

Group II**Dash**

Year	Name	School	Performance
1980	Tanya Reed	Penns Grove	7.5
1981	Crystal Hayes	Penns Grove	7.4
1982	Enechi Modu	Lawrence	7.3
1983	Angela Hill	West Side	7.2
1984	Leticia Beverly	Newark Central	7.2
1985	Joyce Baten	Madison Boro	7.3
1986	Talisa Lawson	Roselle Catholic	7.38
1987	Talisa Lawson	Roselle Catholic	7.26
1988	Kimberley Mitchell	Hillside	7.28
1989	Sonda Brangman	Freehold Boro	7.2
1990	Sonda Brangman	Freehold Boro	7.24
1991	Camille Simpson	Rahway	7.36
1992	Kelly Mitchell	Roselle	7.54
1993	Dine Potter	Marist	7.50
1994	Tracia Barnes	Manchester Reg.	7.61
1995	Tysha Crichlow	Neptune	7.26
1996	Tysha Crichlow	Neptune	7.44
1997	Esi Rhett	Moorestown	7.43
1998	Amandi Rhett	Moorestown	7.29
1999	Amandi Rhett	Moorestown	7.27
2000	Shameka Speed	Bridgeton	7.41
2001	Camille Campbell	Carteret	7.33
2002	Shameka Speed	Bridgeton	7.33
2003	Shameka Speed	Bridgeton	7.26
2004	LaShonda Carter	Rahway	7.39
2005	LaShonda Carter	Rahway	7.40
2006	Nia Ali	Pleasantville	7.20
2007	Audrey Wilson	Deptford	7.15
2008	Ogechi Nwaneri	Chatham	7.12
2009	Audrey Wilson	Deptford	7.18
2010	Brianna Crofton	Delsea	7.33
2011	Brianna Crofton	Delsea	7.32
2012	Miranda Mackey	Hopewell Valley	7.26
2013	Nia Lawrence	Pemberton	7.20
2014	Cleopatra Morrison	Long Branch	7.14
2015	Kiara Lester	Deptford	7.21
2016	Aliyah Taylor	Pemberton	7.11
2017	Cecilia Gerstenbacher	Delsea	7.19
2018	Dennisha Page	Wilson	7.20
2019	Dennisha Page	Wilson	7.19

200**Year**

2005	LaShonda Carter	Rahway	25.84
2006	Nia Ali	Pleasantville	25.19

400**Year**

Year	Name	School	Performance
1980	Yolanda Garmony	Hillside	1:01.5
1981	Felicia Blake	Clifford Scott	59.9
1982	Jackie Bobien	Clifford Scott	59.2

1983	Angela Pulliam	Newark Central	57.9
1984	Angela Pulliam	Newark Central	58.7
1985	Karen Irvine	Red Bank	1:00.5
1986	Ingrid Powell	Hillside	1:01.74
1987	Lakisha Bullock	Roselle Catholic	1:01.48
1988	Faye Haskins	Monmouth	1:00.65
1989	Shawanda Jones	Newark Central	59.92
1990	Twana Allen	Colonia	59.99
1991	Mandi Pietrewicz	Hopewell Valley	1:01.20
1992	Nicole Young	South Plainfield	1:02.25
1993	Dine Potter	Marist	1:01.43
1994	Natalee Edwards	Pleasantville	1:01.35
1995	Tysha Crichlow	Neptune	59.59
1996	Dede Reed	Long Branch	1:01.59
1997	Nicole Corsey	Deptford	1:00.00
1998	Katrina Sye	Buena	57.55
1999	Katrina Sye	Buena	57.01
2000	Danielle Lyons	Moorestown	1:00.25
2001	Shameka Speed	Bridgeton	1:01.47
2002	Shameka Speed	Bridgeton	59.03
2003	Shameka Speed	Bridgeton	58.31
2004	Celeste Holder	Parsippany	58.71
2005	Celeste Holder	Parsippany	57.96
2006	Nia Ali	Pleasantville	59.54
2007	Julie Alexander	Hopewell Valley	58.99
2008	Julie Alexander	Hopewell Valley	57.87
2009	Julie Alexander	Hopewell Valley	56.90
2010	Natalie Englese	Cranford	59.28
2011	Ajee Wilson	Neptune	55.91
2012	Jen Silvestri	Sparta	58.13
2013	Noel Jancewicz	Robbinsville	58.11
2014	Sam Anderson	Matawan	57.51
2015	Kiara Lester	Deptford	57.41
2016	Kiara Lester	Deptford	56.79
2017	Reanda Richards	West Essex	58.46
2018	Lily Orr	Rumson-Fair Haven	57.29
2019	Lily Orr	Rumson-Fair Haven	57.30

