STATE SECTIONAL CHAMPIONSHIPS

BOYS GROUP 4

Top Three Teams

2016-Ridgewood 103, Morristown 69, West Orange 60
2015-Randolph 89, Kennedy 71, Memorial 67
2014-Ridgewood 104, West Orange 77, Randolph 71
2013-Ridgewood 112, Passaic Tech 92, West Orange 69
2012-Ridgewood 102, West Orange 85, Randolph 54
2011-Ridgewood 94, Montclair 71, West Orange 65
2010-Ridgewood 88, Hackensack 69, West Orange 68
2009-Bloomfield 84, West Orange 71, Randolph 68
2008-Hackensack 63, Eastside 58, Bergen Tech 46
2007-West Orange 66, Ridgewood 62, Randolph 59 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)

2016-Kobi Grant, Ridgewood	11.09
2015-Qwashon Powell, Kennedy	10.98

2014-Jake Sabatini, Ridgewood	11.13	
2013-Jake Sabatini, Ridgewood	11.19	
2012-Deandre Jennings, Hackensack	11.01	
2011-Dexter Valley, West Orange		11.04
2010-Conroy Walker, Hackensack	11.00	
2009-Michael Ottey, Bloomfield	11.08	
2008-Robert East, Passaic	10.82	
2007-Chris Ziegler, Ridgewood	11.06	
2006-Justin Gannon, Vernon	10.9	
2005-Shaquan Brown, Kennedy		**10.4**
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)

2016-Marcus Smallwood, Mount Olive	22.28	
2015-Qwashon Powell, Kennedy	21.98	
2014-Donovan McDonald, Montclair	22.47	
2013-Karl Cajuste, West Orange	22.50	
2012-Dexter Valley, West Orange		21.92
2011-Aaron Rhodes, Montclair	22.28	
2010-Conroy Walker, Hackensack	22.33	
2009-Conroy Walker, Hackensack	22.47	
2008-Robert East, Passaic	22.03	
2007-Chris Ziegler, Ridgewood	22.22	
2006-Justin Gannon, Vernon	21.9	
2005-Shaquan Brown, Kennedy		**21.2**
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)

2016-Dan DeBlieck, Morris Knolls	48.62	
2015-Qwashon Powell, Kennedy	48.12	
2014-Qwashon Powell, Kennedy	49.32	
2013-Nigel Burgess, Passaic Tech		49.62
2012-Dexter Valley, West Orange		49.35
2011-Dexter Valley, West Orange		48.65
2010-Yusef Reaves, Passaic	49.05	
2009-Nicoy Hines, Passaic Tech	50.04	
2008-Ellis Mensah, West Orange	49.57	
2007-Ausar Walcott, Hackensack		49.27
2006-Shaquan Brown, Kennedy	48.2	
2005-Shaquan Brown, Kennedy		**47.1**
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)

2016-Michael Thurston, Ridgewood	1:54.45	
2015-Michael Thurston, Ridgewood	1:57.04	
2014-Luke Dublirer, Ridgewood	1:56.57	
2013-Nigel Burgess, Passaic Tech		1:57.16
2012-Jared Mason, West Orange	**1:52.19**	
2011-Jared Mason, West Orange	1:53.86	
2010-Curtis Richburg, West Orange	1:55.49	
2009-Curtis Richburg, West Orange	1:58.13	
2008-Christian Trautwein, Ridgewood	1:58.09	
2007-Jason Apwah, Roxbury	1:52.80	
2006-Jason Apwah, Roxbury	1:53.2	
2005-Byron Williams, Ridgewood	1:55.2	
2004-Hayrol Cruz, Passaic	1:56.1	
2003-Roman Zhmurenka, Bayonne	1:57.6	
2002-Fitz-Hubert Reynolds, Bayonne	1:59.1	
2001-Dave Heerema, West Milford	1:57.9	
2000-Josh Kauke, Ridgewood	1:54.7	
1999-Josh Kauke, Ridgewood	1:56.7	
1998-Javian Quintana, Paramus	2:00.8	
1997-James Vogel, Fair Lawn	1:56.8	
1996-Jermaine Washington, West Milford	1:59.0	
1995-Al Perez, Bayonne	1:58.4	
1994-Bob Keino, Ridgewood	1:55.4	
1993-Courtney Davis, Hackensack	1:59.1	
1992-Courtney Davis, Hackensack	1:56.7	
1991-Jose Lopez, Memorial	1:56.6	
1990-Willie Best, Hackensack	1:57.8	
1989-Matt Giffuni, Ridgewood	1:58.7	
1988-Art Almeida, Kearny	1:58.0	
1987-Chris Rae, Ridgewood	1:55.0	
1986-Curtis McNair, Passaic	1:56.6	
1985-David Perry, Kennedy	1:59.8	
1984-Kevin McDermott, Kearny	2:02.1	
1983-John Parisi, Ridgewood	1:55.5	
1982-Walt Truesdale, Hackensack	1:58.2	
1981-Walt Truesdale, Hackensack	1:58.9	

1980-Paul Wright, Kennedy	1:56.8	
1979-Al Solano, Memorial	1:57.8	
1978-Steve Hoffman, Ridgewood		1:58.5
1977-Willis Shannon, Eastside	1:57.1	
1976-Halestine Lee, Hackensack	1:59.1	
1975-Rich Rothschild, Paramus	1:53.8	
1974-Chester Staron, Kearny	1:54.5	
1973-Don Donohue, Kearny	1:57.2	
1972-Art Belvin, North Bergen	1:58.3	
1971-NEEDED		
1970-Brian Guascino, North Bergen	1:58.2	
1969-Fred Ross, Wayne Valley	1:55.5	
1968-Dennis Anacker, North Bergen	1:59.9	

1600 METERS (one mile until 1979)

2016-Eric Clay, Morristown	4:18.12	
2015-Eric Clay, Morristown	4:25.54	
2014-Luke Dublirer, Ridgewood	4:17.50	
2013-Zak Fouad, Passaic Tech	4:26.95	
2012-Levi Jennings, Ridgewood	4:18.98	
2011-Jeramy Elkaim, Livingston	4:14.83	
2010-Jeramy Elkaim, Livingston	**4:12.89**	
2009-Curtis Richburg, West Orange	4:17.68	
2008-Salim Corbin, Eastside	4:27.72	
2007-Zach Bahor, Randolph	4:23.09	
2006-Michael Cator, Ridgewood	4:20.4	
2005-Byron Williams, Ridgewood	4:15.9	
2004-Mohamed Khadraoui, Kennedy	4:15.2	
2003-Ari Zamir, Ridgewood	4:22.5	
2002-Javier Cuevas, North Bergen	4:26.7	
2001-Derek Storbeck, Wayne Valley	4:23.4	
2000-Josh Kauke, Ridgewood	4:19.5	
1999-Thomas Baldwin, Hackensack	4:18.1	
1998-Thomas Baldwin, Hackensack	4:20.7	
1997-Roger Munoz, Kearny	4:27.0	
1996-Roger Munoz, Kearny	4:30.7	
1995-Isidro Pimentel, Snyder	4:29.4	
1994-Bob Keino, Ridgewood	4:19.8	
1993-Bob Keino, Ridgewood	4:17.4	
1992-Bob Keino, Ridgewood	4:19.4	
1991-Eric Boucher, Ridgewood	4:24.1	
1990-Eric Boucher, Ridgewood	4:26.9	
1989-Eric Boucher, Ridgewood	4:35.2	
1988-Adolfo Colon, Passaic Tech		4:26.2
1987-Eric Berntsen, Ridgewood	4:23.0	
1986-Paul Knapp, Ridgewood	4:26.8	
1985-Chris Sullivan, Ridgewood	4:17.7	
1984-Chris Sullivan, Ridgewood	4:25.9	
1983-Wesley Coke, Kennedy	4:20.0	
1982-Tom Cudworth, Bloomfield		4:26.5
1981-Leon Finney, Eastside	4:09.4 (1500)	
1980-Juan Melendez, Passaic Tech	4:06.8 (1500)	
1979-Al Solano, Memorial	4:21.8	
1978-Henry Hernandez, Memorial	4:24.9	
1977-Henry Lenz, Memorial	4:18.6	
1976-Larry DeCaro, North Bergen	4:26.6	
1975-Tom Tomai, Ridgewood	4:21.2	
1974-Rich Stukey, Teaneck	4:22.1	
1973-Dave Wall, Dickinson	4:25.3	
1972-Dave Wall, Dickinson	4:21.8	
1971-NEEDED		
1970-Chris Elliot, Ramapo	4:25.6	

1969-Chris Elliot, Ramapo	4:20.7	
1968-Ron Speirs, Paramus	4:31.9	

3200 METERS (two miles until 1979)

2016-Joshua Holihan, Randolph	9:40.36	
2015-Rafael Hernandez, Memorial	9:43.69	
2014-Jeremy Hernandez, Clifton	9:33.66	
2013-Zak Fouad, Passaic Tech	9:41.15	
2012-Travis Spicer, Ridgewood	9:41.54	
2011-Jeremy Elkaim, Livingston	9:22.25	
2010-Jeremy Elkaim, Livingston	9:21.87	
2009-Jeremy Elkaim, Livingston	9:26.52	
2008-Mike Mitchell, Bergen Tech		9:34.20
2007-Dan Emont, Ridgewood	9:24.16	
2006-Michael Cator, Ridgewood	9:29.1	
2005-Geoff McGrane, Randolph	9:29.2	
2004-Mohamed Khadraoui, Kennedy	9:24.7	
2003-Mohamed Khadraoui, Kennedy	9:23.0	
2002-Javier Cuevas, North Bergen	9:35.7	
2001-Jon Healey, Wayne Valley	9:39.7	
2000-Matt Winkler, Wayne Valley	9:36.5	
1999-Thomas Baldwin, Hackensack	9:33.9	
1998-Thomas Baldwin, Hackensack	9:34.2	
1997-Roger Munoz, Kearny	9:34.8	
1996-Roger Munoz, Kearny	9:37.5	
1995-Roger Munoz, Kearny	9:46.1	
1994-Bob Keino, Ridgewood	9:18.0	
1993-Bob Keino, Ridgewood	9:14.9	
1992-Bob Keino, Ridgewood	9:28.3	
1991-Eric Boucher, Ridgewood	9:51.9	
1990-Eric Boucher, Ridgewood	9:40.6	
1989-Eric Boucher, Ridgewood	9:51.3	
1988-Art Almeida, Kearny	9:48.7	
1987-Eric Berntsen, Ridgewood		**9:09.9**
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 Conheeney, 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)

2016-Timothy Van Cauwenberge, West Orange	14.51
2015-Kelvin Almonte, Memorial	14.55
2014-Barden Adams, West Orange	14.86
2013-Karl Cajuste, West Orange	14.53
2012-Karl Cajuste, West Orange	14.66
2011-Mark Jones, Hackensack	14.51
2010-Keshon Brown, Kennedy	14.49

2009-Keshon Brown, Kennedy	14.78	
2008-Jermaine Boyd, Hackensack		14.48
2007-Chris Castro, Bergen Tech	14.77	
2006-Dawan Buie, Randolph	14.6	
2005-Dan Oquendo, Hackensack	14.3	
2004-Mike Pohludka, Vernon	**13.8**	
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)

2016-Timothy Van Cauwenberge, West Orange	54.80	
2015-Greg Stickle, Randolph	53.76	
2014-Alex Ortega, North Bergen	54.18	
2013-George Alexandris, Fair Lawn	54.97	
2012-Kyle Holder, Randolph	53.75	
2011-InSooHwang, Ridgewood	54.18	
2010-Stephen Vitale, Randolph	54.35	
2009-Nicoy Hines, Passaic Tech	54.64	
2008-Jermaine Boyd, Hackensack		55.10
2007-Niall Buckley, Ridgewood	55.55	
2006-Shaquan Brown, Kennedy		**51.6**
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

2016-Jaylon Jorge, Morristown	54-4	
2015-David Vargas, Randolph	51-1 ½	
2014-Chandler Balter, Livingston		51-6 ¼
2013-Sam Kaplan, Randolph	52-3	
2012-Sam Kaplan, Randolph	51-4	
2011-Stephen Mozia, Hackensack		53-2 ¾
2010-Stephen Mozia, Hackensack		53-8 ¾
2009-Emeka Ndichie, Bloomfield		49-2
2008-Darien Collie, Kennedy	51-2	
2007-Cecil Mittoo, Kennedy	51-11 ¾	
2006-Said Gaida, Bloomfield	51-5 ½	
2005-Khyle Osborne, Morristown		55-1
2004-Khyle Osborne, Morristown		53-4 ½
2003-Steven DiGiorgio, Bayonne		54-11 ¾
2002-Glenn DiGiorgio, Bayonne	65-7 ½	
2001-Glenn DiGiorgio, Bayonne	62-9 ¼	
2000-Glenn DiGiorgio, Bayonne	58-7	
1999-Jack Kropilak, Hackensack	51-8 ½	
1998-Kevin DiGiorgio, Bayonne	65-7 ½	
1997-Kevin DiGiorgio, Bayonne	**68-0**	
1996-Matt Durham, Passaic	49-3	
1995-Chris Ferdinand, Kennedy	53-10 ½	
1994-Chris Ferdinand, Kennedy	53-1 ½	
1993-Robert Mompoint, Teaneck		51-10 ½
1992-Robert Mompoint, Teaneck		50-9
1991-Chris Johnson, North Bergen	55-10 ½	
1990-Chris Johnson, North Bergen	52-2 ½	
1989-Chris Johnson, North Bergen	51-1	
1988-Tony Sciscioli, Hackensack		52-3 ½

1987-Wallace Hayes, Kennedy	54-5 ½	
1986-David Porter, Passaic	59-4	
1985-David Porter, Passaic	55-1 ½	
1984-Willard McDowell, Teaneck	56-3 ½	
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 ½	
1977-Rick Snowden, Kennedy	57-2 ½	
1976-Manny Silverio, North Bergen	59-9	
1975-Manny Silverio, North Bergen	57-5	
1974-Ian Pyka, Bayonne	63-0 ¼	
1973-Ray Schneider, North Bergen	53-2 ¼	
1972-Andy Fiore, Kearny	51-6	
1971-NEEDED		
1970-Gerry Composto, North Bergen	54-1 ¾	
1969-Paul Comarato, River Dell	54-6	
1968-Ron Watts, Snyder	52-9 ½	

DISCUS

2016-Jason Campbell, Montclair	182-11	
2015-Jason Campbell, Montclair	167-4	
2014-Oliver Georges, Bloomfield		151-0
2013-Serhiy Kralka, Bloomfield	169-3	
2012-Julian Pinnix-Odrick, Montclair	170-5	
2011-Stephen Mozia, Hackensack		181-0
2010-Kristjan Sokoli, Bloomfield		165-0
2009-Kristjan Sokoli, Bloomfield		155-7
2008-Darren Collie, Kennedy	148-0	
2007-Darren Collie, Kennedy	145-0	
2006-Mario Morrison-Bird, West Orange	160-0	
2005-Ryan Sheppard, West Orange	139-9	
2004-Vaughn Crenshaw, Hackensack	153-1	
2003-Richard Russell, Passaic	160-4	
2002-Glenn DiGiorgio, Bayonne	**204-3**	
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 Mompoint, Teaneck		156-2
1992-Robert Mompoint, 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

2016-Sebastien Sarday, North Bergen	175-10	
2015-Connor Logoyda, Randolph		162-10
2014-Chandler Balter, Livingston		190-5
2013-Jose Mercado, Passaic Tech		170-2
2012-Jose Mercado, Passaic Tech		167-6
2011-Christian Gomez, Memorial		168-0
2010-Esteban Morales, Bloomfield	175-6	
2009-Esteban Morales, Bloomfield	161-6	
2008-Ivan Santos, Memorial	170-2	
2007-Ivan Santos, Memorial	171-8	
2006-Steven Pierce, Ridgewood	184-8	
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	**200-11**	
1975-Steve Vanicek, North Bergen	174-4	
1974-Rich Wagner, Wayne Valley	185-1	
1973-Rich Wagner, Wayne Valley	192-4	
1972-Jim Fernandez, Passaic Valley	159-8	
1971-NEEDED		
1970-Alex Stancil, Bayonne	165-0	
1969-Ray DeVenney, North Bergen	146-0	
1968-Allei Kalakutok, Passaic Valley	157-8	

HIGH JUMP

2016-Myles Toppin, Bloomfield	6-4	
2015-Timothy Van Cauwenberge, West Orange	6-4	
2014-Barden Adams, West Orange	6-6	
2013-Mike Cummings, Hackensack	6-0	
2012-Jabari Butler, Passaic Tech	6-4	
2011-Jabari Butler, Passaic Tech	6-2 (jumpoff)	
2010-Tommy DeVita, Ridgewood		6-8
2009-Glenn Schiedeler, Randolph	**6-10 ¼**	
2008-Qaadir Tudor, West Orange		6-8
2007-Jon Arnold, West Orange	6-4	
2006-Ryan Manning, West Orange	6-8	
2005-Derrick Truesdale, Passaic	6-4	
2004-Nick Syzonemko, Randolph		6-4
2003-Bernard Mann, Ridgewood	6-4	
2002-Brian Deutch, Vernon	6-4	
2001-Jafaar Johnson, Passaic	6-0	
2000-Brian Bohannon, Passaic	6-2	
1999-Jorge Flores, Memorial	6-0	
1998-Eumir Rahman, Hackensack	6-4	
1997-Linden Richmond, Passaic	6-6	
1996-Chiffon Allen, Passaic	6-4	
1995-Jeff Ochipa, Fair Lawn	6-2	
1994-Tyshon Bradshaw, Passaic	6-2	
1993-Darius Pemberton, Hackensack	6-4	
1992-John Montana, Clifton	6-4	
1991-Mike Pierce, Eastside	6-4	
1990-Ron Thomas, Kennedy	6-4	
1989-Dave Giordano, Clifton	6-4	
1988-Dante Noble, Kennedy	6-4	
1987-Norcliffe Davidson, Kennedy	6-4	
1986-Norcliffe Davidson, Kennedy	6-4	
1985-Mark McGreen, West Milford	6-2	
1984-Tracy Browne, Teaneck	6-4	
1983-Brian Otley, Wayne Hills	6-2	
1982-Ken Huntley, Eastside	6-2	
1981-George DeBerry, Teaneck	6-6	
1980-John Baker, Clifton	6-2	
1979-Scoot Palmer, Teaneck	6-10	
1978-Scoot Palmer, Teaneck	6-2	
1977-Mike McCoy, Bayonne	6-7	
1976-Franklin Jacobs, Eastside	6-4	
1975-Sylvester McCollum, Kennedy	6-4	
1974-Paul Lockett, Kearny	6-4	
1973-Tom McCollum, Kennedy	6-2	
1972-Skip Johnson, Hackensack	6-5	
1971-NEEDED		
1970-Bill Barhorst, Clifton	6-2	
1969-George Bocchieri, North Bergen	6-2	
1968-Greg Ashford, Teaneck	6-2	

LONG JUMP

2016-Yasir Thomas, Passaic Tech		22-1
2015-Zaire Weaver, Passaic Tech		22-7 ¾
2014-Anthony Zarro, Randolph	23-0 ¼	
2013-Quatier Jackson, Eastside	22-1 ½	
2012-Evan Bartlik, Ridgewood	21-9	
2011-Stephaun Marshall, Montclair	22-1 ¼	
2010-Scott Lisa, Vernon	21-11	
2009-Stefon Williams, Bloomfield	21-10 ¼	
2008-Ausar Walcott, Hackensack		21-9 ½
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	
1993-Darius Pemberton, Hackensack	**24-0 ½**	
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

2016-Jason Thobourne, Kennedy	45-6 ¾	
2015-Tommy Smith, Hackensack		45-5 ½
2014-Barden Adams, West Orange	45-11	
2013-Franklin Adams, West Orange	44-11	
2012-Evan Bartlik, Ridgewood	46-1 ¾	
2011-Evan Bartlik, Ridgewood	45-3	
2010-Conroy Walker, Hackensack	44-11 ½	
2009-Stefon Williams, Bloomfield	46-3	
2008-Marcos McKenzie, Eastside		44-0
2007-Isaaic Patterson, Eastside	45-8	
2006-Ryan Manning, West Orange	45-11 ½	
2005-Shaun Adair, Morristown		**47-0**
2004-Derrick Webb, Eastside	44-11	
2003-Ken Stoute, Clifton	43-2 ¼	

POLE VAULT

2016-Kenan Mitchell, Randolph	13-6
2015-Matt Scavetta, Livingston	14-3
2014-Travelle Curry, Passaic Tech	13-0
2013-Nicholas Patterson, Morris Knolls	14-0

2012-Nicholas Patterson, Morris Knolls	13-6	
2011-James Siglin, Vernon	13-6	
2010-John Wisener, Ridgewood	13-0	
2009-John Wisener, Ridgewood	13-0	
2008-Gary Stetz, Livingston	12-0	
2007-Dan Melamed, Livingston	13-0	
2006-John Shaw, Roxbury	13-6	
2005-Jake Ricciardi, Ridgewood	14-8	
2004-Gabe Knutson, Ridgewood	**15-1**	
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)

2016-Ridgewood	3:20.97
2015-Kennedy	3:22.55
2014-Montclair	3:20.56
2013-Ridgewood	3:25.59
2012-West Orange	**3:19.00**
2011-West Orange	3:21.58
2010-Ridgewood	3:20.57
2009-West Orange	3:24.82
2008-Passaic Tech	3:25.69
2007-West Orange	3:21.59
2006-West Orange	3:22.7
2005-Kennedy	3:20.3
2004-Kennedy	3:20.3
2003-Ridgewood	3:26.9
2002-Teaneck	3:27.2

2001-Teaneck	3:23.6
2000-Hackensack	3:26.1
1999-Hackensack	3:22.6
1998-Teaneck	3:25.6
1997-Clifton	3:24.7
1996-Teaneck	3:25.6
1995-Hackensack	3:23.4
1994-Hackensack	3:23.2
1993-Hackensack	3:21.6
1992-Eastside	3:23.3
1991-Hackensack	3:24.3
1990-Passaic Tech	3:26.0
1989-Hackensack	3:25.9
1988-Kennedy	3:25.0
1987-Eastside	3:25.8
1986-Eastside	3:24.6
1985-Hackensack	3:25.7
1984-Eastside	3:26.8
1983-Teaneck	3:24.7
1982-Teaneck	3:26.7
1981-Eastside	3:24.6
1980-Kennedy	3:23.7
1979-Eastside	3:28.0
1978-Hackensack	3:24.4
1977-Snyder	3:20.3
1976-Snyder	3:24.5
1975-Ridgewood	3:26.5
1974-Kearny	3:24.9
1973-Hackensack	3:30.0
1972-Hackensack	3:25.8
1971-NEEDED	
1970-Ridgewood	3:28.7
1969-Ramapo	3:27.4
1968-Hackensack	3:29.8

400 METER RELAY

2016-Mount Olive	**42.90**
2015-Kennedy	43.58
2014-West Orange	43.65
2013-Ridgewood	43.89

3200 METER RELAY

2016-West Orange	8:03.61
2015-Ridgewood	8:06.92
2014-Ridgewood	**7:59.38**
2013-Ridgewood	8:09.66

BOYS GROUP 3

Top Three Teams

2016-Old Tappan 117, Indian Hills 89, Northern Highlands 59
2015-Old Tappan 155 1/3, River Dell 105, Northern Highlands 47
2014-Old Tappan 112 ½, River Dell and Demarest 74
2013-Demarest 92, Old Tappan 82, Morris Hills 75
2012-**Old Tappan 141**, Demarest 74, Northern Highlands 50 ½
2011-Teaneck 83, Demarest 80, Old Tappan 65
2010-Teaneck 95 1/3, Old Tappan 72 1/3, Demarest 68 2/3
2008-Morris Hills 82, Teaneck 69, Demarest 49
2008-Morris Hills 87, Teaneck 82, Montville 46
2007-Morris Hills 108, Teaneck 83 ½, Wayne Valley 62

2006-Northern Highlands 113, Morris Hills 102, Teaneck 40 ½
2005-Northern Highlands and Morris Hills 79, Demarest 63
2004-Sparta 87, Demarest 78, Bergenfield 57 ½
2003-Wayne Hills 79, Old Tappan 69, Sparta 62
2002-Garfield 77, Sparta 74, Wayne Hills 66
2001-Garfield 62, River Dell and Wayne Hills 61
2000-River Dell 68, Garfield 56 ½, Fort Lee 52
1999-Lakeland 115, Wayne Hills 99 ½, Garfield 71
1998-Lakeland 93, Ramapo 54, Old Tappan 52
1997-Demarest 80 ½, Old Tappan 74, Lakeland 69
1996-Snyder 78, Demarest 46, River Dell and Indian Hills 45
1995-Demarest 83, Wayne Valley 40, River Dell 38
1994-Demarest 111, Old Tappan 41, Pascack Valley 40
1993-Snyder 47, Demarest 43, Tenafly 40
1992-Indian Hills 80, Wayne Hills 49, Northern Highlands 48
1991-Wayne Valley 27, Dumont 26, Indian Hills 24 ½
1990-Tenafly 37, Ramsey 25, Old Tappan 24
1989-Old Tappan 51 ½, Ramsey 44, Demarest 28
1988-Old Tappan 45, Indian Hills 26, Demarest 22
1987-Demarest 45, Tenafly 34, Northern Highlands 21
1986-Demarest 36, Ramsey 24, Ramapo 22
1985-Wayne Valley 32.33, Demarest 22, Wayne Hills 21 ½
1984-Indian Hills 32, Demarest 26 ½, Wayne Hills 24
1983-Demarest 40, Old Tappan 29, Indian Hills 26 ½
1982-Demarest 33, Indian Hills 31, River Dell 24
1981-Lincoln 41, Dumont 25, Lakeland 22
1980-Lincoln 45, Ferris 26, Emerson (UC) 23
1979-Englewood 33, Ramsey 31, West Milford 29
1978-Indian Hills 55 ¾, Englewood 26, Ramsey 22 ¾
1977-Pascack Hills 41, Dumont and Ramsey 20
1976-Lincoln 31, Tenafly 25 ½, Pascack Valley 23
1975-Northern Highlands 32, Ferris and River Dell 23
1974-Memorial 42, Pascack Valley 32, New Milford 31
1973-New Milford 36, Memorial 31, Ferris 28
1972-New Milford 53 ½, River Dell 22, Tenafly 18
1971-NEEDED
1970-Englewood 54, New Milford 51, River Dell/Wayne Valley 27
1969-New Milford 47, Lincoln 27, Pascack Hills 23 ½
1968-New Milford 31, Lincoln 30, River Dell 29 ½

100 METERS (100 yards until 1979)

2016-Hunter Hayek, Wayne Hills		10.78
2015-St. Jacob Diodonet, West Milford	10.91	
2014-Conor Davidson, River Dell		11.04
2013-Ben Davis, Old Tappan	11.00	
2012-Ben Davis, Old Tappan	11.19	
2011-Josh Enriquez, Paramus	11.28	
2010-Zadique White, Teaneck	11.07	
2009-Zadique White, Teaneck	11.23	
2008-David Butler, Teaneck	**10.69**	
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)

2016-Hunter Hayek, Wayne Hills	**21.61**	
2015-St. Jacob Diodonet, West Milford	22.19	
2014-Conor Davidson, River Dell		22.70
2013-Ben Davis, Old Tappan	22.40	
2012-Devin Fuller, Old Tappan	22.16	
2011-Devin Fuller, Old Tappan	22.58	
2010-Casey Pleasants, Teaneck	22.28	
2009-Victor Boonham, Sparta	22.45	
2008-Damian Miles, Teaneck	21.57	
2007-Rashad White, Teaneck	22.10	
2006-Rashad White, Teaneck	21.7	
2005-Keith Williams, Old Tappan		22.5
2004-Sullivan Parker, Bergenfield		21.9
2003-Mike Pruzinsky, Wayne Hills	21.6	
2002-Miles Austin, Garfield	22.4	
2001-Mike Pruzinsky, Wayne Hills	22.2	
2000-Mike Nanaszko, Sparta	22.5	
1999-Joe Mendel, Wayne Hills	21.8	
1998-Will Arzenis, Old Tappan	22.7	
1997-Will Arzenis, Old Tappan	23.1	
1996-Terry Pearson, Lincoln	22.3	
1995-Neil Concepcion, Demarest		22.5
1994-Terry Pearson, Lincoln	22.6	
1993-Steve Scott, Lincoln	22.4	
1992-Frank Alessio, Sparta	22.6	
1991-Scott Kaufman, Tenafly	23.4	
1990-Jim Paolillo, Old Tappan	23.2	
1989-David Camp, Old Tappan	23.6	
1988-Jose Melendez, Hoboken	22.4	
1987-Jose Melendez, Hoboken	22.7	
1986-Lamonte Brown, Demarest	22.5	
1985-Jesse Gleaton, Englewood	22.6	

