



NEW JERSEY STATE INTERSCHOLASTIC
ATHLETIC ASSOCIATION

GIRLS SPRING TRACK & FIELD Championship History *1976-2023*

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NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

TABLE OF CONTENTS

SECTIONAL CHAMPIONS	3
Sectional Records	16
Best of the Sectionals (by Section)	36
Best of the Sectionals (All Sections)	41
STATE CHAMPIONS	42
Most State Titles, Most Consecutive State Titles	46
State Records (by Group)	47
Best of the State Meets (All Groups)	53
MEET OF CHAMPIONS	
Meet of Champions “Team Titles” (1979-1981)	54
Meet of Champions Winners	55
Most MOC Titles	80
Meet of Champions Records	83

NOTES

From 1979- 1981, Meet of Champions “Team Titles” were awarded.

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Due to the COVID-19 pandemic, championships were not held in 2020.

The New Jersey State Interscholastic Athletic Association strives to make each sport’s Championship History Book an accurate and comprehensive resource. If you have information you believe should be included in these records (additions, deletions or corrections), it may be submitted by e-mail to Dena Maggio at dmaggio@njsiaa.org. Please provide supporting data/documentation with your submission. Appropriate documentation shall include, but is not limited to, the following: copies of scorebooks or game/season statistical summaries, copies of yearbooks, and copies of newspaper clippings. All information must be complete for consideration. Submissions completed by a coach or school administrator are preferred. Before any mark is added to the record book, it must be independently verified by the NJSIAA staff. If the information cannot be independently verified, it will not be included.

Championship History is updated on a seasonal basis when possible.

NJSIAA Est. 1918 **GIRLS SPRING TRACK & FIELD**
CHAMPIONSHIP HISTORY AND RECORD BOOK

Sectional Champions - North Jersey 1

Year	Group 1	Group 2	Group 3	Group 4
1976	Secaucus	Rutherford	Cliffside Park	Eastside (Paterson)
1977	Secaucus	Rutherford	Lincoln	Eastside (Paterson)
1978	Bogota	Hawthorne	Ramsey	Eastside (Paterson)
1979	Park Ridge	Saddle Brook	Lincoln	Teaneck
1980	Park Ridge	Hopatcong/High Point	Westwood	Teaneck
1981	Park Ridge	Tenafly	Lincoln	Eastside (Paterson)
1982	Park Ridge	Tenafly/Saddle Brook	Westwood	Eastside (Paterson)
1983	Saddle Brook	Tenafly	Westwood	Ridgewood
1984	Saddle Brook	Garfield	Northern Valley- Old Tappan	Ridgewood
1985	New Milford	Rutherford	Northern Valley- Old Tappan	Ridgewood
1986	New Milford	Westwood	Wayne Valley	Teaneck
1987	New Milford	Kittatinny	Wayne Valley	Ridgewood
1988	Waldwick	Westwood	Wayne Valley	Teaneck
1989	Saddle Brook	Westwood	Wayne Valley	Teaneck
1990	Saddle Brook	Garfield	Pascack Valley	Teaneck
1991	Saddle Brook	Garfield	Pascack Valley	Hackensack
1992**	Saddle Brook	Wallkill Valley	Wayne Valley	Hackensack
1993	New Milford	Glen Rock	Wayne Valley	Ridgewood
1994	Hasbrouck Heights	Glen Rock	Wayne Valley	Ridgewood
1995	Glen Rock	Englewood	Ramsey	Teaneck
1996	Hawthorne	Ramsey	Sparta	Eastside (Paterson)
1997	Glen Rock	Ramsey	Northern Valley- Demarest	Hackensack
1998	Hasbrouck Heights	Ramsey	Northern Valley- Demarest	Eastside (Paterson)
1999	McNair Academy	Ramsey	Lakeland	Passaic
2000	Glen Rock	Ramsey	River Dell	Passaic
2001	Glen Rock	Newton	Northern Valley- Demarest	Ridgewood
2002	Glen Rock	Newton	Northern Valley- Demarest	Passaic County Vo-Tech
2003	Glen Rock	Newton	Sparta	Hackensack
2004	Cresskill	Indian Hills	Morris Knolls	West Orange
2005	Butler	Indian Hills	Teaneck	Hackensack
2006	Butler	River Dell	Ramapo	Ridgewood
2007	Verona	Indian Hills	Ramapo	Ridgewood
2008	Verona	Ramsey	Ramapo	Clifton
2009	Westwood	Mahwah	Teaneck	Randolph

**NEW SCORING INSTITUTED IN 1992: 10, 8, 6, 4, 2, 1

Sectional Champions - North Jersey 1 *continued*

Year	Group 1	Group 2	Group 3	Group 4
2010	Westwood	Mahwah	Sparta	Randolph
2011	Kinnelon	Westwood	Sparta	Randolph
2012	Mountain Lakes	Westwood	Teaneck	Randolph
2013	Hasbrouck Heights	River Dell	Northern Highlands	Randolph
2014	Hawthorne	Westwood	Northern Highlands	Randolph
2015	Hasbrouck Heights	Northern Valley- Demarest	Northern Highlands	Randolph
2016	Mountain Lakes	River Dell	Northern Highlands	Ridgewood
2017	Hasbrouck Heights	River Dell	Northern Highlands	Randolph
2018	Hasbrouck Heights	River Dell	Northern Highlands	Ridgewood
2019	Kinnelon	Northern Valley- Demarest	Northern Highlands	Ridgewood
2020	<i>Cancelled due to COVID-19</i>			
2021	Hasbrouck Heights	Northern Valley- Demarest	Northern Highlands	Ridgewood
2022	Hasbrouck Heights	Northern Valley- Demarest	Northern Valley- Old Tappan	Ridgewood
2023	Hasbrouck Heights	River Dell	Northern Valley- Old Tappan	Ridgewood

Most North 1 Sectional Titles (3+)

No.	School	No.	School
16	Ridgewood	4	Northern Valley @ Old Tappan
9	Hasbrouck Heights	4	Park Ridge
9	Teaneck	4	Sparta
9	Westwood	3	Garfield
8	Glen Rock	3	Indian Hills
8	Northern Highlands	3	Lincoln
8	Northern Valley @ Demarest	3	Mahwah
8	Ramsey	3	Newton
8	Randolph	3	Ramapo
8	Saddle Brook	3	Rutherford
7	Eastside	3	Tenafly
7	Wayne Valley		
6	River Dell		
5	Hackensack		
4	Hawthorne		
4	New Milford		

Most Consecutive North 1 Sectional Titles (3+)

No.	School	Years
8	Northern Highlands	2013-2021
7	Randolph	2009-2015
6	Ramsey	1995-2000
5	Ridgewood	2018-2023
4	Glen Rock	2000-2003
4	Mahwah	2009-2012
4	Park Ridge	1979-1982
4	Saddle Brook	1989-1992
4	Wayne Valley	1986-1989
3	Eastside (Paterson)	1976-1978
3	Glen Rock	1993-1995
3	Hasbrouck Heights	2021-2023
3	New Milford	1985-1987
3	Newton	2001-2003
3	Northern Valley- Demarest	1997-1998, 2001-2002, 2019-2022
3	Ridgewood	1983-1985, 1987-1988, 1993-1994, 2006-2007
3	River Dell	2016-2018
3	Saddle Brook	1982-1984
3	Tenafly	1981-1983

NJSIAA Est. 1918 **GIRLS SPRING TRACK & FIELD**
CHAMPIONSHIP HISTORY AND RECORD BOOK

Sectional Champions - North Jersey 2

Year	Group 1	Group 2	Group 3	Group 4
1976	Mount Olive	Hackettstown	Pequannock	Morristown
1977	Mount Olive	Madison	West Morris	Morristown
1978	Kinnelon/Bayley-Ellard	Central- Newark	West Morris	Morristown
1979	Glen Ridge	Springfield	Morris Hills	Linden/Plainfield
1980	Glen Ridge	Springfield	Parsiappany	Plainfield
1981	Glen Ridge	West Morris Mendham	Vailsburg	Plainfield
1982	New Providence	Vailsburg	Central- Newark	Columbia
1983	New Providence	Caldwell/Springfield	Randolph	Columbia
1984	New Providence	Central- Newark	Vailsburg	Plainfield
1985	New Providence	Madison	Randolph	Plainfield
1986	New Providence	Dover	Malcolm X Shabazz	Plainfield
1987	New Providence	Dover	Clifford J. Scott	Montclair
1988	Science- Newark	Central- Newark	Clifford J. Scott	Phillipsburg
1989	Science- Newark	Hillside	Clifford J. Scott	Morris Knolls
1990	Science- Newark	Hackettstown	Mount Olive	Morris Knolls
1991	Science- Newark	Roselle (Abraham Clark)	Weequahic	Columbia
1992	Science- Newark	Roselle (Abraham Clark)	Nutley	Columbia
1993	New Providence	Pequannock/Summit	Nutley	Columbia
1994	Science- Newark	Summit	Nutley	Columbia
1995	Pequannock	Morris Hills	Scotch Plains-Fanwood	Columbia
1996	Pequannock	Morris Hills	Scotch Plains-Fanwood	Columbia
1997	Kinnelon	Morris Hills	Morris Knolls	Columbia
1998	Arts- Newark	Morris Hills	Jefferson	Columbia
1999	Science- Newark	Chatham	Morris Hills	Roxbury
2000	New Providence	West Morris Mendham	Scotch Plains-Fanwood	Columbia
2001	Verona	Governor Livingston	Morris Hills	Morristown
2002	New Providence	Hanover Park	Scotch Plains-Fanwood	Montclair
2003	Verona	Hanover Park	Morris Knolls	Elizabeth
2004	Verona	Hanover Park	Franklin	Piscataway
2005	Whippany Park	Hanover Park	Montgomery	Columbia
2006	Bound Brook	Hanover Park	Ridge	Plainfield
2007	McNair Academic	Hanover Park	Voorhees	J.P. Stevens
2008	Whippany Park	Hanover Park	Voorhees	Ridge
2009	Verona	Madison	Voorhees	Ridge
2010	Verona	Bernards	Voorhees	Columbia

Sectional Champions - North Jersey 2 *continued*

Year	Group 1	Group 2	Group 3	Group 4
2011	Essex Co. Vo-Tech Market St.	Bernards	Irvington	Columbia
2012	Essex Co. Vo-Tech Market St.	Bernards	Irvington	Columbia
2013	Essex Co. Vo-Tech Market St.	Bernards	Woodbridge	Columbia
2014	Whippany Park	Summit	West Morris Mendham	Columbia
2015	New Providence	Whippany Park	Summit	Ridge
2016	New Providence	Whippany Park	Middletown North	Columbia
2017	New Providence	Mountain Lakes	Middletown North	Ridge
2018	New Providence	Hanover Park	Rahway	North Hunterdon
2019	Whippany Park	Parsippany	Woodbridge	Watchung Hills
2020	<i>Cancelled due to COVID-19</i>			
2021	Whippany Park	Rutherford	Middletown North	Ridge
2022	Whippany Park	New Providence	North Hunterdon	Scotch Plains-Fanwood
2023	Whippany Park	Parsippany Hills	North Hunterdon	Elizabeth

Most North 2 Sectional Titles (3+)

No.	School	No.	School
17	Columbia	4	Voorhees
14	New Providence	3	Clifford Scott
8	Hanover Park	3	Essex VT – Market Street
7	Plainfield	3	Glen Ridge
7	Science	3	Madison
7	Whippany Park	3	Middletown North
6	Ridge	3	Mount Olive
6	Verona	3	North Hunterdon
5	Morris Hills	3	Nutley
5	Scotch Plains-Fanwood	3	Springfield
4	Bernards	3	Vailsburg
4	Central (Newark)	3	West Morris
4	Morris Knolls	3	West Morris Mendham
4	Morristown		
4	Pequannock		
4	Summit		

Most Consecutive North 2 Sectional Titles (3+)

No.	School	Years
8	Columbia	1991-1998
7	Hanover Park	2002-2008
6	New Providence	1982-1987
5	Columbia	2010-2014
5	Morris Hills	1995-1999
5	Science	1988-1992
4	Bernards	2010-2013
4	New Providence	2015-2018
4	Voorhees	2007-2010
4	Whippany Park	2019-2023
3	Clifford Scott	1987-1989
3	Essex County VT – Market Street	2011-2013
3	Glen Ridge	1979-1981
3	Morristown	1976-1978
3	Nutley	1992-1994
3	Plainfield	1979-1981, 1984-1986
3	Verona	2003-2005
3	West Morris	1977-1979
3	Whippany Park	2014-2016

Sectional Champions - Central

Year	Group 1	Group 2	Group 3	Group 4
1975		Holmdel		Red Bank Catholic
1976	Highland Park	Hightstown	Red Bank Catholic	Raritan
1977	Highland Park	Freehold Boro	Monmouth	Hunterdon Central
1978	Highland Park	Bernards	Red Bank Catholic	Cedar Ridge
1979	Bernards	Lawrence	Long Branch/Manalapan	Raritan
1980	Highland Park	Hopewell Valley	Long Branch	Hunterdon Central
1981	Mater Dei	Asbury Park	Long Branch	Sayreville
1982	Bernards	Asbury Park	North Hunterdon	East Brunswick
1983	Bernards	South Brunswick	Raritan	North Hunterdon
1984	Bernards	Monmouth	North Hunterdon	Trenton
1985	Bernards	Monmouth	North Hunterdon	Neptune
1986	Metuchen	Monmouth	North Hunterdon	Trenton
1987	Bernards	Monmouth	North Hunterdon	Hunterdon Central
1988	Asbury Park	Monmouth	Voorhees	Neptune
1989	New Brunswick	Princeton	Monmouth	Middletown South
1990	Spotswood	Asbury Park	Voorhees	Trenton
1991	Montgomery	Bridgewater West	Voorhees	Middletown South
1992	Montgomery	Asbury Park	Franklin	Trenton
1993	Bernards	Asbury Park	Franklin	Trenton
1994	Metuchen	Ridge	Madison Central	Hunterdon Central
1995	Metuchen	Asbury Park	Neptune	Trenton
1996	Metuchen	Long Branch	Neptune	Hunterdon Central
1997	Metuchen	North Plainfield	Franklin	Middletown South
1998	Metuchen	Somerville	Middletown South	Hillsborough
1999	Metuchen	Somerville	Middletown South	Hillsborough
2000	Metuchen	Hopewell Valley	Red Bank Regional	Trenton
2001	Metuchen	Hopewell Valley	Franklin	Trenton
2002	Shore Regional	Voorhees	Red Bank Regional	Trenton
2003	Shore Regional	Hopewell Valley	Franklin	Hillsborough
2004	Metuchen	Shore Regional	Willingboro	Jackson Memorial
2005	Metuchen	Rahway	Hopewell Valley	Jackson Memorial
2006	Metuchen	Rahway	Hopewell Valley	Jackson Memorial
2007	Metuchen	Matawan	Hopewell Valley	South Brunswick
2008	Robbinsville	Rumson-FH/A.L. Johnson	Hopewell Valley	Montgomery
2009	New Providence	Cranford	Hopewell Valley	South Brunswick

Sectional Champions - Central *continued*

Year	Group 1	Group 2	Group 3	Group 4
2010	Robbinsville	Ewing	Hopewell Valley	South Brunswick
2011	Robbinsville	Abraham Clark	Hopewell Valley	South Brunswick
2012	Metuchen	Voorhees	Princeton	West Windsor-Plainsboro North
2013	Metuchen	Holmdel	Neptune	Hillsborough
2014	Hawthorne	Holmdel	Red Bank Regional	Hillsborough
2015	Metuchen	Holmdel	Northern Burlington	South Brunswick
2016	Metuchen	Matawan	Lawrence	South Brunswick
2017	Metuchen	Matawan	Allentown	South Brunswick
2018	Middlesex	Governor Livingston	Colts Neck	South Brunswick
2019	Willingboro	Rumson-Fair Haven	Colts Neck	South Brunswick
2020	<i>Cancelled due to COVID-19</i>			
2021	Shore Regional	Holmdel	Colts Neck	Hillsborough
2022	Shore Regional	Rumson-Fair Haven	Colts Neck	Hillsborough
2023	Shore Regional	Ocean Township	Point Pleasant Boro	Hillsborough

Most Central Sectional Titles (3+)

No.	School	No.	School
17	Metuchen	5	Voorhees
11	Hopewell Valley	4	Colts Neck
9	South Brunswick	4	Highland Park
9	Trenton	4	Jackson Memorial
8	Asbury Park	4	Long Branch
8	Bernards	4	Matawan
7	Hillsborough	3	Montgomery
7	Monmouth Regional	3	Raritan
7	Shore Regional	3	Red Bank Regional
6	North Hunterdon	3	Robbinsville
5	Franklin	3	Rumson-Fair Haven
5	Holmdel		
5	Hunterdon Central		
5	Middletown South		
5	Neptune		
5	Red Bank Catholic		

Most Consecutive Central Sectional Titles (3+)

No.	School	Years
8	Metuchen	1994-2001
7	Hopewell Valley	2005-2011
6	Monmouth	1984-1989
6	North Hunterdon	1982-1987
5	South Brunswick	2015-2019
4	Bernards	1982-1985
4	Colts Neck	2018-2022
4	Metuchen	2004-2007
4	South Brunswick	2009-2011
3	Highland Park	1976-1978
3	Hillsborough	2021-2023
3	Jackson Memorial	2004-2006
3	Long Branch	1979-1981
3	Middletown South	1997-1999
3	Metuchen	2015-2017
3	Red Bank Catholic	1974-1976
3	Shore Regional	2021-2023
3	Trenton	2000-2002

