

RIDGEWOOD WINTER GAMES AT RCC MEET RECORDS**BOYS**

55 Meter Dash	Ron Lewis	Asbury Park	1995	6.2
55 Meter Hurdles	Darius Pemberton	Hackensack	1991	7.3
300 Yard Dash	Gary Gooden	Nazareth	1984	31.5
600 Yard Dash	Jose Lopez	Memorial	1991	1:13.0
1000 Yard Run	Willie Best	Hackensack	1991	2:18.5
1600 Meter Run	Eric Boucher	Ridgewood	1991	4:24.4
3200 Meter Run	Mohamed Khadraoui	Kennedy	2004	9:18.9
4 x 400 Meter Relay	Glen Mills (Pa.)		1996	3:25.0
4 x 800 Meter Relay	North Rockland		2012	8:09.6
Long Jump	Nash Peart	LaGuardia	1990	23-9 1/2
Triple Jump	Joe McDonald	Kingston	1987	48-2
High Jump	Derrick Ponton	Montclair	1995	6-7
Pole Vault	Chris Giaculli	Matawan	1997	14-0
Shot Put	Kevin DiGiorgio	Bayonne	1997	62-2

GIRLS

55 Meter Dash	Regina Trotter	Weequahic	1991	7.0
55 Meter Hurdles	Kim Turko	J.P. Stevens	1997	7.9
300 Yard Dash	Regina Trotter	Weequahic	1991	35.7
600 Yard Dash	Gisele Harris	Shabazz	1984	1:23.7
1000 Yard Run	Megan Patrignelli	Monroe-Woodbury	2009	2:43.6
1600 Meter Run	Caitlin Smyth	IHA	2003	5:13.7
3200 Meter Run	Lindsay Van Alstine	Hawthorne Christian	2003	11:05.5
4 x 400 Meter Relay	Shabazz		1986	4:06.5
4 x 800 Meter Relay	Valley Central		2008	9:45.6
Long Jump	Claire Connor	Rahway	1984	19-10
Triple Jump	Consandria Walker	Hackensack	2004	38-6 1/2
High Jump	Michele Dudzinski	Passaic Valley	1992	5-6
Shot Put	Jessica Molina	Westwood	2015	42-11
Pole Vault	Mandy Jenkins	Valley Central	2003	10-6