1984-Tom Sikorski, Indian Hills	22.0	
1983-Cliff Duncan, Englewood	22.4	
1982-Tom Sikorski, Indian Hills	23.2	
1981-John Rauch, River Dell	22.9	
1980-Scott Carson, Ferris	22.5	
1979-Brian Anthony, Englewood	22.9	
1978-Charlie Marks, Englewood	22.8	
1977-John McGee, Pascack Hills	22.4	
1976-Doug Herron, Lincoln	23.7	
1975-Dan Noah, River Dell	22.6	
1974-Roberto Montes, Union Hill		22.3
1973-Phil Howard, Ferris	22.5	
1972-John Spina, Ridgefield Park		22.5
1971-NEEDED		
1970-Dennis Pearson, Englewood		22.6
1969-Dave Liskin, Englewood	21.7	
1968-Ed Jones, Lincoln	21.6	

400 METERS (440 yards until 1979)

2016-Tim Rienas, Old Tappan	48.37	
2015-St. Jacob Diodonet, West Milford	48.44	
2014-Jaleel Felton, Pascack Valley	48.66	
2013-Jaleel Felton, Pascack Valley	50.11	
2012-Brandon Gregory, Old Tappan	48.64	
2011-Bryan Murphy, Teaneck	48.52	
2010-Justin Hodge, Teaneck	48.94	
2009-Corey Caidenhead, Bergenfield	**48.24**	
2008-Anthony Chierici, Montville		49.95
2007-Akeem Thomas, Teaneck	50.07	
2006-Tinashe Kitchen, Fort Lee	49.6	
2005-Keith Williams, Old Tappan		49.5
2004-Dave LaRocca, Sparta	49.9	
2003-Mike Pruzinsky, Wayne Hills	49.2	
2002-Mike Pruzinsky, Wayne Hills	50.3	
2001-Mike Pruzinsky, Wayne Hills	50.9	
2000-Mike Nanaszko, Sparta	49.9	
1999-Joe Mendel, Wayne Hills	**48.1**	
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)

2016-Ian McNally, Morris Hills	1:54.78	
2015-Marc Rienas, Old Tappan	1:55.18	
2014-Marc Rienas, Old Tappan	1:56.36	
2013-Travis Ellis, Morris Hills	1:56.96	
2012-Ben Malone, Pascack Valley	1:56.11	
2011-Ben Malone, Pascack Valley	**1:52.17**	
2010-Brad Paternostro, Ramapo	1:54.40	
2009-Lucas Clyne, Morris Hills	1:55.35	
2008-Liam Tansey, Morris Hills	1:56.77	
2007-Casey Weiss, West Milford	1:57.49	
2006-Chris Behre, Mount Olive	1:55.4	
2005-James LaGreca, Demarest	1:56.5	
2004-Jeff Klatsky, Nutley	1:55.6	
2003-Samir Mane, Fort Lee	1:57.6	
2002-Samir Mane, Fort Lee	1:56.4	
2001-Josh Robinson, River Dell	1:59.8	
2000-Brian Burns, River Dell	1:57.8	
1999-Mike Rogers, Garfield	2:00.4	
1998-Brian Burns, River Dell	1:59.4	
1997-Cavrel Silvera, Fort Lee	1:58.0	
1996-Isidro Pimentel, Snyder	1:56.9	
1995-Leigh Cadigan, Old Tappan		1:58.6
1994-Leigh Cadigan, Old Tappan		1:59.0
1993-Craig Murphy, Ramsey	1:58.9	
1992-Mark Ervin, Northern Highlands	2:00.7	
1991-Moses Mekbeb, 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)

2016-Alexander Pai, Morris Hills		4:22.08
2015-Marc Rienas, Old Tappan		**4:12.67**
2014-Marc Rienas, Old Tappan	4:16.19	

2013-Travis Ellis, Morris Hills	4:24.36	
2012-Alex Weiner, Old Tappan	4:24.39	
2011-Brad Paternostro, Ramapo	4:19.17	
2010-Brad Paternostro, Ramapo	4:19.14	
2009-Liam Tansey, Morris Hills	4:19.23	
2008-Vinny Chiusano, Morris Hills	4:25.14	
2007-Kyle Soloff, Morris Hills	4:16.87	
2006-Tony Salvatore, Wayne Valley	4:15.5	
2005-Ben Diestel, Northern Highlands	4:20.0	
2004-Jeff Klatsky, Nutley	4:20.9	
2003-James LaGreca, Demarest	4:25.5	
2002-Kevin Bruffy, Sparta	4:25.8	
2001-Jason Salvador, High Point	4:30.1	
2000-Josh Robinson, River Dell	4:30.4	
1999-Andres Cordero, Passaic Valley	4:24.3	
1998-Andres Cordero, Passaic Valley	4:27.0	
1997-Cary Snyder, Demarest	4:27.3	
1996-Isidro Pimentel, Snyder	4:27.3	
1995-Jeremy Battles, River Dell	4:29.7	
1994-Leigh Cadigan, Old Tappan		4:31.1
1993-Frank Baldassare, Ramapo	4:26.0	
1992-Rob Reeder, Northern Highlands	4:17.6	
1991-Moses Mekbeb, Cliffside Park	4:20.2	
1990-Moses Mekbeb, 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)

2016-Matt Cohane, Indian Hills	9:42.95	
2015-Colin Daly, River Dell	9:21.54	
2014-Brendan Ungemach, Wayne Hills	9:29.69	
2013-Andrew Tedeschi, Montville		9:34.23
2012-Will Maltin, Old Tappan	9:54.15	
2011-Nick Ward, Indian Hills	9:34.74	
2010-Kevin Lee, Old Tappan	9:49.54	
2009-Sean Poherence, Morris Hills	9:41.28	
2008-Sean Poherence, Morris Hills	9:31.78	
2007-Kyle Soloff, Morris Hills	9:30.38	
2006-Jared Labar, Morris Hills	9:30.0	
2005-Korey Edwards, Parsippany Hills	9:36.3	
2004-Korey Edwards, Parsippany Hills	9:45.4	
2003-James LaGreca, Demarest	9:33.4	

2002-Kevin Bruffy, Sparta	9:39.0	
2001-Spencer Rothwell, Old Tappan	9:49.2	
2000-Josh Robinson, River Dell	9:58.5	
1999-Andres Cordero, Passaic Valley	9:37.0	
1998-Cary Snyder, Demarest	9:35.6	
1997-Cary Snyder, Demarest	9:45.6	
1996-Isidro Pimentel, Snyder	9:39.9	
1995-Matt Illian, Pascack Valley	9:28.8	
1994-Matt Illian, Pascack Valley	9:30.7	
1993-Bill Grogan, Bergenfield	9:41.2	
1992-Rob Reeder, Northern Highlands	9:48.2	
1991-Ken Flynn, Ramsey	9:44.3	
1990-Ken Flynn, Ramsey	9:28.8	
1989-Ken Flynn, Ramsey	9:44.4	
1988-Ken Flynn, Ramsey	9:47.5	
1987-Norbert Berenyi, Old Tappan	**9:20.3**	
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)

2016-Al-Tariq Dunson, Paramus	14.38	
2015-Joe Jordan, Old Tappan	14.89	
2014-Seung Hwang, Wayne Hills		15.29
2013-Seung Hwang, Wayne Hills		15.88
2012-Rob Gebhard, Northern Highlands	14.80	
2011-Mark Van Teyens, West Milford	14.57	
2010-Nick Picache, Northern Highlands	15.47	
2009-Brandon Hambric, Teaneck		15.40
2008-Brandon Hambric, Teaneck		14.66
2007-Alec Marshall, Wayne Valley	14.47	
2006-Russ Smith, Parsippany Hills	14.2	
2005-Shawn Bolcarovic, Morris Hills	14.6	
2004-Greg Bloemer, Sparta	14.3	
2003-Alonzo Meek, Wayne Valley	14.4	
2002-Alonzo Meek, Wayne Valley	14.5	
2001-Jonathan Wozniak, Lenape Valley	15.0	
2000-Kevin Lamb, Pascack Valley	15.4	
1999-Guy Rose, Wayne Hills	**13.7**	
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)

2016-Will Rienas, Old Tappan	54.70	
2015-Joe Jordan, Old Tappan	54.78	
2014-Will Rienas, Old Tappan	55.49	
2013-Jack Greuter, Northern Highlands	56.31	
2012-Brandon Gregory, Old Tappan	54.69	
2011-Brandon Gregory, Old Tappan	53.75	
2010-Brandon Gregory, Old Tappan	56.26	
2009-Victor Boonham, Sparta	55.63	
2008-Victor Boonham, Sparta	56.32	
2007-Kyle Gilroy, West Milford	55.21	
2006-Ted Galligan, Morris Hills	54.2	
2005-Tyler DeRouen, West Milford	54.2	
2004-Jeremy Perussi, Demarest	53.8	
2003-Dave LaRocca, Sparta	54.2	
2002-Greg Horn, River Dell	55.8	
2001-Joe Philley, River Dell	57.6	
2000-Brian Burns, River Dell	55.6	
1999-Guy Rose, Wayne Hills	**53.4**	
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

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

1969-Randy Sokolik, New Milford	54-10	
1968-Randy Sokolik, New Milford	56-4 ¼	

DISCUS

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

JAVELIN

2016-Dajon Chappell, Morris Hills	185-10
2015-Kyle Brackett, Wayne Hills	174-4
2014-Conor McClain, Morris Hills	186-11
2013-Mike Begen, Pascack Valley	173-8
2012-Jeremy Willis, Teaneck	162-2
2011-Charles Woods, Demarest	165-1
2010-Steve Iafrate, Demarest	179-0

2009-Erik Patricola, Lakeland	174-4	
2008-Cody Unger, Jefferson	190-9	
2007-Greg Ross, Morris Hills	165-11	
2006-Dominque Dixon, Morris Hills	176-8	
2005-Dan Begler, West Milford	175-2	
2004-Angelo Diana, Mount Olive		175-4
2003-Alex Berberian, Old Tappan		162-11
2002-Bert Sisco, Wayne Hills	181-7	
2001-Miles Austin, Garfield	179-4	
2000-Matt Katalinas, Lakeland	170-1	
1999-Mike Stansfield, Garfield	187-1	
1998-Arden Cierich, Lakeland	177-5	
1997-Arden Cierich, Lakeland	171-9	
1996-Tom Ryan, Garfield	174-5	
1995-Ralph Sango, Cliffside Park		184-0
1994-Ian Gordon, Garfield	187-4	
1993-Ian Gordon, Garfield	182-0	
1992-Carl Von Tobel, Dumont	180-11	
1991-Carl Von Tobel, Dumont	184-3	
1990-John Hsu, Paramus	173-6	
1989-Dwayne Rivera, Demarest	181-9	
1988-Bill Weslow, Vernon	176-7	
1987-Chris Merwin, Sparta	191-11	
1986-Chris Merwin, Sparta	186-1	
1985-Walt Foster, Wayne Valley	188-0	
1984-Pablo Mariano, Demarest	183-2	
1983-Bruce Bacciocchi, Dumont	209-6	
1982-Bruce Bacciocchi, Dumont	**213-1**	
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

2016-Andrew Pondisco, Sparta	6-6
2015-Isaiah Turner, Morris Hills	6-4
2014-Josh Landsman, Demarest	6-7
2013-Zachary Davis, Sparta	**6-8 ¼**
2012-Zachary Davis, Sparta	6-2
2011-Yoonil Kim, Demarest	6-2
2010-Fami Adebola, High Point	6-4
2009-Fami Adebola, High Point	6-0
2008-Fami Adebola, High Point	6-0
2007-Aaron King, Morris Hills	6-2
2006-Dominque Dixon, Morris Hills	6-4
2005-Oderick Turner, Teaneck	6-6
2004-Oderick Turner, Teaneck	6-2
2003-Dan Kiely, Old Tappan	6-2
2002-Dan Kiely, Old Tappan	6-4
2001-Bryan Williams, Wayne Hills	6-2
2000-Stephen Lalite, Demarest	6-0
1999-Guy Rose, Wayne Hills	6-6

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

LONG JUMP

2016-Frankie Richard, Northern Highlands	22-1	
2015-Jordan Fuller, Old Tappan	21-10 ¼	
2014-Booker McLean, Montville	22-2 ½	
2013-Greg Leeper, Morris Hills	22-6 ¼	
2012-Jamal Williams, Teaneck	22-9 ¼	
2011-Jamal Williams, Teaneck	21-8 ¼	
2010-Fami Adebola, High Point	22-0 ½	
2009-Fami Adebola, High Point	21-2 ¼	
2008-Josh Lewis, Montville	21-10	
2007-Aaron King, Morris Hills	**23-6 ¾**	
2006-Kwame Collins, Indian Hills	22-11 ½	
2005-Shawn Bolcarovic, Morris Hills	22-8	
2004-Nick Romeo, Wayne Hills	21-5 ½	
2003-Sam Lee, Demarest	20-11¼	
2002-Miles Austin, Garfield	22-4 ½	
2001-Kyle McDermott, Lakeland	20-6 ½	
2000-Kodai Kubota, Fort Lee	21-1 ½	
1999-Guy Rose, Wayne Hills	22-5 ¼	
1998-Jason Taitt, Sparta	21-10 ½	
1997-Paul Berberian, 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

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

POLE VAULT

2016-Greg Fuerte, Paramus	13-0
2015-Willem Glans, River Dell	13-6
2014-Luke Annichiarico, Old Tappan	**15-0**
2013-Eric Geider, Demarest	14-0
2012-Eric Geider, Demarest	14-0
2011-Eric Geider, Demarest	14-1
2010-Daniel Nyfenger, Demarest	14-0
2009-Chris Puskas, High Point	13-8
2008-Peter Matano, Wayne Hills	14-0
2007-Tim Blashford, Ramapo	14-7
2006-Tim Blashford, Ramapo	13-0
2005-Konrad Krolikowski, West Milford	12-6
2004-James Woods, Demarest	13-6
2003-Jeff Young, Wayne Valley	14-0
2002-Adam Sacher, Pascack Valley	13-0
2001-Mark Faga, Lakeland	12-0
2000-Danilo Perreira, Fort Lee	12-0
1999-Bob Lozzi, Lakeland	13-0
1998-Dave Ritchie, Old Tappan	12-6
1997-Bob Lozzi, Lakeland	11-6
1996-Scott Kolkebeck, Old Tappan	12-6
1995-Ryota Uetani, Demarest	14-0

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

1600 METER RELAY (mile until 1979)

2016-Old Tappan	3:23.27
2015-Old Tappan	3:19.54
2014-Old Tappan	3:23.12
2013-Teaneck	3:26.70
2012-Old Tappan	**3:18.66**
2011-Teaneck	3:22.15
2010-Teaneck	3:20.08
2009-Mount Olive	3:22.33
2008-Montville	3:23.56
2007-Teaneck	3:22.60
2006-Northern Highlands	3:22.4
2005-Northern Highlands	3:25.0
2004-Sparta	3:22.6
2003-Wayne Hills	3:25.5
2002-Sparta	3:26.0
2001-Sparta	3:29.8
2000-Sparta	3:29.3
1999-Sparta	3:24.3
1998-Lakeland	3:27.4
1997-Wayne Valley	3:33.0
1996-River Dell	3:32.7
1995-Demarest	3:28.7
1994-Demarest	3:27.7
1993-Tenafly	3:28.4
1992-Northern Highlands	3:29.5
1991-Wayne Valley	3:33.3
1990-Paramus	3:31.0
1989-Old Tappan	3:31.8
1988-Old Tappan	3:32.4
1987-Tenafly	3:30.1
1986-Wayne Hills	3:31.5
1985-Lincoln	3:24.3
1984-Indian Hills	3:30.1

1983-Old Tappan	3:30.7
1982-Lakeland	3:29.3
1981-Lincoln	3:30.6
1980-Lincoln	3:25.1
1979-Lincoln	3:30.7
1978-Lincoln	3:25.2
1977-Lincoln	3:24.3
1976-Lincoln	3:26.7
1975-Pascack Valley	3:30.2
1974-Memorial	3:24.4
1973-Tenafly	3:28.8
1972-Englewood	3:29.6
1971-NEEDED	
1970-Englewood	3:25.7
1969-Lincoln	3:26.4
1968-New Milford	3:30.2

400 METER RELAY

2016-Wayne Hills	**42.91**
2015-Old Tappan	43.33
2014-River Dell	43.53
2013-Old Tappan	43.94

3200 METER RELAY

2016-Morris Hills	**7:56.01**
2015-River Dell	7:59.02
2014-River Dell	8:00.97
2013-Old Tappan	8:20.12

BOYS GROUP 2

Top Three Teams

2016-River Dell 136 ½, Demarest 106 ½, Mahwah 51
2015-Ramsey 70, Demarest 66, Westwood 63
2014-Ramsey 139, Mountain Lakes 91 ¾, Mahwah 67
2013-River Dell 109, Ramsey 82, Mountain Lakes 80
2012-**Morris Hills 147 ½,** River Dell 76, Ramsey 36 ½
2011-Morris Hills 119 ½**,** Ramsey 67 ½, Garfield 51
2010-Indian Hills 90, Ramsey 63, Englewood 56
2009-Indian Hills 76, Englewood 73, River Dell 58
2008-Indian Hills 77, River Dell 74 1/3, Mahwah 63 2/3
2007-River Dell 93, Hopatcong 71, Indian Hills 58
2006-Indian Hills 94, Hopatcong 54 ½, Westwood 52
2005-Westwood 113 ½, Hopatcong 66, Ramsey 65
2004-Morris Hills 82, Hawthorne 70, Indian Hills 65
2003-Newton 60, Indian Hills 54, Hawthorne 53
2002-Leonia 63, Newton 58 ½, Indian Hills 44
2001-Mahwah 75, Kittatinny 51, Dumont 46
2000-Ramsey 86, Mahwah 56, Westwood 55
1999-Ramsey 90, River Dell 86, Rutherford/Westwood 42
1998-Westwood 100, Glen Rock 63, Kittatinny 62
1997-Kittatinny 77, Westwood 75, Mahwah 55
1996-Glen Rock 87, Westwood 59, Ramsey 54
1995-Westwood 86, Hopatcong 50, Newton 42 ¾
1994-Ridgefield Park 102.8, Glen Rock 58, Englewood 56
1993-Hopatcong 72, Wallkill Valley 67, Englewood 64
1992-Mahwah 85, Englewood 84, Leonia 53
1991-Englewood 44, Wallkill Valley 30 ½, Ridgefield Park/Rutherford 25
1990-Mahwah 56, Lyndhurst 32 ½, Wallkill Valley 21
1989-Rutherford 42, Wallkill Valley 39, Mahwah/Englewood 29

1988-Dumont 51 ½, Rutherford 40, Bergen Tech 26
1987-Kittatinny 45, Hopatcong 27, Fort Lee 19
1986-Hopatcong 39, Kittatinny 36, Wallkill Valley 23
1985-Lenape Valley 26, Dumont 25, Hopatcong 23
1984-Tenafly 49, Hopatcong 29, Lyndhurst 22
1983-Rutherford 38, Lyndhurst 30, Tenafly 28
1982-Tenafly 46, Manchester 37 ½, Rutherford 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)

2016-Quazier Dailey, Manchester		10.97
2015-Dajour Hanniford, Westwood	11.18	
2014-Adam Franklin, Mountain Lakes	11.06	
2013-Adam Franklin, Mountain Lakes	11.12	
2012-Luke Lyons, Westwood	11.31	
2011-Angel Lora, Garfield	11.36	
2010-Patryk Najbar, Lodi	11.10	
2009-Raldaine McDonald, Englewood	10.99	
2008-Ackeme Brown, Englewood	**10.90**	
2007-Raldaine McDonald, Englewood	11.32	
2006-Garrett Kroner, Indian Hills		10.9
2005-Rameik Jackson, Westwood		10.7
2004-Casey Robert, Hawthorne	10.9	
2003-Casey Robert, Hawthorne	10.7	
2002-Dimar Labega, Rutherford	10.8	
2001-Ofori Koram, Ridgefield Park	10.9	
2000-Ofori Koram, Ridgefield Park	10.9	
1999-Tony Yamasaki, Englewood	11.1	
1998-Frank Sulter, Kittatinny	11.0	
1997-Leyonne DeFreese, Mahwah	10.9	
1996-Mikkel Brown, Glen Rock	10.8	
1995-John Ciurciu, Elmwood Park	11.1	
1994-John Deschamps, Ridgefield Park	11.1	
1993-Kendall Williams, Bergen Tech	10.9	
1992-Chris Hewitt, Englewood	10.9	
1991-Steve Pertuz, Elmwood Park	11.3	
1990-Jeff Somma, Lyndhurst	11.3	
1989-Neil Luke, Englewood	11.0	
1988-Brian Pearson, Lenape Valley	10.9	
1987-Andy Richardson, Bergen Tech	11.5	
1986-George Rodriguez, Hopatcong	11.6	
1985-George Rodriguez, Hopatcong	11.0	
1984-George Rodriguez, Hopatcong	11.0	
1983-George Rodriguez, Hopatcong	11.3	
1982-Tom Crosswell, Bergen Tech	11.5	
1981-Theo Smith, Bergen Tech	11.4	
1980-Mike Pishadze, Elmwood Park	11.3	
1979-Mike Pishadze, Elmwood Park	10.3	
1978-Mike Pishadze, Elmwood Park	10.5	

1977-Jack Dovletian, New Milford	10.4	
1976-Steve Lunau, New Milford	10.7	
1975-John Rizzi, Elmwood Park	10.1	
1974-Walt Thompson, Sparta	10.1	
1973-Cliff Wells, Lincoln	10.1	
1972-Charlie Wells, Lincoln	10.2	
1971-NEEDED		
1970-Ed Jones, Lincoln	10.0	
1969-Bob Miller, Rutherford	10.4	
1968-Gus Gil, Union Hill	10.4	

200 METERS (200 yards until 1979)

2016-Quazier Dailey, Manchester		22.01
2015-Frankie Rios, Newton	22.78	
2014-Adam Franklin, Mountain Lakes	22.24	
2013-Adam Franklin, Mountain Lakes	22.30	
2012-Greg Leeper, Morris Hills	22.25	
2011-Derrick Washington, Morris Hills	22.67	
2010-Corey Crawford, Indian Hills	22.55	
2009-Raldaine McDonald, Englewood	22.69	
2008-Ackeme Brown, Englewood		22.17
2007-Sam Smith, Pascack Hills	22.57	
2006-Garrett Kroner, Indian Hills	**21.4**	
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)

2016-Evan Bonafield, Mahwah	50.61	
2015-Noah Osterhus, Westwood	50.27	
2014-Adam Franklin, Mountain Lakes	48.36	
2013-Zach Hubner, River Dell	51.44	
2012-Michael Demby, Morris Hills	49.55	
2011-Derrick Washington, Morris Hills	49.56	
2010-Mark Filandro, Indian Hills	49.34	
2009-Elvis Cake, Lodi		49.52
2008-Mark Filandro, Indian Hills	50.84	
2007-Patrick McCarney, Jefferson		50.22
2006-Garrett Kroner, Indian Hills		48.8
2005-Garrett Kroner, Indian Hills	**48.2**	
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)

2016-Will Daly, River Dell	1:57.31
2015-Noah Osterhus, Westwood	1:56.37
2014-James Buser, Mahwah	1:54.88
2013-James Buser, Mahwah	1:56.33
2012-Travis Ellis, Morris Hills	1:55.67
2011-Chris Eltringham, Ramsey	1:56.51
2010-Mark Filandro, Indian Hills	1:56.40
2009-Mark Filandro, Indian Hills	1:59.49
2008-Max Bruno, Indian Hills	1:56.07
2007-Max Bruno, Indian Hills	1:54.46

2006-Mike Pachella, Wallkill Valley	1:55.6	
2005-Mike Pachella, Wallkill Valley	**1:53.9**	
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)

2016-Colin Daly, River Dell	**4:16.27**	
2015-Joe Dragon, High Point	4:22.69	
2014-Ben DeVenezia, Mountain Lakes	4:19.57	
2013-Ben DeVenezia, Mountain Lakes	4:23.66	
2012-Danny Murnane, Lenape Valley	4:19.23	
2011-Travis Ellis, Morris Hills	4:26.36	
2010-Chris Eltringham, Ramsey	4:28.40	
2009-Rob Albano, Pequannock	4:27.09	
2008-Max Bruno, Indian Hills	4:24.90	
2007-Max Bruno, Indian Hills	4:24.73	
2006-Max Bruno, Indian Hills	4:22.1	
2005-Bryan Kretschmer, Ramsey	4:24.9	
2004-Matt Klypka, Indian Hills	4:23.6	
2003-Matt Klypka, Indian Hills	4:30.7	
2002-Rafael Abreu, Leonia	4:34.1	
2001-Matt Collins, Ramsey	4:33.3	
2000-Matt Collins, Ramsey	4:32.8	
1999-Matt Collins, Ramsey	4:33.0	
1998-Matt Kuiken, Glen Rock	4:26.0	
1997-Matt Caporaletti, Westwood		4:30.4
1996-Ray Biersbach, Newton	4:32.6	

1995-Bret Wask, Westwood	4:26.8	
1994-Seth Schagelin, Kittatinny	4:31.8	
1993-Brian Viscomi, Kittatinny	4:24.0	
1992-Brian Viscomi, Kittatinny	4:23.0	
1991-Jim Lame, Wallkiill Valley	4:25.9	
1990-Craig Masker, Mahwah	4:34.4	
1989-Craig Masker, Mahwah	4:35.6	
1988-Rob Lipchus, Rutherford	4:29.7	
1987-Jason Kaplan, Westwood	4:33.8	
1986-Jason Kaplan, Westwood	4:31.9	
1985-Pierre Letennier, Manchester	4:22.8	
1984-Andy O'Donnell, Hopatcong	4:26.7	
1983-Shorta Yuasa, Tenafly	4:32.2	
1982-Andy O'Donnell, Hopatcong	4:21.3	
1981-Scott DeRidder, Hopatcong		4:10.0 (1500)
1980-Scott DeRidder, Hopatcong		4:07.6 (1500)
1979-Greg Fichtl, Sparta	4:34.7	
1978-John Jacobus, Saddle Brook		4:23.5
1977-John Jacobus, Saddle Brook		4:27.4
1976-Rick Bolline, Saddle Brook		4:28.0
1975-Lee Reed, Sparta	4:24.4	
1974-Brad Jaeger, Saddle Brook	4:28.0	
1973-Clark Woods, Pascack Valley	4:23.7	
1972-Dave MacRae, Saddle Brook	4:27.5	
1971-NEEDED		
1970-Don Corbo, Saddle Brook	4:25.7	
1969-Don Corbo, Saddle Brook	4:35.7	
1968-Steve Amerman, Rutherford		4:34.6

3200 METERS (2 miles until 1979)

2016-Will Daly, River Dell	9:36.23	
2015-Joe Dragon, High Point	**9:24.63**	
2014-Chris Luciano, Mountain Lakes	9:35.45	
2013-Ben DeVenezia, Mountain Lakes	9:37.76	
2012-Craig Corti, Wallkill Valley		9:51.04
2011-Travis Ellis, Morris Hills	9:46.97	
2010-Michael Galonski, Newton	9:42.20	
2009-Rob Albano, Pequannock	9:33.64	
2008-Rob Albano, Pequannock	9:41.27	
2007-Jerome Perkins, Indian Hills		9:48.11
2006-Dan Olson, River Dell	9:42.9	
2005-Dan Olson, River Dell	9:51.9	
2004-Matt Klypka, Indian Hills	9:32.1	
2003-Matt Klypka, Indian Hills	9:31.5	
2002-Matt Klypka, Indian Hills	9:55.2	
2001-Cole Dailey, Rutherford	9:31.4	
2000-Cole Dailey, Rutherford	9:37.9	
1999-Matt Collins, Ramsey	9:49.3	
1998-Matt Kuiken, Glen Rock	9:45.8	
1997-Matt Caporaletti, Westwood		9:47.3
1996-Ray Biersbach, Newton	9:48.2	
1995-Ray Biersbach, Newton	9:46.6	
1994-Ray Biersbach, Newton	9:50.2	
1993-Brian Viscomi, Kittatinny	9:28.0	
1992-Brian Viscomi, Kittatinny	9:49.4	
1991-Jim Lame, Wallkill Valley	9:58.9	
1990-Craig Masker, Mahwah	9:56.6	
1989-Craig Masker, Mahwah	9:41.9	
1988-Mike Duffy, Dumont	9:42.3	
1987-Jason Kaplan, Westwood	9:34.0	
1986-Jason Kaplan, Westwood	9:36.0	
1985-Pierre Letennier, Manchester	9:32.9	

1984-Pierre Letennier, Manchester	9:34.3	
1983-Pierre Letennier, Manchester	9:42.5	
1982-Yves Letennier, Manchester		9:43.1
1981-John Boyle, Rutherford	9:07.9 (3000)	
1980-Steve Grube, Vernon	8:56.8 (3000)	
1979-Tony Fitzgerald, Tenafly	9:46.8	
1978-Scott Sarnoski, Bergen Tech		9:19.7
1977-Scott Sarnoski, Bergen Tech		9:26.8
1976-Randy Sickles, Sparta	9:49.6	
1975-Randy Sickles, Sparta	9:55.6	
1974-Mark Jaeckel, Saddle Brook		9:41.3
1973-Tim Chambers, Ramsey	9:37.7	
1972-Bill Henshaw, Pascack Valley	9:42.2	
1971-NEEDED		
1970-Andy Pawlowski, Saddle Brook	9:42.4	
1969-Andy Pawlowski, Saddle Brook	9:59.0	
1968-Steve Fee, Pompton Lakes	9:49.6	

