### BEST FROM THE SECTIONAL MEETS

#### GIRLS

<table>
<thead>
<tr>
<th>Event</th>
<th>Participant</th>
<th>Year</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meter Dash</td>
<td>Wendy Vereen, Trenton</td>
<td>1983</td>
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<tr>
<td>200 Meter Dash</td>
<td>Mikele Barber, Montclair</td>
<td>1998</td>
<td>0:23.2</td>
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<td>400 Meter Dash</td>
<td>Sydney McLaughlin, Union Catholic</td>
<td>2017</td>
<td>0:52.89*</td>
</tr>
<tr>
<td>800 Meter Run</td>
<td>Jillian Smith, Southern Regional</td>
<td>2008</td>
<td>2:07.26*</td>
</tr>
<tr>
<td>1600 Meter Run</td>
<td>Catherine Pergamo, No. Highlands</td>
<td>2014</td>
<td>4:49.42*</td>
</tr>
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<td>3200 Meter Run</td>
<td>Michelle Rowan, Washington Twp.</td>
<td>1983</td>
<td>10:12.8</td>
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<td>110 Meter High Hurdles</td>
<td>Dawn Bowles, Neptune</td>
<td>1988</td>
<td>0:13.3</td>
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<td>400 Meter Intermediate Hurdles</td>
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<td>Piscataway</td>
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<td>1980</td>
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<td>Shot Put (8 pounds)</td>
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<td>Discus</td>
<td>Jess Woodward, Cherokee</td>
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<td>168’00.00”</td>
</tr>
<tr>
<td>#New Javelin</td>
<td>Nia Barnes, West Orange</td>
<td>2011</td>
<td>154’05.00”</td>
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<td>Javelin</td>
<td>Lynlee Phillips, Shawnee</td>
<td>1999</td>
<td>154’08.00”</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Carol Lewis, Willingboro</td>
<td>1981</td>
<td>20’06.00”</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Kaitlin Salisbury, Hawthorne</td>
<td>2015</td>
<td>42’02.75”</td>
</tr>
<tr>
<td>High Jump</td>
<td>Tish Edwards, Mater Dei</td>
<td>1981</td>
<td>5’09.50”</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Chelsea Vaughan, So. Regional</td>
<td>2012</td>
<td>12’03.00”</td>
</tr>
</tbody>
</table>

*Fully-Automatic Timing

#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 North 1 Sectional Meets

## Girls

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Year</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meter Dash</td>
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<td>Nicole Carmichael, Kennedy</td>
<td>1994</td>
<td>0:11.9</td>
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<td></td>
<td>Carlene Cummings, Englewood</td>
<td>1998</td>
<td>0:11.9</td>
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<tr>
<td></td>
<td>Amma Walcot, Hackensack</td>
<td>2005</td>
<td>0:11.9</td>
</tr>
<tr>
<td>200 Meter Dash</td>
<td>Porshe Giddings, East Orange</td>
<td>2007</td>
<td>0:24.34*</td>
</tr>
<tr>
<td>400 Meter Dash</td>
<td>Natalie Jorden, Eastside</td>
<td>1982</td>
<td>0:55.1</td>
</tr>
<tr>
<td>800 Meter Run</td>
<td>Catherine Pegano, No. Highlands</td>
<td>2014</td>
<td>2:10.96*</td>
</tr>
<tr>
<td>1600 Meter Run</td>
<td>Catherine Pegano, No. Highlands</td>
<td>2014</td>
<td>4:49.42*</td>
</tr>
<tr>
<td>3200 Meter Run</td>
<td>Abby Loveys, Randolph</td>
<td>2019</td>
<td>10:25.38*</td>
</tr>
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<td>100 Meter High Hurdles</td>
<td>Reanda Richards, West Essex</td>
<td>2018</td>
<td>0:13.89</td>
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<tr>
<td>400 Meter Low Hurdles</td>
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<td>2017</td>
<td>0:59.54*</td>
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<td>West Orange</td>
<td>2019</td>
<td>0:48.30*</td>
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<td>4x400 Meter Relay</td>
<td>Eastside</td>
<td>1981</td>
<td>3:53.6</td>
</tr>
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<td>4x800 Meter Relay</td>
<td>Ramapo</td>
<td>2014</td>
<td>9:18.56*</td>
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<td>Shot Put (8 pounds)</td>
<td>Jessica Molina, Westwood</td>
<td>2016</td>
<td>46’10.00”</td>
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<td>Discus</td>
<td>Lisa Parak, Vernon</td>
<td>1987</td>
<td>146’00.00”</td>
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<tr>
<td>#New Javelin</td>
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<td>144’04.00”</td>
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<td>Keturah Orjl, Mount Olive</td>
<td>2012</td>
<td>19’07.50”</td>
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<td>Triple Jump</td>
<td>Kaitlin Salisbury, Hawthorne</td>
<td>2015</td>
<td>42’2.75”</td>
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<td>High Jump</td>
<td>Tiyana Peters, Mt. Olive</td>
<td>2004</td>
<td>5’08.00”</td>
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<tr>
<td>Pole Vault</td>
<td>Chrissy Finkel, Montville</td>
<td>2007</td>
<td>12’04.00”</td>
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*Fully-Automatic Timing

