

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 (HT)					
55 HH	Nathaniel Rayan	Scotch Plains (NJ)	2023	7.14	55 HH	Sydney McLaughlin	Union Catholic (NJ)	2015	7.66
	Renaldo Nehemiah	Scotch Plains (NJ)	1977	6.9 (HT)					
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	Talitha Diggs	Saucon Valley (PA)	2020	53.98
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	9:05.04
Distance medley		West Windsor Plains N (NJ)	2009	10:07.21	Distance medley		Union Catholic (NJ)	2022	11:45.71
High jump	Greg Gonsalves	Falmouth (MA)	1981	7-3	High jump	Emily Kianka	Hopewell Valley (NJ)	2010	5' 11"
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	Bradley Jelmert	Watchung Hills (NJ)	2020	16-6 1/4	Pole vault	Leah Pasqualetti	Orchard Park HS (NY)	2020	13-08
									Compiled 3/2023