800			
Year	Name	School	Performance
1980	Alicia Carmine	Metuchen	2:30.6
1981	Kathy Tisdale	Williamstown	2:19.5
1982	Bobbie McGee	West Side	2:19.3
1983	Bobbie McGee	West Side	2:21.0
1984	Angela Pulliam	Newark Central	2:19.8
1985	Tricia Lowe	Millburn	2:24.2
1986	Karen Ahearn	Bernards	2:21.08
1987	Beth Starr	Lawrence	2:20.94
1988	Heather Turnquist	Bernards	2:24.40
1989	Cathy Willard	Princeton	2:27.20
1990	Kim Klaf	Cinnaminson	2:26.34
1991	Nancy Scott	Garfield	2:24.47
1992	Nancy Scott	Garfield	2:26.64

1993	Velieta Graham	Asbury Park	2:24.84
1994	Velieta Graham	Asbury Park	2:23.86
1995	Marissa DeFreese	Rahway	2:18.10
1996	Velieta Graham	Asbury Park	2:23.07
1997	Caitlin Wittreich	Tenafly	2:23.59
1998	Sarah Rhodes	Voorhees	2:24.73
1999	Katrina Sye	Buena	2:20.71
2000	Jade Fisher	Deptford	2:21.57
2001	Sarah Rhodes	Voorhees	2:22.40
2002	Kate Willever	Hopewell Valley	2:21.54
2003	Megs DiDario	Gov. Livingston	2:20.04
2004	Jessica Rodriguez	Roselle Catholic	2:20.20
2005	Emily Sherrard	Hopewell Valley	2:20.14
2006	Maggie Lupinski	Haddonfield	2:20.19
2007	Samantha Lee	Summit	2:16.76
2008	Katherine Petruzzellis	Voorhees	2:23.02
2009	Kari Shoolbraid	Voorhees	2:18.41
2010	Ajee Wilson	Neptune	2:18.20
2011	Ajee Wilson	Neptune	2:16.17
2012	Shannon McCarthy	Rumson-Fair Haven	2:19.72
2013	Deanna DiLandro	Ramapo	2:13.26
2014	Deanna DiLandro	Ramapo	2:15.16
2015	Sam Anderson	Matawan	2:17.05
2016	Reanda Richards	West Essex	2:20.23
2017	Victoria Van Riele	Gov. Livingston	2:13.71
2018	Victoria Van Riele	Gov. Livingston	2:12.32
2019	Victoria Van Riele	Gov. Livingston	2:09.72

1500/1600

Year	Name	School	Performance
1980	Cathy Stone	Vernon	4:58.3&
1981	Lynn Puchalski	Dover	4:54.4&
1982	Bobbie McGee	West Side	5:06.2
1983	Bobbie McGee	West Side	5:11.8
1984	Mary Pat Parducci	Springfield	5:18.0
1985	Tracy Biber	Springfield	5:25.6
1986	Karen Ahearn	Bernards	5:18.69
1987	Amy Holcomb	Holmdel	5:09.55
1988	Sandra Tignor	Princeton	5:24.38
1989	Karin Swartz	Princeton	5:33.46
1990	Carrie Thompson	Clearview	5:32.31
1991	Monika Patel	South Plainfield	5:29.96
1992	Catherine Kinsley	West Deptford	5:33.79
1993	Velieta Graham	Asbury Park	5:32.06
1994	Tara Powers	Wall	5:25.55
1995	Kathy Linck	Bishop Eustace	5:11.07
1996	Kim Primavera	Mount Olive	5:17.38
1997	Lorena Adams	Manchester Twp.	5:05.34
1998	Jessica Thomas	Pt. Pleasant Boro	5:09.86
1999	Stephanie Maxwell	Buena	5:22.99
2000	Marianne Herbst	Mount Olive	5:17.03
2001	Sarah Rhodes	Voorhees	5:23.62
2002	Julia Emanuel	Tenafly	5:26.48