# 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.
# NORTH 1 RECORDS

## GROUP I GIRLS

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>School</th>
<th>Year</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>100 Meter Dash</td>
<td>Kaitlin Salisbury</td>
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<td>Hawthorne</td>
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<td>Megan Gasnicki</td>
<td>Park Ridge</td>
<td>2018</td>
<td>0:57.31*</td>
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<tr>
<td>800 Meter Run</td>
<td>Kim Mineo</td>
<td>Glen Rock</td>
<td>2002</td>
<td>2:13.9</td>
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<tr>
<td>1600 Meter Run</td>
<td>Kristen Landry</td>
<td>Mountain Lakes</td>
<td>2011</td>
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<td>Colette Richter</td>
<td>Mountain Lakes</td>
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<td>11:01.79*</td>
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<td>Glen Rock</td>
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<td>400 Meter Low Hurdles</td>
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<td>Hasbrouck Heights</td>
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<td>Hasbrouck Heights</td>
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<td>Hawthorne</td>
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<td>18’03.00&quot;</td>
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<td>Butler</td>
<td>2004</td>
<td>5’06.25&quot;</td>
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<td>Michelle Favre</td>
<td>Saddle Brook</td>
<td>2008</td>
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2019 Team Champion: **Kinnelon 125.50 points**

## GROUP II GIRLS

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>School</th>
<th>Year</th>
<th>Time</th>
</tr>
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<tbody>
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<td>Carlene Cummings</td>
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<td>2014</td>
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<td>Westwood</td>
<td>2013</td>
<td>2:11.61*</td>
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<td>1600 Meter Run</td>
<td>Sarah DiSanza</td>
<td>High Point</td>
<td>2013</td>
<td>4:58.02*</td>
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<td>3200 Meter Run</td>
<td>Christi Constantin</td>
<td>Kittatinny</td>
<td>1989</td>
<td>10:30.1</td>
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<td>Willie Mae Washington</td>
<td>Lodi</td>
<td>1996</td>
<td>18’07.25&quot;</td>
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<td>Triple Jump</td>
<td>Gena Pickett</td>
<td>Mahwah</td>
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<td>39’03.25&quot;</td>
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<td>High Jump</td>
<td>Cheryl Burdick</td>
<td>Ramsey</td>
<td>1998/99</td>
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<td>Pole Vault</td>
<td>Sydney Woods</td>
<td>NV Demarest</td>
<td>2018</td>
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2019 Team Champion: **NV Demarest 85 points**
### GROUP III GIRLS

