



# INDOOR TRACK

## STATE CHAMPIONS

1963    1964    1976

## BERGEN COUNTY CHAMPIONS

1986    1991    1994    1995  
1996    2002    2015    2016

# INDOOR TRACK RECORDS

<u>EVENT</u>	<u>ATHLETE</u>	<u>TIME/MARK</u>	<u>YEAR</u>
High Jump	Kevin Bostick	6'7"	2008
Pole Vault	Paul Wilson	14'0"	1983
Long Jump	Mike Proscia	21' 4.5"	1983
Triple Jump	Josiah Swasey	43' 10.75"	1990
4x60yd/55m HH	O'Connor, Keene, Sherlog, Braun	30.8	1979
	Gray, Dilworth, Go, Wingate	30.8	2010
4x200m	Wingate, Leonard, Dixon, Gray	1:30.5	2010
4x220yd	Scialabba, D'Amico, Jacobs, Lanzilotti	1:34.3	1971
4x400m	Wingate, Gray, Dixon, Leonard	3:23.4	2010
4x400yd	Gobell, Jacobs, Scialabba, Korkuch	3:29.1	1972
4x800m	Ludwig, Selvaggi, Morano, Lynch	7:55.95	2014
4x800yd	McCarthy, Ciaccio, Scarbrough, Courtney	7:54.0	1972
800m	Kenny Sinkovitz	1:53.22	2003
880yd	Frank Courtney	1:56.4	1972
1000m	Kenny Sinkovitz	2:32.4	2003
1000yd	Frank Stanton	2:16.8	1977
1500m	Sean Gormley	4:06.6	1980
1600m	Harry Carle	4:23.8	1985
1 Mile	Kevin Byrne	4:15.6	1975
3000m	Harry Carle	8:45.03	1985
3200m	J.R. Meloro	9:20.41	1991
2 Mile	Mike Scarbrough	9:14.8	1972
Shot Put	Shaun McGregor	60' 4.25"	1996