Sectional Champions - South

Year	Group 1	Group 2	Group 3	Group 4
1971				Monmouth/Toms River South
1972		Red Bank Catholic		Matawan
1973		Shore Regional		Toms River South
1974		Red Bank Catholic		Matawan/Toms River South
1975		Asbury Park		Toms River South
1976	Woodbury	Point Pleasant Boro	Paul VI	Toms River South
1977	Woodbury	Haddon Heights	Paul VI	Toms River North
1978	Woodbury	Point Pleasant Boro	Deptford	Toms River North
1979	Woodbury	St. Joseph/Toms River	Edgewood	John F. Kennedy- Willingboro
1980	Woodbury	Williamstown	Lakewood	Willingboro
1981	Woodbury	Williamstown	Overbrook	Willingboro
1982	Woodbury	Sterling	Lakewood	Toms River East
1983	Haddonfield	Central Regional	Ocean City	Edgewood
1984	Haddonfield/Kingsway	Clearview	Willingboro	Pemberton
1985	Kingsway	Clearview	Willingboro	Edgewood
1986	Kingsway	Buena	Lakewood	Shawnee
1987	Paulsboro	Gateway	Lakewood	Brick Township
1988	Paulsboro	Kingsway	Lakewood	Toms River East
1989	Haddonfield	Clearview	Lakewood	Cumberland
1990	Paulsboro	Clearview	Ocean City	Shawnee
1991	Paulsboro	Kingsway	Ocean City	Highland Regional
1992	Paulsboro	Clearview	Ocean City	Willingboro
1993	Haddonfield	Kingsway	Ocean City	Shawnee
1994	Haddonfield	Moorestown	Ocean City	Shawnee
1995	Paulsboro	Pleasantville	Williamstown	Shawnee
1996	A.P. Schalick	Pleasantville	Williamstown	Shawnee
1997	Paulsboro	Pleasantville	Absegami	Shawnee
1998	Haddonfield	Bridgeton	Lakewood	Washington Township
1999	Haddonfield	Bridgeton	Willingboro	Shawnee
2000	Palmyra	Bridgeton	Woodrow Wilson	Washington Township
2001	Palmyra	Haddonfield	Woodrow Wilson	Washington Township
2002	A.P. Schalick	Pleasantville	Woodrow Wilson	Eastern
2003	Paulsboro	Haddonfield	Highland Regional	Jackson Memorial
2004	Paulsboro	Haddonfield	Highland Regional	Winslow Township
2005	Woodbury	Bridgeton	Woodrow Wilson	Winslow Township

Sectional Champions - Central *continued*

Year	Group 1	Group 2	Group 3	Group 4
2006	Palmyra	Haddonfield	Woodrow Wilson	Southern Regional
2007	Woodbury	Haddonfield	Kingsway	Southern Regional
2008	Pitman	Haddonfield	Camden	Southern Regional
2009	Haddon Heights	Camden	Seneca	Southern Regional
2010	Pitman	Delsea	Seneca	Southern Regional
2011	A.P. Schalick	Haddonfield	Delsea	Lenape
2012	Penns Grove	Haddonfield	Delsea	Southern Regional
2013	Penns Grove	Haddonfield	Winslow Township	Cherokee
2014	Penns Grove	Haddonfield	Winslow Township	Southern Regional
2015	A.P. Schalick	Sterling	Winslow Township	Lenape
2016	Haddon Township	Sterling	Winslow Township	Southern Regional
2017	A.P. Schalick	Sterling	Winslow Township	Lenape
2018	A.P. Schalick	Haddonfield	Winslow Township	Rancocas Valley
2019	Paulsboro	Haddonfield	Winslow Township	Millville
2020	<i>Cancelled due to COVID-19</i>			
2021	Clayton	Haddonfield	Winslow Township	Rancocas Valley
2022	Clayton	Haddonfield	Timber Creek	Rancocas Valley
2023	Clayton	Haddonfield	Winslow Township	Eastern

Most South Sectional Titles (3+)

No.	School		
22	Haddonfield	4	Sterling
14	Winslow Township	4	Williamstown
10	Paulsboro	3	Clayton
9	Woodbury	3	Delsea
8	Shawnee	3	Lenape
8	Southern Regional	3	Palmyra
7	A.P. Schalick	3	Penns Grove
7	Kingsway	3	Rancocas Valley
7	Lakewood	3	Washington Township
6	Ocean City		
6	Willingboro		
6	Woodrow Wilson		
5	Clearview		
5	Toms River South		
4	Bridgeton		
4	Pleasantville		

Most Consecutive South Sectional Titles (3+)

No.	School	Years
8	Winslow Township	2013-2021
7	Woodbury	1976-1982
5	Haddonfield	2018-2023
5	Ocean City	1990-1994
5	Shawnee	1993-1997
5	Southern	2006-2010
4	Haddonfield	2006-2008, 2011-2014
4	Lakewood	1986-1989
4	Toms River South	1973-1976
3	Bridgeton	1998-2000
3	Clayton	2021-2023
3	Delsea	2010-2012
3	Haddonfield	2018-2021
3	Kingsway	1984-1986
3	Paulsboro	1990-1992
3	Penns Grove	2012-2014
3	Pleasantville	1995-1997
3	Sterling	2015-2017
3	Woodrow Wilson	2000-2002

Sectional Champions - Non-Public

Year	North A	North B	South A	South B
2010	Immaculate Heart	Eastern Christian	Red Bank Catholic	Benedictine Academy
2011	Pope John XXIII	Eastern Christian	Monsignor Donovan	Pingry
2012	Pope John XXIII	Mount St. Dominic	Monsignor Donovan	Pingry
2013	Pope John XXIII	Villa Walsh	Monsignor Donovan	Pingry
2014	Pope John XXIII	Eastern Christian	Red Bank Catholic	Pingry
2015	Pope John XXIII	Villa Walsh	Union Catholic	Oak Knoll
2016	Pope John XXIII	Villa Walsh	Union Catholic	Pingry
2017	Paramus Catholic	Newark Academy	Union Catholic	Pingry
2018	Paramus Catholic	Newark Academy	Union Catholic	Holy Spirit
2019	Paramus Catholic	Morris Catholic	Union Catholic	Trinity Hall
2020	<i>Cancelled due to COVID-19</i>			
2021	**One year "pilot" the elimination of Non-Public Sectionals and replaced with a combined sectional-group meet**			
2022	Immaculate Heart	Morris Catholic	Union Catholic	St. Rose

Most Non-Public Sectional Titles (3+)

No.	School
6	Pope John XXIII
6	Union Catholic
5	Pingry
3	Donovan
3	Eastern Christian
3	Paramus Catholic
3	Villa Walsh

Most Consecutive Non-Public Sectional Titles (3+)

No.	School	Years
6	Pope John XXIII	2011-2016
6	Union Catholic	2015-2022
4	Pingry	2011-2014
3	Monsignor Donovan	2011-2013
3	Paramus Catholic	2017-2019

Sectional Records - North Jersey 1

North 1 Group 1			
100 Meter Dash	Kaitlin Salisbury, Hawthorne	2016	0:11.99
200 Meter Dash	Kaitlin Salisbury, Hawthorne	2016	0:25.00
400 Meter Dash	Megan Gasnicki, Park Ridge	2018	0:57.31*
800 Meter Run	Kim Mineo, Glen Rock	2002	2:13.9
1600 Meter Run	Grace Willis, Mountain Lakes	2021	5:08.88
3200 Meter Run	Colette Richter, Mountain Lakes	2012	11:01.79*
110 Meter High Hurdles	Katie Hanley, Glen Rock	1997	0:14.9
400 Meter Low Hurdles	Jillian DiGiacinto, Hasbrouck Heights	2016	1:02.27
4x100 Meter Relay	Hawthorne	2022	0:49.81*
4x400 Meter Relay	Hasbrouck Heights	2016	4:02.00
4x800 Meter Relay	Mountain Lakes	2016	9:59.58*
Shot Put (8 pounds)	Kassandra Ketcho, Hasbrouck Heights	2018	39'09.75"
Discus	Lacey Martens, Secaucus	1998	140'10.00"
#New Javelin	Briana Andreoli, Hawthorne	2022	135'03.00"
Javelin	Chris Bradley, Ridgefield	1982	123'00.00"
Long Jump	Kaitlin Salisbury, Hawthorne	2015	18'03.00"
	Olyvia Burrell, Emerson	2023	18'03.00"
Triple Jump	Kaitlin Salisbury, Hawthorne	2015	42'02.75"
High Jump	Rebecca Baskinger, Butler	2004	5'06.25"
Pole Vault	Michelle Favre, Saddle Brook	2008	12'01.00"

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Sectional Records - North Jersey 1 *continued*

North 1 Group 2			
100 Meter Dash	Carlene Cummings, Englewood	1998	0:11.9
200 Meter Dash	Carlene Cummings, Englewood	1995	0:24.7
400 Meter Dash	Kadejah Sellers, Manchester Regional	2014	0:55.47*
800 Meter Run	Corine Myers, Westwood	2013	2:11.61*
1600 Meter Run	Angelina Perez, Lakeland Regional	2022	4:48.13*
3200 Meter Run	Angelina Perez, Lakeland Regional	2022	10:07.48
110 Meter High Hurdles	Carlene Cummings, Englewood	1998	0:14.4
400 Meter Low Hurdles	Marlo Wehrer, Pequannock	2015	1:02.28*
4x100 Meter Relay	River Dell	2016	0:49.70*
4x400 Meter Relay	Ramapo	2016	3:56.89*
4x800 Meter Relay	Ramsey	2016	9:40.87*
Shot Put (8 pounds)	Jessica Molina, Westwood	2016	46'10.00"
Discus	Sarah Slowikowski, Northern Valley- Demarest	2023	148'00.00"
#New Javelin	Nicole Woods, Northern Valley- Demarest	2022	146'05.00"
Javelin	Michelle Christen, Hawthorne	1978	139'11.00"
Long Jump	Willie Mae Washington, Lodi	1996	18'07.25"
Triple Jump	Gena Pickett, Mahwah	2012	39'03.25"
High Jump	Cheryl Burdick, Ramsey	1998/99	5'06.00"
	Carlie Wilson, Sparta	2018	5'06.00"
	Shannon Hartnett, Lakeland Regional	2022	5'06.00"
Pole Vault	Sydney Woods, Northern Valley- Demarest	2018	12'06.50"

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Sectional Records - North Jersey 1 *continued*

North 1 Group 3			
100 Meter Dash	Janay Mitchell, Teaneck	2008	0:12.05*
	Jacqueline Sendgik, Mount Olive	2005	0:12.0
200 Meter Dash	Kayce Darby, Teaneck	2019	0:24.52*
400 Meter Dash	Reanda Richards, West Essex	2018	0:55.45*
800 Meter Run	Catherine Pagano, Northern Highlands	2014	2:10.96*
1600 Meter Run	Catherine Pagano, Northern Highlands	2014	4:49.42*
3200 Meter Run	Josette Norris, Tenafly	2013	10:29.13*
110 Meter High Hurdles	Reanda Richards, West Essex	2018	0:13.89
400 Meter Low Hurdles	Reanda Richards, West Essex	2018	0:59.04
4x100 Meter Relay	Ramapo	2018	0:48.88
4x400 Meter Relay	Sparta	2012	3:53.96*
4x800 Meter Relay	Ramapo	2014	9:18.56*
Shot Put (8 pounds)	Jessica Fazekas, Northern Valley- Demarest	2002	45'03.00"
Discus	Layla Giordano, Northern Valley- Old Tappan	2023	157'00.00"
#New Javelin	Daina Pucurs, Northern Valley- Demarest	2004	151'10.00"
Javelin	Jen Austin, Garfield	1999	144'04.00"
Long Jump	Keturah Orji, Mount Olive	2012	19'07.50"
Triple Jump	Keturah Orji, Mount Olive	2014	41'11.00"
High Jump	Tiyana Peters, Mt. Olive	2004	5'08.00"
Pole Vault	Melissa Purcell, Pascack Valley	2018	12'07.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - North Jersey 1 *continued*

North 1 Group 4			
100 Meter Dash	Cassandra Grant, Passaic	1992	0:11.9
	Nicole Carmichael, Kennedy	1994	0:11.9
	Amma Walcot, Hackensack	2005	0:11.9
200 Meter Dash	Porshe Giddings, East Orange	2007	0:24.34*
400 Meter Dash	Natalie Jordan, Eastside	1982	0:55.1
800 Meter Run	Kimberly Standridge, Randolph	2007	2:11.77*
1600 Meter Run	Joelle Amaral, Randolph	2010	4:52.29*
3200 Meter Run	Abby Loveys, Randolph	2019	10:25.38
110 Meter High Hurdles	Andree Celestin, West Orange	2021	0:13.89
400 Meter Low Hurdles	Amber Allen, Passaic Tech	2010	1:00.96*
4x100 Meter Relay	West Orange	2019	0:48.30*
4x400 Meter Relay	Eastside	1981	3:53.6
4x800 Meter Relay	Ridgewood	2016	9:32.84*
Shot Put (8 pounds)	Shelby Bigsby, Montclair	2017	43'10.00"
Discus	Sue Piekarz, Clifton	1987	138'01.00"
#New Javelin	Nia Barnes, West Orange	2011	154'05.00"
Javelin	Michele Ziegler, Kearney	1980	132'06.00"
Long Jump	Tymia Joseph, Morris Knolls	2016	18'08.75"
Triple Jump	Consandria Walker, Hackensack	2006	39'08.00"
High Jump	Jordan Robinson, Morristown	2022	5'08.00"
Pole Vault	Kayla Polcari, Ridgewood	2011	12'00.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - North Jersey 2

North 2 Group 1			
100 Meter Dash	Iana Amsterdam, Essex Co. Tech – Market Street	2012	0:12.17*
200 Meter Dash	Tiffany Weatherford, Science (Newark)	1990	0:24.3
400 Meter Dash	Nicole Candelaria, Essex Co. Tech – Market Street	2012	0:56.34*
800 Meter Run	Cathy Persichetty, Oak Knoll	1981	2:15.3
1600 Meter Run	Jillian Turner, New Providence	2016	5:01.64
3200 Meter Run	Jessica king, Glen Ridge	1994	10:34.2
110 Meter High Hurdles	Leticia Beverly, Science (Newark)	1985	0:14.4
400 Meter Low Hurdles	Nicole Candelaria, Essex Co. Tech – Market Street	2012	1:01.26*
4x100 Meter Relay	Malcolm X Shabazz	2019	0:49.06*
4x400 Meter Relay	Essex Co. Tech – Market Street	2012	3:57.86*
4x800 Meter Relay	New Providence	2016	9:58.02*
Shot Put (8 pounds)	Nickolette Dunbar, Whippany Park	2013	42'10.50"
Discus	Shirley Baker, Roselle (Abraham Clark)	1978	115'06.00"
#New Javelin	Ann Marie Moccia, Wood-Ridge	2009	127'01.00"
Javelin	Alicia Mesina, New Providence	1986	123'06.00"
Long Jump	Collette DeBenedetto, Mountain Lakes	2002	18'02.50"
Triple Jump	Iana Amsterdam, Essex Co. Tech – Market Street	2013	38'09.75"
High Jump	Rebecca Baskinger, Butler	2002	5'06.00"
Pole Vault	Rebecca Slotkin, Verona	2010	11'03.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - North Jersey 2 *continued*

North 2 Group 2			
100 Meter Dash	Bria Saunders, Parsippany	2014	0:11.91*
200 Meter Dash	Bria Saunders, Parsippany	2014	0:24.05*
400 Meter Dash	Jackie Bobbien, Clifford Scott	1983	0:55.5*
800 Meter Run	Kyra Velock, Mountain Lakes	2017	2:13.45*
1600 Meter Run	Dana Giordano, Bernards	2012	4:51.99*
3200 Meter Run	Dana Giordano, Bernards	2011	10:56.64*
110 Meter High Hurdles	Kishona McCray, Central	2016	0:14.37*
400 Meter Low Hurdles	Kishona McCray, Central	2016	1:00.63*
4x100 Meter Relay	Hanover Park	2016	0:49.41*
4x400 Meter Relay	Vailsburg	1982	3:58.3
4x800 Meter Relay	Summit	2013	9:46.40*
Shot Put (8 pounds)	Nickolette Dunbar, Whippany Park	2016	49'00.50"
Discus	Sarah Herskee, WM Mendham	1999	139'05.00"
#New Javelin	Harmony Marquez, Rutherford	2022	133'10.00"
Javelin	Lisa Kohut, Boonton	1986	132'07.00"
Long Jump	Amethyst Holder, Parsippany	2006	19'03.00"
Triple Jump	Kelly Burke, Cranford	2010	39'04.00"
High Jump	Jenna Rogeres, Rutherford	2018	5'08.00"
Pole Vault	Kelly Burke, Cranford	2010	12'07.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - North Jersey 2 *continued*