2003	Julia Emanuel	Tenafly	5:23.85
2004	Vanessa Wright	Haddonfield	5:17.50
2005	Leah Brogan	Mon. Donovan	5:05.63
2006	Lauren Bariexca	Pope John	5:13.91
2007	Amanda Heffernan	Parsippany	5:08.64
2008	Melanie Thompson	Voorhees	5:08.55
2009	Clare Buck	Hopewell Valley	5:03.45
2010	Ajee Wilson	Neptune	5:10.27
2011	Ajee Wilson	Neptune	5:01.25
2012	Claudia DiSomma	Sparta	5:04.16
2013	Marin Warner	Holmdel	4:59.69
2014	Julia Guerra	Indian Hills	4:54.07
2015	Marin Warner	Holmdel	5:04.02
2016	Shannon Gorja	River Dell	5:07.44
2017	Briana Gess	Haddonfield	5:04.15
2018	Lauren Wagner	Voorhees	5:07.21
2019	Eliana Swell	Rumson Fair Haven	5:07.81
3000/3200			
Year	Name	School	Performance
1980	Ann Martinek	St. John Vianney	10:57.9&
1981	Kathy Wherry	Brick	10:54.7&
1982	Melinda Holm	Mendham	11:14.0
1983	Madeline Nagy	Caldwell	11:31.6
1984	Mary Pat Parducci	Springfield	12:12.4*
1985	Tracy Biber	Springfield	11:29.8
1986	Karen Ahearn	Bernards	10:54.89
1987	Amy Holcomb	Holmdel	11:36.84
1988	Sandra Tignor	Princeton	11:17.95
1989	Karin Swartz	Princeton	11:53.8
1990	Jen Nesbitt	Caldwell	11:43.11
1991	Monal Chokshi	Bridgewater	10:59.96
1992	Monika Patel	South Plainfield	11:54.61
1993	Velieta Graham	Asbury Park	12:00.1
1994	Amy Beykirch	Pinelands	11:42.22
1995	Jackie Coscia	Mount Olive	11:05.62
1996	Amy Beykirch	Pinelands	11:11.58
1997	Amy Beykirch	Pinelands	11:14.13
1998	Lauren Kelly	Morris Hills	11:47.36
1999	Laura Petrillo	Hopewell Valley	11:20.32
2000	Marianne Herbst	Mount Olive	11:16.04
2001	Jesse Mizzone	Passaic Valley	11:21.02
2002	Liz Wort	Voorhees	11:31.59
2003	Jesse Mizzone	Passaic Valley	11:07.34
2004	Leah Brogan	Mon. Donovan	11:31.65
2005	Arianna McKinney	Highland	11:11.44
2006	Laura Gallo	Cranford	11:22.40
2007	Laura Gallo	Cranford	11:09.19
2008	Clare Buck	Hopewell Valley	10:49.08
2009	Melanie Thompson	Voorhees	10:51.88
2010	Megan Venables	Highland	10:47.21
2011	Megan Venables	Highland	10:38.11
2012	Clarissa Modde	Voorhees	11:06.17

2013	Lennon Cooper	Holmdel	11:07.98
2014	Julia Guerra	Indian Hills	11:03.29
2015	Erin McLaughlin	Voorhees	11:10.04
2016	Katie Bragen	Pt. Pleasant Boro	11:02.70
2017	Madison Coppolino	Sterling	11:13.09
2018	Amanda Stone	Monmouth	10:53.55
2019	Samantha Ragenklint	Monmouth	10:58.92

Hurdles

Year	Name	School	Performance
1980	Linda Spina	Springfield	9.0
1981	Ruth Dickey	Penns Grove	8.6
1982	Sharon Hughley	Monmouth	8.3
1983	Elinor Sadin	Springfield	8.6
1984	Leticia Beverly	Newark Central	8.3
1985	Kim Baten	Madison Boro	8.5
1986	Lakisha Bullock	Roselle Catholic	8.83
1987	Tina Smith	Lawrence	8.87
1988	Lakisha Bullock	Roselle Catholic	8.58
1989	Melissa Langlois	Madison Boro	8.79
1990	Felecia Dupree	Asbury Park	8.40
1991	Paula Lyons	North Plainfield	8.89
1992	Tanya Hall	Roselle	8.93
1993	Deona Coles	Asbury Park	8.80
1994	Niteze Wilson	South Plainfield	8.96
1995	Rhonda Underwood	Matawan	8.57
1996	Melene Thomas	Garfield	8.59
1997	Erica DiStefano	Notre Dame	8.61
1998	Dierra Poland	Deptford	8.85
1999	Dierra Poland	Deptford	8.67
2000	Jamie Lilien	Pascack Valley	8.42
2001	Ashley Parker	Pleasantville	8.78
2002	Shameka Speed	Bridgeton	8.70
2003	Sonya Sullivan	Manchester Twp.	8.54
2004	Sonya Sullivan	Manchester Twp.	8.39
2005	Sonya Sullivan	Manchester Twp.	8.26
2006	Nia Ali	Pleasantville	8.32
2007	Donna Scala	Hanover Park	8.79
2008	Susan Scavone	Summit	8.32
2009	Shayne Hughes	Hopewell Valley	8.55
2010	Briana Barlow	New Brunswick	8.52
2011	Katherine Frye	Pt. Pleasant Boro	8.50
2012	Kaprice James	Abraham Clark	8.20
2013	Katie Hatler	Jefferson	8.48
2014	Danielle Beniulis	Jefferson	8.43
2015	Ebony Forbes	River Dell	8.30
2016	Lenaami Morton	Camden	8.37
2017	Lenaami Morton	Camden	8.25
2018	Reanda Richards	West Essex	8.27
2019	Meredith Updike	Cinnaminson	8.33