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<th>Competitor</th>
<th>Year</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>100 Meter Dash</td>
<td>Janay Mitchell, Teaneck</td>
<td>2008</td>
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<td>Jacqueline Sendgik, Mount Olive</td>
<td>2005</td>
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<td>400 Meter Dash</td>
<td>Kayce Darby, Teaneck</td>
<td>2019</td>
<td>0:24.52*</td>
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<td>800 Meter Run</td>
<td>Reanda Richards, West Essex</td>
<td>2018</td>
<td>0:55.45*</td>
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<td>Catherine Pagano, Northern Highlands</td>
<td>2014</td>
<td>2:10.96*</td>
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<tr>
<td>3200 Meter Run</td>
<td>Josette Norris, Tenafly</td>
<td>2013</td>
<td>10:29.13*</td>
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<td>2014</td>
<td>9:18.56*</td>
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<td>Shot Put (8 pounds)</td>
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<td>2002</td>
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<td>144’04.00”</td>
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<td>41’11.00”</td>
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<td>High Jump</td>
<td>Tiyana Peters, Mt. Olive</td>
<td>2004</td>
<td>5’08.00”</td>
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<tr>
<td>Pole Vault</td>
<td>Melissa Purcell, Pascack Valley</td>
<td>2018</td>
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2019 Team Champion: Northern Highlands 115 points

### GROUP IV GIRLS

<table>
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<th>Competitor</th>
<th>Year</th>
<th>Time</th>
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<tbody>
<tr>
<td>100 Meter Dash</td>
<td>Cassandra Grant, Passaic</td>
<td>1992</td>
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<td>200 Meter Dash</td>
<td>Nicole Carmichael, Kennedy</td>
<td>1994</td>
<td>0:11.9</td>
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<td>400 Meter Dash</td>
<td>Amma Walcot, Hackensack</td>
<td>2005</td>
<td>0:11.9</td>
</tr>
<tr>
<td>800 Meter Run</td>
<td>Porshe Giddings, East Orange</td>
<td>2007</td>
<td>0:24.34*</td>
</tr>
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<td>400 Meter Low Hurdles</td>
<td>Natalie Jorden, Eastside</td>
<td>1982</td>
<td>0:55.1</td>
</tr>
<tr>
<td>1600 Meter Run</td>
<td>Kimberly Standridge, Randolph</td>
<td>2007</td>
<td>2:11.77*</td>
</tr>
<tr>
<td>3200 Meter Run</td>
<td>Joelle Amaral, Randolph</td>
<td>2010</td>
<td>4:52.29*</td>
</tr>
<tr>
<td>100 Meter High Hurdles</td>
<td>Abby Loveys, Randolph</td>
<td>2019</td>
<td>10:25.38</td>
</tr>
<tr>
<td>400 Meter Low Hurdles</td>
<td>Karen Gaines, Teaneck</td>
<td>1980</td>
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<tr>
<td>4x100 Meter Relay</td>
<td>Amber Allen, Passaic Tech</td>
<td>2010</td>
<td>1:00.96*</td>
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<tr>
<td>4x400 Meter Relay</td>
<td>West Orange</td>
<td>2019</td>
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<td>4x800 Meter Relay</td>
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<td>1981</td>
<td>3:53.6</td>
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<tr>
<td>Shot Put (8 pounds)</td>
<td>Shelby Bigsby, Montclair</td>
<td>2017</td>
<td>43’10.00”</td>
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<td>Sue Piekarz, Clifton</td>
<td>1987</td>
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<td>Javelin</td>
<td>Nia Barnes, West Orange</td>
<td>2011</td>
<td>154’05.00”</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Michele Ziegler, Kearney</td>
<td>1980</td>
<td>132’06.00”</td>
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<tr>
<td>Triple Jump</td>
<td>Tymia Joseph, Morris Knolls</td>
<td>2016</td>
<td>18’08.75”</td>
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<td>Consandria Walker, Hackensack</td>
<td>2006</td>
<td>39’08.00”</td>
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<tr>
<td>Pole Vault</td>
<td>Breasha Morton, Passaic Tech</td>
<td>2014</td>
<td>5’06.00”</td>
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2019 Team Champion: Ridgewood 120.50 points
## NORTH 1 SECTIONAL TEAM WINNERS

<table>
<thead>
<tr>
<th>YEAR</th>
<th>GROUP I GIRLS</th>
<th>GROUP II GIRLS</th>
<th>GROUP III GIRLS</th>
<th>GROUP IV GIRLS</th>
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<td>RUTHERFORD – 72</td>
<td>LINCOLN – 45</td>
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<td>1979</td>
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<td>SADDLE BROOK – 50</td>
<td>LINCOLN – 38</td>
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<td>1981</td>
<td>PARK RIDGE – 50</td>
<td>TENAFLY – 42</td>
<td>LINCOLN – 37</td>
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**NEW SCORING INSTITUTED IN 1992: 10, 8, 6, 4, 2, 1**
## Summary of NORTH 1 Sectional Titles