110 METER HIGH HURDLES (120 yards until 1979)

2016-Dylan Scallo, Dumont	15.14	
2015-Tom Kupferschmid. Demarest	15.19	
2014-Adam Franklin, Mountain Lakes	14.81	
2013-Brandon Ortiz, Lakeland	15.13	
2012-Fernando Almonte, Lodi	14.80	
2011-Derrick Washington, Morris Hills	15.15	
2010-Dan McConnell, River Dell		15.24
2009-Ryan Dagenais, Glen Rock	15.88	
2008-Ramazan Nanyvev, Manchester	14.80	
2007-Frank Elmuccio, Wallkill Valley	15.33	
2006-Ryan Berland, Glen Rock	14.9	
2005-E.J. Schuck, Westwood	15.4	
2004-John Strang, Hawthorne	14.9	
2003-Andres Nuiver, Hawthorne	15.0	
2002-Greg Molnar, Mahwah	14.7	
2001-Greg Molnar, Mahwah	15.0	
2000-Brian Rodak, Ramsey	15.2	
1999-Brian Jo, River Dell	14.8	
1998-Russell Pollison, Newton	15.1	
1997-Mike D'Angelo, Ramsey	15.2	
1996-David Meyer, Ramsey	14.4	
1995-Vin Venetucci, Ridgefield Park	15.3	
1994-Anthony Hampton, Englewood	14.4	
1993-Anthony Hampton, Englewood	14.6	
1992-Anthony Hampton, Englewood	15.0	
1991-Anthony Hampton, Englewood	15.5	
1990-Greg O'Neil, Wallkill Valley	15.0	
1989-Paul Santos, Garfield	14.9	
1988-Paul Santos, Garfield	15.0	
1987-Joe Marcel, Kittatinny	15.2	
1986-Pete Oczkowski, Garfield	15.4	
1985-Bill Pearson, Lenape Valley		15.1
1984-Doug Miller, Tenafly	14.5	
1983-Doug Miller, Tenafly	14.8	
1982-Tony Mignon, Fort Lee	15.0	
1981-Dale Plowman, Kittatinny	15.5	
1980-Tim Crossland, Tenafly	15.0	
1979-Guy Murray, Rutherford	15.2	
1978-Mark Socha, Garfield	15.0	
1977-Kurt Stebbins, Sparta	**14.1**	
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)

2016-Dylan Scallo, Dumont	54.88	
2015-Dylan Scallo, Dumont	56.01	
2014-Dan Dooner, Glen Rock	54.62	
2013-Christian DeSanctis, River Dell	55.95	
2012-Adrian Samsel, Morris Hills		54.64
2011-Derrick Washington, Morris Hills	53.80	
2010-Mark Filandro, Indian Hills	55.01	
2009-Mark Filandro, Indian Hills	55.67	
2008-Mark Filandro, Indian Hills	56.50	
2007-Steven Shorr, Pascack Hills		56.45
2006-Sam Paul, Newton	56.9	
2005-Ken Ebeling, Mahwah	56.1	
2004-Ken Ebeling, Mahwah	57.4	
2003-Ryan Schaffer, Newton	56.1	
2002-Ryan Schaffer, Newton	55.7	
2001-Chris Oehm, Mahwah	56.3	
2000-Chris Oehm, Mahwah	55.6	
1999-Brian Burns, River Dell	56.4	
1998-Gareth Hedges, Westwood	58.0	
1997-Anthony Crews, Mahwah	54.5	
1996-David Stein, Glen Rock	54.8	
1995-Craig Poyser, Hopatcong	57.8	
1994-Anthony Hampton, Englewood	**53.6**	
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

2016-Jae Choi, River Dell	51-9
2015-Frank Ahearn, Ramsey	56-2 ¼
2014-Spencer Ross, Mahwah	55-3 ¼

2013-Austin Berninger, River Dell	54-2	
2012-Matt Koh, River Dell	56-4	
2011-AJ Ulinski, Morris Hills	54-8 ¾	
2010-AJ Ulinski, Morris Hills	54-7	
2009-Eric Van Dunk, Mahwah	53-0 ½	
2008-Sean O'Neill, River Dell	54-4	
2007-Geoff Goidell, Pascack Hills	54-1 ¼	
2006-Tom Stripe, Mahwah	58-1 ¾	
2005-Sean Lissemore, Dumont	50-5	
2004-Bo Lawson, Kittatinny	52-6	
2003-Bo Lawson, Kittatinny	51-1	
2002-Steve McGovern, Dumont	53-5 ½	
2001-Steve McGovern, Dumont	49-0 ½	
2000-Matt Elkas, Ramsey	54-6	
1999-Matt Elkas, Ramsey	52-7 ½	
1998-Mike Murphy, New Milford		50-4 ¾
1997-Jay Mafaro, Kittatinny	50-3 ½	
1996-Frank Chamberlin, Mahwah		56-10 ¼
1995-Frank Chamberlin, Mahwah		52-11
1994-Charlie Mafaro, Kittatinny	52-5 ¼	
1993-Mark Talmadge, Hopatcong		48-3
1992-Gary Leranian, Rutherford	51-7	
1991-Jeff Apgar, Saddle Brook	51-6	
1990-Nick Brophy, Mahwah	50-7 ½	
1989-Ryland Batchelor, Rutherford	51-2 ½	
1988-Jason Miller, Elmwood Park	57-8	
1987-Jason Miller, Elmwood Park	52-5	
1986-Scott Miller, Elmwood Park		56-2
1985-Robert Young, Manchester	55-7 ¼	
1984-Ross Miserindino, Garfield	52-2	
1983-Bryan Haynes, Ridgefield Park	50-2	
1982-John Puzio, Lyndhurst	51-8	
1981-Tom Shicowich, Saddle Brook	50-3	
1980-Rich Duriske, Saddle Brook		54-10
1979-Tom Taylor, Waldwick	50-1	
1978-Ben Willis, Rutherford	52-2 ¾	
1977-Joe Pacillo, Rutherford	56-9 ¾	
1976-Ron Kort, Mahwah	59-3	
1975-Randy Stalter, Saddle Brook	56-2	
1974-Ray Sahadi, Tenafly	**60-7 ¾**	
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

2016-CJ Best, Westwood	154-4
2015-Frank Ahearn, Ramsey	163-8
2014-Spencer Ross, Mahwah	151-9
2013-Neil Forrester, Ramsey	144-1
2012-Matt Koh, River Dell	151-6
2011-Cory Connell, Ramsey	151-0
2010-Angelo Cook, Hopatcong	151-2
2009-Matt Krzyzik, Indian Hills	158-5
2008-Matt Krzyzik, Indian Hills	142-5
2007-Andrew Trass, River Dell	154-1
2006-Shawn Sabo, Indian Hills	156-1
2005-Phil Smith, Hopatcong	**187-9**
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

2016-Bryan Holden, Demarest	178-8	
2015-Steele Lombardi, Westwood		159-0
2014-Kyle Allison, Mountain Lakes	177-7	
2013-Alex Zhang, Mahwah	158-4	
2012-Sam Becourtney, River Dell		168-6
2011-Evan Chrustic, Newton	171-1	
2010-Evan Chrustic, Newton	193-2	
2009-Patrick Thomas, Lodi	183-5	
2008-Kevin Rheinheimer, Newton		179-6
2007-Joe Martinek, Hopatcong	195-9	
2006-Joe Martinek, Hopatcong	190-0	
2005-Joe Martinek, Hopatcong	186-3	
2004-Bo Lawson, Kittatinny	175-9	
2003-Anthony Immediate, Rutherford	177-10	
2002-Anthony Immediate, Rutherford	176-1	
2001-Bobby Smith, Hopatcong	200-11	
2000-Ian Sample, Westwood	189-2	
1999-Will Arroyo, Ridgefield Park	191-5	
1998-Chinua Laud, Leonia	179-10	
1997-John Dixon, Ridgefield Park	**219-3**	
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

2016-Nick Geimer, Kittatinny	6-2	
2015-Pete McNally, Ramsey	6-4	
2014-Keyshawn Fowler, Lodi	6-0	
2013-George Trival, Ramsey	6-0	
2012-Kevin Costabel, Newton	6-2	
2011-Kevin Costabel, Newton	6-0	
2010-Corey Crawford, Indian Hills	6-6	
2009-Julius DeFreese, Mahwah	6-4	
2008-T. Olugbenga, High Point	6-4	
2007-Joe Martinek, Hopatcong	6-4	
2006-Joe Martiniak, Hopatcong	6-4	
2005-Joe Martiniak, Hopatcong	6-4	
2004-John Strang, Hawthorne	6-5	
2003-Marcus Baham, Englewood		5-10
2002-Dave Pero, Lenape Valley	6-4	
2001-Marlon Winbush, Hopatcong	6-2	
2000-John Wozniak, Lenape Valley	6-2	
1999-Joe Robinson, River Dell	6-2	
1998-Brett Schagelin, Kittatinny	6-2	
1997-Matt Swisher, Newton	6-2	
1996-Pete Moeller, Ramsey	6-0	
1995-Deke DeFreese, Mahwah	6-2	
1994-Donnel Hatter, Ridgefield Park	6-4	
1993-Brian Bonser, Wallkill Valley	6-4	
1992-Brian Bonser, Wallkill Valley	6-3	
1991-Brian Fersch, Hopatcong	6-4	
1990-Marcus Moore, Englewood	6-0	
1989-Paul Foxson, Wallkill Valley	6-2	
1988-Jamie Klein, Mahwah	6-5	
1987-Steve Squiers, Kittatinny	6-4	
1986-Steve Squiers, Kittatinny	**6-6**	
1985-Bill Pearson, Lenape Valley		6-4
1984-Bill Pearson, Lenape Valley		6-0
1983-Mike Cimiluca, Lyndhurst	6-1	
1982-Jim Kilby, Vernon	5-10	
1981-Bill Polise, Bergen Tech	6-0	

1980-Jeff Reininger, Sparta	6-2	
1979-Cliff Thies, Hopatcong	6-2	
1978-John Trainor, Tenafly	6-2	
1977-Gene Belcher, Sussex Tech	6-2	
1976-Bill Hughes, New Milford	6-0	
1975-Walt Sinicki, Waldwick	6-2	
1974-Mike Whitaker, Hawthorne	6-2	
1973-Fred Deutch, Pascack Valley	6-2	
1972-Cliff Riso, Ramsey	6-4	
1971-NEEDED		
1970-Kevin DiFelice, Northern Highlands	6-2	
1969-Tom Walsh, Indian Hills	5-10	
1968-Jay Fowler, Northern Highlands	6-0	

LONG JUMP

2016-David Zambrano, Newton	20-10 ½	
2015-Jairus Paul, Mahwah	22-7 ¾	
2014-Jairus Paul, Mahwah	22-7 ¼	
2013-Jairus Paul, Mahwah	21-10	
2012-Taylor Cudequest, Pascack Hills	21-9 ½	
2011-Phil Dowell, Englewood	21-9 ¾	
2010-Corey Crawford, Indian Hills	**23-5 ¼**	
2009-Ackeme Brown, Englewood		23-0
2008-Daniel Wu, Tenafly	23-0 ¼	
2007-Joe Martinek, Hopatcong	21-8 ½	
2006-John Totaro, Tenafly	22-0 ¼	
2005-Joe Martinek, Hopatcong	21-11 ¼	
2004-Nick Paiva, Wallkill Valley	20-7 ¼	
2003-Chris Celentano, Newton	20-3 ¼	
2002-Scott Brooks, Newton	21-9 ½	
2001-Scott Brooks, Newton	21-4	
2000-John Augustynowycz, Rutherford	21-7	
1999-John Augustynowycz, Rutherford	21-9 ½	
1998-Gareth Hedges, Westwood	20-9 ¾	
1997-Shawn Samuels, Englewood		21-9 ¼
1996-Mikkel Brown, Glen Rock	22-4 ½	
1995-Tim Jordain, Westwood	20-8	
1994-John Deschamps, Ridgefield Park	22-3 ¾	
1993-Brian Bonser, Wallkill Valley	21-8 ¼	
1992-Chris Hewitt, Englewood	22-3 ½	
1991-Chris Hewitt, Englewood	21-9	
1990-Rhath Morinho, Lyndhurst	20-11 ½	
1989-Paul Foxson, Wallkill Valley	21-5	
1988-David Frazier, Rutherford	21-3 ¼	
1987-Joe Marcel, Kittatinny	20-11 ½	
1986-Mark Ruffalo, Hopatcong	21-5	
1985-Tim Henkel, Secaucus	20-7 ½	
1984-Ed Baisley, Tenafly	20-8 ½	
1983-Mike Cimilucca, Lyndhurst		21-8
1982-Mark Biroc, Elmwood Park		19-11
1981-Ray Frazier, Rutherford	20-6 ¾	
1980-Jeff Reininger, Sparta	20-11	
1979-Jim Rude, Sussex Tech	20-1 ¼	
1978-Kevin Conway, High Point	20-9 ½	
1977-Kurt Stebbins, Sparta	22-6 ¼	
1976-Kurt Stebbins, Sparta	21-6	
1975-John Mingiante, Emerson (UC)	20-10	
1974-Vic Plummer, Englewood	20-7 ½	
1973-Rich Englander, Pascack Valley	21-7	
1972-Ken Glover, Rutherford	21-7	
1971-NEEDED		
1970-Bob Jacobs, Saddle Brook	21-5	

1969-Dave Staeger, West Milford		20-9 ½
1968-Jim Roe, Union Hill	20-4 ½	

TRIPLE JUMP

2016-Eric Yu, Demarest	43-9 ½
2015-Jairus Paul, Mahwah	**47-5 ¼**
2014-Mike Pepper, Ramsey	44-4 ¾
2013-Jairus Paul, Mahwah	45-3
2012-Greg Leeper, Morris Hills	45-5
2011-Phil Dowell, Englewood	44-7
2010-Sammy Roberts, Mahwah	45-4 ½
2009-Tevin Ankle, Glen Rock	44-10
2008-Daniel Wu, Tenafly	45-2 ½
2007-Joe Martinek, Hopatcong	44-6 ¾
2006-John Ramos, Wallkill Valley	44-7
2005-Nick Paiva, Wallkill Valley	42-9 ¼
2004-Nick Paiva, Wallkill Valley	43-3
2003-Ken Kang, Pascack Hills	43-6 ¼

POLE VAULT

2016-Jack Muller, Mahwah	14-0	
2015-Sam Siegel, Demarest	14-6	
2014-Justin Walker, Mahwah	12-6	
2013-Connor McHugh, High Point	13-0	
2012-Jordan Pacheco, Morris Hills	14-0	
2011-Brad Hoey, River Dell	13-6	
2010-Juan Andres Giglio, Ridgefield Park		**15-4 ¼**
2009-Brad McNamara, Pompton Lakes	13-0	
2008-Gregory Stripe, Mahwah	13-0	
2007-Gregory Stripe, Mahwah	15-0	
2006-Gregory Stripe, Mahwah	14-1	
2005-Gregory Stripe, Mahwah	12-0	
2004-Adam Sacher, Pascack Valley	14-6	
2003-Steve Runyon, Hopatcong	13-2	
2002-Ryan Spirito, Wallkill Valley	13-0	
2001-Tristan Reynolds, Newton	12-6	
2000-Drew Peterson, Mahwah	12-6	
1999-Gareth Hedges, Westwood	13-7	
1998-Gareth Hedges, Westwood	12-6	
1997-Adam Zajicek, Ridgefield Park	13-0	
1996-Marc Freschi, Ramsey	12-6	
1995-Scott Silverman, New Milford	13-6	
1994-Matt Lonsky, Wallkill Valley	13-0	
1993-Mike Van Grouw, Mahwah	13-9 ½	
1992-Buddy Brand, Kittatinny	13-0	
1991-Ray Sonderfan, Wallkill Valley	12-6	
1990-Buddy Brand, Kittatinny	12-0	
1989-Brian Miller, Hopatcong	13-0	
1988-Peter Joel, River Dell	13-0	
1987-Pat Keenan, Lenape Valley	13-0	
1986-Scott Walters, Dumont	13-0	
1985-Scott Walters, Dumont	12-6	
1984-Tim McCabe, Hopatcong	12-6	
1983-John Petryshyn, Lyndhurst	13-3	
1982-George 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)

2016-River Dell	3:27.45
2015-Westwood	3:28.61
2014-Glen Rock	3:25.89
2013-River Dell	3:34.30
2012-Morris Hills	**3:21.54**
2011-Morris Hills	3:27.39
2010-Englewood	3:25.75
2009-Englewood	3:27.77
2008-Indian Hills	3:26.40
2007-River Dell	3:27.84
2006-Westwood	3:25.1
2005-Ramsey	3:24.5
2004-Ramsey	3:27.9
2003-Ramsey	3:27.2
2002-Kittatinny	3:31.1
2001-Kittatinny	3:28.7
2000-Kittatinny	3:29.8
1999-River Dell	3:29.8
1998-Westwood	3:33.7
1997-Kittatinny	3:31.8
1996-Glen Rock	3:22.7
1995-Westwood	3:31.7
1994-Glen Rock	3:28.6
1993-Englewood	3:25.9
1992-Leonia	3:34.3
1991-Englewood	3:27.1
1990-Rutherford	3:36.7
1989-Rutherford	3:30.1
1988-Dumont	3:29.3
1987-Kittatinny	3:33.5
1986-Kittatinny	3:31.4
1985-Sparta	3:30.0
1984-Tenafly	3:28.8
1983-Sparta	3:28.6
1982-Tenafly	3:31.7
1981-Fort Lee	3:30.7
1980-Sparta	3:31.0
1979-Tenafly	3:31.0
1978-Rutherford	3:30.0
1977-tie between Tenafly and Sussex Tech	3:34.0
1976-Mahwah	3:31.5
1975-Tenafly	3:29.2
1974-Tenafly	3:24.2
1973-Lincoln	3:31.8
1972-Rutherford	3:29.6
1971-NEEDED	
1970-Lincoln	3:23.3
1969-Indian Hills	3:32.5
1968-Northern Highlands	3:33.8

400 METER RELAY

2016-River Dell	**43.93**
2015-Glen Rock	44.44
2014-Glen Rock	**44.25**
2013-Englewood	45.61

3200 METER RELAY

2016-River Dell	**8:05.01**
2015-Pascack Hills	8:12.62
2014-Westwood	8:06.63
2013-River Dell	8:18.11

BOYS GROUP 1

Top Three Teams

2016-Leonia 74, Hawthorne 59, Hasbrouck Heights 57
2015-Hasbrouck Heights 104 ½, Mountain Lakes 56, Saddle Brook 51
2014-Hopatcong 112, Hasbrouck Heights 100 ½, Wallkill Valley 52
2013-Hopatcong 128, Hasbrouck Heights 127, Park Ridge 41
2012-Hasbrouck Heights 109, Mountain Lakes 90, New Milford 43
2011-Hasbrouck Heights 130 ½, Boonton 75, Mountain Lakes 62
2010-Boonton 87, Hasbrouck Heights 81, Mountain Lakes 58
2009-Boonton 117, Hasbrouck Heights 62, Mountain Lakes 51
2008-Verona 87, Park Ridge 71, Leonia 56
2007-Pompton Lakes 65, Hasbrouck Heights 62, Verona 54
2006-Hasbrouck Heights and Pompton Lakes 63, Pascack Hills 55 1/3
2005-Saddle Brook 111, Hasbrouck Heights 101, Park Ridge 41
2004-Glen Rock 72, Westwood 71, Saddle Brook 50
2003-**Glen Rock 136**, Leonia 48, Saddle Brook 46 ½
2002-Glen Rock 104 1/3, Palisades Park 70 ½, Westwood 42 1/3
2001-Glen Rock 109, North Arlington 68, Hasbrouck Heights 45
2000-Glen Rock 87, North Arlington 49 ½, 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 ½, Becton 65 ½, 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 ½, Emerson 28, New Milford 26 ½
1990-Emerson 46, Saddle Brook 34, New Milford 31 ½
1989-Secaucus 44 ½, 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 ½, Hasbrouck Heights 25
1985-New Milford 43, Pompton Lakes 34 ½, 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 ½, 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 ½, Mahwah 38, Waldwick 37 ½

100 METERS (100 yards until 1979)

2016-Joseph Robinson, Leonia	10.96	
2015-Josh Smith, Boonton	11.36	
2014-Johann Lara, Hopatcong	10.98	
2013-Kevin Condal, Hasbrouck Heights	11.18	
2012-Adam Franklin, Mountain Lakes	11.42	
2011-Kevin Condal, Hasbrouck Heights	11.14	
2010-Andrew Turzilli, Butler	11.25	
2009-AJ Scoppa, New Milford	11.19	
2008-Matt Bieszard, Midland Park	10.96	
2007-Orion Woodard, Pompton Lakes	11.09	
2006-Orion Woodard, Pompton Lakes	11.1	
2005-Anthony Pomo, Saddle Brook	11.0	
2004-Rameik Jackson, Westwood		11.1
2003-Mark Hannon, Glen Rock	11.0	
2002-Brandon Fronjian, Palisades Park	11.1	
2001-Craig Agnello, Glen Rock	11.1	
2000-Chris Charles, Park Ridge	**10.2**	
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)

2016-Joseph Robinson, Leonia	22.59
2015-Jack Palazzi, Mountain Lakes	22.99
2014-Keron Bailey, Boonton	22.66
2013-Ken Partyka, Hasbrouck Heights	23.04
2012-Johnny Malespina, Park Ridge	22.77

2011-Kevin Condal, Hasbrouck Heights	22.36	
2010-Andrew Turzilli, Butler	22.65	
2009-Kevin Condal, Hasbrouck Heights	22.73	
2008-Matt Bieszard, Midland Park	**21.95**	
2007-Orion Woodard, Pompton Lakes	22.35	
2006-Orion Woodard, Pompton Lakes	22.4	
2005-Chris Seijo, Hasbrouck Heights	23.0	
2004-Rameik Jackson, Westwood		22.5
2003-Mark Hannon, Glen Rock	22.5	
2002-Brandon Fronjian, Palisades Park	22.4	
2001-Brandon Fronjian, Palisades Park	22.7	
2000-Chris Charles, Park Ridge	21.9	
1999-Chris Charles, Park Ridge	22.6	
1998-Damion Lawrence, Wallington	22.4	
1997-Mikkel Brown, Glen Rock	22.8	
1996-Mike Sabato, Wood-Ridge	22.8	
1995-T.J. Trapp, Becton	22.9	
1994-John Geohrig, Hasbrouck Heights	23.0	
1993-Rommel Chatman, Midland Park	23.2	
1992-Rich Donohue, Saddle Brook	23.1	
1991-Fred Campbell, Emerson	22.6	
1990-Fred Campbell, Emerson	23.2	
1989-Fred Campbell, Emerson	23.4	
1988-Scott Zotollo, Saddle Brook		23.1
1987-Rich Baker, Hasbrouck Heights	23.3	
1986-Ron Blauvelt, Hasbrouck Heights	22.6	
1985-Steve Truglio, New Milford		22.7
1984-Shawn Carpenter, Emerson	22.5	
1983-John McGuiness, 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)

2016-Max Stith, Leonia	50.62	
2015-Louis O'Keefe, Emerson	50.21	
2014-Johann Lara, Hopatcong	49.52	
2013-Dylan Capwell, Hopatcong	49.04	
2012-Johnny Malespina, Park Ridge	49.87	
2011-Kevin Condal, Hasbrouck Heights	48.86	
2010-Kevin Condal, Hasbrouck Heights	**48.65**	
2009-Hayden Duffy, Emerson	49.80	
2008-Matt Bieszard, Midland Park	49.94	
2007-Orion Woodard, Pompton Lakes	49.80	
2006-Matt Bieszard, Midland Park	51.0	
2005-Vinnie Gareffa, Hasbrouck Heights	50.9	
2004-Rameik Jackson, Westwood		49.8
2003-Rob Grammer, Glen Rock	50.0	
2002-Rob Grammer, Glen Rock	50.8	
2001-Gary Gagliardi, Hasbrouck Heights	49.6	

2000-Chris Charles, Park Ridge	49.7	
1999-Joe Hwang, Cresskill	50.5	
1998-Jacek Kwiatkowski, Wallington	51.2	
1997-Keith Van Goor, Midland Park	50.0	
1996-Alex Cruz, Palisades Park	51.7	
1995-Rob DeCarlo, Park Ridge	51.8	
1994-Eric Wizemann, Waldwick	50.7	
1993-T.J. Trapp, Becton	52.3	
1992-Kyle Alessi, Waldwick	52.6	
1991-Kyle Alessi, Waldwick	51.8	
1990-Wesley Gadsen, Academic	51.9	
1989-Wesley Gadsen, Academic	51.5	
1988-Wesley Gadsen, Academic	51.0	
1987-Manny Tayas, New Milford		51.9
1986-Rich Baker, Hasbrouck Heights	52.1	
1985-Steve Truglio, New Milford		50.3
1984-Joe Hawthorne, Saddle Brook	51.5	
1983-Hank DeGenaars, Midland Park	51.8	
1982-Pete Grogan, Emerson	52.5	
1981-Doug Kelly, Midland Park	51.9	
1980-Eric Leahy, Mahwah	51.4	
1979-John Cortazzo, Cresskill	51.7	
1978-Joe Bradshaw, Emerson	51.8	
1977-John Baxter, Mahwah	51.3	
1976-Jim Kearns, Bogota	52.9	
1975-Ken Schumacher, Midland Park	50.9	
1974-John Aussems, Midland Park	50.8	
1973-John Aussems, Midland Park	51.4	
1972-Tony May, Bogota	51.4	
1971-NEEDED		
1970-Graham MacKenzie, Cresskill	51.4	
1969-Doug Stewart, Cresskill	50.7	
1968-John Wimmer, Bogota	49.0	

800 METERS (880 yards until 1979)

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

1989-Rich Wisse, Saddle Brook	2:00.9	
1988-Scott Wilson, Midland Park		2:04.7
1987-Bruno Sgambellone, Palisades Park	1:59.8	
1986-Bruno Sgambellone, Palisades Park	2:02.8	
1985-Allan Stanaback, Pompton Lakes	2:00.5	
1984-Dirk Zuidema, Midland Park	2:02.8	
1983-Lou Spagnola, Bogota	2:02.0	
1982-John Mueller, Midland Park		1:58.6
1981-John Mueller, Midland Park		2:00.6
1980-Marty Fennell, Newton	2:01.0	
1979-Bill Broderick, Ridgefield	2:02.2	
1978-Tom Blumenberg, Park Ridge	2:02.9	
1977-Eldon Sully, Leonia	1:59.3	
1976-Leroy Durocher, Emerson	1:59.1	
1975-Rich Wallace, Hasbrouck Heights	1:59.0	
1974-Jeff Roif, Park Ridge	1:58.6	
1973-Jeff Roif, Park Ridge	2:00.7	
1972-Dave Kelchner, Cresskill	1:57.2	
1971-NEEDED		
1970-Gary Dittmore, Leonia	2:00.2	
1969-Jim Burke, Park Ridge	2:03.6	
1968-Mike Cevasco, Park Ridge	2:02.7	

1600 METERS (one mile until 1979)

2016-Danny Daurio, Bogota	4:21.93	
2015-Ben DeVenezia, Mountain Lakes	4:22.95	
2014-Craig Corti, Wallkill Valley		4:22.36
2013-Chris Dugan, Hopatcong	4:28.96	
2012-Steve Lewandowski, Mountain Lakes		**4:13.34**
2011-Steve Lewandowski, Mountain Lakes	4:17.13	
2010-Steve Lewandowski, Mountain Lakes	4:30.12	
2009-Rutger Admirand, Mountain Lakes	4:27.58	
2008-David Oster, Verona	4:28.84	
2007-Mike Soroko, Kinnelon	4:22.80	
2006-Mike Soroko, Kinnelon	4:25.8	
2005-Chris Guerriero, Saddle Brook	4:27.5	
2004-Ryan McCann, Glen Rock	4:25.4	
2003-Ryan McCann, Glen Rock	4:24.4	
2002-Ryan McCann, Glen Rock	4:33.0	
2001-John Daula, Glen Rock	4:37.4	
2000-Danny Chaves, Secaucus	4:37.7	
1999-Josh VanderWiele, Midland Park	4:36.8	
1998-Ron Gerhold, Emerson	4:30.1	
1997-Matt Kuiken, Glen Rock	4:39.7	
1996-Diego Gioffre, Palisades Park	4:38.6	
1995-Felix Olivo, Secaucus	4:38.6	
1994-Felix Olivo, Secaucus	4:34.8	
1993-Danny Schuman, Saddle Brook	4:34.3	
1992-Danny Schuman, Saddle Brook	4:35.4	
1991-Danny Schuman, Saddle Brook	4:41.1	
1990-Colin McNamara, Emerson	4:34.9	
1989-Rich Wisse, Saddle Brook	4:28.1	
1988-Rich Wisse, Saddle Brook	4:34.5	
1987-Chris Moore, Emerson	4:24.4	
1986-Mike Ryan, Palisades Park	4:31.1	
1985-Keith Jennings, Pompton Lakes	4:40.1	
1984-Dave Alpart, Glen Rock	4:37.2	
1983-Frank Lamberti, Mahwah	4:23.0	
1982-Frank Lamberti, Mahwah	4:40.0	
1981-Mike Fezza, Cresskill	4:13.1 (1500)	
1980-Ian Leavesley, Mahwah	4:04.3 (1500)	
1979-Mike Fezza, Cresskill	4:24.2	