High Jump

Year	Name	School	Performance
1980	Andrea Gayling	Madison Boro	5-0.25

1981	Donna Commarato	Springfield	5-0
1982	Nancy Larena	Saddle Brook	5-4
1983	Kellie Long	Central Ocean	5-4
1984	Janet Wood	Rumson	5-4
1985	Courtney Matlock	North Brunswick	5-2
1986	Tina Smith	Lawrence	5-2
1987	Suzanne Feldman	Ridge	5-2
1988	Suzanne Feldman	Ridge	5-2
1989	Felecia Dupree	Asbury Park	5-2
1990	Sandy Tokoto	Moorestown	5-4
1991	Sandy Tokoto	Moorestown	5-6
1992	Shatich Rivers	Moorestown	5-8
1993	Shatich Rivers	Moorestown	5-4
1994	Shatich Rivers	Moorestown	5-4
1995	Mira Manickam	Lawrence	5-2
1996	Janet Andrews	Bergenfield	5-4
1997	Janet Andrews	Bergenfield	5-4
1998	Kristen Composto	Iselin	5-6
1999	Kristen Composto	Iselin	5-4
2000	Kristen Composto	Iselin	5-6
2001	Amy Krilla	Red Bank Catholic	5-2
2002	Debra Vento	Freehold Boro	5-4
2003	Debra Vento	Freehold Boro	5-10
2004	Kortni Lane	New Brunswick	5-4
2005	Kathleen Rooney	Mendham	5-2
2006	Clarese Bradley	Neptune	5-4
2007	Lauren Burke	Morris Hills	5-4
2008	Lauren Burke	Morris Hills	5-5
2009	Emily Kianka	Hopewell Valley	5-7.5
2010	Tayona Brown	Ewing	5-6
2011	Steph Encarnacion	Ridgefield Park	5-4
2012	Amaris Kobolak	Cinnaminson	5-3
2013	Noel Jancewicz	Robbinsville	5-4
2014	Danielle Monahan	Hanover Park	5-1 (jo)
2015	Quinn Bithell	Lower Cape May	5-2
2016	Lauren Chamberlin	Ramsey	5-4
2017	Carlie Wilson	Sparta	5-0
2018	Kaela Monte	Ramsey	5-4
2019	Jenna Rogers	Rutherford	5-8

Shot Put

Year	Name	School	Performance
1980	Francine Wells	Newark Central	35-1.5*
1981	Angela Hudson	Boonton	40-3
1982	Linda Dougherty	Sterling	39-2
1983	Kathy Hohman	Caldwell	36-1.5
1984	Tina Childs	Monmouth	37-0
1985	Audra Corson	Monmouth	43-11.5
1986	Tina Childs	Monmouth	39-9.5
1987	Kirsten Christensen	Rutherford	39-4
1988	Stacey Price	Westwood	38-10.5
1989	Karen Harris	Hillside	39-5.5
1990	Michelle Bryant	Asbury Park	37-9.5

