

**NJSIAA/M-F Athletic Annual State
Group Track & Field Championships**

GIRLS OUTDOOR STATE GROUP MEET RECORDS

BEST FROM THE GROUP MEET

100 Meter Dash	Wendy Vereen, Trenton	1983	0:11.3
200 Meter Dash	Wendy Vereen, Trenton	1983	0:23.1
400 Meter Dash	Sydney McLaughlin, Union Catholic	2016	0:52.44
800 Meter Run	Joetta Clark, Columbia	1980	2:04.5
1600 Meter Run	Ajee Wilson, Neptune	2010	4:43.92
3200 Meter Run	Angelina Perez, Lakeland	2022	9:53.29
100 Meter High Hurdles	Charmaine Walker, Plainfield	1997	0:13.38
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	2017	0:55.52
4x100 Meter Relay	Winslow Township	2018	0:47.19
4x400 Meter Relay	Plainfield	1982	3:44.7
4x800 Meter Relay	Freehold Township	2014	8:58.55
Shot Put	Alyssa Wilson, Donovan Catholic	2017	53'02.25"
Discus	Jocelyn White, Delsea	2004	172'02.00"
#New Javelin	Katie Johnston, Haddonfield	2012	152'09.00"
<i>Javelin</i>	<i>Lynlee Phillips, Shawnee</i>	<i>1999</i>	<i>151'02.00"</i>
Long Jump	Tionna Tobias, Winslow Twp.	2018	19'11.50"
Triple Jump	Keturah Orji, Mount Olive	2014	43'00.00"
High Jump	Tanya Somolin, Randolph	1983	5'10.50"
	Megan Kirschling, West Deptford	2012	5'10.50"
Pole Vault	Harley Horvath, Notre Dame	2018	13'00.00"

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.

NJSIAA/M-F Athletic Annual State Group Track & Field Championships

GROUP I

MEET RECORDS

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

2021 Team Champion: Clayton - 89 Points

2022 Team Champion: Clayton - 101.5 Points

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.

**NJSIAA/M-F Athletic Annual State
Group Track & Field Championships**

GROUP II

MEET RECORDS

100 Meter Dash	Bria Saunders, Parsippany	2014	0:11.75
200 Meter Dash	Eria Saunders, Parsippany	2013	0:24.35
400 Meter Dash	Nadia Davey, Bridgeton	1998	0:54.04
800 Meter Run	Corrine Myers, Westwood	2014	2:07.17
1600 Meter Run	Sarah Disanza, High Point	2013	4:46.32
3200 Meter Run	Angelina Perez, Lakeland	2022	9:53.29
100 Meter High Hurdles	Nia Ali, Pleasantville	2006	0:13.95
400 Meter Low Hurdles	Andrea Olsen, Buena	2013	1:00.58
4x100 Meter Relay	Rumson-Fair Haven	2019	0:48.71
4x400 Meter Relay	Central (Newark)	1983	3:50.4
4x800 Meter Relay	Mountain Lakes	2017	9:18.31
Shot Put	Karen Harris, Hillside	1989	45'03.50"
Discus	Sarah Herskee, WM Mendham	1999	139'11.00"
#New Javelin	Katie Johnston, Haddonfield	2012	152'09.00"
Javelin	Audra Corson, Monmouth	1984	149'10.00"
Long Jump	Essence Mayers, Lakewood	2011	19'01.75"
Triple Jump	Lauren Stern, Mahwah	2018	39'04.75"
High Jump	Megan Kirschling, W. Deptford	2012	5'10.50"
Pole Vault	Sydney Woods, NV Demarest	2018	12'06.00"
	Riley Larsen, Pt. Pleasant Boro.	2019	12'06.00"

2021 Team Champion: Haddonfield Memorial High School – 70 Points

2022 Team Champion: Rumson Fair-Haven – 64 Points

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.

**NJSIAA/M-F Athletic Annual State
Group Track & Field Championships**

GROUP III

MEET RECORDS

100 Meter Dash	Shavon Greaves, Lakewood	2007	0:11.61
200 Meter Dash	Shavon Greaves, Lakewood	2007	0:23.69
400 Meter Dash	Michele Brown, Seneca	2008	0:53.91
800 Meter Run	Ajee Wilson, Neptune	2010	2:07.28
1600 Meter Run	Ajee Wilson, Neptune	2010	4:43.92
3200 Meter Run	Julia Trethaway, W.M. Central	2019	10:24.13
100 Meter High Hurdles	Grace O'Shea, Ramapo	2019	0:13.82
400 Meter Low Hurdles	Reanda Richards, West Essex	2018	0:58.95
4x100 Meter Relay	Winslow Township	2018	0:47.19
4x400 Meter Relay	Winslow Township	2016	3:49.63
4x800 Meter Relay	Ocean City	2014	9:15.61
Shot Put	Jackie Hudgins, Hightstown	2001	47'01.25"
Discus	Jocelyn White, Delsea	2004	172'02.00"
#New Javelin	Amanda Harmata, Raritan	2004	149'02.00"
Javelin	<i>Lisa Parak, Vernon</i>	<i>1987</i>	<i>144'10.00"</i>
Long Jump	Claire Connor, Rahway	1984	19'10.50"
Triple Jump	Keturah Orji, Mount Olive	2014	43'00.00"
High Jump	Tanya Somolin, Randolph	1983	5'10.50"
Pole Vault	Ashley Preston, Delsea	2018	12'06.00"