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

3200 METERS (two miles until 1979)

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

2016-Clarence Reyes, Hasbrouck Heights	15.29	
2015-Clarence Reyes, Hasbrouck Heights	15.24	
2014-Stephen Rogers, Hopatcong		15.48
2013-Roland Gamez, Hasbrouck Heights	14.97	
2012-Brandon Matulac, New Milford	15.16	
2011-Joey Marini, Boonton	14.82	
2010-Gohar Khokhar, Boonton	15.34	
2009-Christian Stein, Boonton	15.99	
2008-Donovan Bolden, Leonia	14.85	
2007-Donovan Bolden, Leonia	14.87	
2006-Carlos Tejeda, 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	
1999-Nick Garrett, Saddle Brook	**14.3**	
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)

2016-Shafic Itani, Emerson	56.67
2015-Dillon Fisher, Hasbrouck Heights	56.78
2014-Max Cafaro, Hopatcong	58.05
2013-Dylan Capwell, Hopatcong	55.16
2012-Eric Benny, Emerson	57.10
2011-Dylan Capwell, Hopatcong	57.04
2010-Stephon Blair, Sussex Tech	56.10
2009-Christian Stein, Boonton	58.43
2008-Brandon Hillman, Verona	55.03
2007-Tim White, Saddle Brook	56.36

2006-Steven Shorr, Pascack Hills		56.3
2005-Vinnie Gareffa, Hasbrouck Heights	55.9	
2004-Andrew Fontana, Pascack Hills	56.5	
2003-Dave Lado, Ridgefield	53.9	
2002-Dave Lado, Ridgefield	55.4	
2001-Dennis Calacione, New Milford	57.1	
2000-Rishi Prabhu, Glen Rock	57.0	
1999-Joe Hwang, Cresskill	56.2	
1998-Joe Hwang, Cresskill	57.8	
1997-Brian Kennedy, Secaucus	57.6	
1996-Jared Shellaway, Hasbrouck Heights	56.6	
1995-David Stein, Glen Rock	57.7	
1994-Chris Boyle, Becton	58.6	
1993-Bob Meyers, Saddle Brook	58.6	
1992-Dave Schuman, Saddle Brook	56.4	
1991-Keith Kasper, Secaucus	57.0	
1990-Keith Birchby, Secaucus	55.8	
1989-Keith Birchby, Secaucus	57.6	
1988-Carmen Pizzuto, Saddle Brook	55.7	
1987-Rob Curtis, Mahwah	57.1	
1986-Lou Ferriera, North Arlington	58.3	
1985-Paul Zeuke, New Milford	58.2	
1984-John Neppi, Cresskill	57.2	
1983-Bruce Richardson, Mahwah		57.7
1982-Ed Burgio, Waldwick	58.7	
1981-Steve Ebeling, Mahwah	57.2	
1980-Robbie Porter, Mahwah	**53.6**	
1979-Tyrone Bowens, Mahwah	40.5	
1978-Steve Brown, Bogota	39.8	
1977-Mark Todt, Hasbrouck Heights	41.2	
1976-Kirk Stazger, Cresskill	41.2	
1975-Al Evans, Lenape Valley	40.3	
1974-Joe Ancona, Mahwah	39.7	
1973-Joe Ancona, Mahwah	21.1	
1972-Joe Ancona, Mahwah	21.1	
1971-NEEDED		
1970-Butch Boydell, Hasbrouck Heights	21.2	
1969-Mike Hutton, Mahwah	20.6	
1968-Mike Hutton, Mahwah	20.6	

SHOT PUT

2016-Gio Gutierrez, Saddle Brook	53-0 ½	
2015-Gio Gutierrez, Saddle Brook	52-8 ¼	
2014-Nicholas James-McLean, Wallkill Valley	48-5	
2013-Garrett Pynn, Leonia	51-9	
2012-Chris Connors, Hasbrouck Heights	52-5 ½	
2011-Patrick Cole, Hasbrouck Heights	54-11	
2010-Patrick Cole, Hasbrouck Heights	53-5 ½	
2009-Travis Malave, Hasbrouck Heights	49-3	
2008-Michael Renna, Hasbrouck Heights	52-4 ¾	
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
1985-Andy Papathanassiou, Emerson	**63-4 ½**
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

2016-Gio Gutierrez, Saddle Brook	143-11	
2015-Gio Gutierrez, Saddle Brook	154-4	
2014-Zariq Hewitt, Pompton Lakes	151-6	
2013-Arie Zuidema, Midland Park	150-0	
2012-Troy Andretta, Kinnelon	153-10	
2011-Patrick Cole, Hasbrouck Heights	168-9	
2010-Patrick Cole, Hasbrouck Heights	149-10	
2009-Tomasz Dlugozima, Wallington	158-1	
2008-Tomasz Dlugozima, Wallington	146-7	
2007-Brendan Gareffa, Hasbrouck Heights	167-7	
2006-Brendan Gareffa, Hasbrouck Heights	156-7	
2005-Chris Onorato, Hasbrouck Heights	160-9	
2004-Jason Maier, New Milford	161-10	
2003-Jason Maier, New Milford	142-10	
2002-Charles Lee, Palisades Park		155-0
2001-Thomas Koc, North Arlington	148-4	
2000-Frank Kozibroda, Wood-Ridge	151-1	
1999-Mike Murphy, New Milford		149-5
1998-Frank Kozibroda, Wood-Ridge	152-4	
1997-Frank Kozibroda, Wood-Ridge	129-10	
1996-Jon Marley, Hawthorne	136-0	
1995-Bill Geza, Saddle Brook	137-8	
1994-Mike Colella, Becton	136-10	
1993-Dave Romaine, Saddle Brook	131-9	
1992-Scott Howard, Cresskill	133-7	
1991-Jeff Kropiewnicki, Saddle Brook	140-6	
1990-Kevin Quinn, Cresskill	**174-11**	
1989-Steve Marada, Park Ridge	156-4	
1988-Kevin Quinn, Cresskill	133-8	
1987-Adam White, Bogota	162-5	
1986-Adam White, Bogota	149-7	
1985-Andy 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

2016-Joshua Terpstra, Midland Park	164-10	
2015-Ryan Gebhardt, Wallkill Valley	178-11	
2014-Seth Zuidema, Midland Park	196-10	
2013-Seth Zuidema, Midland Park	176-1	
2012-Ben Schumacher, Cedar Grove	180-10	
2011-Kaleb Zuidema, Midland Park	220-10	
2010-Kaleb Zuidema, Midland Park	220-8	
2009-Kaleb Zuidema, Midland Park	180-7	
2008-Joe Gingerelli, Wood-Ridge		201-9
2007-Kyle Elliott, Cresskill	183-7	
2006-Bryan Fill, Hasbrouck Heights	190-5	
2005-Steve Guzek, Park Ridge	175-0	
2004-Mark Weber, Cedar Grove	167-10	
2003-Paul Rosiak, Wood-Ridge	170-10	
2002-Paul Rosiak, Wood-Ridge	183-4	
2001-Randy Bednarczyk, Wallington	179-5	
2000-Keith Bisig, Cresskill	168-8	
1999-Eric Lowenstein, New Milford	182-8	
1998-Jim Hayes, Hawthorne	177-1	
1997-Ron Phillips, Wood-Ridge	167-2	
1996-Ron Phillips, Wood-Ridge	165-6	
1995-Justin Schwartz, Glen Rock		184-2
1994-Brian Ilie, Hasbrouck Heights	161-5	
1993-Mike Haggerty, Cresskill	165-1	
1992-Matt Hall, Glen Rock	184-6	
1991-Doug Tucci, Saddle Brook	183-2	
1990-Charlie Koenke, New Milford	172-7	
1989-Charlie Koenke, New Milford	175-6	
1988-Brian Marron, Becton	166-1	
1987-Jim Hock, Mahwah	172-6	
1986-Steve Marbaise, Becton	169-9	
1985-Dean Gruelich, Pompton Lakes	179-4	
1984-Vito Roselli, Emerson	170-3	
1983-Dave Chamalian, Cresskill	175-0	
1982-Bob Erksine, North Arlington	208-5	
1981-Bob Erksine, North Arlington	187-11	
1980-Chris Papa, Cresskill	162-8	
1979-Fred Ketcho, Wood-Ridge	165-11	
1978-Ken Hendershot, Newton	199-3	
1977-Frank Jesch, Cresskill	178-8	
1976-Frank Jesch, Cresskill	179-8	
1975-Lance Sorchick, High Point		199-1
1974-George Heller, Park Ridge	153-11	

1973-Scott Sorchick, High Point	207-9	
1972-Scott Sorchick, High Point	188-3	
1971-NEEDED		
1970-Bob Matusik, North Arlington	145-7	
1969-Ed Baker, Park Ridge	145-10	

HIGH JUMP

2016-Leeroy Casimir, Hasbrouck Heights	6-0	
2015-Bryant Yoshida, New Milford	6-2	
2014-David Njoku, Cedar Grove	**7-0**	
2013-Stephen Rogers, Hopatcong		6-0
2012-David Njoku, Cedar Grove	6-4	
2011-Joey Marini, Boonton	6-2	
2010-Joey Marini, Boonton	6-4	
2009-Andre Simms, Boonton	6-6 ¼	
2008-Steve Lapp, Cresskill	6-4	
2007-Tim White, Saddle Brook	6-2	
2006-Tim White, Saddle Brook	6-0	
2005-Pat Cumming, Leonia	6-2	
2004-Rob Yealu, Cedar Grove	6-4	
2003-Gavin Charlton, Palisades Park	6-0	
2002-Greg Powell, Westwood	6-2	
2001-Trevor O'Grady, Wood-Ridge	6-2	
2000-Trevor O'Grady, Wood-Ridge	5-10	
1999-Dan Miller, Glen Rock	5-8	
1998-Andrew Stine, Park Ridge	6-0	
1997-Rob Derin, Hasbrouck Heights	5-10	
1996-Steve Viskic, Palisades Park		5-10
1995-Terrel Stevens, Becton	6-2	
1994-Steve DuPlessy, Ridgefield	6-3	
1993-Steve DuPlessy, Ridgefield	6-0	
1992-Anthony Porfido, Waldwick		6-2
1991-Jeff Heal, New Milford	6-4	
1990-Dave Markowiec, Pompton Lakes	6-2	
1989-John Carr, Waldwick	6-0	
1988-John Carr, Waldwick	6-2	
1987-Eric Princen, Cresskill	6-6	
1986-Eric Princen, Cresskill	6-0	
1985-Steve Konopka, Becton	6-0	
1984-Tom McGuiness, 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 ¾	
1969-Ron Hurley, Emerson	5-8	
1968-Mike Rutler, Waldwick	5-10	

LONG JUMP

2016-Sean Mefford, Butler	22-8 ½
2015-Omar Anderson, Boonton	21-5 ¼
2014-Pete Chamalian, Cresskill	20-10
2013-Roland Gamez, Hasbrouck Heights	20-1

2012-Roland Gamez, Hasbrouck Heights	21-8 ¾	
2011-Joey Marini, Boonton	21-11 ¾	
2010-Devin Jones, Boonton	**22-7**	
2009-Andre Simms, Boonton	21-10	
2008-Ronald Prophete, Boonton	21-8 ¼	
2007-Dan DePalma, Verona	22-2 ½	
2006-Branden Bowen, Boonton	21-5 ½	
2005-Anthony Pomo, Saddle Brook	21-9	
2004-Vernard Hoover, Hasbrouck Heights	21-9	
2003-Vernard Hoover, Hasbrouck Heights	21-8 ¼	
2002-Brandon Fronjian, Palisades Park	20-2 ¾	
2001-Craig Agnello, Glen Rock	20-8 ½	
2000-Rishi Prabhu, Glen Rock	20-5	
1999-Craig Agnello, Glen Rock	20-9	
1998-Damion Lawrence, Wallington	19-5 ½	
1997-Mikkel Brown, Glen Rock	21-10	
1996-Keith Lau, Waldwick	19-6	
1995-Mikkel Brown, Glen Rock	19-10 ½	
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

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

POLE VAULT

2016-Dan Shim, Cresskill	12-6
2015-Andrew Accardi, Pompton Lakes	13-6
2014-Andrew Accardi, Pompton Lakes	13-0
2013-Isaac Spann, Boonton	12-6
2012-Stephen Felice, Midland Park	13-2
2011-Chris Steele, Pompton Lakes	**14-6**
2010-Garrett LaCroce, Park Ridge	13-0
2009-Greg Hoffman, Park Ridge	**14-6**
2008-Greg Hoffman, Park Ridge	13-0
2007-Mike Collins, Cresskill	13-0
2006-Mike Collins, Cresskill	12-0
2005-Matthew Trachtenberg, Mountain Lakes	12-6
2004-Brian Foo, New Milford	13-0
2003-Mark Wong, Lyndhurst	12-6
2002-Tim Murphy, Glen Rock	12-6
2001-Steve Piskadlo, North Arlington	13-0
2000-Keith Bisig, Cresskill	13-0
1999-Keith Bisig, Cresskill	12-6
1998-James Lee, Cresskill	13-3
1997-James Lee, Cresskill	11-6
1996-Marvin Mendoza, Saddle Brook	10-6
1995-Scott Agnello, Midland Park	11-6
1994-Ralph Castellano, Saddle Brook	12-0
1993-Ralph Castellano, Saddle Brook	11-6
1992-Bob Apgar, Saddle Brook	12-6
1991-Ron Taylor, New Milford	11-0
1990-Rich Miller, Cresskill	13-6
1989-Rich Miller, Cresskill	11-6
1988-Mike Swaney, Saddle Brook	11-6
1987-John Pierro, North Arlington	13-0
1986-Steve Keating, Pompton Lakes	13-0
1985-Chris Kowaleski, Becton	12-6
1984-Steve Saladino, Bogota	13-3
1983-Rob O'Shea, Glen Rock	13-9
1982-Rob O'Shea, Glen Rock	12-6
1981-Tom McGuirk, Waldwick	12-0
1980-Phil Brophy, Glen Rock	12-6
1979-Mark Bernhart, Mahwah	12-0
1978-Charlie Cardini, Palisades Park	12-0
1977-Charlie Cardini, Palisades Park	12-6
1976-Mike Cunningham, Cresskill	11-0
1975-Carl Juskus, Hopatcong	12-0
1974-Bob Milardo, Mahwah	12-8
1973-Bob Milardo, Mahwah	12-0
1972-Bob Milardo, Mahwah	12-0
1971-NEEDED	
1970-Ed Moran, Mahwah	12-1
1969-John Myers, Mahwah	12-6
1968-John Myers, Mahwah	12-1

1600 METER RELAY (mile until 1979)

2016-Park Ridge	3:31.21
2015-Park Ridge	3:30.01
2014-Hopatcong	3:28.10
2013-Hopatcong	3:28.10
2012-Park Ridge	3:26.65
2011-Hasbrouck Heights	3:25.67
2010-Hasbrouck Heights	**3:25.50**
2009-Westwood	3:29.85

2008-Park Ridge	3:26.75
2007-Pompton Lakes	3:27.14
2006-Park Ridge	3:27.3
2005-Park Ridge	3:30.3
2004-Westwood	3:25.8
2003-Glen Rock	3:31.1
2002-Westwood	3:27.1
2001-Hasbrouck Heights	3:28.4
2000-Lyndhurst	3:31.9
1999-Glen Rock	3:32.2
1998-Wallington	3:34.2
1997-Glen Rock	3:29.9
1996-Hasbrouck Heights	3:36.2
1995-Glen Rock	3:29.1
1994-Hasbrouck Heights	3:42.8
1993-Park Ridge	3:37.2
1992-Hasbrouck Heights	3:34.3
1991-Waldwick	3:33.5
1990-Secaucus	3:33.1
1989-Secaucus	3:34.2
1988-Waldwick	3:31.8
1987-Waldwick	3:35.1
1986-Hasbrouck Heights	3:34.7
1985-New Milford	3:35.0
1984-Emerson	3:34.2
1983-Midland Park	3:33.3
1982-Midland Park	3:38.5
1981-Emerson	3:35.4
1980-Newton	3:34.4
1979-Mahwah	3:37.8
1978-Emerson	3:38.8
1977-Midland Park	3:29.9
1976-Midland Park	3:35.8
1975-Midland Park	3:29.7
1974-Midland Park	3:30.5
1973-Midland Park	3:37.0
1972-Cresskill	3:36.0
1971-NEEDED	
1970-Cresskill	3:36.3
1969-Cresskill	3:35.1
1968-Waldwick	3:37.7

400 METER RELAY

2016-Hawthorne	**44.44**
2015-Hasbrouck Heights	44.51
2014-Park Ridge	44.85
2013-Hasbrouck Heights	44.50

3200 METER RELAY

2016-Emerson	**8:14.85**
2015-Emerson	8:28.96
2014-Emerson	8:22.13
2013-Emerson	8:38.88

NORTH 2 NORTH JERSEY CHAMPIONS

TEAM CHAMPIONS

2014-Ridgefield Park (2)	74
2014-Lyndhurst (1)	136

2011-Lyndhurst (1)	134	

100 METERS

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

200 METERS

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

400 METERS

2011-Patrick Rono, Lyndhurst (1)		49.25
2005-Orestes Medina, Palisades Park (1)	50.21	
2004-Daquan Huffin, Palisades Park (1)	50.36	

800 METERS

20165-Sean Sullivan, Rutherford (2)	1:56.33	
2016-Carl Desrosiers, Palisades Park (1)	2:01.71	
2015-Sean Sullivan, Rutherford (2)	1:58.34	
2014-Danny Cordeiro, North Arlington (1)	1:58.30	
2011-Patrick Rono, Lyndhurst (1)		1:53.28
2010-Patrick Rono, Lyndhurst (1)		1:54.77
2007-Charles Goold, Rutherford (2)	1:59.35	
2005-Marc Pollifrone, Rutherford (2)	2:01.82	

1600 METERS

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

3200 METERS

2014-William Hooper, Lyndhurst (1)	10:23.94	
2011-Patrick Rono, Lyndhurst (1)		9:44.81
2011-Sherif Ali, Cliffside Park (2)		9:39.38
2010-Sherif Ali, Cliffside Park (2)		9:58.11

110 METERS HIGH HURDLES

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

400 METERS INTERMEDIATE HURDLES

2010-Anthony Tripodi, Cliffside Park (2)		56.98	
2010-John Porteous, Wood-Ridge (1)		55.93	
2009-Dan Chediak, Fort Lee (2)		57.80	
2009-John Porteous, Wood-Ridge	(1)		56.15
2008-Dave Nowak, Lyndhurst (1)			58.54

SHOT PUT

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

DISCUS

2013-Jonathan Mercado, Lyndhurst (1)	120-4
2012-Miguel Vasquez, Palisades Park (1)	130-0
2011-Michael Fusco, Lyndhurst (1)	121-0
2010-Chris Luna, Wood-Ridge (1)	131-10
2008-Betim Bujari, Secaucus (1)	124-8
2007-Nick Britt, Secaucus (1)	154-6
2006-Nick Britt, Secaucus (1)	153-4
2005-Nick Britt, Secaucus (1)	139-9
2004-Jay Neilsen, Wood-Ridge (1)	132-8

JAVELIN

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

HIGH JUMP

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

LONG JUMP

2016-Matt Wierzba, Garfield (2)	22-4 ¼
2015-Tyler Olivieri, Ridgefield Park (2)	22-0 ½
2014-Chris Estrella, Ridgefield Park (2)	22-1 ¼
2012-Michael Reyes, Ridgefield Park (2)	21-6 ½
2010-John Porteous, Wood-Ridge (1)	22-0 ½
2008-Dawys German, North Arlington (1)	19-7 ¼
2008-Chris Phipps, Lodi (2)	21-11
2007-Chris Phipps, Lodi (2)	21-6 ½
2006-Darius Autie, Ridgefield Park (2)	20-6

2005-Jorge Delgado, Lyndhurst (1) 22-0
2004-Jorge Delgado, Lyndhurst (1) 21-0

TRIPLE JUMP

2016-Aveon Irving, Garfield (2) 44-7
2015-Matt Wierzba, Garfield (2) 44-1 ¼
2014-Danny Cordeiro, North Arlington (1) 42-6
2013-Jermal Fevrier, Ridgefield Park (2) 42-1
2012-Michael Reyes, Ridgefield Park (2) 43-7
2010-John Porteous, Wood-Ridge (1) 43-4 ¾
2009 -Marques McMillian, Ridgefield Park (2) 44-3 ¼
2009-John Porteous, Wood-Ridge (1) 42-1
2008-Chris Phipps, Lodi (2) 47-9
2007-Chris Phipps, Lodi (2) 47-3 ½
2006-Matt Certosimo, Rutherford (2) 42-5
2006-Mehmet Guvenar, Lyndhurst (1) 42-4 ¼
2005-Orestes Medina, Palisades Park (1) 45-0
2005-Val Terebizh, Fort Lee (2) 44-0 ¼
2004-Orestes Medina, Palisades Park (1) 43-3

POLE VAULT

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

400 METERS RELAY

2016-Fort Lee (2) 44.06

1600 METERS RELAY

2009-Ridgefield (1) 3:31.12
2007-North Arlington (1) 3:34.86

3200 METERS RELAY

2015-Lyndhurst 8:24.49

BOYS NON-PUBLIC A North

Top Three Teams

2016-Seton Hall 102, Delbarton 100, Don Bosco 90
2015-Seton Hall 123, Don Bosco 122, Pope John 78
2014-Don Bosco 141 ½, Pope John 75, Delbarton 72
2013-Union Catholic 150, Don Bosco 85, Pope John 76
2012-Union Catholic 150, Seton Hall 86, Pope John 80
2011-Don Bosco 162, Union Catholic 70, Pope John 59
2010-Don Bosco 137, Pope John 101 ½, Delbarton 67

100 METERS

2016-Javon Turner, Paramus Catholic 11.10
2015-Wankeith Akin, Don Bosco 11.10

2014-Jabrill Peppers, Paramus Catholic	10.66	
2013-Jabrill Peppers, Paramus Catholic	**10.53**	
2012-Jabrill Peppers, Paramus Catholic	10.77	
2011-Leonte Carroo, Don Bosco	10.99	
2010-Greg Moore, Pope John	11.08	

200 METERS

2016-Javon Turner, Paramus Catholic	22.40	
2015-Wankeith Akin, Don Bosco		22.28
2014-Jabrill Peppers, Paramus Catholic	**21.48**	
2013-Jabrill Peppers, Paramus Catholic	21.56	
2012-Jabrill Peppers, Paramus Catholic	21.75	
2011-Najee Glass, St. Peter's Prep	21.60	
2010-Najee Glass, St. Peter's Prep	21.95	

400 METERS

2016-Nick Parisi, Seton Hall	49.45	
2015-Brandon Moorer, Seton Hall	48.56	
2014-Dalton Friend, Don Bosco	48.93	
2013-Taylor McLaughlin, Union Catholic	49.03	
2012-Najee Glass, St. Peter's Prep	47.90	
2011-Najee Glass, St. Peter's Prep	**47.13**	
2010-Najee Glass, St. Peter's Prep	48.35	

800 METERS

2016-Brian Walsh, Pope John	1:58.22	
2015-Jon Burk, Pope John	1:56.39	
2014-Joe White, DePaul	1:55.63	
2013-Joe White, DePaul	1:54.31	
2012-Allen Eke, Union Catholic		**1:53.65**
2011-Allen Eke, Union Catholic	1:55.51	
2010-Pat Schellberg, Delbarton	1:55.76	

1600 METERS

2016-Joey DeFeo, Delbarton	4:26.51	
2015-Patrick Sullivan, Don Bosco		4:22.96
2014-Kyle Levermore, Don Bosco	4:18.03	
2013-Chris Hatler, Pope John	4:15.49	
2012-Allen Eke, Union Catholic	4:15.54	
2011-Morgan Pearson, Delbarton		4:22.09
2010-Pat Schellberg, Delbarton		**4:14.27**

3200 METERS

2016-Patrick Sullivan, Don Bosco		9:34.25
2015-Patrick Sullivan, Don Bosco		9:25.82
2014-Kyle Levermore, Don Bosco	**9:20.21**	
2013-Kyle Levermore, Don Bosco	9:23.53	
2012-Christian Costello, Don Bosco	9:35.14	
2011-Morgan Pearson, Delbarton		9:44.75
2010-Morgan Pearson, Delbarton		9:24.61

110 METERS HIGH HURDLES

2016-Shawn Ohazuruike, Delbarton	14.62	
2015-Dan Wachenfeld, Seton Hall	15.10	
2014-Christin Patrick, Seton Hall		14.43
2013-Christoffe Scott, Union Catholic	**14.33**	
2012-Zach Ghizzone, Union Catholic	14.91	
2011-Selwyn Maxwell, Don Bosco	14.82	

2010-Selwyn Maxwell, Don Bosco	14.54	

400 METERS INTERMEDIATE HURDLES

2016-Shawn Ohazuruike, Delbarton	56.46	
2015-Luke Mayer, Delbarton	55.39	
2014-Luke Mayer, Delbarton	56.05	
2013-Taylor McLaughlin, Union Catholic	55.33	
2012-Obafemi Animashaun, Union Catholic	**54.49**	
2011-Tyler Dilworth, Bergen Catholic	56.06	
2010-Ernest Wingate, Bergen Catholic	55.81	

SHOT PUT

2016-Marcus Valdez, Don Bosco	51-11 ½	
2015-Mike Dwumfour, DePaul	51-2 ¼	
2014-Tommy Rhodes, Delbarton	**60-0**	
2013-Tommy Rhodes, Delbarton	50-0 ¼	
2012-Marcus Pantoja, Paramus Catholic	52-10 ½	
2011-Marquise Wright, Paramus Catholic	55-3 ½	
2010-Marquise Wright, Paramus Catholic	53-1 ½	

DISCUS

2016-Marcus Valdez, Don Bosco	150-10	
2015-Tim Guider, Delbarton	146-2	
2014-Jerry Donini, Delbarton	145-5	
2013-Sean Brennan, Union Catholic	153-11	
2012-Tim Schanstra, Pope John	135-0	
2011-Cole Farrand, Pope John	**169-5**	
2010-Cole Farrand, Pope John	160-1	

JAVELIN

2016-Joe Gambetta, Delbarton	188-10	
2015-Charlie Hatler, Pope John	167-7	
2014-Tim Schanstra, Pope John	171-2	
2013-Paul Sheridan, Paramus Catholic	153-9	
2012-Tommy Freid, Union Catholic	190-8	
2011-Dean Sullivan, Delbarton	**200-11**	
2010-Dean Sullivan, Delbarton	187-3	

HIGH JUMP

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

LONG JUMP

2016-Wankeith Akin, Don Bosco		21-2 ¾
2015-Wankeith Akin, Don Bosco		20-6 ¾
2014-Zack Bazile, St. Joseph	21-4 ¾	
2013-Andrew Vittorio, Delbarton		20-5
2012-Christoffe Scott, Union Catholic	21-11 ½	
2011-Greg Hazell, Don Bosco	**23-2**	
2010-Greg Hazell, Don Bosco	20-8	

TRIPLE JUMP

2016-Ammari Sylia, Seton Hall	45-5 ¼
2015-Sam Fuchs, Delbarton	40-4
2014-Zack Bazile, St. Joseph	43-5 ½
2013-Andrew Ghizzone, Union Catholic	41-7 ¾
2012-Christoffe Scott, Union Catholic	43-8 ¾
2011-Greg Hazell, Don Bosco	**46-11**
2010-Greg Hazell, Don Bosco	44-7 ¼

POLE VAULT

2016-Peter Chan, Delbarton	13-7
2015-James McGuire, Seton Hall	11-0
2014-Mike Benz, Delbarton	13-0
2013-Mike Benz, Delbarton	**14-0**
2012-Joe Cuntrera, Seton Hall	12-6
2011-Mike Baselice, Don Bosco	**14-0**
2010-Christian Lavorgna, Pope John	13-6

1600 METERS RELAY

2016-Pope John	3:26.96
2015-Seton Hall	3:24.60
2014-Don Bosco	3:21.11
2013-Union Catholic	3:25.27
2012-Union Catholic	3:22.19
2011-Don Bosco	**3:20.28**
2010-St. Peter's Prep	3:21.31

