

Group I**Dash**

Year	Name	School	Performance
1980	Shelly Bailey	Woodbury	7.3
1981	Shelly Bailey	Woodbury	7.2
1982	Kelly Kiernan	Bernards	7.3
1983	Terry Archie	Woodbury	7.5
1984	Terry Archie	Woodbury	7.4
1985	Renee Carr	Newark Science	7.2
1986	Terry Archie	Woodbury	7.43
1987	Gail Giddens	Metuchen	7.4
1988	Felecia Dupree	Asbury Park	7.51
1989	Tiffany Weatherford	Newark Science	7.47
1990	Tiffany Weatherford	Newark Science	7.23
1991	Tiffany Weatherford	Newark Science	7.30
1992	Tiffany Weatherford	Newark Science	7.29
1993	Vanessa Lewis	Morris Catholic	7.28
1994	Vanessa Lewis	Morris Catholic	7.48
1995	Vanessa Lewis	Morris Catholic	7.20
1996	Carlene Cummings	Englewood	7.29
1997	Carlene Cummings	Englewood	7.31
1998	Carlene Cummings	Englewood	7.32
1999	Mia Campo	St. Mary's (JC)	7.35
2000	Diana Lawson	Queen of Peace	7.44
2001	Takara Wilks	Queen of Peace	7.33
2002	Takara Wilks	Queen of Peace	7.36
2003	Takara Wilks	Queen of Peace	7.36
2004	Janine Davis	Queen of Peace	7.42
2005	Shardae Anderson	Paulsboro	7.3
2006	Jamie Walker	Haddon Heights	7.43
2007	Jamie Walker	Haddon Heights	7.13
2008	Kellie Dunn	Rutherford	7.49
2009	Zenee Gadson	Glassboro	7.55
2010	Kaprice James	Roselle	7.48
2011	Iana Amsterdam	Newark Tech	7.35
2012	Iana Amsterdam	Newark Tech	7.34
2013	Emily Carson	Haddonfield	7.16
2014	Madeline Soto	University	7.23
2015	Kaitlin Salisbury	Hawthorne	7.37
2016	Kaitlin Salisbury	Hawthorne	7.14
2017	Jordan McRae Ross	Willingboro	7.35
2018	Tiajia Hampton	Clayton	7.30
2019	Emily Wallace	Collingswood	7.29

200**Year**

2005	Shardae Anderson	Paulsboro	25.80
2006	Jamie Walker	Haddon Heights	26.41

400**Year**

Year	Name	School	Performance
1980	Janet Tracy	Highland Park	1:01.5
1981	Janet Tracy	Highland Park	1:01.2
1982	Cathy Persichetty	Oak Knoll	1:01.3

1983	Jackie Fisher	Woodbury	1:01.4
1984	Courtney Callahan	Haddonfield	1:02.6
1985	Renee Carr	Newark Science	1:02.1
1986	Carole Brown	Woodbury	1:02.12
1987	Tanisha McGriff	Newark Science	1:00.75
1988	Tanisha McGriff	Newark Science	1:00.96
1989	Tanisha McGriff	Newark Science	1:00.23
1990	Tiffany Weatherford	Newark Science	59.02
1991	Tiffany Weatherford	Newark Science	59.88
1992	Tiffany Weatherford	Newark Science	1:01.51
1993	Vanessa Lewis	Morris Catholic	1:00.95
1994	Vanessa Lewis	Morris Catholic	1:00.45
1995	Vanessa Lewis	Morris Catholic	58.86
1996	Mia Campo	St. Mary's (JC)	58.79
1997	Mia Campo	St. Mary's (JC)	59.38
1998	Mia Campo	St. Mary's (JC)	57.46
1999	Mia Campo	St. Mary's (JC)	57.97
2000	Kari Steed	Palmyra	1:01.42
2001	Holly Cosnett	Haddonfield	1:01.10
2002	Kristina Keegan	Haddonfield	59.91
2003	Janine Davis	Queen of Peace	58.14
2004	Janine Davis	Queen of Peace	58.18
2005	Janine Davis	Queen of Peace	58.44
2006	Leslie Njoku	Academic	58.68
2007	Emily Carrollo	Pope John	57.47
2008	Greta Feldman	Haddonfield	58.76
2009	Cameo Kirk	Shore	58.51
2010	Kristin Smoot	Bernards	58.31
2011	Faleesha Dove	Penns Grove	59.33
2012	Nichole Candelaria	Newark Tech	57.96
2013	Faleesha Dove	Penns Grove	57.61
2014	Faleesha Dove	Penns Grove	57.14
2015	Julia Ashley	Verona	57.96
2016	Briana Gess	Haddonfield	58.57
2017	Kyra Velock	Mountain Lakes	59.51
2018	Kayleigh Furth	Newton	58.01
2019	Rebecca Ochan	Highland Park	57.68