2021 Team Champion: Colts Neck High School – 58 Points

2022 Team Champion: Northern Valley – Old Tappan – 51.50 Points

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.

**NJSIAA/M-F Athletic Annual State
Group Track & Field Championships**

GROUP IV

MEET RECORDS

100 Meter Dash	Wendy Vereen, Trenton	1983	0:11.3
	English Garndener	2008	0:11.39
200 Meter Dash	Wendy Vereen, Trenton	1983	0:23.1
400 Meter Dash	Julia Jackson, Scotch Plains	2022	0:53.61
800 Meter Run	Joetta Clark, Columbia	1980	2:04.5
1600 Meter Run	Danielle Tauro, So. Regional	2007	4:44.35
3200 Meter Run	Abby Loveys, Randolph	2019	10:22.41
100 Meter High Hurdles	Charmaine Walker, Plainfield	1997	0:13.38
400 Meter Low Hurdles	Mandie Dulin, Shawnee	1997	0:59.66
4x100 Meter Relay	Egg Harbor Township	2018	0:47.45
4x400 Meter Relay	Plainfield	1980	3:44.7
4x800 Meter Relay	Freehold Township	2014	8:58.55
Shot Put	Shelby Bigsby	2018	49'00.00"
Discus	Jess Woodard, Cherokee	2013	168'00.00"
#New Javelin	Alianna Eucker, Bergen Tech.	2019	150'05.00"
Javelin	Lynlee Phillips, Shawnee	1999	151'11.00"
Long Jump	Carol Lewis, Willingboro	1981	19'09.25"
Triple Jump	Claudine Smith, Atlantic City	2019	41'06.00"
High Jump	Maura Burk, Freehold Township	2003	5'10.00"
Pole Vault	Chelsea Vaughan, Southern	2012	12'06.00"

2021 Team Champion: Egg Harbor Township High School – 56 Points

2022 Team Champion: Scotch Plains Fanwood – 48 Points

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.

**NJSIAA/M-F Athletic Annual State
Group Track & Field Championships**

NON-PUBLIC A

MEET RECORDS

100 Meter Dash	Christian Nwachuku, Kent Place	2022	0:11.70
200 Meter Dash	Sydney McLaughlin, Union Catholic	2017	0:23.19
400 Meter Dash	Sydney McLaughlin, Union Catholic	2016	0:52.44
800 Meter Run	Molly McNamara, Red Bank Catholic	2011	2:09.21
1600 Meter Run	Molly McNamara, Red Bank Catholic	2011	4:44.90
3200 Meter Run	Cate DeSousa, Red Bank Catholic	2022	10:30.97
100 Meter High Hurdles	Sydney McLaughlin, Union Catholic	2014	0:13.66
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	2017	0:55.52
4x100 Meter Relay	Union Catholic	2019	0:47.36
4x400 Meter Relay	Union Catholic	2015	3:47.63
4x800 Meter Relay	Union Catholic	2015	9:20.32
Shot Put	Alyssa Wilson, Donovan Catholic	2017	53'02.25"
Discus	Alyssa Wilson, Donovan Catholic	2017	167'07.00"
#New Javelin	Lisa Sesink-Clee, Academy o/t Holy Angels	2013	148'02.00"
<i>Javelin</i>	<i>Amy Krilla, Red Bank Catholic</i>	<i>2013</i>	<i>148'02.00"</i>
Long Jump	Tatiana Sanders, Paramus Catholic	2014	19'05.00"
Triple Jump	Tiffany Bautista, Paramus Catholic	2018	40'00.75"
High Jump	Tiffany Bautista, Paramus Catholic	2018	5'10.00"
Pole Vault	Hayley Horvath, Notre Dame	2018	13'00.00"

2021 Team Champion: Union Catholic High School – 189 Points

2022 Team Champion: Union Catholic High School – 200 Points

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.

**NJSIAA/M-F Athletic Annual State
Group Track & Field Championships**

NON-PUBLIC B

MEET RECORDS

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

2021 Team Champion: Montclair Kimberley Academy – 71 Points

2022 Team Champion: Morris Catholic – 83 Points

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.