400 METERS RELAY

2016-Seton Hall	43.05
2015-Bergen Catholic	43.30
2014-Paramus Catholic	**42.42**
2013-Paramus Catholic	43.20

3200 METERS RELAY

2016-Seton Hall	8:18.42
2015-Pope John	8:13.43
2014-St. Peter's Prep	**7:57.34**
2013-Pope John	8:09.74

BOYS NON-PUBLIC B North

Top Three Teams

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

100 METERS

2016-Tomatse Ogedegbe, Hudson Catholic	11.35
2015-Evander Pierre, Hudson Catholic	11.38
2014-Kwashawn Decker, Hudson Catholic	11.33
2013-Garrett Finn, Dwight-Englewood	11.52
2012-Nigel Thompson, Montclair Immaculate	**11.26**
2011-Zaki Williams, Morristown Beard	11.41

2010-Mustafa Lawrence, Queen of Peace	11.45

200 METERS

2016-Sef Penson, Hudson Catholic	23.29
2015-Evander Pierre, Hudson Catholic	22.62
2014-Evander Pierre, Hudson Catholic	23.01
2013-Kevin Momnohin, Queen of Peace	23.13
2012-Nigel Thompson, Montclair Immaculate	**22.52**
2011-Zaki Williams, Morristown Beard	23.11
2010-Mustafa Lawrence, Queen of Peace	23.08

400 METERS

2016-Max Borchert, Morristown Beard	50.22
2015-Evander Pierre, Hudson Catholic	**49.14**
2014-Evander Pierre, Hudson Catholic	50.54
2013-Matt Van Eck, Eastern Christian	51.67
2012-Ward Liam Thomas, Oratory	50.88
2011-Zaki Williams, Morristown Beard	**50.54**
2010-Nat Sheppard, Newark Academy	51.21

800 METERS

2016-Daniel Ratner, Newark Academy	2:01.15
2015-Drew Crichlow, Montclair Kimberley	2:01.27
2014-Kyle Larsson, Morristown-Beard	1:58.12
2013-Josiah Hanko, Trinity Christian	**1:57.80**
2012-Josiah Hanko, Trinity Christian	2:01.23
2011-Mike Brennan, Oratory	1:59.81
2010-Dylan Kelly, Morris Catholic	2:02.89

1600 METERS

2016-Bill Massey, Montclair-Kimberley	**4:20.43**
2015-Bill Massey, Montclair-Kimberley	4:32.56
2014-Josiah Hanko, Trinity Christian	4:24.78
2013-Josiah Hanko, Trinity Christian	4:24.70
2012-Josiah Hanko, Trinity Christian	4:26.55
2011-Steven Fisher, Morris Catholic	4:34.99
2010-Steven Fisher, Morris Catholic	4:41.29

3200 METERS

2016-Bill Massey, Montclair-Kimberley	10:22.21
2015-Dylan Caban, Hudson Catholic	10:09.91
2014-Josiah Hanko, Trinity Christian	9:47.42
2013-Josiah Hanko, Trinity Christian	**9:39.73**
2012-Josiah Hanko, Trinity Christian	9:53.28
2011-Cormac Rada, Oratory	10:14.45
2010-Steven Fisher, Morris Catholic	10:27.61

110 METERS HIGH HURDLES

2015-Joshua Okaru, Montclair Immaculate	15.53
2015-Joshua Okaru, Montclair Immaculate	16.37
2014-Mike Akanbi, Queen of Peace	16.03
2013-Mike Akanbi, Queen of Peace	16.34
2012-Leonard Hughes, Montclair Immaculate	15.97
2011-Deron Jennings, Immaculate Conceprion	**15.34**
2010-Nat Sheppard, Newark Academy	15.81

400 METERS INTERMEDIATE HURDLES

2016-Max Borchert, Morristown Beard	**56.92**	
2015-Courtney Johnson, Hudson Catholic	59.04	
2014-Kevin Momnohin, Queen of Peace	57.57	
2013-Kevin Momnohin, Queen of Peace	61.17	
2012-Leonard Hughes, Montclair Immaculate	60.52	
2011-Bobby Vander Meelen, Oratory	59.53	
2010-Nat Sheppard, Newark Academy	58.29	

SHOT PUT

2016-Samuel Fishbein, Newark Academy	42-5	
2015-John Bastista, Oratory	42-10 ½	
2014-Matt Van Eck, Eastern Christian	44-7 ½	
2013-Carter Beardsley, Newark Academy	**50-8 ¾**	
2012-Carter Beardsley, Newark Academy	43-4 ¾	
2011-Marcus LaRoche, Oratory	48-9 ½	
2010-Kevin Mustac, St. Mary's	46-11	

DISCUS

2016-Trent Braen, Eastern Christian	**144-2**	
2015-Trent Braen, Eastern Christian	139-2	
2014-Trent Braen, Eastern Christian	136-4	
2013-C.J. Drury, Morris Catholic		127-8
2012-Jonathan Campbell, Trinity Christian	128-4	
2011-Marcus LaRoche, Oratory	133-6	
2010-Ben de Waal Malefyt, Eastern Christian		139-7

JAVELIN

2016-Brandon Hegarty, Morris Catholic	166-3	
2015-Nate Ocot, Hawthorne Christian	154-0	
2014-Caleb Hart, Hawthorne Christian	173-0	
2013-Andrew Fiedler, Eastern Christian	157-1	
2012-Kieran Powell, Montclair Kimberley		**173-8**
2011-Jeff Maser, Morristown Beard	152-1	
2010-Jeff Rodgers, Morris Catholic	151-4	

HIGH JUMP

2016-Tomatse Ogedegbe, Hudson Catholic	**6-4**	
2015-Mamadou Traore, Hudson Catholic	6-0	
2014-Trajan Chapman, Hudson Catholic	5-6	
2013-Cleveland McDaniel, Eastern Christian		5-10
2012-Cleveland McDaniel, Eastern Christian	**6-4**	
2011-Jordan Jett, Newark Academy	6-1	
2010-Isaiah Harris, Immaculate Conception	**6-4**	

LONG JUMP

2016-Tomatse Ogedegbe, Hudson Catholic	20-4 ½	
2015-Aleem James, Dwight-Englewood	21-0 ¼	
2014-Aleem James, Dwight-Englewood	20-3 ½	
2013-Cleveland McDaniel, Eastern Christian		18-2 ¾
2012-Ward Liam Thomas, Oratory	20-7 ½	
2011-Nigel Thompson, Immaculate Conception	**21-2 ½**	
2010-Isaiah Harris, Immaculate Conception	21-1 ¼	

TRIPLE JUMP

2016-Eric Reynolds, Queen of Peace	42-0 ½	
2015-Eric Reynolds, Queen of Peace	41-1 ¼	
2014-Vihar Desu, Newark Academy	42-2 ½	

2013-Vihar Desu, Newark Academy	37-9 ½
2012-Ward Liam Thomas, Oratory	**45-1**
2011-Jordan Jett, Newark Academy	42-9 ¾
2010-Isaiah Harris, Immaculate Conception	44-8 ½

POLE VAULT

2016-Nico Cortes, Eastern Christian	10-0
2015-Ike Osbun, Montclair-Kimberley	14-0
2014-Ike Osbun, Montclair-Kimberley	**14-3**
2013-Andrew Fiedler, Eastern Christian	11-6
2012-Joshua Davidson, Eastern Christian	13-0
2011-Jon Brinkerhoff, Veritas Christian	14-0
2010-Joshua Davidson, Eastern Christian	10-6

1600 METERS RELAY

2016-Hudson Catholic		3:33.07
2015-Oratory Prep	3:34.68	
2014-Oratory Prep	3:36.74	
2013-Queen of Peace	3:39.81	
2012-Montclair Kimberley	**3:31.43**	
2011-Morristown Beard	3:37.86	
2010-Newark Academy	3:34.71	

400 METERS RELAY

2016-Hudson Catholic		45.14
2015-Hudson Catholic	**45.06**	
2014-Hudson Catholic		45.89
2013-Dwight-Englewood	46.24	

3200 METERS RELAY

2016-Eastern Christian	8:39.62
2015-Oratory Prep	8:39.52
2014-Newark Academy	**8:23.48**
2013-Newark Academy	8:38.72

GIRLS GROUP 4

Top Three Teams

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

1996-Eastside 90, Hackensack 82, Ridgewood 76
1995-Teaneck 84, Hackensack 80, Ridgewood 67
1994-Ridgewood 95, Hackensack 64, Teaneck 51 ½
1993-**Ridgewood 118**, Passaic 75, Kennedy 61
1992-Hackensack 84, Passaic 83, Ridgewood 64
1991-Hackensack 39, Teaneck 36, Passaic 31 ½
1990-Teaneck 46, Passaic 44, Kennedy 27
1989-Teaneck 46, Ridgewood 32, Kearny 30
1988-Ridgewood 98, Teaneck 36, Passaic 30 ½
1987-Ridgewood 55 ½, Teaneck 50 ½, Hackensack/Passaic 20
1986-Teaneck 40, Eastside 33, Ridgewood 26
1985-Ridgewood 51, Teaneck 28, Passaic 25
1984-Ridgewood 55, Teaneck 44, Hackensack 22
1983-Ridgewood 53, Fair Lawn 41, Teaneck 32
1982-NEEDED
1981-Eastside 47 ½, Hackensack 32, Teaneck 31
1980-Teaneck 42, Eastside 36, Ridgewood 32
1979-Teaneck 56, Ridgewood 31, Hackensack 30
1978-Eastside 44, Teaneck 34 ½, Bergenfield 24 ½
1977-Eastside 52, Teaneck 27, Bergenfield 19
1976-Eastside 50, Wayne Hills 33, Ridgewood 27

100 METERS (100 yards until 1979)

2016-Natalie Gomes, North Bergen	12.54	
2015-Amber Redmond, Hackensack	12.22	
2014-Carolina Herrera, North Bergen	12.45	
2013-Alexes Washington, Passaic Tech	12.63	
2012-Lynn Petrella, Randolph	12.62	
2011-Chamekea Davis, Eastside	12.27	
2010-Julisa Isom, Kennedy	12.81	
2009-Sherece Shabazz, Belleville	12.47	
2008-Emily Barr, Ridgewood	12.54	
2007-Porshe Giddings, East Orange	12.18	
2006-Consandria Walker, Hackensack	12.0	
2005-Amma Walcott, Hackensack	**11.9**	
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	
1994-Nicole Carmichael, Kennedy	**11.9**	
1993-Nicole Carmichael, Kennedy	12.2	
1992-Cassandra Grant, Passaic		**11.9**
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)

2016-Nyjah Young-Bey, Montclair	25.41	
2015-Amber Redmond, Hackensack	25.25	
2014-Aliya Barnes, West Orange	25.61	
2013-Alexes Washington, Passaic Tech	25.66	
2012-Aliya Barnes, West Orange	25.47	
2011-Chamekea Davis, Eastside	25.50	
2010-Imani Jones, Bloomfield	26.10	
2009-Amber Allen, Passaic Tech	25.65	
2008-Amber Allen, Passaic Tech	24.92	
2007-Porshe Giddings, East Orange	**24.34**	
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	
1995-Nicole Carmichael, Kennedy	**24.3**	
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)

2016-Nyjah Young-Bey, Montclair	56.34
2015-Anna Czykier, Kearny	59.18
2014-Tashique Francis, Kennedy	59.98
2013-Tonisha Beresford, Bloomfield	58.97
2012-Tonisha Beresford, Bloomfield	57.01
2011-Michelle Okereke, Bergen Tech	58.21
2010-Amber Allen, Passaic Tech	55.82
2009-Amber Allen, Passaic Tech	55.94
2008-Amber Allen, Passaic Tech	57.19
2007-Porshe Giddings, East Orange	56.01
2006-Kristin Crawford, Kennedy	56.5
2005-Kristin Crawford, Kennedy	57.1
2004-Essence Carson, Eastside	55.6
2003-Elina Ploskin, Fair Lawn	58.6
2002-Rosalind Cerat, Passaic Tech	60.3

2001-Tawana Watkins, Kennedy	56.5	
2000-Tawana Watkins, Kennedy	56.7	
1999-Tawana Watkins, Kennedy	56.0	
1998-Sylvia Nealy, Kennedy	60.5	
1997-Delcita Russell, Hackensack	57.0	
1996-Delcita Russell, Hackensack	58.0	
1995-Delcita Russell, Hackensack	57.3	
1994-Delcita Russell, Hackensack	58.6	
1993-Dana Riley, Teaneck	56.7	
1992-Dana Riley, Teaneck	55.5	
1991-Terryann Morgan, Kennedy		58.9
1990-Dana Riley, Teaneck	59.9	
1989-Matilda Miranda, Teaneck	59.2	
1988-Ginny Figlar, Ridgewood	56.1	
1987-Ginny Figlar, Ridgewood	58.1	
1986-Viola Harris, Passaic	57.1	
1985-Terri Brown, Kennedy	58.8	
1984-Marci Capitani, Ridgewood		59.2
1983-Venida Rodman, Teaneck	58.7	
1982-Natalie Jordan, Eastside	**55.1**	
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)

2016-Mackenzie Presume, Bloomfield	2:17.03	
2015-Elizabeth Lansing, Randolph	2:17.12	
2014-Nora May McSorley, Randolph	2:15.46	
2013-Elizabeth Lansing, Randolph	2:14.27	
2012-Caroline Davidson, Ridgewood	2:20.26	
2011-Joelle Amaral, Randolph	2:15.95	
2010-Molly Higgins, Randolph	2:14.95	
2009-Molly Higgins, Randolph	2:17.88	
2008-Molly Higgins, Randolph	2:15.07	
2007-Kim Standridge, Randolph	**2:11.77**	
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)

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

3200 METERS (two mile until 1979)

2016-Olympia Martin, Ridgewood	10:58.62	
2015-Carleen Jeffers, Ridgewood		10:48.61
2014-Carleen Jeffers, Ridgewood		10:54.39
2013-Catherine Pagano, Ridgewood	10:57.60	
2012-Elizabeth Lansing, Randolph	11:08.34	
2011-Samantha Jones, Randolph	11:11.34	
2010-Joelle Amaral, Randolph	10:48.61	
2009-Joelle Amaral, Randolph	11:47.58	
2008-Tori Berard, Morris Knolls	11:10.31	
2007-Lauren Penney, Roxbury	11:03.07	

2006-Jenn Ennis, Roxbury	10:39.8	
2005-Jenn Ennis, Roxbury	11:08.2	
2004-Jenn Ennis, Roxbury	11:31.9	
2003-Shaneika Bernard, Hackensack	11:36.9	
2002-Clair Nowakowski, Ridgewood	11:46.5	
2001-Clair Nowakowski, Ridgewood	11:16.3	
2000-Beth Androski, Hackensack		11:33.2
1999-Beth Androski, Hackensack		11:27.2
1998-Celeste Sedo, Ridgewood	11:30.7	
1997-Celeste Sedo, Ridgewood	11:20.0	
1996-Stephanie Doyle, Ridgewood	11:36.1	
1995-Tara Quinn, Teaneck	11:24.2	
1994-Jenna Rogers, Ridgewood	10:43.1	
1993-Jenna Rogers, Ridgewood	11:03.6	
1992-Paula Costa, Kearny	11:14.3	
1991-Ana Mateus, Kearny	11:42.7	
1990-Nadine Nunez, Passaic	11:23.3	
1989-Liz Duarte, Kearny	11:34.5	
1988-Karen Cannon, Ridgewood	10:50.8	
1987-Amy Kempf, Paramus	10:56.0	
1986-Cathy Paz, Clifton	11:12.3	
1985-Margaret Scutro, Ridgewood	11:01.1	
1984-Margaret Scutro, Ridgewood	10:56.8	
1983-Patti Mileski, Ridgewood	**10:37.0**	
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)

2016-Aniyah Allen, Bloomfield	14.63
2015-Dana Lynch, Hackensack	14.60
2014-Aliya Barnes, West Orange	14.39
2013-Samantha Kral, Randolph	15.53
2012-Breaisha Morton, Passaic Tech	14.75
2011-Sarah DeVita, Ridgewood	15.03
2010-Sarah DeVita, Ridgewood	15.09
2009-Rita Taste, Bloomfield	15.00
2008-Mia Martinez, Ridgewood	14.95
2007-Racquel Vassell, East Orange	**14.36**
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

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

400 METER RELAY (440 yards until 1979)

2016-Ridgewood	49.52
2015-Passaic Tech	49.44
2014-West Orange	49.11
2013-Livingston	50.94
1980-Teaneck	**48.6**
1979-Teaneck	50.1
1978-Eastside	50.7
1977-Eastside	49.5
1978-Eastside	49.8

SHOT PUT (8 pound until 1979)

2016-Amarys Berry, Hackensack	**42-4**	
2015-Amarys Berry, Hackensack	42-2 ¾	
2014-Ciara Stewart, Montclair	37-2 ¼	
2013-Chinwe Igwe, West Orange	35-5	
2012-Chinwe Igwe, West Orange	36-9 ½	
2011-Jen Jarvis, Morris Knolls	39-3 ¼	
2010-Nia Barnes, West Orange	35-11 ¼	
2009-ChiChi Okoronkwo, Passaic		39-4 ½
2008-Alisha Gray, West Orange	40-9 ¼	
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	
1998-Labelle Hillgrove, Passaic	41-9 ½	
1997-Nakisha Leon, Passaic	41-2 ½	
1996-Nakisha Leon, Passaic	39-3	
1995-Danicqua Starr, Passaic	40-2 ½	
1994-Robyn Lowe, Passaic	39-9 ¼	
1993-Robyn Lowe, Passaic	37-8 ¼	
1992-Kacey Bowen, Teaneck	35-1 ½	
1991-Heather Bunch, Kennedy	34-2	
1990-Katina Johnson, Kennedy	37-3 ¾	
1989-Chris Piekarz, Clifton	35-2 ½	
1988-Anne Wellington, Teaneck	38-1	
1987-Sue Piekarz, Clifton	39-3 ¼	
1986-Susan Robinson, Kennedy	35-4 ½	
1985-Kelley McKeand, Bayonne	35-0 ½	
1984-Lisa Sicinski, Fair Lawn	37-4	
1983-Rose Desics, Fair Lawn	36-9 ½	
1982-Rose Desics, Fair Lawn	34-6 ½	
1981-Lauren McManus, Teaneck	32-5 ¼	
1980-Helen Vira, North Bergen	37-11 ½	
1979-Sarah Miles, Ridgewood	39-0	
1978-Elizabeth Williams, Teaneck	34-10	
1977-Pat Klaube, North Bergen	35-10 ¼	
1976-Pat Klaube, North Bergen	35-3 ¾	

DISCUS

2016-Amarys Berry, Hackensack	116-8
2015-Jennifer Odoemene, West Orange	123-2
2014-Monika Dlugosz, Clifton	108-1
2013-India Hill, Montclair	109-8
2012-Lisbeth Lopez, Randolph	115-0
2011-Jen Jarvis, Morris Knolls	122-3
2010-Leonora Paul, Hackensack	116-2
2009-Elana Lemon, West Orange	118-7
2008-Ashley Coleman, Passaic	121-8
2007-Althea Charles, West Orange	111-2
2006-Lauren Abuouf, Livingston	122-9
2005-Teresa Moore, Bloomfield	111-9
2004-Jana McKenzie, Montclair	113-5
2003-Melissa Blitzstein, West Milford	104-7
2002-Monique Mighty, Hackensack	115-9
2001-Monique Mighty, Hackensack	130-8
2000-Shakia Wyche, Passaic	118-11
1999-Labelle Hillgrove, Passaic	126-2

1998-Labelle Hillgrove, Passaic	118-10	
1997-Nakisha Leon, Passaic	120-9	
1996-Nakisha Leon, Passaic	116-6	
1995-Danicqua Starr, Passaic	120-7	
1994-Robyn Lowe, Passaic	116-1	
1993-Maxime Gentles, Hackensack	111-10	
1992-Beth Crusius, Hackensack	104-4	
1991-Tammy Jones, Teaneck	116-1	
1990-Tammy Jones, Teaneck	121-8	
1989-Chris Piekarz, Clifton	108-9	
1988-Anne Wellington, Teaneck	120-7	
1987-Sue Piekarz, Clifton	**138-0**	
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

2016-Courtney McHugh, Randolph	126-1	
2015-Anne Werner, Livingston	111-11	
2014-Jenn Su, Livingston	121-8	
2013-Illissa Blackshear, West Orange	120-6	
2012-Illissa Blackshear, West Orange	123-5	
2011-Nia Barnes, West Orange	**154-5**	
2010-Nia Barnes, West Orange	127-7	
2009-Nia Barnes, West Orange	114-4	
2008-Stephanie Cozzolongo, Bloomfield	127-9	
2007-Jaclyn Wypler, Ridgewood	132-5	
2006-Lauren Abuouf, Livingston	120-1	
2005-Brynn Rosser, Hackensack	121-6	
2004-Stephanie Petine, Bloomfield	139-7	
2003-Tina Lindsay, Eastside	120-6	
2002-Tina Lindsay, Eastside	139-1	
2001-Joanna Borawski, Bayonne	128-8	
2000-Lindsay Van Zile, West Milford	106-8	
1999-Gwen Scanel, Hackensack	119-11	
1998-Sara Schecter, West Milford		105-2
1997-Karen Cassetta, Hackensack		104-0
1996-Karen Cassetta, Hackensack		102-11
1995-Leanne Fallicaro, Fair Lawn		98-1
1994-Tara Chapin, Lakeland	98-11	
1993-Tina Gennat, Fair Lawn	117-5	
1992-Lawanda Shepard, Teaneck		103-2
1991-Jen Pfaff, Hackensack	102-1	
1990-Amy Titus, Ridgewood	105-4	
1989-Amy Titus, Ridgewood	93-10	
1988-Tammy Rayevich, Ridgewood	103-5	
1987-Jane Murphy, West Milford		114-7
1986-Lisa Barclay, Fair Lawn	104-9	
1985-Marci Capitani, Ridgewood		116-0
1984-Kris Lapsley, Fair Lawn	106-0	
1983-Kris Lapsley, Fair Lawn	95-11	
1982-Mary Ellen Ballentine, Passaic Valley	102-11	
1981-Lori Weaver, Bloomfield	112-2	
1980-Michelle Ziegler, Kearny	132-8	

1979-Michelle Ziegler, Kearny	111-5
1978-Michelle Ziegler, Kearny	105-8
1977-Michelle Ziegler, Kearny	105-5
1976-Lauren Connell, Wayne Valley	93-8

HIGH JUMP

2016-Angel Rowe, Passaic Tech	5-0
2015-Osasha London, Livingston	5-2
2014-Breaisha Morton, Passaic Tech	**5-6**
2013-Breaisha Morton, Passaic Tech	5-4
2012-Breaisha Morton, Passaic Tech	5-2
2011-Sarah DeVita, Ridgewood	5-0
2010-Kara Scheideler, Randolph	5-0
2009-Daequanna Owen, Hackensack	5-0
2008-Kristen Venning, Clifton	5-3
2007-Teya Wright, Eastside	5-2
2006-Kristen Venning, Clifton	5-0
2005-Chelsea Townes, Hackensack	5-0
2004-Essence Carson, Eastside	5-4
2003-Sarissa Gaskins, Passaic Tech	5-2
2002-Amy Weiss, West Milford	5-0
2001-Heather Roessler, Kearny	5-0
2000-Yocasta Garcia, Passaic	5-2
1999-Nicole Brown, Teaneck	5-4
1998-Bridgette Atkinson, Hackensack	5-0
1997-Bridgette Atkinson, Hackensack	5-2
1996-Delcita Russell, Hackensack	5-0
1995-Julie Denisenko, Fair Lawn	5-0
1994-Julie Denisenko, Fair Lawn	5-0
1993-Michele Dudzinski, Passaic Valley	5-0
1992-Michele Dudzinski, Passaic Valley	5-4 ½
1991-Cassandra Grant, Passaic	5-0
1990-Tanya Scott, Passaic	5-0
1989-Melinda Hyer, Fair Lawn	4-8
1988-Gwen Manning, Passaic Tech	5-2
1987-Lauren Singleton, Teaneck	5-4
1986-Lauren Singleton, Teaneck	5-0
1985-Lauren Singleton, Teaneck	5-2
1984-Wendy Hawthorne, Ridgewood	5-2
1983-Kathy Granata, Ridgewood	5-2
1982-Sue McMurdy, Wayne Valley	5-4
1981-Sue McMurdy, Wayne Valley	5-4
1980-Lauren McManus, Teaneck	5-1
1979-Terri Wolfe, Fair Lawn	5-1
1978-Terri Wolfe, Fair Lawn	5-1
1977-Althea Davidson, Kennedy	5-1
1976-Becky Deetz, Ridgewood	5-4

LONG JUMP

2016-Tymia Joseph, Morris Knolls	18-8 ¼
2015-Anaiah Hodge, Bloomfield	17-8 ¼
2014-Tymia Joseph, Morris Knolls	16-10 ¼
2013-Zahtae Mouzone, Passaic	16-6 ¼
2012-Aliyah Huland El, Randolph	16-11 ¼
2011-Taylor Newman, Montclair	17-6
2010-Taylor Newman, Montclair	17-3 ¾
2009-Shantal Athill, Montclair	17-9 ½
2008-Shantal Athill, Montclair	18-4
2007-Evana Edwards, Hackensack	18-0 ¼
2006-Consandria Walker, Hackensack	**18-5**
2005-Pari Hashemi, Randolph	18-1
2004-Essence Carson, Eastside	17-1

2003-Trish McGowan, Ridgewood	16-4 ¼	
2002-Caitlyn Fiocchi, Ridgewood		17-0 ½
2001-Tawana Watkins, Kennedy	16-4	
2000-Yocasta Garcia, Passaic	16-4	
1999-Megan Patrono, West Milford	16-10	
1998-Mary Luallen, West Milford		16-2 ½
1997-Alicia Mazepa, Clifton	17-4	
1996-Courtney Wicks, Wayne Hills	17-1	
1995-Tonia Clarke, Ridgewood	16-6	
1994-Denise Clarke, North Bergen	17-0	
1993-Natasha Williams, Passaic	16-7	
1992-Cassandra Grant, Passaic	18-3 ¾	
1991-Teri Martin, Hackensack	18-0 ¾	
1990-Teri Martin, Hackensack	17-0	
1989-Jennifer McDermott, Ridgewood	18-2 ½	
1988-Jennifer McDermott, Ridgewood	**18-5**	
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

2016-Angel Rowe, Passaic Tech	36-2
2015-Angel Rowe, Passaic Tech	35-10 ¾
2014-Aliyah Huland El, Randolph	37-7 ½
2013-Aliyah Huland El, Randolph	36-0 ½
2012-Ianna McGregor, Kennedy	35-7 ¾
2011-Kristina Mondesir, Montclair	36-10 ½
2010-Jaivairia Bacote, Kennedy	37-7 ¼
2009-Jaivairia Bacote, Kennedy	35-4
2008-Shanai Heber, Kennedy	38-4 ¼
2007-Brooke Bogart, Ridgewood	36-0
2006-Consandria Walker, Hackensack	**39-8**
2005-Consandria Walker, Hackensack	35-10
2004-Brooke Bogart, Ridgewood	33-2 ¾
2003-Trish McGowan, Ridgewood	36-2 ½

POLE VAULT

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

1600 METER RELAY (one mile until 1979)

2016-Montclair	3:55.30
2015-West Orange	3:59.30
2014-Randolph	4:07.13
2013-Ridgewood	4:04.23
2012-West Orange	3:58.97
2011-Ridgewood	4:02.38
2010-Passaic Tech	3:56.57
2009-Passaic Tech	3:57.70
2008-Passaic Tech	4:03.07
2007-Ridgewood	3:55.79
2006-Kennedy	3:56.4
2005-Morris Knolls	3:59.3
2004-Randolph	3:57.0
2003-Ridgewood	4:08.5
2002-Passaic Tech	4:03.5
2001-Ridgewood	4:08.8
2000-Passaic Tech	4:04.8
1999-Passaic	3:56.4
1998-Teaneck	4:07.0
1997-Teaneck	3:58.6
1996-Eastside	4:01.4
1995-Teaneck	4:06.3
1994-Ridgewood	4:10.5
1993-Kennedy	4:01.7
1992-Hackensack	4:03.8
1991-Teaneck	4:03.9
1990-Teaneck	4:02.0
1989-Teaneck	4:05.5
1988-Ridgewood	4:01.7
1987-Ridgewood	4:05.4
1986-Eastside	4:01.5
1985-Ridgewood	4:04.5
1984-Ridgewood	4:05.2
1983-Eastside	4:07.7
1982-Eastside	3:59.7
1981-Eastside	**3:53.6**
1980-Snyder	3:56.5
1979-Snyder	4:03.7
1978-Teaneck	4:11.6
1977-Snyder	4:10.0
1976-Wayne Hills	4:11.9

3200 METER RELAY

2016-Ridgewood	**9:32.84**
2015-Randolph	9:43.73
2014-Montclair	9:48.42
2013-Randolph	9:58.90