1991	Melissa Cox	South Plainfield	34-9.25
1992	Ailey Penningroth	Princeton	35-10.25
1993	Ailey Penningroth	Princeton	38-7
1994	Sonia Walton	Asbury Park	35-4
1995	Nicole Adams	Hillside	42-4.25
1996	Melinda Boykin	Bridgeton	44-0.5
1997	Melinda Boykin	Bridgeton	41-8.5
1998	Melinda Boykin	Bridgeton	41-8.5
1999	Sarah Herskee	Mendham	38-5.5
2000	Nacole Moore	Bridgeton	42-0
2001	Jessica Fazekas	Demarest	37-8.5
2002	Kelly Fazekas	Demarest	45-11
2003	Kelly Fazekas	Demarest	41-10.5
2004	Amanda Harmata	Raritan	39-11
2005	Daria Zivanovic	St. Dominic	40-1
2006	Monique Riddick	Bishop Ahr	38-8.5
2007	Sarah Bella	Mendham	40-7
2008	Sarah Bella	Mendham	41-2.25
2009	Rachel Pena	Ridgefield Park	36-4
2010	Rachel Pena	Ridgefield Park	39-9.25
2011	Janiece Rose	Delsea	40-7 1/2
2012	Julie Kerber	Lakewood	38-7
2013	Carrie Wasdyke	Jefferson	41-6 1/2
2014	Sarena Dixon	Red Bank Reg.	42-7
2015	Jordan Wildermuth	Jefferson	38-9 1/4
2016	Jessica Molina	Westwood	47-8
2017	Alicia Boucher	Jefferson	38-7
2018	Emma Vasen	Ocean Twp.	43-9
2019	Alijah Caul	Sterling	41-8

Pole Vault

Year	Name	School	Performance
2005	Allison Fechter	Haddonfield	9-0
2006	Tricia Murphy Kennelly	Mahwah	9-6
2007	Chrissy Finkel	Montville	11-6
2008	Chrissy Finkel	Montville	12-6
2009	Nicole Pompei	Hanover Park	11-8
2010	Stephanie Skove	Monmouth	11-0
2011	Stephanie Skove	Monmouth	11-6
2012	Erin Knabe	Voorhees	11-0
2013	Nicole Macco	Matawan	11-3
2014	Nicole Macco	Matawan	11-10
2015	Nicole Macco	Matawan	11-0
2016	Michelle Rubinetti	Demarest	11-6
2017	Leah Saifi	Gov. Livingston	12-0
2018	Sydney Woods	Demarest	11-6
2019	Riley Larsen	Pt. Pleasant Boro	12-0

Mile/1600 Relay

Year	Name	School	Performance
1980		Clifford Scott	4:28.0*
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		Asbury Park	4:25.10
1995		Neptune	4:15.27
1996		Neptune	4:12.74
1997		Notre Dame	4:13.63
1998	NO RACE		
1999		Buena	4:08.20
2000		Bridgeton	4:10.05
2001		Voorhees	4:16.77
2002		Pleasantville	4:13.86
2003		Pleasantville	4:09.71
2004		Hopewell Valley	4:09.80
2005	NO RACE		
2006	NO RACE		
2007		Woodrow Wilson	
2008		Hopewell Valley	4:01.08
2009		Camden	3:59.03
2010		Delsea	4:07.30
2011		Neptune	4:01.87
2012		Sparta	4:03.35
2013		Westwood	4:05.09
2014		Rumson-Fair Haven	4:10.20
2015		Deptford	4:05.31
2016		Deptford	4:06.30
2017		West Essex	3:59.19
2018		Rumson-Fair Haven	4:01.99
2019		Rumson-Fair Haven	4:07.25

Team Scoring

Year	Name	School	Performance
1980		Saddle Brook	25.5
1981		Penns Grove	12
1982		Vailsburg	17
1983		West Side	20
1984		Newark Central	29
1985		Monmouth	23.5
1986		Bernards	25
1987		Lawrence	21.5
1988		Ridge	22
1989		Princeton	23
1990		Asbury Park	19
1991		Garfield	15
1992		South Plainfield	28
		Princeton	

1993	Asbury Park	58
1994	Asbury Park	47
1995	Neptune	41
1996	Neptune	30
1997	Notre Dame	45
1998	Deptford	30
	Bridgeton	
1999	Buena	62
2000	Bridgeton	36
2001	Voorhees	38.5
2002	Hopewell Valley	46
2003	Hopewell Valley	41
2004	Parsippany	22
	Roselle Catholic	
2005	Hopewell Valley	38
2006	Pleasantville	42
2007	Hopewell Valley	60
2008	Hopewell Valley	56
2009	Hopewell Valley	65
2010	Delsea	44
2011	Delsea	50
2012	Voorhees	32
2013	Ramapo	33
2014	Ramapo	45
2015	Matawan	34
2016	River Dell	30
2017	West Essex	44
2018	Rumson-Fair Haven	29
2019	Rumson-Fair Haven	40