North 2 Group 3			
100 Meter Dash	Regina Trotter, Weequahic	1991	0:11.8
200 Meter Dash	Toneisha Friday, Franklin	2004	0:24.52*
400 Meter Dash	Symone O'Connor, Franklin	2004	0:55.28*
800 Meter Run	Melanie Thompson, Voorhees	2009	2:11.41*
1600 Meter Run	Christine Engel, Mount Olive	1992	4:50.0
3200 Meter Run	Mackenzie Barry, West Morris Mendham	2013	10:30.36*
110 Meter High Hurdles	Julie Farrell, Warren Hills	2000	0:14.2
400 Meter Low Hurdles	Josefine Kvist, Ridge	2006	1:01.43*
4x100 Meter Relay	Summit	2017	0:48.60*
4x400 Meter Relay	Woodbridge	2019	3:53.60
4x800 Meter Relay	West Morris Central	2016	9:35.74
Shot Put (8 pounds)	Sarah Bella, West Morris Mendham	2008	44'03.00"
Discus	Angie Rosamilia, Parsippany Hills	1999	137'02.00"
#New Javelin	Amanda Harmata, Raritan	2009	131'07.00"
Javelin	Rena Antanelis, Randolph	1981	139'07.00"
Long Jump	Josephine Kvist, Ridge	2006	18'10.75"
Triple Jump	Faith Bethea, Snyder	2022	40'07.00"
High Jump	Tanya Smolin, Randolph	1984-1985	5'08.00"
Pole Vault	Julianne Tote, Middletown South	2005	12'00.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - North Jersey 2 *continued*

North 2 Group 4			
100 Meter Dash	Aleah Williams, Montclair	1999	0:11.5
200 Meter Dash	Mikele Barber, Montclair	1998	0:23.2
400 Meter Dash	Julia Jackson, Scotch Plains-Fanwood	2022	0:53.69*
800 Meter Run	Katie Hamilton, Westfield	2021	2:09.80
1600 Meter Run	Eva Glasergreen, North Hunterdon	2015	4:52.74*
3200 Meter Run	Eva Glasergreen, North Hunterdon	2014	10:38.29*
110 Meter High Hurdles	Charmain Walker, Plainfield	1996	0:13.6
400 Meter Low Hurdles	Ugonna Ndu, Union	2009	0:59.61"
4x100 Meter Relay	Elizabeth	2023	0:47.54*
4x400 Meter Relay	Plainfield	1980	3:44.7
4x800 Meter Relay	Ridge	2016	9:20.36*
Shot Put (8 pounds)	Kim Hicks, Plainfield	1992	46'09.50"
Discus	Nicole Sims, Plainfield	1993	133'00.00"
#New Javelin	Michelle Cintron, Elizabeth	2004	140'10.00"
Javelin	Debbie Cooper, Columbia	1984	146'08.00"
Long Jump	Celine-Jada Brown, Plainfield	2022	19'10.00"
Triple Jump	Jordan Fields, Columbia	2016	40'06.00"
High Jump	Rita Christopher, Linden	1980	5'08.00"
	Kyaira Wright-Harmon, Franklin	2012	5'08.00"
Pole Vault	Heather Gaughran, Bridgewater-Raritan	2018	11'09.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - Central

Central Group 1			
100 Meter Dash	Maureen Hackett, Mater Dei	1981	0:12.4
	Lankya Brown, Metuchen	1995-96	0:12.4
	Cassandra Vidal, Asbury Park	2003	0:12.4
	Kaitlin Salisbury, Hawthorne	2014	0:12.4
200 Meter Dash	Shenique Frett, Weequahic	2010	0:25.39*
400 Meter Dash	Chealse Benoit, Roselle-Abraham Clark	2018	0:57.28*
800 Meter Run	Katie LaCapria, Middlesex	2016	2:15.23
1600 Meter Run	Rachel Suss, Metuchen	2016	5:02.19*
3200 Meter Run	Amy Meyers, Bernards	1982	11:10.0
110 Meter High Hurdles	Lankya Brown, Metuchen	1996	0:14.1
400 Meter Low Hurdles	Janet Tracy, Highland Park	1981	1:03.2
4x100 Meter Relay	Highland Park	2017	0:50.23*
4x400 Meter Relay	Highland Park	2017	4:00.84*
4x800 Meter Relay	Highland Park	2018	10:08.52*
Shot Put (8 pounds)	Maureen Kennedy, Mater Dei	1981	39'07.50"
Discus	Tomara Carmichael, Palmyra	2017	122'07.00"
#New Javelin	Kelly Yanucil, Bordentown	2013	131'01.00"
Javelin	Jen Graf, Metuchn	1996	141'08.00"
Long Jump	Kaitlin Salisbury, Hawthorne	2014	18'00.50"
Triple Jump	Natalie Seuss, New Egypt	2016	37'07.75"
High Jump	Tish Edwards, Mater Dei	1981	5'09.50"
Pole Vault	Samantha Martinez, Bound Brook	2018	11'01.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - Central *continued*

Central Group 2			
100 Meter Dash	Aretha Edwards, Lincoln	2018	0:12.03*
200 Meter Dash	Camile Campbell, Carteret	2000	0:24.1
400 Meter Dash	Kristen Pierce, Shore Regional	2005	0:55.2
800 Meter Run	Victoria Vanriele, Governor Livingston	2017	2:11.43
1600 Meter Run	Molly Malague, Metuchen	2022	4:53.95
3200 Meter Run	Molly Malague, Metuchen	2022	10:35.10
110 Meter High Hurdles	Kaprice James, Abraham Clarke	2012	0:14.45*
400 Meter Low Hurdles	Melissa Bellin, Rumson-Fair Haven	2008	1:00.9
4x100 Meter Relay	Point Pleasant Boro	2023	0:48.77*
4x400 Meter Relay	Rumson-Fair Haven	2019	3:56.70*
4x800 Meter Relay	Metuchen	2019	9:40.90*
Shot Put (8 pounds)	Audra Corson, Monmouth Regional	1985	42'00.00"
Discus	Chloe Early, Delaware Valley	2010	137'11.00"
#New Javelin	Kelly Robinson, Raritan	2003	141'02.00"
Javelin	Audra Corson, Monmouth Regional	1985	151'10.00"
Long Jump	Essence Mayers, Lakewood	2011	19'04.00"
Triple Jump	Essence Mayers, Lakewood	2011	40'06.25"
High Jump	Latasha Keene, Freehold Borough	2000	5'08.00"
	Debra Vento, Freehold Borough	2002-03	5'08.00"
Pole Vault	Leah Saifi, Governor Livingston	2016-17	12'00.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - Central *continued*

Central Group 3			
100 Meter Dash	Shavon Greaves, Lakewood	2007	0:11.80*
200 Meter Dash	Shavon Greaves, Lakewood	2007	0:23.91*
400 Meter Dash	Shavon Greaves, Lakewood	2007	0:54.73*
800 Meter Run	Katy Trotter, Red Bank Regional	2003	2:11.32*
1600 Meter Run	Grace Dwyer, Hamilton North	2014	4:56.29*
3200 Meter Run	Cate Guiney, Middletown South	1999	10:31.6
110 Meter High Hurdles	Trier Young, Neptune	2005	0:13.6
400 Meter Low Hurdles	Angela Lee, Franklin Township	1995	1:00.7
	Trier Young, Neptune	2005	1:00.7
4x100 Meter Relay	Neptune	2022	0:48.45*
4x400 Meter Relay	Neptune	2012	3:51.43*
4x800 Meter Relay	Middletown South	2013	9:36.10*
Shot Put (8 pounds)	Deanne Hahn, Lakewood	2006	45'10.00"
Discus	Deanne Hahn, Lakewood	2006	137'02.00"
#New Javelin	Megan Reardon, Red Bank Regional	2014	138'05.00"
Javelin	Jackie Davis, Hamilton North	1995	124'03.00"
Long Jump	Ashley Edwards, Northern Burlington	2015	18'07.00"
Triple Jump	Ashley Edwards, Northern Burlington	2014	38'04.00"
High Jump	Emily Kianka, Hopewell Valley	2010	5'06.00"
	Kassidy Mulryne, Allentown	2018	5'06.00"
Pole Vault	Stephanie Skove, Monmouth Regional	2010	12'01.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - Central *continued*

Central Group 4			
100 Meter Dash	Wendy Vereen, Trenton	1983	0:11.4
200 Meter Dash	Wendy Vereen, Trenton	1984	0:23.3
400 Meter Dash	Symone O'Connor, Franklin	2005	0:55.29*
800 Meter Run	Cynthia Boryeskne, Edison	2019	2:11.82
1600 Meter Run	Ashley Higginson, Colts Neck	2007	4:50.14*
3200 Meter Run	Janet Smith, J.P. Stevens	1983	10:18.6
110 Meter High Hurdles	Dawn Bowles, Neptune	1988	0:13.3
400 Meter Low Hurdles	Shelby Francis, North Brunswick	2016	1:00.87*
4x100 Meter Relay	East Brunswick	2018	0:48.24*
4x400 Meter Relay	Franklin	2005	3:51.84*
4x800 Meter Relay	West Windsor-Plainsboro South	2015	9:15.05*
Shot Put (8 pounds)	DeAnne Hahn, Brick Township	2008	45'11.50"
Discus	Kristen Batts, Marlboro	2007	147'08.00"
#New Javelin	Elaina Mezzasalma, Marlboro	2010	140'04.00"
Javelin	Stephanie Guidotti, Hunterdon Central	1981	139'09.00"
Long Jump	Kelsey Viera, Hillsborough	2015	19'01.25"
Triple Jump	Nnenna Ibe, North Brunswick	2015	40'03.00"
High Jump	Jessica Taibe, Hunterdon Central	2000	5'08.50"
Pole Vault	Marlena Sabatino, Hillsborough	2012	12'00.00"
	Ella Karolewski, Hillsborough	2023	12'00.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - South

South Group 1			
100 Meter Dash	Mieaha Cooper, Florence	1994	0:11.7
200 Meter Dash	Lori Lewis, Woodbury	1978	0:24.3*
400 Meter Dash	Arianna Sharpe, Clayton	2022	0:53.49*
800 Meter Run	Erin Donohue, Haddonfield	2014	2:13.56
1600 Meter Run	Erin Donohue, Haddonfield	1999	5:00.0
3200 Meter Run	Erin Donohue, Haddonfield	1999	10:43.2
110 Meter High Hurdles	Denis Liles, Kingsway	1986	0:14.6
400 Meter Low Hurdles	Jennifer Heisinger, Woodbury	1988	0:14.6
	Amirah Sharpe, Clayton	2022	1:01.66*
4x100 Meter Relay	Penns Grove	2014	0:48.74*
4x400 Meter Relay	Penns Grove	2013	3:55.19*
4x800 Meter Relay	Haddon Township	2017	10:00.12*
Shot Put (8 pounds)	Zyra Thomas, AP Schalick	2018	43'07.00"
Discus	Maylisa Bluford, Clayton	2023	129'05.00"
#New Javelin	Lindse Minch, Pennsville	2009	139'11.00"
Javelin	Emma Painter, Clayton	1980	149'03.00"
Long Jump	Anna Stewart, Glassboro	1977	18'10.75"
Triple Jump	Patrice Farquharson, Maple Shade	2012	36'11.25"
High Jump	Alanna Woolfolk, Clayton	2022	5'06.00"
Pole Vault	Kaitlyn Smith, Gateway	2022	10'07.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - South *continued*

South Group 2			
100 Meter Dash	Amandi Rhett, Morristown	1998	0:11.1
200 Meter Dash	Nia Ali, Pleasantville	2006	0:24.12*
400 Meter Dash	Nadia Davy, Bridgeton	1999	0:54.0
800 Meter Run	Katrina Sye, Buena	1999	2:09.2
1600 Meter Run	Erin Donohue, Haddonfield	2001	4:49.8
3200 Meter Run	Erin Donohue, Haddonfield	2001	10:28.6
110 Meter High Hurdles	Nia Ali, Pleasantville	2006	0:14.07*
400 Meter Low Hurdles	Katrina Sye, Buena	1999	1:01.2
4x100 Meter Relay	Deptford	2015	0:48.25*
4x400 Meter Relay	Woodrow Wilson	2008	3:54.24*
4x800 Meter Relay	Haddonfield	2015	9:36.13*
Shot Put (8 pounds)	Nicole Moore, Bridgeton	1999	44'10.25"
Discus	Melinda Boykin, Bridgeton	1997	140'01.00"
#New Javelin	Brielle Smith, Oakcrest	2018	140'02.00"
Javelin	Erin Donohue, Haddonfield	2001	141'07.00"
Long Jump	Kathy Rankins, Haddon Heights	1979	18'11.50"
Triple Jump	Bonvie Fosam, Robbinsville	2017	39'06.50"
High Jump	Megan Kirschling, West Deptford	2012	5'08.00"
Pole Vault	Riley Larsen, Pt. Pleasant Borough	2019	11'07.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - South *continued*

South Group 3			
100 Meter Dash	Dennisha Page, Woodrow Wilson	2019	0:11.69*
200 Meter Dash	Shakira Dancy, Winslow	2017	0:23.85
400 Meter Dash	Dennisha Page, Woodrow Wilson	2019	0:54.41*
800 Meter Run	Renee Tomlin, Ocean City	2005	2:10.5
1600 Meter Run	Alyssa Aldridge, Mainland	2017	4:57.22*
3200 Meter Run	Alyssa Aldridge, Mainland	2017	10:31.12*
110 Meter High Hurdles	Nicole Hill, Oakcrest	1997	0:13.9
400 Meter Low Hurdles	Danielle Myricks, Willingboro	2001	1:00.1
4x100 Meter Relay	Timber Creek	2023	0:47.32*
4x400 Meter Relay	Winslow Township	2016	3:50.88*
4x800 Meter Relay	Seneca	2018	9:33.08*
Shot Put (8 pounds)	Janiece Rose, Delsea	2017	45'27.86"
Discus	Jocelyn White, Delsea	2003	156'01.00"
#New Javelin	Alexa Gardner, Hammonton	2018	138'08.00"
Javelin	Carla Brown, Overbrook	1986	149'05.00"
Long Jump	Gabrielle Bennett, Winslow Township	2015	19'02.50"
Triple Jump	Sophia Curtis, Ocean City	2023	39'08.00"
High Jump	Shelly Mitchell, Edgewood	1988	5'09.00"
Pole Vault	Jen Holly, Barnegat	2008	12'01.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - South *continued*

South Group 4			
100 Meter Dash	Bria Mack, Williamstown	2016	0:11.68*
200 Meter Dash	English Gardner, Eastern	2007	0:24.09*
400 Meter Dash	Sianni Wynn, Pennsauken	2023	0:54.01*
800 Meter Run	Jillian Smith, Southern Regional	2008	2:07.26*
1600 Meter Run	Rachel Vick, Kingsway	2017	4:52.88
3200 Meter Run	Michelle Rowan, Washington Township	1983	10:12.8
110 Meter High Hurdles	Carol Lewis, Willingboro	1981	0:13.9
400 Meter Low Hurdles	Krystal Cantey, Winslow Township	2005	1:00.12*
4x100 Meter Relay	Egg Harbor Township	2018	0:47.60
4x400 Meter Relay	Lenape	2017	3:50.27*
4x800 Meter Relay	Shawnee	2014	9:23.67*
Shot Put (8 pounds)	Helene Connell, Jackson	1977	46'10.25"
Discus	Jess Woodward, Cherokee	2013	168'00.00"
#New Javelin	Leah Howard, Millville	2023	159'07.00"
Javelin	Lynlee Phillips, Shawnee	1999	154'08.00"
Long Jump	Carol Lewis, Willingboro	1981	20'06.00"
Triple Jump	Claudine Smith, Atlantic City	2019	39'11.00"
High Jump	Carol Lewis, Willingboro	1981	5'09.00"
Pole Vault	Chelsea Vaughan, Southern	2012	12'03.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - Non-Public

Non-Public North A			
100 Meter Dash	Myasia Jacobs, Paramus Catholic	2011	0:11.66
200 Meter Dash	Myasia Jacobs, Paramus Catholic	2011	0:24.33
400 Meter Dash	Devin Smith, Pope John XXIII	2012	0:56.35
800 Meter Run	Calleigh Higgins, Pope John XXIII	2014	2:12.32
1600 Meter Run	Amanda Corbosiero, Mount Saint Dominic	2013	5:04.59
3200 Meter Run	Anna Campbell, Pope John XXIII	2017	11:07.00
110 Meter High Hurdles	Elizabeth Garcia, Academy of Holy Angels	2016	0:14.66
400 Meter Low Hurdles	Marissa Evans, Pope John XXIII	2014	1:02.72
4x100 Meter Relay	Paramus Catholic	2016	0:48.49
4x400 Meter Relay	Pope John XXIII	2014	3:58.46
4x800 Meter Relay	Immaculate Heart	2013	9:43.97
Shot Put (8 pounds)	Theresa Picciallo, Immaculate Heart	2011	43'04.00"
Discus	Theresa Picciallo, Immaculate Heart	2011	126'06.00"
#New Javelin	Jaime Klein, Paramus Catholic	2011	143'11.00"
Long Jump	Isabelle Dely, Paramus Catholic	2019	18'07.00"
Triple Jump	Tiffany Bautista, Paramus Catholic	2019	39'02.00"
High Jump	Rachel Lees, Pope John XXIII	2011	5'04.00"
	Tiffany Bautista, Paramus Catholic	2019	5'04.00"
Pole Vault	Caroline McGann, Academy of the Holy Angels	2017	11'06.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - Non-Public *continued*

