

	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 Hts.	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
2006	Ogechi Nwaneri, Chatham	11.66
2007	English Gardner, Eastern	11.62
2008	English Gardner, Eastern	11.88
2009	Myasia Jacobs, Paramus Cath.	11.72
2010	Myasia Jacobs, Paramus Cath.	11.48

Girls 100 Meter Dash		
Year	Name-School	Time
2011	Myasia Jacobs, Paramus Cath.	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	State Meet Canceled – COVID-19	
2021	Jada Ellis, Manchester Township	11.57
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
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

Girls 200 Meter Dash		
Year	Name-School	Time
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
2020	State Meet Canceled – COVID-19	
2021	Lauren Princz, Egg Harbor Township	24.22
Girls 400 Yard Dash		
Year	Name-School	Time
1974	Maria Clough, Franklin	57.5
1975	Clare Gursky, So. 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

	Girls 400 Meter Dash	
Year	Name-School	Time
1984	Stephanie Saleem, Neptune	54.6
1985	Stephanie Saleem, Neptune	53.0
1986	Darlene Andrews, No. Hunterdon	55.6
1987	Stephanie Saleem, Neptune	55.7
1988	Michelle Samuels, Red Bank	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
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	State Meet Canceled – COVID-19	
2021	Julia Jackson, Scotch Plains-Fanwood	54.48

Girls 880 Yard Run		
Year	Name-School	Time
1974	Jane Green, Ridgewood	2:20.7
Girls 880 Yard Run		
Year	Name-School	Time
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

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, No. 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

Girls 800 Meter Run		
Year	Name-School	Time
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 Cath.	2:11.92
2013	Madison Holleran, No. Highlands	2:08.87
2014	Corinne Myers, Westwood	2:05.80
2015	Amari Onque, Shabazz	2:10.03
2016	Lexi DelGizzo, Tenafly	2:11.98
2017	Victoria Vanriele, Gov. Livingston	2:08.18
2018	Victoria Vanriele, Gov. Livingston	2:06.68
2019	Victoria Vanriele, Gov. Livingston	2:05.43
2020	State Meet Canceled – COVID-19	
2021	Lilly Shapiro, Colts Neck	2:13.05
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, Wash. Twp.	4:28.8
Girls 1600 Meter Run		
Year	Name-School	Time
1982	Michelle Rowen, Wash. Twp.	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
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

Girls 1600 Meter Run		
Year	Name-School	Time
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	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	State Meet Canceled – COVID-19	
2021	Katie Hamilton, Westfield	4:51.95
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
Girls 3200 Meter Run		
Year	Name-School	Time
1983	Michelle Rowen, Washington Twp.	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
2003	Amanda Trotter, Red Bank	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 Reg.	10:37.49
2011	Dana Giordano, Bernards	10:29.40
2012	Mackenzie Barry, WM Mendham	10:18.24
2013	Sara Disanza, High Point	10:15.02
2014	Courtney Thompson, SJV	10:22.87

Girls 3200 Meter Run		
Year	Name-School	Time
2015	Grace Dwyer, Nottingham	10:21.46
2016	Kaitlyn Mooney, Southern Reg.	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	State Meet Canceled – COVID-19	
2021	Christina Allen, River Dell	10:46.36
Girls 100 Yard 30" Hurdles		
Year	Name-School	Time
1974	Julie Smithers, Lakewood	15.0
1975	Yvonne Smith, Monmouth	14.2
1976	Debbie Deutsch, E. Brunswick	14.3
1977	Julie Smithers, Lakewood	14.1
1978	Denise Taylor, Red Bank Catholic	14.2
1979	Darlene Grant, Overbrook	13.5
Girls 100 Meter 30" Hurdles		
Year	Name-School	Time
1980	Carol Lewis, Willingboro	14.1
Girls 100 Meter 33" Hurdles		
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, No. Edison	14.59
1994	Helen Willis, Bridgeton	14.45
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

Girls 100 Meter 33" Hurdles		
Year	Name-School	Time
2000	Amber Williams, Roxbury	13.81w
2001	Amber Williams, Roxbury	13.77w
2002	Allison Nesbitt, Mt. 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'lyce McNeil, Winslow Twp.	14.23
2012	Dashana Ransome, Irvington	13.89
2013	Morgan Harvey, No. Hunterdon	14.41
2014	Courtney Thompson, SJV	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	State Meet Canceled – COVID-19	
2021	Kirstyn Schechter, Hillsborough	14.37
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 Reg.	1:02.56
1992	Eusheka Bartley, Highland Reg.	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