800			
Year	Name	School	Performance
1980	Judy Ruff	Highland Park	2:28.4
1981	Cathy Persichetty	Oak Knoll	2:21.7
1982	Cathy Persichetty	Oak Knoll	2:22.8
1983	Meg Waldron	Bernards	2:16.5
1984	Ruth Lockbaum	Glassboro	2:19.9
1985	Ruth Lockbaum	Glassboro	2:14.5
1986	Ruth Lockbaum	Glassboro	2:16.26
1987	Heather Turnquist	Bernards	2:26.34
1988	Jen Schenberg	Kinnelon	2:25.40
1989	Tanisha McGriff	Newark Science	2:25.2
1990	Jen Schenberg	Kinnelon	2:22.58
1991	Carolyn King	Glen Ridge	2:26.41
1992	Susie Welgos	Morris Catholic	2:29.61

1993	Julie Bernetich	Haddonfield	2:23.80
1994	Stacy Stewart	Newark Science	2:22.01
1995	Diana Lana	Saddle Brook	2:24.06
1996	Mia Campo	St. Mary's (JC)	2:25.76
1997	Meghann Ganey	Ridge	2:23.15
1998	Mia Campo	St. Mary's (JC)	2:19.60
1999	Mia Campo	St. Mary's (JC)	2:20.23
2000	Holly Cosnett	Haddonfield	2:20.20
2001	Holly Cosnett	Haddonfield	2:27.61
2002	Megs Didario	Gov. Livingston	2:21.20
2003	Janine Davis	Queen of Peace	2:22.33
2004	Janine Davis	Queen of Peace	2:20.58
2005	Janine Davis	Queen of Peace	2:20.10
2006	Lauren Keller	Whippany Park	2:24.50
2007	Lauren Bariexca	Pope John	2:20.70
2008	Greta Feldman	Haddonfield	2:20.92
2009	Greta Feldman	Haddonfield	2:17.87
2010	Kristin Smoot	Bernards	2:17.06
2011	Caitlin Toner	New Providence	2:24.43
2012	Julia Ashley	Verona	2:19.55
2013	Julia Ashley	Verona	2:20.21
2014	Corinne Myers	Westwood	2:14.55
2015	Briana Gess	Haddonfield	2:18.19
2016	Briana Gess	Haddonfield	2:20.07
2017	Kyra Velock	Mountain Lakes	2:17.01
2018	Samantha Green	Park Ridge	2:22.03
2019	Kathleen Ashley	Verona	2:23.75

1500/1600

Year	Name	School	Performance
1980	Judy Ruff	Highland Park	5:11.7&
1981	Cathy Persichetty	Oak Knoll	5:03.0&
1982	Lib Persichetty	Oak Knoll	5:42.9
1983	Amy Meyer	Bernards	5:26.1
1984	Jenny Rahn	Bernards	5:14.9
1985	Karen Ahearn	Bernards	5:09.2
1986	Ruth Lockbaum	Glassboro	5:01.37
1987	Debbie Fordyce	Bernards	5:30.58
1988	Michelle Straut	Waldwick	5:42.19
1989	Resie Caffrey	Mater Dei	5:37.06
1990	Joelle Temme	Pt. Pleasant Beach	5:57.58
1991	Janet Rue	Pitman	5:39.02
1992	Janice Chen	Whippany Park	5:39.85
1993	Kerry Moore	Midland Park	5:37.89
1994	Jessica King	Glen Ridge	5:28.25
1995	Katie Flood	Morris Catholic	5:35.26
1996	Amy Guidice	Haddonfield	5:37.45
1997	Meghann Ganey	Ridge	5:21.47
1998	Adrienne Alexander	Sacred Heart	5:20.97
1999	Christina Mendoza	Hudson Prep	5:26.12
2000	Holly Cosnett	Haddonfield	5:26.40
2001	Erin Donohue	Haddonfield	5:11.42
2002	Christy Planer	Rumson-Fair Haven	5:17.11