Non-Public North B			
100 Meter Dash	Dominique Booker, Immaculate Conception Mont.	2010	0:12.28
200 Meter Dash	Dominique Booker, Immaculate Conception Mont.	2010	0:24.72
400 Meter Dash	Jamie Sheppard, Morristown-Beard	2017	0:57.82
800 Meter Run	Kristen Traub, Eastern Christian	2012	2:14.75
1600 Meter Run	Kristen Traub, Eastern Christian	2012	4:59.49
3200 Meter Run	Megan Curham, Villa Walsh	2013	10:36.42
110 Meter High Hurdles	Malia Gray, St. Dominic Academy	2016	0:15.42
400 Meter Low Hurdles	Nicole Borowiec, Morristown-Beard	2017	1:04.84
4x100 Meter Relay	Eastern Christian	2017	0:51.63
4x400 Meter Relay	Kent Place	2012	4:03.08
4x800 Meter Relay	Morris Catholic	2017	9:52.12
Shot Put (8 pounds)	Tatiana Johnson, Morristown-Beard	2011	40'00.50"
Discus	Halia Rosemond, Morristown-Beard	2015	130'03.00"
#New Javelin	Brooke Van Lenten, Eastern Christian	2016	112'07.00"
Long Jump	Malia Gray, St. Dominic Academy	2017	17'06.50"
Triple Jump	Malia Gray, St. Dominic Academy	2017	36'04.00"
High Jump	Keyanna Harris, Kent Place	2012	5'04.00"
Pole Vault	Catherine Rozalski, Queen of Peace	2014-2015	11'00.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - Non-Public *continued*

Non-Public South A			
100 Meter Dash	Amaya Chadwick, Union Catholic	2017	0:11.90
200 Meter Dash	Sydney McLaughlin, Union Catholic	2017	0:23.19
400 Meter Dash	Sydney McLaughlin, Union Catholic	2017	0:52.89
800 Meter Run	Molly McNamara, Red Bank Catholic	2010	2:12.02
1600 Meter Run	Molly McNamara, Red Bank Catholic	2011	4:54.11
3200 Meter Run	Courtney Thompson, St. John Vianney	2014	10:54.56
110 Meter High Hurdles	Sydney McLaughlin, Union Catholic	2014	0:13.81
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	2017	0:55.52
4x100 Meter Relay	Union Catholic	2019	0:48.45
4x400 Meter Relay	Paul VI	2019	3:53.43
4x800 Meter Relay	Red Bank Catholic	2014	9:38.65
Shot Put (8 pounds)	Alyssa Wilson, Donovan Catholic	2016	54'02.50"
Discus	Alyssa Wilson, Donovan Catholic	2017	167'07.00"
#New Javelin	Rachel Kershner, Red Bank Catholic	2015	130'06.00"
Long Jump	Sydney McLaughlin, Union Catholic	2014	18'05.00"
Triple Jump	Tatiyanna Sanders, Paramus Catholic	2014	38'02.00"
High Jump	Tyler Scott, Union Catholic	2016	5'06.00"
Pole Vault	Caroline Dannenbaum, Pingry	2019	12'01.50"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Sectional Records - Non-Public *continued*

Non-Public South B			
100 Meter Dash	Iyanla Kollock, Our Lady of Mercy	2016	0:12.41
200 Meter Dash	Iyanla Kollock, Our Lady of Mercy	2016	0:25.73
400 Meter Dash	Kiana Winston, Benedictine Academy	2010	0:57.55
800 Meter Run	Dana Klein, Gill St. Bernard's	2013	2:18.55
1600 Meter Run	Dana Klein, Gill St. Bernard's	2014	4:57.11
3200 Meter Run	Bridget End, Oak Knoll	2010	11:18.20
100 Meter High Hurdles	Kiana Winston, Benedictine Academy	2010	0:15.45
400 Meter Low Hurdles	Kiana Winston, Benedictine Academy	2010	1:05.43
4x100 Meter Relay	Holy Spirit	2017	0:50.24
4x400 Meter Relay	Holy Spirit	2016	4:07.95
4x800 Meter Relay	Holy Spirit	2017	9:59.99
Shot Put (8 pounds)	Alexandra Preckajlo, St. Rose	2016	39'04.00"
Discus	Alexandria Donahue, St. Rose	2011	119'08.00"
#New Javelin	Leah Braid, Sacred Heart	2010	126'11.00"
Long Jump	Tacquaya Tobias, Our Lady of Mercy	2011	18'03.75"
Triple Jump	Ludi Zhu, Gill St. Bernard's	2015	36'01.75"
High Jump	Robin Perkins, Trenton Catholic	2012	5'08.00"
Pole Vault	Julia Dannenbaum, Pingry	2016	11'06.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Best of the Sectionals (by Section)

North 1			
100 Meter Dash	Cassandra Grant, Passaic	1992	0:11.90
	Nicole Carmichael, Kennedy	1994	0:11.90
	Carlene Cummings, Englewood	1998	0:11.90
	Amma Walcot, Hackensack	2005	0:11.90
200 Meter Dash	Porshe Giddings, East Orange	2007	0:24.34*
400 Meter Dash	Natalie Jordan, Eastside	1982	0:55.10
800 Meter Run	Catherine Pegano, No. Highlands	2014	2:10.96*
1600 Meter Run	Angelina Perez, Lakeland Regional	2022	4:48.13*
3200 Meter Run	Angelina Perez, Lakeland Regional	2022	10:07.48*
100 Meter High Hurdles	Reanda Richards, West Essex	2018	0:13.89
	Andree Celestin, West Orange	2021	0:13.89
400 Meter Low Hurdles	Reanda Richards, West Essex	2018	0:59.04*
4x100 Meter Relay	West Orange	2019	0:48.30*
4x400 Meter Relay	Eastside	1981	3:53.60
4x800 Meter Relay	Ramapo	2014	9:18.56*
Shot Put	Jessica Molina, Westwood	2016	46'10.00"
Discus	Layla Giordano, NV- Old Tappan	2023	157'00.00"
#New Javelin	Nia Barnes, West Orange	2011	154'05.00"
Javelin	Jen Austin, Garfield	1999	144'04.00"
Long Jump	Keturah Orjl, Mount Olive	2012	19'07.50"
Triple Jump	Kaitlin Salisbury, Hawthorne	2015	42'2.75"
High Jump	Tiyana Peters, Mt. Olive	2004	5'08.00"
	Jordan Robinson, Morristown	2022	5'08.00"
Pole Vault	Melissa Purcell, Pascack Valley	2018	12'07.00"

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Best of the Sectionals (by Section) *continued*

North 2			
100 Meter Dash	Aleah Williams, Montclair	1999	0:11.5
200 Meter Dash	Mikele Barber, Montclair	1998	0:23.2
400 Meter Dash	Julia Jackson, Scotch Plains-Fanwood	2022	0:53.69*
800 Meter Run	Katie Hamilton, Westfield	2021	2:09.80
1600 Meter Run	Christine Engle, Mount Olive	1992	4:50.0
3200 Meter Run	MacKenzie Barry, WM Mendham	2013	10:30.36*
100 Meter High Hurdles	Charmain Walker, Plainfield	1996	0:13.6
400 Meter Low Hurdles	Ugonna Ndu, Union	2009	0:59.61*
4x100 Meter Relay	Elizabeth	2023	0:47.54*
4x400 Meter Relay	Plainfield	1980	3:44.7
4x800 Meter Relay	Ridge	2016	9:20.36*
Shot Put	Nickolette Dunbar, Whippany Park	2016	49'00.50"
Discus	Sarah Herskee, WM Mendham	1999	139'05.00"
#New Javelin	Michelle Cintron, Elizabeth	2004	140'10.00"
Javelin	Debbie Cooper, Columbia	1984	146'08.00"
Long Jump	Celine-Jada Brown, Plainfield	2002	19'10.00"
Triple Jump	Faith Bethea, Snyder	2022	40'07.00"
High Jump	Rita Christopher, Linden	1980	5'08.00"
	Tanya Smolin, Randolph	1984-1985	5'08.00"
	Kyaira Wright-Harmon, Franklin	2012	5'08.00"
	Jenna Rogeres, Rutherford	2018	5'08.00"
Pole Vault	Kelly Burke, Cranford	2010	12'07.00"

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Best of the Sectionals (by Section) *continued*

Central			
100 Meter Dash	Wendy Vereen, Trenton	1983	0:11.4
200 Meter Dash	Wendy Vereen, Trenton	1984	0:23.3
400 Meter Dash	Shavon Greaves, Lakewood	2007	0:54.73
800 Meter Run	Katy Trotter, Red Bank Regional	2003	2:11.32*
1600 Meter Run	Ashley Higginson, Colts Neck	2007	4:50.14
3200 Meter Run	Janet Smith, J.P. Stevens	1983	10:18.6
100 Meter High Hurdles	Dawn Bowles, Neptune	1988	0:13.3
400 Meter Low Hurdles	Angela Lee, Franklin	1995	1:00.7
	Trier Young, Neptune	2005	1:00.7
4x100 Meter Relay	East Brunswick	2018	0:48.24*
4x400 Meter Relay	Neptune	2012	3:51.43*
4x800 Meter Relay	West Windsor-Plainsboro South	2015	9:15.05*
Shot Put	DeAnne Hahn, Brick Township	2008	45'11.50"
Discus	Kristen Batts, Marlboro	2007	147'08.00"
#New Javelin	Kelly Robinson, Raritan	2003	141'02.00"
Javelin	Audra Corson, Monmouth Regional	1985	151'10.00"
Long Jump	Essence Mayers, Lakewood	2011	19'04.00"
Triple Jump	Essence Mayers, Lakewood	2011	40'06.25"
High Jump	Tish Edwards, Mater Dei	1981	5'09.50"
Pole Vault	Stephanie Skove, Monmouth Regional	2010	12'01.00"

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Best of the Sectionals (by Section) *continued*

South			
100 Meter Dash	Amandi Rhett, Morristown	1998	0:11.1*
200 Meter Dash	Shakira Dancy, Winslow	2017	0:23.85*
400 Meter Dash	Arianna Sharpe, Clayton	2022	0:53.49
800 Meter Run	Jillian Smith, Southern Regional	2008	2:07.26*
1600 Meter Run	Erin Donohue, Haddonfield	2001	4:49.8
3200 Meter Run	Michelle Rowan, Washington Twp.	1983	10:12.8
100 Meter High Hurdles	Carol Lewis, Willingboro	1981	0:13.9
	Nicole Hill, Oakcrest	1997	0:13.9
	Samantha Jensen, Central Regional	2012	0:13.91*
400 Meter Low Hurdles	Danielle Myricks, Willingboro	2001	1:00.1
	Krystal Canty, Winslow Township	2005	1:00.12*
4x100 Meter Relay	Timber Creek	2023	0:47.32*
4x400 Meter Relay	Lenape	2017	3:50.27*
4x800 Meter Relay	Shawnee	2014	9:23.67*
Shot Put	Helene Connell, Jackson	1977	46'10.25"
Discus	Jess Woodward, Cherokee	2013	168'00.00"
#New Javelin	Leah Howard, Millville	2023	159'07.00"
Javelin	Lynlee Phillips, Shawnee	1999	154'08.00"
Long Jump	Carol Lewis, Willingboro	1981	20'06.00"
Triple Jump	Claudine Smith, Atlantic City	2019	39'11.00"
High Jump	Carol Lewis, Willingboro	1981	5'09.00"
	Shelly Mitchell, Lakewood	1988	5'09.00"
Pole Vault	Chelsea Vaughan, Southern Regional	2012	12'03.00"

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Best of the Sectionals (by Section) *continued*

Non-Public			
100 Meter Dash	Myasia Jacobs, Paramus Catholic	2011	0:11.66
200 Meter Dash	Sydney McLaughlin, Union Catholic	2017	0:23.19
400 Meter Dash	Sydney McLaughlin, Union Catholic	2017	0:52.89
800 Meter Run	Peyton Hollis, Union Catholic	2022	2:09.63
1600 Meter Run	Peyton Hollis, Union Catholic	2022	4:53.91
3200 Meter Run	Cate DeSousa, Red Bank Catholic	2022	10:30.97
100 Meter High Hurdles	Sydney McLaughlin, Union Catholic	2014	0:13.81
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	2017	0:55.52
4x100 Meter Relay	Union Catholic	2022	0:47.54
4x400 Meter Relay	Union Catholic	2015	3:51.78
4x800 Meter Relay	Red Bank Catholic	2015	9:31.85
Shot Put	Alyssa Wilson, Donovan Catholic	2016	54'02.50"
Discus	Alyssa Wilson, Donovan Catholic	2017	167'07.00"
#New Javelin	Jaime Klein, Paramus Catholic	2011	143'11.00"
Long Jump	Isabelle Dely, Paramus Catholic	2019	18'07.00"
Triple Jump	Tiffany Bautista, Paramus Catholic	2018	39'00.00"
High Jump	Robin Perkins, Trenton Catholic	2012	5'08.00"
Pole Vault	Caroline Dannenbaum, Pingry	2019	12'01.50"

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Best of the Sectionals (All Sections)

100 Meter Dash	Amandi Rhett, Morristown	1998	0:11.10
200 Meter Dash	Sydney McLaughlin, Union Catholic	2017	0:23.19
400 Meter Dash	Sydney McLaughlin, Union Catholic	2017	0:52.89*
800 Meter Run	Jillian Smith, Southern Regional	2008	2:07.26*
1600 Meter Run	Angelina Perez, Lakeland Regional	2022	4:48.13*
3200 Meter Run	Angelina Perez, Lakeland Regional	2022	10:07.48
100 Meter High Hurdles	Dawn Bowles, Neptune	1988	0:13.30
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	2017	0:55.52
4x100 Meter Relay	Piscataway	2014	0:47.14
4x400 Meter Relay	Plainfield	1980	3:44.70
4x800 Meter Relay	West Windsor Plainsboro South	2015	9:15.05
Shot Put	Alyssa Wilson, Donovan Catholic	2016	54'02.50"
Discus	Jess Woodward, Cherokee	2013	168'00.00"
#New Javelin	Leah Howard, Millville	2023	159'07.00"
Javelin	Lynlee Phillips, Shawnee	1999	154'08.00"
Long Jump	Carol Lewis, Willingboro	1981	20'06.00"
Triple Jump	Kaitlin Salisbury, Hawthorne	2015	42'02.75"
High Jump	Tish Edwards, Mater Dei	1981	5'09.50"
Pole Vault	Kelly Burke, Cranford	2010	12'07.00"
	Melissa Purcell, Pascack Valley	2018	12'07.00"

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NJSIAA Est. 1918 **GIRLS SPRING TRACK & FIELD**
CHAMPIONSHIP HISTORY AND RECORD BOOK

State Champions (Public)

Year	Group 1	Group 2	Group 3	Group 4
1973		Shore		Matawan
1974		Red Bank Catholic		Matawan
1975		Manalapan		Red Bank Catholic
1976	Woodbury	Hackettstown	Lakewood	Toms River North/South
1977	Woodbury	Madison Boro	Lakewood	Raritan
1978	Highland Park	Vailsburg	Paul VI	Camden
1979	Woodbury	Lawrence	Lakewood	Camden
1980	Highland Park	Haddon Heights	Long Branch	Willingboro
1981	Mater Dei	Williamstown	Vailsburg	Willingboro
1982	Bernards	Williamstown	North Hunterdon	Plainfield
1983	Bernards	Central Newark	Rahway	North Hunterdon
1984	Bernards	Central Newark	Vailsburg	Trenton/North Edison
1985	Bernards	Monmouth	North Hunterdon	Plainfield
1986	Kingsway	Monmouth	North Hunterdon	Plainfield
1987	Bernards	Monmouth	North Hunterdon	Neptune
1988	Science	Monmouth	Lakewood	Ridgewood
1989	Science	Monmouth	Lakewood	Ridgewood
1990	Science	Clearview	Monmouth	Trenton
1991	Haddon Heights	Clearview	Weequahic	Plainfield
1992	Science	Clearview	Ocean City	Trenton
1993	Bernards	Asbury Park	Franklin	Plainfield
1994	Metuchen	Glen Rock	Ocean City	Columbia
1995	Glen Rock	Pleasantville	Williamstown	Columbia
1996	Metuchen	North Plainfield	Williamstown	Columbia
1997	Glen Rock	Bridgeton	Oakcrest	Columbia
1998	Haddonfield	Bridgeton	Middletown South	Columbia
1999	Haddonfield	Bridgeton	Willingboro	Shawnee
2000	Glen Rock	Bridgeton	Red Bank Regional	Washington Twp./Trenton
2001	Glen Rock	Haddonfield	Red Bank Regional	Trenton
2002	Glen Rock	Bridgeton	Willingboro	Eastern
2003	Glen Rock	Hopewell Valley	Franklin	Eastern
2004	Paulsboro	Haddonfield	Woodrow Wilson	Winslow Township
2005	Verona	Bridgeton	Hopewell Valley	Piscataway
2006	Pascack Hills	Parsippany	Woodrow Wilson	Jackson Memorial
2007	Woodbury	Hanover Park/Haddon Hts	Ramapo	Southern Regional
2008	Robbinsville	Rumson-FH/Ewing	Camden	Southern Regional

