



# OUTDOOR TRACK

## STATE CHAMPIONS

1959      1963

## BERGEN COUNTY CHAMPIONS

1963	1964	1966	1971	1972	1973
1976	1978	1991	1995	1996	2001

# OUTDOOR TRACK RECORDS

<u>EVENT</u>	<u>ATHLETE</u>	<u>TIME/MARK</u>	<u>YEAR</u>
100m	Kyle Ellerson	10.93	2014
100yd	Jack Mostyn	9.6	1958
200m	Mike Rios	21.9	1987
220yd	Jack Mostyn	21	1958
	Ted D'Amico	22.10	1971
400m	John D'Izzia	48.7	1999
440yd	Paul Casey	49.6	1976
800m	Kenny Sinkovitz	1:52.17	2003
1500m	Bill Leonard	3:51.2	1978
1600m	Harry Carle	4:14.9	1985
1 Mile	John Malone	4:14.7	1978
3000m	Sean Gormley	8:42.8	1980
3200m	Harry Carle	9:07.6	1985
2 Mile	Bill Mahon	9:14.9	1971
3 Mile	Frank Noto	14:38.0	1972
5000m	Vin Deuschel	15:43.5	1978
120yd/110 mm HH	Josiah Swasey	14.1	1990
330yd IH	Dave Mullane	39.3	1976
400m IH	Kevin Ervin	53.8	1992
440yd IH	Dave Mullane	54.8	1976
Shot Put	Carl Barisich	59' 6.5"	1969
Discus	Chuck D'Amico	174' 8"	1974
Javelin	Rob Donohue	187' 5"	1981

# OUTDOOR TRACK RECORDS

<u>EVENT</u>	<u>ATHLETE</u>	<u>TIME/MARK</u>	<u>YEAR</u>
Pole Vault	George Vallone	14' 0"	1972
	Paul Wilson	14' 0"	1984
High Jump	Kevin Bostick	6'8"	2008
Long Jump	Ed Whalen	22' 3.5"	1967
Triple Jump	Kevin Bostick	48' 0"	2008
Decathlon	Mike Brady	5,505 points	1972
Marathon	Joe Mecca	2:36:06	1979
Mile Walk	Bill McCarthy	8:12.8	1972
4x100m	Ellerson, Johnson, Jackson, Leithauser	43.79	2014
4x110yds	Meisse, Stack, Rabadan, Madden	44.4	1964
4x200m	Wingate, Gray, Kranjac, Leonard	1:30.1	2010
4x220yd	Mahle, Madden, Patti, Bell	1:30.8	1963
4x400m	Wingate, Leonard, Kranjac, Gray	3:17.29	2010
4x440yd	Casey, Brown, Mullane, Meuhl	3:20.8	1976
4x800m	Selvaggi, Ludwig, Lynch, Morano	7:42.95	2014
4x880yd	Wozny, Moran, Duffy, Korkuch	7:18.3	1974
4x1600m	Morano, Sondej, Selvaggi, Lynch	18:05.10	2014
Distance Medley (4000m)	Leonard, Malone, Marchesani, McKeon	10:07.4	1978
Distance Medley (2.5 miles)	K. Byrne, Rice, Flume, B. Byrne	10:21.0	1975
Sprint Medley (1600m)	Sinkovitz, Santini, Englert, Darius	3:30.17	2002
Sprint Medley	Casey, Brown, Mullane, Biagioni	3:30.8	1976

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<u>EVENT</u>	<u>ATHLETE</u>	<u>TIME/MARK</u>	<u>YEAR</u>
1x1600m	Carle, Matthews, Conway, Palmadessa	18:15	1985
4xMile	B. Byrne, Rice, Carle, Sansevero	17:36.4	1974
4x120yd/110m HH	Gray, Dilworth, Go, Wingate	61.7	2010
3x`10yd/110m HH	Lange, Sonzogni, Ghelli	46.3	1987
3x330yd IH	Hille, Brown, Mullane	2:04.8	1976
3x400m IH	Haggerty, Fortunato, Kim	2:48.84	1983
2xShot Put	Burke, Ruggeri	105' 8"	1971
3xShot Put	Burke, Ruggeri, Newman	154' 0"	1971
4xShot Put	Burke, Ruggeri, Newman, Devaney	201' 4"	1971
2xDiscus	Fischer, Koob	300'	1998
3xDiscus	Tralongo, Polifroni, McGregor	400'	1996
3xJavelin	Regan, Morris, Hessman	473' 11"	2013
4xJavelin	Sonzogni, Heyer, Quigley, McBride	541' 10"	1975
2xHigh Jump	Bostick, Servito	12' 2"	2008
3xHigh Jump	Bostick, Servito, McNicholas	18' 6"	2008
4xHigh Jump	Duffy, Carr, Sweatlock, Brady	22' 8"	1972
2xPole Vault	Wilson, DeGasperis	25' 6"	1982
	Wohner, Maron	25' 6"	1987
3xPole Vault	Wohner, Maron, Rettew	37' 6"	1987
2xLong Jump	Biagioni, Casey	40' 11.5"	1977
3xLong Jump	Bostick, Rigg, Servito	62' 5"	2008
3xTriple Jump	Bostick, Rigg, Servito	124' 4"	2008