### GIRLS Sectional Titles

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# BEST OF THE NORTH 2 SECTIONAL MEETS

## GIRLS

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<td>Aleah Williams, Montclair</td>
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<td>Mikele Barber, Montclair</td>
<td>1998</td>
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<td>Olivia Baker, Columbia</td>
<td>2014</td>
<td>0:53.74*</td>
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<td>Brittney Jackson, Columbia</td>
<td>2010</td>
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*Fully-Automatic Timing

# 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.
### NORTH 2 RECORDS

#### GROUP I GIRLS

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<td>Oak Knoll</td>
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2019 Team Champion: Whippany Park 153 points

#### GROUP II GIRLS

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2019 Team Champion: Parsippany 70 points
### Group III GIRLS

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2019 Team Champion: Woodbridge 93 points

### Group IV GIRLS

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2019 Team Champion: Watchung Hills 118 points
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### Summary of NORTH 2 Sectional Titles

#### GIRLS Sectional Titles

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## BEST OF THE CENTRAL SECTIONAL MEETS

### GIRLS

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*Fully-Automatic Timing*

#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.
### Group I Girls

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**2019 Team Champion: Willingboro 140 points**

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**2019 Team Champion: Rumson-Fair Haven 95.50 points**
**GROUP III GIRLS**

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**2019 Team Champion: Colts Neck 93 points**

**GROUP IV GIRLS**

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**2019 Team Champion: South Brunswick 102.42 points**
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### GIRLS Sectional Titles

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*Fully-Automatic Timing

#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.
### SOUTH RECORDS

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**2019 Team Champion: Paulsboro 108 points**

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<td>High Jump</td>
<td>Megan Kirschling, West Deptford</td>
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<td>Pole Vault</td>
<td>Riley Larsen, Pt. Pleasant Borough</td>
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**2019 Team Champion: Haddonfield Memorial 117 points**
### GROUP III GIRLS

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<td>Shakeema Martin, Lakewood</td>
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<td>800 Meter Run</td>
<td>Renee Tomlin, Ocean City</td>
<td>2005</td>
<td>2:10.5</td>
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<td>1600 Meter Run</td>
<td>Alyssa Aldridge, Mainland</td>
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<td>Gabrielle Bennett, Winslow Township</td>
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**2019 Team Champion: Winslow Township 127 points**

### GROUP IV GIRLS

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**2019 Team Champion: Millville 92 points**
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BEST OF THE NON-PUBLIC SECTIONAL MEETS

GIRLS

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<th>Year</th>
<th>Time</th>
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<td>Isabelle Dely</td>
<td>Paramus Catholic</td>
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<td>18’07.00**</td>
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<td>2018</td>
<td>39’00.00**</td>
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<td>Trenton Catholic</td>
<td>2012</td>
<td>5’08.00**</td>
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<td>Caroline Dannenbaum</td>
<td>Pingry</td>
<td>2019</td>
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*Fully-Automatic Timing

#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.

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### SOUTH RECORDS

#### NON-PUBLIC A GIRLS

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2019 Team Champion: Union Catholic 240 points

#### NON-PUBLIC B GIRLS

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<td>Our Lady of Mercy</td>
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<td>Trenton Catholic</td>
<td>2012</td>
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2019 Team Champion: Trinity Hall 91 points
## NORTH RECORDS

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2019 Team Champion: Paramus Catholic 155 points

### NON-PUBLIC B GIRLS

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<th>School</th>
<th>Year</th>
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2019 Team Champion: Morris Catholic 149 points
### Summary of NON-PUBLIC Sectional Titles

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<td>4</td>
<td>Villa Walsh (2015-2016)</td>
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<td>5</td>
<td>Donovan (2011-2013)</td>
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<td>Paramus Catholic (2017-2019)</td>
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<td>7</td>
<td>Pingry (2011-2014)</td>
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<td>8</td>
<td>Union Catholic (2015-2019)</td>
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