

Easterns Records						Easterns Records				
	Boys						Girls			
55	Mario Heslop	Franklin Twp (NJ)	2018	6.26		55	Myasia Jacobs	Paramus Catholic (NJ)	2011	6.84
	Mike Kee	Rindge Tech (MA)	1975	6.0						
55 HH	Rodney Wilson	Bartram (PA)	1979	7.17		55 HH	Sydney McLaughlin	Union Catholic (NJ)	2015	7.66
	Renaldo Nehemiah	Scotch Plains (NJ)	1977	6.9						
200	Mario Heslop	Franklin Twp (NJ)	2018	21.09		200	Whitney Fountain	Christhoper Columbus (NY)	2009	23.77
400	Zyaire Clemes	Trenton	2014	47.13		400	Zola Golden	Arlington (NY)	2014	54.40
800	Paul Joyce	Clarkstown South (NY)	2000	1:51.98		800	Janine Davis	Queen of Peace (NJ)	2005	2:09.27
Mile	Blair Mancini	North Penn (PA)	1981	4:11.57		Mile	Michelle Rowan	Washington Twp. (NJ)	1983	4:43.1
2 Mile	Edward Cheserek	St. Benedicts (NJ)	2012	8:54.82		2 Mile	Lesley Welch	Peabody MA	1981	10:22.29
4 x 200 relay		Camden (NJ)	2004	1:26.90		4 x 200 relay		Paul Robeson (NY)	2016	1:38.40
4 x 400 relay		Vineland (NJ)	2003	3:15.47		4 x 400 relay		Columbia (NJ)	2013	3:46.80
4 x 800 relay		Pleasantville (NJ)	2013	7:45.55		4 x 800 relay		Columbia (NJ)	2014	9:05.40
Distance medley		West Windsor Plains N (NJ)	2009	10:07.21		Distance medley		Southern (NJ)	2009	11:48.61
High jump	Greg Gonsalves	Falmouth (MA)	1981	7-3		High jump	Emily Kianka	Hopewell Valley (NJ)	2010	11-May
Triple jump	Ronel Forde	Shaker (NY)	2016	51-6		Triple jump	Keturah Orji	Mount Olive (NJ)	2014	43-11 1/2
Long jump	Dion Bentley	Penn Hills (PA)	1989	26-0 3/4		Long jump	Keturah Orji	Mount Olive (NJ)	2014	20-8
Shot put	Nick Vena	Morristown (NJ)	2011	71-3 1/4		Shot put	Alyssa Wilson	Donovan Catholic (NJ)	2017	57-5.5
Pole vault	Jordan Yamoah	Arlington (NY)	2011	16-6		Pole vault	Kaeli Thompson	Warwick Valley HS (NY)	2019	13-04
								Compiled 3/2019		