State Champions (Public) *continued*

Year	Group 1	Group 2	Group 3	Group 4
2009	Jonathan Dayton	Camden	Seneca	Southern Regional
2010	Westwood/Pitman	Delsea	Seneca	Columbia
2011	Essex Tech (Market)	Buena	Delsea	Columbia
2012	Essex Tech (Market)	Haddonfield	Neptune	Columbia
2013	Penns Grove	River Dell	Winslow Township	Columbia
2014	Penns Grove	Haddonfield	Winslow Township	Columbia
2015	Weequahic	Haddonfield	Winslow Twp./N. Highlands	Lenape
2016	Mountain Lakes	Sterling	Winslow	Southern Regional
2017	Highland Park	Sterling	Winslow	Ridge
2018	A.P. Schalick	Sparta	Winslow	Watchung Hills
2019	Paulsboro	Rumson-FH	Winslow	Millville
2020	<i>Cancelled due to COVID-19</i>			
2021	Clayton	Haddonfield	Colts Neck	Egg Harbor
2022	Clayton	Rumson Fair-Haven	Northern Valley- Old Tappan	Scotch Plains-Fanwood
2023	Hasbrouck Heights	Willingboro	Timber Creek	Elizabeth

State Champions (Non-Public)

Year	Non-Public A	Non-Public B
1982	Notre Dame	Mater Dei
1983	Notre Dame	Mater Dei
1984	Notre Dame	Pope John
1985	Notre Dame	Pope John
1986	Paul VI	Pope John
1987	Red Bank Catholic	Pope John
1988	Red Bank Catholic	Pope John
1989	Red Bank Catholic	Pope John
1990	Red Bank Catholic	Pope John
1991	Holy Cross	Immaculate Conception
1992	Red Bank Catholic	Morris Catholic
1993	Notre Dame	Morris Catholic
1994	Notre Dame	Morris Catholic
1995	Notre Dame	Bishop Eustace
1996	Notre Dame	Bishop Eustace
1997	Notre Dame	Red Bank Catholic
1998	Notre Dame	St. Rose
1999	Notre Dame	Morris Catholic
2000	Notre Dame	Mater Dei
2001	Paul VI	Pingry
2002	Immaculate Heart	Pingry
2003	Bishop Eustace	Pingry
2004	Monsignor Donovan	Pingry
2005	Bishop Eustace	Pingry
2006	Pope John XXIII	Pingry
2007	Pope John XXIII	Pingry
2008	Immaculate Heart	Holy Cross
2009	Immaculate Heart/Paramus Catholic	Our Lady of Mercy
2010	Paramus Catholic	Benedictine
2011	Immaculate Heart	Gill St. Bernards
2012	Pope John XXIII	Mount St. Dominic
2013	Pope John XXIII	Kent Place
2014	Pope John XXIII	Eastern Christian
2015	Union Catholic	Oak Knoll
2016	Union Catholic	Villa Walsh
2017	Union Catholic	Morris Catholic

State Champions (Non-Public) *continued*

Year	Non-Public A	Non-Public B
2018	Union Catholic	Morris Catholic
2019	Union Catholic	Morris Catholic
2020	<i>Cancelled due to COVID-19</i>	
2021	Union Catholic	Montclair Kimberley
2022	Union Catholic	Morris Catholic
2023	Union Catholic	Wilberforce

Most State Titles (5+)

No.	School
12	Notre Dame
12	Pope John XXIII
10	Columbia
8	Winslow
8	Haddonfield
8	Morris Catholic
8	Union Catholic
7	Glen Rock
7	Pingry
7	Red Bank Catholic
6	Bernards
6	Bridgeton
6	Monmouth
5	Immaculate Heart
5	North Hunterdon
5	Plainfield

Most Consecutive State Titles (5+)

No.	School	Years
8	Notre Dame	1993-2000
8	Union Catholic	2015-2023
7	Pingry	2001-2007
7	Pope John XXII	1984-1990
7	Winslow Township	2013-2019
6	Monmouth	1985-1990
5	Columbia	1994-1998, 2010-2014

State Records (by Group)

Group I

Event	Name, School	Time/Distance	Year
100 Meter Dash	Andrea Conaway, Bordentown	0:11.8	1981
	Madeline Soto, University	0:11.89	2014
200 Meter Dash	Tiffany Weatherford, Science	0:23.9	1990
400 Meter Dash	Arianna Sharpe, Clayton	0:54.30	2022
800 Meter Run	Ruth Lockbaum, Glassboro	2:10.9	1985
1600 Meter Run	Karen Ahern, Bernards	4:54.7	1985
3200 Meter Run	Colette Richter, Mountain Lakes	10:45.17	2012
100 Meter High Hurdles	Lanyka Brown, Metuchen	0:14.10	1996
400 Meter Low Hurdles	Leslie Njoku, McNair Academic	0:59.96	2007
4x100 Meter Relay	Penns Grove	0:48.15	2014
4x400 Meter Relay	Clayton	3:50.41	2022
4x800 Meter Relay	Metuchen	9:36.84	2016
Shot Put	Niki Figg, Highland Park	43'10.25"	1979
Discus	Tamara Carmichael, Palmyra	139'08.00"	2016
#New Javelin	Samantha Gioiosa, Bogota	143'11.00"	2017
<i>Javelin</i>	<i>Emma Painter, Clayton</i>	<i>146'05.00"</i>	<i>1980</i>
Long Jump	Kaitlin Sailsbury, Hawthorne	18'11.50"	2016
Triple Jump	Iana Amsterdam, Essex Tech	40'09.00"	2013
High Jump	Tish Edwards, Mater Dei	5'10.00"	1982
Pole Vault	Michelle Favre, Saddle Brook	11'06.00"	2008

Only times recorded in hundredths are fully automatic.

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State Records (by Group) *continued*

Group 2

Event	Name, School	Time/Distance	Year
100 Meter Dash	Bria Saunders, Parsippany	0:11.75	2014
200 Meter Dash	Eria Saunders, Parsippany	0:24.35	2013
400 Meter Dash	Nadia Davey, Bridgeton	0:54.04	1998
800 Meter Run	Corrine Myers, Westwood	2:07.17	2014
1600 Meter Run	Sarah Disanza, High Point	4:46.32	2013
3200 Meter Run	Angelina Perez, Lakeland	9:53.29	2022
100 Meter High Hurdles	Nia Ali, Pleasantville	0:13.95	2006
400 Meter Low Hurdles	Andrea Olsen, Buena	1:00.58	2013
4x100 Meter Relay	Willingboro	0:48.36	2023
4x400 Meter Relay	Central (Newark)	3:50.4	1983
4x800 Meter Relay	Mountain Lakes	9:18.31	2017
Shot Put	Karen Harris, Hillside	45'03.50"	1989
Discus	Sarah Herskee, WM Mendham	139'11.00"	1999
#New Javelin	Katie Johnston, Haddonfield	152'09.00"	2012
<i>Javelin</i>	<i>Audra Corson, Monmouth</i>	<i>149'10.00"</i>	<i>1984</i>
Long Jump	Essence Mayers, Lakewood	19'01.75"	2011
Triple Jump	Lauren Stern, Mahwah	39'04.75"	2018
High Jump	Megan Kirschling, W. Deptford	5'10.50"	2012
Pole Vault	Emma Keating, Pompton Lakes	12'07.00"	2023

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#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

State Records (by Group) *continued*

Group 3

Event	Name, School	Time/Distance	Year
100 Meter Dash	Shavon Greaves, Lakewood	0:10.62	2023
200 Meter Dash	Shavon Greaves, Lakewood	0:23.69	2007
400 Meter Dash	Michele Brown, Seneca	0:53.91	2008
800 Meter Run	Ajee Wilson, Neptune	2:07.28	2010
1600 Meter Run	Ajee Wilson, Neptune	4:43.92	2010
3200 Meter Run	Julia Trethaway, W.M. Central	10:24.13	2019
100 Meter High Hurdles	Grace O'Shea, Ramapo	0:13.82	2019
400 Meter Low Hurdles	Reanda Richards, West Essex	0:58.95	2018
4x100 Meter Relay	Winslow Township	0:47.19	2018
4x400 Meter Relay	Winslow Township	3:49.63	2016
4x800 Meter Relay	Ocean City	9:15.61	2014
Shot Put	Jackie Hudgins, Hightstown	47'01.25"	2001
Discus	Jocelyn White, Delsea	172'02.00"	2004
#New Javelin	Amanda Harmata, Raritan	149'02.00"	2004
<i>Javelin</i>	<i>Lisa Parak, Vernon</i>	<i>144'10.00"</i>	<i>1987</i>
Long Jump	Claire Connor, Rahway	19'10.50"	1984
Triple Jump	Keturah Orji, Mount Olive	43'00.00"	2014
High Jump	Tanya Somolin, Randolph	5'10.50"	1983
Pole Vault	Ashley Preston, Delsea	12'06.00"	2018

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State Records (by Group) *continued*

Group 4

Event	Name, School	Time/Distance	Year
100 Meter Dash	Wendy Vereen, Trenton	0:11.3	1983
	English Garndener	0:11.39	2008
200 Meter Dash	Wendy Vereen, Trenton	0:23.1	1983
400 Meter Dash	Julia Jackson, Scotch Plains	0:53.61	2022
800 Meter Run	Joetta Clark, Columbia	2:04.5	1980
1600 Meter Run	Danielle Tauro, So. Regional	4:44.35	2007
3200 Meter Run	Abby Loveys, Randolph	10:22.41	2019
100 Meter High Hurdles	Charmaine Walker, Plainfield	0:13.38	1997
400 Meter Low Hurdles	Mandie Dulin, Shawnee	0:59.66	1997
4x100 Meter Relay	Egg Harbor Township	0:47.45	2018
4x400 Meter Relay	Plainfield	3:44.7	1980
4x800 Meter Relay	Freehold Township	8:58.55	2014
Shot Put	Shelby Bigsby	49'00.00"	2018
Discus	Jess Woodard, Cherokee	168'00.00"	2013
#New Javelin	Leah Howard, Millville	151'10.00"	2023
<i>Javelin</i>	<i>Lynlee Phillips, Shawnee</i>	<i>151'11.00"</i>	<i>1999</i>
Long Jump	Carol Lewis, Willingboro	19'09.25"	1981
Triple Jump	Claudine Smith, Atlantic City	41'06.00"	2019
High Jump	Maura Burk, Freehold Township	5'10.00"	2003
Pole Vault	Chelsea Vaughan, Southern	12'06.00"	2012

Only times recorded in hundredths are fully automatic.

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

State Records (by Group) *continued*

Non-Public A

Event	Name, School	Time/Distance	Year
100 Meter Dash	Christian Nwachuku, Kent Place	0:11.70	2022
200 Meter Dash	Sydney McLaughlin, Union Catholic	0:23.19	2017
400 Meter Dash	Sydney McLaughlin, Union Catholic	0:52.44	2016
800 Meter Run	Molly McNamara, Red Bank Catholic	2:09.21	2011
1600 Meter Run	Molly McNamara, Red Bank Catholic	4:44.90	2011
3200 Meter Run	Cate DeSousa, Red Bank Catholic	10:30.97	2022
100 Meter High Hurdles	Sydney McLaughlin, Union Catholic	0:13.66	2014
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	0:55.52	2017
4x100 Meter Relay	Union Catholic	0:46.40	2023
4x400 Meter Relay	Union Catholic	3:47.63	2015
4x800 Meter Relay	Union Catholic	9:20.32	2015
Shot Put	Alyssa Wilson, Donovan Catholic	53'02.25"	2017
Discus	Alyssa Wilson, Donovan Catholic	167'07.00"	2017
#New Javelin	Lisa Sesink-Clee, Academy o/t Holy Angels	148'02.00"	2013
<i>Javelin</i>	<i>Amy Krilla, Red Bank Catholic</i>	<i>148'02.00"</i>	<i>2013</i>
Long Jump	Tatiyanna Sanders, Paramus Catholic	19'05.00"	2014
Triple Jump	Tiffany Bautista, Paramus Catholic	40'00.75"	2018
High Jump	Tiffany Bautista, Paramus Catholic	5'10.00"	2018
Pole Vault	Hayley Horvath, Notre Dame	13'00.00"	2018

Only times recorded in hundredths are fully automatic.

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

State Records (by Group) *continued*

Non-Public B

Event	Name, School	Time/Distance	Year
100 Meter Dash	Dominique Booker, Immaculate Conception – Montclair	0:11.87	2010
200 Meter Dash	Dominique Booker, Immaculate Conception - Montclair	0:24.40	2010
400 Meter Dash	Mia Campo, St. Mary’s Jersey City	0:55.48	1997
800 Meter Run	Kate McAndrew, Morris Catholic	2:10.29	2019
1600 Meter Run	Kathleen McCafferty, Oak Knoll	4:56.46	2008
3200 Meter Run	Kathleen McCafferty, Oak Knoll	10:43.14	2008
100 Meter High Hurdles	Porscha Dobson, Kent Place	0:13.79	2003
400 Meter Low Hurdles	Nicole Borowiec, Morristown-Beard	1:03.47	2017
4x100 Meter Relay	Newark Academy	0:50.27	2018
4x400 Meter Relay	Mt. Saint Dominic	4:00.87	2012
4x800 Meter Relay	The Wilberforce School	9:44.30	2022
Shot Put	Tatiana Johnson, Morristown-Beard	43’05.25”	2012
Discus	Victoria Imbessi, Our Lady of Mercy	132’06.00”	2009
#New Javelin	Victoria Imbessi, Our Lady of Mercy	143’09.00”	2009
<i>Javelin</i>	<i>Kathy Frick, Pope John XXIII</i>	<i>122’08.00”</i>	<i>1985</i>
Long Jump	Tacquaya Tobias, Our Lady of Mercy	18’04.50”	2011
Triple Jump	Iana Amsterdam, Benedictine Academy	38’05.75”	2010
High Jump	Tish Edwards, Mater Dei	5’10.00”	1982
Pole Vault	Catherine Rozalski, Queen of Peace	12’03.00”	2014

Only times recorded in hundredths are fully automatic.

#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

Best of the State Meets (All Groups)

All Groups

Event	Name, School	Time/Distance	Year
100 Meter Dash	Wendy Vereen, Trenton	0:11.3	1983
200 Meter Dash	Wendy Vereen, Trenton	0:23.1	1983
400 Meter Dash	Sydney McLaughlin, Union Catholic	0:52.44	2016
800 Meter Run	Joetta Clark, Columbia	2:04.5	1980
1600 Meter Run	Ajee Wilson, Neptune	4:43.92	2010
3200 Meter Run	Angelina Perez, Lakeland	9:53.29	2022
100 Meter High Hurdles	Charmaine Walker, Plainfield	0:13.38	1997
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	0:55.52	2017
4x100 Meter Relay	Union Catholic	0:46.40	2023
4x400 Meter Relay	Plainfield	3:44.7	1982
4x800 Meter Relay	Freehold Township	8:58.55	2014
Shot Put	Alyssa Wilson, Donovan Catholic	53'02.25"	2017
Discus	Jocelyn White, Delsea	172'02.00"	2004
#New Javelin	Katie Johnston, Haddonfield	152'09.00"	2012
<i>Javelin</i>	<i>Lynlee Phillips, Shawnee</i>	<i>151'02.00"</i>	<i>1999</i>
Long Jump	Tionna Tobias, Winslow Twp.	19'11.50"	2018
Triple Jump	Keturah Orji, Mount Olive	43'00.00"	2014
High Jump	Tanya Somolin, Randolph	5'10.50"	1983
	Megan Kirschling, West Deptford	5'10.50"	2012
Pole Vault	Harley Horvath, Notre Dame	13'00.00"	2018

Meet of Champions "Team Titles" (1979-1981)

Meet of Champions "Team Titles" (1979-1981)

Year	School	Points
1979	Camden High School	20
1980	Willingboro High School	31
1981	Willingboro High School	30

Meet of Champions Winners

Girls 100-Yard Dash

Year	Name, School	Time
1974	Vanesa Hugley, Glen Rock	11.0
1975	Vonnie Coker, Woodbury	11.1
1976	Sharon Johnson, Haddon Heights	11.0
1977	Lori Lewis, Woodbury	11.1
1978	Michele Glover, Pennsauken	10.7

Girls 100-Meter Dash

Year	Name, School	Time
1979	Pat Dunlap, Camden	11.5
1980	Michele Glover, Willingboro	11.6
1981	Michele Glover, Willingboro	11.5
1982	Denise Mitchell, Edgewood	12.2
1983	Wendy Vereen, Trenton	11.3
1984	Denise Liles, Kingsway	11.9
1985	Andrea Conaway, Bordentown	12.1
1986	Denise Liles, Kingsway	11.9
1987	Neretta Freeman, Garfield	12.52
1988	Roxanne Francis, Weequahic	12.16
1989	Gilly Dishon, Tenafly	12.36
1990	Regina Trotter, Weequahic	11.95
1991	Regina Trotter, Weequahic	12.05
1992	Staci Jordan, Orange	12.11
1993	Inshallah Suanders, Plainfield	11.98
1994	Nicole Carmichael, Pat Kenn.	12.04
1995	Nicole Carmichael, Pat Kenn.	11.80
1996	Dana Burnett, Williamstown	11.85
1997	Aleah Williams, Montclair	11.91
1998	Melissa Barber, Montclair	11.57w
1999	Aleah Williams, Montclair	11.65
2000	Amandi Rhett, Moorestown	11.61w
2001	Kimberly Lyles, Franklin	11.94w
2002	Jenna Harris, Franklin	11.96
2003	Jenna Harris, Franklin	11.74
2004	Jamillah Nock, Wilson	11.96
2005	Ogechi Nwaneri, Columbia	11.99

