| 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** | Yashahya Brown | Washington Twp | 2024 | 7.1 | | **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** | 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 |
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