GIRLS GROUP 3

Top Three Teams

2016-Northern Highlands 92, Teaneck 62, Montville 60
2015-Northern Highlands 126, River Dell 107, Teaneck 64
2014-Northern Highlands 81, Ramapo 63, River Dell 54
2013-Northern Highlands 83, Mount Olive 64 ½, Jefferson 59 ½
2012-Teaneck 74, Northern Highlands 64, Sparta 56
2011-Sparta 90, Teaneck 82, Northern Highlands 53
2010-Sparta 108, Teaneck 82, Demarest 38 ½
2009-Teaneck 82, Morris Knolls 62, Demarest 53

2008-Ramapo 87 ¼, Teaneck 75, Roxbury 64
2007-Ramapo 106 ½, Northern Highlands 50, Teaneck 44
2006-Ramapo 78, Northern Highlands 61, Old Tappan 50
2005-Teaneck 91, Mount Olive 67, Old Tappan 47
2004-Morris Knolls 76, Teaneck 62, Old Tappan 59
2003-Sparta 63, Wayne Valley 61, Old Tappan 58
2002-Demarest 81, Old Tappan 52, Passaic Valley 46
2001-Demarest 72, High Point 62, Old Tappan 59
2000-Pascack Valley 90, Demarest 78, River Dell 44
1999-Cliffside Park 83 ½, Demarest 63, Northern Highlands 38
1998-Demarest 63, Pascack Valley 42, Snyder 39
1997-Demarest 77 ½, Old Tappan 52, Garfield 38
1996-Sparta 55, River Dell 44, Tenafly 42
1995-Ramsey 92, Wayne Valley 86, Demarest 53
1994-**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)

2016-Olivia Florio, Northern Highlands	12.11
2015-Olivia Florio, Northern Highlands	12.31
2014-Keturah Orji, Mount Olive	12.43
2013-Keturah Orji, Mount Olive	12.29
2012-Kahlia Taylor, Teaneck	12.15
2011-Julia Rizio, Montville	12.51
2010-Tara Ruddy, Sparta	12.50
2009-Tiffany Mills, Teaneck	12.55
2008-Janay Mitchell, Teaneck	**12.05**
2007-Janay Mitchell, Teaneck	12.62
2006-Amy Salek, Ramapo	12.5
2005-Jacqueline Sendgikoski, Mount Olive	12.0
2004-Alison DiDomenico, Passaic Valley	12.2
2003-Jessica Perkel, Old Tappan	12.6
2002-Latasha Jackson, Garfield	12.5
2001-Alana Casner, Tenafly	12.7
2000-Jamie Lilien, Pascack Valley	12.5
1999-Nicole Parkinson, Bergen Tech	12.5
1998-Natasha D'Souza, Bergenfield	12.7
1997-Natasha D'Souza, Bergenfield	12.8
1996-Mary O'Neil, River Dell	12.3
1995-Mary O'Neil, River Dell	12.6
1994-Erika Albies, Pascack Valley	12.6
1993-Jen Roy, Wayne Valley	12.4
1992-Jen Roy, Wayne Valley	12.5
1991-Jen Ladson, Snyder	12.7
1990-Pam Buchwald, Tenafly	13.2

1989-Gily Dishon, Tenafly	12.1	
1988-Sara Pieri, Ramapo	12.5	
1987-Sara Pieri, Ramapo	12.5	
1986-Sara Pieri, Ramapo	12.3	
1985-Kim Baumbach, Pascack Valley	12.9	
1984-Jacqueline Redmond, Lincoln	12.2	
1983-Lisa Alexander, Englewood		12.6
1982-Kathy Black, Sparta	12.9	
1981-Lori Soley, Westwood	12.4	
1980-Brenda Bottoms, Hoboken	12.6	
1979-Judy Davis, Lincoln	11.5	
1978-Judy Davis, Lincoln	11.4	
1977-Diane Horowitz, Fort Lee	11.4	
1976-Joann Starr, Pascack Valley		11.7

200 METERS (220 yards until 1979)

2016-Olivia Florio, Northern Highlands	25.15	
2015-Aminah Sarraga, Teaneck	25.51	
2014-Lauren Brzozowski, Ramapo	25.38	
2013-Keturah Orji, Mount Olive	25.44	
2012-Kahlia Taylor, Teaneck	24.89	
2011-Julia Rizio, Montville	25.65	
2010-Tara Ruddy, Sparta	25.83	
2009-Tara Ruddy, Sparta	26.36	
2008-Janay Mitchell, Teaneck	**24.42**	
2007-Amy Salek, Ramapo	25.49	
2006-Amy Salek, Ramapo	25.9	
2005-Jacqueline Sendgikoski, Mount Olive	26.3	
2004-Alison DeDomenico, Passaic Valley	25.6	
2003-Jessica Perkel, Old Tappan	26.1	
2002-Alison DeDomenico, Passaic Valley	26.2	
2001-Christine Wentzler, Old Tappan	26.7	
2000-Christine Siebold, Demarest		26.7
1999-Jackie Babbini, Cliffside Park	25.5	
1998-Nicole Parkinson, Bergen Tech	26.3	
1997-Carmen Tsang, Indian Hills		27.0
1996-Audra Irwin, Hopatcong	25.8	
1995-Mary O'Neil, River Dell	25.6	
1994-Jen Roy, Wayne Valley	25.9	
1993-Denita Allen, Cliffside Park		27.4
1992-Jennifer Metz, Pascack Valley	26.3	
1991-Jen Ladson, Snyder	26.6	
1990-Pam Buchwald, Tenafly	27.4	
1989-Gily Dishon, Tenafly	25.6	
1988-Sara Pieri, Ramapo	25.6	
1987-Sara Pieri, Ramapo	26.3	
1986-Sara Pieri, Ramapo	26.0	
1985-Aileen Trendler, Old Tappan	26.0	
1984-Jacqueline Redmond, Lincoln	25.9	
1983-Lisa Alexander, Englewood		26.3
1982-Sonya Dickson, Lincoln	25.8	
1981-Yvonne Evans, Lincoln	25.5	
1980-Lori Morton, Westwood	25.8	
1979-Judy Davis, Lincoln	26.0	
1978-Doreen Kris, Ramsey	26.4	
1977-Linda Pickering, Lincoln	26.2	
1976-Doreen Kris, Ramsey	25.6	

400 METERS (440 yards until 1979)

2016-Lexi DelGizzo, Tenafly	56.47	
2015-Aminah Sarraga, Teaneck	57.18	
2014-Lauren Brzozowski, Ramapo	56.75	

2013-Emma Sullivan, Northern Highlands	57.92	
2012-Jen Silvestri, Sparta	57.09	
2011-Erika Veidis, Sparta	55.68	
2010-Erika Veidis, Sparta	**55.47**	
2009-Katelyn Ary, Demarest	58.35	
2008-Amy Salek, Ramapo	56.26	
2007-Amy Salek, Ramapo	57.00	
2006-Amy Salek, Ramapo	56.9	
2005-Michelle Smith, Teaneck	57.8	
2004-Michelle Smith, Teaneck	57.0	
2003-Jessica Perkel, Old Tappan	59.7	
2002-Alison DeDomenico, Passaic Valley	58.9	
2001-Caitlin Sherry, River Dell	58.4	
2000-Christine Siebold, Demarest		59.1
1999-Jackie Babbini, Cliffside Park	59.4	
1998-Brittny Saunders, Fort Lee	61.1	
1997-Shynelle Long, Lincoln	61.3	
1996-Krista Saunders, Fort Lee	60.5	
1995-Marcia Bhagwandin, Ramsey	59.3	
1994-Jen Roy, Wayne Valley	57.7	
1993-Jen Roy, Wayne Valley	60.7	
1992-Jen Roy, Wayne Valley	60.1	
1991-Jen Metz, Pascack Valley	58.5	
1990-Jen Metz, Pascack Valley	58.7	
1989-Lisa Berkowitz, Wayne Valley	61.5	
1988-Sharlene Millwood, Englewood	59.3	
1987-Sharlene Millwood, Englewood	58.5	
1986-Sharlene Millwood, Englewood	59.9	
1985-Aileen Trendler, Old Tappan	59.3	
1984-Sonya Dickson, Lincoln	57.4	
1983-Maria Nordberg, Bergenfield	59.6	
1982-Sonya Dickson, Lincoln	56.7	
1981-Sonya Dickson, Lincoln	57.9	
1980-Kathy Jackson, Ferris	59.5	
1979-Linda Richardson, Lincoln	58.9	
1978-Marion Davis, Lincoln	58.1	
1977-Marion Davis, Lincoln	58.1	
1976-Doreen Kris, Ramsey	57.7	

800 METERS (880 yards until 1979)

2016-Caroline O'Sullivan, Old Tappan	2:13.12	
2015-Catherine Pagano, Northern Highlands		2:14.07
2014-Catherine Pagano, Northern Highlands	**2:10.96**	
2013-Madison Holleran, Northern Highlands		2:12.76
2012-Claudia DiSomma, Sparta	2:13.03	
2011-Erika Veidis, Sparta	2:15.31	
2010-Erika Veidis, Sparta	2:13.78	
2009-Katelyn Ary, Demarest	2:18.66	
2008-Ariann Neutts, Roxbury	2:16.04	
2007-Kesley Ramsey, Ramapo	2:13.71	
2006-Jess Setless, Paramus	2:19.1	
2005-Cheyenne Ogletree, Garfield	2:17.9	
2004-Lauren Gregory, Morris Knolls	2:16.9	
2003-Julia Emanuel, Tenafly	2:17.2	
2002-Tara Connelly, Pascack Valley	2:19.4	
2001-Felicia Phiefer, Ramapo	2:23.4	
2000-Laura Hemmert, Northern Highlands	2:23.6	
1999-ChiChi Okere, Snyder	2:21.8	
1998-Glaindouch 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)

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

3200 METERS (two miles until 1979)

2016-Cassandra Harasts, Montville	11:32.11	
2015-Catherine Pagano, Northern Highlands		10:45.33
2014-Josette Norris, Tenafly	10:38.14	
2013-Josette Norris, Tenafly	**10:29.13**	
2012-Sarah DiSanza, High Point	11:07.26	
2011-Claudia DiSomma, Sparta	11:28.07	
2010-Claudia DiSomma, Sparta	10:57.33	
2009-Victoria Berard, Morris Knolls	11:26.97	
2008-Lauren Penney, Roxbury	11:07.50	
2007-Kesley Ramsey, Ramapo	11:12.67	
2006-Kesley Ramsey, Ramapo	11:10.6	
2005-Kesley Ramsey, Ramapo	11:28.8	
2004-Lauren Berard, Morris Knolls	11:25.3	
2003-Jesse Mizzone, Passaic Valley	10:43.5	
2002-Jesse Mizzone, Passaic Valley	11:25.2	
2001-Jesse Mizzone, Passaic Valley	11:06.3	
2000-Stephanie Davis, Old Tappan	11:30.4	
1999-Fredyla Urena, Cliffside Park	11:58.0	
1998-Meghan O'Toole, Garfield	11:38.3	
1997-Jen Cannistra, Sparta	11:40.5	
1996-Jen Cannistra, Sparta	11:22.7	
1995-Beth Crenshaw, Wayne Valley	10:44.8	
1994-Beth Crenshaw, Wayne Valley	11:01.6	
1993-Amy Mizzone, Wayne Valley	11:28.5	
1992-Cara Madzy, Sparta	12:05.4	
1991-Jen Mackey, Sparta	11:56.4	
1990-Catherine Feeney, Wayne Valley	11:04.4	
1989-Catherine Feeney, Wayne Valley	11:38.6	
1988-Amy Kempf, Paramus	10:57.4	
1987-Alicia St. John, Ramapo	11:30.8	
1986-Jen Van Horn, Wayne Valley	11:27.4	
1985-Missy Duchini, Wayne Valley	11:11.3	
1984-Jen Van Horn, Wayne Valley	11:34.6	
1983-Toni Ann Angione, Bergenfield	11:14.1	
1982-Toni Ann Angione, Bergenfield	11:13.8	
1981-Kathy Martin, Bergenfield	10:52.7 (3000)	
1980-Chris McDonnell, Westwood	10:46.2 (3000)	
1979-Chris McDonnell, Westwood	11:09.6	
1978-Kelly Neilan, Fort Lee	11:45.3	
1977-Lucy Sheldrick, Union Hill	11:49.4	
1976-Lucy Sheldrick, Union Hill	11:30.9	

100 METER HIGH HURDLES (110 yards until 1979)

2016-Cayleigh Glew, Sparta	14.91	
2015-Ebony Forbes, River Dell	14.85	
2014-Leah Wis, Montville	15.43	
2013-Katie Hatler, Jefferson	14.62	
2012-Jen Silvestri, Sparta	15.27	
2011-Melissa Pascual, Passaic Valley	15.44	
2010-Taylor Furman, Morris Knolls	15.16	
2009-Taylor Furman, Morris Knolls	15.59	
2008-Samantha Kee, Lakeland	15.45	
2007-Shannon McEvoy, High Point	15.32	
2006-Shenise Halsey, Old Tappan		14.9
2005-Michelle Smith, Teaneck	14.5	
2004-Michelle Smith, Teaneck	14.4	
2003-Michelle Ribustello, Pascack Valley	15.8	
2002-Stacy Smith, Old Tappan	15.5	
2001-Shana Thayer Don, Fort Lee	16.0	
2000-Jamie Lilien, Pascack Valley	14.6	
1999-Jamie Lilien, Pascack Valley	14.7	

1998-Jamie Lilien, Pascack Valley	15.3	
1997-Kerry Frazer, Demarest	15.4	
1996-Melene Thomas, Garfield	14.5	
1995-Melene Thomas, Garfield	14.6	
1994-Melene Thomas, Garfield	15.1	
1993-Jessica Jenco, Indian Hills	15.8	
1992-Jessica Jenco, Indian Hills	15.5	
1991-Tara Cassidy, Ramapo	16.1	
1990-Michelle Koch, Sparta	16.0	
1989-Allison Orsi, Indian Hills	15.7	
1988-Adrienne Bolan, Wayne Valley	15.9	
1987-Adrienne Bolan, Wayne Valley	15.3	
1986-Kim Baumbach, Pascack Valley	14.4	
1985-Gina Angione, Bergenfield	15.5	
1984-Yolanda Perez, Union Hill	15.6	
1983-Eileen O'Connor, Dumont	14.9	
1982-Mary Samori, Cliffside Park		16.0
1981-Renee Carter, Englewood	**14.2**	
1980-Renee Carter, Englewood	14.8	
1979-Cheryl Morrison, Lincoln	15.7	
1978-Cheryl Morrison, Lincoln	15.5	
1977-Judy Davis, Lincoln	15.5	
1976-Dawn Donovan, Cliffside Park	15.8	

400 METER LOW HURDLES

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

400 METER RELAY (440 yards until 1979)

2016-Northern Highlands	**47.94**
2015-Northern Highlands	49.16
2014-Northern Highlands	49.88
2013-Jefferson	50.67
1980-Hoboken	51.3
1979-Lincoln	50.4
1978-Ferris	52.0
1977-Lincoln	50.6
1976-Lincoln	52.9

SHOT PUT (8 pound until 1979)

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

DISCUS

2016-Leah Wis, Montville	130-2
2015-Amiynah Campbell, Teaneck	126-5
2014-Leah Wis, Montville	126-10
2013-Carrie Wasdyke, Jefferson	122-2
2012-Stephanie Easse, Wayne Valley	120-4
2011-Stephanie Easse, Wayne Valley	112-4

2010-Alana Pantale, Wayne Valley	131-7	
2009-Alana Pantale, Wayne Valley	125-6	
2008-Alana Pantale, Wayne Valley	120-3	
2007-Alana Pantale, Wayne Valley	114-5	
2006-Emily Saucedo, Wayne Valley	124-2	
2005-Delisa Riddick, Teaneck	109-8	
2004-Kate Nazario, Morris Knolls		117-3
2003-Kelly Fazekas, Demarest	132-4	
2002-Jessica Fazekas, Demarest	127-11	
2001-Jessica Fazekas, Demarest	121-4	
2000-Jessica Fazekas, Demarest	117-6	
1999-Jenn Flinchum, Demarest	140-10	
1998-Jenn Flinchum, Demarest	117-5	
1997-Chaya Tesker, Old Tappan	111-11	
1996-Chaya Tesker, Old Tappan	111-7	
1995-Katie Holmgren, Wayne Valley	120-8	
1994-Jamie Houston, High Point	121-3	
1993-Jamie Houston, High Point	119-5	
1992-Jamie Houston, High Point	122-3	
1991-Jamie Houston, High Point	100-7	
1990-Debbie Goldberg, Dumont	106-10	
1989-Lisa Mahle, Westwood	105-7	
1988-Deb Boheim, High Point	111-11	
1987-Lisa Parak, Vernon	**146-0**	
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

2016-Olivia Pantale, Wayne Valley	129-3
2015-Olivia Pantale, Wayne Valley	124-4
2014-Jesse Geller, Demarest	115-8
2013-Jackie Reyneke, Northern Highlands	124-11
2012-Shauntierah Douglas, Garfield	147-0
2011-Tori Elefther, Pascack Valley	112-9
2010-Hannah Meyer, Northern Highlands	147-1
2009-Jen Jarvis, Morris Knolls	119-8
2008-Hannah Meyer, Northern Highlands	113-1
2007-Mary King, Paramus	127-3
2006-Laura Champignon, High Point	129-1
2005-Julia Cohan, Northern Highlands	122-5
2004-Daina Pucurs, Demarest	**151-10**
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

2016-Leah Wis, Montville	5-4	
2015-Leah Wis, Montville	5-4	
2014-Taryn DeLeon, Old Tappan	5-6	
2013-Taryn DeLeon, Old Tappan	5-4	
2012-Yvette Gramignano, High Point	5-2	
2011-Meghan Dolan, Demarest	5-4	
2010-Gianna Pastena, Mount Olive	5-0	
2009-Gianna Pastena, Mount Olive	5-0	
2008-Lauren Burke, Morris Hills	5-4	
2007-Katelyn Rodgers, Lakeland	5-4	
2006-Shenise Halsey, Old Tappan		5-6
2005-Thelma Akpan, Mount Olive	5-4	
2004-Tiyana Peters, Mount Olive	**5-8**	
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

2016-Hana Shapiro, Pascack Valley	17-3 ½

2015-Marina Reilly, River Dell	17-6 ½	
2014-Keturah Orji, Mount Olive	18-1 ¾	
2013-Keturah Orji, Mount Olive	18-11 ½	
2012-Keturah Orji, Mount Olive	**19-7 ½**	
2011-Taylor Clarkson, Indian Hills	17-10 ¼	
2010-Shaena Wizzard, Teaneck	17-5 ½	
2009-Jessica Altamira, Paramus	17-3 ¼	
2008-Jackie Geitz, Old Tappan	16-4 ¼	
2007-Alyssa Henderson, Parsippany Hills	16-6 ½	
2006-Shenise Halsey, Old Tappan		17-9
2005-Jacqueline Sendgikoski, Mount Olive	18-2	
2004-Shanelle Cross, Garfield	17-4	
2003-Jazmine Fenlator, Wayne Valley	16-7 ½	
2002-Jackie Kasen, Pascack Valley	17-3 ½	
2001-Chrissie Procopio, Indian Hills	16-5 ¼	
2000-Jamie Lilien, Pascack Valley	17-11	
1999-Jamie Lilien, Pascack Valley	16-7 ¼	
1998-Jamie Lilien, Pascack Valley	16-2 ½	
1997-Kerry Frazer, Demarest	16-6	
1996-Mary O'Neil, River Dell	16-5 ¾	
1995-Nancy Schemly, Wayne Valley	16-8 ¼	
1994-Erica Albies, Pascack Valley	17-11 ¾	
1993-Erica Albies, Pascack Valley	16-9	
1992-Amy Hever, Old Tappan	15-8	
1991-Liz Hanson, Sparta	15-3 ½	
1990-Lori Rogoff, Pascack Valley		16-0
1989-Keirsten Wallace, Westwood	16-2 ½	
1988-Michaela Steiner, Bergenfield	17-3 ¼	
1987-Kim Baumbach, Pascack Valley	16-10 ½	
1986-Margaret Rottkamp, Indian Hills	16-3	
1985-Margaret Rottkamp, Indian Hills	18-0 ¾	
1984-Margaret Rottkamp, Indian Hills	16-4 ¾	
1983-June Longernecker, Dumont		15-10
1982-Marie McVeigh, Demarest	16-11 ½	
1981-Renee Carter, Englewood	17-6 ½	
1980-Stephanie Bembridge, Northern Highlands	16-8	
1979-Carolyn Moore, Indian Hills		17-8
1978-Cheryl Morrison, Lincoln	16-7 ½	
1977-Stephanie Bembridge, Northern Highlands	16-7	
1976-Beth White, Northern Highlands	15-9 ½	

TRIPLE JUMP

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

POLE VAULT

2016-Jessica Ippolito, Fair Lawn	12-0
2015-Kristina Langan, Wayne Hills	11-6
2014-Kristina Langan, Wayne Hills	11-6
2013-Kristina Langan, Wayne Hills	10-6

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

1600 METER RELAY (one mile until 1979)

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

3200 METER RELAY

2016-Old Tappan	9:32.26
2015-Northern Highlands	9:34.28
2014-Ramapo	**9:18.56**
2013-Northern Highlands	9:43.23

GIRLS GROUP 2

Top Three Teams

2016-River Dell 119, Demarest and Ramsey 72
2015-Demarest 115, Newton 93, Ramapo 92
2014-Westwood 98. Ramsey and Jefferson 60
2013-River Dell 98, Westwood 75, High Point 52
2012-Westwood 79. Mahwah 69 ½, Jefferson 62
2011-Mahwah 80, Westwood 78, Garfield 73
2010-Mahwah 74, Morris Hills 68, Ramsey 67
2009-Mahwah 110, Pascack Hills 77, Wallkill Valley 66
2008-Ramsey 94, Indian Hills 80, Pascack Hills 65
2007-Indian Hills 86 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-Tenafly 55, High Point 30, Sparta 26
1982-Tenafly and Saddle Brook 38, Hopatcong 28
1981-Tenafly 42, Rutherford 29, Saddle Brook 26
1980-Hopatcong and High Point 37, Saddle Brook 35 ½
1979-Saddle Brook 50, Hopatcong 30, Tenafly 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)

2016-Ayo O'uhuru, Pascack Hills		12.18
2015-Lauren Brzozowski, Ramapo	12.32	
2014-Danielle Beniulis, Jefferson		12.53
2013-Janienne Palmer, Englewood	12.77	
2012-Danielle Beniulis, Jefferson		12.66
2011-Kim Nagotko, Mahwah	12.56	
2010-Kim Nagotko, Mahwah	12.62	
2009-Vicky Caruso, Wallkill Valley	12.46	
2008-Ajda Dotday, Hawthorne	**12.11**	
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	
1998-Carlene Cummings, Englewood	**11.9**	
1997-Carlene Cummings, Englewood	12.2	
1996-Melissa Bochiaro, 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)

2016-Kayla Van Tassel, High Point	25.91	
2015-Lauren Brzozowski, Ramapo	**24.92**	
2014-Kadejah Sellers, Manchester		25.03
2013-Janienne Palmer, Englewood	25.57	
2012-Alexandra Cimino, Westwood	25.58	
2011-Kim Nagotko, Mahwah	25.94	
2010-Kim Nagotko, Mahwah	25.91	
2009-Vicky Caruso, Wallkill Valley	25.22	
2008-Ajda Dotday, Hawthorne	25.07	
2007-Vicky Caruso, Wallkill Valley	24.93	
2006-Vicky Caruso, Wallkill Valley	25.3	
2005-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 Bochiaro, Glen Rock	26.1	
1995-Carlene Cummings, Englewood	**24.7**	
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)

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

800 METERS (880 yards until 1979)

2016-Shannon Goria, River Dell	2:19.75	
2015-Carly Zdanek, Newton	2:28.13	
2014-Corinne Myers, Westwood	2:14.34	
2013-Corinne Myers, Westwood	**2:11.61**	
2012-Paige Fernandez, River Dell		2:16.70
2011-Carlysa Oyama, West Essex		2:19.97
2010-Julieanne Fontana, Pascack Hills	2:17.02	
2009-Julieanne Fontana, Pascack Hills	2:16.72	
2008-Julieanne Fontana, Pascack Hills	2:19.61	
2007-Bry Bonavita, River Dell	2:18.12	

2006-Bry Bonavita, River Dell	2:19.2	
2005-Bry Bonavita, River Dell	2:19.0	
2004-Ashley Ray, Newton	2:20.6	
2003-Meghan Gaffney, Pompton Lakes	2:20.9	
2002-Meghan Gaffney, Pompton Lakes	2:19.5	
2001-Cindy DeVries, Newton	2:24.4	
2000-Nicole Stinson, Westwood	2:20.3	
1999-Michelle Hartel, Pascack Hills	2:21.3	
1998-Tracy Della Torre, Glen Rock	2:22.7	
1997-Dana Satir, Ramsey	2:20.1	
1996-Dana Satir, Ramsey	2:18.9	
1995-Jessica Drew, Westwood	2:23.1	
1994-Katie Hanley, Glen Rock	2:23.5	
1993-Carli Gallo, Mahwah	2:29.9	
1992-Diana Auter, Newton	2:24.9	
1991-Nancy Scott, Garfield	2:21.8	
1990-Nancy Scott, Garfield	2:25.0	
1989-Sarah Greendyk, Manchester	2:33.9	
1988-Dawn Reis, Lodi		2:22.8
1987-Christi Constantin, Kittatinny	2:25.7	
1986-Karen Weissinger, Westwood	2:24.4	
1985-Robyn Heim, Lyndhurst	2:24.5	
1984-Amy 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)

2016-Shannon Goria, River Dell	5:04.68
2015-Olivia Weiss, Newton	5:21.59
2014-Corinne Myers, Westwood	4:58.71
2013-Sarah DiSanza, High Point	**4:58.02**
2012-Corinne Myers, Westwood	5:12.62
2011-Jana Sedlacek, Morris Hills	5:13.13
2010-Julieanne Fontana, Pascack Hills	5:03.12
2009-Julieanne Fontana, Pascack Hills	5:14.83
2008-Alex Clinton, Ramsey	5:23.53
2007-Lindsay Jeltes, Indian Hills	5:18.68
2006-Lindsay Jeltes, Indian Hills	5:17.8
2005-Lindsay Jeltes, Indian Hills	5:14.2
2004-Meghan Gaffney, Pompton Lakes	5:12.0
2003-Meghan Gaffney, Pompton Lakes	5:13.1
2002-Meghan Gaffney, Pompton Lakes	5:11.8
2001-Cindy DeVries, Newton	5:19.0
2000-Melissa Conway, Ramsey	5:14.7
1999-Melissa Conway, Ramsey	5:22.5
1998-Tracy Della Torre, Glen Rock	5:17.9
1997-Dana Satir, Ramsey	5:15.9
1996-Dana Satir, Ramsey	5:18.1
1995-Kerri Black, Northern Highlands	5:25.2
1994-Kerri Black, Northern Highlands	5:30.6
1993-Carli Gallo, Mahwah	5:34.0
1992-Sarah Davey, Pascack Hills	5:27.6
1991-Carli Gallo, Mahwah	5:25.6
1990-Dee Keough, Mahwah	5:17.2
1989-Christi Constantin, Kittatinny	5:11.1
1988-Christi Constantin, Kittatinny	5:08.4

1987-Christi Constantin, Kittatinny	5:16.7
1986-Robyn Heim, Lyndhurst	5:17.8
1985-Mary Anne Bigelow, Hopatcong	5:26.3
1984-Sherry Higgins, Hopatcong	5:32.3
1983-Betty Zarr, Sparta	5:29.2
1982-Lisa Pakutka, Hopatcong	5:07.7
1981-Lisa Pakutka, Hopatcong	4:48.2 (1500)
1980-Cathy Stone, Vernon	4:48.3 (1500)
1979-Cathy Stone, Vernon	5:12.8
1978-Cathy Stone, Vernon	5:16.6
1977-Jean Chodnicki, Saddle Brook	5:33.4
1976-Jean Chodnicki, Saddle Brook	5:29.2

3200 METERS (two miles until 1979)

2016-Shannon Goria, River Dell	11:17.49
2015-Courtney Geisenheimer, Demarest	11:43.67
2014-Amanda Tosi, Pascack Hills	11:38.97
2013-Sarah DiSanza, High Point	10:55.26
2012-Corinne Myers, Westwood	11:47.36
2011-Jana Sedlacek, Morris Hills	11:30.71
2010-Alex Clinton, Ramsey	10:59.38
2009-Alex Clinton, Ramsey	11:29.09
2008-Alex Clinton, Ramsey	11:30.87
2007-Kim DeLoreto, Pascack Hills	11:46.15
2006-Aimee Chegwidden, 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
1989-Christi Constantin, Kittatinny	**10:30.1**
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)

2016-Hannah Vanderwall, Glen Rock	15.31
2015-Katherine Brzozowski, Ramapo	15.36
2014-Marlo Wehrer, Pequannock	15.82
2013-Alexandra Cimino, Westwood	14.77
2012-Alexandra Cimino, Westwood	14.83

