck Heights   | 31-9         |        |
| 1996-Connie Zappella, Academic         |              | 34-9 ¼ |
| 1995-Marie Remiggio, Bogota            | 32-10 ½      |        |
| 1994-Angela Zappella, Academic         |              | 35-1 ½ |
| 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

|                                       |               |       |
|---------------------------------------|---------------|-------|
| 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

|   |              |       |
|---|--------------|-------|
| <b>2007-Jacqueline Iannauci, Verona</b> | <b>129-4</b> |       |
| 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 Hooey, Newton                | 97-2         |       |
| 1976-none                               |              |       |

## HIGH JUMP

|  |              |     |
|--|--------------|-----|
| 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

|   |              |        |
|---|--------------|--------|
| 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         |        |
| <b>1997-Katie Hanley, Glen Rock</b>       | <b>17-11</b> |        |
| 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                 | 15-11 ½      |        |
| 1977-Kathy Wydner, Newton                 | 15-6         |        |
| 1976-Diane Sweller, Franklin              | 14-5         |        |

## TRIPLE JUMP

|                                      |               |  |
|--------------------------------------|---------------|--|
| 2007-MacKenzie Miller, Butler        | 34-3 ¼        |  |
| 2006-Jennifer Swan, Waldwick         | 34-11         |  |
| 2005-Lynn Matanle, Glen Rock         | 35-2 ¾        |  |
| <b>2004-Erike Ostrove, Cresskill</b> | <b>36-8 ½</b> |  |
| 2003-Jackie Kaminski, Saddle Brook   | 34-11         |  |

## POLE VAULT

|  |             |     |
|--|-------------|-----|
| <b>2007-Michelle Favre, Saddle Brook</b> | <b>10-3</b> |     |
| 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)**

|                        |               |
|------------------------|---------------|
| 2007-Verona            | 4:07.14       |
| 2006-Butler            | 4:05.8        |
| <b>2005-Hawthorne</b>  | <b>4:03.6</b> |
| 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        |

## **NORTH 2 NORTH JERSEY CHAMPIONS**

### **100 METERS**

### **200 METERS**

### **400 METERS**

### **800 METERS**

### **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**

|                                    |       |
|------------------------------------|-------|
| 2006-Mercedes Heggs, Lyndhurst (1) | 17.29 |
|------------------------------------|-------|

## **400 METERS INTERMEDIATE HURDLES**

### **SHOT PUT**

|                                       |                                  |
|---------------------------------------|----------------------------------|
| 2005-Nicole Lowenstein, Lyndhurst (1) | 37-5 <sup>3</sup> / <sub>4</sub> |
| 2004-Nicole Lowenstein, Lyndhurst (1) | 36-11                            |

### **DISCUS**

|                                       |                                  |
|---------------------------------------|----------------------------------|
| 2007-Nicole Guirland, Lyndhurst (1)   | 107-8                            |
| 2006-Nicole Guirland, Lyndhurst (1)   | 104-7                            |
| 2005-Nicole Lowenstein, Lyndhurst (1) | 98-8 <sup>1</sup> / <sub>2</sub> |
| 2004-Michelle Ayvas, Wood-Ridge (1)   | 98-9                             |

### **JAVELIN**

|                                     |       |
|-------------------------------------|-------|
| 2006-Nicole Guirland, Lyndhurst (1) | 106-1 |
|-------------------------------------|-------|

### **HIGH JUMP**

|                                      |     |
|--------------------------------------|-----|
| 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**

|                                      |                                  |
|--------------------------------------|----------------------------------|
| 2007-C.J. Jacob, Ridgefield Park (2) | 16-5                             |
| 2006-Burcu Kulaksiz, Lyndhurst (1)   | 15-1 <sup>3</sup> / <sub>4</sub> |
| 2004-Judy Wong, Wood-Ridge (1)       | 17-7 <sup>1</sup> / <sub>4</sub> |

### **TRIPLE JUMP**

|                                    |                                  |
|------------------------------------|----------------------------------|
| 2006-Mercedes Heggs, Lyndhurst (1) | 33-3 <sup>1</sup> / <sub>4</sub> |
|------------------------------------|----------------------------------|

### **POLE VAULT**

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

### **1600 METERS RELAY**

|                          |         |
|--------------------------|---------|
| 2007-North Arlington (1) | 4:25.69 |
|--------------------------|---------|