

# Passaic County Track and Field Records

## Individual Events

### 100 meter dash:

|       |                   |                         |      |
|-------|-------------------|-------------------------|------|
| 10.78 | Hunter Hayek      | Wayne Hills High School | 2016 |
| 11.80 | Nicole Carmichael | Kennedy High School     | 1995 |

### 200 meter dash:

|       |                   |                     |      |
|-------|-------------------|---------------------|------|
| 21.23 | Shaquan Brown     | Kennedy High School | 2005 |
| 24.12 | Nicole Carmichael | Kennedy High School | 1995 |

### 400 meter dash:

|       |                |                      |      |
|-------|----------------|----------------------|------|
| 46.88 | Shaquan Brown  | Kennedy High School  | 2005 |
| 54.0  | Natalie Jordan | Eastside High School | 1982 |

### 800 meter run:

|         |                  |                             |      |
|---------|------------------|-----------------------------|------|
| 1:49.08 | Joe White        | DePaul Catholic High School | 2014 |
| 2:12.26 | Alyssa LaGuardia | DePaul Catholic High School | 2010 |

### 1600 meter run:

|         |               |                           |      |
|---------|---------------|---------------------------|------|
| 4:13.1  | Curtis McNair | Passaic High School       | 1986 |
| 4:53.33 | Kristen Traub | Eastern Christian Academy | 2012 |

### 3200 meter run:

|                     |                     |                             |      |
|---------------------|---------------------|-----------------------------|------|
| 8:50.44 (2mile-3.3) | Mohamed Khadraoui   | Kennedy High School         | 2004 |
| 10:31.6             | Lindsay Van Alstine | Hawthorne Christian Academy | 2003 |

### 100/110 meter hurdles:

|       |               |                         |      |
|-------|---------------|-------------------------|------|
| 13.89 | Guy Rose      | Wayne Hills High School | 1998 |
| 14.33 | Melissa Jones | Eastside High School    | 1997 |

### 400 intermediate hurdles:

|       |                |                     |      |
|-------|----------------|---------------------|------|
| 51.68 | Shaquan Brown  | Kennedy High School | 2006 |
| 57.48 | Tawana Watkins | Kennedy High School | 2001 |

### High Jump:

|       |                   |                            |      |
|-------|-------------------|----------------------------|------|
| 7-0 ½ | Linden Richmond   | Passaic High School        | 1997 |
| 5-7 ¾ | Michele Dudzinski | Passaic Valley High School | 1993 |

### Long Jump:

|        |                   |                       |      |
|--------|-------------------|-----------------------|------|
| 23-8 ¼ | Chiffon Allen     | Passaic High School   | 1996 |
| 20-0   | Kaitlin Salisbury | Hawthorne High School | 2016 |

### Triple Jump:

|        |              |                      |      |
|--------|--------------|----------------------|------|
| 48-2 ½ | Kyle Lindsay | Eastside High School | 2006 |
| 40-7   | Shanai Heber | Kennedy High School  | 2008 |

### Pole Vault:

|      |                 |                           |      |
|------|-----------------|---------------------------|------|
| 14-6 | Jeff Young      | Wayne Valley High School  | 2003 |
|      | Chris Steele    | Pompton Lakes High School | 2011 |
| 12-6 | Emily Urciuolli | Clifton High School       | 2009 |

### Shot Put:

|        |               |                           |      |
|--------|---------------|---------------------------|------|
| 61-6   | Charlie Getty | Pompton Lakes High School | 1970 |
| 43-8 ½ | Alana Pantale | Wayne Valley High School  | 2010 |

### Discus:

|       |                  |                            |      |
|-------|------------------|----------------------------|------|
| 183-5 | George Abyad     | Passaic Valley High School | 2007 |
| 142-2 | Jasmine Fenlator | Wayne Valley High School   | 2003 |

### Javelin:

|       |              |                          |      |
|-------|--------------|--------------------------|------|
| 193-3 | Greg Poloso  | Wayne Valley High School | 2018 |
| 139-1 | Tina Lindsay | Eastside High School     | 2002 |

Compiled by: Jacob Brown, List collected by: Paul Schwartz, Updated August 2019

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## Relays:

### 4x100 meter relay:

|       |                         |      |
|-------|-------------------------|------|
| 42.90 | Wayne Hills High School | 2016 |
| 47.8  | Eastside High School    | 1980 |

### 4x200 meter relay:

|        |  |      |
|--------|--|------|
| 1:30.3 | Eastside High School – 1987 & Passaic High School – 1990 |      |
| 1:42.2 | Eastside High School                                     | 1980 |

### 4x400 meter relay:

|        |                      |      |
|--------|----------------------|------|
| 3:17.2 | Eastside High School | 1986 |
| 3:47.2 | Eastside High School | 1981 |

### 4x800 meter relay:

|         |                     |      |
|---------|---------------------|------|
| 8:00.93 | Passaic High School | 2018 |
| 9:30.85 | Clifton High School | 2019 |

### 4x1600 meter relay:

|         |                          |      |
|---------|--------------------------|------|
| 18:31.9 | Kennedy High School      | 1979 |
| 22:16.0 | Wayne Valley High School | 1987 |

### Sprint Medley (200,200,400,800):

|         |                     |      |
|---------|---------------------|------|
| 3:36.0  | Kennedy High School | 2004 |
| 4:08.55 | Clifton High School | 2019 |

### Distance Medley (1200,400,800,1600):

|          |                     |      |
|----------|---------------------|------|
| 10:37.41 | Passaic Tech        | 2013 |
| 12:16.03 | Clifton High School | 2019 |

### 4x100/110 hurdles:

|      |                      |      |
|------|----------------------|------|
| 62.2 | Kennedy High School  | 1990 |
| 63.9 | Eastside High School | 1998 |

### 3x400 hurdles:

|        |                      |      |
|--------|----------------------|------|
| 2:52.5 | Eastside High School | 1987 |
| 3:22.3 | Eastside High School | 1996 |

### 3xHigh Jump:

|      |                     |      |
|------|---------------------|------|
| 18-8 | Kennedy High School | 1987 |
| 14-8 | Passaic Tech        | 2013 |

### 3xLong Jump:

|         |                       |      |
|---------|-----------------------|------|
| 61-11 ½ | Eastside High School  | 1981 |
| 49-11 ½ | Hawthorne High School | 2016 |

### 3xTripleJump:

|         |                       |      |
|---------|-----------------------|------|
| 129-5   | Kennedy High School   | 1979 |
| 105-3 ¼ | Hawthorne High School | 2016 |

### 2xPoleVault:

|      |                     |      |
|------|---------------------|------|
| 25-1 | Clifton High School | 2000 |
| 19-2 | Clifton High School | 2010 |

### 3xShotPut:

|         |                          |      |
|---------|--------------------------|------|
| 159-4 ½ | Wayne Valley High School | 1978 |
| 109-10  | Passaic High School      | 1997 |

### 3xDiscus:

|        |                          |      |
|--------|--------------------------|------|
| 436-11 | Wayne Valley High School | 2008 |
| 311-11 | Wayne Valley High School | 2013 |

### 3xJavelin:

|        |                          |      |
|--------|--------------------------|------|
| 516-11 | Wayne Valley High School | 1978 |
| 302-6  | Wayne Valley High School | 2006 |