Meet of Champions Winners *continued*

Girls 100-Meter Dash *continued*

Year	Name, School	Time
2006	Ogechi Nwaneri, Chatham	11.66
2007	English Gardner, Eastern	11.62
2008	English Gardner, Eastern	11.88
2009	Myasia Jacobs, Paramus Catholic	11.72
2010	Myasia Jacobs, Paramus Catholic	11.48
2011	Myasia Jacobs, Paramus Catholic	11.47
2012	Annie Johnson, Shawnee	11.82
2013	Olivia Baker, Columbia	12.05
2014	Torie Robinson, Winslow Twp.	11.73
2015	Haisha Bisiolu, Union	12.04
2016	Bria Mack, Williamstown	11.87
2017	Bria Mack, Williamstown	11.77
2018	Sydney Hawkins, Phillipsburg	11.73
2019	Dennisha Page, Woodrow Wilson	11.86
2020	<i>Meet Canceled – COVID-19</i>	
2021	Jada Ellis, Manchester Township	11.57
2022	Christiana Nwachuku, Kent Place School	11.93
2023	Naylah Jones, Timber Creek	11.73

Girls 220-Yard Dash

Year	Name, School	Time
1974	Liz Young, Manalapan	25.2
1975	Liz Young, Manalapan	25.0
1976	Hazel Lucas, Montclair	24.7
1977	Lori Lewis, Woodbury	25.1w
1978	Lori Lewis, Woodbury	24.0

Girls 200-Meter Dash

Year	Name, School	Time
1979	Pat Dunlap, Camden	23.7
1980	Michele Glover, Willingboro	24.4
1981	Michele Glover, Willingboro	23.8
1982	Denise Mitchell, Edgewood	24.4
1983	Wendy Vereen, Trenton	23.0
1984	Denise Liles, Kingsway	24.4

Meet of Champions Winners *continued*

Girls 200-Meter Dash *continued*

Year	Name, School	Time
1985	Andrea Conaway, Bordentown	25.0
1986	Denise Liles, Kingsway	24.40
1987	Stephanie Saleem, Neptune	24.3
1988	Dawn Bowles, Neptune	24.37
1989	Gilly Dishon, Tenafly	24.71
1990	Tiffany Weatherford, Science	24.27
1991	Regina Trotter, Weequahic	24.37
1992	Staci Jordan, Orange	25.00
1993	Inshallah Saunders, Plainfield	24.77
1994	Nicole Carmichael, Pat Kenn	24.47
1995	Nicole Carmichael, Pat Kenn	24.12
1996	Nicole Hill, Oakcrest	24.71
1997	Aleah Williams, Montclair	24.18
1998	Mikele Barber, Montclair	24.00w
1999	Aleah Williams, Montclair	23.62
2000	Amandi Rhett, Moorestown	24.03
2001	Kimberly Lyles, Franklin	24.18
2002	Jenna Harris, Franklin	24.32
2003	Jenna Harris, Franklin	23.87
2004	Toneisha Friday, Franklin	24.84
2005	Krystal Cantey, Winslow Twp.	24.19
2006	Ogechi Nwaneri, Chatham	23.96
2007	Shavon Greaves, Lakewood	23.89
2008	English Gardner, Eastern	24.34
2009	Myasia Jacobs, Paramus Catholic	23.99
2010	Myasia Jacobs, Paramus Catholic	23.73
2011	Myasia Jacobs, Paramus Catholic	24.01
2012	Annie Johnson, Shawnee	24.55
2013	Olivia Baker, Columbia	23.95
2014	Bria Saunders, Parsippany	24.05
2015	Haisha Bisiolu, Union	24.30
2016	Shakira Dancy, Winslow Twp.	24.28
2017	Shakira Dancy, Winslow Twp.	24.14
2018	Lauren Princz, Egg Harbor Twp.	23.90
2019	Dennisha Page, Woodrow Wilson	23.66

Meet of Champions Winners *continued*

Girls 200-Meter Dash *continued*

Year	Name, School	Time
2020	<i>Meet Canceled – COVID-19</i>	
2021	Lauren Princz, Egg Harbor Township	24.22
2022	Kiya Lawson, Montclair	24.81
2023	Cynthia Boakye, Elizabeth	24.36

Girls 400-Yard Dash

Year	Name, School	Time
1974	Maria Clough, Franklin	57.5
1975	Clare Gursky, South Plainfield	57.1
1976	Penny Fales, Hackettstown	56.5
1977	Penny Fales, Hackettstown	56.5
1978	Terri Dembek, Hawthorne	56.0

Girls 400-Meter Dash

Year	Name, School	Time
1979	Terri Dembek, Hawthorne	55.2
1980	Loretta Thompson, Camden	55.2
1981	Donithy Jones, Montclair	54.4
1982	Tracey Carter, Plainfield	54.5
1983	Angela Pulliam, Newark Central	55.4
1984	Stephanie Saleem, Neptune	54.6
1985	Stephanie Saleem, Neptune	53.0
1986	Darlene Andrews, North Hunterdon	55.6
1987	Stephanie Saleem, Neptune	55.7
1988	Michelle Samuels, Red Bank Regional	55.81
1989	Jen Schweizer, Morris Knolls	55.15
1990	Tiffany Weatherford, Science	54.53
1991	Drexel Long, Monmouth	55.96
1992	Nichole Bartley, Highland	55.11
1993	Dana Riley, Teaneck	55.41
1994	Yetunde Daniels, Ocean Twp.	56.87
1995	Vanessa Lewis, Morris Catholic	54.97
1996	Dana Burnett, Williamstown	55.20
1997	Mikele Barber, Montclair	54.05
1998	Mikele Barber, Montclair	54.61

Meet of Champions Winners *continued*

Girls 400-Meter Dash *continued*

Year	Name, School	Time
1999	Nadia Davy, Bridgeton	54.70
2000	Tawana Watkins, Paterson Kenn.	54.41
2001	Tawana Watkins, Paterson Kenn.	54.72
2002	Okechi Ogbuokiri, Willingboro	54.76
2003	Okechi Ogbuokiri, Willingboro	54.19
2004	Essence Carson, Paterson ES	55.58
2005	Tiffany Grant, Ocean Twp.	54.34
2006	Tiffany Grant, Ocean Twp.	54.39
2007	Symone O'Connor, Franklin	54.91
2008	Michelle Brown, Seneca	54.14
2009	Michelle Brown, Seneca	53.72
2010	Michelle Brown, Seneca	53.72
2011	Olivia Baker, Columbia	54.66
2012	Olivia Baker, Columbia	53.38
2013	Olivia Baker, Columbia	53.84
2014	Olivia Baker, Columbia	53.53
2015	Emilie Cowan, Columbia	54.26
2016	Sydney McLaughlin, Union Cath.	51.87
2017	Sydney McLaughlin, Union Cath.	51.91
2018	Kaira Brown, Kent Place	55.07
2019	Shauntae Nelson, Piscataway	54.77
2020	<i>Meet Canceled – COVID-19</i>	
2021	Julia Jackson, Scotch Plains-Fanwood	54.48
2022	Christiana Nwachuku, Kent Place School	56.09
2023	Sianni Wynn, Pennsauken	54.56

Girls 880-Yard Dash

Year	Name, School	Time
1974	Jane Green, Ridgewood	2:20.7
1975	Kandie Latham, Ridgewood	2:17.7
1976	Linda Richardson, Lincoln	2:13.5
1977	Joetta Clark, Columbia	2:12.6
1978	Joetta Clark, Columbia	2:07.3

Meet of Champions Winners *continued*

Girls 800-Meter Run

Year	Name, School	Time
1979	Joetta Clark, Columbia	2:07.2
1980	Joetta Clark, Columbia	2:06.7
1981	Gail Bryant, Columbia	2:09.4
1982	Bobbie McGee, West Side	2:08.3
1983	Bobbie McGee, West Side	2:09.6
1984	Lisa Williams, Vailsburg	2:13.7
1985	Sonja Vaughan, Notre Dame	2:11.7
1986	Giselle Harris, Shabazz	2:07.41
1987	Jasmin Jones, Hackensack	2:11.1
1988	Jodie Bilotta, North Hunterdon	2:11.16
1989	Monica Olkowski, Cherokee	2:14.27
1990	Monica Olkowski, Cherokee	2:12.09
1991	Krista Ferrara, Vineland	2:10.86
1992	Jen Metz, Pascack Valley	2:12.10
1993	Velieta Graham, Asbury Park	2:14.19
1994	Hazel Clark, Columbia	2:10.24
1995	Hazel Clark, Columbia	2:07.15
1996	Dara Crocker, Columbia	2:12.60
1997	Dara Crocker, Columbia	2:12.40
1998	Lauren McHale, Ocean City	2:12.77
1999	Katrina Sye, Buena	2:11.82
2000	Anna Sherman, West Essex	2:13.31
2001	Kim Mineo, Glen Rock	2:12.12
2002	Kim Mineo, Glen Rock	2:12.21
2003	Kim Mineo, Glen Rock	2:12.18
2004	Janine Davis, Queen of Peace	2:07.82
2005	Janine Davis, Queen of Peace	2:07.93
2006	Danielle Tauro, Southern Ocean	2:10.88
2007	Jillian Smith, Southern Ocean	2:08.80
2008	Jillian Smith, Southern Ocean	2:05.26
2009	Jillian Smith, Southern Ocean	2:04.67
2010	Ajee Wilson, Neptune	2:04.94
2011	Erika Veidis, Sparta	2:09.86
2012	Lindsey Bellaran, Red Bank Catholic	2:11.92
2013	Madison Holleran, Northern Highlands	2:08.87

Meet of Champions Winners *continued*

Girls 800-Meter Run *continued*

Year	Name, School	Time
2014	Corinne Myers, Westwood	2:05.80
2015	Amari Onque, Shabazz	2:10.03
2016	Lexi DelGizzo, Tenafly	2:11.98
2017	Victoria Vanriele, Governor Livingston	2:08.18
2018	Victoria Vanriele, Governor Livingston	2:06.68
2019	Victoria Vanriele, Governor Livingston	2:05.43
2020	<i>Meet Canceled – COVID-19</i>	
2021	Lilly Shapiro, Colts Neck	2:13.05
2022	Christina Allen, River Dell	2:11.07
2023	Kadence Dumas, Eastern Regional	2:10.44

Girls One Mile Run

Year	Name, School	Time
1974	Hilary Noden, Hopewell Valley	5:10.0
1975	Hilary Noden, Hopewell Valley	4:58.0
1976	Eileen Frezza, Caldwell	5:09.3
1977	Nina Zollo, Wayne Hills	5:05.0
1978	Nina Zollo, Wayne Hills	5:01.2
1979	Cindy Summa, Raritan	4:59.9

Girls 1500-Meter Run

Year	Name, School	Time
1980	Judy Ruff, Highland park	4:36.1
1981	Michelle Rowen, Washington Township	4:28.8

Girls 1600-Meter Run

Year	Name, School	Time
1982	Michelle Rowen, Washington Township	4:49.3
1983	Meg Waldron, Bernards	4:51.7
1984	Janet Smith, North Edison	4:52.1
1985	Margaret Scutro, Ridgewood	4:46.4
1986	Jodie Bilotta, No. Hunterdon	4:54.2
1987	Jodie Bilotta, No. Hunterdon	4:55.1
1988	Jodie Bilotta, No. Hunterdon	5:00.7

Meet of Champions Winners *continued*

Girls 1600-Meter Run *continued*

Year	Name, School	Time
1989	Chris Engel, Mount Olive	4:58.76
1990	Chris Engel, Mount Olive	4:59.08
1991	Chris Engel, Mount Olive	5:00.92
1992	Chris Engel, Mount Olive	4:58.13
1993	Kari Vigerstol, Holy Cross	5:00.85
1994	Megan Hartman, Ocean City	4:54.71
1995	Autumn Fogg, Hunterdon Cent.	5:00.43
1996	Autumn Fogg, Hunterdon Cent.	4:56.84
1997	Lorena Adams, Manchester Twp.	4:54.41
1998	Lindsey Gallo, Howell	5:04.38
1999	Erin Donohue, Haddonfield	4:55.04
2000	Erin Donohue, Haddonfield	4:50.17
2001	Erin Donohue, Haddonfield	4:53.57
2002	Casey Nelson, Hunterdon Cent.	4:54.49
2003	Amanda Trotter, Red Bank Regional	4:52.75
2004	Danielle Tauro, Southern Ocean	4:52.79
2005	Danielle Tauro, Southern Ocean	4:47.55
2006	Danielle Tauro, Southern Ocean	4:49.17
2007	Danielle Tauro, Southern Ocean	4:49.51
2008	Allison Linnell, Colts Neck	4:54.87
2009	Melanie Thompson, Voorhees	4:46.28
2010	Claudia DiSomma, Sparta	4:48.26
2011	Joelle Amaral, Randolph	4:54.03
2012	Elizabeth Lansing, Randolph	4:51.05
2013	Josette Norris, Tenafly	4:41.61
2014	Brianna Gess, Haddonfield	4:45.97
2015	Brianna Gess, Haddonfield	4:48.05
2016	Brianna Gess, Haddonfield	4:50.09
2017	Rachel Vick, Kingsway	4:52.69
2018	Abby Loveys, Randolph	4:46.03
2019	Chloe Gonzalez, North Hunterdon	4:47.21
2020	<i>Meet Canceled – COVID-19</i>	
2021	Katie Hamilton, Westfield	4:51.95
2022	Emma Zawatski, Freehold Township	4:48.88
2023	Julia Scudato, Montgomery	4:45.76

Meet of Champions Winners *continued*

Girls Two Mile Run

Year	Name, School	Time
1974	Eileen Meehan Mater Dei	11:37.4
1975	Carol Conlon, Nutley	11:11.6
1976	Hilary Noden, Hopewell Valley	10:41.9
1977	Mary Banks, Raritan	11:08.3
1978	Mary Banks, Raritan	10:53.0
1979	Mary Banks, Raritan	10:56.5

Girls 3000-Meter Run

Year	Name, School	Time
1980	Theresa Gschwind, Summit	9:59.9
1981	Meg Waldron, Bernards	10:56.5

Girls 3200-Meter Run

Year	Name, School	Time
1982	Janet Smith, North Edison	10:38.5
1983	Michelle Rowen, Washington Township	10:20.6
1984	Janet Smith, North Edison	10:25.3
1985	Jodie Bilotta, North Hunterdon	10:32.2
1986	Jodie Bilotta, North Hunterdon	10:34.6
1987	Jodie Bilotta, North Hunterdon	10:18.13
1988	Jodie Bilotta, North Hunterdon	10:24.18
1989	Christi Constantin, Kittatinny	10:30.67
1990	Cathy Feeney, Wayne Valley	10:56.12
1991	Monal Chokshi, Bridgewater	10:46.37
1992	Monal Chokshi, Bridgewater	10:56.41
1993	Monal Chokshi, Bridgewater	10:45.27
1994	Jenna Rogers, Ridgewood	10:42.96
1995	Beth Crenshaw, Wayne Valley	10:42.1
1996	Autumn Fogg, Hunterdon Central	10:47.38
1997	Amy Beykirch, Pinelands	10:52.38
1998	Erin Donohue, Haddonfield	10:43.71
1999	Cate Guiney, Middletown South	10:50.24
2000	Erin Donohue, Haddonfield	10:43.14
2001	Erin Donohue, Haddonfield	10:49.32
2002	Liz Wort, Voorhees	10:49.97

Meet of Champions Winners *continued*

Girls 3200-Meter Run *continued*

Year	Name, School	Time
2003	Amanda Trotter, Red Bank Regional	10:45.90
2004	Brittany Sedberry, Ocean City	10:44.23
2005	Katie Van Horn, Triton	10:44.13
2006	Jenn Ennis, Roxbury	10:31.93
2007	Ashley Higginson, Colts Neck	10:23.28
2008	Melanie Thompson, Voorhees	10:17.18
2009	Chelsea Ley, Kingsway	10:19.31
2010	Megan Venables, Highland Regional	10:37.49
2011	Dana Giordano, Bernards	10:29.40
2012	Mackenzie Barry, West Morris Mendham	10:18.24
2013	Sara Disanza, High Point	10:15.02
2014	Courtney Thompson, St. John Vianney	10:22.87
2015	Grace Dwyer, Nottingham	10:21.46
2016	Kaitlyn Mooney, Southern Regional	10:28.25
2017	Alexa Westley, Warren Hills	10:35.41
2018	Alexa Westley, Warren Hills	10:30.06
2019	Alexa Westley, Warren Hills	10:15.82
2020	<i>Meet Canceled – COVID-19</i>	
2021	Christina Allen, River Dell	10:46.36
2022	Angelina Perez, Lakeland Regional	10:29.04
2023	Ava Thomas, Haddonfield Memorial	10:44.34

Girls 100 Yard 30" Hurdles

Year	Name, School	Time
1974	Julie Smithers, Lakewood	15.0
1975	Yvonne Smith, Monmouth	14.2
1976	Debbie Deutsch, East Brunswick	14.3
1977	Julie Smithers, Lakewood	14.1
1978	Denise Taylor, Red Bank Catholic	14.2
1979	Darlene Grant, Overbrook	13.5
1980	Carol Lewis, Willingboro	14.1