Girls 400 Meter Low Hurdles		
Year	Name-School	Time
1996	Mandie Dulin, Shawnee	1:00.10
1997	Mandie Dulin, Shawnee	0:59.56
1998	Natalie Deffenbaugh, Columbia	1:02.33
1999	Tawana Watkins, Paterson Kenn.	1:00.65
2000	Tawana Watkins, Paterson Kenn.	0:59.56
2001	Pam Richardson, Edgewood	1:00.73
2002	Siobhan Counts, Plainfield	0:59.81
2003	Krystal Cantey, Winslow Twp.	1:00.74
2004	Sonya Sullivan, Manchester Twp.	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 Val.	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	Sydney McLaughlin, Union Cath.	0:58.24
2015	Sydney McLaughlin, Union Cath.	0:57.39
2016	Sydney McLaughlin, Union Cath.	0:56.23
2017	Sydney McLaughlin, Union Cath.	0:56.97
2018	Reanda Richards, West Essex	0:59.05
2019	Arianna Smith, Pennsville	1:00.13
2020	State Meet Canceled – COVID-19	
2021	Adelaide Asante, North Brunswick	1:00.24
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

	Girls High Jump	
Year	Name-School	Distance
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, So. Plainfield	5-8
1998	Cheryl Burdick, Ramsey	5-8
1999	Cheryl Burdick, Ramsey	5-8
2000	Kristen Composts, 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
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, NV Old Tappan	5-6
2015	Selena Thorne, Franklin	5-8
2016	Courteney Campbell, So. Brunswick	5-06
2017	Abrianna Barrett, Montgomery	5-10
2018	Tiffany Bautista, Paramus Catholic	5-10
2019	Tierra Hooker, Timber Creek	5-10
2020	State Meet Canceled – COVID-19	
2021	Alanna Woolfolk, Delsea Regional	5-06

Girls Pole Vault		
Year	Name-School	Height
1999	Lauren Contursi, Hunterdon Cent.	12-0
2000	Laura Chmielewski, So. 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	12-0
2016	Brittney Raffo, Seneca	12-0
2017	Leah Saifi, Gov. Livingston	12-06
2018	Haley Horvath, Notre Dame	13-05.25
2019	Riley Larsen, Pt. Pleasant Borough	12-00
2020	State Meet Canceled – COVID-19	
2021	Lauren Cashman, Montgomery	12-00
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

Girls Long Jump		
Year	Name-School	Distance
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
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, Mt. 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, So. 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	State Meet Canceled – COVID-19	
2021	Celine-Jada Brown, Plainfield	18-02.50
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, Mt. Lakes	37-3

Girls Triple Jump		
Year	Name-School	Distance
2004	Collette DeBenedetto, Mt. Lakes	37-7.5
2005	Jessica Mills, West Deptford	39-6
2006	Stephanie McIntyre, So. Bruns.	38-11.5
2007	Stephanie McIntyre, So. Bruns.	39-9
2008	Shanaie Heber, Paterson Kenn.	40-7
2009	Ebony Young, Hillsboro	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	Bonnie Fosam, Robbinsville	39-09.00
2018	Tiffany Bautista, Paramus Catholic	40-02.00
2019	Claudine Smith, Atlantic City	42-02.00
2020	State Meet Canceled – COVID-19	
2021	Mariah Stephens, Egg Harbor Township	37-10.25
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 S.	41-4
1979	Neki Figg, Highland Park	45-6
Girls 4kg Shot Put		
Year	Name-School	Distance
1980	Pam Dukes, Freehold Twp.	41-1.5
1981	Pam Dukes, Freehold Twp.	43-10
Girls 4kg Shot Put		
Year	Name-School	Distance
1982	Pam Dukes, Freehold Twp.	42-8
1983	Regina Weinpahl, Westwood	41-6
1984	Lillian Rivera, Pemberton	41-6.5
1985	Audra Corson, Monmouth	40-7
1986	Kirstine Christensen, Rutherford	4--11.75
1987	Kirstine Christensen, Rutherford	42-3.25