2011-Alexandra Cimino, Westwood	15.33	
2010-Stephanie Carnevale, River Dell	15.73	
2009-Kirsten Bowens, Mahwah	16.06	
2008-Kirsten Bowens, Mahwah	15.74	
2007-Rachel Watkins, Indian Hills	16.06	
2006-Kristen Kern, Indian Hills	14.9	
2005-Kristen Kern, Indian Hills	15.3	
2004-Kristen Kern, Indian Hills	15.5	
2003-Lindsay May, Dumont	15.2	
2002-Erica Daraganis, Newton	15.8	
2001-Jill Turner, Pascack Hills	15.2	
2000-Jill Turner, Pascack Hills	15.3	
1999-Jill Turner, Pascack Hills	15.9	
1998-Carlene Cummings, Englewood	**14.4**	
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 Bunnicant, 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

2016-Kelsey Larkin, Ramsey	62.33
2015-Marlo Wehrer, Pequannock	**62.28**
2014-Carly Zdanek, Newton	63.67
2013-Alexandra Cimino, Westwood	62.86
2012-Alexandra Cimino, Westwood	62.57
2011-Alexandra Cimino, Westwood	64.53
2010-Diane Bain, Ramsey	63.36
2009-Diane Bain, Ramsey	64.75
2008-Jenn Sant Anna, Pascack Hills	65.05
2007-Alex Rosenberger, Ramsey	62.55
2006-Alex Rosenberger, Ramsey	65.0
2005-Alex Rosenberger, Ramsey	64.9
2004-Lisa Tarulli, Ramsey	65.9
2003-Jessica Thomas, Westwood	66.6
2002-Jamie Anton, Pascack Hills	67.1
2001-Peyton Fischer, Ramsey	66.0
2000-Peyton Fischer, Ramsey	67.2
1999-Cheryl Burdick, Ramsey	65.7
1998-Mahasin Pegeise, Rutherford	63.7
1997-Mahasin Pegeise, Rutherford	65.9
1996-Mahasin Pegeise, Rutherford	63.9
1995-Mahasin Pegeise, Rutherford	65.4
1994-Jami Kuhne, Wallkill Valley	64.7
1993-Kelly Nugent, Kittatinny	67.0

1992-Shannon Dillon, New Milford	66.8
1991-Jami Kuhne, Wallkill Valley	67.4
1990-Colleen Goble, Kittatinny	68.9
1989-Sonia Roman, Garfield	72.2
1988-Michelle Metts, Newton	72.7
1987-Melinda Maguire, Dumont	67.8
1986-Gerri Brennan, Dumont	68.1
1985-Gerri Brennan, Dumont	67.2
1984-Kim Lehmann, Garfield	66.6
1983-Kim Lehmann, Garfield	65.7
1982-Jackie Crawford, Fort Lee	67.1
1981-Laura Francica, Saddle Brook	68.7

400 METER RELAY (440 yards until 1979)

2016-River Dell	**49.70**
2015-Pascack Hills	50.17
2014-Jefferson	50.49
2013-Englewood	50.85
1980-Saddle Brook	52.4
1979-Tenafly	53.6
1978-Waldwick	53.0
1977-Hawthorne	51.5
1976-High Point	52.8

SHOT PUT (8 pounds until 1979)

2016-Jessica Molina, Westwood		**46-10**
2015-Jessica Molina, Westwood	45-7	
2014-Jessica Molina, Westwood	41-11	
2013-Laura Oh, River Dell	37-2 ¾	
2012-Carrie Wasdyke, Jefferson	40-4	
2011-Alexis DeSa, Morris Hills	39-5	
2010-Rachel Pena, Ridgefield Park	38-1 ½	
2009-Teresa Kirkpatrick, Pascack Hills	36-5	
2008-Julie Budd, Kinnelon	34-6	
2007-Eileen Becker, Indian Hills	33-3	
2006-Tanya Elshahawi, Indian Hills	36-0	
2005-Victoria Melroy, Kittatinny	36-7	
2004-Gemma Naclerio, Morris Hills	35-10	
2003-Bridgette Kenny, Ridgefield Park	35-3 ½	
2002-Heather Krause, Mahwah	37-1 ½	
2001-Kim Grein, Ridgefield Park		37-2 ½
2000-Maritsa Christoudias, Ramsey	39-3 ½	
1999-Maritsa Christoudias, Ramsey	36-4 ¼	
1998-Lauren Donahue, Wallkill Valley	37-4 ½	
1997-Lauren Donahue, Wallkill Valley	35-11	
1996-Erin O'Reilly, Ramsey	34-8 ½	
1995-Jenicka Carter, Westwood	37-11 ½	
1994-Jenicka Carter, Westwood	34-5 ¾	
1993-Stacie Gado, Wallkill Valley	32-5 ½	
1992-Nyree Simmons, Garfield	33-3 ¼	
1991-Dawn Johnson, Lyndhurst	34-6 ½	
1990-Lillie Ellison, Wallkill Valley	36-11	
1989-Lillie Ellison, Wallkill Valley	32-3	
1988-Stacey Price, Westwood	38-1	
1987-Kirsten Christiansen, Rutherford	41-0	
1986-Kirsten Christiansen, Rutherford	38-9 ½	
1985-Kirsten Christiansen, Rutherford	36-8	
1984-Kirsten Christiansen, Rutherford	36-7 ½	
1983-Shannon Meyer, Fort Lee	34-10	
1982-Holly Anzaldi, Rutherford	33-1 ½	
1981-Heather Scelfo, Rutherford	37-6	
1980-Fran Bonczykowski, Lyndhurst	34-5 ½	

1979-Heather Scelfo, Rutherford	37-5 ½	
1981-Heather Scelfo, Rutherford	33-1 ½	
1977-Dianne Garbe, Rutherford	35-5 ¼	
1976-Laura Mathews, Rutherford		37-1

DISCUS

2016-Jessica Molina, Westwood		**128-2**
2015-Sarah Cervone, Demarest	118-0	
2014-Jessica Molina, Westwood	118-8	
2013-Laura Oh, River Dell	111-0	
2012-Alyse DePaola, Kittatinny	110-2	
2011-Liana Ercan, Lakeland	110-9	
2010-Brittany Lissemore, Dumont	110-5	
2009-Teresa Kirkpatrick, Pascack Hills	112-5	
2008-Christine Coppola, River Dell	115-7	
2007-Erika Mertrud, Pequannock		110-8
2006-Christina Eyl, Indian Hills	117-1	
2005-Kristin Jakob, Dumont	118-5	
2004-Amber Gardocki, Wallkill Valley	124-8	
2003-Amber Gardocki, Wallkill Valley	111-9	
2002-Kristina Austin, Wallkill Valley	114-8	
2001-Kristina Austin, Wallkill Valley	110-7	
2000-Maritsa Christoudias, Ramsey	113-0	
1999-Maritsa Christoudias, Ramsey	101-2	
1998-Lauren Donahue, Wallkill Valley	109-0	
1997-Lauren Donahue, Wallkill Valley	103-0	
1996-Jen Colvin, Kittatinny	109-2	
1995-Adwoa Asa-Awuku, New Milford	104-1	
1994-Kim Ferranti, Glen Rock	110-11	
1993-Melissa Maldonado, Pascack Hills	110-8	
1992-Sharren Bates, Pascack Hills	118-8	
1991-Kori Wyngaard, Wallkill Valley	107-8	
1990-Lillie Ellison, Wallkill Valley	115-5	
1989-Ilona Olayon, River Dell	91-5	
1988-Lisa Mahle, Westwood	110-3	
1987-Kirsten Christiansen, Rutherford	118-8	
1986-Kim Batte, Wallkill Valley	111-11	
1985-Dawn Zipay, High Point	106-8	
1984-Diana Seville, Sparta	100-5	
1983-Barbara Wolff, Tenafly	106-2	
1982-Barbara Wolff, Tenafly	106-10	
1981-Marta Barillo, Elmwood Park	98-3	
1980-Karen Lee, Hopatcong	113-11	
1979-Karen Lee, Hopatcong	102-6	
1978-Heather Scelfo, Rutherford	114-3	
1977-Sue Zak, Rutherford	106-6	
1976-Loretta Coughlin, Rutherford	105-7	

JAVELIN

2016-Jesse Geller, Demarest	123-0
2015-Jesse Geller, Demarest	135-0
2014-Sophia Kourian, Dumont	107-2
2013-Gina Yannette, Dumont	114-10
2012-Gina Yannette, Dumont	118-4
2011-Shaunteriah Douglas, Garfield	**138-0**
2010-Alex Hunsberger, Mahwah	120-6
2009-Teresa Kirkpatrick, Pascack Hills	129-10
2008-Michelle Uberbacher, Dumont	120-7
2007-Kathleen Paiva, Wallkill Valley	123-4
2006-Arielle VanWingerden, Pequannock	110-7
2005-Alyssa Schmidt, Jefferson	129-7
2004-Alyssa Schmidt, Jefferson	112-4

2003-Marybeth Weiss, Pompton Lakes	109-4	
2002-Whitney Verduin, Hawthorne	126-6	
2001-Katie Schkolenko, Newton	123-4	
2000-Maritsa Christoudias, Ramsey	123-6	
1999-Maritsa Christoudias, Ramsey	117-5	
1998-Leonora Colon, Ridgefield Park	116-4	
1997-Janet Luce, Westwood	106-8	
1996-Wendy Rosenbower, Rutherford	101-7	
1995-Debbie Chadwick, Rutherford	108-7	
1994-Lauren Miller, Glen Rock	119-1	
1993-Kristy Nukk, Mahwah	122-0	
1992-Medeana Steidl, Garfield	118-1	
1991-Kori Wyngaard, Wallkill Valley	114-10	
1990-Kori Wyngaard, Wallkill Valley	112-0	
1989-Elena Primerano, Lyndhurst		124-11
1988-Elena Primerano, Lyndhurst		122-9
1987-Stacey Price, Westwood	107-1	
1986-Sue Strong, Kittatinny	100-5	
1985-Michelle Shine, Lenape Valley	120-6	
1984-Trish Neuner, New Milford	124-6	
1983-Barbara Wolff, Tenafly	124-7	
1982-Rachel Arnedt, High Point	123-11	
1981-Barbara Wolff, Tenafly	114-10	
1980-Karen Lee, Hopatcong	133-4	
1979-Liz Wahler, Saddle Brook	121-6	
1978-Michelle Christen, Hawthorne	**139-11**	
1977-Sue Zak, Rutherford	96-7	
1976-Betsy Hooey, Newton	80-5	

HIGH JUMP

2016-Hannah Figueroa, Pascack Hills	5-4	
2015-Jen McGrogan, Pequannock		5-4
2014-Jen McGrogan, Pequannock		5-2
2013-Alyson Caron, Lenape Valley	5-0	
2012-Carolyn Edler, Mahwah	5-2	
2011-Carolyn Edler, Mahwah	5-0	
2010-Rachel Pena, Ridgefield Park	5-0	
2009-Allie Ritchards, Mahwah	5-2	
2008-Alex Rosenberger, Ramsey	5-4	
2007-Alex Rosenberger, Ramsey	5-2	
2006-Julianna Camargo, Dumont	**5-6**	
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	
1999-Cheryl Burdick, Ramsey	**5-6**	
1998-Cheryl Burdick, Ramsey	**5-6**	
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

2016-Lauren Chamberlin, Ramsey	16-6 ¼	
2015-Katherine Brzozowski, Ramapo	17-1	
2014-Janine Hlavaty, High Point	16-5	
2013-Rebecca Tooker, Kittatinny		16-11 ¼
2012-Gena Pickett, Mahwah	18-1	
2011-Briana Setnitzky, Pascack Hills	16-8 ½	
2010-Rebecca Tooker, Kittatinny		16-6
2009-Kristen Brown, Englewood	18-3	
2008-Jessica Molosh, Indian Hills		16-11
2007-Katelyn Savage, Manchester		17-3 ½
2006-Julianna Camargo, Dumont		17-2 ½
2005-Danielle Kroll, Indian Hills	16-8 ¼	
2004-Danielle Kroll, Indian Hills	17-0	
2003-Alex Paslawsky, Ramsey	17-0 ¼	
2002-Chrissy Procopio, Indian Hills	16-5	
2001-Dara Seidman, Ramsey	16-6 ¾	
2000-Thatcha DaCosta, Englewood	17-7 ½	
1999-Charnie Carter, Lyndhurst	16-8 ¾	
1998-Carlene Cummings, Englewood	18-5	
1997-Carlene Cummings, Englewood	18-1	
1996-Willie Mae Washington, Lodi	**18-7 ¼**	
1995-Carlene Cummings, Englewood	17-1 ¾	
1994-Jamie Kuhne, Wallkill Valley	17-3 ¾	
1993-Cindy Kaminski, Lyndhurst		15-5 ½
1992-Latanya Brown, Englewood		16-7 ½
1991-Jen Legato, Westwood	15-5	
1990-Megan Burke, Glen Rock	17-2 ¼	
1989-Megan Burke, Glen Rock	16-5	
1988-Joanne Lamstein, River Dell		16-9
1987-Jeanette Koeck, Kittatinny	15-1 ½	
1986-Gerri Brennan, Dumont	16-9 ¾	
1985-Gerri Brennan, Dumont	16-6 ¼	
1984-Sue Frazier, Rutherford	17-0	
1983-Barbara Wolff, Tenafly	16-2 ½	
1982-Sue Frazier, Rutherford	15-10	
1981-Jackie Oliva, Manchester	16-1 ½	
1980-Jenny Barbour, Hopatcong	16-9 ¼	
1979-Mary Ellen Margogliano, Holy Family	16-9 ½	
1978-Laurie Miranda, Lyndhurst	15-11	
1977-Lynn Prendergast, Hawthorne	15-11 ½	
1976-Lynn Prendergast, Hawthorne	15-11	

TRIPLE JUMP

2016-Kaylee Stenderowicz, Kittatinny	36-8 ¼	
2015-Lauren Stern, Mahwah	35-1	
2014-Allie Kornberger, Mahwah	35-4	
2013-Rebecca Tooker, Kittatinny		36-2
2012-Gena Pickett, Mahwah	**39-3 ¼**	
2011-Gena Pickett, Mahwah	36-11 ¾	
2010-Bineta Niang, West Essex	34-10 ½	
2009-Kirsten Bowens, Mahwah	37-11 ¼	

2008-Jessica Molosh, Indian Hills	36-3 ½
2007-Alyssa Maier, River Dell	37-10 ½
2006-Alyssa Maier, River Dell	36-7 ¼
2005-Alyssa Maier, River Dell	36-0 ¾
2004-Sheena Strachan, Englewood	36-5 ½
2003-Alex Paslawsky, Ramsey	35-2

POLE VAULT

2016-Michelle Rubinetti, Demarest	**11-6 (Caitlin Reverand, Demarest shares record)**
2015-Bridgette Muller, Mahwah	11-0
2014-Jenna Braun, Mahwah	10-6
2013-Kari Murnane, Lenape Valley	10-6
2012-Carolyn Edler, Mahwah	10-6
2011-Carolyn Edler, Mahwah	11-0
2010-Carolyn Edler, Mahwah	10-6
2009-Ashley Walker, Mahwah	10-6
2008-Emily Mino, River Dell	10-0
2007-Emily Mino, River Dell	10-3
2006-Tricia Murphy-Kennelly, Mahwah	10-0
2005-Tricia Murphy-Kennelly, Mahwah	10-0
2004-Robyn Nagel, Newton	9-0
2003-Bethany Little, Newton	9-0

1600 METER RELAY (one mile until 1979)

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

1978-Hawthorne	4:06.8
1977-Hawthorne	4:20.0
1976-Hawthorne	4:14.8

3200 METER RELAY

2016-Ramsey	**9:40.87**
2015-Newton	9:54.78
2014-Ramsey	9:58.27
2013-River Dell	9:56.45

GIRLS GROUP 1

Top Three Teams

2016-Mountain Lakes 111, Hasbrouck Heights 76, Hawthorne 74
2015-Hasbrouck Heights 119, Cresskill 88.33, Hawthorne 78
2014-Hawthorne 91, Cresskill 89 ½, Saddle Brook 82
2013-Hasbrouck Heights 102, Pequannock 93.33, Hawthorne 63
2012-Mountain Lakes 99, Hasbrouck Heights 74, Park Ridge 36
2011-Kinnelon 78, Mountain Lakes 73, Saddle Brook and Hasbrouck Heights 56
2010-Westwood 97, Kinnelon 52, Manchester 39
2009-Westwood 73, Hasbrouck Heights 70 1/3, Butler 69
2008-Verona 123, Waldwick 71, Butler 55
2007-Verona 104, Kinnelon 63, Waldwick 61
2006-Butler 91, Pascack Hills 74, Verona 51 ¼
2005-Butler 88, Pascack Hills 55, Saddle Brook 48
2004-Cresskill 69 ¾, Butler 67, Westwood 65
2003-Glen Rock 138, Saddle Brook 77, Hasbrouck Heights 73
2002-Glen Rock 127, Hasbrouck Heights 94, Westwood 51
2001-Glen Rock 114, Hasbrouck Heights 60, Saddle Brook 54
2000-Glen Rock 125, Academic 66, Hasbrouck Heights 64
1999-Academic 109 ½, Glen Rock 92 ½, Hasbrouck Heights 59
1998-Hasbrouck Heights 105, Academic 57, Saddle Brook 55
1997-**Glen Rock 204**, Hasbrouck Heights 78, Saddle Brook 45
1996-Hawthorne 120, Saddle Brook 100, Hasbrouck Heights 66
1995-Glen Rock 187, Saddle Brook 73 ¾, Secaucus 39
1994-Hasbrouck Heights 69, Secaucus 68, Bogota 59
1993-New Milford 67, Secaucus 57, Midland Park 53
1992-Saddle Brook 59, Secaucus 56, Glen Rock 44
1991-Saddle Brook 42, Midland Park 40, Cresskill/Glen Rock 28
1990-Saddle Brook 45, Midland Park and Hasbrouck Heights 24
1989-Saddle Brook 52, Waldwick and Cresskill 45
1988-Waldwick 45, Saddle Brook 32, Midland Park 30
1987-New Milford 44, Midland Park 39, Mahwah 22
1986-New Milford 51, Midland Park 33, Mahwah 24
1985-New Milford 47 ½, Midland Park 46, Academic 26
1984-Saddle Brook 35, Leonia 30, Park Ridge 21
1983-Saddle Brook 53, Wallkill Valley 29, Leonia 27 ½
1982-Park Ridge 43, Midland Park 28, Cresskill 27
1981-Park Ridge 50, St. Dominic 32, Ridgefield 26
1980-Park Ridge 50, Secaucus 34 ½, Cresskill 23 ½
1979-Park Ridge 43, Secaucus 40, Kittatinny 30
1978-Bogota 35, Secaucus 33, Hopatcong/Newton 31
1977-Secaucus 40 ½, Vernon 40, Newton 34
1976-Secaucus 30, Palisades Park and Bogota 28

100 METERS (100 yards until 1979)

2016-Kaitlin Salisbury, Hawthorne	**11.99**
2015-Kaitlin Salisbury, Hawthorne	12.20
2014-Kaitlin Salisbury, Hawthorne	12.49
2013-Courtney Macaluso, Hopatcong	12.99

2012-Shannon Roberts, Saddle Brook	12.74	
2011-Khadijah Cox, New Milford		12.82
2010-Colleen Murphy, Westwood		12.84
2009-Janelle Liu, Cresskill	12.68	
2008-Janelle Liu, Cresskill	12.84	
2007-Janelle Liu, Cresskill	12.73	
2006-Monica Joseph, Pompton Lakes	12.4	
2005-Lauren Malsky, Kinnelon	12.6	
2004-Cheryl Anscombe, Westwood	12.6	
2003-Judy Wong, Wood-Ridge	12.5	
2002-Cheryl Anscombe, Westwood	12.3	
2001-Samantha Griffin, Academic	12.4	
2000-Samantha Griffin, Academic	12.1	
1999-Samantha Griffin, Academic	12.4	
1998-Charnie Carter, Lyndhurst	12.8	
1997-Melissa Bochiaro, Glen Rock	12.2	
1996-Vimarie Ramirez, Hawthorne	12.7	
1995-Michelle Stein, Glen Rock	12.6	
1994-Keisha Latty, Wallington	12.9	
1993-Keisha Latty, Wallington	13.0	
1992-Stephanie Galliard, Cresskill	13.0	
1991-Megan Burke, Glen Rock	12.9	
1990-Sharon Livardo, Wallington		13.6
1989-Danalyn Adams, Pompton Lakes	12.8	
1988-Danalyn Adams, Pompton Lakes	12.9	
1987-Danalyn Adams, Pompton Lakes	13.0	
1986-Althea Allen, Academic	12.8	
1985-Althea Allen, Academic	12.9	
1984-Bernardine Han, Cresskill	13.4	
1983-Barbara Danko, Saddle Brook	13.1	
1982-Kathy Harmel, Wallington	12.9	
1981-Crystal Lemon, St. Dominic		12.9
1980-Beth Stasko, Newton	13.2	
1979-Tracye Blackwell, Park Ridge	13.0	
1978-Mary Ann Huff, Newton	12.0	
1977-Mary Ann Huff, Newton	12.1	
1976-Joanne Durgin, Kittatinny	12.3	

200 METERS (220 yards until 1979)

2016-Kaitlin Salisbury, Hawthorne	**25.00**	
2015-Kaitlin Salisbury, Hawthorne	25.25	
2014-Kaitlin Salisbury, Hawthorne	25.70	
2013-Courtney Macaluso, Hopatcong	26.38	
2012-Shannon Roberts, Saddle Brook	26.07	
2011-Brielle Sutter, Saddle Brook		26.02
2010-Colleen Murphy, Westwood		26.17
2009-Colleen Murphy, Westwood		26.66
2008-Chelsea Coleman, Park Ridge	27.14	
2007-Lauren Malsky, Kinnelon	26.15	
2006-Monica Joseph, Pompton Lakes	25.6	
2005-Alessandra Valdetara, Butler	26.1	
2004-Cheryl Anscombe, Westwood	25.5	
2003-Judy Wong, Wood-Ridge	26.1	
2002-Cheryl Anscombe, Westwood	25.6	
2001-Samantha Griffin, Academic	25.7	
2000-Samantha Griffin, Academic	26.0	
1999-Samantha Griffin, Academic	26.5	
1998-Theodora Trible, Academic	26.8	
1997-Melissa Bochiaro, Glen Rock	26.3	
1996-Vimarie Ramirez, Hawthorne	27.0	
1995-Michelle Stein, Glen Rock	25.8	
1994-Miranda Reeves, Hasbrouck Heights	27.6	

1993-Keisha Latty, Wallington	27.5	
1992-Stephanie Galliard, Cresskill	26.8	
1991-Jodi Kennelly, Secaucus	28.2	
1990-Danalyn Adams, Pompton Lakes	27.3	
1989-Danalyn Adams, Pompton Lakes	26.4	
1988-Danalyn Adams, Pompton Lakes	27.4	
1987-Althea Allen, Academic	27.3	
1986-Althea Allen, Academic	26.2	
1985-Althea Allen, Academic	26.6	
1984-Avalene Bayersdorfer, Bogota	27.8	
1983-Nancy Larena, Saddle Brook	27.3	
1982-Andrea Ostrowski, Park Ridge	27.4	
1981-Julie James, Glen Rock	26.4	
1980-Julie James, Glen Rock	27.4	
1979-tie between Andrea Ostrowski, 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)

2016-Tajia Lagomarsino, Saddle Brook	**57.64**	
2015-Tajia Lagomarsino, Saddle Brook	59.01	
2014-Tajia Lagomarsino, Saddle Brook	59.46	
2013-Jillian DiGiacinto, Hasbrouck Heights	61.13	
2012-Rebecca Skovira, Park Ridge	59.81	
2011-Brielle Sutter, Saddle Brook		58.80
2010-Colleen Murphy, Westwood		57.84
2009-Rebecca Skovira, Park Ridge	59.11	
2008-Stephanie Fego, Verona	61.37	
2007-Ashlee Petroski, Verona	59.82	
2006-Sherilyn Ferrari, Verona	59.4	
2005-Aly Hanson, New Milford	58.4	
2004-Cheryl Anscombe, Westwood	59.0	
2003-Kim Mineo, Glen Rock	60.2	
2002-Kim Mineo, Glen Rock	58.1	
2001-Kim Mineo, Glen Rock	59.2	
2000-Agyeiwa Weathers, Academic	60.6	
1999-Agyeiwa Weathers, Academic	59.2	
1998-Agyeiwa Weathers, Academic	61.8	
1997-Vicki Byrne, Saddle Brook	61.7	
1996-Gina Papa, Secaucus	61.3	
1995-Michele Satine, Glen Rock	59.3	
1994-Jen Grasso, Hasbrouck heights	62.2	
1993-Angelyn Manapat, Emerson		63.4
1992-Matilda Wood, Saddle Brook	62.7	
1991-Meggin Searle, Hasbrouck Heights	64.2	
1990-Danalyn Adams, Pompton Lakes	61.4	
1989-Amy Giannatonio, 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)

2016-Kyra Velock, Mountain Lakes	2:18.39	
2015-Kyra Velock, Mountain Lakes	2:20.17	
2014-Ashley McVeigh, Saddle Brook	2:25.36	
2013-Jillian DiGiacinto, Hasbrouck Heights	2:29.37	
2012-Johanna Goergen, Kinnelon		2:16.95
2011-Kristen Landry, Mountain Lakes	2:17.22	
2010-Kristen Gray, Park Ridge	2:22.01	
2009-Naomi Robinson, Hasbrouck Heights	2:19.78	
2008-Jessica Dorman, Cedar Grove	2:27.87	
2007-Katie Budd, Kinnelon	2:25.22	
2006-Jianna Spadaccini, Butler	2:20.1	
2005-Alicia Henry, Cresskill	2:20.5	
2004-Alicia Henry, Cresskill	2:20.3	
2003-Kim Mineo, Glen Rock	2:18.3	
2002-Kim Mineo, Glen Rock	**2:13.9**	
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)

2016-Kyra Velock, Mountain Lakes	5:16.71	
2015-Regina Duncan, North Warren	5:12.81	
2014-Nicole McVeigh, Saddle Brook	5:28.20	
2013-Nicole Rodriguez, Kinnelon		5:31.32
2012-Colette Richter, Mountain Lakes	5:09.28	
2011-Kristen Landry, Mountain Lakes	**5:09.22**	
2010-Teresa Gagliostro, Westwood	5:13.64	
2009-Allison Kriskewic, Kinnelon		5:23.15
2008-Brittany DeBord , Waldwick		5:24.59
2007-Lindsay Pedersen, Waldwick	5:28.52	
2006-Amy Van Alstine, Midland Park	5:14.2	
2005-Amy Van Alstine, Midland Park	5:18.5	
2004-Michelle Wallace, Emerson		5:25.2
2003-Danielle Patoir, Glen Rock	5:19.0	
2002-Erin Henry, Glen Rock	5:16.7	
2001-Erin Henry, Glen Rock	5:10.7	
2000-Erin Henry, Glen Rock	5:14.9	
1999-Christina Mendoza, Hudson Prep	5:16.7	

1998-Stephanie Paglione, Palisades Park	5:57.3	
1997-Tracy DellaTorre, Glen Rock	5:35.8	
1996-Melissa Londregan, Hawthorne	5:42.6	
1995-Diana Lana, Saddle Brook	5:33.2	
1994-Kerry Moore, Midland Park		5:27.8
1993-Kerry Moore, Midland Park		5:18.6
1992-Kerry Moore, Midland Park		5:33.3
1991-Matilda Wood, Saddle Brook	5:31.5	
1990-Samantha Arabiat, Hasbrouck Heights	5:53.3	
1989-Cathy Acevedo, Saddle Brook	5:51.7	
1988-Michelle Straut, Waldwick	5:30.2	
1987-Dee Keough, Mahwah	5:25.9	
1986-Michelle Berardo, Palisades Park	5:34.4	
1985-Vicky Gusciora, Saddle Brook	5:33.8	
1984-Vivian Harstead, Park Ridge	5:21.0	
1983-Vivian Harstead, Park Ridge	5:20.2	
1982-Debbie Hillery, Leonia	5:29.2	
1981-Kathy Salmon, St. Dominic		5:07.3 (1500)
1980-Pam Farinella, Paul VI	4:55.4 (1500)	
1979-Pam Farinella, Paul VI	5:21.1	
1978-Denise Murphy, Bogota	5:29.9	
1977-Denise Murphy, Bogota	5:51.8	
1976-Missy Luczynski, Hopatcong	5:42.8	