Meet of Champions Winners *continued*

Girls 100 Yard 30" Hurdles *continued*

Year	Name, School	Time
1981	Carol Lewis, Willingboro	14.0
1982	Tosca Blandford, Irvington	14.5
1983	Zonya Cross, Edgewood	13.9
1984	Carlene Smith, Rahway	14.0
1985	Leticia Beverly, Newark Science	14.2
1986	Dawn Bowles, Neptune	14.12
1987	Gail Giddens, Metuchen	14.33
1988	Dawn Bowles, Neptune	13.33
1989	Arnita Green, Delsea	14.63
1990	Alnisa Tucker, Science	14.72
1991	Nichole Belcher, Wilson	14.34
1992	Nichole Belcher, Wilson	14.26
1993	Tracey Terry, North Edison	14.59
1994	Helen Willis, Bridgeton	14.45

Girls 100 Meter 33" Hurdles

Year	Name, School	Time
1995	Charmaine Walker, Plainfield	14.20
1996	Kim Turbo, North Edison	14.00
1997	Charmaine Walker, Plainfield	13.67
1998	Sherese Price, Pleasantville	13.85w
1999	Yvette Murray, Edgewood	14.13
2000	Amber Williams, Roxbury	13.81w
2001	Amber Williams, Roxbury	13.77w
2002	Allison Nesbitt, Mount St. Mary's	14.22
2003	Porsche Dobson, Kent Place	13.50
2004	Tramaine Shaw, Piscataway	13.98
2005	Trier Young, Neptune	13.93
2006	Nia Ali, Pleasantville	13.78
2007	Racquel Vassel, East Orange	14.07w
2008	Briana Barlow, New Brunswick	14.27
2009	Ugonna Ndu, Union	14.17
2010	Kayann Richards, Columbia	13.91
2011	Ste'yce McNeil, Winslow Twp.	14.23
2012	Dashana Ransome, Irvington	13.89

Meet of Champions Winners *continued*

Girls 100 Meter 33" Hurdles *continued*

Year	Name, School	Time
2013	Morgan Harvey, North Hunterdon	14.41
2014	Courtney Thompson, St. John Vianney	10:22.87
2015	Keisha Williams, Camden	14.44
2016	Kishona McCray, Central	14.06
2017	Lenaami Morton, Camden	13.84
2018	Amaya Chadwick, Union Catholic	13.77
2019	Grace O'Shea, Ramapo	13.58
2020	<i>Meet Canceled – COVID-19</i>	
2021	Kirstyn Schechter, Hillsborough	14.37
2022	Shea Burke, Point Pleasant	14.36
2023	Abigail Dennis, Northern Valley- Old Tappan	14.09

Girls 400 Meter Low Hurdles

Year	Name, School	Time
1981	Andrea Johnson, Plainfield	1:02.0
1982	Andrea Johnson, Plainfield	1:01.2
1983	Andrea Johnson, Plainfield	1:01.3
1984	Kim Duke, Mount Olive	1:00.7
1985	Waudda Faried, West Side	1:01.2
1986	Donna Powell, Trenton	1:00.3
1987	Shelley Mitchell, Lakewood	1:01.7
1988	Tonya Lee, Rancocas Valley	0:59.03
1989	Arnita Green, Delsea	1:02.9
1990	Natwon Harp, Newark Science	1:02.99
1991	Eusheka Bartley, Highland Regional	1:02.56
1992	Eusheka Bartley, Highland Regional	1:01.17
1993	Angela Lee, Franklin	0:59.56
1994	Jen Roy, Wayne Valley	1:02.17
1995	Angela Lee, Franklin	0:59.48
1996	Mandie Dulin, Shawnee	1:00.10
1997	Mandie Dulin, Shawnee	0:59.56
1998	Natalie Deffenbaugh, Columbia	1:02.33
1999	Tawana Watkins, John F. Kennedy (Paterson)	1:00.65
2000	Tawana Watkins, John F. Kennedy (Paterson)	0:59.56
2001	Pam Richardson, Edgewood	1:00.73

Meet of Champions Winners *continued*

Girls 400 Meter Low Hurdles *continued*

Year	Name, School	Time
2002	Siobhan Counts, Plainfield	0:59.81
2003	Krystal Cantey, Winslow Township	1:00.74
2004	Sonya Sullivan, Manchester Township	1:01.40
2005	Michelle Smith, Teaneck	1:00.43
2006	Leslie Njoku, McNair Academic	0:59.48
2007	Kristen Mahon, Notre Dame	1:00.11
2008	Julie Alexander, Hopewell Valley	1:00.60
2009	Amber Allen, Passaic Tech	0:58.44
2010	Amber Allen, Passaic Tech	1:01.27
2011	Ashley Woodards, Delsea	1:02.59
2012	Helena Leyrer, Buena	1:00.26
2013	Torie Robinson, Winslow Twp	0:59.56
2014	<i>Sydney McLaughlin, Union Catholic</i>	0:58.24
2015	<i>Sydney McLaughlin, Union Catholic</i>	0:57.39
2016	<i>Sydney McLaughlin, Union Catholic</i>	0:56.23
2017	<i>Sydney McLaughlin, Union Catholic</i>	0:56.97
2018	Reanda Richards, West Essex	0:59.05
2019	Arianna Smith, Pennsville	1:00.13
2020	<i>Meet Canceled – COVID-19</i>	
2021	Adelaide Asante, North Brunswick	1:00.24
2022	Brook Lyn Drakeford, Piscataway	1:01.94
2023	Aaliyah Murphy, Morristown	1:01.57

Meet of Champions Winners *continued*

Girls High Jump

Year	Name, School	Distance
1974	Martha Megill, Asbury Park	5-1
1975	Becky Deetz, Ridgewood	5-6
1976	Becky Deetz, Ridgewood	5-7
1977	Karen Theibault, Lakewood	5-6
1978	Karen Krawiec, Boonton	5-6
1979	Rita Christopher, Linden	5-8
1980	Kim Hatchett, Lawrence	5-6
1981	Tish Edwards, Mater Dei	5-10
1982	Tish Edwards, Mater Dei	5-8
1983	Tatiana Smolin, Randolph	5-8
1984	Tatiana Smolin, Randolph	5-8
1985	Tatiana Smolin, Randolph	5-8
1986	Kelly Mieszalski, North Edison	5-8
1987	Erin Halpin, Cherry Hill East	5-8
1988	Shelley Mitchell, Lakewood	5-8
1989	Sandi Everett, Hillsboro	5-2
1990	Sandi Everett, Hillsboro	5-6
1991	Sandi Everett, Hillsboro	5-4
1992	Jen Hansen, Middletown North	5-6
1993	Kim Stoll, Holy Spirit	5-8
1994	Kathy Kilar, North Edison	5-8
1995	Kathy Kilar, North Edison	5-8
1996	Kathy Kilar, North Edison	5-6
1997	Tamika Toppin, South Plainfield	5-8
1998	Cheryl Burdick, Ramsey	5-8
1999	Cheryl Burdick, Ramsey	5-8
2000	Kristen Composts, John F. Kennedy Memorial (Iselin)	5-8
2001	Brooke Minor, Woodbury	5-8
2002	Debra Vento, Freehold Boro	5-10
2003	Debra Vento, Freehold Boro	5-6
2004	Tiyana Peters, Mount Olive	5-6
2005	Briana Gray, Haddon Heights	5-6
2006	Anna Cook, Florence	5-6
2007	Priscilla Frederick, Paul VI	5-8
2008	Lauren Calorel, Lacey	5-6

Meet of Champions Winners *continued*

Girls High Jump *continued*

Year	Name, School	Distance
2009	Emily Kianka, Hopewell Valley	5-9.25
2010	Fiona Paladino, Montgomery	5-10
2011	Fiona Paladino, Montgomery	5-8
2012	Robin Perkins, Trenton Catholic	5-9
2013	Noel Janceicz, Robbinsville	5-8
2014	Taryn DeLeon, Northern Valley- Old Tappan	5-6
2015	Selena Thorne, Franklin	5-8
2016	Courteney Campbell, South Brunswick	5-06
2017	Abrianna Barrett, Montgomery	5-10
2018	Tiffany Bautista, Paramus Catholic	5-10
2019	Tierra Hooker, Timber Creek	5-10
2020	<i>Meet Canceled – COVID-19</i>	
2021	Alanna Woolfolk, Delsea Regional	5-06
2022	Samantha Staydesky, Howell	5-08
2023	Alanna Woolfolk, Clayton	5-08

Girls Pole Vault

Year	Name, School	Height
1999	Lauren Contursi, Hunterdon Central	12-0
2000	Laura Chmielewski, South Brunswick	11-6
2001	Samantha Crook, Randolph	10-6
2002	Olivia Kalinowska, Pinelands	12-0
2003	Danielle O'Reilly, Shawnee	11-6
2004	Danielle O'Reilly, Shawnee	11-6
2005	Kristen Hafford, Warren Hills	11-0
2006	Natalie Gengel, Princeton	12-3
2007	Jen Holly, Barnegat	12-0
2008	Nicole Pompei, Hanover Park	12-6
2009	Emily Urciuoli, Clifton	12-6
2010	Kelly Burke, Cranford	12-6
2011	Kayla Polcari, Ridgewood	11-6
2012	Chelsea Vaughan, Southern	12-0
2013	Katlyn Rymarzow, Pope John	11-6
2014	Marlena Sabatino, Hillsborough	12-0
2015	Katlyn Rymarzow, Pope John XXVIII	12-0

Meet of Champions Winners *continued*

Girls Pole Vault *continued*

Year	Name, School	Height
2016	Brittney Raffo, Seneca	12-0
2017	Leah Saifi, Governor Livingston	12-06
2018	Haley Horvath, Notre Dame	13-05.25
2019	Riley Larsen, Point Pleasant Boro	12-00
2020	<i>Meet Canceled – COVID-19</i>	
2021	Lauren Cashman, Montgomery	12-00
2022	Emma Keating, Pompton Lakes	12-00
2023	Emma Keating, Pompton Lakes	13-00

Girls Long Jump

Year	Name, School	Distance
1974	Yvonne Smith, Monmouth	17-1.75
1975	Yvonne Smith, Monmouth	18-1
1976	Hazel Lucas, Montclair	18-0.5
1977	Julie Smithers, Lakewood	18-5
1978	Carol Lewis, Willingboro	18-9.5
1979	Carol Lewis, Willingboro	18-9.5
1980	Carol Lewis, Willingboro	20-11w
1981	Carol Lewis, Willingboro	20-7.5
1982	Sharon Johnson, Newark Central	19-6
1983	Claire Connor, Rahway	19-11.75
1985	Linda Hayes, Monmouth	18-11.5
1986	Margaret Rottkamp, Indian Hills	18-2.75
1987	Linda Hayes, Monmouth	16-6.25
1988	Jen McDermott, Ridgewood	19-0.25
1989	Jen McDermott, Ridgewood	19-4
1990	Roberta Wilson, Edgewood	17-4.5
1991	Teneacia Smith, Cherry Hill East	18-8.5
1992	Teneacia Smith, Cherry Hill East	20-0.5
1993	Demeika Tweedy, Plainfield	19-3.75
1994	Demya Walker, Rancocas Valley	19-3.75
1995	Nena Moore, Cherry Hill West	19-1
1996	Nena Moore, Cherry Hill West	18-7.25
1997	Carlene Cummings, Englewood	18-2
1998	Carlene Cummings, Englewood	18-5

Meet of Champions Winners *continued*

Girls Long Jump *continued*

Year	Name, School	Distance
1999	Frances Bundy, Pleasantville	18-3.25
2000	Julie Farrell, Warren Hills	18-4.25
2001	Shameka Marshall, Oakcrest	18-10.75
2002	Kelsi Russell, Phillipsburg	19-0.25w
2003	Jenna Harris, Franklin	18-10.75
2004	Collette DeBenedetto, Mountain Lakes	18-3.5
2005	Celeste Holder, Parsippany	19-2.5
2006	Celeste Holder, Parsippany	18-11.5
2007	Jamie Walker, Haddon Heights	18-2.75
2008	Josefine Kvist, Ridge	18-3
2009	Shantel Athill, Montclair	18-4.5
2010	Mariah Browne, South Brunswick	19-1.5
2011	Essence Mayers, Lakewood	18-9.25
2012	Keturah Orji, Mount Olive	19-3.5
2013	Keturah Orji, Mount Olive	19-2
2014	Keturah Orji, Mount Olive	20-2.5
2015	Kaitlin Salisbury, Hawthorne	18-5
2016	Kaitlin Salisbury, Hawthorne	19-10
2017	Nyamekye Opoku-Agyemag, Union	19-10.50
2018	Tionna Tobias, Winslow Township	19-05.25
2019	Tara Zeni, Red Bank Catholic	19-02
2020	<i>Meet Canceled – COVID-19</i>	
2021	Celine-Jada Brown, Plainfield	18-02.50
2022	Celine-Jada Brown, Plainfield	20-00.50
2023	Saniyah Evans, Rahway	18-09.25

Girls Triple Jump

Year	Name, School	Distance
2000	Thananya Wooden, Pennsauken	36-9
2001	Shameka Marshall, Oakcrest	38-10.75
2002	Ebony Foster, Hillsboro	37-0
2003	Collette DeBenedetto, Mountain Lakes	37-3
2004	Collette DeBenedetto, Mountain Lakes	37-7.5
2005	Jessica Mills, West Deptford	39-6
2006	Stephanie McIntyre, South Brunswick	38-11.5

Meet of Champions Winners *continued*

Girls Triple Jump *continued*

Year	Name, School	Distance
2007	Stephanie McIntyre, South Brunswick	39-9
2008	Shanaie Heber, John F. Kennedy Memorial (Paterson)	40-7
2009	Ebony Young, Hillsborough	40-1.5
2010	Adefunke Sonaiké, Montgomery	39-4
2011	Adefunke Sonaiké, Montgomery	39-4.5
2012	Keturah Orji, Mount Olive	41-0.75
2013	Keturah Orji, Mount Olive	42-6.5
2014	Keturah Orji, Mount Olive	44-1.25
2015	Kaitlin Salisbury, Hawthorne	39-7
2016	Kaitlin Salisbury, Hawthorne	39.10.75
2017	Bonvie Fosam, Robbinsville	39-09.00
2018	Tiffany Bautista, Paramus Catholic	40-02.00
2019	Claudine Smith, Atlantic City	42-02.00
2020	<i>Meet Canceled – COVID-19</i>	
2021	Mariah Stephens, Egg Harbor Township	37-10.25
2022	Alexandra Bonn, Union Catholic	38-06.75
2023	Sophia Curtis, Ocean City	40-07.50

Girls 8lb Shot Put

Year	Name, School	Distance
1974	Martha Suhayda, Monmouth	44-1.5
1975	Sharon Redvict, Monmouth	41-0
1976	Sharon Redvict, Monmouth	43-8.5
1977	Sharon Redvict, Monmouth	44-1
1978	Cheryl Smack, Middletown South	41-4
1979	Neki Figg, Highland Park	45-6

Girls 4kg Shot Put

Year	Name, School	Distance
1980	Pam Dukes, Freehold Township	41-1.5
1981	Pam Dukes, Freehold Township	43-10
1982	Pam Dukes, Freehold Township	42-8
1983	Regina Weinpahl, Westwood	41-6
1984	Lillian Rivera, Pemberton	41-6.5
1985	Audra Corson, Monmouth	40-7

Meet of Champions Winners *continued*

Girls 4kg Shot Put *continued*

Year	Name, School	Distance
1986	Kirstine Christensen, Rutherford	4--11.75
1987	Kirstine Christensen, Rutherford	42-3.25
1988	Shawn Walsh, Toms River East	41-10.5
1989	Karen Harris, Hillside	43-9.25
1990	Nicole Sims, Plainfield	45-2.5
1991	Nicole Sims, Plainfield	46-0.5
1992	Kim Hicks, Plainfield	47-2.75
1993	Nicole Sims, Plainfield	44-3
1994	Tara Hollowell, Trenton	41-6.75
1995	Typhanie Bates, Williamstown	42-4.25
1996	Sara Beth Cullen, Red Bank Regional	45-8.75
1997	Sara Beth Cullen, Red Bank Regional	42-11
1998	Sara Beth Cullen, Red Bank Regional	43-6.25
1999	Jenn Flinchum, Northern Valley- Demarest	44-2.25
2000	Nacole Moore, Bridgeton	45-3.75
2001	Jackie Hudgins, Hightstown	46-6.5
2002	Nicola Wilson, Trenton	44-8.5
2003	Kelly Fazekaas, Northern Valley- Demarest	45-3
2004	Sylvia Galarza, Millville	42-10.75
2005	Danielle Dailey, Freehold Township	45-1
2006	DeAnne Hahn, Brick Township	43-10
2007	DeAnne Hahn, Brick Township	47-6
2008	Maureen Laffan, Toms River North	46-6.25
2009	Sandra Jean-Romain, Old Bridge	44-0.25
2010	Alana Pantale, Wayne Valley	43-0.25
2011	Theresa Picciallo, Immaculate Heart	47-5.5
2012	Theresa Picciallo, Immaculate Heart	45-8.75
2013	Jess Woodard, Cherokee	47-1.25
2014	Michelle Bazile, Princeton	43-6.25
2015	Nikolette Dunbar, Whippany Park	51.2.75
2016	Alyssa Wilson, Donovan Catholic	55-3.50
2017	Alyssa Wilson, Donovan Catholic	54-00.25
2018	Shelby Bigsby, Montclair	47-05.75
2019	Cydney Thomas, Haddon Heights	42-05.75
2020	<i>Meet Canceled – COVID-19</i>	