2003	Lindsay Van Alstine	Hawthorne Christian	5:16.05
2004	Julie Ullmeyer	Shore	5:27.40
2005	Martine McGrath	Shore	5:18.33
2006	Kathleen McCafferty	Oak Knoll	5:23.02
2007	Lara Heigis	Pope John	5:05.69
2008	Mallory Anderson	Madison Boro	5:08.82
2009	Dana Giordano	Bernards	5:12.36
2010	Mia Spinelli	Haddonfield	5:04.54
2011	Brianna Feerst	Pt. Pleasant Beach	5:09.66
2012	Brianna Feerst	Pt. Pleasant Beach	5:05.80
2013	Laura Quintana	Bernards	5:06.46
2014	Corinne Myers	Westwood	4:59.73
2015	Briana Gess	Haddonfield	5:08.91
2016	Briana Gess	Haddonfield	4:59.03
2017	Izzi Gengaro	Mountain Lakes	5:16.78
2018	Izzi Gengaro	Mountain Lakes	5:10.48
2019	Corina Vidal	Henry Hudson	5:04.62

3000/3200

Year	Name	School	Performance
1980	Eileen Florin	Bayley-Ellard	10:41.6&
1981	Sue Gill	Metuchen	12:20.8&
1982	Roxanne Polo	Whippany Park	12:09.1
1983	Meg Waldron	Bernards	10:58.4
1984	Laurie Day	Bernards	11:33.8
1985	Mary Lynne Hughes	Pt. Pleasant Beach	11:40.7
1986	Lori Carpenter	New Providence	12:15.64
1987	Patti Sullivan	Bernards	11:58.75
1988	Nicole Cusanelli	Bishop Eustace	12:25.57
1989	Tricia Weckenman	New Providence	12:42.96
1990	Lisa Skultety	Bishop Eustace	12:24.4
1991	Janet Rue	Pitman	11:40.62
1992	Janet Rue	Pitman	11:52.16
1993	Renee Zengel	Secaucus	11:59.23
1994	Jessica King	Glen Ridge	11:24.16
1995	Susie Cook	Haddonfield	11:54.19
1996	Nikki Callaghan	Westwood	12:01.19
1997	Meghann Ganey	Ridge	11:19.91
1998	Jenica Asadorian	Westwood	11:31.43
1999	Jenica Asadorian	Westwood	11:44.21
2000	Taryn Landers	St. Rose	12:03.32
2001	Erin Donohue	Haddonfield	10:53.08
2002	Christy Planer	Rumson-Fair Haven	11:07.31
2003	Lindsay Van Alstine	Hawthorne Christian	10:57.68
2004	Julie Ullmeyer	Shore	11:42.11
2005	Amy Van Alstine	Midland Park	11:33.95
2006	Amy Van Alstine	Midland Park	11:14.45
2007	Lara Heigis	Pope John	11:03.18
2008	Megan Flynn	Robbinsville	11:25.83
2009	Elise Brevet	Metuchen	11:35.82
2010	Megan Flynn	Robbinsville	11:26.72
2011	Dana Giordano	Bernards	11:06.64
2012	Dana Giordano	Bernards	10:46.68

2013	Colette Richter	Mountain Lakes	11:07.16
2014	Shelby Cain	Haddonfield	11:08.60
2015	Rachel Suss	Metuchen	11:10.52
2016	Briana Gess	Haddonfield	10:53.58
2017	Izzi Gengaro	Mountain Lakes	11:44.24
2018	Izzi Gengaro	Mountain Lakes	11:20.12
2019	Claire Chapeau	McNair Academic	11:21.84

Hurdles

Year	Name	School	Performance
1980	Linda Weicherieder	Secaucus	8.7
1981	Janet Tracy	Highland Park	8.5
1982	Chris Lobur	Morris Catholic	8.9
1983	Nancy Larena	Saddle Brook	8.8
1984	Terry Archie	Woodbury	8.9
1985	Leticia Beverly	Newark Science	8.3
1986	Carole Brown	Woodbury	8.88
1987	Gail Giddens	Metuchen	8.44
1988	Felecia Dupree	Asbury Park	8.45
1989	Jennifer Heisinger	Woodbury	8.81
1990	Al-Nisa Tucker	Newark Science	8.55
1991	Natwon Harp	Newark Science	8.88
1992	Natwon Harp	Newark Science	8.74
1993	Cory Taylor	Madison Boro	9.01
1994	Vanessa Lewis	Morris Catholic	8.65
1995	Vanessa Lewis	Morris Catholic	8.40
1996	Lanyka Brown	Metuchen	8.54
1997	Sherese Price	Pleasantville	8.47
1998	Carlene Cummings	Englewood	8.23
1999	Ugochi Okorie	Metuchen	8.90
2000	Kristina Keegan	Haddonfield	8.85
2001	Jill Turner	Pascack Hills	8.55
2002	Kristina Keegan	Haddonfield	8.53
2003	Porscha Dobson	Kent Place	8.39
2004	Dianna Anderson	Verona	8.73
2005	Annie Taft	Bishop Eustace	8.37
2006	Leslie Njoku	Academic	8.52
2007	Arianna Pomo	Saddle Brook	8.83
2008	Amber Scott	Robbinsville	8.62
2009	Amber Scott	Robbinsville	8.51
2010	Vanessa Arientyl	Willingboro	8.68
2011	Iana Amsterdam	Newark Tech	8.27
2012	Gifty Amankwah	Newark Tech	8.24
2013	Iana Amsterdam	Newark Tech	8.36
2014	Lauren Roberts	Haddonfield	8.68
2015	Kelly Anne James	Weequahic	8.56
2016	Viviane Orleans	Jonathan Dayton	8.42
2017	Rachael Leyrer	Buena	8.95
2018	Monika Lucic	Hasbrouck Heights	8.93
2019	Te'seanna Harris	Camden	8.33