3200 METERS (two miles until 1979)

2016-Izzi Gengaro, Mountain Lakes	11:34.72	
2015-Regina Duncan, North Warren	11:31.49	
2014-Ally Lame, Wallkill Valley	12:10.78	
2013-Nicole Rodriguez, Kinnelon		12:02.15
2012-Colette Richter, Mountain Lakes	**11:01.79**	
2011-Colette Richter, Mountain Lakes	11:10.16	
2010-Kristen Landry, Mountain Lakes	11:21.95	
2009-Jessica Andre, Waldwick	11:47.24	
2008-Brittany DeBord, Waldwick		11:52.54
2007-Laura Zaccagnino, Verona	11:58.01	
2006-Amy Van Alstine, Midland Park	11:19.4	
2005-Amy Van Alstine, Midland Park	11:16.1	
2004-Denise Scarfi, Westwood	12:05.2	
2003-Danielle Patoir, Glen Rock	11:41.1	
2002-Erin Henry, Glen Rock	11:31.9	
2001-Erin Henry, Glen Rock	11:15.3	
2000-Erin Henry, Glen Rock	11:58.8	
1999-Tracy DellaTorre, Glen Rock	11:47.7	
1998-Christina Mendoza, Hudson Prep	12:37.5	
1997-Tracy DellaTorre, Glen Rock	12:09.3	
1996-Melissa Londregan, Hawthorne	12:18.1	
1995-Nancy Seigel, Leonia	12:10.8	
1994-Renee Zengel, Secaucus	11:49.3	
1993-Kerry Moore, Midland Park		11:46.9
1992-Renee Zengel, Secaucus	12:18.6	
1991-Veronica Bufalini, Cresskill		12:26.1
1990-Samantha Arabiat, Hasbrouck Heights	12:41.7	
1989-Cathy Acevedo, Saddle Brook	12:08.5	
1988-Michelle Straut, Waldwick	11:42.6	
1987-Dee Keough, Mahwah	12:00.0	
1986-Sue Kowalski, Mahwah	12:04.6	
1985-Vicky Gusciora, Saddle Brook	11:51.2	
1984-Vicky Gusciora, Saddle Brook	12.15.8	
1983-Vicky Gusciora, Saddle Brook	11:46.6	
1982-Tricia Madden, Cresskill	12:30.3	
1981-Joan Profita, Paul VI	11:00.0 (3000)	
1980-Simone Mele, Cresskill	10:59.0 (3000)	

1979-Denise Murphy, Bogota	11:53.0	
1978-Denise Murphy, Bogota	11:50.8	
1977-Debbie Blades, Vernon	12:43.5	
1976-Silvana Scalise, Palisades Park	12:57.0	

100 METER HIGH HURDLES (110 yards until 1979)

2016-Iveya Slavova, Cresskill	15.44	
2015-Jordan Zaikov, Cresskill	15.60	
2014-Jenna Dyksen, Hawthorne	15.31	
2013-Jenna Dyksen, Hawthorne	15.48	
2012-Nicki Georgia, Boonton	15.60	
2011-Nia Jackson, Hawthorne	15.75	
2010-Mel Lewis, Midland Park	15.74	
2009-Valerie Roosma, Butler	16.13	
2008-Valerie Roosma, Butler	15.66	
2007-Arianna Pomo, Saddle Brook	15.47	
2006-Kate Watson, Leonia	15.1	
2005-Megan Thomas, Cresskill	16.1	
2004-Rebecca Baskinger, Butler	15.2	
2003-Cherilyn Marfino, Hasbrouck Heights	15.4	
2002-Jackie Kaminski, Saddle Brook	15.8	
2001-Justine Diana, Saddle Brook	15.3	
2000-Justine Diana, Saddle Brook	15.2	
1999-Tynechia Smith, Academic	15.5	
1998-Alessia Cirilli, Hasbrouck Heights	16.0	
1997-Katie Hanley, Glen Rock	**14.9**	
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

2016-Jillian DiGiacinto, Hasbrouck Heights	**62.27**	
2015-Jillian DiGiacinto, Hasbrouck Heights	63.58	
2014-Jenna Dyksen, Hawthorne	64.10	
2013-Jillian DiGiacinto, Hasbrouck Heights	67.92	
2012-Johanna Goergen, Kinnelon		65.17
2011-Mel Lewis, Midland Park	63.60	
2010-Mel Lewis, Midland Park	64.48	
2009-Valerie Roosma, Butler	66.72	
2008-Lauren Schultz, Waldwick	66.33	
2007-Nicole Sermabeikian, Park Ridge	67.81	
2006-Jianna Spadaccini, Butler	65.4	
2005-Jianna Spadaccini, Butler	65.0	
2004-Christina Patoir, Glen Rock		66.8

2003-Kim Mineo, Glen Rock	63.5	
2002-Kim Mineo, Glen Rock	63.0	
2001-Kim Mineo, Glen Rock	64.8	
2000-Kim Mineo, Glen Rock	66.7	
1999-Tyechia Smith, Academic	65.3	
1998-Vicky Byrne, Saddle Brook		67.3
1997-Katie Hanley, Glen Rock	64.3	
1996-Mary Byrne, Saddle Brook	68.2	
1995-Katie Hanley, Glen Rock	66.2	
1994-Amy Vega, Hasbrouck Heights	68.6	
1993-Shannon Dillon, New Milford	67.5	
1992-Diana Lana, Saddle Brook	70.9	
1991-Jen Wilson, Midland Park	68.9	
1990-Jen Wilson, Midland Park	71.6	
1989-Michelle Giunta, Midland Park	72.1	
1988-Michelle Giunta, Midland Park	70.0	
1987-Janice Meyer, Midland Park		67.3
1986-Janice Meyer, Midland Park		66.7
1985-Janice Meyer, Midland Park		67.8
1984-Betsy Delia, Leonia	68.6	
1983-Betsy Delia, Leonia	66.5	
1982-Pam Swanborn, Midland Park	69.2	
1981-Pam Swanborn, Midland Park	70.8	

400 METER RELAY (440 yards until 1979)

2016-Saddle Brook	51.33	
2015-Cresskill	**50.42**	
2014-Cresskill	50.90	
2013-Pequannock	51.56	
1980-Park Ridge	52.3	
1979-Park Ridge	54.2	
1978-Newton	52.9	
1977-Vernon	52.6	
1976-Bogota	54.7	

SHOT PUT (8 pounds until 1979)

2016-Amelia Apgar, Waldwick	34-8 ½	
2015-Amelia Apgar, Waldwick	32-8	
2014-Cheyenne Bellerand, Emerson	37-7 ½	
2013-Irene Cedano, Hasbrouck Heights	35-9 ½	
2012-Irene Cedano, Hasbrouck Heights	35-4 ¾	
2011-Desiree McDonald, Kinnelon	34-1	
2010-Erin Van Wert, Boonton	34-7 ½	
2009-Alyssa Connors, Hasbrouck Heights	36-6 ½	
2008-Araba Sapara-Grant, Verona	37-1	
2007-Heather Morba, Kinnelon		**38-10**
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	34-11¼	
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

2016-Lisa Palazzi, Mountain Lakes	101-3	
2015-Gabby Tuzzo, Hasbrouck Heights	92-7	
2014-Sherika Dyer, Hawthorne	118-2	
2013-Tania Pabon, Cresskill	115-1	
2012-Tania Pabon, Cresskill	113-5	
2011-Marija Spajic, Manchester	119-6	
2010-Erin Van Wert, Boonton	102-10	
2009-Erin Van Wert, Boonton	113-3	
2008-April Kaiser, Park Ridge	113-10	
2007-April Kaiser, Park Ridge	114-11	
2006-Jackie Philbin, Boonton	124-5	
2005-Julie Haledjian, Pascack Hills	125-4	
2004-Tiffany Phoenix, Cresskill	125-2	
2003-Tiffany Phoenix, Cresskill	106-3	
2002-Alyssa Koob, New Milford	113-9	
2001-Liz Pendleton, Wood-Ridge		122-0
2000-Liz Pendleton, Wood-Ridge		123-0
1999-Liz Pendleton, Wood-Ridge		112-9
1998-Lacey Martens, Secaucus	**140-10**	
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

2016-Thalia Graham, Midland Park	**134-9**
2015-Thalia Graham, Midland Park	125-4

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

HIGH JUMP

2016-Iveya Slavova, Cresskill	5-0	
2015-Sarah Schmitt, Hasbrouck Heights	5-0	
2014-Lisa Carle, Midland Park	5-0	
2013-Jenn McGrogan, Pequannock	4-10	
2012-Gladys Njoku, Cedar Grove		5-2
2011-Nia Jackson, Hawthorne	5-2	
2010-Dava Morris, Manchester	5-0	
2009-Monica Loranger, Butler	5-2	
2008-Anna Gleason, Butler	5-0	
2007-Anna Gleason, Butler	5-1	
2006-Anna Gleason, Butler	5-0	
2005-Mallory Cornett, Hawthorne		5-2
2004-Rebecca Baskinger, Butler	**5-6 ¼**	
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

2016-Kaitlin Salisbury, Hawthorne	**19-1 ¼**	
2015-Kaitlin Salisbury, Hawthorne	18-3	
2014-Kaitlin Salisbury, Hawthorne	18-0 ½	
2013-Patty McHugh, Waldwick	16-2 ¾	
2012-Kim Rabeiro, Midland Park		16-10 ½
2011-Marissa Romano, Hasbrouck Heights	17-4	
2010-Amberly Gurbisz, Butler	17-0	
2009-Mariel Flood, Kinnelon	16-6 ¼	
2008-Chelsea Coleman, Park Ridge	17-0	
2007-Emma Tucci, Verona	17-1	
2006-Monica Joseph, Pompton Lakes	16-5 ½	
2005-Arianna Pomo, Saddle Brook	17-3	
2004-Collette DeBenedetto, Mountain Lakes		17-4
2003-Judy Wong, Wood-Ridge	16-8	
2002-Jen Barthelemy, Bogota	16-10 ¾	
2001-Jen Barthelemy, Bogota	16-4	
2000-Ellen McCorry, Glen Rock	16-1 ¾	
1999-Colleen McCorry, Glen Rock	15-10 ¾	
1998-Charnie Carter, Lyndhurst	15-9	
1997-Katie Hanley, Glen Rock	17-11	
1996-Miranda Reeves, Hasbrouck Heights	15-4 ½	
1995-Michelle Stein, Glen Rock	16-10	
1994-Jennifer Hettel, Wallington	16-5 ½	
1993-Jennifer Hettel, Wallington	16-3 ¼	
1992-Jennifer Hettel, Wallington	15-3 ½	
1991-Megan Burke, Glen Rock	17-9 ¼	
1990-Noelle Spassof, Emerson	15-5 ½	
1989-Kim Giordano, Waldwick	16-0	
1988-Megan Burke, Glen Rock	17-3 ½	
1987-Lynn Petrolia, New Milford		16-6
1986-Kim Taylor, New Milford	15-11 ¼	
1985-Lynn Petrolia, New Milford		16-3 ¼
1984-Debbie Tsai, Waldwick	15-0 ½	
1983-Kathy Harmel, Wallington	16-10	
1982-Kathy Harmel, Wallington	16-9 ½	
1981-Deneen Steiner, Ridgefield	16-11 ½	
1980-Kathy Harmel, Wallington	16-5 ½	
1979-Debbie Koester, Kittatinny	15-5	
1978-Kathy Wydner, Newton	15-11½	
1977-Kathy Wydner, Newton	15-6	

1976-Diane Sweller, Franklin	14-5

TRIPLE JUMP

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

POLE VAULT

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

1600 METER RELAY (one mile until 1979)

2016-Hasbrouck Heights	4:02.37
2015-Hasbrouck Heights	**4:02.00**
2014-Saddle Brook	4:07.48
2013-Pequannock	4:08.92
2012-Mountain Lakes	4:08.23
2011-Kinnelon	4:05.71
2010-Westwood	4:02.35
2009-Hasbrouck Heights	4:05.80
2008-Verona	4:11.93
2007-Verona	4:07.14
2006-Butler	4:05.8
2005-Hawthorne	4:03.6
2004-Glen Rock	4:08.8
2003-Glen Rock	4:08.9
2002-Hasbrouck Heights	4:10.8
2001-Saddle Brook	4:20.3
2000-Glen Rock	4:16.5
1999-Academic	4:09.0
1998-Hasbrouck Heights	4:25.3
1997-Glen Rock	4:10.6
1996-Saddle Brook	4:23.0
1995-Glen Rock	4:05.1
1994-Secaucus	4:15.0
1993-Midland Park	4:18.5
1992-Saddle Brook	4:19.6
1991-Saddle Brook	4:19.3

1990-North Arlington	4:31.0
1989-Waldwick	4:24.1
1988-Waldwick	4:18.8
1987-New Milford	4:17.4
1986-Midland Park	4:24.2
1985-New Milford	4:19.3
1984-Leonia	4:24.5
1983-Leonia	4:15.9
1982-Park Ridge	4:19.9
1981-Park Ridge	4:16.2
1980-Park Ridge	4:11.0
1979-Kittatinny	4:16.8
1978-Kittatinny	4:21.8
1977-Vernon	4:23.5
1976-Hopatcong	4:38.0

3200 METER RELAY

2016-Hasbrouck Heights	**9:59.58**
2015-Hasbrouck Heights	10:01.59
2014-Hasbrouck Heights	10:13.74
2013-Cresskill	10:24.37

NORTH 2 NORTH JERSEY CHAMPIONS

100 METERS

200 METERS

2008-Katie Landrigan, Rutherford (2)	26.58

400 METERS

2015-Carleisha Forteau, Secaucus (1)	58.18

800 METERS

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

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

SHOT PUT

2012-Val Considine, Rutherford (2)	35-6 ½

2009-Jackie Guirland, Lyndhurst (1)	34-2 ¾
2005-Nicole Lowenstein, Lyndhurst (1)	37-5 ¾
2004-Nicole Lowenstein, Lyndhurst (1)	36-11

DISCUS

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

JAVELIN

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

HIGH JUMP

2011-Steph Encarnacion, Ridgefield Park (2)		5-4
2009-Heather Gearity, Rutherford (2)	5-4	
2008-Heather Gearity, Rutherford (2)	5-2	
2007-C.J. Jacob, Ridgefield Park (2)	5-2	
2006-C.J. Jacob, Ridgefield Park (2)	5-2	
2005-C.J. Jacob, Ridgefield Park (2)	5-2	

LONG JUMP

2007-C.J. Jacob, Ridgefield Park (2)	16-5
2006-Burcu Kulaksiz, Lyndhurst (1)	15-1 ¾
2004-Judy Wong, Wood-Ridge (1)	17-7 ¼

TRIPLE JUMP

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

POLE VAULT

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

1600 METERS RELAY

2015-Secaucus (1)	4:10.09
2007-North Arlington (1)	4:25.69

GIRLS NON-PUBLIC A North

Top Three Teams

2016-Pope John 132, IHA 112 ½, Holy Angels 109
2015-Pope John 134, IHA 126, Paramus Catholic 94
2014-Pope John 172 ½, Holy Angels 97 ½, Paramus Catholic 89
2013-Pope John 188, Holy Angels 104 ½, Mt. St. Dominic 75

2012-Pope John 193 ½, Holy Angels 110 ½, Paramus Catholic 65 ½
2011-Holy Angels and Pope John 107, IHA 97
2010-IHA 140, Paramus Catholic 111, Holy Angels 83

100 METERS

2016-Alexis Trott, Paramus Catholic	12.55	
2015-Alexis Trott, Paramus Catholic	12.74	
2014-Marissa Evans, Pope John	12.30	
2013-Imani Beauliere, Union Catholic	12.29	
2012-Jordyn Smith, Paramus Catholic	12.23	
2011-Myasia Jacobs, Paramus Catholic	**11.66**	
2010-Myasia Jacobs, Paramus Catholic	11.93	

200 METERS

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

400 METERS

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

800 METERS

2016-Maria Acosta, Paramus Catholic	2:13.70	
2015-Maria Acosta, Paramus Catholic	2:15.21	
2014-Calleigh Higgins, Pope John	**2:12.32**	
2013-Calleigh Higgins, Pope John		2:20.36
2012-Calleigh Higgins, Pope John		2:19.93
2011-Ashlynn Fields, Mt. St. Dominic	2:14.54	
2010-Alyssa LaGuardia, DePaul	2:13.58	

1600 METERS

2016-Anna Campbell, Pope John	5:11.12	
2015-Colleen Buckley, IHA	5:08.43	
2014-Calleigh Higgins, Pope John		5:04.83
2013-Amanda Corbosiero, Mt. St. Dominic	**5:04.59**	
2012-Tess Keller, Pope John	5:11.82	
2011-Tess Keller, Pope John	5:05.35	
2010-Alyssa LaGuardia, DePaul	5:04.95	

3200 METERS

2016-Anna Campbell, Pope John	11:28.93
2015-Mary Watters, Holy Angels	11:15.96
2014-Lydon Kersting, Holy Angels	**11:08.58**
2013-Juliet Kohli, Mt. St. Dominic	11:27.22
2012-Tess Keller, Pope John	11:26.46
2011-Tess Keller, Pope John	11:24.39
2010-Emily Dunne, Holy Angels	11:17.68

100 METERS HIGH HURDLES

2016-Liz Garcia, Holy Angels	**14.66**
2015-Liz Garcia, Holy Angels	15.30
2014-Shaye Wisse, IHA	15.47
2013-Alana Hitscherich, Pope John	15.29
2012-Morgan McLaughlin, Union Catholic	14.85
2011-Morgan McLaughlin, Union Catholic	15.01
2010-Asher Beasley, Paramus Catholic	16.10

400 METERS INTERMEDIATE HURDLES

2016-Stephanie Buck, Pope John	64.92
2015-Stephanie Buck, Pope John	64.65
2014-Marissa Evans, Pope John	**62.72**
2013-Vicky Sheridan, Pope John	64.47
2012-Megan Gallagher, Pope John	66.81
2011-Morgan McLaughlin, Union Catholic	64.05
2010-Catie Cohen, Roselle Catholic	67.12

SHOT PUT

2016-Megan Swords, IHA	37-6 ¼
2015-Victoria Perez, Pope John	38-7 ½
2014-Victoria Perez, Pope John	37-1 ¼
2013-Lisa Sesink-Clee, Holy Angels	38-1
2012-Theresa Picciallo, IHA	40-8 ¼
2011-Theresa Picciallo, IHA	**43-4**
2010-Theresa Picciallo, IHA	40-4 ¾

DISCUS

2016-Danielle Line, Pope John	121-2	
2015-Danielle Line, Pope John	111-11	
2014-Mackenzie Merkel, Holy Angels	103-9	
2013-Madison Zavoda, Pope John		107-1
2012-Madison Zavoda, Pope John		102-6
2011-Theresa Picciallo, IHA	**126-6**	
2010-Theresa Picciallo, IHA	104-10	

JAVELIN

2016-Danielle Line, Pope John	115-5
2015-Victoria Perez, Pope John	120-0
2014-Dannie Griffin, Paramus Catholic	106-9
2013-Lisa Sesink-Clee, Holy Angels	133-2
2012-Lisa Sesink-Clee, Holy Angels	107-1
2011-Jaime Klein, Paramus Catholic	**143-11**
2010-Jaime Klein, Paramus Catholic	130-6

HIGH JUMP

2016-Elizabeth Garcia, Holy Angels	5-2
2015-Samantha Fellowes, Holy Angels	5-0
2014-Alanna Hitscherich, Pope John	5-2
2013-Alana Herran, Mt. St. Dominic	4-10
2012-Erin Jankowski, Pope John	**5-4**
2011-Rachel Lees, Pope John	**5-4**
2010-Rae Corbo, Paramus Catholic	5-2

LONG JUMP

2016-Alexis Trott, Paramus Catholic	17-1 ½
2015-Alexis Trott, Paramus Catholic	17-2
2014-Tatiyanna Sanders, Paramus Catholic	**18-4 ¼**

2013-Tatiyanna Sanders, Paramus Catholic	16-10	
2012-Morgan McLaughlin, Union Catholic	18-1	
2011-Amanda Fields, Holy Angels	17-5	
2010-Rae Corbo, Paramus Catholic	17-7 ¼	

TRIPLE JUMP

2016-Elizabeth Garcia, Holy Angels	38-1	
2015-Rosemary Menyhart, Paramus Catholic		34-9 ¾
2014-Tatiyanna Sanders, Paramus Catholic	**38-2**	
2013-Rosemary Menyhart, Paramus Catholic		37-4
2012-Amanda Fields, Holy Angels	37-2 ½	
2011-Amanda Fields, Holy Angels	36-8 ½	
2010-Rae Corbo, Paramus Catholic	37-10	

POLE VAULT

2016-Caroline McGann, Holy Angels	10-0
2015-Katlyn Rymarzov, Pope John	**11-0**
2014-Katlyn Rymarzov, Pope John	**11-0**
2013-Katlyn Rymarzov, Pope John	9-0
2012-Alexandra Eckert, Holy Angels	9-10 ½
2011-Alexandra Eckert, Holy Angels	9-0
2010-Caitlin Lavorgna, Pope John	9-0

1600 METERS RELAY

20163-Pope John	4:05.06
2015-Paramus Catholic	4:00.11
2014-Pope John	**3:58.46**
2013-Pope John	4:04.65
2012-Pope John	4:01.59
2011-Pope John	4:00.72
2010-Paramus Catholic	4:04.10

400 METERS RELAY

2016-Paramus Catholic	**48.49**
2015-Paramus Catholic	49.60
2014-Pope John	49.48
2013-Pope John	50.84

3200 METERS RELAY

2016-Pope John	9:51.09
2015-Kent Place	9:50.84
2014-Pope John	**9:41.09**
2013-IHA	9:43.97

GIRLS NON-PUBLIC B North

Top Three Teams

2016-Villa Walsh 96, Eastern Christian 84, St. Dominic 77
2015-Villa Walsh 135, Eastern Christian 96, Newark Academy 93
2014-Eastern Christian 128, Villa Walsh 115, Newark Academy 68
2013-Villa Walsh 110, Kent Place 97 ½, Eastern Christian 82 ½
2012-Mt. St. Dominic 112, Eastern Christian 65, Villa Walsh 62
2011-Eastern Christian 116, Villa Walsh 107, Kent Place 67
2010-Eastern Christian 126, Villa Walsh 123, Montclair Kimberley 64

100 METERS

2016-Nicole Borowiec, Morristown Beard	12.82	
2015-Lyndsey Smith, Eastern Christian	12.70	
2014-Lyndsey Smith, Eastern Christian	12.71	
2013-Raynice Stephens, Immaculate Conception	12.91	
2012-Hallie Earle, Montclair Kimberley	12.74	
2011-Hallie Earle, Montclair Kimberley	12.73	
2010-Dominque Booker, Immaculate Conception	**12.28**	

200 METERS

2016-Malia Gray, St. Dominic	26.35	
2015-Lyndsey Smith, Eastern Christian	26.53	
2014-Lyndsey Smith, Eastern Christian	26.15	
2013-Emilie Cowan, St. Elizabeth		26.76
2012-Marissa Evans, Morris Catholic	25.82	
2011-Mirabel Nkenke, Immaculate Conception	25.94	
2010-Dominque Booker, Immaculate Conception	**24.72**	

400 METERS

2016-Jaime Sheppard, Morristown Beard	**58.20**	
2015-Lyndsey Smith, Eastern Christian	59.14	
2014-Lyndsey Smith, Eastern Christian	58.68	
2013-Emilie Cowan, St. Elizabeth		59.83
2012-Marissa Evans, Morris Catholic	58.59	
2011-Mirabel Nkenke, Immaculate Conception	58.22	
2010-Dominque Booker, Immaculate Conception	58.38	

800 METERS

2016-Camille Bertholon, St. Dominic	2:22.49
2015-Crystal Ortiz, Hudson Catholic	2:19.39
2014-Hanna Jerome, Dwight-Englewood	2:22.97
2013-Megan Curham, Villa Walsh	2:25.20
2012-Kristen Traub, Eastern Christian	**2:14.75**
2011-Kristen Traub, Eastern Christian	2:18.23
2010-Caroline O'Connor, Villa Walsh	2:24.32

1600 METERS

2016-Mary Lynch, Villa Walsh	5:15.62
2015-Crystal Ortiz, Hudson Catholic	5:05.79
2014-Hanna Jerome, Dwight-Englewood	5:19.97
2013-Megan Curham, Villa Walsh	5:08:24
2012-Kristen Traub, Eastern Christian	**4:59.49**
2011-Kristen Traub, Eastern Christian	5:01.63
2010-Kristen Traub, Eastern Christian	5:08.25

3200 METERS

2016-Molly Whelan, Morris Catholic	11:29.70
2015-Crystal Ortiz, Hudson Catholic	11:03.44
2014-Mary Lynch, Villa Walsh	11:56.25
2013-Megan Curham, Villa Walsh	**10:36.42**
2012-Kat McCurdy, Mt. St. Dominic	11:04.18
2011-Kristen Traub, Eastern Christian	11:17.86
2010-Kristen Traub, Eastern Christian	11:17.96

100 METERS HIGH HURDLES

2016-Malia Gray, St. Dominic	**15.42**
2015-Natalie Negroni, Queen of Peace	16.54
2014-Kristen Frawley, Hawthorne Christian	15.47

2013-Natalie Negroni, Queen of Peace	16.42	
2012-Bethany Van Eck, Eastern Christian	15.59	
2011-Bethany Van Eck, Eastern Christian	15.62	
2010-Shanice Johnson, Morristown Beard	15.71	

400 METERS INTERMEDIATE HURDLES

2016-Nicole Borowiez, Morristown Beard	65.65	
2015-Natalie Negroni, Queen of Peace	65.59	
2014-Natalie Negroni, Queen of Peace	66.56	
2013-Natalie Negroni, Queen of Peace	68.27	
2012-Natalie Negroni, Queen of Peace	65.87	
2011-Faith Dismuke, Mary Help of Christians	**65.10**	
2010-Faith Dismuke, Mary Help of Christians	65.74	

SHOT PUT

2016-Madison Wynbeeck, Eastern Christian	32-3 ½	
2015-Haila Rosemond, Morristown Beard	35-9 ¼	
2014-Haila Rosemond, Morristown Beard	34-6 ¼	
2013-Haila Rosemond, Morristown Beard	33-0	
2012-Tatiana Johnson, Morristown Beard	40-0	
2011-Tatiana Johnson, Morristown Beard		**40-0 ½**
2010-Tatiana Johnson, Morristown Beard	39-3	

DISCUS

2016-Emily Dolan, Oak Knoll	94-4	
2015-Haila Rosemond, Morristown Beard		**130-3**
2014-Haila Rosemond, Morristown Beard	124-8	
2013-Haila Rosemond, Morristown Beard	120-3	
2012-Haila Rosemond, Morristown Beard	120-6	
2011-Tatiana Johnson, Morristown Beard	100-1	
2010-Jamie Van Buiten, Eastern Christian	104-3	

JAVELIN

2016-Brooke Van Lenten, Eastern Christian	**112-7**
2015-Lizzie Hunt, Morristown Beard	101-10
2014-Grace Van Gurn, Villa Walsh	105-0
2013-Jackie Sheppard, Newark Academy	102-0
2012-Jenna Schwenk, Oak Knoll	109-4
2011-Grace Van Gurn, Villa Walsh	99-10
2010-Jamie Van Buiten, Eastern Christian	102-11

HIGH JUMP

2016-Malia Gray, St. Dominic	5-0
2015-Natalie Negroni, Queen of Peace	4-10
2014-Kayla Van Lenten, Eastern Christian	5-0
2013-Claire Johnson, Morris Catholic	5-0
2012-Keyanna Harris, Kent Place	**5-4**
2011-Bethany Van Eck, Eastern Christian	5-0
2010-Sara Schipper, Eastern Christian	4-10

LONG JUMP

2016-Samantha Pearson, Oak Knoll	16-10
2015-Lyndsey Smith, Eastern Christian	**17-5**
2014-Lyndsey Smith, Eastern Christian	16-10
2013-Grace Penders, Villa Walsh	15-2 ¾
2012-Gabriella Leuthner, Oak Knoll	16-1
2011-Isabella Fernandez, Kent Place	15-7 ¾
2010-Shanice Johnson, Morristown Beard	17-4 ½

TRIPLE JUMP

2016-Victoria Kong, Dwight-Englewood	**35-3 ½**
2015-Erin Van Lenten, Eastern Christian	35-1
2014-Grace Penders, Villa Walsh	33-9
2013-Grace Penders, Villa Walsh	32-8 ½
2012-Grace Penders, Villa Walsh	35-2
2011-Bethany Van Eck, Eastern Christian	33-1 ¼
2010-Dara Veenstra, Eastern Christian	32-11

POLE VAULT

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

1600 METERS RELAY

2016-Eastern Christian	4:09.53
2015-Newark Academy	4:10.24
2014-Villa Walsh	4:16.29
2013-Kent Place	4:12.08
2012-Kent Place	**4:03.43**
2011-Kent Place	4:08.41
2010-Immaculate Conception	4:07.26

400 METERS RELAY

20163-Eastern Christian	51.78
2015-Newark Academy	52.61
2014-Oak Knoll	**51.75**
2013-Eastern Christian	52.39

3200 METERS RELAY

2016-Eastern Christian	**10:11.69**
2015-Villa Walsh	10:15.57
2014-Newark Academy	10:19.38
2013-Kent Place	10:29.33