Girls 4kg Shot Put		
Year	Name-School	Distance
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	45-8.75
1997	Sara Beth Cullen, Red Bank	42-11
1998	Sara Beth Cullen, Red Bank	43-6.25
1999	Jenn Flinchum, 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, Demarest	45-3
2004	Sylvia Galarza, Millville	42-10.75
2005	Danielle Dailey, Freehold Twp.	45-1
2006	DeAnne Hahn, Brick Twp.	43-10
2007	DeAnne Hahn, Brick Twp.	47-6
2008	Maureen Laffan, Toms River N.	46-6.25
2009	Sandra Jean-Romain, Old Bridge	44-0.25
2010	Alana Pantale, Wayne Valley	43-0.25
2011	Theresa Picciallo, Immac. Heart	47-5.5
2012	Theresa Picciallo, Immac. 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	State Meet Canceled – COVID-19	
2021	Casey Sullivan, Northern Valley @ Demarest	43-01.00
Girls Discus Throw		
Year	Name-School	Distance
1974	Martha Suhayda, Matawan	126-11
1975	Karen Smith, Park Ridge	119-10

	Girls Discus Throw	
Year	Name-School	Distance
1976	Helene Connell, Jackson	137-5
1977	Sharon Redvict, Monmouth	124-7
1978	Eileen Johnson, Toms River N.	133-3
1979	Rena Antanelis, Randolph	137-10
1980	Rena Antanelis, Randolph	133-1
1981	Pam Dukes, Freehold Twp.	139-6
1982	Karen Anderson, Toms River E.	139-8
1983	Karen Anderson, Toms River E.	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, Demarest	140-8
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	122-9
2008	DeAnne Hahn, Brick	139-6
2009	Victoria Imbesi, O.L. of Mercy	134-10
2010	Corrinne Kominkiewicz, E. 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

	Girls Discus Throw	
Year	Name-School	Distance
2015	Alyssa Wilson, Donovan Catholic	150-6
2016	Alyssa Wilson, Donovan Catholic	152-06
2017	Alyssa Wilson, Donovan Catholic	168-01
2018	Catherine Light, NV Demarest	132-02
2019	Abby Nonnenberg, Wall	143-10
2020	State Meet Canceled – COVID-19	
2021	Julia Bannan, Holy Spirit	129-00
	Girls Javelin Throw	
Year	Name-School	Distance
1974	Keri Camarigg, Wall	124-1
1975	Donna Forte, Mount Olive	125-3
1976	Keri Camarigg, Wall	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	143-1
1984	Lillian Rivera, Pemberton	138-5
1985	Audra Corson, Monmouth	150-2
1986	Jeannette Dezan, So. 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, Nottingham	122-2
1993	Stacie Gado, Wallkill Valley	131-0
1994	Jackie Davis, Nottingham	134-11
1995	Jackie Davis, 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, Demarest	148-0

Girls Javelin Throw		
Year	Name-School	Distance
2005	Erin Folger, No. Brunswick	129-0
2006	Julia Cohan, No. Highlands	129-6
2007	Tara Miluszewski, Hightstown	134-2
2008	Shannon Sullivan, Immac. Heart	144-3
2009	Shannon Sullivan, Immac. 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	State Meet Canceled – COVID-19	
2021	Nicole Woods, Northern Valley @ Demarest	149-05
Girls 4x100 Yard Relay		
Year	Name-School	Time
1974	Manalapan	50.4
1975	Monmouth	49.2
1976	Paterson Eastside	48.6
1977	Paterson Eastside	49.7
1978	Camden	47.4
Girls 4x100 Meters Relay		
Year	Name-School	Time
1979	Montclair	47.9
1980	Willingboro	47.1
2010	Columbia	46.87
2011	Piscataway	47.61
2012	Essex Co Tech Market Street	47.63
2013	Winslow Twp.	47.27
2014	Piscataway	46.84
2015	Neptune	47.61
2016	Winslow Twp.	47.40
2017	Summit	47.07
2018	Paramus Catholic	47.17
2019	Union Catholic	47.05

Girls 4x100 Meters Relay		
Year	Name-School	Time
2020	State Meet Canceled – COVID-19	
2021	Union	47.21
Girls 4x400 Meter Relay		
Year	Name-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 Twp.	3:50.74
2000	Willingboro	3:51.61
2003	Winslow Twp.	3:50.21
2004	Winslow Twp.	3:50.44
2005	Piscataway	3:48.42
2006	Camden	3:47.35
2007	East Orange	3:49.07
2008	Southern Ocean	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 Twp.	3:47.41
2018	Winslow Twp.	3:46.67
2019	Rancocas Valley	3:49.31
2020	State Meet Canceled – COVID-19	
2021	Scotch Plains-Fanwood	3:46.73
Girls 4x800 Meter Relay		
Year	Name-School	Time
2010	Hunterdon Central	9:16.60
2011	Lenape	9:18.71

Girls 4x800 Meter Relay		
Year	Name-School	Time
2012	Mount Saint 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	State Meet Canceled – COVID-19	
2021	Haddonfield Memorial	9:10.24