High Jump

Year	Name	School	Performance
1980	Tish Edwards	Mater Dei	5-0.25

1981	Tish Edwards	Mater Dei	5-7
1982	Tish Edwards	Mater Dei	5-7
1983	Nancy Larena	Saddle Brook	5-4
1984	Becky Johnson	Pt. Pleasant Beach	4-8
1985	Lynn Petrolia	New Milford	5-0
1986	Jen Meyer	Midland Park	5-2
1987	Jen Meyer	Midland Park	5-2
1988	Felecia Dupree	Asbury Park	5-4
1989	Vicky Dutka	Spotswood	5-6
1990	Vicky Dutka	Spotswood	5-2
1991	Jen Wilson	Midland Park	5-0
1992	Ami Racich	Cresskill	5-2
1993	Ami Racich	Cresskill	5-2
1994	Kerry Wasser	Saddle Brook	5-2
1995	Lesley Hodgson	Glen Rock	5-4
1996	Maria Galloway	Wildwood Catholic	5-3
1997	Jamillah Jabbar	Newark Science	5-4
1998	Cheryl Burdick	Ramsey	5-4
1999	Cheryl Burdick	Ramsey	5-6
2000	Patty Dudek	Bordentown	5-4
2001	Jill Turner	Pascack Hills	5-2
2002	Rebecca Baskinger	Butler	5-4
2003	Rebecca Baskinger	Butler	5-4
2004	Rebecca Baskinger	Butler	5-6
2005	Alaina Alfano	Hanover Park	5-4
2006	Anna Cook	Florence	5-4
2007	Brianna Gray	Haddon Heights	5-6
2008	Holley Kline	Bound Brook	5-2
2009	Emily Carson	Caldwell	5-2
2010	Alexa Williams	Jonathan Dayton	5-6
2011	Alexa Williams	Jonathan Dayton	5-8
2012	Noel Jancewicz	Robbinsville	5-6
2013	Melanie Macchiaverna	Bernards	5-4
2014	Gina Dello Russo	Whippany Park	5-0
2015	Chevelle Hunte	Weequahic	5-3
2016	Kristen Hall	Whippany Park	5-2
2017	Kendry Wilson	Willingboro	5-2
2018	Jenna Rogers	Rutherford	5-6
2019	Carly Tarentino	A.L. Johnson	5-6

Shot Put

Year	Name	School	Performance
1980	Robin Sullivan	Highland Park	38-1*
1981	Vicki White	Highland Park	32-2
1982	Betsy Manning	Glen Ridge	40-1.5
1983	Caroline Shuster	Kenilworth	34-5.25
1984	Arlene Gunther	Pt. Pleasant Beach	34-2
1985	Nancy Van Dyke	Midland Park	33-1
1986	Kim Kirkpatrick	Glassboro	29-11
1987	Janeen Brown	Woodbury	34-8.75
1988	Michele Bryant	Asbury Park	33-2
1989	Amy Escott	New Providence	30-6
1990	Amy Escott	New Providence	34-8