Meet of Champions Winners *continued*

Girls 4kg Shot Put *continued*

Year	Name, School	Distance
2021	Casey Sullivan, Northern Valley- Demarest	43-01.00
2022	Casey Sullivan, Northern Valley- Demarest	42-01.50
2023	Layla Giordano, Northern Valley- Old Tappan	44-03.25

Girls Discus

Year	Name, School	Distance
1974	Martha Suhayda, Matawan	126-11
1975	Karen Smith, Park Ridge	119-10
1976	Helene Connell, Jackson	137-5
1977	Sharon Redvict, Monmouth	124-7
1978	Eileen Johnson, Toms River North	133-3
1979	Rena Antanelis, Randolph	137-10
1980	Rena Antanelis, Randolph	133-1
1981	Pam Dukes, Freehold Township	139-6
1982	Karen Anderson, Toms River East	139-8
1983	Karen Anderson, Toms River East	134-2
1984	Lillian Rivera, Pemberton	125-2
1985	Audra Corson, Monmouth	128-9
1986	Lisa Parak, Vernon	133-6
1987	Lisa Parak, Vernon	147-8
1988	Natasha Criss, Montclair	127-7
1989	Chris Bogard, Hunterdon Central	136-0
1990	Jen Watkins, Hopewell Valley	131-4
1991	Jen Watkins, Hopewell Valley	134-3
1992	Lisa Morris, Trenton	131-7
1993	Trisha Harris, Marlboro	127-8
1994	Tammy Pellien, Jackson	137-9
1995	Tara Hollowell, Trenton	140-2
1996	Jamine Moton, Delsea	147-1
1997	Lisa Parak, Vernon	133-6
1998	Melinda Boykin, Bridgeton	134-10
1999	Sarah Herske, Mendham	147-11
2000	Monique Mighty, Hackensack	128-8
2001	Kate Pachuta, Middletown South	134-8
2002	Jessica Fazekas, Northern Valley- Demarest	140-8

Meet of Champions Winners *continued*

Girls Discus *continued*

Year	Name, School	Distance
2003	Jocelyn White, Delsea	145-11
2004	Jocelyn White, Delsea	158-1
2005	Caitlin Kelly, Hanover Park	134-2
2006	Kim Warren, Atlantic City	138-10
2007	Elena Faggai, Monmouth Regional	122-9
2008	DeAnne Hahn, Brick Township	139-6
2009	Victoria Imbesi, Our Lady of Mercy	134-10
2010	Corrinne Kominkiewicz, East Brunswick	138-5
2011	Jess Woodard, Cherokee	142-5
2012	Jess Woodard, Cherokee	151-10
2013	Jess Woodard, Cherokee	161-1
2014	Cheyenne Bellerand, Emerson	136-10
2015	Alyssa Wilson, Donovan Catholic	150-6
2016	Alyssa Wilson, Donovan Catholic	152-06
2017	Alyssa Wilson, Donovan Catholic	168-01
2018	Catherine Light, Northern Valley- Demarest	132-02
2019	Abby Nonnenberg, Wall Township	143-10
2020	<i>Meet Canceled – COVID-19</i>	
2021	Julia Bannan, Holy Spirit	129-00
2022	Jada Mia Puryear, Union Catholic	155-07
2023	Layla Giordano, Northern Valley- Old Tappan	159-07

Girls Javelin

Year	Name, School	Distance
1974	Keri Camarigg, Wall Township	124-1
1975	Donna Forte, Mount Olive	125-3
1976	Keri Camarigg, Wall Township	133-6
1978	Jill Warts, Morristown	142-11
1979	Emma Painter, Clayton	147-0
1980	Emma Painter, Clayton	152-7
1981	Rena Antanelis, Randolph	149-7
1982	Liz Pellerin, Holy Cross	141-7
1983	Audra Corson, Monmouth Regional	143-1
1984	Lillian Rivera, Pemberton	138-5
1985	Audra Corson, Monmouth Regional	150-2

Meet of Champions Winners *continued*

Girls Javelin *continued*

Year	Name, School	Distance
1986	Jeannette Dezan, South Brunswick	146-9
1987	Lisa Parak, Vernon	136-0
1988	Charity Snead, Southern Ocean	148-2
1989	Liz Griesback, Cherry Hill East	127-2
1990	Carrie Kimball, Monmouth	135-5
1991	Janet Morris, Kingsway	122-2
1992	Jackie Davis, Hamilton North (Nottingham)	122-2
1993	Stacie Gado, Wallkill Valley	131-0
1994	Jackie Davis, Hamilton North (Nottingham)	134-11
1995	Jackie Davis, Hamilton North (Nottingham)	140-1
1996	Jen Graf, Metuchen	131-11
1997	Jen Graf, Metuchen	148-8
1998	Lynlee Phillips, Shawnee	142-0
1999	Lynlee Phillips, Shawnee	152-1
2000	Amy Krilla, Red Bank Catholic	159-8
2001	Chelsea Salisbury, Buena	139-6
2002	Kelly Robinson, Raritan	141-3
2003	Kelly Robinson, Raritan	144-4
2004	Daina Pucurs, Northern Valley- Demarest	148-0
2005	Erin Folger, North Brunswick	129-0
2006	Julia Cohan, Northern Highlands	129-6
2007	Tara Miluszewski, Hightstown	134-2
2008	Shannon Sullivan, Immaculate Heart	144-3
2009	Shannon Sullivan, Immaculate Heart	136-7
2010	Elaina Mezzasalma, Marlboro	146-11
2011	Nia Barnes, West Orange	154-11
2012	Shauntierah Douglas, Garfield	150-3
2013	Lisa Sesink-Clee, Holy Angels	149-10
2014	Grace Montgomery, Nutley	136-2
2015	Megan Sax Vanderwyden, Pennsville	138-3
2016	Kaela Schrier, Cherokee	134-10
2017	Rachel Kern, Howell	145-04
2018	Brielle Smith, Oakcrest	163-08
2019	Brielle Smith, Oakcrest	157-00
2020	<i>Meet Canceled – COVID-19</i>	

Meet of Champions Winners *continued*

Girls Javelin *continued*

Year	Name, School	Distance
2021	Nicole Woods, Northern Valley- Demarest	149-05
2022	Nicole Woods, Northern Valley- Demarest	150-10
2023	Leah Howard, Millville	159-04

Girls 4x100 Yard Relay

Year	School	Time
1974	Manalapan	50.4
1975	Monmouth Regional	49.2
1976	Eastside (Paterson)	48.6
1977	Eastside (Paterson)	49.7
1978	Camden	47.4

Girls 4x100 Meter Relay

Year	School	Time
1979	Montclair	47.9
1980	Willingboro	47.1
2010	Columbia	46.87
2011	Piscataway	47.61
2012	Essex Tech- Market Street	47.63
2013	Winslow Township	47.27
2014	Piscataway	46.84
2015	Neptune	47.61
2016	Winslow Township	47.40
2017	Summit	47.07
2018	Paramus Catholic	47.17
2019	Union Catholic	47.05
2020	<i>Meet Canceled – COVID-19</i>	
2021	Union	47.21
2022	Rancocas Valley	49.86
2023	Timber Creek	46.89

Meet of Champions Winners *continued*

Girls 4x400 Meter Relay

Year	School	Time
1989	Teaneck	3:56.48
1990	Lakewood	3:55.08
1991	Franklin	4:00.95
1992	Franklin	3:52.48
1993	Willingboro	3:52.06
1994	Willingboro	3:51.44
1995	Camden	3:48.22
1996	Columbia	3:52.00
1997	Columbia	3:49.70
1998	Willingboro	3:53.46
1999	Washington Township	3:50.74
2000	Willingboro	3:51.61
2003	Winslow Township	3:50.21
2004	Winslow Township	3:50.44
2005	Piscataway	3:48.42
2006	Camden	3:47.35
2007	East Orange	3:49.07
2008	Southern Regional	3:49.57
2009	Columbia	3:47.94
2010	Columbia	3:42.54
2011	Sparta	3:50.80
2012	Lenape	3:51.43
2013	Columbia	3:46.86
2014	Columbia	3:43.36
2015	Union Catholic	3:44.20
2016	Union Catholic	3:46.68
2017	Winslow Township	3:47.41
2018	Winslow Township	3:46.67
2019	Rancocas Valley	3:49.31
2020	<i>Meet Canceled – COVID-19</i>	
2021	Scotch Plains-Fanwood	3:46.73
2022	Piscataway	3:57.24
2023	Timber Creek	3:46.38

Meet of Champions Winners *continued*

Girls 4x800 Meter Relay

Year	School	Time
2010	Hunterdon Central	9:16.60
2011	Lenape	9:18.71
2012	Mount St. Dominic	9:14.48
2013	Freehold Township	9:10.69
2014	Freehold Township	9:01.69
2015	Ridge	9:11.48
2016	Ridge	9:06.81
2017	Ridge	9:11.81
2018	Ridge	9:03.19
2019	Ridge	9:08.75
2020	<i>Meet Canceled – COVID-19</i>	
2021	Haddonfield Memorial	9:10.24
2022	Cherokee	9:25.70
2023	Wilberforce	9:16.22

Most MOC Titles (4+)

No.	School
24	Columbia
19	Monmouth
18	Winslow Township
17	Willingboro
16	Montclair
16	Plainfield
14	Franklin
12	North Hunterdon
12	Southern
12	Union Catholic
11	Lakewood
11	Mount Olive
10	Haddonfield
10	Neptune
10	Randolph
9	John F. Kennedy Memorial (Paterson)
9	North Edison
9	Northern Valley- Demarest
9	Ridgewood
8	Camden
8	Cherokee
8	Delsea
8	Freehold Township
8	Paramus Catholic
8	Shawnee
7	Hopewell Valley
7	Hunterdon Central
7	Piscataway
7	Trenton
6	Hillsborough
6	Kingsway
6	Montgomery
6	Raritan
6	Red Bank Regional
6	Science
6	South Brunswick
5	Hawthorne
5	Ridge
5	Williamstown
5	Woodbury
4	Bridgeton
4	Cherry Hill East
4	Donovan Catholic
4	Eastern

No.	School
4	Glen Rock
4	Governor Livingston
4	Haddon Heights
4	Hamilton North (Nottingham)
4	Highland Regional
4	Immaculate Heart
4	Kent Place
4	Northern Valley- Old Tappan
4	Oakcrest
4	Ocean City
4	Rancocas Valley
4	Red Bank Catholic
4	Seneca
4	Tenafly
4	Timber Creek
4	Washington Township
4	Wayne Valley
4	Weequahic

Individuals- 3+ MOC Wins

No.	Name, School	No.	Name, School
8	Jodie Bilotta, North Hunterdon	3	Alexa Westley, Warren Hills
6	Olivia Baker, Columbia	3	Monal Chokski, Bridgewater West
6	Erin Donohue, Haddonfield	3	Sara Beth Cullen, Red Bank Regional
6	Myasia Jacobs, Paramus Catholic	3	Jackie Davis, Hamilton North (Nottingham)
6	Carol Lewis, Willingboro	3	Collette DeBenedetto, Mountain Lakes
6	Keturah Orji, Mount Olive	3	Sandi Everett, Hillsborough
5	Sydney McLaughlin, Union Catholic	3	Autumn Fogg, Hunterdon Central
5	Michele Glover, Willingboro/Pennsauken	3	English Gardner, Eastern
5	Jenna Harris, Franklin	3	Brianna Gess, Haddonfield
5	Danielle Tauro, Southern	3	DeAnn Hahn, Brick Township
4	Nicole Carmichael, JFK (Paterson)	3	Andrea Johnson, Plainfield
4	Joetta Clark, Columbia	3	Kathy Kilar, North Edison
4	Audra Corson, Monmouth	3	Lori Lewis, Woodbury
4	Pam Dukes, Freehold Township	3	Kim Mineo, Glen Rock
4	Chris Engel, Mount Olive	3	Hilary Noden, Hopewell Valley
4	Denise Liles, Kingsway	3	Ogechi Nwaneri, Chatham/Columbia
4	Sharon Redvict, Monmouth Regional	3	Lisa Parak, Vernon
4	Stephanie Saleem, Neptune	3	Lillian Rivera, Pemberton
4	Kaitlin Salisbury, Hawthorne	3	Michelle Rowen, Washington Township
4	Tawana Watkins, JFK (Paterson)	3	Nicole Sims, Plainfield
4	Aleah Williams, Montclair	3	Janet Smith, North Edison
4	Jess Woodard, Cherokee	3	Jillian Smith, Southern Ocean
3	Rena Antanelis, Randolph	3	Yvonne Smith, Monmouth Regional
3	Mary Banks, Raritan	3	Tatiana Smolin, Randolph
3	Mikele Barber, Montclair	3	Regina Trotter, Weequahic
3	Dawn Bowles, Neptune	3	Victoria Vanriele, Governor Livingston
3	Michelle Brown, Seneca	3	Alyssa Wilson, Donovan Catholic

Individuals- 4x MOC Winner (Single Event)

Name, School	Event	Years
Olivia Baker, Columbia	400M Dash	2011-2014
Jodie Bilotta, North Hunterdon	3200M Run	1985-1988
Joetta Clark, Columbia	880 Yard/800M Run	1977-1980
Chris Engel, Mount Olive	1600M Run	1989-1992
Carol Lewis, Willingboro	Long Jump	1978-1981
Sydney McLaughlin, Union Catholic	400M Low Hurdles	2014-2017
Danielle Tauro, Southern Ocean	1600M Run	2004-2007

Meet of Champions Records

Event	Name, School	Time/Distance	Year
100 Meter Dash	Wendy Vereen, Trenton	0:11.3	1983
<i>100 Yard Dash</i>	<i>Michele Glover, Pennsauken</i>	<i>0:10.7</i>	<i>1978</i>
200 Meter Dash	Wendy Vereen, Trenton	0:23.0	1983
<i>200 Yard Dash</i>	<i>Lori Lewis, Woodbury</i>	<i>0:24.0</i>	<i>1978</i>
400 Meter Dash	Sydney McLaughlin, Union Catholic	0:51.87	2016
<i>440 Yard Dash</i>	<i>Penny Fales, Hackensack</i>	<i>0:56.0</i>	<i>1976</i>
	<i>Terri Dembek, Hawthoren</i>	<i>0:56.0</i>	<i>1978</i>
800 Meter Run	Jill Smith, Southern Regional	2:04.67	2009
<i>880 Yard Run</i>	<i>Joetta Clark, Columbia</i>	<i>2:07.3</i>	<i>1978</i>
1600 Meter Run	Josette Norris, Tenafly	4:41.61	2013
1500 Meter Run	Hilary Noden, Hopewell Valley	4:58.0	1975
<i>One Mile Run</i>	<i>Michelle Rowen, Washington Township</i>	<i>4:28.8</i>	<i>1981</i>
3200 Meter Run	Sarah Disanza, High Point	10:15.02	2013
<i>3000 Meter Run</i>	<i>Hilary Noden, Hopewell Valley</i>	<i>10:41.9</i>	<i>1976</i>
<i>Two Mile</i>	<i>Meg Waldron, Bernards</i>	<i>9:58.6</i>	<i>1981</i>
100 Meter High Hurdles	Dawn Bowles, Neptune	0:13.33	1988
<i>100 Yard 30" Hurdles</i>	<i>Darlene Grant, Overbrook</i>	<i>0:13.5</i>	<i>1979</i>
<i>100 Meter 30" Hurdles</i>	<i>Carol Lewis, Willingboro</i>	<i>0:14.1</i>	<i>1980</i>
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	0:56.23	2016
4x100 Meter Relay	Piscataway	0:46.84	2014
4x400 Meter Relay	Columbia	3:42.54	2010
4x800 Meter Relay	Freehold Township	9:01.69	2014
Shot Put (4k)	Alyssa Wilson, Donovan Catholic	55'03.50"	2016
<i>Shot Put (8lb)</i>	<i>Neki Figg, Highland Regional</i>	<i>45'06.00"</i>	<i>1979</i>
Discus	Alyssa Wilson, Donovan Catholic	168'01.00"	2017
#Javelin	Brielle Smith, Oakcrest	163'08.00"	2018
<i>Javelin</i>	<i>Amy Krilla, Red Bank Catholic</i>	<i>159'08.00"</i>	<i>2000</i>
High Jump	Tish Edwards, Mater Dei	5'10.00"	1981
	Debra Vento, Freehold Borough	5'10.00"	2002
	Fiona Paladino, Montgomery	5'10.00"	2010
	Abrianna Barrett, Montgomery	5'10.00"	2017
	Tiffany Bautista, Paramus Catholic	5'10.00"	2018
	Tierra Hooker, Timber Creek	5'10.00"	2019
Long Jump	Carol Lewis, Willingboro	20'11.00"	1980
Triple Jump	Keturah Orji, Mount Olive	44'01.25"	2014
Pole Vault	Hayley Horvath, Notre Dame	13'05.25"	2018