1991	Amy Escott	New Providence	38-3
1992	Njeri Curtis	Newark Science	36-10.5
1993	Frances Smith	Newark Science	34-9.75
1994	Stacy Pierce	Penns Grove	34-0.5
1995	Jenicka Carter	Westwood	36-10
1996	Janelle Pocknett	Metuchen	32-7.5
1997	Amineh Butler	Pleasantville	35-5.5
1998	Katie Rooney	Red Bank Catholic	34-7.25
1999	Jennifer Schoch	Audubon	36-9.75
2000	Kristen DeGarmo	Riverside	36-7.75
2001	Sienna Robinson	Immaculate Conc.	36-6.75
2002	Bobbi Jo Leighty	Penns Grove	36-8
2003	Rose Perry	Riverside	37-3.5
2004	Caitlin Kelly	Hanover Park	36-9.5
2005	Caitlin Kelly	Hanover Park	41-2.25
2006	Stephanie Scaramella	Bishop Eustace	39-8.5
2007	Stephanie Scaramella	Bishop Eustace	43-11.75
2008	April Kaiser	Park Ridge	39-1
2009	Simohn Miller	Glassboro	36-7.25
2010	Madison Ricks	New Providence	35-10.50
2011	Madison Ricks	New Providence	36-10
2012	Katherine Johnston	Haddonfield	37-2
2013	Essence Underwood	Newark Tech	39-3 1/2
2014	Cheyenne Bellerand	Emerson	41-7
2015	Nickolette Dunbar	Whippany Park	47-0.25
2016	Nickolette Dunbar	Whippany Park	53-0
2017	Zyra Thomas	Schalick	42-2.5
2018	Zyra Thomas	Schalick	43-4.5
2019	Cydney Thomas	Haddon Heights	44-3

Pole Vault

Year	Name	School	Performance
2005	Megan Hiller	St. Rose	9-0
2006	Megan Hiller	St. Rose	10-0
2007	Melissa Meggiolaro	Whippany Park	9-6
2008	Michelle Favre	Saddle Brook	11-4
2009	Michelle Favre	Saddle Brook	10-6
2010	Catherine Shih	Bernards	11-6
2011	Catherine Shih	Bernards	11-9
2012	Nicole Piccinich	Emerson	10-0
2013	Casey Sturts	Buena	10-0
2014	Danielle Aharoni	Bernards	10-0
2015	Carley Dykstra	Newton	10-6
2016	Rachel Ondricek	Pennsville	10-0
2017	Irene Park	Pequannock	10-0
2018	Samantha Martinez	Bound Brook	10-6
2019	Chloe VanDuyne	Delaware Valley	11-0

Mile/1600 Relay

Year	Name	School	Performance
1980		Secaucus	4:27.6*
1981	No Race		
1982	No Race		
1983	No Race		

1984	No Race		
1985	No Race		
1986	No Race		
1987	No Race		
1988	No Race		
1989	No Race		
1990	No Race		
1991	No Race		
1992	No Race		
1993	No Race		
1994		Newark Science	4:16.57
1995		Glen Rock	4:13.36
1996		Metuchen	4:13.94
1997		St. Mary's (JC)	4:13.75
1998	NO RACE		
1999		Red Bank Catholic	4:13.54
2000		Palmyra	4:10.77
2001		Haddonfield	4:11.04
2002		Haddonfield	4:17.28
2003		Queen of Peace	4:11.89
2004		Verona	4:20.79
2005	No Race		
2006	No Race		
2007		Pope John	4:03.69
2008		Haddonfield	4:07.26
2009		Bernards	4:07.63
2010		Willingboro	4:04.62
2011		Westwood	4:08.96
2012		Weequahic	4:07.70
2013		Penns Grove	4:03.25
2014		Haddonfield	4:06.66
2015		Haddonfield	4:07.03
2016		Hasbrouck Heights	4:12.32
2017		Willingboro	4:11.88
2018		Highland Park	4:07.03
2019		Collingswood	4:11.76

Team Scoring

Year	Name	School	Performance
1980		Highland Park	49.5
1981		Highland Park	36
1982		Oak Knoll	27
1983		Bernards	33.5
1984		Bernards	32
1985		Bernards	27
1986		Woodbury	32
1987		Bernards	39
1988		Asbury Park	25
1989		Newark Science	37
1990		Newark Science	37
1991		Newark Science	32
1992		Newark Science	64
1993		Newark Science	30

1994	Morris Catholic	54
1995	Morris Catholic	51
1996	Metuchen	52
1997	Ridge	32
1998	St. Mary's (JC)	32
1999	Red Bank Catholic	49
2000	Haddonfield	34
2001	Haddonfield	78
2002	Haddonfield	40
2003	Queen of Peace	56
2004	Hanover Park	48
2005	Queen of Peace	36
2006	Haddon Heights	46
2007	Pope John	76
2008	Haddonfield	58
2009	Bernards	56 1/2
2010	Bernards	59
2011	Newark Tech	41
2012	Newark Tech	56
2013	Haddonfield	54
2014	Haddonfield	54
2015	Weequahic	52
2016	Haddonfield	62
	Whippany Park	62
2017	Mountain Lakes	55
2018	Highland Park	29
2019	Collingswood	39